



July 2020

MESSENGER



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A Call for Diverse Voices

By Matt Kirk, president@candlerpark.org

The past several weeks have been especially difficult for the city and our country at large. Persons with far more well-developed understandings and lived personal experiences have written and spoken extensively on systemic racism in many aspects of our society, so I will not attempt to speak on their behalf. One of the many themes that has been clear is a frustration with a lack of voice and representation at all levels.

Candler Park has a long history of diversity and some painful history of discrimination. Research presented by the BiRacial History Project has educated us on such discrimination, including that against residents of the former Rose Hill Community. When we do get back to meeting at the First Existentialist Congregation, we will do so in a building built and formerly occupied by the Antioch East Congregation, many of whom lived in the Rose Hill Community. While most of the original families have moved to other parts of the city and elsewhere, our neighborhood is still a diverse place. Unfortunately, CPNO as an organization does not adequately reflect those diverse voices and faces. All of our officers and committee chairs are white, and that has been largely true for years.

PRESIDENTIAL BRIEFING

My hope is that the movement created by these protests will also bring more diversity to CPNO and other similar organizations. There are so many opportunities to affect change in Atlanta that may appear small at first glance. The work done by CPNO, its committees, and the organizations it supports has a definite impact on quality of life in the neighborhood and the people who live here. They further provide an avenue to interact with several city departments, from the police to public works. I hope many of you can join us and make your voice heard, no matter your background or current involvement. Sharing your voice does not mean that you need to come to every meeting or volunteer to be an officer - many already have too much on their plates. You can always just email me at president@candlerpark.org to share your story or suggest ideas on what we can do to make Candler Park the vibrant and inclusive neighborhood that we all strive for it to be.

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

BOARD of DIRECTORS

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EXTERNAL AFFAIRS OFFICER externalaffairs@candlerpark.org	Amy Stout

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

JULY

- 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 August Messenger!
- 20** CPNO Members Meeting, 7 pm, 1st Existentialist Church

AUGUST

- 5** CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor
- 10** CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor
- 15** Deadline to submit content for September Messenger!
- 17** 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 and watch for membership email notices. All CPNO meetings are open to the public.



CPNO is now a 501(c)3 organization

By Roger Bakeman, Candler Park Resident

On May 20, 2020, the Candler Park Neighborhood Organization (CPNO) was granted 501(c)3 status by the IRS. This is a big deal, and we'd like to explain more about what it means.

Until now we were a 501(c)4 organization—a tax-exempt, non-profit social welfare organization allowed to engage in advocacy and lobbying (think super-PACs). Now as a 501(c)3 we are a tax-exempt, non-profit charitable organization whose stated purpose is to promote the common good and general welfare in the Candler Park neighborhood, but our ability to engage in advocacy and lobbying is limited.

A quick history lesson on how we got here. Although CPNO began meeting in the 1970s, we first formally incorporated in 1980. Why were we not a 501(c)3 organization from the beginning? The answer lies with the political times and the issue that—probably more than any other—has shaped our neighborhood: THE ROAD. Proposed roads that would cut through neighborhoods prompted considerable community organizing in the 1970s and profoundly affected politics in Atlanta from the mayor on down.

If you aren't familiar with this story, you can read about the proposed I-485 highway that would have cut through eastside neighborhoods. Enter <https://en.wikipedia.org/> in your internet browser and then enter "Interstate 485 in Georgia" in the search window. And for more about the community response, enter "Atlanta Freeway Revolts" in the search window.

For many in our neighborhood, CAUTION and Roadbusters—lawyers on the one hand and rabble rousers on the other—remain living memories. For a video about the Roadbusters, enter "http://www.freedompark.org/fpc/about/history-2/" in your browser (or just freedompark.org then About, then History of Freedom Park).

At the time of the road protests, before the rise of super PACs, many neighborhood organizations didn't want to be politically hobbled in lobbying against the road and therefore opted for 501(c)4 status. Tax-exempt donations seemed relatively unimportant. But times have changed, which is why CPNO sought—successfully we are happy to report—this change in our status. Today, the Inman Park Neighborhood Association remains a 501(c)4 while the Grant Park Neighborhood Association is a 501(c)3.

The main practical difference is that contributions to CPNO are now tax-deductible.

This matters if you itemize deductions on your income tax return. It may matter even more for Fall Fest organizers. When asking major corporations to sponsor activities like Fall Fest, often the first question they ask is, are you 501(c)3? And if our answer is no—as it has been—their answer is "sorry." They want, not just the tax deduction, but the assurance that they are supporting a worthwhile activity.

Thanks to this change, donations made on or after May 20th, 2020, can count as tax deductions. You can get in on the fun and donate directly to CPNO, as many of you do when renewing your membership annually or joining CPNO initially.

Personally, there are many people I would like to thank. About two years ago, Chris Fitzgerald—then CPNO and Fall Fest treasurer—prompted me to download the 501(c)3 application from the IRS website. She was tired of being told no when potential Fall Fest sponsors first asked whether we were a 501(c)3 organization. I refused to be intimidated by the 23-page application or the 37 pages of instructions. I was helped by previous CPNO officers, who did things right. The 1980 articles of incorporation were all in order, so thanks are due our initial board of directors: Howard Kress (president), Roben Voight (vice-president), Mike Fallaize (treasurer), and Fred Roberts (secretary). In 2005 the articles of incorporation were restated and appropriately filed with the Secretary of State, so thanks to then president Frederick Rossini. In filling out the form, members of the CPNO board during 2018, 2019, and 2020 were helpful, especially Chris Fitzgerald, Rohini Kukreja, Karin Mack, Bonnie Palter, and Matt Kirk.

In August 2019, IRS confirmed that they had received our application. In December 2019, we were asked to provide additional, detailed information. But the IRS didn't just send the letter, an IRS public servant called me, telling me the letter was coming, and wanting to be sure that I understood the deadline for the required response. In January 2020 we provided the requested information, five pages detailing all our specific activities. In February 2020 IRS asked for one more piece of information, which Matt Kirk provided. And finally May 20, 2020, we got notice that our 501(c)3 status had been granted. Perseverance paid off.



Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO thanks all members who have renewed for 2020!

CPNO welcomes new members

Lauren, Kevin, Taylor, Pearce Gaid, and Eliza Martin and others who wished to remain anonymous

CPNO welcomes new members contributions:

June Deen
The Maddux family
Alex and Paul Curtis
Olivia & Eric Manders
...and others who wished to remain anonymous

A New Candler Park History Webpage

The history page on our web site has been updated—
<https://candlerpark.org/history/>. Check it out. If you see any errors or have other suggestions, please let me know by emailing roger.bakeman.CPNO@gmail.com.

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THE MESSENGER

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The Messenger is the monthly newsletter of the Candler Park Neighborhood Organization. Articles reflect the opinions of authors, and not necessarily those of CPNO, the CPNO Board of Directors, the Messenger or the editor.

Articles must be signed and submitted via email to editor@candlerpark.org by the 18th of the month prior to publication.

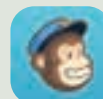
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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

CP ONLINE

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

JOIN CPNO TO GET EMAIL BLASTS



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

MESSAGES & CRIME ON NEXTDOOR



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

LIKE US ON FACEBOOK



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

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Our handle is your handle: twitter.com/CandlerParkATL

Positive - Art in the Time of Covid

An Exhibition in the doors and windows of the gallery 378

Source: 378 email notice

The last three months have been a terrible time for all people. Disease, isolation, economic distress, political trauma and personal trauma have touched people in many ways. With the necessity of social distancing, 378 (the art gallery on Clifton behind the Flying Biscuit) displayed a new exhibition in its windows during the month of June.

The exhibition Positive was a showcase of 19 artists presented in the windows and doors of the gallery. The art included represented works created by these artists since the pandemic began. The majority of the work was site specific created to fit into the small panes on the front window of the gallery.

Artists of Positive: Lisa Alembik, Temme Barkin-Leeds, Rose Barron, Pat Borow, Sarah Byrd, Deidra Lynn Currie, Elyse DeFoor, Sally Eppstein, David Godbey, Terry Hardy, Karen Hennessee, Deborah Heidel, Krista Jones, Stephen May, Richard Perano, Lisa Shinault, Alli Royce Soble, Cindy Zarrilli, Tom Zarrilli

378 plans to fully reopen the gallery space in August.



The windows of 378 showcased pandemic inspired art and allowed for socially distanced visiting.



Shadowing in Candler Park

By Roger Bakeman,
Candler Park Resident

In my youth, years before any TV signal reached my small hometown, one of my favorite radio shows asked: who knows what evil lurks in the hearts of men? Jogging in Candler Park with a friend some years ago, I thought again of that question, but expanded to think of more than just evil and more than just men.

Starting to puff up the hill to the tennis courts, we noticed a young woman pushing a stroller ahead. As we approached, she turned around, didn't look at me at all but at my running partner—and I was amazed by the sudden welling of abject terror on her face as we briefly overtook

and passed her. By now, you may have figured out that my running partner was black. For a white boy like me, it was an epiphany, an experience of the world all too familiar to my friend.

I have often wondered since whether she was a reflective sort, this neighbor of ours. After that surge of adrenaline, in a moment of insight did she see its source and find it unwelcome to her more reflective self. In that moment of light, did she come to understand it and banish it? And before we get too smug, what lies lurking in our own hearts. Does the Shadow know?

Are We There Yet?

By Lexa King, safety@candlerpark.org

Remember those days of taking rides in the car after church on a Sunday afternoon? Sometimes going to visit relatives we didn't often get to see because they lived a few towns away. My Aunt Adele and Uncle Harry had a place in the hills outside of

Buffalo in Colden. They built a lovely, comfortable house on their land, but it also had a man-made pond and some woods for exploring on the property. I was the youngest of the group of cousins who would often show up on those Sunday afternoons. We would fish in the pond, play games, walk in the woods, tease each other and, probably my favorite, lounge in hammocks reading books and drinking lemonade. They also had a pit where they would often roast a suckling pig for an early evening feast. Good times.

But the ride there seemed like torture. As a kid, I often got car sick. And the windy roads through the hills to get to our destination exacerbated the condition. It seemed like an endless journey. "Are we there yet" became my mantra. I'm sure those conditions were the source of many of the arithmetic problems we saw on tests in school. "If a car is going 45 miles per hour...." In that situation it was pretty easy to estimate how much longer remained of the journey. Some calculations are not so easy.

We are in uncharted territory these days. We have no idea the distance remaining to our destination. When will it be safe to resume our previous way of life? When can we safely go back to seeing movies in a theater with a huge screen and bunches of strangers? When can we sit near other folks in restaurants and feel safe from infection? When can we gather in large groups to hear music? Or dance? Or worship? When will there be a vaccine? Will it be safe with few possible side effects? How effective will it be? And if it doesn't work on us, when will there be a cure available? So many unknowns. For now, the universal answer is, We Are Not There Yet.

For some of us, the idea of staying home to be safe is not very difficult, challenging or painful. We have a great, safe, pleasant, beautiful neighborhood with pretty houses and gardens, several parks and interesting shops. But, some of us don't get around very well. And some living spaces are fairly small and restrictive. Anybody out there feeling isolated? Lonely? Claustrophobic? Bored? The list of negative possibilities seems endless. There must be ways to deal with them. Candler Park Forever wants to help.

We started the year with monthly presentations at Neighborhood Church to serve a couple of purposes: to expand our knowledge of things pertinent to Seniors and to bring us together and solidify the Senior residents of the neighborhood. Unfortunately, because of COVID-19, the monthly sessions came to a forced halt after February. We resumed a form of the gatherings on June 24 with an online presentation by the experts at Brannon Napier Elder Law. In July, we are trying a new approach in response to COVID-19 by holding weekly Coffee Chats. Generally, these gatherings happen online on Thursday mornings at 10:30AM. We are exploring a range of topics including things like loneliness, isolation, depression. Check the CPNO website for information on the links to join us. And, as usual, you can always call, text or message me with any questions about Candler Park Forever, 404-452-9898 or lexaking@gmail.com. See you on the internet!



Provide Your Input to ActivateATL

The City of Atlanta's Department of Parks and Recreation is kicking-off a planning effort for their new 10-year comprehensive master plan, *ActivateATL: Recreation and Parks for All*. Park Pride has been tapped to support and facilitate the public engagement strategy that will inform the plan.

The Freedom Park Conservancy encourages all residents to check out the project website, <http://www.activate-atl.com/>. There is a bunch of information there, including videos, an app to provide site-specific feedback on parks, and an online survey. The more CPNO residents that provide feedback, the better. Don't forget to take the survey!

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- Join us at one of the upcoming Virtual Public Input Workshops!

To all of our dedicated neighbors working in hospitals, grocery stores, home services, restaurants, our teachers, and other essential workers keeping us going through this uncertain time,

we thank you.

KDA&Tlehs



ELDER is a temporary mixed medium installation created to honor the faculty and students of the David T. Howard School, and acknowledges the historic and senior members of Freedom Park's surrounding community.



The hands are cast from the actual hands of community members.

Freedom Park Conservancy Completes Installation of Site-Specific Public Art Project, "ELDER," and Turns Over A New Leaf

Source: Freedom Park Conservancy Press Release

Freedom Park Conservancy is excited to announce the installation of ELDER, a site-specific public art project by lead artist Masud Olufani, in commemoration of the restoration of historic David T. Howard Middle School in Atlanta's Old Fourth Ward neighborhood, and in partnership with Atlanta Public Schools and Parrish Construction Group.

ELDER is a temporary mixed medium installation created to honor the faculty and students of the David T. Howard School, and acknowledges the historic and senior members of Freedom Park's surrounding community—both the people and the trees—for their stability, witnessing, and role in providing a foundation for future generations.

Originally opened in 1923 as an elementary school and converted to a high school in 1948, David T. Howard High School was named for David Tobias Howard, a former slave who owned Atlanta's largest black-owned undertaking business and donated the original 7.5 acres for the school's campus. The high school was one of only two serving Atlanta's African-American community during the era of segregation. ELDER was commissioned by Freedom Park Conservancy to commemorate the 2020 restoration and reopening of the site as David T. Howard Middle School.

ELDER combines the body of one of the original trees on the school's site, a 100-year-old American elm tree, with hand castings of David T. Howard High School alumni. The union of the tree and the hands brings together two symbolic representations of history, with memory marked by the human figure and the natural landscape simultaneously.

"Freedom Park Conservancy has taken tremendous initiative in curating and commissioning this thoughtful public art," says Samara Minkin, Manager of Public Art for the City of Atlanta. "It is my hope that ELDER will engage the students of David T. Howard Middle School,

their families, the neighborhood, and the thousands of citizens and visitors who move through Freedom Park every day."

This is the first public art commission by Freedom Park Conservancy, and represents an important shift in scope for the park. Designated as an Atlanta Public Art Park in 2007, Freedom Park has been a frequent site for public art since its very first installation in 1996 (Evan Levy's "Wire Tornado"); from that moment until now the park has hosted numerous temporary and permanent installations by artists from all over the world. However, ELDER signifies Freedom Park's intent to expand its role in Atlanta's arts ecosystem.

"For us, ELDER is like turning over a new leaf," according to Freedom Park Conservancy Board Chair Harriett Lane. "Freedom Park has an important legacy in the areas of art, activism and nature, and by increasing our capacity to commission public art, we get to reinforce that legacy for future generations. ELDER is an important first step in that direction."

ELDER is located in Freedom Park, across from David T. Howard Middle School, near the intersection of John Wesley Dobbs Avenue and Howell Street. A formal dedication of the sculpture will coincide with the commemoration of the reopening of the school in the historic Old Fourth Ward neighborhood in Fall 2020, with accompanying virtual programming during the life of the project.

"Arts are a window to our soul, dreams, and reflections. When public art, like the ELDER Project, engages longtime residents and alums of David T. Howard High School, it not only reflects our city's history, it was literally created by it," says Atlanta City Councilman Amir Farokhi. "What a treasure this piece is for the city: past, present, and future."

This public art project is funded, in part, by a grant from South Arts in partnership with the National



Masud Olufani is an Atlanta-based multidisciplinary artist, actor and writer.

Endowment for the Arts and the Georgia Council for the Arts. This project is also generously supported by Meredith Artley and Naka Nathaniel.

For more information about ELDER, please visit <http://www.freedompark.org/fpc/> or contact Nancy Boyd at nancy.boyd@gmail.com.

Freedom Park Conservancy is a 501(c)(3) nonprofit organization whose mission is to promote the improvement and preservation of the park for the benefit of a diverse public. Our vision is for Freedom Park to be Atlanta's most innovative green space, celebrated for its inspiring origin and beauty.

Masud Olufani is an Atlanta-based multidisciplinary artist, actor and writer. He is a graduate of Morehouse College and the Savannah College of Art and Design where he received an M.F.A. in sculpture in 2013. His work has been featured in group and solo exhibitions nationally and internationally. He is the recipient of numerous grants and awards, including a South Arts Prize state fellowship; a MOCA Working Artist Project Grant; and a Southwest Airlines Art and Social Engagement Grant. He is currently an Artist in Residence at the Atlanta Contemporary Art Center. His writing has been featured in Scalawag Magazine, Burnaway, Bahai Teachings, and he was a contributing writer for the Jacob Lawrence Struggle Series catalogue published by the Peabody Essex Museum. He is the co-host of Retro Report on PBS, a primetime investigative news show that analyzes news events through the lens of history.

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Protest for Racial Justice in Freedom Park

By Susan Rose, editor@candlerpark.org

In the afternoon of June 5th, more than one hundred people assembled at the Edgewood Kroger and proceeded along Moreland Avenue to Freedom Park carrying signs, cheering and chanting “No Justice, No Peace,” “Say Her Name, Breonna Taylor,” and “Black Lives Matter.” In the park, a vibrant young African American man (whose name I sadly did not get) led the crowd and started by saying:

“I believe in the power of unity. And I believe that when we speak out not only does it echo and reach out in the earth and the atmosphere but also makes the ground tremble. On the count of three we’re going to scream out ‘justice’ at the top of our lungs. And we’re going to scream until we have no more breath left because we want America to hear us. We want everyone who has been hurt to hear us. We want the world to hear us that we want justice!” A long, loud scream of ‘justice’ followed.

He led the group in prayer while everyone knelt on one knee. Afterwards, everyone stood and held one hand in the air in solidarity for 8 minutes and 45 seconds which was the amount of time the Minneapolis police officer held his knee on George Floyd’s neck killing him. Before beginning the walk back to the Edgewood Kroger, the group sang Amazing Grace. Throughout the peaceful assembly in the park and walk, drivers in cars and trucks along Moreland honked their horns in support.



A group of neighbors created a chalk memorial to black lives lost on the sidewalk at the corner of McLendon and Mell Avenues.





► For a several weeks in June, people gathered every day from 5:15 - 6:00 pm on Ponce de Leon at Clifton Road to express their support for Black Lives Matter.



Staying Connected is Crucial During this Pandemic

By Jennifer Wilds, membership@candlerpark.org

Everyone asks at the beginning of each phone call and video conference right now, “how are you doing during this?” but are we really waiting for the answer? We are all going through this challenging time right now but it may look and feel very different to each one of us so we need to try to be mindful of the thoughts and feelings of others. Some people have loved ones that have died, some are unexpectedly full time caretakers all day every day, others are facing job cuts and food insecurities, some are battling addictions and mental health struggles, others will not have a much anticipated and deserved graduation and so many are on the front lines fighting every day for all of us to get our groceries and to be safe from harm.

“Social distancing” cannot mean social disconnectedness. More than ever, we need the value of connecting with neighbors and loved ones and we have to be more intentional about how to do that with each other.

Look around and see what you can do in your community or among a common group. People are being super creative ~ have you seen Tik Tok? If that is not your speed, I know someone who is putting together a weekly care package for a small group with a different activity every week ~ they have tie dyed shirts together, learned how to make Mocha Frappuccinos and this week is Netflix week when they will all watch a movie together with cozy socks and popcorn. Leave the house with intention to connect with someone you don’t know with a smile or a nod even through your mask ~ they will see you smiling with your eyes.

Some things that we can all do to stay connected at this time include:

- Take a picnic to the park ~ everyone can bring their own individual meal, take out their own garbage and maintain at least six feet of distance
- Join a walking or exercise challenge with friends across the street or across the globe
- Write a card, email or text just to let someone know you are thinking about them ~ better yet, pick up the phone and call someone you have not spoken with recently
- Start coloring or drawing a picture or piece of artwork and send to someone else to finish
- Cook or do a hobby together over videoconference
- Start to learn a new language and practice with a friend
- Practice gratitude ~ share daily or weekly things that you are grateful for at this time
- Participate in an online support group
- Volunteer ~ there are many individuals and organizations that could use help right now from

Continued on page 11

Georgia COVID-19 Emotional Support Line

866-399-8938



The Georgia COVID-19 Emotional Support Line provides 24/7 free and confidential assistance to callers needing emotional support or resource information as a result of the COVID-19 pandemic. The Emotional Support Line is staffed by volunteers, including mental health professionals and others who have received training in crisis counseling.

A partnership between The Georgia Department of Behavioral Health & Developmental Disabilities, Beacon Health Options and Behavioral Health Link.



Georgia Crisis & Access Line

1-800-715-4225

mygal.com



Georgia Crisis and Access Line (GCAL)
1-800-715-4225

GCAL is available 24 hours a day, 7 days a week and 365 days a year to help you or someone you care for in a crisis.



CARES Warm Line

1-844-326-5400

Substance Abuse Challenges
Call or Text Every Day of The Year
8:30AM - 11:00PM



COVID-19 Hotline

(844) 442-2681

The State of Georgia has a new COVID-19 hotline. If you believe that you are experiencing symptoms of COVID-19 or have been exposed to the novel coronavirus, please contact your primary care doctor or an urgent care clinic. Please do not show up unannounced at an emergency room or health care facility.



Peer2Peer Warm Line

Operating since the opening of the Peer Support and Wellness Center of Decatur in 2008, the warm line provides Georgians the opportunity to receive peer support over the phone 24 hours a day.

How to contact the Peer2Peer Warm Line
Call 888-945-1414 (toll-free) statewide, or locally:
Decatur: 404-371-1414
Barlow County: 770-276-2019
Colquitt County: 229-873-9737
Henry County: 678-782-7666
White County: 706-865-3601

Stay Connected Continued

a physical distance (make masks, make calls to check in on seniors or solicit donations, virtually tutor or mentor a young person, help a neighbor with outdoor chores or shopping.)

- Create a scavenger hunt for youth or adults in your community

When you ask the question of how someone is doing, I encourage you to really listen for the answer. A friend, or even a stranger in my experience, may really tell you how they are feeling and provide you with an amazing opportunity to help them get through a challenging situation. If you know someone who is struggling, learn what signs of suicide may look like and open yourself up to having a conversation with someone if you have a concern about them. Help guide others to a local support or resource and offer hope and encouragement.

Warning signs that indicate a need to take immediate action to support may include:

- Talking about wanting to die or killing oneself
- Looking for a way to kill oneself, such as searching online, obtaining a gun or storing medications
- Talking about feeling hopeless or having no reason to live

- Talking about being a burden to others
- Giving away possessions
- Drastic changes in moods and behaviors, increased anger or irritability
- Engaging in risky behaviors
- Increase in substance use

There are many support options available right now. Please, reach out and connect!

Georgia COVID-19 Emotional Support Line ~ 866.399.8938

Georgia Crisis and Access Line ~ 800.715.4225

Cares Warm Line ~ 844.326.5400

Georgia Department of Public Health COVID-19 hotline ~ 844.442.2681

Peer to Peer Warm Line ~ 888.945.1414



3 Organizing Projects to Do While Staying Home, Safe and Sane

By Gigi K. Miller, Professional Organizer and Candler Park Resident

The Pantry

1. Remove all items and wipe down shelves.
2. Check expiration dates on food items and spices.
3. Sort into like categories such as breakfast, snacks, pasta/rice, drinks, baking, and spices.
4. Use bins or baskets to keep items contained.
5. Label, label, label.

Divide and Conquer Your "Junk" Drawer

1. Remove all items, wipe down drawer.
2. Sort items into keep, toss, donate, or store somewhere else.

3. Decide what items need to live in your new "important supplies" drawer.
Examples:

- Pens
- Writing Pads
- Batteries
- Scissors
- Tape
- Stamps

4. Use drawer organizers to divide and conquer the clutter.
5. Store back-ups somewhere else in the home and replenish when supplies run low.

Tackle Your Closet

1. Take it one area or category at a time.
2. Remove and sort items into keep, donate, or toss.
 - You can also try selling online or at your local consignment store.
3. Organize by type, then color.
4. Toss the wire hangers!
5. Closet Confession: We wear 20% of our closet, 80% of the time.

Gigi K. Miller founded Vision Organizing, LLC with the mission to create customized, professional organizing solutions for home, work, and life that are simple, practical, and easy to maintain. www.VisionOrganizing.com

What Acid Reflux Is and How to Ease Its Symptoms

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

Acid reflux is very common. In fact, it's estimated that 10 to 20% of the world might experience acid reflux symptoms.

But what exactly is acid reflux?

In the center of your chest, there is a small, muscular tunnel that separates the end of your esophagus from your stomach. It's called your lower esophageal sphincter (LES). When you're eating, it should be open and loose, so food can travel to your stomach. But at all other times (unless you need to vomit), it should be tightly closed. This prevents all food and digestive fluids from traveling upward. Acid reflux is just having a loose sphincter when it should be tight, and stomach acids in the wrong place. It does not mean that there is too much stomach acid.

Let's get into those stomach acids. Your stomach produces a few digestive acids. A primary one is hydrochloric acid (HCl), which breaks down proteins. As part of your passive immune function, it kills pathogens that could linger in your intestines. Another key "digestive juice" component is pepsin, a digestive enzyme that breaks down protein. HCl activates pepsin and starts protein digestion.

Acid reflux is painful because when digestive acids are in the wrong place, it hurts. One reason it hurts is the acidity itself. Pepsin is so acidic, if it's in the wrong place it can digest your stomach tissue instead of the food you consumed. Your stomach tissue is, however, coated with mucus to protect you from the pain of digestive acids. Your esophagus is not coated with mucus so when those acids bubble up it causes pain.

How can you treat acid reflux?

Here are a few easy-to-follow tips for tackling the causes of your acid reflux and improving the quality of your health and life.

- **Slow down at mealtime**
The average American eats too quickly. We don't chew our food enough and it can cause pain in our throats and stomachs. Instead, try slowing down and chewing more thoroughly. Avoid drinking too many liquids with your meals. You might even be surprised to notice your food tasting better!
- **Limit your beverages while you eat**
Of course, some water with each meal is fine but many people tend to gulp down drinks as they eat. Too much liquid during meals can dilute your stomach acid and make it less potent. Gas builds up and puts pressure on the LES, causing symptoms of acid reflux. Try to instead get your hydration in between meals, and use water at mealtime sparingly.
- **Opt for smaller portions and meals**
Research shows that people who eat smaller meals have better digestion. When we eat slowly, we feel full faster and we give our stomachs more physical space for the act of digestion to place in. Many people experience dramatic acid reflux relief when they make it a habit to stop eating when they feel about 80% full.
- **Make sure your clothes aren't too tight**
Tight skirts, pants, or belts put pressure on the digestive organs. This can push food and digestive fluids physically upward and beyond your LES. Try to wear more comfortable, and slightly looser fits, around your waist and stomach.
- **Get your magnesium in**
The USDA estimates that the majority of Americans don't get optimal intake of magnesium. It's less present in our agricultural soils now, so it's less present in our foods! Low magnesium can cause

your muscles to be too tight or to spasm erratically, including your LES.

- **Track which foods cause you pain**
This seems like common sense, but unfortunately many Americans continuously eat foods that irritate their LES. Keep a mealtime diary and track your symptoms, so you can get a better picture of which foods are triggering your acid reflux. The most common food triggers are cooked tomato sauce, citrus juice, coffee, black tea, soda, alcohol, spicy foods, fried foods, chocolate, or minty foods.
- **Avoid food before bedtime**
Many people report that their reflux is worst at night. This is because when our muscles relax at bedtime, if food isn't entirely digested yet it can make its way back up your LES once you're horizontal. Generally, try not to eat or drink anything for 2-3 hours before bedtime. This can also help improve sleep!
- **Practice habits that reduce stress**
These days, it feels impossible to avoid stress. Americans in general go through life very quickly, with lots of pressure on themselves. However, when our nervous system experiences stress, our bodies cannot rest or digest the way they need to. Introduce habits into your life that reduce stress, like a meditation practice or reading some great books.

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 resident Don Bender in front of the Redwood Lounge on March 1, 1977. the Lounge later became Little Five Points Pub. Photo courtesy of Georgia State University Library.

Memories of the Redwood Lounge in Little Five Points

By Jennifer J. Richardson, Candler Park Resident

I was twenty years old and on a bad date that was about to take a big nosedive. I'd been asked to go for dinner and a drink by a man on the fringe of my circle of friends. I'll call him Leonard.

Before the main story begins, however, I'll reveal that I used to regularly pass the Redwood Lounge on Moreland Avenue with my grandparents because we took that route going to their home in Henry County. And Grandmother, being a T-totaler and bastion of all Methodist values, would always remark that the place was "what led people astray on their path to purity" and that "nice people didn't go there." And I would look out the car window to see the doors that were the entrance to hell and my curiosity would be ignited. The proof that hell existed inside was that it had no windows you could see through—so who knew what went on there?

So Leonard took me up to Little Five Points, and we headed toward the Redwood Lounge. All I recall of the exterior was that it was covered with lighted beer signs. Inside, it was dark and the floor was sticky. There were a few booths, and a large open space for dancing to music from the jukebox in the corner. The place was full of people that I, in the ignorance of youth, labeled "rednecks." There were men in tight jeans, boots, and cowboy hats, and women in tight jeans and tight blouses with teased up bottle-blond hair and pink lipstick. Adjacent to the dance floor was a bar where a row of single men sat celebrating their victories or numbing their sorrows one glass at a time—and all alone.

Leonard and I sat at a booth. I perused the

menu, and being a vegetarian even back then, soon realized that there was not a lot on the dinner menu that I could eat. Leonard ordered a cheeseburger and beer, and I ordered French fries and a ginger ale. It was a good thing the music was so loud, because Leonard and I had nothing to say to each other anyhow. Country music was blaring, and dancers were doing the Texas Two-Step or the Tennessee Swing. I remember hearing Brenda Lee sing "I'm sorry" and Tammy Wynette sing "Stand by your man", Johnny Cash's gravel voice singing "Ring of Fire." Then there was the man who had on tan, yellow and orange plaid slacks and a madras plaid shirt that didn't match the pants. His hair was slicked back in what we called a duck tail. He must've spent five dollars in nickels playing "Your Cheating Heart" over and over. I'll bet he had a story to tell.

Somehow, I convinced Leonard to take me home after our "dinner and a drink". Later on, one of my friends told me Leonard bragged that he wanted to date me because "She owns a house near Little Five Points."

The Redwood Lounge had a shady history of fights, falling down drunks, women slapping men, and men threatening others with knives. The worst story I heard was when two drunks were in a fight. One tried to leave and ran south down Moreland Avenue and the other drunk chased him on foot and shot his gun in the general direction of the person fleeing, with bullets flying down Moreland.

So this was the state of things when Don Bender

and some others purchased the Redwood and did renovations and re-named it the Little Five Points Community Pub. It still sold alcohol, and it had food you could actually eat. In the back was the "Community Room" which could be used by neighborhood organizations, and where a dedicated staff laid out the old BOND Community Star newspaper for years. The inside of the Pub was well lit and welcoming and in no time, it was hosting community members and families for dinner.

On opening night of the new Pub, I was there. A lot of the community showed up for the festivities. But so did the old Redwood Lounge crowd. Someone dropped some change in the jukebox (which was still there) and dancing, quarreling and too much drinking ensued. The dancing was stopped and soon the Redwood patrons realized that their favorite watering hole had been gentrified. I'm not certain, but I think the Redwood patrons moved further south down Moreland Avenue to the Starlight Lounge.

There is a punch line to this story: Some years after the Pub opened, I received a call from Leonard around 9:00 p.m. Perhaps he hadn't given up on dating someone who owned a home near Little Five. He invited me to go for a drink at the Pub. I told him it was a bit late for me to be going out and I didn't want a drink anyhow. He said, "Well, I don't have a car and I do want a drink. Can you come pick me up and drop me off at the Pub?" My answer was, "no." And I never heard from him again.

June 15 CPNO Members Meeting – draft minutes

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

The meeting was called to order at 7:02 pm by Matt Kirk, President. The motion to adopt the amended agenda passed. The motion to approve the May minutes passed.

Unfinished Business:

- Motion to adopt the changes made to the NPU N Bylaws passed.

New Business:

- DeKalb Cycle Track: Motion to support the extension of the cycle track north to Ferguson with the conditions as written failed.
- Stop Sign at Ferguson and Iverson: Motion to support the placement of a 4-way stop sign with painted crosswalks and stop lines at Ferguson and Iverson passed.

Announcements:

- CPNO is now a 501c3. Donations are tax deductible.
- Treasurer Report- Karin Mack, Treasurer, displayed and explained the monthly balance sheet.
- L5PA- Miguel Granier, CPNO Representative, encouraged attendance(virtual) at the Mobility Workshops which are to be held June 18, 5-7 pm or June 19, 3-5 pm. There is also a video on YouTube.com.

Zoning: Emily Taff, Zoning Officer

- Z-20-36 is a proposal to delete Neighborhood Design Standards citywide. The only change was the setback for a garage- 10ft to 6ft. No Membership vote was needed.
- Z-20-42(R5 rezoning) -- Changes in the proposal were explained, i.e., expansion of the area to include all of the R5 zoning in Candler Park. Lori Leland, Dept. of Planning and Development was in attendance to answer Residents' questions. Motion to approve Z-20-42 as written passed.
- Motion to support Z-20-42 passed. Schedule for Z-20-42 is: July 25 - NPU-N for Vote; tentatively July 9 or 16 - Zoning Review Board; tentatively Aug. 12 - Zoning Committee of City Council; tentatively Aug. 18 - full City Council.

The meeting was adjourned at 8:41 pm.

Submitted by Bonnie Palter, Secretary

June 15, 2020

Candler Park Conservancy Update

By Ken Edelstein, Conservancy Board Member

Covid's been hard on everyone, but it's truly underscored what a great resource Candler Park is for our community. Neighbors have relied on this stellar greenspace as never before -- for both physical and mental health. We urge people to continue to do so in a responsible, socially distant manner!

The big news this month:

The golf course has reopened! While it was closed, kids and adults took advantage of access to the fairways, woods and wetlands. Thank you to all the folks who were careful not to damage the greens, the tee boxes and other vulnerable parts of the course.

Both for their own safety and to respect golfers, we urge other park visitors to stay off the course during golfing hours (7am-7pm). And we urge golfers to keep an eye out for park users who may have gotten used to wandering onto the course while it closed. Please, be patient and kind with one another.

Heavy use of the course during the interim has prompted some in the community to call for free-use days during which people will be free to walk around the park. This also happens to be a recommendation in CPNO's neighborhood Master Plan, which was adopted by the city in 2014. Consistent with these requests and the Master Plan recommendation, the Conservancy is asking that the city test closing the course for one day each week for 60 days. The city already is engaged in a similar experiment at Chastain Park's 18-hole course. Given the increasing demand for greenspace during the pandemic, this seems the perfect time to see how this might work.

In other news ...

- Covid-19 has upended the Candler Park Conservancy's drive to repair and enhance the park's Active Lawn. We had been challenged to raise \$750,000 by November of this year to match a major grant from Park Pride for this \$1.2 million project, which is a priority of CPNO and many others in the neighborhood. We've had to put that on hold. Like other Park Pride grantees, we've received an extension to raise matching funds for the grant. We're continuing to plan the project and hope to crank fundraising back up as soon as we get a better idea of the timeline.
- Also because of Covid-19, we've been forced to cancel or postpone multiple events, including our annual Beaver Bash, which was to be held May 3. Frowny face. We're continuing to monitor conditions in the park and to advocate with the city for maintenance and improvements. We'll also keep members and the larger community informed as we reschedule activities and/or hold them virtually.
- Over the next few months, you may notice a small landscaping project in an underused section of the park. This is a memorial garden honoring Amy Erwin. Amy was a founding board member of the Conservancy, whom we lost in 2018. In her honor, friends and family members have raised the money to activate the underused section of the park just west of the concrete walk that leads from the picnic pavilion up toward McLendon Avenue. The woodland garden designed by landscape architect Jacob Lange of Starr Whitehouse will provide a location for meditation and reflection overlooking a beautiful natural area of the park.

CPNO Officer and Committee Reports for June

Zoning-Emily Taff

Candler Park Neighborhood Organization

Wednesday, June 3, 2020

Google Meet Video Conference

All members were in attendance via Google Meet. Others in attendance included a neighbor and Lori Leland-Kirk, Planner with the City who is helping us with the R-5-C proposal.

R-5-C - updates/discussion - Vote will be at the CPNO Member Meeting, June 15. Reviewed original Conditions (1-5) and additions to the Conditions after the May neighborhood meeting and further consultation with the city:

- There shall be a front yard having a depth of not less than 30 feet or the average front yard depth of the adjacent residential properties, whichever is greater.
- For a duplex: The maximum floor area ratio shall be 0.55 of the net lot area.
- Maximum lot coverage within this district shall not exceed 50 percent of the net lot area.
- Two family dwellings and duplexes shall have a minimum of one parking space per dwelling.
- There shall be a walkway connecting the front porch to the public sidewalk.
- add Elmira Street to the proposed rezoning area based on similar lot size to the streets in the core area
- Building Length Off-set: No side wall shall be longer than 40 feet without an off-set of at least 2 feet in depth and at least 5 feet in length
- Window Fenestration: Window fenestration shall be provided along the side facades of the principal structure for a minimum of 10 percent of the side façade area.
- Relationship of building to street: Because there is currently a proposed ordinance Z-20-36 by City Council to delete the Neighborhood Design Standards in residential areas citywide (full Ordinance here), we requested that the Neighborhood Design Standards as currently stated be included as Conditions in the R-5-C draft. In the code this is titled "Relationship of building to the street."

The legislation was introduced at City Council by Amir Farohki on June 1 with the conditions above. Committee discussed removing a couple of particularly small lots from the proposed rezoning as they are already at or over the lot coverage/FAR. These lots occur at the southern end of Mell and Elmira. Emily will send this request to the City. Discussed the parking minimum condition and whether to eliminate the parking requirement OR make a parking

maximum. It was decided to leave as is. Zero Lot Line (ZLL) - was suggested for removal. ZLL allows for an existing two-family structure on a lot to be divided down the middle in order to sell the separate units. At the time, the committee felt that this was an ownership issue and it was best to tackle the issue of size and scale straight on, although removal of the ZLL seems likely create less of an incentive for developers to build very large two-family structures.

On June 13 the zoning committee held an e-vote, in which The Zoning Committee supports the Ordinance Z-20-46 with changes to the Conditions that have occurred after discussions at the June 3 Zoning Committee meeting and at the June 10 public meeting—including changing the area to be rezoned to include ALL of R-5 in Candler Park. motion passed unanimously.

Z-20-36 - Remove Neighborhood Design

Standards: phrase a resolution to vote on at the June CPNO meeting regarding the proposed Ordinance:

Candler Park Neighborhood Organization does NOT support the Ordinance to delete sections 16-06A.012, 16-06B.012 AND 16-07.012 "Relationship of building to Street" in their entirety—or in part—from R-4 and R-5 zoning.

DeKalb Cycletrack proposal: The Atlanta Bicycle Coalition is seeking neighborhood support regarding the extension of a DeKalb cycletrack west from Elmira to provide access to the Edgewood/Candler Park MARTA station. The Zoning Committee does not feel that the neighborhood would support extending the cycletrack all the way to Oakdale as this would mean the removal of a left turn lane north onto Oakdale. The committee recommends the following voting item to CPNO Board for Membership meeting.

Candler Park Neighborhood Organization supports extending the protected cycletrack on DeKalb to Ferguson and ensuring the micromobility pathway to the MARTA transit is identifiable and safe—with the condition that it does not eliminate existing street parking on Ferguson, Iverson, or Oakdale.

Additional items discussed included the sale of 1392 and 1394 McLendon, historic commercial properties zoned R-LC. We believe any significant changes to these properties would require a variance. The question of Verizon 5-G towers on Josephine was brought up but these are likely utility boxes on existing poles, not "towers."

Freedom Park Conservancy-Christina Moore, CPNO Representative

Completed installation of ELDER, the site-specific public art project by Freedom Park Conservancy and Atlanta Public Schools, featuring a sculpture by lead artist Masud Olufani.

This is the first public art commission by Freedom

Park Conservancy, and represents an important shift in scope for the park. Designated as an Atlanta Public Art Park in 2007, Freedom Park has been a frequent site for public art since its very first installation in 1996 (Evan Levy's Wire Tornado); from that moment until now the park has hosted numerous temporary and permanent installations by artists from all over the world. However, ELDER signifies Freedom Park's intent to expand its role in Atlanta's arts ecosystem.

ELDER captures the ongoing legacy of nature, history, and citizen-led advocacy associated with Freedom Park, and honors the senior members of the park's surrounding community—both the people and the trees—for their stability, witnessing, and role in providing a foundation for future generations.

Click here for more resources related to ELDER, including a press release and lots of amazing images. (I have attached a copy of the press release as well!)

This public art project is funded, in part, by a grant from South Arts in partnership with the National Endowment for the Arts and the Georgia Council for the Arts. This project is also generously supported by Meredith Artley and Naka Nathaniel.

For more information, please visit <http://www.freedompark.org/fpc/> or FPC Board Member Nancy Boyd at nancy.boyd@gmail.com

The City of Atlanta's Department of Parks and Recreation is kicking-off a planning effort for their new 10-year comprehensive master plan, ActivateATL: Recreation and Parks for All. Park Pride has been tapped to support and facilitate the public engagement strategy that will inform the plan. FPC encourages all residents to check out the project website, <http://www.activate-atl.com/>. There is a bunch of information there, including videos, an app to provide site-specific feedback on parks, and an online survey. The more CPNO residents that provide feedback, the better. Don't forget to take the survey!

Education-Dana Fowle

Atlanta Public Schools still plans to start school August 10. But, how it will open is still undetermined. As of this writing, APS had planned two town hall meetings to discuss three potential scenarios for opening schools. Look for links to those meetings on the APS website. (June 18, in English, and June 22 in Spanish, on the APS website.)

The scenarios are: face-to-face, virtual or hybrid. Attached are three pages from the Feasibility Study Recommendation Re-Opening Study Group. A final decision is expected mid-July.

The new superintendent Dr. Lisa Herring begins her job officially July 1. She has been working as a consultant to prepare for the fall school year.

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.)

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