

Spectacular Snow in Candler Park!

More info on pages 14-15

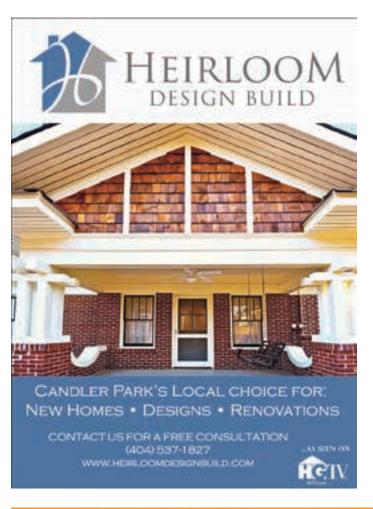


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Passing the Baton and Moving Forward in 2018

By Dana Fowle, president@candlerpark.org



When outgoing CPNO president Zaid Duwayri handed me the baton, I realized that I had got lucky. The 2017 board maintained an active, civil, and growing membership that has been giving back to the community in big ways. My biggest goal this year as your board president is to keep that moving in a positive direction.

At the December membership meeting I looked out over the crowd and I saw so many long-time members who've played pivotal roles in getting us where we are today. But I also noticed some new faces. In 2018, CPNO will be reaching out to so many of the new, young neighbors moving to Candler Park. If you're considering joining, just popping into two or three meetings a year can keep you in touch with what's happening in your community.

And what's happened this last year has been significant. Our sidewalks on our main stretches have been repaired thanks to our Infrastructure Committee, community volunteers and a Master Plan that allowed Candler Park to be in a position to receive \$400,000 from the city of Atlanta for much needed fixes. New, energized committee members hope to take the momentum from that successful project into another phase of sidewalk repairs that would include our side streets. Stay tuned.

The success of Fall Fest, chaired by Ken Edelstein and 153 neighborhood volunteers, is the fundraising tool that allowed us to appropriate \$60,000 to the Candler Park Conservancy to advance its plan to overhaul its active lawn (the soccer fields) and to create an amphitheater area.

PRESIDENTIAL BRIEFING

This is exciting on so many levels.

CPNO will continue this year to be the lead sponsor of Flick-Nic in Candler Park. It's become a tradition for families from all around the city to come to our neighborhood to picnic and socialize and to take in a free, family-friendly movie.

We embarked on a new tradition by funding decorations to dress up our business district over the holidays. Hopefully, as this grows, the village can be adorned year-round with themes and celebrations. We'd love your ideas on this.

Beginning this year, we want to show you how to optimize the city's three-year-old customer service hotline ATL311. With coordinated requests focusing on a single problem, we can have issues resolved more quickly and create a paper trail that helps the city to track trends and to prioritize future funding.

And just like previous years, your community organization will remain transparent and responsive. To advance that effort, as well as branding opportunities, we want to expand our presence to social media so that we can continue to connect to you in the most current formats.

I'm looking forward to this year and to working with you. Happy New Year!

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

PRESIDENT Date president@candlerpark.org

MEMBERSHIP OFFICER Jennifer Wilds membership@candlerpark.org

TREASURER Rohini Kukreja treasurer@candlerpark.org

SECRETARY Bonnie Palter secretary@candlerpark.org 404-525-6744

ZONING OFFICER Bill Morris zoning@candlerpark.org

PUBLIC SAFETY OFFICER Lexa King safety@candlerpark.org

COMMUNICATIONS OFFICER Roger Bakeman communications@candlerpark.org

FUNDRAISING OFFICER Chris Fitzgerald fundraising@candlerpark.org

EXTERNAL AFFAIRS OFFICER Lindy Kerr externalaffairs@candlerpark.org

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 at First Existentialist Congregation, 470 Candler Park Drive.

Committee meetings take place at The Neighborhood Church, 1561 McLendon Ave., unless otherwise announced (enter from the street level door and ring the bell if you're late).

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

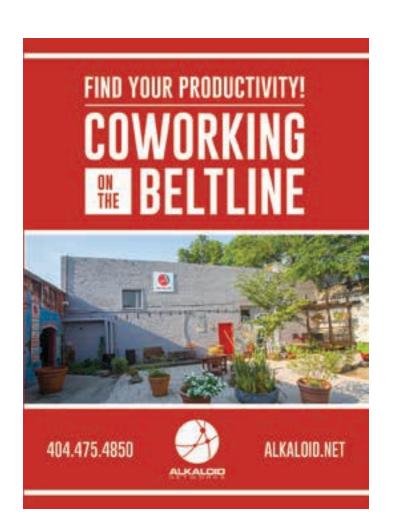
Find specific meeting information on page 6 and a complete list of CPNO meetings at www.candlerpark.org.

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







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Painting

Painting Plus - 404-382-9988

Plumbing

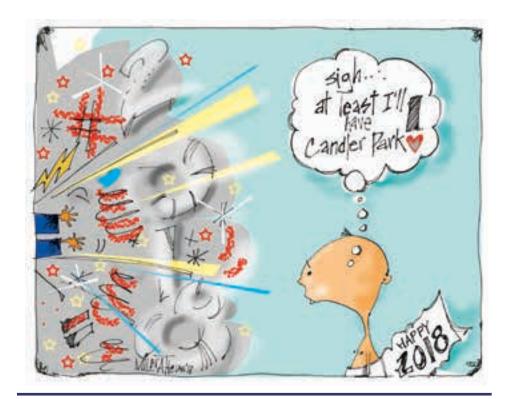
Plumb Pros - 770-384-1886 Serv'All - 770-917-1852

Roofing/Gutters/Siding IBG, LLC - 770-966-9846

Tankless Water Heaters Premier Indoor Comfort - 770-345-9707

Tree Services

Atlanta Tree Professionals - 404-909-8507



Thanks to Palacsinta!

Maria Nagy, chef and proprietor of Palacsinta on the corner of McLendon Ave and Oakdale Ave, provided delicious crepes for the December members meeting. Made from an old Hungarian family recipe passed down from generation to generation, Maria's crepes are superb. She provided members chicken paprikash, goulash, and dessert crepes. Visit Palacsinta for Hungarian crepes and take home fresh bread and divine desserts.





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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 <u>editor@candlerpark.org</u> 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 <u>editor@candlerpark.org</u> 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

DATES TO REMEMBER

JANUARY

- CPNO Zoning Meeting, 7 pm, The Neighborhood Church
- APS back to school after holiday break
- **CPNO Board** Meeting, 7 pm, The Neighborhood Church
- **CPNO Members** 15 Meeting, 7 pm, 1st Existentialist Church
- MLK Jr federal holiday

In case of cancellations or changes, check CPNO's online Events at candlerpark.org. For meetings at Epworth, knock on door at street level to get in. All CPNO meetings are open to the public.



Meet the 2018 CPNO Board

By Susan Rose, editor@candlerpark.org

At the November 2017 CPNO membership meeting, the CPNO board was elected into office. Only two board members are new to the board: Dana Fowle as President and Jennifer Wilds as Membership Officer. The other change is that Roger Bakeman has moved from Membership Officer to Communications Officer. The following short summaries introduce (or reintroduce) our board members to the neighborhood.

Dana Fowle - President



When Dana Fowle moved to Atlanta in 1995, she rented in Inman Park. From there she bought her first home in Old Fourth Ward. After 13 years, a marriage, three dogs and a child, a need

for more space prompted her family's move to Candler Park in 2014 because staying in this public school cluster was important to them. This past year, Dana served CPNO by heading up the infrastructure committee with a major focus on sidewalk repair. When asked why she has stepped up to the President role, Dana said "Because sidewalk repair would be a continuing effort this year by CPNO, it was a natural transition to move from chairing the Infrastructure Committee to moving to a Board role. And, more simply, I love being part of this progressive community." After securing \$400,000 from the city to repair sidewalks on our main roads, the Board wants to see what we can do now to repair sidewalks on side roads.

"With so many young families moving into the neighborhood, we'd like to find a way to encourage them to join CPNO and to be active in the organization," Dana said. "Candler Park has been moving in such a positive direction in recent years because of a pro-active Board. My hope is to keep it all moving in that same, positive direction."

Dana has been a journalist in Atlanta for 22 years, and "has, quite literally, been to nearly every neighborhood in the city." Her husband, a native Atlantan, is an Atlanta Public School teacher. Their eight-year-old daughter is currently obsessed with soccer, Lego, and Harry Potter with The Beatles always playing in the background.

Roger Bakeman -**Communications Officer**



A resident of Candler Park since 1975, Roger Bakeman built his current house in 1978, and it was designed by long-time Candler Park resident Kelly Jordan. Roger is a retired professor who

focused on child development and research statistics in the Psychology Department at Georgia State University. He remains active by consulting with colleagues and serving on NIH-funded research grants. He just completed two years serving as the Membership Officer and now moves into the role of Communications Officer. In the fourth quarter of 2017, Roger led and worked with outside vendors to move the hosting of the CPNO website, which included a complete redesign with userfriendly navigation and logical organization of content. (www.candlerpark.org)

"I hope to make the website more used and more of a resource for our members and neighbors," Roger said. He added that he is "happy to continue on the board; being retired gives me the luxury of time. For 2018, I hope to see more neighbors involved in CPNO and Fall Fest and hope they all can learn more about our neighborhood's history."

Rohini Kukreja - Treasurer



Rohini Kukreja moved to Candler Park in 2005 from Pittsburgh, PA. Formerly with PwC and SunTrust, she now runs her own business called Intown Bookkeeping

and Accounting Solutions (www. intownaccounting.com). With a husband and two kids, Rohini begins her second year of serving as the CPNO Treasurer.

"Together as a team, the Board made great strides last year in terms of creating a pre-approved budget and streamlining the financial process overall," Rohini said.

"This year I plan to continue to build on that momentum to continue improving financial transparency and supporting meaningful projects for Candler Park."

In 2018, Rohini wishes for Candler Park to maintain its "neighborly vibe" and become an even stronger community. "I believe we will continue to see better sidewalks due to the initiative launched last year by the Infrastructure Committee (led by Dana Fowle), and traction made towards improvements within the Park by the Candler Park Conservancy (CPC)," Rohini said. "Both projects are extremely beneficial to the quality of life of residents here and CPNO fully supports them."

Bonnie Palter – Secretary



A resident of Candler Park since 1974, Bonnie Palter is a retired physical therapist. She joined the CPNO board to be more active in the neighborhood. Bonnie has served many years as Secretary, maintaining excellent records for the organization and helping to ensure CPNO meetings are run in compliance with Robert's Rules of Order. Her wish for Candler Park in 2018 is that "we maintain the architectural

integrity of the neighborhood."

Bill Morris - Zoning Officer



Bill Morris has been a resident of Candler Park for 25 years. Retired from the State Environmental Protection Division, Watershed Protection office, Bill begins his second year as CPNO Zoning Officer. As he and his wife are both retired, they enjoy home improvement and renovation projects that "preserve the original character of our 1925 bungalow."

Lexa King - Public Safety Officer



Lexa King moved to Candler Park in 1984. A former accountant for almost 20 years, Lexa is a realtor today. Beginning her second year as public safety officer, she wants to make our neighborhood safe, "especially for Seniors aging in place." She hopes that Candler Park continues to be a place known for its "neighborly ways and its quirkiness." Sidewalk improvements, the addition of park benches in Candler Park and

Freedom Park, and progress on implementing items from the Master Plan are Lexa's wishes for the neighborhood. With a daughter and three grandchildren in Savannah, Lexa enjoys world travel, photography, gardening and entertaining.

Jennifer Wilds - Membership Officer



Jennifer Wilds will be a familiar face to Candler Park residents who have attended meetings over the past couple of years. She typically greets everyone at the sign-in table and makes sure the food and beverages are set-up well. She has also volunteered in other ways, such as serving on the nominations committee. A Candler Park resident for 11 years, Jennifer was introduced to the area by her sister and

brother in law. "I love the people and small town neighborhood feel with easy accessibility to all that the city has to offer," Jennifer said. "I hope that people will be inspired to become more involved in the neighborhood in whatever capacity works for them whether it be through CPNO or the Conservancy, block parties or fundraisers, festivals or friends." Working in the mental health field, Jennifer helps families meet their hopes for the future. She has a niece and nephew that live nearby and loves to watch them play sports.

Chris Fitzgerald - Fundraising Officer



Chris enjoyed being the Fundraising Chair in 2017 so much that she signed up to do it again in 2018. The highlight of the year was Fall Fest which was a tiring but rewarding experience thanks to the support of numerous generous sponsors and hardworking volunteers. "Oh, and let's not forget to thank Mother Nature who supplied us with the perfect weather," Chris said. She also enjoyed getting to know

many neighbors during the First Annual Yard Sale, the Horizon Theatre Preview Night and by helping to promote the sale of wood medallions which now adorn approximately 200 homes throughout Candler Park. She looks forward to continuing to work with neighbors in 2018 to find ways to build community, have fun and raise money for our wonderful neighborhood. When not working for CPNO, Chris enjoys spending time with her husband and two girls. If you have any fundraising ideas, please send an email to fundraising@candlerpark.org. Here's to a fantastic 2018!

Lindy Kerr - External Affairs Officer



A resident of Candler Park for just over seven years, Lindy Kerr begins her second term as External Affairs Officer for CPNO. "I chose to continue my service on the Board because I enjoy being involved in the everyday decisions that shape our neighborhood in the present and the future," Lindy said. "Being on the Board has also been a fun way to get to know more of my neighbors." Her goal for 2018 is to be an

effective and engaged representative of CPNO's interests at NPU meetings and be effective in communicating NPU matters back to Candler Park residents.

Lindy's wish for the neighborhood in 2018 is for more community involvement. "We have lots of dedicated volunteers, but I would love to see those numbers increase." Lindy said. "From the Candler Park and Freedom Park Conservancies to Fall Fest to the CPLC Patrol, there are countless ways to get involved in a project/committee/ organization that focuses on a matter you are passionate about." At press time, Lindy and her husband were "eagerly awaiting" the birth of their first child.

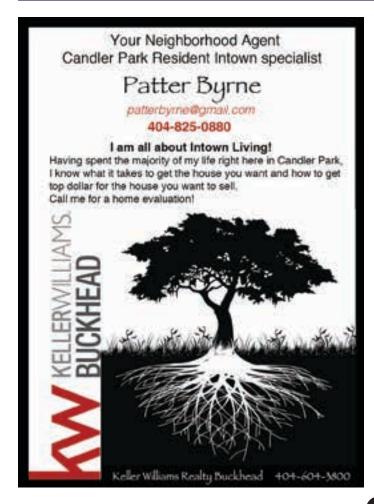
MLK Day 5K Drum Run – Join Team Grady High School!

Running (or walking) the MLK Day 5K Let Freedom Run on January 15, 2018 in Piedmont Park? Join the "Grady High School" team at registration and the Grady Athletic Booster Club will receive \$5/team registration from the race organizer to support our athletic teams/clubs.

This 5K walk/run in Piedmont Park serves as a Peachtree Road Race qualifier. Drummers, including Grady's very own Knights of Sound Drumline, will keep the beat as your feet hit the street.

For more information and to register, visit the race website https://www.active. com/atlanta-ga/running/distance-runningraces/mlk-day-5k-drum-run-atlanta-2018 Questions about joining the team? Email gradyathleticboosters@gmail.com Any one can join our team so share with your friends and neighbors!









The recently demolished Walden Middle School building which sat in disrepair since closing in 2002. Two miles south of Grady High School, the site on Irwin Street is located right next to the I-75 / I-25 connector. Photo credit: Susan Rose

APS Begins Construction of Walden Athletic Complex for Grady and Inman

By Susan Rose, editor@candlerpark.org

Operating as a middle school from the 1970s until 2008, the Walden School building closed and sat vacant for almost ten years, falling into disrepair, attracting vandals, and being an eyesore in the Old Fourth Ward community. Now, the three-story building has been razed and construction has begun on an \$8 million athletic complex to serve Grady High School and Inman Middle School athletic teams. Both Grady and Inman are in dire need of practice fields, especially for baseball and softball, as enrollment and athletic teams have expanded.

Funded by the one-cent Special Purpose Local Option Sales Tax (SPLOST) that voters approved in 2016, the Walden Athletic Complex is located at 320 Irwin St NE, with the I-75/I-85 connector and John Lewis Freedom Parkway bordering it.

The complex will have a natural turf baseball/softball field, a new synthetic turf football field, and a field house for locker rooms, restrooms, concessions, field storage, and offices for athletics operations and security.

Demolition of the school building is nearly complete and underground plumbing and electrical work is underway, according to the weekly project report provided by Parrish Construction. Weekly project updates can be found at https:// www.atlantapublicschools.us/Page/52781.

Other planned features of the project include drinking water to the fields, irrigation to natural turf, competition athletic lighting, score boards, public address system, safe and efficient transportation flow, and security lighting. All facilities, structures and fields will comply with Georgia High School Association requirements for athletic competition and practice.

According to Parrish Construction, the scheduled date of "substantial completion" is August 8, 2018.



The Walden Athletic Complex will include a baseball/softball field, a new football field, and a field house.

Mission Accomplished! Mary Lin Education Foundation Raises \$125,000 in 2nd Annual Rocket Fuel Fund Campaign

By Lindsay Hill, Chair, Mary Lin Education Foundation

For the second year in a row, the Mary Lin Education Foundation (MLEF) launched an ambitious parent-led fall fundraising campaign, The Rocket Fuel Fund, to ensure the school's administration and staff have the first-rate resources they need to help every Mary Lin "Rocket" reach for the stars.

The "95 Days to Raise \$95,000" Rocket Fuel Fund campaign launched at the Open House prior to the first day of school and closed on October 30. After 370 donations ranging from \$1 to \$2500 came in from parents, staff, grandparents, friends and community members, the fund raised \$125,000 to fund curriculum enrichment, professional development, updated technology and special projects not covered by the APS budget.

"On behalf of the Mary Lin staff, I would like to thank all of our families, staff members and community members who donated to the Rocket Fuel Fund," said Principal Sharyn Briscoe. "These additional funds give us flexibility to offer our teachers the best professional learning opportunities and the most cutting-edge tools to teach our students. We are so grateful for the support we receive as we work with our most precious natural resource, our children."

Some people ask why a high performing school needs an annual giving campaign. In fact, high-performing APS schools operate with smaller budgets than lower performing schools in the district. While we are fortunate to live where we do, Mary Lin is one of six APS schools that do not receive "Title 1 funding" significant funds allocated to schools in which 40% or more of students qualify as disadvantaged. At non Title 1 schools, it is left

to the parent community - through a PTA/PTO, Foundation or both – to bring in additional funds to pay for "wish list" resources and projects (everything from a new phonics curriculum to the build out of an Outdoor Classroom) not covered by the district budget.

Funds raised by the MLEF are prioritized and awarded based on a rigorous grant submission and approval process. In the words of a 3rd grade teacher who applied for a grant to attend the Engaging Academics with Doug Lemov conference wrote, "APS tells us what to teach. The Mary Lin Foundation helps provide the rigorous professional development we need to grow as teachers." Among the funding priorities for this year: an onsite summer training in the Orton Gillingham reading method for up to twenty Mary Lin teachers, additional professional development opportunities intended to help meet the district's goal of ensuring academic growth for every student regardless of ability, updated technology to meet the needs of today's learners, and much more.

By combining its legendary parent involvement and historically strong PTA with a robust and fully supported foundation, Mary Lin Elementary will continue to offer a top-notch elementary education right here in our beloved community: Mary Lin is currently among the top three highest-performing elementary schools in APS.

While our campaign push ended on October 30th, the Mary Lin Education Foundation accepts donations year round. To read more about our accomplishments to date and our long-term goals or to make a donation, visit www.marylinfoundation.org.

Mulberry Fields 2018 Celebration

The Mulberry Fields 2018 celebration will be July 14th, 2018 and we are excited for another year of fun and fundraising! We are currently seeking volunteer committee members that would like to join in planning this amazing event. Committee members are needed for volunteer recruitment/organization, sponsorship, and food/beverage procurement. If you are not sure where you fit and just want to help plan, please contact us anyway! Please email sara@wyldecenter.org with the subject 'MFGW 2018' if you are interested.



Are You Faster Than a Cub Scout?

By Kai Nathaniel, Member of Pack 586's WereBear Den

Candler Park's local Cub Scout pack announced that not only are they opening their ranks to girls in 2018, but that they are also opening one of their premier events, the Pinewood Derby, to everyone in the community.

Cub Scouts have long built and painted little cars from pine blocks and then raced them down a track. Pack 586 decided that the fun shouldn't just be limited to boys in elementary school and created a FundRacer to be held on the evening of Feb. 9, 2018, in the Fellowship Hall of the Neighborhood Church on McLendon Ave.

There will be three trophies handed out: The winner of the race that follow's the Cub Scout rules; the winner of the race limited only by the laws of gravity; and the winner of the past-raced cars (dig around in parents' attics and basements for these wonderful artifacts of childhood.)

Pack 586 has three-year-old metal four-lane track with a computerized timing system that was purchased with funds raised in popcorn sales. The previous track was donated to another pack in the city.

Last year's winner of the Pack 586 derby, Jack Morris, raced a very simple yellow block. Jack said he paid more attention to the car's center of gravity and weight than to the paint job. Jack's car flew down the 40-foot track in just over three seconds.

Jack and Nathaniel Wellen, the Atlanta Area Council Phoenix District champion will also have their cars entered in the scout rules race.

Scouts from Pack 586 will be selling the derby kits for 20 dollars in the neighborhood starting in December. The derby kits contain a block of wood, four nails and four wheels. From those simple items a race car and dreams of glory are created. The scouts who sells the winning cars in the community races will also get a prize.

More information about the race can be found on Pack 586's website: www.atlantacubscouts.com



Jack Morris -- last year's Pack 586 Derby winner and now a Webelo.







A Resolution Worth Making and Keeping

By Russell Miller, Candler Park Resident

Last night, Monday December 18th, 2017 a completely routine and somewhat uneventful thing happened. The Candler Park Neighborhood Association voted unanimously to support a \$2800 grant to the Friends of Candler Park -Flic-Nic series for 2018. The funds will cover the movie rights and bathroom needs for the whole series next year. Why routine? Why uneventful, dare I say even mundane? Well, A. We, the Neighborhood Organization have the funds and B. Who doesn't love Flic-Nics in Candler Park? So it passed, without controversy, without debate.

There was a time when things like money in the bank and general cooperation weren't universally true at CPNO meetings and maybe that's why you aren't a member. Or, you are a member, but haven't attended a meeting in a while (the 3rd Monday of every month at 7:00 pm at the old stone church on Candler Park Drive). You maybe wonder, "What does happen at CPNO meetings?" In a nutshell, we gather to share friendship, a little food and drink (the good stuff wink wink), and we tend to the needs of the neighborhood in the best way we know how, by consensus and transparency. In case you weren't aware, the CPNO Board does not make decisions of import for the neighborhood, that function is left to the membership at large and it's why we have meetings every month. There isn't always unanimity, and there is nothing wrong with a civil and healthy debate. Those we still have, but in general, the meetings are efficient, informative and fun.

All sounds good, right? It is, but here's why I am writing this missive. The reality is that roughly 2% of Candler Park residents or 10% of CPNO members attend CPNO meetings regularly, and to me, that doesn't feel like enough engagement. It means that a very small subset of your neighbors are making decisions that can affect ALL in our neighborhood. Honestly, that's why I started showing up about 8 years ago. After years of blissful ignorance, I

finally said to my wife "I'm going to go see what the hippies are up too" (true story and my apologies to those hippies who I now love and admire so much;) As I've alluded already, back then CPNO didn't have much money and meetings could be a bit raucous, but what it did have was a core group of individuals who sought to make this neighborhood even greater. Many of those folks are the same ones who regularly attend CPNO meetings to this day. They, like you and yours, love this neighborhood, but beyond that, they have a passion for the stewardship of it as well.

Our natural tendency, when things are going well, is to assume those competent folks meeting on the 3rd Monday of every month at the Old Stone Church on Candler Park Dr at 7:00 PM will keep the ship sailing in the right direction. I believe, as a neighborhood, we can ill afford that kind of complacency. Sure the occasional hot button issue will make our numbers swell, but don't wait for a controversy to get engaged. CPNO needs you now. We are all very fortunate that the current board and committee members are a group of wonderful, smart, and committed people, but they can't serve forever. We need more and new blood! So I implore you, as a 2018 resolution, please put "I will join and attend at least 2 meetings of the Candler Park Neighborhood Organization which meets on the 3rd Monday of every month at the Old Stone Church on Candler Park Drive at 7:00 PM. I will put this on my I-Calendar, Google Calendar, or Outlook Calendar as a recurring meeting and should I be a Luddite who shuns these technologies, I will write it on the calendar that hangs in the kitchen, the one with the kittens on it."

Thank you and I look forward to meeting you in 2018! Just not in January, I'll be on a business trip that Monday;) DOH!

http://candlerpark.org/join-cpno/



A Re-Designed Findley Plaza Gets Major Support

By Don Bender, Candler Park Resident

Did you see the article in the October issue of the Messenger where the L5P CID described the vision to re-think and re-design Findley Plaza in the heart of Little 5 Points? That vision has just received a major boost from Park Pride which has awarded a Legacy Grant of \$100,000 to Little Five Alive for the Plaza. The total budget for the renovation is \$575,000 for a basic renovation. \$400,000 had already been designated for the Plaza from an allocation received by the L5P CID from Renew Atlanta. The Park Pride grant leaves a balance of \$75,000 to be raised in the community. These funds are required to be collected and in the bank for the City to allow the project as currently designed to move forward. We are over halfway there already with pledges from Little 5 Points property owners and merchants. Now we need immediate help from the community to make the Findley Plaza redesign a reality.

To see the Concept Plan created by the community come to fruition, the L5P CID is partnering with the City of Atlanta's Renew Atlanta office. Most of the Renew Atlanta funding will cover basic infrastructure, including wider sidewalks, utility relocation, storm water management, granite curbing, new street lights, and large planting areas with large street trees. The Park Pride and community funds will cover most of the other nicer elements including electrical service for special events and creative lighting, an irrigation system, street furniture, and attractive pavers for the center of the Plaza. This central area of the plaza is designed to attract a variety of active uses throughout the year including cultural events, outdoor dining, farmers and seasonal markets, and musical performances.

Now, the physical plans will go forward with funding described above. However, for these improvements to be successful over time, they also need to be coupled with better community policing, plaza maintenance, additional artistic touches over time such as sculptural elements, creative lighting and shade structures, as well as ongoing arts and cultural activation and local management of the plaza. Accordingly, a leadership group has been established to seek additional foundation grants in time for the re-opening of the Plaza late next year. Foundation grants are

more likely to be successful if we can show significant community funding support for the re-construction of the Plaza.

Donations are critical to bringing about this community envisioned change to Little Five Points. All contributions are tax deductible and those who contribute significant funds (\$250 or more) will be publically acknowledged in our communications. For donations of \$1,000 or more, there will be a physical acknowledgement in the plaza by markers such as plaques or granite tiles.

If you are making a larger contribution or pledge to contribute, please notify Don Bender either by email (djbender76@gmail. com), or by regular mail to 432 Oakdale Rd. NE, Atlanta, GA. 30307.

Here's how to donate:

Payments should be made out to Park Pride and in the memo line designated to: Little Five Alive acct. # 23076 for Findley Plaza.

Checks should be sent to:

Park Pride, Attn. Ellen Bruendeman 233 Peachtree St. Suite 1600, Atlanta, GA 30303 Park Pride Phone number 404-546-6760

A full and fair description of Park Pride's programs and its financial statement summary is available upon request at the office and phone number indicated above.

You can also contribute on line by going to the following address:

http://weblink.donorperfect.com/parkpridefp

On this page you can use the drop down menu to contribute to Little 5 Alive.

Thank you for your generosity!

Snowy Surprise in Candler Park on December 9, 2017

Photos provided by Chris Fitzgerald, Rohini Kukreja, Russell Miller and Susan Rose.























12 Ways to Optimize Your Health in the New Year

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

Here are 12 wellness tips to help ring in the New Year. These tips are easy and sustainable. Making small changes to your lifestyle can amount to large benefits.

1. Drink water

Hunger is often confused with dehydration. Next time you feel like a snack, reach for a glass of water. A lack of water alters your body's metabolism. On average men should drink about 3 liters and women about 2.2 liters of water each day. A good way to tell if you are getting enough water is light-yellow urine. Dark urine could mean that you are not getting enough water and clear could mean that you are drinking too much water. Your level of water intake can affect your health. Too much water can result in mineral imbalances and too little could cause dehydration, headaches or fatigue.

2. Cut sugar and sweetened drinks

If I have one piece of advice, it is to cut down (or out) the amount of sugar and sweetened drinks. Sugar is in many prepackaged foods and drinks. It comes in many prepackaged foods and drinks. It comes in many names and is often hidden behind these lesser known forms. Sugar is highly addictive and hard to kick. It causes inflammation in our body, is a factor in some hyperactivity, is a

mood destroyer, and imbalances our hormones. A few easy ways to reduce the amount of sugar consumption: swap out sugar-covered cereals with an items that has five ingredients or less -- keep sugar under 10 grams; focus on whole grains, vegetables and fruit when packing lunches; and limit the amount of sweetened drinks like sports drinks and soda.

3. Get minimum of 7 hours of sleep

Getting adequate sleep may seem impossible with our daily grind. But, sleep should become a priority. Sleep is essential to your optimal health and well-being. Your body heals, repairs and recovers from the day while you sleep. During sleep, hormones are released to help regulate appetite control, stress, growth, metabolism and other bodily functions. Sleep is also imperative for memory function. With enough sleep you will strengthen your immune system, increase energy, enable clear decision making, and improve your mood.

4. Organic vs. non-organic

Eating organic foods reduces your exposure to contamination. However, it may not be feasible to eat all organic foods. The 12+ most contaminated foods, meaning the ones you should focus on buying organic, are: apples, celery, cherry tomatoes, cucumbers, grapes, hot peppers, nectarines, peaches, potatoes, spinach, strawberries, blueberries, sweet bell peppers, kale and collard greens and snap peas. The pesticides cannot be washed off these foods like other foods due to the growing process.

5. Meditate

Meditation can be applied in many forms. Have fun and experiment with a few ways. For beginners, the simplest form of meditation is breathing. Deep breathing, known as diaphragmatic breathing can be done any time of day. Other practices are taking a quiet walk in the woods, guided meditation, and Transcendental Meditation (TM). Meditation works most effectively when practiced every day. There is no right or wrong way to meditate. Try to slow your mind and allow thoughts to pass through. Benefits of meditation range from anxiety disorders, sleep problems, high blood pressure and more.

6. Move 30 minutes a day and take the stairs

Regular physical exercise has incredible benefits. Physical activity

is beneficial to both your body and mind. Don't feel like you must hit the gym every day. Simply walking with a friend is a great way to get your exercise. Key to regular exercise is accountability! Work out with a friend. Have a goal system and track your progress. There are endless benefits to regular exercise. Lesser known benefits include improvements to your immune system, reduces risk of osteoporosis, improves cognitive function and delays loss of muscle mass as we age.

7. Gratitude list

Having a positive mindset can have a profound effect on your health and the health of people around you. After all, positivity is contagious. Focus on the positive elements in your life. Keep a gratitude journal and write down five things you are thankful for each day. For some inspiration: think of someone who has done something nice for you, an uplifting new article, or the way your pet shows unconditional love.

8. Learn a new skill or activity

Keep your mind sharp by learning a new skill or activity. If learning a foreign language is not your forte, try a crossword puzzle or learn how to cook. You can also rekindle an old skill or activity.

> We should not stop playing because we grow old. We grow old because we stop playing. Rediscover your inner child. Laugh, play, have fun, and enjoy life.

9. Portion control

It may seem hard to control the quantity of food we eat. How much we eat is often determined by how much we are served. Larger portions can cause people to eat 50% more than we should. Try using a small plate during meals, using smaller containers when packing lunches, making enough vegetables to fill half

your plate, splitting an entrée when eating out, and learning to stop eating when you are 70% full.

10. Cut personal internet use in half

A reduction in personal internet use comes with many benefits. Rediscover family time by playing games or eating together. Reconnect with friends or find more personal time. You may find it easier to focus on daily tasks with the reduction of internet overload. Discover new hobbies, exercise or meditate.

11. Watch your chemical intake

Artificial sweeteners such as aspartame, sucralose and saccharin are just a few examples of chemicals that may have adverse effects on your health. Artificial sweeteners are a foreign element to our bodies and are hard to digest. Many ill symptoms have been found to disappear once consumption of these sweeteners is discontinued.

12. Chew your food

Your parents were right, chewing your food is important! Digestion begins in the mouth. As you chew your food, digestive enzymes found in saliva start to break it down, preparing it for absorption. It is important to chew your food thoroughly to achieve maximum absorption of all your vitamins and minerals. A good rule of thumb is to chew 30 – 50 times before swallowing. Try placing your utensils down in between bites. Eat mindfully and concentrate on what you are doing. Eat with friends and family.

Align Health Coaching started as an idea in 2016. Gail Turner-Cooper wanted to combine her passions for healthy living and helping people into a viable business. She is a certified Health Coach from the Institute for Integrative Nutrition. She is a wife, mother and entrepreneur who is dedicated to her craft. Learn more at alignhealthcoaching.com.

December 18 CPNO Members Meeting – draft minutes

These draft minutes are presented for review. They may be amended before being considered for official adoption at the January 15, 2018 CPNO Members Meeting.

The meeting was called to order at 7:00 pm by Zaid Duwayri, President. New members were welcomed. Motion to adopt the agenda as displayed passed.

Guest Speaker:

Sgt. Hines thanked the Members for their contributions to the APD Toy Drive.

Announcements:

- Thank you to Maria of Palacsinta Crepes for tonight's dinner.
- NPU Bylaw amendments may be submitted during the months of December and January. Contact Lindy Kerr, External Affairs Officer (externalaffairs@candlerpark.org). There is a link to the NPU Bylaws on the CPNO website.
- City of Atlanta-'Quick Fixes' for Zoning Ordinances link is on the CPNO website.
- The Legacy Grant- Don Bender announced that Little Five CID has been awarded \$400,000 from the Renew Atlanta Fund and \$100,000 from Park Pride Legacy Grant for the improvements to Findley Plaza. Tax deductible donations can be made to Little 5 Alive.
- Lexa King, Public Safety Officer, has arranged for a presentation by Ackerman Security for the 2nd or 3rd Wednesday in January.

General Discussion:

- Movie Night (Flick-Nic 2018)- Peter Bluestone, representing Mark Clement and Friends of Candler Park, made the request for sponsorship money. The motion that "CPNO donate up to \$2800 to Flick Nic for movie rights and restrooms with the condition that all marketing materials prominently display CPNO as a presenting sponsor" passed.
- Zoning- The motion that "CPNO support the application for an alcohol license for Hattie B's Restaurant" passed.
- Website Reimbursement- The motion to reimburse Roger Bakeman \$500 for website migration passed.

Motion to approve the November minutes passed.

The meeting was adjourned at 7:45 pm.

Submitted by Bonnie Palter, Secretary

December 18, 2017

CPNO Membership Application

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

Name:	
Address:	
Email:	Date:

Business applicants

Name of business:	
Address of business:	
Name of designated agent: _	
Agent's Email:	Date:

Optional contributions

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

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



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CPNO Officer and Committee Reports for December

These reports were submitted by officer and committee chairs prior to the December Members meeting.

Zoning - Bill Morris

The December zoning committee meeting was held on December 6 at the Neighborhood Church with a quorum of three members present. Only one application was on the agenda for the December zoning meeting - an alcohol license for a new restaurant (Hattie B's) to be located at 299 Moreland Ave. The building, which is currently being renovated for the restaurant, shares the property and parking with the Sherwin Williams Paint store next door. Five representatives from Hattie B's including the general manager for the new restaurant and the attorney representing Hattie B's for the alcohol license and 12 residents from Josephine St. attended the meeting. The zoning committee and CPNO previously voted to support a special exception permit for this property in December 2015 to reduce on-site parking from the required 54 spaces for a proposed Chipotle Mexican restaurant (which ultimately did not move into this property); however, the special exception permit was approved by the Atlanta BZA with the condition related to the parking as recommended by CPNO - specifically the requirement to provide for 22 additional parking leased spaces in the neighboring parking lot to provide for the minimum spaces needed.

The applicant for Hattie B's provided all of the application materials requested by the zoning committee including the license application, current site plan, restaurant floor plans, building exterior elevations as well as the letter from the BZA outlining the parking requirements. The alcohol application states that the operating hours will be M-Th 11am-10pm, Fri & Sat 11am - 12 midnight and Sun 11am-4pm, parking required for the restaurant 28 spaces, on-site parking available – 22 spaces, off-site parking leased - 22 spaces. In addition, the applicant indicated the intent to meet all of the additional conditions as recommended by CPNO - two dumpsters, cut-off lighting in the rear of the building, 6 foot opaque fence on the property line bordering neighbors on Josephine St.

At the meeting, Hattie B's representatives had a very engaged discussion with neighborhood residents on a range of concerns but primarily related to parking and noise. Some of the opinions expressed by Hattie B's representatives related to parking were that the location on Moreland Ave. is a more commercial location with a number of parking options nearby as compared to Fox Bros. which is surrounded on all sides by residential neighbors. Also, Hattie B's does a lot of take-out business and there is a relatively fast customer turnover. Although they serve alcohol, there is not a bar (they only sell beer) and 90 - 95% of sales are from food. The leased parking spaces will more than handle the needs for employee parking which should greatly help avoid parking in the neighborhood, and the Sherwin Williams store will also be closed during evening hours providing additional on-site parking for the restaurant. So the expectation is that on-street parking conditions on Josephine should not be exacerbated by Hattie B's opening at this location. Total parking for on-site parking for the restaurant and Sherwin Williams is 33 spaces + 22 leased spaces provides a total of 55 spaces which meets the 54 spaces needed for the property.

The restaurant does plan to use the building awning for limited outdoor seating/recreation (cornhole) but stated there is no plan to have any sort of enclosed outdoor patio seating (which would trigger an increase in minimum parking requirements). It will be up to the neighborhood to monitor to insure this doesn't occur in the future. In regard to noise, there will be outdoor speakers on the front of the building facing Moreland so sound levels aren't expected to be a problem compared to ambient traffic noise, and the manager indicates a willingness to work with neighbors should this be an issue. Also, business hours are less than what was originally supported by the neighborhood (see above). Hattie B's is considered a family-friendly restaurant rather than a place where people would go to party. Also, there will be no live music at the restaurant. Other issues such as dumpsters, sanitation, and rodent control will be properly addressed by the restaurant. Therefore, the committee voted 3 in support and 0 opposed to Hattie B's alcohol license application.

Z-17-93 Atlanta Zoning Ordinance Quick Fixes

After discussion of the Hattie B's alcohol license, the committee briefly discussed the Atlanta zoning ordinance Quick Fixes. The proposed "quick fix" amendments seek to clarify and improve certain provisions of the Atlanta Zoning Ordinance and Subdivision Ordinance, provide consistency with the City's Comprehensive Development Plan and other comprehensive planning processes, etc. Provisions related to accessory structures and storage units are likely to have the greatest relevance to neighborhood residents. The committee generally supports the proposed changes to the ordinance but did not vote on the ordinance pending further discussion. NPU vote on the changes is scheduled for January so there is time for additional discussion and vote by CPNO if necessary.

Freedom Park Conservancy - Carol Gregory

The Freedom Park Conservancy board met on Dec. 12 at the Carter Center. The board is grateful to the CPNO for the donation of \$5000 toward the hiring of an E.D. The process for hiring the conservancy's first staff person is moving along and funds are nearly procured. At the meeting Nancy Boyd and Victoria Walsh reported on the arts committee plans for 2 temporary installations in the park in 2018: Fleeting Foundations (try to meet March launch), Inside Out/Dreamers (next Fall). In addition, Samara Minkin,, Manager of Public Art in the Mayor's office, reported to the board that 9 pieces of art are to be procured, funded by Renew Atlanta. Three pieces will reside in Freedom Park: work by JaumePlensa on NE corner of No. Highland and Freedom Parkway; work by Ugo Rondinone (blue stone man from BlueStone series, 12-14' tall) SE corner of No.Highland and Freedom Parkway; work by Katharina Grosse (location TBD). Carol Gregory carolagreg@gmail.com

Membership - Roger Bakeman

CPNO is ending 2017 with the most members ever, 518--assuming no year before 2010, which is the oldest date for which I have records, exceeded our current number.

External Affairs Officer - Lindy Kerr

Notable Zoning votes:

1. V-17-269 - 1189 Euclid Ave NE: PASSED. Variance to reduce east side yard and rear setback, and reduce the required open space to build a second story to convert the building that currently houses Charis to a small number of rental units.

Reports from City Department Representatives:

- 1. APD: There was a slight uptick in burglaries over the last 28 days. As of the date of the NPU meeting the APD had a lead they were following. They also made a recent arrest of an individual who was breaking into vehicles.
- 2. Renew Atlanta: College Ave. (outside Candler Park, but nearby) will be resurfaced around the end of 2017 beginning of 2018. As part of this project, some on street parking will be removed and bike lanes will be added.





Other:

- 1. NPU-N voted to approve the name change of Freedom Parkway to John Lewis Freedom Parkway.
- 2. NPU voting on City of Atlanta's "Quick Fixes" will occur in January, with the earliest possible vote before the ZRB happening in February. Proposed Zoning fixes will affect the following:
 - Accessory structure height
 - Accessory structure size
 - Accessory uses in Residential (R) Districts
 - Bike parking standards
 - Deletion of unused districts
 - Independent driveways
 - Multi-Family / Residential General (MR/RG) single and two family minimum lot sizes
 - Mixed Residential Commercial (MRC) building placement
 - Unified development plans
 - Non-conforming minimum façade heights
 - Special Use Permit (SUP) transfers
 - Sidewalk requirements
 - Storage pods in R-districts
 - Non-conforming plats



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- Laura Thompson - Candler Park

