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Photo credits: Natalie Anderson

Mulberry Fields: Thanks For Another Great Year

By Natalie Anderson

As 2023 comes to a close, your friends and neighbors at Mulberry Fields want to thank this community for all the support you have shown us this year.

Thanks to all who joined us for another successful Mulberry Fields Gone Wylde event this fall. It was a beautiful afternoon and evening full of food, drinks, music, activities and great company! We are forever grateful for the ongoing support of our hosts, donors, sponsors, volunteers, and attendees.

In 2024, Mulberry Fields will celebrate its 25th anniversary. In conjunction with that milestone and as part of the Wylde Center's Capital Campaign, new rain gardens will be installed to increase the garden's resiliency to increasingly extreme weather. We are incredibly appreciative to CPNO and its membership who approved a generous gift to support this project and ensure the garden is here for another 25 years to come. For more about Wylde Center's Capital Campaign and how you can help, please visit https://www. wyldecenter.org/

Mark your calendars now to kick off this special year for Mulberry Fields with S'mores in the Garden on January 13 from 5-7. Happy Holidays to all and hope to see you there!



CONTACT US TODAY 770-623-6220

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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.

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Find a complete list of CPNO committee chairs, representatives and other contacts at

MEETINGS

www.candlerpark.org.

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

DECEMBER

- 9 Cynthia Baer Gingerbread House Event, Neighborhood Church
- 9 Open House, 11 a.m. 6 p.m. at Little Five Points Center for Arts and Community
- 13 Mary Lin Dine-Out Night, Emory Village Chipotle
- Atlanta SantaCon, Little Five Points
- Fiddler's Green Coffeehouse Concert: A Celtic Christmas, First Existentialist Congregation
- 18 CPNO Membership Meeting, 7-9 p.m., Zoom and in-person at First Existentialist Church

JANUARY

S'mores in the Garden, 5-7 p.m., Mulberry Fields



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.



What's happening at the Little Five Points Center for Arts and Community

By Scott Thorpe and David Shorter

Just down the road from our wonderful neighborhood, at the corner of Euclid and Austin, the Little Five Points Center for Arts and Community is providing programs, events, and volunteer opportunities that folks in Candler Park can participate in.

Built more than 100 years ago as the Moreland Elementary School, the center has been operating as a non-profit catalyst for arts partners to connect and collaborate with communities across metro Atlanta.

Early on, the Center attracted a theater group called Horizon Theatre Company, and major arts organization called the Euclid Arts Collective, which produced and sheltered many of Atlanta's most promising and accomplished visual artists.

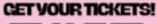
In addition to arts organizations, the center also attracted important community organizations such as the Georgia Solar Coalition and Metro Fair Housing Services. Today, it has additional organizations — from Manga African Dance to the Atlanta Jugglers Association — that represent the diversity of the city we call home.

We'd like to take this opportunity to invite you, your friends, and your family to check out all that the center has to offer. The center will have an open house on December 9 from 11 a.m. to 6 p.m. You can check out our website at https://l5pcc.org.

Scott Thorpe is a Candler Park resident. David shorter is the Executive Director of the Center.



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THANK YOU

Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new members:

Cam and Kate Collins ... and one other who wished to remain anonymous.

CPNO thanks members for their donation:

Two who wished to remain anonymous.

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.

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From A Field of Kudzu To Dreams of a 'Pocket Park'

By John Fleming

Right at the bottom of the hill, where Ferguson Street meets McLendon, is a flat piece of greenspace, lush turf the likes of a fairway, encircled (at this time of year anyway) by kudzu.

It's the kind of vacant space — three lots coming in at about an acre — that would interest practically any developer.

Kelly Jordan, a long-time Candler Park resident and the owner of the partly kudzu-ed field, however, envisions continuing green, not paving. And in line with that, he has proposed that it becomes a city park — or more precisely, a tiny "pocket park."

There is much to do before this becomes reality, most importantly in Jordan's opinion, a thorough community discussion and a simultaneous outreach to the City about funding.

"I do not seek to control what a park design might look like," Jordan said. "That should be up to the community. This should be a community design process."

Indeed, there have already been discussions about turning the plot into park space. There were earlier talks with Stacy Funderburke of the Candler Park Conservancy and Atlanta District 2 Councilman Amir Farokhi. There was also some valuable community feedback from the Safer McLendon Project, spearheaded by Naoya Wada. Also, in mid-October, Wada helped gather about half a dozen of the neighbors near the vacant space to have a conversation

"It was a really good call," said Mimi Rickert, who lives with her husband Sam and children, Issac, 6, and Isabel, 4, a couple of doors down from the open lot. She explained that there weren't any objections, but plenty of support and good ideas that came out of that call.

Sam, who was also on the call, said he liked the simplicity of the idea and how it could very well turn into a gathering spot for the neighborhood. Mimi added that having Sean's at the end of the block would likely mean more people would be able to meet up for lunch in the park.

And though they have kids, both said one of the things they liked about the conversation is that it appears the plan would be for multiple generations.

"There is a lot of thought going into this," Sam said.



The lot at the intersection of McLendon and Ferguson has long sat unoccupied. (Credit: John Fleming)

Of course, the couple is also interested in the safety aspects, such as slowing down traffic. That certainly fits in with the goals of Safer McLendon.

For one thing, the many green spaces we have in Candler Park sometimes go unnoticed. As valuable as they are to the community, they sit back off the street and are up or down a hill. This new park — which in urban planning speak would be considered a pocket park — will be visible to anyone passing through. As Wada says, it can show off who we are as a community.

"You can see what's happening," Wada said.
"You can scan the park and get a feel of the

energy that we have here. That is a very interesting attribute that it can offer, especially as it is close to the Little Candler business district. It is a very simple line of sight, and this is really wonderful. That will create some excitement and staying power."

"I'm excited because this is part of the Safer McLendon plan," he added.

The park, for example, could help to slow down traffic and could enhance lighting. But it could also showcase the neighborhood more directly than our existing parks and greenspaces do.

Of course, much hangs on acquiring the land, especially the City's or more specifically, the City's Department of Parks and Recreation's, appetite for buying new land in a neighborhood some would describe as "park rich."

For his part, Farokhi, who is aware of the budding pocket park plans, said in an email, "I don't have any info on a possible purchase at this point."

Typically, when parkland is purchased for municipal use, a city appraiser would offer a value opinion. So, at least in some ways, the plan is still in its early days.

Funderburke, a long-time board member of the Candler Park Conservancy, said he and his colleagues at the Conservancy have learned many lessons in the past few years and would be more than willing to help advise with the establishment of a pocket park.

"It certainly could be a great asset to the community," said Funderburke.
"We are going to need to have a community conversation and we need some creative thinking about it."



Proponents of the pocket park project say it could bring new visibility to Candler Park's green spaces. (Credit: John Fleming)



Sam and Mimi Rickert and their dog, Tycho, at the open lot on McLendon. (Credit: John Fleming)

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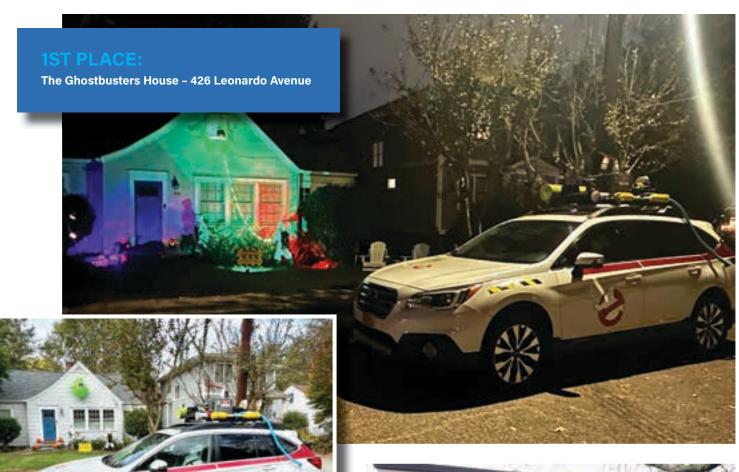
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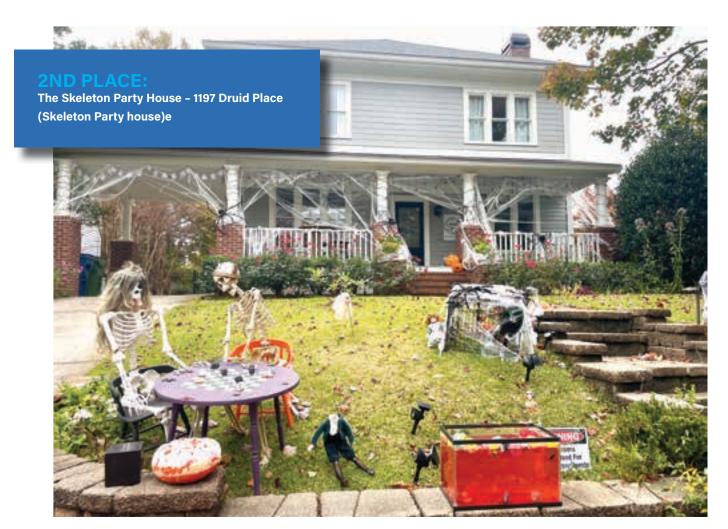
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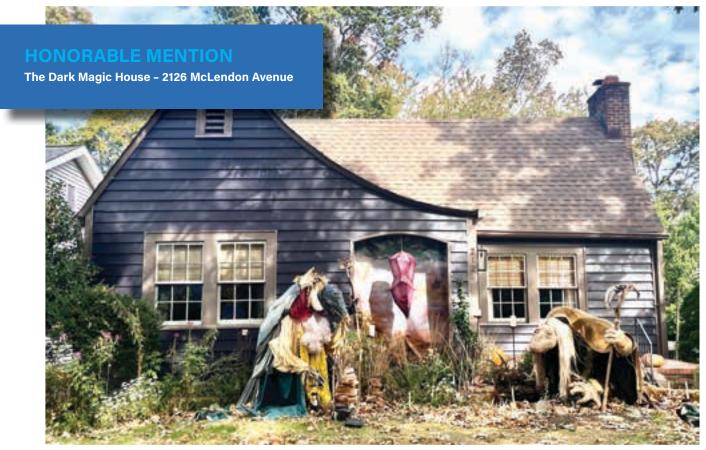


Candler Park's Most Spooktastic Houses

For the fourth year in a row, Candler Park's Boo Crew set out to find the neighborhood's best Halloween decorations. Four homes topped the list, with the three podium finishers receiving Trees For Tuition gift cards.







Q&A: What Will It Take To Keep Freedom Park Looking Fresh?

By Dillon Thompson | Photo Credits: Leslie Lowe

With more than 200 acres of land and eight miles of trails, Freedom Park is one of Atlanta's biggest greenspaces. It's a long, winding connector that stretches from Boulevard in the west, to Candler Park Drive in the east — touching at least a half-dozen of the city's neighborhoods.

But all that space is expensive to maintain. It's why the Freedom Park Conservancy (FPC) launched an ambitious, much-needed fundraiser earlier this year, with hopes of raising \$225,000 to update the park's infrastructure.

Sally Dorn, an Inman Park resident and member of the FPC's Board of Trustees, has been one of the campaign's loudest champions. She recently spoke with the Messenger about the fundraiser, the plans for raising money and the future of Freedom Park.

The following has been edited for clarity and brevity.

First, will you give me a little background on yourself and your role at the

conservancy? How long have you been involved?

Years ago, in 1982, I was a founding board member for CAUTION, Inc., which was the predecessor of FPC. I joined the FPC Board again in January 2022 as the selected representative from the Inman Park Neighborhood Association. I was also recently named the Fundraising Chair for FPC.

How did the current fundraiser come together?

FPC had not done any fundraising in years, so we started putting together a budget and a plan. We budgeted a first-year goal of \$225,000. We also planned to submit a grant application for

\$100,000 to Park Pride (a local nonprofit), for acquiring trash receptacles, wayfinding, and park signage. Park Pride offers matching grants, so we realized we would need to raise up to \$100,000 ourselves. We started the application process with Park Pride in August and we kicked off the first phase of fundraising in September, with a request for large personal donations of \$2,500 to celebrate the park's 25th birthday. Soon, we'll expand that to emails being sent to the memberships of our neighborhood organizations.

What's it been like coordinating with several different neighborhoods at once?

The Park is huge. It requires a lot of maintenance and attention. Additionally, more than 35,000 live within a 10-minute walk. This is a huge advantage because we have lots of people to draw from. The disadvantage is how to reach these people and help them understand that Freedom Park is "our park" — that we all need to help in some way, to take care of the park and enhance it. We are lucky to have a board with representatives from each of the neighborhoods as well as at-large members. For example, CPNO's representative, Mary Cox, is an active Board member and serves on the Art Committee.

How are you hoping to reach your final donation goal?

We would like to raise this money through neighborhood association contributions (Inman Park has committed \$5,000 to the maintenance fund and \$15,000 to the matching grant and operating budget) and large individual donations (we have raised \$12,500 so far from our

Celebrate 25 campaign and we will continue to contact and encourage these donors to give at the \$2,500 level), plus smaller individual contributions, business donations and other fundraisers. One way we are seeking donations is through straight donations or percentages of sales at businesses — we recently did a dine-out at Shake Shack, and we hope to do two more before June 2024. But we still have a lot of work to do. If anyone in Candler Park would like to join our Fundraising Committee, we could use the help.

What would you say to people in Candler Park who are considering a donation?

Candler Park has 25% of the land in Freedom Park. What an incredible asset for your neighborhood. It would be wonderful for Candler Park residents and businesses to donate, to volunteer, to talk about the park to others, and to share on social media what the park means to them.

How do you think Freedom Park will be different in five, 10, 20 years? How can this fundraiser help us get to that point?

I think Freedom Park will be cleaner and better maintained. I also think it will have more art in it and more activities happening on a local level and will be recognized for its civic involvement. I also hope it's recognized for how it connects to two Nobel Peace Prize winners — Jimmy Carter and Martin Luther King Jr. — and how it honors Civil Rights hero John Lewis. I think it will continue to provide connectivity and mobility for all.





Lake Claire Pool Proposes New Policy With A Steep Price Tag

By Dana Fowle | Photo credit: Elizabeth Price Holmes

Most members of Lake Claire Pool, a private membership-only facility on DeKalb Avenue, received an email on Nov. 3rd with an offer from its current owners of "equity membership" in a newly restructured pool ownership plan.

According to the letter, "Lake Claire Pool is transitioning from a nonequity membership pool to an equity membership structure." The new model, called Lake Claire Swim Club, would come with a steeper, one-time admission fee of \$10,000 for new members. The most recent current members paid \$3,500 to join, and that could be used toward a discounted rate of \$6,500 if they choose to stay on as members of the new Swim Club.

The private pool, tucked into the Southerland Terrace community, also charges an annual seasonal fee. Last summer, members paid \$675. The new fee would have a starting summer rate of \$785.

The 397 private pool members have until Dec. 31, 2024, to decide to join the new Swim Club. If they decline, the 322 families on the wait list can opt to join as places open up.

An equity membership, according to the announcement, would be "input into amenities, hours, and dates of operation, and enjoy the benefits of equity membership."

A 136-page attachment and a follow-up FAQ sheet offered a more detailed view of what equity membership would look like. But, it still left dozens of questions from members who met on Nov. 13 with neighborhood lawyers and real estate experts to better understand the deal.

Areas of understanding and concern from that meeting:

- The sale of the Lake Claire Pool is estimated to be upward of \$4 million, per community members. That money from the member buyin sale does not go to the Swim Club — it remains with the original owners, said lawyers who read the offer.
- Members of current Lake Claire Pool ownership hold title to the 50year land lease the pool sits on, earning them \$60,000 annually and increasing in cost by 3%t each year.
- Those who have been pool members for less than five years might be able to get their \$3,500 admission fee refunded, provided the new Swim Club board approves it.
- No disclosures are provided for pool conditions, past maintenance records, or past accounting records. The pool is listed as an "as-is" sale.



For a number of reasons, the Lake Claire Wahoo Swim Team is uncertain if they will be able to have a 2024 season at the Lake Claire Pool. Since they are a completely separate entity from the pool, they are earnestly exploring other pool options to preserve the team's future.

Pool members are worried about the looming deadline, the higher costs, and the pool's condition. The email writes that if they can't get 200 families to sign up for the new equity membership deal, pool ownership will stay the same. But it's unclear for how long.

One pool member, who works in the commercial real estate industry, said, "The reality of the equity offering is that there is no equity — equity members have rights to use the facilities but don't own the land or the improvements on the land, and in 50 years the ground lease expires."

This news, though, has re-inspired community volunteers to pull out the Candler Park Master Plan, which provides for updating the Candler Park pool by creating a public/private partnership much like the one in Garden Hills. The Candler Park Conservancy is leading preliminary talks with City of Atlanta leadership about the timing of moving this agenda forward.

To stay informed about the developments, join the Lake Claire Pool Members + Waitlist Facebook page. There you will also find all of the documents related to this discussion. Also, go to www.candlerpark.org/cpmaster-plan/ to find the Candler Park Master Plan and explore the vision for an updated and modern Candler Park pool facility that is free to the public. Take a look at the Candler Park Conservancy's Vision Plan at www. candlerparkconservancy.org.



Fall Fest 2023: Final Fundraising Numbers

Thanks to the incredible work of the 2023 Fall Fest Committee and hundreds of volunteers, Candler Park's biggest fundraising weekend was able to raise over \$80,000, which will be spent on a number of projects to improve the neighborhood.

FALL FEST TOTAL ≈ \$82,000

FALL BALL \$10,000

TOUR OF HOMES \$16,500

FALL FESTIVAL \$55,500

2023 Fall Fest events included Fall Ball, Tour of Homes, Road Race and a 2-day festival in the park including live music with 2 stages, artist market with over 180 vendors, Kidlandia, food trucks and more. The Fall Fest committee is pleased to announce that all of these events raised over \$80,000 for our neighborhood. Fall Ball raised over \$10,000. The Tour of Homes raised over \$16,500. Fall Festival weekend raised over \$59,000.

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CPNO Bylaws Committee Update Report

By Donna Palmer

In a healthy democratic society, laws are not written in stone. As our community continues to evolve and grow, it's important to make sure our Candler Park Neighborhood Organization's bylaws are fair and equitable and meet the needs of today's busy families. With that goal in mind, the CPNO board called for volunteers to form a committee to review our bylaws and propose changes that members can approve or reject.

Our first Bylaws Committee meeting was held in early September. From there, the Committee developed a short survey to take the pulse of the neighborhood. Using the results of that survey we have prepared a few proposals — two of which are outlined below:

Voting Outside Regular Meeting Times

The first major proposal has to do with allowing eligible members to vote on substantive issues outside the regular monthly meeting times. This topic received a whopping 80% support from the folks who took the survey.

The Committee kicked around several ideas including voting by proxy, early voting, or extending the voting time. After much debate, we propose that for substantive matters, a two-day window remain open for eligible members to let their voices be heard.

In other words, when there is a major issue up for a vote, eligible members will have 48 hours after the monthly CPNO meeting to record their individual votes. We propose that all voting of this nature be done electronically through the CPNO website. If someone is unable to vote in this manner, they can contact the Membership Officer within the 48-hour timeframe to record their vote.

Bear in mind that this extended voting is only for matters that require prior notice such as changes in zoning, any expenditure over \$500, capital expenditures of over \$25,000 or changes to the bylaws (you can find a complete list in Article VI, under Section 5 "Previous Notice of Motions" of the current bylaws). Routine housekeeping votes during the meetings can still be done by a show of hands either in person or on Zoom.

If there are extenuating circumstances, we propose that the board can shorten the window at its discretion. For instance, suppose a particular zoning issue must be reported to another entity within a specific timeframe that falls within the 48-hour window, under these circumstances the board could reduce the voting period to one day with proper notification to the membership.

Same-Day Registration to Vote

You may have noticed that we identify only eligible members for the voting process. Anyone who is 18

or older and either lives in Candler Park or owns property here can apply for membership free of charge. This includes people who rent as well as those who own their homes. (Folks who own a business in our neighborhood can also appoint a representative as a voting member.)

Up until now, new members must join by the first day of the month to vote at that month's meeting. Previous members remain eligible to vote through April 30 of the next year, but if they miss the renewal deadline then they too need to renew by the first day of the month in order to vote. This brings us to the second major proposal: same-day registration for membership.

In our survey, the respondents provided mixed messages. 56% favored "same-day registration," yet only 47% favored that we "decrease the waiting period before voting." We interpret these responses as representing a substantial division in the neighborhood about whether people should be able to register to vote the day-of or if they should have to plan weeks ahead.

The Committee proposes that membership applications be accepted up to midnight on the day of the monthly meeting. In other words, if you've forgotten to re-up your membership but want to vote on a big issue, under this proposal you could register or re-register by midnight and then vote for or against

Allowing members to register the same day as the monthly membership meeting ensures that neighbors who show up to a meeting ready and eager to vote on an issue will not be told, "Sorry, you didn't register weeks ahead of time so you don't get a say."

This issue even affects our neighbors who have been part of the community for years if they forget in the course of their busy lives to renew their registration before April 30 each year, as CPNO requires. Our survey showed that for those opposed to this change, the most common concern was some variation that it would allow uninformed people to vote.

In proposing this change, the Committee concluded that removing this administrative obstacle outweighed the potential drawbacks, but we recognize there is division on this point among the membership and look forward to a robust conversation.

Our proposed bylaws changes were presented to the Board at their meeting on Nov. 13 and to the CPNO members on Nov. 20. We now plan to present them to the members for a vote at the monthly meeting on Feb. 19, which allows time for questions and

If you have any comments, please email the committee at: bylaws@candlerpark.org.

A Deeper Look: **Proposed** Changes to CPNO Bylaws

As noted in the Bylaws Revision Committee Report, the committee proposes three sets of changes to Article VI, Meetings. They are:

Voting:

Allow for voting outside of regular meeting times. Any matter shall be decided by the affirmative vote of the majority of the Members who cast a vote on the matter.

- Each Member shall be entitled to one vote;
- The voting period for all matters subject to Section 5 notice requirements ("Substantive Motions") shall remain open for two calendar days beyond any Annual, Regular, or Special Meeting where the matter was introduced ("Voting Period"). However, with adequate advance notice and for good cause shown, the Board may shorten the Voting Period by one calendar day, or even further in exceptional circumstances, if it determines that the matter is time-sensitive;
- All votes on Substantive Motions shall be certified as determined by the Board and shall include a verification by the Membership Officer or other Board designee that the Members of record for said vote is accurate and complete.

Record Date:

Allow for members to vote with no delay between joining or renewing. Change the date in Section 6. Record Date, to "the record date shall be the day of any Annual, Regular, or Special Meeting." Currently, this section is written as:

"Only Members of record on the Record Date shall be entitled to notice of a Regular Meeting, to demand a Special Meeting, to vote, or to take any other action. Unless the Board of Directors orders otherwise, the Record Date shall be the first day of each month."



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OPINION We Are Neighbors

By Maya Abboushi, Erica Greenblatt, Dima Nazzal Duwayri, and Brittany Schwartzwald

We are Candler Park Fall Fest Committee Members. We are Palestinian-American. We are Lebanese-American. We are Jewish-American. We are refugees of war and victims of displacement. We are descendants of Holocaust survivors. We are women. We are mothers. We are daughters. We are sisters. We are friends. We are neighbors.

We were horrified by the events of Oct. 7 and continue to be horrified by the humanitarian catastrophe that is unfolding in Gaza. We feel strongly that governments are not its people and that children should have no place in war. We stand united against antisemitism, Islamophobia, and all forms of racism understanding that barriers promote hatred and that violence only leads to more violence.

Our shared desire is for peace and just co-existence. These things, we can all agree on. There is also much we don't agree on.

We each come with our own perspectives, backgrounds, and traumas. And that is a good thing. In fact, that is what makes our friendships so special. Through the darkness of this conflict, we have found comfort in learning more about each other during evening neighborhood walks and talks, embracing our commonalities, while simultaneously understanding the notable differences.

We are but a small representation of our neighborhood — a beautiful and richly diverse community with different perspectives on a variety of complex issues. But what is not complex is this: we are friends. We are neighbors.

To be a good neighbor, we must hold space for those who are experiencing this situation differently. To ask questions. To seek knowledge. To be a good neighbor, we must acknowledge and listen. Really listen to one another.

We know that many members of our community are viewing this crisis through different lenses and are struggling with what to say and what not to say. If we've learned anything these past few weeks, it's that coming from a place of curiosity and humanity is a good place to start.

We invite you to join us in this journey of empathy and understanding. Engage in conversations with neighbors as we strive to maintain a compassionate and united neighborhood. That is what will continue to make Candler Park and Lake Claire so special and vibrant. That is how we will make change.

OPINION Let's Throw a Lifeline to Homeless Pets

By Dawn Aura

LifeLine Animal Project is an extraordinary but underfunded animal rescue organization that now runs both Dekalb and Fulton County Animal Services (except for Animal Control, which is still run by the county).

Due to overcrowded shelters in both counties, Lifeline has said it must euthanize 200 of its 600 dogs, even though they are healthy and adoptable. Most of them are pit bulls or pit mixes; if they weren't, they'd be adopted much much more quickly.

As I see it, the problem has two main causes. One is cost: unaffordable housing, huge pet deposits and increasingly expensive veterinary care are forcing folks to give up their family pets.

The other is the large number of people breeding pit bulls. This alone creates hundreds, possibly thousands, of unwanted "leftover" unspayed females and puppies each year.

I don't have a solution. We can't build our way out of this with more and more shelters, although we should build them. A big financial windfall was announced recently by the state of Georgia, a budget surplus of millions for both 2022 and 2023, so let's ask for some to be used for these overcrowded pets.

Many people would take advantage of free, easily accessible spay and neutering services, and this would be cheaper and more humane than building larger shelters and euthanizing healthy cats and dogs. But there are others who will not spay or neuter, even for free. And a mandatory spay/neuter law, like the one recently passed in Floyd County that requires a license for breeders, would be difficult to enforce. You can't go into everyone's home to see what they are doing. But at least people are thinking about the problem.

It tears my heart out to the core to see these beautiful animals being killed each day as I see the pleas to save them on the Adoptable Pets of LifeLine Facebook page. I can't imagine what it does to the volunteers and workers at the shelters.

The most impactful way to help is to foster or adopt. You can also donate to LifeLine or sign up to volunteer at lifelineanimal.org. They are much less well known than the Humane Society but they do so much of the daily rescue and maintenance work for our county's animals. They will use your money well to help yet another dog or cat.

Another place to volunteer is Advocates for Dekalb Animals at www. advocatesfordekalbanimals.org, or on their Facebook page. Their mission is "to promote the humane treatment of Dekalb County animals, AfDA support programs, policies and candidates who work to ensure the welfare of animals." You can also email our county commissioners about the different possibilities you see to solve this ongoing overpopulation trend.



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

When we eat, our food contains a varied mix of nutrients that our bodies attempt to absorb and use for a wide range of functions. These nutrients interact with each other in complex ways with some combinations working together and some inhibiting absorption.

When you take a supplement, these interactions are important to understand to make sure you get the benefits you expect from what you are ingesting. Multivitamins are especially tricky. They contain a wide range of useful things but may not have the proper balance or nutrients to allow your body to absorb them properly.

You should consult with a health professional to understand what your body needs and lacks. Eating a proper diet to support your unique system is preferable to taking multivitamins or supplements. There are several vitamins and minerals that just do not play well together and therefore can be taken hours apart from one another, but not best to be taken at the same time. A few examples include vitamins C and B12, calcium and magnesium, and vitamin K with other vitamins like C and E.

Some vitamins complement each other such as vitamin C and iron, vitamin K and calcium and D, and different B vitamins. Choosing supplements from providers that understand these interactions and make sure to package complementary vitamins and minerals is critical to getting benefits.

Unfortunately, not all companies take the time and effort to

understand these interactions and provide you with the best products. Further, finding products and companies that produce supplements made from real food ingredients is best — your body will recognize these supplements and will be able to use them properly.

Many vitamins are either water-soluble or fat-soluble. Meaning, that if you do not take them with either water or fats, your body will not be able to use them, and that supplement will be wasted. Some key fat-soluble vitamins are A, E, K, and D. These should be taken with food that contains fats such as nuts, seeds, healthy oils, avocados, ground flax seeds, or certain meats.

Taking a pile of these vitamins first thing in the morning with only a glass of water will lead to some interesting brightly colored urine, but it may not deliver the positive health effects you expect.

Additionally, knowing the best time of day to take your supplements can help them work properly. For example, taking B vitamins in the morning is great, but you should avoid taking them past one in the afternoon because it helps with energy production, meaning it may also disrupt your sleep. When taking iron, you'll want to wait about two hours after having caffeine.

The most important takeaway is to be consistent when taking supplements and ask your healthcare provider what is best for you.

November 20, 2023 **CPNO Members Meeting** Draft Minutes (Hybrid)

The meeting was called to order at 7:03 pm by Vice President Amy Wheeler. The motion to adopt the agenda was by unanimous consent. The motion to approve the October Minutes was by unanimous consent.

Guest speakers:

- Sgt.J. Davis, APD Zone 6: The overall crime rate is down 25% for our neighborhood.
- Brian Eames announced that the Paideia Field Day is April 12. The motion to support the field day passed.
- Ken Edelstein, representing Better Atlanta Transit, spoke about the City's plan for adding a rail line to the Beltline.
- Hallie Meushew, Fundraising Officer, announced that Trees for Tuition will donate proceeds from wreath sales to Candler Park Neighborhood Organization.
- DJ Roedger, External Affairs Officer, requested ideas for the upcoming Community Impact Grant. Recipients will be announced in January.
- Zach Binney reported on the progress of the Bylaws Revision Committee. The main revisions are related to member registration and voting.

Election of Officers:

- Mark Clement nominated himself for the office of Public Safety.
- The results of the voting were as follows:
- President: Christina Hodgen
- Zoning: Jason Key
- Membership: Sydney Boggess
- Fundraising: Stacee White
- Treasurer: Amy Wheeler
- Secretary: Bonnie Palter
- Public Safety: Larry Compton
- Communications: John Fleming
- External Affairs: Christopher Spruell
- Treasurer Report: Amy Wheeler

The meeting was adjourned at 8:38 p.m.

Submitted by Bonnie Palter, Secretary, November 20, 2023

CPNO Officer and Committee Report for November 20, 2023

Membership - Roger Bakeman

Moving toward the end of the year, there are few new members joining, none so far in November. Current membership stands at 813, its highest ever.

External Affairs - DJ Roedger

NPU-N voted to support V-23-133 (545 Page Avenue NE), Vvariance to reduce the halfdepth front yard from 17.5 feet to 6.7 feet.

Historic Designation Committee -Emily Taff

The Historic Designation Committee held the final of 4 topical Community Meetings on Nov. 9. The committee is now encouraging neighbors whether they were able to attend the meetings or not, to give us feedback via the survey accompanying each meeting. All can be found at HistoricCandlerPark.org

The next Committee meeting was rescheduled for Nov. 29. There will not be a meeting in December due to the holidays and the Committee will resume meeting in January.

Candler Park Conservancy -Doug Wetzel

The motion to donate \$53,000 for playground equipment passed.

Zoning - DJ Roedger

The city removed minimum parking requirements for the Beltline. The motion to support the minimum parking failed.



Historic Designation Committee: We want to hear from YOU!

By Dec. 15

The Historic Designation Committee recently held four topical meetings where neighbors discussed various topics related to future planning in Candler Park. Check out the slides to see what you missed and fill out the accompanying survey and worksheets, whether you made it to the meeting or

Filling out the Survey and Worksheets shouldn't take much time, and it only takes a moment to review the meeting materials.

Meeting 1 - Companion Survey - How it works: Zoning and Historic District Rules

Meeting 2 - Worksheet - Sidewalks, Setbacks, Building Heights

Meeting 3 - Worksheet - Architectural Style, Porches, Siding, Fences, etc.

Meeting 4 - Worksheet - Lot Coverage, Parking, Density

Answers are not being used to determine how many people are pro- or anti-

All Materials, Surveys, and Worksheets can be found on the Meeting Materials page of HistoricCandlerPark.org.

Questions or issues? email historiccandlerpark@gmail.com.

> Find all surveys and meeting materials HERE!



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

NOVEMBER CRIME REPORT, CANDLER PARK							
Date	Day	Time	Location	Description			
Stolen Vehicle	10/19/2023	Thursday	0100	1600 Block Dekalb Ave NE			
Theft from Building	10/19/2023	Thursday	1845	500 Block Page Ave NE			
Larceny	10/29/2023	Sunday	2230	1300 Block Dekalb Ave NE			
Burglary / Breaking and Entering	10/31/2023	Tuesday	2000	1300 Block McClendon Ave NE			
Theft from Motor Vehicle	11/02/2023	Thursday	2100	1600 Block Dekalb Ave NE			
Simple Assault	11/09/2023	Thursday	0815	Candler Park			
Stolen Vehicle	11/13/2023	Monday	2300	1500 Block Iverson St NE			
Stolen Vehicle	11/14/2023	Tuesday	0100	1500 Block McClendon Ave NE			

SIGNIFICANT ACTIVITY ROLLUP (8)

STOLEN VEHICLE - 3 THEFT FROM MOTOR VEHICLE - 1 THEFT FROM BUILDING - 1 SIMPLE ASSAULT - 1 **BREAKING AND ENTERING - 1** LARCENY - 1

SAFETY OFFICER ASSESSMENT

- We are seeing an increase in crime as the holidays approach. If you are leaving town, consider scheduling neighbor check-ins or a house alarm.
- Most significant activities occurred along major neighborhood streets and in the overnight/early morning hours.

Sponsors eager for your business!

The following are sponsors* in other community newsletters, published by Our Front Porch. BOLD LISTINGS have an advertisement in this publication. (*Included sponsors have met purchase criteria.)

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Government DeKalb County Board of Commissioners	404_374 2000	The Friends School of Atlanta	
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