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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**

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president@candlerpark.org

**MEMBERSHIP OFFICER**  
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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**  
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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

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**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 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 reconnect ed 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!
**DATES TO REMEMBER**

<table>
<thead>
<tr>
<th>FEBRUARY</th>
<th>MARCH</th>
<th>APRIL</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Happy Chinese New Year of the Water Tiger</td>
<td>2</td>
</tr>
<tr>
<td>2</td>
<td>CPNO Zoning meeting, 7 pm, Location TBD</td>
<td>5</td>
</tr>
<tr>
<td>13-14</td>
<td>L5PCAC Blind Willie McTell Mosaic mural unveiling</td>
<td>9</td>
</tr>
<tr>
<td>14</td>
<td>VOTER REGISTRATION deadline for March Special Election</td>
<td>14</td>
</tr>
<tr>
<td>15</td>
<td>Deadline to submit content for The Messenger!</td>
<td>15</td>
</tr>
<tr>
<td>17-21</td>
<td>APS Break and President’s Day Holiday</td>
<td>20</td>
</tr>
<tr>
<td>21</td>
<td>CPNO Members Meeting, 7 pm, Location TBD</td>
<td>21</td>
</tr>
<tr>
<td></td>
<td>VOTER ABSENTEE Ballots available for March Special Election</td>
<td></td>
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<td></td>
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</tr>
</tbody>
</table>

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.

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**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 me**

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 do so.
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

DJ Roedger
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 candlerpark.org/renew.
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 anti-inflammatory 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.

Candler Park T-Shirts available at candlerpark.org

Tis The Season For LOVE!

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

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

NATIONAL
SUICIDE
PREVENTION
LIFELINE
1-800-273-TALK (8255)
suicidepreventionlifeline.org

National Runaway Safeline
1-800-786-2929
1800RUNAWAY.ORG
If you need assistance addressing a non-emergency concern related to substance use, mental health, or extreme poverty in your community, call 311 (or 404-546-0311).

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 non-emergency 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.

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
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- Sloan Smith, Candler Park

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Mulberry Fields is a Community Garden

By Derek Pinson and Joy Flannagan

Mulberry Fields is a Community Garden

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 Co-founder 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 you.

• 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.
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Sherry Warner
Associate Broker &
Lake Claire resident

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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.

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

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.

1-EAT A HEALTHY, BALANCED DIET (EVEN AT WORK!)

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 tried-and-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 delicious meals. Submitted by Kerry Dobson.
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 by a unanimous vote.

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

An amended variance application for 1312 McLendon Avenue NE (to construct 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 l5pa.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.

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**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 business: __________________________

Address of business: __________________________________

Name of designated agent: __________________________

Agent’s Email: _________________________  Date: __________________

Optional contributions

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

If sending by mail, please address to:

CPNO Membership

P.O. Box 5418, Atlanta GA 31107

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Candler Park Messenger  February 2022
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

**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

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**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.

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If you can volunteer services- please get in touch!
Cindee Sapoznik~Founder/CEO
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Candler Park Messenger 17  February 2022
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