INSIDE THIS MONTH'S MESSENGER

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FROM THE PRESIDENT

As CPNO continues to organize the Candler Park music festival for residents, I would like to start this month by introducing the new editor of “The Messenger”

Hello, my name is Lynn Howard. It is my pleasure to relieve Ms. Susan Rose and serve the community of Candler Park as the Editor of the Messenger monthly periodical.

There is an old proverb that it takes a village to raise a child. The village I was raised in was quite large as a child of three career veteran fathers traveling through international communities from Europe to Asia and East to West coast stateside. It is through the eyes of the Navy, Air Force and Army that the foundation of my integrity stems from their values of civic responsibility, accountability and transparency. For this reason, when asking where I am from, I will normally respond “America.”

FROM THE PRESIDENT

However, for those inquiring minds needing more detail, I was born at Spohn hospital in Corpus Christi, Texas and resided from 1985 - 2015 as a single parent resident of Las Vegas, Nevada with three girls and a boy leading the packs whom are now grown pursuing their own creative intent. I have both vocational and academic experiences in finance and engineering. Most recently I have gained a notary from Georgia after completing a paralegal certificate from Emory. For fun I like to ride my bicycle.

I hope to grow the Messenger in the future as a valued Candler Park resource by touching base individually with as many of you in the future as I am permitted. Susan has left me big shoes to fill. Thank you for having me.
## Dates to Remember

### August

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<td>5</td>
<td>APS – Kindergarten Readiness Check</td>
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<td>APS – FIRST DAY BACK TO SCHOOL – Midtown HS Bell 8:45a – 3:45p</td>
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<td>Mary Lin ES Bell 7:45a – 2:45p</td>
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<td>16-20</td>
<td>APS – SGA Milestones EOC tests</td>
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<td>CPNO 9:30p Friday Movie Nights Resume</td>
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<td>VOTE Registration Deadline for Special Elections &amp; Runoff (All Districts)</td>
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<td>APS – SAT Exams</td>
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<td>APS – Midtown HS ACCUPLACER college assessment</td>
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<td>18</td>
<td>CPNO Members Meeting, 7 pm, via Zoom</td>
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## Candler Park Decides Results

https://www.district2atlanta.com/candler-park-decides

### Candler Park Decides Results

- **Candler Park Bathroom Overhaul - $12,500 (+$12,150 match)**
  This project will repair, clean, paint, add timed locks, and re-open the bathrooms for public use during park hours. The new doors & timer locks would lock the bathrooms during hours that the park is closed to help deter vandalism.

- **Repair and Removing Aging Benches - $2,750 (+$1,250 match)**

- **Fruit Trees in Candler Park - $1,980 ($2,285 match)**

- **Kudzu and Invasives Removal along Candler Park Drive - $5,000 (+$19,000 match)**
  Trees Atlanta will provide the technical expertise to remove, treat and replant the hillside with appropriate native trees and shrubs. This newly open vista will allow expansive views from Candler Park Drive, help promote healthy vegetation, as well as vastly improve the aesthetics of the active lawn.

- **Fruit Trees in Iverson Park - $1,080 (+$5,185 match)**

- **Fruit Trees along Freedom Park Trail - $900**

- **Candler Park Pool Improvements - $10,000 (+$12,000 match)**
  This project will add a mural covering the brick wall along the back of the pool which would be visible to all visitors. It would also add four tables with umbrellas to provide seating and shade for pool visitors. Lastly, it would involve weeding, powerwashing, and painting the exterior of the pool house and eaves that face the interior of the pool.

- **Electrical Box Art at McLendon/Candler Park Ave - $1,250**

- **Electrical Box Art at Clifton/McLendon - $1,250**

- **Artistic Bike Racks - $4,000 (+$1,250 match)**

- **Electrical Box Art at Clifton/DeKalb - $1,250**

- **Electrical Box Art at North/Moreland - $1,250**

- **“Beaver Buddy” Public Art - $1,500 (+1,000 match)**
  Installation of a 4-ft tall fiberglass beaver sculpture after it has been custom-painted by a local artist.

- **Fruit Trees in Freedom Park - $0/Free (+$1,350 match)**

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Dear Friends and Neighbors,

The results are in! Atlanta has completed its second participatory budgeting program - Candler Park Decides!

Beginning in April, 2021, we asked you to submit your best ideas on how to spend $45,000 on arts + greenspace in Candler Park. We received some great proposals, with 23 of them making the final ballot. In July, 1,094 of you who work, live, or visit the neighborhood voted!

So, which projects won? I’m thrilled to say that you voted to fund 14 projects. Not only that, but we received $65,070 in matching donations from local non-profits. That means the investment in the neighborhood will total $109,780.

To see the full vote tally and descriptions, scroll down. I’ve also included some additional background info about the whole of the voting process at the bottom.

Thank you so much to all those who submitted ideas, promoted the program, and voted. We took a leap of faith that if we handed over the reins of government and trusted you, that you would turn out and help us achieve something special. This initiative exceeded my greatest expectations.

Sincerely,

Amir
Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new member:
- Melanie Rabb
- Megan Wittling
- Nicholas Forge, Anthony Fontana, and their son Oliver
- Jennifer Betowt, Davi Smith, and their daughter Zaya

...and seven others who wished to remain anonymous

CPNO thanks members for their donation:
- Jeanne Stahl
- Nicholas Forge, Anthony Fontana, ...and seven others who wished to remain anonymous

CPNO welcomes business contributions from:

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
Should I Stay or Should I Go?

By Lexa King

There’s an old saying to the effect that everyone makes a room full of people happy. Some when they get there and some when they leave. You know the feeling. You are at a gathering and all of a sudden “he” shows up. You know the one. The chronic complainer, the one with a multitude of health issues, the one with family issues that thinks you want to hear about them, or the one who wants to complain about the boss or the coworker or just life in general. They seem to suck the very air out of the environment.

On the other hand, some people seem to add energy, happiness and good feelings when they show up. There is an air of confidence, pleasantness and positivity that seems to surround them. They are surrounded by high energy and to be in their presence makes you want to smile.

What is the difference? Does one attract problems and bad circumstances while one leads a life of charm and good luck? Partly. There is a “Law of Attraction” which presumes that since everything in life is energy, people tend to attract or draw to them energy similar to the energy level where they vibrate. If you are high frequency and vibrate at a high, positive level, high energy things are drawn to you. Conversely, low energy or low frequency people draw situations that resonate at a low level. So one way to attract better, more positive situations is to be more up beat, cheerful and positive in your attitude and your actions.

My dad was a big joker and teaser. One time when we were checking out at the grocery store, the clerk asked him how he was. He said, “Not so good”. She asked him what was wrong and they had a little conversation. On the way out of the door, I asked him why he answered that way. He said that if he answered, “Fine”, then that would be the end of the conversation. When he answered the way he did, she wanted to know what was wrong. It engaged her in conversation. That, I believe, is a product of our society. A lot of our thoughts are geared toward negativity. The news is a great example. Just think how differently each of their days could have gone if dad had said he was doing great and had just had the best cup of coffee of his life or some similar nicety. Still a conversation. Still an engagement. But a higher frequency. Each person feels good, perhaps a bit inspired. They exchange a little small talk, but the vibration is a higher frequency. It could set your day in a whole different direction. Try it. Take small, conscious steps to a higher level of thought and speaking. In a while it becomes your default.

Let me be clear. I’m not saying to paint your life with a “everything is wonderful” brush. But if we change the way we view small things, it’s easier to be less bent out of shape at the bigger things. It’s about the choices we make and the habits we develop. And life is a series of choices. Want a better life? Make better choices.

Want to be welcomed when you show up? Want people to desire your company? Be positive. Be interested in them. Bring your high energy wherever you go.

If you know someone in need of some good energy or some help to stay in their house or some good companionship, refer them to Candler Park Forever. We enjoy special events together and support each other with good company. This month we had a cookout, attended a local art gallery opening, enjoyed a porch party and met for brunch at a popular restaurant. We’re exploring a possible outing at a local lake for an afternoon and as fall approaches we may start a book club. We are open to suggestions for activities. Join us! Reach out to us at cpforever@candlerpark.org. Mention us to your Senior neighbor.
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Candler Park Messenger  7  August 2021
Memories from Candler Park

BY Mark Clement

On August 24, 1961, a young Candler Park couple struggled to get to the hospital in time to deliver a child. That child was me. If my parents would’ve made it to the hospital, I would’ve been a Grady Hospital baby. Instead, I was born right here at home.

The children of Mary Lin Elementary would tease me for being born at home. They would ask me if my parents were hippies. I will tell them I’m not sure. My Mom told me “better to be born at home and not in the car on the side of the road.” Apparently, that happened frequently back in those days.

My mother worked at Downtown Five Points near Georgia State University. She took the Atlanta Transit trolley that ran down McLendon to Downtown Five Points. Shortly after, the city converted from trollies to busses. You can still see some exposed trolley rails along McClendon in front of the Flying Biscuit.

From 1961 to the present the Candler Park neighborhood has been my official residence. With the exception of my college years, I have physically resided here. My father purchased the land behind the house that went from Candler Park Drive to Oakdale (house on Oakdale). Us Clements have been residing here at Candler Park, farming and chicken ranching continuously for the past 61 years.

In my formative years, our Halloween festivals made a big impression on me. I loved the concept of taking a public space and creating an event that brought us together and celebrate our community. Around the age of 8, I placed in the road race. The award was an old running shoe spray-painted gold nailed to a piece of wood. Handwritten on it was “First Place, Candler Park Halloween Festival Road Race, Children’s division.” It was my prized possession for many years.

Just before the Olympics in Atlanta, I officially bought the house from my parents. I was determined to bring back the days of my youth and recreate our neighborhood festival. Around 2000 several of us joined together to do just that. We were planning on reviving our Candler Park Halloween Festival and Parade. However that same year Little Five Points had the same idea and they got the jump on us. So we planned on doing a fall festival. We got so busy planning, we never settled on a name. So a fall festival became the Candler Park Fall Fest. Fast forward to today after our Covid-19 gap year we will have our 20th Fall Fest. As for me, I will do my best to be here for another 60 years.
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- Sloan Smith, Candler Park

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Candler Park Messenger  August 2021
Welcome Neighbor

Mary Catherine Lowery

After relocating from Chattanooga, Tennessee to Atlanta on a whim in 2019, Mary Catherine Lowery found herself living and painting in our charming Candler Park. Since receiving her Bachelor of Fine Arts from The University of Georgia, Mary Catherine has been working as a designer in commercial interior design, and has been more actively pursuing her career as a fine artist and painter in more recent years. Her work focuses on textural conversations, exploring the dichotomy between light and dark to create depth and movement - seeking to translate an internal dialogue: what is felt and what is known. Her inspiration for new mediums and techniques stems from her background in Textile Design and Fiber Arts.

Lowery's more recent work seeks to bridge traditional landscapes with contemporary abstractions – using dye and bleach on raw canvas. Landscapes have a universal draw to viewers, giving minds a break from interpreting the artist’s intent, while inviting them to explore their own: the visual opportunity to drift back to a time, place, or experience that is particular to only the viewer, taking them deep into the recesses of their minds and memories.

Dreamlike and indifferent to details, Mary Catherine’s abstract landscapes have a hazy luminosity, in the same way that our minds recollect and our hearts reminisce. These pieces tread closely to the precipice of sentiment, with an almost absentminded approach that allow imaginations and nostalgia to wander through the soft, misty quality of the work. The scenes of Lowery’s pieces explore vignettes of rural landscapes, remote and beautiful, patinaed with thickly veiled memories of the past.

When she isn’t painting, designing or gardening, you can often find her on long walks in the neighborhood with her giant fluffy Sheepadoodle, Henry, stopping in at Sean’s for an iced coffee and a dog treat at any chance they find.

View more of Mary Catherine’s work at http://www.marycatherinelowery.com/ and follow her creative journey on Instagram: @mcatlowery_ . Email mcatlowery@gmail.com for any available work or commission inquiries.
Infrastructure Concerns:  
A Look at Sidewalks

By Walter Brown and Roger Bakeman

The CPNO Infrastructure Committee is back.

Christina Hodgen, recently appointed chair by the CPNO board, will be putting together the CPNO Infrastructure Committee. They will begin to collect ideas and concerns from neighbors about sidewalk and streetscape issues that affect our quality of life. There are a variety of things we could be proactively monitoring including:

- Speed limits,
- Traffic calming,
- Sidewalk improvements,
- Pothole reports and reparations,
- Utility company collaboration,
- Seeking streetscape improvements funded by the City, and
- Advocating for improved pedestrian & bike facilities throughout our neighborhood.

An example of a possible concern is a new sidewalk poured on Terrace Avenue that appears to violate the City’s own ADA minimum-width guidelines (built to 4’ width vs. 5’ minimum required for wheelchair access). In addition, Lake Claire residents have recently become aware of new Georgia Power transformers being located in the middle of sidewalks belonging to the City of Atlanta. It was found that as individual homeowners are being asked to dedicate space in their front yards for these bulky devices, those refusing to allow the land use by the Georgia Power contractor results in the transformer being placed in the middle of the public sidewalk.

No homeowner should have to negotiate with a utility company when the result could have such a direct impact on the public right of way. Moving forward, we hope the CPNO Infrastructure Committee will work towards collaborative negotiations with the City of Atlanta, Utility companies and the 3rd party vendors they hire to protect the public rights of way.
Probing Jim Crow in Candler Park: *Part Two*

This article is offered by the Early Edgewood-Candler Park BiRacial History Project, in collaboration with a cohort of stakeholders, researchers, and advisors.

Our intention is to present to neighbors and Messenger readers a series of articles probing the predominant Jim Crow culture in Candler Park, 1870 – 1970, that intimately influenced the lives of both Black and White residents. While readers may find some of the materials presented difficult, it is important we acknowledge the complex history of our neighborhood to better understand the present.

To find evidence of Black life in early Edgewood-Candler Park takes effort. The stories are nestled between the lines of the archived history told by White people and the stories of vulnerability and strength, character and endurance embodied in the Black folks who lived in the area before 1990. Much of that history has been erased from the landscape. In a 1923 Atlanta Constitution article (3), Emory University chemistry professor, Dr. James Samuel Guy, “made a powerful talk” to the Atlanta City Council “on the various uses of dynamite in the reclaiming of land” for Candler Park; land then lived on by African Americans. March 1940 to January 1942 articles in The Atlanta Constitution (4) tell of the City Council’s use of “slum clearance” and “nuisance” ordinances, and of their power to “negotiate” with Black residents to sell or lose their homes to “expand and improve” Candler Park’s parkland, for the use of Caucasians only.

As the Candler Park brand flourished, most of Black Edgewood-Candler Park situated along Mayson Avenue North (now Candler Park Drive) disappeared – including the nine homes where Mary Lin Elementary School now sits (late 1920s), the Evening Star Lodge and Rose Hill Community homes (today the Candler Park ballfields area) (1942), and Antioch East Baptist Church congregation (1950). As the White population grew, Black community life was disrupted by urban renewal projects to create “White only” spaces such as the Candler Park Golf Course and Park, the Mary Lin Public School, and the Candler Park Civic Club and Improvement Corporation. Apartment buildings and many private residences adhered to restrictive covenant clauses in their deeds, specifying in DeKalb County that “Lots shall not be sold, leased to or occupied by any person other than a member of the Caucasian race.” (5)

After the area’s rebranding as Candler Park in 1922, the Black community was increasingly separated out as Edgewood and recentered south of the Georgia Railroad. The early 20th century concept of zoning took hold, reflected in the Atlanta City Planning Commission’s 1922 ‘Tentative Zone Plan.’(6) Black institutions that had buttressed and supported Black folks on the north side were transplanted to modern-day Edgewood, across the railroad tracks that ran along Candler Park’s southern border. The natural ridgeline served as a racial divide. Evidence of the racial division line can still be seen every day in Candler Park, in the 1960 street name changes, where they cross the tracks, from...

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▲ 1940 Federal Works Project Administration (WPA) Map of ‘Dwellings Occupied by Negroes’ in Edgewood/Candler Park. The Atlanta City Planning Commission’s 1922 ‘Tentative Zone Plan’ envisioned a future with no ‘Colored District’ in the Candler Park area. This 1940 US government population distribution map clearly shows a significant Black residential presence still living north of DeKalb Ave., north of McLendon Ave. The city and the neighborhood’s efforts continued and intensified pressures on Black residents and institutions to relocate south of the railroad tracks.


▲ These Latimore family members were third generation Candler Park residents in the 1930s. In a 2010 oral history session at the Old Stone Church, they shared with grace, nuance, and humor a range of memories of navigating their young lives here during the Jim Crow Era. The BiRacial History Project and Emory University’s Transforming Community Project and students were co-sponsors.
These siblings became entrepreneurs, professionals, and leaders within the neighborhood. They are the third generation of an early family of business owners who have been integral to the community's growth and development. The Latimores have generously shared their recollections of their young lives in this neighborhood, which have been recorded for the history of Candler Park.

The Latimores spoke with grace about the nuanced understandings required for the lives they experienced in 1930s Candler Park. "It was a mixed neighborhood... predominantly Black... A White family up there, a Black family down there. We didn't associate together, but we knew each other. It was a neighborhood where I might not know your name, but I know you. I know the White children; they know me. But we were just Black and White."

"When some of the White kids pass by our house on the way to Mary Lin school, they'd bring a rock with 'em. They knew we lived right there (pointing north of the Stone Church). They'd take their rock and throw it on the step. My Daddy'd fix the railing again; they'd throw it there. They weren't throwing it at me, throwing it at us; they were just throwing it because they knew we lived there, because we was Black."

"Little things your parents made for you to play with, they (the White kids) would kick 'em or tear 'em up."

"... About years later while in their teens, when walking past White Bass High School, “After we shared sports information, the rocks were thrown.”"

"It was a biracial community back in the day, cause you see, we're in the South! And everybody knows the South what goes on. I don't think we had such a big problem. It was just accepted. This is what you did. You know you Black – we were Colored then, Negroes (a soft chuckle arising among them). We knew who we were; they say they were White... In other words, we just tend to our business: you go about your business; I go about my business. If you know your place, not no violence... We were in the same community."

While White early Edgewood-Candler Park recorded the ways it countered Black life, Black society continuously evolved to both care for Black community and to creatively survive the unjust Jim Crow systems. Only with the stories of both its Black and White citizens can the history of Candler Park, and all of Atlanta, be more fully understood.

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*The BiRacial History Project's mission supports community-based education & restorative justice work in the early Edgewood-Candler Park neighborhood, respectfully reconnecting descendant stakeholders and today’s citizens to this historic African American community.*
Markers Help Us Remember

21st century Candler Park is transforming into a more open-minded and equitable neighborhood, respecting its multi-racial history as an integral part of our beloved community.

We have more work to do.

The BiRacial History Project invites your response to this series of articles.

Share your thoughts at: info@biracialhistoryproject.org
The organizers of the Madison Avenue Soapbox Derby, a community fundraising event started a decade ago, today issued a call for beneficiaries and announced that this will be the event's last year of operation. Race day is slated for Saturday, October 16, 2021.

Begun in 2011 as a community project organized by a group of neighbors, the soapbox derby has helped many area nonprofits serving the needs of children. Through local business sponsorships, participation by racers and community giving, the event has raised more than $200K in its first nine years.

Past beneficiaries have included: Gigi’s Playhouse (2011); Our House (2012); Boys and Girls Club of Decatur (2013); FOCUS (2014); Decatur Cooperative Ministry (2015); Reading is Essential for All People (2016); Decatur Robotics (2017); Decatur Education Foundation and Special Education Parent Teacher Association (2018); Global Village Project (2019).

Qualified nonprofits serving local youths are encouraged to apply by e-mailing madisonavesoapboxderby@gmail.com. Entries must be received by August 6, 2021. A finalist will be announced in late-August.

The Madison Avenue Soapbox Derby has been a fixture on the Decatur community calendar in early-October for ten years. Featuring creatively-themed race cars, food vendors and entertainment, the event has grown from 20 competitors in 2011 to nearly 100 competitors in 2019, the last year the race was held before the pandemic, with an estimated 1,000 spectators lining Madison Avenue to cheer them on and dozens of volunteers working behind the scenes.

According to the leadership team at the Madison Avenue Community Fund (MACF), the all-volunteer nonprofit entity that organizes the event and administers charitable giving, the time is right for the derby to evolve into something new. The group will look to refresh its strategies around fundraising and community event programming moving forward.

“We are truly humbled by and grateful for all the community support that the Madison Avenue Soapbox Derby has created over this ten-year run” said Marco DiCarlo, MACF chair. “So many local businesses and individuals have stepped up to make a difference for area nonprofits supporting young people. While this event is ending, the mission we created to help grow the impact of local children’s charities will remain relevant, and will continue in exciting new ways.”

Online registration will open in August for the 2021 Madison Avenue Soapbox Derby. The non-motorized racing event challenges amateur racers to design and build human-powered soapbox cars that compete against the clock in a downhill race. Competitors are divided into age groups with awards for fastest times and most creative car themes.

This family-friendly event is free for spectators and open to the public. More information will be released in September about food vendors, entertainment, health protocols and programming for race day. Follow the Madison Avenue Soapbox Derby on Facebook, Twitter and Instagram.

For details on making a donation, signing on as an event sponsor, competing in the derby, or volunteering, visit madisonavesoapboxderby.org.
Hi neighbors!

It has been 16 months since we have had a worship service in our building. We’ve been through so many cycles of emotions during our season of worshipping fully virtually: grief, confusion, exhaustion, joy, contentment, acceptance. The good news is that we believe they all belong with God and in a supportive community like the one at Neighborhood Church. And we believe that all of who you are belongs, too. We are grateful for the ways so many of you have reached out to us during the pandemic and sent notes of encouragement or stopped by to say hi and share your stories on the porch! We have experienced what true, raw, authentic community can look like and feel humbled to get to be a part of your journeys.

Sharing stories is a huge part of living in community together. Everybody has a story and each person’s story is unique and valid. Where have you seen this pandemic shift or add to your story? What are some behaviors or lessons you’re hoping to hold onto even as we start to create structures that require less distancing and more togetherness? Where have you seen goodness and hope in the midst of communal despair? What are you struggling to release or move past as we’re understanding what it means to continue to grieve together? What does it look like to find a new pace of life after a year and a half of living in a world of so many unknowns? These are some of the kinds of questions we’ll be diving into this fall as we continue worshipping and connecting with each other. We believe that each neighbor we meet is part of our ongoing story and narrative of connection and community as we move through each season together. We hope we’ll get to connect and become intertwined parts of each other’s stories soon!

Here are a few connection opportunities you’re invited to join as we move towards more in-person experiences this fall:

- **August 1:** Open House and Blessing of the Backpacks - a short moment of worship followed by a time to check out the building and meet some new neighbors over lunch
- **August 15 and 29:** In-Person Preview Worship Services - come worship with us in the Sanctuary while we get the feel of what it’s like to be back in-person; online worship will be streamed as well!
- **September 12:** Happy 5th Birthday, Neighborhood Church - come celebrate our fifth birthday (can you believe it?) as we have our first full in-person worship service of 2021 together in the Sanctuary. Weekly worship will continue both in-person and online at 11 am moving forward!

You can check out our website at neighborhoodchurchATL.com for more information! We hope to see you soon!
Joy the Gardener’s Update

Five hours a week, Wylde Center’s Joy Flannagan spends five hours a week working on projects at Mulberry Fields and supporting the efforts made by the plot holders. Joy shared that the chickens and goats have a new friend - Flame the Cat. We also might have new baby goats coming since a billy goat visited with the females this summer. We will let you know what develops.... Sadly, our mulberry trees that have shaded the goat and chicken pen for many years fell in June. We are now working on a new solution to provide shade.

Mulberry Fields included in a recent PayPal feature video

In May, Wylde Center staff and community members spent the day with a PayPal crew highlighting our gardens and plant sale. The film crew absolutely loved Mulberry Fields and featured it in their short video. We hope you will watch it. Here is the link: https://bit.ly/3tMYZx4

Save the date!

Mulberry Fields Gone Wylde is returning Saturday, October 23, 2021, 2-8 p.m. Join us for our annual family-friendly event that features live music, kid activities, goats, chickens, food, and so much more. More details may be found at wyldecenter.org.

Rent Mulberry Fields for your next event.

Having a party? Consider Mulberry Fields and its beautiful location for your next event. We have hosted birthday, graduation, and retirement parties to name a few. The garden features both chickens and goats, a community garden, a children’s play area, hobbit houses, picnic tables, and wide-open spaces. The rental fee that is charged goes to support the upkeep of this colorful community garden. We request that all organized parties contact events@wyldecenter.org before planning your private gathering at Mulberry Fields or visit wyldecenter.org/general-rentals/ for more details.

Come visit

Mulberry Fields Garden is open to the public every day from sunup to sundown. It is located down the alley at 1301 Iverson Street, Atlanta, GA 30307. Please feel free to browse what is growing in the community plots, but please, no picking. Our plot holders thank you for taking only photos.
6 Ways You Might Be Sabotaging Your Gut Health

Gail @ Align Health Coaching

One of the first things I focus on when I join someone on a new journey towards better health with Align Health Coaching is tackling their gut health.

Gut health is at the center of everything we do. It’s quite literally central to your body’s health, and it doesn’t always get the attention it deserves. Many of us live with irritating, or sometimes painful, symptoms that can be a result of poor gut health without ever realizing it. Things like gas, bloating, and inflammation can all come down to a question of managing your gut.

You might be sabotaging your gut’s well-being without knowing it, or something in your environment could be the root cause of your gut-related symptoms. Here are 6 causes of gut-related health issues.

**EATING TOO MANY REFINED OR PROCESSED FOODS**

Because these foods don’t actually nourish your gut microbes properly, your gut isn’t able to thrive and protect the rest of your system adequately. Make sure your diet is filled primarily with whole foods, and try to eat organic when you can. More information about eating organic can be found on my website: https://alignhealthcoaching.com/2021/04/02/update-your-grocery-list-the-2021-ewg-guide-to-pesticides-in-produce-is-here/

**SUSTAINED USE OF ANTIBIOTICS OR OTHER MEDICINE**

Antibiotics deplete bacteria in your gut. Your gut contains good and bad bacteria, and antibiotics deplete both. It’s not entirely understood why, but the bad bacterium is able to recover more quickly from antibiotic use than the good bacteria. Other medicines, like corticosteroids, birth control pills, aspirin, ibuprofen, and NSAIDs, can interfere with the gut’s mucus lining. The mucus lining is where good bacteria reproduce, so if your good bacteria levels are low, your medicine intake might be to blame.

**TOO MUCH STRESS ON A REGULAR BASIS**

Stress and anxiety can feel hard to avoid, especially after the past year we’ve all shared collectively. Too much stress, though, can deplete the good bacteria in your gut. When those levels of good bacteria get too low, our body can spike its own cortisol production and that just makes our stress levels higher. Talk about a never-ending cycle!

**NOT GETTING ENOUGH SLEEP**

When you sleep, your gut bacteria sleep too. That means just one night of restless tossing and turning can lower the quantity and quality of your gut microbes. You can imagine what that means for your gut health if you have poor quality sleep regularly over many months, or even years! Keep your gut happy and get those Zzz’s.

**SWALLOWING YOUR FOOD WITHOUT CHEWING ENOUGH (SERIOUSLY!)**

The secret to good digestive health is pretty simple: chewing! 45% of bacteria in your gut is seeded by the bacteria in your mouth. To make sure the bacteria is primarily beneficial, we have to secrete a lot of anti-microbial saliva to keep the bad bacteria levels low. Chewing stimulates saliva productions, so make sure your chewing thoroughly!

**EXERCISING TOO MUCH... OR TOO LITTLE**

When your fitness routine isn’t balanced, your body has a difficult time maintaining good bacteria levels. Try to stick with moderate exercise on a regular basis. Gail@AlignHealthCoaching.com
Back To School Little Birdie

Atlanta public schools will be back in business in person by the time this periodical makes it to your doorsteps with the start date of the 5th of August. A joyous but perhaps scary time for kids and adults alike as this will be the first year back to school after COVID with a delta variant being closely watched. It might be helpful to know this is also the first year for a new variety of bird to make their home here at Candler Park as well.

On the way to Mary Lin elementary school everyone should have already noticed a new white chimney like structure along the Freedom Parkway trail. Believe it or not, but this is a bird sanctuary structure for chimney swifts; a tiny blackish-grey aerodynamic little birds whose numbers swelled in the early housing periods prior to the 21st century. Presently they are on the vulnerable list due to the popularity of capped chimneys in the late 1980s, the species of bird is well known for eating 1,000 mosquitoes to 12,000 flying insect pests or more per day. Some sub-varieties even have evolved with echolocation (sight by sound) like bats moving to caves rather than chimney’s to dwell.

These chimney swifts start out inhabiting in small numbered communities together with 14 days gestation of their newborns that require only about 30 days to empty nest, leading to community growth. The largest chimney swift population, known as Chapman Vaux swifts, has swelled to over 30,000 in numbers in a chimney build in 1925 for the Chapman Elementary school in Portland, Oregon. The school eventually installed a new heating system around 2003 through fund raiser’s and corporate sponsors to leave this old chimney specifically for roosting swifts.

We have the much beloved and belated Nancy Boyd (https://www.legacy.com/us/obituaries/atlanta/name/nancy-boyd-obituary?pid=199425072) to Thank for the beginnings of our Candler Park Chimney Swift structure. Her passion for citizen-led community greenspace projects have brought the Freedom Park Dwelling exploration of lost landscapes, the Elder Tree by David T. Howard middle school, the restoration of the Mary Lin elementary school playfield, the Butterfly garden and many other projects in and around Candler Park and Atlanta area. There have been several of these Chimney Swift towers built within Atlanta per the Georgia Audubon society which are listed here at https://www.georgiaaudubon.org/chimney-swift.html.

Presently there may be no chimney swifts inhabiting the Candler Park structure, but eventually thirty minutes before dusk we may be seeing a few families starting to roost for the night. Their sounds are unique chittering which can be loud enough to hear as their babies reach a couple of weeks old. This sound can be heard on the Merlin Bird ID smart phone application by The Cornell Lab. If you see families roosting, I hope you do not feel alone in your first year after COVID and participate in their fun by reporting them to http://chimneyswifts.org/ for their “Swift Night Out” from August through September to track the preservation of these little guys. Stay Safe, Be Kind, and Seek Happiness Editor@CandlerPark.Org
CPNO Officer and Committee Report for July

External Affairs - Amy Stout

There were no items on the agenda for the June 2021 NPU-N meeting that were specific for Candler Park.

Under Old Business: The NPU-N board adopted an updated list of land use and zoning policy recommendations for inclusion in the City’s Comprehensive Development Plan as part of the regular CDP review and revision that occurs every five years. The specific policies for the Candler Park neighborhood were those that the CPNO membership voted for at our June monthly meeting. If anyone would like a copy of the file containing all the recommendations for each of the seven neighborhoods in NPU-N as well as the NPU-wide policies that were approved, please contact me at externalaffairs@candlerpark.org.

CPNO Membership Application

All who live in Candler Park, or own property or a business in Candler Park, are eligible to join. Mail this application or visit our website to join or renew candlerpark.org

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

July 19 CPNO Members meeting (Virtual) – Draft Minutes

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

The meeting was called to order at 7:00 pm by Jerry Tillery, President. Motion to adopt the amended agenda passed. Motion to approve the June minutes passed.

Guest Speakers:

Amir Farohki, District 2 City Councilman, discussed and answered questions regarding the proposed zoning ordinance- Z21-0-0454; Z21-0-0455; Z21-0-04556 [housing within ½ mile of transit stations]. Councilman Farohki also mentioned ‘Candler Park Decides’ results of the participatory budget vote.

Josh Antenucci, Rival Entertainment, was present to discuss or answer questions concerning Candler Park Music Festival- September 10 and 11.

He offered Candler Park residents two for one (2 for 1) tickets which should have been obtained by the end of July

Treasurer Report- Karin Mack, Treasurer, reviewed June expenses ($600) and income ($280 donations).

FallFest 2021- Matt Hanson, Fundraising Officer and FallFest Chair presented the budget and update.

Submitted by
Bonnie Palter, Secretary
July 19, 2021
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Represented Buyers

SOLD
2263 Shasta Way | Evergreen Hills
Represented Buyers

PENDING
1245 Brook Forest Dr | Lavista Park
Representing Sellers

SOLD
1363 Fenway Cir | Midway Woods
Represented Sellers

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