



January 2021

MESSENGER

New Year, New Possibilities

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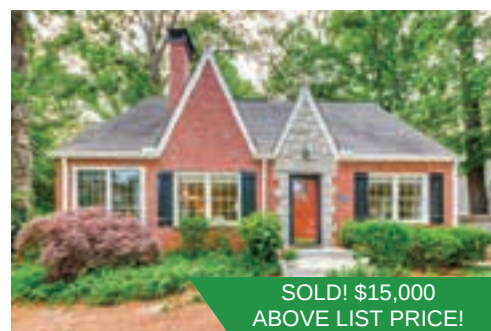
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2021

HAPPY NEW YEAR

Ready for 2021

By Jerry Tillery, president@candlerpark.org

This is the start of 2021, and a new year for all of us in Candler Park. I don't think any of us would have thought the year would have unfolded the way it did. With the outbreak of a pandemic, stay-at-home orders, Black Lives Matters, and a huge turnout for the elections the year was anything but ordinary. I have every hope that once the Covid-19 vaccines become available to the masses we can return to a more new "normal". Hopefully, this will give us a chance to resume the in-person meetings, and I get a chance to meet our members.

We've only been in Atlanta for 18 months and have spent the first year trying to decide where in town to settle down. House hunting in the Covid environment was definitely a challenge, but when we found a house in Candler Park, we knew we had found the right place for us. The quiet neighborhoods, friendly people, great local businesses, and parks make this a great area.

Since I haven't met many of you in person, I'll add a little background on me so when we do meet you can know something about me. I grew up in

PRESIDENTIAL BRIEFING

South Dakota and joined the Air Force right out of high school. I spent a little over 20 years active duty and retired after living all around the world. At the end of 2018, I achieved a significant goal of mine and completed my Doctoral degree with a Doctor of Science in Cyber Security (DSc). I've been working in Cyber Security for more than 20 years. Currently, I'm the Chief Information Security Officer for a global financial company. Although this is my first time on a neighborhood board, I have served on the board of several different companies and non-profits organizations, and I feel I can leverage that experience on the CPNO board.

I want to thank all of the board members for the tireless work last year to keep the CPNO running during a difficult year. With the normal fund-raising activities cancelled, they did an amazing job. I only hope I can do as good a job as Matt Kirk did last year. While 2020 was a challenging year, together we can make 2021 a fantastic year.

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

PRESIDENT president@candlerpark.org	Jerry Tillery
MEMBERSHIP OFFICER membership@candlerpark.org	Roger Bakeman
TREASURER treasurer@candlerpark.org	Karin Mack
SECRETARY secretary@candlerpark.org	Bonnie Palter
ZONING OFFICER zoning@candlerpark.org	Emily Taff
PUBLIC SAFETY OFFICER safety@candlerpark.org	Kerry Dobson
COMMUNICATIONS OFFICER communications@candlerpark.org	Ryan Anderson
FUNDRAISING OFFICER fundraising@candlerpark.org	Matt Hanson
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

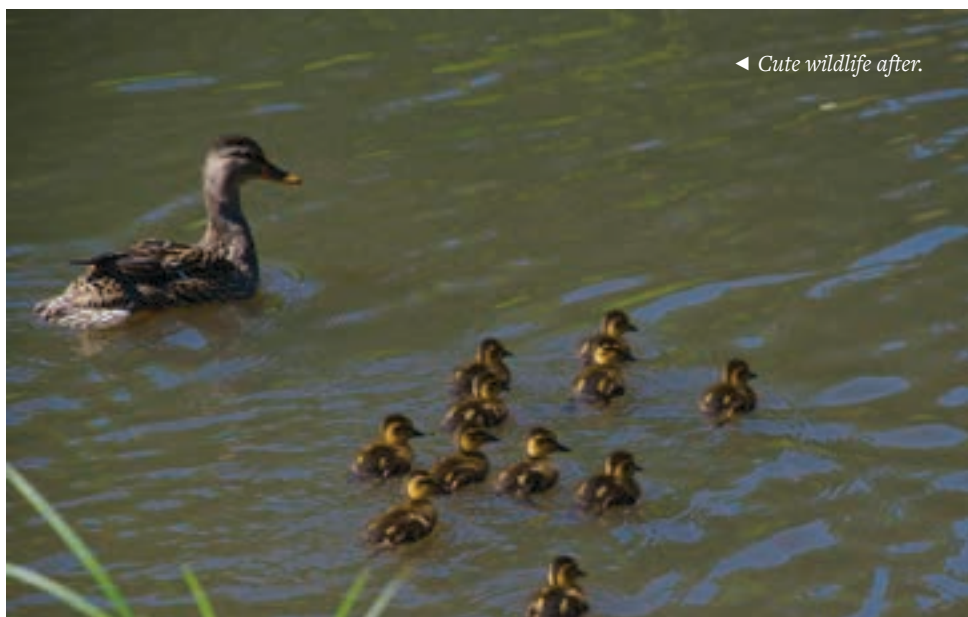
JANUARY

- 1** Happy New Year!
- 5** Election Day for Senate runoffs
- 6** CPNO Zoning meeting, 7 pm, The Neighborhood Church, 2nd floor
- 11** CPNO Board meeting, 7 pm, The Neighborhood Church, 2nd floor
- 15** Deadline to submit content for February Messenger!
- 18** CPNO Members Meeting, 7 pm, 1st Existentialist Church

FEBRUARY

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

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



Candler Park Brook Success Story Published on EPA Website

By Anne Weinberg, Board Member, Candler Park Conservancy

Ever wonder how Candler Park Brook got changed from a concrete culvert into a beautiful, meandering stream with beavers and other wildlife? About 18 years ago, many Candler Park community organizations partnered with the City of Atlanta and the U.S. Environmental Protection Agency to “daylight” the stream. To learn more about the restoration of Candler Park Brook, please read the new success story on the Candler Park Conservancy Facebook page at

[Facebook.com/candlerparkconservancy](https://www.facebook.com/candlerparkconservancy) where you will find a link to it.

This success story is also posted on EPA's Nonpoint Source Success Story website along with 834 other success stories from across the country. Most of these success stories, including this one, were funded in part with Federal EPA Section 319 Nonpoint Source grant funds, as well as local matching funds. To learn more about this and other success stories, please visit: epa.gov/nps/success.

This success story was written by myself and Dr. Steven Jones, Meanders River Restoration Inc., who designed and implemented the restoration project about 18 years ago.

To learn more about recent stream restoration and other activities sponsored by Candler Park Conservancy, please visit <https://candlerparkconservancy.org/>. Our neighborhood beavers thank you for your interest.



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.

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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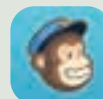
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Love Candler Park

Becky and Bob Battle, formerly of Druid Place

Dear Candler Park:

As Bob and I took on the herculean task of packing up and moving the contents of our Druid Place home of 41 years, I cannot help but reflect back to the transformation of not just Candler Park, but this entire swath of Atlanta.

When we purchased our house in 1979 with Ruth Wall as our agent, we knew we were undertaking a renovation project, but also a large gamble with a proposed road project, plans of which showed an exit ramp cutting off a corner of our back yard! Being a first-time homebuyer with every financial penny on the line, it was pretty obvious that involvement in fighting the proposed toll road was a given.

Many of you know the story but if you don't, you really should. Fighting that road is the result of what you now enjoy as beautiful passive park space, lovely new housing, renovated historic homes, thriving businesses, and schools of which to be proud. Multitudes of residents worked in front of and behind the scenes getting local officials elected who were sympathetic to our pleas of restoring some of the oldest neighborhoods in the city. So many gave money, time, sweat, and dedication. As for my part of the fight, like many of us "old timers", we started out attending Atlanta Great Park Planning meetings in the L5P library. I stepped up to become a CPNO officer, chair of NPU-N, and vice president of C.A.U.T.I.O.N. I spoke to crowds large and small, attended countless meetings, and entertained Andrew Young in our home to show him just how close North Avenue already is without having a multi-lane road between it and our kitchen! When the fight was nearing a close, with Bob and me being plaintiffs in the final lawsuit that ended the fight, I organized a golf tournament in our beloved Candler Park Golf Course to help retire some of the debt that C.A.U.T.I.O.N. accrued.

And to celebrate the stable, growing neighborhood, Bob and I along with our dear friends Linda and Rudy Massengill, organized the first Candler Park Tour of Homes. To witness how that small tour has grown into the Fall Fest we know and love today, is truly remarkable. Accolades to all of you who have spent countless volunteer hours to make it the amazing event it has become.

Yes, this is a love letter to the neighborhood where our daughter Lindsey was born and raised, and attended Mary Lin and Inman Middle. Where we met lifelong friends. Where we can proudly say we restored a home overlooking a beautiful park that someone else will now call theirs to love as we have loved and cherished it. To all the merchants who have dedicated their businesses to our community (special thanks to Ira Katz for embodying what a local business is by having visited Bob in the hospital after this stroke). To all of you who have taken up the torch to continue that which so many of your neighbors began so many years ago, keep up the good work! But lastly, to the wonderful residents of Druid Place who have watched over one another (and us) and sent us off with loving tributes -- I know each street in this neighborhood will say they're the best, but Druid Place (and Candler Street!), you really are! I could go house by house and name each of you but I don't need to as you know who you are.

Love and cherish one another. Love Candler Park as we have loved it. And know that it will remain deep in our hearts for eternity.

With gratitude,

Becky and Bob Battle

formerly of Druid Place

Continued Improvements for Biker and Pedestrian Safety

By Walter Brown, Candler Park Resident

Building on the success of the four-way stop at Oakdale and McLendon the City's new Transportation Agency (ADOT) recently installed a four-way stop at Clifton and McLendon after a group of local residents requested the change through Amir Farokhi and Natalyn Archibong's council offices.

The issue came to a head a few months ago when a bicyclist was knocked over by a car turning left from eastbound McLendon. While serious injury or death was narrowly avoided, it had become increasingly dangerous for pedestrians, children, and cyclists competing with impatient drivers motoring through this quaint corner of Candler Park (aka Candler Park Village). The intersection is being studied for permanent conversion and has performed very well so far.

What becomes immediately clear upon observation is that each driver now takes their turn as bikes and pedestrians receive equal billing crossing from any corner. Equally important, drivers no longer perceive any advantage to rushing along McLendon hoping to catch a green light and cars no longer caravan through the neighborhood obstructing mid-block pedestrian crossings.

The new four-way stop is part of another important community led effort to reduce the speed limit on McLendon from 30 to 25 mph. Candler Park resident Christine Hodgson discussed this request at a recent CPNO virtual meeting. The City has been evaluating reductions in neighborhood street speed limits to encourage adoption of alternative transportation options that can be integrated more safely at lower automobile speeds. Studies have consistently proven exponential reductions in serious injuries to pedestrians and bicyclists resulting from even modestly lower speeds.

So, what can you do to support these efforts to make Candler Park a safer place for our children and the thousands of bike riders a month who have made McLendon a major two-wheel byway? Please express your appreciation to Amir Farokhi (arfarokhi@atlantaga.gov) and encourage the permanent conversion of the Clifton at McLendon intersection AND the proposed 25 mph speed limit on McLendon.



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Online Auction for Grady PTSO Seeks Donations

The Grady PTSO (Parent Teacher Student Organization) is seeking donations for its inaugural online auction on February 21-25, 2021. This year the organization aims to provide even more support to teachers, students, and families in need. Local businesses have an opportunity to promote themselves and support the school by being an event sponsor or providing a donation for auction. If you'd like to sponsor the event, donate an item, service, or experience for the auction, and/or volunteer to help, please email Josh D'Agostino at jstino@mindspring.com or call him 404-441-0377.



Starting Over

By Lexa King, Leader of Candler Park Forever

New things are fun. Remember the joy of a new box of Crayolas? All those soldiers standing up straight, their perfect pointed heads all sharp and precise and ready to color with accuracy. Unlike that same box a few weeks later. The common colors worn and much shorter, perhaps with rounded heads, the paper covering probably peeled down as more of the crayon was used up. Perhaps some of the crayons were no longer in one piece, fractured by excited hands as creations took form.

Even those things not brand new can bring excitement. The past few cars I have bought were new to me, but not fresh from the factory. There is still the thrill of acquiring something that fills a need and we anticipate will bring us great joy. When I bought my current previously owned Prius, I was excited by the expected excellent gas mileage and the simple required maintenance. It hasn't disappointed me. And there were benefits that I hadn't expected. As my knee and hip joints started bothering me with arthritis, I noticed that my driver's seat is one of my most comfortable places to sit. So at times there are pleasant unexpected consequences to our acquisitions.

The pleasure that we feel from these "new" items is not always commensurate with their price. I still get great joy out of bringing my new planner pages home from the office supply store

at the turn of the year. Unwrapping them, placing them in the planner and organizing them to help me through the coming year gives me a thrill every time. Perhaps partly the anticipation of what the new year might bring. The opportunities, the joy of victories, the pleasure of shared times with loved ones and friends, unknown adventures. Preparing that planner to serve me for the coming year also provides me with new, pristine pages. No misspelled entries. No mistakes needing to be crossed out. No unkept appointments. Flawless. Where else can you say that about your life? A fresh start.

Throughout the year I track my achievements. Every month I make notes of accomplishments. Sales transactions. Improvements to my house. Classes I've taken. Important meetings I've attended. Interactions with people I value including meals together, outings or visits to museums, movies. During December I review the monthly entries and compile an annual list. The week between Christmas and New Year is good to do this. Then I look at the main areas of life and think of what I want to achieve in each of them in the coming year. You know the areas - health, finances, personal development, spiritual, relationships, and any area of life where you want to take ground. I add travel, which is important to me. The natural time to create these things is

at the start of a new calendar year. But here's the best news. It can be any day of the year. March 12 or September 26 are just as valid to start a new initiative that will make a difference in your life or in the lives of others as January 1. There is no "right" day to quit smoking or drinking or start eating a more healthy diet. There is no "perfect" day to start an initiative of daily kindness. To steal from Nike, Just Do It.

Why not put becoming a neighborhood volunteer on your list of goals for 2021? In Candler Park, we have lots of great things going on. Wonderful neighbors, superior amenities and plenty of opportunities to make a difference with people and with the community. We have a plethora of interesting ways to get involved or to make a contribution of time, talent and treasure. Or if you are a Senior, or just a lonely resident during Covid, you can get to know some of your neighbors by joining Candler Park Forever on our weekly Zoom calls. We have interesting conversations, share information about various topics and we laugh. It can be done easily by reaching out to us at CPforever@candlerpark.org. We are friendly and welcoming. Take that step. Again, Just Do It!!

May 2021 be filled with joy, prosperity and good health for you and yours.



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Meet the CPNO Board for 2021

By Susan Rose, editor@candlerpark.org

At the November 2020 CPNO membership meeting, most of the CPNO board was elected into office except for the president who was nominated and elected at the December meeting. Many board members from 2020 are returning which will be helpful to Jerry Tillery, who as president is new to the neighborhood and to CPNO. In addition to Jerry, we also welcome Kerry Dobson as public safety officer and Roger Bakeman who is returning to the board after a break. Many thanks to all board members for your commitment and dedication to our Candler Park neighborhood! The following short summaries introduce (or reintroduce) you to our 2021 board.



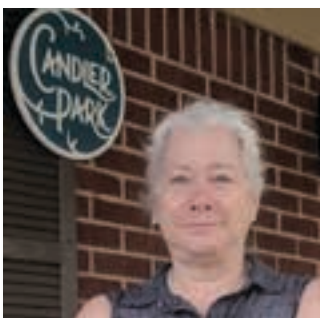
Jerry Tillery - President

Born and raised in South Dakota, Jerry Tillery joined the Air Force right out of high school. He spent more than 20 years in active duty and lived all around the world. Just 18 months ago, he and his family moved to Atlanta and spent the first year renting in Virginia Highland while trying to decide where in town to settle down. "House hunting in the Covid environment was definitely a challenge," Jerry said, "but when we found a house in Candler Park, we knew we had found the right place for us. The quiet neighborhood, friendly people, great local businesses, and parks make this a great area." Jerry has two adult children living in other parts of the country, and in October, his mother moved in to his house. At the end of 2018, he achieved a significant goal of completing his Doctoral degree with a Doctor of Science in Cyber Security (DSc). He has been working in Cyber Security for more than 20 years and currently serves as the Chief Information Security Officer for a global financial company.



Ryan Anderson - Communications Officer

Ryan Anderson will serve for a second year as communications officer. He and his wife bought their Candler Park home in July 2015 after previously renting a condo in Old Fourth Ward for five years. He leads the marketing and analytics teams at FortyFour, a digital agency in Inman Park. An avid soccer fan, Ryan was previously the chairman of the board for Terminus Legion, the first and largest support group for Atlanta United.



Karin Mack - Treasurer

Returning to the board as treasurer for a second year is Karin Mack who moved to Candler Park with her husband Hugh Convery in August 2017. After 20 years OTP and with their two kids off to college, they downsized and moved ITP. Karin is the Associate Director for Science, Division of Injury Prevention, National Center for Injury Prevention & Control, CDC. "I hope to continue the excellent financial stewardship of CPNO," Karin said, "Being pro-active, timely, and transparent takes great effort, but makes for a better, healthier organization." Karin is looking forward to celebrating a belated Fall Fest 20th anniversary and hopes we get back to in-person Member meetings sometime in 2021. She wants to thank all CPNO members for continuing to be an active part of our vibrant community despite the challenges of 2020. Karin enjoys hiking, playing ultimate Frisbee, and stained glass artwork.



Bonnie Palter - Secretary

A resident of Candler Park since 1974, Bonnie Palter is a retired physical therapist. She joined the CPNO board to be more active in the neighborhood. Bonnie has served many years as Secretary, maintaining excellent records for the organization and helping to ensure CPNO meetings are run in compliance with Robert's Rules of Order. Her wish for Candler Park is that "we maintain the architectural integrity of the neighborhood."



Emily Taff - Zoning Officer

Returning for her second year as zoning officer, Emily Taff moved to Candler Park with her husband in 2014 because it met their requirements of an old house near MARTA with walk- and bikeability. Her history with Candler Park goes way back, however, as it is also where her parents bought their first house in 1976 before moving back to Mississippi where Emily was born and raised. Today she works as an architectural historian at a preservation consulting firm and is part of the non-profit organization Historic Atlanta. She loves living in Atlanta and hopes to see the city steer toward a future that allows for necessary growth while maintaining the unique and historic character of our neighborhoods.



Kerry Dobson - Public Safety Officer

A newcomer to the board, Kerry Dobson has lived in Candler Park for two years. She moved here with her two children (Mila 10 and Campbell 8) and partner Matt “because I have always been in love with the area,” commented Kerry. “I love the walkability and the sense of community.” She volunteered for safety officer because she wants to form a close relationship with the families and children of CP along with our local law enforcement. “I want to keep CP a safe place for our kids to play and explore. Aside from safety I hope to bring new ideas and community activities to CP,” she added. Kerry currently works full time for an Atlanta based pediatric cancer nonprofit. She is “obsessed with all things food/restaurant” and has worked as a custom cake baker in the past.



Roger Bakeman - Membership Officer

A resident of Candler Park since 1975, Roger Bakeman built his current house—designed by long-time Candler Park resident Kelly Jordan—in 1978. Roger is a retired professor who focused on child development and research statistics in the Psychology Department at Georgia State University. He remains active by consulting with colleagues and serving on NIH-funded research grants. He was the Membership Officer from 2015 through 2017, Communications Officer from 2018 through 2019, and—after the Bylaw-required time off—now moves into his second stint as Membership Officer. Previously, he worked to redesign CPNO’s website and to



build a more flexible membership database, which he is now happy to continue maintaining. This past year he saw a two-year project of his—obtaining 501(c)3 status for CPNO—finally come to fruition. Additionally, he scanned Messengers from 1995 through 2006 and added them to our online archive (candlerpark.org/cp-messenger) and, with Emily Taff, rewrote the Brief History of Candler Park for our website (candlerpark.org/history). He added that he is “happy to return to the board; being retired gives me the luxury of time. For 2021, I hope to see more neighbors involved in CPNO and hope they all can learn more about our neighborhood’s history. But mainly I hope to see a return to face-to-face meetings.”



Matt Hanson - Fundraising Officer

Returning as fundraising officer is Matt Hanson who has lived in Candler Park since July 2019. In reflecting on 2020, Matt commented, “While last year obviously presented some unique challenges, most significantly, the cancellation of Fall Fest, the circumstances also created an opportunity to think outside the box and look to additional fundraising opportunities for the neighborhood.” With some great collaboration from the CPNO Board, Matt led the efforts to successfully execute a line of

CPNO Love fundraising merchandise, as well to create neighborhood house decorating contests for Halloween and the December holidays.

Matt continued, “Looking forward, as we all hope that 2021 brings us back to a sense of normalcy and we will be able to celebrate the 20th anniversary of Fall Fest, circumstances allowing, I will look to expand the Fall Fest celebrations across the entire Fall season with a weekly Food Truck series that will give the neighborhood some much needed socialization and live music, while also supporting those in the food service industry who have been so negatively affected by COVID pandemic. We all suffered through 2020 together, so in 2021, we will do our best to make up for lost time, and celebrate the things that we missed so dearly, such as listening to live music with friends and family, and enjoying time in the park eating great food with our neighbors.”



Amy Stout - External Affairs Officer

Returning as external affairs officer for a second year, Amy Stout moved to Candler Park in December 2000 from San Diego, CA after getting engaged to her husband Ted Pettus. She works at Emory University as a Sr Associate Director of Programs. Over the past two decades, Amy has served in many different positions on the CPNO board, including as president. As the NPU-N rep, Amy will work with other neighborhood representatives to advocate for improvements to city policies and processes so that citizen input is given more consideration in planning and land use decisions. She is also a Candler Park Conservancy (CPC) board member, and her favorite thing about the neighborhood is the beavers and other wildlife that live in Candler Park (including the resident hippies).

December 21 CPNO Members Meeting (Virtual) - Draft Minutes

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

Guest Speakers:

1. Amir Farokhi, District 2 Councilman, announced that he has set aside \$45,000 from his discretionary funds for Candler Park. He has also begun the process for getting the 3 way stop sign at Mell and Iverson. He also has been elected as the new Chairman for the City's Zoning Committee.
2. Christina Hodgen, CPNO representative to Little Five Points Alliance, announced that the completed Mobility Study will be posted soon. The weekly cleanup will continue. The annual membership will be \$4,000 per member. The hours of operation of the mini precinct will be increased.
3. MARTA fence- Jonny Newburgh requesting the fence from Iverson Park to MARTA be opened to facilitate ease of access to the Candler Park MARTA Station. Vote to be taken next month.
4. Atlanta Police Zone 6-not present

Old Business:

1. The motion that CPNO support the placement of a 3 way stop sign at Mell and Iverson passed.
2. The Motion to nominate Jerry Tillery as President of the Board for 2020-21 passed.
3. The motion to elect Jerry Tillery President of the Board for 2020-21 passed.

Treasurer's Report:

Karin Mack, Treasurer, reviewed the November P&L. She is requesting that budget proposals for 2021 be handed in at the Board Retreat in January.

Announcement:

The Holiday Decorating Contest will be December 23-Jan.1. Entrance fee is \$20/house. This is a fundraising project for CPNO.

The meeting was adjourned at 7:45 pm.

Submitted by Bonnie Palter, Secretary

December 21, 2020

CPNO Officer and Committee Report for December

Freedom Park Conservancy - Christina Moore

This link is provided by the representative:

Freedom Park Conservancy Master Plan session:

<https://www.networldsports.com/soccer/soccer-training-equipment/soccer-rebounders/rapidfire-pro-pop-up-football-rebounder.html>

External Affairs(NPU) - Amy Stout

There was one item on the agenda for the November 2020 NPU-N meeting (which was actually held on December 1) that was specific for Candler Park. Under Alcohol License Applications, the application for a change of agent for the Candler Park Market was added to the fast track and approved without discussion by a vote of 9-0, consistent with the prior votes of approval by the CPNO membership and the CPNO zoning committee.

Under Reports from City Departmental Representatives, Mark Tai from the Atlanta Department of Transportation was present to inform residents that the City will operate a test of a four-way stop at the intersection of Clifton and McLendon starting the week of December 14 (even though this intersection does not meet the requirements for such). The City will install stop signs, and the signals will flash red. The test will last a minimum of thirty days. Residents can provide feedback to matat@atlantaga.gov.

The City Planner noted that residents can report illegal construction activity to 404.865.8550 or CodeBustersDCP@atlantaga.gov.

Under Text Amendments – Zoning Ordinance, the board voted unanimously NOT to support Ordinance Z-20-69. This legislation would ban all short-term rentals of a residential dwelling unit or accessory building (Air BnBs) for periods of less than 31 days in areas zoned as Single-Family Residential.

Education - Dana Fowle

Atlanta Public Schools closed for winter break Dec 21-Jan 4. Students return virtually Tuesday, Jan. 5 with early release for traditional schools to allow staff to vote.

Last day to turn in Intent to Return Declaration form - Dec. 21.

With the enrollment dropping in some schools, in part, due to students moving out of APS due to a virtual-only option through 2020, some teachers could be re-assigned to other schools. Possibility, some may lose their jobs.

APS plans a face-2-face return to the classroom late Jan. 2021 for those who declared this intention by Dec. 21.

Membership - Jennifer Wilds

Final membership for 2020 was 559, higher than all years before 2018 but less than 2018 and 2019, most likely due to the cancellation of Rival Entertainment's Candler Park Music and Food Festival and their offer of free entry to CPNO members in 2018 and 2019. There were 88 new members, the lowest number since 2010, probably reflecting market.

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Are Collagen Supplements Right for You?

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

When you hear the word “collagen,” beauty treatments or services might come to mind. The protein has long been associated with glowing skin, beautiful hair, and healthy nails. But collagen is so much more, and it could be your missing link to feeling better.

But first, what is collagen?

Collagen is a protein in your body. It's actually the single-most abundant protein in your body, and there are several types of it at work in your system. Collagen is naturally produced in our bodies and it is a building block of our skin, muscles, ligaments, cartilage, blood, and bones.

While our bodies produce much of our collagen on their own, that production process will slow down with age. When this happens, many adults turn to supplements or other ways of increasing their collagen levels.

How can collagen help you?

- **Joint health**
Your joints are supported by cartilage, and collagen is a crucial component for building and sustaining cartilage. Increasing collagen in your body can help prevent pain or stiffness in your joints, as well as joint injuries or degenerative joint disorders.
- **Improved skin**
Collagen supports your skin's health by promoting its elasticity and hydration. Increased collagen can result in your skin feeling and looking more moisturized, reduced wrinkles, and smoother texture.
- **Stronger bones**
Collagen is the primary ingredient in your bones, so increased collagen levels can go a long way towards improving bone density and preventing bone loss.
- **More muscle mass**
In aging patients, collagen has been seen to improve muscle mass among those also exercising regularly.
- **Heart and gut health support**
Because our blood and arteries are partially made of collagen, collagen production can strengthen your heart arteries. Research shows that it might support gut health for similar reasons.

Where can you get collagen?

- Bone broth
- Gelatin-rich foods, like broths, stews, and jams
- Collagen supplements* (look for collagen that is hydrolyzed, which means your body can break it down more easily)

Just like any supplements, before committing to collagen supplements, confirm with your doctor or medical professional that these supplements won't negatively affect you based on existing health conditions.

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.



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How To Prioritize Your Mental Health During A Pandemic

Submitted by Mary Rose Provence



Twenty-twenty has brought a whole new way of life that none of us could have ever expected. The days start to seem more monotonous and lonelier than before. After a while, these days can definitely start to take a toll on your mental health. Whether you're adjusting to working from home, helping the kids out with online school, or trying to figure out your next steps, check out some tips on how to prioritize your mental health!

EXERCISE

Exercising releases endorphins and serotonin which in turn helps in relieving anxiety and stress and improve your mood. Even if you don't have much time between meetings, getting outside for a quick walk around the block is sure to put a bounce in your step. Plus, you may run into that new neighbor down the street you've been wanting to meet, from a social distance of course! If walking or running isn't your favorite thing, there are many free home workout and yoga videos on YouTube that can help give you that endorphin boost!

UTILIZE TECHNOLOGY

If this pandemic had happened 100 years ago it would have been drastically different without technology...no zoom meetings, video calls, or important emails. Take advantage of the resources we now have to keep connected with your family and friends! Now is the time to reconnect with your old college roommate or childhood friend because most people tend to have less busy routines right now. Make it a goal to reach out to one friend a week and set up a time to video chat with them!

“After a while, these days can definitely start to take a toll on your mental health. Whether you’re adjusting to working from home, helping the kids out with online school, or trying to figure out your next steps, check out some tips on how to prioritize your mental health!”

DEVELOP A NEW HOBBY

If you’ve been wanting to get into knitting or juggling or anything else, now is the time! Putting your time and energy towards learning a new skill challenges your brain and will leave you with feelings of success at the end of the day. Plus, it’s always satisfying to check off an item on your bucket list!

MAKE A SCHEDULE

Life indoors is certainly more laid back than the hustle and bustle of what life used to look like. However, sticking to a schedule can help you stay productive and feel more accomplished at the end of the day. Start at night by deciding what time you want to wake up and what tasks you want to tackle the next day. As you complete them check them off on your list, but don’t beat yourself up if you aren’t able to get everything done. After you stick to a schedule for several days, you will likely find that you have more time for extra tasks, exercise, or that new hobby!

START JOURNALING

Journaling is a great way to gather your thoughts. Find a journal or even just a piece of paper and write about your day and what you are thankful for that happened on that day. This will help you keep a positive mindset and give you some much needed alone time away from your laptop screen. If you are feeling crafty, look up ‘bullet journal’ on the internet and let your creative juices take over!

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Article by Mary Rose Provence. I am a current senior at the University of Georgia studying the field of Advertising with the pursuit of a Master's in Journalism. Contact me at mrprovence@gmail.com.

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As we kick-off the new year, we reflect on the **goodness** which is all around us and are thankful for all the **kindness** shared. Here are some of the **wonderful folks** we've gotten to know that fill the Gipson & Co. team with **gratitude**.



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