Peace on Earth

INSIDE THIS MONTH’S MESSENGER

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Photo credit: Meta Larsson
The first five responses through our website to mention this ad will receive a free on-site consultation during the month of January.

www.annearchitecture.com

Is 2019 your year to remodel?

SERVE.
SOLVE.
DELIGHT.

WE LIVE, LOVE, AND SELL CANDLER PARK!

Wondering what your house is worth?
Call me for YOUR FREE market analysis: 678-358-3369.

Cynthia Baer
678-358-3369
cynthia@cynthiabaer.com

511 Clifton Road - Candler Park
UNDER CONTRACT IN ONE WEEK!

"The process of selling and buying a house is daunting and extremely stressful. Working with Cynthia made that process easy and enjoyable. She was wonderful to work with and walked us through the process step-by-step. Her knowledge was extensive, particularly in how to market our home to the perfect buyers. She always made us feel like we were her number one priority. I would tell anyone looking to sell their house to give her a call!"

-- Laura Thompson - Candler Park
The Year in Review

By Dana Fowle, president@candlerpark.org

It’s been a good year. It really has. Our neighborhood has been in a good place for some time with the help of boards, past and present, and volunteers who have created a great template for growing together.

Fall Fest continues to provide the funding fuel to keep projects near and dear to us moving forward. This year it was, again, successful. Thank you to the team who spent the year managing it and to the volunteers who put in hours of their free time to make it all work. Their hard work allowed Candler Park Neighborhood Organization to donate $60,000 to help launch the Candler Park Conservancy effort to advance the active lawn and amphitheater projects. Because of our largest annual fundraising event, CPNO could give to the community: our schools, Little 5 Points Alliance, APD Zone 6 and more.

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As we round out 2018, I want to personally thank a few folks. If you’re reading this, you can thank Susan Rose. As The Messenger editor, she has curated a well-crafted magazine that’s filled monthly with important neighborhood updates and interesting features.

To our CPNO board members, thank you for making this year move as smoothly as possible. I would have been lost without secretary Bonnie Palter’s guidance. Roger Bakeman, communications, and Lexa King, public safety, both have offered institutional knowledge of the community that has proven invaluable. And while Chris Fitzgerald technically oversees fundraising, it’s more accurate to say, she does it all. Jennifer Wilds has been behind-the-wheel as CPNO membership reached an all-time high, but she does much more than that. She plugs a lot of holes you didn’t know were there. Once Bill Morris, our zoning guru, had to miss a membership meeting. We nearly fell apart without him. And treasurer Rohini Kukreja bravely signed on for third year to help bring in an understudy, if you will, to take over next year.

We have one board member moving on. Lindy Kerr was our voice at Neighborhood Planning Unit (NPU) meetings. Her quiet commitment to the community has been vital. Thank you, Lindy. As she heads out, welcome in Matt Kirk. He’s the guy in the bow tie. Introduce yourself when you run into him. Like Lindy, his legal background will undoubtedly be helpful as we navigate the changing city landscape that makes up many of these NPU gatherings.

And finally, committee members: Charles Hooker and Emily Tuff (Development), Natasha Lattsman (Education), Ken Edelstein (Fall Fest), and Silvia Medrano-Edelstein and Marcie Morse Dailey (Infrastructure), thank you for working behind the scenes to get it done.

Here’s to 2019! Happy holidays everyone.
Authentic, Handcrafted Navajo, Hopi and Zuni Jewelry

Flutes
Moccasins
Drums
Sage
Rattles
Southwest Decor
Music
Dream Catchers
Pottery

Coyote Trading Company
Est 1988

419 Moreland Ave.
Little 5 Points
404-221-1512
coyotetrading.com
Thanks Sweet Auburn Barbeque!

Thanks to Sweet Auburn Barbeque for providing the main course for the CPNO annual membership meeting potluck in November. The pulled pork, brisket, and sauces provided the centerpiece that complemented the delicious sides provided by members. With a restaurant on Highland Avenue, Sweet Auburn is where classic southern barbecue meets modern eclectic influences. Specializing in classic slow cooked meats and inspired signature sides, Sweet Auburn also provides catering and has fully functional food trucks.
## Dates To Remember

### DECEMBER

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>7</td>
<td>CPNO Board Meeting, 7 pm, The Wondershop</td>
</tr>
<tr>
<td>14</td>
<td>Deadline to contribute to APD Zone 6 Toy Drive</td>
</tr>
<tr>
<td>17</td>
<td>CPNO Members Meeting, 7 pm, 1st Existentialist Church</td>
</tr>
<tr>
<td>23-4 Jan</td>
<td>Atlanta Public Schools Holiday Break</td>
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In case of cancellations or changes, check CPNO’s online Events at candlerpark.org. For meetings at Epworth, knock on door at street level to get in. All CPNO meetings are open to the public.

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### Atlanta Police Department Zone Six 7th Annual Toy Drive

The Toy Drive will continue through Friday, December 14, 2018. Drop off location: Atlanta Police Department - Zone Six Precinct 2025 Hosea L. Williams Drive, NE, Atlanta, GA 30317

Please donate NEW and UNWRAPPED toys

For additional needed information, please contact:

- Seargant M. Lee-Quinn at 404-693-0782
- Officer F. Dodson at 404-546-5716
- Officer S. Sweet at 404-450-4054
- Inspector B. Lovette at 404-309-2952

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### Welcome New Members and Thank You Contributors

By Roger Bakeman, membership@candlerpark.org

**CPNO welcomes new members:**
- Stacee and James White
- The Galifianakis Family
- Kaitlyn Sitro
- Kyle, Britney, & Ivy Kinsey

**CPNO thanks members for their contributions:**
- The Galifianakis Family
- ...and others who wished to remain anonymous
Several families from Candler Park, Inman Park and Lake Claire gathered on the field in Candler Park on Thanksgiving morning to get some exercise, have some fun and enjoy a beautiful day. Initiated seven years ago by Ray Connolly of Inman Park and Kelly Jo Bluestone of Candler Park, the Turkey Bowl featured a touch football game for the middle school kids and a kickball game for the parents and younger kids. As no trophies were awarded, all were winners and grateful for the recreation and fun.
Candler Park resident Carrie Shevlin used the power of social media and her vast network of friends and clients to lead a massive effort to provide relief and hope to the victims of Hurricane Michael in Cape San Blas, Port St. Joe, Wewahitchka, and other areas of Gulf County, Florida. Restoration and recovery from the powerfully destructive storm that hit the Florida panhandle in October are still underway. (See the end of this article for ways you can help.)

Carrie and her husband Will Shevlin joined forces with other vacation homeowners in Gulf County to communicate the need for supplies, organize donation sites, transport the items (including an air lift onto Cape San Blas) and ensure distribution to hurricane victims.

On October 13, a 24-foot long truck arrived in front of the Shevlin’s home. Their front porch and yard were overflowing with dozens of cases of water, stacks of pet food over 5 feet high, large boxes of diapers, jars of peanut butter, multitudinous paper products, non-perishable food, and many other basic necessities. Donations of supplies and money had arrived by foot, car, Amazon Prime and Instacart. A group of adults and Grady high school students loaded the truck and a second trailer over a couple of hours while a WSB channel 2 news team filmed the action which was later aired as a story on the 11 o’clock news.

But, October 13 was just the beginning. Over the following weeks, Carrie made multiple trips to Gulf County with more supplies, including boots and flashlights for first responders, which represented another donation and collection effort leveraging again the power of social media and online shopping.

In her own words, here is Carrie’s summary of the impact Candler Park neighbors and friends near and far had on Gulf County:

“I can’t say “THANK YOU” enough to you for your generous donations of money, supplies, time, heavy-lifting and encouragement that helped tremendously with Hurricane Michael relief efforts. Your contribution made a huge difference to a lot of people.

Together we:

• Filled two SUV’s and one trailer of basic supplies. I think this delivery was one of the first to arrive in Port St. Joe after the storm
• Filled another SUV of supplies that were delivered to the Gulf County Correctional Institution and the town of Wewahitchka during a second trip to the Cape
• Purchased 24 pairs of new boots for the Gulf County Sheriffs’ Department that replaced the water logged ones they had been wearing 24/7 for almost two weeks
• Purchased 24 new flashlights for the Gulf County Sheriffs’ Department that replaced the ones that were ruined in the storm
• Delivered tarps, gas cans, chain saws, a generator, more tarps, contractor bags, chain saw oil, fuel, duct tape, extension cords and other items I can’t remember right now that were all immediately put to work
• Delivered dog and cat food that more than filled my front porch to the animal shelter
• Delivered some much needed PBR refreshment (Thanks Woody’s Cheesesteaks!)  
• Delivered some much appreciated Monster Drinks to the Gulf County Sheriffs’ Department

I think this is pretty amazing. Thank you. Thank you. Thank you.”

The residents and businesses of Gulf County continue to rebuild and continue to need help. To make a financial contribution, consider one of the following organizations:


South Gulf County Fire Department- Volunteer fire department that services Cape San Blas. Vince Bishop is the Fire Chief who worked to ensure that all Cape residents were safe after the storm. https://www.facebook.com/sgcfire/

The Methodist Church of Port St. Joe https://psjumc.org/
Neighbor Leads Effort Continued

See your savings add up.

Bill Kelly
404-876-3180
1776 Briarcliff #A, Atlanta GA
wkelly@allstate.com

Green Space in the City
Neighbors link woodland habitat in an in-town neighborhood

Story and Photographs by Tom Oder

In 1975, four households in the in-town community of Candler Park, later joined by a fifth, formed a co-tenancy to share and protect two acres of open green space and a woodland. In 2001, the co-tenants re-organized into a tighter organization and formed a Limited Liability Company (LLC) called Tern Valley. In December of that year, the LLC placed 1.5 acres of the land near Atlanta’s eclectic Little Five Points under a conservation easement.

The story of creating the easement begins in 1966 when Don Bender, a Mennonite who became a Quaker, moved to Atlanta from Delaware. He and his wife, Judy, moved into Candler Park’s Oakdale Road–Miller Avenue neighborhood in 1972. Three years later, the Benders joined several other Quakers who lived in the area in forming the co-tenancy, which purchased two mostly kudzu-covered acres with frontage on Oakdale and Miller, and moved into a house on Oakdale adjoining the co-tenants’ land.

The property was perfect for the group's goal of communal use of the land: the backyards came together in an open area without any natural boundaries, and behind the yards was a rare in-town woodland forest of oak, poplar, and other trees that provided protection for a nearby wetland and stream. Their back boundary was a 40-foot-wide right-of-way for a street that was never built, land that later would become protected along with a neighboring plot on the opposite side of the unbuilt street.

“The primary motivation initially was that [the co-tenants] wanted to conserve and keep some open space in the city. We had the opportunity to buy this property, which lent itself to that,” says Don. The co-tenancy membership changed as some of the original Quaker members dropped out and were replaced by non-Quakers. One of the non-Quakers to buy in was Kelly Jordan, well known in Atlanta conservation circles for his involvement in several high-profile preservation projects. After they changed the co-tenancy to the LLC, Kelly suggested further formalizing conservation of the land through the conservation easement, which the other LLC members agreed to do.

Kelly had lived in the neighborhood since 1974 and, in 1981, bought a house on Oakdale next to the co-tenants’ land. In 1977, partners Roger Bakeman and Daryl Nenstiel were assembling land on Miller on the opposite side of the right-of-way from the co-tenancy to build a passive solar house (which Kelly designed), but zoning and right-of-way issues prevented optimal siting. Kelly worked with the co-tenancy, Roger, Daryl, and the city to convince the city to abandon the right-of-way and sell it evenly, split 20-feet-wide down the middle, to both parties. The change, which required a City Council vote, allowed Bakeman and Nenstiel to site their house as desired.

In October 2002, Roger and Daryl followed the LLC’s lead and put 1.47 acres of their adjoining land in an easement. That doubled the protected green space to approximately three acres, providing a crucial forested linkage connecting the habitat and preventing it from becoming fragmented. By working together, the neighbors preserved a small refuge for a diversity of wildlife that also helps protect a wetlands and nearby waterway and enhances the aesthetic enjoyment of the community.

Roger is hoping for an even greater linkage. “This is a story of dominoes,” he says, pointing out that the two easements were the first dominoes. Now, he’s waiting for the third domino to fall, specifically several vacant lots on Miller he hopes will be put into an easement. “I want that domino to fall before I die.”

In the meantime, neither Roger nor Daryl has regretted the decision to preserve land on which a consultant told them they could build five houses and reap a nice financial gain. “We love our house and we love our land and we don’t want to see it turned into condos,” Daryl said. “We don’t have kids,” added Roger. “This is a way to leave something.”

Reprinted with permission from the Georgia-Alabama Land Trust Inc., 2018, pp. 20–21

Arial photograph showing approximate boundaries of the conservation easement.

Partners Roger Bakeman (left) and Daryl Nenstiel in their backyard garden, which is bordered by the tall trees of the woodland they helped protect with a conservation easement. They stand before one of several pieces in their art collection by Finnish-born artist Anne Terhotkoski, a ceramic sculpture entitled Stack #6.
Members of Tern Valley, LLC, which holds the easement protecting wooded acreage in the in-town Atlanta neighborhood of Candler Park, are (from left to right): Don Bender, Judy Bender, Tate Mikula, Sarah Colley, Donovan Mikula, Harriet Unfug, Mike Mikula, Kelly Jordan, Jim Tolmach, and Sally Ferguson.
Grady Cluster Data Dig

By Annsley Klehr, Lake Claire Neighbors Education Chair
and the Mary Lin Representative to the Council of Intown Neighborhoods and Schools (CINS)

On Wednesday, November 11, 2018, the Council of Intown Neighborhoods and Schools (CINS) hosted the Grady Cluster Data Dig in the Mary Lin Elementary School auditorium. Michael LaMont, the executive director of Atlanta Public Schools Data + Information Group presented the information.

For a brief recap of the Grady Cluster, which includes Mary Lin Elementary School (ML), Springdale Park Elementary School (SPARK), Morningside Elementary School, Hope Hill Elementary School, Inman Middle School, Grady High School, and our charter schools: Kindezi Old Fourth Ward (O4W) and Centennial, keep reading!

Enrollment Trends from 2000 - 2017

Enrollment for the Grady Cluster is at an all-time high since 2000, but when looking at a breakdown of population by race/ethnicity, most groups have seen a steady increase except for the African American population, which has held stable. Conversely, across the Atlanta Public Schools (APS), there are fewer students enrolled across the district than there were in 2000.

The Challenge Index

This index is a way to compare populations in APS and the Grady Cluster by showing free and reduced lunch students in relation to poverty. The index shows the GA Milestone Scores of 2018 in relation to its trend line. For example, whereas Drew Charter school showed an increase in performance scores over a four year span, it also showed a decrease in the amount of students living in poverty when compared to Hope Hill. Hope Hill showed an increase in performance and the number of students living in poverty has not changed.

Inman’s 6th and 8th grade had overall improvement, and Grady across the board saw an increase in the number of students who scored proficient or above.

Performance Drill Down: Progress

APS gives students a value from 1-99, depending on how much they grew compared to similarly performing students the previous school year in ELA (English Language Arts) and Math. The scores have been aggregated to show the percentage of students with typical or high growth. These scores are used to help determine the CCRPI (College and Career Readiness Performance Index) score. (To learn more about CCRPI, read the following section). When comparing, it is important to note that the state average is 65%. Typical growth is seen as being in the 35%-65% and high growth is the 66% and above.

The Grady Cluster from 2015 – 2018 showed across the board that its percentage of students making typical or high growth was at least 65% or above with the exception of 8th grade ELA.

Performance Drill Down: CCRPI

The 2016-2017 year differed vastly in its scoring than the 2017-2018. The State of GA came up with new weights and categories, which changed the scoring scales. Therefore, we cannot compare raw scores but rather percentages.

Each school is scored based on a 100-point index where the Milestones are weighted the most.

Since 2014, the CCRPI percentile by school shows Hope Hill Elementary having the greatest amount of gain. Morningside, SPARK, and Lin have all stayed in the high 90s through the years. Compared to the other elementary schools in APS in 2018, Mary Lin achieved 98% in content mastery, 50% in progress, 86% in closing gaps, 99% in readiness, and 96% for the CCRPI.

Since 2014, Inman Middle has seen significant growth starting in the 72% and in 2018 finishing in the 93%, receiving 95% in content mastery, 67% in progress, 74% in closing gaps, 90% in readiness.

Grady started in the 53% back in 2014 and has steadily raised its score, to the 79% this year: 89% content mastery, 33% progress, 63% closing gaps, 83% readiness, 68% graduation rate.

To see more: http://ccrpi.gadoe.org/2018/

Performance Drill Down: Advanced Placement (AP) Results

AP courses offer college-level curriculum to high school students and many colleges will grant course credit to students who earn a certain score (usually 3 or higher) on the five point exam.

From 2017-2018, APS saw an increase of 191 AP Tests. The total number of students passing tests have also increased by 203. 34% of AP test were passed with a 3, 4, or 5 score in 2018, which is up 3% since 2017.

However, the percent of tests passed differs dramatically by race. In 2018, the percentage of tests passed by white students was 55 percentage points higher than the pass rate for black students, (White 68%, Black 13%).

Performance Drill Down: Graduation Rates

Graduation Rates are looked at by the percentage of students who graduate each year after completing 4 years of high school.

Based on a cohort of students who start high school at the same time, a 2018 graduation rate of 75% means that 75% of students who started high school in 2014-15 graduated in four years. Students who transfer are removed from the cohort.

• Drew Secondary has the highest graduation cohort rate of 2018 at 98.7%.
• Grady has the fourth highest of 92%, a ½ a percentage point lower than North Atlanta High School.

Looking at subgroups across APS in 2018:

• 95.4% white
• 60.5% with disability
• 78.2% black
• with an all student average of 79.9%.

APS has seen a consecutive increase in graduation rates since 2016. The Grady Cluster has also seen a graduation rate increase with a 2018 average of 94%, and by 2018 subgroups: 96.9% white, 76.7% disability, 87.6% black.

College Enrollment

Since 2014, the percentage of on-time APS graduates who seamlessly enrolled in college has continued to increase, climbing four percentage points from 2016 to 2017.

Of cohort 2017, 60% of on-time graduates were enrolled in 2- or 4-year institutions as of October 1, 2017.

All racial subgroups enrolled in college at higher rates in 2017 than in 2016. APS white and Asian students enroll in college at higher rates than Hispanic and black students.
Grady Cluster Data Dig Continued

To see the slide show presentation, visit:

To watch the video of the presentation visit:
https://www.youtube.com/watch?v=19VNj8Jwlc&feature=youtu.be

For more information and data analysis, visit:
http://apsinsights.org

Special thanks to Michael LaMont, the executive director of Atlanta Public Schools Data + Information Group, for his presentation and sharing the data.

Grady High School
individually we are different; together we are Grady.

Graduation Requirements

For students to obtain a high school diploma in the state of Georgia and Grady High School, students must successfully complete specific courses in certain subject areas. 24 total credits:

Language Arts: 4
Mathematics: 4
Science: 4
Social Science: 3
World Language: 2
Career, Technical and Agricultural Education, Modern Language/Latin or Fine Arts: 1
Health: ½
Physical Education: 1
Electives: 4
Community Service: ½

Class Schedule

Grady’s school year is comprised of 180 days. Students have a 4 period day with each period lasting 90 minutes. Students have a total of 8 classes with classes rotating on A/B days.

Grady Graduate Profile:

Grady graduates will be...

- Academically prepared
- Engaged learners and critical thinkers
- Community focused and globally aware
- Skilled problem solvers
- Effective communicators
- Confident, resourceful and responsible
- Technologically savvy
- Collaborative leaders

Graduates of Grady High School:

929 Charles Allen Drive
Atlanta, Georgia 30309
404-802-3001

Go Knights!
Safety Tips for the Holiday Season

By Susan Rose, editor@candlerpark.org

The holiday season is prime time for an increase in crime. Victims are often distracted by endless to-do lists, stressful shopping and holiday travel. Criminals take advantage of people being distracted, spending more and having more valuable goods in their homes and cars.

Remember to call 911 before calling your security patrol or posting on social media. If you are not a member, join the Candler Park Lake Claire Patrol at www.cplcpatrol.com and support neighborhood crime prevention. With more neighbors as members, the patrol can increase its hours on patrol.

The following tips from the Atlanta Police may help you keep yourself, your family and your property safe.

Make sure your home looks lived in

- Notify CPLC patrol if you go out of town so they can perform extra monitoring of your home. (Benefit of joining the CPLC Patrol?)
- Consider stopping your mail with USPS to prevent an overloaded mailbox and/or mail theft. It is easy to set this up online at www.usps.gov
- Consider setting lights and/or a radio on a timer to switch on/off automatically. A lot of newer wi-fi outlets have the capability of switching on/off intermittently.
- Holiday lights on the outside of the home can also give the indications that someone is home. These, too, can be set on a timer.

Be mindful of your Christmas tree, presents and spare keys

- Presents wrapped under a Christmas tree that are visible from a front window can help burglars decide whether the house is a worthwhile target. Consider closing the blinds or curtains if the tree is visible from the front of the house.
- Be mindful of empty boxes such as from televisions, computers, game consoles, that can indicate valuables inside the house. Best practice is to tear up the boxes in smaller pieces that will fit in your herbie curbie trash bin.
- Don’t leave spare keys in traditional, easy-to-guess places. Consider leaving a key with a friend / neighbor or invest in a smart lock that can open with code.

Don’t advertise your travel plans on Social Media

- Be mindful of what you post on social media - including travel plans. Consider making your account private and only visible to friends and family.
- A family name on the mailbox or the front of the house makes it easy to identify who lives there. Thieves can use your name and address to then find your social media account.
- Also, know that all homeowner information is available to the public via free online tax records which is another way your social media account can be found.

Safely secure your valuables

- Consider purchasing a safe for the home or use a safe deposit box at the bank to store your most valuable items. Firearms should be secured in a safe. There are safes available that offer quick access to firearms - such as bio-metric fingerprint readers that quickly unlock and pop open.
- Consider a home security system. A monitored alarm will sound an audible alert and the alarm company can dispatch the police if the alarm is activated. The audible alert may be enough to cause a would-be burglar to flee if it sounds.
- There are several affordable wi-fi enabled camera systems that are easy to self-install and monitor from your smartphone no matter where you are. An example is the Ring doorbell. The police have been helped with good images of burglars and package thieves captured with Ring doorbells in Atlanta. The video is stored in the cloud so it can be retrieved even if the doorbell/camera is damaged or stolen. You can also be notified any time someone approaches your front door.

Fortify your home

- Consider installing: solid core / heavier doors, heavy duty locks and longer screws in strike plates that screw all the way into the frame.

Protect Your Vehicle

- Loading up on gifts is a sign of progress in your holiday shopping. But if those packages are visible in the car, then your car has become a likely target for thieves. Remember the old cliché “Out of sight, out of mind?” The same idea applies to items in your car.
- Always lock your vehicle and store all items out of sight. Breaking into an empty car isn’t worth a thief’s time. However, anything left in plain view—from your holiday gifts to spare change, sunglasses, CDs, cell phones or briefcases—may tempt a thief.
- Do not leave a gun/firearm inside your parked vehicle!
- Help prevent your vehicle from being stolen by always locking your car and using anti-theft devices. And although it’s cold, never leave your vehicle running while you run inside your home or a store—even if for only a minute or two.
- Do not leave a spare key or key fob in your vehicle.

Prevent Package Thefts

- Track deliveries online and confirm delivery has occurred. You can sign up for email notifications to track your packages from initial shipment to its arrival address.
- If you know a family member or neighbor will be home, ask them to pick up the packages as soon as they are delivered.
- Switch delivery location to work where it can be received by someone rather than left at the door of your home.
- See if the post office or the merchant can hold the package for pick up.
- The post office will allow your package to be held the package for pick up.

Follow these safety tips and maintain awareness at all times so that you can avoid being a victim this holiday season and have a peaceful end of year.
Be Prepared to Handle Life’s Stressors

By Gail Turner-Cooper, Candler Park Resident and Certified Health Coach

It’s impossible to avoid stress at all times. Life will always present unexpected challenges and stressors, from a flat tire to a loss in the family. We all know this to be a fact of life.

While we can’t always determine the course our lives will take, we can in many ways determine the ways we react to stress. We can take steps each day to make sure we are fully equipped to handle whatever life throws at us.

Handling stress properly is crucial for your mental health, which directly influences your physical health. They are one in the same. Stress can negatively impact so many facets of your health and daily life. Here are just a few of the ways stress can throw your life off-balance:

- Skincare conditions such as acne or hives
- Sudden weight gain or loss
- Headaches or migraines
- Stomach pain or acid reflux
- Trouble falling asleep or staying asleep
- A weakened immune system
- Trouble focusing or paying attention
- Hair thinning or hair loss

So what can you do on a daily basis to make sure you’re prepared for whatever life throws at you? We have three daily acts you can practice to make sure you are well-equipped to handle life’s stressors.

**Meditation**

Daily meditation is proven to have serious health benefits. It reduces anxiety, calms the body, improves focus, and helps you sleep at night. A daily meditation habit can provide you with a solid enough foundation to take on big challenges as they come.

**Hydration**

Being dehydrated puts your body at a disadvantage in every way. When you’re dehydrated, your body doesn’t have the energy to take on the efforts you need it to accomplish. Making water intake a priority will make every aspect of life more manageable.

**Sleep Hygiene**

We all know the importance of a good night’s sleep, but it’s still your best defense against a stressful event. When you’re practicing healthy sleep hygiene habits, like avoiding screens before bed and instilling a healthy bedtime routine, you better prepare yourself to take on whatever each day brings you.

Gail Turner-Cooper is a certified health coach and the founder of Align Health Coaching based in Atlanta. You can learn more about her and Align Health at www.alignhealthcoaching.com
Zoning - Bill Morris

The November Zoning Committee meeting was held at the Wondershop with three members in attendance. Applications requiring votes were V-18-291 (415 Sterling), V-18-313 (482 Clifton Rd.) and zoning ordinance Z-18-122 pertaining to the proliferation of gas stations, car washes and battery exchange businesses within certain commercial corridors. The committee also discussed possible ways to increase participation on the committee.

1. V-18-291, 415 Sterling St.: This application was supported by the neighborhood vote at the October CPNO meeting however the application had to be deferred at the NPU meeting due to an error on the referral certificate which stated the variance was to allow a north side yard variance of 3 ft. for an addition to a single family home. Because the renovations will also involve increasing the ceiling height in one room of the existing house from 8 ft. to 10 ft., the variance should have been listed as 2.35 ft. to account for the change to the original structure. Based on receipt of updated support letter from the adjoining neighbor and the fact there were no other changes in the original application or planned renovations previously supported by the committee, the zoning committee voted 3 – 0 to support the corrected referral certificate.

2. V-18-313, 482 Clifton Rd. is a variance to reduce required ½ depth front yard setback from 15 ft to 10.8 ft for a first floor addition to an existing single family home. Proposed lot coverage will be 2708 of 7489 sq. ft. (36.2%). Hardship is due to the narrowness of the lot (20 ft less than a conforming R4 lot) thus limiting the ability of the owner to expand the house in a manner consistent with development pattern of the neighborhood. The applicant provided complete checklist materials and documentation of neighbor support. Although there was a consensus of support for the application, there was discussion with the applicant concerning the status of the large mature oak tree that is very close to the construction footprint and what options may be considered to preserve the tree. The tree sits very close to the property line near the rear corner of the existing house and the roots are blocked by a 2 ft. retaining wall on the north side along the sidewalk and construction of the one story addition will impact the root zone on the south side of this tree. There are also possible concerns about potential hazards of this tree from the neighbor to the north as the tree leans in that direction. Although there are potential options to minimize damage to the tree roots during construction, removal of the tree ultimately may be necessary. The committee vote was 3-0 to support the variance for this addition.

3. Atlanta Zoning Ordinance Z-18-122 is an ordinance to address concerns due to the proliferation of service stations along various commercial corridors (University Avenue, Pryor Rd., Metropolitan Parkway, Cleveland Ave., Jonesboro Rd., Sylvan Rd., Campbellton Rd. and Lee St.) requiring a 1500 ft separation between service stations, battery exchange stations and car washes in C1-5 and I1-2 zoning districts. The purpose is to reduce the concentration of service stations in these areas and promote a diversity of land uses along these corridors. Although the supporting information mentions specific City streets the ordinance appears to apply citywide, therefore, the committee voted 3-0 to support Z-18-122.
Decorating a Christmas Tree

The pagans were the first to decorate using the evergreen tree. They thought that the darkness of winter meant the sun god was sickly and dying, so they hung evergreen tree branches all around their homes as the evergreen tree is one of the only trees that does not lose its pigment in winter. They believed the branches symbolized the coming of spring and would bring the sun god back to life. The modern Christmas tree tradition came about in Germany during the 16th century. Although not proven, the story tells that Martin Luther was walking home on a late winter night and was mesmerized by the beauty of the stars shining through the evergreen trees, so he cut a tree down, brought it home, and decorated it with lighted candles in an attempt to recreate the beauty of the stars. The tradition carried throughout Europe after this but did not reach the United States until many years later. In 1776 after Germany lost the Revolutionary War where they were allies with Great Britain, many Germans decided to settle in the United States instead of returning home, thus bringing the Christmas tree to America.

Making a Gingerbread House

Gingerbread houses date back to the 1600s, a couple of centuries after the emergence of gingerbread which originated from the ginger root in China. The idea of decorating gingerbread houses with candy and icing originates from the German fairytale of Hansel and Gretel. The story is inspired by the Great Famine (1315-1321) in which parents were forced to abandon their children because they were not able to feed them. In the story, Hansel and Gretel were thrown into the woods by their parents when they discover a gingerbread house decorated with delicious candy, after that the story gets quite dark but nonetheless it inspired what is the modern gingerbread house. Today, people decorate gingerbread houses with all kinds of colorful candies and frostings and even compete in gingerbread house making contests.

Hanging Your Stockings by the Fire

The story of the stocking starts with a widowed man who was worried about finding husbands for his three-beautiful daughters because he was dealing with money troubles. St. Nick heard of the man’s troubles but knew he would be too prideful to take money directly from him. So, late at night after the family had gone to sleep, St. Nick went down the man’s chimney and plopped sacks of gold coins in all three of the daughters stockings that were hanging by the fire to dry. The next morning, the girls were delighted to wake up to such a splendid surprise and all three daughters were wed to the men of their dreams. For the years to come, children would try to find the biggest socks to hang by the fire hoping it would mean they would receive more presents on Christmas morning. Today, stockings come in many different shapes, patterns, and styles, yet waking up to a stocking stuffed with goodies is still one of the most anticipated parts of Christmas morning.

Kissing Under the Mistletoe

The mistletoe plant is actually considered to be a parasite which leads one to wonder how it ever could have evolved into a symbol of love? The mistletoe tradition originates from a myth in Norse mythology. Loki, the god of mischief, created an arrow made with the branch of a mistletoe tree, and killed Frigga, the goddess of love’s son. Frigga was able to bring her son back to life under a mistletoe tree and declared that mistletoe from now on would be a sign of love. However, the tradition of kissing under the mistletoe did not popularize itself until the 18th century with servants in England. The tradition originally was that every time a couple kissed they would pick a berry off the mistletoe and once all of the berries have been picked off there is no more kissing.

As silly as some of these traditions may seem, it’s hard to imagine the holidays without them. Traditions carry importance because they create memories and give us something familiar to look forward to as the holidays approach. Whether you adhere to old traditions or create your own original traditions, once embedded they will become part of your family tree, to be passed on and cherished for generations to come.

Article by Mary Rose Provence. I am a current sophomore at the University of Georgia studying the field of Advertising with the pursuit of a Master’s in Journalism. Contact me at mrprovence@gmail.com.
November 19 CPNO Members Meeting – draft minutes

These minutes are presented for review. They may be amended before being considered for official adoption at the December CPNO Members meeting.

The meeting was called to order at 7:10 pm by Dana Fowle, President. The motion to adopt the amended agenda passed. The motion to approve the October minutes passed. Thank you to Sweet Auburn Barbeque for tonight’s main dish.

Guest Speakers:

- Lee Furey is requesting that the neighborhood establish a ‘tree inventory’ and a plan to replace the trees which have been lost due to development or disease.
- City in the Forest- Rohini Kukreja presented a summary about this group and the re-writing of the City’s Tree Ordinance. It is a 4-step plan: 1) Plan for the trees first; 2) Save the best trees; 3) Reduce grading and impervious surfaces; 4) Effective enforcement.
- Lt. Crowder, Zone 6 Night Watch Commander, answered questions. Unwrapped toys can be dropped off at Zone 6 Office (2025 Hosea Williams Blvd).

Treasurer’s Report - Rohini Kukreja, Treasurer, presented the annual financial report. FallFest earned approximately $70,000.

Announcements:

- Follow CPNO on twitter
- Roger Bakeman- CPNO has a record high membership of 574 with 117 new members this year.

Election of the 2019 Board of Directors: Don Bender, Chairman of the Nominating Committee, presided over the election process. The results are below:

* Motion to nominate Dana Fowler President passed. Motion to close nominations from the floor passed. Motion to elect Dana Fowle President by acclamation passed.

* Motion to nominate Rohini Kukreja Treasurer passed. Motion to close nominations from the floor passed. Motion to elect Rohini Kukreja Treasurer by acclamation passed.

* Motion to nominate Bonnie Palter Secretary passed. Motion to close nominations from the floor passed. Motion to elect Bonnie Palter Secretary by acclamation passed.

* Motion to nominate Jennifer Wilds Membership Officer passed. Motion to close nominations from the floor passed. Motion to elect Jennifer Wilds Membership Officer by acclamation passed.

* Motion to nominate Chris Fitzgerald Fundraising Officer passed. Motion to close nominations from the floor passed. Motion to elect Chris Fitzgerald Fundraising Officer by acclamation passed.

* Motion to nominate Bill Morris Zoning Officer passed. Motion to close the nominations from the floor passed. Motion to elect Bill Morris Zoning Officer by acclamation passed.

* Motion to nominate Lexa King Public Safety Officer passed. Motion to close the nominations from the floor passed. Motion to elect Lexa King Public Safety Officer passed.

* Motion to nominate Roger Bakeman Communications Officer passed. Motion to close the nominations from the floor passed. Motion to elect Roger Bakeman Communications Officer by acclamation passed.

* Motion to nominate Matt Kirk External Affairs Officer passed. Motion to close the nominations from the floor passed. Motion to elect Matt Kirk External Affairs Officer by acclamation passed.

- Little Five Points Alliance- Joseph Hacker, CPNO Representative to the Alliance Board, explained the purpose of the Board and announced that another CPNO Member is needed.

Zoning- Bill Morris

- 415 Sterling Street- There was an error in the application (setback should be 2.35 feet not 3 ft.) and action by NPU N was deferred until CPNO could vote on the corrected application. Motion to support the corrected variance application passed.

- 482 Clifton Road- Motion to “support the variance application with provision that the applicant appear before the NPU N and the project be built based on the site plan filed with City” passed.

- Ordinance Z-18-122- to limit the number of businesses such as Car Wash, Gas Stations, and Battery Exchange. Motion to support City wide, ordinance Z-18-122, passed.

Meeting was adjourned at 8:17 pm.

Submitted by Bonnie Palter, Secretary

November 19, 2018

CPNO Membership Application

All who live in Candler Park, or own property or a business in Candler Park, are eligible to join. Mail this application or visit our website to join [www.candlerpark.org register or renew. www.candlerpark.org/renew](http://www.candlerpark.org/renew)

Name: ____________________________________________
Address: __________________________________________
Email: _____________________________ Date: __________

Business applicants

Name of business: __________________________________
Address of business: _________________________________
Name of designated agent: ____________________________
Agent’s Email: _______________________ Date: __________

Optional contributions

Membership in CPNO is free, but we welcome optional contributions. To contribute, please visit our website [www.candlerpark.org/contribute](http://www.candlerpark.org/contribute) or mail a check with this application. Typical contributions range from $10 to $100.

If sending by mail, please address to:
CPNO Membership
P.O. Box 5418, Atlanta GA 31107

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