

MESSENGER February 2022











PEST CONTROL

MOSQUITOES

WILDLIFE

TERMITE

Check out your Local Pest Index.
We are here to help, because with Breda,
You NEVER have to be Afraid'a...Bugs.



Scan the QR code to view your area's Pest Index or visit us online at www.BredaPest.com
470-317-7335



Dr. Roof

OFFICIAL ROOFER OF

Hairy's Dawg House

Roof Replacement | Roof Repairs Siding | Windows

(770) 299-0852



SCAN ME















FROM THE PRESIDENT

By Emily Taff, president@candlerpark.org

As snow falls outside my window on this first snow day of 2022, I reflect on the year ahead of us in Candler Park and a couple of initiatives that could have a significant impact on our neighborhood and will certainly invoke lively discussions! The Infrastructure Committee is moving forward with a focus on reducing speeds and increasing safety for everyone on McLendon, Candler Park Conservancy is continuing to check off park improvements outlined in their Vision Plan, and the Historic District Working Group is exploring the possibility of Candler Park becoming a designated historic district.

It is great to see residents taking initiative to affect the change they want to see in the place they live. This is the kind of neighborhood involvement that makes being part of CPNO so rewarding. Every member gets to be a part of the change, the discussion, and the action that help make this neighborhood great!

It's renewal time for CPNO memberships, take the time now to renew your membership for the year and stay informed through neighborhood meetings.

Since it's Black History month, I think it is important to highlight the African American

FROM THE PRESIDENT

history right here in Candler Park including the parts that are difficult to acknowledge. Last year, articles in the June-August Messengers from the Early Edgewood-Candler Park BiRacial History Project dug deep into the Jim Crow era in our neighborhood. Although most of the buildings related to the historic African American community here have been lost, our built environment can still tell a few stories—a handful of houses remain and, of course, the Old Stone Church at First Existentialist, originally the Antioch East Baptist Church, which was hand-built by the African American Antioch congregation between 1918 and 1922.

Thanks to the BiRacial History Project, which has reconnected with Antioch East and family members of that community, we have learned many of these stories and are able to tell them today. I encourage everyone to take a tour this month guided by the BiRacial History Project markers and www. biracialhistoryproject.org.

Oh, and happy Valentine's Day Candler Park—we LOVE it here!

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 Emily Taff president@candlerpark.org

MEMBERSHIP OFFICER Roger Bakeman membership@candlerpark.org

TREASURER Amy Wheeler

treasurer@candlerpark.org

SECRETARY Bonnie Palter secretary@candlerpark.org

ZONING OFFICER D.J. Roedger zoning@candlerpark.org

PUBLIC SAFETY OFFICER Kerry Dobson safety@candlerpark.org

COMMUNICATIONS OFFICER Ryan Anderson communications@candlerpark.org

FUNDRAISING OFFICER Hallie Meushaw fundraising@candlerpark.org

EXTERNAL AFFAIRS OFFICER Amy Stout externalaffairs@candlerpark.org

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

MEETINGS

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

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

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

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

MEMBERSHIP

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

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

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

DATES TO REMEMBER

FEBRUARY

Happy Chinese New Year of the Water Tiger

CPNO Zoning meeting, 7 pm, Location

L5PCAC Blind Willie McTell Mosaic 13-14 mural unveiling

> VOTER REGISTRATION deadline for 14 March Special Election

> > CPNO Board meeting, 7 pm, Location TBD

Deadline to submit content for The 15 Messenger!

17-21 APS Break and President's Day Holiday

CPNO Members Meeting, 7 pm, Location 21

> VOTER ABSENTEE Ballots available for March Special Election

MARCH

2 CPNO Zoning meeting, 7 pm, Location TBD

March Special Elections 5

L5P Phoenix Flies Guided Historical 9 Walking Tour (Only One)

L5P Phoenix Flies Self-Guided Historical Tour 5-27

CPNO Board meeting, 7 pm, Location TBD 14

Deadline to submit content for The 15 Messenger!

CP World Peace Pyramid Reveal 20

CPNO Members Meeting, 7 pm, Location 21 ZOOM

> APS Teacher's Only Day **SPRING Equinox**

APRIL

APS Teacher's Only Day

CPNO Zoning meeting, 7 pm, Location

CPNO Board meeting, 7 pm, Location 11

Deadline to submit content for The 15

National Park Week (16th Free Entrance) 16-23

> CPNO Members Meeting, 7 pm, Location 18

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.

Letter to the Next Editor

By Lynn Howard

Many thanks and much love to Thom and all those at the publishing firm I got to meet in person the summer of 2021. Special thanks to the few who persistently submit content.

First Envelope - Blame everything on

The annual MUSIC FESTIVAL is not related to Candler Park Neighborhood Organization. The annual FALL FESTIVAL is organized by CPNO. Rival Entertainment obtains the permit to host their event at Candler Park from the City of Atlanta who owns the park from a donation by the Candler family. CPNO does not obtain any revenue unless a donation is made and Rival does not need to obtain permission from CPNO. Let me be perfectly clear that the RIVAL MUSIC FESTIVAL could be hosted from any park. In my opinion, I find it honorable that Rival continues to send a representative to a CPNO public meeting to give the neighborhood and community a chance to voice concerns and vote on the event being hosted at Candler Park. As a resident, I applaud them for their abilities to conduct a profitable event and feel lucky that they continue to choose Candler Park. As a new Georgia resident, I miss associated this unfortunately as the editor and am still reminded.

Second Envelope - Reorganize

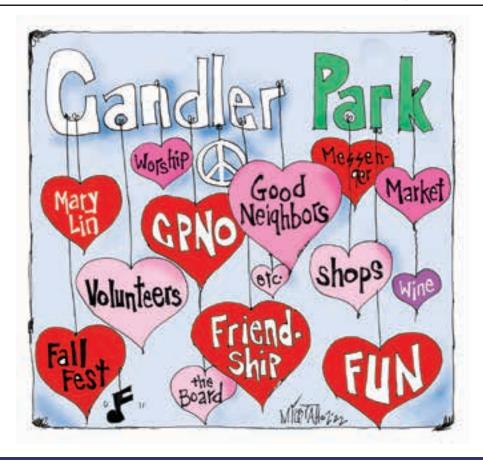
Be aware that the publisher has your back and

could run this periodical without an editor to fulfill their legal contracts to their advertisers. DO NOT make changes to any submissions without documented permission this includes spacing, punctuations and the addition of photographs. I was reminded of the August error in January twice (See the First Envelope). A very important word on photo graphs. SIZE matters! Images taken from the internet, emails and other digital mediums are sized down and present a very blurry focus once imported though the publisher's share file into MS Illustrator and printed out on an expensive copy machine. The larger the image data size is the better it will appear in print. Lastly, do not wait for content to find you and if you do just refer back to the first sentence in this second envelope.

Third Envelope - Make three more envelopes for the next editor

Yeah, pretty much the position can be super rewarding and excruciatingly punishing; so hopefully the next editor is a group of neighborhood middle or high school students who desire to get a taste of what it is like to be an editor to put on their future resumes. I asked to be editor, but it has been perfectly clear to me from the beginning that quite possibly the Board of CPNO should have selected their editor. Hence, I resign effective immediately so they may





Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new member:

Tate Davis & Andrew Wilson

... five others who wished to remain anonymous

CPNO thanks members for their donation:

Tate Davis & Andrew Wilson

Lauren & Jared Welsh

...and one other who wished to remain anonymous

And remember, membership in CPNO is for the calendar year. It is now time to renew for 2022. Go to our website or enter candelerpark.org/renew.



CONTACT US TODAY

770-623-6220

sales@kda-communications.com

The Messenger is a publication of KDA & Tlehs, Subject matter published is the opinion of the author and does not necessarily reflect the opinion of the publisher of this newsletter. Professional advice should be obtained before making any decision in which a professional is readily available. Advertisers assume responsibility for the content of the ads placed in this publication. Material published may not be reproduced without the written permission of KDA & Tlehs.

The contents of this newsletter are provided for the members of the Candler Park neighborhood as a courtesy only. No representations are made as to information presented, the quality of the goods or services advertised, or the veracity of the statements relating to the goods and services. The printing of opinions, information or advertisements does not constitute an endorsement by the neighborhood of such opinions, information, goods or services.

THE MESSENGER

EDITOR

editor@candlerpark.org

ADVERTISING

sales@kda-communications.com 770-623-6220

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

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

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

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

CP ONLINE

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

JOIN CPNO TO GET EMAIL BLASTS



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

MESSAGES & CRIME ON NEXTDOOR



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

LIKE US ON FACEBOOK



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

FOLLOW US ON TWITTER



Our handle is your handle: twitter.com/CandlerParkATL



The Age of Specialization

These days it seems everyone is a specialist. Given my aging, I have had a few medical things to handle over the past year. Until March, I had been successful in delaying surgery on my left hip. I have limped for a couple of years, taken antiinflammatory drugs for over a year and, finally acquiesced and scheduled the procedure. I was not pleased with the first ortho person I engaged since I felt that he withheld some vital information along the way.

Besides, I was partially in the Emory system and felt that concentrating my efforts there was probably in my best interests. So I did what is so common these days. I had my General Practitioner refer me to an ortho practice. To say that the practice is a machine is no exaggeration. First stop was the x-ray area where they photographed my hips. Then an "interview" with a resident to determine my history, overall and, in particular, pertaining to my hips. At the tail end of the appointment, the surgeon stopped in to say hello, tell me the need for the surgery was immediate and tell me the date he could fit in my hip replacement. During this short conversation, I requested that he briefly remove his mask so I could see his face. My thoughts were that I should at least be able to recognize someone about to make a sizeable incision into my body. This 5 minute exchange was the last I interacted with him until the door of the OR where he teased me with the quip, "Your recovery will be so easy that you'll be begging me to do the other side!".

During my few days at the hospital, I interacted with at least a dozen more specialists. Gazillions of nurses, a nutritionist, physical therapists, blood lettors, and on and on. Not my doctor. By the way, the facility where this happened was Emory Orthopedic and Spinal Hospital. They do not even have an Emergency Room. Talk about specialized! And when I was being wheeled to the OR I passed dozens of cubicles surrounded by curtains filled with patients awaiting their turn for their procedures. There was no shortage of subjects to keep everyone busy.

Upon discharge, I was given a list of people to contact in the event of questions or concerns. Also, a day and time for a check up at my doctor's office. Imagine my disappointment when my appointment turned out to be with another resident and not my "Cutter". I was assured, however, that my final appointment would be with my physician. Sure enough, that is what happened. I waited almost an hour past my appointed time, but I did get to interact with him. It was worth the wait. He was apologetic about the wait, but explained that he had fit in 2 appointments with people just diagnosed with cancer that he would end up treating and how scared they were. In his tone, I heard his concern for them. I took the opportunity to share some of my observations with him. How it occurred is that he was pretty much chained to the operating table where he could do what he does best. Surgery. He then shared that the evaluation was accurate, and that the part most frustrating to him was that it did

not allow him to interact with patients and to get to know them. I took that opportunity to remind him that regardless of the lack of hand holding and bedside manner, he should always be mindful of the difference that he makes in people's lives. He stopped in his tracks. It was a reminder to him of why he does it all.

That is the danger of the Age of Specialization. Nobody gets the complete picture of the process. They don't get to appreciate the transformation of the patient. Imagine if Jesus, the Great Teacher, could not witness the rising of the dead or the restored sight of the blind. He would just say the words to cause these things to happen and immediately run off to his next event. Kind of unfulfilling. This puts the burden on us, the patients. Each of these people contribute to the process of our healing. Even the person who wheels us from the waiting area to the operating theater. Think of the difference it would make if we thanked each one along the way for the part they played in our healing journey. And don't think this only applies to the world of health. So many, from auto mechanics to IT specialists to those staffing grocery stores help us keep our lives running smoothly. Be generous in recognizing and acknowledging them. Your interaction can determine the quality of someone's day, or more.

Don't forget, if you are a Senior and crave more meaningful interaction with neighbors, reach out to cpforever@candlerpark.org.



MARTA GM CEO Jeffrey A. Parker



About a mile from Candler Park on Friday, January 14th around 10:30pm rescue responded to Marta Lake Station when the Marta GM|CEO Jeffrey Park stepped out in front of an oncoming train committing suicide. Nothing can be more tragic than news of suicide, death or harm for the loved ones, their community and these United States to witness. My heart pours out to all of us at all times, especially these times; that we consider how we speak, react and support others. At any moment that happy cashier could be the person under extreme pressure ready to blow at any moment changing the course of everyone's life in a multitude of ways.

I share with you three very important helps I have trained: the 24/7 Suicide Prevention Life line, the 24/7 National Teen Runaway safe line and the Federal Emergency Management Institute (FEMA) free online independent study courses beginning with IS-907.



Tis The Season For LOVE!

Candler Park T-Shirts available at candlerpark.org



▲ Hoodies, T-Shirts, Baseball caps and bags still available at https:// candlerpark.org/candler-park-lovemerchandise/

► Matt Hanson and Kerry Dobson selling Candler Park Love Merchandise outside of Dr. Bombays





The Policing Alternatives & Diversion Initiative works to reduce arrest and incarceration of people experiencing extreme poverty, problematic substance use, or mental health concerns and to increase the accessibility of supportive services in Atlanta and Fulton County.

PAD provides an alternative to criminal justice involvement through two core strategies:

PAD 311 COMMUNITY REFERRAL SERVICES

PAD services are available to community members in Atlanta who need assistance addressing concerns related to unmet mental health needs, substance use. or extreme poverty.

To make a referral, community members can call the City of Atlanta's 311 non-emergency services line. Then, a two-person PAD Harm Reduction team will travel to the area to engage the referred individual. They offer immediate assistance, and our Care Navigation team provides additional case management for those who may need more support.

PAD 311 Community Referral Services are available citywide, Monday - Friday, 7am-7pm. Please go to our website at atlantapad.org to learn more.

WHAT YOU CAN DO

- If you need assistance addressing a nonemergency concern related to substance use, mental health, or extreme poverty in your community, call 311 (or 404-546-0311).
- Follow us on Instagram, Facebook, and Twitter at @PADatlanta.
- Spread the word about PAD 311 Community Referrals on social media, to friends and family, and in your community.

LEAD DIVERSION SERVICES

PAD provides an immediate alternative to arrest for individuals detained by the Atlanta Police Department or MARTA police for law violations related to mental health, substance use, and extreme poverty.

If the individual consents, the officer calls the PAD Harm Reduction team instead of making an arrest, and we begin working with the individual to address immediate basic needs. No police report is made. Then, our Care Navigation team works with the individual to identify goals, provide case management, and establish connections with social services and other community supports.

LEAD Services are available citywide, Monday -Friday, 7am-7pm.

Law Enforcement Assisted Diversion (LEAD) is a partnership between the Atlanta and MARTA police departments, Fulton County offices of the District Attorney, Public Defender, and Solicitor General, and City of Atlanta offices of the Public Defender and Solicitor. PAD works with these agencies to assist PAD LEAD participants in addressing outstanding legal issues and reduce legal barriers to success.

WHAT YOU CAN DO

- Encourage officers to divert to PAD instead of arresting for activities related to substance use, mental health, or extreme poverty.
- At NPU and community meetings, make it a habit of asking Atlanta Police Department and MARTA police representatives for a diversion report.

AtlantaPAD.org @PADatlanta



You Don't Have to **Replace Your Natural Stone Countertops!**

Clean, Reseal, Repair & Restore your expensive stone countertops for a fraction of the cost to replace.

- Our technology and artistry allows for near seamless repairs to common cracks, chips and seam gaps.
- Our proprietary 10-step Food Safe Surface (FSS) process ensures your natural stone countertops are as resistant as possible to germs, viruses and other contaminants.
- If you do want to replace, don't worry we can help you. Level One granite starting at \$32.00 sq/ft installed, Level Two starting at \$40.00 sq/ft installed.

Scan to schedule a free estimate



WE LIVE, LOVE, AND **SELL** CANDLER PARK



CYNTHIA'S AVERAGE **LISTINGS IN 30307**

4 DAYS ON MARKET 105% OF LIST PRICE



"I've bought and sold four houses with Cynthia - and I truly couldn't recommend her more! Cynthia sold both of my homes in Candler Park for well above asking price and helped me buy two under asking price. She is a talented negotiator, but never pushy - she really listens to her clients and at the same time has incredible instincts for the market" Sloan Smith, Candler Park

315 W PONCE DE LEON AVE SUITE 100 DECATUR, GA 30030





678.358.3369 WWW.CYNTHIABAER.COM CYNTHIA@CYNTHIABAER.COM



Mulberry Fields is a Community Garden

By Derek Pinson and Joy Flannagan



Wylde Center's Mulberry Fields Garden is located down an old city alley at 1301 Iverson Street in Candler Park and is open to visitors from dawn till dusk. Named after a beloved goat of times past, Mulberry Fields is an acre of open meadow, mulberry groves, community garden plots, flower gardens, and towering old pecan trees. It offers an accessible greenspace for recreation, environmental education, community building, and organic growing.

A haven for urban wildlife, the garden also shelters neighborhood hawks, owls, bluebirds and a variety of woodpecker species. Children and their families flock to the animal pens to visit the goats, discover the wonder of fresh eggs, and play in the meadow. Neighbors rent allotments and participate as community gardeners. Playgroups for mothers and toddlers regularly meet in the meadow. Children can discover the wonder of growing their own food and learn about the life cycles of plants, insects, birds, trees, and flowers.

Mulberry Fields is a community garden. What that looks like can take many forms. The American Community Garden Association says that a community garden "...can be urban, suburban, or rural. It can grow flowers, vegetables or community. It can be one community plot, or can be many individual plots. It can be at a school, hospital, or in a neighborhood. It can also be a series of plots dedicated to "urban agriculture" where the produce is grown for a market (ACGA, 2008)".

One element of community gardens are individual garden plots. These are growing spaces that community members rent out. At Wylde Center, the plots are rented for at least one calendar year (although Mulberry Fields has plot holders who have had plots for over 20 years!). When you walk into Mulberry Fields, you will notice 19 raised beds overflowing with vegetables, herbs, fruits, and flowers. These have all been hand tended and raised by the plot holders and their families. Please remind your little ones that these fruits and vegetables are the result of someone else's hard work and are not free for the taking. (If you or anyone you know is in need of fresh vegetables, Wylde Center's Edgewood Community Learning Garden has a donation based farm stand that provides fresh vegetables during the growing season. Follow Wylde Center on Instagram for updates when produce is put out.)

If you would like a plot of your own, basic requirements to rent a plot at Mulberry Fields include a non-refundable yearly plot fee, current Wylde Center donor membership, and a commitment to give ten community service hours back to the Wylde Center. The plot year runs March 1-February 28. If you're interested in playing in the dirt with other passionate gardeners, whether you're a beginner or a seasoned expert, please visit the plot rental section of our website (https://www.wyldecenter. org/garden-plot-rental/). As our garden plots are

consistently in high demand, you will find here a link to be placed onto a waiting list. You will be contacted as soon as a plot becomes available.

Please don't fret over being waitlisted though! There are multiple ways to get involved at Mulberry Fields while you wait.

- Mulberry Fields Cofounder Betsy Abrams and Wylde Center site coordinator Joy Flannagan work out in the garden on Tuesdays from 9-12, weather permitting. If you would like to join, please send an email to joy@wyldecenter.org. The day or time tends to change due to weather or other circumstances, so make sure to contact Joy first so that they are expecting
- Mulberry Fields holds seasonal volunteer work days throughout the year. These can entail mulching, weeding, brush removal, etc., usually jobs that we need extra person power to accomplish. These work days take place on Saturday morning from 9-12. Mark your calendar for our 2022 dates- March 26, June 25, and September 24. Please join us, we'd love to meet you!
- To learn about other volunteer opportunities at Wylde Center please visit www.wyldecenter.org/volunteer or email volunteer@wyldecenter.org. Groups may volunteer by appointment.

For all your real estate needs...



Sherry Warner



Sherry Warner Associate Broker &

Lake Claire resident

COLDWELL BANKER REALTY

404 784 8848 mobile 404 874 2262 office





sherry@SherryWarnerHomes.com

The Coldwell Banker® System is comprised of company owned offices which are owned by a subsidiary of Realogy Brokerage Group LLC and franchised offices which are independently owned and operated.



During these uncertain times, HammerSmith is here for you. Start planning today for how to live better in a changed world.





HammerSmith Live Brilliantly

HAMMERSMITH.NET

404.377.1021

By popular demand - a new service from KDA & Tlehs to help protect and add value to our Neighborhood:



We Verify And Highlight Our Neighborhood's PREFERRED, REFERRED, TRUSTED AND INSURED VENDORS For Our Most Common Homeowner Needs.



Tired of seeing so many **DIFFERENT VENDORS** driving through our neighborhood?

How do you know which vendor is TRUSTED? Which is INSURED?

Is there a place to find out which vendors OUR **NEIGHBORS PREFER?**



Look no further! **Our Front Porch Verified** has the answers for you.

Look for the Our Front Porch Verified badge in our neighborhood newsletter

ReMembering DisPlace

By Edith Kelman

I was encouraged by my two Paideia High School local history research interns to share this poem, the title of which is also the handle for our January class: 'ReMembering DisPlace'.

Over 16 years, I've served as a researcher with the Early Edgewood-Candler Park BiRacial History Project, here in Candler Park where we live on former Muscogee-Creek land.

My education has deepened through a collaborative connection with the 147 year-old Black Church organized in 1874 here in Candler



Park, the Antioch East Baptist Church and its descendent families.

My ongoing work to come to terms with that palpable history has compelled this effort to put into words the emotional forcefield lodged in my body around these spirit-filled displaced people, the topography I walk each day, the physicality of the history, and the generational integrity of the African American Rose Hill Community that strived on the Candler Park hillside from 1892-1942.

ReMembering DisPlace

The dirt here hums of history memory holds ripe witness to those souls who lived upon this place

The vibes run deep beneath the excised hillside flattened out to one-dimensional ballfields playscapes for forgetting those determined acts of cruelty to dismiss to disappear the pioneers the People to erase again all trace of vibrant Black life... and turn the page to the masters-of-the-moment's new game.

Yet still today the dirt talks back thirteen decades deep time's phantom limb pulses the roots of Rose Hill speak.....

Who will listen? How to pay? to do repair to basso profundo echoes beneath our feet to such resilient community gamefully displaced to the Forebears, the Elders, the brilliant lineage among us still?????

The Love in February is Black History

by Lynn Howard editor@CandlerPark.org

Many of us are able to look into our genealogical history. For many others, especially our African-American brethren whose tribes suffered through human trafficking, this is not true. This is why I take the time to learn more during African American History month in February. Take the time to learn more and visit the special landmarks and venues around Atlanta steeped in history during our culture of remembrance.

"Whatever you do, Never let them begin our history with slavery." — Asa G. Hilliard III, Ed. D.





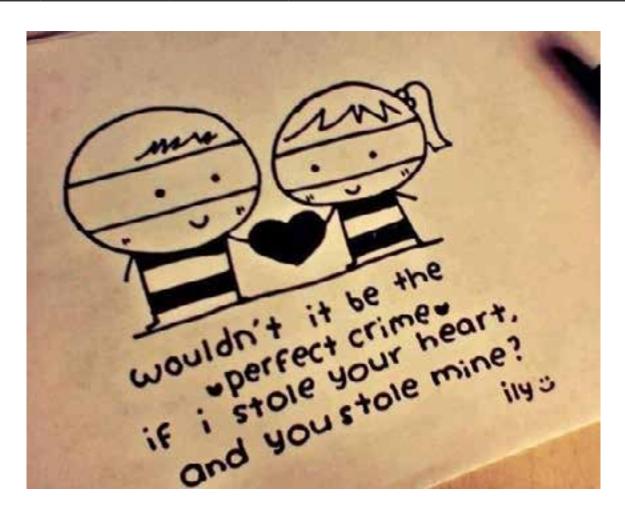


November Neighborhood Crime Reports

By Kerry Dobson (safety@candlerpark.org)

The information for Candler Park for November, extracted from an Atlanta Police Department online file, is below. 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.

NOVEMBER CRIME REPORT, CANDLER PARK						
Date	Day	Time	Location	Description		
12/1/2021	Wednesday	6:00	500 block of TERRACE AVE	LARCENY-FROM VEHICLE		
12/2/2021	Thursday	7:45	NORTH AVE/EUCLID AVE	LARCENY-FROM VEHICLE		
12/3/2021	Friday	20:22	400 block of MORELAND AVE	LARCENY-FROM VEHICLE		
12/3/2021	Friday	19:15	1600 block of MCLENDON AVE	LARCENY-FROM VEHICLE		
12/3/2021	Friday	19:00	400 block of STERLING ST	LARCENY-FROM VEHICLE		
12/4/2021	Saturday	16:00	600 block of PAGE AVE	LARCENY-FROM VEHICLE		
12/7/2021	Tuesday	16:30	1200 block of MANSFIELD AVE	LARCENY-FROM VEHICLE		
12/8/2021	Wednesday	14:50	500 block of CANDLER PARK DR	LARCENY-FROM VEHICLE		
12/9/2021	Thursday	18:00	1500 block of DEKALB AVE	LARCENY-FROM VEHICLE		
12/11/2021	Saturday	17:45	1500 block of DEKALB AVE	LARCENY-FROM VEHICLE		
12/17/2021	Friday	21:30	300 block of MORELAND AVE	LARCENY-FROM VEHICLE		
12/19/2021	Sunday	6:30	500 block of CANDLER ST	LARCENY-FROM VEHICLE		
12/24/2021	Friday	19:00	300 block of MORELAND AVE	LARCENY-FROM VEHICLE		
12/26/2021	Sunday	22:30	500 block of CANDLER ST	LARCENY-FROM VEHICLE		
12/29/2021	Wednesday	9:40	400 block of OAKDALE RD	ROBBERY		
12/29/2021	Wednesday	18:00	300 block of MORELAND AVE	LARCENY-FROM VEHICLE		



Heading Back to the Office? Keep Your Immune System Strong with Some Easy Tips

By Gail@AlignHealthCoaching.com photo credit https://unsplash.com/@anikinearthwalker

During the global COVID-19 pandemic, many Americans were lucky enough to safely work from home. Now, many workplaces are returning to their offices.

There's a lot of stress involved in that transition. Returning to commuting, communicating in-person, getting dressed every day - it can cause a lot of anxiety, and raise even more questions. A big question on many minds is health-related, as so many things in the past 2 years have

In an office, you're more exposed to germs and bacteria than you might be in your home where you have total control over your environment. Even with vaccines to prevent the spread of COVID-19 or the flu, simple colds or other viruses can spread quickly in workplaces. Keeping yourself safe and healthy is a high priority, but there are ways to maintain your strong immune system even when working in an office again.



Our immune system depends on regular nourishment to stay strong. If you're deficient in certain nutrients, your body could become more susceptible to illness. Make sure you're eating lots of whole foods, especially fruits and veggies. There can be a lot of lunchtime temptation in workplaces, so try packing a lunch to avoid the urge to grab something fast and unhealthy.

2-PRIORITIZE YOUR **WORK-LIFE BALANCE**

Chronic and/or high stress can take a toll on our immune systems. Often, overwhelming



work requirements or working long hours can result in getting sick more often. To avoid these pitfalls, work on maintaining a focus on your own well-being rather than focusing solely on your professional needs. Practice mindfulness techniques, like meditation or journaling. Spend lots of time with your family and friends, and try to be outdoors whenever possible.

3-LESS COFFEE, MORE WATER

One of the things most people might actually miss about their office? Unlimited free coffee.

With a seemingly endless supply of caffeine, it can be difficult to resist just another cup. Too much coffee, however, can lead to stress and dehydration. Instead of one more cup of java, opt for water. Try keeping only a glass of water on your desk to build the habit. Hydration helps strengthen our immune systems by supporting the production of lymph, which fights infections.

4-GET YOUR MOVE ON

Regular exercise is another powerful way to maintain our immune system's strength. When you get your body moving, you promote blood circulation which in turn allows your immune system's cells to more easily make their way throughout your entire body. If you can, try walking or biking to work instead of driving. If that's not an option, try finding time before or after the work day to get a short workout in - even if it's just a long walk or an at-home fitness class.

5-CLEAN YOUR DESK (AND YOUR HANDS!)

Even at home, germs and bacteria collect easily on things we touch. That risk multiplies in an office space where you're exposed to more

people everyday. When it comes to the things you handle regularly - whether it's the keyboard on your computer or the pens on your desk - make sure you're keeping everything clean. (Follow our healthy cleaning tips!) Make sure you're washing your hands often too! Whether you're going to the restroom or refilling your water bottle, your hands come into contact with thousands of surfaces. Use soap and water (not hand sanitizer) to thoroughly wash those hands.

Skillet Brownie Pudding

Welcome to Candler Park Kitchen! Every month we'll be featuring some of our favorite triedand-true recipes and we're kicking things off with the perfect dessert for Valentine's Day! It's super chocolately, warm, gooey, and incredibly easy to make. It's even better when shared, partly because one person cannot be trusted around this skillet.



Everyone you make this for is guaranteed to love you forever!

INGREDIENTS

- 1 cup unsalted butter
- 4 large eggs
- 2 cups white sugar
- 3/4 cup dutch cocoa powder
- 1/2 cup all purpose flour
- 3 teaspoon vanilla extract

INSTRUCTIONS

Preheat the oven to 325 degrees F. Lightly butter a 9 inch oven proof skillet. A cast iron works great too.

Melt the butter and set aside to cool.

Sift the cocoa powder and flour together and set aside.

In your mixer, beat the eggs and sugar on medium-high speed for 5 to 10 minutes, until very thick and light yellow. After 10 minutes, reduce the speed to low and add the vanilla, and the cocoa powder and flour mixture.

Mix slowly until everything is just combined. Add in the cooled butter and mix again just until combined.

Pour the mixture into the skillet and place it in a larger baking pan or rimmed sheet pan. Add warm water to the pan until it comes halfway up the side of the dish. Carefully place it into the oven, making sure not to slosh the water around and bake for 60 minutes. It will look underbaked, but don't worry that is what you want!

Remove the skillet from the water and let cool slightly. This is excellent served with a scoop of ice cream or fresh whipped cream. You can keep leftovers in the refrigerator. They are dangerously good heated up or straight from the fridge on a spoon

This recipe comes from a fantastic food blog www. whatsgabycooking.com. It's a wonderful resource for simple and delicous meals. Submitted by Kerry Dobson.



CONSIGN WITH YOU LIKE THE FINER THINGS

CONSIGN YOUR FINER THINGS IN YOUR COMMUNITY. OFFERING FINE FASHIONS AND ACCESSORIES FOR YOU AND YOUR HOME AT OUR FOUR LOCATIONS. FINE FASHIONS & ACCESSORIES FOR HER, FOR HIM, AND FOR HOME

> www.fkconsign.com AVONDALE ESTATES & DECATUR







Is 2022 the Year to Sell Your Home With Us?

Our Current Buyers Could be Searching for Your Home Right Now...

L & K - Lake Claire | Kirkwood | Grant Park up to \$900,000

C & L - Lake Claire | Candler Park | Oakhurst up to \$1,000,000
S & P - Lake Claire | Candler Park - Newer Construction up to \$1,300,000
J & C - Lake Claire | Candler Park | Ormewood Park up to \$1,000,000

M - East Lake | Decatur | Ormewood Park up to \$450,000

S & A - Decatur | Brookhaven - Townhome up to \$850,000

Z & A - Kirkwood | Oakhurst up to \$850,000



Please call us if your home fits any of our current buyers needs.

Let us help your real estate dreams come true in 2022!

Lee & Darlene Real Estate Team Your Atlanta Neighborhood Realtors

> 404.932.3003 | 404.668.6621 leeanddarlene@compass.com

COMPASS





SOLD OVER ASK W/ MULTIPLE OFFERS CONCIERGE PAINTING + LANDSCAPE



BankSouth

CPNO Officer and Committee Report for January 17

Education-Shari Golla

The CP Education Committee has not met in-person for several weeks due to COVID, but has been keeping up virtually.

The education committee still opposes the proposed 4/5 Academy. APS proposes sending all Midtown Cluster 4th and 5th graders to the Inman building in the Virginia-Highland neighborhood. In this scenario, Mary Lin would only serve K-3. The 4/5 Academy was the most expensive option considered for the Inman space, and it is the least walkable option. Additionally, APS determined that the 4/5 Academy was the "least equitable" solution. The committee supports a new K-5 school in the Inman space.

The APS BOE recommends proposed calendar option B for 2022-2023. This calendar has a proposed school start date of August 1.

In other neighborhood education news, Candler Park's Primavera Preschool will begin offering Kindergarten in 2022-2023. Kindergarten will be held at the school's Candler Park Drive location.

Zoning-DJ Roedger

We had no meeting due to lack of agenda items.

External Affairs: Amy Stout

There were four voting items on the agenda for the December 2021 NPU-N meeting that were relevant to Candler Park.

Under Special Events Applications, the Paideia School Field Day application was added to the fast track and approved without discussion

Under Board of Zoning Adjustment applications, there were three applications for Candler Park addresses.

An amended variance application for 1312 McLendon Avenue NE (to reduce the half-depth front yard and rear yard setbacks in order to construct a second story addition to an existing single-family residence and to construct a single car garage, respectively) was unanimously approved on the condition that the construction be completed according to the site plan stamped by the City on 11.12.21, consistent with the prior vote of approval by the CPNO membership and the CPNO zoning committee.

A variance application to reduce the south side yard and rear yard setbacks and to exceed the maximum lot coverage for 469 Candler St NE (to construct a new accessory dwelling unit) was approved by a vote of 8-0-1 on the condition that it be built according to the site plan stamped received by the City on 11.10.21, consistent with the prior vote of approval by the CPNO membership and the CPNO zoning committee.

A variance application to reduce the south side yard setback for 350 Candler St NE (to construct a detached garage) was approved by a vote of 6-1-2 on the condition that it be built according to the site plan stamped received by the City on 11.31.21 by a vote of 6-1-2, consistent with vote of approval by the CPNO membership.

Infrastructure Committee-Christina Hodgen

Public Safety - The Alliance recently completed a new Public Safety Plan focused on addressing safety and security issues throughout the district. Working with our neighborhood partners, property owners,

business owners, Atlanta Police Department Zone 6, the Atlanta Police Foundation, Policing Alternatives & Diversion (311), Georgia Works, Atlanta Harm Reduction Coalition, Intown Collaborative Ministries, and others, the Alliance is focused on decreasing crime and making the area feel more welcoming. That includes launching a Clean Car Campaign, increasing security cameras and lighting, adding security patrols, evaluating public restroom possibilities, and working with nonprofit partners and PAD to help those individuals in need. Learn more on our website at 15pa.com.

Mobility & Design - The Alliance was able to advocate to get the entire \$3M Euclid Avenue improvements on the 2022 TSPLOST list. The project includes new sidewalks, mid-block crossings, painted crosswalks, a newly designed intersection at Austin and the L5P Center for Arts & Community, new trees, bicycle infrastructure, and more. The TSPLOST will be up for a vote in May. The City committed to paying the \$10,000 for the Davis Plaza bikeway but has not yet found a contractor. Findley Plaza bids were once again over the budgeted amount. The Alliance is working with the City to determine where they can find additional funds or whether they'll allow the CID to manage the project itself.

Individual Membership - The Alliance is launching its first individual membership campaign to raise money for a security camera in the Seminole Ave cul-de-sac, a temporary public restroom, and Georgia Works clean-ups. We invite our neighbors to join us in supporting this unique district that's such an important part of our community.

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 candlernark ord

our wobsite to join or renew <u>candiorparking</u>					
Name:					
Address:					
Email:	Date:				
Business applicants					
Name of business:					
Address of business:					
Name of designated agent:					
Agent's Email:	Date:				

Optional contributions

Membership in CPNO is free, but we welcome optional contributions. To contribute, please visit our website candlerpark.org/donate-to-cpno or mail a check with this application. Typical contributions range from \$10 to \$100.

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

January 17 CPNO Members meeting (Virtual) - Draft Minutes

The meeting was called to order at 7:01 pm by Emily Taff, President. The motion to adopt the agenda passed. The motion to approve the edited December minutes passed.

Guest Speakers:

- Sgt. Haslam, Zone 6 Officer, answered questions posed by Members.
- Nicole Horn spoke on why she is running for State Labor Commissioner.
- Jessica Lavandier spoke on the prospective land use change for portions of North Avenue and Fairview Road in N. Druid Hills.
- Lauren Welsh, Executive Director Little Five Points Alliance, spoke on the 'Safety Plan' for Little Five Points.

Announcements:

The following appointments were made by the Board of Directors:

- Candler Park Conservancy Rep.-Jonathan Flack
- Freedom Park Conservancy Rep.-Mary Cox
- Little Five Points Alliance Rep.-Christina Hodgen; Eric Dusenbury
- Education Chair- Shari Golla

Trees Atlanta will have a workday, January 21, to eliminate invasive plants.

Old Business:

- Mary Shaltis- Candler Park Historic Working Group has a website-HistoricCandlerPark.org. The purpose of the group is to preserve the character of the neighborhood. The group meets once a month.
- Infrastructure Committee -Christina Hodgen, Chairperson

Motion to support the CPNO Infrastructure Committee initiative for a 'Slow Street Plan' passed.

New Business:

Josh Antenucci, Rival Entertainment, announced the dates for the Candler Park Music Festival as June 3 and 4. The motion to support the Candler Park Music Festival application passed.

Treasurer Report:

Amy Wheeler, Treasurer, stated that donations and merchandise amounted to \$350 in the month January.

The meeting was adjourned at 8:17 pm. Submitted by Bonnie Palter, Secretary

BE THE CHANGE THAT **WE NEED TO SEE IN THIS WORLD**

2myPlace is a 501(c)(3)/non-profit, dedicated to "bridging education with opportunity." Our goal is to reach and teach teens and young adults by offering coaching in life and social skills, keeping them strong, safe and confident. Our audio workshops are led by teens. We introduce the dangers of Human trafficking, bullying, lack of confidence, anger and stress, and anything else they want to address.

Real Beginnings is our program dedicated to helping women (who've been sex-trafficked, abused, or addicted) ready to re-establish their lives, following a recovery program. We offer the services necessary to thrive, such as: housing, transportation, psychological services, food, clothing, and medical and dental.

Please help by making a tax-deductible donation at www.2myPlace.org

If you can volunteer services- please get in touch! Cindee Sapoznik~Founder/CEO 770-815-6044



tlantaplumbersguild.com

corey@atlantaplumbersguild.com

10 Executive Park West, 567, Brookhaven, GA 30329

Please call our 24-hour

number if you have any plumbing emergencies.

lumbers

Don't hire unskilled. Call the guild!

emergency hotline

Sponsors eager for your business!

The following are sponsors* in other community newsletters published by KDA & Tlehs Publishing. BOLD LISTINGS have an advertisement in this publication. (* Included sponsors have met purchase criteria.)

A/C & Heating		Insurance	
Anytime Heating & Cooling, Inc.	···· 678-606-9020	State Farm-Matt Cresap	··· 770-982-0064
Dayco Systems		The Upton Agency	
HVAC Bee		Lawn Care	
Neese-Jones Heating and Cooling		Turf Technologies	··· 470-772-2362
Precision Heating & Air		Mortgages	
Shumate Air Conditioning & Heating Superior Indoor Comfort		Loan Depot Jeff Zulauf	··· 770-597-2160
Zen Air		Pennix Mortgage	··· 404-667-8424
Accountants	010-003-1000	Nursery	
Signature Accounting Services, LLC.	···· 770-975-1609	Autumn Hill Nursery	··· 770-442-3901
Alarm Systems		Painting	
EMC Security	770-963-0305	360 Painting	
Assisted Living		Chris Brown Painting & Home Repair	
Manor Lake BridgeMill		Earthly Matters Painting and Contracting	
Tapestry House Assisted Living		Verge Painting and Siding	··· 678-331-1102
The Arbor at Bridgemill	/ / 0-545-6/36	Performing Arts	
Attorney Daryl L Kidd P.C.	770-499-1274	Schwartz Center For Performing Arts	404-727-8769
Auto Detailing	770-455-1274	Pest Control	770 400 0700
Polished Peach Car Wash	···· 770-592-8102	Breda Pest Management	
Automotive Sales		Legacy Pest Control	··· //0-423-0160
Cory Sims "Big, Tall, Bald Guy"	···· 706-618-0811	Plumbing	770 000 5077
Banking		Bryan Plumbing Services	
Credit Union of Georgia	678-486-1111	Plumbwise, Inc. Serv'all Plumbing & Rooter Service	
Bathroom & Kitchen Remodeling		Shumate Plumbing Services	
Affinity Kitchen & Bath/Affinity Stoneworks		The Plumbers Guild	
Miracle Method-North West Atlanta	888-545-6516	Pre-Schools & Kindergarten	
Cleaning Services House Cleaning Specialist, Inc	770-975-4995	Omega Learning Center-Acworth	770-792-7431
Concrete Leveling	770 070 4000	Primrose School of Acworth Bentwater	
Advance Concrete Lifting & Leveling	···· 678-235-9322	Propane Service	0 020 0020
Concrete Replacement		Gas Incorporated	··· 770-720-1378
McKemey Concrete & Hardscapes	····· 678-914-2576	Real Estate	
Consignment		Ansley Atlanta Real Estate-Jody Tirone	··· 404-451-3125
Finders Keepers	404-296-0285	Atlanta Communities-Carl Hawthorne	
Dance Studio	770 075 7000	Atlanta Communities-Jennifer and Associates	··· 770-403-5639
CK DanceWorks, Inc. & CK Yoga Dentist	//0-9/5-/298	Coldwell Banker Realty-Jimmy Payne	··· 404-432-0466
Acworth Dental	770-974-4146	Coldwell Banker-Sherry Warner	··· 404-784-8848
BridgeMill Dentistry (Scott Merritt, DMD)		Compass Realty-Gipson and Co	··· 404-405-5363
Cumming Dental Associates		Compass Realty-Lee and Darlene Team	
Distinctive Dentistry	···· 770-445-6606	Compass Realty-Natalie Gregory Team	
Esthetic Dental Solutions		Cory & Co. Realty	
Family Dentistry at Seven Hills		Harry Norman Realtors-Pam Hughes	
Northpoint Dental		Keller Williams Realty-Cynthia Baer	
Roswell Dental Care		Keller Williams-Linda Jacobs	
Swords & Phelps Dentistry Design & Build Services	//0-4/9-3/13	Park Realty-John Morgan	
HammerSmith, Inc.	404-377-1021	Remax Around Atlanta-FalkinReMax-Sarah Terrell	
Electrical Service	.0	Russ Robinson Atlanta Communities	
Arc Angel Electric Corp	···· 470-239-5568	Sever Group Properties//State Farm-Grant	
Mr Electric & Mr. Rooter of Atlanta		Remodeling	070-049-0004
Mr. Electric of Canton	···· 678-408-7174	GCI Basements	404-569-8794
Rocket Electric		Serv'all Plumbing-Remodeling	
ServiceWise Electric, LLC		Restaurants	770 017 1002
Shumate Electrical Services	678-584-0880	Beau Monde Cigar Bar & Restaurant	770-559-1987
Eye Care Pearle Vision-Woodstock	770_790_000	Luna Maya	
Fitness Centers	770 700 0000	Retirement Community	
Senergy Fitness	···· 470-282-5225	Holbrook/Dogwood Forest	··· 404-445-7777
Funeral Homes		Roofing	
In Their Honor of Jasper Funerals &	···· 706-253-5060	Dr. Roof	··· 770-552-7663
Garage Doors		Earthly Matters Painting and Contracting	··· 770-346-0203
Platinum Overhead Door	678-329-3100	Exovations-Roofing	
Golf Courses	0.0 020 0.00	M&A Roofing and Restoration	··· 404-632-8381
Club Corp Golf Clubs	·····770-389-2000	Schools-Private	
Club Specialists Bentwater LLC	770-769-3749	McGinnis Woods Country Day School	··· 770-664-7764
Golf Equipment & Supplies		The Friends School of Atlanta	··· 404-373-8746
Golf Cars of Canton	·····678-880-1156	Security Systems	
Handyman		Classic Entry Systems	··· 678-330-1111
Shumate Handyman Services	678-584-0880	Siding	
Hardware Stores		Exovations-Siding	··· 770-205-2995
Ace Hardware of Toco Hills	404-325-8000	Tax Preparation	
Home Exterior Makeover	770 005 0005	Treasure Tax	··· 678-888-4829
Exovations-Home Exterior Makeover	/ / 0-205-2995	Tree Service	
Home Furnishings ARIANA Home Furnishings & Design	678.907 7422	The Davey Tree Expert Company	770-451-7911
Home Improvements	010-001-1422	Water Heaters	
Exovations	770-205-2995	Serv'all Plumbing-Water Heaters	770-917-1852
GHIR Construction		Window Replacement	770 007 007
Insulation		Exovations-Window Replacements	
Koala Insulation-NW Atlanta	·····770-765-1580	Visionaire Windows	··· 404-543-9306

MEET THE LOCAL REALTORS

Helping you every step of the way





Office: (877) 249-8533 | Info@parkrealtyatlanta.com 1651 Mclendon Ave NE, Atlanta, GA 30307



LORI ROUSSEAU 678-520-7157





3060 Peachtree Rd NW Suite 500, Atlanta, GA 30305

NMLS 506634 Licensed in AL, FL, GA, NC I-162376, SC and TN 121242







Thinking of Selling?

Is now the best time? What should you do to get the highest price and reduce the stress?

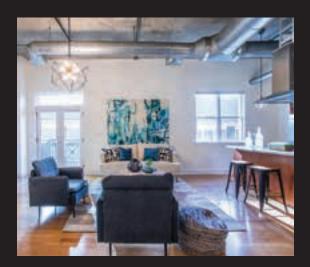


Looking to Buy?

Let us share our secrets to "getting a good deal" in this fast-paced market.

Give us a call anytime!

Jo Gipson, Candler Park Resident since 1995; Realtor since 2002



1058 Piedmont Avenue SE, Unit 103 Midtown - COMING SOON! 2 Bedrooms | 2 Bathrooms 1,515 Square Feet



751 United Avenue SEGrant Park 3 Bedrooms | 2 Bathrooms | 1 Half Bathroom 2,016 Square Feet

GIPSON GROUP ATL

direct 404.405.5363 | main 404.668.6621 jo@gipsongroupatl.com

② @gipsongroupatl f @GipsonGroupATL

JULIE BEATY

Vice President & Mortgage Banker direct 404.456.1725 julie.beaty@amerisbank.com



