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By Emily Taff, president@candlerpark.org

For those who do not yet know, the large attendance at the beginning of the November Annual Meeting meeting resulted in an unexpected Zoom participant lockout! We have reschedule voting items to another regularly scheduled meeting, which, means unfortunately that we will not be electing the 2023 CPNO Officers until the December 19 CPNO Meeting! I am not able to be president again next year but I think Christina Hodgen, the current nominee for CPNO President, is well-prepared and will be great at the "job."

Through all that has happened this year, the many tough decisions, learning how to navigate a variety of situations and personalities, I really appreciate the support and input of my fellow board members. Thank you for making this year run as smoothly as possible! We had a mix of experienced, new, and relatively new-to-the-board officers and it was truly a great team and I've enjoyed getting to know everyone. Amy Stout, External Affairs, Roger Bakeman, Membership, and Bonnie Palter, our enduring Secretary, have offered valuable knowledge of Robert's Rules of Order, and past experiences of CPNO and the community. Roger's reports on Membership, which reached an all-time high in November, have been very insightful. Amy Stout has been diligent in keeping the board and membership aware of issues at the City and NPU level that affect Candler Park. Amy Wheeler, though technically the Treasurer, was also the Fall Fest Treasurer and deeply involved in that committee along with our Fundraising officer, Hallie Meushaw, who is also on the Infrastructure Committee! Kerry Dobson, Safety, has shown amazing dedication to staying in touch with the APD Zone 6 officers, the goings on of the CPLC Patrol, and relaying safety concerns of individuals in the neighborhood to the appropriate persons. DJ Roedger, Zoning, has calmly but firmly steered the Zoning Committee, applicants, and concerned neighbors through variance processes and other CPNO affairs and has helped save us in many complicated or technical situations. And where would we be without Ryan Anderson, Communications, who, besides messaging and social media, made our Zoom

FROM THE PRESIDENT

meetings run as smoothly as possible and with the ultimate calm when things did get rough!

We have other committee chairs who are not on the board, including Christina Hodgen who has been juggling multiple roles as the L5P Alliance representative and as chair of our Infrastructure Committee which is focused on the awesome Safer McLendon initiative. Mary Shaltis has done an excellent job leading a committee and neighborhood discussion around a potential Candler Park historic district. It has not been an easy task to raise such a controversial topic, and I appreciate her ability to listen to everyone and be flexible.

A million thanks to Shari Golla (also the Education Committee chair) for stepping up as Editor of the Messenger! It was a turbulent year for me juggling many responsibilities, and I am grateful for her eagerness to take on the Messenger and excited for what she brings to the role! I hope everyone appreciates the value of what she is doing for the neighborhood, please send her articles and support her however you can-I hope she will stick around for a while.

We've also had great representation from Jonathan Flack and Mary Cox, on the Candler Park and Freedom Park Conservancy boards, respectively. Both parks are or have been moving forward with some major projects and our CPNO reps have done a great job keeping the CPNO membership and board in the loop.

Looking forward to electing those CPNO Officer for next year and while we're at, be thinking of ways YOU can help out at CPNO too, whether it's joining a Committee, writing articles, or offering special skills you have to CPNO, we'd love to hear from you. Don't forget, we do have a volunteer form on the website so you can let us know of your interest: candlerpark.org/volunteers/

I hope everyone is having a great holiday season!

The mission of the Candler Park Neighborhood Organization is to promote the common good and general welfare in the neighborhood known as Candler Park in the city of Atlanta.

BOARD of DIRECTORS

PRESIDENT president@candlerpark.org **Emily Taff**

MEMBERSHIP OFFICER

Roger Bakeman

membership@candlerpark.org

Amy Wheeler

TREASURER

treasurer@candlerpark.org

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PUBLIC SAFETY OFFICER safety@candlerpark.org

Kerry Dobson

COMMUNICATIONS OFFICER Ryan Anderson communications@candlerpark.org

FUNDRAISING OFFICER fundraising@candlerpark.org Hallie Meushaw

EXTERNAL AFFAIRS OFFICER externalaffairs@candlerpark.org

Amy Stout

Find a complete list of CPNO committee chairs, representatives and other contacts at www.candlerpark.org.

MEETINGS

CPNO Members Meetings are held every third Monday via Zoom.

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

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

Find specific meeting information on page 4 and up-to-date meeting and event information at www.candlerpark.org.

MEMBERSHIP

CPNO membership is free to Candler Park residents, property owners and businesses. Membership must be renewed annually.

Sign up at www.candlerpark.org or mail name, address, and email to

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

DATES TO REMEMBER

DECEMBER

7 CPNO Zoning meeting, 7 pm, Zoom

12 CPNO Board meeting, 7 pm, Zoom

Deadline to submit content for The Messenger!

19 CPNO Members Meeting, 7 pm, Zoom

25 Christmas

JANUARY

Deadline to submit content for The Messenger!

16 CPNO Membership Meeting, 7-9 pm, Zoom

Although usual meeting places are listed, COVID-19 pandemic may require meetings to be held by video to abide by social distancing protocols. In case of cancellations or changes, check CPNO's Upcoming Events list at candlerpark. org and watch for membership email notices. All CPNO meetings are open to the public.





FallFest Committee poses for a "Class Picture" after a successful festival.

FF2 Wrap Up

By Mark Clement

As you probably already know by now, the fall fest committee planned to produce the Candler Park Fall Fest 2022 edition. Just days prior, there was threat of residual weather from a hurricane. We had to cancel and it turned out to be a beautiful weekend. We were all really bummed out about that. So we worked with the city to get a new date. Our new date gave us one month to get it all together again. Many of our vendors, partners, sponsors were available. Many were not. Pulling it all together, and in under one month, was a very daunting task. But this group was up to the challenge. Here is a picture of that intrepid group. They would not let a hurricane take away the joy of our community. If you see any of these mythical figures in the community, stop and thank them for their service. Give them a high five or a hug, or buy them a drink. Same goes for our sponsors, and all of our musical talent that played for us all weekend for free.

DECEMBER L5P BIZ BUZZ

(SIGN UP ON OUR WEBSITE FOR MONTHLY UPDATES AT L5PBIZ.COM)

DEC 3

Wreck the Halls: L5P Krampus Krawl 7pm with Black Sheep Ensemble, presented by The Baphomettes, 21+

DEC 4

Family Portraits with Krampus at Junkman's Daughter 1-4pm

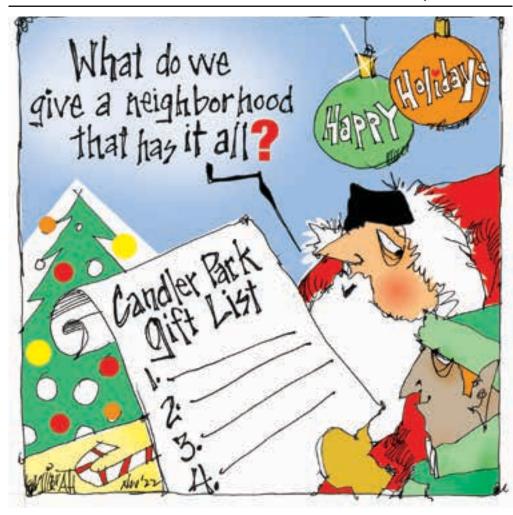
DEC 17

Santa Con is BACK! 21+

It's like a Santa Bar Crawl! Over 100 Santas will be in Little 5 starting at 7pm. This is a benefit for Atlanta Harm Reduction and Draw Change

DEC 21

L5P BIZare Bazaar, 3rd Annual Last Minute Holiday Market (Euclid Ave will be closed from Moreland to Colquitt)



Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new members:

- Matt Aabisamra
- Don Cobbs
- Terri Hyde
- Sam Reid
- Scott & Sophie Struletz
- ... and 41 others who wished to remain anonymous

CPNO thanks members for their donation:

- Robert & Jane Fratesi
- Susan White
- ... and 7 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 by the 18th of the month prior to publication.

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

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

CP ONLINE

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

JOIN CPNO TO GET EMAIL BLASTS



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

MESSAGES & CRIME ON NEXTDOOR



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

LIKE US ON FACEBOOK



You'll get the latest news and will be able to interact with 500 of your neighbors at facebook.com/CandlerPark.

FOLLOW US ON TWITTER



Our handle is your handle: twitter.com/CandlerParkATL



A Virtual Stroll Through Some Atlanta Historic Districts

By the Historic Designation Committee

With discussions underway about what a historic district might mean for Candler Park, let's virtually visit a couple of the 22 historic and landmark districts that already exist in Atlanta. Recent community meetings have provided more insight into nearby neighborhoods of Inman Park, which became a historic district in 2002, and Poncey-Highland, which innovated a series of "historic district lite" regulations in 2020. In looking at local historic districts across the city we find districts that were established to highlight architectural features and significant points in Atlanta's development.

These neighborhoods and the buildings within them showcase some of the key forces that shaped Atlanta as we know it today. For example, West End, Atlanta's first local historic district, is integral to Atlanta's story, beginning as a frontier outpost and location of the Whitehall Tavern at a crossroads that connected Newnan to Decatur and

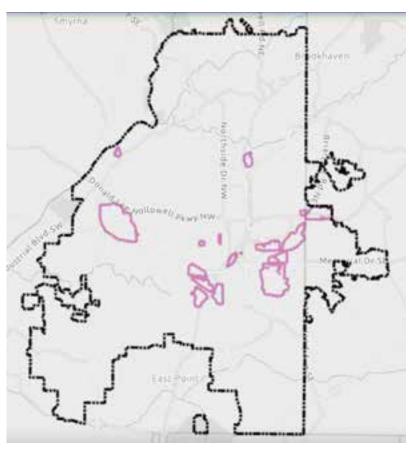
| CITY OF ATLANTA HISTORI | CITY OF ATLANTA HISTORIC AND LANDMARK DISTRICTS | | | | |
|-------------------------|---|--|--|--|--|
| Cabbagetown | June 19, 1989 | | | | |
| Druid Hills | June 19, 1989 | | | | |
| M. L. King, Jr. | June 19, 1989 | | | | |
| Baltimore Block | June 19, 1989 | | | | |
| Washington Park | June 19, 1989 | | | | |
| Oakland Cemetery | June 19, 1989 | | | | |
| West End | December 7, 1991 | | | | |
| Hotel Row | December 23, 1991 | | | | |
| Adair Park | August 9, 1994 | | | | |
| Whittier Mill | October 28, 1994 | | | | |
| Grant Park | April 11, 2000 | | | | |
| Inman Park | April 10, 2002 | | | | |
| Oakland City | November 10, 2004 | | | | |
| Castleberry Hill | March 16, 2006 | | | | |
| Atkins Park | July 5, 2007 | | | | |
| Sunset Avenue | May 25, 2011 | | | | |
| Collier Heights | May 7, 2013 | | | | |
| Means Street | February 6, 2017 | | | | |
| Briarcliff Plaza | November 15, 2017 | | | | |
| Pratt-Pullman | November 29, 2017 | | | | |
| | March 13, 2019, incorporated | | | | |
| Bonaventure-Somerset | into Poncey-Highland | | | | |
| Poncey-Highland | September 9, 2020 | | | | |

predates the railroad. Later, as it developed into a suburb of Atlanta, the area was rebranded after the well-known West End district in London. Development of the first streetcars in the 1870s connected West End and nearby Adair Park to Downtown Atlanta.

Adair Park (which became a historic district in 1994) was primarily developed between 1890 and 1925. Like Candler Park, much of Adair Park was developed as a "bungalow suburb" of Atlanta in the early 20th century, and, according to the Adair Park nomination, was part of a transition that led to development of a "true downtown surrounded by trolley neighborhoods." Among their reasons for becoming a historic district was a desire to maintain the historic architectural character and features such as front porches, which unified not only the houses but also residents with a sense of neighborhood identity.

Beyond Westview Cemetery and northwest of West End and Adair Park, is Collier Heights (which became a historic district in 2013), where a very different architectural style prevails. The mid-20th century ranch house neighborhood includes a number of stylish midcentury modern homes. Collier Heights is one of the first neighborhoods built by and for African-Americans to expand housing options that were limited by segregation. It has been home for many prominent Atlantans, including Mayor Andre Dickens.

Closer to home, Briarcliff Plaza, home to the Plaza Theatre, is a recent local landmark district designation (2017). The small district is not residential but is significant as the first shopping center in Atlanta that accommodated off-street parking, and it continues to host a vibrant mix of stores and restaurants.



Map showing some of Atlanta Local Historic Districts.



By Patty Giblin, Candler Park Resident

Do you have a family member, friend, or neighbor who purchased a timeshare about 30 years ago and has not used it in the past several years? Have they told you about someone calling to say they can help sever their agreement with the timeshare entity?

My friend, John, received a cold-call about six months ago. The caller said that he was with a timeshare exit-company. He said that he could help John sever his agreement with his timeshare entity. He assured John that, with his help, exiting the timeshare would prove to be a very lucrative financial decision.

How did the caller get John's name and number? In Georgia, and most states, property records are public and freely accessible. A timeshare owner is listed as an owner of a timeshare building. Cold-callers use these records to contact timeshare owners.

John asked if I would go with him to the meeting and I agreed. We arrived at the hotel and were ushered into a very cold, rented conference room. We were seated at a small table and the agent sat across from us. He was nicely dressed and talked about how he missed his family in California. It was March and he apologized for the room being so cold. He said that the heat was not working in the room. Then he began his sales pitch. He launched right into a discussion of the perpetuity clause in the contractual agreement with John's timeshare entity.

An "in perpetuity clause" in a contractual agreement indicates that the contract is forever and cannot ever be severed. Upon John's death the timeshare would need to be bequeathed to a family member or a friend. After a couple of hours of the agent's sales pitch, John agreed to let the agent buy and resell his unit.

John and I listened as the agent said there would be two fees for this agreement; a processing fee of \$450 and a closing cost of \$7500. That night John paid the \$450 fee



with a personal credit card. We asked, how and when will we pay the closing cost? The agent said, "this is the easy part." We will open a credit card with a nationally recognized bank, in John's name, and add a balance of \$7500. John, will have two years to pay off the \$7500 at zero interest!

The next morning, I awoke, and knew that there was something terribly wrong with this agreement.

We called the credit card company and described the payment of \$450. The customer-service person agreed to our concern of senior financial abuse. The charge would be denied. We sent an email to the cold-caller's firm and stated John was terminating the agreement that he had signed the previous night. They responded immediately with an okay. Then John called the agent with whom we had spoken the night before. The agent became verbally abusive and started yelling at John. As the scammer continued his verbal tirade, John ended the call.

Our next step was to contact the timeshare entity. We were told that as long as John was current with his payments, he could end his agreement with the timeshare. The total fee for processing the severance agreement would be \$1375. We breathed a sigh of relief and accepted these terms. We wrote a letter stating the terms of the severance agreement to the timeshare entity. John paid the severance fee and is no longer an owner of the timeshare property.

Be wary of cold-calls by firms that want to help you get out of your agreement. They could charge you thousands of dollars and never close the deal.

The AARP website has a page (as of 10/22) that provides a four-step process on how to avoid timeshare scams. The web address is https:// www.aarp.org/search/?q=time%20 share&c=everywhere>.



Candler Park Forever Book Club

The group is open to all Candler Park residents. Join us! For more information e-mail cpforever@ candlerpark.org.

JAN.21

Light From Uncommon Stars, Ryka Aoki

FEB.16

The Class of '65, Jim Auchmutey

MAR.22

Sleeper Agent, Ann Hagedorn

APR.20

Lessons in Chemistry, **Bonnie Garmus**



Aging Grace

By Lexa King, Founder, Candler Park Forever

Aging. Not inevitable, but preferable to the alternatives. Just as we progress from infants incapable of getting from one location to another without assistance, we may actually revert to that state later in life. Recently, I was fortunate to be taken to Emory Hospital for Orthopedic and Spine Care, where they are known to perform miracles. It was, in some ways, a repeat performance. Eighteen months earlier I was there to receive a new left hip. This time it was the right side's turn.

Two days later I was released to go home. Although we stopped to fill a prescription, I found that I never needed anything stronger than Tylenol to manage pain. After years of pain with almost every step I took, this was a novel experience. In a couple of days I was up and about and engaged in one of my favorite activities....porch sitting!!!

The journey from normal ambulating to excruciating pain was not overnight. A few years ago I enjoyed a trip to Italy with only minor limitations. It took several sleepless nights of discomfort and pain for me to take action for the first surgery. A few months ago I had that wakeful experience once before I called the Fabulous Dr.O to schedule the second one. One of my better decisions. Another one was to ask a neighbor to put a Meal Train in place. Every day a different person brought a nourishing, filling, cooked meal that greatly supported my healing process. Thanks to the many neighbors and friends who participated.

In our human journey I don't think the initial experience of walking is painful, unless you count the number of falls and accidents involved in the learning curve. It also doesn't happen overnight. First a baby rolls over, then a type of dragging their body leads to crawling and, eventually the first steps and they're off to the races! Aging takes that process and reverses it.

And that is pretty typical of many of one's body functions and capacities. Which leads me to my main point: unless there is a specific event like

an accident or a stroke, the loss of abilities in aging happens gradually and can sneak up on someone.

The first thing, for me, was a lack of strength, flexibility and balance that persuaded me to give up my gardening tasks and hire someone to take it on. Climbing ladders was not far behind. Too many stories of people I know falling with major consequences. But perhaps the most difficult limitations are more of a daily nature. Taking out the trash, which involves several stairs. Opening stubborn jars, which could keep delectables inaccessible. Fortunately, the person living in the other unit of my duplex is extremely accommodating and kind.

Maybe the biggest concern is my general safety. My next door neighbor died a few years ago and remained undiscovered for a week. Fortunately, someone noticed his newspapers were not being collected, so investigated. I don't know if noticing sooner might have saved his life. But nobody in Candler Park should suffer such a fate. That was one of the main reasons behind the founding of Candler Park Forever. We have a phone tree and each person involved needs to check in daily or investigations begin. Members are also encouraged to locate a combination lock box outside with a key inside to avoid damaging the property to gain access. One member hosts a master list along with next of kin information. This is only one benefit of membership in this group. So if you would like to explore becoming involved, we host porch parties, lunches or dinners together, outings and now, a book club. Reach out to cpforever@candlerpark.org.

In the meantime, if you have a neighbor, especially one living alone, that you think may need occasional help, please reach out to them. Maybe they could use an occasional home cooked meal. A kind, helpful gesture usually costs nothing except a few minutes of your valuable time. Our neighborhood is special. Let's keep it that way.

ART SHOW

Partnering with The First E Congregation, The Candler Park Forever senior neighbors group sponsored a fantastic art show on Saturday, November 12!

Along with 11 amazing artists, an unusual feature of this show was Roberta Stutzman's gallery of oil portraits showcasing a selected group of Candler Park residents.















THE VOTES ARE IN!

This year's Halloween Contest winners are:

1ST PLACE:

2126 MCLENDON AVE Leighanne and Kent Schneider

2ND PLACE:

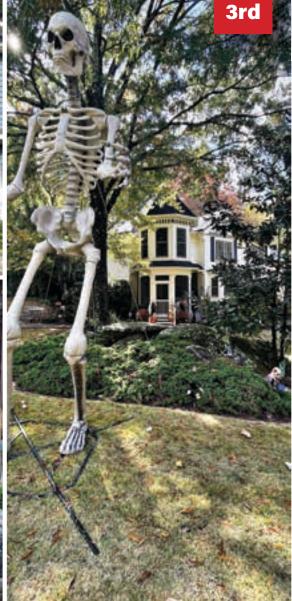
1370 MCLENDON AVE Samuel Rickert

3RD PLACE:

1971 MCLENDON AVE Lee Jaffe

Congratulations to the winners! We can't wait to see what you come up with next year!













PEST CONTROL

WILDLIFE

Roaches love it hot and humid. Some people say Palmetto bugs, some say 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 quests.



BredaPest.com 470-317-7335



Tired of seeing so many **DIFFERENT VENDORS** driving through our neighborhood?

How do you know which vendor is TRUSTED? Which is **INSURED**?

Is there a place to find out which vendors OUR **NEIGHBORS PREFER?**



Look no further! **Our Front Porch Verified** has the answers for you.

Look for the Our Front Porch Verified badge in our neighborhood newsletter

Rocket Fuel Fund Blasts Off

By Jeannie Beckett, MLEF Board Member and CP Resident

It is now full-on autumn. That season of harvest, thanksgiving and last sprint of activities before the earth and its creatures settle for a deep wintry rest. And in the midst of this most magical season, our beloved Mary Lin Elementary School's Education Foundation is officially kicking off its annual Rocket Fuel Fund

The last few years have been challenging for schools everywhere, and the Foundation has worked hard to support Mary Lin through the pandemic and after by supplying air purifiers, technology upgrades and digital apps, and resources targeted to children struggling to readjust to a full-time school environment. The Foundation also funds curriculum enrichment and professional development opportunities and certifications. These efforts have aided Mary Lin's wonderful educators and students in becoming APS's highest performing elementary school and a top 1% school throughout the state, an achievement of which we are all very proud!

Despite these successes, Mary Lin still needs the support of its parents and community in providing opportunities and resources to students and staff. As a non-Title I school, Mary Lin's budget is smaller than most APS

schools, and the Foundation provides funding for supplemental opportunities identified by staff or targeted by the Foundation board. Over the last year, these grants have included STEAM materials, 450+ library books, keyboards for music education, wayfaring signage, and much more. We are also especially proud of the Foundation-funded outdoor refresh, unveiled last month, which included a new mural on the front drop-off retaining wall and a glow-up of the outdoor amphitheater.

What better way to celebrate this wonderful season of giving and thanks than contributing to the Foundation's Rocket Fuel Fund, which launched last month? Please come view our newly painted space and spread the word about this annual fundraiser, which helps our neighborhood's Mary Lin Rockets reach for the

To give, please donate online via our website marylinfoundation.org or email the Foundation's Treasurer, Kelly Downs - kellydowns13@gmail. com if you would prefer to write a check. Thank you for being part of our special community and caring for our children. Onward and upward!



New Location Search for **Primavera** Preschool

By Megan Pritchard

Primavera Preschool has been a beloved second home for many of Candler Park's youngest neighbors since 2011. The school is a nature and Spanish immersion program and offers our neighborhood children a unique play-based and holistic learning environment. As a parent with a child at Primavera, I can attest to what a special place the school is and how important it has become to our family. We recently found out that our lease at the Neighborhood Church will not be renewed as of June 2023 - so we need your help! The school is on the search for a new property, in addition to our Candler Park Drive location. where our children can continue to learn, grow, and play outside. We are asking the Candler Park community to send us any ideas they might have for a possible new location any and all leads are appreciated! Please see below for additional details:

What are we looking for?

- Close proximity to our current location on McLendon to allow our families to continue walking and biking to school
- Outdoor space on or adjacent to the new property to support our nature-based
- Properties for lease or purchase

Who can you reach out to with leads?

Please contact our director, Carla Key, with any promising leads. You can email her at office@primaverapreschoolatl.com



Dine Out, Support School. Easy!

Please support our Mary Lin PTA and these generous local restaurants.

Naan Stop

Tues Dec 7 Order (https:// naanstop-mary-lin-ptafundraiser-102771.square. site/) by 8pm on 12/6 and pick up on Arizona in Lake Claire between 4:45-5:45pm. 20% will come back to Mary Lin thanks to Naan Stop & Joan Arkins Realty.

Speakcheesy

Tues-Thurs Dec 13-15 Swing by their ghost

kitchen in Neighborhood Church for tasty, melty grilled cheese sandwiches, tomato basil bisque, and more! Speakcheesy is generously donating 25% of your order back to the Mary Lin PTA. To order, go to www.eatspeakcheesy. com, select "Order from Our Ghost Kitchen", then select FoodBooking.com. Be sure to enter in the secret password "Grill the Love" in the Add Details section when you check out.

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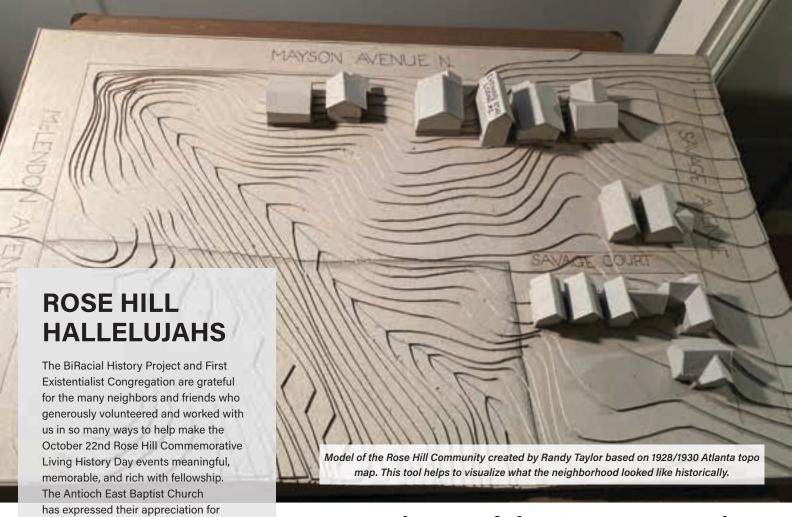
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My Experience of the Commemoration of the Rose Hill Community

By Mother Mary A. Carithers, Historian, Antioch East Baptist Church

participants with gratitude and affection: CPNO, CPC, Neighborhood Church,

greater-Candler Park's efforts toward this significant and welcoming set of

grounded experiences.

Hoping here to recognize local

Civil Bikes, SPierce Security, Edgewood Solidarity Group, Aurora Coffee, Candler Park Market; Adrienne W., Amir F., Amy S., Amy W., Anjie & Andi W., Ashley D., Beth C. & Hazen, Bill R., Bo E., Brandon S., Daniel K., Daryl N., Doug W., Emily T., Jessie M., Katharine & Owen, Kelly J., Kim A., Lee G., Linda S. & Walter, Lorraine F., Lynn H., Ms. T., Nedra D., Randy T., Reggie T., Roger B., Roz M., Shari G., Sig G., Sylvester P., Terry M., Tony L..

Apologies if we missed anyone... Edith Kelman, Candler Park neighbor, BiRacial History Project manager

Photographers credits include: **Eddy Anderson, Will Poythress, Carol Weinstein, Meshall** Shumate, Kim Awbrey, Edith Kelman

When I attended The Commemoration of the Rose Hill Community Event Saturday, October 22, 2022, on the ballfield of Candler Park, I was very amazed and impressed of the journey.

Ms. Edith Kelman and the staff of the BiRacial History Project did a splendorous job with their research and displays. The exhibition of the neighborhood was amazing. I found the expedition to be very informative as well as educational. You should have seen how the streets were laid out and how the tents and footprints represented each homestead in the Colored (Black African American) neighborhood known as the Rose Hill Community.

As my cousin Ms. Portia Johnson and I took the journey through the neighborhood, we noticed each home had the address and the street name displayed. We were very impressed to find narratives on the tables of the homes. We thought the narratives were very informative about each homeowner or renter. We learned

several different occupants had resided in some of the homes and that some homes displayed pictures with the narratives of the residents as

To our surprise, we were very delighted to meet and speak with people who had relatives that lived here in the 19th and early 20th Centuries (in this era). One family, the Little Family, who lived and owned their residences at 1493 and 1497 Savage Avenue was represented by Ms. Willie Mae Harris; and another family was the Latimore Family who lived at 437 Mayson Avenue N. and was represented by cousins Ms. Yolanda Banfield and Ms. Karen Latimore-Smith. We also discovered residents of the Colored (Black African American) Community that lived on the hillside were members and had descendants that had founded or attended the neighborhood church, the Antioch East Baptist Church, of which we are members today. We are so delighted to have been chosen to be a part of the commemorative celebration.







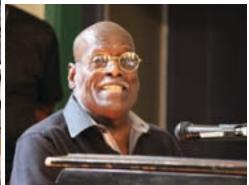




Deaconess Gwen Morton.





































Stress and Inflammation

By Gail Turner-Cooper

The relationship between stress and inflammations been rigorously studied with researchers continuing to find evidence that many chronic diseases are directly related to stress and inflammation. Stress is a wide category of things that cause your system to work harder. Stressors can stem from relationships to work or psychological issues. Consistent stress can lead to chronic low-level inflammation, which has been linked to a long and seemingly ever-growing list of diseases. Research indicates that 75% to 90% of all disease is related to stress and inflammation including cardiovascular and metabolic disease and even neurodegenerative disorders like dementia.

Chronic untreated stress has been associated with increased coronary heart disease. This especially true if the trauma began in childhood. Work-related stressors, emotional disturbances, and even poor sleep correlate with adultrelated cardiovascular disease. Even society wide stress like discrimination has been shown to increase risk for heart disease. The fact that your risk does not have to start from specific events that you know are causing stress highlights the need for effective stress and inflammation reduction strategies.

Chronic psychological stress and inflammation are associated with depression, autoimmune diseases, respiratory infections, and poor wound healing. Depression is the most discussed outcome of psychological stress and has linked to increased coronary heart disease. Untreated stress can go beyond making your day-to-day life more difficult, it can shorten it too. New research is showing that

many gastrointestinal diseases like Crohn's and ulcerative colitis are related to stress and inflammation too.

Okay, I am done scaring you and raising your stress levels. Let's discuss some ways to manage your stress and inflammation so you can avoid the terrible outcomes detailed above.

One of simplest ways to manage stress is regular exercise. In this case, exercise can be as small as a thirty minute walk. The key is to do something every day to move your body to improve your metabolic function which will improve your body's ability to heal and decrease your inflammation. Additionally, activities like meditation and yoga have been shown through studies to improve biomarkers of cellular aging. These markers are related to oxidative stress and complex lifestyle diseases like depression, diabetes, and cardiovascular disease. These types of disease are often the outcomes of long-term inflammation and stress where your body never gets the opportunity to properly heal.

If you are suffering from stress related issues, a comprehensive look at your lifestyle and habits will likely be able to identify ways for you to make changes to allow your body to heal. Functional medicine, which looks at your entire system and finds the root cause of your dis-ease, can be a pathway to understand how you can live your best life and not let the underlying stress and inflammation go untreated.





FIDDLER'S GREEN

Fiddler's Green Coffeehouse presents Tom Eure & Amelia Osborne and Balalaika Fantasie Saturday, December 17, 8:00 pm, at First Existentialist Congregation of Atlanta, 470 Candler Park Dr. NE. The folk duo of Tom Eure & Amelia Osborne offer up a heartfelt fusion of Celtic, Appalachian and spiritual influences that instantly has listeners tapping their toes and singing along. These Charlotte NC music and art scene veterans swirl together fiddles, banjos, mandolins, guitars, bodhráns, and rousing vocal harmonies, painting a musical picture that's fresh and up-lifting. The five musicians of Balalaika Fantasie draw their inspiration from

their life-long passion for Slavic folk music and their diverse cultural backgrounds. Performing on authentic folk instruments, the Atlanta group's repertoire includes Slavic, Ukrainian, Gypsy and Jewish folk music. Masks and COVID vaccination are encouraged. 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 (go to AAFFM Events) or 404-444-2334.

(AAFFM is a non-profit organization.)

The Beatles are coming to Inman Park!

Inman Park UMC is excited to announce the return of its neighborhood-acclaimed "Jesus & The Beatles - The Revolution Is Now" show this December. The show features an original script highlighting the story of Jesus' birth, complemented by 15 Beatles songs performed by members of Inman Park UMC.

Admission is free, though donations supporting The Stewart Center are encouraged. The Stewart Center has been serving Atlanta communities since 1916 by providing educational enrichment, wellness resources, and affordable housing solutions to residents of the Pittsburgh community of southwest Atlanta.

Show dates are Sunday, December 4th at 5 pm and Saturday, December 10th at 7 pm at Inman Park UMC, 1015 Edgewood Ave, ATL, 30307.

More info can also be found at https://www.inmanparkumc.org/jesus-and-the-beatles



Whipped Goat Cheese with Candied Bacon and Dates

Submitted by Kerry Dobson

Everyone needs a fabulous go-to appetizer for entertaining during the holiday season. Of course the classics like baked brie, stuffed mushrooms, and a charcuterie board are always crowd pleasers. But if you want to change things up a bit, add this easy but impressive goat cheese spread to your table this year! If you like bacon wrapped dates, you will absolutely love this modern take!

INGREDIENTS

6-8 slices bacon, chopped 2 tbsp chopped fresh rosemary 1 tsp brown sugar 1/3 cup plus 1 tsp of honey 1/2 tsp cayenne pepper 12 Medjool dates, pitted and chopped 1 log (10 oz) creamy goat cheese, at room temperature 4 oz cream cheese, at room temperature 2 tbsp extra virgin olive oil crusty baguette and crackers for serving

INSTRUCTIONS

Preheat the oven to 400° F. Line a baking sheet with parchment paper. On the baking sheet, toss together the bacon, 1 tablespoon rosemary, the brown sugar, 1 teaspoon honey, and the cayenne. Arrange in an even layer. Chop the dates and scatter them around the bacon. Bake 8-10 minutes, until the bacon is crisping. Meanwhile, combine the goat cheese, cream cheese, olive oil, and a pinch of salt in a food processor and pulse until smooth and creamy. The goat cheese mix can be kept in the fridge for up to 3 days, but bring to room temp before serving. In a small bowl, combine 1/3 cup honey, 1 tablespoon rosemary, a pinch of cayenne - to taste, and a pinch of salt. Spoon the goat cheese into a serving bowl and then top with the warm bacon and dates. Drizzle with the rosemary honey mixture. Serve with sliced baguette or crackers.



BE THE CHANGE THAT WE NEED TO SEE IN THIS **WORLD**

2myPlace is a 501(c)(3)/non-profit, dedicated to "bridging" education with opportunity." Our goal is to reach and teach teens and young adults by offering coaching in life and social skills, keeping them strong, safe and confident. Our audio workshops are led by teens. We introduce the dangers of Human trafficking, bullying, lack of confidence, anger and stress, and anything else they want to address.

Real Beginnings is our program dedicated to helping women (who've been sex-trafficked, abused, or addicted) ready to re-establish their lives, following a recovery program. We offer the services necessary to thrive, such as: housing, transportation, psychological services, food, clothing, and medical and dental.

Please help by making a tax-deductible donation at www.2myPlace.org

If you can volunteer services- please get in touch! Cindee Sapoznik~Founder/CEO 770-815-6044

November 21, 2022 CPNO Members Meeting – Draft Minutes Virtual

Meeting was called to order at 7:00pm by Emily Taff, President. The motion to adopt the agenda passed. The motion to approve the October minutes passed.

At this point it was brought to our attention that some people were unable to get into the Zoom meeting due to the 100 participant limit. There was a discussion and a motion was made and seconded to move the voting items on the agenda to Monday, November 28, (in order to keep the vote on the next year's Board members within the month of November). This motion passed.

Guest Speakers:

- APD Zone 6 Lieutenant White was present and addressed recent Candler Park crimes in the area.
- Councilman Amir Farokhi gave an update on his efforts including: he plans to introduce a paper to allow more ADUs, is compiling a list of sidewalk fixes that need to be made, and will contribute \$5000 to the McLendon Safer Streets initiative and answered residents' questions.
- Paideia Field Day Brian Eames informed the membership of Paideia's
 permit request for Friday, April 14, field day in Candler Park. Due to our
 decision to delay voting items, there was no membership vote of support
 but it was not required and there were no concerns expressed.
- BiRacial History Project Edith Kelman thanked everyone who came out and volunteered for the Rose Hill Re-Membering.

Announcements:

- Emily Taff updated everyone on the decisions earlier in the meeting to
 postpone voting items due to the inability of everyone to get into the
 Zoom meeting at the beginning.
- Amy Stout announced the Trees Atlanta Tree Planting event on the hill in Candler Park, Saturday Dec. 10
- Kelly Stocks informed about L5P Christmas Activities

Treasurer Report:

The Treasurer was not present and no report was available this month.

At this point a motion was made and seconded to reconsider the previous motion to reschedule voting items from this meeting to Monday, Nov. 28. There was discussion and a vote. The motion to reconsider passed.

A motion was made to reschedule voting items from this meeting to a regularly scheduled CPNO meeting (instead of next Monday). This was seconded and voted on. The motion passed.

Election of 2023 CPNO Officer will take place at the regularly scheduled Dec. 19 CPNO Meeting.

The motion to move forward to Phase 2 of the Historic Designation initiative will be considered at a regularly scheduled CPNO meeting date to be determined, it will be announced ahead of the meeting.

Submitted by Emily Taff, President

November 21, 2022

CPNO Membership Application

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

| Name: | |
|---------------------------|-------|
| Address: | |
| Email: | Date: |
| Business applicants | |
| Name of business: | |
| Address of business: | |
| Name of designated agent: | |
| Agent's Email: | Date: |

Optional contributions

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

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



| DECEMBER CRIME REPORT, CANDLER PARK | | | | | | |
|-------------------------------------|----------|-------|----------------------------|----------------------|--|--|
| Date | Day | Time | Location | Description | | |
| 10/1/22 | Saturday | 19:00 | 500 BLOCK PAGE AVE NE | LARCENY-FROM VEHICLE | | |
| 10/1/22 | Saturday | 15:00 | 400 BLOCK CANDLER ST NE | LARCENY-FROM VEHICLE | | |
| 10/11/22 | Tuesday | 20:00 | 200 BLOCK JOSEPHINE ST NE | LARCENY-FROM VEHICLE | | |
| 10/18/22 | Tuesday | 19:30 | 300 BLOCK MORELAND AVE NE | LARCENY-FROM VEHICLE | | |
| 10/18/22 | Tuesday | 22:45 | 400 BLOCK MORELAND AVE NE | LARCENY-FROM VEHICLE | | |
| 10/22/22 | Saturday | 9:00 | 1400 BLOCK BENNING PL NE | AUTO THEFT | | |
| 10/27/22 | Thursday | 23:55 | 200 BLOCK MORELAND AVE NE | BURGLARY | | |
| 10/27/22 | Thursday | 22:00 | 1300 BLOCK EUCLID AVE NE | AUTO THEFT | | |
| 10/30/22 | Sunday | 1:45 | 1600 BLOCK MCLENDON AVE NE | BURGLARY | | |
| 10/30/22 | Sunday | 17:06 | 1400 BLOCK LA FRANCE ST NE | LARCENY-FROM VEHICLE | | |
| 10/31/22 | Monday | 22:00 | 400 BLOCK OAKDALE RD NE | LARCENY-FROM VEHICLE | | |

CPNO Officer and Committee Report for November 2022

Historic Designation Committee- Mary Shaltis

The committee prepared a one-page flyer to summarize some facts about historic district designation which was available at a table both days of Fall Fest. Various maps, pictures and other information was displayed on the table at Fall Fest and Committee member were present to provide information and answer any questions.

Membership-Roger Bakeman

As reported last month, CPNO membership in September was unprecedented. It was again in October, likely fueled in part by an anonymous flyer, not associated with CPNO, distributed just before Halloween. Although short on information and context, the flyer did result in a surge of new members joining CPNO and old members renewing: 7 people renewed during the first three weeks of October, 28 did in the last week; 8 people joined CPNO during the first three weeks, 38 did in the last week. We are pleased to see so many people want to become involved in CPNO and hope they will renew their membership again next year. Current membership now stands at 738, the highest number since we started keeping electronic records in 2010 (thank you Jay Sandhaus).

Freedom Park Conservancy- Mary Cox

Some neighbors may have noticed the fencing and construction area near the corner of North Highland and E. John Lewis Freedom Parkway (near Babette's). The construction area is due to the installation of a Jaume Plensa Sculpture by the City of Atlanta. What neighbors can expect for the next few months: especially people who travel N. Highland, north of East John Lewis Freedom Pkwy. The construction fencing will not impact the use of the sidewalk in that area. The only time the contractors would need to close a lane is when the concrete is poured for the base of the sculpture. The sculpture could be in place by the end of the year or the first part of 2023; however, the landscaping will not occur until 2023.

Background on the City of Atlanta Art Acquisitions: Several years ago, the City of Atlanta launched an initiative to bring museum quality international art into the public realm. We have now begun to install those works. We have completed an installation in Midtown; we are mid construction in Cascade Springs Nature Preserve, in Castleberry Hill, and in West End. The next site to go under construction is in Freedom Park - at the northeast corner of North Highland and John Lewis Freedom Parkway. Construction will take place through January. Landscaping will follow, and the project should wrap up in March. The sidewalks will not be impacted. Construction will include paved paths leading to a new seating area and the installation of a landmark public sculpture by artist Jaume Plensa.

This work was selected by a curatorial committee representing Atlanta's leading arts institutions and collections. Freedom Park provided an appropriate location for several reasons: the proximity to the Carter Center and Presidential Library was meaningful as both champion the humanitarian values evident in Jaume Plensa's work. The heavily trafficked trail, filled with pedestrians, runners, bikers, commuters, and cars was also important. Freedom Park's designation as Atlanta's Art Park was also a factor.

The Artist:Jaume Plensa (Spanish, b. 1955) is one of the world's foremost sculptors working in the public space. His work can be found in prominent locations in cities such as Barcelona, Montreal, London, Dubai, Nice, Shanghai, Jerusalem, Liverpool, Rio, Tokyo, Toronto, Singapore, Frankfort, and Vancouver. In the United States, Plensa has well known projects in Miami, Des Moines, Houston, Chicago and more. Plensa works with varied materials and in varied media - but the subject matter is always body, humanity, spirituality. He also writes extensively, lectures and teaches. He frequently incorporates text: quotes from Shakespeare, the Bible, the Song of Songs, classic texts like Dante's Divine Comedy or William Blake's poetry. He has collaborated on dozens of operas. He has won numerous awards. Self Portrait III, the work being installed in Freedom Park, includes lettering from nine languages -- Hindi, Chinese, Arabic, Hebrew, Japanese, Cyrillic, Tamil and Greek. The letters form a globe around the seated figure of a man, also composed of letters. With humanity at the center of a global cacophony, this is art that speaks to our ability to communicate across cultural boundaries.



Green & Growing

he holidays are upon us, and along with traditions with family and friends, you will likely be enjoying some kind of holiday plant. Many of them can be cared for long past the Christmas season. Here are some common plants associated with this time of year and how to care for them.







ROSEMARY

You know the scent and flavor of Rosemary. It is common for use in meat and vegetable dishes. Its branches can be used as skewers for kabobs, adding flavor to the meat! And its beautiful white and lavender flowers can also be used in prepared dishes.

This herb can stay containerized or can be planted in the ground once the chance of frost has passed in early spring. It demands well-drained soil and bright light. You may see Rosemary bushes pruned into a topiary. It is perennial and evergreen, so it always holds on to its leaves.

POINSETTIA

This plant's bright bracts ("flowers") add such a nice pop of color to holiday décor. Poinsettias come in many different colors- from cream and pale pink, to red, speckled, and sometimes adorned with glitter! This is not a plant to put out as trash with the Christmas tree. It can be placed outdoors after the last chance of frost, and when happy, grows a few feet high. When kept inside during the holidays, keep Poinsettias away from vents and drafty windows, and make sure the soil doesn't stay too wet. When you water them, be sure to empty the water settling at the bottom of that foil wrapper they're often sold in.

HOLIDAY CACTI

Many gardeners have posted beautiful photos to gardening Facebook pages of what they thought were Christmas cacti, but they reported them blooming as early as Halloween. There are many varieties of holiday cacti, but most common are Thanksgiving, Christmas and Easter. The Thanksgiving cactus is easily determined by the spikes on its

It is important to keep these outside in the summertime, then bring them back inside when lows get below 50 degrees at night. And as long as there is no patent pending on your variety of cactus, its leaves can be easily rooted in a pot of sand or soilless mix to make a whole new plant.

AMARYLLIS

Breathtaking, big holiday-colored flowers atop a tall stalk, amaryllis are easy plants grown from bulbs. Just place them in front of a bright window, and they'll show off their large flowers for weeks. They can be kept happy two ways- one is in a short container with marbles or pebbles and just enough water to touch the bottom of the bulb. The other, more traditional way, is potted shallowly in soil. Recently introduced to the consumer market are amaryllis bulbs covered in wax. They are marketed as easy gifts, even for the nongardener, because of not needing water or to be potted.

Looking for cheap and easy ways to decorate in a hurry? Here are four ways to use some outside plants as décor this holiday season.

- Obtain the evergreen leaves of Magnolia and holly to adorn centerpieces, swags and more
- Grapevines or vines of Virginia Creeper make sturdy frames for wreaths
- Use Rosemary plants as topiaries that could even be decorated
- Frame windows, doors and mantles with fresh Cedar or Fir garlands. According to Pike Nursery, the key to keeping greenery fresh is maintaining moisture. When you get your garland and wreaths home, soak them in cold water over night. Completely submerge them in a large bucket or bathtub. Once the greenery has soaked overnight, let it dry, then spray it with all-natural preservative like Wilt Stop.

Photo credits: cactus, Ian Matthes / rosemary, Pike Nursery



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

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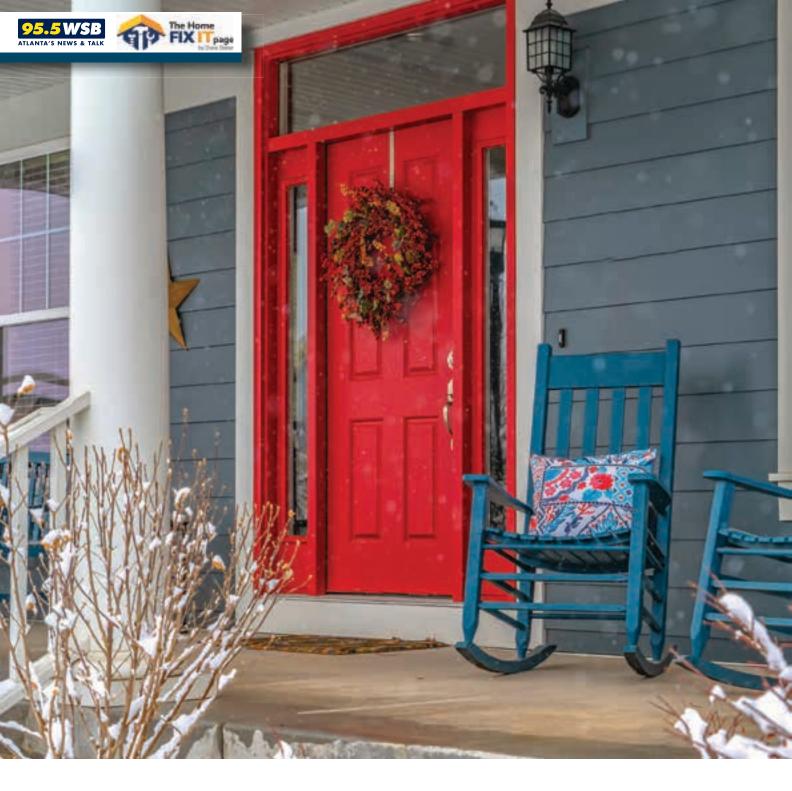
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The Home FIX IT

So as the seasons change we are waking up to cooler temperatures. Maybe they aren't 'fire up your furnace cold' enough, but your feet still feel cold, especially sitting at your desk at home or in the office.



bit. It's not that time of year when we should throw all common sense out the window and go with the first space heater we find lying about.

For example, do you know the answer to all these questions when it comes to your space heater? You should.

How old is it? How has it been stored? When was the last time it was used?

You're telling me you just bought a new space heater? You're saying that you just got one two years ago but it's been neatly stored in your crawlspace?

Just because your space heater is new, you still need to beware. I wouldn't use a brand new space heater that smelled funny when I plugged it in let alone one I drug out from my crawlspace where who knows what has been using it for who knows what for who knows how long.

- ▶ Only use space heating equipment that has the UL Mark.
- Space heaters should be used to only heat spaces, not to dry clothes or heat food.
- Keep a 3-foot zone around your space heater free of anything flammable.
- Turn off your space heater when you leave the room or when you go to sleep for the night.
- Make sure the wiring is sound on your heater and that the connections are tight.
- When buying a new space heater look for ones with an automatic shut-off feature and with heating element guards.

In a nutshell - treat your space heater like you would an open flame and you should be ok.



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

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