



TM

February 2023

MESSENGER

Should Candler Park be a Historic District?

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INTRODUCING YOUR FAVORITE PERSONALITIES!

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ATLANTA'S NEWS & TALK

Green and Growing with Ashley Frasca and The Home FIX IT page by Dave Baker

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Candler Park Projects

By Christina Hodgen , president@candlerpark.org

Candler Park has many projects in the pipeline for 2023. The plan for Safer McLendon will be finalized. Iverson Park will be getting a replacement swing set and an extended retaining wall.

The Candler Park Conservancy is working hard to make the playground updates necessary to have a safe and fun playscape for our kids. The Historic Designation Committee will continue outreach in the neighborhood.

All of these initiatives need neighborhood support. Support can be given in different ways.

Attending a meeting and providing input is one way. Financial support is necessary for many projects to come to fruition. Volunteering time is yet another way to give your support. I know our resources can feel limited but even the smallest amounts of time or money can add up.

FROM THE PRESIDENT

We always need “specialists” to help with a variety of tasks. Do you love social media? We could use someone to help with our social channels. Do you like planning events? You can join the Fall Fest committee or help our resident party planner, Brittany Schwartzwald, plan fun events to meet neighbors and raise money for our neighborhood. Do you have young children who will eventually be at Mary Lin Elementary? We need people for our education committee so our neighborhood can advocate for what we want to see happen in Atlanta Public Schools.

It is renewal time for members. Please make sure to renew your membership by the last day of April in accordance with our bylaws. <https://candlerpark.org/renew-membership/>

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	Christina Hodgen
MEMBERSHIP OFFICER membership@candlerpark.org	Roger Bakeman
TREASURER treasurer@candlerpark.org	Amy Wheeler
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FUNDRAISING OFFICER fundraising@candlerpark.org	Hallie Meushaw
EXTERNAL AFFAIRS OFFICER externalaffairs@candlerpark.org	DJ Roedger

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

FEBRUARY

- 15** Deadline to submit content for The Messenger!
- 16** Book Club Meeting, *The Class of '65*, by Jim Auchmuty (For more info, e-mail cpforever@candlerpark.org)
- 20** CPNO Membership Meeting, 7-9 pm, Zoom

MARCH

- 15** Deadline to submit content for The Messenger!
- 20** CPNO Membership Meeting, 7-9 pm, Zoom
- 22** Book Club Meeting, *Sleeper Agent*, Ann Hagedorn (For more info, e-mail cpforever@candlerpark.org)

APRIL

- 15** Deadline to submit content for The Messenger!
- 17** CPNO Membership Meeting, 7-9 pm, Zoom
- 20** Book Club Meeting, *Lessons in Chemistry*, Bonnie Garmus (For more info, e-mail cpforever@candlerpark.org)

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.



PARTICIPATE!

By Lexa King, Founder, Candler Park Forever

I just signed off of a Zoom CPNO monthly meeting. Although I stay pretty engaged with neighborhood efforts, I have to admit being blown away by the number of committee reports and the variety of efforts people in this neighborhood are pursuing to improve our surroundings in the area we call home. Calming of McLendon, Playground remake in Candler Park, Historic Designation, Repairs to Iverson Park equipment, various activities in Little 5 Points, even a Treasurer's report of over \$35,000 raised by the Fall Fest despite our original date having to be rescheduled due to extreme weather alerts. Impressive.

It can be easy to take things for granted. Those of us who have been around for a bit remember when Fall Fest raising \$35,000 occurred as an impossible pipe dream. Raising thousands of dollars for park projects would not have even crossed our minds. And the amazing thing about ALL of these efforts is that they are spearheaded, organized and staffed by volunteers! All people

who are just committed to making our little corner of the planet a better place for us to live.

It's a new year. People generally make what we call resolutions. Lose weight, make more money, be more kind. How about participating in some local efforts to improve Candler Park? The possibilities are endless. Volunteers are needed for short term assignments or longer term. Some things you can do from your home. Get on the website. Or just reach out to cpforever@candlerpark.org. We'll hook you up or point you in the right direction. Don't know how to use Zoom? We can help with that. If you are a Senior in the neighborhood, we'd love to meet you. Our book club is in full swing and the author of our February book, *The Class of '65*, will be at our meeting on the 16th. And Porch Party season is right around the corner!! Contact us for more information.



Welcome and Thanks!

By Roger Bakeman, membership@candlerpark.org

CPNO welcomes new members:

- Mariah Avalos & Matt Gold
 - Kane Miller
- ... and 4 others who wished to remain anonymous.

CPNO thanks members for their donation:

- Meshall Shumate
 - The Thompson's
- ... and 4 other who wished to remain anonymous.



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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.

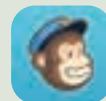
If you have a news tip or story idea, please email relevant information including contacts to editor@candlerpark.org or call the editor.

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

Get to Know David T. Howard's New Principal, Tekeshia Hollis

By Edie Elkinson, Candler Park Resident

I had the chance to catch up with David T. Howard's new principal, Tekeshia Hollis, a week before she started in her new position. During our conversation, Principal Hollis shared her background, some of her own middle school experiences, her ties to Atlanta's in-town neighborhoods, and the incredible opportunity to shape Howard while maintaining its legacy. Principal Hollis' drive, humor and passion should make her a great addition to the Ram family - wishing her lots of luck!

Can you tell me about your background with APS?

I started in 2012 at Carver School of the Arts as a math teacher. Since then, I moved to North Atlanta for 3 weeks before coming over to Midtown (then Grady) as an instructional coach in 2015. Then I was promoted to Assistant Principal in 2018 and did the interim principal position at Sylvan Hills Middle School from July until right before Thanksgiving. I'm currently at Midtown High School.

How long have you been in education?

Since August 2004 when I started teaching high school in Dekalb County.

What is your most memorable middle school experience as a student?

When I was in junior high, the main thing I remember is Algebra 1 and being excited about going to high school. Also, during a parent-teacher conference night, my 8th grade science teacher recommended that I apply to Dekalb's STT program (Scientific Tools and Techniques Program). It's a program where you spend a good portion of your ninth grade year going to Fernbank to take your math and science classes. Of course I didn't want to because I wanted to be at my high school. It ended up being a great program -- I guess some teachers encourage you in order to stretch you beyond what you want to do or think is possible.



What drew you into education initially?

If you let my family tell it, they'll say that I used to sit my cousins down when I was five and instruct them as if I were a teacher in the class. Dekalb had a Teacher's Cadet Program which I was a part of, however I didn't think I was going to be a teacher until I was one. When I was going to Georgia Tech, I thought I was going to be an engineer. Then 9/11 happened, and the economy went down, and I realized I could always teach. Then I did it and fell in love with it. Having something new and challenging every day keeps you youthful.

Where did you grow up — do you have ties to the Atlanta in-town neighborhoods?

Decatur is where I grew up, and my mom and her siblings grew up on Douglas Street in Kirkwood. My great-grandmother still owns a house in Kirkwood. My grandparents attended Howard High School, and my father went to Howard for one year. He and my mom graduated from Murphy High, so we have multiple generations from Atlanta. My family is really excited about me being at Howard -- they're excited that a local person is getting this appointment.

What do you like to do for fun?

I'm an avid reader, an avid audible reader. I can multi-task with it playing in the background while keeping up with my two children. I also like dancing and traveling.

Do you have any favorite local restaurants?

I love Fox Brothers, Wisteria, and the breakfast at Folk Art.

What music do you listen to?

I'm a Neo soul type of girl. I also love R&B, 90s/2000s rap, gospel, and jazz.

If you weren't a teacher or administrator, what would you be doing?

I'd probably be an event planner - I like to see everybody come together and be happy. Or maybe a little interior designing.

Do you have any hidden talents?

I danced in the opening ceremonies of the Olympics here in Atlanta in 1996. And, when I was younger, I learned how to write calligraphy.

What are you most excited about in your new role at David T. Howard?

I think building a legacy for Howard Middle School. The goal is to bring some consistency. It's an opportunity to shape David T. Howard into what we want it to be while respecting the legacy that is Howard High School. It's a powerful and sobering thing to be at such an iconic school within the history of Atlanta.

Fiddler's Green at First E

Fiddler's Green Coffeehouse presents Smith & Calvert and Crawspace Saturday, February 18, 7:00 pm, at First Existentialist Congregation of Atlanta, 470 Candler Park Dr. NE. Leah Calvert and Michael Smith, the lead writers and voices of the popular bluegrass band the Dappled Grays, have now launched their new project, Smith & Calvert. Michael has played with Sugarland, John McEuen (of the Nitty Gritty Dirt Band), legendary bluegrass fiddler Bobby Hicks, and Whiskey Gentry. Leah is a first-call Atlanta fiddler/violinist who has recorded with John Driscoll Hopkins (of the Zac Brown Band) and Kristian Bush (of Sugarland). Crawspace, composed of Phyl Hilton, Charles Absher and John Miller, tours local coffeehouses, retirement homes, parks, farmers' markets, the Atlanta Botanical Garden and AvonWoodstock. Crawspace performs popular Americana songs and quite a few originals. 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. Masks are encouraged. More information: www.aaffm.org (go to AAFFM Events) or 404-444-2334.



Crawspace



Smith & Calvert



Llama Pub Crawl March 9

By Shari Golla, Editor

Our very own "Self-Appointed Social Chair" Brittany Schwartzwald, whose previous events include the much-lauded 1st Annual Fall Ball, is organizing a neighborhood pub crawl for March 9. Her goal is to raise money to have a Fall Fest rainy day fund, and to donate to Mary Lin. This idea is in the early stages of development, but early details are that the pub crawl will start at Hudson grill. There will be llamas. Tickets are \$10 for the first 50 people, and \$15 after that. Ticket price does not include drinks or food, just admission. For the most up-to-date information, please see the Candler Park/Lake Claire Families group on Facebook.

Meet the 2023 CPNO Board Members

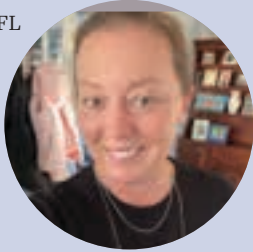
PRESIDENT- CHRISTINA HODGEN

Christina Hodgen has lived in Candler Park for 14 years. She is a photographer who can be found walking or biking around the neighborhood herding her two kids. Christina's hobbies include trying to be a gardener and advocating for safer infrastructure.



TREASURER AMY WHEELER (INCUMBENT)

Hailing from Naples, FL before making in-town Atlanta a more-or-less-permanent residence, Amy Wheeler is serving her 2nd year as the treasurer for CPNO. Amy and her husband, Cole, settled into Candler Park in June 2014, falling in love with its neighborly charm and passionate vibe. Amy brings to the CPNO board over a decade of experience as a CPA in a big-4 accounting firm. She now runs her own show serving local businesses to help them both reinforce their financial foundation and surface opportunities for growth. Amy is looking forward to upholding the financial stewardship that the previous CPNO treasurers have instilled while giving back to this awesome community.



SECRETARY BONNIE PALTER (INCUMBENT)

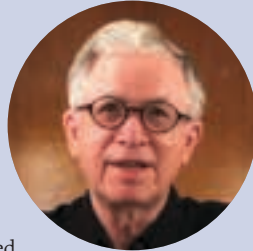
A resident of Candler Park since 1974, Bonnie Palter is a retired physical therapist. She joined the CPNO board to be more active in the neighborhood. Bonnie has served for many years as Secretary, maintaining excellent records for the organization and helping to ensure CPNO meetings are run in compliance with Robert's Rules of Order. Her



wish for Candler Park is that “we maintain the architectural integrity of the neighborhood.”

MEMBERSHIP ROGER BAKEMAN (INCUMBENT)

A resident of Candler Park since 1975, Roger Bakeman built his current house—designed by long-time Candler Park resident Kelly Jordan—in 1978. Roger is a retired professor who focused on child development and research statistics in the Psychology Department at Georgia State University. He remains active by consulting with colleagues and serving on NIH-funded research grants.



He was the Membership Officer from 2015 through 2017, Communications Officer from 2018 through 2019, and—after the Bylaw-required time off—now moves into his second stint as Membership Officer. Previously he worked to redesign CPNO's website and to build a more flexible membership database, which he is now happy to continue maintaining. This past year he saw a two-year project of his—obtaining 501(c)3 status for CPNO—finally come to fruition. Additionally, he scanned Messengers from 1995 through 2006 and added them to our online archive (candlerpark.org/cp-messenger) and, with Emily Taff, rewrote the Brief History of Candler Park for our website (candlerpark.org/history). He added that he is “happy to return to the board; being retired gives me the luxury of time. For 2023, I hope to see more neighbors involved in CPNO and hope they all can learn more about our neighborhood's history.”

FUNDRAISING- HALLIE MEUSHAW (INCUMBENT)

Hallie Meushaw has been a Candler Park resident for 13 years. She moved here with her husband and daughter after living in Midtown, Virginia-Highland and Inman Park and deciding our neighborhood was the perfect fit. Hallie has been



in the environmental field for 23 years, spending nearly 20 of those at Troutman Pepper where she is an attorney in the environmental and natural resources group. In addition to music and travel, Hallie loves walking, jogging and biking around Candler Park.

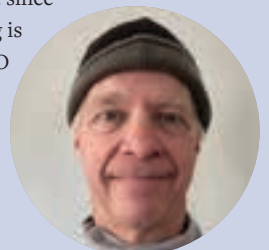
SAFETY OFFICER- LARRY COMPTON

Larry has lived in the Candler Park neighborhood for 13 years and is an electrical engineer with over 20 years of experience in avionics and aircraft system development. A true product of the University System of Georgia, Larry has attended East Georgia College, Georgia Southern University, Georgia Tech (BEE) and Mercer University (MSEE). He has strong family ties to public safety with both younger brothers currently serving as paramedics. Larry's wife previously worked for 11 years in the HR departments of Grady Emergency Medical Service and the DeKalb County ambulance contractor. Finally, Larry is a United States Air Force veteran and continues to serve as a reservist.



COMMUNICATIONS OFFICER JOHN FLEMING

An Intown resident since 2005, John Fleming is the incoming CPNO communications officer. John, his wife Carrie and two children settled into Candler Park in 2013, because... they wanted to live in the perfect neighborhood. After working as a reporter and editor for 25 years both in for-profit and nonprofit news, John recently joined locally-owned Piedmont Appraisers. In addition to catching great sports games at our nearby establishments, John loves running through Candler Park's streets and paths and strolling to one of our local coffee shops.



ZONING OFFICER- JASON KEY

Jason has lived in Candler Park for the past 20 years with his wife Carla and their two children, ages 12 and 10. He has served on the zoning committee for the last 4 years. Jason works at The Home Depot, where he runs Competitive Intelligence, and prior to that was responsible for Downstream Distribution Systems. He has been with The Home Depot for 10 years. In his free time, you will often see Jason jogging through the neighborhood, mountain biking, or stressing out over North Carolina basketball.



This is a photo of the type of swing planned for Iverson Park. Looks fun!

EXTERNAL AFFAIRS- DJ ROEDGER

DJ has lived in Candler Park since 2011. After renting a house on Oakdale, he couldn't imagine living anywhere else and bought a home on Page. DJ began his career as a real estate attorney, focusing on land use and zoning matters. He is currently the CEO of a technology company with offices in Little 5 Points. DJ has spent years traversing Candler Park by foot and bike, often with his son and elderly black lab in tow, lending him a unique perspective on the neighborhood and the ways it's changed in the past 10+ years.



Look for the western end of the retaining wall to be finished soon.

Iverson Park Renewal Project Soon Underway!

As everyone who loves, enjoys, or even just passes by Iverson Park knows, the park recently lost its swing set and was damaged when a large tree fell. For the last few months, Friends of Iverson, led by Stacy Funderburke, Caesar Sweitzer, Eric Dusenbury and Hallie Meushaw, has been creating a plan to replace the swing set and extend the retaining wall at the front entrance to the western entrance of the park, and working to obtain a grant to help fund the project.

In January, Friends of Iverson Park was awarded a grant from Park Pride for the requested amount of \$18,500. A matching fund obligation as well as an administrative fee required Friends of Iverson to raise an additional \$19,425 to pay the project's total cost of \$37,000.

We are thrilled to announce that fundraising is complete and the goal of \$19,425 has been reached! A HUGE thank you to all of you who quickly and generously donated to make this happen—we are lucky to live in this amazing neighborhood with neighbors and friends willing to contribute for the park we all love.

Be on the lookout for swing set installation and construction of the retaining wall to get underway soon!

OPINION Seven reasons Candler Park residents will vote NO on historic designation this spring

Elora Raymond, Candler Park Resident

This fall, CPNO formed a committee to consider a historic designation in Candler Park. A historic designation typically forbids the demolition of any building built during a certain time period, and imposes design standards on any maintenance or redevelopment. You can learn more about the proposal here: <https://www.historiccandlerpark.org/>

Historic designations are controversial, and like other intown neighborhoods, Candler Park has rejected historic designation in the past. Over the past year, I've heard my friends and neighbors raise a lot of concerns about reasons for not wanting a historic designation in Candler Park. Many of these concerns are reflected in the comments of the survey conducted by CPNO on this proposal. These concerns include:

- 1. The design requirements of a historic designation are burdensome and expensive, and property owners should be able to do what they want.** Some residents have expressed concerns that they won't be able to install ramps for handicapped access, or solar panels, or recall situations where homeowners were unable to repair after storm damage because of the exorbitant costs of renovating in some historic districts in Atlanta. Others have simply said that they don't want to live in an HOA, or have their decisions controlled by their neighbors' aesthetic preferences.
- 2. Historic designations result in substantially higher home prices for single family homes, and will exacerbate the super-gentrification of Candler Park.** We will continue to lose long-time residents who cannot upsize as their family grows, or leave due to skyrocketing rents and property taxes. The only people who will be able to move to Candler Park will be those who are in the top 5% of income earners, and we will continue to lose all other households to other areas.
- 3. This planning process is a waste of scarce time and money, and will be dominated by a handful of people who are not responsive to the wishes of the community.** A historic designation will cost CPNO tens of thousands of dollars and require thousands of hours from our community. Households with the most time on their hands will end up controlling what rules are incorporated into a designation. Many households juggling two incomes, young children, eldercare, or all three, will be stuck with the decisions of neighbors who have far more time on their hands to shape this process to their interests.

- 4. Historic designation will prevent increased density, walkability, and greener commutes in Candler Park.** Many residents love the walkability and bikability of this neighborhood, and the freedom of being able to take public transit. Density makes it possible to support walkable retail like our small commercial district along McLendon. Preventing any demolition of older single-family homes will make it nearly impossible for future generations to plan for density, transit, walking and biking which are desirable in their own right, and are needed to adapt to our changing climate.
- 5. Historic Designation will not prevent luxury duplexes.** Some Candler Park residents are concerned about the recent construction of "million-dollar duplexes". Unfortunately, there's nothing about a historic designation process would prevent older single-family homes from being converted to luxury duplexes, though they might look different. By increasing price pressure on the area, it may encourage more of these conversions.
- 6. The committee is particularly interested in selecting a troubling historical period as the "historical period of significance".** Candler Park has moments in our history to be quite proud of, like the creation of progressive institutions in L5P and embrace of the LGBTQ community, and moments which are deeply painful and regrettable, like the forced demolition of housing and displacement of Black communities in Candler Park. The historic designation committee has selected a period of significance which encompasses many painful moments in our neighborhood's history.
- 7. The current committee leading historic designation only consider homeowners members of the community and are not committed to a democratic process.** Many are troubled that CPNO only canvassed homeowners, and quite deliberately did not seek comment from residents who live in townhomes, condos or apartments in our community. It should go without saying that Candler Park residents should not be judged by their housing type, and that people who rent, who live in townhomes and condos are vital and longstanding members of this community. The impacts of a historic designation on affordability, walkability, and density affect us all. A choice to deliberately exclude roughly half our residents in the decision-making process is troubling to say the least.

The vote for historic designation was supposed to take place in November, and was cancelled due to an inability to handle the large number of residents who joined the call to vote. There was discussion of holding the vote in December or January, then February, and for the moment the vote seems to be scheduled for the March CPNO meeting. I am unaware of why the vote has been delayed for several months, beyond the fear that residents of Candler Park are going to show up and vote the measure down. CPNO should schedule this vote as soon as possible, and needs to commit to respecting a democratic process. If the vote is no, CPNO needs to accept the community's decision.

If for some reason, the vote is in favor of hiring a consultant to design a historic district overlay, committee needs to be composed of members who see their role as being part of a democratic process. Historic designation is too important to be led by people who don't think renters or condominium owners are part of our community, or by people who refer to Candler Park residents who do not want a historic district as "hordes of people who had not been seen before, pumped to vote no by in-the-shadows organizing and misinformation." The values of Candler Park residents and the concerns Candler Park residents are raising about historic designation are reasonable and should be respected by CPNO. If for any reason we do begin the historic designation design process, it needs to be led by people who understand that their role in the policy process is to listen to, and implement the wishes of all the residents of Candler Park, not enforce a design aesthetic held by a handful.

As a long-time resident of Candler Park, (and, for what its worth, a professor of Urban Planning at GA Tech), I will be voting NO against the historic designation. In the best moments of Candler Park's history, this neighborhood has sought to be a creative and inclusive place, has prioritized the environment, and embraced walking, biking and transit as part of our daily lives. We do not need to follow the exclusionary practices of other neighborhoods in the Atlanta area. We do not need to make housing less affordable, make walking, biking and transit more difficult, and ignore the environmental impacts of our built environment. Candler Park should not spend tens of thousands of dollars and thousands of community hours on an exclusionary historic district designation. We should instead focus on addressing declining affordability, thoughtful improvements to L5P, and continuing to enhance bike/walk/transit potential of our area, for all our residents.

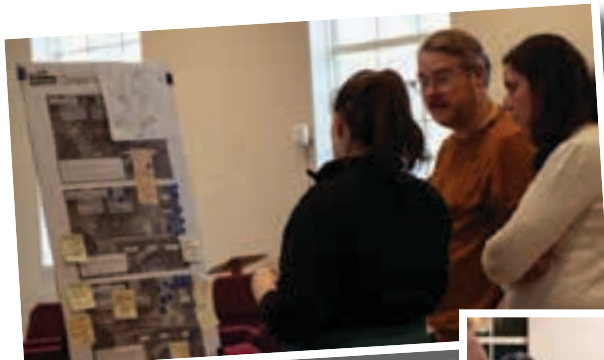
S'more's at Mulberry Fields

January 14



Safer McLendon events at Neighborhood Church

January 19 and 21



Frequently Asked Questions

By the Historic Designation Committee

In the intervening weeks, your neighbors volunteering on the committee will continue to educate and answer questions. Below are some pressing concerns and questions that have been coming up lately in our discussions:

Does a historic district help or hurt efforts to achieve housing affordability within a community?

Historic districts can have an indirect impact on preserving and increasing housing affordability when they are written to allow for a diversity of housing types. For example, a historic district can allow for a single house or structure that has the appearance of a single-family home but that allows a greater number of dwelling units inside the home or at the rear of the property, resulting in an increase in more affordable housing opportunities for the community. A historic district can also help preserve the affordability that already exists in Candler Park.

What impact does a historic district have on the allowable density within the district?

There is not a one-size-fits-all approach to allowable density within a historic district. Historic districts within established single-family neighborhoods such as Candler Park can be tailored to achieve the specific goals of the neighborhood. Historic District

regulations can either overlay the existing zoning OR replace the existing zoning. An overlay district seems to be the best fit for Candler Park as it allows the underlying zoning to dictate many regulatory aspects of a property such as use and allowable density which are not touched by historic district regulations.

These aspects can also change if the property is rezoned but the overlying historic district will continue to protect the existing buildings and features which define Candler Park. For example, within a historic district, rezoning an R-4 (single-family) property to allow multiple residential units per property would enable an existing home to be divided into apartments or allow for additional detached or attached accessory dwellings (ADUs) to be added to a property.

Historic district designation is a planning tool the neighborhood can use to ensure that as Atlanta grows, the character of our neighborhood, the things that brought most of us here in the first place, will not be lost. As pointed out in an article in the January Messenger, Candler Park is identified in "Plan A: Atlanta's 2021 Comprehensive Development Plan" (CDP) as a "conservation area" or a place that should be encouraged to "grow in ways that retain and improve their charm and their leafy tree canopy."

Other areas such as the core of the city and major corridors like DeKalb Ave are considered growth areas in Atlanta's 2021 CDP. Our 2013 Master Plan has some recommendations on how to rezone DeKalb properties to accommodate increased residential density.

What effect would a historic district have on homeowners who would like to add solar panels or other energy-efficiency or green solutions to their homes?

There has been concern about this because past historic districts in the city have limited the placement of solar panels on roofs, however, Candler Park's historic district does not have to restrict the placement of solar panels! Other efficiency alterations like adding storm windows or installing replacement windows with modern materials are becoming increasingly common in other historic districts as well.

Would there be any impact on homeowners who would like to add ramps or make other renovations that support aging in place or accessibility?

We certainly do not want to hinder aging in place or handicap accessibility to homes and understand that these changes may have to be made quickly.



Vote For Next Phase Of Historic Designation Engagement Scheduled For March 20

By the Historic Designation Committee

As you may have heard in January's CPNO meeting, the vote for the Historic Designation Committee's motion to move forward to the next level of neighborhood engagement, known as Phase 2, will now take place at the March CPNO meeting on March 20th.

What will happen in Phase 2?

- Community Engagement Workshops, both in person and online, will be held over several months in which
 - *Neighbors will engage in the discussion to define a potential historic district.*
 - *Feedback will be gathered, recorded, and synthesized into an outline of potential historic district and regulations.*
 - *Workshops and writing will be led by Aaron Fortner of Canvas Planning (who did Candler Park's master plan in 2013).*
 - *This work is estimated to take a total of 10 months.*
- Additional meetings to continue the education process and answer questions will be held with representatives from the City of Atlanta and the Historic Designation Committee.
- Vote. At the end of Phase 2, Candler Park will vote on whether or not to submit the proposed district to the City of Atlanta

IF Candler Park votes yes to submit a Candler Park Historic District nomination, a 6-month process will begin in which the neighborhood will engage with the City of Atlanta staff to further revise and finalize regulations.

We look forward to seeing you at the March CPNO Meeting and, as always, if you have any questions or concerns reach out to a committee member or email us at historiccandlerpark@gmail.com.

Attend the
CPNO Meeting
to vote!
**Monday,
March 20**

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

QUICK FACTS

Historic District Regulations:

- Are uniquely crafted by each neighborhood. This allows for flexibility regarding home additions and renovations using new materials.
- Have been utilized in Atlanta for 33 years and have been successfully adopted by 22 different neighborhoods.
- Prohibit the complete demolition of a contributing structure except in extenuating circumstances. This is the only "core" regulation.
- Apply to both contributing and non-contributing structures, however those for non-contributing structures can be very minimal.
- Can allow solar panels, green building materials, handicap access, accessory dwelling units (ADUs) and other sustainable and aging-in-place features.
- Allow side and rear yard setbacks to conform to existing conditions, thus eliminating the need for this common variance.
- Do not require a review for painting, roofing and other work specified in the regulations although a building permit may be required.
- Can be changed later by the neighborhood in the event of unforeseen future needs.
- Are an overlay which allows for changes to density as needed through rezoning.



Roasted Strawberry, Brie + Dark Chocolate Grilled Cheese

Submitted by Kerry Hanson

Yes, you read that correctly...chocolate grilled cheese! It's February, the month of love, so you are absolutely getting a chocolate recipe from me. But I know not everyone likes to bake, and some people aren't "dessert people". If that sounds like you then this recipe is your jam (ha!).



Speaking of jam, you can swap out the roasted strawberries for any of your favorite fruits or high quality jams. These flavors work together so beautifully. It's surprisingly sophisticated, but it's still grilled cheese...for dessert. Just trust me!

INGREDIENTS

- 8 strawberries, quartered
- 1 teaspoon canola oil
- pinch of salt
- 2 tablespoons butter
- 4 thick-cut slices of your favorite artisan bread (use something good!)
- 2-3 ounces of brie cheese, sliced (goat cheese also works great)
- 2 ounces high-quality dark or semi-sweet chocolate broke into pieces

INSTRUCTIONS

Preheat oven to 375 degrees. Toss strawberries with oil and salt, then spread on a baking sheet and roast for 20 minutes. Heat a large skillet or grilled over medium-low heat. Butter the sides of two slices of bread, place them on the skillet buttered-side down, then layer on a few slices of cheese, chocolate and strawberries. Top with a few more slices of cheese, then butter one side of the other bread slices, and place on top of the cheese. Cook for 2-3 minutes or until the cheese has started to melt, then gently flip the sandwich and cook until golden. Serve immediately!

*Sourdough and Multigrain bread are excellent choices. Grab something crusty from a local bakery or the Candler Park Market!

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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

Using Your Gut to Protect Your Brain!

By Gail Turner-Cooper, Founder

Researchers have proven that we do, in fact, think with our gut! Okay, well not quite, but we are discovering that many brain disorders are directly associated with how healthy our gut is. The importance of gut health is being shown to provide an incredible array of benefits for our overall system and brain health is at the forefront of this connection.

GIVE ME THE DETAILS

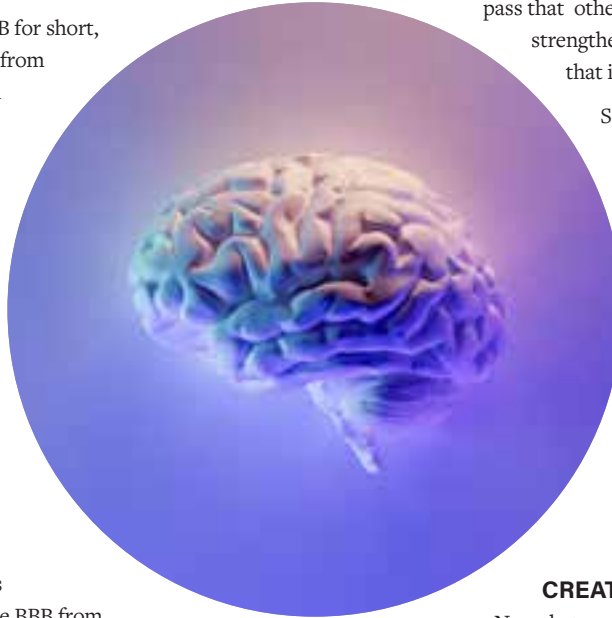
Think of the blood-brain barrier, BBB for short, as a gatekeeper protecting the brain from all the toxic elements that cause you harm while allowing through the various life-sustaining nutrients like water, glucose (sugar/energy), amino acids (protein), and gases (oxygen). The BBB is formed by cells that line the capillaries, the tiny end-points of our cardiovascular system. These cells are connected by a system called “tight junctions” and are similar to the cells lining our guts. This similarity is no surprise as they both are attempting to filter the bad toxins and let in the good nutrients.

There are a wide variety of disorders associated with the breakdown of the BBB from infractions all the way to cancer. Medical researchers are intensely studying what causes the breakdown of BBB and critically, what we can do to reestablish the barrier and protect our brain. How do we know the BBB is a critical issue? Let’s talk briefly about a new study.

COOL NEW RESEARCH!

Researchers used mice (always mice) to isolate the effect of a healthy gut for the BBB. They created mice with no gut bacteria by giving them strong antibiotics. Then using very fancy brain scanning technology, the researchers showed that the blood brain barrier in these mice was compromised and allowed toxins to leak through the gate. This can be called a “leaky brain” which is similar to a “leaky gut” which occurs if your intestinal walls are not properly protecting your blood from toxins in your gut. Now is where the study gets interesting (and a little gross).

The next step was to give these “germ free” mice a fecal transfer from healthy mice. Yep, that is a thing we can do (for humans too!). Once a proper healthy gut was established, the BBB of these mice greatly improved showing that there is a direct connection between gut health and brain health.



WHAT DOES THIS MEAN FOR ME?

First, this means that we have established for the first time that the health of your gut can be a powerful therapeutic tool for a wide variety of brain disorders. By understanding that while the systems we are experiencing are occurring in our brains, a critical cause begins in the gut, therefore, we can properly address the whole system to greatly increase the potency of our treatments. Doctors could help open the BBB to allow for cancer medications to pass that otherwise would get blocked. Or we could strengthen the barrier to eliminate the toxin that is causing our dis-ease.

Second, the research adds to the mounting evidence that a wide array of health issues depend on our gut health. The diversity and complexity of the bacteria in our gut, called the microbiome, is critical for seemingly unrelated health issues. Learning how to protect your gut and create an environment for healthy bacteria is a major component to overall health and can be a critical component to your particular malady.

CREATE YOUR HEALTHY GUT

Now that we understand that gut health is important, how do we do it? Here are a few ways.

Establishing a healthy gut is not always a simple quick process. We have trillions of bacteria living in our system and it may take time to promote the good ones and eliminate the troublemakers.

It starts with diet. Eating real, whole foods everyday is the biggest step we can take. Get your leafy greens in to keep the system running smoothly. Eat a variety of vegetables and fruits to provide all the nutrients your system can use. Limit your intake of processed foods like bread, pasta, candy, chips, and all those other things found in boxes with 22 unpronounceable ingredients. A balanced diet with high quality ingredients allows the good gut bacteria to thrive helping turn our food into the nutrients we need.

When our system is disturbed, we need to get our system on track. For example, if you take a round of antibiotics for an illness, make sure to take a probiotic and/or eat probiotic foods like yogurt, sauerkraut, or other fermented, bacteria-rich foods.

As a last resort, you can get a fecal transfer (like the mice did) from a healthy human gut biome. It is a real procedure done by real doctors when necessary, but currently rare.

A healthier brain depends on a healthier gut!

January 16, 2023 CPNO Members Meeting – Draft Minutes Virtual

The meeting was called to order at 7:00 pm by Christina Hodgen, President. The motion to adopt the agenda passed. The motion to amend and approve the December 2022 Members’ Meeting Minutes passed.

Candler Park Conservancy- Doug Wetzel.

The Conservancy has raised \$883,000 of the \$995,000 needed for the new Playscape. Equipment will be ordered soon. The playground will be closed for 6 weeks during the renovations.

Anyone is welcome to attend meetings which are held the third Wednesday of every month.

Little Five Points Business Association- Kelly Stocks

1. Can still order a “heart” for Valentine’s Mural.
2. There will be a parade Tuesday.
3. April Fools Event- Saturday April 1; parade/activities will close Euclid Ave from Moreland to Colquitt.

Motion to support the April Fools’ event passed.

Iverson Park- Stacy Funderburk

Have raised \$17,000 for swing set that needs to be replaced secondary to damage from a fallen tree. The remainder of the funds will come from Park Pride Grant of \$11,000. The retaining wall will also be restored.

Historic Designation Committee- Mary Shaltis

The vote of confidence will be held at the March Members’ Meeting.

Infrastructure Committee- McLendon Safe Street Project- Naoya Wada

There will two Open House Meetings: January 19 from 5pm -8pm and January 21 from 9am-12pm. The meetings will be held at The Neighborhood Church.

Treasurer Report- Amy Wheeler, Treasurer

Paid out first Slow Street payment; Raised \$1500 from the cancelled 5K run.

The Meeting was adjourned at 7:50pm.

Submitted by Bonnie Palter, Secretary

CPNO Officer and Committee Report for January 16, 2023

Membership- Roger Bakeman

Time to renew for 2023: <https://candlerpark.org/renew>. We began 2023 with 776 members (with a thousand more, we might declare a revolution). In any event, 573 of them were already members who renewed and another 203 joined for the first time in 2022. These 776 represent 573 households; about 12% reside in multifamily dwellings. Per our bylaws, members who renewed or joined in one year remain “members of record” (as our bylaws terms them) and so eligible to vote through April 30. But if you want to remain a member, I’d recommend you renew now; why put it off.

External Affairs-Amy Stout

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

Under Board of Zoning Adjustment applications, a variance to reduce the side and rear yard setback for 251 Elmira Place NE (to build a 6’ X 10’ shed) was approved consistent with the prior vote of approval by the CPNO membership and the CPNO zoning committee.

Public Safety- Larry Compton

- Working handoff activities with Kerry Dobson. Priority is getting external contacts (City, ADP, AFD, NPU, etc.).
- Completed IT access actions including email and G-suite
- Received instructions on how to gather crime report data for submission to Messenger. Roger did it for me this month but I will do this in February.

Historic Designation Committee- Mary Shaltis

The Historic Designation Committee met the Thursday before the January CPNO meeting and decided to have the vote of confidence that was scheduled for the CPNO meeting November 2022 at the March 2023 CPNO meeting.

FEBRUARY CRIME REPORT, CANDLER PARK

Date	Day	Time	Location	Description
12/4/22	Sunday	0:48	300 BLOCK ELMIRA PL NE	LARCENY-FROM VEHICLE
12/5/22	Monday	16:00	300 BLOCK CANDLER ST NE	LARCENY-FROM VEHICLE
12/8/22	Thursday	18:53	1100 BLOCK MCLENDON AVE NE	LARCENY-NON VEHICLE
12/14/22	Wednesday	19:00	400 BLOCK MORELAND AVE NE	LARCENY-FROM VEHICLE
12/15/22	Thursday	17:55	500 BLOCK PAGE AVE NE	LARCENY-FROM VEHICLE
12/15/22	Thursday	17:55	500 BLOCK PAGE AVE NE	LARCENY-FROM VEHICLE
12/15/22	Thursday	13:00	1200 BLOCK EUCLID AVE NE	LARCENY-NON VEHICLE
12/21/22	Wednesday	0:00	300 BLOCK MORELAND AVE NE	BURGLARY
12/21/22	Wednesday	18:00	300 BLOCK CANDLER ST NE	LARCENY-FROM VEHICLE

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THE HOLIDAYS ARE OVER.

W hew! This is a good time to take a step back and look at your home security. It's fairly easy to get a home security system installed, but you can do more without spending much.

5 things not to do and easy, inexpensive fixes to keep your home safer...

1. LEAVING YOUR GARAGE DOOR OPEN OR UNLOCKED.

Once inside the garage, a burglar can use any tools you haven't locked away to break into your home, out of sight of the neighbors. Interior doors between the garage and your home often aren't as strong as exterior doors and may not have deadbolt locks.

INSTEAD: Always close and lock the garage door. Make sure you get a garage-door opener with random codes that automatically reset. Better yet, get one that you can also control from your smart phone. They aren't expensive and you can even program it to alert you if you forgot to close the door or if the door opens when you are away.

2. HIDING SPARE KEYS

Burglars know about fake rocks and leprechaun statues and will check under doormats, in mailboxes, and over doorways.

INSTEAD: Give a spare set to a neighbor or family member. Better yet, have a new security system installed in your home which also allows you to lock and unlock doors by using your smart phone.

3. DON'T LET LANDSCAPING GET OVERGROWN

Tall hedges and shrubs near the house create hiding spots for burglars who may even use overhanging branches to climb onto your roof.

INSTEAD: Keep the growth around your house trimmed back – shrubs, trees,

everything. It will help keep your house safe, plus it will help keep bugs and critters out of your house. Better yet, buy a smart phone that also does yard work... (Lemme know where you find that app.)

4. KEEPING YOUR HOUSE IN THE DARK.

Like overgrown landscaping, poor exterior lighting creates shadows in which burglars can work unobserved.

INSTEAD: Replace burned out bulbs promptly, add lighting where needed, and consider putting fixtures on motion sensors or light sensors so that they go on automatically. Also - that new security system I've been mentioning will also allow you to operate your inside and outside lighting from your phone. You really need to look into this. Seriously.

5. LEAVING "GOODY" BOXES BY THE CURB

Nothing screams "I just got a brand new flat-screen, stereo, or other big-ticket item" like their boxes by the curb with your garbage cans.

INSTEAD: Break down big boxes into small pieces and bundle them together so that you can't tell what was inside. Better yet, break them down and recycle them.



Grab your hammer and join the show! In Atlanta, 404.872.0750 or 1.800.972.8255. Saturday mornings from 9:00 a.m.

until 12:00 p.m., Dave Baker is WSB's resident household repair and home improvement expert! He provides a multitude of tips and advice on planning, building and fixing up around the house. Follow Dave on his Facebook page: [Facebook.com/thehomefixitpage](https://www.facebook.com/thehomefixitpage)

Green & Growing



Ashley Frasca is host of the radio show Green and Growing, heard on 95.5 WSB Radio every Saturday from 6-9:00 a.m. For gardening tips, information, and advice, follow her Facebook page:

[Facebook.com/greenandgrowingwsb](https://www.facebook.com/greenandgrowingwsb)



Welcome to 2023! Yes, January is traditionally one of the coldest months here in Georgia, but a little chill shouldn't stop you from getting things done in the landscape.

December saw unusually warm temperatures, so maybe the first month of the new year will surprise us too!

The colder months are the best time to plant new trees and shrubs, so get to digging! Most plants' growth is halted by cooler temperatures, meaning they are less demanding for nutrients, so this time of year the focus is on root establishment and growth. When installing something new, it's always best to surround the base of the plant with mulch, but never up against the trunk or main stem.

Light pruning can be done on trees now. Do corrective and 'clean up' pruning on trees while you can see the branch structure, before they leaf back out. Start by pruning dead or diseased limbs, then ones that are crossing. And while some vegetative growth on the ground has died back, now is a good time to chop bamboo, English ivy and kudzu back while you can get to the main stems of the plant.

Plant things with winter blooms, like pansies and hellebores! Pop them in garden beds, sprinkle a little Osmocote fertilizer around each one, and then cover each with a handful of mulch before watering them in. And there's still time to plant bulbs, like daffodils and irises.

This is the month we're likely to see our first "hard freeze" of the year. But what's the difference between a frost and a freeze? Frost is visible on plants, windshields, etc. and can occur when temps are ABOVE freezing, and it all depends on dew point as well. If the dew point is below freezing, a frost is more likely. Freezing is when the air temperature is literally below 32 degrees. And a freeze can come without a frost. A "hard freeze" is when the temperature drops further, below 28 degrees, for a longer time. It will kill the top growth of most perennials and root crops, BUT a hard frost doesn't mean plants are dead though. Even after your plants have died back to the ground, the soil may be warm enough, so the roots are still growing.

And finally, what to do with that live Christmas tree? I am fortunate to be able to throw ours in the woods behind our house, and I am delighted to see birds and deer nesting by it. Some local parks and usually Home Depot stores offer to chip your tree, producing usable mulch.

Cheers to many new garden opportunities in the coming year!

Falling in love with Atlanta's weather? Beware of wide temperature swings!

Behind January, February is the second coldest month on average for Metro Atlanta.

In fact, the coldest temperature ever recorded in Atlanta occurred on February 13, 1899 when the thermometer dropped to -9 degrees Fahrenheit!

But February's icy heart has thawed in recent years. Looking at the climatological data, thermometers climbed to 80 degrees in 2019, 79 degrees in 2018 and 2021, and 78 degrees in 2022.

The average rainfall for the month of February is 4.55 inches. The record highest

rainfall occurred in 1961, when 12.77 inches of rain fell within 28 days!

Recently, a total of 10.58 inches of rainfall fell in February 2020.

Snow lovers, rejoice! It does snow in February in Metro Atlanta. The last time measurable snowfall occurred in the city took place in February 2014, when 2 inches of snow blanketed the area.

But the record highest snowfall for Atlanta occurred in 1979, followed by 1934, when over 4 inches of snow fell across the region.

February marks the halfway mark between winter and spring, and for those searching for brighter days, take heart.

Between sunrise and sunset on February 1, the Atlanta area enjoys approximately 10 hours and 34 seconds of daylight.

By February 28, the amount of daylight between sunrise and sunset is approximately 11 hours and 25 seconds.



Connect with me!

Facebook: Christina Edwards WSB
Twitter: @ChristinaWSBwx

February in Atlanta

DATA: NWS ATLANTA, 1991-2020

- Monthly Avg High: 58°
- Monthly Avg Low: 39°
- Feb 1 Sunrise: 7:34 am ET
Feb 1 Sunset: 6:08 pm ET
- Feb 28 Sunrise: 7:07 am ET
Feb 28 Sunset: 6:33 pm ET
- Feb Avg Rain: 4.55"



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Golf Cars of Canton	678-880-1156	Security Systems	
Handyman		Classic Entry Systems	678-330-1111
Shumate Handyman Services	678-584-0880	Skin Care	
Home Furnishings		The Beauty Barn	678-824-5466
ARIANA Home Furnishings & Design	678-807-7422	Water Heaters	
Hospital		Serv'all Plumbing-Water Heaters	770-917-1852
Northeast Georgia Medical Center	770-214-4492	Window Cleaning	
Insurance		Marietta Window Company	678-859-7481
Allstate Insurance Nancy Wells	404-452-5066		
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- Rebecca Kaplan, Seller



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