



August 2018

MESSENGER

The Dog Days of Summer!

See page 10-11



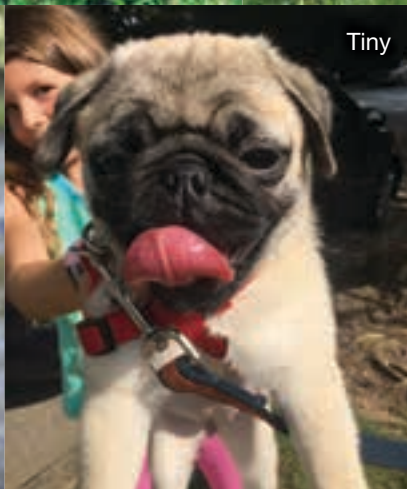
Chelsea



Gracie



Wilson



Tiny



Lola



Crosby

INSIDE THIS MONTH'S MESSENGER

Candler Park
Conservancy
PAGE 7

Findley Plaza
Renovation
PAGE 8-9

News from
Grady High School
PAGE 14

How to
Lose Weight
PAGE 15



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A Neighborly and Respectful Exchange of Ideas

By Dana Fowle, president@candlerpark.org



Thank you Candler Park residents for coming together in a neighborly way when faced with a potentially contentious issue.

The City of Atlanta faced some push back on its handling of an infrastructure improvement plan. The LCI 10-Year Update highlighted three Candler Park neighborhood projects: creating a pedestrian bridge over Moreland Avenue at Freedom Park, opening a gate for more community access to the Edgewood-Candler Park MARTA Station, and creating a multi-use trail through Candler Park.

Some people in the stakeholder communities felt the city could have been more transparent about upcoming projects before asking civic associations to vote on the plan. After several Candler Park Neighborhood Organization meetings, membership decided to create a special meeting so that anyone in Candler Park could express their views in an open and honest environment. Honestly, it couldn't have gone any better.

Thank you for rising to the challenge.

The focus of the July evening was the pedestrian bridge. Everyone attending seemed to agree that there are safety concerns for people crossing Moreland Avenue, a state highway that cuts through our growing neighborhoods. But, we disagreed on how to manage the increased foot and cycle traffic that comes with that growth.

PRESIDENTIAL BRIEFING

Here are a few of your comments:

- paint the crosswalks vibrant colors
- find funding for a crossing guard
- build an aesthetically pleasing bridge that offers safety and connectivity
- offer an Olmstedian designed bridge

It was a respectful exchange of ideas. And to be honest, I am not aware of any other community that was asked to gather feedback taking this all-inclusive approach to information gathering. CPNO will take all of your comments from the meeting, and those submitted via email at bridge@candlerpark.org, and make sure they get to the city department overseeing the LCI Update.

Thank you for being engaged.

But we're not done yet. We don't know what the final decision will be about how the city will manage safety concerns at this busy intersection. If it's decided that beefing up the area with additional traffic calming measures is the best option, then everyone so engaged in this debate should continue to help us craft a new approach to this area. If the offered option is instead a pedestrian bridge, let's all use this same passion which has been exhibited over the last few months to create an iconic landmark together.

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 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

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Thanks to Fox Bros Bar-B-Q!

Thanks to Fox Bros Bar-B-Q for sponsoring the July CPNO membership meeting with barbeque, beans and coleslaw! Opened on DeKalb Avenue in 2007, Fox Bros Bar-B-Q began receiving recognition when Texans Jonathan and Jason Fox started serving their BBQ at Smith's Old Bar in 2004. With the Candler Park location, they operate a full-service restaurant with bar and patio dining. Named by ABC News as one of the top ten most popular BBQ joints, Fox Bros Bar-B-Q stays very busy. Walk, bike or avoid blocking neighbors' driveways when you visit this Candler Park establishment.



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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 editor@candlerpark.org by the 18th of the month prior to publication.

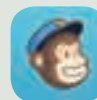
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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

CP ONLINE

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

JOIN CPNO TO GET EMAIL BLASTS



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

MESSAGES & CRIME ON NEXTDOOR



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

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

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DATES TO REMEMBER

AUGUST

- 1** First Day of School for Atlanta Public Schools
- 4** Candler Park Movie Night featuring Jumanji
- 13** CPNO Board Meeting, 7 pm, The Wondershop
- 18** Candler Park Movie Night featuring Black Panther
- 20** CPNO Members Meeting, 7 pm, 1st Existentialist Church

SEPTEMBER

- 10** CPNO Board Meeting, 7 pm, The Wondershop
- 17** CPNO Members Meeting, 7 pm, 1st Existentialist Church
- 29-30** Candler Park Fall Fest!



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.



Better Sidewalks for a Walkable Candler Park

Thirty seven Candler Park neighbors have expressed interest in learning more about the Sidewalk Renewal Project's discounted rates. Join us now by going to www.candlerpark.org/sidewalks!



Grow Your Business and Meet Neighbors through CPLC Networking Group

By Susan Rose, editor@candlerpark.org

Organized by Candler Park resident Gigi Miller, the Candler Park / Lake Claire Networking Group is going strong with monthly gatherings in neighbors' homes and a private Facebook group for sharing ideas and getting referrals. Several dozen people showed up at the meeting on July 18. This professional group helps entrepreneurs and business owners meet new business contacts, develop new working partners, share important ideas and resources, connect with neighbors, and keep it local. The next meeting is scheduled for Thursday, August 16 from 5:30 – 7:30. To join the email list and to learn more, contact Gigi Millier, gigi@visionorganizing.com.

Tentative Date for Feedback Session on Park Improvements

By Ken Edelstein, Candler Park Conservancy Board Member

Great news, neighbors: The Candler Park Conservancy's effort to improve two of the park's favorite amenities is making significant progress. As we mentioned in last month's Messenger, the Conservancy has hired landscape architects at Perkins + Will to incorporate more resilient, practical and sustainable features into Candler Park's Active Lawn and into the makeshift amphitheater that sits between the Active Lawn and the pool house.

I'm writing this month to ask you to hold the date for a community feedback session, tentatively scheduled for the evening of Thursday, Aug. 30. As of the Messenger's publishing deadline, we don't have that date locked in or the location confirmed. But we wanted to give you a head's up, and we urge you to keep an eye out for more information at CandlerParkConservancy.org. The session will be led by Perkins + Will.

As you probably know, neighbors and other stakeholders have long expressed their desire for these two projects to move forward during public meetings led by both CPNO and the Conservancy. The late August meeting gives our entire community a chance to review Perkins + Will's progress on the schematic design.

One sure-fire way to get information about the meeting — and other Conservancy activities — delivered straight to your



The natural amphitheater being used and enjoyed at Candler Park Fall Fest.

email box is to become a member of the Conservancy. Your membership is important even at low giving levels because it shows community interest in improving the park. Again, go to CandlerParkConservancy.org and follow the "Join" link under the "Support Us" dropdown menu!

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Findley Plaza Renovation in L5P is On Track

CPNO Donation for Ongoing Maintenance Requested

By Don Bender, Candler Park Resident

The initial phase of the fund-raising effort for the renovation of Findley Plaza is wrapping up. The L5P CID has estimated that the cost for the basic renovation would be \$575,000. There are now adequate funds committed to achieve this renovation. Renew Atlanta funds in the amount of \$400,000 was committed to the project by the L5P CID, which will be used to renovate the infrastructure of Findley Plaza. These funds will pay for the demolition of the current Plaza structure, the planting of street trees along Moreland Ave. and Euclid Ave, the installation of new sidewalks inside that tree line and the bringing of electrical service, lighting, irrigation etc. to the Plaza.

The CID accepted the responsibility to raise the money needed for the renovation of the interior portion of the Plaza, including, installation of pavers, street furniture, and any sculptures or special lighting. The cost for the interior improvements, which are not covered by Renew Atlanta funds, are projected to be \$175,000. Little 5 Alive has received a \$100,000 Legacy Grant from Park Pride for this renovation and the CID has completed the raising of \$85,000 in additional funds from commercial property owners, business owners and the residential community, exceeding our target.

However, we do not have the final design from the City or the construction documents, so our projected costs have not been confirmed by the City. The final step will be for the City to get bids from contractors. Only then will we be able to confirm if our projected costs are right.

As we have been engaging in fund raising in the business community, a recurring concern expressed has been that we could have a renovated plaza while dealing with the same dysfunctional behavior we have now. People with mental, emotional, and addictive problems now congregate in and around the Plaza. Criminals then prey on the dysfunctional community as well as the rest of us. There is a companion article by Karen Taber in this same issue, about what we are doing currently to address this dysfunctional behavior.

Construction on the Plaza is expected to begin after Memorial Day, 2019. The CID envisions moving beyond the renovation of the Plaza and addressing the issues of the dysfunctional community. Specifically, the vision is to create a L5P Alliance. The community engagement process, a "discovery phase" is under way and soon to be completed under the leadership of Jennifer Ohme.

So, even though we've raised the money, projected to be needed for the renovation of the plaza, we are preparing to approach the broader Atlanta community, foundations and larger funders for a three-year activation budget. The newly created L5P Alliance would lead in raising these funds and in the activation of the Plaza and the transformation of L5P. We know that the more we raise from the

business and residential community now, the more credibility we will have as we approach these larger funders.

Specifically, we have set an immediate target of raising an additional \$15,000 to support the creation of the L5P Alliance. We would then have raised \$100,000 from the local community, matching the Park Pride grant.

Those people or organizations who contribute \$1,000 or more will be acknowledged in the Plaza, as has been true for the local funds raised to date. We are working now with the City, which has hired Pond & Company, a design and engineering firm, to finalize the design of the Plaza, including the place for these acknowledgements. The leading idea is to carve the acknowledgements in a granite border in the plaza surface.

We propose to raise half the \$15,000 (\$7,500) from Candler Park. We are requesting that CPNO contribute \$5,000 toward that \$7,500. Inman Park is being asked to contribute the other \$7,500.



Artwork by R. Land.

Findley Plaza Renovation Continued

Neighbors,

Inman Park and Candler Park associations and residents have been generous supporters of Little 5 Points for generations. I am confident that, from time to time, not everyone thought the funds were either effective or sufficient to address the substantial issues facing this business community within these two historic communities.

For several years now the CID, in coordination with many community members (both new and legacy residents, business and property owners) have worked to try to address some of the seemingly intransigent issues facing Little 5 Points. Karen Taber has been one of those important community members. The L5P Community Improvement District (L5PCID) is an organization made up of property L5P owners who have agreed to be self-taxed and to then use those funds on projects that are intended to make L5P a more welcoming place for visitors and a more prosperous place for businesses. To those goals we have hired a contractor, Jennifer Ohme, to help the community stand up a new non-profit organization to coordinate the efforts of the various other organizations and individuals, who already are working so diligently in and around the district, under one umbrella and into one collaborative structure. It would be under this new 'alliance' that major initiatives can be coordinated and funds raised to achieve many of the goals we all have for Little 5 Points: improved safety, increased walkability, support of local businesses and to make a fun, festive and desirable district we all want to visit and bring our families and friends.

I'd like to express my personal appreciation to everyone who has stood up and help the CID move vital initiatives forward, support L5P business district and who now are helping move us into the next chapter of this unique district. I'd like to thank Don Bender for his relentless efforts to support Little 5 Points. His pitch here is vital to our efforts and I hope you will have confidence that your financial support will be used wisely.

I'd also like to thank Karen Taber for her heroic and dedicated commitment to our community - she has gone above and beyond so many times in her efforts to address the homeless issues in L5P. Her efforts are making a difference.

- Anna Foote, Chair, Board of Directors, L5PCID

Candler Park Dogs and Their Humans



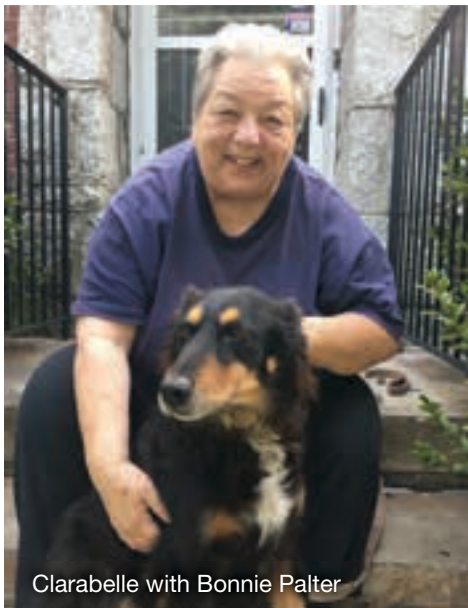
Chelsea with Amy Clement



Baker with Debra Snell



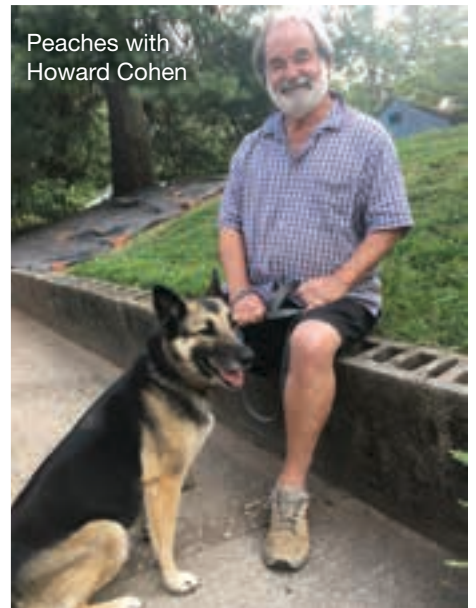
Bella with Bob Brazil



Clarabelle with Bonnie Palter



Toby with David Godfrey



Peaches with
Howard Cohen



Lola with Donna and John Brady



Silas with Melissa

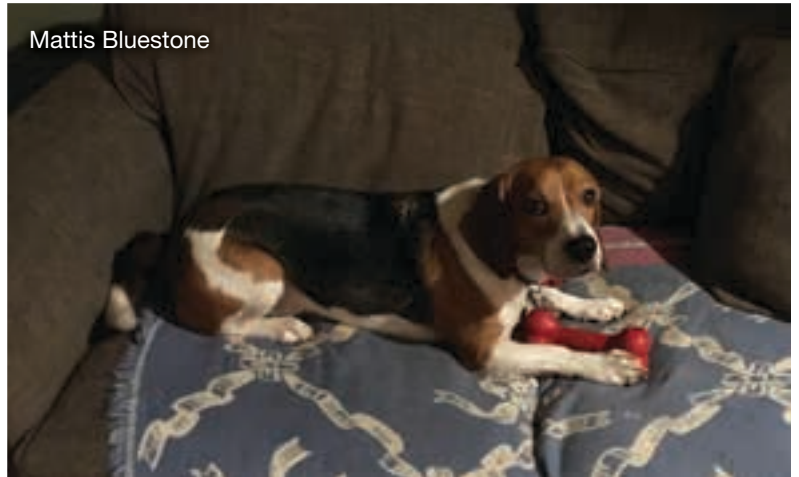


Wilson with Otto enjoying watermelon

Candler Park Dogs and Their Humans



Gracie with Margaret and Sam Rose



Mattis Bluestone



Crosby and Maggie with Lily and Benton Shevli



Missy and Zoey Henn



Biscuit with Quinn Hammond



Gopher and Rudy with Sara Rick



Mylo with Violet and Maribelle Fitzgerald

The First Frontier – The Classroom

By Annsley Klehr, Lake Claire Neighbors Education Chair

It is back to school time. Routines are different, teachers are different, and management styles are different. What might your child's classroom look like? Do you remember what it was like for you entering your school building for the first time each year? The excitement of all new school supplies and meeting your teacher mingled with the nervousness of starting over again, the smell of the building. Perhaps you were waving to friends down the hall, or meeting new ones for the first time, or even sitting in a corner spectating.

Before the students even sit down in their desks, the teachers have a master plan, a plan they have been scheming for quite some time. They have premeditated over this moment most likely more than you and your child. The first day of school is the most important day of school, because it only happens once each year. It is the day that sets the tone and scene for each and every other day, so it has to be one of great importance, where students and teachers come face to face with classroom management.

So what is classroom management you ask?

The term "classroom management" refers to the wide variety of skills and techniques that teachers use to keep students organized, orderly, focused, attentive, on task, and academically productive during a class. When classroom-management strategies are executed effectively, teachers minimize the behaviors that impede learning for both individual students and groups of students, while maximizing the behaviors that facilitate or enhance learning.

See www.edglossary.org/classroom-management/

Classroom management is the foundation of all learning, teaching, and community building. Without it, little to no learning takes place. I decided to interview the experts on this topic to learn the best-kept secrets to classroom management. I spoke with teachers at Mary Lin Elementary School, Inman Middle School, and Grady High School to see what kinds of rhythms and routines and classroom management they employ in their classrooms. I asked questions such as: Tell me about your classroom management philosophy. How did you start the year? Do you have classroom management



systems in place, and if so, what do they look like? What have you found most effective? What have you found least effective? What changes have you made?

The Interviewees (in positions listed at the time of the interview):

From Mary Lin Elementary:

Stephanie Shumacher and Sarah Iskhakova – 5th grade team

Lynanne Brennan – 5th grade math and science teacher (formerly at Inman)

From Inman Middle School:

Wendy Baker – 8th grade Language Arts teacher, 20 years in the field

Brandy Stacy – 6th grade special education, 13 years in the field

From Grady High School:

Sara Looman – AP World and European History at Grady High School

Each teacher above has her own flair and nuance in the classroom and with her students, but I also found that these teachers overlapped in philosophy or actual methodology. I was able to break down their classroom management approaches into four categories: expectations, relationships, reward systems, and methods to their madness.

Expectations – each teacher has specific expectations of her students.

Without expectations, students do not

know their limits. Imagine when people thought the world was flat and, afraid they would sail right off a side, they felt fear. So, too, do children who are not given expectations and boundaries.

Wendy Baker explained that from August to October she takes time to set up boundaries and expectations while everyone is getting comfortable with one another. She reflected that in her earlier practices she had fewer boundaries and saw that her students really needed them.

Stephanie Shumacher and Sarah Iskhakova, along with Brandy Stacy, start the school year off with classroom contracts that the class creates together. Shumacher describes the contract as the rules the students establish to be able to achieve their "hopes and dreams." In Stacy's class, each student takes responsibility for his/her own actions by creating a class contract that everyone has to agree upon before signing. This contract is revisited when the need arises. These contracts serve as expectations for classroom behavior, and yet Lynanne Brennan creates expectations through daily classroom routines.

Each teacher has found her own way of defining expectations so that the students know what is to be expected of them. Students are more apt to cooperate when they know what lies ahead, so these teachers are creating the foundation for their classroom management.

Relationships – each teacher builds personal relationships with her students.

It is crucial to a classroom community to build relationships with each and every student and for the students to build relationships with one another. When there is trust, there is little behavior to manage.

Baker starts the year giving positive encouragement to her students, telling them she is here for them to help them get smarter, emphasizing that she and the students must work together as a team. Like Baker, Stacy finds that her students are more willing to listen to what she says when "they know I care about them." She also shares pieces of herself and tells stories about her own life to connect with her students.

Along those same lines, Brennan explains that she has to build a relationship with her students long before discipline ever comes into the picture. Brennan, a

previous Inman Middle School teacher, found herself hitting “fast and hard” with positive notes and positive calls home within the first month of school. Just like Brennan reaches out to build trust with families, so too does Stacy. The forging of bonds and relationships allows for mutual trust, and when there is trust, there is classroom community. When there is classroom community there is respect and with respect there are fewer behaviors to manage.

Reward Systems – these are behavior management systems the teachers use to encourage on-task behaviors.

A reward system is one method to motivate students to either behave or improve a work ethic. It is a highly debated topic among educational theorists. For example, the educational scholar and theorist B.F. Skinner was a strong believer in positive rewards, which a lot of teachers use. However, the theorist Alfie Kohn was a great critic of this rewards-based approach, believing that rewards would eventually destroy a child’s intrinsic motivation. The teachers I interviewed also had mixed feelings about these reward systems.

Stacy, Shumacher, and Iskhakova work with a Token Economy system. Students earn points for anything from being on-task, to getting good grades, to doing his or her classroom jobs. These points can then be cashed out for prizes. Brennan, Shumacher and Iskhakova have also used Class Dojo. In the Class Dojo system, every child has an emoji and can earn or lose points based on areas that are improving or need improvement. An individual can earn points or the whole class can earn points. There is also an auditory component of Class Dojo that dings when someone gets points. The students know what to expect with these systems, but not all students reap the rewards.

Shumacher and Iskhakova first found that inflation was happening with the points; the kids kept earning more and more and the things they could buy with it were becoming less desirable. But also they found it hard to acknowledge all 25 (or so) students at the same time. They expressed feelings of frustration around rewarding expected behaviors that should be coming intrinsically from the students. They also found that the students would come to expect rewards and would only do things asked of them if a reward was involved. Shumacher and Iskhakova expressed how hard it is to un-teach a child from behavioral conditioning. Brennan also said that the systems “wear off.” Stacy

acknowledges that her students “probably don’t need a token economy after a relationship is established.” Even though these systems are in place to help keep on-task behaviors, the teachers question the effectiveness of them in the long run.

Method to the Madness – each teacher has her own purposeful methods, routines, and techniques in the classroom.

Each teacher plans and executes and reflects and revises her plan before beginning their cycle over again. Every detail in the classroom has a greater purpose whether we can visibly see it or not. Each detail is part of the secret of her success.

Our teachers also use strategies to maintain order and on-task behaviors. Some teachers tend to look at the whole student - the student at school and the student at home. Sara Looman says she tries to adjust and be flexible, and prepare for the unexpected, because you cannot always understand what is happening for the student outside the classroom walls. With the understanding that all kids come from different home environments, Stacy attempts to approach each day thinking that she could be the first smile or the first kind word a child has heard. These teachers try to prevent situations from occurring by recognizing the social/emotional needs of their students, paving the way for a more cohesive classroom dynamics.

Baker says her intention is also to preempt a situation, finding herself in constant self dialogue, asking questions such as “What flares a child?” In a similar vein, Brennan recognizes the “need to be able to read” her students. Recognizing student behaviors before they happen again creates a more harmonious classroom environment. Stacy sees the need for movement around the room, giving her students a choice of how they learn best – for example squeezing stress balls or silly putty or using standing desks. Others have focused on best seating and placement in the classrooms. Looman assigns seats and changes it up midway through the year. These classroom strategies help the teacher create a well-oiled classroom, hoping to minimize off-task behaviors and create order.

Brennan intentionally creates small groups, because she finds the students work more cooperatively. She might put a struggling writer in a group with a stronger one. And in math she will group by ability based on assessments. Other teachers have pulled sticks with student’s names on them,

pulling certain names at certain times to carefully preserve the child’s confidence and self-esteem. All methods of classroom management are thought through with a great deal of purpose behind them in order to make the day go as smoothly as possible.

Teachers have a purpose behind the choices they make, which is to create safe environments that allow students to take risks. They each have methods to their madness of structure, routines, and understanding that allow them to build classroom community and minimize unwanted behaviors.

In Conclusion

Community building, trust, learning, and teaching are all the building blocks to classroom management -- the ability to optimize the behaviors, learning, and relationships in the classroom. Shumacher, Iskhakova, Brennan, Baker, Stacy, and Looman explained and demonstrated in their interviews how their own personality and passion mixes in with their philosophy and methodology of teaching. They shared similar approaches in expectations, relationships, reward systems, and methods to their madness. They shared their classroom secrets.

So remember when you walk into your child’s classroom at the start of the school year all the work and foresight that goes into that first day and every day thereafter. Acknowledge the work and brilliance of a teacher, and that your teacher is the expert of her classroom. As a teacher, you often find yourself trying to do the best job you know how to meet the needs of the students in the class in that moment. If you have time for reflection, you might make changes to your classroom management depending on your observations, understanding of theories, and those apparent needs around you, but sometimes it is just survival of the fittest. As Looman points out that when she follows her passions, she feels happy, and the kids will, too!

Special thanks to all the teachers who took time out of their busy schedules to be interviewed: Wendy Baker – 8th grade Language Arts teacher at Inman Middle School; Stephanie Shumacher and Sarah Iskhakova – 5th grade team teachers at Mary Lin Elementary School; Lynanne Brennan – 5th grade math and science teacher at Mary Lin Elementary School; Brandy Stacy – 6th grade special education at Inman Middle School; Sara Looman – AP World and European History at Grady High School.

Great News from Grady High School

By Susan Rose, editor@candlerpark.org

The school year kicks off at Grady with continued momentum from a successful, achievement filled 2017-18 school year and further successes over the summer.

Celebrating the Class of 2018

Over the summer, the weekly Grady Gram email to parents, students and stakeholders reported the following: “FYI, here are a few key statistics from last year’s graduating class (in case you forgot how amazing Grady High School is):

- 304 Graduates
- 56% earned the Hope Scholarship
- 40% had a Cumulative GPA over 90%
- 32% are members of the National Honor Society
- The largest single scholarship was \$342,000
- Total scholarships awarded to Grady seniors were over \$18 million dollars!”

Grady Student Wins First Place in Harvard-hosted Debate Competition

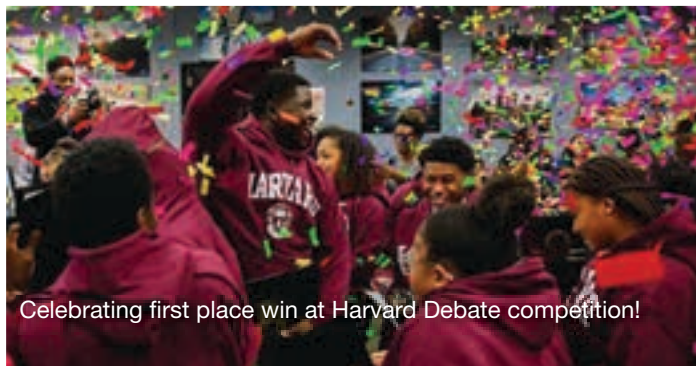
As reported in local news, including 11Alive, Grady High School student Jordan Thomas returned to Atlanta on July 14 from a debate competition at Harvard University where he won first place in a large single-elimination tournament in competition with youth from around the world including Asia, Europe, and Russia. “Being a young, middle class, black, public school student from the South created a stigma that automatically set me back in comparison to the competition, most of who were international students or from preparatory schools in the Northeast,” Jordan said. Jordan was one of 25 students from Atlanta and one of 400 students from around the world who were part of the Harvard Debate Council Diversity Project (HDCDP) class. The students learned from highly accomplished debate professors and instructors the research, analysis, and argumentative skills to excel in debate. “I was determined to represent my city and my story. I wanted people to see where I came from and how I could keep up with them,” Thomas said. “To bring the championship back to Atlanta was the most satisfying feeling, and to walk onto the campus of one of the most elite universities in the world and meet personal and council goals, brings a unique and new satisfaction that I’ve never experienced.”

Grady Varsity Ultimate Team Wins High School National Championship

The Grady Varsity Boys Ultimate team competed in the High School National Championship in Rockford, Illinois in June. They made it to the finals and competed brilliantly to win against the higher-ranked team from Nathan Hale in Seattle. The final score was 13 – 10. Grady is now ranked #1 in the nation. You can see a full replay of the game at <https://ultiworld.com/team/53141/grady-ga/>

Training for Fall Sports

Many athletic teams and some clubs at Grady continue training through the summer. Candler Park residents may have noticed the Grady cross country team running through the neighborhood and park several afternoons a week in June and July. The team used Candler Park pool as its meeting spot and from there would run a 4 – 6 mile out-and-back run. At the last summer practice in Candler Park on July 26, the team posed with the One Woman Rising statue in Freedom Park.



Celebrating first place win at Harvard Debate competition!



Grady Varsity Boys Ultimate team wins National High School Championship



Grady Cross Country team wraps up summer practice in Candler Park by posing with One Woman Rising in Freedom Park.

10 Reasons You Might Not Be Losing Weight

By Gail Turner-Cooper, Candler Park Resident

As a health coach, one of the laments I hear the most from my clients is “Why aren’t I losing weight?” Usually, with just a few simple questions, we can figure out why and tackle the problem. While weight loss is certainly not the only goal on anyone’s journey towards better health, it is on many people’s minds. Here are some reasons why you might not be losing weight.

1. You’re not drinking enough water

Most people know that our bodies are 50 to 75% water, but did you know that our water levels actually lower as we age? That’s part of the reason weight loss gets harder as we age. Water helps nutrition work! Research shows that overweight people who drank 2 cups of water 30 minutes before each meal over a 3-month period lost 5 pounds more than those who didn’t. One year later, the water drinkers had kept more of the weight off.

Dehydration also often makes us feel hungrier than we actually are. Even mild dehydration can alter our body’s metabolism, so aim to drink 8 glasses of water each day and limit your intake of soda, caffeine and alcohol.

2. You are not sleeping enough, or not sleeping well

How much you sleep and the quality of your sleep will affect nearly every aspect of your daily life, so it’s important to get the shut eye you need every night. Get on a consistent sleep schedule to manage stress, weight and your overall health. Inadequate sleep can lead to decreased immunity, rapid aging, a higher risk of disease, overeating and poor food choices, as well as disruptions in hormones like cortisol, ghrelin and leptin.

It’s recommended you get 7 to 8 hours of sleep per night. If you get only 6 hours per night, the risk of developing obesity rises 23%. At 5 hours, it rises 50% and at 4 hours it rises to 73%! Avoid phone and computer screens 2 hours before bed, develop a nighttime routine, and practice healthy sleep habits.

3. You’re not exercising consistently

Besides the obvious perk of burning calories, exercise is valuable because when you work out, your body releases endorphins and endorphins motivate you to eat well, perform well at work, and simply live your life well! Consider exercise something you do for wellness, strength, and happiness, not just weight loss.

Make a goal to be active for at least 30 minutes every day. Playing with your kids and pets counts too! Always take the stairs, walk to the store when you can, go on short jogs and strolls when you can. Make exercise a priority and you’ll be amazed to see not only weight loss happen, but your mood improve as well.

4. You’re too stressed

Stress increases the hormone cortisol, which makes your body crave carbs and store fats around your midsections. That means even if you aren’t eating more, you could still gain weight. Take time throughout your day to destress and meditate.

Use the 8-count breathing method. Exhale through your mouth, making a whoosh sound then close your mouth and inhale quietly through your nose while you count to 4. Hold your breath for 7 seconds. Exhale completely through your mouth, making a whoosh sound to a count of 8. Repeat for 4 full breaths.

5. You’re not eating enough lean proteins

Our bodies require protein to renew and replenish our cells, stabilize our blood sugar, and get energy. While many foods contain protein, you’ll find the richest sources of protein include animal products like meat, dairy, eggs and fish as well as plant sources like beans, nuts, and seeds.

When choosing animal protein sources, be conscious of the way the animal was raised and what it ate because that’s what you’re eating too! Opt for grass fed meats over feedlot meats. Organic yogurt and pasture raised eggs are great choices for vegetarians.

6. You’re still skipping breakfast

By eating a hearty breakfast, you give your metabolism a jumpstart, and you’re in better control of cravings. When we’re hungry, we make poor choices on snacks, we mindlessly eat or overeat. Eating breakfast is associated with healthy weight!

7. You’re not eating enough healthy fats

There’s often a misconception that fats should be eliminated from the diet completely, but healthy fats are necessary! The body uses dietary fat for energy and healthy hair, nails and skin as well as vitamin absorption. Healthy fats can help protect you from heart disease, cancer, Alzheimer’s and depression as well as reducing blood pressure and lowering cholesterol.

They protect against. Find healthy fats in foods like nuts, seeds, avocados and extra virgin olive oil.

8. You’re not cooking at home

Cooking meals at home allows you to control the portion size, quality, cuts intake of sodium, fats and calories. Avoid frying by learning how to roast and bake. Eat more raw foods to boost flavor. Experiment with herbs, spices and reduce salt.

9. You lose track of what you eat

Be a food detective and investigate what you choose to put into your body. Check labels and avoid ingredients such as sugar, trans fats, high fructose corn syrup, and long chemical names that are hard to pronounce. The healthiest foods are those found just as nature intended. Whole and unprocessed are best.

10. You’re not empowering yourself through your food

Putting nutrient rich food in your body empowers you. When you focus on how good you feel, you will only grow more motivated to keep going with your good habits. From healthy skin to weight loss and everything in between, you’ll love the way you feel.

Live Consciously and Nurture Yourself

The environment we surround ourselves with has an impact on both our mental and physical health. Keep your space clean and organized. Plants will keep your air clean and make sure your rooms are filled with natural light.

Your life, too, should be enjoyed! Treat yourself well. Practice self-care through ways that make you feel good, like massages, meditation, visits with friends, and walks through our beautiful parks. Self-care also means making good food and health choices. Your health and weight loss journey is a personal one, and one that you’re embarking on just for yourself. Take care of your body, and enjoy the rewards.

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

Homeless and Urban Camping

By Karen Taber, L5CID Homeless Chairperson & Inman Park resident for 31 years

The L5CID volunteer homeless task force continues to make small, but important strides concerning an array of homeless issues in our community. It remains a difficult multi-faceted challenge to balance humane homeless advocacy with the negative consequences this problem continues to pose for L5 business owners and patrons, our public parks and community residents.

We wish we had more encouraging news that our chronic homeless, suffering from mental health and addiction problems, have been placed in housing or are beginning to accept offered wrap-around services, but a multitude of complex hurdles still exist. At this point, we only have one willing participant, and volunteers are working diligently to make this a success. Stay tuned.

Please continue to report illegal campers to 911. Provide an accurate location and description of individual(s). Freedom Park and Bass Recreation Park on Moreland Avenue remain hot spots for overnight campers. Please use your common sense. Yes, technically it is legal to be present in our parks from the hours of 6am-11pm, but if someone is asleep on the ground or in a tent, surrounded by trash, especially alcohol containers and drug paraphernalia, or is urinating or defecating in a public space, which leads you to suspect illegal "urban camping" is occurring, an officer will provide a stern warning. I would hope that most of us can differentiate between someone simply taking a "nap" on a picnic blanket or in a hammock verses an individual or a group who appear to have camped overnight. The City of Atlanta "Urban Camping" ordinance, revised in 2012, is available online for your review.

If you have not made a contribution to your community security patrol, please consider doing so, as these officers can easily be available to check on identified problem spots when the parks are closed.

STRATEGIES

- Identify and continue to offer wrap around resources to the homeless
- Lobby state and local elected officials for additional mental health and substance abuse resources
- Request L5P and surrounding neighborhoods be included in "PAD" (Pre-Arrest Diversion Initiative) when expansion funding permits
- City of Atlanta "Urban Camping Ordinance" enforcement and deterrence
- Request ongoing homeless encampment trash clean-ups by GDOT, Parks Department and APD "Quality of Life" Unit
- Request reinstatement of APD undercover narcotic agents to impede flow of illegal drugs such as cheap heroin and meth in L5P
- Support ongoing L5CID and Little Five Alive initiatives to

create a L5P that is welcoming and safe place for everyone.

- Establish working relationship with CSX to provide security fencing to reduce transient train hoppers from entering community
- Seek panhandling ordinance for L5 similar to downtown
- Expand volunteers

SUCCESSSES

- Established relationships with various homeless agencies and outreach teams to engage with our homeless population
- Sought reinstatement of full time L5 Mini-Precinct Officer. (Please consider making a donation to support rent & utilities. Introduce yourself to Officer Barmettler the next time you visit L5 - he is doing a terrific job!)
- Moreland Ave GDOT swath beautification. This area had become overwhelmed with campers with tremendous amounts of hazardous trash. Permanent "No Trespassing" signs installed by GDOT. Zone 6 officers routinely continue to enforce.
- Provide ongoing assistance to concerned residents in Inman Park and Candler Park when homeless encampments, posing public health & safety issues, pop up in close proximity to homes.
- Removal of semi-circle hedge in Freedom Park between Euclid Ave & Lake Ave where drug addicted campers posed serious public safety issues. Parks Dept will eventually remove stumps where a single shade tree can be planted.
- Persistent law enforcement deterrence. Our Zone 6 Commander Klotzer is kept well informed about these issues and continues to lend invaluable support
- Reduced the number of train hoppers visiting L5 this summer. Several serious public health and safety issues occurred last year by these groups. The presence of our L5 mini-precinct officer has contributed greatly to this success.



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CPNO Officer and Committee Reports for July

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

Zoning Report-Bill Morris

The CPNO Zoning Committee met on July 11 with two members in attendance. Since there wasn't a quorum for the meeting, follow-up voting was conducted electronically. The meeting agenda included zoning variance applications V-18- 182, V-18-191 and an alcohol license application for CircleK #185, 350 Moreland Ave.

V-18-182 (1379 Marion Ave.) the applicant seeks a variance to reduce the front yard setback from 35 ft. to 23 ft for construction of a second floor addition to a single family home. Existing floor area = 1711 s.f., proposed floor area = 1987 s.f. Proposed lot coverage - 53% not increased by the addition. Justification for the variance is the house was built prior to current zoning standards and therefore sits closer to the front property line than is permissible today and the lot size is significantly smaller than required for the R4 zoning designation (20 ft. narrower and 5000 SF smaller) significantly limiting buildable area. The proposed addition will be built within the existing footprint to match the existing two story proportions of the existing house and will be in scale with surrounding development. The applicant provided complete checklist materials and letters of support (or proof of notice) from the surrounding neighbors. The committee voted 3-0 in support of the proposed application with provisions that the applicant attend the June CPNO meeting and provide notice to one additional neighbor to the rear of the property at 374 Miller Avenue (provided), the project is built based on site plan submitted to the City on 6/5/18.

V-18-191 (1315 Mclendon Ave.) applicant seeks a variance to reduce the front yard setback from 35 ft. to 31 ft. and the half depth front yard set back from 17.5 ft. to 10.5 ft. for a second floor addition to a single family home. Existing floor area = 3132.75 s.f., proposed floor area = 3260.75 s.f. Proposed lot coverage - 41.5% not increased by the addition. The addition will be located above the front porch of the house and will have a small dormer on the east side half depth front yard, will be within the original footprint and preserves usable green space on a narrow corner lot while maintaining the character of the original house. The applicant provided complete checklist materials and obtained support of surrounding neighbors. The committee voted in support of the application 3-0 with condition that the applicant provide notice to the owner of the property at 1325 Mclendon which is broken up into apartments, appear at the July CPNO meeting, and the project is built in accordance with the site plan submitted to the city 6/15/2018.

185 Moreland, LLC dba Circle K #185: alcohol license application for a distance waiver to allow sale of beer & wine at an existing convenience store. Applicant previously met with the zoning committee October 2017. This application was discussed at the meeting and upon further follow-up it was learned that the applicant was granted a waiver of distance requirements for package stores as specified under code section 10-88.1 by City ordinance 18-O-1151 which was passed by the City Council in March 2018 by a 15-0 vote. The store is located on the Inman Park side of Moreland and does not directly impact Candler

Park. Based on general support of the application by the IPNA and L5PBA, the zoning committee voted 3-0 to support the application.



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July 16 CPNO Members Meeting – draft minutes

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

The meeting was called to order promptly at 7:00 pm by Dana Fowle, President. The motion to adopt the agenda passed. The motion to approve the June Minutes passed. New neighbors were welcomed; thank you to Fox Brothers for providing dinner.

Guest Speakers:

- Major Klotzer, Night Watch Commander Zone 6, stated that crime in general is down the same 7%. There has been an increase in bicycle thefts.
- Laura Henninghouse, Executive Director Freedom Park Conservancy, introduced herself to the membership and outlined her plans for the Park. There will be a 'coffee in the park' the last Saturday of every month to provide residents opportunity to give input. The location will change every month to include all the neighborhoods that are impacted by Freedom Park.
- The producers of LGBT Greeks in the Park answered questions about their event. The event is classified 'C'-200-500 participants and will be Saturday, September 2, 2018, 10 am – 8 pm.
- Horizon Forest Update- Amy Stout informed the members that the developers submitted a third plan that was acceptable and will somewhat minimize the loss of trees on the 3 acre lot at 1900 DeKalb Avenue.
- Stacey Stuckey will speak at the Tree Commission Meeting, Wednesday July 18th, City Hall.

Treasurer's Report:

Rohini Kukrega, Treasurer, reported the expenditures for the month of June as follows: \$500 to BiRacial History Project and \$500 to Wylde Center (Mulberry Fields) per our approved budget.

Announcements:

- Twitter account=CandlerParkATL- The account is active and monitored by Dana Fowle.
- Hattie B's Chicken is now open.
- Susan Rose, Editor of the Messenger, requesting selfies of dogs and their owners for the 'Dog Days of Summer' issue.
- Sidewalk Committee Update- Please sign up with your Block Captain if you are interested in having your sidewalk repaired by the City.
- 311Magnifier has been very successful getting sidewalks repaired and cutouts completed at the corners. Photographs were shown to demonstrate repaired sidewalks since last meeting.
- Little Five Points Alliance- Don Bender requesting a contribution of \$5,000 from CPNO toward the formation of the Alliance which will administrate the Findley Plaza area after the improvements are completed. The Alliance will assist in handling the issues such as the 'Homeless' who might frequent the area. Members will vote next month (August).

Zoning-Bill Morris

1. Motion "to support the application for a variance at 1379 Marion (V-18-182) with the condition that the applicant appear at the July NPU N Meeting and the project is built based on the application and site plan filed with the City" passed,
 2. Motion "to support the application at 1315 McLendon Avenue (V-18-191) with condition that the applicant appear at the July NPU N Meeting and the project is built based on the application and site plan filed with the City" passed.
 3. The application for a liquor license at 350 Moreland Avenue was granted by the City based on the change in an Ordinance passed in March 2018.
- The Bridge Committee will hold a public meeting Thursday, July 19th, 7-9 pm at the First Existentialist Church on Candler Park Drive.
 - Candler Park/Lake Claire Business Owners will meet Wednesday, July 18th at 526 Page Avenue,

The meeting was adjourned at 8:00 pm.

Submitted by

Bonnie Palter, Secretary

July 16, 2018

CPNO Membership Application

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

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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:
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Aim for Compliance by Design, Not by Accident

News USA

While a global economy is an advantage for many companies that operate internationally, compliance with the multitude of complex and ever-changing laws and regulations can be a burden to doing business, and the penalties of non-compliance can be severe. This is particularly true when it comes to environmental, health and safety (EHS) laws that can impact everything from public opinion and stock prices to your employees' well-being and safety. As multinational companies are faced with heavy scrutiny by many different governments cracking down on importing and exporting violations, increased regulations and heftier fines, it is clear that businesses need to consider compliance as a key tool for surviving in a global economy.

To underscore how costly non-compliance can be, a recent case study of one global steel company showed that EHS-related violations cost the company almost \$2.7 million dollars over a five-year period. Compliance challenges for global businesses include not only the complexity and fast-paced changes of laws and regulations all over the world, but also tighter enforcement of these regulations, not to mention potential language and cultural barriers. An ongoing compliance management approach at a multinational company is a proactive and practical solution for businesses juggling the demands of sites around the world.

Besides the wide scope of expert coverage, other advantages of an outsourced approach to EHS compliance include:

- Increased Efficiency. Outsourcing the details of ever-changing compliance allows multinational companies to spend their time doing business rather than being bogged down in regulatory paperwork.

- Cost savings. Companies that are not in compliance with overseas business regulations may lose money to hefty fines and even jail time. In addition, accidents as a result of noncompliance may lead to extensive legal fees and decreased shareholder value.

- Industry insights. Compliance intelligence companies like Enhesa constantly monitor the latest developments in global business regulations to keep their clients up-to-date. In addition, Enhesa provides global businesses with blog posts, downloadable publications, articles and webinars about the latest news in EHS so they can plan accordingly.

- Almost unlimited coverage. With more than 75 EHS regulatory analysts from more than 40 nationalities covering more than 285 jurisdictions, global companies can profit in many ways from Enhesa, as opposed to trying to manage their EHS compliance in-house.

For more EHS-related news, tips and information about maintaining compliance with EHS regulations globally, visit enhesa.com.

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— Laura Thompson - Candler Park

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