



August 2022

MESSENGER

Back to School!



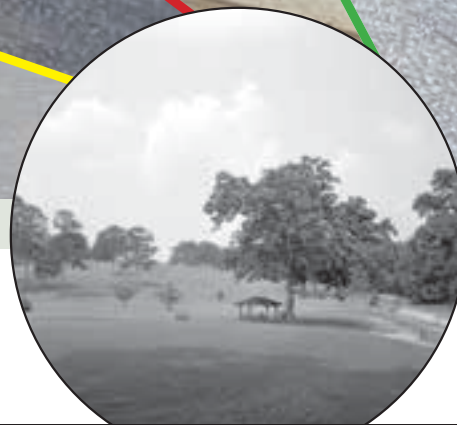
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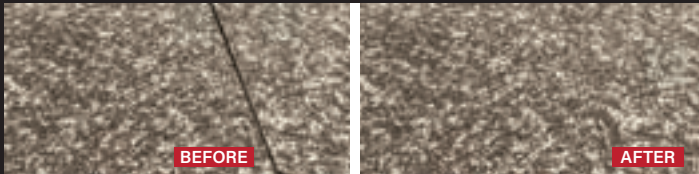


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Reflections and a Bevy of Basil

By Emily Taff, president@candlerpark.org

By the time you all are reading this most of the kids will be back in school but right now, as I am writing this, most of you are still on vacation or at least I hope you are!

I read somewhere that summer is a good time for reflection, a time to take stock of our past successes and challenges in order to boost our resilience in the coming months. While this was probably related to getting back to school, I'd agree that summer brings some good reflection time for all of us—it's often quieter at work, and hopefully we're getting some vacation and personal time in.

Self reflection is part of cultivating resiliency which enables us humans to move through downfalls, setbacks and failures and just to be more flexible and forgiving of ourselves and others.

For me, summer is also a time of reflecting and the moment of truth for my garden—how did my dreams pan out this year? Did planting 5 eggplant and 15 tomato plants yield bucketfuls of produce? Did the new beans grow? What did I do differently from last year?

My friends consider me to be a gardener but what they may not realize is how spectacularly my garden usually fails, and not just fails to live up to my expectations, but fails to produce much of anything. My beans always get white flies and aphids, my tomatoes and eggplants typically produce minimally, the cucumbers and squash always get vine borers or cucumber beetles, and zinnias – zinnias! – well, I've never gotten one to grow.

Luckily, each year I start out with high hopes but flexible expectations.

FROM THE PRESIDENT

This year the garden has produced two small tomatoes and four small eggplants on about four times the number of plants. The long beans, once a success story, have grown pitifully in the early dry spell followed by daily rain. The basil, however, is amazing! I always plant a lot of basil and this year I did not hold back. Nurturing the plants from seeds I had successful germination of regular Italian Basil, my favorite Thai Basil and some Holy Basil which you can cook with too though I'm just growing for flowers. After giving some away I planted all the rest in various pots and beds around the yard (quantity is one of my tactics for maximizing the chances of a good harvest).

Perhaps the thriving basil can be traced to its etymology, the name Basil is derived from the ancient Greek basileus, meaning "king" (the same root as "basilica," which originally referred to a royal doorway). I don't know what the lesson is here, but I have eaten enough of the herb this summer to be a basil queen myself.

Whatever the case with the basil, while I've been doing a lot of reflecting on the garden recently I've also been taking stock of recent experiences, analyzing what is working and what is not. I like to think I'm building resiliency in myself by not letting these failures get to me, or, perhaps more importantly, get in the way of doing what I love.

What are the ways you build resiliency in your life?

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
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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 via Zoom.

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

Committee meetings typically take place at The Neighborhood Church, 1561 McLendon Ave., unless otherwise announced. Check online calendar or with committee chair for changes.

Find specific meeting information on page 4 and up-to-date meeting and event information 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

Cover images of Mary Lin commuters courtesy of Walter Brown.

DATES TO REMEMBER

AUGUST

3	CPNO Zoning meeting, 7 pm, Location tbd
7	Historic Designation Community Meeting, 3-5 pm, Zoom
8	CPNO Board Meeting, 7 pm, Zoom
15	Deadline to submit content for The Messenger! CPNO Members Meeting, 7 pm, Zoom
25	NPU-N Meeting, 7pm, Zoom

SEPTEMBER

5	Labor Day
7	CPNO Zoning meeting, 7 pm, Location tbd
12	CPNO Board meeting, 7 pm, Location tbd
15	Deadline to submit content for The Messenger!
19	CPNO Members Meeting, 7 pm, Zoom
22	NPU-N Meeting, 7 pm, Zoom

OCTOBER

1-2	FALL FEST and Tour of Homes (Sunday)
5	CPNO Zoning meeting, 7 pm, Location tbd
10	CPNO Board meeting, 7 pm, Location tbd
15	Deadline to submit content for The Messenger!
17	CPNO Members Meeting, 7 pm, Zoom
27	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.



FUN AHEAD!

By Lexa King, Founder of Candler Park Forever

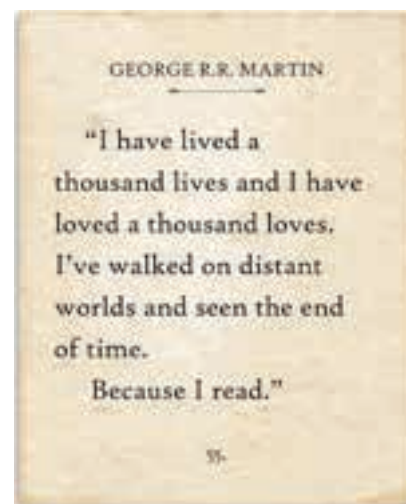
This article is intended for all Candler Park residents, not just those who are part of the Candler Park Forever group.

The past few years have held some challenges, many pertaining to our social lives. Candler Park Forever has tried to fill in with weekly Zoom meetings, then Porch Parties and occasional lunches at restaurants with patios. Now we have a couple of new activities on the horizon. The great news is that they are open to the entire neighborhood.

We have been discussing the formation of a new book club. There is a lot of interest, but much yet to be resolved and choices to be made. If you have any interest in being part of the group, let us know and share your thoughts on the following:

- Should we meet in person, at someone's house, or on Zoom.
- How often to meet.
- Best day of the week and time of day to meet.
- Should we have any refreshments—beverages, snacks, byob, etc.
- Any suggestions for a theme. I belonged to one that alternated between fiction and non-fiction.
- Suggestions of books to read.

If you think you may have an interest in participating, send your name, phone number and email along with your feedback on the above 6 items to cpforever@cpno.org ASAP. We would like to launch this in August or September.



CALLING ALL ARTISTS!

We are organizing a Pre-Holiday Art Show and Sale to be held on a Saturday in November (soon to be determined) at the First Existentialist Congregation. The centerpieces of the show will be portraits of about a dozen "Men of Candler Park" by our very own gifted portrait artist Roberta Stutzman. We are searching for additional artisans to participate. Fiber arts, candles, photography, pottery, water color, metal arts, leather and others are welcome. We are considering a small participation fee to cover expenses and a donation to a Candler Park project yet to be identified. This is intended to be a great place for people to buy holiday presents and socialize.

All interested artisans, please reach out to cpforever@cpno.org ASAP including your contact information along with some sample photos of your work. The more participation, the better attendance we will have. Covid rules at the time will apply. At this time the intention is to provide some snacks, sodas and wine available for a small donation.

We hope to get lots of participation in these activities. If you have other suggestions, please reach out to us. Cpforever@cpno.org.

Candler Park Forever, Assisting people of all ages to remain in their Candler Park homes.



THE MESSENGER

EDITOR

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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.

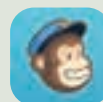
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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.

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

Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes six new members:

- ... who wished to remain anonymous
- Greg Curtis and Deanna Joe

CPNO thanks members for their donation:

- Carole and Robert Craig
- ... and two others who wished to remain anonymous



CONTACT US TODAY

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Little 5 Points Halloween Photography Contest

By the Little 5 Points Business Alliance

Calling Atlanta's spookiest photographers! The Little 5 Points Business Association's fourth annual L5P Halloween Window Exhibit is this October, and we need you to submit your scariest, most haunting photos!

Fifteen+ lucky photographers will be chosen by a community panel of judges to have their photo enlarged for display on L5P store windows for the entire month of October as a part of Atlanta Celebrates Photography Festival.

All submissions are due August 15, and winners will be announced September 1! Prize money TBA!

For rules, more information, and to check out previous winners please visit www.l5phalloween.com/photo-contest or contact halloween@l5pba.com.

Good luck!



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'Mulberry Fields Gone Wylde' Returns in September

Tucked away and accessed only by an alleyway off of Iverson Street exists the magical Mulberry Fields Garden, a garden that has been enchanting Candler Park residents since 1999.

Everyone is invited to join us on Saturday, September 17 from 3-9 p.m. for our annual fundraiser, Mulberry Fields Gone Wylde.

Music and Entertainment

Live music begins at 5 p.m. with Webster, an Atlanta-based band that loves a good jam...from Dead to Neil to Dylan to Phish to the Rolling Stones. There will also be fun interactive activities for the children near the goats from 3-6 p.m.

Tickets for the Event

Tickets are \$15 for Wylde Center members and \$25 for non-Wylde Center members.

Children 15 and younger are free.

Tickets may be purchased starting August 8 at wyldecenter.org

Food and Drink

Attendees may bring their own beverages and food to the event. Food, drinks, and desserts including s'more kits will be available for purchase during the event.

Join the Host Committee

We are inviting members of the community and fans of Mulberry Fields to join the host committee. In 2019 and 2021, the host committee played an important part in asking new people to come to the party by spreading the word and direct invites. They also raised over \$11,000! These funds were used to beautify, improve and to keep the garden open to the public every day of the year. We are excited to offer this opportunity again this year.

Levels range from \$125 to \$1,000 to join the host committee. Hosts receive tickets to the event, a goodie bag, and their name included on the sponsor banner. Email Ferrin Tinter at ferrin@wyldecenter.org for more information.

All proceeds from this event go towards the management and maintenance of our neighborhood garden. The garden is located at 1301 Iverson Street, Atlanta, GA 30307. For more information about the event, to purchase tickets or to become a Wylde Center member, please visit wyldecenter.org

100 Years of Candler Park

By Emily Taff, president@candlerpark.org

The following is largely taken from the Candler Park Conservancy's History of the Park, the Atlanta Future Places Project "City of Atlanta Parks Historic Resource Survey," and the BiRacial History Project research.

Candler Park is one of the oldest public parks in the City of Atlanta's parks system. The area has been set aside for recreation use since 1922 making this year the Park's 100th Birthday!

The land constituting Candler Park traces its known history back into the nineteenth century. Portions of the Park are believed to have served as a Union encampment for divisions from General McPherson's Army of the Tennessee during the Civil War's pivotal Battle of Atlanta in 1864. A plaque memorializing this event stands alongside McLendon Avenue.

The park land was then on the edge of the railroad town of Edgewood, which grew up in the 1870s along the Georgia Railroad and was incorporated in 1898. Portions of the Park near the southeast corner were also originally part of a vibrant African American community called "Rose Hill." According to the Biracial History Project research, 9.5 acres at the southwest corner of the park were purchased in 1880 by Mrs. Frances (Fannie) Mayson, a white matron and one of the early Edgewood families (Mayson Ave is the original name of Candler Park Drive and still exists south of the railroad). Over 20 years, Mrs. Mayson sold parcels to African American families which can be seen as the Mayson Subdivision, visible on 1893, 1915 and 1941 plat and county maps. The surviving Old Stone Church on Candler Park Drive and a series of markers in and around the Park today bear witness to this history.

The Park itself was established in 1922 when former Atlanta mayor and Coca-Cola magnate Asa Candler gifted a large tract of land to the City of Atlanta to create a public park and golf course. At 55 acres, Candler Park was and is one of the largest parks in the City of Atlanta. While the Park did not feature all of its current amenities a century ago, the golf course opened for public play in 1928. It was a nine-hole golf course designed by landscape architect Helen Smith who was hired by Candler to design the course for his daughter, Lucy, because women were prohibited from playing on the Druid Hills course. Lucy and her husband at the time lived practically next door to the Druid Hills golf course and close enough for her to have walked across the street to Candler Park.

When the Candler Park Golf Course was opened, pressure was put on African American residents to move and in 1942, the Atlanta City Council passed a Slum Clearance Ordinance which allowed the removal of homes that needed repairs or did not have plumbing. This enabled the city to obtain the properties of the Rose Hill community and add their land to Candler Park.

After the city's golf courses were desegregated through the Tup Holmes decision in the late 1950s, Margaret E. Lattimore, became one of the first African American women to play at Candler Park. While Ms. Lattimore grew up in the nearby Edgewood neighborhood, her great-grandfather owned property in Rose Hill.



Candler Park golf course looking west across the north end toward Mary Lin around 1990. Historic American Buildings Survey (HABS), Candler Park Historic District.

During the twentieth century, the Park became a central feature of our neighborhood and has come to serve as an important green space and venue for Candler Park and other nearby neighborhoods like Lake Claire, Edgewood and Druid Hills. The City of Atlanta and other stakeholders led the addition of a range of amenities to benefit the surrounding community including basketball courts, tennis courts, a pool house and swimming pool, a playground, two picnic pavilions and a multipurpose field. The history of activism and engagement in these communities has also served to steward the Park through the decades including, most notably, the successful effort to oppose construction of a highway through the Park.

Candler Park underwent a significant improvement in 2004 when, with the help of an EPA grant, community volunteers with the Peavine Creek Watershed Alliance replaced an open culvert and restored the Candler Park branch that serves as a headwaters for Peavine Creek. As a result, an urban wetlands habitat has flourished in the midst of the Park and come to host a range of keystone species.

The Candler Park Conservancy was formed in 2016, after a master plan for the Candler Park Neighborhood recommended that an independent conservancy be formed to advance the community's wish list for the park itself.



Lucy Candler Heinz around 1940.

Among many projects the non-profit organization led the effort to restore lighting at the entrance to the Park from McLendon Avenue with artist-created lanterns which were inspired by the work of the original architects as well as the fragments of the original lights remaining on the gates. The park's entrance gates were originally designed and erected in 1932 by the firm of Edwards & Sayward (designers of the Candler Park golf clubhouse) with electric lights to accentuate the stone entrance. The original lights and fixtures had been vandalized sometime prior to 1980, with only the junction boxes and shards of the brackets remaining.

In its 100th year, Candler Park is certainly historic, the setting, layout, and design of the park and golf course still very similar to the layout seen in aerial photographs dating to 1952, but Candler Park is also looking to the future as the Candler Park Conservancy continues to work in conjunction with other stakeholders and the City of Atlanta to ensure the Park is positioned for another century of service to our communities.



Map of Candler Park, note the private properties in the southwest corner of the park which was part of the Rose Hill community. Atlas of Atlanta and Vicinity, 1928.

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Celebrate Little 5 Points Thru People Make the Place

Little 5 Points has a history of being a welcoming place to people from all backgrounds as well as a space of activism, community, free expression, and unheard voices. The Little 5 Points Alliance invites you to our first ever annual event to celebrate and recognize the individuals and organizations who have made Little 5 Points the unique, welcoming, colorful space it is today. Join us on Sunday, August 21 for People Make the Place!



Through this annual event, the L5P Alliance will share the stories of individuals and their role in creating the Little 5 Points we know and love today. The celebration will include an award ceremony to encourage a remembrance of how L5P came to be and inspire others to continue to engage in the community and preserve its authentic space.

People Make the Place:

Little 5 Points Alliance Annual Celebration

Sunday, August 21, 2022 at 7 Stages Theater; 5 pm - 7:30pm

Awards:

- Don Bender Legacy Award - in recognition of an individual who has demonstrated a legacy commitment to the sustainability, promotion, and invigoration of Little 5 Points.

2022 Recipients: Don and Judy Bender

- UPlift L5P Award - in recognition of a resident, organization, elected official, property owner, or business owner who shows above and beyond commitment to the betterment and future of L5P.

2022 Recipients: L5P Pharmacy, BOND FCU, and Moods Music

- In Memoriam: Recognition and memorial for those who were integral to the development of modern L5P who are no longer with us.

2022 Recipients: L5P Pub Founders and Bass Organization for Neighborhood Development

Sponsorship Opportunities

- Host: \$250 - includes 2 tickets, name printed on program
- Silver Sponsor: \$500 - includes 4 tickets, logo on program, acknowledgement from stage
- Gold Sponsor: \$1,000 - includes 4 tickets, logo on program, acknowledgement from stage, and mural painted in prominent location within L5P

Tickets are limited and are currently on sale! Learn more about People Make the Place on our website l5pa.com. Questions? Email info@l5pa.com.



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Cilantro Lime Chicken Thighs

Recipe Submitted by Kerry Dobson

This chicken has been made countless times at our house this Summer. It's simple, easy, and cooks in no time. Plus, it's really hard to overcook chicken thighs so don't worry about that! Did I mention it's absolutely delicious?! Serve it as is or slice it up for tacos. Do whatever you want with it, just make sure you make extra because it's that good!

INGREDIENTS

2 lbs boneless skinless chicken thighs
1/4 cup chopped fresh cilantro leaves
3 tbsp extra virgin olive oil, divided
juice of 1 lime
zest of 1 lime
2 tsp chili powder
1 tsp ground cumin
1 tsp kosher salt
1 tsp freshly ground black pepper

INSTRUCTIONS

In a medium bowl, combine cilantro, 2 tablespoons olive oil, lime juice, lime zest, chili powder, cumin, salt and pepper. In a gallon size Ziploc bag or large bowl, combine chicken and cilantro mixture; marinate for at least 2 hours to overnight, turning the bag occasionally. Drain the chicken from the marinade. Pat chicken dry and then brush with remaining tablespoon of olive oil. Heat your grill to around 325-350 degrees. Cook the chicken for 5 minutes on one side. Flip chicken and cook the other side for an additional 5 minutes or until the internal temperature reaches 165 degrees.



That's Not Your Tree

By Amy Stout, External Affairs Officer

Atlanta is known as a “City in the Forest,” and trees on single-family residential properties account for the majority of our canopy. Property owners must obtain permits and follow the requirements of the Tree Protection Ordinance if they wish to remove trees on their property. What you may not know is that no property owner may remove trees—no matter how small—in the public right-of-way without approval from the City.

The public right-of-way is defined roughly as the eight feet of land adjacent to the street—the area that contains sidewalks and utilities. Public trees, including right-of-way trees and those in public parks, are managed by the Department of Parks and Recreation, while trees on private property are the domain of the Office of Buildings within the Department of Planning.

So, if you have concerns about a right-of-way tree (whether you'd like it pruned or want to request approval to have it removed), you should contact the Parks Dept Arborists via parkscustomerservice@atlantaga.gov or 404-546-6813. You can also report illegal right-of-way tree removals to the same division.

Our City right-of-way trees don't appear by accident. The City partners with the non-profit organization Trees Atlanta by providing grant funding for them to plant and maintain trees in the right-of-way. Trees Atlanta leads volunteers every Saturday during planting season to help install, water, and mulch these plantings across the city. They also water, mulch, and prune these trees as their resources allow for the first couple of years to make sure the trees have a healthy start. It's your tax dollars at work.

The benefits of right-of-way trees are many, and include reduction of stormwater runoff, air pollution, and heat island effects, as well as traffic calming effects, habitat for wildlife and of course beautification. So don't cut it. Remember, it's not your tree. It belongs to all of us.

McLendon Avenue 'Safer Street' Planning Update

By the Infrastructure Committee

The CPNO Infrastructure Committee has been hard at work raising funds to complete a community planning process this Fall and has raised \$18,000 toward a minimum goal of \$19,000 (total goal is \$25,000 to cover all



costs) required to sign a contract with LAS to perform planning tasks and provide deliverables agreed to by the Committee. We encourage anyone interested in a safer McLendon for bikes, pedestrians, children, the elderly, handicapped, and in greater levels of non-vehicular travel, to consider donating to the campaign and participating in upcoming planning events to be announced in late July and August 2022.

Planning Process

To create a new Safer Street Plan for McLendon, a series of community engagement sessions with stakeholders including ABC, City Design, CPNO, Candler Park Conservancy, Lake Claire, L5P Alliance, Atlanta DOT, local supporting businesses, and others, are planned for this Fall with completion of the plan expected in early 2023. With a new plan adopted by the Atlanta City Council showing specific interventions over the entire corridor, both creative and technical, the committee will then seek funding from the City to make changes over time as funds are available. Many improvements can be done using current City program funds including new signage and crosswalk improvements. Other improvements may require additional City funding as well as community and business fundraising efforts. Either way, the plan is essential to succeed in bringing attention and funding to this important corridor.

How to Donate

To close our immediate funding gap of \$1,000 and to help us achieve our total goal of \$25,000, please consider donating directly to the CPNO Infrastructure Committee's Safer Street initiative at: <http://candlerpark.org/safestreet>.

Mary Lin PTA opposes Re-Zoning Inman Park

By Shari Golla, Education Committee Chair

To curb overcrowding at the elementary level, the Atlanta Public Schools (APS) Superintendent, Dr. Lisa Herring, is recommending the creation of a new elementary school. The new school would be housed at the Inman building in the Virginia-Highland neighborhood, and would open for the 2023-24 school year.

The proposal involves a rebalancing of students to even out the enrollment across the elementary schools in the Midtown cluster. Currently, students from Candler Park, Lake Claire, and Inman Park attend Mary Lin. The new proposal rezones Inman Park to Springdale Park Elementary (SPARK). Mary Lin stands to lose 27% of its student body— 171 students— if the current recommendation is passed.

The Mary Lin PTA held a special Zoom meeting on June 27 to vote on a resolution opposing the re-zoning of Inman Park. The PTA's reasons for opposing the re-zoning include the lack of walkability for Inman Park students to SPARK (have to cross Moreland and Ponce), lack of stability for students and the community, the lack of projected growth in the new Mary Lin attendance zone (Mary Lin will be under-enrolled according to APS projections), and a reduction in funding.

The resolution passed with 90 votes for the resolution, and 6 opposed. The PTA forwarded it to the Board of Education and Dr. Herring.

The Board of Education is set to meet on August 8 to vote on Dr. Herring's proposal. Mary Lin PTA president Deanne Uroic encourages anyone who has a strong opinion on the matter to reach out to each member of the Board of Education and to Dr. Herring.

Current List of Donors

The Neighborhood Church	\$5,000
Councilmember Lilliana Bakhtiari	\$5,000
Candler Park Market	\$1,000
CPNO	\$1,000
Lake Claire Neighbors	\$500
Sean's Candler Park	\$500
Candler Park Conservancy	\$5,000

Total Raised as of June 2022

\$18,000

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Worried About Your Blood Sugar Levels?

Here's 5 Tips for Improving Your Insulin Sensitivity

By Gail Turner-Cooper



Insulin is a hormone that helps our bodies control their levels of blood sugar, which is essential in our daily functions. Insulin is created in our pancreas, where it then helps sugar move from your blood into your cells to be stored. If your cells become resistant to insulin, it can lead to high blood sugar levels.

High blood sugar triggers our pancreas to create more insulin. Over time, this series of reactions can reduce the insulin-producing cells in our pancreas. A common result of this is Type 2 Diabetes. Prolonged high blood sugar can also lead to damage in our nerves and organs.

What are the risk factors for insulin resistance?

The primary risk factor is genetics. If you have a family history of prediabetes or type 2 diabetes, you're most at risk for insulin resistance.

The risk is also higher in people who are overweight or have obesity.

How can we improve our body's ability to sense insulin?

Insulin sensitivity means your cells are responsive to insulin. Improving your body's insulin sensitivity can help reduce its resistance, and reduce the risk of many diseases such as diabetes.

Here are 5 natural methods for improving your insulin sensitivity.

1. Get a better night's sleep

A lack of quality, uninterrupted sleep can harm our health in many ways—including increasing insulin resistance. Practice healthy sleep hygiene by incorporating a consistent

nighttime routine, avoiding full-spectrum lights before bed, cutting back on caffeine, and creating a quiet and calm environment for sleep, healthful sleep.

2. Find a regular exercise routine

Movement and activity help our bodies move sugar into the muscles, where they can be stored. This promotes an immediate increase in insulin sensitivity.

The key to using exercise to improve insulin sensitivity is to make it a habit. Find a workout you like, such as cycling, weight training, or pilates, and make sure you do it regularly. Both aerobic and resistance training have been shown to have positive impacts on our insulin sensitivity, so go with either one or combine them to get the most bang for your buck.

3. Eat the right fiber, and eat it often

Did you know there are 2 kinds of fiber in our food? Soluble and insoluble fiber.

Soluble fiber is the key to improving insulin sensitivity. Soluble fiber helps lower our cholesterol and reduce our appetite, as well as increasing our sensitivity to insulin. Soluble fibers help feed the good and friendly bacteria in our gut.

Get soluble fiber in our regular diet through foods like legumes, oatmeal, flaxseeds, and produce like Brussels sprouts or oranges.

4. Cut back on processed carbs and added sugar

We know, we know—this is easier said than done.

But processed carbs and added sugars have both been shown to lead to higher levels of blood sugar, caused by more insulin resistance.

High-carb diets tend to stimulate and spike our blood sugar, which puts undue pressure on the pancreas. Similarly, added sugars (such as high-fructose corn syrup or table sugars) in high regular doses can increase insulin resistance.

Try to eat fewer carbs and sugars throughout the day. When you do consume carbs, make sure your carbs are natural and low-glycemic index carbs like sweet potatoes, brown rice, quinoa, or vegetables. When you're craving sugar, find it naturally in sweet whole foods like fruits or vegetables.

5. Enjoy some green tea or matcha

Studies have shown that drinking green tea or matcha can improve our insulin sensitivity and reduce blood sugar. This likely comes down to one of green tea's main ingredients: the antioxidant epigallocatechin gallate (EGCG). EGCG helps stabilize blood sugar levels.

This positive effect can be achieved by drinking organic green tea, or its leaf form—commonly known as matcha.

Please remember to always consult with your doctor.

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



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July 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 7:05pm by Emily Taff, President. The motion to adopt the agenda passed. The motion to approve the June minutes passed.

Announcements

- Little Five Point Alliance
Inaugural Fundraiser, August 21st @ Seven Stages. Tickets are \$30 and \$50.
- Little Five Points Business Association- Kelly Stocks, President, announced the events for celebrating 2022 Halloween: Halloween Parade, Monster Tours, and Photo Contest
- First Existentialist Church will have a Book and Bake Sale July 30, 9am-2pm. Drop off books July 28 or 29 from 2pm-6pm.
- Historic Designation Committee- Mary Shaltis announced Community Meetings would be held July 26, 7-9 pm and August 7, 3-5pm. Zoom links will be on the Historic Designation Committee website.

Treasurer's Report

The report was given by Emily Taff, President. Income for the month of June was \$440.

Infrastructure Committee:

Christina Hodgen announced that the Committee meets @Noon the first Monday of every month. There will be an 'in person' Open House, Thursday and Saturday.

FallFest Report:

Matt Hanson, Chair of FallFest, answered questions.

The motion to support the application for FallFest passed.

*The meeting was adjourned at 7:36 pm.
Submitted by Bonnie Palter, Secretary
July 18, 2022*

CPNO Officer and Committee Report for June 18

External Affairs-Amy Stout

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

Under Special Events Applications, the Little Five Points Business Association's application for the L5P Block Party to be held September 3 and 4 was added to the fast track and approved without discussion by a unanimous vote

Historic District Special Committee-Mary Shaltis

Committee discussed via email the upcoming community meetings and agendas with Aaron Fortner. Meetings will be July 26 and Aug 7. Meeting announcement will be made at the CPNO meeting, web posts (historiccandlerpark.org), email blast as passing out fliers door to door.

Membership-Roger Bakeman

Membership in CPNO, now mid-year, stands at 520. It was 620 at the end of 2021. New memberships continue to trickle in. If you are thinking of joining and haven't, now is a good time. If you are a member but your spouse or partner is not, encourage them to join. And if you were a member before, it's not too late to renew now.

June Neighborhood Crime Reports

By Kerry Dobson, safety@candlerpark.org

The information for Candler Park for June, 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.

JUNE CRIME REPORT, CANDLER PARK

Date	Day	Time	Location	Description
6/2/22	Thursday	12:30	400 BLOCK MORELAND AVE	LARCENY-FROM VEHICLE
6/2/22	Thursday	20:53	1600 BLOCK MCLENDON AVE	LARCENY-FROM VEHICLE
6/12/22	Sunday	22:05	1600 BLOCK MCLENDON AVE	LARCENY-FROM VEHICLE

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:
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