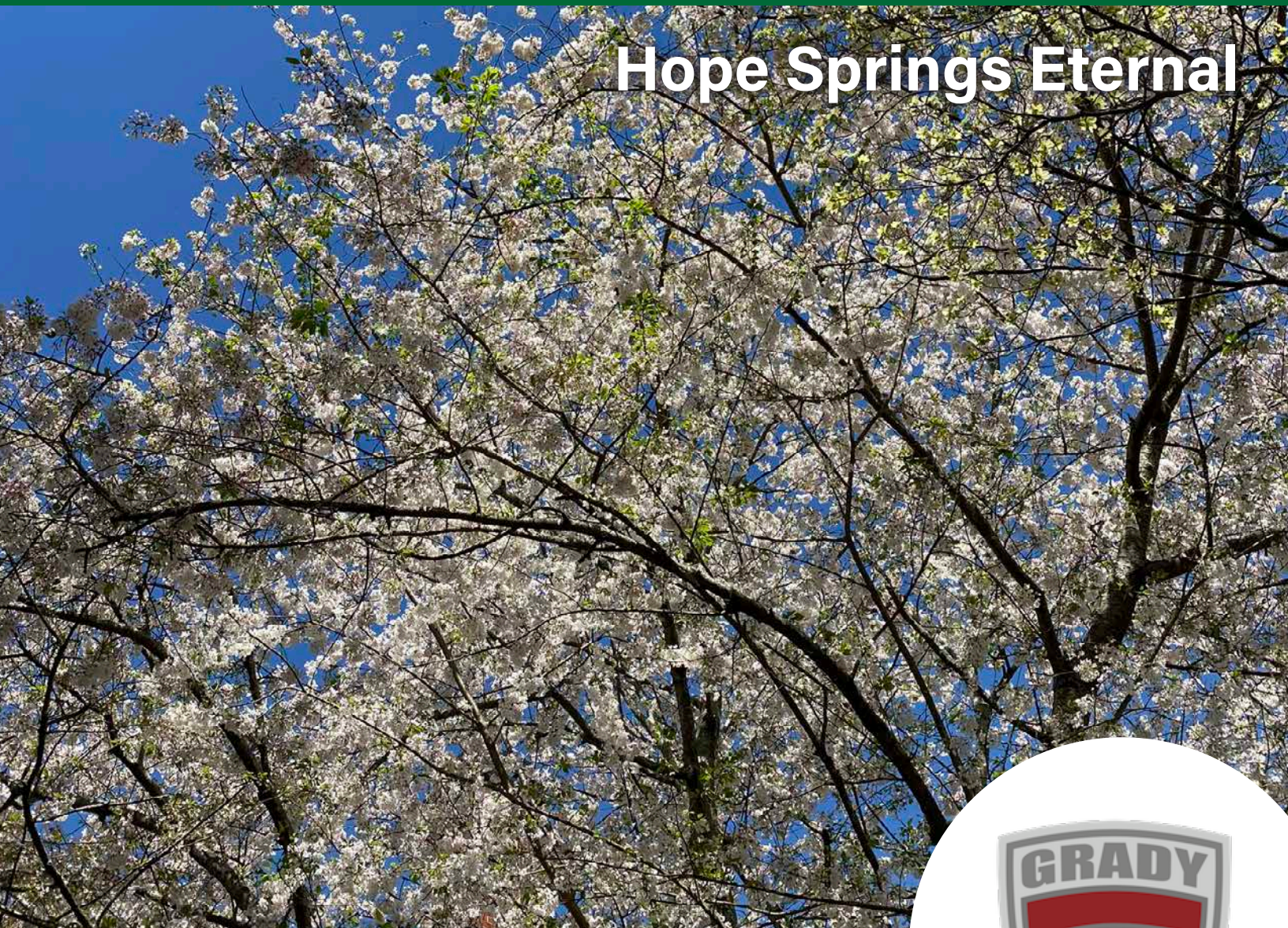




April 2020

MESSENGER

Hope Springs Eternal



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Taking Care of the Neighborhood

By Matt Kirk, president@candlerpark.org

Hopefully by the time you're reading this, the situation with COVID-19 will have taken a turn for the better or at least shown some light at the end of the tunnel. I'm not a medical professional, so I can't provide any insight other than encouraging everyone to heed the advice of those who are. That said, while maintaining the requisite social distancing and engaging in other behaviors that diminish the spread, we need to remember to take care of our neighbors and the businesses that support us all.

As you walk down the street, I charge you to increase the frequency of waves at least for a few weeks. We have many neighbors that are living alone and aging in place, and this universal period of isolation will likely hit them the hardest, both physiologically and psychologically. As those neighbors are avoiding public places, they need to know we are thinking about them. Please consider checking in with your immediate neighbors or connecting with Lexa King through her Candler Park Forever initiative. As part of that initiative, she has been compiling lists seniors who need someone to check in on them and those willing to help out. We all know that this is affecting every demographic group, so I hope that everyone can (vocally) reach out to someone else every day.

We also need to remember the service industry

PRESIDENTIAL BRIEFING

in this trying time. So many of the businesses in the neighborhood have sponsored many of our events, dinners at our meetings, employ our neighbors, and provide the gifts that bring color to our lives. Now they and their employees need to have our support. While being careful to meet all other health requirements, and presuming takeout remains an option by the time you read this, please continue to shop and dine from Clifton Road to Little Five Points when safe and convenient.

Like essentially every other group activity in this city and throughout globe, we were forced to cancel the March neighborhood meeting. Based on the predictions we've seen from the CDC and other government offices, this pandemic could affect April and future meetings. The CPNO Board is working diligently on ideas for streaming neighborhood meetings and other measures that can push forward neighborhood business without potentially compromising the health of our residents. Our bylaws do not allow proxy voting at this time. We ask for your patience as we determine our next steps.

Let's get through this 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

CPNO Membership
PO Box 5418, Atlanta, GA 31107

DATES TO REMEMBER

APRIL

- 1** CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor
- 13** CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor
- 15** Deadline to submit content for May Messenger!
- 20** CPNO Members Meeting, 7 pm, 1st Existentialist Church

MAY

- 4** CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor
- 9** CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor
- 15** Deadline to submit content for June 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.



We acknowledge the remarkable history and presence of Candler Park's Old Stone Church; it has served our evolving community over 100 years. <http://biracialhistoryproject.org/OldStoneChurchSite.html>

Candler Park Neighborhood Organization Members' Meeting

Submitted by Bonnie Palter, Secretary, March 16, 2020

Due to the Coronavirus Pandemic the monthly meeting was cancelled.

CPNO Officers in History

By Roger Bakeman, Candler Park Resident

Have you served as a CPNO officer in the last 25 years (or earlier)? Or do you have a memory of who did? Posted on our web site is a list of officers for the past 25 years, back to 1995: <https://candlerpark.org/past-officers/> But there are some omissions (especially 1996 and 1997 and before 1995). Please check that this list—compiled from Messengers in our archive—is correct and let us know of any omissions or errors (email me at roger.bakeman.cpno@gmail.com). We want to be sure that our collective memory is correct and complete—and that we remember those who so richly deserve our thanks.

Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO thanks all members who have renewed for 2020!

CPNO welcomes new members

Gary and Ann Flom

CPNO welcomes new members contributions:

J.R. and Taryn Williford
Carla Roncoli

Tom Painter
David Smith
The Galifanakis Family
Anjie and Andy Woodworth
The Moys
Nicole Rabold and Tom Erickson

...and others who wished to remain anonymous



Support Local Restaurants and Businesses

Depending on your financial situation, please consider supporting our Candler Park and Little 5 Points restaurants and small businesses. At press time, many restaurants are offering online/phone orders and curbside pickup or delivery. Many can be found through delivery apps such as DoorDash, Grubhub, Chow Now, and Uber Eats. Several of our local restaurants have been generous supporters of the CPNO by providing food at membership meetings and sponsoring FallFest. Take a break from cooking at home and enjoy a restaurant meal at home. Also, remember your favorite small businesses who may be offering goods and services through digital channels – online shopping and services through telephone/video conference. Even just buying a gift card for use later can help businesses get through the challenging circumstances of location shutdowns during the COVID 19 pandemic.



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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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Atlanta Audobon Receives Grant to Build Chimney Swift Tower in Freedom Park

Source: Atlanta Audobon Press Release

Atlanta Audubon has received a \$3,000 grant through the Georgia Department of Natural Resources' Wildlife Viewing Grants program to construct and install a 12-foot-tall Chimney Swift tower at Atlanta's Freedom Park.

The Chimney Swift tower at Freedom Park will complement existing bird- and pollinator-friendly habitat work completed by the Freedom Park Conservancy and their partners at the Freedom Park Bird and Wildflower Garden. Certified as an Atlanta Audubon Wildlife Sanctuary in 2018 and located in Freedom Park at the corner of North Avenue and Candler Park Drive, the garden is a site for the reintroduction of native plants and shrubs for bird and pollinator habitat.

Since the 1950s, Chimney Swifts and other aerial insectivores have experienced drastic population declines due to several factors, such as the increased use of pesticides that harms their main prey, flying insects, and the loss of swifts' nesting and roosting habitat (formerly hollow trees and more recently, man-made chimneys). Chimney Swifts, now listed as Vulnerable by the IUCN Red List of Threatened Species, have responded to these challenges by increasingly flocking to urban areas that offer abandoned factory smokestacks or historical home chimneys that have been left uncapped and which mimic their natural breeding and roosting sites.

Freedom Park is a free public park born out of formidable citizen activism linking the movements of environmentalism, urbanism, historic preservation and more. As one of Atlanta's largest public green spaces, Freedom Park spans more than 200 acres, linking diverse areas such as the Martin Luther King, Jr., National Historic Site, Old Fourth Ward, Inman Park, Poncey-Highland, the Carter Center and the Jimmy Carter Presidential Library, Candler Park, Druid Hills, Virginia Highland, and Little Five Points.

Atlanta Audubon is building places where birds and people thrive. We create bird-friendly communities through conservation, education, and community engagement.



Stay Away Corona

By Lexa King, safety@candlerpark.org

I'm hoping by the time you read this, the Corona Virus is on its way out of this country and off of this planet. We cancelled our March Senior Seminar since the speaker is part of the demographic most in danger. A fund raising party scheduled for late March also had to be postponed. I love a good party, so that was not easy.

One of the horrible things about closing nursing homes to guests is that when people are ill, they are at their most vulnerable and need emotional support the most. And guests are withheld. Almost seems mean, doesn't it?

Basketball season, auto races, Broadway performances, meetings, conferences, school classes, all manner of things were cancelled. Some were events that people had been anticipating for months. Tickets were purchased, travel arrangements made, vacation days requested. And overnight it changed. They blamed it on uncertainty. If it wasn't such a dire condition, that would almost be funny.

Uncertainty. Not knowing. Hoping for the best, but anticipating the worst. The amusing thing is that we as humans are driven to "know". We want to know the reason things happen, how they happen, why they happen and who they happen to. And sometimes we kid ourselves that we do know. But we don't always get to know. We walk around acting like we think what tomorrow will be like. Then we get hit with the unexpected. An illness. Even a death. Truth is, we don't even know what the next moment holds.

And we don't always get to "know". We need to come to terms with that. We will probably never know why our neighbor did something so ugly to their house or yard. We will never know why someone lashed out with hateful, hurtful words. We will never know why our child made a series of disappointing (to us) choices. Try on that it is not meant for us to

I've gotten
to the age
where my
mind says
"You can do
it" but my
body says,
"WHAT are
you NUTS?!"

©image reimagined

know. It is meant for us to accept. The only thing we can control is our response to these things. We must accept that events, for now, are cancelled. At this time we have an attorney specializing in Senior issues scheduled for our Senior Seminar the 4th week in April. Check the CPNO calendar online to see if it will still be held or if it must be postponed. Or email safety@candlerpark.org and I'll let you know.

For now, let's pay attention to the few things the experts know about this virus. Wash your hands well and frequently. Stay home as much as possible. Maintain a healthy diet. Get enough sleep. Exercise to your ability. I'm going to add a few things. Treat yourself well. Think up little treats as rewards throughout the day - a small piece of chocolate, a half hour sitting on the front porch, a phone call to a friend. You don't have to be a Senior to appreciate these things. It's a great time of the year to walk around your garden and see what is peeking out from the ground. Fortunately, most seniors do not have to deal with an interrupted income stream that the younger folks do. It will take some time to get beyond his latest challenge, but it's not our first rodeo.

This might be a good time to shout "Hello" to the neighbor you have never formally met. You can still have an "over the fence" conversation. We're all in this together. Luckily, there is no place better to ride out any storm than Candler Park! If Candler Park Forever can help in any way, reach out to us at the email mentioned above.

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together we are Grady*



By Sam Rose

A Condensed History of the Grady Cluster from 1872 – 2020

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

Over the last decade and a half, the physical composition of the Grady Cluster has gone through major changes—from school consolidations to new building constructions and renovations. Despite this physical transformation, the Grady Cluster has managed to continue not just its existence, but has also become a high-performing cluster. If all of this history had not occurred, our Grady Cluster would not be what it is today. No one can predict the future, but we can make educated speculations based on the Cluster's history.

In 1872, Boys High School, (which eventually became Henry W. Grady High School), was the first of two high schools created by Atlanta Public Schools (APS). Almost 40 years later, the technical department of Boys High branched off and was called Tech High. In 1924, the Boys High building moved to its current location in the wing of the campus now facing Charles Allen Drive. It has been renovated three times—in 1950, 1987, and 2004. The Samuel Martin Inman building was also opened in 1924 as an elementary school (K-7) at the intersection of Virginia Avenue and Park Drive. In 1928, Morningside (K-7) and Mary Lin Elementary Schools opened to service a growing population on the eastern side of Atlanta.

^[1] Mary Lin at that time was a feeder school for Bass High School, which was located on Euclid Avenue in Little Five Points. In 1947, Tech High merged with Boys High to form Grady High School. Morningside and Inman both fed into Grady, which at that time, served 8th-12th grade students and had a separate wing for the 8th graders.^[2]

In 1961, when Atlanta's schools were integrated, the Grady Cluster schools were majority white Christian, and one of every three students at Grady was Jewish. There were just two African American students in Grady's 8thgrade class,^[3] and the first integrated

class at Grady High School^[4]. In 1971, the United States Supreme Court unanimously upheld bussing programs being used to integrate public schools. The ruling began a decade of white flight from the City of Atlanta to the suburbs. In 1973, the City of Atlanta and the NAACP settled 15 years of litigation by agreeing that in lieu of large-scale, city-wide busing, the city would hire an African-American superintendent and administrative staff. However, the compromise did involve bussing for students in the city's Northside neighborhoods. Whites left the city in droves during this period. In 1968, 38 percent of all APS students were white. By 1974, this number had dropped to 15 percent. By 1986, only 7 percent of APS students were white.^[5]

The Council of Intown Neighborhood and Schools (CINS) was formed in 1978 when a group of Morningside moms banded together to integrate their neighborhood school. (A similar group called Northside Atlanta Parents for Public Schools (NAPPS) started around the same time for the Buckhead area). The students at Morningside at that time were predominantly African Americans from other areas of the city who were bussed in. These CINS moms worked hard to create relationships and friendships that would keep the cultures of the schools intact. Little could they have imagined what the demographics would look like today in 2020.

The schools continued to evolve. In 1978, Inman Elementary School became Inman Middle School.^[6] Just four years later, in 1982, Moreland Elementary School closed, leaving all students in the Inman Park catchment area to only attend Mary Lin Elementary; at the same time, several other elementary schools closed their doors. By the mid-1980s, Grady High, Inman Middle, and Morningside Elementary were all growing in population as intown Atlanta housing

prices started to increase. And around this time, as a mandate by the courts, 200 white students from Morningside and 200 African American students from CW Hill were bussed to each other's schools. Renovations to Inman Middle School in 1985 created enough space to rezone all 6th graders from Morningside, CW Hill, Home Park, Fowler Street, and Mary Lin Elementary Schools to Inman, which inevitably changed the demographics at the school and eliminated the needs of the Morningside-CW Hill pairing.^[7]

Around this same time, CINS and APS created magnet schools, Grady High School becoming a Communications Magnet. By having 12 intown schools with a special focus, these magnet programs allowed schools to draw students not just from their catchment, but all over the city.^[8] This gave the schools more interest and stability to encourage those in catchment to return to their schools. The struggling Inman Middle and new Walden Middle Schools aligned their curricula with Grady.^[9] As a result of these efforts, verbal SAT scores between 1986 and 1990 saw an increase of 72 points, contributing to Grady's recognition as a Georgia School of Excellence in 1991 and again in 1995.^[10]

As demographics were changing, so too were the educational philosophies of the intown parents. These parents were looking for an alternative to traditional education, and so began the founding of several of the cooperative nursery schools, some of which are still thriving today. The charter schools movement of 1995 was birthed out of these cooperative school ideologies—namely, a desire for more parent involvement and hands-on learning opportunities, to name a few. In 1997, although Grady's communication magnet program seemed to be successful, its principal, Dr. Vincent Murray, recognized that the needs of the

majority of Grady students were not yet being met. In an attempt to think outside the box and meet the needs of all students, Dr. Murray began looking at charter school options. After two years of exploring whether Grady should be converted to a charter school, a meeting of the Grady families was held to ask questions and get input about the charter proposal. There appeared a clear division among color and class lines; those African American families whose children were not in the magnet program worried that the rest of the school would be underfunded and did not support the charter. The African American population made up about two-thirds of Grady's population and the other third was made up of white students. As a result of this deep divide, during the following school year, Mr. Murray started an initiative around discrimination training, stating in a letter to the faculty, "Individually we are different; together we are Grady"^[11], with the hope of helping to repair the damage done to his community from the charter exploration.^[12]

Grady's magnet program continued to thrive, reaching 400 students by 2004-2005 and saw SAT scores for both math and verbal increase from 1998-2005 by about 100 points.^[13] Meanwhile, in the fall of 1999, intown families worried about their schools' capacity as Mary Lin and Morningside were starting to outgrow their spaces. APS held a meeting to inform the Northside schools about upcoming rezonings, redistrictings, and renovations in which APS announced that Walden Middle School was to be closed and John Hope renovated. CINS petitioned for Walden to stay open and advocated for a new elementary school to relieve the overcrowding.^[14]

After three decades of white flight and the devastation that ensued in APS schools, gentrification of the schools brought more families with children back into the cities, creating a new host of issues—namely overcrowding. Morningside enrollment neared 1,000 students by 2007 and opened a kindergarten annex to alleviate congestion. Two years later, John Hope and CW Hill merged, while Springdale Park Elementary School was formed from the neighborhoods of Poncey-Highland, Virginia Highland, Druid Hills, and Midtown (roughly 360 students from both Morningside and Mary Lin Elementary Schools). As Atlanta began preparing for the Olympics, it demolished Atlanta's public housing complexes: Techwood/Clark Howell Homes, U-Rescue Vista, and John Hope Homes, and therefore, changing the demographics of those neighborhoods, causing the opposite issue—under-enrollment.^[15] Just one year later, Mary Lin acquired eight double-wide portable classrooms on its playground (which would eventually be removed with a school renovation and expansion completed in 2015), and The Intown Academy opened in CW Hill's building.

In addition, intown charter schools began expanding and opening at a rapid pace. In 1999, Centennial Academy opened in Downtown Atlanta

as a neighborhood zoned charter school, meaning that the students in that zone MUST attend the charter school (despite the capacity the building could actually hold) except for those grandfathered into the current schools they were attending. It began as a K-5 and converted to a K-8 charter school in 2014, adding one middle grade per year. Kindezi (Old Fourth Ward) followed suit in 2015 as a cluster charter school. Meanwhile, Grady remained a magnet school until the Gates Foundation donated a large sum of money to create "small schools."^[16] Consequently, Grady was transformed into four small learning communities (SLC's). The intown students could choose from these SLC's: The Communications and Journalism Academy, the Public Policy and Justice Academy, the Business and Entrepreneurship Academy, and The Biomedical Sciences and Engineering Academy.^[17]

The continuing gentrification of intown neighborhoods and the resulting overcrowding has prompted the much-needed recent changes in the Grady Cluster.^[18] Howard Middle School, which was Howard Elementary School (1923-1948) and then Howard High School (until 1976), has been going through a major renovation and expansion. In the Fall of 2020, Howard Middle School will replace Inman Middle School as the middle school for the Grady Cluster.^[19] (Kindezi O4W and Centennial Academy both have middle schools that will feed into Grady). At that same time, Morningside Elementary will move to the Inman campus for two years while its campus is renovated and updated. In 2022, Morningside will move back to its campus, at which time the Inman campus will be available for use in some capacity. In addition, Springdale Park, which is currently over-capacity, will likely have a Kindergarten annex starting in the following academic year (2020-2021). Grady will also be undergoing a \$39.5 million renovation until the summer of 2021: additional classrooms, security upgrades, renovations of the gym, auditorium, performing arts department, media center, and cafeteria. This will thereby increase Grady's capacity, with enough seats projected for the next ten years.

Overcrowding in the Grady Cluster schools will continue to be an ongoing issue as families continue to flock to intown neighborhoods. The history of the Grady Cluster above will hopefully help inform APS and its families and neighborhoods, so that together we can work towards creating long-term solutions. For those who have taken CINS' Grady Cluster Overcrowding Survey, you have added your vision to that of the advocates, dedicated parents, and organizations that over a century and a half, brought us to where we are today. Your voice in this survey will help to create a better place for all students. Stay-tuned for survey results in the near future, or feel free to reach out to CINS (www.cinsatlanta.org).

A special thank you to Elizabeth Henry, Alfred Bernstein, and Herbert Gerson for their contribution of information. This article would not have been possible without Elizabeth Henry's history of the

Grady Cluster from the 1972-2012 in her dissertation publication: *Halting White Flight: Atlanta's Second Civil Rights Movement*. https://scholarworks.gsu.edu/cgi/viewcontent.cgi?article=1029&context=history_diss

[1]https://en.wikipedia.org/wiki/Henry_W._Grady_High_School

[2]Interview with Alfred Bernstein on February 15, 2020 - *Inman Elementary Alumnus 1961 and Grady High School Alumnus 1966*

[3]Ibid.

[4]Interview with Herbert Gerson on February 16, 2020 - *Morningside Elementary Alumnus 1961 and Grady High School Alumnus and senior class president 1966*

[5]Gary Orfield and Carole Ashkinaze, *The Closing Door: Conservative Policy and Black Opportunity* (Chicago: University of Chicago Press, 1991), which came from Henry, Elizabeth E., "Halting White Flight: Atlanta's Second Civil Rights Movement." Dissertation, Georgia State University, 2012.https://scholarworks.gsu.edu/history_diss/31

[6]https://en.wikipedia.org/wiki/Henry_W._Grady_High_School

[7]Henry, Elizabeth E., "Halting White Flight: Atlanta's Second Civil Rights Movement." Dissertation, Georgia State University, 2012.https://scholarworks.gsu.edu/history_diss/31

[8] Ibid., pg 169

[9] Ibid. p. 173

[10] "High Schools That Work." from Henry, Elizabeth E., "Halting White Flight: Atlanta's Second Civil Rights Movement." Dissertation, Georgia State University, 2012. https://scholarworks.gsu.edu/history_diss/31 pg 175

[11]Dr. Vincent Murray, Grady High School principal, "Letter to faculty," August 9, 1999 as quoted in Henry, Elizabeth E., "Halting White Flight: Atlanta's Second Civil Rights Movement." Dissertation, Georgia State University, 2012.https://scholarworks.gsu.edu/history_diss/31

[12]Henry, Elizabeth E., "Halting White Flight: Atlanta's Second Civil Rights Movement." Dissertation, Georgia State University, 2012.https://scholarworks.gsu.edu/history_diss/31

[13]Ibid

[14]Ibid.

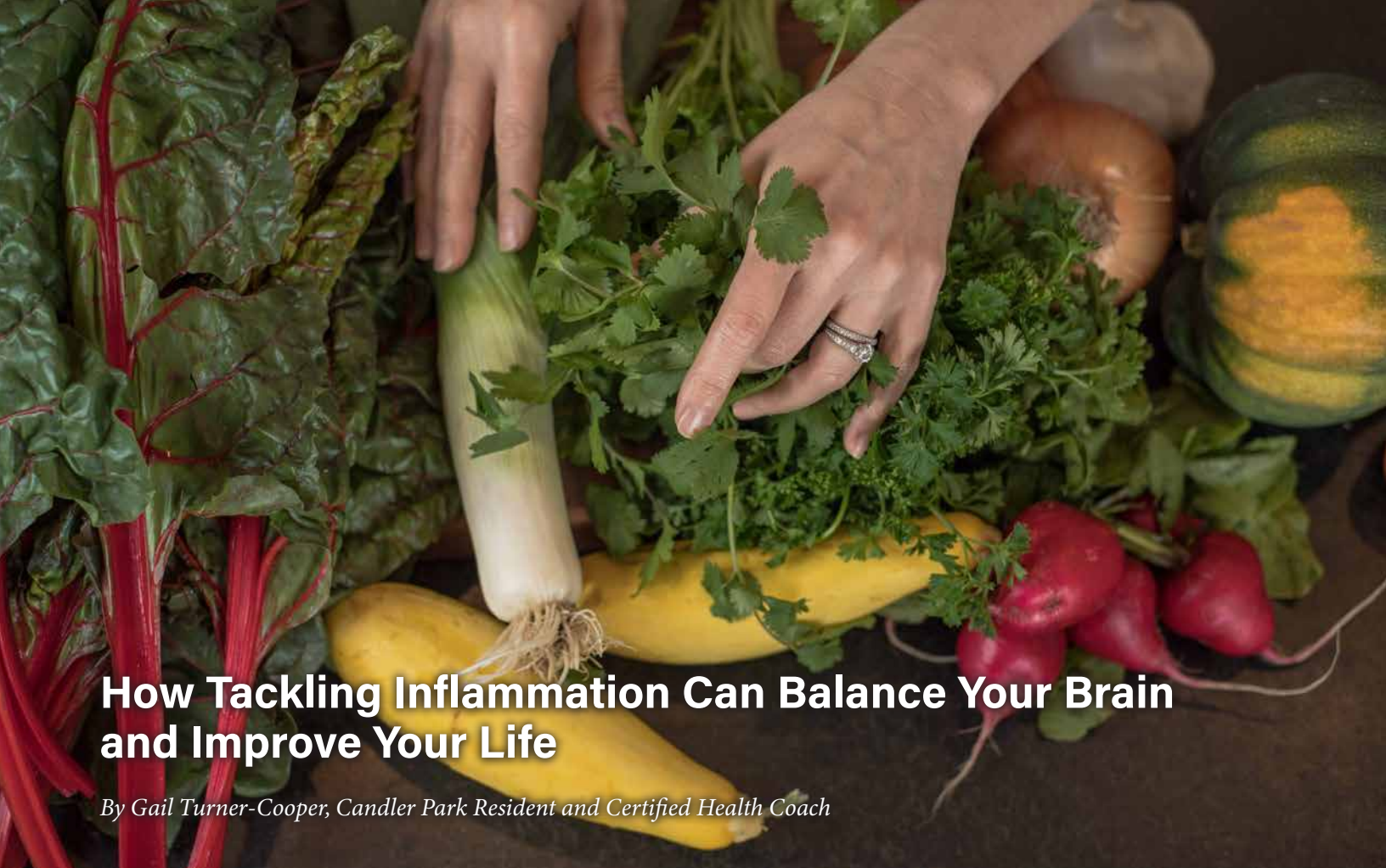
[15]Ibid.

[16]Electronic mail exchange with Barbara Feinberg, former CINS president, February 21, 2020.

[17]Henry, Elizabeth E., "Halting White Flight: Atlanta's Second Civil Rights Movement." Dissertation, Georgia State University, 2012.https://scholarworks.gsu.edu/history_diss/31 p. 295

[18]Ibid.

[19]https://en.wikipedia.org/wiki/David_T._Howard_High_School



How Tackling Inflammation Can Balance Your Brain and Improve Your Life

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

The foods you eat play a pivotal role in the way your body feels each day — you know that.

But are you spending enough time prioritizing foods that help your mind feel good too?

Your mind and body are intrinsically connected, and your mental health is your physical health. When depression seeps into your brain, your body will feel it simultaneously. With 30 to 60% of depression patients showing little to no response to traditional treatments, more and more people are turning to their diets to heal their minds.

Research today shows that inflammation can exacerbate depressive symptoms, and trigger other physical, cognitive and behavioral changes. Targeting inflammation in the body could be the key to overcoming depression in the mind.

Here are a few steps for overcoming inflammation holistically throughout your system.

1. Be patient with yourself

Inflammation is a natural effect in the body. It's how our immune system functions, and heals injuries or pains. Inflammation becomes

a longer-term problem when it doesn't resolve, and go away, at the end of the injury or sickness. At that point, the inflammation just builds on itself and can have dangerous side effects.

To help prevent this, go easy on yourself when you're sick or injured. Remember that being out of commission for a few days is okay and try to get rest, and take the weight off any injured body parts. Pushing through the pain can only make things much worse in the long run.

2. Less stress is best

Stress is occasionally inevitable but when we don't proactively handle its presence, we can face effects that wreak havoc in our lives. Focus on the things you know bring you calm and try to practice mindfulness in your daily habits. Whether that means spending time alone with music you love, or going for regular walks, find the activities that make you feel less stressed.

Consider picking up a meditation habit as well, which is proven to have serious stress-reducing qualities. Meditation can help you focus mindfully on your actual priorities, breathe more fully and sleep better each night

— all invaluable tools in your stress-fighting toolbox.

3. Center your diet around anti-inflammatory foods

The word “inflammatory” gets thrown around a lot when we talk about foods, and it can be overwhelming. When you're trying to take steps towards a less inflammatory diet, think about it in this simple way: eat more fruits and vegetables, eat less processed foods.

Drinking more water and eating more healthy produce are your two best places to start. From there, try switching most of your red meat for fatty fish rich in omega-3's and brain-protecting nutrients. Crunch down on some magnesium-packed leafy greens and cook them with herbs and spices like garlic or turmeric instead of piles of salt. Finally, cut down on caffeine and alcohol as much as you can. Your body will thank you.

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.

Candler Park Trivia Test

By Emily Taff, zoning@candlerpark.org

Let's test your Candler Park History knowledge! What do you already know and what can you learn about? Get out the computer and start finding some answers! Tip: a good place to start is biracialhistoryproject.org

1. Candler Park was part of a small town before it was part of the City of Atlanta, what was that town's name?
2. What year did the Candler Park neighborhood become part of the City of Atlanta?
3. Who is Candler Park named after and what is he best known for doing?
4. When the Candler Park Golf Course was created in the 1920s, who was allowed to golf there who were not allowed at other golf courses?
5. In the early 1900s, the corner of the park near McLendon Ave and Candler Park Drive had houses and even stores, it was a small African-American community, what was the name of the community there?
6. What was the original name of the "Old Stone Church" (First Existentialist on Candler Park Drive)? For bonus points, when was it built?
7. A long long time ago the area of the park was known by a different name, what was it?
8. What was the old name for Candler Park Drive?
9. Iverson Park hasn't always been a park, what was there before?
10. What year was Mary Lin Elementary School built?
11. Who was Mary Lin Elementary School named for?
12. Until the 1950s, streetcars in Candler Park could take you to downtown Atlanta, downtown Decatur, and Grant Park, what streets could you wait for a streetcar on in Candler Park?
13. When was the Edgewood-Candler Park MARTA Station built?
14. In the 1960s, 70s, and even into the 1980s the state was trying to build a highway through Candler Park, neighbors banded together and stopped the highway from coming through but many houses had already been demolished. What did this empty land become instead of a highway?



Fun in Candler Park Word Search

G	W	P	O	L	T	R	E	E	S	F	D	H	K	C	A	Z
O	E	J	M	A	B	T	K	U	A	M	R	A	L	S	B	V
L	T	P	A	R	K	S	E	O	G	C	E	D	H	N	F	R
F	J	L	R	I	D	C	P	N	O	J	S	H	O	P	S	P
A	R	D	Y	X	C	S	W	E	G	Y	T	U	J	M	K	E
F	A	L	L	F	E	S	T	D	B	W	A	L	K	S	B	O
B	P	G	I	Q	N	A	Y	B	H	G	U	N	I	X	I	P
U	H	A	N	E	I	G	H	B	O	R	R	O	L	R	C	L
K	S	O	C	C	E	R	I	H	W	A	A	J	N	U	Y	E
J	S	K	E	L	B	C	N	I	T	D	N	O	V	M	C	W
O	B	I	R	D	S	A	M	R	E	Y	T	R	A	I	L	S
N	J	T	C	F	Q	P	A	Y	N	T	S	K	B	H	E	I
B	L	G	A	R	D	E	N	S	N	F	O	L	E	I	S	G
R	W	O	D	M	Y	J	F	C	I	H	G	L	D	F	E	X
F	G	S	P	O	R	T	S	T	S	W	I	M	M	I	N	G

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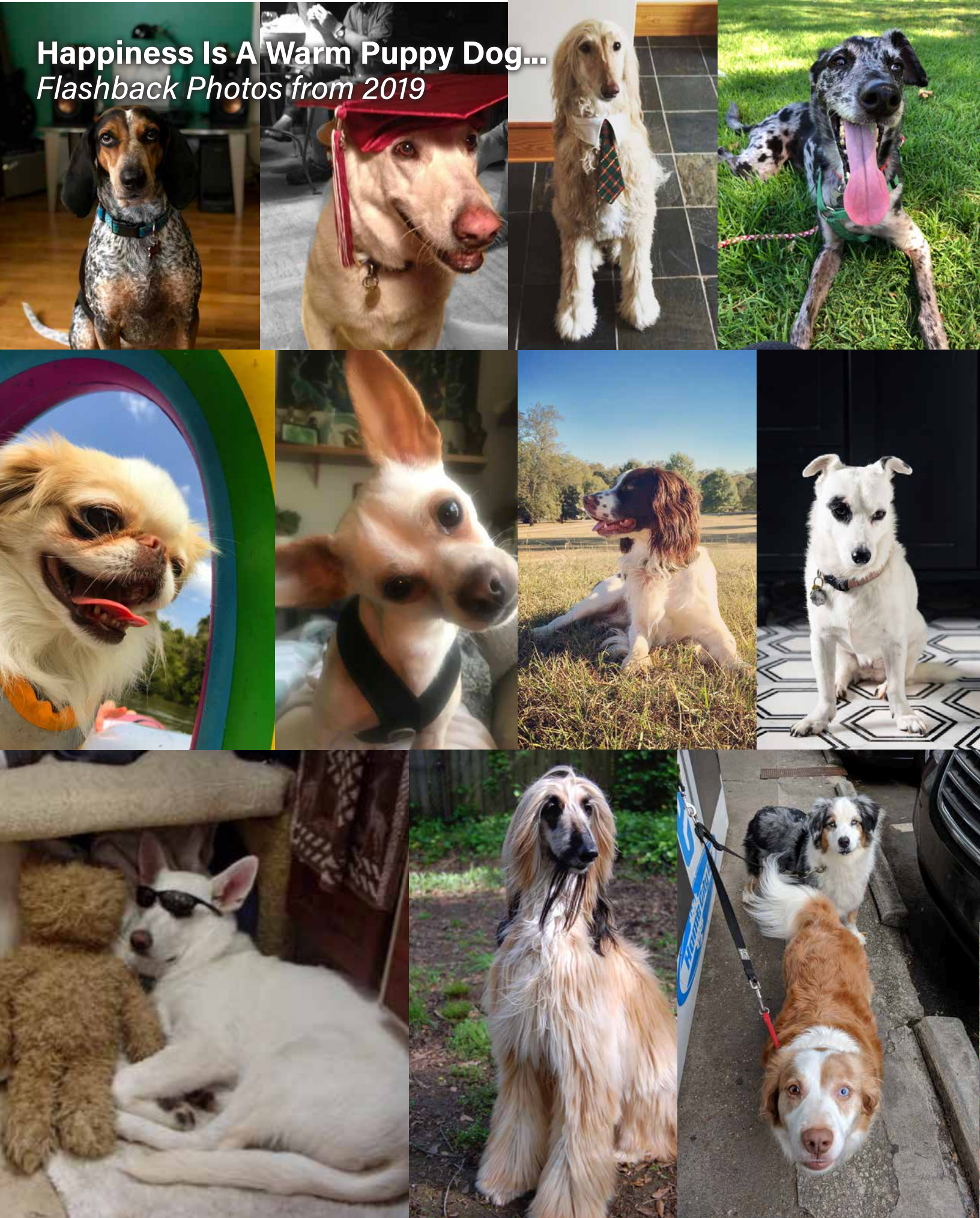
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Candler Park Trivia Answers

1. Edgewood
2. 1909
3. Asa Candler, founder/president of Coca-Cola
4. women
5. Rose Hill
6. Antioch East Baptist Church, built 1918-1922
7. Union Square
8. Mayson Avenue
9. A school! The Edgewood Public School
10. 1927 opened in 1929 (1920s)
11. Miss Mary Lin, a school principle
12. DeKalb Avenue, McLendon (also Ponce de Leon, though that is not technically in the neighborhood)
13. Construction began in 1977 and it opened in 1979
14. Freedom Park

Happiness Is A Warm Puppy Dog...

Flashback Photos from 2019



...Or A Cuddly Kitty Cat





Writing: The Center of our Lives

Michelle Manganiello

When was the last time you wrote? You may not realize this, but you write every day. You write when you send a text message or when you compose a tweet. You write when you ‘caption’ a post on social media, when you form a to-do list or grocery list, or when you keep a journal.

Writing, the act of literacy, is the quintessential skill. You may think that writing solely benefits journalists, lawyers, keynote speakers, and businessmen. This cannot be further from the truth. Each one of us can take something from this low-cost, health booster: writing.

WRITING BY HAND

Writing skills are commonly developed from kindergarten to the end of college. The first step in writing is to put in some thought because writing is a process, not a product. After your thoughts form, and a big picture is gathered, the practice of writing is simple — it’s putting thoughts on paper. One of the unseen benefits of writing is the mind stimulation that comes with writing by hand. A study in Psychological Science found that college students taking notes on laptops performed worse on conceptual questions about the material than students taking notes on paper. The research team leader explains why: “Students who took notes on the laptop were basically transcribing the lecture. Because we write by hand less quickly, those who took notes with pen and paper had to be more selective, choosing the most important information to include in their notes. This enabled them to study the content more efficiently.” Likewise, when children write by hand, more of the brain’s centers for language, thinking, and “working memory” (ongoing storage and management of information) are active and cooperating more than when the children type on the computer.

WRITING AND MENTAL HEALTH

Moreover, writing can help someone psychologically, as it can also bring back old and forgotten memories and put life events into perspective. As you write, you are documenting daily worries and stresses of everyday life, giving yourself a cathartic release that helps you clear your mind. Expressive writing may help people overcome emotional inhibition when experiencing depression, post-traumatic stress disorder or a traumatic event, such as a death of a family member or friend. The process of writing can help better regulate emotions, give meaning to the traumatic experience and foster an intellectual spark, as you are breaking up the endless rumination and creating a story out of the events that took place. Moreover, writing can also indirectly lead to social support. If someone is opening up about a traumatic event in a journal, this probably means they are ready to talk about it in-person. This technique is recommended at least two months after the traumatic experience, as people who try expressive writing immediately after the event may actually feel worse.

WRITING IN THE WORKPLACE

Besides the psychological benefits, writing is a skill that everyone needs to possess in the workplace. Crafting a document, persuading an audience to buy a product, or increasing participation in a project – these tasks all start with words. With writing for a specific audience, you can vary your sentence structure, emphasize certain vocabulary, implement a tone or connotation, and amplify your argument. A Career Coach from the Washington Post says, “Professionals spend more time each day writing and are inundated with written communication (e-mails, reports, memos and such), so it is imperative that employees be able to write succinctly and write well.” But, sometimes, these writing skills aren’t always there when someone joins the working world. According to a study from College Board, blue-chip businesses are spending \$3.1 billion on remedial writing training annually. Of this budget, \$2.9 billion is spent on current employees – not new hires.

WRITING AND EXERCISE

Rebecca Goose, Associate Professor of Dance at the University of Georgia, says, “Everyone can be a writer, and everyone should write! Practicing writing can enhance one’s level of engagement with any course/subject area and enhancing our writing makes us all more interesting and interested individuals.” As Goose demonstrates, writing is even helpful in sports, dance and physical forms of activity. With physical activity, you are releasing the endorphins and getting the blood moving in your brain. Let’s take running for an example. Running enhances our cognitive skills, it encourages the growth of new brain cells and the hippocampus, and it has enormous benefits on the creative level. Haruki Murakami, a well-known Japanese author, said in an interview with Runner’s World in 2005, “I try not to think about anything special while running. As a matter of fact, I usually run with my mind empty. However, when I run empty-minded, something naturally and abruptly crawls in sometimes. That might become an idea that can help me with my writing.”

In the end, writing is a learned behavior that results in a visual, graphic product. It gives us the opportunity to see, reflect, and revise our thoughts and our spoken utterances. After all, how can we know what we know unless we write it down to see it? Above all, writing is valuable for learning at any level because it helps us know what we know and make sense of what we don’t.



Article written by Michelle Manganiello. Michelle is a junior at the University of Georgia, where she currently pursues two degrees in English and Romance Languages. She looks forward to working in communications or book publishing after graduating. Please contact manganiellomichelle@gmail.com for all other inquiries.

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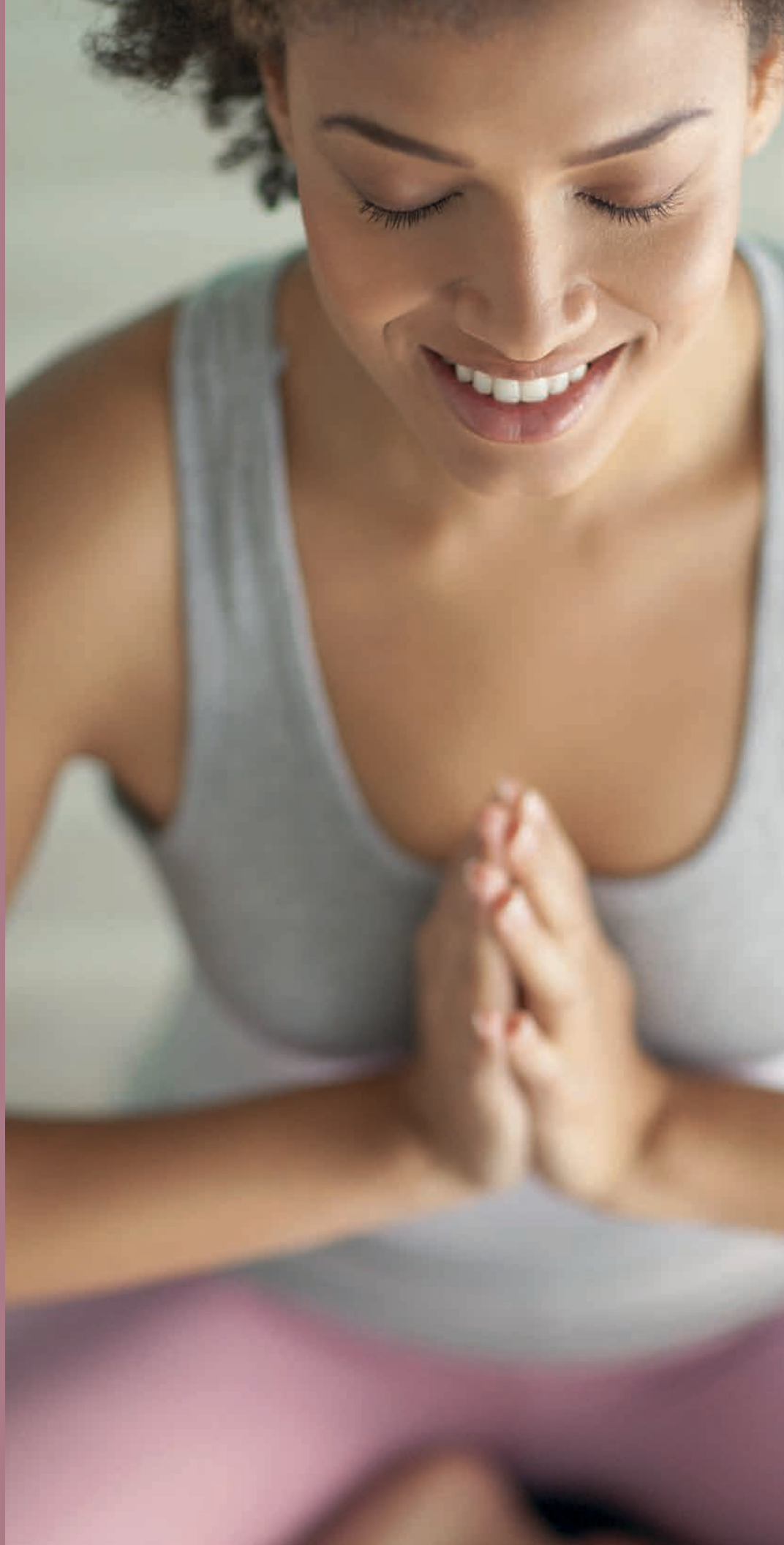
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This is a staple in our existence as a way to turn inward, connect and ensure we are moving in the right direction, with purpose, intent and love. In this state, we tune into the inner voice of wisdom that always guides us toward our true nature.”



The Meaningfulness of Yoga and Meditation

Michelle Manganiello

Yoga and meditation are becoming two critical points of importance in today's society. Many westerners have an "on-the-go" lifestyle, where we are constantly multitasking and in a state of hyper-arousal. The danger of this type of lifestyle is that we can quickly become "burned-out," or even depressed. When we are always "on-the-go," our sympathetic nervous system becomes overactivated, which can lead one to have gastronomical issues, a weakened immune system, tension, and anxiety. Moreover, living in a constant state of reactivity and stress ensures that our sympathetic nervous system is on guard and always has its walls up. Overtime, one's levels of dopamine and serotonin are dampened in the brain, which are our "feel good" neurotransmitters.

So, what is the cure to this business "sickness" in America? Practicing yoga and mindfulness. When sitting on a mat and engaging your attention on the present, you can generally increase your overall happiness. Practice yoga before breakfast, during your lunch break, or after dinner – at least once a day is the way to go. Yoga is self-soothing and holistic because it encompasses four main stages: physical movements (asana), breathing (pranayama), meditation (dhyana) and relaxation (savasana). As a result, physiological arousal is decreased, which lowers blood pressure and heart rate – an essential benefit for those who tend to feel wound up, on edge, and restless.

Each year, the number of people who participate in meditation and yoga gradually increases. When the CDC's National Center for Health Statistics interviewed U.S. adults in 2017, about 14.3 percent said they had done yoga in the past 12 months, while 14.2 percent had meditated. That's an improvement from 2012, when only 9 percent were doing yoga and 4 percent were meditating.

In an interview with Meris Degener, yoga and meditation expert, she recommends yoga and meditation to people who've never even tried it, "I recommend it to any and all human beings. This is a staple in our existence as a way to turn inward, connect and ensure we are moving in the right direction, with purpose, intent and love. In this state, we tune into the inner voice of wisdom that always guides us toward our true nature."

The difference between meditation and yoga is that meditation is a part of yoga. Yoga promotes unison between the body and the mind and envisions wellness in human beings in a physical, mental, and spiritual way. Meditation, on the other hand, deals with relaxation and concentration. Here, attention is focused on one's thoughts and breathing patterns. With meditation, it is key to be aware of one's breathing, and how it controls thought processes and relaxes the mind completely.

A key element of both meditation and yoga is mindfulness. Mindfulness is the ability to maintain attention on a specific meditative object (e.g., breath, mantra), with emphasis on returning to beneficial (versus negative) thoughts. To practice mindfulness, you can sit in quiet space with your eyes closed for a certain amount of time. During a yoga class, you can focus on your breath and movement while holding and transitioning from one pose to the next. Essentially, mindfulness in yoga promotes increased-attention to present-moment phenomenon. It also cultivates curiosity and clarity to one's ongoing reactions to emotions, thoughts, and feelings.

Moreover, after you're finished yoga, the effects are still clearly seen in daily life. Flexibility, strength and posture will be improved; the mind and body will view fitness in a more positive light; fat burns quicker, leading to weight loss; the mind thinks clearer and happiness increases. Yoga is also related to aging and longevity – people who practice yoga daily expand their lifespan for three years.

Essentially, yoga and meditation can do no harm. Even though your mobile phone is ringing, your boss is demanding your time, and you have to decide what to make for dinner – leave all of that and hit the mat.



Article written by Michelle Manganiello. Michelle is a junior at the University of Georgia, where she currently pursues two degrees in

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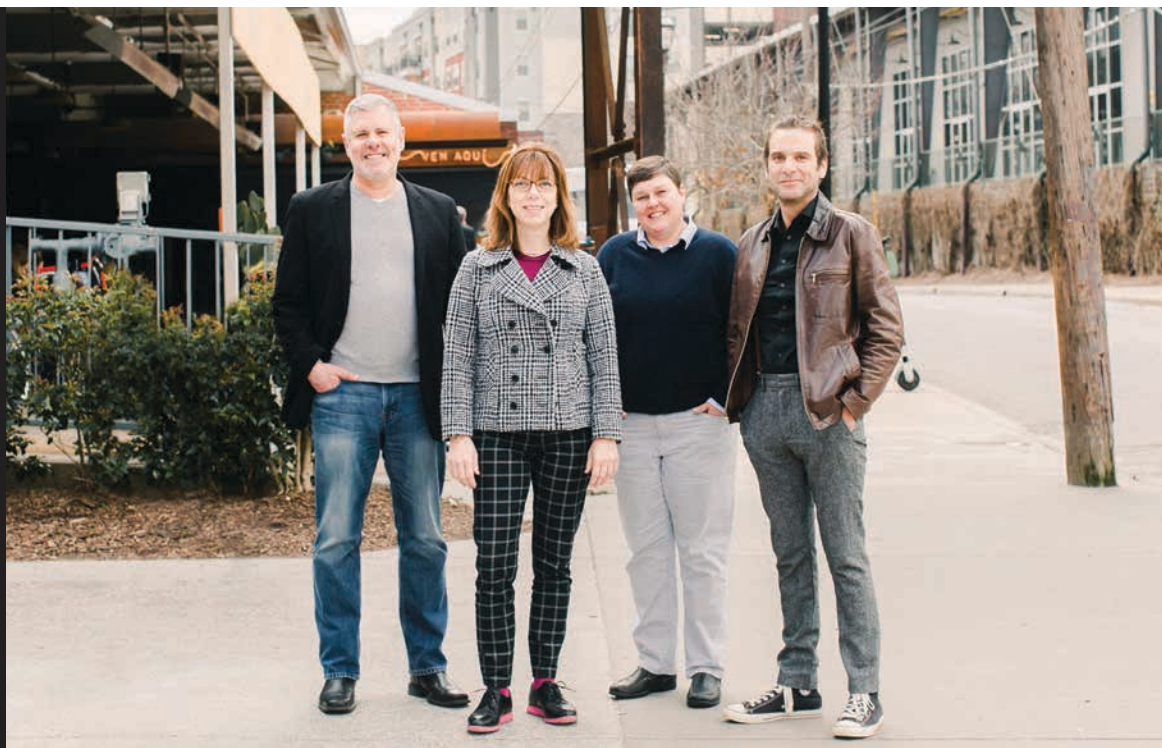
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2

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3

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