



May 2020

# MESSENGER

## Neighbors at Home and Outside



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— Friends School Parent

.....

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# Neighbors Helping Neighbors

By Matt Kirk, [president@candlerpark.org](mailto:president@candlerpark.org)

One clear takeaway from this crisis is that no one can predict the future - we can only manage our present. With any luck and some proper decision-making, our May will be a little more manageable. No matter when we emerge from this lock down, we must keep caring for our neighbors, maintaining these connections going forward, and continuing the operation of CPNO.

Last month I mentioned taking care of your neighborhood and neighbors, and it is easy to see that many have taken it upon themselves to do just that. I've noticed the widespread beautification of our yards, decoration of our sidewalks with those encouraging chalk drawings, and the clear examples of neighbors helping neighbors. I've heard some stories and suggestions from the neighborhood that you may be able to implement with your family and on your street:

- If you can find a safe way to pick up some groceries, drop a note, or offer to do some yard work (or suggest it to child old enough to respect the distancing guidelines), it could have a major impact on someone's week and sense of community.
- If you have some tech-savvy, consider assisting those who are not by setting up an account for video conferencing service or grocery delivery/pickup service. Many of our local businesses, including Candler Park Market and Freedom Farmers Market, have set up online ordering systems that minimize contact, but some may need help learning how to use them.
- If your street does not already have a listserv, now is an excellent time to start one. Listservs an easy way to communicate that you are offering or willing to receive some help, and they can be used to set up a social-distancing block "get together" or to just share phone numbers.

## PRESIDENTIAL BRIEFING

- Some of you have used your excess the time and energy to throw into baking but don't have enough mouths to eat all the new cakes and breads. Sharing your passion would be a sweet treat for others.
- Take a more macro approach, where organizations like ATLSurvival are offering free grocery delivery as well as opportunities to donate or volunteer.
- Continue to patronize the small businesses in Candler Park, Little 5 Points, and the surrounding areas.

While some of us need more help than others, this need for connection not limited to our older neighbors, those with mobility restrictions, or those suffering financial difficulties. The past several weeks have reinforced the fact that we all bear some social obligation to one another. This obligation will not end next month or next year - so maybe we can all reconnect with our neighbors or maybe connect for the first time. I know that I can personally improve on being proactive rather than waiting on an email.

That all said, the workings of the city and the business of CPNO do not stop. Projects are in place for the Spring and Summer, including the long-awaited first phase of the DeKalb Avenue Corridor Improvement Project. For the time being, we will be ensuring CPNO maintains its voice in zoning and other city matters by holding remote meetings. Join us if you can, and let others know how they can participate. Hopefully we will get back to our meetings at the First Existentialist Church soon. I for one miss the fellowship. This "new normal" is not forever, and I will see everyone on the other side of this crisis. Until then, I'll just see you from the sidewalks.

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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Find a complete list of CPNO committee chairs, representatives and other contacts at [www.candlerpark.org](http://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](http://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](http://www.candlerpark.org) or mail name, address, and email to

**CPNO Membership**  
**PO Box 5418, Atlanta, GA 31107**



## DATES TO REMEMBER

### 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!
- 18** CPNO Members Meeting, 7 pm, 1st Existentialist Church

### JUNE

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

*Although usual meeting places are listed, COVID-19 pandemic may require meetings to be held by video to abide by social distancing protocols. In case of cancellations or changes, check CPNO's Upcoming Events list at [candlerpark.org](http://candlerpark.org) and watch for membership email notices. All CPNO meetings are open to the public.*



## Thank You Essential Workers!



## Welcome and Thanks!

*By Roger Bakeman, [membership@candlerpark.org](mailto:membership@candlerpark.org)*

**CPNO thanks all members who have renewed for 2020!**

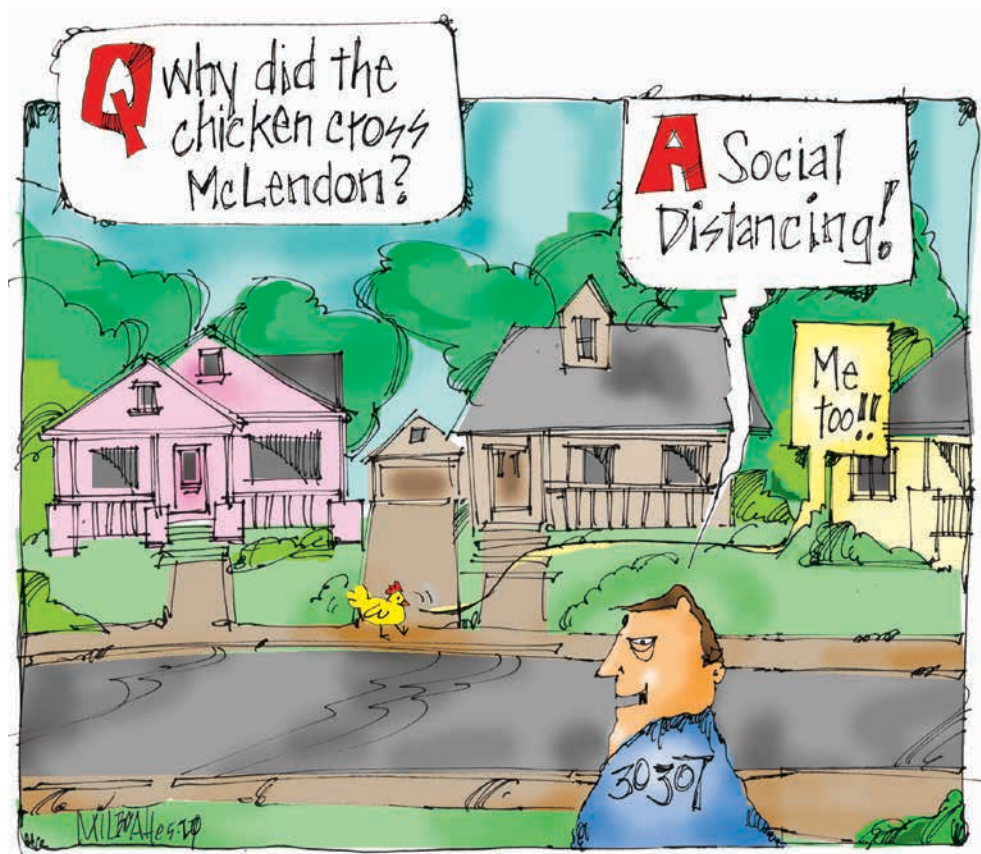
**CPNO welcomes new members**

Bill Beckley  
Christopher Jackson  
Megan Hall  
Patrick Scollard  
...and others who wished to remain anonymous

**CPNO welcomes new members contributions:**

Mell Avenue neighbors  
...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](mailto: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](mailto: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](mailto: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](http://candlerpark.org).

### JOIN CPNO TO GET EMAIL BLASTS



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

### MESSAGES & CRIME ON NEXTDOOR



Join the Candler Park group at [candlerpark.nextdoor.com](http://candlerpark.nextdoor.com) to keep up on crime reports and other messages.

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

### FOLLOW US ON TWITTER



Our handle is your handle: [twitter.com/CandlerParkATL](https://twitter.com/CandlerParkATL)



## Trees Atlanta One Million Trees Initiative

*Source: Freedom Park Conservancy email newsletter*

Trees Atlanta kicked off their One Million Tree Initiative in Freedom Park on Atlanta Arbor Day, March 20. They planted 42 new trees along the Old Fourth Ward leg of Freedom Park: 20 along Freedom Parkway and 24 along Willoughby Way. These are the first plantings of Trees Atlanta's plan to plant one million trees across 10 metro Atlanta cities over 10 years

James Moy, NeighborWoods Assistant Coordinator, offered great thanks to Freedom Park Conservancy members who came out to help plant this season - "It is always a delight to see more trees get planted in such a unique green space [Freedom Park] where we know that so many people will be able to enjoy their many benefits." Thanks Trees Atlanta!

## L5P Mini-Precinct Needed Now More Than Ever

*By Richard B. Shapiro, D.D.S., Little Five Points*

Due to the robust support from this community, the Little 5 Points Atlanta Police Mini-Precinct is now in its 22nd year of continuous operation.

While the benefits of having a police officer assigned are obvious, it's now become more important than ever. An unforeseen side effect of this year's corona crisis is, unfortunately, a reported increase in local crime. Also, we expect the Findley Plaza renovation in the not too distant future. We hope to have a memorandum of understanding between the business district and the City to exert some control over the activities there. Having an officer to help enforce these rules and regs is vital for a successful transformation of that area.

Your financial support is particularly important to keep this valuable and truly vital satellite police station open and running. Yet over the years for a variety of reasons (people move, financial situations change, complacency due to lower crime rates, etc.), the number of individual households contributing has dwindled some, we need to reverse this trend.

It's really a no-brainer having this police presence makes criminals and problematic elements stay away and/or watch their behavior. This protects people, possessions, and property values.

We are fortunate that Zone 6 has assigned Officer Tom Gissler to the Mini-Precinct. He has been doing a fantastic job. He is smart, resourceful, concerned, and strong but not heavy-handed. He has developed a real connection to, and affection for, the district and surroundings. We are lucky to have him.

The L5P Mini-Precinct is a public/private partnership between the City of Atlanta and the community. The officers, equipment, supplies, computers, electronic and video communication gear, etc., are funded by the Police Department. The community provided the funds to renovate the space and continues to pay for rent, repairs, insurance, utilities and other operating costs. That funding has come from L5P Business Association and its members; Neighborhood Organizations; and contributions from individual households in the area.

Thus this annual fundraising effort--please send your personal contribution now. Matching or increasing your last year's contribution, or sending \$75 or more, is suggested, but every dollar helps.

Donating is the right thing to do for your community, your neighbors and yourself.

Send your check (include your name, address and phone number) to: L5PBA Mini-Precinct Fund, PO Box 5733, Atlanta, GA 31107.







## David T. Howard Middle School Tree Replacement Plan

*Source: Freedom Park Conservancy email newsletter*

Original plans for the David T. Howard Middle School renovation and addition included the removal of 60 mature trees from the Old Fourth Ward historic school site. Concerned citizens initiated an appeal process - facilitated by Trees Atlanta - under the existing City of Atlanta Tree Protection Ordinance. This action that led to Atlanta Public Schools and project design firms Stevens & Wilkinson and Lord Aeck Sargent to arrive at a revamped plan - saving several of the mature trees on site and establishing a better David T. Howard Middle School Tree Replacement Plan (with 117 additional inches of preserved canopy).

In March 2020, the Tree Replacement Plan planted 37 new off-site trees along the western leg of Freedom Park in the Old Fourth Ward (additional off-site trees planted at Cleveland Avenue Elementary in Southwest Atlanta) as recompense for the trees removal at the David T. Howard Middle School Site. This positive outcome reinforces FPC's deep commitment to collaboration the importance of citizen activism.

The City of Atlanta is currently revamping their Tree Protection Ordinance for roll out later in 2020 (read more in the AJC and on Curbed) and have Ordinance drafts up for public comment. Join FPC in promoting citizen engagement and input - take some time to read the drafts and send comments. This is a great and impactful way to remain active citizens during this extraordinary time!

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# Composting for the Garden

*By Emily Taff and Scott Jacobs, League of Urban Gardeners*

You've been cooking at home a lot more, and have picked up a gardening habit (or at least considered it, don't worry, there's still time to get warm weather vegetables in the ground), and are thinking about... all those food scraps that you're throwing in the trash. Surely these could be put to better use? They can! They can be turned back into fresh food without much effort.

When I was growing up, our compost pile was in a corner of our backyard, a small pit Dad dug and occasionally raked over with pine straw and leaves. We threw scraps 20 feet toward the pile from the deck after dark, but no one went deep in that corner of yard so it didn't matter. In the spring there was always delicious loose black dirt that could be dug up from under the banana and onion peels on top and put in the garden beds.

In Candler Park I don't have room for a pile like this and am concerned with the dog, rats, squirrels and raccoons making a field day of it. I built what I consider a legit compost bin a few years ago out of cedar plank scraps from the back fence and hardware cloth. It has a trap door in the bottom of one side so that I can get the shovel down to the bottom of the pile. Because of its height, about 3 feet, this bin takes some muscle to turn and harvest, but it has room for the piles of leaves I add for "brown" to mix with the "green" of produce scraps.

However, the easiest worry-free compost bin I ever had was a black plastic trash can with a lid on it. Drill a few big holes in the bottom and sides for drainage and air flow and you're ready to start! This bin really heated up, but there wasn't a lot of room for dry leaves or oxygen because it was so contained so it could get a bit stinky. When it came time to harvest compost, it took some effort to dig down in the narrow bin so I think 2 garbage can bins would be a better plan: an active bin and an older one that has sat long enough for decomposition to occur throughout.

If you don't have a yard or have kids who like critters you might look into vermiculture! When I lived in an apartment in New York and I grew very attached to my pet red wigglers and worked hard to keep them alive. I had a few potted plants in the window which this compost enriched. This type of composting is much more scientific, like composting in a lab, and requires a bit of study to understand the balance that will keep your worms happy and alive. It is an awesome learning experience and your compost will be truly excellent. If you're going to try a worm bin, be sure to check out a book on it, like the classic *Worms Eat My Garbage* by Joanne Olszewski and Mary Arlene Appelhof.



## What is it with the "brown" and "green"?

There are a few rules for effective composting. Basically, composting means rapidly breaking down organic material into molecules small enough for plant roots to feed on them. This requires the work of many billions of micro-organisms, who do the work of composting. They need just a few things: warm temperatures, nutrients, moisture and plenty of oxygen.

- Brown stuff: Around 80-90% of your inputs can be dried leaves, or any brown plant material and even paper such as used paper towels or cardboard egg cartons (no chemicals on them!). All that is carbon.
- Green stuff: 10-20% can be fresh grass clippings, kitchen vegetable waste, and other green stuff. That is nitrogen. Coffee grounds are great nitrogen – any coffee shop around is glad to give you all the grounds you want. Gardeners who make thousands of pounds of compost a year often use 5-gallon buckets of coffee grounds to heat things up.

Put them together, mix them up, make sure they are moist (add water if needed), and BOOM. You have an exploding population of tiny animals that put out heat as they eat. They multiply so fast and put out so much heat that the compost can rise to 165 degrees in the middle. You won't see worms until the nitrogen is used up and the heat declines to around 90 degrees, then, if your compost is on

the ground, worms will appear and take care of the rest.

No need to be scientific. Composting is fastest if you get the proportions right and keep mixing, but otherwise, just throw stuff in the pile, turn it over once in a while, and make sure it doesn't dry out. That's it.

Don't add anything with herbicide in it, such as grass clippings from a lawn recently treated with herbicides. Those chemicals will kill your garden. Also don't put meat or grease in your home compost as this will attract the critters, although blood was often used as a rich nitrogen source decades ago.

## Stinky Compost?

Too much "green" and not enough mixing could be the culprit of stinky compost.

Mix it up! Turn the pile and add some browns to the mix.

## Not composting?

The most common problem is that the compost pile is too dry. Add some water, and turn it over. Those microbes need a moist environment.

Whether you are growing vegetables, flowers, house plants or just keeping the weeds in your front yard alive, you can recycle most of your food scraps and yard waste for the benefit of whatever soil you've got—and your trash can will be less stinky too!



# A Summer Camp Without Borders:

## Théâtre du Rêve Launches Virtual French Language Theater Immersive

Source: Théâtre du Rêve press release

Théâtre du Rêve, Atlanta's premier French language theatre company is embracing the rapidly changing times by launching a virtual French language theatre camp for students ages 7-17. This interactive experience will invite campers to merge the world of creativity with the vast capabilities of web-video platforms that have recently become commonplace in many family households. Theater-inspired workshops in acting, theory and design will culminate in a final online showcase highlighting bilingual performances in French and English that can be enjoyed by friends and relatives regardless of their physical location. Previous experience speaking French is not required to enroll.

The camp sans frontières (camp without borders) is coordinated by longtime TDR Camp Director Caitlin Roe, who in addition to her role at the company works as the 4th grade French immersion teacher for the GLOBE Academy. Transitioning from traditional instruction to online learning has given Caitlin room to innovate teaching methods in order to ensure that each camper receives the proper attention and to develop activities that allow students to take a break from hours of screen time.

"I wanted to create the best possible camp experience in lieu of a physical camp," says Roe, "With awareness of the added time that students have spent learning at home online this school year, we are designing the curriculum to involve hands on activities like mask-making and puppetry using items that can be found around the home. The integration of video workshops led by our dedicated team of instructors with creative exploration will create a truly immersive environment that will facilitate bilingual performances, acting in a digital forum, and most of all having fun with new friends from all over the country!"

**WHAT:** Théâtre du Rêve  
Virtual Summer Camp

**WHEN:** June 8-12

### TIMES

Camp for rising 2nd-5th graders is from 9am to 12pm EST

Camp for rising 6th-12th graders is from 1pm to 4pm EST

### PRICE

Tuition \$190, includes a camp t-shirt mailed prior to the start of camp

### WEBSITE

<https://www.theatredureve.org/education-family-programs/ete-des-reves-summer-camp/>

### ABOUT THÉÂTRE DU RÊVE

Atlanta-based Théâtre du Rêve (Theater of the Dream) is a professional theater company that brings French language and Francophone culture to life on the American stage.

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Making bubbles adds fun to being outside!



Amy Stout's outdoor mannequin dons new spring outfit.



Seeing friends at a distance.



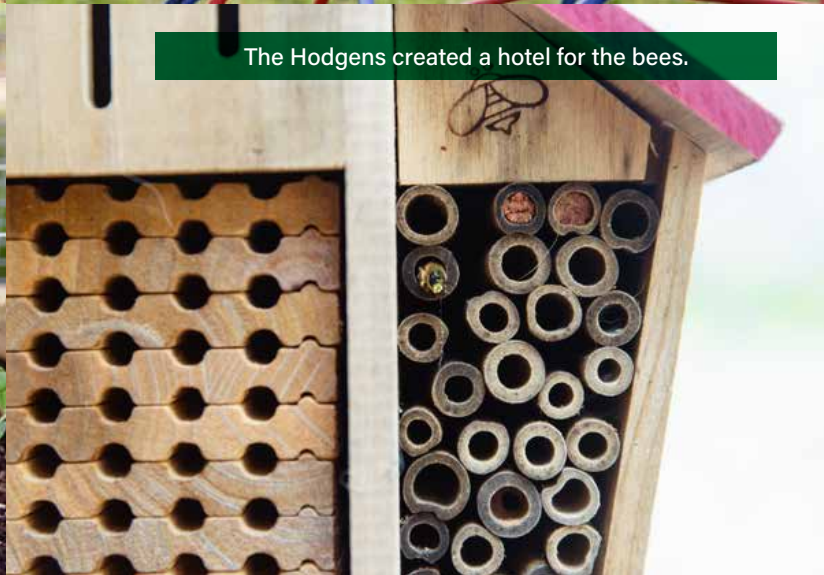
Amy Stout's recycled floral creations.



Recess!




The Hodgen family's new garden.



The Hodgens created a hotel for the bees.






Soaking up the sunshine.



Solitude in the park.



Relaxing in the greenspace.

# Stories of Staying Home in Candler Park

By Susan Rose, [editor@candlerpark.org](mailto:editor@candlerpark.org)

Here are a few neighbor stories of adjusting to a new life of staying at home during the COVID-19 pandemic in April. At press time, Governor Kemp had allowed the reopening of businesses across the state but many businesses including local restaurants were continuing to take a cautionary approach. The evolving nature of this pandemic and its circumstances make it difficult to know what life is like as you read this in May. Yet, sharing stories remain a way for the neighborhood to stay connected especially for those who are quarantined at home full-time. If you have stories and photos to share for the June issue of the Messenger, email [editor@candlerpark.org](mailto:editor@candlerpark.org) by May 15. (Note: submission does not guarantee publication.)

## New Routines

"It took some time to adjust to working from home and distance schooling. But once we developed a protocol, it was much easier. We find that staying in a routine every day helps out a lot! We also try to get outside as much as possible. Here's an idea- homemade bubbles!"

*Gail Turner-Cooper*

## Quick Pivot to Virtual Learning

"My two teenage daughters are in 8th grade at Inman and 11th grade at Grady. I'm very impressed at how quickly their schools transitioned to online learning and really commend the leadership and the teachers for making this all work. We start each day with the morning announcements from Dr. Maxwell at Inman that get sent via text to our phones. Both girls log on to chats and classes with teachers throughout the day. It helps us all to stay connected to their education and focused on continuing to learn through this crisis. Thank you to

our wonderful schools!"

*Stephen Pruitt*

## At Home Outdoors

"During this unprecedented time, our family is spending a lot of time in our yard enjoying the natural ecosystem. We have planted a vegetable garden, reseeded our lawn, and added a climbing structure to use while parks are closed. The bee hotel is filling up and our two boys (5 and 9) love watching all the activity. The kids miss their friends but have fun talking over the fence while properly social distancing."

*Christina Hodgen*

## Neighbors Helping Neighbors!

"We live on McLendon next to Neighborhood Church. We often interact with Jeff and Dwight, our homeless neighbors who have been around the area for a while. They are very kind and respectful. Currently, they are sleeping underneath the stairs at the church that lines up next to our driveway. In a time of stress and bad news right now, I wanted to share some good news!"

Jeff came by last Friday to talk to my husband and I while we were outside with the dog. He let us know that the night before, two men came around the corner behind the church and appeared to be looking in our cars out back for a break in. Jeff spoke up and told these men that they needed to clear the area, informing them that no one should be looking around cars at 12:30 at night. He took this one step further and followed them close by to see if they were getting into trouble at another house. He found these two men up near the CrossFit gym on Mell looking near some others

cars nearby. Jeff flagged down Atlanta Police, had these two men looked up, and it turns out they were on probation and hadn't reported in 2 years. The officer arrested these men and got them off the streets, possibly saving multiple car break-ins that evening. We are appreciative of Jeff's proactive response, and his care for the neighborhood.

We have provided them with pillows and PB&J's to thank him for his help, but I think they deserve a shout out of good news for the neighborhood. Also, they have asked for clothing a few times to which we were able to give some old T-shirt's, but if anyone in the neighborhood is getting rid of pants, socks, etc.- I am sure they would appreciate fresh clothes. As a neighborhood, I believe we could show these men some support, especially for looking out for the safety of our homes out of the kindness of his heart."

*Mary and Taylor Davis*

## Creative Gardening and Wildlife Watching

"Like many, I have been "gardening." These blooms are made from repurposed items including found golf balls, large tomato sauce cans from the Fellini's dumpster, and used saw blades. I also gave my yard mannequin a makeover time for Easter. She is now looking good in a new spring palette.

I have also used this time to enjoy the wildlife at the beaver pond. In the last two weeks, we have had a clutch of Canadian geese hatch as well as one of wood ducks. We originally had 7 wood duabies, but we are now down to 4. I have also spotted a young raccoon in the same location. This may or may not explain the ongoing decline in the number of ducklings."

*Amy Stout*

## THE COVID-19 CHRONICLES



What has your experience been like during the COVID-19 pandemic? The DeKalb History Center is collecting stories from county residents to record the COVID-19 pandemic and its impact on our communities. Send in your stories, positive or negative, so that they may be documented as part of our shared history. The History Center is gathering the submitted materials to preserve them so they can be accessed by future generations. All accepted items will be made available for public research by the DeKalb History Center.

What are your biggest challenges? How do you continue to work, learn, teach, spend your time, cope with mental health challenges, worship, celebrate, and mourn? How are you creating community in these challenging times? What history are you making right now? Make a video, write a story, and/or send in pictures that represent your experience with COVID-19. Photos could show your work from home co-workers, homemade masks, nature walks, children's projects, or empty shelves at your local grocery store.

In addition to your own created content, what materials are you receiving that illustrate your story? We are already collecting newspapers and county declarations. Please consider materials that illustrate your life during COVID-19, like grocery lists and menu plans, gardening ideas, and business signage. Please consider sharing your story with us!

*Participants can submit their stories and archival materials by going to this link and following the directions provided: [https://docs.google.com/a/dekalbhistory.org/forms/d/1E\\_2RC09562N9NAscInWlOeh3LI88GZ3r8A2QV72tNNo/edit?usp=forms\\_home&ths=true](https://docs.google.com/a/dekalbhistory.org/forms/d/1E_2RC09562N9NAscInWlOeh3LI88GZ3r8A2QV72tNNo/edit?usp=forms_home&ths=true)*

# Virus

*By Jennifer J. Richardson,  
Candler Park resident*

The first thing that happened was the buckwheat massacre. I'd planted buckwheat as a winter cover crop and it was tall and beginning to bloom. It wasn't until I began jerking it up by the roots that I realized I was angry. It was an anger born out of arrogance and inconvenience. How dare a virus mess up my life? The nerve!

I began self-quarantining on March 6. I knew this virus was going to be bad---very bad. Much worse than predicted at first by the talking heads on cable television.

Several years ago, I did interviews at the CDC and wrote articles. Because I'd lost many friends to HIV, I was keenly interested in viruses. The CDC staff gave me a list of books and I purchased and read them all.

My first reaction, therefore, was to try and warn my friends what was coming based on information I'd read. My second reaction was fear. As a person nearly 70, I was convinced I'd not only acquire the virus, I'd also die from it. My train of thought became more gloomy when I got a roto-call from a company wanting me to "save my relatives the expense of my funeral..." and calls from law firms cheerily informing me I could now sign my will at home rather than in person.

In the early days of the virus, it was like 9-11 all over again. I think I acquired PTSD from watching the planes hit the buildings, and then the buildings collapsing. But I stayed glued to the television version of an opioid. And the first week of COVID-19 was the same. I watched more television than I have in the last 30 years. The second thing that happened was I turned off all news except for thirty minutes each day. The anxiety surging through my nervous system began to dissipate.

The next few things all happened at once. I began to read and write more. I played my musical instruments more, and I spent more time working in the garden. When my hands were busy weeding, my mind drifted to all the exceptional things I could accomplish in this fallow time of being in quarantine: I could play all the Handel and Bach flute sonatas—I could even memorize them; I could play all of Bach's two part inventions; I could read every volume in the Great Books of the Western



**The author in her natural habitat.**

World; I could plan and execute a complete renovation of my backyard vegetable and flower gardens—a place it had taken me 30 years to design and build.

When I wasn't dreaming up unachievable activities, I'd feel pitiful. I was missing the entire spring season of wildflowers in north Georgia; the swimming pool where I swim 100 miles each summer was probably not going to open; I wanted to walk to favorite spots on the Appalachian trail, but it was closed; I wanted to sit on the sandbar of the waterfall near my log cabin in Dahlonega and see the rainbows dancing in the mist; and then cast a line into the sweet spot at the base of the falls where a rainbow trout was sure to grab my bait.

But, the only real adventure was inside my house, in my garden, and the times I strolled through Olmsted's park.

The last thing that happened was recognizing and embracing the silence. My street was as quiet as I'd heard it since the day the air space was closed due to the terrorist attacks. There were few planes and cars; fewer sirens, no cars lined up with occupants trying to make it to Emory before the 7:00 a.m. shift, and very little extraneous noise. It was probably like 1917, when my house was built—or like a slow stroll along the Appalachian Trail. Just birds, the croaking of the American bullfrog in my pond, the calls of geese and hawks overhead, and just at dusk, the hoot of a Barred Owl.

Despite the pandemic, I could still embrace the nature I love, and inside, a house full of musical instruments and books is not such a bad place to be incarcerated after all.



# Beauty in Our Community

By Stephanie Andrews, Candler Park resident and Balance Design Studio founder/owner

With social distancing in Atlanta, we've found we've had more time to reflect on our lives, our health, our homes, our finances, and the possible ramifications of this giant shut down while being at home. At Balance Design, community has always played a very important role in our designs - from supporting local contractors, artisans, and vendors to primarily working within 5 miles of our studio so that we have an easy connection with our clients. Now in this time of uncertainty, I thought I would share a few beautiful works of art that we have seen recently in the community- ones you might not have taken the time to

look at or even notice weeks ago amidst the hustle and bustle of our busy lives.

I hope that you will share the beauty of your community with us. Although we may be isolated to our own neighborhoods and roads, we are all one community working to pull through this and come back together. (Speaking of community, our landlord gave us a rent free April, due to the crisis. Blessings indeed- Thank you!) We are looking forward to hearing how you are feeling, and we are looking forward to seeing you soon (at a safe distance). Take care.

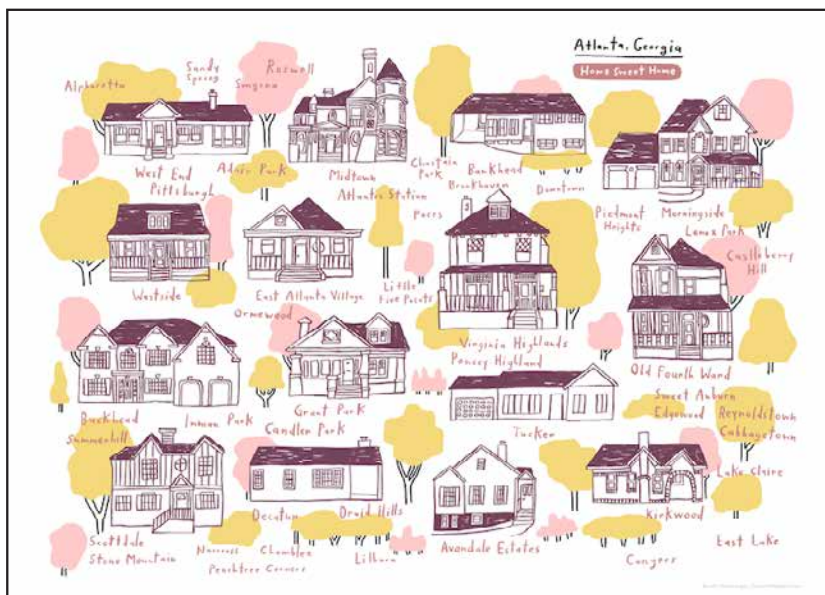


Photo Courtesy of Sarah Neuburger

I recently picked up this poster from Citizen Supply at Ponce City Market. The illustrator, Sarah Neuburger, shows the vernacular of the homes in each neighborhood. I loved the fun and colorful vibe that this poster added to our home in Candler Park!



Photo Courtesy of Penny Treese

Since I am still working virtually, I get the joy of seeing the encaustic art of Penny Treese, right here in our Candler Park studio. The team is all working from their homes, but I have found working in the studio to be a refuge with all of Penny's art around me.

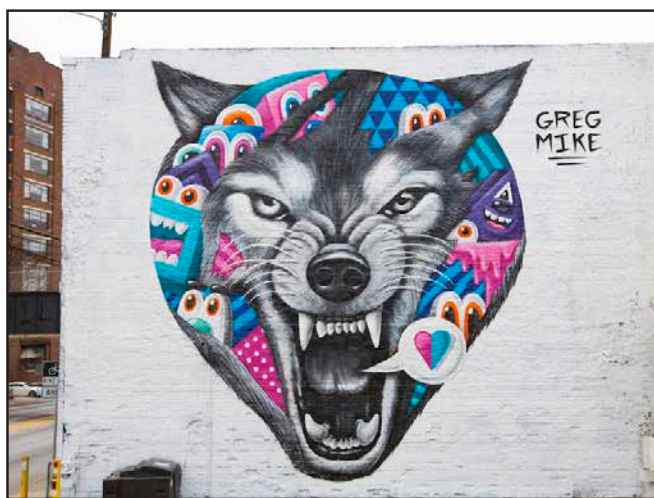


Photo Courtesy of Greg Mike

Even with the shelter-in-place decree, we are allowed to visit the Atlanta Beltline which Mayor Bottoms tweeted as one of the "essential places." Due to my family's ample dog walking, I have been immersed in the work of Greg Mike. Though you are probably familiar with his art (this guy's work is everywhere), I am constantly surprised by his delightful play of ultra-realism mixed with colorful whimsy.

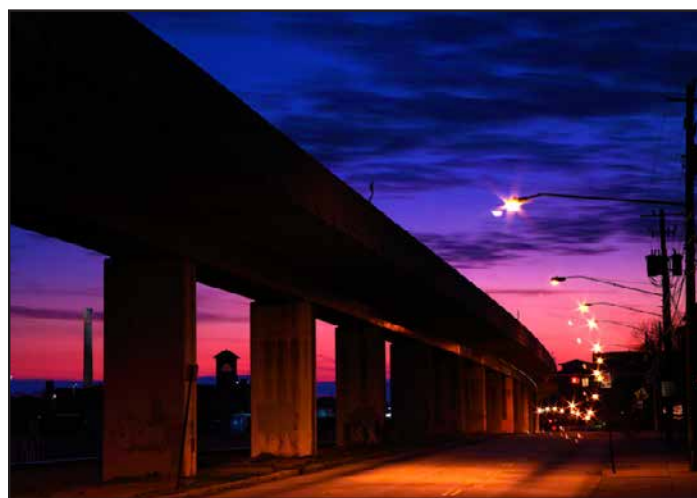


Photo Courtesy of Rob Geirsch

With the roads empty and spring in full bloom, I have truly appreciated the ability to walk with my husband and dog every day, usually twice a day. This photo is by our good friend and photographer, Rob Giersch. It shows a car-less stretch of DeKalb Avenue with the MARTA tracks above at sunset. It is usually a rare sight to see, and yet recently, not so rare.





# How to Stay Safe, and Not Bored, While You Practice Social Distancing

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

As most of us have heard by now, social distancing is the most effective way to protect our communities from COVID-19 and make sure hospitals or medical resources aren't overwhelmed. But social distancing can be pretty daunting, especially if you're a very social person or just unaccustomed to spending most time at home. For families with kids, it can get even more intimidating. Here are some tips for keeping your family entertained, and safe, while you practice this crucial effort.

## 1. **Discover new hands-on hobbies**

It's tempting to spend your homebound time parked in front of a TV or your phone screen, but this is a great time to pick up a new skill or learn a new hobby. Doing something that's more hands-on (while still frequently washing your hands, of course!) can make your time feel much more productive and will help the time pass quickly. Hobbies are crucial to your mental health, and your mental health is important to keeping your physical health intact!

Consider using this time to learn to knit or cross-stitch. Order some puzzles and tackle them with the whole family. Maybe now's the time for some family art time, with paintings or play-doh. Dive into learning new cooking skills or attempting more difficult recipes.

## 2. **Take some time to rest**

It might be nice to personally reframe this precarious time as an opportunity to reset your work-life balance, and get some much-needed rest and relaxation. Move slowly and mindfully through your days, without the pressure to rush or stress from place to place. Pick up a meditation or yoga habit, or find another practice that helps your mind heal as you give your physical body a bit of a break.

## 3. **Keep up a daily schedule**

Anyone who works from home full-time can tell you how important it is to maintain a regular working schedule. When you're remote every day, it's tempting to start your day at noon and end it at 10pm, or to never log-off at all. While your regular commutes and day-to-day's are disrupted, it's important to your mental health and well-being to still think of your work days as work days and to give yourself schedules and timelines.

## 4. **Focus on a whole foods diet**

More time at home means more time to snack, and the temptation is real. However, it's obviously more important now than ever to strengthen your immune system through a balanced diet. Focus on whole foods, and

eat fruits and vegetables whenever possible. If you're relying on non-perishable items, lean into legumes, beans, and ancient grains. Switch your coffee out for tea, and avoid foods heavy in sugar or preservatives if possible.

## 5. **Have self-compassion**

Having self-compassion is treating yourself with kindness. Recently, research has shown a connection between self-compassion and psychological well-being. It has shown to lessen the effects of depression, anxiety, shame, and fear. Many of these feelings are exacerbated by the current shelter-in-place condition. Some ideas for how to build self-compassion are to practice mindfulness, meditate, and give yourself permission to not be perfect. Another option is to do something that you are good at. This activity will help strengthen your confidence and self-compassion.

*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](http://www.alignhealthcoaching.com).*



# Balsamic Penne with Steak and Arugula

*Recipe provided by Matt Hanson, CPNO fundraising officer*

## Ingredients

- 1 (1-pound) New York strip steak
- 3 garlic cloves, minced
- 3/4 cup extra-virgin olive oil, plus 3 tablespoons
- 1 pound penne pasta
- 1/4 cup balsamic vinegar
- 2 tablespoon Dijon mustard
- 1/2 teaspoon salt, plus more for steak and pasta water
- 1/2 teaspoon freshly ground black pepper, plus more for steak
- 1/4 cup chopped fresh basil leaves
- 1/4 cup chopped fresh parsley leaves
- 2 cup chopped arugula (can substitute with spinach if you prefer)

## Directions

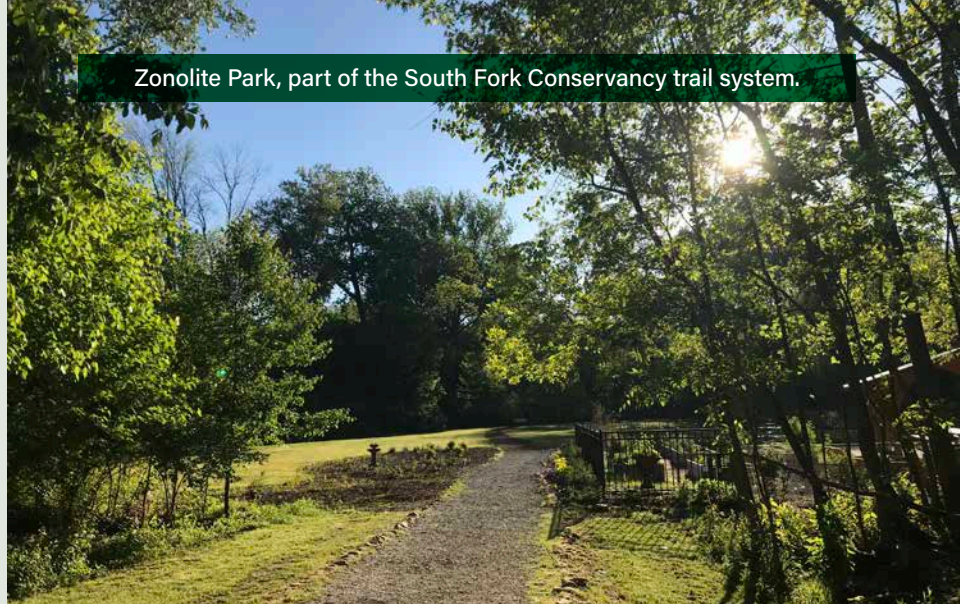
Season the steak with salt and freshly ground black pepper. Grill to desired temperature.

Meanwhile, bring a large pot of salted water to a boil over high heat. Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes. Drain pasta, reserving 1/4 cup of pasta water.

In a small bowl, whisk together the garlic, balsamic vinegar, Dijon mustard, 1/2 teaspoon salt, 1/2 teaspoon pepper, fresh herbs, and 3/4 cup olive oil. In a large bowl toss the pasta with half of the salad dressing and the reserved pasta water. Add the arugula and steak, more dressing, and season with salt and freshly ground black pepper, as needed. Toss, pack for a picnic, or serve. Great served hot or at room temperature.



Zonolite Park, part of the South Fork Conservancy trail system.



## Hidden Streams: Discovering Atlanta's Secret Waterways with South Fork Conservancy

*By Zack Fox Loehle,  
Candler Park resident and South Fork Conservancy volunteer*

I have been finding more solace than usual in the outdoors lately, using parks as a welcome chance to get out of my apartment and enjoy a change of scenery. As the world continues to feel the effects of the novel coronavirus, the steady budding of spring has given me a feeling of normalcy in the midst of chaos, a sense of nature's endless rhythms continuing regardless of humanity. The outdoors is still a place where we can be relatively secure against the virus (providing we practice physical distancing, of course).

When I first moved back to Atlanta after college, I had the opportunity to intern with South Fork Conservancy (SFC), a conservation and trail-building group that has worked to create several parks and dozens of miles of trail in DeKalb County and the City of Atlanta. These trails and parks, all built around Peachtree Creek's relatively unknown South Fork, are often hidden in plain sight: just behind a parking lot, or a highway overpass, lush greenery grows and the South Fork runs freely. One of my favorite spots is Zonolite Park, a former industrial brownfield that SFC and other community groups worked to turn into a greenspace. The site is beautiful, especially in the spring. Ducks, frogs and other wildlife enjoy a large pond next to a community garden, and trails wind through the nearby woodland and along the creek.

There are other SFC trails near Candler Park as well, including the Peavine Creek trail, near Emory's campus. A little further afield, Armand Park and several surrounding trails are located just south of Buckhead, near the Lindbergh MARTA station. The Confluence Trail (my favorite of these) follows the creek beneath I-85 and pops out into a beautiful wildlife meadow.

As long as parks and greenspaces remain open, I hope we can all get out and enjoy nature when possible. Like many organizations, SFC has been hit financially by this pandemic, cancelling several avenues of fundraising that normally would support the nonprofit and its work throughout the year. If you are able, please consider donating to an organization that creates trails and protects wild spaces that we can all enjoy.

To hike through South Fork Conservancy's greenspaces, see maps of the trail system, and donate, visit [southforkconservancy.org](http://southforkconservancy.org). Please enjoy this wonderful resource right outside of Candler Park.

# April 20 CPNO Members Meeting – draft minutes

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

## Guest Speakers:

- Amir Farouki, District Councilman, spoke about the Covid 19 concerns and City Budget. He also answered questions about these subjects. City passed the law for 25mph on all streets except state roads.
- Little 5 Points Alliance- Christina Hodgen, CPNO representative, updated the status of Findley Plaza Renovation, and crime increase in the area.
- NPU has Candler Park Food and Music Festival, moved to Labor Day weekend (Sept. 4-6), on their agenda.

## Zoning: Emily Taff, Zoning Officer

- SoulShine has decided not to purchase 1448 Iverson, therefore, they have withdrawn the application.
- The Star Bar has new owners. Motion to support the alcohol license for Star Bar passed.
- Motion to support variance request V-20-037, to increase lot coverage for screen porch at 620 Oakdale Road, must be built according to the site plan submitted to the City and NPU, passed.
- Motion to support variance request V-20-030, to reduce front setback to add 2nd story at 340 Clifton Road NE subject must be built according to the site plan submitted to the City and NPU, passed.

Emily Taff explained proposal for process and changes for the R5 zoning code to be changed to R-5C. No vote needed at this time.

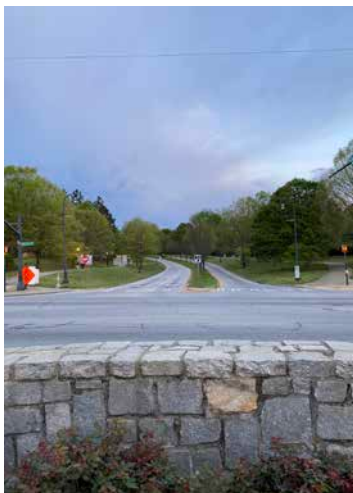
The meeting was adjourned at 8pm.

Submitted by Bonnie Palter, Secretary

April 20, 2020



Empty. CP Village at 4:30 pm on Sunday, March 29, 2020



No rush hour. Moreland Ave and Freedom Pkwy at 7:30 am on Monday, March 30, 2020

# CPNO Officer and Committee Reports for April

## Education Committee - Dana Fowle

Atlanta Public Schools will finish out the school year online. APS is making plans for online learning for the fall semester if it's called for, but there is no reason to suspect yet that this will happen.

The Atlanta School Board was supposed to reveal in March the consultants top choice for how to manage school overcrowding. According to the board president Jason Esteves, "We are putting a pause on the process for now while we navigate the crisis. Our consultants and ops team will continue to work in the background and assess things in this new reality. But I don't anticipate us picking this back up until the fall."

The board announced Lisa Herring, the current superintendent of Birmingham City School District, as its choice to run Atlanta Public Schools.

According to the Atlanta Journal-Constitution, "Georgia law requires the Atlanta board to wait at least 14 days before it can vote to hire her. That time is typically used to introduce the finalist and give the public a chance to ask questions and vet the candidate. Employees, parents and others will have to settle for virtual online meetings in the coming weeks because of restrictions aimed to stop the spread of the coronavirus."

## Freedom Park Conservancy - Christine Moore

Freedom Park: Jane's Walk has to be cancelled for this May. More to come as things change with the current state of social distancing

## Easter Egg Hunt - Natalie Anderson

The annual Easter egg hunt was cancelled due to the COVID-19 precautions. No other actions are needed at this time.

## CPNO Membership Application

All who live in Candler Park, or own property or a business in Candler Park, are eligible to join. Mail this application or visit our website to join or renew [candlerpark.org](http://candlerpark.org)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
Email: \_\_\_\_\_ Date: \_\_\_\_\_

### Business applicants

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

### Optional contributions

Membership in CPNO is free, but we welcome optional contributions. To contribute, please visit our website [candlerpark.org/donate-to-cpno](http://candlerpark.org/donate-to-cpno) or mail a check with this application. Typical contributions range from \$10 to \$100.

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



# Activities for Kids of All Ages!



## Things To Do At Home Word Search

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

READ  
LISTEN TO MUSIC  
PLAY MUSIC  
ORGANIZE  
COOK  
WRITE  
DRAW  
COLOR  
LEGOS  
DANCE  
MEDITATE

PLAY GAMES  
CALL A FRIEND  
EXERCISE  
CLEAN  
DECLUTTER  
CRAFTING  
PUZZLES  
GARDEN  
LEARN  
NAP  
JUST BE

## WORD SCRAMBLE

Unscramble the letters with one letter to each square to form four ordinary words.

R O E H

--	--	--	--

T S R E O

--	--	--	--	--

Y S A D

--	--	--	--

E M L A

--	--	--	--

Now arrange the circled letters to form the answer to the following question:

What did we have to do in April?

--	--	--	--	--

--	--	--	--	--

## Sponsors eager for your business!

The following are sponsors\* in other community newsletters published by KDA & Tiehs Publishing. **BOLD LISTINGS** have an advertisement in this publication. (\* Included sponsors have met purchase criteria.)

CP68N

<b>A/C &amp; Heating</b>	
Anytime Heating & Cooling, Inc. ....	678-606-9020
Dayco Systems .....	770-919-9509
Gagne Heating & Air Conditioning .....	678-221-4328
Neese-Jones Heating and Cooling .....	678-856-4785
<b>Precision Heating &amp; Air</b> .....	770-445-0870
Shumate Air Conditioning & Heating .....	678-584-0880
Superior Indoor Comfort .....	770-664-9098
Zen Air .....	678-883-7868
<b>Assisted Living</b>	
Manor Lake BridgeMill .....	678-990-5055
Overlook at Cedarcrest Assisted Living .....	770-715-4460
Tapestry House Assisted Living .....	770-649-0808
The Arbor at Bridgemill .....	770-545-6736
The Mansions at Sandy Springs .....	678-684-6990
<b>Bakeries</b>	
Alpine Bakery & Trattoria .....	404-410-1400
<b>Beauty Salon</b>	
Studio 5 Salon .....	770-345-5000
<b>Carpet &amp; Rug Cleaning</b>	
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<b>Cleaning Services</b>	
House Cleaning Specialist, Inc .....	770-975-4995
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Advance Concrete Leveling .....	678-235-9322
<b>Concrete Replacement</b>	
McKemy Concrete & Hardscapes .....	678-914-2576
<b>Consignment</b>	
Finders Keepers .....	404-296-0285
<b>Dentist</b>	
32 Dental .....	770-423-1132
Acworth Dental .....	770-974-4146
BridgeMill Dentistry (Scott Merritt, DMD) .....	678-877-7975
Cherokee Children's Dentistry .....	770-479-1717
Cumming Dental Associates .....	404-408-9811
Distinctive Dentistry .....	770-445-6606
Esthetic Dental Solutions .....	678-352-1333
Family Dentistry at Seven Hills .....	678-574-4837
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<b>Design &amp; Build Services</b>	
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Alpharetta Convention & Visitors Bureau .....	678-297-2811
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Premiere Team Fitness .....	678-575-1528
Senergy Fitness .....	470-282-5225
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BCAL Floors, LLC .....	770-652-6948
Hardwood Flooring Services .....	770-713-3894
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Platinum Overhead Door .....	678-329-3100
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UCI Kitchen & Bath .....	770-441-1681
<b>Gutters</b>	
Painting Plus - Gutters .....	404-382-9988
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Shumate Handyman Services .....	678-584-0880
<b>Hardware Stores</b>	
Ace Hardware of Toco Hills .....	404-325-8000
<b>Home Builder</b>	
Horizon at Laurel Canyon .....	770-254-5357
Stonecrest Homes GA, LLC .....	404-734-8881
<b>Home Exterior Makeover</b>	
Exovations-Home Exterior Makeover .....	770-205-2995
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ARIANA Home Furnishings & Design .....	678-807-7422
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Exovations .....	770-205-2995
GHIR Construction .....	404-922-7379
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<b>Hospital</b>	
Northside Hospital Gwinnett .....	678-312-8400
<b>Insurance</b>	
State Farm-Matt Cresap .....	770-982-0064
<b>Insurance Consultant</b>	
The Upton Agency .....	770-361-6570
<b>Landscape Lighting</b>	
Georgia LightScapes .....	404-369-0199
Landscape Lighting Systems, Inc. ....	678-331-3060
<b>Landscapeing</b>	
Stone Edge Landscapes .....	678-421-4763
<b>Lawn Care</b>	
Galaxy Landscapes .....	678-879-8786
<b>Medical Clinic</b>	
Village Podiatry Center-Dr.Mike Laur .....	678-403-7000
<b>Nursery</b>	
Autumn Hill Nursery .....	770-442-3901
<b>Painting</b>	
Chris Brown Painting & Home Repair .....	770-323-3148
Earthly Matters Painting and Contracting .....	770-346-0203
Mendez Painting Specialist LLC .....	770-772-9677
Painting Plus .....	404-382-9988
Verge Painting and Siding .....	678-331-1102
<b>Pest Control</b>	
Hole-In-One Pest Solutions .....	770-708-2945
<b>Physicians</b>	
Morrow Family Medicine .....	770-781-8004
<b>Plumbing</b>	
Bryan Plumbing Services .....	770-826-5277
Northside Plumbing .....	770-272-2558
Quick-Pro Plumbing .....	678-478-1534
Serv'all Plumbing & Rooter Service .....	770-917-1852
Shumate Plumbing Services .....	678-584-0880
T.K. & Sons Plumbing .....	770-529-0799
<b>The Plumbers Guild</b> .....	404-694-5128
<b>Pre-Schools &amp; Kindergarten</b>	
Omega Learning Center-Acworth .....	770-792-7431
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Gas Incorporated .....	770-720-1378
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