



October 2022

# MESSENGER

## Don't you want a Safer McLendon?

See page 12

### INTRODUCING YOUR FAVORITE 95.5 WSB PERSONALITIES!

ATLANTA'S NEWS & TALK  
Green and Growing with Ashley  
Frasca and The Home FIX IT  
page by Dave Baker  
LOOK ON PAGE 18 FOR MORE!



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History Project  
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in the 'Hood  
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# It's (F)all about Community

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

Happy Fall! By the time you read this Fall Fest will be behind us and the trees will be starting to change color. Cooler nights, and hopefully cooler days, will be upon us and pumpkins will begin appearing on doorsteps. There should also be a few other items appearing on Candler Park and Lake Claire doorsteps, porches and yards—big black cats that spook the uninitiated pup, gravestones and skeletons rising mysteriously from the ivy, fuzzy spiders, giant webs, or, perhaps the most truly terrifying, a yard full of rats!! One of our board members spearheaded the Halloween Decorating Contest as a way to bring neighbors together during the long year of 2020. It was quickly pulled together and publicized that year but it proved to be a neighborhood success and the start of what is becoming a tradition! This year, the Third Annual Halloween Decorating Contest has been expanded to include Lake Claire. Although Page Avenue may have cornered the market on Halloween night festivity, we have seen some seriously spooky houses east of Clifton. Also new this year and proof of success, the contest has an official local sponsor, Trees for Tuition, and with that—prizes! Show off your decorating chops and enter your house in the contest. Look in the Messenger, [candlerpark.org](http://candlerpark.org) or email [safety@candlerpark.org](mailto:safety@candlerpark.org) for contest details.

In Little Five Points, Halloween is also celebrated all month long. Check out Little Five Points Ghost Tours, browse Halloween Photo Contest winners mounted in the windows of local shops, and the Halloween Monster Fest the weekend of October 22-23 culminating in the annual and much-anticipated L5P Halloween Parade on Sunday, October 23. For info and to volunteer go to [www.l5pbiz.com](http://www.l5pbiz.com).

## FROM THE PRESIDENT

Also this month, the BiRacial History Project is Remembering, and Re-Membering, the Rose Hill community and that centered on the Antioch East Baptist Church (today's First Existentialist or the Old Stone Church). On Saturday, October 22, there will be a commemorative golf event, a program at First E to remember the community and a history project on the athletic field in Candler Park that will mark the actual footprints of houses that stood there. Combined with research into the people who lived in those homes, one will be able to envision the community and the lives that occupied this land nearly 100 years ago. For information on participating in this event or sponsoring a home, contact [info@biracialhistoryproject.org](mailto:info@biracialhistoryproject.org).

Last month I was very inspired by the Little Five Points Alliance's People Make the Place event and award ceremony. The event celebrated the individuals who revitalized Little Five Points in the 1970s and 80s. A group of neighbors including Don and Judy Bender turned a dangerous bar into the Little Five Points Community Pub (today Corner Tavern), encouraged the inclusion of other neighborhood commercial businesses like the Little Five Points Pharmacy and advocated for the closing of through streets at what was a daunting five-way intersection. The stories they shared were a reminder to me that our neighborhood is not this awesome by accident. We certainly reap the benefits of their work today but it is an ongoing process to support the community we love and create the community we want to see.

Get out there and enjoy this great community.

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>
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<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

### OCTOBER

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

### NOVEMBER

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

### DECEMBER

- 7** CPNO Zoning meeting, 7 pm, Zoom
- 12** CPNO Board meeting, 7 pm, Zoom
- 15** Deadline to submit content for The Messenger!
- 19** CPNO Members Meeting, 7 pm, Zoom
- 25** Christmas

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.



## Message from the Editor



By Shari Golla

Hi, Candler Park!

My name is Shari Golla, and I'm the new editor of the Messenger. My husband and I have lived on McLendon since 2007.

We have a Mary Lin first grader, Elise, and 3 year old Ethan, who attends Primavera.

The Messenger is one of the things that make Candler Park special. It keeps our community connected.

When I get the Messenger, I sit on the front porch with a cup of coffee from Sean's, listen to the McLendon traffic whiz by (thanks for working on that, Safer McLendon. Page 12), and I turn straight to Deb Milbraith's cartoon. (Page 5, if you didn't turn straight to it.)

I look at the pictures and try to spot people I know in the pages (Hi, Alison English! Page 10) before finding out about the neighborhood's hot topics. (Spoiler alert: this month it's the potential

Star Bar redevelopment. See page 8.)

I love reading what the school kids are up to (see page 16), and what the neighborhood businesses are doing (page 8-9). It's my favorite way to keep informed about neighborhood projects, committees (page 22) and what people think about neighborhood issues (page 6).

So many people submit articles for our neighborhood newsletter. Keep them coming! And, by the way, there is no minimum age requirement to write for the Messenger.

My vision for the future of the Messenger includes a section for announcements: weddings, engagements, births, graduations.

If you have anything to submit, e-mail it to me at [editor@candlerpark.org](mailto:editor@candlerpark.org). Please send it in a word or google doc, not in the text of the e-mail, and make sure pictures are .jpg.

Thanks for making this job easier, and thanks for being great neighbors.



# 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!

REGISTRATION: \$20

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MORE GORY DETAILS COMING SOON!





## Welcome and Thanks!

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

### CPNO welcomes new members:

- Jeannie Beckett
- Clay Cameron and Rebecca Byram
- Sam Hodges
- Kat Wiggins (Moog Gallery)
- ... and six others who wished to remain anonymous

### CPNO thanks members for their donation:

- Clay Cameron and Rebecca Byram
- Kat Wiggins (Moog Gallery)
- ... and two others who wished to remain anonymous



## CONTACT US TODAY

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

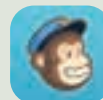
If you have a news tip or story idea, please email relevant information including contacts to [editor@candlerpark.org](mailto:editor@candlerpark.org) or call the editor.

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)

# Do You Think Our House is Ugly?

By Donna Palmer

A few weeks ago, I placed a homemade sign in the front lawn that said “Do you think our house is ugly?...” I did this to draw attention to the goals of a committee formed for the purpose of issuing mandates on how homes in Candler Park should look. Yes, these are mandates, not guidelines. You can and will be fined if you don’t follow them. If you are thinking that your house isn’t a legacy structure and you’re in the clear, think again. These mandates can and will affect all residences in the neighborhood.

Now I don’t think these are bad folks, I just think they are wrong. It is my firm belief that unless you pay my mortgage and my property taxes, you have absolutely no say in the style of house I live in.

In the first presentation that I saw, the word “ugly” was splashed on the screen along with a few other negative expressions they said were used by the 177 folks who filled out a survey. Note that there are approximately 1800 residents in Candler Park, so according to my calculations, this survey reached less than one tenth of the people it will affect.

In their enthusiasm for their cause, I believe the committee tends to “blue sky” the issue. For example, originally published data claimed that 90% of the houses in Candler Park are so-called legacy dwellings--built around the turn of the last century. Looking around, I found that number to be a bit of an exaggeration. The number has since been amended to 60%.

When asked on a subsequent zoom call why they want to pass these historic mandates, one committee member said it was to protect trees, control density and to prevent developers from ruining the character of the neighborhood. The fellow that asked the original question replied “Then why not just focus on strengthening the tree ordinance and any rules that pertain to density?” That’s when Aaron Fortner spoke up and said something to the effect of “This is the best way I’ve found to handle these issues”. No further explanation given. We were told that this is the same fellow who was hired to design the Master Plan that was adopted nearly 10 years ago at a cost of tens of thousands of dollars. (I tried to look up the exact figure but was unsuccessful.) The Master Plan has over 100 pages and includes lots of legalese and unusual details such as what to do about helicopter pads and bingo parlors. It also covers regulations for single family residences including maximum height, minimum yard requirements and things of that nature. Which begs the question, why are adding yet another layer of regulation?

We are told that the new designation will make it faster and easier to make repairs or upgrades to



your home. Ask anyone who lives in an historic neighborhood how difficult and rare it is to get a variance. Actually, I did just that. Last summer, one of the zoom calls set up to educate us on the benefits of the historic mandates featured a couple of people advocating for the subject--one from Inman Park and the other from Poncey-Highlands. I tried to get friends of mine who live in these areas to come and talk about their real-life experiences. None... not a single one wanted to speak publically. They were all afraid to draw attention to themselves. Who wants to live like that?

Right now we have a system where the CPNO zoning committee hears requests for variances of existing regulations. Anyone who wants a variance goes around and gets the okay from immediate neighbors. Then, the zoning committee weighs the information and votes. This is sent to the NPU and if okayed there, the city will generally issue a permit and the project gets underway. Historic mandates take the process out of our neighborhood and give control to a committee. This may indeed be faster, but to what end? You are stuck with the ruling handed down by a committee of folks who are unelected and most likely do not live in Candler Park.

We were told on the zoom calls that the neighbors would write the rules. It would be our choices that drive the decisions. This may be a false flag. According to my understanding, historic designation districts are subject to core regulations that the neighborhood cannot change. For example,

if you have a house with those old wooden single-pane windows that use counterweights to open and close, you may not replace them with energy-efficient double-pane vinyl windows or anything else except windows that use the same materials.

It is also my understanding that, if the historic mandates are passed, no homes in Candler Park can have a wheelchair ramp visible from the street. When a question of aging in place was presented, asking about wheelchair ramps, we were told that the owner could seek a variance. Imagine a scenario in which you or a member of your household suddenly needs a wheelchair ramp. Begging for a variance, which may or may not be granted, is probably not what you would consider a good way to spend your time under these circumstances.

Congress has just passed sweeping new legislation designed to fight global warming. This legislation provides incentives for green building materials such as solar panels. Historic mandates state that solar panels cannot be visible from the street for any house -- whether the house is designated as a historic property or not. Since the sun continues to rise in the East, unless the back of your house faces this direction, you will be out of compliance and subject to fines if you put panels where they can be seen--even if this is scientifically proven to be most effective.

As I said earlier, I don’t think these are bad folks. I just think they are wrong. I get where they’re coming from. A few years ago, both houses on either side of ours, plus the houses on either side of them were either torn down and rebuilt or underwent major renovations. For 18 months we endured noise, dirt, lack of privacy, building materials dumped on our front lawn and even a torn down side fence that necessitated that our dog be confined to the house until the builder could get around to putting up a new one. (I put out a sign then too...it said “Love thy neighbor, but NOT thy neighbor’s builder”.)

Now the style of these houses weren’t necessarily what I would choose but that doesn’t matter. What does matter is we got something that you can’t mandate nor put a price tag on. We got great neighbors. Neighbors who care about each other. Neighbors who celebrate births, the first day of preschool and other milestones.

I believe the people who choose to live in Candler Park do so because of the diversity, vibrancy and location ...location...location. Adding another layer of heavy regulation in a misguided attempt to control the character of a neighborhood is just plain wrong.



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# Proposed New Development in Little Five Points

by Walter Brown, Project Consultant  
and Candler Park Resident

There has been no shortage of interest in a proposed new development in Little 5 Points. Point Center Partners, which has owned the property since the early 1980's, and Third and Urban have been discussing a concept that includes both historic preservation and new construction with the goal of bringing new housing opportunity and creating new retail and office space that is compatible with the scale and flavor of L5P. L5P is a unique business neighborhood embedded in Inman Park and Candler Park and offers many walkable and bikeable amenities and non-vehicular transportation options important to good urban development. The development and ownership team firmly believes that new, high-quality mixed-use development in L5P can bring new life to the community, improve local business patronage and daytime activity, while greatly enhancing the cleanliness and safety of the area.

The development and ownership team is busy meeting with many stakeholders as they work out the best plan for all parties taking into consideration many opinions, desires, financial considerations, and overall look and feel of the project's many elements. The team has also heard neighborhood concerns about the speed with which the proposal has been moving along and has now committed to slowing down the process and looking forward to more dialogue and eventual formal presentations toward the end of the year or early next year.

Stay tuned for updates as we work through formal neighborhood channels and continue to meet with immediate neighbors and businesses.

Update September 15, 2022



## Unbury L5P's Haunted History

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 bohemian 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 L5P Community Center parking lot all throughout the Halloween Season, and last from 7pm - 8:30pm. It will be a scary good time! Visit <https://www.little5atl.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.





### GHOST TOURS:

For the months of October and first week in November. Click [here](#) to buy tickets.

### PHOTO CONTEST:

15 to 20 winning photos will be enlarged and placed on L5P Store windows for the month of October. BOOzy Opening on Oct 7 at 5 to 7pm. Go to [L5Phalloween.com](http://L5Phalloween.com) for our self guided tour.

### MONSTER BALL:

On Thurs, Oct. 20, 7pm VooDoo Dance party and Costume Contest. Celebrating 50 year birthday of the L5P Business Association. Ticket price \$10 in advance, \$12 at the door. LOCATION: The Star Community Bar

### MONSTER HUNT:

On Saturday, Oct. 22, from 12pm to 6pm. Hunt monsters! Local artists will be set up in locations all through L5P. Each artist will create a MONSTER for you to find. Monster Maps will be available at L5P BIZ Association tent in Findley Plaza, for a donation. The First 300 to complete the hunt get a Limited Edition Monster Magazine featuring the local artists, locations and sponsors

### PARADE:

On Sunday at 2pm. New time, new parade route down Moreland Ave. Floats and monsters.



### PARADE MARSHALLS:

MASTODON, Ira from L5P Pharmacy, Bond Credit Union, Patti Kunkle

### L5P BIZARRE BAZAAR HAUNTED MARKET:

There will be vendors like you have never seen before! Sat & Sunday 12-6pm

### BANDS

BANDS at L5P Community Center, Star Bar (on Sunday) and L5P Community Music Center at Colquitt. At L5PCC Das Kaiser, Big Yellow, Pinkest, Loony, Sports, Nihilist Cheerleader, Genki Genki Panic, Drifter, Flap

### BIKE VALET:

At Outback Bikes!

### FINDLEY PLAZA:

STAR BAR drag queens, Alt3r, will MC the parade on YouTube live and have some karaoke in Findley plaza on Saturday. Gateway Theater and Flap play on Saturday.

### FREAK SHOW:

By Rainy Day Revival at L5P Community Center.

### GATEWAY THEATER

from the L5P Community Center, will be having a Mask Performance in Findley Plaza on Saturday.

### HALF PIPE

by Stratosphere at the L5P Community Center

### VENMO RAFFLE:

\$5 a ticket. Venmo @L5Phalloween, Raffle held on October 31, at noon. Prizes include autographed shirt by the Atlanta United soccer team, Big Green Egg gift basket, gift certificates and more.

### VOLUNTEERS:

We always need lots of volunteers! Go to <https://signup.com/go/hcHAVWF>

WRFG 89.3, our local community radio station, is promoting and sponsoring



## About the Artist: *Alison English*



Hi! I'm Alison English. My family and I moved to Candler Park during the height of the pandemic. I'm mom to two kiddos (and a vivacious goldendoodle) and married to my husband for 20 years.

We love this area for its walkability, character, and eclectic, casual atmosphere. I'm a native southerner and self-taught painter and designer. I'm always enjoying something creative - from design in my home, to painting ceramic ornaments for Christmas, to writing and publishing my first book. I'm known for my house commissions and abstract style. When not creating, I'm working my day job as a business consultant, running my teenagers from here to there, mentoring young professionals, and hosting friends in my home. You can find my work on my website at [www.alisonenglish.com](http://www.alisonenglish.com).

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**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)**



## Live Music You Can Walk to!

Fiddler's Green Coffeehouse presents The 4-Man String Band Trio and Veronika Jackson Saturday, October 15, 8:00 pm, at First Existentialist Congregation of Atlanta, 470 Candler Park Dr. NE. Veronika Jackson has combined acoustic folk music and R&B to create her own unique music. She has shared her musical talents with audiences at venues and festivals throughout the South and Northeastern states and across the Atlantic Ocean. The Woman I Am, her latest CD, is a compilation of her original compositions and some favorite songs she enjoys performing. The 4 Man String Band Trio combines the vocal and instrumental talents of three seasoned musicians with ties to Atlanta: Charles Absher on guitar, Clark Brown on mandolin and guitar, and George Eckard on guitar, banjo, mandolin, and harmonicas. This group has cultivated a strong local following. They have played acoustic music venues including Waller's Coffeehouse, Intown Coffeehouse and Briarlake Forest Park. Masks and proof of COVID vaccination will be required, and other COVID restrictions will be in effect. Presented by Atlanta Area Friends of Folk Music (AAFFM). Admission: Minimum Admission (cash or check): \$10 general, \$8 AAFFM and 1st E. Cong. members; additional contributions appreciated. More information: [www.aaffm.org](http://www.aaffm.org) (go to AAFFM Events) or 404-444-2334.





# Come and be a Part of Something Special!

## Our First Annual Holiday Art Show & Sale

**November 12, Noon till 8pm**

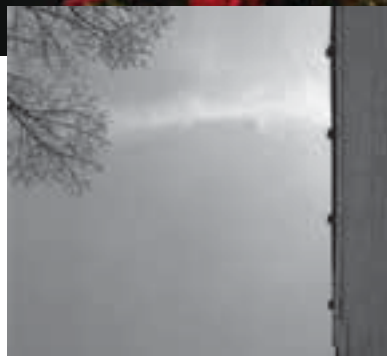
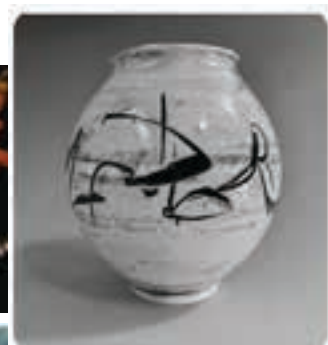
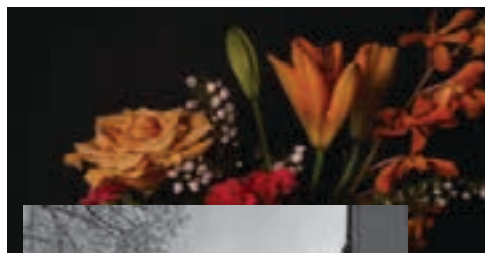
**First E Church**

**470 Candler Park Drive**

We will provide a variety of original art for sale with wine and cheese available while you choose those perfect gifts of art. And to celebrate our wonderful neighborhood, our very own gifted artist, Roberta Stutzman, has selected 12 interesting men and their hobbies to showcase in a series of her original oil portraits. Find out what these hobbies might be when you see the portraits of Don Bender, Kelly Jordan, Jay Sandhaus, Walter Brown, Terry Moy, Bob Souvorin, Coleman Eaton, Paul Segal, Cal Rohda, Aaron Hodgen, Eric Machansky, and Bill Cooper.

All interested artisans please enter by sending your \$25 entry fee to @robertastutzman1 at PayPal. Please also send a brief description of your medium and any questions plus your contact info to travelermmm@hotmail.com.

This event is sponsored by Candler Park Forever! We assist people of all ages to remain in their Candler Park homes.

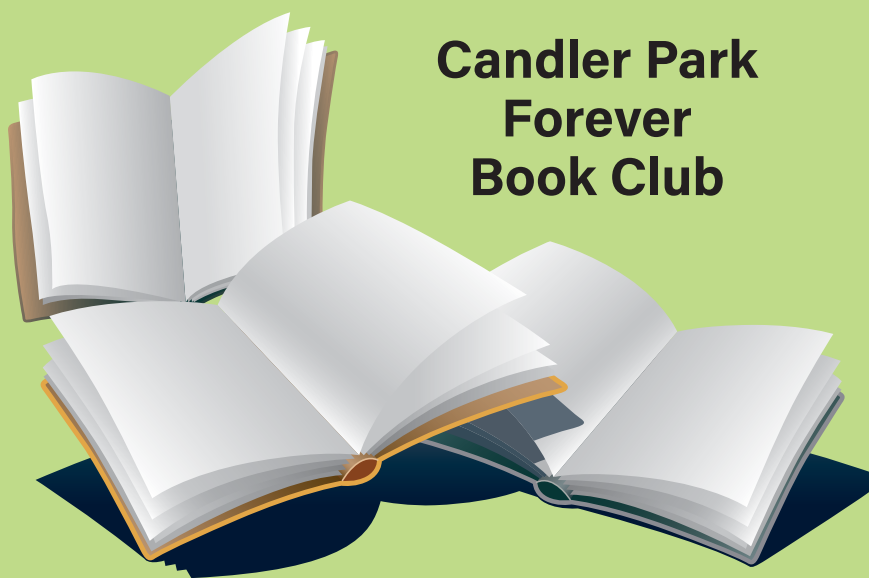


## CANDLER PARK ART SALE!!! NOVEMBER 12



E CHURCH 12-8PM, 470 CANDLER PARK DR., CANDLER PARK ATL GA

INTERESTED ARTISTS SEND \$25 ENTRY FEE TO PAYPAL @robertastutzman1 send contact info and questions to travelermmm@hotmail.com



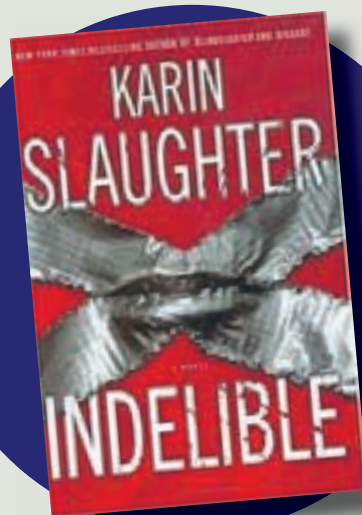
## Candler Park Forever Book Club

We had 5 participants at our initial Book Club meeting to discuss Where The Crawdads Sing, which we all loved. Our next selection is "Indelible" by mystery author Karin Slaughter. We will be meeting on October 21 at 7:00, place to be determined. Join us by messaging cpforever@candlerpark.org.

### INDELIBLE

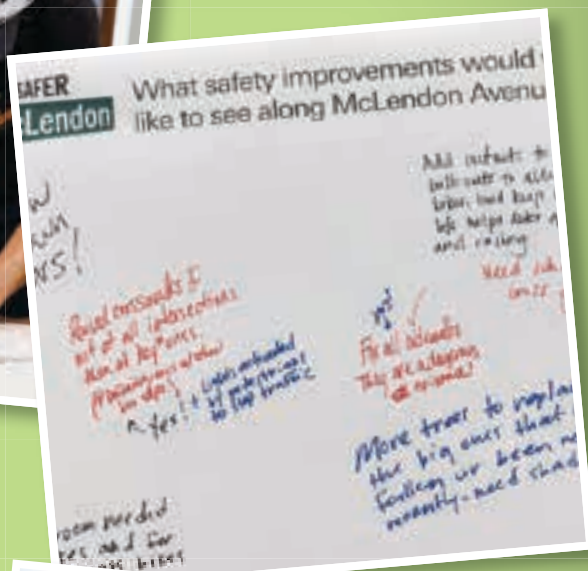
October 21 at 7:00

Email cpforever@candlerpark.org for details





Neighbors providing feedback and input at the in-person community engagement sessions at Neighborhood Church



## Reimagining McLendon

*Submitted by Christina Hodgen*

The CPNO infrastructure committee began our Safer McLendon project with a core idea, to reimagine McLendon as a space where cars share the space equally with bikes and pedestrians for a safer and more enjoyable experience for all. After raising the \$18,000 to hire our consultant, Lord Aeck Sargen, the in-person community engagement sessions were held on September 15th and 17th at the Neighborhood Church.

McLendon Avenue, from Moreland to Dekalb/Ridgecrest has become one of the most highly traveled Local Streets by pedestrians and bicycles both commuting to school and work or for shopping and recreational travel throughout the week.

McLendon is a narrow street with parking on one side only and no space for buffered bike lanes. In conjunction with the newly reduced speed limit of 25 mph, many other interventions would help match design speeds.

For more information about this project, and to sign up for the mailing list, visit [www.safermclendon.org](http://www.safermclendon.org).







*Babies boogie to the sounds of Webster*



*Mingling at the Mulberry Fields*



*This year, volunteers on the grill team served hamburgers, hot dogs, veggie burgers, and veggie hot dogs to friends and neighbors.*



*Making S'mores at the Mulberry Firepit.*



*Who can resist a rope swing hanging from an old pecan tree\_*

## Mulberry Fields Gone Wylde is a Success!

*By Jesse Bathrick*

On behalf of Friends of Mulberry Fields & Wylde Center, We would like to thank you for supporting Mulberry Fields Gone Wylde, 2022

100% of the proceeds raised for Mulberry Fields Gone Wylde will be dedicated to supporting the ongoing upkeep and growth of Mulberry Fields Garden. Thanks to a wide network of hosts, donors, sponsors, volunteers, and attendees Mulberry Fields Garden will continue to serve as a growing resource for the Candler Park neighborhood.



# Saturday, Oct. 22: One Hundred Years Ago in Candler Park

*Submitted by Edith Kelman, Candler Park resident & Project Manager  
Early Edgewood-Candler Park BiRacial History Project  
<https://biracialhistoryproject.org>*

In this year of the Candler Park Centennial, the Antioch East Baptist Church and the BiRacial History Project welcome Edgewood and Candler Park neighbors to join us on Saturday, October 22, to acknowledge and commemorate the historic presence of the African American Church and families who co-created the community as far back as the 1870s.

Activities on Saturday Oct. 22 will include a 9 a.m. tee-off Golf Event, a 1 p.m. formal program inside the Old Stone Church, and interactive educational experiences about the Rose Hill Community on the Candler Park ballfield from noon until 4pm.

- 9 a.m. Tee time: Neighbors and friends can participate in the early morning 'Commemorative Golf Event' by registering ahead of time at the Clubhouse: 404.371.1260.
- Assistance is most welcome to help with the 8:30 a.m. until noon set-up of historic exhibits on the ballfield, as your time allows. Load out after 4:30 p.m. Please contact the History Project to lend a hand at: [info@biracialhistoryproject.org](mailto:info@biracialhistoryproject.org)
- The 1 p.m. formal program at the Old Stone Church 470 Candler Park Drive will feature Antioch Elders' remembrances, music of the 1920s, and an introduction to the Rose Hill Community Experience on the ballfields. Masks will be required in indoor spaces.
- 2p.m.- 4:30 p.m. the Rose Hill Community interactive educational exhibits on the ballfield will offer opportunities to learn about former residents (1892-1942), to share memories and stories, and to meet descendants.
- Want to help??? Got questions??? [info@biracialhistoryproject.org](mailto:info@biracialhistoryproject.org)

We are grateful to our coalition of community partners at First Existentialist Congregation, Neighborhood Church, Candler Park Conservancy, Candler Park Neighborhood Organization, Civil Bikes, Butler Land Survey, Edgewood Solidarity Group, City Councilmember Amir Farokhi's office, Atlanta Parks and Permits, and individual neighbors who have all stepped up to support bringing this deep history work into the present.



*The Antioch East Baptist Church Faithful Foursome play some spirited golf. Antioch will tee-off in Candler Park at 9 a.m. on Saturday, October 22. Neighbors and friends are welcome to join the 'Commemorative Golf Event' by calling the Clubhouse ahead of time to reserve your spot.*



*This contour model, based on official 1924 and 1928 maps, shows the African American Rose Hill Community (1892-1942)'s owned land, homesteads, and Lodge on the steep hillside, bordered by McLendon Ave and Mayson Ave N (Candler Park Drive today). In 1942, the City claimed the land and carved out the ballfields of Candler Park, for whites-only use until 1963. (Model created by Randy Taylor)*



*On the ballfield in 2011, Candler Park Neighborhood Organization presented Antioch East Baptist Church a Proclamation of Welcome Return to Antioch's ancestral neighborhood of 1874 through 1950. (photo courtesy of Wilj Sturkey)*





## White Chicken Chili Dip

**Recipe Submitted by Kerry Dobson adapted from Half Baked Harvest.**

Fall is finally here! This one skillet dip is perfect for cooler weather and game-day festivities. Made with poblano peppers, sweet corn, beans, shredded chicken, and of course, topped with cheese. It's spicy, creamy, and so delicious. Serve this up dip-style with fresh toppings and tortilla chips on the side for scooping.

### INGREDIENTS

2 tbsp extra virgin olive oil  
 1 medium yellow onion, chopped  
 4 cloves of garlic, minced  
 2 poblano peppers, seeded and chopped  
 1 tsp ground cumin  
 1 tsp smoked paprika  
 8 oz cream cheese, at room temperature  
 1 cup sour cream  
 3 cups fresh corn kernels  
 1 can white beans, drained  
 1/2 cup salsa verde  
 1-2 cups cooked shredded chicken, rotisserie works great  
 1 cup shredded cheddar cheese  
 1 cup shredded pepper jack cheese  
 1/2 cup chopped cilantro, green onions, jalapenos, avocado, and limes for serving

### INSTRUCTIONS

Preheat the oven to 400° F. Heat the olive oil in an oven safe skillet over medium heat. Add the onion and cook until fragrant, about 5 minutes. Stir in the garlic, poblano peppers, cumin, paprika, chili powder, and a pinch each of salt and pepper. Cook 5 minutes, until very fragrant. Remove from the heat. Mix in the cream cheese, sour cream, corn, beans, salsa verde, and chicken until combined. Scatter both cheeses over the dish. Bake 15-20 minutes, until the cheese is melted and bubbly. Top, as desired, with yogurt/sour cream, cilantro, onions, and jalapeño. Serve with tortilla chips.



## Did You Know About Hens Chicks and Pullets?

*By Patty Giblin, Candler Park Resident*

A full grown male chicken is a rooster. He is full grown at about six or seven months and begins to grow spurs, crows, or coca doodle doos. Some people like the sound of the rooster's crow, others do not. He is the daddy of the group and will go to great lengths to protect his flock.

And, no, you do not need a rooster for a hen to lay an egg.

A hen will lay an egg every 25 hours or wait a day or two before laying another egg. In my coop, I have five hens. One is a brood hen who I call Mama. She has had two sets of hatchlings. That means she sits on fertilized eggs for 21 days until they hatch. During the incubation period, she rotates the eggs to keep them evenly warm at 55° to 65° Fahrenheit. She only leaves the nest to eat, drink, and poop. And then she returns to her nest and spans her feathers to keep all of the eggs nice and warm until the day of hatching.

During the incubation period, when I check on Mama, she coos a warbling sound similar to a soft lullaby. When the babies hatch, they poke their little heads out of the shell and make tiny peeps. Mama keeps the babies in the lay box until they are strong enough to stand on their own. Then she places them on her back and brings them down to the ground of the coop. Mama teaches the babies how to scratch the ground for edible bits and how to eat and drink out of the food bins. She is very protective and does

not want strangers near her babies.

When the new chicks, are 2 to 4 months old, they are called pullets. At this age, I introduce them to the other hens in the coop. The coop is set up so that the pullets and mature hens can see, hear, and smell each other. The hatchlings can be male or female. At about 4 months, I will take the young males or cockerels back to the farmer who gave me the fertilized eggs.

A brood hen sits on other hen's eggs. Only certain hens are prone to broodiness. Because of her mothering instincts to produce hatchlings, she is often the alpha hen in the flock. Like a human mom, she wants to be in charge.

Today I have five hens in my coop. Four of the hens will lay an egg every 2 days or so. Mama, who is now 6 years old, only lays eggs in the early spring and then goes back into brood mode. She spends most of her days sitting on eggs laid by other hens. She only leaves the lay-box when I pick her up so that she can forage in the yard, or when I shake my box of mealworms to give everyone a treat.

Hens will eat worms, bugs, slugs, the innards of a snail, grains, and grasses. They are omnivores who eat both meat, vegetables, fruits, and nuts. Sometimes they act as a pack and will kill rodents and then eat them. Like all healthy eaters, they like a variety in their diet. Such an assortment in a hen's diet can result in a very tasty egg!



# Boosterthon raises funds for Mary Lin PTA

By Shari Golla, Education Committee Chair

On Wednesday morning, September 14, the soccer field at Candler Park was alive with Mary Lin children participating in the PTA's Boosterthon. Children in grades K-5 trekked across Candler Park Drive to the field to run, jump, skip and robot-walk in a carnival-like atmosphere. The kids (or their parents) solicited pledges for each lap they completed. The PTA's goal was \$55,000, and while official totals are still being tallied, according to the Booster.com website, they ended up raising 87% of that goal. The money will go toward teacher incentives, such as teacher breakfasts, teacher gifts, and extra supplies.



Principal Briscoe high fives a student during the Boosterthon



Photo by Josh Levs



1st graders enjoying Boosterthon



## Candler Rail to host MLEF Kinder-Party

By Shari Golla, MLEF Board member

It's that time of year again, when the air starts getting chilly, everything is pumpkin-spiced and the Mary Lin Education Foundation (MLEF) kicks off their annual Rocket Fuel Fundraiser. After a 3 year Covid-induced hiatus, the Foundation is bringing back the Kinder-Party, a social and informational get-together for kindergarten parents. Kindergarten parents will gather, socialize, learn about MLEF, and meet the Board Members and Principal Briscoe.

This year, the event will be held on October 6, 2022, at Candler Rail. Candler Rail, located in the old Mercantile space on Dekalb Avenue, has generously donated their beer garden space (as well as some beer) to ensure the Foundation and the kindergarten parents get the Rocket Fuel Fund off to a great start.

According to the Foundation, Mary Lin is one of six schools in APS that does not receive Title 1 funding (federal funds allocated to districts that qualify as disadvantaged). This is an excellent position to be in, but to make Mary Lin the very best school it can be, the Foundation raises money each year in order to fund curriculum enrichment, professional development, enhanced technology and environmental upgrades not covered by the district budget. Donations go directly to Mary Lin. Donations can be made at [www.marylinfoundation.org](http://www.marylinfoundation.org).

Candler Rail took over the Mercantile space in March of 2021. They serve Tex-Mex food and feature 8 different house-made beers on tap, as well as cocktails and wine.





## Fundraising Campaign honoring 40 Years of Jesters Slaying!

By Julie Roseman

Midtown (formerly Grady) High School Jesters Speech and Debate team has celebrated 13 consecutive State Championships!

Now, the Midtown Jesters are gearing up for the 2022-2023 season – its 40th year -- and needs your support. Help honor and celebrate 40 years of successful forensics education by participating in the Midtown Jesters' "40 for 40" Fundraising Campaign.

Donate \$40 in honor of 40 years of excellence!

The students' success relies heavily on donations and fundraising throughout the year. Midtown Jesters team members spend their weekdays practicing and weekends traveling around the Atlanta area and beyond. The Speech & Debate Team must raise an estimated \$50,000 for travel, lodging, tournament registration fees and other team expenses. Donations also help fund scholarships, which are critical to keeping team membership accessible to all students.

Your generous gift will help:

- Send students from intown Atlanta to compete at local, regional, and national tournaments
- Help Midtown Jesters host their own Carter-King tournament and
- Cover the cost of student membership in the National Speech & Debate Association Honor Society.

Give in \$40 increments, \$400, or \$4000, share the fundraiser with 40 people (you can

do it!) and help the Jesters get ready for an incredible year. Please donate by scanning the QR code or go to [www.midtownjesters.org/donations](http://www.midtownjesters.org/donations)



The FIRST Speech and Debate tournament is September 24th -- the Ivy Street Tournament at Marist School. It will be virtual, but the majority of this season's tournaments are expected to be in-person. The Ivy Street Tournament is only for team members participating in Lincoln Douglas Debate. Lincoln Douglas Debate (LD) is a one-on-one event where debaters argue against one another on

a specified resolution.

To learn more about the Midtown Jesters and the opportunity to support their 2022-2023 Tournament season, please visit <https://midtownjesters.org>. Donors will receive a letter for tax purposes and will feel confident their donation is directly helping this hard-working, award-winning team as they represent Midtown High School. Feel free to contact the Jesters at [midtownjesters@gmail.com](mailto:midtownjesters@gmail.com).

The Jesters team's achievements depend on the generosity of the Midtown community. Thank you in advance for supporting the Midtown High Jesters at this 40-year milestone. \$40 for 40!

## Dine Out, Support School. Easy!

Please support our Mary Lin PTA and these generous local restaurants. (More dine-outs coming in the November Messenger!)

### Naan Stop

([www.naanstop.com](http://www.naanstop.com))

Mon Oct 3rd (easy pick up on Arizona in Lake Claire from 5-5:45pm) - complete the order form at [naanstop-mary-lin-pta-fundraiser-102771.square.site](http://naanstop-mary-lin-pta-fundraiser-102771.square.site) or email [mlptafundraising@gmail.com](mailto:mlptafundraising@gmail.com) for order form details. 20% of your order will be donated back to Mary Lin thanks to Naan Stop & Joan Arkins Realty (Just Joan -[justjone.kw.com](mailto:justjone.kw.com))!

### Osteria 832

([www.osteria832.com](http://www.osteria832.com))

Mon Oct 17-Wed Oct 19. Take out or dine-in at Osteria in Virginia Highland and 25% of your bill will come back to Mary Lin's PTA! Be sure to mention Mary Lin - includes take out and dine-in, excludes delivery.

### Naan Stop

([www.naanstop.com](http://www.naanstop.com))

Tues Oct 25 (easy pick up on Arizona in Lake Claire from 5-5:45pm) - complete the order form at [naanstop-mary-lin-pta-fundraiser-102771.square.site](http://naanstop-mary-lin-pta-fundraiser-102771.square.site) or email [mlptafundraising@gmail.com](mailto:mlptafundraising@gmail.com) for order form details. 20% of your order will be donated back to Mary Lin thanks to Naan Stop & Joan Arkins Realty (Just Joan -[justjone.kw.com](mailto:justjone.kw.com))!

### Guac Y Margys

([www.guacymargys.com](http://www.guacymargys.com))

Mon Nov 7 - Get together with family & friends the night before Election Day and enjoy dinner & drinks at Guac Y Margys at the midtown location (502 Amsterdam Ave NE). Includes take-out and dine-in - 10% of all their revenue from the night will come back to Mary Lin's PTA. Save the date and spread the word!

### Wahoo Grill

([www.wahoogrilldecatur.com](http://www.wahoogrilldecatur.com))

Wed Nov 16 - Dine-in or take-out at Wahoo Grill in Decatur and 15% of your food order will come back to Mary Lin. Wed night is also 1/2 of many of their wines. Be sure to mention Mary Lin.

# Green & Growing

Though we are still sweating out this summer heat, fall is certainly on its way! I've noticed that the colorful crape myrtle blooms and sunflowers have started to fade, so without even looking at the calendar, I know cooler temperatures and a whole new set of colors are not far off. And September ushers in the start of college football! So what does football have to do with gardening?

For my radio show just a couple of months ago, I interviewed a plant expert with the Southern Living Plant Collection. We had a great discussion about charcuterie boards and ways you can provide some of your own ingredients! Step up your tailgate game and impress your friends with homegrown food! Kip McConnell, the business development director for Southern Living Plant Collection, had me excited about using figs from an easy to grow, dwarf fig bush aptly named 'Little Miss Figgy'. Kip says to also consider including herbs like winter-hardy rosemary and lavender, which "add that look and fragrance that makes the experience that much better." All of these can be grown in pots on the patio or balcony, for easy access and noticeable fragrance. When planting herbs, make sure they get lots of sun, and be sure to use a well-draining potting soil that doesn't stay too soggy.

Don't forget blueberries, raspberries and blackberries. Though these were likely harvested from June through August, they

store well in a container in the freezer. Toss them on the charcuterie board, or drop them in a drink to add sweetener naturally.

If football and growing your own foods aren't your thing, how about these autumn activities? Fall is a spectacular time of year to visit local vineyards! With the gradual change in climate, many have started up even closer to metro Atlanta. But traveling out to the reaches of North Georgia to towns like Ellijay, Jasper and Dahlonega still make for a great weekend road trip! While sipping that glass of vino, venture out to the vineyards, learn about the growing habits of the vines, the grapes and how they're harvested! Most winery owners are happy to share their stories.

Apple picking season is upon us! Families again flock to North Georgia to load up on this favorite fall fruit. For a list of fantastic Georgia farms to visit, stop over at the Georgia Agritourism website, complete with an interactive map to help plan the trip.

To compliment those trips to North Georgia wineries and orchards, the guys may want to stop by any number of breweries that have established themselves all around metro Atlanta! Many hobbyist brewers have struck gold starting businesses where people flock to enjoy different beer flavors and each other's company outdoors, often with pets and children in tow! The best climate to grow hops is typically considered



to be the Pacific Northwest, however, Georgia Gardener Walter Reeves hears from gardeners all across Atlanta who grow their own hops. They all recommend growing them trellised because they'll quickly scale 8-10 feet high and in an area that receives six plus hours of sunlight a day. One grower says they'll perform well planted in a raised bed or mounded, which provides "cool roots and hot leaves".

If you're planning a trip to North Georgia this fall, be sure to listen to Green and Growing every Saturday morning in October! It's my favorite month, and each week, the Georgia Forestry Commission shares their weekly Leaf Report. These updates are from foresters reporting their observations of the gradual fall color show and where best to view it! Happy Fall y'all!



Ashley Frasca is host of the radio show *Green and Growing*, heard on 95.5 WSB Radio every Saturday from 6-9:00 a.m. For gardening tips, information, and advice, follow her Facebook page: [Facebook.com/greenandgrowingwsb](https://www.facebook.com/greenandgrowingwsb)



# The Home **FIX IT**

## Here are 5 Things that are commonly wrong when your Heating and Air system goes on the fritz:

A note – these are 5 major offenders when your a/c or furnace quits working. As we are headed into the change of season, your system may need a tune-up and you may hear these phrases tossed about.

It is not an end-all beat-all list, but these are likely culprits. Listen for your HVAC company to use these words and here is what they mean...

### **“IT’S TURNED OFF.”**

Hopefully you won’t actually have a service tech out to your house to tell you this.

Your hvac system has an on/off switch by the unit. It looks like a light switch. In a weak moment you might mindlessly walk out and flip it off thinking it is a light. It happens more than you think. Simply flip it back on and the system will re-start.

### **“IT’S YOUR THERMOSTAT.”**

Hopefully you won’t actually have a service tech out to your house to tell you this either.

Often a programmable thermostat, which runs on batteries, will shut down your system when the batteries for the thermostat are dead. Been there. Seen that. More than once.

Pop the thermostat off the wall and replace batteries. Probably AA sized. Probably needs 3. You can probably only find two.

Pop the thermostat back on and all should start back up and be right with the world.

### **“IT’S A CAPACITOR.”**

Not a flux-capacitor, but your outside unit has a capacitor in it the size of a Coke can’ish. When it goes, your air conditioner is done until repaired. You will still feel air out your vents, although it will be room temperature air, but your outside unit will not be running (and thus the motor will be getting warm). I repeat, your outside unit will NOT be running at all.

For this one I would call a pro. It’s a quick fix for them because there is a great chance that they carry this part on their truck. It’s worth it.

### **“IT’S YOUR COMPRESSOR.”**

Often preceded by a high squealing sound. When your compressor goes bad you are through getting cool air until a pro can install a new one.

Once again you may still be feeling air blowing from your vents, but it will be room temperature, or outdoor temperature air.

If the compressor is malfunctioning, it won’t be able to turn the refrigerant gas into a liquid – a vital step towards allowing it to cool the air. (Or rather if you will, removing the hot air from your inside air.)

This is a much bigger job than the capacitor is. This is why there are HVAC companies. If you don’t have a good one, call me and I will hook you up with one.

It may also still under warranty, which would be nice.



### **“YOU ARE LOW ON REFRIGERANT.”**

Ahhh, the dreaded refrigerant leak. This is often evidenced by the ice on your indoor unit.

Yes, it does sound backwards, but not enough refrigerant causes ice and no cool air.

This can be an absolute pain in the neck as refrigerant leaks can be difficult (\$\$) to find and to fix.

You cannot do this yourself as you need to be certified to buy it and trap the old refrigerant so it does not get released into the atmosphere.

Do NOT use the refrigerant for a car in your home system. Yes – I am looking at you Mr. Steve my next door neighbor.

### **ONE MORE THING...**

If your unit stops running, the A-number one thing to do is to change your filter. An especially dirty filter could be a cause of everything. A clean filter in place will restart the system without a call to a pro.

*Try it.*



Grab your hammer and join the show! In Atlanta, 404.872.0750 or 1.800.972.8255. Saturday mornings from 9:00 a.m. until 12:00 p.m., Dave Baker is WSB's resident household repair and home improvement expert! He provides a multitude of tips and advice on planning, building and fixing up around the house. Follow Dave on his Facebook page: [Facebook.com/thehomefixitpage](https://www.facebook.com/thehomefixitpage)





*Big Lou with his carer, Dawn.*



# The Magical Life of Big Lou the Emu

By Dawn Aura, Lake Claire Resident

Big Lou died on the 28th of July, 2022, at the University of Alabama Large Animal Clinic in Auburn. He had hardly been eating at all for a month, and it was so hard to watch his decline. But city veterinarians don't know emus and those that do are out in farm country. Transporting Lou to a vet seemed out of the question, since he had never been in a vehicle since his arrival 29 years ago, and we knew emus can be dangerous if they feel trapped.

One vet who had seen Lou before finally came from Lithonia and sent a blood sample off for

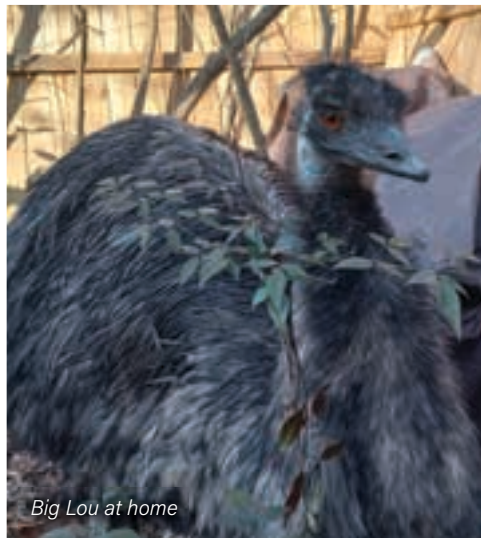
testing. By the time the results came back we had waited six days for another vet who was more familiar with emus, but he canceled that very day due to a personal emergency. The lab report showed that Lou's blood levels were all very off. By then he was so weak and sick that we were left with only one option: transporting him to Auburn. We still weren't sure we could coax him into a vehicle. I had only recently learned that animals in zoos are trained to enter a vehicle without panicking. Ours was not. But he was so weak that we hoped he would not be able to resist.

My husband Stephen Wing and our friend Daniel Rodriguez were the heroes of the day. They rented an air-conditioned van, blacked out the windows and filled the back with straw. Then they walked Big Lou up the hill, one on either side, guiding him from the back yard up to the street for the first time ever. They used a blanket as a sling to lift him into the van.

At first Lou tried to stand and had a very hard time with the motion, but I could turn in my seat and talk to him while Wing drove, and finally he settled down in the straw and stayed quiet for the two-hour drive to Auburn. The vet, vet techs and veterinary students there were wonderful, but another blood sample showed that he didn't have any platelets left at all and his lungs were filling with fluid. We agreed it would be best to help him out of his body. First he was given a sedative so he could fall asleep and go peacefully.

We brought him back in the cardboard coffin they provided, and the next day we buried him near the double chain-link gate where visitors would come to feed him. This time the hero was Chris Richmond, a long-time friend of Lou's and ours, now living behind us at Amata, who showed up and helped Wing dig the big grave. Then began the outpouring of personal messages via Facebook, eventually 50 or more. I am sure I will not get the same fanfare when I pass, for I am only a human, not a rare, kind emu!

The next morning the AJC got in touch through a Land Trust contact and wanted to do an interview. But I was too raw and depleted, so the reporter collected some quotes from Facebook and put something together without speaking with anyone. I soon realized that I was not only Lou's caretaker but the personal assistant to a celebrity, and I had a responsibility to honor him and tend to his fans. Part of that was to be available so the proper story would get out. When CBS called the next day I agreed to an



interview, which was edited into a 5-minute tribute to Lou and aired the following Tuesday. I also did an interview via email with Atlanta magazine which was published online the next weekend. You can find both reports on the home page of our website at the bottom of Lou's obituary.

Big Lou was brought here around 1993 when 15-year-old Noah Glassman saw some emus in Marietta and asked his father, Norman, if they could have some at their Amata property. No one thought about how long an emu might live! At the time we had no rear fence between our property and Amata, so Lou had a large area to roam in. As a dedicated animal rescuer it was natural for me to begin feeding him and Lou began to stay in our end of the enclosure. Little did I know that this would begin 29 years of emu care.

When the land was fenced years later, Noah's interest had run its course and I became Lou's only caretaker.

It was on-the-job training, as I was a girl of the suburbs and didn't know anything about caring for wild animals, and there was hardly anything online at the time about pet emus. A branch of the Rattite family of flightless birds, emus were brought to the U.S. from their homeland in Australia as a potential meat source, but folks were not interested in emu burgers. Now they are raised and killed for their rich oil which is used in body creams. Yuck.

Emus are supposed to eat "Rattite food," pellets like rabbit food, but Lou wanted nothing to do with that. He wanted fresh fruit and raw vegetable salads, along with frozen green beans, canned corn, canned beans, cooked brown rice, and tortilla chips broken up bite-size with roasted peanuts and popcorn. For nearly three decades I had to be here for morning feedings (more like brunch since I am not an early riser), and for evening feedings before dark. My life was regulated by these twice-daily meals. From watching Animal Planet zoo programs I realized that in effect, I was a volunteer zookeeper.

Lou had his own fridge, freezer, microwave, kitchen shelves for bowls, etc. Twice a day, a six-course a-la-

carte meal, approximately 20,000 times. The moral of this story: when you buy a pet, especially a bird, find out how long they live and have a long-term committed plan!

Not only was Lou's care quite extensive, but it was frightening being responsible for someone I could not take to a doctor. Luckily he only got sick three times, but when it happened I felt alone.

But I do not regret any of it, as my calling in life was to do animal rescue, and I did it 110%. Perhaps others would have not gone to such lengths, but he was in my care, in an artificial environment for emus, and I wanted to make sure he ate well and was loved. Many thanks to Wing for taking on the evening feedings since he retired a few years ago.

Why did Lou's life affect so many people? I think it was that he was so rare for these parts, and so dinosaur-like, yet so gentle, with a genuine affection for people – and a love for fruit. He would take food carefully from people's hands, even the smallest child. He was so well loved for so long that kids grew into adults with an emu in their lives, and then they brought their own kids. He was a big part of the Land Trust magic, a place where folks can unwind and enjoy themselves with friends, nature, and wildlife. I will miss the sweet voices of young and old calling "Big Louuuuu!" from the back fence.

Even more I will miss his gentle presence, his friendship, and his complete trust which I was honored to have earned. For me Lou was like any other family member. We loved each other and for that I am grateful. I would rest with him in his shelter until a rainstorm had passed. When he was in an affectionate mood, he would relax his long neck and close his eyes in pleasure. He loved his summer showers under the hose.

One thing I value in life is to recognize the similarities that all species share. We humans are part of the circle of all species, not apart or above it. Life on Planet Earth would be more balanced and harmonious if more people would put down their studies and research and just look deeply into the eyes of another species. They might see there the same intelligence they see in themselves, and not so cavalierly discount the lives of other species and so carelessly harm them. After Big Lou died, the Land Trust generously covered the cost of his final illness. If you would like to help cover those expenses, please visit [LCCLT.org](http://LCCLT.org) and donate to Big Lou's favorite place on Earth by clicking "Donate." You can also donate via Venmo or send a check to "LCCLT" at 270 Arizona Ave. NE, Atlanta 30307. And please consider a monthly donation if you would like to become a "Land Trust Sustainer." Even small amounts add up and help the Land Trust continue to do its magic.

The days of Lou have passed, and yet they seem to go on. We are all a little bit less without Lou, but in memory we hold the days of him in hearts enlarged by his presence and diminished by his passing.

# September 19, 2022 CPNO Members Meeting – Draft Minutes Virtual

The meeting was called to order at 7:00 pm by Emily Taff, President. The motion to

adopt the agenda passed. The motion to approve the August minutes passed.

## Guest Speakers:

- Atlanta Police Department- not present
- Candler Park Conservancy- Jonathan Flack reported progress being made with several park projects: a) mural on pool wall almost complete; b) in charge of the 5k and fun run October 1st; (c) raised almost \$57,000 for the playground renovations.
- BiRacial History Project- Edie Kelman reviewed what to expect; need volunteers for set-up; Event is on October 22nd.

## Announcements:

Halloween House Decorating contest is now through October 21st. It is open to residents of not only Candler Park, but also Lake Claire.

## FallFest Update- Matt Hanson, Chairman

a) FallFest Ball September 30th at Hudson Grille tickets still available.

b) Tour of Homes need volunteers for house sitting a 3hr shift on Sunday, October 2nd between 12pm – 6 pm.

## Treasurer Report:

Amy Wheeler, Treasurer, reports almost \$19,000 income mostly from FallFest; almost \$16,000 collected for ‘Slow Street’ donations. Porch signs will be for sale at FallFest.

## Infrastructure Committee

Christina Hodgen, Chairman, reported that community input has been taken.

## Historic Designation Committee- Mary Shaltis

Phase 1 has been completed; Phase 2 will begin to draft details; There will be a “vote of confidence” taken in November.

## Zoning-DJ Roedger, Zoning Chairman

The motion to support the application of liquor license for new owner of GiGi’s passed.

Meeting was adjourned at 8:15 pm.

Submitted by Bonnie Palter, Secretary

# CPNO Officer and Committee Report for September 19, 2022

## Education- Shari Golla

The education committee kept up virtually this month. Two members represented Candler Park at the APS meetings on high school capacity and excess property. Both of those meetings focus on projects in the very beginning stages, so nothing of note to report yet. Mary Lin’s Rocket Fuel Fund is underway. The principal at Howard Middle School’s last day was September 13. There will be two interim principals for the remainder of the year. Midtown High School homecoming dance is scheduled for September 23, and the game is 10/18 against North Springs High School. 10th and 11th graders will take the PSAT on 10/25.

## External Affairs-Amy Stout

There were two voting items on the agenda for the August 2022 NPU-N meeting that was relevant to Candler Park.

Under Special Events Applications, the Little Five Points Halloween Festival application was added to the fast-track agenda and approved without discussion by a unanimous vote.

Under Board of Zoning Adjustment applications, the board voted to defer consideration of an application for a variance for 490 Sterling St NE (because CPNO had not yet voted on this application and because the applicant voluntarily requested a deferral).

## Membership-Roger Bakeman

September has seen an unusual surge in old members renewing and new ones joining, apparently fueled in large part by concerns about possible future plans for the Star Bar and some well-meaning but inaccurate rumors about voting and joining CPNO.

- Renewing: 41 people who had been CPNO members in the past renewed including 10 who had not renewed since 2016. We welcome these returning members.
- Joining: 113 people attempted to join but, in the end, only 72 were eligible and activated their accounts. 31 people who attempted to join did not have a Candler Park address and so were not eligible to join CPNO and 10 who failed to activate their account. We welcome these new members.
- We are happy for new members but urge all those who consider joining to read the web page prose, which states eligibility (live or own property or a business in the Candler Park Neighborhood) and notes that member are eligible to vote at a meeting if they have joined by the first of that month.

## Zoning-DJ Roedger

**Alcohol License** - GiGi’s Italian Restaurant - VOTE - Alcohol license application triggered by change of ownership for GiGi’s Italian Restaurant at 1660 McLendon (former Gato space). The committee voted in support of the application.

**Courtesy Presentation on Potential Development on Euclid Ave** - Hank Farmer (Third & Urban), Walter Brown, and Scott Pendergrast gave a presentation to discuss the potential redevelopment of the Point Center building and Star Bar property along McLendon Avenue and the adjoining International Montessori Academy property along Euclid Avenue. The development plans are at an early stage and there are no current voting matters before the committee or the neighborhood at this point.

## Historic Designation- Mary Shaltis

The committee worked on a draft document to present to the CPNO membership that is an outline of what a local historic district could look like for Candler Park. The purpose of this document is to have something the neighborhood could vote on (vote of confidence) to move to the next step in the process which would work out the specifics.



## OCTOBER CRIME REPORT, CANDLER PARK

Date	Day	Time	Location	Description
8/4/2022	Thursday	17:04	1500 BLOCK MCLENDON AVE	LARCENY-FROM VEHICLE
8/5/2022	Friday	13:30	300 BLOCK MORELAND AVE	LARCENY-FROM VEHICLE
8/6/2022	Saturday	22:10	1600 BLOCK MCLENDON AVE	LARCENY-FROM VEHICLE
8/9/2022	Tuesday	21:00	1500 BLOCK DEKALB AVE	AUTO THEFT
8/17/2022	Wednesday	22:30	300 BLOCK MORELAND AVE	LARCENY-FROM VEHICLE
8/17/2022	Wednesday	20:00	300 BLOCK MORELAND AVE	LARCENY-FROM VEHICLE
8/17/2022	Wednesday	0:30	400 BLOCK MORELAND AVE	LARCENY-NON VEHICLE
8/22/2022	Monday	22:26	400 BLOCK STERLING ST	AGG ASSAULT
8/25/2022	Thursday	8:00	200 BLOCK JOSEPHINE ST	LARCENY-FROM VEHICLE
9/1/2022	Thursday	14:38	400 BLOCK MORELAND AVE	LARCENY-NON VEHICLE
9/2/2022	Friday	16:00	400 BLOCK MORELAND AVE	LARCENY-NON VEHICLE
9/2/2022	Friday	16:00	400 BLOCK MORELAND AVE	LARCENY-NON VEHICLE
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## What is Pelvic Health Physical Therapy?

*Gail Turner-Cooper, from Align Health, submits this guest article from Kemer Pelvic Physio this month.*

### What is Pelvic Health Physical Therapy?

Pelvic Health PT (PHPT) is a specialty of Physical Therapy focused on conditions related to the pelvis such as urinary or fecal incontinence, pelvic organ prolapse, painful sexual activity, pelvic pain, symptoms of perimenopause or pregnancy and post-partum concerns. All genders of folks can experience these issues, so we treat anyone with a pelvis. The pelvis is integrated with the rest of the body, so we also look at the whole body in order to make an individualized treatment plan that includes manual therapy, education and exercise. Our goal is to help you get back to whatever it is that you want to do whether that's run a half marathon or lift weights without leaking, enjoy sex without pain or play with your kids/grandkids without a care.

### What does diet and gut health have to do with Pelvic Health?

The abdominopelvic space is shared by organs, muscles, nerves and vessels. There are microbiomes in the gut, bladder and vagina that all "talk to" one another, and can influence one another. When the balance within the bacteria of the gut is off, it can lead to UTIs, yeast infection or

bacterial vaginosis. These infections can cause pelvic pain and urinary symptoms, which can be addressed by PHPT.

Elements of the gut microbiome have also been connected to chronic pain conditions such as endometriosis and chronic prostatitis. Maintaining appropriate gut microbiome diversity and minimizing gut inflammation is a way in which proper nutrition and gut health can amplify the benefits of PHPT treatments for chronic pain.

A healthy gut also contributes to optimal bowel health. PHPT treats aspects of constipation involving muscles, habits and hydration. We advocate for a diet with a healthy fiber content and work collaboratively with dietitians and nutritionists who design individualized plans for our clients. Avoiding constipation is specifically important for folks with pelvic organ prolapse or incontinence, but constipation can be treated on its own in PHPT.

Working with an integrative nutritionist like Gail goes hand in hand with any of the issues addressed in a PHPT session. The pelvis is the keystone of the body and optimal function in the pelvic region is the keystone to overall health.



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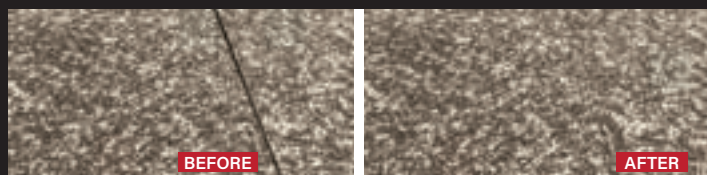
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