



August 2023

MESSENGER

Naoya on McLendon

See page 14

Meet Naoya Wada, the CPNO Infrastructure Committee chair, who is helping to make McLendon safer.

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Eenie Meenie, Miney Mo

By Lexa King, Founder, Candler Park Forever

Choices. Life is filled with them. Starting with, "What do I want for breakfast?" or "What should I wear today?" Sometimes the choice can be delegated to another. If someone prepares our breakfast, the choice may fall to them. Perhaps the company that employs you requires a uniform of sorts like many medical facilities.

We can also create a structure which eliminates choices by providing a predictable structure. One corporate job I had required me to have lunch daily with my 2 bosses and a peer. One of the bosses liked predictability, so each Monday we went to a specific restaurant, Tuesdays were the same place every week and the same for the other 3 days. Thankfully, I liked all of the restaurants.

Some folks resist choosing. My younger daughter always tried to manipulate me into making choices for her. I never did that willingly. I told her she needed to make the easy choices that her young life presented so that she could build the muscle of choosing when bigger things presented themselves down the road.

Many of the choices made daily are transparent and pass without notice. Should I floss or not? Which TV show should I watch? Some are much more critical. Should I marry? Should I move? Should I change jobs? But no matter how important these choices seem to the formation of our future, there are other choices made with some regularity that may not even register as choices. How do we react to circumstances thrust upon us with regularity?

We walk into the office one morning and a meeting of your department is called. They announce that your department head, your mentor, your favorite boss ever, is being promoted and transferred to another facility in a different state. Her replacement is, in your mind, not qualified and inept.

Or your car, the best car you have ever had, is hit while parked, totalled and your bank account is close to non-existent. Your insurance will fall far short of what will be needed to replace your only method of transportation.

You get the picture. "Bad" things happen to "good" people all the time. Realistically, what you are faced with in either situation is a choice. How are you going to handle the circumstance? Will you complain, cry, curse, or create? It may be a combination of any one or all of these. The key, though, is not to stay stuck in a stage that is not serving you or providing your best life. End up, eventually, in the creation mode. Do whatever it takes to get there. Make lists of pros and cons, brainstorm with trusted friends, try out various options. Most of the time I find that just being in action helps me.

What you may need is a sympathetic ear and a fresh perspective. That's what some of us find in Candler Park Forever. Of course, you are not going to consult strangers with life altering decisions, but we are a group of mature Candler Parkites who enjoy getting to know each other, playing together and having fun. We support each other in various ways, with rides to medical appointments, lending an ear to someone who just needs to be heard or daily wellness texts to check in. Try out our book club, host a porch party or organize a dinner or movie for the group. We're flexible! Reach out to cpforever@candlerpark.org



CONTACT US TODAY

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The mission of the Candler Park Neighborhood Organization is to promote the common good and general welfare in the neighborhood known as Candler Park in the city of Atlanta.

BOARD of DIRECTORS

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Find a complete list of CPNO committee chairs, representatives and other contacts at www.candlerpark.org.

MEETINGS

CPNO Members Meetings are held every third Monday via Zoom.

All CPNO meetings are open to the public. Only registered members are eligible to vote at monthly Members Meetings. Membership applications must be received by Membership Officer by the first day of the month of meeting.

Committee meetings typically take place at The Neighborhood Church, 1561 McLendon Ave., unless otherwise announced. Check online calendar or with committee chair for changes.

Find specific meeting information on page 4 and up-to-date meeting and event information at www.candlerpark.org.

MEMBERSHIP

CPNO membership is free to Candler Park residents, property owners and businesses. Membership must be renewed annually.

Sign up at www.candlerpark.org or mail name, address, and email to

CPNO Membership
PO Box 5418, Atlanta, GA 31107

DATES TO REMEMBER

AUGUST

- 15** Deadline to submit content for next month's Messenger
- 21** CPNO Membership Meeting, 7-9 pm, Zoom and in-person at First Existentialist Church

SEPTEMBER

- 15** Deadline to submit content for next month's Messenger
- 18** CPNO Membership Meeting, 7-9 pm, Zoom and in-person at First Existentialist Church
- 23** Fall Fest! 2nd Annual Fall Ball, Hudson Grill
- 24** Fall Fest! Tour of Homes
- 30** Fall Fest!

OCTOBER

- 01** Fall Fest!

Please check CPNO's Upcoming Events list at candlerpark.org and watch for membership email notices for location and cancellation information. All CPNO meetings are open to the public.



Sponsoring Fall Fest Events

By Hallie Meushaw

There's still time to sponsor 2023 Fall Fest events! Think your business could benefit from having its name plastered all over Candler Park in the coming weeks as a Fall Fest event sponsor? Wouldn't your neighbors love to know your business supports Fall Fest? Or Fall Ball or Tour of Homes or the 5K Race & Fun Run?

Every dollar raised by these volunteer-run events goes straight back to the community. CPNO, a 501(c)(3), uses that money to fund great projects such as infrastructure safety improvements and upgrades to the park itself.

As Fundraising Officer on the CPNO Board, I see firsthand how critical the money raised by the Fall Fest events – our main fundraisers – is for our community. And from meeting with sponsors, I know how much it means to our local businesses to play a key role in making Candler Park the best it can be.

Right now we are nailing down sponsor participation so we can finalize the festival layout and promotional materials for Fall Fest, Fall Ball, the Tour of Homes and the 5K Race & Fun Run. Check out fallfest.candlerpark.org and email me at fundraising@candlerpark.org if you're interested!



Fall Ball on Sept 23

Presented by Page Kuhlman of Dorsey Alston Realtors

Come party with neighbors from Candler Park and Lake Claire at AlcoHall at Pullman Yards on Saturday, September 23rd at 7pm with music, dancing, food and drinks!

Buy tickets for \$75 at candlerpark.org/fallball

Sponsorship Levels: \$250, \$500, \$1000

Tour of Homes on Sept 24

Presented by Cynthia Baer

Now's the chance to see inside a wide variety of beautiful and unique homes in Candler Park and Lake Claire! The Tour of Homes will be held from noon to 6pm rain or shine.



Sponsorship Levels: \$500, \$1000, \$1500

Fall Fest on Sept 30 - Oct 1

Presented by SweetWater & Anna K Intown

Fall Fest is among the most beloved festivals in Atlanta. Two days of music, art, food, games and special attractions draw thousands of people to our beautiful in-town park and onto the streets of the surrounding neighborhood, Candler Park.



Sponsorship Levels:

\$2500, \$3500, \$5000, \$10000, \$25000

5K Race & Fun Run on Oct 1

Presented by Pullman Yards

Bring your family and friends to enjoy a morning run around beautiful Candler Park before heading to the festival!

Sponsorship Levels: \$500, \$1000, \$1500

Hallie Meushaw has lived in Candler Park for 13 years with her husband and daughter. This is Hallie's second year serving on the CPNO Board as Fundraising Officer.



THE MESSENGER

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The Messenger is the monthly newsletter of the Candler Park Neighborhood Organization. Articles reflect the opinions of authors, and not necessarily those of CPNO, the CPNO Board of Directors, the Messenger or the editor.

Articles must be signed and submitted via email to editor@candlerpark.org by the 18th of the month prior to publication.

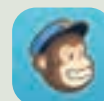
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

If you live in CP or own a business in CP, and aren't receiving the Messenger by mail, be sure to notify us! Send your name and address to editor@candlerpark.org. Place the words "Messenger Delivery" in the subject line.

CP ONLINE

For the most up-to-date information on Candler Park events and news, check us out on the Web at candlerpark.org.

JOIN CPNO TO GET EMAIL BLASTS



To receive informative email blasts, sign up online to become a CPNO member. We don't spam!

MESSAGES & CRIME ON NEXTDOOR



Join the Candler Park group at candlerpark.nextdoor.com to keep up on crime reports and other messages.

LIKE US ON FACEBOOK



You'll get the latest news and will be able to interact with 500 of your neighbors at facebook.com/CandlerPark.

FOLLOW US ON TWITTER



Our handle is your handle: twitter.com/CandlerParkATL

Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new members:

- Karen Brakke and Jeff Crompton
- ... and 1 other who wished to remain anonymous.

CPNO thanks members for their donation:

- Rosalind Mance
- ... 2 who wished to remain anonymous

CPNO Bylaws Revision Committee

The current CPNO bylaws (<https://candlerpark.org/bylaws>) were adopted in 2007 and updated in 2015. Thinking it was again time to consider an update, the CPNO Board voted at its June meeting to establish a special Bylaws Revision Committee. The committee, consisting of Sydney Boggess, Gregory Luetscher, Stephen Tellis, and Shasha Zou and co-chaired by Hallie Meushaw and Roger Bakeman, has identified articles and sections for potential revision including online voting procedures, board term limits, and prior notice of motions. As the committee works to draft proposed language, it will publish potential changes in the Messenger and provide them for discussion at the monthly membership meetings before presenting final suggestions to the Board. If any members have particular sections of the bylaws they think merit revision please email the committee at bylaws@candlerpark.org.

EVENTS SCHEDULED IN LITTLE 5 POINTS

By Little 5 Points Business Association

SHOWS ARE FREE unless noted Questions? hello@L5Pbiz.com

PATIO PARTIES

July 22, 5-9pm

Zine Fest and Open Mic by Market Hugs
9pm, 48 HOURS, Movie by Hydrops

July 23, 3 to 10pm

"We buy Local" by Bonfire and Hydrops with Artists, Bands, DJs, Cult movies, cosplay, dance competition, silent headphones, games

July 29

4-9pm Pulso en LaPlaza by La Choloteca
9pm, FRIDA, Movie by Hydrops

July 30

Psychic Showcase by Enlightened Collective

Aug 4, 4pm

Falcon Lords Presents

Aug 5, 9pm

Movie by Hydrops TBA

Aug 12

Punk and Metal Market
9pm THIS IS SPINAL TAP, Movie by Hydrops

Aug 13, 4pm

Puppet Show - "Edgar Clownin' Poe" by Adam Clarke with live musical accompaniment by Matthew Klem

Aug 19, 4pm

Market and Bands by Market Hugs
9pm Movie by Hydrops TBA
Aug 20, Honey Pot Energy and Arts
Aug 25, 7pm, Bands by @See.
Brickhouse: Snukki, Playtime & more

Aug 26, 9pm

W8ing4UFOs playing along to "Passion of Joan of Arc"
Movie by Hydrops

Aug 27

Enlightened Collective's Psychic Showcase

Sept 2, 9pm

Movie by Hydrops TBA

Sept 3, 4-9pm

Pulso en La Plaza #2, by La Choloteca
(Euclid CLOSED from Moreland to Colquitt)

Sept 9, 9pm

Movie by Hydrops TBA

OTHER UPCOMING EVENTS:

Sept 29, 30, 31

Pop Basel Fest by KingPopDesign

Sept to Nov

Ghost Tours (\$30 a tour)

Oct 18

Monster Ball at Star Bar with Alt3r \$10

Oct 21 and 22

Halloween Festival
(Parade Sunday at 2pm)
Vendor, sponsorship, volunteer links are on L5Phalloween.com

Nov 1

Parade of the Dead w Crew of Grateful Gluttons

Nov, 18 & 19

First Voices Festival in Bass Field

Nov 25

Small Business Saturday
Dec 2 or 9?
EAYC Gingerbread house contest, Krampus Krawl

Dec 16

Santa Con

More tours in the works-coming soon

Little 5 Points Patio Parties: Celebrating Life and Community Through Art, Music, Food, and Fun!

Submitted by Little 5 Points Business Association

Atlanta, GA, every weekend until Sept 10, 2023 - The "Little 5 Points Patio Parties" series is igniting the heart of our city with a fusion of music, delectable cuisine, and camaraderie. Set to take place every weekend throughout the summer, the Little 5 Points Patio Parties have transformed our neighborhood into a lively and inclusive hub for all kinds of revelers.

The Little 5 Points Patio Parties are hosted by the local businesses through a MainStreet America grant made possible by General Motors. The Parties endeavor to revive the spirit of togetherness and creativity in our community, celebrating the rich diversity of cultures and talents that call this neighborhood home. This series of outdoor events aims to support the resurgence of our vibrant arts and entertainment scene post-pandemic.

Event Details:

Location: Little 5 Points Findley Plaza, corner of Moreland Ave and Euclid Ave

Admission: Free and open to all

Highlights of the Little 5 Points Patio Parties include an eclectic lineup of musicians, ranging from local bands to talented solo artists, encompassing genres such as rock, jazz, blues, hip-hop, and more. Satisfy your taste buds with a delectable array of culinary delights from our local restaurants. Explore the creative spirit of Little 5 Points through Free Art L5P, puppet shows and cultural events featuring punk and heavy metal artists, Latino artists and Latino food. Discover unique experiences with our local businesses such as Enlightened Collective and their psychic showcases, yoga and sound bowls by the Honey Pot, cult movies every Saturday by Hydrops and more.

Join us as we come together to celebrate life, art, and community in the heart of Little 5 Points. Whether you're a local resident, a music enthusiast, a food lover, or simply seeking a fun time, the Little 5 Points Patio Parties guarantee a unique experience for all.

For further information, sponsorship opportunities, or media inquiries, please contact:

Kelly Stocks, President, Little 5 Points Business Association, hello@l5pbiz.com, 404-735-4924

Check out our website and follow us on social media for the latest updates and announcements:

Website: L5Pbiz.com

@L5Pbiz on FB and IG

Join the L5P Alliance for "People Make the Place" on Sunday, August 13

By Lauren Welsh, executive director of L5P Alliance

Little 5 Points has a history of being a welcoming place to people from all backgrounds as well as a space of activism, community, free expression, and unheard voices. The Alliance celebrates and recognizes the people who have been and continue to be such a critical part of what makes L5P unique through our annual "People Make the Place" celebration and fundraiser to support the L5P Alliance's work within the district.

Join us on Sunday, August 13 from 5-7:30pm as we share the stories of individuals and organizations and their role in creating the Little 5 Points we know and love today. Dad's Garage will be providing a little extra entertainment with improv performances, and this year we're getting the community more involved with our new Spirit of L5P Award.

2023 Awardees

Don Bender Legacy Award:

Co-Founder Linda Bryant, E.R. Anderson, Sara Luce Look and Angela Gabriel of Charis Books & More

In recognition of an individual who has demonstrated a legacy commitment to the sustainability, promotion, and invigoration of Little 5 Points.

UPLift Award:

Darryl Harris of Moods Music

In recognition of a resident, organization, elected official, property owner, or business owner that shows above and beyond commitment to the betterment and future of L5P.

In Memoriam

- Pam Majors, Junkman's Daughter
- Thomas Taylor, Stratosphere Skateboards
- John Sweet, Community Activist

Spirit of L5P Award

Nominated by the community, this award is given to a person or place that truly exemplifies the L5P spirit. Announced at the August 13 event.

Buy tickets and sponsor the event at l5pa.com.



HALLOWEEN APPLICATIONS ARE

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Yay For Switching To E-Bikes And Evs! Now, Let's Liberate Our Lawns!

By Susan Rebecca White, Candler Park resident

Recently, my husband and I bought a car that is powered primarily by battery. While recognizing that no choice is pure—mining for the lithium used to produce batteries is certainly not climate neutral—driving an EV is significantly less burdensome on the environment than driving a gas-powered vehicle.

One of the contributing factors that led to us purchasing an EV was the influence of our Candler Park neighbors. So many of y'all have Priuses, plug-in hybrids, or EVs parked in your driveways. It's inspiring! Also heartening: seeing folks tool around town on traditional or electric bikes, or take MARTA to work or (even more fun) Atlanta United games. I love the way our community is making serious efforts to reduce the amount of carbon we collectively pump into the air, all while making our daily lives a little nicer. I mean, what's better than a bike ride around the neighborhood, or not going to the gas station?

As we stride towards finding greener ways to get around town, let's also consider parking our gas-powered leaf blowers, which, according to a 2011 study by Edmunds, “spew out more pollution than a 6,200-pound Ford F-150 SVT Raptor pickup truck.” Jason Kavanagh, the engineering editor at Edmunds at the time of the study, stated that “hydrocarbon emissions from a half-hour of yard work with the two-stroke leaf blower are about the same as a 3,900-mile drive from Texas to Alaska in a Raptor.”

Not only are gas-powered leaf blowers wildly inefficient, but according to a 2021 article in Audubon, “Some produce more than 100 decibels of low-frequency,

wall-penetrating sound—or as much noise as a plane taking off—which can cause tinnitus and hearing loss with long exposure. Beyond that, gas-powered lawncare of all kinds spews pollutants linked to cancers, heart disease, and asthma, and blowers blast air up to 280 miles per hour, eroding topsoil and sending pollen, fertilizers, and herbicides adrift. Workers who spend hours a day with equipment are most at risk.”

Many (though certainly not all) of us who live in Candler Park are fortunate enough to have the financial ability to, at a minimum, switch to plug-in or battery-powered blowers, or hire a lawn service that uses these more efficient machines. Even better would be for some of us to stop using leaf blowers altogether.

For me, it's been a process of letting go of long-engrained conditioning. Growing up, I learned that I was supposed to “keep up the lawn,” and so my husband and I considered hiring a company to do so, without really thinking about what would happen during the bi-monthly “mow and blow.” But ignorance doesn't protect us from the reality of just how toxic gas leaf blowers truly are: emitting tons of carbon into the air, hurting the hearing and the health of the workers we hire, destroying the biodiversity of our lawns.

Candler Park neighbors, as we consider all of the ways that we might adapt our lives for the health of our communities and our planet, let's consider rethinking our lawn care. At a minimum, let's invest in electric leaf blowers and lawnmowers. Or maybe we should liberate our lawns entirely. I, for one, will see beauty and burgeoning life in your newly wild spaces.



Summer Garden Pasta

Recipe Submitted by Kerry Dobson

This is a beloved recipe from Ina Garten, who we all know can do no wrong. Perfect for this blistering Summer heat, this pasta couldn't be easier and uses loads of fresh uncooked tomatoe and basil. Give yourself some time though, the tomatoes need to marinate for at least 4 hours. Letting them sit overnight just adds more flavor in my opinion.

INGREDIENTS

- 3 pints cherry or grape tomatoes, quartered
- 1/2 cup olive oil
- 4-6 cloves garlic, minced
- 18 large basil leaves, julienned, plus extra for serving
- 1/2 teaspoon crushed red pepper flakes
- 1 tsp Kosher salt
- 1/2 teaspoon freshly ground black pepper
- 1 pound dried angel hair pasta
- 1 1/2 cups freshly grated Parmesan cheese, plus extra for serving

INSTRUCTIONS

Combine the chopped tomatoes, olive oil, garlic, basil leaves, red pepper flakes, salt, and pepper in a large bowl. Cover with plastic wrap and set aside at room temperature for about 4 hours. You can leave this to marinate for longer, up to 8 hours, at room temp. If you want to marinate overnight store in the refrigerator.

Bring a large pot of salted water to a boil and add the pasta. Cook al dente according to the directions on the package (be careful – it only takes 2 to 3 minutes!). Drain the pasta well and add to the bowl with the marinated tomatoes. Add the cheese and some extra fresh basil leaves and toss well. Serve in big bowls with extra cheese on each serving. This can be served hot or closer to room temperature.

COMMUNITY CALENDAR

LISTING: *FIDDLER'S GREEN*

Fiddler's Green Coffeehouse presents Admiral Radio and Marc Gunn Saturday, August 19, 7:00 pm, at First Existentialist Congregation of Atlanta, 470 Candler Park Dr. NE. Named after their '41 radio, the South Carolina-based duo Coty Hoover and Becca Smith are Admiral Radio. Having recently shared stages with acclaimed acts like Del McCoury, Molly Tuttle, Judah & The Lion, and more, this husband-and-wife duo are making waves across the Southeast and beyond. They create a unique Americana blend rooted in traditional styles, with the capacity to touch the heartstrings of the modern-day listener. Marc Gunn is a rhythm & folk songwriter who fuses Irish and Scottish folk songs with pop culture. His musical weapon of choice is the autoharp. He breathes rock & roll into this folk instrument and adds a bellowing taste of rhythm & blues. Marc now has over 20 solo albums on his homespun Mage Records label. His Irish & Celtic Music Podcast was one of the earliest podcasts to go online and is one of the longest lasting. Presented by Atlanta Area Friends of Folk Music (AAFFM). Minimum Admission: \$10 general, \$8 AAFFM and 1st E. Cong. members; additional contributions appreciated. Cash or check at door. Masks are encouraged. More information: www.aaffm.org (go to AAFFM Events) or 404-444-2334.



Admiral Radio

(AAFFM is a non-profit organization.)



Marc Gunn

Save the Date

Mulberry Fields Gone Wylde

Save the Date for the annual Mulberry Fields Gone Wylde fundraising event. The event will take place from 3 PM-8 PM on October 7th, 2023 at Mulberry Fields (1301 Iverson Ave. NE). There will be kids activities, a drum circle, live music by Webster as well as food from the wylde grill, cold beverages and s'mores. Of course, the beloved Chik a Billy will be lighting up the sky to end the evening. You don't want to miss out! Tickets start at \$20 for Wylde Center members and will be available starting September 1st at www.wyldecenter.org. Host and sponsorship opportunities are currently available for a VIP experience. Please contact carrie@wyldecenter.org for more information. See you there!



Funding for the Historic Designation Initiative

By the Historic Designation Committee

CPNO members voted in March to support moving forward with “a 10–14 month inclusive process to engage Candler Park residents and work with a consultant to define and draft proposed regulations for a potential Candler Park Historic District.” The result of the vote was 62% in favor with a record 239 members voting.

To engage the neighborhood as thoughtfully and as thoroughly as possible, the Committee is raising money for a third-party consultant, Aaron Fortner, to continue to lead this process over the coming months. Aaron’s expertise in planning, historic designation, and working with communities is incredibly valuable to us. He also worked with Candler Park in 2013 to create the Candler Park Master Plan and has been working with the neighborhood and the Historic Designation Committee since spring 2022 on the first phase of education and engagement.

The Committee has a fundraising goal of \$35,000, based on Aaron Fortner’s \$29,000 estimate for his time working with the neighborhood through the end of this project. It is, obviously, important and responsible to have dedicated funds to pay Aaron for his work.

In order to carry out the tasks voted on in March:

We are asking for CPNO to donate \$5,000 with an additional donation of up to \$15,000, matching funds raised by the Committee. The Committee is committed to raising \$15,000.

The initial \$5,000 donation will ensure the committee has sufficient funding for the first few months of active engagement, including four Topical Community Meetings, which will be held in August, September, and October (see meeting schedule below). This gives the Committee time to raise funds plus matching funds for Aaron’s continued work which includes drafting potential regulations based on neighborhood feedback. This will achieve the goal set out in March’s vote of defining a potential Candler Park Historic District that the neighborhood can then review and vote on.



Financial Notes:

To date, the historic designation initiative has been funded with over \$9,000 donated by individuals and \$6,000 from CPNO. The Committee is asking CPNO for a \$5,000 donation to make sure we have money to get started, with a commitment of up to \$15,000, which will match funds that the Committee will raise.

Does CPNO have the money to donate?

CPNO is fortunate to have funds to back projects and initiatives that are important to our neighborhood and that the Membership supports. At the July CPNO meeting, the treasurer’s report noted that, excluding Fall Fest 2023 activity, there is over \$108K in the CPNO bank account.

What will happen if CPNO does not contribute to this Phase of the project?

The committee will have to reassess. While the committee is confident we can raise \$15,000 from individuals, it may be difficult for the all-volunteer committee to raise the full \$35,000. Unfortunately this would mean that we may not be able to fulfill the commitment we have (per the March 2023 vote) of engaging the neighborhood in a thorough and thoughtful discussion of potential historic district designation.



YES! YOU CAN DONATE TOO!

Specified, tax deductible donations can be made to the Historic Designation initiative at candlerpark.org/hdwg. Some suggested donations are \$50, \$100, \$250, or \$500, but please give at your own level.

DON'T FORGET THE UPCOMING COMMUNITY MEETINGS:

JOIN US to learn more and engage in the discussion!

Hybrid meetings will be in-person at the First Existentialist Church and via Zoom.

THURSDAY, AUGUST 24, 7PM

Community Meeting 1
Underlying Zoning Regulations, General Regulations and Procedures

THURSDAY, SEPTEMBER 7, 7PM

Community Meeting 2
Regulations for Contributing Structures

THURSDAY, OCTOBER 5, 7PM

Community Meeting 3
Regulations for Non-Contributing Structures

THURSDAY, OCTOBER 19, 7PM

Community Meeting 4
Development Controls, Parking, Driveways, Curb Cuts, Sidewalks



Sleep Hygiene

Simple Plan For Better Rest

By Gail Turner-Cooper, Candler Park Resident and Founder, Align Health

Do you know that a good night sleep is one of the most important things we can do for our health? We try to get a restful refreshing sleep every night. However, sometimes we just don't get the rest we need. There are some simple techniques and habits we can develop to improve our sleep both in quality and quantity.

A few things to know first, during sleep our body seems still and inactive, yet sleep is a time when the body is quite busy. During the night, we restock our supply of hormones, process significant toxins, repair damaged tissue, generate vital white blood cells for immunity, eliminate the effects of stress, and process heavy emotions.

Falling is ultimately governed by the pineal gland. As the day ends and darkness abounds, the pineal gland secretes a neurotransmitter and hormone called melatonin. Melatonin suppresses the activity of other neurotransmitters and helps to calm the brain. For ideal sleep, melatonin should be rising steadily and cortisol, our stress hormone, should be super low at bedtime. Cortisol is produced in response to stress and loud noise, meaning our evening habits have an enormous effect on our hormone levels.

Simple things such as watching TV and using

our phones/tablets that usually display full-spectrum light causes confusion in our brain about whether night has truly come. Also, we frequently watch shows, play games, or do a little work before bed that can be loud and stressful. Additionally, digesting a heavy meal eaten later in the evening can also prevent or interrupt sleep.

Being mindful of the habits we have in the couple hours before bed can greatly improve our ability to fall and stay asleep. Having good hygiene toward sleep and implementing some simple changes can be quite powerful. Here are a few suggestions:

1. Choose more calming, quieter evening activities that help you to relax, both mentally and physically such as reading a book, taking a bath, going casual walk, or just playing with a pet.
2. Turn off all full-spectrum light for 1-2 hours before bedtime. This means no phone, TV, or computers.
3. Avoid amping up your brain. Avoid activities such as next-day-planning, catching up on work stuff, or even stressful conversations an hour prior to bedtime.
4. Make it quiet and peaceful. If your bedroom can be too noisy, you can try soft foam ear plugs at bedtime. Or if you sleep best with some white noise, turn on a fan or get a white noise machine and gently float away on the waves.
5. Mind the temperature. Temperatures naturally drop at night and our body expects it to be a little cooler. However, don't go overboard with the cold as temperature extremes, hot or cold, naturally increase our stress hormones waking us up.
6. Take time for a relaxing ritual. Enjoy a nice cup of herbal tea to relax and set the tone for sleep. (Avoid caffeine after 2pm, even chocolate!, as it can affect you many hours later.) A hot bath with Epsom salts is soothing. Reading an inspirational book (not the news) or doing 10 minutes of gratitude journaling.
7. Let your stomach rest too. Do not eat for three hours before bed. This change can be surprisingly powerful.

Mary Lin Dine-IN



WE'RE TRYING SOMETHING NEW! JOIN FAMILIES FROM YOUR GRADE ON THE DESIGNATED NIGHTS BELOW FOR A SPECIAL DINE-IN

*Everyone is welcome to participate on any night.
All purchases will benefit the MLES PTA.*

KINDERGARTEN

4:30pm Sunday, August 6 - Naan Stop (pre-order) - Candler Park Playground

1ST GRADE

Wednesday, August 9 - Farm Burger (Virginia Highlands)

2ND GRADE

Monday, August 14 - Moxie Burger (Candler Park)

3RD GRADE

Monday, August 21 - Doc Chey's (Morningside)

Dine in and out benefitting the PTA available Mon 8/21 - Weds 8/23

4TH GRADE

Monday, August 28 - Shake Shack (Old Fourth Ward)

5TH GRADE

Wednesday, August 30 - Gusto! (Poncey Highlands)



Making McLendon Safer

Q&A with Naoya Wada, by John Fleming

McLendon Avenue stretches just under two miles from Little Five Points, through the heart of Candler Park and Lake Claire emerging again at Ridgecrest, just short of Dekalb Avenue.

It's a thoroughfare for vehicles in the area, the route many of us take to go about our business or on our way to play. It's how our children, in that big yellow bus, get to school, how visitors explore our part of town; how some of them cut through our part of town. It's the route countless pedestrians use to get to Little 5, the Candler Park Market, Lake Claire Park and everything in between.

It's pretty much the main way through this part of Atlanta, providing for commerce, recreation and everyday living for so many here.

That pumping artery of the neighborhood is just the thing though. All that busyness creates an avenue that could be safer, easier to navigate and, well, nicer.

This... is news to no one. Long have the residents and travelers from the corner of Josephine to Howard Circle had to endure fast cars, worry about pedestrian safety, suffer from an absence of bike facilities, put up with bad sidewalks, and so on.

This part of town, however, does more than curse the darkness. Ours is a doer neighborhood.

So, behold Safer McLendon, an effort created to find solutions to safety issues along the avenue. The rubber hit McLendon, you might say, when the CPNO Infrastructure Committee created Safer McLendon, a joint Candler Park-Lake Claire venture, and hired the Atlanta-based design and planning firm Lord Aeck Sargent to conduct an eight-month study last year. Since August 2022, this firm has conducted numerous public meetings, workshops and planning sessions.

This is just the beginning of course. If those cool designs in the report are to become reality, then there is a lot more work to be done.

To find out how much more work, how long it's going to take and what comes next, we caught up with Naoya Wada, the CPNO Infrastructure Committee chair.

Working with residents and consultants, he's been the driving force in making sure

Candler Park and Lake Claire get not only ideas, but a realistic and courageous game plan for transforming McLendon from a traffic artery into the fabric of the calm and peaceful neighborhood it transits.

JF Would you tell us how all this got started?



NW The conversation around Safer McLendon began prior to my getting involved, but at the core of it all, it has always focused on safety and slowing down vehicular speed. The two really go hand-in-hand. We've always wanted to ensure that everyone who uses McLendon in a more active manner feels welcome to do so. Having seen some close calls and hearing of accidents from neighbors, this was just something that needed to happen.

JF What were some of the main findings of the study?

NW We [Safer McLendon] were fortunate enough to fundraise to allow us to hire Lord Aeck Sargent to help us gather input and make recommendations from all the data we received. They helped organize and facilitate public input meetings, both in person and online. What we heard in these sessions was encouraging. Our neighbors were just as concerned about the speed of vehicles and their safety as we were.

JF What were the biggest surprises from the study and from public feedback?

NW I don't know if there were any huge surprises. I enjoyed that we received a lot of feedback on not only the more frequented intersections (Oakdale, Candler

Park Drive, Clifton), but also through the whole nearly two-mile stretch that is McLendon. People are concerned not only about the more commercial areas, but the intersections that they live near and that's awesome to hear. Having thoughts on how to make it safer everywhere benefits everyone.

JF Is it realistic to expect anything to happen, any improvements, in the near future or is this all tied to city DOT funding?

NW Despite all that we have accomplished thus far, we still have a lot ahead of us. We are planning to take this project in three phases.

- Phase 1 – Work with our city council members to determine what the “low hanging fruit” may be and see what we can do to get started there.
- Phase 2 – See what opportunities there may be for Tactical Urbanism implementations for some of the larger aspects of the project. Though it's not permanent, this will help us improve McLendon more quickly and in a very cost effective manner.
- Phase 3 – Work with the city on more permanent capital improvements.

JF What are the next steps?

NW One of our immediate next steps is to do more fundraising. We would love to see everyone support us at Fall Fest. We'll also be doing more research on tactical urbanism and possible grants that we can apply for to help bring us one step closer to the improvements that the neighborhood would like to see. We appreciate donations; to donate, click or tap here.

JF What else are you working on?

NW We recently had another concerned Candler Park resident join us on our committee. Seth Eisenberg, (of Euclid Avenue) who recently wrote a piece in the Messenger, shared his concerns around the lack of sidewalks around the tennis courts at Goldsboro Park on Euclid. That's something we would like to work with him on to help improve the neighborhood as well.

Making McLendon Safer Continued



BiRacial History Project Responds to Last Month's AJC Reprint

Edith Kelman, Project Manager
Early Edgewood-Candler Park BiRacial History Project
<https://biracialhistoryproject.org>

Historical Context Matters:

The BiRacial History Project must offer a response to the reprised January 1923 Atlanta Constitution article, "Candler Park to Be Most Beautiful in All America." With our research and the input of Black stakeholder families linked to those times, we need to contextualize the florid language and dismissive, mono-cultural map that overlays the footprints of Black-owned homes and land of the times (Site for Horticultural Hall). That 1923 vision of a White Pleasure Garden required the displacement of dozens of Black renters living on the land in 1922/23, and it anticipated the 1942 'eminent domain' City claims that wiped out the homes, property values, and accumulated generational wealth of Rose Hill Community families.

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Regarding “A Come Back Musical.”

By Anthony Knight

At first, I was somewhat reluctant to attend the event, as I was unclear about what it would be—and I did not want to involve myself in a hardcore church event. However, I was pleasantly surprised to learn that the program focused on gospel music—which I love. A Come Back Musical not only rekindled memories of personal church experiences, but also the musical selections chosen were ones with which I was very familiar. Many times, I was close to tears as I remembered deceased family members, the times I enjoyed singing with classmates in my college gospel choir, and the centuries-old struggles faced by Black people in the United States. A Come Back Musical brought all this to the fore and provided for me on that afternoon the proverbial “Balm in Gilead.”

In addition to the skillful, yet traditional, renditions of Black gospel favorites, A Come Back Musical provided an important opportunity for two congregations, Antioch East Baptist Church and First Existentialist Congregation, to come together and fellowship—in love for and honor of a structure important and meaningful to both. The Old Stone Church embodies not only Black know-how and ingenuity, but also the building stands as a living testament to the injustices and moral rectitude of a people, of a nation. A Come Back Musical was a great success, and I’m so glad I attended. It set the tone and tenor for the rest of my weekend. I hope it becomes an annual event!



The Antioch East Baptist Church ‘Come Back’ Choir fills the Old Stone Church with heart and soul.



June 24 ‘Come Back Musical’ Program cover.



Deacon Patterson speaks of his Antioch founding family’s long history on Hooper Street.



Musicians Rev. Slaughter and Bro. Leslie accompany the Choir.



Mother Carithers, Antioch Historian, reprises the 150-year story of the Antioch East Baptist Church.



Rev. Dr. Michael A. Smith of Antioch East Baptist Church offer Remarks and Benediction.



Anthony Knight and Susan Coleman, representatives from City of Atlanta Historic Preservation Design Studio.



Neighbor Roz Mance and Mother Harris reconnect since their meeting at the Rose Hill Community event in Oct. 2022.



Rev. Marsha Mitchiner of First Existentialist Congregation invited the Antioch East Choir to Come Back again.



Brother Leslie on drum kit and sound set up.



Rev. Slaughter at the keyboard with vocals.



First E's Music Minister, Dr. Jean Heinrich, radiates her experience.



Three blood-sisters are descendants of the Rose Hill Community's Little Family.



First E's Nancy White displays her 'Come Back Musical' program.



Patty Giblin, Candler Park neighbor, checks out the historic display hand-outs for guests to take home.



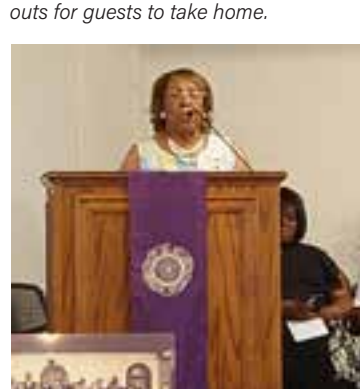
Bro. Jackson signs the Guest Log.



Rev. Dr. McCord and Mother Patterson feeling the joy!



Sister Samuel, with feeling.



Mother Miller shares memories of her family ties to this neighborhood.



Antioch East Choirs @ 1940s: Antioch East Baptist Church 1940s Youth Choirs inside the Old Stone Church.

CPNO Officer and Committee Report for July 17, 2023

Public Safety- Larry Compton

We are seeing a steady pace of 1 to 2 stolen vehicles per month. If you are in need of an anti-theft device please contact safety@candlerpark.org.

APD Zone 6 is pleased to announce the addition of a victim advocate to staff. A victim advocate is a person who supports and assists those traumatized by crime. Victim advocates can also help navigate the reporting system. Please contact APD Zone 6 or safety@candlerpark.org to find out more information.

The City of Atlanta has a new 911 system that allows dispatchers to receive precise caller location when calling from a cell phone. In addition, dispatchers can text a link to callers that allows picture upload, video upload, and communication via text message. This system will decrease response time and allow first responders to prepare for the situation. The new system also supports direct text to 911, however I recommend using voice calls unless you are unable to speak due to the circumstances of your emergency.

Per the July 5th Atlanta Fire quarterly update to City Council, the Fire Station 12 renovation is now scheduled for completion at the end of July 2023.

Membership-Roger Bakeman

Membership in CPNO continues to break historical records. During these summer doldrums, few join or renew. Nonetheless, membership now stands at 743 members, about half of whom share a common address (and frequently a last name), so I infer our current membership represents about 556 households. Recording the attendance of members at our monthly meetings is one bylaws-mandated task of the membership committee. Not surprisingly, hybrid meetings have complicated this task, which now takes perhaps triple the amount of time as formerly.

Little Five Points Alliance-Lauren Welsh

The Alliance is gearing up for our annual "People Make the Place" celebration and fundraiser on Sunday, August 13 from 5-7:30 pm at 7 Stages Theatre in Little 5 Points. Each year this event recognizes the individuals and organizations who have played a critical role in creating the Little 5 Points community we know and love today. This year's honorees include:

- Don Bender Legacy Award: Linda Bryant, Co-Founder of Charis Books & More, Sara Luce Look and Angela Gabriel Co-Owners
- UPlift Award: Darryl Harris, Owner of Moods Music
- "In Memoriam": Pam Majors of Junkman's Daughter, Thomas Taylor of Stratosphere Skateboards, and longtime Community Activist John Sweet Community Activist
- Spirit of L5P Award: New this year, this award is nominated by the community and given to a person or place that truly exemplifies the L5P spirit. Voting is currently underway!

Also joining this year will be Dad's Garage improv actors to provide some additional entertainment to our evening. Please join your neighbors and small business owners to celebrate the unique place that is Little 5 Points on Sunday, August 31 by buying a ticket at l5pa.com. Funds raised from this event go toward public safety and cleanup efforts, arts programs, and mobility projects.

The Historic Designation Committee met on Wednesday June 28, 2023, 6:30pm via Zoom.

Discussed Funding:

Reviewed Aaron Fortner's original estimate for the remainder of this project: actual original estimate is at \$29K, agreed on a fundraising goal of \$35K.

Why? All funds will go toward paying a consultant, to facilitate this process, lead neighborhood meetings, answer questions, and draft the regulations with the committee's assistance making sure neighborhood input is heard and incorporated. We want to make sure this neighborhood engagement is done as well, as thoroughly and inclusively as possible. Aaron Fortner has the expertise and history working with our neighborhood.

Fundraising is 2 parts, Committee is fundraising and CPNO contribution. Committee discussed what to ask of CPNO:

- Option 1: simple Matching dollar for dollar up to XX amount. This option puts pressure on the committee to raise more money up front.
- Option 2: Ask for \$5,000 now and up to \$15,000 matching dollar for dollar - This ensures we have funds to pay Aaron while we raise additional funds.

Everyone present thought that seemed reasonable and responsible. This means a Committee commitment to raise \$15K to meet \$35K goal.

Discussed asking in July with a Membership vote in August. Emily will discuss with CPNO Board.

Discussed Community Meeting Planning

Emily is working with Christina on learning the ropes of the hybrid meetings in preparation for the Community Meetings starting in August. Briefly discussed signage needs for the in person meetings, John Skach will help. Will need committee volunteers at the in-person meetings, and help with publicity including passing out fliers.

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July 17, 2023 CPNO Members Meeting – Draft Minutes (Hybrid)

The meeting was called to order at 7:01 pm by Christina Hodgen, President. The motion to adopt the amended agenda passed. The June Minutes were approved by unanimous consent.

Guest Speakers:

Zone 6 Officer- Sgt. R. Johnson gave the crime statistics for the last month. She also emphasized “Clean Car” Campaign. Kia and Hyundai continue to be the most vulnerable cars to be stolen.

Announcements:

1. Bylaw Revision Committee- Send suggestions to bylaw@candlerpark.org
2. National Night Out- August 1, 6-8 pm (Page Avenue)
3. Kelly Stocks from Little Five Points Business Association- Motion to support Little Five Points Business Association Magic Carnivals, September through December (Friday, Saturday,& Sunday) passed.
4. Lauren Welsh, Little Five Points Business Alliance, announced “Spirit of Little Five Points” will take place on Sunday, August 13, (5- 7:30 pm) at Seven Stages.
5. Sunset Yoga- July 26 from 7:45pm- 8:45 pm.
6. Sunrise Yoga-August 12th.
7. Amy Wheeler announced these events-
 - Fall Ball Sept.23rd
 - Tour of Homes- September 24th
 - Fall Fest- September 30- October 1st

New Business

Historic Designation Committee-Emily Taff, Chair

Requesting CPNO match \$15,000 for Committee’s work

Treasurer Report-Amy Wheeler

Reviewed June actual income

- Yoga- \$500
- FallFest- \$15,000
- Safer McLendon- \$5,000

Zoning- Jason Key, Chair

Motion to support V23-91 (322 Clifton Ave) passed.

The meeting was adjourned at 8:10 pm.

Submitted by Bonnie Palter, Secretary

July 17, 2023

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 or renew candlerpark.org

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 candlerpark.org/donate-to-cpno 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

AUGUST CRIME REPORT, CANDLER PARK

Date	Day	Time	Location	Description
Stolen Vehicle	6/13/2023	Tuesday	2230	1300 Block Euclid Ave NE
Theft from Vehicle	6/19/2023	Monday	2302	1600 Block McClendon Ave NE
Theft from Vehicle	6/19/2023	Monday	2330	1600 Block McClendon Ave NE
Theft from Vehicle	7/5/2023	Wednesday	1230	1530 Dekalb Ave NE
Theft from Vehicle	7/7/2023	Friday	2003	300 Block Josephine St NE
Stolen Vehicle	7/12/2023	Wednesday	0715	300 Block Josephine St NE

SIGNIFICANT ACTIVITY ROLLUP (6)

STOLEN VEHICLE – 2

THEFT FROM VEHICLE – 4

SAFETY OFFICER ASSESSMENT

- 3 of 4 thefts from vehicles occurred at businesses.
- Steady pace of stolen vehicles – trend of 1 to 2 per month.



Summer Pop Up Storms Can Bring Some of the Worst Weather of the Year

A fternoon “pop up” thunderstorms are common this time of year, courtesy of our area’s warm and humid conditions.

But sometimes, these pop up storms can be strong enough to produce wind damage -- including downed trees and powerlines. Some of the worst weather of the year can occur in the late spring and summer months as these storms produce torrential downpours as well as frequent lightning, and winds strong enough to topple trees.

But what makes a storm strong enough to be considered “severe”?

SEVERE STORM CRITERIA

A “bad storm” can be rather intense to drive through, and the thunder can be rather loud, but a thunderstorm is considered “severe” if it produces any of the following:

- ▶ Wind gusts 58 mph or greater (Why 58 mph? Because the traditional wind speed unit is knots, and 50 knots converts to 58 mph.)
- ▶ Hail that is 1 inch in diameter or greater (the size of a U.S. quarter)
- ▶ Tornado(es)

What are the main impacts from severe thunderstorms?

Lightning: While lightning is not a criterion for classifying a storm as severe, a “lightning jump” or large increase of lightning strikes in a short amount of time can signify a rapidly strengthening thunderstorm. These thunderstorms contain strong updrafts, or upward moving winds, that push water droplets and ice crystals higher in the atmosphere. Along the way, friction between the rain drops and ice crystals produce different static charges in the cloud, and lightning discharges the static electrical build up within the storm cloud. The more lightning strikes within a storm, the stronger the updrafts and more than likely the stronger the winds associated with the storm.

Wind Damage: High winds are the main impacts from severe thunderstorms. Wind gusts as high as 58 mph or greater have the potential to knock down and uproot trees, down power lines, and cause structural damage to homes and buildings.

Often, in the late spring and summer, damaging winds within a thunderstorm are due to **downbursts**, which are rapidly-moving downward columns of rain-cooled air.



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ARE YOU SUFFERING *from an abundance of mosquitoes in your yard this wet, humid summer?*

You know skeeters can breed in any sized pool of standing water in your yard. In a bucket or pail, in an old tire used for a tire swing or a sandbox, in your gutters, in your yard itself. Anywhere you have standing water, even the smallest of drops, you have a skeeter breeding ground.

And guess what we've had an abundance of lately. Right. Water.

Therefore the first step is to keep standing water out of your yard.

To help aid in getting rid of them permanently you will have to enlist the help of a pest control company. They can do a monthly spray (the spray is only effective for about 30 days) during peak skeeter season which will help keep down the population.

You want to make sure that the skeeter folks use a spray that won't harm the little pollinators in your yard, the bees, the butterflies etc.

(It is also good to go with a company that offers monthly service. Frees you and your checkbook up a little, although a good skeeter company is worth their weight in bat poo...)

The spray will help keep the skeeter population down, but you may not ever be totally skeeter free.

What should you use if you are trying to enjoy your deck or patio?

Do mosquito candles work? Ehhhh. Bug zappers? Not really. Smoke? Doubt it.

The best thing for keeping skeeters away from you on the patio or deck is a good old-fashioned oscillating fan.

That's right – a plain old oscillating house fan is probably your best bet. Skeeters are notoriously weak fliers so the breeze of the fan will help blow them away from you.

Extra info.

You never feel the mosquito biting you. You don't feel them until after they have already had their fill of your blood, which is another reason why they are such a pain in the rear. Or arm. Or leg. Or neck...

One more thing.

Know what keeps mosquito population down?

Bats.

Look into building a bat house and maybe attracting some of those up-side-down sleeping, mosquito eating, guano pooping creatures. Might be just what you are looking for.



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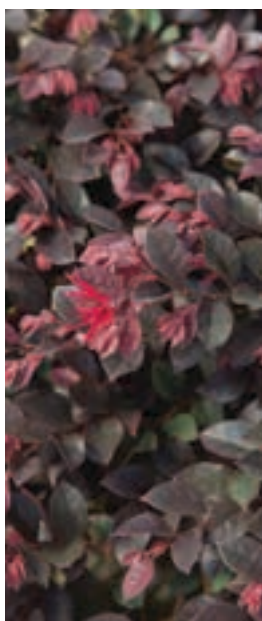
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What Catches Your Eye in a Summer Garden?



Ashley Frasca is host of the radio show Green and Growing, heard on 95.5 WSB Radio every Saturday from 6-9:00 a.m. For gardening tips, information, and advice, follow her Facebook page: [Facebook.com/greenandgrowingwsb](https://www.facebook.com/greenandgrowingwsb)

Life moves at the speed of light! But one thing that I have found which slows it down to a nice pace from time to time is gardening. Granted, I host a radio show about the very subject, but it's the best thing that's ever happened to me. Taking the time to observe nature's beauty really gives one a different perspective on things. Maybe whomever said to "stop and smell the roses" really knew what they were preaching!

I saw a meme recently with three male sportscasters all gasping in disbelief, apparently at some sports thing, and the words read "People over 50 watching their bird feeders"! I thought, "that's me too!!" A bird feeder, bird bath, or hummingbird feeder are simple additions to a popular gathering space outdoors that can add to your relaxation value. Investing in a bird identification book or an app is a great source of conversation for the family. Who knew I could impress my 30 something-year-old friends by identifying birds?!

And don't forget a few potted flowering plants, both large and small, in your outdoor space. Pollinators like bees and butterflies, and even hummingbirds, will be by to check them out. Everyone loves summer color, so choose annual flowers that can tolerate the heat. Good choices are geraniums, sunpatiens, petunias, Gerber daisies, and purslane. To ensure these plants will thrive well into the fall, make sure to routinely deadhead them. Simply pinch off the expired blooms with your fingers or a pair of scissors, and you'll be rewarded with continuous blooms.

As for the yard... who on this earth has ever seen a hydrangea and thought to themselves, "what a plain plant." NO ONE ever! We love our hydrangeas here in the South, and right now is the best showing of three popular types. Mopheads are the globe-shaped blue, sometimes pink flowered ones, that start blooming in late spring. Then there are Panicle hydrangeas, with cone shaped flower heads in bloom now. These flowers last into the fall. Thirdly, Oakleaf hydrangeas do well in wooded spots, and right now, their blooms are changing color. Their leaves are a beautiful display of autumn color in the coming months! Even better news, none of these has to be pruned. What a great staple to add to your landscape.

One of the best parts of my job as a radio host is being able to recommend plants to people. Requests are all very different, but I accept the challenge because it allows me to research and discover new plants! I recently attended Southeast Green, an industry conference and trade show in Atlanta for folks in the landscape and nursery industries, and there, many nurserymen and women displayed their newest varieties of plants. Science is amazing, as growers can hybridize plants to get the best characteristics of each, be it size, disease resistance or even cold hardiness. Right now, many folks seem to be in favor of dwarf varieties.

Offerings of dwarf shrubs are plentiful from growers, so there are many to choose from. They've become trendy and desired. If for full sun, consider Kaleidoscope or Confetti abelia. I love the colorful foliage of these, plus their small, white flowers. There are many planted along the walls of Oakland Cemetery. Then there's Pugster Blue butterfly bush, Diamond Spire gardenia, and loropetalum- Purple Daydream or Dwarf Crimson Fire. Purple Pixie dwarf loropetalum has a weeping form, which is neat. Soft Touch hollies offer soft foliage and resist common pests and diseases.

And what about ornamental grasses? Pink muhly stays a bit more compact, and carex is nice, but prefers partial shade.

Photography by Southern Living Plant Collection

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Northpoint Dental	678-274-6987
Roswell Dental Care	470-288-1363
Swords & Phelps Dentistry	770-479-3713
Design & Build Services	
HammerSmith, Inc.	404-377-1021
Doors	
EntryPoint Doors & Windows	770-904-0094
Park Avenue Entries	770-622-0554
Electrical Service	
Arc Angel Electric Corp	470-239-5568
Mr. Electric of Atlanta-Mr. Rooter	770-285-5700
Mr. Electric of Canton	678-408-7174
Rocket Electric	770-288-5855
ServiceWise Electric, LLC	404-704-4903
Shumate Electrical Services	678-584-0880
Eye Care	
Georgia Eye Partners/OPAL Aesthetics	404-383-0956
Funeral Homes	
In Their Honor of Jasper Funerals &	706-253-5060
Garage Doors	
Platinum Overhead Door	678-329-3100
Golf Equipment & Supplies	
Golf Cars of Canton	678-880-1156
LSV of Alpharetta	678-689-5125
Government	
DeKalb County Board of Commissioners-	404-371-2899
Handyman	
Happy Handyman LLC	770-685-8421
Shumate Handyman Services	678-584-0880
Home Furnishings	
ARIANA Home Furnishings & Design	678-807-7422
Home Improvements	
GHIR Construction	404-922-7379
Hospital	
Northeast Georgia Medical Center	770-214-4492
Insurance	
Allstate Insurance Nancy Wells	404-452-5066
State Farm-Matt Cresap	770-982-0064
The Upton Agency	770-361-6570
Kitchen	
Housley Enterprises, Inc	678-546-2276
Landscaping	
Stone Edge Landscapes	678-421-4763
Medical Clinic	
Prestige Medical Group	706-692-9768
Military	
United States Air Force Reserve	860-230-7498
Mortgages	
Movement Mortgage	404-394-6738
Nursery	
Autumn Hill Nursery	770-442-3901
Painting	
360 Painting	770-213-5071
Benjamin Moore Paint Store-Alpharetta	678-404-5511
Chris Brown Painting & Home Repair	770-323-3148
Earthly Matters Painting and Contracting	770-346-0203
Red Oak Painting	678-800-6533
Superior Pro Exteriors	470-922-6151
Verge Painting and Siding	678-331-1102
Pest Control	
Breda Pest Management	770-466-6700
Legacy Pest Control	770-423-0160
Windward Pest Services	404-545-1651
Pet Services	
Soothing Streams Pet Cremation	404-482-1441
Plumbing	
Bryan Plumbing Services	770-826-5277
Mr. Rooter of Atlanta	470-202-8178
Plumb 'N' Plumber	678-725-0042
Serv'all Plumbing & Rooter Service	770-917-1852
Shumate Plumbing Services	678-584-0880
The Plumbers Guild	404-694-5128
Pre-Schools & Kindergarten	
Omega Learning Center-Acworth	770-792-7431
Primrose School of Acworth Bentwater	770-529-3925
Propane Service	
Gas Incorporated	770-720-1378
Real Estate	
Ansley Atlanta Real Estate-Jody Tirone	404-451-3125
Atlanta Communities-Carl Hawthorne	404-403-1789
Atlanta Communities-Elizabeth Martin	678-373-9342
Atlanta Communities-Jennifer and Associates	770-403-5639
Coldwell Banker-Sherry Warner	404-784-8848
Compass Realty-Gipson and Co.	404-405-5363
Compass Realty-Natalie Gregory Team	404-373-0076
Cory & Co. Realty	404-564-5561
David Cooke-Martin Lake Group at KW	770-652-6270
Georgia Real Estate Depot-Nix	770-401-4932
Harry Norman Realtors-Pam Hughes	404-626-3604
JW Collection Brokers LLC-Oslund	678-321-4211
Keller Williams Realty-Cynthia Baer	678-358-3369
Keller Williams Susan Stanford	678-677-3935
Keller Williams-Linda Jacobs	770-337-2006
Keller Williams-Williams	678-780-7556
Park Realty-John Morgan & Drew Jackson	877-249-8533
Remax Around Atlanta-Falkin	770-330-2374
Remax-Heerema	770-238-6759
Robin Martin and Associates	678-665-0202
Remodeling	
Daniel's Home Services	770-598-1379
GCI Basements	404-569-8794
Serv'all Plumbing-Remodeling	770-917-1852
Restaurants	
Kaldi's Coffee	404-727-0405
Luna Maya	770-720-4999
Norsan Restaurant Group	678-878-2513
Roofing	
Earthly Matters Painting and Contracting	770-346-0203
Schools-Private	
Atlanta Academy	678-461-6102
McGinnis Woods Country Day School	770-664-7764
The Friends School of Atlanta	404-373-8746
Security Systems	
Classic Entry Systems	678-330-1111
Skin Care	
dermani MEDSPA - East Cobb (Marietta)	678-909-1735
The Beauty Barn	678-824-5466
Spa	
Reve Aesthetics Medspa	678-447-0801
Tree Service	
Gordon Pro Tree Service, LLC	770-282-1616
Water Heaters	
Serv'all Plumbing-Water Heaters	770-917-1852
Window Replacement	
EntryPoint Doors & Windows	770-904-0094
Visionaire Windows	404-543-9306
Window Traditions of Georgia	678-672-1963



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