



May 2022

MESSENGER

Vote for the Park and L5P on May 24!

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Safe Streets for Candler Park and Beyond

By Emily Taff, president@candlerpark.org

May seems to be “the month of” almost anything you can think of—National Strawberry Month, National High Blood Pressure Month, National Photography Month, and National Preservation Month; it’s Sweet Vidalia Onions Month, Skin Cancer Awareness Month, and it’s time for high school graduation (appropriately it’s also Teen Self-Esteem Month). All of these and many others are well worth writing about but let’s go with National... (drumroll)...Bike Month! This subject is near and dear to the hearts of my household and many others in the neighborhood.

According to the League of American Bicyclists which promotes National Bike Month, it was established in 1956 and “is a chance to showcase the many benefits of bicycling—and encourage more folks to giving biking a try.”

Now I know everyone isn’t going to “give biking a try” this month—though I do encourage it—but I do encourage you to at least imagine yourself on a bicycle and what it means to traverse shared roadways on a bike, scooter or other mode of transportation outside of a car.

Safe streets for bicycles is about safe streets for all, something that seems to be more and more apparent these days. The Atlanta Bicycle Coalition (ABC), our city’s bike advocacy organization, has long advocated for Complete Street plans, infrastructure improvements beyond bike lanes, mass transit use, and hosted events like Atlanta Streets Alive which encourage everyone to experience streets beyond being in a vehicle. The

FROM THE PRESIDENT

ABC even solidified their relationship to safe streets last year by merging with PEDS, a pedestrian safety advocacy organization with whom they had long partnered on safe streets advocacy.

Why is this important?

Because Candler Park cares about safe streets! Last fall the Infrastructure Committee was reconvened (it was already in our bylaws that we have one) by folks who saw a need to address street safety on McLendon Avenue especially after a cyclist was hit by a left turning car at the light at Clifton. The Infrastructure Committee has a lot of energy behind it and got to work right away to have McLendon become a safer street. The Safer Streets initiative will look toward achievable design changes on and around McLendon that will encourage cars to slow down and be more aware of their surroundings.

As we heard at the March CPNO Meeting, the infrastructure committee is in the fundraising stage for a study to gather public input, generate ideas and plans for innovative street and sidewalk proposals that would encourage safety on our neighborhood streets and enhance the experience and safety for all users.

I hope you all will stay tuned to the progress of the infrastructure committee initiative and also stay tuned to the road in front of you whether you’re in a car, on a bike, skateboard or on foot.

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.

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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

MAY

- 2** CPNO Zoning meeting, 7 pm, Location TBD
- 9** CPNO Board meeting, 7 pm, Location TBD
- 15** Deadline to submit content for The Messenger!
- 16** CPNO Members Meeting, 7 pm, Zoom
- 26** NPU-N Meeting, 7pm, Zoom

JUNE

- 6** CPNO Zoning meeting, 7 pm, Location TBD
- 13** CPNO Board meeting, 7 pm, Location TBD
- 15** Deadline to submit content for The Messenger!
- 20** CPNO Members Meeting, 7 pm, Zoom
- 24** NPU-N Meeting, 7pm, Zoom

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.



L5P Ghost Tours

WHAT: L5P GHOST TOURS

WHERE: Little 5 Points, Atlanta, GA

WHEN: May 7 thru Nov 4, 7 - 8:30pm

Restless spirits haunt these streets! Hear tales from the spooky side of Atlanta on the Little 5 Points Ghost Tour. Join our clairvoyant tour guides on a mile long, 1.5 hour trek through the neighborhood's most historic and eerie landmarks, in search of long ago lost souls and their apparitions. You may encounter phantasms such as Lady Sintana from House of Ravenwood, the resident ghosts of 7Stages, Deacon Lunchbox, Gregory Davis, and more. Don't be afraid to bring a camera... Little 5 Points' most spooky residents are not known for resting quietly.

Tours meet at 7pm at the L5P Community Center parking lot at least once a weekend (more tours starting in October) and end at 8:30pm. It will be a scary good time! Visit l5phalloween.com/ghost-tours for booking and more information.

Money raised from the L5P Ghost Tours benefits The Little 5 Points Business Association, a non-profit organization committed to supporting L5P small businesses and making improvements in the Little 5 Points Business District.



*For more information, to volunteer, or to sponsor, go to l5phalloween.com
Email hello@l5pba.com to be on the L5P Business Association's Halloween Committee
Follow us on IG and FB @l5phalloween and @L5Pbiz*

L5P Halloween

WHAT: RETURN OF THE Little 5 Points Halloween Festival and Parade

WHERE: Little 5 Points, corner of Moreland Ave and Euclid Ave, Atlanta, GA

WHEN: October 22 and 23, 2022, noon to 7pm

Is May too early to start thinking about Halloween???

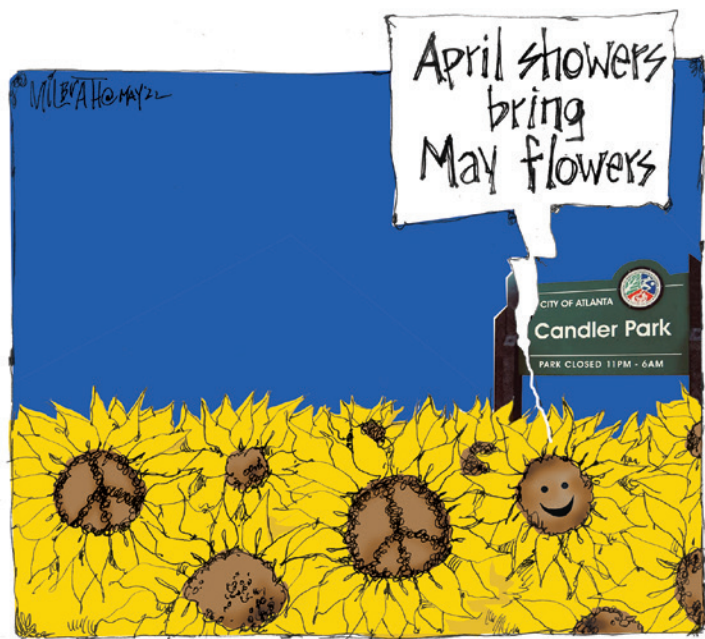
It's always Halloween in L5P! Over the summer we will have the Halloween Photo Contest in conjunction with Atlanta Celebrates Photography—so start taking scary, spooky photos now!

This year the L5P Business Association is celebrating our 50th Anniversary! Look for our Monster Ball 50th Anniversary Party. We had so much fun last year at the Monster Hunt, we are adding it to this year's Halloween festivities.



But, the most important announcement is... The Return of the L5P Halloween Parade this year.

*For more information, to volunteer, or to sponsor, go to l5phalloween.com
Email hello@l5pba.com to be on the L5P Business Association's Halloween Committee
Follow us on IG and FB @l5phalloween and @L5Pbiz*



Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new member:

- Callan Bechter
- Dan Power
- Kathleen & Chris Gaffney
- Logan Thore
- Rhonda Cook
- ... and four others who wished to remain anonymous

CPNO thanks members for their donation:

- Amanda Bolster
- Ashley & Jack Reed
- The Barnes Family
- The DeBonis Family
- Betsy Goss
- Callan Bechter

- Dan Power
- DJ & Keri Johnson
- Donna Church
- Emily Grim-Throop & Adrian Throop
- Emily Taff
- Felicitas Rebeca Quintana
- Heather Karki
- Heberlein/Sevigny family
- John & Nicole Kaufman
- Joseph & Melissa Hacker
- Kate Gundry
- Katherine & John Raynor
- Kathleen & Chris Gaffney
- Luke & Bess Waters
- Michael & Tracy Daly
- Michael Falkenstein & Callan Bechter
- Mike Dunbar
- The Parker Family
- Polly Sattler
- The Ozer Family
- Pat & Terry Moy
- Rachel Scales & Allen Broyles
- Scott and Amanda Jones
- Shari Obrentz
- Stacey White
- Stacy & Ed Hyken
- Stephanie Case
- Sue May
- Tanya Counter
- Walt Lowthian & Linda Sheffield
- ... and 48 others who wished to remain anonymous.

THE MESSENGER

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

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

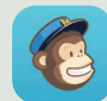
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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

CP ONLINE

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

JOIN CPNO TO GET EMAIL BLASTS



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

MESSAGES & CRIME ON NEXTDOOR



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

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May 24 TSPLOST Vote - \$3M for Euclid Ave

By Lauren Welsh, Executive Director of the Little 5 Points Alliance

Make sure you've marked May 24 on your calendars and turnout to vote on the City of Atlanta's TSPLOST (Transportation Special Purpose Local Option Sales Tax). The Little 5 Points Alliance was able to advocate to get a \$3 million transformation of Euclid Avenue in the heart of the district on the City's TSPLOST project list.

The project includes building new sidewalks, removing a slip lane for cars, adding new trees and planters, creating a mid-block crossing, painting artistic crosswalks, fixing the intersection of Austin at Lake, and more. You can learn more about the project and the Little 5 Mobility Study on the L5P Alliance's website at l5pa.com.

For background, the City of Atlanta currently has a \$3 billion backlog in infrastructure needs over the next 20 years. To help address the backlog, the City has proposed a \$750 million investment through sales tax and bonds to be voted on in May. This will serve as a renewal of the existing TSPLOST and Bond program Atlanta voters approved in 2015 ending March 2022.

You can find more information on TSPLOST/Bond projects both on the City's ATL DOT website at atl.dot.atlantaga.gov as well as on the Atlanta Bicycle Coalition's website at atlantabike.org. Comments and questions related to this program can be sent to ATL DOT

THANK YOU.

To all of our dedicated neighbors working in hospitals, grocery stores, home services, restaurants, our teachers, and other essential workers keeping us going through this uncertain time,

we thank you.



Can We Bring Back Movie Nights in Candler Park? Can You Help?

Who remembers back a few years ago when we had movie nights in Candler Park? People came together to enjoy an outdoor cinematic experience under the stars. Families with blankets and picnics, kids running around in the grass, dancing barefoot to pre-movie music. Do you miss it?

The Movie Night series was a fixture of spring and fall nights for 14 years before a certain pandemic cancelled all events. In that time, we came a long way from showing Finding Nemo on a bedsheet to a 32-foot inflatable screen with epic sound. With the addition of the bathrooms at the pool house and non-generator power, the experience will be smoother than ever before. We are looking forward to creating new memories out in our park.

The timing could not be better. The sun is still setting relatively early, but the nights are nice enough to curl up and enjoy the show. We also have a start on the sponsors as well as the production lined up. It's time to restart this tradition, but there's a catch.

We have everything that we need except for one key component. And that is YOU! We need a movie night committee to help organize and run this event. We need several people to manage sponsorships, publicity, and general project management. It should not be too much work, but it needs some new volunteers. Your input is vital to getting this well-loved amenity back into the park. Please email info@CandlerParkConservancy.org to join the Movie Night committee today!!

Election Day May 24: Candler Park is on the Ballot

By Amy Stout, externalaffairs@candlerpark.org

On Tuesday, May 24, Georgia voters will go to the polls. But, you can vote early beginning May 2nd. It's important to know that whether you choose the Democratic ballot or the Republican ballot, your work is not done until you reach the very end of your ballot. After all the non-partisan races for judges and justices, there will be three City of Atlanta Special Election options. These choices have a direct impact on Candler Park.

#1 is the T-SPLOST question. This is specifically to fund Transportation projects, and it would involve an impact on your wallet. It would extend an existing 0.4% sales tax rather than letting it expire.

#2 and #3 are Bond Referendums. If approved, the City would be authorized to sell bonds to raise money. There would be no sales tax increase involved to fund the proposed projects.

Both #2 (to raise \$192,990,000) and #3 (to raise \$213,010,000) would provide funding for "Parks."

Included in the list of projects to be funded by #2 is \$2,800,000 for "Candler Park Improvements." More specifically, the proposed improvements are the upgrade of the Active Lawn and the construction of an outdoor Amphitheater, hopefully as described in the Vision Plan for Candler Park that the design firm Perkins + Will prepared for the Candler Park Conservancy (CPC) in 2017.

Before the worldwide COVID pandemic, the CPC had begun fundraising to complete the Active Lawn project and received a grant from Park Pride for \$250,000 in January, 2020. However, in 2020 and 2021, the Conservancy was unable to raise sufficient funds for the \$1M+ field renovation because the country went into lockdown, funding from most corporate sponsors dried up, and many non-profits re-prioritized their outlays to social justice projects in the era of George Floyd.

If City of Atlanta voters vote Yes on #2, it becomes much more likely that the Active Lawn/Amphitheater will become a reality. Previous CPNO grants to the CPC paid for land surveying and engineering design documents. Ideally this will put the Candler Park project closer to the top of the list by making it more "shovel-ready."

While #3 also funds Parks Dept projects, the majority would go to Recreation Centers across the City.



Don't You Love Fall Fest?

By Boyd Baker, Lake Claire resident

Did you know that the Candler Park Fall Fest started in another form back in the 1970s?

There are all sorts of stories and personalities that have made Fall Fest special over the years. Mark Clement, the ever-present emcee of Fall Fest, is hard at work gathering stories, pictures, videos, and random memories for a mini-documentary. His hope is to create an archive for this wonderful community event that so many people gravitate to and that has been such a large part of so many lives.

"I just think it's incredible to think of all the volunteer hours that so many families have donated over the years to make this such a great event," Mark says. "I was actually in one of the very first road races when the fest was more Halloween-themed as a kid. Won my age category too!"

He, along with Boyd Baker and Meshall Shumate, are looking for great memories, unusual pictures, and any loving memories that people have. Whether it's about the time that it flooded or you saw that incredible musical act or just the first impression of the first time you attended one, all reminiscences are welcome! You can reach out to Mark or the others directly or email fallfestdoc@gmail.com. PLEASE TELL YOUR NEIGHBORS! The more we spread the word, the more stories we can gather.

A website and newsletter signup will be set up by the time you read this!



Pickleball in Candler Park?

By Roger Bakeman, membership@candlerpark.org

Pickleball in Candler Park anyone? For those of you who don't know—and I was one of them until recently—pickleball is played on a court with a net like tennis but uses a paddle like ping pong. Play is with a slower moving wiffle ball, and the court is smaller than tennis—20' by 44' instead of 36' by 78'. As a result, pickle ball is less physically demanding than tennis and so can be played and enjoyed by people with a wide range of physical abilities, from teenagers to seniors. The net is the same height as tennis (3'), so with just some additional markings the same courts can be used for either. Six City of Atlanta parks already have pickle ball courts— <https://www.atlantaga.gov/government/departments/parks-recreation/office-of-parks/pickleball-courts>—and, as you might expect, there is an Atlanta Pickleball Association: <https://www.atlantapickleball.org>. Some enterprising players even use tape to temporarily mark an



existing tennis court, but painted lines are more permanent. Is it time to make the existing tennis courts in Candler Park dual purpose, joining the other six city of Atlanta parks that allow for pickleball play? Seven, after all, is a lucky number.

The picture is of the Founders Courts on Bainbridge Island, where pickleball began in 1965: <https://biparksfoundation.org/project-highlights/pickleball-center/>

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A Peek Behind Candler Park Flower Mart

By Edie Elkinson, Candler Park Resident

This spring as everything started blooming, I got to catch up with Dawn Kee, owner of Candler Park Flower Mart. Dawn shared some of the history of the business, flower care tips and a Real Housewives cameo for the shop!

How long has the flower mart been in business - and were you always in this location?

We've been here for 26 years as of March. We started initially in Decatur/Avondale Estates, but we were only there for a year. We came here in 1996 right before the Olympics.

What motivated you to move from Decatur?

This was a cut-through - an old roller blade shop, and it was for rent, and I thought it was so cool. We kept both spaces for about six months, and this one was doing better, so we transferred everything over here. We expanded back where there was a photographer studio behind us. We took over that space shortly thereafter.

What are your most popular items?

Cut flowers definitely. We sell a lot of house plants as well, but definitely cut flowers. The most popular flower depends on the season. Right now, ranunculus and sunflowers. In the fall, everyone wants the mums, the colors are so pretty. A few weeks

ago, the daffodils were amazing, so I was selling them by the handfuls.

What cut flowers tend to last the longest?

Lilies, mums and the mini Gerber daisies last a long time. Green tricks and Star of Bethlehem will last you about a month.

Where do you source your flowers from?

A lot come from Canada. Most come from South America and California. California is my favorite because the types of flowers that come from California are pretty.

How did the pandemic affect your business?

Good and bad to be honest. Our events died out like everyone else. No one was having weddings, and we had a large staff because of the events. We couldn't keep them employed. But then we also go to local markets like Grant Park Market and Candler Park Market and Kelly's Market in Decatur. Those really amped up, and we were able to make the difference. There are only a few of us, so we're actually doing quite well. We've been able to tailor to the business - what actually works best for us here. All of our employees went on and found things - in the long run, it worked out for everyone. It gave us time to readjust and find out what part of the business I really enjoy. We're really selective about the weddings and events we do now.

What's behind the hours -- why are you so limited?

Definitely the pandemic, but then we found that we were doing the same business in four hours that we were doing in eight. We have an area in Candler Park Market that we leave arrangements for pick-up if people need it. It's really boosted them too.

What's your busiest season and what would you attribute that to?

When the weather's pretty, we're busy. Spring and fall, spring being the busiest. Proms, events, weddings, backyard parties, flowers on the kitchen table -- even the markets are so much busier.

How did you get into the flower business?

I have a Master's degree in counseling. I was dating a guy who had a plant store in Avondale Estates. Then my best friend and I started a flower shop out that way. It was just weird, we just started it, and I really loved it. I loved working for myself - being responsible for whether we survive and thrive. I had a business partner Wanda who retired. She's happy taking care of her grandchild, but she'll come up around Valentine's Day, times when it's really busy. Kristen Davis has been our Manager and an amazing designer - she does all the weddings and events. She's been here almost 12 years.

What is something most people wouldn't know about the Flower Mart?

We get fresh flowers daily. I go every single morning between 7:00 and 8:00 to pick out my flowers. Also, we were featured in an episode of the Real Housewives. It was a proposal flower purchase.

Have you ever offered flower arranging classes?

No, we were going to do that right before the pandemic hit. We had just started working on it, and then the pandemic hit. We haven't figured that out into the timing of things. We've also thought about plant care tips.

What percentage of your business would you say is plants?

I would say maybe 20% - Grant Park Market sells a lot of plants. On Saturdays, we have a huge walk-in business, and we sell a lot of plants on Saturdays.

What's the most unexpected order you ever had?

A guy came in on Valentine's and got 10-11 dozen roses all going out to different women with the same card message. My mom did deliveries when we first started the business, and she wound up delivering to all sorts of funny places - she has funny stories about that.

What advice do you have for all of us to keep bouquets lasting longer?

We have printed care tags that say to recut a hand tied bouquet. You have to fill the vase to the top and change the water out every two days.

Last words -- anything you'd like the community to know about the Flower Mart?

We have all kinds of budgets. I designed the shop by visiting the San Francisco flower mart down by the wharf. You go in, and there are all these big open spaces. They had millions of flowers in buckets and buckets. I came back and wanted people to know they could come in here with \$10 or \$100. Our flowers are all out, so you can pick your own.



Ode to our Mulberry Fields Pick Up Truck

Poem by Dick Bathrick

*She passed at 32
A light weight pick-up
Totally trusted, also rusted
Until she died
On the 1300 block of Hosea Williams
Drive*

*She just gave out
No fuel in the tank
Where there was a
hole
And no longer a way
To fuel another fix*

*So I gave her away
Called "Pull A Part
Tow"
To come pick her up*

*Along with the arrival of a
brawny brown driver
Came a surge of second
thoughts:
Years of hauling heavy
loads of stones and hay
Dragging boats out of
writhing coastal waters
Her siren powers
always bailing me
I was left wavering
Wondering at my verdict*

*"Tell me her story"
Queried the burly ferryman
Recounting the smell of burnt rubber
Wafting up from her grinding clutch
Powering my blue sloop from the
Twisting currents of the St. Mary's river*

*I could feel waters dripping
Down my face
From crinkled eyes
I tried hiding my pain and shame
Until the bear of the man
Came, Held me in his hug
Where I succumbed to sobs
From one too many losses.*



Neighborhood Girl Scout Earns Silver Award

Marlie Petite recently earned a Silver Award, one of the highest awards in Girl Scouting, for her community service project at A.G. Rhodes nursing homes.

"I came up with the project idea on a day when I was sitting inside feeling lonely," Marlie said. "I remembered my snake plant so I went to take care of it. When I was near it, I felt less lonely, and I had something fun to do. I was thinking about what to do for my Silver Award and I thought that the residents at A.G. Rhodes must get lonely. I thought if I donated some plants to them, they would feel less lonely."

Marlie named the project PALS: Plants to Assist Loving Seniors. Last fall she propagated and delivered 44 plants to the A.G. Rhodes nursing home in Grant Park and 33 to the Wesley Woods location. Kirk Hines, A.G. Rhodes Director of Horticultural Therapy, said the plants have been a welcome and therapeutic addition.

"Plants in our living spaces help to not only improve air quality and produce oxygen, but their presence also produces the desired effects of creating a calm environment, decreasing anxiety and symptoms directly related to depression," said Kirk. "Plants in the rooms of our elders makes them feel more homelike and allows residents to engage in a past leisure skill any time they choose."

Marlie and her project partner Maliyah are teaching plant propagation and care to the junior Girl Scout troop at Drew Charter School so that the residents at A.G. Rhodes can continue to receive their plant PALS.



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Justice and Faith is Alive and Well!

By Kylan Pew, Director of Restorative Practices at Neighborhood Church

It was a warm, sunny day a few weeks ago in Candler Park as we launched our newest gathering called “NeighborFEST” at Neighborhood Church. This event was for friends and neighbors interested in meeting at the intersection of community, faith, and justice. Not only did folks gather from throughout the community, but community partners from the Neighborhood Church community offered tangible resources and connections for plugging into justice work in their various areas. As folks made their way through the intimate crowd, they indulged in yummy grilled cheese sandwiches from Speak Cheesy Food Truck. They engaged in conversation with organizations like Citizen Advocacy, CPNO, and Murphy-Harpst, to name a few.

A huge thank you to all the friends and neighbors for the 100+ people we had in attendance and over \$1,000.00 distributed directly into the hands of justice organizations and causes seeking to impact our immediate community and beyond. To learn more about Neighborhood Church and see what is happening in and around the neighborhood and with our community partners, visit our website: neighborhoodchurchatl.com, where you can sign up for email updates. And - you are always welcome to check us out in person at 11 am on Sunday mornings - in real life, we smell fantastic.

If you're looking to be a part of our justice work, keep an eye out for quarterly initiatives. Each quarter we select a different justice lens to focus on and learn how we can be involved. This quarter our focus is Environmental Justice. You're invited to join us for a fun-filled morning in our community garden (outside our building at 1561 McLendon Ave) on May 29. We will clean our neighborhood, harvest veggies, build gardening beds for community gardens, and plant summer veggies. All are welcome, regardless of age or experience with gardening. We're so glad to be your neighbor and to get to engage in the work of justice together.



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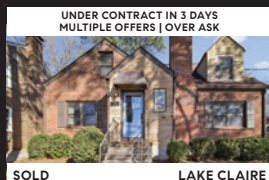


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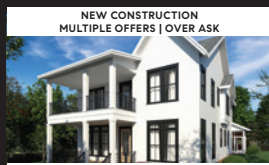
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What Exactly are “Fats” and Why are They Such a Big Deal

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

If you’ve ever chatted with friends about food choices, or read a wellness-oriented magazine, chances are you’ve been inundated with the word “fats.”

Saturated fats. Healthy fats. Omegas. Polys. And on, and on, and on.

What does it all mean?

We’re here to break down the mystical world of fats. Let’s dive in.

What are the main types of fats?

There are 4 primary categories of fats you should be aware of.

- Saturated fats
- Monounsaturated fats
- Polyunsaturated fats
- Trans fats

But what do all of those different types of fats mean for your health? Let’s go category by category.

SATURATED FATS

What are they?

Chemically, saturated fats consist of carbon atoms that are completely saturated with hydrogen atoms. At room temperature, these fats are solid.

What effects do they have?

Saturated fats could potentially increase your risk of heart disease.

Where to find them:

- Beef
- Poultry
- Pork
- Cow’s milk
- Coconut
- Palm oil
- Full-fat dairy

Should I eat these?

Sometimes. There’s no black-and-white answer here, because everyone’s health is different, but most health professionals recommend that you limit your consumption of red meats and butter.

MONOUNSATURATED FATS

What are they?

A monounsaturated fat’s chemical makeup consists of one double-bonded carbon molecule. At room temperature, these are liquid but they will become solid if chilled.

What effects do they have?

These fats raise good HDL and lower LDL.



Where to find them:

- Avocados
- Olives and olive oil
- Nuts
- Sunflower oil
- Seeds
- Halibut
- Sablefish
- Mackerel
- Veggies high in oleic-acid

Should I eat these?

Yep! These are some of the healthy fats you’ve probably heard about. They’re generally considered good for your heart, and should be eaten daily.

POLYUNSATURATED FATS

What are they?

Chemically, polyunsaturated fats have more than one double-bonded carbon atom. You have probably heard these referred to as omega fats, like omega-3, omega-6, and omega-9. At room temperature, these fats are liquid and they can sometimes remain liquid even when chilled.

What effects do they have?

They raise good HDL and lower LDL. They’re generally considered anti-inflammatory, and are associated with a lower risk of disease and death.

Where to find them:

- Salmon
- Sardines
- Trout
- Herring
- Fresh Tuna
- Flax seed and flax seed oil
- Walnuts
- Soybean oil

Should I eat these?

For sure. These fats are talked about as heart-healthy. Try to eat cold-water fish three times per week, and eat plant-based polyunsaturated fats even more often than that.

TRANS FATS

What are they?

Most trans fats are created artificially by adding hydrogen bonds to liquid oils, which creates a shelf-stable product. Some trans fats do occur naturally in foods like beef, lamb, butter fat, or dairy.

What effects do they have?

Trans fats raise LDL and lower HDL. This can lead to a buildup of plaque in your arteries, which can increase your risk of heart disease or death.

Where to find them:

- Margarine
- Processed foods
- Candy
- Chips
- Soda
- Flaky pastries

Should I eat these?

No. These are the unhealthy fats, and you should try to avoid products with partially-hydrogenated oils as often as possible.

Gail Turner-Cooper is a certified health coach and the founder of Align Health Coaching based in Atlanta. You can learn more about her and Align Health at www.alignhealthcoaching.com.

Piri Piri Marinade and Grilling Sauce

By Kerry Dobson, safety@candlerpark.org



It's the most wonderful time of the year...GRILLING SEASON! Piri Piri, or sometimes Peri Peri, is a sweet, spicy, and bright marinade. While it's normally used for chicken, it's absolutely fabulous on anything you cook on the grill (ribs, shrimp, fish, veggies...anything!). Try it next time instead of your favorite BBQ sauce!

INGREDIENTS

FOR THE MARINADE

- 1 large shallot, cut into quarters
- 5 cloves garlic, peeled
- 1 red bell pepper, cored, seeded, and cut into quarters
- 2 small red chili peppers, seeded and chopped
- 1/2 cup cilantro
- 1 tsp paprika
- 1 tsp dried oregano
- 1 lemon, zest and juiced
- 1 lime, zest and juiced
- 4 tbsp red wine vinegar
- 2 tbsp olive oil
- 1 tsp kosher salt
- 1/2 tsp black pepper
- 2 tbsp brown sugar

FOR THE GRILLING SAUCE

- 1 cup reserved marinade
- 1/4 cup honey

INSTRUCTIONS

In a food processor or blender, process the shallot, garlic, red pepper, red chili pepper, cilantro, paprika, oregano, citrus zest, citrus juice, vinegar, olive oil, salt, pepper, and brown sugar. Process until very smooth. Remove one cup of marinade and set aside for the grilling sauce. Use the remaining on your protein of choice. If using this on chicken or beef it's recommended to marinate for about 6 hours (or overnight if you have time). If using seafood, an hour should be good.

For the grilling sauce, pour the reserved cup of marinade plus the honey into a saucepan over medium heat. Bring the sauce to a boil, reduce the heat to a simmer and cook until the sauce reduces and thickens – about 15 to 20 minutes. Use this sauce for basting on the grill.

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Make New Friends, But Keep the Old

By Lexa King, Candler Park Forever

How long has your oldest friendship endured? I have one surviving from elementary school, a few from high school and several from college. I still remember the day I received my acceptance into Sigma Lambda Phi sorority. I went to a Catholic University, and we did not have national sororities, just local. But each group had an undeniable personality and reputation.

The evening of the day the acceptance letters were received, there was a reception at the home of one of the sisters. As a passenger in a car full of young females on the way to the reception, I found myself staring out of the window into the blackness of the night, wondering, "What have I done?" I felt sure that I had just relinquished my individual identity. I would forever be affiliated with this group, and my name and surely my identity would hardly be known.

Some of that was true. I have been affiliated with that group, 8 members in particular, in ways I never could have dreamed. We have a sorority song that we have sung and referenced in dozens of ways over the decades. We have sung it at each others' weddings and at various gatherings. It is sung with reverence and respect.

*Sigma hearts never really part,
Inspired by our ideals so high.
Sincerity and fidelity are bound together by love.
When our college days are far behind us,
We will have these memories to remind us....forever.*

*Our love remains for dear Duquesne,
And Sigma Lambda Phi.*

"Inspired by our ideals so high." I had no idea of high ideals in my late teens and early twenties. But I had excellent parents with high moral standards who at some point must have instilled a strong moral compass which has served me well hundreds of times through my life.

The thing, though, which has surprised and pleased me the most was my ability to select the best and brightest to befriend and to hold close for decades. Women who created successful careers, birthed, adopted and raised offspring and who have made a difference on this planet. One served on the technology team for both of Obama's Presidential campaigns. Another has a PhD in Women's Studies. Our talents are many and varied. We have been there, together, through marriages, divorces, spousal and sibling deaths, cross country moves, births of grandchildren and all manner of life experiences. Geography certainly has not made it easy. One is in Pittsburgh, one Philly, a Virginian, one in Seattle, Southern California, Dallas, Indianapolis and Atlanta.

Over the years we have held reunions of sorts in Philly, Pittsburgh, Aspen, Long Island, the Virginia Shore, and recently in Scottsdale, Arizona. Once we celebrated a 50th wedding anniversary. The timing for the reunions has not been regular. The only real consistency has been our love for each other and

our commitment to stay present in each other's lives. They are my Sisters. And each would declare the same.

It is a great comfort to claim such relationships. Of course there have been several other social circles over the years. Business associates, professional organizations, neighbors, church pals, book clubs, women's groups. Time has changed many things during my lifetime. People are much more mobile. At one time people were born, raised and lived their lives in one, stable community. Now people are transferred by their employers or in order to change employers, to accommodate a relationship or just to settle in an area with more favorable weather! Many of these circumstances present new possibilities for groups of friends. Enjoy them. Appreciate them. But if you are fortunate enough to participate in a circle of people who have seen you through many stages of your life, be sure to treasure, nurture and cherish them. Perhaps you could call someone like that today. As the song says, "One is silver and the other gold".

One group which is anxious to welcome and include you is Candler Park Forever. Could you use some new, fun people in your life? Would you like to start up a book club, card club or games group? Do you need some assistance managing a few daily, weekly or monthly tasks? Want some new lunch buddies? We are here to help each other. Reach out to cpforever@candlerpark.org and give us a try!



“The Great Turning” and The Work That Reconnects

By Beth Remmes

We live in an extraordinary moment on Earth. As we witness unprecedented devastation of ecological, social, and political systems, we can feel overwhelmed by anger, sadness, fear, and other difficult emotions. How can we remain resilient, creative, and energized to act for the healing of our world?

Based on the work of Joanna Macy, “The Work That Reconnects,” Choosing Hope is a participatory workshop designed to help transform hopelessness and paralysis into inspiration and a sense of empowerment. Participants journey through a “Spiral”: consisting of Gratitude, Honoring Our Pain, Seeing with New/Ancient Eyes, and finally Going Forth with a deeper understanding of how to create our best collective future. This workshop will be held on Saturday, June 4 at the Atlanta Friends Meeting.

The idea of “honoring our pain” may make people apprehensive, but it is important to understand that our pain is a natural and healthy response to what is happening in the world, arising from our deep inner connection with all beings. This “blessed unrest” encourages us to act on behalf of what we love, and may point the way toward our life’s purpose.

Macy’s key insight is that most people unconsciously base their lives on an unspoken story. Today’s Industrial Growth Society is based on a story she calls “Business as Usual.” A second story, “The Great Unraveling,” concerns the looming catastrophe caused by the unexamined assumptions of Business as Usual. But a third story, “The Great

Turning” refuses to give The Great Unraveling the last word, affirming instead the many ways we can help to create “the more beautiful world our hearts know is possible.” Through more than four decades of community work with thousands of people around the world, The Work That Reconnects is dedicated to seeding that third story.

On the following day, Sunday, June 5, participants are invited to re-convene at the Land Trust for the Council of All Beings. Others are welcome to attend as well. In Macy’s words, the Council is “a communal ritual in which participants step aside from their human identity and speak on behalf of another life-form. . . . The ritual serves to help us acknowledge and give voice to the suffering of our world. It also serves, in equal measure, to help us experience the beauty and power of our interconnectedness with all life.”

During an opening meditation, participants allow themselves to be chosen by a specific animal, plant, river, mountain, etc., for whom they will speak in Council. Materials will be provided for each person thus called to make a mask. When the Council itself begins, these beings will come forth one by one to speak of their powers and perspectives, concerns and challenges they face, and how they can help their human relatives make the changes necessary to restore the Earth and the human family to vibrant health.

Beth Remmes is a trained facilitator of The Work That Reconnects. Learn more at <https://earthspirittaction.com> or workthatreconnects.org.

CHOOSING HOPE: A PATH FROM DESPAIR TO ACTION

**Saturday, June 4,
9:00 am - 4:00 pm
Atlanta Friends Meeting,
701 W. Howard, Decatur GA**

Based on Joanna Macy’s *The Work That Reconnects*, this workshop offers a choice between three stories: Business As Usual, the Great Unraveling, and the Great Turning. Starting from gratitude, participants will explore how our personal grief, anger and despair connects us all through our love for the Earth, and can inspire us to compassionate action for planetary transformation – the story of the Great Turning. Facilitated by Beth Remmes. Free of charge, including lunch. Please register in advance at nonukesyall.org.

COUNCIL OF ALL BEINGS

**Sunday, June 5,
2:00 - 5:00 pm
Lake Claire
Community Land Trust,
270 Arizona Ave. NE Atlanta GA
30307**

This follow-up to Choosing Hope invites workshop participants (and others who can’t attend on Sat.) to take on the persona of a specific animal or plant species or landform, such as a river or mountain, and speak for it in a sacred ritual space. Mask-making materials will be provided. Facilitated by Beth Remmes and Dr. Rebecca Shisler Marshall. More info: NoNukesYall.com. Free of charge (donations accepted).

*Both events sponsored by Green
Friends and Nuclear Watch South.*

CPNO Officer and Committee Report for April 18

External Affairs - Amy Stout

There was one voting item on the agenda for the March 2022 NPU-N meeting that was relevant to Candler Park.

Under Board of Zoning Adjustment applications, a variance application to reduce the front yard and rear yard setbacks for 279 Ferguson St NE was approved on the condition that the construction be completed as shown in the plans date stamped received by the City on 02.24.22 by a vote of 5-0-0, consistent with vote of approval by the CPNO membership. The applicant requested that this condition not be included, but the NPU board supported the motion out of CPNO.

Membership - Roger Bakeman

The graph of CPNO membership over the years looks like the saw tooth of seasonal temperatures. There's a plunge in May when members who didn't renew for the current year are removed from the list April 30. So far this year we have seen over 400 renewals—but if anyone hasn't yet renewed, now is the time. People join and renew for all kinds of reasons—having a voice in CPNO affairs is certainly one—but it doesn't hurt that Rival Entertainment offered this year a 2-for-1 ticket deal to CPNO members (deadline May 1) for their music festival June 3 and 4. I thank them for their generosity to our members.

Little Five Point Alliance - Christina Hodgen

We reached our \$10,000 goal for public safety improvements in just 3 months.

Supporters can now donate on our website and receive swag including a

t-shirt: <https://l5pa.com/show-love>

The L5PA will have a booth at the Inman Park Festival to do outreach regarding the TSPLOST vote which includes the \$3M L5P Mobility plan being funded.

April 18 CPNO Members meeting (Virtual) - Draft Minutes

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

The meeting was called to order at 7:06 pm by Emily Taff, President. The motion to adopt the agenda passed. The motion to approve the March minutes passed.

Guest Speakers:

- Sgt. Covington, Zone 6 officer, reported on the gun shot incident near 321 Oakdale Road. Investigation is ongoing; no injuries; no suspect.
- Lauren Welsh announced the bond referendum and TSPLOST vote will be May 24. Money will be used for the transformation of Moreland Avenue (Little Five Points).
- Kelly Stocks announced May Day Festival is May 1; May 7 will be Ghost Tours.

Treasurer Report:

Amy Wheeler, Treasurer, reported \$5,000 in donations in March; Neighborhood Church and BiRacial Project each received their \$1,000 donations. Six thousand dollars in donations have been received for the Historic District Committee.

Old Business:

- Candler Park Conservancy requested that the \$50,000 be reallocated from the active lawn to the renovation of the playground. Motion to reallocate CPNO's

\$50,000 donation to CPC from the active lawn/amphitheater project to the playground project passed.

- Candler Park Conservancy - Candler Park Conservancy requested an additional donation for playground project. The Board passed a motion to donate the greater of \$25,000, or 80% of net profit from Fall Fest not to exceed \$50,000 to the Candler Park Conservancy to support the playground project.

New Business:

- The City has fined CPNO \$1500 for cutting down trees to make room for the stage at FallFest.
- Infrastructure Committee- Christine Hodgen, Chairman, reports the Committee has raised \$18,000 of \$25,000. The Committee has decided to change the McLendon Avenue project from 'Slow Street' to 'Safe Street'. Work on DeKalb Avenue has been stopped until 2023.
- Historic District Committee- Mary Shaltis, Chairman, reported the results of the survey. The Committee has raised \$6150 from donations. There are four phases: 1. Education/Discovery; 2. Production; 3. Regulation/Rezoning; 4. Adoption.

The meeting was adjourned at 8:30 pm. Submitted by Bonnie Palter, Secretary April 18, 2022

CPNO Membership Application

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

Name: _____
Address: _____
Email: _____ Date: _____

Business applicants

Name of business: _____
Address of business: _____
Name of designated agent: _____
Agent's Email: _____ Date: _____

Optional contributions

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

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

March Neighborhood Crime Reports

By Kerry Dobson, safety@candlerpark.org

The information for Candler Park for March, extracted from an Atlanta Police Department online file, shows again that the majority of crimes in our neighborhood are larceny from vehicles. Maintain a clean car – leave nothing visible – and remind your visitors to do the same to avoid being a victim of these crimes.

MARCH CRIME REPORT, CANDLER PARK

Date	Day	Time	Location	Description
3/9/2022	Wednesday	19:00	1200 BLOCK EUCLID AVE	LARCENY-FROM VEHICLE
3/13/2022	Sunday	20:09	4200 BLOCK MORELAND AVE	LARCENY-NON VEHICLE
3/14/2022	Monday	20:51	400 BLOCK MORELAND AVE	AUTO THEFT
3/15/2022	Tuesday	20:20	1500 BLOCK DEKALB AVE	LARCENY-FROM VEHICLE
3/18/2022	Friday	23:23	200 BLOCK ELMIRA PL	LARCENY-FROM VEHICLE
3/20/2022	Sunday	20:00	200 BLOCK ELMIRA PL	AUTO THEFT
3/28/2022	Monday	14:00	1600 BLOCK MCLENDON AVE	LARCENY-FROM VEHICLE
3/30/2022	Wednesday	22:38	300 BLOCK MORELAND AVE	LARCENY-FROM VEHICLE



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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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Mortgages	
Loan Depot Jeff Zulauf	770-597-2160
Pennix Mortgage	404-667-8424
Nursery	
Autumn Hill Nursery	770-442-3901
Painting	
360 Painting	770-213-5071
Chris Brown Painting & Home Repair	770-323-3148
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Verge Painting and Siding	678-331-1102
Pest Control	
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Legacy Pest Control	770-423-0160
Plumbing	
Bryan Plumbing Services	770-826-5277
Mr. Rooter of Atlanta	470-202-8178
Serv'all Plumbing & Rooter Service	770-917-1852
Shumate Plumbing Services	678-584-0880
The Plumbers Guild	404-694-5128
Pre-Schools & Kindergarten	
Omega Learning Center-Acworth	770-792-7431
Primrose School of Acworth Bentwater	770-529-3925
Propane Service	
Gas Incorporated	770-720-1378
Real Estate	
Ansley Atlanta Real Estate-Jody Tirone	404-451-3125
Atlanta Communities-Carl Hawthorne	404-403-1789
Atlanta Communities-Jennifer and Associates ..	770-403-5639
Coldwell Banker Realty-Jimmy Payne	404-432-0466
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Compass Realty-Gipson and Co.	404-405-5363
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Park Realty-John Morgan	770-655-9423
Remax Around Atlanta-Falkin	770-330-2374
Remax-Heerema	770-238-6759
ReMax-Sarah Terrell	770-928-6525
Robin Martin and Associates	678-665-0202
Russ Robinson Atlanta Communities	770-335-7677
Sever Group Properties/State Farm-Grant	678-849-6884
Remodeling	
GCI Basements	404-569-8794
Serv'all Plumbing-Remodeling	770-917-1852
Restaurants	
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Roofing	
Dr. Roof	770-552-7663
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Exovations-Roofing	770-205-2955
Schools-Private	
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Security Systems	
Classic Entry Systems	678-330-1111
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Exovations-Siding	770-205-2995
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Med Spa Beni	770-864-1122
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The Davey Tree Expert Company	770-451-7911
Zamora Tree Service	678-338-9509
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Serv'all Plumbing-Water Heaters	770-917-1852
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