



November 2019

MESSENGER

Fall Fest Rocked

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A Quick Primer on How CPNO Works

By Dana Fowle, president@candlerpark.org

When an important or controversial topic comes up in the neighborhood, social media can be filled with exasperated posters wondering, “Why didn’t I know about this vote?” Or, “What are the police doing to solve this?”

We’ve all been caught off guard by a zoning decision or a CPNO monetary gift that we heard about after membership has voted. So perhaps a reminder of ways to stay in the loop with what’s happening is in order.

Our monthly Candler Park Neighborhood Organization meetings are held the third Monday of each month. Doors at the First Existential Congregation of Atlanta, 470 Candler Park Drive, open by 6:30 p.m.

Get there early to chat with neighbors and to have a complimentary drink and dinner. We get started at 7 p.m. Our Zone 6 Atlanta Police Department representative gives us the latest crime stats, takes questions and offers her email address to anyone who’d like to chat with her later. Atlanta City Councilman Amir Farohki, District 2, and state Rep. Bee Nguyen, D-Atlanta, are regular visitors who update us on city business and state legislation.

With so many families interested in moving to our community, zoning issues are a big draw. It’s easy to get up to speed on the topic background before the meeting by checking online at www.candlerpark.org. There you will see upcoming agendas for the zoning committee and CPNO membership meetings, days in advance. The minutes from past meetings are also right there.

CPNO has had the good fortune of being financially healthy in recent years. As a result, our membership has voted to spread that money around to many of our neighboring communities. We donate annually to the Grady Cluster, Wylde Center, Freedom Park Conservancy, BiRacial History Project, Candler Park Movie Night, and Atlanta Police, among others. These annual commitments are included in the budget presentation. Come to our January meeting to learn about it. If you’re a CPNO member, vote on it in February.

PRESIDENTIAL BRIEFING

Over the last two years, we have made significantly larger charitable donations to our community partner Candler Park Conservancy to help them to remake the active lawn and amphitheater. We have established a large fund set-aside for Candler Park homeowner sidewalk repair. And we have financially committed to the re-design of Little 5 Points through the newly-formed stakeholder collaboration, Little 5 Alliance.

The consideration of these larger donations follows the rules laid out in our bylaws. Any CPNO spending that hits the \$500 mark requires a membership vote. Procedurally, this means an announcement of intention days before the membership meeting where questions are taken. The vote then goes to the next monthly meeting where more questions are taken and comments for and against are noted. It’s a weeks-long process that is documented, you guessed it, on our website.

Our meetings are open to the public, but only neighbors with up-to-date membership can vote. To vote, you must be a member by the first of the month, and no, proxy voting is not allowed. You must attend the meeting to be counted.

Membership means you must be 18 years old, maintain a primary residence or own property in Candler Park. According to our posted bylaws, application for membership is done in writing through the website.

If you’re passionate about where the money goes, check us out online or The Messenger, our carefully curated neighborhood newsletter, for background on these topics and others.

The CPNO website also has a copy of our Master Plan, our bylaws and our community calendar. And if your interest is piqued by any of this, get involved by joining a committee or become a board member yourself.

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

BOARD of DIRECTORS

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EXTERNAL AFFAIRS OFFICER	Matt Kirk 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

DATES TO REMEMBER

NOVEMBER

- 11** CPNO Board Meeting,
7 pm, The Neighborhood
Church
- 13** Little 5 Points Alliance
"Ideas and Progress
Party", 6pm – 9pm, L5P
Community Center.
All welcome and free
- 15** Deadline to submit content
for December Messenger!
- 16** Candler Park Art Block,
11am – 6 pm, Business
district on McLendon Ave.

CPNO Porch Party, 1316
North Avenue
- 18** CPNO Members Meeting,
7 pm, 1st Existentialist
Church
- 28** Thanksgiving

DECEMBER

- 9** CPNO Board Meeting,
7 pm, The Neighborhood
Church
- 14** Lake Claire Holiday Arts
and Crafts Fair,
9am – 3 pm, Frazer Center
- 15** Deadline to submit content
for January Messenger!
- 16** CPNO Members Meeting,
7 pm, 1st Existentialist
Church

*In case of cancellations or changes,
check CPNO's Upcoming Events list at
candlerpark.org. All CPNO meetings are
open to the public.*



Come and Enjoy a Porch Party and the Members Meeting Potluck!

By Jennifer Wilds, membership@candlerpark.org

Fall is upon us and now that the weather is not ninety five degrees, we thought it was time to get together again for a lovely autumn evening Porch Party!! The festivities will be at the home of Maria Crawford on Saturday evening November 16th at 1316 North Avenue between Euclid and Moreland. Please bring a snack, appetizer, beverage or desert to share. We hope to see you there!

Also, in the spirit of community, we want to remind you of our traditional Potluck for the November Member's Meeting scheduled for Monday, November 18th at 6:30 at the First Existentialist Church on Candler Park Drive. We would love to try out your family's traditional

holiday sides and sweets and may want the recipe to spice up our own holiday meals.

Last but not least, we want to express our most sincere gratitude to our local businesses that contributed meals to our membership meetings throughout 2019. We appreciate you and your commitment to our community. Neighbors, please go and visit these businesses, spend your money and say "thank you" to show how we appreciate them:

Cameli's Pizza, Savage Pizza, Sweet Auburn Barbecue, Candler Park Market, Corner Tavern, Brewhouse Café, Fox Bros Bar-B-Q, Raging Burrito, and Hattie B's Chicken!

Candler Park Art Block Celebrates CP Businesses and Art

By Susan Rose, editor@candlerpark.org

The third annual Candler Park Art Block will be held on Saturday, November 16 from 11 – 6 along the sidewalks of Candler Park businesses on McLendon Ave. Created by Julie Odom and Kat Wiggins, owner of Moog Gallery and Custom Framing, CP Art Block is a day to celebrate local art and our local community businesses. Artists and makers will be set up along the sidewalks. At 12:30, the new Candler Park Market mural

which was painted by Grady Cluster students will be unveiled and dedicated. There will also be a performance of the Mary Lin Training Chorus comprised of 2nd and 3rd graders who will sing and play ukuleles.

Visit our Candler Park business district on November 16 to appreciate our neighborhood merchants, local artists and makers, and the artistic students of the Grady Cluster.



Lake Claire Holiday Arts & Crafts Fair

Shop local! Buy your holiday gifts at the Lake Claire Holiday Arts & Crafts Fair on Saturday, December 14th from 9am-3pm in the Atrium at The Frazer Center.

Handmade gifts from over 30 vendors, kids and adults. Lake Claire neighbors and Mary Lin Elementary are teaming up for the neighborhood Fair. A portion of the sale proceeds go to both organizations.

Don't miss performances by The Mary Lin Advanced Chorus at 11am, followed by The Real Ukeladies of Atlanta

The Frazer Center is located at 1815 S. Ponce de Leon Ave, Atlanta, GA 30307



For more information, contact Julie Roseman (julioroseman@yahoo.com) or Annsley Klehr (anzoid@yahoo.com).

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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.

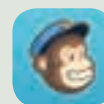
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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.

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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



World Peace Pyramid Update

By Bill Read, Candler Park Resident

On World Peace Day, Sept. 21, 2019, about 35 friends and neighbors dropped by the First E garden to watch or help with the World Peace Pyramid that was being assembled from 20,540 golf balls... which would be a new Guinness world record if successful. Andy Weiskoff created a wonderful World Peace Pyramid banner, Craig Rafuse constructed an excellent platform to hold the ton of balls, and Eddy Anderson videotaped the entire four-hour process and created a 16 minute compression that is quite interesting to watch. And the weather was cooler so it was a delightful day to enjoy an existential experience.

But... alas, we never got the bottom pyramid layer aligned properly (too much tolerance), so our continuing efforts eventually would only support a "pyrapile" of about 15,000 balls before the walls started tumbling down. So, after a while, we accepted objective reality (it is what

it is), began planning the next peace pyramid, and proceeded to enjoy the amazing afternoon anyway... peacefully. The next day several First E folks helped disassemble the pyrapile and stored the balls to use next time. Overall, it was a zestful and spiritual experience; quite fun! The outcome was not as anticipated, but the experience and process were enlightening.

It was a delightful day in every way,

But the pyramid plan went astray.

The bottom layer was never right

So we ended up with quite a sight...

...as much a pile as a pyramid,

...like a creation built by a kid.

Until at last it became quite clear

This Peace Pyramid must wait til next year.

WYLDE CENTER HOSTS RECYCLING DAY FESTIVAL

Saturday, November 16

10 AM - 2 PM

Oakhurst Garden

435 Oakview Rd.

Decatur, GA 30030

Celebrate "America Recycles Day" with Wylde Center and all of our fantastic community partners at our first annual RECYCLING DAY FESTIVAL!

Recycling Day Festival is a family-friendly event full of community resources, educational topics, and activities all centered on the wonderful world of recycling! Join us for recycled paper making demonstrations, family-friendly music performances, crafts using recycled materials, and more!

We are so excited to be hosting the following community partners:

Steampowered Kids

Music from Friends in the Garden

City of Decatur Public Works

Decatur Environmental Sustainability Board

CompostNow

Keep Georgia Beautiful Foundation

Scraplanta Creative Reuse

Decatur Makers

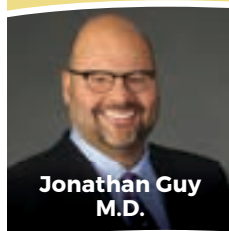
Dreamweave Alliance

One More Generation

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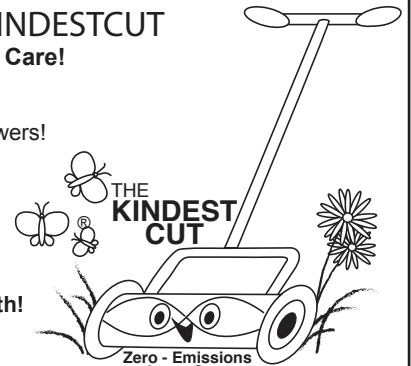
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Grady Renovations Update

By Annsley Klehr, Lake Claire Education Chair and Mary Lin Representative to the Council of Intown Neighborhoods and Schools (CINS)

On Wednesday, August 21st, Grady High School held an informational meeting to go over what the future of Grady will look like. The meeting began with Alva Hardy, APS facilities, and Betsy Bockman, Grady Principal, presenting the exterior design, spending most of their presentation on the parking at the front and the newly created secure front entrance. They briefly touched on the interior/space plans. The remainder of the meeting was community questions and feedback.

The new addition will be three stories high and include a STEM lab, new media center, counseling suite, and lab classrooms. The space between the new addition and the original building will become a secured entrance - much like newer schools have with the double entry doors. The old entrance/lobby will be reworked for the new entrance.

The current media center will be incorporated into the cafeteria to serve more students. The current classrooms housing engineering, labs, etc. will be regular classrooms. There will be other HVAC and renovations worked on, but this was not fleshed out at the meeting.

The new building will go somewhat where the trailers currently sit, with some orientation changes. The gravel lot will be paved to be an actual parking lot. A new visitor parking lot with ADA spaces will go in front of the old building with curb cuts in the sidewalk on Charles Allen. Some trees will be removed but will have to be replaced (inch for inch). The large trees closest to the sidewalk will remain.

There was almost no time spent on the plan for operations leading up to and during the actual build and renovation. The new portables will be installed on the front lawn near 8th street with a fence for security; installation will begin at the end of September. Construction will begin in January. There was no time allotted for logistics about this, timing of interior renovations, or parking during construction.

Overall, the neighbors appeared disgruntled about the parking in front of the school. They don't want the extra car movements and trash collection, potential issues with parking during events, and loss of green space. The parents generally were supportive of a safer and more easily accessible entrance and the other changes.

A special thanks to Janet Kinard, President of CINS, for helping with this article.

Inman Middle School "Eagles" Soar with Support of Foundation

By Melanie Bliss, Inman Foundation board member and parent

When some of us imagine middle school, we picture dark years wedged between bright fun of elementary school and experiential learning of high school. However, a walk through Inman Middle is illuminating and surprising - there is brightness, fun, projects, and experiences. Energized students learn an array of subjects through state-of-the-art technology; every student has a dedicated Chromebook or laptop; and virtual reality technology allows excited students to explore the world. Moreover, teachers have additional certifications and training, enabling them to provide creative, cutting edge teaching strategies. A key partner in providing these tools and training has been the Inman Foundation, a 501(c)(3) charitable organization that supports two key pillars of Inman's strategic plan: technology and development.

The Foundation's mission is to provide a stable, long-term funding source for the people, program, and technology that offer an exceptional learning environment. The Foundation builds infrastructure capacity to address physical and innovation needs of learning, largely through technology. Secondly, the Foundation funds teacher training, such as gifted certification and Google certification. The Foundation supports the Educational Advisory Foundation (EAF), which provides experienced tutors for in-school intensive instruction to students needing additional support. The EAF is a win-win for everyone as it assists teachers with staying on pace, lowers the student-teacher ratio, and participating students saw gains last year of 79% and 35% in their STAR reading and STAR math scores, respectively.

Inman Principal Dr. Kevin Maxwell and his staff consider themselves fortunate. Dr. Maxwell stated, "Inman Middle School is a special place that is thoughtful, caring,



and student focused. Our highly skilled teachers stay current on research and Foundation funding permits them to keep their skills up-to-date and to acquire the latest in instructional quality, which is often not covered by APS." Dr. Sparrow, a 7th

grade life science teacher, stated she is "truly thankful for everything the foundation has done," because when she started at Inman she needed classroom supplies and resources that were unavailable. She is also grateful for training she received at Georgia Tech that was made possible to her from a Foundation grant. Many teachers describe the confidence and excitement students feel when they meet with EAF tutors. "My kids absolutely love it," said 6th grade teacher Ms. Lonza. The Foundation truly helps all students, regardless of age, grade, and ability.

The 2018-2019 school year was a record year as the Foundation raised over \$125,000. Our goal for 2019-2020 is \$150,000. We hope all parents will consider a generous donation, but take note - donations do not just come from Inman families! If you are a community resident or business owner, please consider making a tax-deductible donation, and check to see if your business will match. Be assured your donation directly impacts the academic success of young students at our neighborhood school, setting them up for future success. Furthermore, your donation fortifies Inman Middle as an exemplary institution where students desire to attend and highly qualified teachers aspire to work, upholding Inman's solid reputation locally and state-wide. You can learn more at www.inmanfoundation.org, where you can easily make your donation. For those of you who have already donated, thank you!

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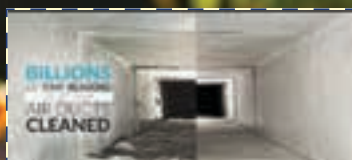
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The Real Ukuladies and the Guytars Mix it Up with Irish Dancers and an Acrobat

On Saturday, October 5, 2019, the Candler Park Fall Fest Kidlandia Hay Bale Stage hosted two local musical acts: the Real Ukuladies of Atlanta featuring the Guytars (in their world premiere). The Fall Fest performances were made up entirely of Mary Lin parents from Candler Park and Lake Claire. Impromptu collaborations with other Kidlandia acts wowed the crowd: Atlanta Irish Dance joined in for the Guytars' sprightly Irish classics and Hilary, the Circus Camp aerial acrobat, accompanied a showtune from the blockbuster movie "The Greatest Showman".



Left to right back row: Pam Haggerty, Yukiko Takeuchi, Kate Sandhaus, Silvia Medrano-Edelstein, Lisa Orejudos-Morris, Frank Williams, Andre Golubic

Front row: Shenandoah Evans, Jaap de Roode
(Not pictured: Lisa Sharling, Seth Spivey)



Front Row, left to right: Lilly & Collette from Atlanta Irish Dance
Second row, left to right: Andre Golubic, Shenandoah Evans, Silvia Medrano-Edelstein, Lisa Orejudos-Morris, Yukiko Takeuchi, Pam Haggerty, Kate Sandhaus

Back row, left to right: Circus Camp's Mister Gregggy, Seth Spivey, Frank Williams, Jaap de Roode
(Not pictured: Lisa Sharling)



The Irish Dancers had the whole crowd up and jiggging at Fall Fest! They performed on the main stage, and also took over Kidlandia with their reels and jigs! Photo credit: Atlanta Irish Dance by Burke Connolly

Fall Fest 2019 Rocked Candler Park

By Lee Lindsey, Fall Fest Volunteer

It is not fall in Atlanta until the Candler Park Fall Fest arrives, and this year's 19th festival brought with it cooler temperatures, sunny skies, and thousands of visitors from Candler Park and beyond.

Nearly 200 artist vendors lined Candler Park Drive, McLendon Avenue, and the park driveway, selling creative wares like handmade candles, eclectic jewelry, clothing, and art. If you didn't pick up a gift for yourself or others while at the festival, be sure to visit fallfest.candlerpark.org/artist-market for a catalog of artists and links to their online shops.

We rocked Candler Park, quite literally, with music by local favorites and in tribute of classic line-ups. Saturday's tribute bands brought Lynyrd Skynyrd, the B-52s, ABBA, and Journey to our neighborhood, and Sunday once again honored the local Atlanta Legends of the Blues and closed out with everyone's favorite fruit-themed funk band, Bumpin' the Mango. Thank you to Rival Entertainment for continuing to support our live music!

Our Tour of Homes offered a peek inside newly renovated homes and the Neighborhood Church, along with views of classic Candler Park gems. Saturday's races, organized by the Candler Park Conservancy, and Sunday yoga by Tough Love Yoga helped balance the funnel cakes and tacos we couldn't stop trying. Lastly, a Kidlandia packed with kid-friendly fun (those hamster balls!) rounded out the fun.

Fall Fest was a success because of our volunteers, who donate their time so that festival proceeds can go back into CPNO and neighborhood efforts. A huge THANK YOU to all the volunteers who joined us in the park -- this festival could not function without you!

Likewise, our generous neighborhood sponsors are critical to making the Fall Fest a financial success for CPNO. Show your gratitude to our sponsors listed on the Thank You page - and thank them for supporting their community.

The all-volunteer Fall Fest planning committee made the weekend come together. Corey Anderson, Cynthia Baer, Ryan Boblett, Rachel Bowser, Mark Clement, Sam Eckersley, Ken Edelstein, Chris Fitzgerald, Lee Lindsey, Gigi Miller, Marcie Morse, Jocelyn Nettles, Perry Smith and Martin Steib -- thank you! Your hard work and creative thinking make each year of the festival better than the last.

It's never too early to start planning for next year -- and it will take a lot of work to make our 20th Fall Fest the best ever. Contact fallfest@candlerpark.org or any of the committee members above to lend your talents to our neighborhood's flagship event.



▲ Francine Reed, George Hughley and Rob Lanford were honored as Atlanta Legends of the Blues and received plaques from the Atlanta City Council. The honorees are pictured here with Fall Fest volunteer and music stage emcee Mark Clement on left then Ms. Reed, Mr. Hughley, and Mr. Lanford.



◀ Thank you to all of the super volunteers!

Special Thanks to Fall Fest Sponsors!





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—AS SEEN ON—


How to Help the Earth in 10 Simple Steps

By Susan Rose, editor@candlerpark.org

Rainforest destruction, marine life polluted with micro-plastics, glaciers melting, massive storms devastating human lives, and record-breaking high temperatures for Georgia in September alarms me, depresses me and creates a sense of helplessness. Indeed, climate anxiety/distress has a newly coined term: solastalgia. For a while, I've felt helpless and frustrated with leaders and people 'out there and over there' refusing to take bold action to save our earth.

And then it dawned on me: what about my own actions? What can I do differently? Sure, I've been recycling/upcycling and sending my kids to school with a 'no waste' lunch for years. But, as the evidence of impending climate doom escalates, I have become more mindful of my daily habits and need to step up to do more to reduce my household's impact on the environment. Some changes will take time and money (like maybe adding solar panels to my home) but others cost little and can be taken immediately. Here are ten simple steps that everyone can take to reduce negative impacts on the environment. Added benefits can include saving money and improving your health.

1. **Adjust your thermostat.** Get used to being warmer in the summer with less air conditioning and to wearing more layers indoors in the winter. Lower utility bills are an extra benefit.
2. **Watch what you eat.** Reduce/eliminate meat consumption (beef, lamb, dairy). As reported in the Huffington post, a 2014 study found that cattle farming uses 11 times more water and produces 5 times more emissions than its poultry and pork farming counterparts. A reduction in cattle farming could result in land being reclaimed for tree planting which helps to cool the planet.
3. **Limit driving.** Work from home if you can to limit polluting emissions (and avoid the hassle of Atlanta traffic!) Consolidate errands to reduce driving trips. Carpool for work and kids' activities. Walk, bike, scooter when you can and if you are able bodied.
4. **Unplug your devices.** Even when an electronic is turned off, it is drawing energy when plugged in. This 'vampire power', which includes your computer being in 'sleep mode' and your innocent coffee maker waiting to be used, adds to your carbon footprint and to your utility bill. Turn off and unplug your electronics, devices, and small appliances.
5. **Pick up litter.** When you see litter, pick it up and put it in the trash/recycling bin. Not only does this help keep Candler Park beautiful but more importantly it prevents litter from being pushed by storm waters into creeks, streams, and eventually the ocean.
6. **Reduce your household trash going to landfills.** Think about everything you put in your trash bin and then goes to a landfill where it will sit and decompose, releasing methane which is a greenhouse gas that is 28 times more potent than carbon dioxide. For competitive motivation, strive to be like one Candler Park family of four who has reduced their trash to one bag per week. Here's how:
 - **Reduce.** Buy less stuff. Evaluate an item before purchasing and think about the packaging (or even the item itself) that might go in the trash.
 - **Recycle.** Clean your recyclable plastics, cans, bottles before putting them in your blue recycling bin. Remember NO plastic bags or plastic wrapping in the blue bin. Instead, take your plastic bags and wrapping to our Edgewood Target for recycling. Look for the bins right next to the snack bar.
 - **Reuse and repurpose.** Get creative and reuse items. For example, pickle jars can store leftovers, office supplies (pens, rubberbands, paper clips) and hardware items (nails and screws).
 - **Donate and upcycle.** Clothing should never go in the trash. Charitable organizations like Goodwill will take clothing and household items. Organizations like re:loom in Scottdale will take used, tattered clothing and fabric scraps to make new items like handbags, totes, and rugs. (Bonus: re:loom employs and empowers homeless and low income people.) The Atlanta Humane Society takes old towels and sheets to use as bedding for homeless animals.
 - **Compost.** Instead of putting your vegetable scraps, egg shells, coffee grinds and other organic matter in the trash to then fester in a landfill, put it in a compost bucket and create a compost pile in your yard. Compost is a collection of organic waste that is left to decay and then turns into nutrient-rich fertilizer for gardening. If you don't want the hassle of managing a compost pile in your yard, services such as CompostNow can help.

CompostNow provides a sealed bucket that you fill with organic waste and they pick up the bucket each week and provide an empty one. After several weeks, you can receive compost for your garden or donate it to a community garden or farm. To learn more visit compostnow.org.

7. **Change lightbulbs to LEDs.** Quality LED lightbulbs can last 25 times longer, are more durable, and use at least 75 percent less energy than other bulbs.
8. **Wash clothes in cold water.** Most Americans still wash their laundry in warm water, which costs more money and harms the environment. Approximately 75 percent of the total energy use and greenhouse-gas emissions produced by a single load of laundry come from warming the water itself. Also, make sure you have a full load when you wash and dry clothes to save energy.
9. **Limit buying bottled water.** Here are a few astounding facts according to an article on curbed.com: "Landfills already contain more than 2 million tons of plastic bottles. And 1.5 million barrels of oil are used to manufacture water bottles every year. And those bottles take more than 1,000 years to biodegrade." A reusable water bottle for you (and everyone in your household) is a simple way to help the planet and save money.
10. **Turn your car off rather than idling.** This reduces exhaust, saves gas, and mitigates wear and tear on your car engine.

To get a relative idea of your current carbon footprint, you can input a few basic numbers to calculate your household's impact at www.budgetdumpster.com/resources/carbon-footprint-calculator.php

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Citizen Activist Speaks for the Beavers

By Anne Weinberg, anneweinb@gmail.com

Amy Stout, citizen activist and member of the Candler Park Conservancy Board, spoke about the Conservancy and its efforts to protect the beavers at a recent service at the First Existential Congregation of Atlanta. Amy shared her heartfelt story of how she got involved in a variety of volunteer roles and citizen advocacy to protect Candler Park Brook, the stream that runs through Candler Park in Atlanta.

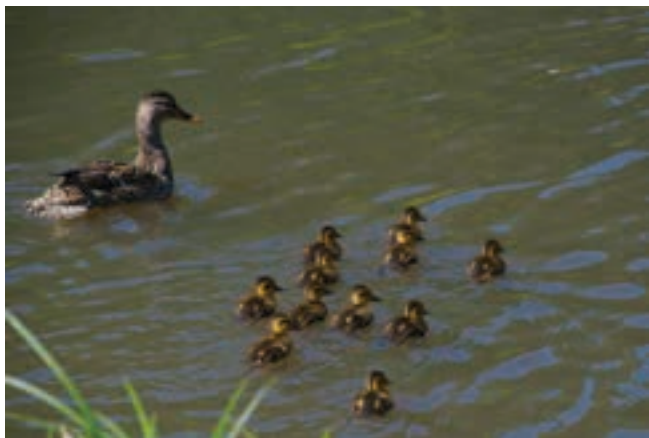
She explained how a public works project and the influx of a keystone species has transformed a section of the park into a treasured natural habitat in the midst of the city. And she highlighted continuing challenges that the park and stream face, and the ongoing work of the Conservancy.

Amy began her talk by explaining how she moved to Atlanta and got involved in a lot of citizen advocacy work including Candler Park Conservancy. A key theme of her talk was that citizens can and do make a difference. Amy clearly has a great passion for Candler Park and has made a big difference.

Public Works Project to Restore the Riparian Area

Amy explained that she has had a particular interest in the Candler Park Brook. She said that prior to 2006, there was a big concrete culvert – actually two culverts that covered the stream bottom. This was not ideal stream habitat. Amy said that there was a community organized effort to get a grant from the U.S. Environmental Protection Agency (EPA) to naturalize the stream. A local activist wrote the grant for the Candler Park stream restoration project and it was funded under Section 319 of the Clean Water Act. Section 319 provides funds to all states to reduce so called nonpoint source pollution – basically pollution that doesn't come from a single point. There were also many local partners that helped with this project.

So, this 319 grant and other local organizations provided resources to “daylight” the stream e.g., remove the concrete culverts and restore the riparian area of the stream with native plants and trees. Since the culverts were removed, beavers have taken residence and created dams that have resulted in several ponds. The ponds provide important habitat for many animals including the beavers, otters, birds, turtles and other animals.



Stream after restoration- a haven for wildlife.
Photo credit: Meta Larsson



Stream before restoration – stream with culverts.
Photo credit: Barrett Walker

Amy Speaks for the Beavers

Amy clearly has a soft spot for the beavers and has affectionately named one of them “Bucky.” The beavers are very important to the ecology of this and other streams as they build dams and let the water pond. Beavers are considered a “keystone species” which is an animal that has a major impact on an ecosystem. The ponds which the beavers created provide critical habitat for the beavers as well as many other animals. Amy said that she speaks for the Beavers, just like the Lorax spoke for the trees in the infamous Dr. Seuss book called “The Lorax.”

Amy mentioned in her talk that I (Anne Weinberg) encouraged her to speak on this topic. I am relatively new to Atlanta but I spent most of my career at EPA working on the Section 319 Nonpoint Source Program writing grant guidance and helping get out the word on 319 success stories (see www.epa.gov/successstories). As noted above, Section 319 provided some funding for naturalizing the stream. So, I feel very fortunate to be living in Atlanta near Candler Park and to be able to see how a little bit of seed money from Section 319 helped restore Candler Park Brook.

Candler Park Conservancy Formed

Amy also explained more of the history of the Park including how the Candler Park Neighborhood Organization commissioned the development of a neighborhood Master Plan in 2013. This Plan recommended that a separate group be formed – hence the Candler Park Conservancy was born!

The Candler Park Conservancy had its first board meeting in 2015, and Amy was on that founding board and has served on the Board since then. All board members are volunteers and do this work on the side. The Conservancy has gotten many hours of pro bono work from groups such as Perkins and Will including

the development of a pretty graphic, vision plan for the Park. Also, the Candler Park Neighborhood Organization gave a grant in 2018 to the Conservancy which provided funding for Perkins and Will to do additional work to turn the vision into more specific conceptual plans for improvements. The consulting firm has identified a number of potential improvement projects including an active lawn for the upper field, an amphitheater, updated playground, improved street design, storm water management and other projects. Amy noted that these plans are very cool and inspirational but very costly to implement.

Amy explained how the Conservancy has been doing a lot of less “sexy” work including storm water management, erosion control, cutting down mulberry trees and other invasive species to improve the woodland cover and stream habitat. The Conservancy recently got a grant from Audubon to remove invasive species in the riparian corridor around the stream and ponds.

You Too Can Speak for the Beavers

The Conservancy has hosted annual spring barbecues and Amy lead a tour this past spring to show people the dams, the ponds, and the wildlife. The Conservancy continues to do lots of other things to protect and restore the stream and the park. Please visit the Conservancy Website at <https://candlerparkconservancy.org> to learn more or to join the Conservancy. You too can join Amy and “speak for the Beavers.”

This article is based on a talk and PowerPoint presentation given by Amy Stout on Sept. 15, 2019 at the First Existential Congregation of Atlanta. The audio of her presentation is at <https://firstexistentialist.org/september-15-2019-amy-stout/>.

Candler Park Forever Helps Neighbors Aging in Place

By Lexa King, safety@candlerpark.org

Take a look at our brand new logo designed by member and resident artist Roberta Stutzman! A friend of mine who has been in the printing business for decades looked at it and said, "I know exactly what your group is about from looking at that!" Don't you love the typical Candler Park bungalow complete with front porch? And the lady with the walking stick waving from the porch railing. Then there are the various neighbors lifting up the house and woman as if to say, "We've got you. You're safe."

Many folks stopped by our tent at Fall Fest and chatted about our mission and our need for helpers as well as people to help. The official mission statement is "Candler Park Forever works to create a sense of community among our aging-in-place neighbors by identifying needs, matching resources with residents and offering companionship while respecting privacy, autonomy and independence." In explaining it to one young person, he looked

at us and said, "You mean, being a neighbor?" EXACTLY!!!

We are not intending to be all things to all people, but do you or one of your neighbors struggle to take the trash down to the curb weekly? Do you or a neighbor have some bushes or tree limbs that need to be cut back from obscuring the walks? Do you or a neighbor need help getting groceries on a regular basis or even occasionally? Would you like someone to touch base with you weekly by phone or visit? Our skills are many and our enthusiasm is great, so reach out to safety@candlerpark.org to let us know. Our next meeting is scheduled for Thursday, November 15 at 7:00. Let us know if you would like to join us and we'll give you the location. We're a fun group!

Don't forget that from now until December 7 is Medicare open enrollment. If you are just becoming eligible or if you want to change plans, now is the time to do it!



How to Eat Correctly

By Gail Turner-Cooper, Candler Park Resident and Certified Health Coach

This might sound bizarre but... are you eating correctly? Not just eating the correct foods, but are you doing the actual act of eating in the healthiest way possible? Believe it or not, some common mistakes we all make during our meals might be negatively affecting our health in the long-term.

Here's a few tips to sort your mealtimes out.

Limit your water

I know it sounds counterintuitive, especially coming from me, to drink less water. However, your body needs the full strength of its stomach acids while you are trying to digest your food, and water will weaken those acids in the short-term. If you eat your meals with a water-diluted stomach, you aren't able to truly breakdown and absorb all the nutrients of the food you're eating.

This could lead to acid reflux, bloating, belching, poor mineral absorption, or just the frustration of still being hungry after a full meal.

Slow down

Your meals should take at least 30 minutes to eat. As busy people, we tend to rush through eating. We gulp down our meals in big chunks as quickly possible, but it takes 15-20 minutes for a hormone cascade to be released and regulate our hunger. Slow, mindful eating will help you not overeat.

When we overeat, there isn't enough room to blend our food well and break it down into even smaller particles. That can cause post-meal fatigue, constipation, and malabsorption. Try putting your silverware down in between bites and mindfully chewing. Speaking of chewing...

Chew 20-30 times before swallowing

While we chew our food, enzymes are released that aid in digestion. To fully breakdown our food, we should give our stomachs the smallest particles possible.

Breathe while you eat!

Remember what you learned during yoga or stretching lessons. Breathing is key.

Make mealtime a priority

Food is meant to be enjoyed! When it's time for a meal, sit down and embrace it. Don't watch tv, text, read emails or multitask. Take 30 minutes away from your desk to enjoy your lunch and recalibrate your mind.



Living in a stressed state will keep your body in "fight or flight" mode, which alerts your sympathetic nervous system and turns off your digestive process. Your body thinks it's in survival mode and tries to store all your calories. Relaxing during mealtime will help you better digest, metabolize, and ENJOY your food!

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.

October 21 CPNO Members Meeting – draft minutes

These minutes are presented for review. They may be amended before being considered for official adoption at the November members meeting.

The meeting was called to order at 7:05 pm by Dana Fowle, President. The motion to adopt the agenda passed. The motion to approve the minutes passed. CPNO sponsored the dinner.

Guest Speakers:

- Sgt. Jones invited all neighbors to stop by the Zone 6 office and meet Major Vasquez as well as our beat officer.
- FLOCK camera- Sheila Ross, Natalie Rogovin (nataliejade@gmail.com), and Gourshan Bansul presented information on Flock camera system (flocksafety.com). They are asking anyone interested to contact them- Neighborhood Safety Initiative.

Announcements:

- Fall Fest- Chris Fitzgerald, Fall Fest Treasurer, announced the revenue from the event to be \$48,000. Some members of the Committee are leaving- Ken Edelstein, Chris Fitzgerald, Corey Anderson and Rachel Booser.
- BiRacial Project- Edi Kelman announced the creation of the next marker to be erected. A full size representation was displayed- It is about the history and stories of Hooper Street.
- Little5Points Alliance- Christine Hodges, CPNO representative, announced a party on November 13, 6-9 pm at the Little 5 Center for Community and Arts.
- Slate of Officers:
President - NO CANDIDATE
Treasurer - Karin Mack
Secretary - Bonnie Palter (returning)
Membership - Jennifer Wilds (returning)
Fundraising - Matt Hanson
Zoning - Emily Taff
Safety - Lexa King (returning)
Communications - Ryan Anderson
External Affairs - Matt Kirk (returning)
- Candler Park Conservancy- Dan Hanlon, President of the CPC Board, gave a progress report on the Active Lawn and Amphitheater projects. Motion to support Active Lawn and Amphitheater design projects passed. Dana Fowle will write the letter of support. The Conservancy is also requesting a donation of \$120,000 toward the projects. Vote to be taken next month.
- Zoning
 - Motion to support the change of alcohol license to the new Brewhouse owner passed.
 - Motion to support the variance application (V-19-156) for 1270 Euclid Avenue “with the condition that the applicant appear at the November NPU N Meeting and the project is built based on the application and site plan filed with the City” failed.
 - Motion to support City Ordinance Z-19-76 failed.

The meeting was adjourned at 9:30 pm.

Submitted by Bonnie Palter, Secretary

October 21, 2019

CPNO Membership Application

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

Name: _____

Address: _____

Email: _____ Date: _____

Business applicants

Name of business: _____

Address of business: _____

Name of designated agent: _____

Agent's Email: _____ Date: _____

Optional contributions

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

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



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CPNO Officer and Committee Report for October

Fall Fest Committee -- Ken Edelstein, chair

The Fall Fest Committee would like to thank all the volunteers, sponsors, artists, vendors, neighbors and festival goers who made Fall Fest 2019 such a special event! This was a challenging year for the dozen-plus people who've given their time to growing Fall Fest over the last few years. Several of us enjoyed work promotions or job changes that called for more travel. Then, there were the organs: We had a liver transplant and a kidney donation; the committee's mascot dog even lost a spleen.

But the show went on. All the numbers aren't in yet, but it looks like another financially successful event — if not as big as last year's record net of more than \$71,000. We also helped two other community groups (the Mary Lin PTA and the Candler Park Conservancy) with their biggest single weekend fundraisers. And we're very proud that more nonprofits than ever benefited from free booths this year.

After five years as chair, it's time for me to hang up my grand poobah's hat. A couple other members of the committee also need to take a breather from this rewarding volunteer activity. So it's time for other folks in the neighborhood to step up.

I can't express enough thanks to the core of Fall Fest Committee members who have worked so hard over the last five years, not to mention the ever-expanding battalion of volunteers who make this growing festival possible. This year's committee included Corey Anderson, Cynthia Baer, Ryan Boblett, Rachel Bowser, Mark Clement, Chris Fitzgerald, Gigi Miller, Lisa Morris, Marcie Morse, Jocelyn Nettles, Perry Smith and Martin Steib. Most of these folks do plan to help out next year.

How about you? If you want to have great fun throwing a great party for some great causes with your great neighbors, send an email to fallfest@candlerpark.org. Tell us what you're interested in what you think your best skills are. We'll keep a list of prospective team members and will pass it on to the 2020 CPNO Board.

Candler Park Conservancy -- Ken Edelstein, CPNO representative

The Conservancy is delighted to report progress on multiple fronts:

- Active Lawn/Amphitheater — Following on CPNO's generous funding of the design, we're seeking to move forward with construction on Phase 1 of this project from the Candler Park Vision Plan (the Vision Plan was based largely on priorities identified in the CPNO Master Plan). The Conservancy Board voted unanimously to apply for a Park Pride legacy

grant to help fund construction for Phase 1 (mainly the Active Lawn but also some work on the Amphitheater). We also have been speaking both with stakeholders and fundraising experts to cobble the funds for this \$1.1 million phase. Of course, those stakeholders include CPNO and you — our neighbors. If you're interested in helping us to reach our goal, please email me at kennethedelstein@gmail.com. More info is available at <https://candlerparkconservancy.org/Vision-Plan-Projects>

- Bathrooms! — Board Chair Dan Hanlon is leading an effort to get the poolhouse bathroom open year-round. It is crucial that children (and adults) have access to decent toilets whether they're picnicking, playing on the field or playing in the playground. This is surprisingly difficult to make happen, but we are continuing to work on it.
- Events — Our slate of small, fun events continues Oct. 26 when a Trees Atlanta naturalist leads participants for an interpretative nature walk. Details at <https://candlerparkconservancy.org/events>. Fundraising — Kudos to board members Perry Smith and Doug Wetzel for organizing the Conservancy booth at Fall Fest, as well as the 5K and Fun Run. Along with building our annual Beavers, Bluegrass & BBQ celebration, Doug's leadership as Fundraising/Membership chair has greatly stabilized the Conservancy's fundraising and membership.
- Playscape — Our relationship with landscape architects at Perkins+Will continues to pay dividends. You may have participated in a session held at the existing playground to gather public input on the Playscape, a transformational project for which P+W is performing pro bono design work.

Development Committee - Emily Taff

Development Committee is working on a report for CPNO.

Zoning - Bill Morris

The October Zoning Committee meeting was held on October 9, 2019 with a quorum of 4 members in attendance. Items for votes included the Brewhouse Café alcohol license application (change of ownership), V-19-156 (1270 Euclid Ave.) and Z-19-76. In addition to Committee members, meeting attendees included nine Candler Park neighbors, the owner of the Brewhouse Café, and the applicant and architect for 1270 Euclid Ave.

- Brewhouse Café Alcohol license application (change of ownership). The owner/applicant, Mr. Saakib Zafrani discussed his retail background and purchase of the Brewhouse. Mr. Zafrani is resident of East Atlanta and is very familiar with the Candler Park area and it has been a goal to own this type of establishment. Although he has been a long time small business owner, he has not owned a business holding an alcohol license prior to taking over the Brewhouse Cafe. At this time, there are no plans for any major changes to the business and since becoming the owner, almost all of the staff have been retained including the manager. The one major improvement to date has been the upgrade of the outside seating area. The Committee voted 4 to 0 to support the alcohol license application with the provision that the owner take the on-line alcohol training class offered by TIPS prior to attending the NPU meeting.
- V-19-156, 1270 Euclid Avenue: Applicant request variances to reduce the front yard setback from 35 feet to 18.5 feet, west side yard setback from 7ft to 5 ft, rear yard setback reduction from 15 to 10.5 ft and to exceed the allowed lot coverage from 50% to 75% for construction of a new home on a vacant R4 zoned lot. The 75% lot coverage is primarily due to the size of the lot (4236 sf) being significantly smaller than most lots in Candler Park. Lots to the rear (1241 and 1235 Mansfield) and to the west (1266 Euclid) are also smaller sized lots (less than 5000 sf).
- The application was deferred from the August zoning meeting and deferred a second time after the September zoning committee in order to allow additional time for discussion with neighbors to address specific concerns related to water run-off as well as other issues related to visual impacts, air movement, etc.
- To begin the discussion, the applicant summarized efforts to meet with neighbors and a potential policy change under consideration by the Atlanta Zoning Office to allow credit for use of pervious pavers in calculating lot coverage. At a meeting with neighbors on September 23 to discuss various concerns, a Watershed Department representative indicated that the City did not assume any responsibility for a buried pipeline (located in the alley behind the properties between Euclid and Mansfield) and was not able provide

CPNO Officer and Committee Report for October

specific information in regard to pipeline (it is likely very old). However according to the applicant, the watershed employee did express the opinion that the rainwater cistern and driveway pervious pavers might help improve water related issues in the area to the rear of 1270 Euclid (and 1241 Mansfield). In regard to the potential policy change related to crediting pervious pavers, the lot coverage for 1270 Euclid would be reduced to approximately 60% rather than 75% as stated on the current application if the City officially revises its policy; however, there would not be time to amend the application prior to the BZA Hearing as currently scheduled.

- As discussed in prior meetings, conditions unique to this location are that to the rear of the properties on the north side of Euclid Ave. and on the south side of Mansfield Ave., there is a piped under ground stream that runs behind the houses probably in the unused alley which has a constant water flow possibly indicating a spring fed underground stream. In addition, several houses along Mansfield have drainage pipes or a drainage inlet that tie into the same pipe to carry storm water from their properties. To contend with water related issues closer to the Mansfield/ Euclid intersection, several property owners have undertaken expensive property improvements to protect their property and have strong concerns that lot coverage and water retention systems that will be provided for 1270 Euclid (cistern and pervious pavers) are not adequate to prevent the worsening of existing problems.
- To address these concerns, the applicant presented more detailed information regarding the operation of the cistern system particularly in regard to the winter non-growing season overflow rates (an average of .15 inches per day). However, while the cistern system is sized in accordance with City standards to hold a 1" rainfall collected from roof downspouts, several neighbors remain concerned that a larger cistern should be provided for heavy rain events that significantly exceed the 1" rainfall capacity of the system. The potential flooding issue was identified as an important concern in the initial

discussion at the August zoning meeting. In addition to the flooding issues, the general opinions expressed by adjoining neighbors are that the size and height of the proposed house should be smaller based on the lot size and close proximity of existing houses causing a loss of light, air circulation and will harm views from the rear of neighboring properties, reduce open space and could negatively affect property values.

- As a result of the various concerns discussed at the meeting, the committee voted to oppose a motion recommending support of the application. The vote was: 0 – support, 3 – oppose, 1 – abstention. There were no conditions or recommendations attached to the motion.
- Z-19-76: Legislation proposing a distance limitation of 1500 ft. for small retail discount stores. Small Discount Variety Store: A retail establishment with a floor area less than 12,000 sq. ft. that offers a variety of consumer products including household goods, personal care products, entertainment products, electronics, and other consumer products, including food or beverages for off-premise consumption, and that sells these consumer products at a discounted rate. The concern is that these small retail stores are becoming concentrated in economically depressed areas with scarce access to healthy affordable food options. Communities in the City desire a greater diversity of retail shopping choices, including but not limited to conventional grocery stores. Zoning districts C1-C5, I-Mix, I-2, NC, LW, MRC as well as various SPI and Landmark Districts will be amended to require a 1500 ft distance requirement between small discount variety stores. The committee discussed the ordinance and voted 3 support and 0 opposed to recommend support for this ordinance.
- Other Business: The Committee discussed zoning and development issues related to large duplex construction on predominantly single family streets with the primary focus being on a new duplex currently under construction on Candler St. south of McLendon Avenue (area zoned R5 for duplexes). Follow-up for this item was to contact the City to verify lot coverage meets R5 requirements (55%). There is a major concern that the trend of demolishing single family homes and replacing them with very large "duplexes" may accelerate

as neighbors become frustrated with the changing character of their street or block. One approach discussed would be to consider would be establishing standards for a limited area as was done for one street in the Poncy-Highland neighborhood. Any demolitions would the require approval by the Urban Design Commission and the standards can be flexible to allow various architectural styles while helping maintain the general character of the street. Further follow-up will be needed upon completion of the recommendation of the Development Committee.

External Affairs - Matt Kirk

V-19-156 (1270 Euclid) Deferred.

V-19-184 (1349 McLendon). Matt Kirk added this to the "fast-track" consent agenda due to CPNO and Zoning Committee support. As there were no objections or persons to speak for or against, this was approved to be passed to the BZA.

V-19-184. While in Poncy-Highland, it is notable that this variance request received approximately 2/3 neighborhood support, but the motion to support failed at the NPU after lengthy debate. Reasons included a failure to follow standard procedures throughout, the presentations by 3 immediate neighbors with strong arguments that were not fully available at the neighborhood meeting, and 5 substantial variance requests on what amounted to new construction. This is an example of the importance of the Zoning Committee and CPNO resolving issues with our applicants before they reach the NPU.

Z-19-76 ("Party House" ordinance). Passed with two abstentions.

A new APAB representative is needed.

There are general concerns of special event and variance applicants promising to defer and then sidestepping neighborhoods and the NPU. Much of this is borne out of a recent citywide memo claiming potential constitutional concerns at the neighborhood and NPU levels, though to many at the NPU-N, the memo did not provide a sufficient basis for that position. Multiple neighborhoods and working on joint letters to Amir and other actions to ensure the NPUs remain an active part of the variance, liquor license, and special events process.

Little 5 Point Alliance - Christine Hodges

Ideas and Progress Party

November 13, 6-9 pm

L5P Center for Community and Arts

1083 Austin Ave NE

All are welcome; Free



We Want You to Stay Away from Getting the Flu

As Georgia enters into the fall, we leave behind the memories of summertime. Fall brings with it pumpkin carvings, corn mazes, and the beginning of the Holidays. However, with the change of season comes colder weather which brings sickness. There are many reasons why people are more likely to get sick in the fall than the summer months. During fall, people are inclined to stay indoors to avoid the cold. Because of these close-knit quarters, it's easier to spread germs from person to person, whether it's from a sneeze or simply breathing the same air. On top of that, bacteria thrive and multiply in colder environments. In order to avoid letting these harmful bacteria get to you, check out these useful tips!

WASH YOUR HANDS FOR AT LEAST 20 SECONDS

Most people are taught the importance of hand washing from an early age, but it's

always a great reminder to remember why hand washing is so important. The flu can be spread through other people sneezing, coughing, or by touching something they touch. If someone touches the door to the grocery store who has the flu, anyone who touches that same door handle after is being exposed to flu bacteria too. This is why it's important to get rid of these bacteria by washing your hands. When washing your hands, experts recommend scrubbing them for at least 20 seconds.

DRINK LOADS OF WATER

Drinking more water helps you stay healthy and strengthens your immune system. If you are beginning to feel symptoms of getting sick, drinking water prevents dehydration fevers and allows your body to focus on other areas to fight off sicknesses. Doctors recommend to drinking 6 to 8 glasses of water a day.

EAT FOODS HIGH IN PROBIOTICS

Foods that contain probiotics such as yogurt and pickles contain bacteria that will fight off the harmful bacteria. Besides just protecting you from sickness, probiotics have many other health benefits; they help with increasing your bone health and also help decrease high blood pressure.

EXERCISE MULTIPLE TIMES A WEEK

Exercising a moderate amount each week helps strengthen your immune system. Studies show that some forms of exercise increase your amount of white blood cells which help fight off harmful bacteria. Doctors recommend a person gets 150 minutes of moderate activity or 75 minutes of vigorous activity a week. Moderate activity would include walking or mowing the lawn and vigorous activity includes running or swimming. Exercise also helps a person maintain a healthy weight. Researchers have



found that people with lower BMIs tend to get sick less often.

AVOID TOUCHING YOUR FACE

Your hands are one of the most germ filled parts of your body. Everything you touch has invisible germs on it from the people that touched it before you. Touching your mouth, nose, and eyes with your germ-filled hands gives these germs a direct path into your body and can cause you to become sick.

SLEEP 7-9 HOURS A NIGHT

This tip requires the least amount of effort. Making sure your body gets enough sleep each night is another way to strengthen your immune system and give your body the energy it needs to fight off harmful bacteria. Experts recommend adults get 7-9 hours of sleep a night and children get even more than this. Setting a regular time to go to sleep and wake up is a great way to make sure you are getting the amount of sleep you need each night.

GET SOME VITAMIN D IN YOU

Decreased levels of Vitamin D can make your immune system even weaker. In order to prevent this from happening try and spend some time out in the sun to give your immune system a boost. If you don't have time for a walk when the sun is out, try eating foods that have Vitamin D in them such as salmon, tuna, and mushrooms.

HANG OUT WITH YOUR FRIENDS

Oddly enough, being social can help your immune system. In the colder months of the year, people have more of a tendency to stay inside to avoid the cold, yet this can sometimes lead to feelings of loneliness and depression. These feelings can weaken your immune system. So, don't wait until springtime to socialize as there are plenty of fun activities to do with your friends in the colder months of the year too!



QUICK TIPS

1

Wash your hands for at least 20 seconds

2

Drink loads of water

3

Eat foods high in probiotics

4

Exercise multiple times a week

5

Avoid touching your face

6

Sleep 7-9 hours a night

7

Get some vitamin d in you

8

Hang out with your friends



Article by Mary Rose Provence.
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