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By popular demand - a new service from KDA & Tlehs to help protect and add value to our Neighborhood:

Our Front Porch Verified

We Verify And Highlight Our Neighborhood’s PREFERRED, REFERRED, TRUSTED AND INSURED VENDORS For Our Most Common Homeowner Needs.

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.
How CPNO Communication Works

By John Fleming, communications@candlerpark.org, and Roger Bakeman, membership@candlerpark.org

Why do I get a copy of the Messenger?

Content for the monthly Messenger is delivered to the publisher by our editor (Shari Golla, editor@candlerpark.org). The publisher then formats and provides copies of the Messenger to the post office (US Postal Service or USPS) with instructions to deliver to all addresses in Candler Park. What this appears to mean in practice is that a copy is delivered to each house and multiple copies are delivered to multi-family houses, apartment buildings, and condominiums. If you reside in Candler Park and don’t receive the monthly Messenger, it is most likely an issue with the post office. Usually the Messenger is delivered during the first two weeks of the month, but this can vary depending on when the publisher gets copies to the post office and when the post office decides to deliver.

Why do I get email messages with the agenda and link for the monthly membership meeting?

These notices, and occasionally other CPNO notices, are sent to our mailing list (MailChimp or MailerLite). When you join CPNO, your email address is added to this list. It remains there unless you or we take action even if you don’t renew your annual CPNO membership. Thus the mailing list contains about three times more email addresses than current members. If you no longer want to receive CPNO emails, select “unsubscribe” at the bottom of the email. If you want to change your email address, select “update subscription preferences.” You can also ask us to delete or change your email address administratively (although we usually change your email address administratively if we see you have renewed with a new email address).

Is my name on the list of members eligible to vote at a monthly membership meeting?

Yes, for January through April if you joined or renewed in 2022 or joined or renewed by the first day of the month in 2023. Yes, for May through December if you joined or renewed by the first day of the month in 2023. Per our bylaws, if you are a member one year, you have until April 30 of the following year to renew your membership. And if you are a “member of record” (the bylaws term) as of the first of the month, you are eligible to vote at that month’s membership meeting.
DATES TO REMEMBER

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<thead>
<tr>
<th>MARCH</th>
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<tr>
<td><strong>15</strong> Deadline to submit content for The Messenger!</td>
<td><strong>15</strong> Deadline to submit content for The Messenger!</td>
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<td><strong>20</strong> CPNO Membership Meeting, 7-9 pm, Zoom</td>
<td><strong>17</strong> CPNO Membership Meeting, 7-9 pm, Zoom</td>
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<td><strong>22</strong> Book Club Meeting, Sleeper Agent, Ann Hagedorn (For more info, e-mail <a href="mailto:cpforever@candlerpark.org">cpforever@candlerpark.org</a>)</td>
<td><strong>20</strong> Book Club Meeting, Lessons in Chemistry, Bonnie Garmus (For more info, e-mail <a href="mailto:cpforever@candlerpark.org">cpforever@candlerpark.org</a>)</td>
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<tr>
<td><strong>26</strong> Easter Egg Hunt 12:30 p.m., Candler Park</td>
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Many CPNO meetings are still held via Zoom. Please check CPNO’s Upcoming Events list at candlerpark.org and watch for membership email notices for location and cancellation information. All CPNO meetings are open to the public.

Egg Hunt Set for March 26th!

Submitted by Whitney Griggs

The annual neighborhood Egg Hunt will be held in Candler Park on Sunday, March 26th! The Hunt starts at 12:30 pm sharp, so please come early to play!

Kids ages 0-11 can hunt for candy-filled eggs. Additional lucky winners who find the golden eggs will get a special prize.

This event is made possible by volunteer support. If you would like to help make the day a success for our local kiddos, please contact Natalie Anderson at andersonnatalierose@gmail.com to register to set up and hide eggs before the hunt.

We look forward to seeing you March 26th!

Submitted by Whitney Griggs
Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new members:
- Liam and Jaye Greenamyre
- Jim Rose
... and 8 others who wished to remain anonymous.

CPNO thanks members for their donation:
- June Deen
- Robert and Jane Fratesi
- Linda Green
- Charles LeBaron (of Oakpointe Apts)
- Melanie and Josh Levs
- Tom Painter and Carla Roncoli
- Paul Robertson
... and 3 other who wished to remain anonymous.
February 14th was truly a Day of Love at Mary Lin Elementary. Not only did the kids enjoy the traditional Valentine’s dances and parties, the Mary Lin Education Foundation got to award the teachers with the highest participation numbers in the Rocket Fuel Fundraiser. This year was especially great, because there were TWO ties!

In case you missed it, our Rocket Fuel Fundraiser not only exceeded our $130,000 goal, but we raised a total of $148,000. Way to go, Rockets! Congratulations to all of our winners. And huge thanks go to all of our donors, and especially thank you to these local businesses who donated to our fabulous prize packages: Sean’s, Guitar Shed, Marie Marie Salon, Amore y Amore, Salon 5, M3 Yoga, Aurora Coffee, CaptureAbel photography, and Oxford Cleaners. Please support the local businesses that support our community!

Not pictured: The two tied kindergarten teacher assistants also received Sean’s and Oxford Cleaners gift cards.

Mary Lin Education Foundation Shares the Love

By Shari Golla and Jeannie Beckett, Candler Park Residents and MLEF Board Members

Ms. Boyajian won M3 Yoga gift card, Marie Marie Salon gift card and Sean’s gift card; Ms. Robinson won Guitar Shed music lessons, Sean’s gift card and Oxford Cleaners dry cleaning gift card

Ms. Dees won SW airline tickets for two passengers to anywhere in the continental U.S.; Ms. Hedgecock won a mountain cabin weekend getaway

Ms. Guthrie won a Liz Williams art piece, CaptureAbel photography package and a year’s membership to the High Museum of Art

Ms. Derrico won a Syed Ahmad art piece, Nordstrom gift card, Sean’s gift card

Ms. Boyajian won M3 Yoga gift card, Marie Marie Salon gift card and Sean’s gift card; Ms. Robinson won Guitar Shed music lessons, Sean’s gift card and Oxford Cleaners dry cleaning gift card

Ms. Campbell won a Salon Five nail service gift card, Oxford Cleaners dry cleaning gift card and an Aurora Coffee gift card

Ms. Huff won a Chef’s table dinner for four to Amore e Amore

Ms. Boyajian won M3 Yoga gift card, Marie Marie Salon gift card and Sean’s gift card; Ms. Robinson won Guitar Shed music lessons, Sean’s gift card and Oxford Cleaners dry cleaning gift card
Mary Lin
Dine Outs for March

- March 1 - Osteria 832 (25% coming back to Mary Lin - be sure to mention Mary Lin)
- March 3-3/15 - Doc Chey's Morningside and Grant Park locations (25% coming back to Mary Lin - be sure to mention Mary Lin)
- March 3/21-3/23 - Speakcheesy. To order, go to www.eatspeakcheesy.com, click “Order from Our Ghost Kitchen”, then click the FoodBooking.com button. Be sure to enter in the secret password “Grill the Love” or “Mary Lin” in the comment section when you check out
- March 28 - Naan Stop - with 20% coming back to Mary Lin thanks to Naan Stop and Joan Arkins Realty - order by 3/27 https://naanstop-mary-lin.square.site/

Thank you to all of our local sponsors who donated to our teacher prizes and made our “Classroom Competition” that much more exciting!

Garlic Butter Shrimp Pad Thai

This is a super easy recipe we have been making often in my house lately. It comes together so quickly making it perfect for those busy weeknights. When you want takeout, but you DON’T want takeout. The flavors are nice and bright. Hopefully you’re family will enjoy as much as mine. It’s definitely a winner with the kids!

INGREDIENTS

- 8 ounces wide rice noodles
- 3-4 tablespoons low sodium soy sauce
- 2 tablespoons fish sauce
- 2 tablespoons rice vinegar
- 3 tablespoons honey
- 1 teaspoon chili flakes, plus more for serving
- 1 pound raw jumbo shrimp, peeled and deveined
- 3 tablespoons peanut oil
- 4-6 cloves garlic, minced
- 3 tablespoons salted butter
- 2-3 eggs, beaten
- 2 cups chopped baby bok choy
- 4 green onions, chopped, plus more for serving
- 1/4 cup roasted peanuts, chopped
- basil and limes, for serving

INSTRUCTIONS

Cook the rice noodles according to packaged directions. To make the sauce. In a small bowl, combine the soy sauce, fish sauce, vinegar, honey, and chili flakes. Heat the olive oil in a large skillet over medium heat. When the oil shimmers, add the shrimp and sear on both sides until pink, 2-3 minutes. Add the butter, garlic, a pinch of both chili flakes and black pepper. Continue to cook the shrimp in the butter until the garlic begins to caramelize and turn light golden brown, another 1-2 minutes. Add the noodles and sauce, tossing to combine. Cook until the noodles are warmed through and begin soaking up the sauce, about 1 minute. Push the noodles to one side of the skillet and add the eggs to the other side. Let cook until the edges start to set, 1 minute. Roughly scramble the egg, then toss with the noodles. Remove from the heat. Add the bean sprouts and green onions, toss to combine. Divide the noodles and shrimp between plates. Top with basil, green onions, peanuts, and chili flakes. Add a squeeze of lime juice.
M3 Yoga & Hot Pilates opens in Candler Park

By Matt Chambers

M3 Yoga & Hot Pilates opened its doors in the Candler Park Connection on DeKalb Ave at the end of January.

Taking over the space formerly occupied by Tough Love Yoga, M3 Yoga offers more than 40 different yoga and Inferno Hot Pilates classes each week. Classes are accessible to all levels, and the studio offers a variety of types of yoga: unheated and heated classes.

Founded in Athens by registered nurse and certified yogi Nick Combs, this is M3 Yoga & Hot Pilates’ second location in Georgia. Combs founded M3 Yoga in 2017 to share his lifelong passion of healing and helping others.

“While we are new to Atlanta, we’re not new to helping people move their bodies in ways that feel good and help them achieve their goals,” said Combs. “We are thrilled to be in Candler Park and to be carrying on the yoga community that was here before us while growing it a bit too.”

M3 Yoga offers hatha alignment, vinyasa flow, hot power flow, yogahour, candlelight yin, restorative, Inferno Hot Pilates and Inferno Strength classes. M3’s classes are designed to be accessible and have a focus on whole well-being: mind, matter and movement (the three M’s!)

“We really try to offer something for your body every single day. Some days you’ll want to move more than others, so we designed the studio to help you have a sustainable movement practice over the long term,” said Matt Chambers, M3 Yoga’s co-owner. “And every class meets you where you’re at, whether it’s your first time on the mat or your five hundredth.”

M3 Yoga offers an Intro Special of 2 weeks of unlimited classes for $30 to help people try out the studio and its wide variety of classes. With more than 20 teachers and 40 classes each week, the studio offers classes from 7am all the way to 8pm at night.

“Coming from healthcare, I often don’t get off work until 7:30 at night, so us having 8pm classes is very important because our healthcare workers, educators, parents, and others need yoga just as much, if not more, than most people,” said Combs, who currently works at Emory Midtown as a CVICU nurse educator.

M3’s memberships start at $88, with discounts for Community Warriors—educators, social workers, healthcare workers, veterans and more. Scholarships are available to help make classes accessible to all.

M3 is located at 1530 DeKalb Ave NE Suite D. Parking is free, though yogis are encouraged to bike, ride, walk or rideshare. Yoga mat rentals are free if you use alternative modes of transportation.
It’s one of those old sayings many of us have heard all our lives. An ounce of prevention is worth a pound of cure. I have experienced that in the realm of home repairs. Holes get bigger, leaks get stronger and issues don’t tend to self-resolve.

Health issues are similar. Eat well, exercise, get enough sleep, take proper precautions. As my contemporaries and I age, I hear more and more about falls, some even fatal. Recovery from these accidents can take weeks, even months. Take a look at your environment and correct the offenses that exist.

- Poor lighting
- Loose throw rugs
- Stairs with or without railings
- Clutter in pathways, uneven and torn floors
- Wet floors, slippery showers and tubs
- Cords and oxygen tubing
- Long robes, loose-fitting clothes, poorly fitting shoes
- Pets

If any of these situations exist and you are unable to correct them yourself, please ask for help. If you can’t change the lightbulb without getting on a ladder, ask a friend or neighbor. If there is nobody like that available to you, message us at cpforever@candlerpark.org and we will get it handled safely for you. It’s been a few years since I had to give up doing my yard work. The ground is uneven and the chance of falling too great. Don’t try to over perform for your capabilities. There is no shame in asking for help.

Remember, we are here. Join our daily wellness check-ins, porch parties will be starting up very soon and don’t forget that we now have an active book club. The author of our February book even joined us for our discussion and that will happen again in May! We are a fun group and are here to provide support and companionship. Reach out to the above email address.

Fiddler’s Green Coffeehouse presents Redwine Jam and The Irish Brothers Saturday, March 18, 7:00 pm, at First Existentialist Congregation of Atlanta, 470 Candler Park Dr. NE. Redwine Jam is an Atlanta-based folk music trio comprised of Chris and Carol Moser and Brenda Lloyd. They perform a wide range of North American and Celtic folk songs and tunes, from traditional material to newly written compositions by contemporary folk legends. Redwine Jam has developed a strong following at coffeehouses, festivals, private parties and other events in the Atlanta area and elsewhere in the Southeast. The Irish Brothers are Sandy “Sandyman” Flynn and “Captain” George Hergen. Sandy has toured nationally and internationally, sharing the stage with the likes of The Kingston Trio and Jimmy Buffett. George honed his craft by traveling throughout Ireland with the great Tommy Makem. They draw from their Irish heritage for material, from traditional Irish ballads, to original songs of love, drinking, revolution and redemption. They are regulars at Irishfest Atlanta, Fiddler’s Green St. Patrick’s Day celebration and many others. 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 Candler Park Neighborhood Organization (CPNO) Education Committee has reviewed the data presented by APS as part of the current review process, as well as the data APS provided over the past few years that APS and the impacted communities have been using to address overcrowding in the Midtown Cluster. It is the opinion of the CPNO Education Committee that the data is not reliable enough to justify structural changes such as redistricting. Until APS can achieve greater accuracy in the data, it should focus on school-level solutions. The CPNO Education Committee position paper is copied below.

The outcome of this process will have a significant impact on the students of Candler Park and potentially on the whole neighborhood. If you would like to get involved, APS is holding a stakeholder meeting at the former Inman Middle School at 6 pm on March 9th (with a virtual option at noon that day) to discuss proposed scenarios to solve Midtown High School’s projected capacity issues. APS anticipates narrowing down the scenarios to a single recommendation by mid-April. More information can be found in the presentation from the Annual Capacity Review Process Kick Off meeting at: https://drive.google.com/file/d/1hlhvncIyujpedOxV7fCuZRY4V82XHF5/view.
3. Capacity estimates, particularly for Midtown HS, are frequently revised. We demand that high school capacity numbers get reported as a range to reflect the flexibility in non-core classroom uses and the reality that high school classes and experiences vary in pedagogy and enrollment caps.

REPORT MONTH | REPORTED MIDTOWN HS CAPACITY
---|---
January 2020 [7] | 1,275
February 2020 [8] | 1,750
February 2020 [4] | 1,700
March 2021 [9] | 1,700
August 2022 [2] | 1,700
October 2022 [10] | 1,650
January 2023 [1] | 1,525

4. How APS calculates high school capacity is flawed. The 2023 enrollment and utilization report [1] shows the revised core classroom count for Midtown HS to be 61 core classrooms and 33 non-core classrooms, comprising 35% of the available space, while every other APS high school has a lower proportion of its space categorized as non-core. Notably, Maynard Jackson HS proportion of non-core space is 26%, and that proportion in North Atlanta HS is 22.3%. This incongruity raises the question of whether classroom spaces at Midtown HS are being categorized in the same way as at other schools. It is a weakness in APS’s formula for calculating capacity that whether or not Midtown HS is, or is not, projected to be “over capacity” depends entirely on how these classrooms are categorized. We ask that APS re-examine its application of the - overly simplistic - formula of multiplying the number of core classrooms by 25 students to calculate high school capacity [11]. A formula that might make sense in an elementary school context where the children have one classroom and one teacher for the vast majority of their time in the building is not equally applicable to the use of space in high school where the class offerings and facilities requirements vary wildly.

APS desperately needs to rebuild its reputation and regain the trust of our community. The decision to rezone Inman Park out of Mary Lin ES was unsupported by facts and went against the majority preference in our community. That decision will now result in a long-term solution to overcrowding in the Midtown Cluster that would have addressed both elementary and high school overcrowding.

The CPNO Education Committee is concerned that APS will continue to make major decisions that are not based on rigorously investigated numbers, problems, and opportunities. This type of decision-making divides communities and negatively impacts our children’s educational and social-emotional health outcomes. Until APS can predict future capacity and enrollment with a higher degree of confidence, it should take rezoning or redistricting off the table and, in the meantime, focus on less disruptive strategies that will serve all students.[12]

Sincerely,
Candler Park Neighborhood Organization Education Committee
Dima Nazal (Co-Chair)
Yukiko Takeuchi (Co-Chair)
Stacee Burton White
Dana Fowle
Shari Golla
Melanie Levs

Sources
[1] APS Enrollment and School Facility Utilization Report https://drive.google.com/file/d/1spxmPuJl3xQ-TxTxT3RtvQ59h7wRA6k4pJw/view?fbclid=IwAR1V0Qap_kTM-6SFBlwMy_xVnZ_bzcoqju7yQ6txZ2u2bICDNgH06lV_Y
[2] August 2022 High School Capacity Kickoff Source: https://docs.google.com/presentation/d/1MH-ViiP43Y-wuTr7Z_wbrwK3Wol7TQ/edit#slide=id.g1472626f2ed_0_36
Community%20Meeting_Final.pdf
Community%20Conversation%20Slides_Final.pdf
Retreat%20-%252020%2520Board%20Retreat.pdf
Regional%20Community%20Meeting%202020-Presentation.pdf
[12] February 15, 2023 Annual Capacity Review Process Kick Off, sl. 17 https://drive.google.com/file/d/1spXyF79zQ-TxTxT3RtvQ59h7wRA6k4pJw/view?fbclid=IwAR1V0Qap_kTM-6SFBlwMy_xVnZ_bzcoqju7yQ6txZ2u2bICDNgH06lV_Y
Continuing the Historic District Discussion

By the Historic Designation Committee

At the March 20th CPNO meeting Candler Park will vote on continuing the discussion of historic designation by moving forward with “Phase 2,” a 10-14 month process of engaging Candler Park residents and working with a consultant to define and draft regulations for a Candler Park Historic District. This is the part where the neighborhood gets into the nitty gritty about what kind of regulations you definitely want and definitely don’t want.

This is not a vote on whether to be a historic district, but a vote to continue discussing and learning about it and to see if we as a neighborhood can come up with a plan for our Candler Park’s future. Other votes on whether or not to be a historic district would come after a Candler-Park-specific district has been defined - by you! Future decisions would be subject to a CPNO vote (whether or not to submit) and ultimately subject to the City of Atlanta zoning process, including votes by CPNO, the NPU, Zoning Board and City Council.

Why are we even talking about this?

Candler Park residents have been thinking about historic designation since the 1990s and talk of what residents can do to have some control over the future of Candler Park has fluctuated over the years, responding often to perceived threats. In the last five or so years, the construction of expensive townhouse duplexes became a concern and the Zoning Committee led an effort to write conditions into the R-5 (two-family) zoning code specific to Candler Park. All of R-5 in Candler Park was rezoned R-5-C (“with Conditions”) which put additional regulations on two-family construction in an effort to guide slightly more restrained new construction.

The zoning committee was unable to put any restrictions on demolition however, as they learned that historic designation is the only zoning tool that can inhibit demolition of existing buildings.

Less than a year after the neighborhood rezone R-5 properties to R-5-C, residents were surprised by a City Council proposal to rezone everything within ½ mile of the MARTA station as well as all of that R-5-C area to a new zoning code, MR-MU, which would erase all the work the Zoning Committee and Candler Park had done and significantly loosen restrictions which many feared would only increase the developer appetite for demolition and new construction. What could we do?

Residents had learned through past inquiries and experiences, that historic district designation was the only tool available that would restrict demolition of existing buildings. In addition, historic district regulations cannot be changed or overturned without neighborhood approval.

Many neighbors have already expressed concern that they want to avoid onerous design regulations, ensure the ability to add space to their house in the future, and make “green” or accessibility upgrades or additions. Others are concerned that a historic district will restrict density increases and some have simply heard horror stories from other historic districts. In fact, these criteria can be met within a historic district. Candler Park can write a historic district that allows solar panels, window replacement, and additions. Poncey Highland’s district, for example, only regulates the front portion of a building and allows for 2nd floor additions. The construction of ADU’s and conversions to duplexes are actually historically accurate alterations. In the next phase of this discussion, we as a neighborhood will discuss these desires and concerns and attempt to draft a potential Candler Park-specific historic district that fits all of our criteria.

So please do not write off the idea of a historic district before you have given yourself a chance to understand what a Candler-Park-specific historic district could actually look like and what the benefits could be. Historic District regulations are not one-size fits all. Druid Hills is not the same as Inman Park and neither are as flexible as Poncey Highlands (the most recent district).
7 Reasons I will Vote Yes

By Emily Taff, Candler Park Resident

- **This conversation has been a long time coming.** A historic district, and even just this historic district discussion, is a proactive way to plan for the future of our neighborhood. Over the last few years I’ve heard from many neighbors wondering what we can do to have some say over how our neighborhood is developed and grows. We have learned over the years that the City can propose and initiate the rezoning of any zoning we have in place and nothing at the zoning level can prevent demolition of existing houses.

- **I’m interested in seeing if we can create a historic district that grows with the city without losing what we already have.** Historic does not mean single-family, in fact, “single-family” houses in Candler Park were divided into apartments, duplexes, and triplexes over the years as people’s income or intown housing shortages necessitated it. After World War II, many Candler Park houses were duplexes. My own house, for example, was originally single-family but had at least 2 occupants (according to City Directories) by the 1940s and has evidence of 3 front doors. I know many of you have similar stories! Other houses were built as duplexes originally as it was a common house type in walkable suburban neighborhoods like this.

Decatur just voted to increase the allowable occupied units on single-family-zoned properties, the discussion there revolved around the benefits of accessory dwelling units, duplexes, triplexes, and quads as well as easing parking requirements to increase housing supply. Decatur also has five local historic districts where conversion of historic homes into duplexes, triplexes, quads and additions of new accessory dwelling units is “historically appropriate” and will likely not be a problem.

- **Everyone should care.** You may think this does not affect you because your house is not old, or because you don’t own property, but you live in Candler Park for a reason. The proximity of my neighbors, and the fact that I see them often on their porch or in their yard, shady streets, parks, and walkable restaurants, are among the many things I love about Candler Park. Interestingly, these things exist in large part because of the historic development of our neighborhood. The wide front porches and yards bring people outside, the proximity of houses that put you within earshot of your neighbor and make it easy to chat when you are walking down the street, and the small commercial nodes, typical of early 20th century streetcar developments like Candler Park, put amenities within walking distance.

- **There is precious little left of our neighborhood’s African American heritage.** Many houses that were once part of Candler Park’s African American communities of Rose Hill, Hooper Street, and blocks between, have been lost. Becoming a historic district is the best way to actually protect the remaining houses and buildings associated with the historic African American communities or any other group including properties that may be significant to our city’s LGBTQ heritage.

- **CPNO’s funds are well-spent in having this conversation.** The committee is not asking for CPNO funding at this time, but, as noted above this has been a long time coming and I would consider it money well-spent if CPNO can enable Candler Park residents to have a productive dialogue about the future growth of the neighborhood and what role we do or do not want to play in that. The conversation about how zoning and preservation work together is happening at the City level as well right now as workshops get underway to rewrite our Zoning Code. A more in-depth conversation of if and how Candler Park can meld future growth with historic preservation will also contribute the City-wide dialogue.

- **This wouldn’t be your grandmother’s historic district.** Nearby Druid Hills is a Landmark District with particularly strict regulations, Inman Park has updated their regulations a number of times to allow things the original historic district did not, like contemporary architecture, easier window replacement etc., Poncey Highland, which just became a historic district in 2020 has perhaps the lightest regulations focused on the front portion of a house and even allowing second story additions. We have not written anything yet but we as a neighborhood will decide what criteria we want a potential historic district to meet.

- Finally, this is not going to happen without neighborhood support and participation. That’s good news for everyone but it also means that your participation is essential. While it’s technically true that a small group of residents can start the conversation, they

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**Attend the CPNO Meeting to vote!**

**Monday, March 20**

Make sure to renew your membership – each adult in the household should renew separately.
Inflammation

Gail Turner-Cooper,
Founder Align Health Coaching

Inflammation is our body’s normal and natural response to any injury or attack on our immune system. This can range from the soreness after catching your hip on the corner or the counter to the redness surrounding a mosquito bite or the flush on your neck from alcohol. Inflammation that resolves itself is normal and not worrisome. However, many suffer from chronic low-level inflammation at the cellular level that can cause serious problems if left untreated. This type of inflammation is known as a “silent killer” and can develop without pain leading to obesity, diabetes, cancer, and heart disease.

There are a wide variety of causes of inflammation that can compound upon each other overwhelming your system and leading to health issues. Each of us have a baseline for capacity to handle these causes which can be based on genetics and our daily routines. When you have several factors, all putting stress on your body, it can be difficult to be healthy.

What causes chronic inflammation?

Causes of inflammation can be categorized into two types of factors, acute (you know the exact cause) and general (causes from lifestyle, habits, or environment).

Diet is a critical factor affecting the baseline of your system. Certain foods cause significant stress on our system and when eaten repeatedly over long periods of time, chronic inflammation can develop. Sugar, refined grains (such as bleached flour) and gluten are difficult on our bodies and often are packaged in one product such as cereal, cookies, or...
even healthy seeming things like crackers. For many people, dairy and red meat can be inflammatory causing stomach aches or poor bowel movements. Alcohol is harsh on our system and regular consumption can make it difficult to heal and return to our best baseline. It’s helpful to know what foods serve your unique body and the ones that do not.

Stress is a huge factor that can limit our ability to deal with inflammation. Usually, stress doesn’t show itself as a specific, acute issue. A stressed body is already working extra hard to maintain balance allowing other factors to cause greater harm. Environmental factors such as pollution, pesticides, secondhand smoke, heavy metals, and other chemicals such as household cleaners can cause inflammation.

Acute causes are ones that you can readily identify. Physical injuries such as infections, cuts, and other trauma as well as illnesses ranging from heart disease, Crohn’s, Lupus, or obesity are key factors that can unbalance your system. Some of these issues are temporary or can be treated through medication. However, if you have a persistent illness such as arthritis or Celiac disease, then your lifestyle choices will become an even more critical component to avoiding chronic inflammation.

What can I do about inflammation?
Before addressing acute causes of inflammation, giving your system the ability to heal inflammation and raising your capacity to deal with the above factors is critical. Regular exercise such as daily walks and working out three days a week for 30 minutes is a huge step to reducing likelihood of chronic illness, reducing weight, and building your strength. Other activities that help your body and mind such as meditation and yoga can promote mental clarity and reduce stress.

Mindful eating is critical. Avoid foods that cause you stress such as sugary beverages, breads, alcohol, and known intolerances. If you know that a certain food, such as ice cream, makes you feel poorly, eliminate it. Introduce foods that are nutrient dense and help inflammation such as leafy greens, ginger, or green tea (and even small amounts of tasty ones like sweet potatoes, or a little cleanly made dark chocolate).

Being aware of how your body feels after you eat or encounter stress is important to understand the factors that cause your body’s inflammation. Then you can change habits or diet to improve your ability to handle inflammation and feel better every day.
For The Kiddos

A fun website to use to help children be more conscientious about handwashing and engaged. Visit: scrubclub.org

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

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DID YOU KNOW...

The sponsors in this publication help make designing, printing, and delivery possible for your community! Without their advertising, this publication would be more costly for the HOA to provide to the community. Show some support and visit one of the sponsors in this publication!
The committee met to discuss the wording of the motion to be presented at the March 20 CPNO meeting. The committee wants to ensure that the motion clearly states the scope and purpose of the next phase in the process. This vote is to begin community engagement that would be all inclusive and would address all past and future issues to explore how the neighborhood will prepare for future growth while maintaining the uniqueness of Candler Park. An outline incorporating all feedback would be drafted and then potential regulations for a historic district would be crafted. Another neighborhood vote would take place to decide if these regulations should be filed with the city which would then begin a rezoning process – also subject to yet another neighborhood vote. And at any point during all this time there exists the possibility for comments and changes. Because of the challenge incorporating all this into a single motion, it was decided that a committee member would work on the wording and then circulate to the group. We also discussed the upcoming open houses at the Neighborhood Church on McLendon Feb. 25 from 10am-1pm and Feb. 27 from 5pm-8pm and what materials we want to have available. The purpose of this open house is to answer any questions and to make sure everyone has an understanding of where we are in the process.

I have redesigned the messenger input to match the modernized APD dashboard. With the new dashboard, I am able to pull data up through the editorial deadline. Please see attached. I would appreciate feedback on whether this will fit in the messenger and if this format is useful - suspense Friday 17 February since we are on a tight publishing deadline for the messenger.

One voting item on the January 2023 NPU-N meeting agenda was relevant to Candler Park.

NPU-N voted to support a Special Event Application for the L5P April Fool’s Festival consistent with the prior vote of support by the CPNO membership.

CPNO Infrastructure Committee Update

- Workshops held on Jan 19 and 21
- Well attended on both days
- Currently analyzing the data
- Still open for feedback using online survey - Still wanting about 100 more responses
- URL - https://docs.google.com/forms/d/e/1FAIpQLSf_t3fih9XP6vmpH2z5YNoBQqRCaNdJW_A7qQoecofUYSYig/viewform
- Sign up for our email list on safermclendon.org or email infrastructure@candlerpark.org and I can add you.

At the February meeting IPNA unanimously voted to support the inclusion of the Freedom Park Conservancy’s Master Plan in the City of Atlanta’s Comprehensive Development Plan. We expect the City Council will vote to include the Master Plan in March.

The Plensa sculpture near North Highland and East John Lewis Freedom Pkwy has been installed. The site will soon be open to the public.

At the February Freedom Park Conservancy board meeting there was discussion about how to involve the community with the park. Board member, Ben Fowler is working on a Stewardship plan for Freedom Park. He worked for the Georgia Conservancy in his twenties and is now pursuing a Ph.D. at Clemson University in Park, Conservation and Outdoor Recreation Management. I am excited about his work and look forward to engaging Candler Park neighbors to join with us to think about stewardship opportunities for the Park. These could include trash and debris clean up, landscaping, tree trimming, shrub pruning, wilderness walks, educational programming and other activities.

Date selected Sept 30 and Oct 1
New Fall Fest Chair, Brian Kyle
First official committee meeting will be March 7
We excited and lucky to have many returning volunteers to lead the organization and execution of the festival.

Fall Ball will happen again at Hudson Grille. More details to follow.

Needs include:
A) Kidlandia lead
B) more volunteer helpers. Email Fallfest@candlerpark.org

Candler Park Pub Crawl - March 9
https://candlerpark.org/pubcrawl/

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

Candler Park, are eligible to join.  Mail this application or visit our website candlerpark.org/donate-to-cpno

18 Candler Park Messenger // March 2023
The meeting was called to order at 7:00 pm by Christina Hodgen, President. The motion to adopt the agenda passed. The motion to approve the January minutes passed.

**Guest Speaker:**

Atlanta Police/Zone 6/Beat 608

Sgt. Johnson presented the current crime statistic for Beat 608. She also gave us the name and number for the Crime Prevention Officer- Sabrina Thomas (470-462-9037 or sabthomas@atlga.gov).

**Historic Designation District- Marty Shaltis**

There will be two more open houses prior to the vote in March.

**Education Committee- Yukiko Tahedichi**

The Committee has composed a letter opposing the proposed changes to the cluster which would be effective 2024-25 school year. Their concern is that the numbers being used are not accurate.

**Infrastructure Committee- Naoya Wada**

Still analyzing the data; still time to participate in the survey.

Safety- Larry Compton

---

**MARCH CRIME REPORT, CANDLER PARK**

<table>
<thead>
<tr>
<th>Date</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Theft from Vehicle</td>
<td>1/7/23</td>
<td>Friday</td>
<td>Evening</td>
<td>1300 BLOCK BENNING PL NE</td>
</tr>
<tr>
<td>Stolen Vehicle</td>
<td>1/11/23</td>
<td>Tuesday</td>
<td>Evening</td>
<td>1300 BLOCK MCLENDON AVE NE</td>
</tr>
<tr>
<td>Property Damage</td>
<td>1/12/23</td>
<td>Wednesday</td>
<td>Evening</td>
<td>300 BLOCK ELMIRA PL NE</td>
</tr>
<tr>
<td>Burglary</td>
<td>1/12/23</td>
<td>Tuesday</td>
<td>Day</td>
<td>300 BLOCK CANDLER ST NE</td>
</tr>
<tr>
<td>Theft from Vehicle</td>
<td>1/13/23</td>
<td>Tuesday</td>
<td>Evening</td>
<td>1600 BLOCK MCLENDON AVE NE</td>
</tr>
<tr>
<td>Theft from Vehicle</td>
<td>1/16/23</td>
<td>Sunday</td>
<td>Evening</td>
<td>1400 BLOCK NORTH AVE NE</td>
</tr>
<tr>
<td>Stolen Vehicle</td>
<td>1/18/23</td>
<td>Tuesday</td>
<td>Evening</td>
<td>300 BLOCK FERGUSON ST NE</td>
</tr>
<tr>
<td>Property Damage</td>
<td>1/18/23</td>
<td>Tuesday</td>
<td>Evening</td>
<td>600 BLOCK PAGE AVE NE</td>
</tr>
<tr>
<td>Theft from Vehicle</td>
<td>1/19/23</td>
<td>Thursday</td>
<td>Morning</td>
<td>400 BLOCK MORELAND AVE NE</td>
</tr>
<tr>
<td>Property Damage</td>
<td>1/20/23</td>
<td>Wednesday</td>
<td>Evening</td>
<td>MORELAND AVE NE / MCLENDON AVE NE</td>
</tr>
<tr>
<td>Theft from Vehicle</td>
<td>1/31/23</td>
<td>Monday</td>
<td>Evening</td>
<td>1300 BLOCK MCLENDON AVE NE</td>
</tr>
<tr>
<td>Theft from Vehicle</td>
<td>2/1/23</td>
<td>Wednesday</td>
<td>Morning</td>
<td>1300 BLOCK HOOPER AVE NE</td>
</tr>
<tr>
<td>Property Damage</td>
<td>2/2/23</td>
<td>Thursday</td>
<td>Evening</td>
<td>1100 BLOCK NORTH AVE NE</td>
</tr>
<tr>
<td>Theft from Vehicle</td>
<td>2/8/23</td>
<td>Wednesday</td>
<td>Day</td>
<td>NORTH AVE NE / MORELAND AVE NE</td>
</tr>
<tr>
<td>Theft from Vehicle</td>
<td>2/12/23</td>
<td>Saturday</td>
<td>Evening</td>
<td>1600 BLOCK MCLENDON AVE NE</td>
</tr>
<tr>
<td>Stolen Vehicle</td>
<td>2/14/23</td>
<td>Tuesday</td>
<td>Day</td>
<td>1400 BLOCK LA FRANCE ST NE</td>
</tr>
</tbody>
</table>

The Crime Report has been modernized.

**Candler Park Forever- Lexa King**

The book club will meet to discuss “The Class of ’65” The author will be present. You do not have to be a member of Candler Park Forever or to have read the book to attend.

**New Business**

**Little Five Points Alliance- Kelly Stocks, President**

Will need a permit for the Halloween Parade; May rent parking lots for the Open Market.

Motion to support the Little Five Points Alliance Halloween Parade and Festival passed.

**Freedom Park Conservancy-Beth McDonald**

FPC has new Master Plan which needs to be included in City legislation. The motion to support the new Master Plan of Freedom Park Conservancy to be included into the City of Atlanta 2023 Community Development Plan passed.
You hear people talk about ‘termite letters’ all the time. So what exactly are they talking about?

Well, a termite letter is a report that a pest control company will create after doing an inspection of a house. Some states have actual forms that this is supposed to follow by state law.

Georgia is a prime example - we have the “Official Georgia Wood Infestation Inspection Report” which is required for any home sale in the state. Without going all Georgia Tech on you, here is part of what it says.

“The Official Georgia Wood Infestation Inspection Report shall be the written instrument for the purpose of certifying that a structure is apparently free from wood destroying organisms as a basis for transfer of real property and shall be issued only by a pest control operator certified in Wood Destroying Organisms. Such instrument shall carry a guarantee that, if an infestation of wood destroying organisms from which apparent freedom is certified, is found within ninety (90) days from date of issuance, the infested structure(s) shall be treated by the licensee, free of charge subject to the following:

Subterranean Termites
Powder Post Beetles and Wood Boring Beetles
Wood Decaying Fungi
Dry Wood Termites…”

If you want to read the entire rule, or get the official form, simply go to https://rules.sos.ga.gov/ then look for Rule 620-6-.03. Happy reading. Write a report and have it on the teacher’s desk before 2nd period on Tuesday. Or make a diorama. Be sure to use an old shoe box for the background and raisins to symbolize termites.

The termite inspection letter should disclose everything that was found by the inspector, whether the house is currently infested with termites or has been in the past, and will also usually note if any parts of the house were inaccessible for inspection.

If you are the buyer, your bank may require you to have a termite letter before you close on your house. There can be restrictions, and they may require it to have been within a certain time period before the loan closes (so they essentially “expire”).

If I was the buyer I would make sure I saw that form and have any part of it that I don’t understand explained to me by a third party pest control expert, just so I understand it.

One very important piece of advice: get your termite letter done in advance of the closing date.

One more important piece of advice to the home owner, get your home checked every year for termites and/or any termite damage. It makes getting and dealing with the termite letter a whole lot easier to do.

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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Candler Park // www.candlerpark.org 21
Working Inside and Out!

This month may be cold… but it could be 70 degrees most days. Surely it won’t be as rainy as the 17 out of 31 drenching days of January. In February, it seemed to rain almost every Sunday and Thursday (the days of my ALTA tennis matches and split shifts. Go figure!).

No matter the weather, a gardener always begins to catch Spring fever about this time. Some plants began budding out as early as the second week of February, and that was a breath of fresh air for anybody who had concerns after that Christmas freeze. By now, cherry trees are flowering, yellow daffodils have shown their bright faces, saucer or ‘tulip’ magnolias are displaying pastel flowers before they even leaf out, and yellow forsythia hedges wave ‘hello’ in the breeze.

The timing is right to prune woody shrubs that were bare all winter. This is easily done with sharp pruners and loppers in a matter of minutes. Things to tackle are lantana, butterfly bush, Knock Out roses, and most ornamental grasses, including liriope or ‘monkey grass’. If maintaining a large area of monkey grass, raise the blade height on a mower and slowly mow over it.

Landscapes can quickly and easily be spruced up by adding fresh mulch or pine straw. Be cautious though of some scammers overinflating the number of bails of pine straw it took to cover an area. It is common practice to ask them to count the strings that came off the bails allegedly used.

Prevention is the best medicine when it comes to a healthy, lush lawn, whether it’s preventing pests, diseases or weeds. Homeowners should always prioritize an application of a preemergence herbicide at least twice per year. This granular application must be timed right so as to kill unwanted weed seeds right as they begin to germinate. Proper timing to prevent summer weeds is generally from mid-February to mid-March in our area. And to get ahead of annoying winter weeds like poa annua, an application of preemergence in late August to mid-September is just right.

So if even more rain is expected, no problem! Bring gardening efforts indoors and focus on houseplants. Just today, I breezed through the house and did three simple things for my houseplants in just 15 minutes.

1. Carefully wipe down (dust) the leaves of larger houseplants with a slightly damp rag. This allows those leaves to catch every bit of sunlight they can.

2. Water plants only if the top 1-2” of soil is dry sticking your finger in the pot. Remember to check those plastic trays beneath house plants. Don’t let standing water remain there.

3. Rotate each pot. It’s easy to tell when this hasn’t been done because they develop a slight lean towards the sun. Usually just a half-turn of the pot will do.
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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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This year, the Vernal Equinox takes place at 5:24pm ET on Monday, March 20.

The Vernal Equinox occurs when the sun’s light is equally shining on both the North and South Hemispheres. This means neither the North Pole nor the South Pole are pointed towards the sun, and the sun’s rays are directly over the equator.

On the day of the equinox, the length of day and night anywhere in the world is roughly the same. However, the true date of “equal daylight -- equal nighttime” occurs on the equinox, which takes place a few days before the Spring Equinox.

FIRST DAY OF SPRING IN ATLANTA: WHAT TO EXPECT

The Vernal Equinox lands on Monday, March 20 this year, and the average daytime high in Atlanta on this date is 67 degrees; the average morning low is 46 degrees.

The warmest daytime high on March 20 occurred in 1907, when thermometers reached 86 degrees. The coldest morning low occurred on this date in 1923, when thermometers dropped to 17 degrees.

The average last spring freeze date for Metro Atlanta is March 23, however the latest spring freeze on record is April 25, 1910.
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Park Realty-John Morgan & Drew Jackson 877-249-8533
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