



November 2021

MESSENGER

**Candler Park
Thanks You!**

INSIDE THIS MONTH'S MESSENGER

Musician &
Volunteer Thanks
PAGE 6

Guinness
Pyramid Progress
PAGE 8

Candler Family
Thank you
PAGE 10

CP Forever
Heads or Tails
PAGE 15

Align Health's
Guide to
Groceries
PAGE 16



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FROM THE PRESIDENT

By Jerry Tillery, President@CandlerPark.org

Welcome to the November issue of the Messenger. As 2021 begins to wind down and the weather starts to cool off, I want to thank everyone that has made this year a success for the CPNO. I hope all of our neighbors enjoy the Fall weather and the upcoming holiday season.

We have two holidays this month. For all my fellow Veterans and their families, I wish you a Happy Veterans Day. I have always enjoyed Thanksgiving and hopefully all of our neighbors have a safe and happy day. For me it is a time of family and I look forward to spending the day with close friends and relatives.

At our November member's meeting we will be voting on new board members for 2022. We have many returning board members and a few new names to vote on this year. I want to thank the nominating committee for all the hard work they put in to find candidates for all the board positions.

FROM THE PRESIDENT

I had great fun going around the neighborhood and looking at all the decorations for Halloween. It is a great fund raising activity for the CPNO and I hope everyone had an opportunity to vote on their favorite house. I look forward to walking the neighborhood and checking out the Christmas decorations soon.

Our Safety board member is continuing to work with the APD and the Oak Pointe Apartment Braden Fellman management to identify solutions to resident concerns. I know this is a topic of concern for both Oak Pointe residents and everyone else in Candler Park. We are all neighbors and we want everyone to feel safe at home in the neighborhood.

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

NOVEMBER

- 2** Election Day Break
- 3** CPNO Zoning meeting, 7 pm, Location ZOOM
- 8** CPNO Board meeting, 7 pm, Location TBD
- 11** Veteran's Day Break
(Free National Park Day)
- 14** 2021 World Peace Pyramid building event @ the First Existentialist on Candler Park
- 15** Deadline to submit content for The Messenger!
CPNO Members Meeting, 7 pm, Location ZOOM
- 22-26** 22 thru 26~APS Thanksgiving Break

DECEMBER

- 8** CPNO Zoning meeting, 7 pm, Location ZOOM
- 12** 2021 World Peace Pyramid building event @ the First Existentialist on Candler Park
- 13** CPNO Board meeting, 7 pm, Location TBD
- 15** Deadline to submit content for The Messenger!
- 20-31** CPNO Members Meeting, 7 pm, ZOOM
20 thru 31~APS Winter Break ~ HAPPY NEW YEAR!

JANUARY

- 3** APS Teacher's Only Day
- 4** APS First Instructional Day of Semester 2
- 5** CPNO Zoning meeting, 7 pm, Location ZOOM
- 13** CPNO Board meeting, 7 pm, Location TBD
- 15** Deadline to submit content for The Messenger!
- 17** APS Martin Luther King, Jr. Holiday
CPNO Members Meeting, 7 pm, Location ZOOM
- 18** Free National Parks Day
in Observance of MLK

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.



Four pyramid-builders show the work accomplished on October 17 at the 2021 World Peace Pyramid event

November Update on 2021 World Peace Pyramid in Candler Park

By Bill Read, Candler Park Resident and First E Member

To celebrate the 40th anniversary of the establishment of World Peace Day on September 21, 1981 by the United Nations, a 2021 World Peace Pyramid is being assembled in the R. Lanier Clance Memorial Woodland Sanctuary at the First Existentialist Congregation of Atlanta on Candler Park Drive.

Assembly of the pyramid base of $40 \times 40 = 1,600$ balls occurred on September 21, 2021. Then on October 17, 2021 the first of three public events was held so that Candler Park neighbors and First E members and friends could participate in the pyramid-building process. It was a fantastic Fall afternoon and a throng of ten people gathered to peacefully place several thousand more balls on the pyramid. Before long, the pyramid had grown to seven levels totaling over 8,000 balls.

Next steps are to add appx. 7,000 more balls to the pyramid each month in November and December until the pyramid of 22,140 golf balls is finished. At that point the pyramid will be 5' 6" tall/wide and it will weigh 2,242 pounds. Upon completion, the 2021 World Peace Pyramid will be a new Guinness World Record for number of balls of any kind used in a pyramid. The current pyramid record of 16,206 golf balls was set in 2014 by a school in Tyler, Texas...using new and donated balls.

Thus It is noteworthy that all of the 22,140 golf balls in the 2021 World Peace Pyramid were actually played at Candler Park golf course over the years before being lost and then eventually being found. Hence a special thanks to the golfers and neighbors in Candler Park who have made the 2021 World Peace Pyramid possible.

If you'd like to observe or participate in the 2021 World Peace Pyramid process, then plan to come by First Existentialist Congregation on Sunday afternoon on November 14 or December 12 between 1:00 and 3:00 PM. These dates and times are reserved for Candler Park Neighbors as well as First E Members and Friends. Then just follow the Pyramid signs up into the Memorial Woodland. For community safety, masks will be available at the Pyramid if you forget to bring your own.

And May There Be Peace on Earth...



Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new member:

Dan and Piper Goldberger

Jom Lober

Aria Finkelstein

Kaitlyn Fredrick

Cynthia Whitney and Scott Fridkin

Alishah Lakhani

...and 14 others who wished to remain anonymous

CPNO thanks members for their donation:

Angela Luckett

Mike Martinez

Lindy and Jeff Kerr

Cynthia Whitney and Scott Fridkin

...and five other who wished to remain anonymous



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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.

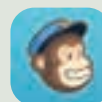
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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.

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

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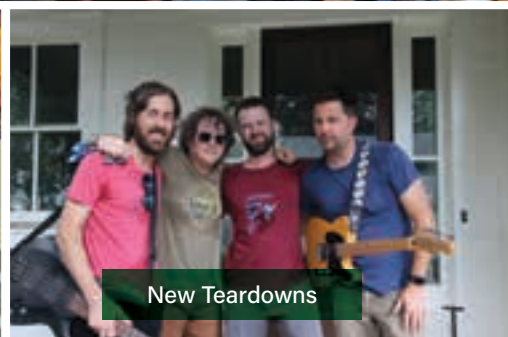
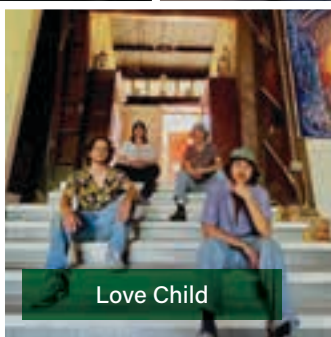
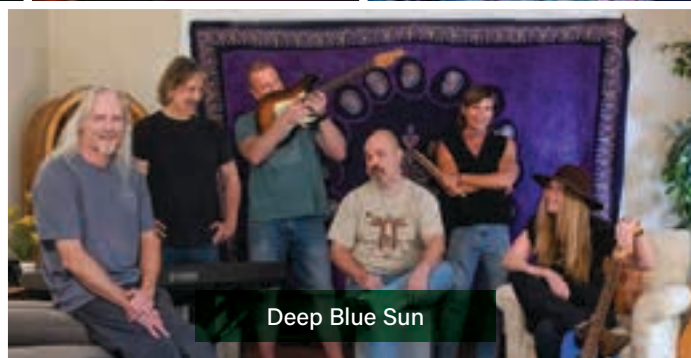


Our handle is your handle: twitter.com/CandlerParkATL

Fall Fest Thank You

VOLUNTEER LIST

Abigail Graff
 Amy Wheeler
 Augie Werthman
 Beckett Gordon
 Becky Bunnell
 Ben Tuminello
 Beth Feustel
 Charlie Suazo
 Chelsea Feustel
 Chip Miller
 Chris Fitzgerald
 Dana Fowle
 Emily Taff
 Emma Shibley
 G Waldman
 Heather Tomlinson
 Howard Connell
 I Waldman
 Issel Carson
 Jeff Ozer
 Jennifer Wilds
 Jerry Tillery
 Jess Richards
 Jessie Black
 Kendall Wueste
 Laura Walsh
 Lena Brown
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We are having a tremendous increase in thefts from automobiles. This is primarily a result of motorists leaving valuables inside of their vehicles. The only "fool-proof" initiative to combat such thefts is for motorists to ensure they leave zero valuables inside of their vehicles!

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Namesake of Candler Park

editor@candlerpark.org

Candler Park is a large residential neighborhood developed primarily in the late 19th and early 20th centuries surrounding 55 acres of one of the largest parks in the City of Atlanta. The community was founded as Edgewood, a small suburban community in DeKalb County halfway between Atlanta and Decatur.

The park itself was established in 1922 when the Candler family gifted a large tract of land to the City of Atlanta to create a public park and golf course. The golf course was designed initially for use by Mr. Candler's only daughter Lucy Beall Candler, who enjoyed her father's game at a time when women were not allowed to participate. Soon after Asa Griggs Candler election in 1916 as Atlanta's 41st mayor to sort out a chaotic fiscal situation, the park and course was opened for public play in 1928 less than a decade after ratification of the 19th amendment that brought women the right to vote. Asa died soon after in 1929 from a disabling stroke.

It is to a father's love for his daughter to be allowed to enjoy a men's only sport and a families continued support of their community that we owe our enjoyment of Candler Park. For this I dedicate this issue of our neighborhoods many Thanksgivings to the family of Asa Griggs Candler and Happy 170th on December 30th. Much more history of the park, namesake, Georgia & women in golf can be found here:

- <https://candlerpark.org/history/> ~ a detailed account of the area which really is not so brief
- <https://candlerparkconservancy.org/Park-History> ~ history and future plans for Candler Park
- <http://www.biracialhistoryproject.org/RoseHillSite.html> ~ reconnecting historic stakeholders and citizens
- <https://opentour.emory.edu/freedom-park/jane-s-walk-atl-candler-park-biracial-history-project> ~ virtual walk
- <https://womensgolfjournal.com/golf/no-women-allowed/>
- <https://www.georgiaencyclopedia.org/articles/history-archaeology/asa-candler-1851-1929/>



Candler Family 1898

(Front Row -Left to Right)

William Beall Candler
1890 - 1936

Asa Griggs Candler Sr
1851-1929

Walter Turner Candler
1885-1967

Lucy Beall Candler
1883-1962

Lucy Howard Candler
1859-1919

(Standing In Rear)

Charles Howard Candler
1878-1957

Asa Griggs Candler Jr
1880-1953





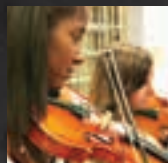
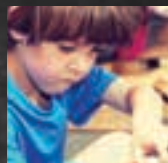
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Neighborhood Crime Reports

By Kerry Dobson (safety@candlerpark.org) and Roger Bakeman (membership@candlerpark.org)

A long-time and popular feature in the Messenger was the neighborhood crime reports. They were discontinued in May 2017 when the Atlanta Police Department (APD) stopped providing us the information. Now they are back and available on-line. Here's the link: <https://www.atlantapd.org/community/apd-zones/zone-6-542/-/folder-48>

The information for Candler Park for July and August, extracted from this file, is below. Look for similar reports in future issues of the Messenger.

It's worth noting that most crimes are larceny from vehicles, a reminder to maintain a clean car—leave nothing visible—and that neighbors should tell guests and visitors to do the same.

SEPTEMBER CRIME REPORT, CANDLER PARK				
Date	Day	Time	Location	Description
9/2/2021	Thursday	14:00	300 block of Mell Ave	larceny-non vehicle
9/2/2021	Thursday	14:00	1500 block of Dekalb Ave	larceny-from vehicle
9/13/2021	Monday	20:00	1800 block of McLendon Ave	auto theft
9/17/2021	Friday	21:02	300 block of Southerland Pl	larceny-from vehicle
9/24/2021	Friday	22:00	300 block of Moreland Ave	larceny-from vehicle
9/29/2021	Wednesday	20:30	1500 block of Dekalb Ave	larceny-from vehicle



CSI: Winter Squash Division

Upcoming Christmas Events



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Heads Or Tails?

Choices. From the minute we awake we are making them. Some are seemingly innocuous, others more significant. Some are on auto-pilot. Upon waking, I immediately reach for my phone to check the time. As my feet hit the floor, I turn around and start making the bed. The entire house may be in disarray, but if the bed is made I fool myself into believing that order is present. Then I head down the hall to the bathroom. At times this order is reversed. But the first big choice of the day is breakfast. Bagels, toast, coffee cake, donuts, eggs, cereal? And so it goes throughout the day.

Most of these do not directly influence the future of our lives. But sometimes it is difficult to ascertain their impact. There is a fascinating new show on TV this fall. Ordinary Joe. The story of a young man faced with some choices the day of college graduation. Simple choices. Which people will he join to celebrate this life event? Depending which choice he makes, the story line shows the various directions his life takes. Three different career paths. Different mates. Vastly different lives. A seemingly unimportant choice? Not so.

Some choices are easier than others. At the time of my divorce, I was living in Western Maryland. A great place for hunting and fishing, but those are not my interests. Ballet and museums, culture in general, were noticeably lacking. It was a small town where everyone knew your business. But where to go to restart my life? Fortunately, I had a friend going to Atlanta on vacation. I tagged along, explored the city and fell in love with her, interviewed for jobs advertised in the newspaper (yeah, archaic now, but that is how it used to happen) and received an offer. In one week I bought a condo, enrolled my small children in daycare, arranged to sell my car and purchased one with air conditioning, got competing bids for movers and began packing. How did I choose to make that move? It was the easiest kind of choice. Where I was could not be tolerated. I hated everything about it. Any place other than where I was would have to be an improvement. And if it wasn't, I could move again. It turned out to be one of my best life choices.

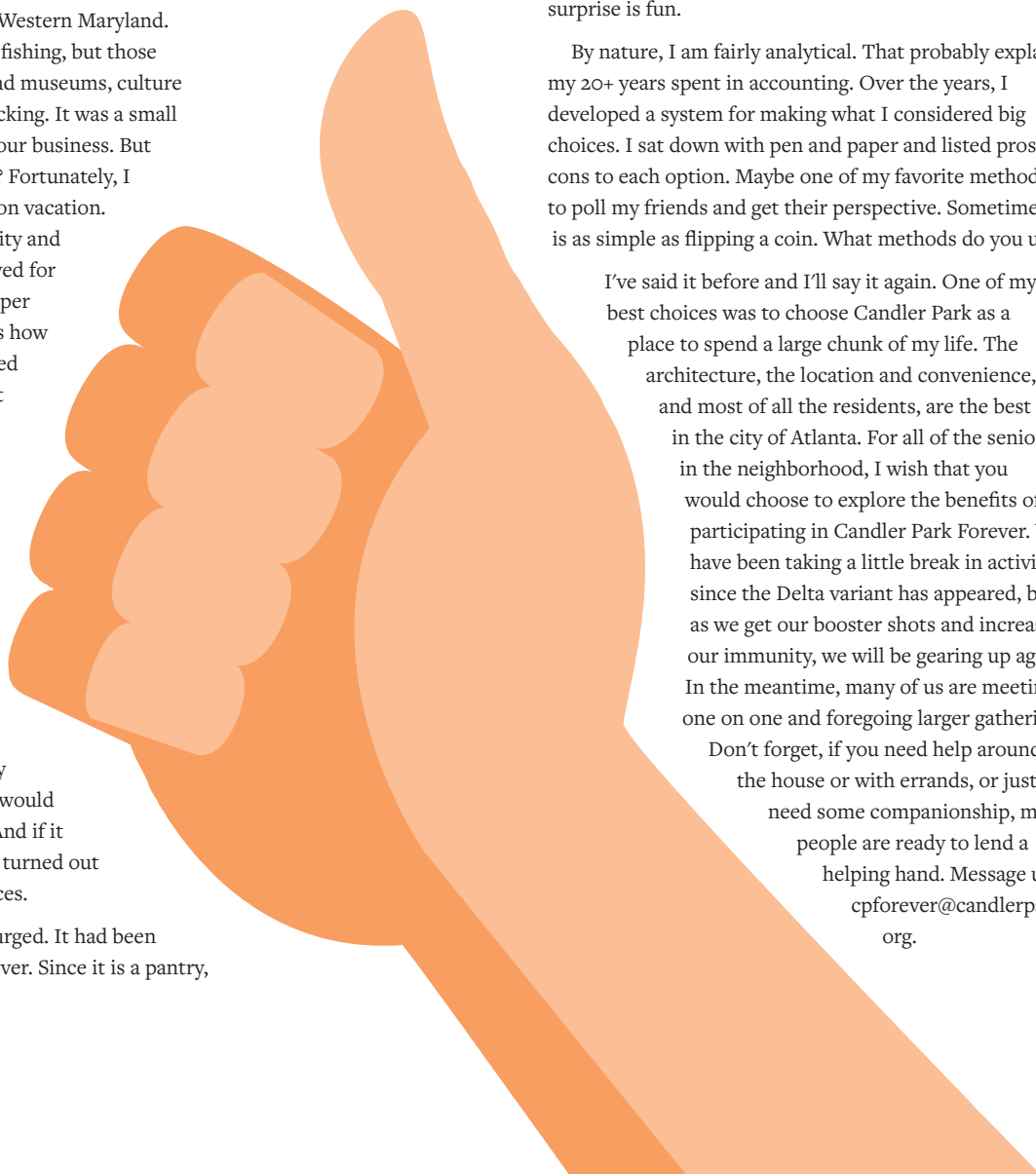
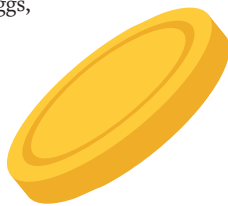
Recently, my pantry was purged. It had been invaded and I chose to start over. Since it is a pantry,

I had originally accepted its white paint and had installed white shelving. But this was a chance to spruce it up a bit. I have been to Lowe's more than once to pick various paint swatches but I remained frozen in my attempt to move the project forward. Yesterday I stood in front of one brand and the endless color options and the next step eluded me. So I wandered over to the rack filled with "oops" paint. You know, paint that was purchased, taken home and for some reason didn't make the grade. There was a rejected, eggshell finish, salmon color can of bargain priced paint that was waiting for me! Perfect! Cheerful. Reasonable. A bit of gloss making it easy to wipe. Sometimes a choice thrusts itself upon us.

Am I the only one who gets overwhelmed by the ketchup aisle at Kroger? Brands, flavors, sizes, container shapes, organic or not. Who would think there would be so many variables for ketchup? It reminds me of the time I joined friends for dinner at a restaurant after work. The day had been filled with significant business choices. When the waiter approached me and asked me to make several additional selections, I finally threw up my hands and told him to surprise me. Choosing which salad dressing I wanted was overwhelming. Sometimes a surprise is fun.

By nature, I am fairly analytical. That probably explains my 20+ years spent in accounting. Over the years, I developed a system for making what I considered big choices. I sat down with pen and paper and listed pros and cons to each option. Maybe one of my favorite methods is to poll my friends and get their perspective. Sometimes it is as simple as flipping a coin. What methods do you use?

I've said it before and I'll say it again. One of my best choices was to choose Candler Park as a place to spend a large chunk of my life. The architecture, the location and convenience, and most of all the residents, are the best in the city of Atlanta. For all of the seniors in the neighborhood, I wish that you would choose to explore the benefits of participating in Candler Park Forever. We have been taking a little break in activities since the Delta variant has appeared, but as we get our booster shots and increase our immunity, we will be gearing up again. In the meantime, many of us are meeting one on one and foregoing larger gatherings. Don't forget, if you need help around the house or with errands, or just need some companionship, many people are ready to lend a helping hand. Message us at cpforever@candlerpark.org.



Align Guide to Groceries

By Gail@AlignHealthCoaching.com

Though it's something most of us do several times per month, going to the grocery store can still be pretty intimidating for many people trying to improve their well-being through healthier food choices. That's why we've created our Align Guide to Groceries! With these tips on your side, you can shop stress-free.

KNOW BEFORE YOU GO

Meal planning and making a grocery list ahead of your trip will help ensure your shopping stays on track. Whether you go analog and write your list down on paper, or prefer to use your phone to keep track of needs, plan everything in advance to avoid snack aisle temptations or impulse buys.

FIRST UP—

PRODUCE, PRODUCE, PRODUCE

Did you know the key element missing in most diets today is fresh fruits and vegetables? Eating plenty of produce guarantees your body is getting all the phytochemicals, nutrients, and vitamins it needs to be healthy. Here are our favorite tips for navigating the produce aisle:

- **Shop SLO**

Whenever you can, choose fruits and vegetables that are seasonal, local, and organic. Food that's in season will always taste better, and is more likely to be fresh. Shopping local means there is less time between your produce being harvested and you eating it. That means you can get more nutrients out of every bite. We've talked about the importance of eating organic but choosing certified-organic groceries means you can make sure you're getting the proper levels of phytonutrients.

- **Eat your rainbow**

The secret to getting all the nutrients you can out of your produce is making sure your fruits and veggies are made of as many colors as possible, like kale or collards, will help strengthen your immune system, nourish your nervous system, and ward off depression or anxiety. Red fruits and veggies, like pomegranate or radishes support heart and brain function, especially memory. Orange fruits and vegetables are full of beta carotene and vitamin C—great for improving eye health. Yellow fruits and vegetables improve circulation. White fruits and vegetables reduce blood pressure and LDL cholesterol. Blue and purple foods are rich in antioxidants and can prevent early

signs of aging and heart disease.

- **Get your flavors naturally**

Rather than loading up on salts or artificial flavorings, opt for rich flavors that come from whole foods. Garlic, ginger, and onions are known for their anti-viral and anti-bacterial properties and they are often used

as natural antibiotics. Keep fresh herbs, garlic, onions, and ginger in your kitchen year-round. In addition to offering a wide variety of nutritional benefits, these staples can take a healthy dish from bland to bravo.

- **Switch up your sweets**

There are few things more tempting



Align Guide to Groceries Continued

than the aisles of candy and cookies in any American grocery store. While the occasional sugary sweet is well-deserved... the key word there is occasional. Instead of artificially sweetened treats, get your sweet craving fix through sweets from the earth. Eating sweet vegetables helps reduce sweet cravings. Sweets like cookies, cakes, and ice cream can be crowded out by naturally sweet cooked vegetables like delicata squash, butternut squash, carrots, yams, sweet potatoes, and onions.

GET YOUR PROTEIN ON

We all need protein in our diets from some form. Whether you get your protein from animal or plant sources, it's crucial for building cells, maintaining tissue integrity, and producing critical enzymes and hormones.

- **Getting protein from animals**

Be sure to check the dates when buying fresh animal products, and look for the terms organic, pasture-raised, and certified humane on labels. Animal products and byproducts that are certified-organic come from animals raised on organic feed without antibiotics or hormones. Pasture-raised means that the animals are allowed to roam freely and eat what is natural to them. Certified humane typically means the animals are free to behave naturally, have sufficient access to the outdoors, and slaughterers are held to higher standards, minimizing the animals' pain.

- **Getting protein from plants**

It's easy to resort to highly processed imitation meat products when cutting down on animal protein. These products may seem helpful for someone transitioning from a meat-heavy diet, but it's important to focus on natural, whole products. If you're looking to decrease the amount of animal protein in your diet, quinoa or chia seeds may be what you're looking for. Lentils also pack a punch of protein, standing in at 18 grams of protein per cooked cup. Chickpeas and other beans are an easy way to add protein to salads and soups. Oatmeal is a great way to start your day with a plant-based protein.

- **Getting protein from seafood**

Seafood is another important source of protein. It's a great source of omega-3 fatty acids, which keep our heart and brain healthy. You might want to experiment with

fresh fish and seafood like salmon, cod, sardines, and mackerel. There are a few things to keep in mind though when buying and eating seafood. First, smaller fish are a better bet usually. They tend to swim closer to the surface of the water, which means they typically carry less mercury. When buying whole fish take a good look at the eyes and the gills—the eyes should be clear (not glazed over) and the gills should be red. Fish should also have tight skin and a clean smell. Fish fillets and steaks should be bright and clean in color—not murky. Always ask when the fish came into your store. If it's been sitting on display for more than a day don't buy it. And most importantly, buy wild caught and not farm raised fish.

- **Getting protein from eggs**

Eggs boast a great balance of protein and fat. They're a complete protein, which means they provide all the essential dietary amino acids the body needs. They also contain healthy amounts of vitamin D. Eggs are a great, quick, and easy way to add protein to a meal of grains and vegetables, especially if you're on a budget! When buying eggs, look for the terms certified-organic and pasture-raised. When it comes to white eggs versus brown eggs, there's no real difference in the quality or nutritional value. So eat the ones you like!

LET'S TALK ABOUT DAIRY

Dairy is a topic that provokes a lot of conversation. Many people argue that dairy can lead to digestive issues, allergies, and/or mucus, while others enjoy dairy symptom free. The truth of it is that some people react badly to dairy, while some people can eat with no problems at all. Some people can't eat any dairy whatsoever, while some of you might realize you can only eat certain kinds or need to watch your consumption levels.

If you can eat dairy, there are some guidelines to follow.

- **Once more with feeling—opt for pasture-raised, certified-organic, and grass-fed**

Choose dairy that's high-quality and follows our golden rule for shopping. Healthy cows, and other dairy producing animals, produce healthy dairy. A cow that's pasture-raised and grass-fed will get ample time outdoors, which gives them lots of time to absorb the sunshine—a source of Vitamin D.

- **Ghee whiz—ghee is delicious!**

Ghee is clarified butter. It can add a delicious nutty flavor to vegetables, and you can also add it to grains after they've been cooked.

If dairy isn't a friend of yours or your digestive system, you still have plenty of options!

- **Dairy-free milk has never been better**

We are living in the boom-times of alternative milks. Nut milks are all the rage. At most grocery stores, you can find almond milk but consider trying more nut milks too like hazelnut milk or pistachio. You can also find and enjoy milk from rice, oat, or coconut. When looking for non-dairy milk, choose one that has certified organic ingredients, has the fewest number of ingredients on the label, and make sure it's unsweetened – sweeteners can add up to 25 grams of sugar per cup!

WE HAVE MUCH TO GAIN FROM GRAINS

Most supermarkets carry a variety of grain options, including gluten-free and/ or wheat-free items. Grains get tricky though (like most things) when it comes to marketing. Many products boast that they're chock-full of whole grains, but a quick glance at the label reveals that very minimal grains were included in the food product. This is where your detective skills come into play! The key is finding products made from whole grains.

What are whole grains? They're grain products where all parts of the grain are left intact.

Here are a few more tips:

- **Take a grain-first approach**

When you're checking your grain's ingredient list, you want to make sure a whole grain is the first ingredient. If the ingredients listed first look like, wheat, enriched wheat, or enriched flour—they're trying to trick you!

- Check the ingredient list on a product claiming to be whole grain. A whole grain should be listed first in the ingredients – not “wheat” or “enriched wheat” or “enriched flour.”

- **Know the whole story on whole grains**

To identify a whole grain as the first ingredient in your grain, you need to know your grains! Wheat grains include bulgur, cracked wheat, spelt, and wheat berries. Wheat-free and gluten-free grains include amaranth, buckwheat, corn, millet, rice and quinoa – which is technically a

Align Guide to Groceries Continued

seed. Oats are inherently gluten-free, but cross-contamination during growing and processing is common so check the label if you have gluten sensitivity.

FATS ARE GOOD FOR YOU— HEALTHY FATS, THAT IS

Healthy fats are essential to good health. Fats are needed for everything from brain function to vitamin absorption. You can get great healthy fats from oils, nuts, seeds, coconut, and avocados.

When choosing oils at the store, there are a few things to keep in mind. Avoid hydrogenated and bleached oils. Select olive oil with an expiration date, olives are sourced from one country, and has a lot number. Look for brands that are cold pressed and unrefined.

Don't be afraid to switch it up! Olive oil is delicious drizzled directly onto salads and grains. Sesame oil lends a unique, nutty flavor – you can get hot sesame oil or toasted sesame oil to mix it up and suit your taste. Coconut oil lends a smooth coconut taste. There's also almond, avocado, and hazelnut.

Heat and light speeds up the rancidity of oils, so you never want to keep them near a window or hot stove. Keep them in a cupboard that stays cool and doesn't get light. Also, look for oils in dark bottles when possible. Oils are great natural body moisturizers too. You can use coconut oil to prevent stretch marks and smooth the skin, avocado oil to revive dry, brittle hair, and sesame oil for a healthy massage.

GET ON TOP OF CONDIMENTS

Who doesn't love condiments? The condiment aisle is your go-to source for whatever you need to make your food taste exactly how you want. Stocking up on condiments is a great way to make sure you can always host a memorable dinner part. When cooking for a group, let guests personalize their plate by adding flavors from all the condiments you have. Condiments can be adjusted so easily, and they keep well in the fridge so you don't have to constantly replace them. Win-win!

We do have a few suggestions, though, for shopping condiments.

- **Tamari**
Tamari is a gluten-free soy sauce that can be used on grains, soups, vegetables, and pretty much any recipe that calls for salt.
- **Seaweed flakes**
Salt is delicious, but not particularly great

for you. Seaweed flakes, however, are a great salt alternative.

- **Apple cider vinegar**
Try apple cider vinegar for a sour, tangy flavor, or balsamic if you want something a little sweeter.
- **Nutritional yeast**
Nutritional yeast is a great condiment that adds a cheesy flavor to foods and contains a lot of protein and B vitamins.
- **Looking for spice or nutty flavors?**
Hot peppers, sesame oil, or cayenne pepper sauce are great options for adding heat. If you're looking for a nutty flavor, try sesame salt, tahini, or nut butters.

FLAVOR TOWN: HERBS, SPICES, AND SWEETENERS

Let's get into flavors.

Herbs and spices taste great and have many powerful health benefits. Well, they have powerful health benefits when they're unprocessed and organic. Experiment with spices and seasonings to determine which ones you prefer. Here are our tips:

- Herbs like basil, oregano, thyme, and bay leaves complement everything from lighter fish and chicken to meats like steak and lamb. They're also great on whole grain bread with garlic and olive oil.
- Coriander, cumin, and ginger help to reduce gas caused by beans.
- Cinnamon, cloves, coriander, ginger, cardamom, and nutmeg enhance the flavors of sweet vegetables and make them more digestible. They can also improve the digestion of dairy, fruit dishes, and desserts.
- What about salt? When shopping for salt, look for naturally harvested sea salt, which has a gray-ish tint and looks almost damp because it hasn't been bleached and therefore retains many of its important natural qualities.

What about sweetening? We recommend that you get whole, naturally sweet foods in your

diet – this way you can satisfy a sweet tooth without deprivation. There are tons of all-natural sweeteners that can add a sweet, nutritious touch without all the chemicals. Honey is delicious, and is a great way to combat seasonal allergies, especially if you buy the local raw, unrefined type. Maple syrup is a great way to add minerals to your diet, and can add a unique flavor to more than just pancakes and waffles. Many people enjoy baking with maple syrup. Keep in mind to keep your sugar consumption to under 20 grams of sugar a day.



FEEL EMPOWERED TO EXPLORE YOUR STORE

As you investigate the products your store has to offer, keep an open mind, experiment, and don't be afraid to try new things. Each time you visit the supermarket, act as if it's your first time and try something new. Check out what other people have in their carts. If it looks interesting, ask them about it – what it is, what it tastes like, and how to prepare it.

The organic and natural food industry is growing so rapidly, it's likely you'll find a new product every time you step into the store. We hope you've enjoyed our top tips for exploring the supermarket. Now it's your turn! We challenge you to take your very own supermarket tour and develop a list of your favorite tips and tricks to share with your classmates, family members, friends, and of course your future clients.

From Bean to Brew

Your Guide to the Best Coffee Brewing Methods at Home

Coffee can trace its heritage back to the Ethiopian plateau where legend says the goat herder Kaldi discovered these beans around 850 AD. There is also evidence of coffee drinking from the early 15th century, in the Sufi monasteries of Yemen, spreading soon to Mecca and Medina.

By the 16th century, coffee spread to the Middle East, South India, Persia, Turkey, India, northern Africa, the rest of Europe and Southeast Asia. Today, coffee has three primary growing locations: Central and South America, Africa and The Middle East and Southeast Asia. These regions are located along the equatorial zone between the Tropic of Cancer and the Tropic of Capricorn, widely known as the “Bean Belt.” There are over 100 coffee species, but the two most economically important varieties are the Arabica and the Robusta, with Robusta carrying more caffeine than Arabica.

With coffee now being one of the world’s most widely consumed beverages, different methods and machines have been invented to cater to everyone who wants a taste. To make the process stress-free and simple, here is a condensed list of the different methods to make your delicious cup o’ Java. Ranging from the Pour Over Method to the French Press method, and many more in between, we will cover it all and you will be a coffee-making connoisseur in no time.

THE POUR OVER/DRIP METHOD

Welcome to one of the cheapest and oldest ways to make coffee at home. First, grind the beans evenly and pour hot water over the paper filter or cone. The paper filter results in a clarified mouth feel as it holds back oils and undissolved coffee particles from the final cup. Your brew time will end up being 2.5 to 3 minutes and the flavor will be pure and strong.

THE FRENCH PRESS METHOD

Invented in 1929, this innovative method is reliable, fast and enjoyable. In the French press pot, the coarsely ground coffee is soaked, steeped, and then strained in boiling water. It’s important to grind the coffee

coarsely, because if it’s too fine, you’ll have particles stuck in the filter and passing into the finished brew, adding to over-steeping and leaving you with a bitter taste. The process takes about 10 minutes in total and the result will be a unique and distinctive flavor and a large pot of coffee.

THE COFFEEMAKER METHOD

This is perhaps the most common way to make coffee at home. Keurig wins the gold medal for being the preferred brand that offers single-cup brewing machines for homes and offices. However, if you like to have multiple cups throughout the morning, Black & Decker, Mr. Coffee, Cuisinart Coffee, and Bunn HP all brew roughly 7 cups of coffee. Fill up the tank with water and put coffee grounds in the pod. Then a pump sucks in the water, heats it to the right temperature, and forces it through the ground coffee to release the flavor. Your brewing time will be less than 2 minutes and the flavor will be rich and delicious.

ESPRESSO

Invented in Italy in 1901, espresso was invented so people could consume very concentrated, gulpable drinks in half a minute. With any espresso maker, pressurized boiling water is forced through a chamber/puck of finely ground coffee beans, through a filter, resulting in what we call espresso. Your stovetop machine will only take 2 to 3 minutes to brew the coffee and the result is strong, sharp and full of flavor. Adding hot water will turn it into an Americano; steamed milk will make a milk-based coffee. If you want to explore other makers available in the market, try the pump-driven, piston-driven, steam-driven, and air-pump driven espresso machines.

SIPHON METHOD

Invented in Germany around the 1840s, this method works on the mechanism of forcing hot water inside the chamber containing coffee grounds by using immersion, vacuum pressure, and fire. A siphon brewer has four parts: the top and bottom chambers, a filter and a heat source. Water is placed in the bottom part of this all-glass contraption, which is the bulb. A flame heats the water to boiling until the

water percolates upwards to the upper part of the device, called the hopper. Once the water reaches the right temperature, coffee grounds are added to the hot water. After an initial stir, remove the siphon from the heat source. The change of pressure and the force of gravity will draw the coffee down, through the filter to the bulb. The grind size of the coffee should be medium fine, like salt, and the brewing time will be around six minutes. The siphon method is as esoteric as they come, so if you are aiming for dramatic, this is the way to go.

COLD BREW

The name says it all: using room temperature or cold water for a fine cuppa joe. Use a coarse, medium-fine grind — like granulated sugar. Combine the grounds with water (one cup of grounds to four cups of water), let it steep 12-24 hours, then strain by lining a small strainer with cheesecloth or flour sack cloth over a large cup or bowl. Transfer it to a cup or bottle. Methods range from pricey cold brew makers to a mason jar; either results in a crisp and refreshing taste.

AEROPRESS METHOD

Created by Alan Adler in 2005, this method is relatively new and combines immersion (where water and coffee grounds steep, like French press) and filtration (like pour over, because it uses paper filters). To get started, wet a paper filter, fit it into the device, assemble the two plastic components, add coffee and water, and then plunge. The result is concentrated coffee that lends itself to dilution with hot water. The grind size doesn’t matter -- you will get a different result based on your grind, so choose the right grind size based on your mood. This brew leaves you with a smooth, rich and pure taste in a matter of minutes and cleanup is a dream.



Article written by Michelle Manganiello. Michelle is a recent graduate from the University of Georgia, where she received two degrees in English and Romance Languages.

Please contact manganiellomichelle@gmail.com for all other inquiries.

CPNO Officer and Committee Report for October

Membership-Roger Bakeman

We now have 560 members, the highest number since 2019. September was a banner month with 23 new members and 27 old members renewing. The current robust discussion in the neighborhood and city about density and future zoning in the neighborhood could be part of the reason. We're glad to see so many members participating in the online Zoom monthly meetings. Many thanks to Jennifer Wilds who tries to make a record of the participants. Remember to help her out by being sure your full name is displayed. She will thank you.

Nominating Committee-Terry Moy

2022 CPNO Board Officers - Nominating Committee Candidate List

After approval of the nominating committee in August the committee members used local contacts and neighborhood networks to seek candidates for the 2022 Board Officer positions. During this period more than a dozen potential candidates were contacted to serve.

Our nominees are:

President - Emily Taff (incumbent Zoning Officer)

Membership - Roger Bakeman (incumbent)

Treasurer - Amy Wheeler

Secretary - Bonnie Palter (incumbent)

Zoning - DJ Roedger

Public Safety - Kerry Dobson (incumbent)

Communications - Ryan Anderson (incumbent)

Fundraising - Hallie Meushaw

External Affairs - Amy Stout (incumbent)

The Nominating Committee would like to thank the 2021 CPNO Board for their service to the neighborhood. We and all the residents of Candler Park very much appreciate the time and effort you have volunteered over the last year to make Candler Park a vibrant and unique community.

Respectfully submitted: Anita Roberts, Cate Morrill, Ken Edelstein, Sareeta Parker, Terry Moy - Chair

Zoning-Emily Taff

Zoning Committee met at a regularly

scheduled meeting via Zoom on October 6, 2021. 5 of 7 committee members were present along with about 6 CP residents.

- V-21-202 - Variance request at 1312 McLendon Ave to 1) reduce the required half-depth front yard setback (along Sterling Street, corner lot) from 17.5 ft to 7 feet and 2) reduce the required rear yard setback from 15 feet to 7 feet in order to construct a new single-car garage. Applicant was present and answered questions. This corner, non-conforming, lot has no usable on-site parking currently. Zoning Committee voted in support of V-21-202, contingent on the applicant's attendance at CPNO and NPU meetings, following the site plan as submitted, and that they complete notification to neighbors. 4 in favor, 1 opposed.
- Vote on Z-21-74 (Ordinance 21-O-456) - this Legislation has 3 Sections which were considered separately for a Vote based on the recommendation of Amy Stout to follow the lead of the NPU:

Section 1 Amends the current MRMU Code and has been heavily edited in September and in October. The latest changes came to us on October 1, and included unit size limits in MRMU (2500 sf for the 1st unit, 2000 sf for a 2nd unit, and 1500 sf for units thereafter), variable and reduced lot coverage (1-4 units would be limited to 55% lot coverage, same as R-5-C, 5-8 60% lot coverage and 9-12 units 65% lot coverage - this is a change from the previous allowable 75% lot coverage for any number of units in MRMU) - in discussion, the Zoning Committee appreciates the responsiveness of the city, it was noted that changes to front yard setbacks have not been addressed (currently 25 feet), this is still a very tight timeline, however, this is not paired with the rezoning anymore (Z-21-73 rezoning has been postponed to an undetermined time) - Zoning Committee voted in favor of supporting these changes, 4 in favor, 1 opposed.

Section 2 Removes residential parking minimums across the City leaving the choice of on site parking in the hands

of homeowners and developers. Zoning Committee voted unanimously in favor of supporting these changes.

Section 3 Creates more flexible options for ADUs including the definition of "attached ADUs" which may be additions, basement or attic apartments. This will affect all residential zoned areas of CP, which, in fact, already allow detached ADU construction. It was noted, as before, that this part of the legislation will potentially have the greatest impact on housing affordability in the City. It allows homeowners to increase the density of their lot with more affordable housing options. Zoning Committee voted unanimously in favor of supporting these changes.

- Vote on Z-21-85 (Short Term Rental Ordinance)o. this establishes STRs as a "permitted use by right" in residential zoning across the city AND establishes that "no accessory dwelling unit may be used a short-term rental." - the intent is be to encourage actual affordable housing via ADUs instead of just STRs. Zoning Committee voted by email to support the STR ordinance under the condition that STRs be allowed for ADUs when the single family residence they are associated with is owner occupied, and otherwise prohibited.

Education-Dana Fowle

Atlanta Public Schools announced that it plans to use the former Inman Park Middle School as a 4/5 academy that will serve the entire Midtown cluster. The elementary schools will be grades 1-3. This does not alleviate the pressure on Midtown High School's future overcrowding issues. Additionally, it was not a top choice from most stakeholder groups. The change could come as early as fall 2022.

The committee is actively searching for a new chair and is encouraging parents of younger children to become active on the committee as the cluster will continue to face issues of an overcrowded Midtown cluster.

October 18 CPNO Members meeting (Virtual) – Draft Minutes

The meeting was called to order at 7:00pm by Jerry Tillery, President. The motion to adopt the agenda as written passed. The motion to approve the September minutes passed.

Guest Speaker

Sgt. Cameron Haslam, Zone 6, answered resident questions.

Announcements:

Kerry Dobson, Public Safety Officer

1. CPLC Patrol Board will be reorganizing beginning October 25th.
2. Oak Pointe Apt. update- held meeting at Zone 6. The motion that CPNO write a letter to express concerns about crimes in Oak Pointe Apt., the lack of communication of issues to residents, and support for security improvements recommended by Officer Tillman passed.*

Old Business:

1. Motion to support the CPC Bathroom Resolution as written and shared passed.
2. Motion to support the McLendon Avenue Speed Limit Resolution as written and shared passed.

Nominating Committee: Terry May, Chairperson, announced the 2022 Slate of Officers.

President-Emily Taff;

Treasurer - Amy Wheeler;

Secretary - Bonnie Palter (incumbent);

Membership - Roger Bakeman (incumbent);

Fundraising - Hallie Meushaw;

Zoning - DJ Roedger;

Public Safety - Kerry Dobson (incumbent);

Communications - Ryan Anderson (incumbent);

External Affairs - Amy Stout (incumbent)

Treasurer's Report: Karin Mack, Treasurer

There was \$300 in donations. Expenditures were L5PA (\$4000), Wylde Center(\$500), Mary Lin Elementary, Inman Middle and Midtown High each received \$1000.

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

FallFest Update: Matt Hanson, Chairperson, reported that the festival was a success and there was positive feedback.

Zoning: Emily Taff, Zoning Officer

1. 1312 McLendon Avenue- Motion to support of V-21-202, contingent on the applicant's attendance at NPU meeting and following the site plan as submitted, passed.*
2. Motion to support V-21-85 (Short Term Rental Ordinance) under the condition that STRs be allowed for ADUs when the single family residence they are associated with is owner occupied, and otherwise prohibited passed.*
3. Motion to support V-21-85 (Short Term Rental Ordinance) as written passed. The motion to call the question passed.*
4. The motion to not support MRMU zoning in Candler Park passed.*
5. Motion to support Section 1 of V-21-74 which amends MRMU code with addition that Candler Park does not support MRMU rezoning in Candler Park

passed.*

6. Motion to support Section 1 of V-21-74 which amends the current MRMU Code passed.*
7. Motion to support Section 2 of V-21-74 which removes residential parking minimums across the City failed.*
8. Motion to support Section 3 of V21-74 which creates more flexible options for ADUs failed.*
9. Motion to support Section 3 of V-21-74 which creates more flexible options for ADUs with the condition that the units cannot be sold separately failed.*

(* as worded on Zoom Poll)

The meeting was adjourned at 9:30 pm.

Submitted by Bonnie Palter, Secretary

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Beau Monde Cigar Bar & Restaurant	770-559-1987
Luna Maya	770-720-4999
Taste of Chicago	770-895-7962
Restorations	
Georgia Restoration & Construction Pros, LLC	706-253-6040
Retaining Walls	
Ben Hopkins LLC	770-893-8986
Retirement Community	
Holbrook/Dogwood Forest	404-445-7777
Roofing	
Dr. Roof	770-552-7663
Earthly Matters Painting and Contracting	770-346-0203
Exovations-Roofing	770-205-2955
Housworth Construction	770-308-6222
M&A Roofing and Restoration	404-632-8381
TRIO Roofing and Construction	404-492-5790
Schools-Private	
McGinnis Woods Country Day School	770-664-7764
The Friends School of Atlanta	404-373-8746
The Paideia School	404-271-2312
Woodward Academy	404-765-4001
Security Systems	
Classic Entry Systems	678-330-1111
Siding	
Exovations-Siding	770-205-2995
Tree Service	
The Davey Tree Expert Company	770-451-7911
Water Heaters	
Serv'all Plumbing-Water Heaters	770-917-1852
Window Replacement	
Exovations-Window Replacements	770-205-2995
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