Dawn of a New Year and a New CPNO Board

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New Goals for the New Year

By Matt Kirk, president@candlerpark.org

When my wife Brigid and I moved to Candler Park in 2017, we knew we had found a place to build our lives for years to come, but we did not know I would become President of CPNO to help build the future of the neighborhood. I’m excited for the opportunity.

First of all, I want to thank the 2019 Board and all other volunteers that have made great strides and set us all up for continued success. Several of them have excelled in their roles for several years before cycling off this year for a much-needed break. I am proud to take the reins from an esteemed group of dedicated neighbors to see the culmination of several projects.

CPNO has a lot to be proud of from this past year. This phase of the sidewalks saga is coming to a triumphant end - we achieved over $500,000 in repairs from the city through direct lobbying and 311 efforts, and we will directly apply allocated funds to assist homeowners with repairing the sidewalks in front of their homes. Further, we now know the blueprint for the continued fight to ensure Candler Park is a walkable and livable community for residents of all ages. Movie Night continues under strong leadership. We have been able to build and strengthen our partnerships with Little 5 Points Alliance, the Moreland Avenue Corridor Planning Studio, Mulberry Fields, the Grady Cluster schools, the BiRacial History Project, and all the other valuable organizations that make this a great neighborhood. New initiatives like Candler Park Forever will help our senior neighbors be able to age in place among the rest of us.

In 2020, we celebrate the 20th year of Candler Park Fall Fest. As many of you know, CPNO has dedicated a substantial grant and a large portion of the profits from this year’s festival towards the Candler Park Conservancy for their active lawn project, which will be transformative to the park and increase the value of Candler Park’s greatest asset. We are proud to partner with the Conservancy in this project and hope doing so will catapult us to making the 20th anniversary of Fall Fest one of the best yet.

As we look to 2020, we have an opportunity to set new goals as an organization and a neighborhood. I would like to continue to encourage newer and younger residents to join in with long-time members to inject new ideas and energy into the execution of our existing projects, our Master Plan, and the exciting new goals ahead. CPNO is an all-volunteer organization, and the more hands we have on deck, the more we can achieve as an organization.

Please feel free to reach out to me at president@candlerpark.org if you have any questions, concerns, or ideas on how we can build to improve the quality of life in this neighborhood we all call home. I look forward to working with you all. Happy New Year!
 Neighborhood Church and First E Present Short Film, Suppressed: The Fight to Vote

By Rev. Andy Woodworth, Co-Pastor, Neighborhood Church

You are cordially invited to be a part of a screening of the short film Suppressed: The Fight to Vote on January 12th, hosted by Neighborhood Church and The First Existentialist Congregation.

Suppressed: The Fight to Vote, the new documentary by Robert Greenwald (Director of Outfoxed, Walmart: The High Cost of Low Price, and Making A Killing: Guns, Greed, & the NRA) weaves together personal stories from voters across the state of Georgia to paint an undeniable picture of voter suppression in the 2018 midterm election where Stacey Abrams fought to become the first black female governor in the U.S. The issues Georgians faced included polling place closures, voter purges, missing absentee ballots, extreme wait times and a host of voter ID issues – all of which disproportionately prevented many students and people of color from casting their ballots.

In the director’s own words: “One of the great creative challenges in making films about social justice issues involves deciding how to use the craft and tools of filmmaking to effectively tell the story... No one wants to see a film that feels like homework, or smacks of political propaganda. Viewers want to be engaged emotionally, and that means connecting on a human level to the people affected by the issue... in this case, the infuriating state of voting rights in our country today.”

The afternoon film screening will begin at 4pm on Sunday, January 12 at the Neighborhood Church location on McLendon Ave. The building is now fully wheelchair accessible! There will be ample parking in the church lot or on the street in front of the church on McLendon. Childcare and children’s activities will be provided by trained and background-checked staff. The film is approximately 35 minutes long, and a conversation around the film and the issues it raises will follow the screening. The First Existentialist Congregation and Neighborhood Church are excited to partner together to offer this event to the broader community, not only because Stacey Abrams represented this area in the Georgia House of Representatives, but also because our congregations are united in advocating for social justice as a part of our spiritual practices. Together, we extend a warm invitation to participate in this event.

Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new members
Daniel Richards & Jess Riebe
Welcome Lance Holland (Owner of Encyclomedia)
Brinda Cockburn
Kevin and Ann Sullivan

CPNO thanks members for their contributions:
Joseph White
Lance Holland of Encyclomedia
...and others who wished to remain anonymous
Cartoon for the Messenger Recognized as Finalist for International Award

By Susan Rose, editor@candlerpark.org

Candler Park resident and cartoonist for the Messenger Deb Milbrath has been selected as a finalist for the “Women Cartoonists International Award”. As reported on the website for United Sketches, “100 works from the world’s most phenomenal women have been selected as finalists for the “Women Cartoonists International Award”. Over 1,000 submissions were catapulted from the far corners of the earth onto the screens of a panel of women who were amazed at the sophisticated level and wonderful depth of these powerful works.”

The 100 selected works will be exhibited in many galleries and museums, thanks to award sponsors like Micro Galleries and Center for the Art of Political Cartoon in Sweden. The works will also be presented on the website and social media platforms. The final winners will be announced on March 8, 2020.

Congratulations to Deb Milbrath for well-deserved recognition for her talent! And thanks for her clever and entertaining contributions to the Messenger!
CPNO Holiday Bake-off

By Jennifer Wilds, membership@candlerpark.org

All we can say is WOW to the many lovely desserts brought to the Holiday Bake-Off for the December Membership Meeting. Our neighbors surely made us proud (and full) and were warm with the spirit of giving and sharing. We had a few entries in the best Tasting category with the prize going to Don and Judy Bender with their Cherry Cake. Lisa Morris provided full festivity with her Holiday Cookies and also Rum Balls with a kick! Hands down for creativity and the overall winner was no competition...with a gorgeous Buche de Noel with handmade leaves and meringue mushrooms was Christina Hodgen. So impressive! Thanks to all for your time and effort and for sharing your holiday treats. Also a special thanks to our three judges. We will keep your names private in the event that you did not tell your families that you ate multiple desserts that night!

Photos credit: Lisa Morris
By Lexa King, safety@candlerpark.org

I love this time of year. Most of the holiday preparations are fun to me and the spirit of joy and happiness seem to be in the air. It’s fun, although it can be frustrating, to shop for friends and family to find that perfect little something that will tell them just how much I cherish them. This year I created a calendar for my daughter and her in-laws featuring pictures I took of various family members on each month and designating all of the family birthdays on the appropriate days. I hope they will enjoy it all year long. And, of course, I give special sweet treats that they may not allow themselves all year, but make exceptions for during this season.

For some people, I know the Holidays are filled with loneliness and sadness. Gone are many of the people with whom they celebrated. My dad and I had a funny little ritual every year. We would each hide a gift intended for us, then when everyone seemed to have finished opening everything, we would pull out that hidden treasure and proclaim, “Last gift!” Sometimes it was, but sometimes the other person still had one to reveal. Silly, but good times. I’d love to share one more Christmas with my folks.

By the time this is published, most of the holidays will be but memories. But that takes me to the other favorite thing about this season. Starting over! New Year! New ideas! New commitments! Time to bury all of the guilt and broken dreams that never materialized and create projects and plans that excite us and call us forward into the future. What are you up to in 2020? Of course, there are always the old standbys - losing weight, eating better, exercising more, organizing parts or the entirety of the house. But how about getting more creative and interesting. Take a class in something that interests you - painting, pottery, dance, Tai Chi. How about an act of kindness to a stranger every day - or to a family member! Maybe read a book every month - even start a book club. I read an article recently about a woman in her 80s who crocheted blankets and sweaters for homeless dogs. At the time of the article, she had made almost 100!

Candler Park Forever, your favorite neighborhood group committed to assisting our seniors age in place, has a new initiative for 2020. We will be offering a 1 to 2 hour program every month on various topics which are of interest to seniors. The sessions will be offered at the Neighborhood Church in one of their meeting rooms, to be determined each month. They will be on Wednesday or Thursday mornings from 10:00 to 12:00. Perhaps some of us will go out to lunch afterward. Some of the topics we hope to cover are:

- Safety and Fire Prevention for Seniors
- Wills, Trusts and Legal Concerns
- Elder Abuse, How to Recognize and Report it
- Tai Chi and the Benefits of Movement for Seniors

Programs, Discounts and Activities for Seniors in Atlanta

We are open to suggestions of topics. Let us hear from you. Especially if you know an expert who can present an informative, engaging program. Just email safety@candlerpark.org with the topic and contact info.

On Thursday, January 23 at 10:00 AM at Neighborhood Church, we will hold our first session. A local financial planner will be offering information on “Everything You Need to Know About Social Security Benefits (and Didn’t Even Know to Ask!). A few years ago my ex-husband died. We had been married 10.5 years. We divorced in 1978. I had no idea that I could go to Social Security, give them his number, produce our divorce papers and get a nice little increase in my monthly check. It has already put thousands more in my pocket. There are tricks that you should know about to maximize your monthly payments. If you are married, do you know which of you should start drawing benefits first? And whose should you draw? Yours or your spouse? This is NOT something most people know.

We only do it once in our lives. That’s why you need someone like Faye Sykes to advise you. Even if you are just preparing for retirement, come to this session and make sure you do it right!! We’re friendly! And we want you to be informed. Email me with questions or comments. Safety@candlerpark.org

May all of your desires manifest in abundance in 2020!!!
7 Steps to Getting and STAYING Organized

By Gigi Miller, Professional Organizer

What is the secret weapon to lowering stress, saving money, and having more time to do the things you love? Getting organized! If you have decided that 2020 will be the year that you finally tackle those organizing projects around your home, read my 7 steps to getting and staying organized.

1. Observe your habits.

Try this exercise before you begin any kind of organizing project. Spend a day observing yourself and pay attention to the little things...like where do you put your keys and mail when you get home. Do you throw clothes on the floor instead of hanging them back up? Take note of where you put (or not put) things when you are finished using them. The first step to un-learning bad habits is to notice that they are there.

2. Create your vision and write it down.

Ask yourself these questions:

- What would my organized home look like? Get inspiration from your favorite magazines or catalogs.
- How do I want this space to feel? Sample list: uncluttered, relaxing and peaceful.

3. Build a support team.

Ask a few friends to hold you accountable for your new organization goals. Call a friend and let them know that at 9:00 am on Saturday, you are going to spend twenty minutes organizing your closet. Have them call to check in with you for accountability and words of support.

4. Start small, specific projects.

One reason we often fail to be organized is that we set unrealistic goals. For example: “Today I’m going to clean out and organize my entire office!” Instead, set a goal to spend 1-hour sorting through old files and deciding what needs to be shredded, recycled, or filed. Take it one drawer at a time! I like to use the SPAM method, which means setting goals that are: Specific, Positive, Action Related, and Manageable.

5. Give yourself more time than you think you need.

Another reason we give up on being organized is that we make poor estimates of how long something will take. For example, you may think it will only take 15 minutes to organize your closet but in reality, it may take 4 hours! If it seems overwhelming, break the task into smaller parts and schedule time to complete them. For example, Saturday from 10:00 – 11:00 - organize clothes and Sunday from 3:00 – 4:00 - organize shoes. Tip: Set a timer to keep you focused.

6. Purge, purge, purge.

Get rid of everything that you don’t love (or don’t use.) Haven’t used it in a year? Toss. Don’t absolutely love it? Toss. When our homes are filled with things we don’t love, need or use...it becomes clutter. And clutter just weighs us down both physically and emotionally.

7. Maintain.

Finally, spend 10-15 minutes putting things back where they belong. I like doing this twice a day: once in the morning and then again in the evening.

Make being organized a priority and more importantly, part of your daily routine.

Gigi Miller, a Candler Park resident and owner of Vision Organizing, provides organizing and productivity services for clients in the Atlanta metro area. For additional information, please visit www.VisionOrganizing.com.
Perhaps your favorite bowl game is the Sugar Bowl or the Rose Bowl or the Super Bowl, but mine is the Turkey Bowl held every Thanksgiving on our own Candler Park field. This past Thanksgiving marked the 8th Annual Turkey Bowl in Candler Park! Since 2011, a group of friends, family and neighbors have met at the soccer fields in Candler Park on Thanksgiving morning to play a friendly game of touch football and kickball. This great idea was started by Ray Connolly but I loved it so much that I just took it over.

In the first couple of Turkey Bowls, it was mostly a bunch of first and second grade boys running around the fields having absolutely no idea how to play football. I don’t think they could either throw or catch a football back then! However, they must have had fun because every year after that when the kids saw me around the neighborhood they would eagerly ask, “Hey Cash’s Mom, are you having the Turkey Bowl again this year?” Here we are eight years later, and “Cash’s mom” is still organizing this super fun way to start the holidays.

Each year we have more and more friends and neighbors participate so we added a kickball game into the mix. Those little first grade boys are now eighth grade boys so they played football on their own while the rest of us played a spirited game of kickball. It’s a great way to start Thanksgiving day as we get some exercise before stuffing ourselves with massive amounts of turkey and all of the trimmings.

The holidays are meant to be full of tradition, and I love that my kids not only look forward to this event every year, but they will also look back on this with fondness once they are grown up and go their own way. Just another reason to love living in Candler Park.

1. Keep your desk clean
   Germs and bacteria can accumulate easily on everything we touch, and we spend a lot of time each day touching the things on our desk. Your computer, keyboard, and mouse are probably covered in more than you want to think about.

2. Wash your hands
   Obviously, you should be washing your hands all the time. During cold and flu season, though, hand washing is even more crucial. Make it a point to really wash your hands with a clean, natural soap. Avoid hand sanitizers. “Antibacterial” products are unnecessary and potentially toxic.

3. Go outside
   Some fresh air, even if it’s a bit brisk, will do you good. It’s an old wives’ tale that cold weather makes you sick. In fact, spending time in a stuffy office could be even more detrimental to your health. Good outdoor ventilation will strengthen your lungs and clear your mind.

4. Encourage your coworkers to stay home
   Though not all offices have generous sick leave policies, if you have employees of your own it’s important to let them know they should stay home if they’re sick or if they have a contagious and sick kid. Just taking one day to rest can do wonders for a body, rather than pushing yourself to continue getting work done at the office and potentially spreading a virus to many others.

5. Get your precious zzz’s
   As always, sleep is the key to optimal health. During these tougher months on the immune system, try to get 30-60 more minutes of rest each night. Your body will thank you with months of health and happiness.

   Bonus: Drink between 72 to 96 oz. of water every day and AVOID SUGAR!

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.
Meet the CPNO Board for 2020

By Susan Rose, editor@candlerpark.org

At the November 2019 CPNO membership meeting, the CPNO board was elected into office. Several board members from 2019 are returning and we welcome several new people who have stepped up to serve as well as one person who is coming back to the board after a break from many years of prior service. Many thanks to all board members for your commitment and dedication to our Candler Park neighborhood! The following short summaries introduce (or reintroduce) you to our 2020 board.

Matt Kirk – President

A lifelong resident of Metro Atlanta, Matt Kirk moved to Candler Park in 2017 from Poncey-Highland. He and his wife wanted an in-town older home in a beautiful walkable area with a neighborhood feel. Candler Park seemed like (and is) an ideal place to raise a family. Matt works as a tax and asset protection attorney. He is the immediate past External Affairs officer on the CPNO Board. Matt wants the Board to focus on leading the membership toward finishing some projects that have been underway for years and identify new goals to “perfect” Candler Park. “My biggest hope for 2020 is that we make the 20th anniversary of Fall Fest a great success,” he said. On a personal note, Matt and his wife are big travelers. “Each year we take a trip to a new country when my wife finishes her busy season as a CPA,” he said. “Last year we visited the other Georgia (the former Soviet Republic) and Azerbaijan. This year we may be slightly closer to home, but we make sure it’s interesting!”

Ryan Anderson – Communications Officer

Ryan Anderson and his wife bought their Candler Park home in July 2015 after previously renting a condo in Old Fourth Ward for five years. He leads the marketing and analytics teams at FortyFour, a digital agency in Inman Park. As Communications Officer, Ryan hopes to maintain his predecessor Roger Bakeman’s high level of communication with the neighborhood, while hopefully finding more ways to engage on social channels. His hope for the neighborhood is to continue to see increased participation among long-term and new neighbors. An avid soccer fan, Ryan was previously the chairman of the board for Terminus Legion, the first and largest support group for Atlanta United.

Karin Mack – Treasurer

Relative newcomers to the neighborhood, Karin Mack and her husband, Hugh Convery, moved to Candler Park in August 2017. After 20 years OTP and with their two kids off to college, they downsized and moved ITP. Beginning her first year as Treasurer, Karin is the Associate Director for Science, Division of Injury Prevention, National Center for Injury Prevention & Control, CDC. “I hope to continue the excellent financial stewardship provided by Koluni,” Karin said, “Being pro-active, timely, and transparent takes great effort, but makes for a better, healthier organization.” Karin is looking forward to celebrating Fall Fest’s 20th anniversary, and hopes all CPNO members will have the opportunity to come to a Member meeting and enjoy being an active part of our vibrant community. Karin enjoys hiking, playing ultimate Frisbee, and is hoping to return to making stained glass artwork.

Bonnie Palter – Secretary

A resident of Candler Park since 1974, Bonnie Palter is a retired physical therapist. She joined the CPNO board to be more active in the neighborhood. Bonnie has served many years as Secretary, maintaining excellent records for the organization and helping to ensure CPNO meetings are run in compliance with Robert’s Rules of Order. Her wish for Candler Park is that “we maintain the architectural integrity of the neighborhood.”

Emily Taff – Zoning Officer

Emily and her husband moved to Candler Park in 2014 (from far away Reynoldstown) because it met their requirements of an old house near MARTA with walk- and bike-ability. She works as an architectural historian at a preservation consulting firm and is also part of the non-profit organization Historic Atlanta. Emily believes that preservation plays an important role in the sustainability of our future and our communities. She hopes to see the city and the neighborhood steer toward a future that allows for necessary growth while maintaining the unique and historic character of our neighborhoods. Her history with Candler Park goes way back as it is also where her parents bought their first house in 1976 before moving back to Mississippi where Emily was born and raised.

Lexa King – Public Safety Officer

Fortunately, Lexa stumbled into Candler Park in 1984. She was drawn by the diversity, the bungalow houses and the proximity to parks, restaurants, shops and theaters. Although housing prices seemed almost out of reach, the purchase of her duplex ended up being a superb investment and an indicator that she really should earn a living in real estate, which she still does. She would like to see the continued evolution of the neighborhood, including sidewalk improvements, benches which would allow seniors to take breaks while walking and a senior playground in the Park! Continuing for another year as Public Safety Officer, her focus in 2020 will be to grow the Candler Park Forever group whose purpose is to support senior residents’ ability to age in place. The group will provide monthly mini seminars devoted to topics of interest to seniors. In her free time, Lexa enjoys personal growth seminars, dining and movies with friends, foreign travel, photography and visits with her daughter and three grandchildren in Savannah and cuddling with kitties Chika and Cherish. She is an active member at the Spiritual Living Center of Atlanta.
Meet the CPNO Board for 2020 Continued

Jennifer Wilds – Membership Officer
Returning as Membership Officer, Jennifer Wilds is a familiar face to Candler Park residents who have attended meetings over the past couple of years. She typically greets everyone at the sign-in table and makes sure the food and beverages are set-up well. She has also volunteered in other ways, such as serving on the nominations committee. A Candler Park resident for 13 years, Jennifer was introduced to the area by her sister and brother-in-law. “I love the people and small town neighborhood feel with easy accessibility to all that the city has to offer,” Jennifer said. “I hope that people will be inspired to become more involved in the neighborhood in whatever capacity works for them whether it be through CPNO or the Conservancy, block parties or fundraisers, festivals or friends.” Working in the mental health field, Jennifer helps families meet their hopes for the future. She has a niece and nephew that live nearby and loves to watch them play sports.

Matt Hanson – Fundraising Officer
Although Matt Hanson has lived in the city of Atlanta his entire adult life, he just moved to Candler Park in July of 2019 and commented “I have always loved this neighborhood and am very happy in my new home here.” Matt works for Consilio, a global legal consulting firm so he travels fairly often for work. He is also a professional musician and has enjoyed a career playing in countless historic music halls. “From playing Carnegie Hall to the Clermont Lounge (yes, the downstairs part), I have a lot of great musical memories,” he said. His goal for CPNO is to see a significant focus on fundraising as growing and maximizing revenue for Fall Fest. He enjoys living in Candler Park with his partner Kerry and her two “lovely” children Mia and Campbell along with two lab mix dogs. If you can’t find Matt at home, “there is a 90 percent chance I am launching tennis balls to my dogs in Freedom Park.”

Amy Stout – External Affairs Officer
Amy Stout moved to Candler Park in December 2000 from San Diego, CA after getting engaged to her husband Ted Pettus. She works at Emory University in Research Administration Services. Over the past two decades, Amy has served in many different positions on the CPNO board, including as president. As the NPU-N rep, Amy will work with other neighborhood representatives to advocate for improvements to City policies and processes so that citizen input is given more consideration in planning and land use decisions. Because she is also a Candler Park Conservancy (CPC) board member, her primary goal for 2020 is to bolster the relationship between the CPNO and CPC in order to maximize our collective ability to protect and improve our beloved Candler Park greenspace.

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Candler Park Messenger January 2020
These minutes are presented for review. They may be amended before being considered for official adoption at the January members meeting.

The meeting was called to order at 7:04 pm by Dana Fowle, President. The motion to adopt the agenda passed. The motion to approve the October minutes passed. Thank you to all who brought food for the Annual Potluck.

Guest Speakers:
- Atlanta Police- Sgt. Dixon (night watch- 2pm -10:30 pm) introduced himself to the Membership. He cautioned us about packages; calling 911 if you are suspicious about an activity; clean car campaign.
- Josh Antenucci, Rival Entertainment, announced the dates for Candler Park Music and Food Festival as May 29 and 30, 2020. The motion to support the application for the Candler Park Music and Food Festival May 29 and 30 passed.

Announcements:
- Amy Stout called attention to the photos on the walls as coming from the park.
- Candler Park Market will be closed from Jan 3-10 for renovations.
- Fall Fest needs a Chairperson and a Treasurer to head the Committee.
- Movie Night will be February 23rd at The New Church on McLendon Avenue.
- Candler Park Forever will have speakers monthly on topics of interest to Seniors. The first one will be 10am-12noon, Thursday, January 23rd at the New Church.

Financial Update:
- Rohini Kukrega, Treasurer, reviewed the P&L for November. Fall Fest net income was $48,000.

Bake Off Winners:
- Best Tasting - Don and Judy Bender
- Most Festive - Lisa Morris
- Most Creative and Overall Winner - Christina Hodgen

The meeting was adjourned at 7:40 pm.
Submitted by Bonnie Palter, Secretary
December 16, 2019

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**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

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 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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CPNO Officer and Committee Reports for December

Freedom Park Conservancy - Christina Moore
- The ELDER project is preparing to launch in January with a communications rollout (via new website, FPC newsletter, press release, and social media) and the beginning of Open Studio with artist Masud Olfanui at the Howard Middle School site.
- Harriett Lane, Board Pres, is heading up a website revamp that will launch in late December.
- FPC welcomed our newest board member, Michael Reeves, with an evening of holiday cheer. Mike is a real estate agent with Adams Commercial Real Estate and likes taking his dogs for walks along the Freedom Trail and to the Freedom Bark dog park.
- Thank you to all who participated in the event at Mano in November, and at Georgia Gives Day. We raised $562.22 (total sales of the evening of $5,622.20. One of our biggest ones yet!!) at Mano and $815 for Georgia Gives Day, which is a nice little addition for the end of the year.
- Social media activity is currently meeting goals set in the strategic plan - 1 Facebook post/week and 2 Instagram posts/week. Social media numbers continue to increase. As of Dec 13, 2019, FPC has 1005 followers on Facebook (exceeding the strat plan goal of 925 for 2020) and 1123 followers on Instagram (moving toward the strat plan goal of 1300 for 2020).

Membership - Roger Bakeman
2019 ends on a high note for CPNO membership. We have reached our highest total ever, 669 members. This compares to 587 at the end of 2018 and 536 at the end of 2017. This total includes 175 new members, the highest number since 2014. Season’s greetings to all and looking forward to 2020.

Zoning - Bill Morris
The December 4, 2019 Zoning Committee meeting was held with five members in attendance. In addition to current committee members, the meeting was attended by the incoming zoning chair (EmilyTaff), the operator of the Primavera preschool/daycare and three neighbors including a couple who are close neighbors to the First Existentialist Church.

Special Use Permit: U-19-037 is a renewal of the Special Use Permit for the operation of the Primavera preschool/daycare at 470 Candler Park Drive that was supported by the neighborhood three years ago with a condition that it would expire in three years. Under the permit, the program allows for a max occupancy of 40 for children ages 18 months to 5 years old (9:00am to 1:00pm) and 2 to 12 years (2:00 – 5:00 pm). Because of the scheduled NPU and BZA dates for the application, a vote was not necessary at the December meeting allowing an opportunity to discuss the application with the applicant/school operator, committee members and neighbors. The plan going forward is to not increase in enrollment in the program or request the addition of a summer program. Conditions from the previous permit would continue to be adhered to under the renewal although a longer duration than 3 years is preferred. Church neighbors attending the meeting live on the south side of the church on Magnolia Avenue and although they supported the application in 2017, due to various concerns they stated that they oppose the current application. Concerns mentioned include issues related to both the school and church operations including noise (school), parking, traffic, need for better signage (to prevent blocking of access to their house), landscape maintenance, trash removal, etc. Although no specific solutions were identified to resolve these concerns at the meeting, the applicant was agreeable to work with the neighbors to try to address the issues in conjunction with church officials before coming back to the committee in January.

Following U-19-037, the committee and other attendees continued the development discussion begun in November focused on the impacts of the construction of new very large duplexes being developed in the R5 zoned area of the neighborhood (south of Mclendon Ave.). Topics discussed included update on the status of Poncey-Highland Historic District and effort to expand it to cover the whole neighborhood, a meeting with Councilman Faroki & neighbors on Candler St. regarding development impacts and upcoming meeting with the City to discuss potential options to address concerns. In addition to Historic District designation, which can still allow for quite a bit of flexibility for owners to renovate and expand their homes in a variety of architectural styles, another potential option discussed would be to consider an SPI District such as currently exist in the neighborhood for the DOT property that was to be used for the freeway construction along North Avenue and the northeast side of Candler Park (SPI 7). Interested neighbors and committee members are planning to meet with the City’s Zoning Director on December 20 for guidance on various options for moving forward to consider these options. The City is generally very supportive of neighborhood efforts to adopt “Historic” standards.

Development - Emily Taff
Development committee is working on a final report for the CPNO board.

Little 5 Points Alliance - Christina Hodgen
A 501 c(3) nonprofit organization with unified representation from the L5P Community Improvement District (L5PCID), Little 5 Points Business Association (L5PBA), Candler Park Neighborhood Organization (CPNO), Inman Park Neighborhood Association (IPNA) and At-Large members who LOVE L5P dedicated to infrastructure improvements, beautification, public safety and activation of our beloved neighborhood commercial district.

What We’ve Accomplished Since December 2018
- Started the Remove Stickers Add Art Beautify L5P Initiative
- Wrote and Adopted Organization’s Bylaws
- Entered into a Joint Operating Agreement with the L5PCID outlining ways we will work to improve L5P together between the two organizations.
- Launched our 1st Annual L5P Halloween Festival & Parade Photo Contest and received over 60 images from 20 local photographers.
- 2nd annual underway now.
- Participated in Atlanta Celebrates Photography with L5P Halloween Window Exhibit featuring 21 photos from the contest, displayed on 18 business windows.
- Initiated twice a week trash clean up on Euclid Avenue with Georgia Works which is sponsored by local businesses. See the men in blue shirts, stop and say Thank you!
- Kicked off monthly event, Weird Wednesdays, with the L5P Window Exhibit Opening on October 9th with over 50 artists, business owners and residents enjoying a walking photo tour of
L5P. Weird Wednesdays are the 2nd Wednesday of the month.

Signed a Logo License Agreement with R.Land for the use of his iconic L5P image to brand the neighborhood. Look for awesome merchandise and a large sculpture in the new Findley Plaza in 2020!

Managed the Request for Proposal process for the L5PCID’s $100,000 LCI Supplemental Grant to study Euclid Avenue awarded by the Atlanta Regional Commission.

Coordinated the Georgia Tech Design Studio to study L5P with community stakeholders and all members of the L5P Alliance.

Increase Facebook likes by 390 local followers since December 6, 2018.

Increased Instagram followers by 600 local followers since December 6, 2018.

Received $2400 Neighborhood Arts Grant from the City of Atlanta to paint 5 signal boxes in L5P. Thank you to Inman Park Neighborhood Association for sponsoring.

Spread our SHOW LOVE campaign for L5P that supports L5P Alliance operations.

MOU WITH CITY OF ATLANTA

In October, the L5PCID officially signed a Memorandum of Understanding (MOU) with the City that offers the CID authority to provide additional security, maintenance, and programming on Findley and Davis Plazas. We are excited to have built such a collaborative relationship with the City as well as gain additional control over what happens in the area. Not only does the MOU allow the CID to offer arts and music programming, but it also allows us to build our “Plaza Patrol,” which will include uniformed attendants helping with security and daily maintenance.

SIDEWALK DINING LEGISLATION

Working in collaboration with CIDs in Midtown and Downtown Atlanta as well as our Board member and Atlanta City Councilmember Amir Farokhi, the L5P CID drafted legislation to allow sidewalk dining in the public right of way.

In Little 5 Points, we have several establishments that would benefit from allowing customers to eat and drink on the sidewalk directly abutting their properties. On Monday, November 4, we were excited to see the legislation pass at the Atlanta City Council’s meeting. This is the first time the L5P CID has worked jointly with other CIDs to draft legislation, and we look forward to this type of continued partnership.

Public Safety -- Lexa King

Candler Park Forever, your favorite neighborhood group committed to assisting our Seniors age in place, has a new initiative for 2020. We will be offering a 1 to 2 hour program every month on various topics which are of interest to Seniors. The sessions will be offered at the Neighborhood Church in one of their meeting rooms, to be determined each month. They will be on Wednesday or Thursday mornings from 10:00 to 12:00. Perhaps some of us will go out to lunch afterward. Some of the topics we hope to cover are:

- Safety and Fire Prevention for Seniors
- Wills, Trusts and Legal Concerns
- Elder Abuse, How to Recognize and Report it
- Tai Chi and the Benefits of Movement for Seniors
- Programs, Discounts and Activities for Seniors in Atlanta

We are open to suggestions of topics. Let us hear from you. Especially if you know an expert who can present an informative, engaging program. Just email safety@candlerpark.org with the topic and contact info.

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How To Keep Your Skin Healthy During These Winter Months

Submitted by Mary Rose Provence

November is National Healthy Skin Month, so what better time to change up your skin routine than now. The dropping temperatures and colder air can often times leave your skin red, itchy, and dry. Your skin is your body’s largest organ and the first line of defense against invading microorganisms. Sometimes the skin care routines we have during the summer don’t work as well during the winter months when the air is drier, so check out these tips to help your skin survive the harsh winds of winter in Georgia.

BRING OUT THE HUMIDIFIER

A humidifier brings moisture into the air when it isn’t naturally there. They can help skin become less dry and also help your throat, nose, and lips to not dry out. If you are suffering from a cold or cough adding a humidifier to your room is also a good idea. Put them in rooms that the most time are spent in such as the family room or your bedroom.

PREVENT CHAPPED LIPS

Chapped lips are one of the most annoying things that happen with the coming of winter. When you don’t have Chapstick with you, one of the solutions that people naturally go to is licking their lips. However, this is actually even worse for your lips. The saliva evaporates extremely fast and this will leave your lips feeling and looking even drier. The easiest way to prevent chapped lips is to drink water and avoid flavored lipsticks and stick to ones that have ingredients that will actually help moisturize them.

EAT A HEALTHY DIET

Who says you have to wait until New Years to start eating healthy? Eating a healthy diet high in Omega 3s can actually help your skin too. Foods such as fish and walnuts are great sources of essential fatty acids. There are many categories of foods that offer protection to your skin cells and will help keep your skin healthy and combat aging. Another way to help your skin is through eating fruits such as berries and plums that are high in antioxidants which help protect skin cells from damage.

APPLY SUNSCREEN EVEN IN THE WINTER

Just because you can’t see the sun on a dreary winter day doesn’t mean it isn’t there. Skin cancer affects more than 1 million people in the US each year at all times of the year. Because of this, protecting your skin from harmful UV rays from the sun doesn’t apply just during the wintertime. Make sure to still apply a sunscreen that’s at least 15 SPF everyday whether you’re going on a morning run or just running errands. Also, if you wear makeup everyday look into purchasing a foundation that has sunscreen built into it, so you won’t even have to take any extra steps in your morning routine.

SHORTER AND COOLER SHOWERS

After being out in the cold, one of the best feelings is to come home and take a hot shower. However, using water that is too hot can actually irritate your skin more, take away your skin’s natural oils, and make it dry out. So, it’s better to take a 5-10-minute shower in a luke-warm water rather than turning the dial all the way to hot. Taking a shower in cold water actually helps tighten your pores and cuticles and stops dirt from getting into your pores. Also, this tip can be applied when you are washing your hands. A glob of lotion can only help moisturize your hands to a point. So, instead help prevent your hands from being dry in the first place by washing your hands in cold water.

MAKE SURE YOU ARE DRINKING ENOUGH WATER

The recommended intake of water is eight eight-ounce glasses or about 2 liters a day. During these colder winter months, we tend to drink less water for a number of reasons. We are no longer using it to cool down from the hot sun and instead we tend to substitute it for a warmer drink. But, increasing your water intake is one of the easiest ways to help keep your skin healthy and hydrated in the winter. Drinking the correct amount of water will help rid your skin of toxins, help you feel less tired, and give your skin a healthy glow.
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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.
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