



March 2022

MESSENGER

Planning for Spring!



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FROM THE PRESIDENT

By *Emily Taff, president@candlerpark.org*

I don't know about you but for me March is a very distracting month. My desk at home looks out on the backyard where a huge old cherry blossom tree will bust out in a glorious pale pink cloud sometime this month. The Japanese Magnolias, irises, lingering daffodils and then the tiny little leaf buds on the trees... I find myself outside soaking it all in when I'm supposed to be inside working. I'm also distracted by garden planning—well, to be clear, all good planning started yesterday—but I will still sketch out a new bed for my vegetable garden, or research shrubs and flowers that I need for the yard.

CPNO is also planning for a fall harvest. It may barely be spring but it is time to begin planning for Candler Park Fall Fest! That starts with appointing the Fall Fest Chair and getting the committee going. So if you might be interested, send us an email. We could not put on this annual neighborhood festival without the help of so many of you and I am very excited to see how the 2022 Fall Fest will shape up.

Speaking of planning and Fall Fest, which is normally a large part of CPNO's annual revenue, in February we presented the draft budget for 2022. It will be voted on at the March Membership Meeting (March 21 by the way).

CPNO is not a high overhead organization. There are some administrative expenses of

FROM THE PRESIDENT

course—email, website, a post office box—but most of our expenses are donations to causes that are important to the neighborhood, Community Support. These include the Atlanta Public Schools our children attend, Little Five Points Alliance, the Edgewood-Candler Park BiRacial History Project, and the Freedom and Candler Park Conservancies. The proposed budget indicates this community organization's commitment to a number of other community initiatives that directly affect our neighborhood and residents. Additionally, we set aside funds for special projects like the Slow Corridor initiative for McLendon and for special events like the Easter Egg Hunt (coming up in April!), a Block Party fund, and other membership social events which I certainly hope will happen this year!

So, you can see, the budget really shows where the focus of the Candler Park Neighborhood Organization is but it also indicates where neighborhood residents want support to go. We could not do this without your help!

Here's to spring planning for a good fall harvest!

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

BOARD of DIRECTORS

PRESIDENT	Emily Taff
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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 at First Existentialist Congregation, 470 Candler Park Drive.

Committee meetings take place at The Neighborhood Church, 1561 McLendon Ave., unless otherwise announced (enter from the street level door and ring the bell if you're late).

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

Find specific meeting information on page 6 and a complete list of CPNO meetings 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

MARCH

2 CPNO Zoning meeting, 7 pm, Location TBD

9 Little Five Points Historical Walking Tour, 4 pm (Phoenix Flies)

13 Daylight Savings Time begins

14 CPNO Board meeting, 7 pm, Location TBD

15 Deadline to submit content for The Messenger!

20 CPNO Members Meeting, 7 pm, Zoom
Spring Equinox

24 NPU-N Meeting, 7pm, Zoom

APRIL

4-8 APS Spring Break

6 CPNO Zoning meeting, 7 pm, Location TBD

11 CPNO Board meeting, 7 pm, Location TBD

15 Deadline to submit content for The Messenger!

18 CPNO Members Meeting, 7 pm, Location ZOOM

28 NPU-N Meeting, 7pm, Zoom

MAY

2 CPNO Zoning meeting, 7 pm, Zoom

9 CPNO Board meeting, 7 pm, Zoom

15 Deadline to submit content for The Messenger!

16 CPNO Members Meeting, 7 pm, Zoom

26 NPU-N Meeting, 7pm, Zoom



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

Membership on the March (Why Not Renew in March?)

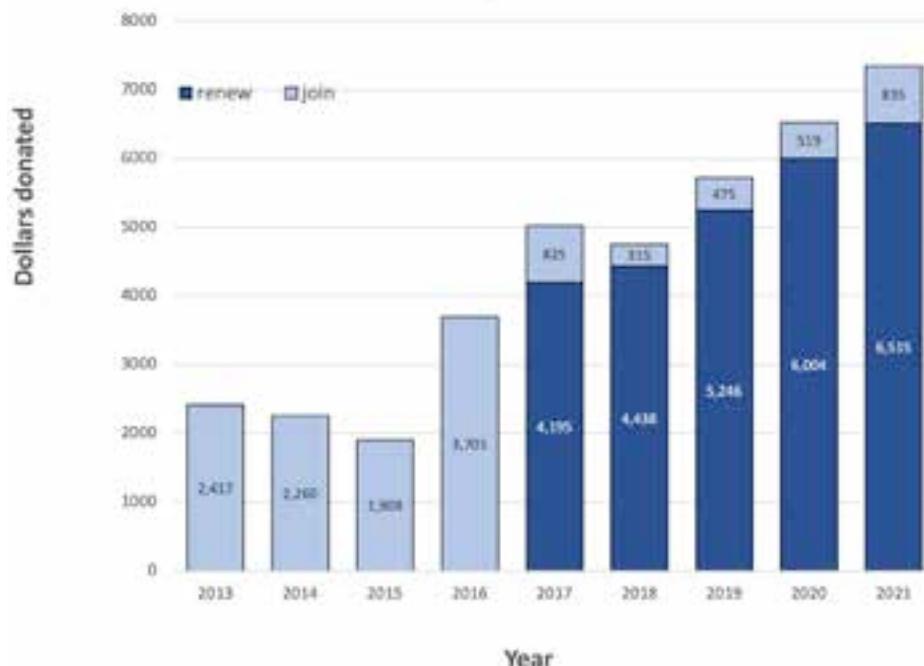
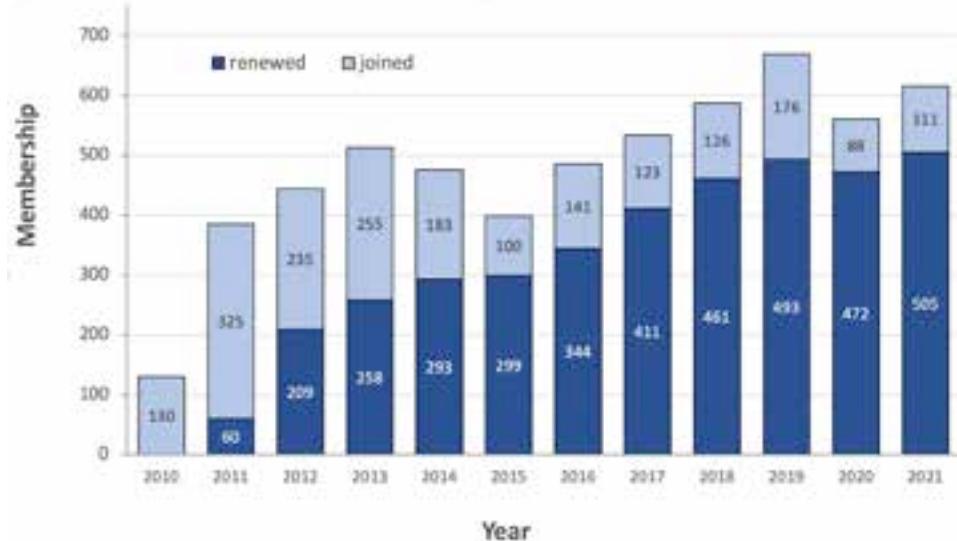
By Roger Bakeman, membership@candlerpark.org

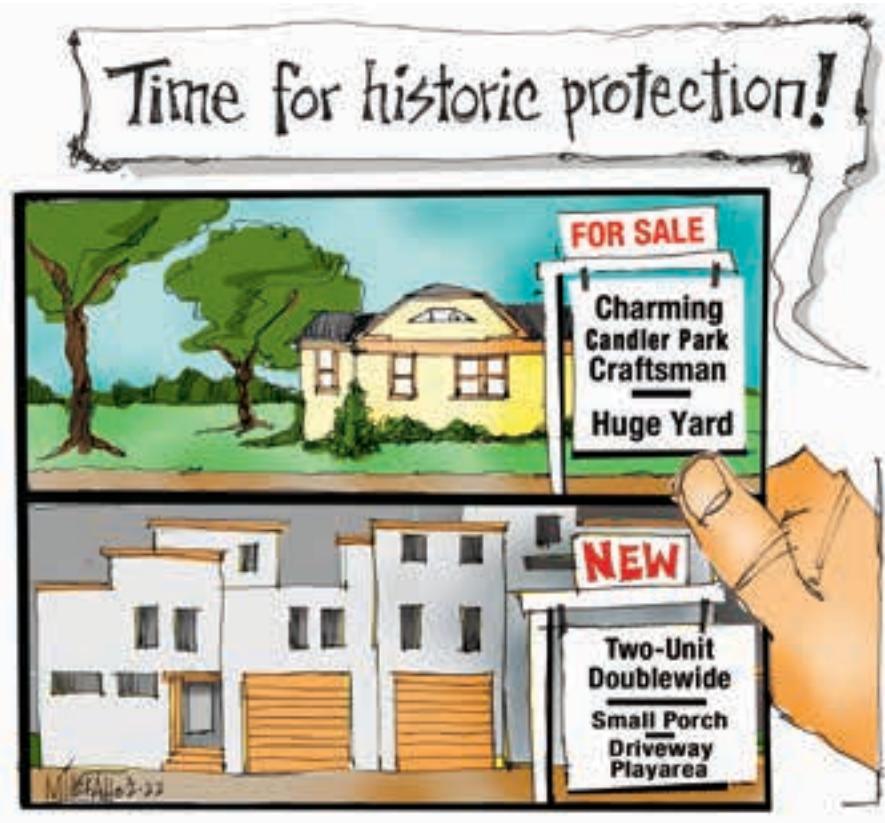
A reminder: CPNO membership is by the calendar year, so why not renew now—although our bylaws give you until April 30.

I'm happy to report that over the last decade generally each year has seen an increase in the number of renewals. The number of new members each year has declined somewhat, probably due in part to market saturation, with the increase in new members 2017–2019 due in part to Rival Entertainment's offer of free tickets

to their music festival those years.

At the same time, our members have become increasingly generous. Membership in CPNO is free, but we welcome voluntary donations. Total dollar donations from members has increased steadily each year, mainly from renewals. Approximately 25% of households have donated, with an average donation per household of approximately \$50.





Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new member:

McLane Rywant

Cole Wheeler

Christina and Sean Wood and family

... and two others who wished to remain anonymous

CPNO thanks members for their donation:

...Four who wished to remain anonymous

And remember, membership in CPNO is for the calendar year. It is now time to renew for 2022. Go to our website or enter candlerpark.org/renew.



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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.

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

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Shredded Brussels Sprout Salad with Citrus Vinaigrette

By Kerr Dobson

We made it to March! This means Spring is almost here. I love cooking with more fresh vegetables during this time of year. This recipe highlights crisp raw brussels sprouts with a bright citrus dressing that will get you excited for warmer days ahead. This salad looks simple, and it is, but the end result is absolutely fantastic! Plus, you can find all these ingredients at The Candler Park Market!

INGREDIENTS

- 2 lemons
- 2 oranges
- 1 large shallot
- 1/2 cup olive oil
- apple cider vinegar (optional)
- salt and pepper
- 2 dozen brussels sprouts
- 6 slices of bacon
- 1 cup raw almonds
- 1 cup grated Pecorino-Romano cheese (Parmesan works great too)

INSTRUCTIONS

Roughly chop the almonds.

Cook the bacon, let cool and crumble. Set chopped almonds and crumbled bacon aside.

Juice the lemons and the oranges.

Finely mince the shallot.

Whisk together the lemon juice, orange juice, shallot and olive oil. Season with salt and pepper to taste.

Remove the stems on the brussels sprouts. Finely shred. I use the shredding attachment on my food processor, but if you don't have one you can finely slice with a knife or use a mandoline. You want a slaw type consistency. Many larger grocery stores sell pre-shredded brussels sprouts if you prefer.

Toss the shredded brussels sprouts with the citrus vinaigrette, bacon, almonds and Pecorino-Romano.

Season with more salt and pepper if needed.

I sometimes add a splash of apple cider vinegar at the end if I think the salad needs a touch more acid.

This recipe is adapted from chef Michael Chiarello's brussels sprouts at his famed restaurant Bottega in Napa Valley.

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A Peek Behind Candler Park Market with Manager Rick Johnson

By Edie Elkinson, Candler Park Resident

The other day I got to sit down with Candler Park Market's manager Rick Johnson, who shared some historical nuggets, deli favorites and celeb sightings at this beloved neighborhood treasure.

How long have you been working at the market? Have you always been the manager, or did your role evolve over the years?

I've been working here for 26 or 27 years. I started as a stockboy.

What are some of the biggest changes you've witnessed over the years - both at the market and in Candler Park?

I saw the whole neighborhood really change. There used to be apartments up the street, and those were torn down into condos. We've had a whole different change of people in the neighborhood. The market, when I first started working here, was really run down and hadn't been taken care of like it should have been. Three years ago we got it remodeled, a complete facelift. That was right before the pandemic.

Speaking of the pandemic, how did COVID affect the market?

It didn't. We were able to adjust and follow whatever the CDC recommended. None of us got sick or had to take off or close down.

What is the most popular thing you all sell?

Right now, I would say our beer and wine section. It's a top-rated wine section. [Rick's not kidding about that. Candler Park Market's wine selection was featured in Food & Wine magazine's "America's 50 Most Amazing Wine Experiences"]

Is there anything customers ask for that you don't sell?

We carry pretty much everything. After the market was sold about 18 years ago from the Lee's to the current owner, we put out a survey and started bringing in what the customers asked for.

Why do you think Candler Park Market is so popular?

We are family-oriented. We try to make it family-friendly, serving the neighborhood and doing some good



things. We always donate whatever the neighborhood asks of us. And each year after 4th of July, we have customer appreciation day where we give away food and prizes. We give away t-shirts, hats, chairs, bicycles, different kinds of stuff.

I've been told you make the world's best mac-n-cheese. How much of it do you sell in a day?

Between the mac-n-cheese and pimento cheese and chicken salad, we sell a lot of it, but we also make a lot of it. A lot of it.

Do you have a favorite soup or sandwich in the deli?

The Italian sandwich is probably my favorite - it comes with pepperoni, prosciutto, all different types of Italian meats on it.

What's one thing most people don't know about Candler Park Market?

A lot of people don't know that we do catering, and that's a big hit for the market. Everything is made right here in the store. The chicken salad, pimento cheese and mac-n-cheese are very popular. We also carry Aunt Evelyn's peach cobbler, and we sell tons and tons of that. Evelyn is a customer. She introduced her product to us, and it's been a big hit, and we sell out of that a lot.

Who are some memorable celebs you've had at the market?

Big Boi, the rapper, shot a video here, and Jeremy Irons used to come by every day while they were shooting a movie here.

What's the busiest day at the market?

It's between Friday and Saturday. Friday all the kids come from Mary Lin - that's like a slam dunk.

I heard what is probably a rumor - that a kid once came in and bought the entire aisle of candy. Any truth to this?

Not the entire aisle no, but when Big Boi was shooting the video here, he bought all the butter pecan ice cream that we had in the store.

What do you love about Candler Park?

I like the friendly people. Everybody is so friendly and really welcoming.

GOOD TO KNOW!

By the way, Candler Park Market is hiring for a few positions, so check it out if this sounds up your alley!

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Phoenix Flies 2022 is the 19th year that the APC has brought together organizations and individuals from the community to demonstrate the value of Atlanta's historic built environment.

Events this year are a mix of in-person, virtual and self-guided tours.

Some events require reservations.

Learn more about our neighborhood with two Phoenix Flies Events!



Interactive Walking Tour of African-American Sites in Candler Park

Phoenix Flies 2022

SELF-GUIDED TOUR: [BIT.LY/316AJNR](http://bit.ly/316AJNR)

Early Edgewood-Candler Park BiRacial History Project

www.biracialhistoryproject.org

This year we are offering our Walking Tour of 1870s-1980s African American Legacy Sites in Candler Park through the online interactive link, a collaboration with the Freedom Park Conservancy and Emory's Center for Digital Scholarship. Take the self-guided tour on foot, by bike or at home, at a time best for you. On the website you'll find maps and experience the rich supporting materials there. There are some uneven walking surfaces and please don't park in the driveway next to the Old Stone Church. Email your questions and comments for the History Project to phoenixflies@preserveatlanta.com.

Little 5 Points Historical Walking Tour

Phoenix Flies 2022

GUIDED TOUR: WEDNESDAY, MARCH 9 AT 4PM
SELF-GUIDED TOUR: THURSDAY, MARCH 10 – SUNDAY, MARCH 27

Tour begins at L5P Center for Arts & Community (meet outside at the corner of Euclid and Austin) and ends at the Wrecking Bar Brewpub. Subsequent, on-going tours will be self-guided with a map available online.

To reserve your spot for the guided tour, go to preserveatl.eventbrite.com.

Self-guided tour available at www.l5pba.com.





Great Risk, Greater Rewards

By Lexa King, Candler Park Forever

Do you enjoy taking risks? I'm not talking about walking a tightrope stretched across Niagara Falls like Nik Wallenda, or jumping the Grand Canyon on a motorcycle a la Evil Knievel. I'm talking about every day risks. Even getting out of bed can be risky. You could fall, break a bone, need surgery, and develop an infection that kills you. For that matter, staying in your home these days carries the risk of police misunderstanding an address, incorrectly carrying out a no-knock warrant at your home, and mistakenly shooting you, on your sofa, armchair or even in your bed.

But let's not dwell on extreme, unique instances. We make choices thousands of times daily. Some we decide by habit. Perhaps we eat the same thing for breakfast each day. It takes me a while to wake up, so I tend to have a few favorite items from which I can easily choose. Years ago, when I had a corporate job, I was expected to lunch daily with the same 3 men. One was my peer, one my boss

and the other my boss's boss. We had a routine. We left for lunch daily at 11:30. Monday we went to restaurant A, Tuesday it was restaurant B, and so on. Every day, every week. They had been performing this ritual for years before my arrival and I'm sure they continued long after my departure. Every week the same 5 restaurants.

For some, like me, that kind of repetitive behavior is stifling and boring. For others, it provides reassurance and reliability. And for

they decide. It also provides some assurance that you will probably enjoy your lunch since you are already fairly certain of the quality of products at these places. Of course, the next issue is what to choose from the menu. Some of us find an item at a restaurant that we really enjoy, so every time we go there we order that item. For me, I like Thai food, but usually I end up ordering shrimp Masaman. I don't go for Thai often enough to get sick of it and sometimes I try something else, but I usually can count on enjoying the Masaman. Sometimes I am disappointed by other dishes. But occasionally I find a new jewel of an item that I can then add to my repertoire of favorites. That's the risk.

"So how comfortable are you with risk? Do you try new restaurants? Do you make arrangements to spend time with new people occasionally?"

some, who deal with making multiple significant decisions daily, it removes the need to choose a place for lunch in addition to everything else

So how comfortable are you with risk? Do you try new restaurants? Do you make arrangements to spend time with new people occasionally? Do you change things in your life when you are unhappy or dissatisfied with an element..... like your job or where you live or a friend? Do you explore the

corners of the world when you have vacation time?

I had an amazing minister, David, in the past, who started a couple of schools in Siem Reap, Cambodia years ago. Annually, usually in January, he makes a working trip there and offers the opportunity for interested people to travel with him. He has been going there for ten or more years, so he has a great boutique hotel he uses and plenty of contacts who know the best places to eat, shop, tour, and enjoy. Going in January avoids the rainy season. For the most part, it is not stifling hot either.

Over the years, I have heard people who travelled with David rave about their experiences on these trips. It was one of those things that I said I would like to do, but never quite seemed to take the steps to make the needed reservations. It seemed too risky. Then one Sunday we had a speaker in church who challenged us to do something that week that scared us. I was convinced she was speaking directly to me. That week I chatted with David and asked about the thing that worried me the most. Because of my asthma and my perception of the poor air quality in Cambodia, if I went there would I be able to breathe? I asked that question several times before our departure. His answer was always the same. "Well, it's hot and dusty, sometimes oppressive and some places are not air conditioned." He never tried to convince me either way. He made sure it was totally my choice. The week after the speaker's challenge in church, I committed to the trip, which was a few months away. If you live that your word is law, that's all it takes. Once you say you will do something, there is no back door. No changing your mind. No letting something get in your way. And most times when I commit, things start happening that support my decision. Extra money shows up. Support for my efforts unexpectedly appears. The Universe conspires to support your efforts.

When people ask "What has been your favorite travel experience?" I unhesitantly announce, "Cambodia". Mostly for all of the reasons I was frightened to go. Air travel to get there takes about 19 hours. We changed planes in LA and Seoul, Korea. The airlines seem to take special care of people who are willing to spend that much time and money being vaulted across the sky in a metal tube to the other side of the globe.

I have travelled fairly extensively in Europe. Language there never seemed a problem since such a large portion of the people everywhere speak English, I know a bit of French and many words of several languages are recognizable since we use the same alphabet for the most part. Not so with Asian languages. The only

thing I recognized on signage were the arrows. Fortunately, because tourism is such big business, people in the service industries have a working knowledge of English. Let me just say that every experience or interaction I had be it at a restaurant, a hotel, a shop, a spa, I was treated like royalty. My experience was that Cambodian people are the most pleasant, most grateful, most willing to be of service, I have encountered. Their country and their culture could have turned them bitter and angry for all of the pain and torture they have endured. It seem to have had the opposite effect.

Besides lessons in English, which Cambodian schools do not teach, the children at David's schools can learn music or sewing or computer skills. They learn how to survive and thrive economically and to escape a life of ignorance and poverty. I have never witnessed such enthusiastic students.

International travel is a great gift. You see how much we have that we take for granted that is not available to millions around the world. Things like clean water. We participated in digging wells for a few families. Many times multiple families will share a well. For an investment of just a few hundred dollars, the lives of a dozen or so people is altered significantly. It even gives them the opportunity to grow vegetables since they can water the plants during dry spells. It is a big difference from walking and hauling containers of water great distances.

The varied experiences and thrills that happened on that trip would take much more than a short article to convey. Let it suffice to say that the result of those 10 days rearranged my molecules. I came back altered. So much so that within a few weeks of my return, a daughter who had been out of my life for several years reappeared and I instantly acquired 3 grandchildren who have now been in my life for over 6 years. All this for the price of an airplane ticket and payment for a tour package. AND THE WILLINGNESS TO TAKE A RISK. Oh, BTW, the entire time I was gone I did not have to use my inhaler a single time!

When is the last time you took a risk - big or small? If you are a Senior in our community, take a risk on meeting and connecting with some new people. Reach out to cpforever@candlerpark.org. We're waiting for you and porch party season is almost here!!!

Lexa King is the founder of Candler Park Forever, assisting our neighbors to age in place in Candler Park.



Egg Hunt Set for April 10th!

After a 2 year hiatus, the annual neighborhood Egg Hunt returns to Candler Park on Sunday April 10th! The Hunt starts at 3:30 pm sharp, but please come early to play!

Kids ages 0-11 can hunt for candy-filled eggs and treats will be available for purchase from local vendors. Additional lucky winners who find the golden eggs will get a special prize.

Thanks to Candler Park Market for being a generous and wonderful neighbor and donating thousands of pieces of candy for the event.

Raised Beds: The Perfect Alternative To Digging In Georgia Clay

By Scott Jacobs

Georgia clay, especially with the topsoil scraped off as often happens in an urban setting, cannot be used for vegetable gardening unless you spend three or four years and many hours of backbreaking work supplementing it into the friable and nutritionally dense soil needed for vegetables.

Fortunately, raised beds allow you to start gardening and raise a wonderful vegetable garden in the same season.

Raised beds come in an infinite variety of forms and materials, and many of them work just fine. You can design a raised bed to fit your space with either materials that are available in your backyard, or you can buy raised beds ready to use.

There are a few simple principles that will enable you to get the most out of a fast and easy raised bed.

First, materials. The easiest way to build a raised bed is to simply screw together a frame of 1 x 12s. No bottom or top is needed. Some people prefer cedar as a more natural choice, but cedar can rot quickly in the Georgia climate. Many gardeners in the Georgia climate prefer treated 1 x 12s, which pose no danger to human health since new regulations were adopted for residential timbers in 2003. However, you cannot use treated wood if you want to be certified as an organic garden. Also, do not use industrial timbers such as railroad ties since they are still treated with arsenic.

Second, design. Never build a raised bed wider than 3 ft. It can be as long as you like but it should be no wider than 3 feet so that you could reach the other side of it when you're kneeling. Otherwise, you will waste a lot of time walking around the bed.

Third, ideally, the bed should be no deeper than 12 inches to give adequate room for root development without wasting a lot of time and money in unnecessary planting media. Many premade raised beds are 18 or 24 inches deep, but that requires quite a bit more work to fill them up. If you want a deeper bed because your back doesn't allow you to bend, you can get a 24 inch deep bed and fill up the bottom 12 inches with woodchips and branches.

Fourth, you will lay the frame flat on the ground without anything underneath and then you will put in several layers of brown cardboard on the ground before you put in the planting media. The cardboard will discourage weeds from invading from the bottom and provides a great habitat for worms. Don't close the bottom with anything impermeable because you want good drainage.



You can do this right on top of existing lawn without removing the grass.

Fifth, filling the bed. Never put soil into raised beds. Almost all soil in Georgia has too much clay and it will compact. Use non-soil media such as peat moss, compost and composted



manure. You want to keep the planting media loose and well-draining (friable). Each year, you will top dress with mulched leaves and compost to keep the nutrition level high.

If you use manure in the bed, you must ensure that the manure comes from stables that do not use hay sprayed with herbicides. The gut of the cow and the horse does not break down herbicides and so the manure can be contaminated. Contaminated manure will ruin your garden for at least a year. Always check with the stable to be sure that the hay has not been sprayed. And rather than fresh manure, it is better to use manure that has been composted already for six months or more.*

Sixth, always orient the raised bed running east to west with a good southern exposure. Vegetables require at least six and preferably eight hours of direct sun a day. Always plant with short plants to the South and tall plants to the North. If you are positioning the raised bed on a slope, run the raised bed across the slope rather than up and down the slope if possible to maintain even drainage. If you are running a bed up and down the slope, drill holes in the downward end to ensure that water can drain out.

In sum, all you have to do is put together a frame, lay it on the ground, put down cardboard, and fill it with your planting media of choice. Then plant and enjoy!

**Tip from the editor: look on Craigslist for stables with free composted manure and be sure to line the trunk of your Prius with a tarp before filling it up!*

November Neighborhood Crime Reports

By Kerry Dobson (safety@candlerpark.org)

The information for Candler Park for November, extracted from an Atlanta Police Department online file, is below. It's worth noting that most crimes are larceny from vehicles, a reminder to maintain a clean car—leave nothing visible—and that neighbors should tell guests and visitors to do the same.

JANUARY CRIME REPORT, CANDLER PARK

Date	Day	Time	Location	Description
1/6/2022	Thursday	20:00	1200 BLOCK DEKALB AVE NE	LARCENY-FROM VEHICLE
1/2/2022	Sunday	14:00	1200 BLOCK MCLENDON AVE NE	AUTO THEFT
1/8/2022	Saturday	22:00	1200 BLOCK MANSFIELD AVE NE	LARCENY-FROM VEHICLE
1/12/2022	Wednesday	20:00	1200 BLOCK DEKALB AVE NE	LARCENY-FROM VEHICLE
1/13/2022	Thursday	0:30	500 BLOCK PAGE AVE NE	AUTO THEFT
1/18/2022	Tuesday	19:15	"600 BLOCK MCLENDON AVE NE	LARCENY-FROM VEHICLE
1/18/2022	Tuesday	18:30	300 BLOCK MELL AVE NE	LARCENY-FROM VEHICLE
1/18/2022	Tuesday	18:00	1500 BLOCK DEKALB AVE NE	LARCENY-FROM VEHICLE
1/21/2022	Friday	23:28	400 BLOCK MORELAND AVE NE	LARCENY-FROM VEHICLE
1/30/2022	Sunday	2:49	400 BLOCK MORELAND AVE NE	LARCENY-FROM VEHICLE



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Your Immune System and Your Microbiome: What's the Connection?

By Gail Turner-Cooper, Align Health Coaching

With the ongoing COVID-19 pandemic still posing a threat to each of us, the question of strengthening and maintaining our immune system seems to be at the top of everyone's minds. Having a strong, prepared immune system can help you prevent and fight illnesses of all kinds.

Our immune systems can be positively or negatively impacted every day by many factors, such as stress, activity levels, exposure to toxins, lifestyles, and how or what we eat. Functional medicine lets us take a holistic approach to our immune systems, by helping us understand our body as a whole when it comes to healing. By using the methodology of functional medicine to promote and restore balance in our bodies, we can make the best choices to improve our body's functions and help it maintain a strong defense against illness or pain.

To build or maintain our immune system's strength, we need to focus our energies on the body's powerhouse: its digestive system.

Our digestive system is how our body handles everything we ingest, including food, drink, or medication. If we aren't properly digesting and reacting to what we consume, our digestive system might be out of whack and negatively impact the functions of our immune system.

Our digestive system has its own microbiome.

So how can we help keep our gut microbiome healthy and strong? Here are a few tips you can refer to every day:

GET VITAMINS AND MINERALS THROUGH WHOLE FOODS

Many people deal with deficiencies in one or many vitamins and minerals, for varied reasons.

Those deficiencies lead to disruption in our bodily systems, including a weaker immune system. We can empower our body by consuming a vitamin- and mineral-rich whole food diet, which will help our digestive system send these powerful nutrients all over our body.

A natural, whole foods diet will include all the vitamins and minerals you need to boost your immunity. Here are some important foods to make sure you're eating regularly:

- Dark, leafy greens
- Citrus fruits
- Red bell peppers
- Dark berries
- Garlic
- Ginger
- Avocados

PREVENT AND REDUCE INFLAMMATION

When your body perceives something as a threat, it can result in inflammation. Many of us experience inflammation without even realizing it, but it can weaken our immune system and even lead to chronic pain or other health issues.

Most inflammation comes from our regular diet. Keep an eye on what you're eating, to make sure your diet is balanced. If you notice stomach pains, brain fog, joint aches, or other symptoms after eating certain foods known to be inflammatory (dairy, sugar, gluten, alcohol), consider taking a break from them to see if things improve. You might try a cleanse or elimination diet.

Another common factor that causes

inflammation is stress. Stress can be caused in the body by personal struggles, a lack of work-life balance, over-exercise, or lack of sleep. Try talking to trusted friends or professionals about these challenges if you're facing them. Natural methods can be very powerful in alleviating stress, such as meditation.

GIVE APPLE CIDER VINEGAR A SHOT

It might sound strange, but including apple cider vinegar (ACV) in your diet is a great way to keep our pH balanced. If your pH is unbalanced, your body is either running too acidic or too alkaline, which can lead to challenges in the immune system. Using ACV during a meal is also a great way to increase stomach acid at the proper time helping your body break down and absorb the nutrients. A shot of ACV helps improve the gut microbiome and helps us metabolize fat, which is also important in maintaining immunity.

KEEP YOUR ADRENALS HAPPY

Your adrenal glands are located right on top of each kidney, and they help with the production and balance of our stress hormones. As we mentioned earlier, too much stress in the body can wreak havoc on our immune systems by causing inflammation.

To keep your adrenal glands happy, healthy, and balanced, make sure you're eating a proper diet, and getting 60 grams of clean lean protein per day (plant or animal). Adrenals benefit from daily stress reduction techniques such as meditation and light exercise.

Gail Turner-Cooper is the Founder of Align Health Coaching, gail@alignhealthcoaching.com

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- ✓ S & A - Decatur | Brookhaven - Townhome up to \$850,000
- ✓ J & C - Ormewood | East Atlanta up to \$800,000
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CPNO Officer and Committee Report for February 21

Education-Shari Golla

Again, the Education Committee has not met in person but has stayed connected virtually.

Atlanta Public Schools has “paused” the current recommendation of a 4/5 Academy. The future use of the Inman building in Virginia-Highlands, where the proposed 4/5 was to be, is incorporated back into the Facilities Master Planning process. The committee is hopeful that the 4/5 Academy will be permanently tabled, and that the Inman Facility will house a new K-5. An update from APS is expected in March.

APS also announced it is implementing new STE(A)M “signature programming” in the Midtown Cluster. The former programming was “College and Career Readiness”, but the certifying agency suspended their certification process. The new programming is apparently the most similar to the former.

Fundraising-Hallie Meushaw

Fundraising had a successful Love Merch pop up outside Dr. Bombay’s February 13. Another pop up will be held soon!

External Affairs- Amy Stout

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

Under Special Events Applications, the Candler Park Music Festival application was added to the fast track and approved without discussion by a unanimous vote.

Freedom Park Conservancy- Mary Cox

February 2022: Freedom Park Conservancy continues its partnership with Trees Atlanta and the National Center for Civic and Human Rights by honoring John Lewis

This is a five year project and this is year two. Volunteers will be planting trees to honor John Lewis the weekend of February 25-26, 2022. Trees will be planted along 1.5 miles of parkway that connects John Lewis Plaza to The King Center by way of The Carter Center.

Dwelling Virtual Tour

If you didn't get a chance to see the Dwelling installation in person you can get a virtual tour on the Freedom Park Conservancy website <https://freedompark.org/activities/>

Dwelling starts as a line drawing and leads us to an exploration of Atlanta's lost landscapes. Abandoned stoops, broken sidewalks, historic markers, trails, and Freedom Park's natural features unfold and invite you to dwell on the history of this place and engage with the site through your own imagination.

Freedom Park Master Plan Status

The proposed Master Plan is in the hands of the City of Atlanta Parks Department. The Parks Department plans to draft legislation to send the Master Plan to City Council for approval and inclusion in the CDP.

All of the neighborhoods support the Master Plan but there is concern in some of the neighborhoods that amendments requested by individual neighborhoods and agreed to by Freedom Park Conservancy have not been reviewed by all of the neighborhoods. NPU N has not had an opportunity for final review. Several neighborhoods requested that the agreed upon amendments, once approved by all the neighborhoods, be incorporated into the Master Plan and not simply listed in an appendix. They simply want the final draft of the Master Plan to reflect what was actually agreed upon by the neighborhoods and Freedom Park Conservancy. There

is hope that these details can be resolved in the coming months.

Membership-Roger Bakeman

With start of the new year, it is time renew CPNO membership for 2022. Many thanks to those couple of dozen members who have already done so. To renew, go to candlerpark.org/renew.

Zoning-DJ Roedger

- CDP-22-000 - PROPOSED LAND USE AMENDMENT IN DRUID HILLS AND CANDLER PARK - Jessica Levandier from the City of Atlanta Planning Department presented a proposed future land use amendment to properties along North Avenue in Candler Park and Fairview Avenue in Druid Hills. The Future Land Use Map showed a change in designation for these parcels to medium density residential from low density residential but there is no supporting legislation from the City for that change. CDP-22-000 would return those parcels to low density residential future land use designation. The committee voted unanimously in support of the legislation. Materials available: <https://drive.google.com/drive/folders/1-eKqRWosLTrQjbGEE11IOBTYBPg6R3TU?usp=sharing>
- HISTORIC CANDLER PARK - The committee discussed the formation of the Historic Candler Park working group and its exploration of seeking historic district designation for the neighborhood.

Public Safety-Kerry Dobson

Monthly Crime Report

Attended L5P Public Safety and Community Outreach Committee meeting.

CPNO Membership Application

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

Name: _____

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Name of business: _____

Address of business: _____

Name of designated agent: _____

Agent's Email: _____ Date: _____

Optional contributions

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

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

February 21 CPNO Members meeting (Virtual) - Draft Minutes

The meeting was called to order at 7:02 pm by Emily Taff, President. The motion to adopt the agenda passed. The motion to approve the January Minutes passed.

Guest Speakers:

1. APD Zone 6 was represented by Officer Kettly Covington. There were no questions.

2. Michelle Schreiner, Lake Claire, announced that she is running for the GA. House Seat 90. Candler Park has been divided by the new district designations. Part of Candler Park is in District 89 and part of Candler Park is in District 90.

3. Kelly Stocks from Little Five Points Business Association announced the May Day Market, 12pm-7pm, will require street closure. The motion that Candler Park

Neighborhood Association support the May Day Market with street closure passed.

Membership

Roger Bakeman Membership Officer

Roger reminded everyone to renew their membership by April 1, 2022.

Candler Park Historic District

Working Group-

Mary Shaltis is requesting that CPNO act as a fiscal agent for 'the working group'. Motion that "CPNO act as a fiscal agent for the Working Group" passed. The motion to call the question passed.

Zoning-DJ Roedger, Zoning Officer

Motion to support the change of land use for parcels along North Ave and Fairview Avenue passed.

Treasurer - Emily Taff/Amy Wheeler

The Budget for 2022 was reviewed and explained.

The meeting was adjourned at 8:25 pm.

Submitted by Bonnie Palter, Secretary

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