



Supermen Save the Frogs

by James Bryan (age 6) and Logan Casey (7)

Our friend's friend was moving out of a house and the person who was moving in was going to use the pool which was in the back and had filled up with rainwater. Frogs, tadpoles, water striders, and dragonflies lived in it by then and they would die once they drained the pool. But we came to the rescue.

Behind the cover there were tons of tadpoles so we had to start at one end and slowly pull a net the other way. Each time we dipped the net, we caught maybe 50 tadpoles. After we caught them, we put them in jars in coolers so they wouldn't get too hot. Then we took them to natural areas and released them (first the adults made sure they were types native to this area). One of the places was in the creek in The Frazer Center Forest. We also kept some of the tadpoles in an aquarium to watch them turn into frogs. We fed them lettuce and spinach, but once they turned into frogs, they needed a live diet so we took them down to the forest. We go down there once in a while to check on them.



Mud Management Needed

Residents reported several construction sites in the neighborhood without proper erosion control measures during heavy August rains. The work site pictured below had no erosion control during two days of August downpours. A current of clay-red water washed from the site, down several streets, and into a storm sewer over a block away. The storm sewer empties directly into a stream in The Frazer Center Forest, which is a source of Peavine Creek.

Sediment is regulated as a pollutant because of its role in degrading the quality of streams, rivers, and lakes. Excess sediment can change water flow patterns, choke plant life, make finding food difficult for stream residents, carry toxins, and coat gills of insect larvae, fish, and other aquatic life, making breathing difficult or impossible.

Please follow the City's best management practices for erosion control when engaging in construction. If you need more information or see construction sites operating out of compliance, call the City's Department of Erosion Control at 404-330-6081 or write Director, Greg Gutzwiller, at ggutzwiller@atlantaga.gov.

Parade & Peek on the 28th

This year's Halloween Parade is scheduled for Saturday, October 28, 5:30 pm until after dark. The parade begins at the intersection of Palifox and Claire, and will be followed by storytelling, food, and fun for kids of all ages at Lake Claire Park! And don't miss the evening's finale - an outdoor airing of the classic film, "It's the Great Pumpkin, Charlie Brown." For more details check the website at www.lakeclaire.org.

Lake Claire Neighborhood Meeting: OCTOBER 19

Frazer Center - 1815 S. Ponce de Leon or back entrance at end of Ridgewood Road

Lake Claire Neighbors meets every third Thursday of the month at 7 p.m. Meetings are open to all and cover:

- Planning neighborhood events
- Reviewing variances to city zoning within Lake Claire
- Providing a community voice to city elected representatives
- Allowing neighbors to voice their concerns, meet and/or share interests

Meetings from past months' meetings, upcoming meeting agenda and more can be found at www.lakeclaire.org.

Banzai Opens Its Doors

Lake Claire and Candler Park parents groups gathered for a Meet & Greet last month at Banzai Funspace in the Radial Cafe building off Dekalb Avenue. Children tumbled and played around this very cool fun space while parents enjoyed coffee, muffins and conversation. Lake Claire's group has grown to more than 40 families – mostly with infants to age five. Banzai Funspace donated their



space for the event while Highland Bakery provided muffins and Radial Cafe donated coffee and juice. A big thank you to these local businesses for their support of our community. If you are interested in joining the Lake Claire Parents Group please contact Kelly Crutcher at kellygray@mindspring.com.

Close-up On a Clarion Carrier

Lake Claire resident, Beth Grashof, has been delivering the newsletter for as long as this incarnation of it has been published, which is at least six years. Beth, who frequently walks for exercise anyway says, "It's easy (most of the time) to fit the delivery into my schedule." Beth recommends the volunteer job to others because it "takes relatively little time and is such a great way to meet your neighbors."



Through her contact with neighbors along her route, Beth has discovered that "Hardendorf likes to party!" Although she does not actually live on Hardendorf, neighbors on "the 'dorf" invite her to their frequent potlucks and parties because she delivers their newsletters. "Now that's what I call Southern hospitality," says Beth. And a pleasant perk of her dedicated volunteer work.



Q: What do 300 of your neighbors have that you don't have?

A: Access to late breaking really local news
& Monthly meeting reminders and agendas with voting items that affect YOU and your family
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Simple Yoga *by Jaya Devi Bhagavati*

Ancient yogis used yoga as a way to feel their deep connection to the earth. In October the season, the earth, and the time changes, which at times creates uneasiness and disconnectedness. We can use this month's yoga asana (posture), the Tree Pose, to stay grounded and connected to ourselves and draw from the calming, peaceful energy of our natural surroundings.

Simple Yoga to Balance Your Energy – Tree Pose (Vrksasana)

The Tree Pose creates a beautiful upward flow in the body as well as a sense of balance. It builds stamina and strength. You infuse yourself with the steady power of a tree, grounded to the earth and linked to your own coordination, confidence and concentration. This asana opens the energy of the legs, pelvis and sacrum, while strengthening the nervous system and opening the flow of energy along the center line of the body.

Technique

Begin standing with the feet together. Turn the right foot out to a ninety degree angle, shifting the weight subtly into the left leg. Bending the right knee, bring the right foot up to the inside of the left thigh, heel tucking into the top of the thigh. If your foot won't reach that high, place the foot lower on the thigh or around the calf. Press the right knee gently back, bringing the right leg onto the same plane as the rest of the body. Place the palms of the hands together in the prayer position. Inhale, extend the arms straight up overhead, releasing the shoulders, tucking the arms in beside the ears. Press into the standing foot and elongate through the torso, feeling energy moving up the whole body. Hold for 10 breaths. To

release, inhale deeply into the stretch, exhale and circle the arms down, returning the foot to the floor. Repeat on the other side.

Precautions

Please move slowly and with particular awareness if you suffer from knee, lower back or balance problems.

Jaya Devi Bhagavati, RYT 500 is the Executive Director of Kashi Atlanta, Urban Yoga Ashram, located at 1681 McLendon Avenue, Atlanta, GA 30307.



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KEEP AN EYE ON THE CRIME AND THE TIME by Dan Wright

Crime-avoidance tip: Three tips from the Atlanta Police Department concerning vehicle property theft: (i) remove or conceal valuables before arriving at your destination; (ii) avoid parking on abandoned streets; and (iii) be sure to check your vehicle, including your tag, when you return to your car. <http://www.atlantapd.org/Crime%20Prevention/vehicle%20larceny.pdf>

AUTO THEFT

- *8/21 – morning — Glendale Ave – Volvo stolen during the night.
- *8/30 – midday — McClendon Ave – Jeep Cherokee stolen from driveway.
- *9/5 – evening — Lakeshore Dr – Abandoned VW Jetta discovered and confirmed stolen.

LARCENY FROM AUTO

*9/9 – overnight – Marlbrook Dr – Rear vent window of Honda broken; glove box and ashtray searched by perpetrator. Nothing taken.

LARCENY – OTHER

7/20 – 8/14 – Dekalb Ave – Utility trailer taken from parking lot without owner’s permission sometime between listed dates.

BURGLARY

- *8/22 – evening – Casson St – Electronic equipment taken from residence. Suspect seen on victim’s front porch prior to property being stolen. Suspect description: Black male, 5’11”, 160 pounds. Prints recovered.
- *8/27 – evening – Oxford Pl – Electronic equipment taken from room. Locks had not been properly installed.
- *8/29 – late morning – Glendale Ave – Electronic equipment, suitcase stolen from residence. Back door appears to have been pried open by shovel; shovel left in kitchen. Beer bottle left in bathroom; feces in unflushed toilet. Prints recovered.
- *8/30 – daytime – Indiana Ave – Suspect entered residence through rear window; jewelry, electronic equipment stolen. Possible suspect vehicle is a silver pickup truck.

*****Special Note—Identification of Suspects:** All information relating to the identification of any suspects as reported by the police to us is included in this report. The goal of providing descriptions is to aid in the arrest of the identified suspects; hence, all identifying information whatsoever is included. Where information appears to be missing, it is because it was not reported and not because it has been edited by this organization.

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Big Thanks to Mystery Deliverers

Some two dozen neighbors are involved in the monthly effort to produce and deliver this newsletter. Every month various neighbors contribute news and information, and local businesses purchase ads. Next time you see one of these folks, give them a big thanks!

Deliverers from last year and this year include the

following neighbors, many of whom have been volunteering with the newsletter for many years: Joe Agee, Susan Beeching, Kim Bennett, Deborah Brookshire, Micki Chronister, Beth Damon, Sharon Doochin, Beth Grashof, Elizabeth Hamilton, Jo Hartsoe, Elizabeth Knowlton, Jane Merkle, Pat Marsh (who recently moved), Sherry Neal, Chad Polk, Steve Raimond, Vicki Rafferty, Dan Salmond, Schenk-Moore, Steve Raimond, Kathy Ryan, Sam Shober, Sheila Swan, Darlene Williams (who also recently moved), and Janie Wright. Please also welcome new deliverers Julia Brooke, Boyd Baker, Christen McClain, and Mary Jo Bryan.

We are always looking for story ideas and contributors as well. Please consider pitching in! If you can help write, edit, or manage the newsletter, please contact Hlee Vang at editor@lakeclaire.org; if you can help deliver it, please contact Gay Arneiri at gayarnieri@bellsouth.net or 404-377-2288.

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Garden Smarter? by Kathy Evans

Have you seen the email that circulates around the Internet about the "Heavenly Perspective on Yardwork?" (www.floridata.com/tracks/misc/HeavenlyYardWork.cfm). Using the motif of the proverbial discussion between St. Francis and God, the joke conveys God's dismay that earth's residents, known as the "Suburbanites," think of God's flowers as weeds and kill them; grow grass instead of plants that attract butterflies and birds; cut, water, and fertilize the grass only to cut it more, rake, bag, and throw it away, rather than "harvest it for good use." You get the picture. When God learns that these people rake up, bag, and haul away leaves that could keep shrubs and tree roots moist and healthy, yet then purchase and haul in mulch made from other trees, he concludes that the Suburbanites are the probable subject of the movie, "Dumb and Dumber."

As Fall approaches, remember this joke and be smart by leaving as many of your leaves as possible around the trees in your

yard. Think of a natural forest floor. This is the condition you want to create for your trees to the extent possible. Many of our neighborhood trees are unusually stressed from this summer's dry conditions, so they need all the extra help they can get.

Also, as one neighbor wrote in to remind us, when you must bag your leaves and yard waste, be sure the bags are a good distance from storm drains so they don't



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Build a Pond in Your Backyard *by Elizabeth W. Knowlton*

I knew I wanted a pond ever since I was a child in my grandfather Knowlton's garden in Mahwah, NJ, with its multiple ponds, lined with cement and filled with goldfish and plants. He died in 1955 though, and I had no idea how he built and maintained them. I have since learned. For the person who wants a pond in her backyard but does not have unlimited funds, this is the article for you.



First, the greatest impediment to building your own pond is fear and uncertainty. Therefore, the most important resource in building your pond is other people. My neighbor, Beth Damon, built, perhaps, the first post-50's Lake Claire pond in 1987, while renting on McLendon, and introduced many other neighbors to the idea before it was "trendy" (and before landscape companies commonly included ponds or before there was a pond tour). Stores did not sell ponds. She made a fountain using materials that were meant for other purposes. Two

people who saw her ponds went into the business of making them. Friends helped her move her rocks to a purchased house on Delaware Avenue, where she built two more ponds. I figured if a beautifully groomed person like Beth could build ponds, then I could too.

I suggest building the pond in spring for the best conditions. Books say that your pond should not be under trees or in the sun, leaving Southerners in a quandary. My pond is shaded in the morning with full sun in the afternoon. Another neighbor, Linda Maynard, who built her pond at the same time, has full shade.

My partner Jo and I outlined the pond area, about the size of a very large bathtub, maybe 8 feet long and 4 feet across, with lime and dug out the topsoil, which we moved by wheelbarrow to garden beds. Then we paid someone to dig out the clay. The dugout area went down about six inches, had a shelf of about the same width (this is for plants that don't want depth), and finally dropped another foot or so. The top of the pond must be level all around or the water will drain out in one spot and leave your liner showing elsewhere. Lay a board across the pond in various places and put a level on it to correct any problems.

If there are any stones, rocks, roots, or trash that might puncture the liner, remove them. Then line the pond bottom and sides with soft protective smooth things like layers of newspaper or old carpeting.

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butyl rubber or whatever has some kind of guarantee. Measure the pond at the widest and longest lengths. Add four feet to each dimension so you will have two ft. extra at the edge of the pond. Don't be cheap here and buy plastic, defeating all your hard work. My first liner, made of butyl rubber, lasted ten years.

Beth and Linda each helped me one time or another to lay out the liner, press it against the bottom and sides, and begin filling it with water. Do not trim the liner yet. You will be smoothing and fitting the liner to the sides as the pond fills. Linda lined her pond with black stones for her shady corner. I used sandy slabs that would blend better with the hot sun on clay soil situation. We hired an old neighbor with a pickup truck to drive us out east of Atlanta, where all the quarries and rock suppliers are, and brought back what we needed in one load.

Using a suggestion from one of my books, I place one layer of rocks all the way around the pond on the liner, just even with the edge. Then fold the lining back over the rocks toward the water. Place another layer of rocks around the pond on top of the first row and the lining, sticking a little bit over the water. Then trim the lining back from the edge so it does not show. Use other rocks and clay to cover any of the liner showing behind the first rocks.

You must protect the liner from deteriorating sunlight and sharp objects, particularly clawed animals such as dogs, raccoons, and birds of prey. Linda once lost a liner to a blue heron. But a fence will keep most of these critters away.

After the chlorine dissipates, it is natural for algae to appear, particularly in the sun. Fill your pond with oxygenating plants, no matter what else you plan to put into it. The algae should partially clear in a few weeks. There will always be some. In the fall we each use netting or old window screens to keep out leaves. In spring, I lie on the edge of the pond and clean out muck from the bottom.

All of us have fish to control mosquitoes. After the chlorine is gone and the algae has settled, you can release goldfish (no more than one inch of fish per square foot of water) into the pond on a mild day in shade. Float the plastic bag of fish on the water to equalize the temperatures. Then gently open the end of the bag and let the waters mingle. After the first year, I only fed my fish for visitors to see. They get plenty of nourishment from the pond, and it does not fill up with food detritus. I provide a screen and shade cloth at one end of the pond in the summer so the fish can get out of the sun.

Frogs will find your pond. I listen at night for the frog's contented croak at the end of the garden. Sometimes there are two, sitting on the rocks together. Linda firmly believes that frogs eat her fish and is always borrowing my net to move Jeremiah to the Land Trust. Frogs are easier than fish for predators to capture, and no frog lasts long in my pond.

In dry summers I run a sprinkler over the pond for 30 minutes a week, just enough to keep the water high, the chlorine low. Early this summer when I lost confidence in my oxygenating plants, I did add one block of Pond Clear-Zyme (a "bio-active cleaning block") to the pond, half of what the package suggested. The water cleared in 3 to 4 days, and I have not added more. This is the first chemical I have used in 14 years, so you can see it is not really necessary if you clean out your pond muck once in a while and try to keep the leaves down. You will be surprised too how cool the water stays under the plant layer even on the hottest summer days.



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ANNOUNCEMENTS

** **DeKalb Rape Crisis Center** is looking for dedicated volunteers to staff our 24-hour crisis line and serve as hospital companions for rape survivors. The center is also looking for volunteers to be part of the Speaker's Bureau and serve on the Special Events Committees. The fall 2006 training begins in October. For more information, contact Allison White at 404-377-1429 or by email at Allison@dekalbrapecrisiscenter.org.

** **The Council of Intown Neighborhoods and Schools (CINS)** will host representatives from APS for a discussion about the meaning and impact of this study on the Grady cluster schools. This meeting should be of interest to every school within the Grady cluster. The meeting will be held at noon on Wednesday, October 11 at John Hope Elementary School. This meeting is free and open to the community. John Hope Elementary School is located at 112 Boulevard, N.E., Atlanta, Georgia 30312, and its phone number is 404-330-4957. Lunch will be available for \$7.

** **The Atlanta Walk/Run for Animals** will take place October 28 in beautiful Grant Park. Registration starts at 7:30 a.m. and the run/walk will begin at 9:00 a.m. There will be entertainment and fun for everyone. All proceeds will benefit the LifeSaver Fund, a program dedicated to offering financial assistance to indigent animals with life-threatening medical conditions in efforts to eliminate "economic euthanasia." For more information go to www.atlantawalk4animals.com or contact Lynn at 770-455-7077.

** **The Freedom Park Bird and Butterfly Garden**, a joint project of the Atlanta Audubon Society and the DeKalb Master Gardener Association, is doubling its space in October. Local volunteers will be needed to help keep the plants watered during this time, from the end of October through the middle of December or until it gets cold, whichever comes first. On Saturday, October 21, Georgia Tech volunteers are going to help prepare the soil and the Mary Lin Challenge Classes will help put in native plants to fill the new space. After that, the plants will need to be watered to get them

established before winter sets in. The garden, located at the corner of North Ave., and Candler Park Drive, was started in the spring of 2005. The garden contains only native plants as well as a bluebird nesting box which a bluebird family used this season. Please call Carol Vanderschaaf at 404 373 0295, or email her at carovan@mindspring.com to volunteer.

** **The Inman Park Cooperative Preschool** invites you to a meeting for prospective parents on Sunday, October 29th from 2 to 5 p.m. at the Preschool at 760 Edgewood Ave. Families interested in learning more about this unique preschool program should plan to attend.

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All proceeds benefit Lake Claire Neighbors, which puts the money right back into our neighborhood. Roger Swift, an artist who lives in Lake Claire, has graciously donated the use of his design for the benefit of LCN. Contact us at banner@lakeclaire.org with any questions.

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