



September 2022

# MESSENGER

## Your Official Guide to Fall Fest, October 1-2 2022

The Bands! The Ball! The Tour! The 5k!



CANDLER PARK  
**FALL  
FEST**

### INSIDE THIS MONTH'S MESSENGER

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# Let's Get Together!

By Emily Taff, [president@candlerpark.org](mailto:president@candlerpark.org)

Let's Get Together!

Fall is just around the corner and sometimes I think I can actually believe it—a day or two of low 80s really does the trick right?

However, with or without those autumn temps, there will certainly be FALL FEST! The Fall Fest Committee has been working incredibly hard these last several months to bring us an awesome Festival and Tour of Homes. With a footprint that includes blocking off McLendon and Candler Park Drive around the park, this year's festival promises to be as amazing our pre-Covid events!

This event is put on entirely by volunteers, the hardest working of which are the members of the Fall Fest Committee themselves. A couple of them are even doing double-duty with roles on the CPNO Board! However, while the committee has successfully planned and coordinated the event they will need more hands on deck when it comes to event itself. By now, or pretty soon, they will be asking Volunteers to sign up. Help will be needed with set up, take down, monitoring the stage and Kidlandia, docents for the tour of homes, and more!

Please consider volunteering to help put on this awesome neighborhood festival. For more info go to: [fallfest.candlerpark.org](http://fallfest.candlerpark.org)

In conjunction with Fall Fest, the Candler Park Conservancy is planning the return of the Fall Fest 5K. The 5K and Fun Run has been missed these last two years and will be another great opportunity to see each other again.

## FROM THE PRESIDENT

Speaking of getting together, ever since the middle of 2020 the CPNO Board has been discussing how and when to go back to in-person meetings. The truth of the matter seems to be that online meetings (Zoom for us) have been a great experience on many levels and you have told us that. Participation in meetings is up, they are convenient to members and guest speakers, and it takes a lot less out of us CPNO volunteers. Most of us have kids, dogs, bedtimes, dinner plans, sports to play or watch, and other extracurricular organizations, boards and projects we are involved in. Despite the convenience of Zoom meetings, we all miss the mingling over snacks and opportunity to chat with each other before and after meetings.

Over the summer the Board has discussed going back in person more seriously and feel like there is a way CPNO can create opportunities for much-needed neighborhood socializing while still retaining the efficiency that our monthly meetings have via Zoom. Because the holidays can be a tough time to coordinate anything, we are looking at January for a big potluck party to “meet the new board” and see your neighbors in the old familiar space of the First E church. It will be good to be back.

Much sooner of course, we hope to see you at Fall Fest – so put October 1-2 on your calendar and invite your friends!

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

<b>PRESIDENT</b>	<b>Emily Taff</b>
<a href="mailto:president@candlerpark.org">president@candlerpark.org</a>	
<b>MEMBERSHIP OFFICER</b>	<b>Roger Bakeman</b>
<a href="mailto:membership@candlerpark.org">membership@candlerpark.org</a>	
<b>TREASURER</b>	<b>Amy Wheeler</b>
<a href="mailto:treasurer@candlerpark.org">treasurer@candlerpark.org</a>	
<b>SECRETARY</b>	<b>Bonnie Palter</b>
<a href="mailto:secretary@candlerpark.org">secretary@candlerpark.org</a>	
<b>ZONING OFFICER</b>	<b>D.J. Roedger</b>
<a href="mailto:zoning@candlerpark.org">zoning@candlerpark.org</a>	
<b>PUBLIC SAFETY OFFICER</b>	<b>Kerry Dobson</b>
<a href="mailto:safety@candlerpark.org">safety@candlerpark.org</a>	
<b>COMMUNICATIONS OFFICER</b>	<b>Ryan Anderson</b>
<a href="mailto:communications@candlerpark.org">communications@candlerpark.org</a>	
<b>FUNDRAISING OFFICER</b>	<b>Hallie Meushaw</b>
<a href="mailto:fundraising@candlerpark.org">fundraising@candlerpark.org</a>	
<b>EXTERNAL AFFAIRS OFFICER</b>	<b>Amy Stout</b>
<a href="mailto:externalaffairs@candlerpark.org">externalaffairs@candlerpark.org</a>	

Find a complete list of CPNO committee chairs, representatives and other contacts at [www.candlerpark.org](http://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](http://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](http://www.candlerpark.org) or mail name, address, and email to

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



# DATES TO REMEMBER

## SEPTEMBER

<b>5</b>	Labor Day
<b>7</b>	CPNO Zoning meeting, 7 pm, Zoom
<b>12</b>	CPNO Board meeting, 7 pm, Zoom
<b>15</b>	Deadline to submit content for The Messenger!
<b>19</b>	CPNO Members Meeting, 7 pm, Zoom
<b>22</b>	NPU-N Meeting, 7 pm, Zoom
<b>30</b>	Fall Ball, 7-11pm, Hudson Grill

## OCTOBER

<b>1-2</b>	FALL FEST and Tour of Homes (Sunday)
<b>5</b>	CPNO Zoning meeting, 7 pm, Zoom
<b>10</b>	CPNO Board meeting, 7 pm, Zoom
<b>15</b>	Deadline to submit content for The Messenger!
<b>17</b>	CPNO Members Meeting, 7 pm, Zoom
<b>27</b>	NPU-N Meeting, 7pm, Zoom

## NOVEMBER

<b>2</b>	CPNO Zoning Meeting, 7-8 pm, Zoom
<b>14</b>	CPNO Board Meeting, 7-8:30 pm, Zoom
<b>15</b>	Deadline to submit content for December Messenger!
<b>21</b>	CPNO Membership Meeting, 7-9 pm, Zoom
<b>24</b>	Thanksgiving

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](http://candlerpark.org) and watch for membership email notices. All CPNO meetings are open to the public.





# CANDLER PARK'S

## HOWLIN' HALLOWEEN DECORATING CONTEST

Brought to you by



Trees for Tuition!

**IT'S BAAAACK! BUT ARE YOU UP TO THE CHALLENGE? THE 3RD ANNUAL CPNO HALLOWEEN DECORATING CONTEST IS ABOUT TO TURN YOUR NEIGHBORHOOD INTO THE SPOOKIEST, SCARIEST, SCREAMIEST PLACE IN ATLANTA! DRESS UP YOUR HOUSE AND YOU COULD BE ONE OF THREE WINNERS:**



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*\*Gift Cards can be used at any Trees for Tuition location or online during Halloween and Christmas!*

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 Email your name and address to  
[safety@candlerpark.org](mailto:safety@candlerpark.org) to sign up!



**ALL PARTICIPANTS WILL RECEIVE A FREE CARVING PUMPKIN FROM TREES FOR TUITION FOR PICKUP AT THEIR FALL FEST PUMPKIN PATCH OCT 1-2 OR DELIVERED THROUGH THEIR WEBSITE [TREESFORTUITION.COM](http://TREESFORTUITION.COM).**



**MORE GORY DETAILS COMING SOON!**

## CALLING ALL ARTISTS!

We are organizing a Pre-Holiday Art Show and Sale to be held November 12, 2022 from 12-8 p.m. 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](mailto: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](mailto:Cpforever@cpno.org).

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



## Welcome and Thanks!

By Roger Bakeman, [membership@candlerpark.org](mailto:membership@candlerpark.org)

### CPNO welcomes new members:

- Meredith and Marshall Sunshine
- Deb Love & Rob Corn
- Sloan Smith
- ... and three others who wished to remain anonymous

### CPNO thanks members for their donation:

- ... two who wished to remain anonymous



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## 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](mailto:editor@candlerpark.org) by the 18th of the month prior to publication.

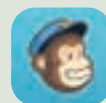
If you have a news tip or story idea, please email relevant information including contacts to [editor@candlerpark.org](mailto:editor@candlerpark.org) or call the editor.

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](mailto: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](http://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](http://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](https://facebook.com/CandlerPark).

### FOLLOW US ON TWITTER



Our handle is your handle: [twitter.com/CandlerParkATL](https://twitter.com/CandlerParkATL)



# Embrace Uncertainty

By Lexa King, Founder of Candler Park Forever

The world is filled with it. Humans don't seem to like it very much. As a matter of fact, when we don't know something, sometimes the method to deal with that is to make something up. Fabricated knowing.

The past few years we have observed that on a new level. *What was the cause of Covid? Was it wilfully unleashed on the public? By the Chinese? By Americans? Will there ever be a vaccine? Will it be effective? Will it be safe? When will things reopen? When will we be safe? When will this be over? When will things be back to normal?* What will normal be? And it didn't take long for people to start making up answers. Theories, conspiracy and otherwise, reared up, many times with no basis whatever in truth. Some of these explanations came with great cost. I lost a dear friend who for some reason refused the vaccine. He left behind a young son and loving wife. I assume it can be blamed on not knowing whether the vaccine was safe.

Every time I think of uncertainty I remember, years ago, when I was managing a chain of quick print shops. Our parent company decided to sell off the chain and uncertainty was thick in the air. One morning I found out the 5 Atlanta shop managers were meeting for breakfast to speculate about their fate. I showed up to "guide" the conversation. As they were whining about their uncertainty, I reminded them that although we pretend that we know how the day would go, it was an assumption with no certainty. None of them even knew whether they would safely get back to their shops. That was the day a gunman opened fire in the food court of Perimeter Mall. One of those managers was at that mall at that time, in the food court. If he had not been in a hurry and moved from the line he was in, he would have surely been shot. When I learned of his experience, I drove right over to his shop. He was still pale as a ghost. He said my words kept echoing in his ears. So much for knowing and certainty.

Medicine is, by nature, an uncertain science. There are multiple variables. We take pride, in this country, in our individuality. Yet, when it comes to our bodies and their various reactions to the things we put in them, we would prefer predictability. Even seemingly innocuous things like peanut butter are not reliable. It nurtures one and can cause death in another, even in minute

amounts. And, over time, the same item can be accepted by a particular body one day and rejected the next. Again, uncertainty.

As with other realms of life, in medicine it seems the more we know the more that remains yet unknown. I always wondered why the aging population focuses so much on their illnesses. Now I think of it as being similar to having an older model car. You hate to take it to the shop for fear of what else they will find wrong.

One of the problems these days is that everyone is a specialist. I've had an issue with tingling fingers lately. Of course, I can't see the orthopedist who replaced my left hip last year. He doesn't do hands. I was almost surprised that I could see the same person for both the right and left hand. Naturally, when they come at you with a needle full of steroids, you definitely want them to know exactly where to insert it. Use of hands is important. But I never realized my ability to use them was tenuous until I woke up one day with tingling fingers.

For four months my bottom lip has been noticeably swollen. In the age of specialties, I still haven't found the specialist for swollen lower lips. I've consulted several physicians and a gifted PA. A few suggested I ask my allergist who took one look at it and shook her head. "Nope. It's not an allergy." She suggested I get a biopsy of my lip which I could probably get by an oral surgeon or a dermatologist. The length of possible causes include Lupus, Herpes and Crohn's Disease, among many others. I'm still making up what it is and hoping I will wake up one morning and the swelling will disappear as magically as it manifested.

In the meantime, I made an appointment with my hip orthopedist to evaluate my right hip. Time to get 'er done! The pain is reaching the level that it was in my left hip when I gave up and had that replacement. Since he did a good job with one, I'll hope and trust I will be satisfied with this one. No certainty. No guarantees. Maybe he'll know about my lip!

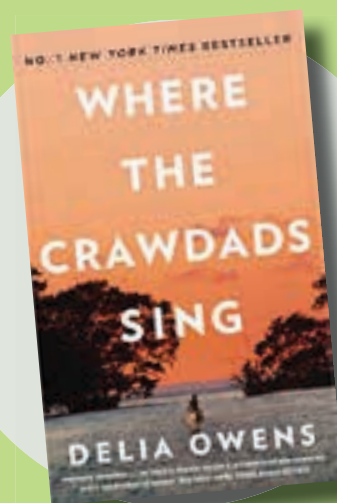
One thing you can count on is that Candler Park Forever is a fun group intended to support people wanting to remain in Candler Park! THIS CLUB IS OPEN TO ALL IN CANDLER PARK. Try us, you'll like us! Want to know more? Email [cpforever@candlerpark.org](mailto:cpforever@candlerpark.org)

## Candler Park Forever Book Club

**Where the Crawdads Sing**

September 16, 7pm

Email [cpforever@candlerpark.org](mailto:cpforever@candlerpark.org) for details



## About the Artist: Brittany Schwartzwald



Hello, I am an Atlanta native, making pottery in a basement hallway in my home. I live in Candler Park with my husband, two kids, a pug, a rescue mutt and we use to have one

Sunfish that was pulled out of lake

Allatoona. I am best known in the neighborhood for raising money for the Candler Park toilets. When I am not making pottery, I am researching forgotten passwords, cooking dinner, deciding who to vote for, camping and arranging flowers. The best place to find my work (besides here) is on instagram @B\_Hart\_Art or on my honor system front porch sale at 1320 Iverson St.

**Each month, the Messenger will feature a neighborhood artist. If you would like to be featured, please e-mail [editor@candlerpark.org](mailto:editor@candlerpark.org)**

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Susan Graham, mezzo-soprano  
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# Join CPNO And Participate In Historic Designation Discussions

By Historic Designation Committee

Since the fall of 2021, a group of Candler Park residents (called the Candler Park Working Group) has been researching how we and our neighbors have a greater say in avoiding teardowns of historic homes and ensuring that new construction fits the scale and character of the community. After due diligence into a variety of zoning options, the group learned that gaining local historic district designation status is the most likely path – and one widely used by nearby neighborhoods -- to:

- Preserve historic homes
- Retain setbacks and lot coverage
- Encourage architecturally compatible developments

As a result of survey responses gathered in the spring of 2022 the Historic Designation Committee was formed and retained Aaron Fortner of Canvas

Planning (who did the Candler Park master plan) to help with community engagement.

Two community engagement meetings were held on July 26th and on August 7th to provide information on local historic districts and to answer questions from the audience. The 1st meeting featured Matt Adams who is the Interim Assistant Director of the Historic Preservation Department for the City of Atlanta and the 2nd meeting featured Beth McDonald from Poncey-Highlands and Regina Brewer from Inman Park – both local historic districts. Both meetings started out (after a brief overview) with scripted questions from Aaron Fortner which lasted about 40 minutes and then questions were taken from attendees. A written synopsis as well as the audio of these meetings are posted on [www.HistoricCandlerPark.org](http://www.HistoricCandlerPark.org). This website also has links to many resources, FAQs

about local historic districts and the results of the survey.

Next steps? More community education and engagement, plus a request for a neighborhood “vote of confidence” to proceed further and work together to write regulations that are specific to Candler Park. The graphic below shows the entire process of becoming a local historic district.

This is a key time for each of us to weigh in on the future of our neighborhood. Whether you support, oppose, or would like to learn more about the Historic Designation Committee’s research, please become a member of CPNO so that you can vote on these important issues. The request for the vote of confidence is planned to be presented in October’s CPNO meeting, with the actual vote taking place a month later in November. Please join now to participate in the discussion as well as the vote.

## Timeline & Next Steps



**IMPORTANT REMINDER:** per CPNO Bylaws, only CPNO Members can Vote at CPNO Meetings

*Don't let an Important Neighborhood Vote catch you off guard!*

**Join or Renew Your Membership Today!**



**[candlerpark.org/join](http://candlerpark.org/join)**

.....

### **NOT SURE IF YOU'RE A MEMBER?**

Membership must be renewed each year, just go to the website and renew just in case — *it's free and easy!*  
**[candlerpark.org/renew](http://candlerpark.org/renew)**



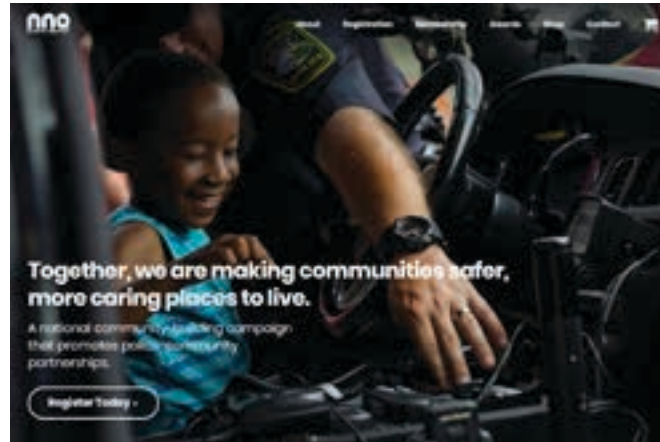
**Candler Park  
Neighborhood  
Organization**



# National Night Out: *Camaraderie, Cops, Fire Trucks, Ice Cream, and More*

On Tuesday August 2nd 2022, there were no fewer than two Atlanta Police Department motorcycle units, four patrol cars, an Atlanta Fire Department fire engine, several unmarked police vehicles, and one ice cream truck spotted on Sterling Street in Candler Park. But, not to worry—the gathering was a jovial one! It was National Night Out, a national community-building campaign that promotes public safety, community partnerships, and neighborhood camaraderie.

Across all fifty states, US territories, and military bases worldwide, millions of neighbors take part in National Night Out (NNO) every year on the first Tuesday in August. Neighborhoods host block parties, parades, cookouts, or other events including safety demonstrations and exhibits from emergency personnel. NNO originated in the suburbs of Philadelphia when longtime neighborhood watch volunteer Matt Peskin sought to connect with other neighborhood watch groups and formed the National Association of Town Watch. After three short years of growth, the organization introduced the first National Night Out in August 1984. The inaugural event was a big success involving 2.5 million neighbors across 400 communities in 23 states. Now



in its 38th year, NNO continues to bring neighbors together.

*Here in Candler Park, for an outdoor event in August, an ice cream social was a must. The warm weather cooperated and the turnout was great. Adults, kids, teens, public safety personnel—even our local Candler Park patrol officer—joined in for conversation, play, and a cold treat. This was the second annual NNO on Sterling Street, and neighbors are already talking about plans for next year.*

—Alexis Neill

*This article would be incomplete without a special thanks to Alexis Neill and her neighbors,*

*who organized National Night Out on Sterling these last two years. But anyone can organize. All that is required is to register with the national organization, NNO (<https://natw.org/>), and with the Atlanta Police Department (<https://atlantapd.org/>); on their website, search for National Night Out and the registration form for the current year. We meant to take picture this year but were too busy having fun. Here's a picture from the NNO website.*

—Roger Bakeman

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NEW THIS YEAR!

## Fall Ball – Friday, September 30th

### A Neighborhood Kickoff to Fall Fest

Fall Ball presented by Cynthia Baer is exclusively for Candler Park and Lake Claire residents on Friday, September 30th. Join your neighbors in a Second Line up to Hudson Grill for music with DJ Dookie Platters, drag queen Ella/Sauras/Rex and friends, light appetizers and a couple of drink tickets. Tickets are \$75 each, friends sponsorship at \$250, business sponsorships at \$500 and \$1000. Purchase tickets online at [fallfest.candlerpark.org/fallball](https://fallfest.candlerpark.org/fallball).

Still looking for Fall Ball volunteers! If interested, please email Brittany at [Bschwartzwald@gmail.com](mailto:Bschwartzwald@gmail.com).

## Volunteer! Get a Shirt!

By Matt Hanson

We are very excited that Fall Fest 2022 is just around the corner, which means it is time for our annual Call For Volunteers! Volunteering at Fall Fest is a great way to support your neighborhood's annual fundraiser as well as to meet new friends in the process. If you are interested in signing up to volunteer, please visit our volunteer signup page:

<https://www.signupgenius.com/go/10CoB45ACA62EA02-2018>

Please note that all volunteer positions are 12+ except for the Water/COVID supplies assistant and the Stage Performers Tent assistant which are 18+.

Perhaps most importantly, all Fall Fest Volunteers get a free Fall Fest 2022 Tee Shirt! Look forward to seeing everyone in the park in October!

**VOLUNTEERS  
NEEDED**



## Take the Tour!

Hidden gems right here in our beloved neighborhood... Will you take the Tour?

- A claim to fame on McLendon—where Bad Moms 2 was filmed!
- A live/work space that beckons creativity and productivity
- A recent renovation on Page
- A brand new modern on McLendon
- A lush garden on Druid Place
- A picturesque bungalow on Oakdale
- A dream design on Clifton Terrace



- A re-worked interior on Candler Street
- A perfect porch party on Clifton Road

Tickets are now on sale for the Tour of Homes and the Fall Fest team has secured a great lineup of neighbors who have graciously offered to showcase their homes for the tour.

Visit <https://fallfest.candlerpark.org/tour-of-homes> to purchase tickets and for additional details.



# FallFest 5k is Back!

Come trek the twists, turns and hills of the beautiful Candler Park neighborhood and Freedom Park at this quintessential neighborhood 5K/1 Mile Fun Run event associated with the epic annual Candler Park Fall Fest. The races will finish right at Candler Park Fall Fest is getting going so be sure to join us for some of the fun!

This year's race events will benefit the NEW PLAYGROUND at the park and feature a slightly later start, some great course and swag upgrades, and other race enhancements to make this amazing neighborhood race better than ever! All 5K runners get a Fall Fest 2022 t-shirt at the finish and free beer or beverage ticket good at Candler Park Fall Fest!

Advance registration is strongly encouraged. Advance registration cost is \$28 for the 5K and \$10 for the 1 Mile Fun Run. Same day registration is available until we hit cap or 9:45 AM, whichever comes first. Same day registration cost is \$40 for the 5K and \$15 for the 1 Mile Fun Run.

5K starts at 10:00 AM and 1 Mile Fun Run at 10:45 AM, Saturday, October 1. Both the 5K and 1 Mile Fun Run start from Terrace Ave NE (near the corner of Terrace Ave NE and Marlbrook Ave NE, on the east side of Candler Park, by the Candler Park Playground). Both the 5K and 1 Mile Fun Run finish on Candler Park Drive NE (near the old stone church at 470 Candler Park Dr NE).

**For more information go to [active.com](https://www.active.com) and search for Candler Park 5k.**



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CANDLER PARK

# FALL FEST

OCTOBER 1-2, 2022

## MUSIC LINEUP



### SATURDAY

12:00-1:15

Linapalooza

1:30-2:30 pm

CJ Jones & the Spirit Bones

2:50-3:50

The Bea Arthurs

4:05-5:05

The New Teardowns

5:20-6:20

The Squirrelheads

6:35-7:35

Seed & Feed Marching  
Abominable

7:50-9:00

Orquesta MaCuba

9:20-10:30

Neon Queen

### SUNDAY

1:00-2:00

The Preakness

2:20-3:20

Olsens

3:40-4:40

The Cazanovas

5:00-6:00

DejaBlue Grass Band

6:20-7:35

Big Shoes: A Tribute to  
Little Feat

7:50-9:00

Webster





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# FALL FEST

OCTOBER 1-2, 2022

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PARK  
MARKET**





## Cast Iron Dutch Baby Pancake

Recipe Submitted by Kerry Dobson

This is such a transitional time of year. Summer is coming to a close, but it's still so hot. School is back in session, but we're definitely not in a routine yet. I'm finding myself feeling constantly busy and exhausted. When it comes to cooking, if it's not quick and easy I don't want anything to do with it. This Dutch Baby is quick, easy and absolutely delicious! If Sunday morning pancakes are feeling like a chore try out this out. And remember, breakfast for dinner is always acceptable!

### INGREDIENTS

1 cup all purpose flour  
4 large eggs  
1 cup whole milk  
1/2 tsp of salt  
4 tbsp butter, divided  
berries, powdered sugar, and maple syrup for serving

### INSTRUCTIONS

If you don't have a cast iron skillet you can make this recipe in a 9x13 baking dish. Preheat the oven to 450 degrees. Melt 2 tbsp of butter. In a blender, combine the flour, eggs, milk, salt and 2 tbsp of melted butter. Blend until smooth with no lumps, about 20 seconds. In a 10-inch cast-iron skillet, melt the remaining 2 tablespoons of butter over high heat until foamy. Add the batter and immediately put the skillet in the oven. Bake until the pancake is deep golden brown in color and puffed up on the edges, about 15-18 minutes. Remove from the oven, add the mixed berries in the center of the pancake and dust with powdered sugar. Slice into pieces and serve with maple syrup.

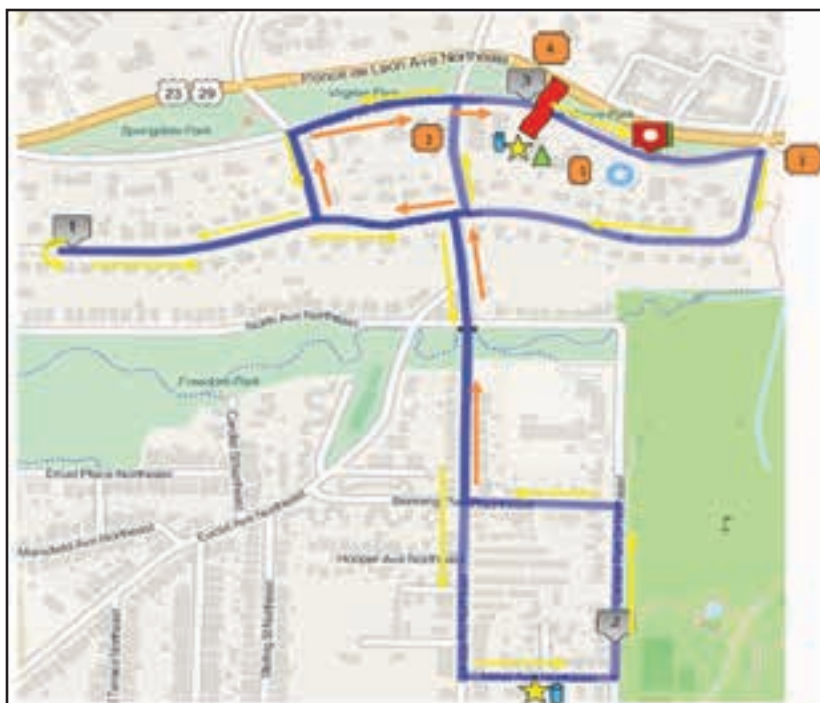
## Slither 5K Returns!

By Mike Emery

On Saturday, October 29, the Slither 5K returns after a 3 -year absence. The race will take place from 8:00 am - 9:30 am.

Our 5K course will start/finish at Paideia and the course will follow along the streets south of the school. All affected streets will be temporarily blocked to allow runners to safely pass then quickly reopened to allow for traffic. We will have 11 APD officers around the course to direct traffic around the participants. Parent, faculty and student volunteers will be on the course as well. Cones will also be placed along the route to ensure runner safety.

We hope you will join us for a fun morning of running/walking through our beautiful neighborhood. We encourage our neighbors to register for the race at <https://raceroster.com/events/2022/63055/slither-paideia-5k>



### Volunteers:

- 2 - Intersection of Oakdale and Fairview Rd. to direct outbound runners turn right on Oakdale and inbound runners to turn left on Fairview.
- 2- Intersection of Oakdale and S Ponce to direct outbound runners to turn left on S Ponce/ inbound runners to go straight to finish line.
- 2 - Corner of Fairview and Springdale to direct outbound runners turn right on Fairview, inbound runners turn right on Springdale.
- 1 - 1220 Fairview to direct runners to turn around and stay right of the cones.
- 1 - Intersection of Fairview and Oakdale to turn outbound runners right onto Oakdale
- 1 - Intersection of Oakdale and Benning to direct inbound runners right off Benning onto Oakdale



# A BIG back to school welcome from the PTA!

By Deanne Uroic, Mary Lin PTA President

Things are off to a great start this year at Mary Lin. Our kids hit the ground running on their first day of school, with giant smiles on their faces filled with excitement a new year brings. The Mary Lin Elementary PTA is proud to be part of a such a wonderful group of Students, Parents, Educators, and Administrators in our Midtown cluster. And we should be, as Mary Lin Elementary just ranked #14 out of 1,244 elementary schools in the state of GA based on the students' performance on the 2022 Milestones Assessment. You can learn more about the school rankings at [www.schoolsigger.com](http://www.schoolsigger.com). Way to go Rockets!

Happy 125th Birthday to the National PTA! PTA members and leaders have taken action daily, for the last 125 years, to improve the education and well-being of every child and to help our schools and communities thrive. Here at Mary Lin Elementary, the PTA is focused on connecting and strengthening the partnerships between our families and our school as well as advocating for each and every child. The Mary Lin Elementary PTA is an all-volunteer, non-profit organization and our mission is to engage and empower families and communities to advocate or all children. The PTA at Mary Lin sponsors many educational and social functions at the school. We also work alongside the school and with our families to ensure the teachers have the tools and support they need to create a fun and engaging classroom environment.

As the PTA is a completely volunteer organization, we rely on our families and community members to get involved. This year is, of course, no different. The PTA has a multitude of opportunities to engage with fellow parents, community members, teachers, staff and students. If you have an interest in supporting your local elementary school, please reach out to: [president@marylinelementary.com](mailto:president@marylinelementary.com). You don't have to be a parent of a Mary Lin Elementary student to join and support the PTA either, as long as you have an interest in your community you are more than welcome to join our meetings and to learn more about our organization.

Lastly, but no less important, we want to send out a big thank you to our generous PTA Partners for the 2021/22 school year. We could not enrich our teachers, staff, and students' lives without your unwavering support, year after year. For a complete list of our amazing sponsors, please visit: Parent Teacher Association / School Partners 2021-22 ([atlantapublicschools.us](http://atlantapublicschools.us))

We hope, regardless of what school your children attend, that your students have their best year yet. The Mary Lin Elementary PTA would love to hear from you. If you want to get involved or have any feedback for us, we can be reached at: [president@marylinelementary.com](mailto:president@marylinelementary.com). We look forward to this new school year and all the possibilities the new year brings for us.



## Inman Park to leave Mary Lin, APS says

By Shari Golla, Education Committee Chair

On August 8, 2022, the Atlanta Public School Board voted to create a new elementary school at the Inman Building in Virginia-Highlands. As a result, current elementary school attendance zones will be modified. Beginning in the 2023-24 school year, Inman Park children will attend Springdale Park Elementary instead of Mary Lin. Rising 4th and 5th graders will have the option to continue at their current school if they provide their own transportation. Mary Lin stands to lose about 171 students, or 27% of the student body, with the change.

The Education Committee encourages Candler Park residents to consider what they would like to see happen with the excess capacity at Mary Lin, and write to the School Board. Our representative is Katie Howard, [Katie.Howard@atlanta.k12.ga.us](mailto:Katie.Howard@atlanta.k12.ga.us). Some of the ideas floating around are Pre-K, Dual Language Immersion, or an Autism Unit.



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# A Simple **3-Step** **Framework** for Improving Your Gut Health

*By Gail Turner-Cooper*

Let's talk about simple ways we can improve our gut health, through small and doable steps in a long-term framework you can stick to.

## **First: Feed your gut's good guys**

**Prebiotic foods** Prebiotics are plant fibers that help healthy bacteria in your gut grow, helping your digestive system work better in turn. Prebiotics are found in many whole foods, like fruits, vegetables, and whole grains. Get your prebiotics from foods like broccoli, kale, cabbage, apples, tomatoes, berries, Jerusalem artichokes, chicory, bananas, avocados, almonds, onions, and garlic.

**Resistant starch foods** Resistant starch in foods provides a similar function as soluble, fermentable fiber by helping to feed the healthy bacteria in your gut. Resistant starch foods increase the production of short-chain fatty acids. Some great sources of resistant starch are oats, rice, potatoes, corn, sorghum, barley, beans, and legumes.

**Polyphenol foods** Polyphenols are helpful chemicals in plant-based foods that act as powerful, natural antioxidants. Find your polyphenols in red, blue, and purple berries, chocolate, green tea, cashews, and cauliflower.

## **Second: Food with benefits!**

**Probiotic supplements** Probiotics are good bacteria or yeast that live naturally in your body. Things like infections can add more bad bacteria to our gut, so taking a probiotic supplement can add more good bacteria back into the balance. When choosing a probiotic supplement, make sure and find a brand with lots of research to support their claims.

**Fermented foods** Eating fermented foods can help

provide beneficial bacteria to help support your residential gut bacteria. Fermented foods are also antimicrobial, which means they actually inhibit bad bacteria in the first place. Many contain prebiotics too! Get your fermented food fix in kefir, yogurt, sauerkraut, kimchi, and kombucha. Not all fermented foods are created equal. Some foods may look fermented but are actually pickled.

**Other friendly helpers** Good bacteria need a healthy mucus and gut lining to survive and thrive. Bone broth is one way to provide that environment for your gut. Aloe vera can also soothe your gut's lining, and promote good bacteria growth.

## **Third: Help your body out**

**Get your exercise in** Moderate exercise helps support the health of your gut bacteria. Try a regular practice of walking, swimming, cycling, yoga, pilates, dancing, light jogging, or playing recreational sports. Too much sitting on the couch does not support a healthy gut, but neither will intense and excessive training.

**As always—sleep!** Try practicing good bedtime hygiene by going to sleep and getting out of bed at the same times every day, aiming for 7 to 8 hours of sleep per night. Make sure the room you're sleeping in is cool, dark, and free from distractions. Try a nighttime relaxation technique, like meditation or journaling.

**Manage your stress** It's easier said than done, but keeping your stress levels under control will help keep your gut happy and healthy. Practice deep breathing, meditation, and mindfulness to lower your cortisol levels. Avoid stimulants like caffeine and nicotine, and avoid too much alcohol. Make sure you're prioritizing time with family and friends, instead of time at the office or in front of screens.





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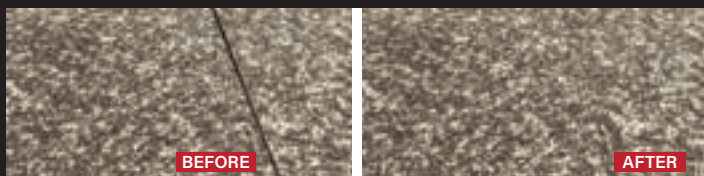
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# August 15, 2022 CPNO Members Meeting – Draft Minutes

The meeting was called to order at 7:00 pm by Emily Taff, President. The motion to adopt the amended agenda passed. The motion to approve the July Minutes passed.

## Guest Speakers:

- Atlanta Police Zone 6- not present
- Christian Zimm- Candidate for State Representative District 5
- Kelly Stocks, President of the Little Five Point Business Association

Announced the side walk sale, photo contest, Monster Tour Saturday, Gateway Theater Mimes, Parade on Sunday

Motion to support the application for the Halloween Special Events in Little Five Points passed.

## Announcements:

Nominating Committee has been formed and looking for candidates to serve on the 2023 CPNO Board.

Third Annual Halloween House Decoration Contest- \$20/ house to enter

McLendon Safe Street walk about with DOT and other representatives will be August 17 @ 7:15 am.

## New Business

- Little Five Points Alliance Fund Raiser- August 21; clean up second Sunday monthly; Call 911 for illegal activity; Call 311 for a person who needs help; restart CID meetings;
- CPNO- members' meeting to continue on Zoom; with in-person meetings for social interactions. First in person potluck will be in January.

## Treasurer Report

- Amy Wheeler reported \$24,000 revenue from Artist Market Booths. Expenses were Mail Chimp, Storage Unit, etc.
- Infrastructure Committee planning two public engagement meetings: September 15 or 17 at the Neighborhood Church. Committee has received \$12,000 in donations
- Historic Designation Special Committee- Mary Shaltis reviewed the Committee Goals;

Recordings of the two Community Engagement Meetings are available on their website. Third phase is "vote of confidence".

*The meeting was adjourned at 7:59pm. Submitted by Bonnie Palter, Secretary  
August 15, 2022*

# CPNO Officer and Committee Report for August 15, 2022

## Fundraising- Hallie Meushew

My only update is an announcement on behalf of the Infrastructure Committee that the McLendon Safer Street initiative walking tour with the consultants at LAS is next Wed Aug 17 at 7:15am.

## Zoning-DJ Roedger

V-22-105 - 490 STERLING ST NE - Request for variance - VOTE - Variance sought to (1) reduce the required side yard setback from 7 feet to 3.7 feet; and (2) reduce the required rear yard setback from 15 feet to 2 feet to convert a detached garage into an ADU. The committee voted in support of the variance request. Subsequently, the applicant elected to voluntarily defer the application for 30 days to address potential issues with the proposed project's square footage, height, and effect on lot coverage ratio.

## External Affairs-Amy Stout

There was one voting item on the agenda for the July 2022 NPU-N meeting that was relevant to Candler Park. There was one voting item on the agenda for the July 2022 NPU-N meeting that was Under Special Events Applications, the Candler Park Fall Festival application was added to the fast track agenda and approved without discussion by a unanimous vote.

## Membership-Roger Bakeman

Current membership is 530. This compares with 620 at the end of 2021. The number of new members so far for 2022 is 47. This compares with 111 at the end of 2021.

## Historic Designation Special Committee-Mary Shaltis

The Historic Designation Special Committee hosted two community engagement meetings. The first one was held on July 27, 2022 and Matt Adams, Assistant Director of the Historic Preservation Department of the City of Atlanta was present to provide information on Historic Districts and answer questions. The second meeting was held on August 7, 2022 and featured Beth MacDonald from Poncy Highlands and Regina Brewer from Inman Park. Both Beth and Regina gave their perspectives on the historic district for their neighborhoods and answered questions. You can listen to an audio replay for both meetings by going to [www.historiccandlerpark.org](http://www.historiccandlerpark.org) - as well as read the meeting synopsis.

## Infrastructure Committee-Christine Hodgen

The Safer McLendon Study will kick-off on Wednesday, August 17th with a neighborhood walk through including members of the Candler Park and Lake Claire communities as well as the Atlanta DOT, Rebecca Serna, Executive director of Propel ATL, and our consultants, Lord Aeck Sargent. Our community engagement meetings are scheduled for Thursday, September 15th from 5pm-8pm and Saturday, September 17th from 12pm-2pm both at the Neighborhood Church. Thank you to the Neighborhood Church for both being a sponsor and hosting our community engagement meetings. We now have \$18,000 either in the bank or to be invoiced. We hope to have the plan ready for final review by the end of this year and adopted by the City but things could move more slowly than we anticipate. After our initial public meetings there will be an on-line survey which will be open for at least 60 days to collect comments from folks who either could not attend the public meetings or have further thoughts after meeting the planners and talking to neighbors of Atlanta sometime in early 2023 - but things could move more slowly than we anticipate. After our initial public meetings there will be an on-line survey which will be open for at least 60 days to collect comments from folks who either could not attend the public meetings or have further thoughts after meeting the planners and talking to neighbors.



## JULY CRIME REPORT, CANDLER PARK

Date	Day	Time	Location	Description
7/1/22	Friday	20:15	1400 BLOCK NORTH AVE NE	BURGLARY
7/3/22	Sunday	15:37	400 BLOCK MORELAND AVE NE	LARCENY-NON VEHICLE
7/5/22	Tuesday	19:45	1600 BLOCK MCLENDON AVE NE	LARCENY-FROM VEHICLE
7/10/22	Sunday	13:43	400 BLOCK MORELAND AVE NE	LARCENY-NON VEHICLE
7/10/22	Sunday	13:45	400 BLOCK MORELAND AVE NE	LARCENY-NON VEHICLE
7/14/22	Thursday	21:00	1300 BLOCK BENNING PL NE	LARCENY-FROM VEHICLE
7/15/22	Friday	17:02	200 BLOCK FERGUSON ST NE	AUTO THEFT
7/13/22	Wednesday	19:30	1200 BLOCK MCLENDON AVE NE	LARCENY-NON VEHICLE
7/18/22	Monday	16:00	400 BLOCK MORELAND AVE NE	LARCENY-FROM VEHICLE
7/18/22	Monday	21:15	400 BLOCK MORELAND AVE NE	LARCENY-FROM VEHICLE
7/21/22	Thursday	3:40	200 BLOCK MORELAND AVE NE	BURGLARY
7/25/22	Monday	17:57	300 BLOCK MORELAND AVE NE	LARCENY-FROM VEHICLE
7/28/22	Thursday	13:49	1200 BLOCK EUCLID AVE NE	LARCENY-FROM VEHICLE
7/29/22	Friday	15:40	400 BLOCK MORELAND AVE NE	LARCENY-NON VEHICLE



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# Home-Grown Tomatoes

By Rachel Kerven







Tomatoes are an important staple in any vegetable garden. Many people agree that no garden is complete without growing your own tomatoes. According to Guy Clarke, “There’s only two things that money can’t buy, and that’s true love and home-grown tomatoes.” He is correct when he sings this line, since tomato plants are not only beautiful when grown correctly, but the fruit is absolutely juicy and delicious when grown correctly. Many types of tomatoes grow well in Georgia’s climate, so there are very few limitations when choosing your plant.

The first step in growing tomatoes is knowing whether you want to start with a seed or if you want to use a transplant that can go directly into your garden. If you are starting from a seed, it is best that your tomato plant begins its life indoors, where you can more easily maintain temperature and light conditions. Your new tomato plant will begin its life in a pot with a light soil mix facing a south window with full lighting. The tomato plant can then be put into your garden Mid-March to early May to avoid any winter freezes. From your plant you should be able

to obtain your harvest in late July or early August so long as the plant has begun to form fruit by May.

According to research done by the University of Georgia Agricultural department, tomatoes grow best in a soil with a pH level between 6.2 and 6.8. Which means, the soil needs to be slightly acidic to grow tomatoes. The best way to achieve the acidity levels needed to grow perfect tomatoes is to use organic wastes such as compost, manure, or rotted saw dust. You will also need to make sure your soil is not too moist, since tomato plants thrive best in a well-drained soil.

To begin putting the tomato plants in your outdoor garden you must inspect each plant thoroughly to make sure they are healthy. Set your tomato plants into the ground spaced approximately 24 inches apart from each other, so that their roots have room to grow. The plants roots should be completely submerged in the soil, by burying the plants up until their first set of leaves. The last steps in the planting process are making sure the soil is firm around the roots so that there are no air pockets and then add the fertilizer.

Once the planting is complete all you need to do is water the plants once or twice a week depending on the amount of rainfall.

By following the steps above you should be able to produce a good crop of tomatoes. However, there are always things to be on the lookout for. Bugs are a huge threat to your plants, so it is best to use a non-toxic organic insecticide on them to reduce the amount of damage the little pests can cause. Another thing to be on the lookout for are deer and other herbivores who would take a bite out of your plants. Overall, a mesh fence seems to be a decent deterrent for the animals. Enjoy growing your tomatoes.



Article written by Rachel Kerven. I am Rachel Kerven and I'm a graduate from Georgia Gwinnett College, where I received my B.A. degree in English Writing & Rhetoric. I am currently pursuing an Associates degree in

Veterinary Technology at Gwinnett Technical College. Please contact [rachel.a.kerven@gmail.com](mailto:rachel.a.kerven@gmail.com) for all other inquiries.

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<b>Mr. Electric of Atlanta</b> .....	470-202-8023
Mr. Electric of Canton .....	678-408-7174
Rocket Electric .....	770-288-5855
ServiceWise Electric, LLC .....	404-704-4903
Shumate Electrical Services .....	678-584-0880
<b>Flooring</b>	
Dalton Wholesale Floors-Ellijay .....	706-515-1510
<b>Funeral Homes</b>	
In Their Honor of Jasper Funerals & .....	706-253-5060
<b>Garage Doors</b>	
Platinum Overhead Door .....	678-329-3100
<b>Golf Courses</b>	
Club Corp Golf Clubs .....	770-389-2000
<b>Golf Equipment &amp; Supplies</b>	
Cherokee Golf Carts .....	770-954-7174
Golf Cars of Canton .....	678-880-1156
<b>Handyman</b>	
Shumate Handyman Services .....	678-584-0880
<b>Hardware Stores</b>	
Ace Hardware of Toco Hills .....	404-325-8000
<b>Home Furnishings</b>	
ARIANA Home Furnishings & Design .....	678-807-7422
<b>Home Improvements</b>	
GHIR Construction .....	404-922-7379
Lighthouse Marine Solutions .....	678-450-4212
<b>Insulation</b>	
Koala Insulation-NW Atlanta .....	770-765-1580
<b>Insurance</b>	
Allstate Insurance Nancy Wells .....	404-452-5066
State Farm-Matt Cresap .....	770-982-0064
The Upton Agency .....	770-361-6570
<b>Medical Clinic</b>	
Prestige Medical Group .....	706-692-9768
<b>Mortgages</b>	
Loan Depot Jeff Zulauf .....	770-597-2160
Pennix Mortgage .....	404-667-8424
<b>Nursery</b>	
Autumn Hill Nursery .....	770-442-3901
<b>Painting</b>	
360 Painting .....	770-213-5071
Chris Brown Painting & Home Repair .....	770-323-3148
Earthly Matters Painting and Contracting .....	770-346-0203
Verge Painting and Siding .....	678-331-1102
<b>Performing Arts</b>	
Falany Performing Arts Center & Alumni .....	770-720-9167
<b>Schwartz Center For Performing Arts</b> .....	404-727-8769
<b>Pest Control</b>	
<b>Breda Pest Management</b> .....	770-466-6700
Legacy Pest Control .....	770-423-0160
Windward Pest Services .....	404-545-1651
<b>Plumbing</b>	
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
<b>The Plumbers Guild</b> .....	404-694-5128
<b>Pre-Schools &amp; Kindergarten</b>	
Omega Learning Center-Acworth .....	770-792-7431
Primrose School of Acworth Bentwater .....	770-529-3925
Primrose School of Harmony on the Lakes .....	770-704-0721
<b>Propane Service</b>	
Gas Incorporated .....	770-720-1378
<b>Real Estate</b>	
Ansley Atlanta Real Estate-Jody Tirone .....	404-451-3125
Atlanta Communities-Carl Hawthorne .....	404-403-1789
Atlanta Communities-Elizabeth Martin .....	678-373-9342
Atlanta Communities-Jennifer and Associates ..	770-403-5639
Atlantic Real Estate Brokers LLC-Steele .....	770-337-9529
<b>Coldwell Banker-Sherry Warner</b> .....	404-784-8848
<b>Compass Realty-Gipson and Co.</b> .....	404-405-5363
Compass Realty-Natalie Gregory Team .....	404-373-0076
Cory & Co. Realty .....	404-564-5561
David Cooke-Martin Lake Group at KW .....	770-652-6270
Harry Norman Realtors-Pam Hughes .....	404-626-3604
<b>Keller Williams Realty-Cynthia Baer</b> .....	678-358-3369
Keller Williams-Linda Jacobs .....	770-337-2006
<b>Park Realty-John Morgan</b> .....	770-655-9423
Remax Around Atlanta-Falkin .....	770-330-2374
Remax-Heerema .....	770-238-6759
Robin Martin and Associates .....	678-665-0202
Russ Robinson Atlanta Communities .....	770-335-7677
Sever Group Properties/State Farm-Grant .....	678-849-6884
Shaston Homes LLC .....	678-525-5880
<b>Remodeling</b>	
GCI Basements .....	404-569-8794
Serv'all Plumbing-Remodeling .....	770-917-1852
<b>Restaurants</b>	
Beau Monde Cigar Bar & Restaurant .....	770-559-1987
Holt Properties .....	
Luna Maya .....	770-720-4999
<b>Roofing</b>	
<b>Dr. Roof</b> .....	770-552-7663
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<b>Schools-Private</b>	
McGinnis Woods Country Day School .....	770-664-7764
<b>The Friends School of Atlanta</b> .....	404-373-8746
Woodward Academy .....	404-765-4001
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Classic Entry Systems .....	678-330-1111
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The Beauty Barn .....	678-824-5466
<b>Tree Service</b>	
The Davey Tree Expert Company .....	770-451-7911
<b>Water Heaters</b>	
Serv'all Plumbing-Water Heaters .....	770-917-1852
<b>Window Cleaning</b>	
Marietta Window Company .....	678-859-7481
<b>Window Replacement</b>	
Chattahoochee Windows & Doors .....	678-296-3253





**PEST CONTROL**



**WILDLIFE**



**MOSQUITOES**



**TERMITE**

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Water Bugs, but there's no denying that  
we have a lot of roaches here in Georgia.**

**We have flying squirrels here in Georgia.  
Southern Flying Squirrels to be exact. This time  
of year, critters start mating, and love to get into  
our attics... but no one likes uninvited guests.**



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