

INSIDE THIS MONTH'S MESSENGER

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Call for 2021 CPNO Board Officers

By Matt Kirk, president@candlerpark.org

In the July edition of the Messenger, we had a "Call for Diverse Voices." I hoped that one localized positive development of the movement this Summer would be bringing more diverse voices to CPNO. That call goes out again and with more urgency and specificity - we need Officers of CPNO for 2021. That being said, we are an all-volunteer organization, and we will take all volunteers! We have a place for everyone; we can find a role that fits your skill set and interests. CPNO has nine officers that make up the Board of Directors: President, a Treasurer, a Secretary, a Membership Officer, a Zoning Officer, a Public Safety Officer, a Fundraising Officer, a Communications Officer, and an External Affairs Officer for NPU-N. While several of the current officers are rolling off due to Bylaws requirements or personal choice, each position could be replaced by a vote!

One impact of the Covid-19 pandemic is that most of these positions have been less work than usual. With Zoom meetings and legal/practical constraints of most activities, much of the work we've been wanting to do has been put on hold or substantially diminished. However, with any luck and a whole lot of science, at some point 2021 will give us a major turnaround and allow numerous openings to make positive impacts in Candler Park and Atlanta as a whole. You may be surprised at the number of opportunities that pop

PRESIDENTIAL BRIEFING

up in Officer's inboxes to provide input and more generally interact with multiple city departments and organizations, both large and small. This is a real chance for those of you with interest to effect real change and maybe keep alive some of the good traditions - like Fall Fest.

Now, for the mechanics - Article IV of the Bylaws only allows nominations of individuals who have "attended at least at least two CPNO meetings within the previous twelve months, either regular member meetings, or committee meetings, or one of each." Nominations will be made by the Nominating Committee at the October neighborhood meeting for each office. Also note that our Members may nominate other candidates from the floor. If you meet these qualifications and have interest, please make yourself known as soon as you can - feel free to email me at president@ candlerpark.org, and I will connect you with the right people.

The vote will take place at the November neighborhood meeting. This will not be the most important vote that you cast in November, but we want you to be a part of it!

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

Matt Kirk president@candlerpark.org

MEMBERSHIP OFFICER Jennifer Wilds membership@candlerpark.org

TREASURER Karin Mack

treasurer@candlerpark.org

SECRETARY Bonnie Palter

secretary@candlerpark.org

ZONING OFFICER Emily Taff

zoning@candlerpark.org

PUBLIC SAFETY OFFICER Lexa King safety@candlerpark.org

COMMUNICATIONS OFFICER Ryan Anderson communications@candlerpark.org

FUNDRAISING OFFICER Matt Hanson fundraising@candlerpark.org

EXTERNAL AFFAIRS OFFICER Amy Stout externalaffairs@candlerpark.org

Find a complete list of CPNO committee chairs, representatives and other contacts at www.candlerpark.org.

MEETINGS

CPNO Members Meetings are held every third Monday at First Existentialist Congregation, 470 Candler Park Drive.

Committee meetings take place at The Neighborhood Church, 1561 McLendon Ave., unless otherwise announced (enter from the street level door and ring the bell if you're late).

All are welcome. Only registered members are eligible to vote at monthly meetings. Membership applications must be received by Membership Officer by the first day of the month of meeting.

Find specific meeting information on page 6 and a complete list of CPNO meetings at www.candlerpark.org.

MEMBERSHIP

CPNO membership is free to Candler Park residents, property owners and businesses. Membership must be renewed annually.

Sign up at www.candlerpark.org or mail name, address, and email to

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

DATES TO REMEMBER

OCTOBER

CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor

CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor

Deadline to submit content 18 for November Messenger!

CPNO Members Meeting, 19 7 pm, 1st Existentialist Church

SEPTEMBER

Election Day

CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor

CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor

Deadline to submit content 15 for December Messenger!

CPNO Members Meeting, 16 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.



VOTE. Here's How

Election day is Tuesday, November 3, 2020. Make sure you have a plan to vote. Here are helpful hints and resources to help you.

Check your voter status at www.mvp.sos. ga.gov. The last day to REGISTER to vote is October 5, 2020.

Request your absentee ballot today by visiting https://ballotrequest.sos.ga.gov/

Be sure to carefully follow the instructions for completing the absentee ballot and triple-check that you have completed it correctly.

Note the three ways to return your ballot:

- Mail it so that it arrives before 7:00 pm on Election Day, November 3, 2020
- Deliver it to DeKalb County elections office by 7:00 pm on Election Day, November 3, 2020. The address is 4380 Memorial Dr # 300, Decatur, GA 30032
- Place it in a drop box in DeKalb County by 7:00 pm on Election Day, November 3, 2020. The closest drop box to Candler Park is Decatur City Hall at 509 N. McDonough St., Decatur, GA 30030

Securely track your absentee ballot from requested to mailed to accepted at Georgia. ballottrax.net/voter/



For more information about voting in Georgia, go to peachvote.com

KEY DATES

OCT 5 Last day to REGISTER to

vote

OCT 12 EARLY VOTING begins

OCT 24 SATURDAY voting

NOV 3 ELECTION DAY! If you vote at the polls, remember to bring a valid ID and face covering. Mail in ballots are due at the DeKalb County elections office by 7:00 pm.



Congrats to Grady Varsity Girls Cross Country team who won the Wire to Wire Invitational by a wide margin on September 26, 2020 in Cartersville. (The entire Grady cross country team abides by strict COVID-19 safety procedures during practices and at meets. Immediately after this photo, the girls wore their masks and maintained distance from spectators and other athletes.)



Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO thanks all members who have renewed for 2020!

CPNO welcomes new members

Alex Porto.

Keri & David 'DJ' Johnson,

Rose and Rob Garrett and family,

Amy Love,

and others who wished to remain anonymous

CPNO welcomes new members contributions:

Amy Love

...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.

FOLLOW US ON TWITTER



Our handle is your handle: twitter.com/CandlerParkATL







Help Beautify Little Five Points

By Eric Dusenbury, Candler Park Resident

Since October 2019 The Little Five Points Alliance has partnered with Georgia Works! to sponsor twice weekly clean-ups of Little Five Points. For \$350 a month The Alliance pays Georgia Works! Crews to clean trash and tidy things up every Tuesday and Friday morning. You may recognize the Georgia Works! Employees by their bright blue shirts.

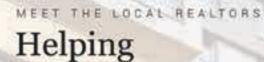
Businesses and neighbors have been providing monetary support to the effort but a lot of businesses have been hurt by the pandemic and don't have the financial resources to support the cleanings. The Little Five Points Alliance is therefore reaching out to our neighbors to see if they will help fill the gap. You can financially

support these two great organizations by making a donation at https://donorbox.org/beautify-l5p.

Georgia Works! ends homelessness, criminal recidivism and dependency through programs aimed at personal development in good habits, work ethic and character. Georgia Works' goal is to take chronically homeless men and help them overcome their barriers, change them as human beings, making them productive and self sufficient individuals. Each Georgia Works! participant is housed at their facility for up to a year while they participate in transitional work. Georgia Works! also provides AA/NA Classes, GED classes, support in obtaining a driver's licenses, help setting up a bank account, and life skill preparation courses.

You can learn more about Georgia Works! on their website https://www.georgiaworks.net/.

The Little Five Points Alliance is a group of Volunteers from the L5P community plus those who love L5P and have dedicated their time and expertise to stand up a new unified organization for Little 5 Points. The executive committee is composed of representatives from the Inman Park Neighborhood Association, the Candler Park Neighborhood Organization, the Little Five Points Business Association, and the Little Five Points Community Improvement District (CID). You can learn more about the Alliance on their website https://lspa.com/.



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By Susan Rose, editor@candlerpark.org

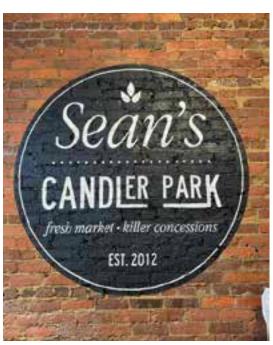
Solstice omelette wrap, holy guacamole chicken salad sandwich, and Sean's crazy lemon pickup smoothie are just a few delicious examples from the menu of Sean's Candler Park which opened on Saturday, September 19 at the corner of Oakdale and McLendon in the space formerly occupied by the belly dance studio. For the time being, Sean's is open on Saturdays and Sundays from 8 am to 7 pm, but may expand its hours in the future. The renovated space is open with beautiful exposed brick walls and screens on the windows for ventilation and airflow. At the counter is an enclosed display of freshly baked treats including the yummy Amber biscuit. Just a few picnic benches are available for dining inside, but ordering and pickup is fast and friendly, including online ordering for contactless pickup or delivery.

A true family run business, Sean's Candler Park is the third food establishment opened

by Sean and Amber Germain, who live in Lake Claire. Their first endeavor was opening Sean's Harvest Market on Amsterdam Avenue in 2012. Literally operating out of a closet, they built a fan base by serving healthy and flavorful "from scratch" sandwiches, smoothies, baked goods and coffee from a small walk-up bar. Before long they were expanding their food offerings and creating a relaxing outdoor patio. Next, they opened Sean's Heart of the Park right next to the Piedmont Park pool. And now they have the joy of operating Sean's Candler Park where they can serve friends and neighbors close to home.

Next time you're wondering what to eat on the weekend, consider Sean's Candler Park for all day breakfast, lunch and treats. For more information and to order online, visit seanscandlerpark.com.







Balance Your Balance Design

Hand Made and Sustainable Goods for Your Home

By Stephanie Andrews, Owner, Balance Design

Our Candler Park/ Lake Claire neighborhood just keeps getting better! With Sean's Candler Park for smoothies and sandwiches, Dr. Bombay's new to-go window, and outdoor seating at La Fonda, we are teaming with great businesses in our community. Balance Design is expanding our offerings to include hand-made and sustainable home goods and furnishings. We have curated local art, furniture and affordable home accessories. We are opening October 1st to give you a safe and beautiful place to shop for your home and for the holidays! Looking forward to seeing you!

Snap Out of It!

By Lexa King, safety@candlerpark.org

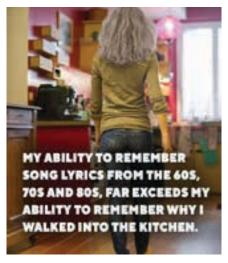
Ok. It's been 6 months. The beginning of March I decided to get my semi-annual haircut. When the lock-down happened I couldn't help but be pleased with myself that I had taken action without procrastinating. I was set. Notice that I said this was a semi-annual event. Now it's time for the second installment. And I consider myself still in lock down. I leave the house for allergy shot visits, grocery shopping and really necessary errands -I've been deferring a visit to the phone store for a couple of weeks now and I'm thinking the need for a new phone is getting fairly urgent.

When this thing started, six months seemed like an extreme estimate for the duration of this situation. Let that be your clue not to put any money on my fortune telling. The experts are giving us conflicting information, but it does seem that we can count on at least a few more months of limited freedom. So how does that grab you?

A good friend of mine posted a photo on Facebook of the Christmas tree she put up the other day. She bought a new artificial flocked tree and when she got home she decided to put it up! She declares that it makes her happy! Shouldn't that always be our goal? What was the last thing you did, counter to culture, just because it made you happy? There are plenty of ways our lives seem to have become more constricted, but some of the lessons we might have learned by turning our lives somewhat upside down is that we can take more liberties with the rules that have previously bound us. How many people are going to know if you put up your Christmas tree a few months early? Unless, of course, you share it on Facebook!

What kind of projects or activities have you taken on during your months of isolation? I finally subscribed to Netflix. The other day it was gloomy outside, and I got into kind of a funk. So I went to Netflix and watched my one remaining episode of Queer Eye, which did the trick! Given my mood, I eliminated consideration of many of the other shows I watch. QE always lifts me up. I adore the concept of coaching people who are stuck, or stopped, in their lives. Helping them make better choices about what they eat, how they dress and how they can move forward with what is important to them is fun and inspiring to watch. Do you have go-to shows like that?

How do you lift your spirits? I have several things that I rely on. I have been doing a Big Purge of my house. When you are in one place for 36 years, a lot accumulates. Giving away 4 trash bags of clothes to a friend who works with the homeless not only relieved some closet space, but made me feel good for helping people in need. My next



project involves the shelves in my hallway that hold mostly books, but also boxes with papers and tons of photo albums. I only work on these things when I am in the mood to do it. I am not committed to creating pressure or torture. I want it to be a joy filled experience and to feel proud and fulfilled when complete, not just relieved.

There are other small efforts that I plan to do as cooler weather closes in on us. I have bought bulbs to plant and plan to order some more from a big gardening mail-order company. Planning where they will go and looking forward to their spring appearance brings many little moments of anticipation and joy.

The other day I bought some new light bulbs. Usually I am pretty conscious of conservation, but with shorter daylight I am putting in brighter bulbs in some strategic locations. It will be more cheerful.

There are all sorts of entertainment possibilities online. You can find jokes, cartoons, YouTube posts. I recently subscribed to The New Yorker online. There are all sorts of magazines, recipes, do it yourself project instructions. I think you can access some things through the library system, too, which is free.

And there are some days that the only thing that works is to reach out to someone. Call a friend. Or make some new friends. Candler Park Forever has been holding weekly Zoom meetings for a couple of months. Usually we have between 4 and 8 participants. We have a topic each week and the conversation just takes off from there. Contact me at safety@candlerpark.org to get on the list for the link to the meeting. If you don't care about having a chat, but have some suggestions or tips for things to do over the coming colder house-bound months, send those along to me. I'd love to do a column featuring those!

Happy Fall! Hope to hear from some of you. Enjoy the cooler weather. I think I'll find some cider this week.



Announcing New Candler Park

Merchandise!

By Matt Hanson, fundraising@candlerpark.org

With 2020 being the 20th anniversary of Fall Fest, our beloved neighborhood event has certainly had an interesting journey this year. Unfortunately, it won't be ending with a fantastic music celebration in the park.

When COVID lockdowns began all the way back in early spring, it seemed almost unthinkable that Fall Fest wouldn't be possible in any capacity, but as 2020 continued its slow march through Spring and Summer, it became very clear that we couldn't put on a Fall Fest responsibly without some serious creativity. Over the summer, the CPNO Board in conjunction with the Fall Fest committee came up with some great ideas (that hopefully we can explore in future years) that included a weekly "socially distanced" food truck and music series in the park, and even a scaled-down Fall Fest centered around a movie in the park with a band performing the soundtrack live.

Eventually, the Fall Fest decision was made for us when the city stopped issuing permits for events. The reality is, even if the city permits weren't an issue, in the current climate we just aren't comfortable with even the most scaled down format of Fall Fest. In an effort to be as safe and responsible as possible, we made the very difficult decision to cancel Fall Fest. But we will work hard to bring Fall Fest back next year better than ever!

Now let's talk about some good news. Seeing as how Fall Fest has historically been the primary



fundraiser for CPNO, this year we had the opportunity to get creative and come up with some other options. After lots of brainstorming, and with some great input from the neighbors, CPNO has created a line of official "Candler Park Love" merchandise. Show your neighborhood support while raising funds for the operation of CPNO! We'll be offering high quality tee shirts, hoodies, baseball caps, and yard signs. Once the merchandise is available in early October, we will coordinate a socially distanced pickup site where neighbors can safely pick up their items. We encourage all of our neighbors to support CPNO and wear their Candler Park gear with pride!

We should also note that we originally intended to offer a larger selection of merchandise items. Unfortunately, COVID's effect on supply chains, coupled with the California wildfires (our clothing manufacturer is outside of Los Angeles), prevented us from getting all of the items we originally requested. If this fundraiser is successful, we will hopefully be adding masks, tank tops, and reusable grocery bags.

Thanks in advance to all who donate! We appreciate the fundraising support and look forward to a more normal year in Candler Park in 2021!

2020 L5P Halloween Spookathon and **Virtual Parade**

Source L5P Business Association email

The L5P Business Association is raising funds for the entire month of October with its Halloween Spookathon and Virtual Parade. Last year it rained on parade day and this year COVID—so L5P has been doubly hit! The Spookathon and Virtual Parade goes to funding a 2021 Halloween Fest, public



safety and neighborhood improvements. Visit L5PHalloween. com throughout October to stay informed of what's happening.

Some virtual things in the line-up include:

- The Virtual Halloween Parade will air October 17, at 4 pm which would have been when the real parade would have started. Puddles the Clown is the Grand Marshall.
- History of L5P Halloween festivals, Seed and Feed Marching Band, and legacy stores in L5P.
- Two live events streaming with 7Stages.
- Horizon theater is providing video from Freed Spirits, a ghost story from Oakland Cemetery
- Items to auction/raffle like kids bike, art, store merchandise
- Restaurants will have a "Take out" similar to a "dine out" with a percentage going to L5P Business Association every week.
- Adventures with Professor Morte once a week.
- Comedians
- We filmed an artist painting a parade going down Euclid. After we show the film, we will auction the painting
- Rland Studio tour
- Free Art Fridays
- Drag Queens, ghost stories and more!
- The L5P Alliance presents The 2nd Annual L5P Halloween Photo Walk.

A Halloween photo contest was held, and a community panel of judges chose 20 winning photos. These photos will be enlarged and placed on L5P store windows. These larger-thanlife photos will be on display October 5-31. Visit L5PA.com for maps and self-guided walking tour info. This event is held in conjunction with Atlanta Celebrates Photography Festival and is sponsored by Digital Picture Inc.



HOWLIN' HAUNTED HALLOW HOUSE DECORATING CONTEST

Calling all witches, goblins and ghosts! Let's find out who likes Halloween the most!

Show off your Halloween flair with the first ever Candler Park Neighborhood yard decorating contest! CPNO invites you to help turn Candler Park into a Spooktacular sight for all the little monsters (and big ghouls too)! We hope you haven't played any tricks on your neighbors lately...because they're your judges!



BONDED: A Brief History of the Old BOND Corporation

By Jennifer J. Richardson, Candler Park Resident

Before it was called "Little Five Points", the area was known as the Bass Neighborhood, named after Bass High School (now Bass Lofts.) By the late 1960s, the neighborhood had deteriorated primarily because of the GA Department of Transportation's desire to run an expressway through its midst, and a plan to widen Moreland Avenue. The expressway plan encouraged many residents to move out, some becoming absentee landlords; others sold to slumlords; and still others sold out because they feared blacks were moving in, or because they died or went into nursing homes. The kind of fear tactics seen in Oakhurst and Kirkwood to spread rumors that blacks were moving in, really wasn't as significant in BOND because black people had already lived in the area since the 1920s. Even though blockbusting, red lining and fear mongering were used, these efforts were not as successful in having every white family flee the neighborhood. But because of slumlords, dilapidated housing, and absentee landlords, the neighborhood was on the skids. A group of community-minded activists decided to do something to restore the area.

This group formed the BOND Corporation, which stood for Bass Organization for Neighborhood Development. Just a few of the components of BOND were the BOND Credit Union, the BOND Community Star Newspaper, a childcare center, and other human service organizations. Today, the only BOND organization that remains is the credit union. Jon Sweet and others were responsible for forming the credit union in 1972, to be a financial resource for members of the community. The area was "redlined" at the time, which meant that many people wanting to purchase homes could not get loans. I was one of the people who could not get a loan

when I tried to purchase my rental house from my landlord. Though I had banked at a noble savings establishment in Decatur for 8 years, they considered the neighborhood "Sub-standard" and would not grant me a loan of \$5,000 for a down payment so that I could assume the owner's loan. BOND Credit Union stepped in to help people like me borrow money so that we could purchase homes. With homeowners involved and living on their properties, the homes were repaired and maintained.

The BOND Community Star newspaper was started in 1971. It served all five neighborhoods in BOND: Inman Park, Poncy-Highland, Little Five Points, Candler Park and Lake Claire. The newspaper was produced and delivered by dedicated volunteers and at the time was Atlanta's oldest community newspaper. It featured articles of local interest, history, news about the proposed expressway, and calendars for church events and links to local social service agencies. The Star was unique in that it didn't allow real estate ads due to the treat of blockbusting. It had a long run of about 30 years but is no longer published.

At that time, the business district of Little Five Points was also worn down at the heels, and it was very different than it is today. There were grocery stores, movie theatres, a furniture store, hardware stores and pharmacies. And, of course, the notorious Redwood Lounge bar and the pawn shop that featured a huge "snub nose revolver" picture on its window. Because the business district was deteriorating, many business owners believed that the planned expressway would revitalize the area. As a result, one could see signs in many of the store fronts of Little Five Points that said, "Expressways are the Lifeline of our

Economy." Resident Don Bender joined the Little Five Points Businessman's group (it was "men" even though some owners were women.) and helped convince other members to take a stand against the expressway. The businesspeople of Little Five Points did a remarkable job of helping defeat the road and revitalizing the business district at the same time. Don Bender and others bought the Redwood Lounge; Kelly Jordan and others bought the dilapidated Point Center Building as it is called today. Lynda Bryant opened Charis Books and More. A dentist, Richard Shapiro, DDS, who still practices in Little Five Points was recruited as were the medical practice of Braude and Mermin and Ira Katz' Little Five Points Pharmacy. The BOND Credit Union was successful and grew moving several times to larger locations. A new grocery store was built, and a liquor store opened. The business district was designated a community business area so that chain establishments were restricted. Thus, it was a place that attracted many young entrepreneurs.

Meanwhile, on the streets of BOND, substandard homes were purchased by Atlanta Intown Development (AID). The homes were repaired and sold, and the profits were used to buy the next home to work on. As the neighborhood began to thrive, more and more people wanted to move into a "community" rather than just a place. And it all started with urban visionaries who formed BOND and helped turn a struggling neighborhood around—into a neighborhood today that is greatly desired as a place to call home. This is my 50th year of living in BOND (16 years in Lake Claire and 34 in Candler Park), and I cannot I imagine myself anywhere else.



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Steps to Take Now to Lower Your Risk of Dementia

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

Your brain is one of a kind.

There are few things on earth as powerful, mysterious, and awe-inspiring as the human brain. Our cognitive abilities decide so much about the quality of our lives-from our decision making abilities to our emotional aptitude.

That's why it's so important to take care of your brain. You only get one.

As we get older, our cognitive abilities can start to fade or slip away. In the worst cases, adults can develop some type of dementia.

We think of dementia as an illness itself, but dementia is actually a high-level term that describes a group of symptoms caused by disorders affecting the brain. These disorders include Alzheimer's, Vascular dementia, and Dementia with Lewy Bodies (DLB).

Dementia is used to describe the symptoms of these disorders, which can include:

- Memory loss
- Difficulty completing tasks
- Communication challenges
- Disorientation
- Misplacing or losing items
- Difficulty with abstract thinking
- Changes in mood or personality
- Loss of enthusiasm or interest in activities

It's estimated that 4.7 million people aged 65 and older in the U.S. live with Alzheimer's disease, which accounts for 60-80% of all causes of dementia.

Whether you're looking out for your own health or concerned about a loved one growing older, there are steps you can take when you're younger to prevent the symptoms of dementia.

Here are a few choices you can make now to reduce your risk of dementia:

- Avoid smoking There is strong evidence to suggest a link between smoking cigarettes and dementia. Dementia is often caused by problems with your body's vascular system, which consists of your heart and blood vessels. Smoking interferes with your body's ability to maintain this system, and can increase your risk of vascular issues like bleeding in the brain or even strokes.
- Limit your alcohol intake Excessive drinking has many short- and long-term effects on



your health, and one of the most significant risks is brain damage. That damage can significantly increase your chances of developing dementia. Heavy drinking reduces the volume of your brain's white matter, which is how your brain transmits signals between its regions. That reduction in white matter can limit your brain's ability to function. To stay safe and keep your brain happy, stick to moderate drinking levels.

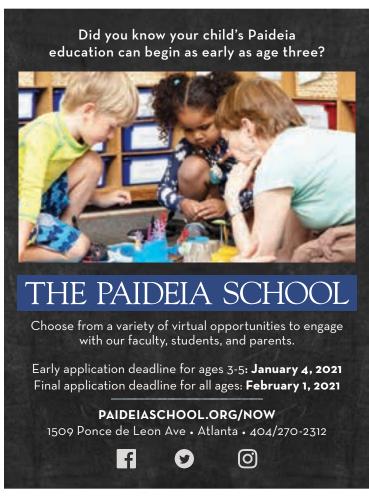
- Make walking a part of your life Research shows that people who move briskly at least 3 times a week show healthy brain activity. Regular physical activity, even something as low-impact as walking, improves your cardiovascular health and can lower your blood pressure. According to studies from the Alzheimer's Research & Prevention Foundation, regular physical exercise can reduce your risk of developing Alzheimer's by up to 50%.
- Eat a diet that's balanced, and focused on whole foods People with diets heavy in saturated fats, salt, and sugar are at a higher risk of developing dementia. These food groups, when consumed heavily over time, can increase your blood pressure and cholesterol and lead to obesity or diabetes. These factors will put you at a much higher risk of developing dementia. To avoid these risks, maintain a balanced diet with an emphasis on whole foods like leafy greens, fruits, whole grains, and white meat or fish.
- Be careful with your medications Some

- OTC medications, including allergy and pain relief pills, have been linked to dementia diagnoses. According to studies, people who habitually take some common allergy and sleep medications show lower brain metabolism and more brain atrophy. They also performed worse on memory tests. To limit your intake of these kinds of medications, try to find more natural or homeopathic remedies for your allergies or sleep issues, like essential oils, teas, supplements, or physical activity.
- Find a purpose for your life Illnesses like depression and anxiety have been linked to increased risk of dementia. While we don't currently have a cure for these sometimes debilitating mental illnesses, there are steps you can take to improve the quality of your life and lower your risk of cognitive impairment in the future. Work with a therapist or counselor to adopt healthy coping mechanisms and seek out the parts of life that bring you satisfaction. Studies show that people who report strong senses of their life's purpose are 2.4 times less likely to develop Alzheimer's. Find what makes you happy, and find ways to handle what makes you upset, and you can increase the chances your live a healthy, memory-filled life.

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.









September 21 CPNO Members Meeting – draft minutes

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

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

Guest Speaker(s):

- Zone 6 Officer was not present.
- Josh Antenucci, Rival Entertainment, spoke on the status of the permit for 'Candler Park Music and Food Festival. The motion to "not support any extensions/rescheduling of festival permits" passed.

Old Business:

- Merchandise Update- Matt Hanson, Fundraising Officer, announced that the merchandise will arrive October 2nd. There will be an e-commerce site and a safe pick-up site established.
- Nominating Committee needs volunteers. The slate must be ready for the October meeting. Election of Officers is held at the November meeting.

Budget Update:

Karin Mack, Treasurer, reported the expenditure of \$192 for operating expenses and \$332 collected in donations. Since CPNO is a 501(c)3 organization, all donations are tax deductible and corporate matching is also possible.

Zoning: Emily Taff, Zoning Officer

- Motion to support the application (V20-098) for 1285 Druid Place passed.
- Update on Z-20-42 was discussed; The ZRB voted on the rezoning but with the elimination of the 'zero lot line'. Councilman Amir Farouki will make sure the zero lot line is put back into the zoning application. Next step is the City's Zoning Committee vote.

Announcement:

Candler Park Howlin' Halloween House Decorating Contest deadline to register your house is October 23rd. Ten dollars to enter you home in the contest. Anyone can vote for their favorite.

The meeting was adjourned at 7:50 pm

Submitted by Bonnie Palter, Secretary

September 21, 2020

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 <u>candlerpark.org</u>

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 or mail a check with this application. Typical contributions range from \$10 to \$100.

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

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CPNO Officer and Committee Report for September

Freedom Park Conservancy-Christina Moore, CPNO Rep.

The Master Plan page on the Freedom Park website can be found here https://www.freedompark. org/master-plan/. Also, the Calendar Page is linked from the page, but can also be found here: https://www. freedompark.org/calendar/. All CPNO members and encourage participation. Here is a link for individuals to provide input for planning: https://www.freedompark. org/take-community-survey/

External Affairs- Amy Stout

There were two items for Candler Park on the agenda for the August 2020, NPU-N meeting.

Under Special Events, the Candler Park Music and Food Festival was on the agenda again for the third time in 2020. The applicant has requested another date change to November 6-8, 2020. Since CPNO voted to support this event (back in December), I made a motion to support the revised application. The motion failed for lack of a second. A motion not to support was then approved by the NPU-N board 6-0-2.

Under Zoning Review Board applications, the Special Use Permit to allow Carla Key / Primavera Preschool to operate a day care center at 1561 McLendon was considered. My motion to support this application with the condition that it be for a three-year period was approved 8-0-1. (The original application requesting a permit for an unlimited period was modified prior to the NPU meeting to request a three-year permit.)

Under Alcohol License Applications, the application for the Candler Rail Brewery brew pub at 1660 Dekalb was removed from the August agenda because the application is not a valid one. Distance requirements in the city code forbid operation of a brew pub within 300 feet of a private residence, so a legislative amendment must be approved by City Council in order for a brew pub to open at this site.

Little Five Points Alliance Christina Hodgen

Mobility: The bid process for Findley Plaza closes on

 $9/23.\,$ The L5P Mobility Study will release a second video on YouTube followed by a community engagement survey. We encourage everyone to provide input.

Safety: Our safety committee has been established with the priorities being illegal vending, security cameras, noise complaints, drugs/homelessness, fundraising, public bathrooms and officer appreciation.

Programming: The 20 winning images for our 2nd Annual Halloween Photo Contest have been chosen and will be on view in L5P business windows for the month of October.

Beautify L5P: Sponsor a month of GA Works cleaning of L5P: https://donorbox.org/beautify-l5p

Zoning - Emily Taff, Zoning Officer

The Zoning Committee met for a regularly scheduled meeting Wednesday, September 2, 2020 via Zoom Video Conference.

V-20-098 - 1285 Druid Place - Variance request to reduce setbacks on a corner lot in order to add a second floor addition. The property is located at the corner of Druid Place and Candler Street. The second floor will be added completely within the existing footprint of the building and will include an enlarged gable and dormer along the side elevation. Applicant had notified or attempted to notify all neighbors within a 180 foot radius of the property, many approved of the plans, there was no opposition at this time. Zoning Committee requested plans be sent by mail to 1278 and 1279 Druid Place and 523 Candler St where neighbors were not home. Certificate of mailing to be presented as proof to the Zoning Committee chair. Conditional on this proof of mailing to neighbors, the committee voted to recommend support of the variance application.

Note: certificates of mailing were sent as proof of notification, as requested, on Sept. 8.

Old Business/Discussion:

There was some discussion about updating the

- "affidavit"/signature form the CPNO Zoning Committee requests of applicants.
- Z-20-42 neighborhood Ordinance to rezone R-5 properties in Candler Park to R-5-C will be presented at the Zoning Review Board hearing on September 10, 2020.
- Amy Stout updated the committee on the alcohol permit application for Candler Rail Brewery. Very briefly: because they are a brewpub, Candler Rail must request an exemption from the 300-foot distance from a residence rule in order to apply for an alcohol license. They are in the process of requesting this exemption, which starts as an ordinance introduced at City Council. Once they have the exemption they may reapply for a permit to sell alcoholic beverages as a brewpub.

Education-Dana Fowle

Atlanta Public Schools superintendent plans a town hall via Facebook Sept. 24 t 6 p.m. to update parents and staff on its reopening strategy.

"APS is preparing for a return to in-person instruction as soon as the public health data indicates it's safe. Join our Virtual Town Hall where APS Superintendent Dr. Lisa Herring and other school administrators will discuss our phased approach, facilities preparations, instructional plans, and which students would return first if COVID-19 numbers trend down."

Metro Atlanta schools have seen a drop in enrollment. Cobb, Gwinnett and Fulton counties report a significant drop in kindergarten students. Clayton for example, per the local paper (AJC), had a 19.4% drop in K enrollment. Georgia doesn't require children to be enrolled in school until they are six years old. There are fears this will cost the schools funding down the road.

The bus routes are being used to deliver school lunches. All students are eligible.

Mary Lin Elementary has started an Academic Bowl team for 4th and 5th graders.



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