

The
Lake
Claire

Clarion



August 2006

newsletter of the Lake Claire Neighborhood Association

V. 13, #8

Love living in Lake Claire?

Display it! Orders for a banner designed specifically to highlight the uniqueness of Lake Claire are now being accepted. Lake Claire Neighbors is sponsoring the printing of a neighborhood banner that can be displayed on houses throughout the neighborhood. Roger Swift, an artist who lives on Harold Avenue has donated the use of his design on a banner for the benefit of LCNA. The design reflects the unique, free spirited character of this neighborhood and the ethereal existence of our mythic lake here in Lake Claire.

All orders will be pre-paid. Please complete the following form to order the unique 18" X 36" Lake Claire House Banner today. Visit the neighborhood website at www.lakeclaire.org to view the banner in full color.

All proceeds from banner sales benefit LCNA, your neighborhood organization.

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Lake Claire Neighborhood Meeting: AUGUST 17

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.

The Conscientious Gardener

by Gay Arneri

This is the season for traveling as well as gardening. If you enjoy vegetable gardening you have probably already enjoyed the first blush of harvesting. Spent plants can be pulled up and added to the compost bin. Perennial veggies like asparagus can be trimmed back to remove the dill-like growth and you just may get another rush of tips to grow. As I write this, corn is maturing in my backyard and I will know within the next week how we fared. Strawberry plants, new this year, are looking healthy as they mature. Note that they



seem to be heat and drought resistant, a nice combination of characteristics for this area.

Do you like to visit gardens while traveling? My most awe-inspiring garden visit was at Bouchard Gardens in Victoria, British Columbia, just outside Vancouver. Surprisingly it had a very similar array of plants that we have here with their spring display maturing about 4 weeks behind ours. If you

have any photos you would like to share please send them in.

This month's tips: If you are traveling and you have a garden that will need attention, make sure you have a reliable "garden sitter" to water well at least once if you are gone a week or so. You may even check with our neighborhood landscapers to see if they may perform this service for a fee. Potted plants will need more frequent watering in the absence of rainfall or exposure to the rain. Who wants to come home to dead plants? If you have a vegetable garden, invite a neighbor to harvest while you are away. It will help encourage continued production and it will be a great incentive for them to water for you while you are away. If you have removed spent veggie plants such as broccoli or collards, replace them with a new planting of most any variety of beans. They will germinate just fine in the hot weather.



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

& Public safety alerts

It's easy! Go to www.lakeclaire.org and click "email alert" to sign up. Check out all the new changes to the website. You'll never get more than a few messages per month - just the news you need to know.



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Lake Claire Officers for 2006

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VP-Zoning: Jim Curtin – zoning@lakeclaire.org

VP-Finance: Diane Moore – treasurer@lakeclaire.org

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Simple Yoga

by *Jaya Devi Bhagavati, RYT 500*

August is typically the hottest month of the year. As the heat and humidity increases, our energy decreases and our minds and senses can become dulled. Yogic breath techniques, called pranayama, can counter the sluggish heating effects of summer. Pranayama oxygenates the bloodstream, creating more clarity and energy. It revitalizes the entire body, opens the energy of the heart center and awakens the mind. Your state of mind is linked to the flow of your breath, so in practicing pranayama and controlling the breath, you begin to calm the mind. And in so doing, you can address patterns of negative thinking and become more aware.

Here is a Simple Yoga Breath for Cooling - Sitali Breath

The Sitali Breath is a moon breath which awakens the



cooling, reflective qualities of your being. It cools the body down and teaches you to use long, deep breaths. Sitali Breath stimulates the flow of apana, the eliminative force in the body. It aids digestion, urination, impotency, menstruation and exhalation. It is an excellent breath to practice for anxiety, frustration or anger, when our energy is too "hot."

Technique: Sit comfortably on a cushion or a chair with the spine long and open, keeping the chest lifted and the head level. Curl the tongue like a straw and stick your tongue a little way out of the mouth. Inhale deeply through the curled tongue. Retract the tongue into the mouth, and exhale through the nose. Do this with very long deep breaths. If you are unable to curl the tongue, simply inhale across the surface of the tongue. Continue for 3 to 11 minutes.

Kashi Atlanta was founded in 1998. Since its inception, this urban ashram's mission has been one of education, service and healing, with living roots in the spiritual teaching of gurus Ma Jaya Sati Bhagavati and Neem Karoli Baba. Kashi Atlanta fulfills its mission through yoga, service, and loving spiritual community. In so doing, the body, mind, and spirit are nourished in a safe, caring environment that encourages real healing and spiritual growth. Visit www.kashiatlanta.org for more information.

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6. Who is next ?

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KEEP AN EYE ON THE CRIME AND THE TIME

Crime-avoidance tip: This week's crime-avoidance tips come courtesy of the police department of the City of Falmouth, Maine and relate to vacation safety, quite germane to the season! Five Vacation Safety Tips: 1. Before Leaving - Secure Your Home! Have good locks on all doors and windows and USE THEM! 2. Engrave your valuables. 3. Never leave your house key hidden outside under a doormat, in a flower pot, or on the ledge of a door. 4. Make your house appear "lived in." Use timers for lights and radios. Have a neighbor pick up mail, packages and newspapers, and keep the lawns mowed and watered. 5. Leave your trip plans and an emergency phone number with trusted neighbors or friends.

AUTO THEFT

*7/6 600 Page Ave: Suspect attempting to steal Oldsmobile confronted by victim. Suspect pointed a knife at victim and fled in dark blue Buick. Suspect: Black male, 30-40 years of age, 6'00", 150-170 lbs.

LARCENY FROM AUTO

*6/17 400 Sterling St: Officer responding to suspicious person call found suspect in victim's vehicle. After short foot race, suspect arrested. \$15.01 taken by suspect. Arrestee: Edward Blount, black male, 36 years of age, residing on Kennesaw Drive.
*6/22 1400 McClendon Ave: Toyota left unlocked overnight, items missing in morning.
*7/3 1600 Dekalb Ave: Driver's side window of Honda broken, stereo taken.
*7/1-7/4 1300 McClendon Ave: Honda broken into, baseball

glove and cleats taken.

*7/3-7/5 2000 Dekalb Ave: Passenger side window of Nissan broken, cd player taken.

*7/5 400 Ridgewood Rd: Mazda broken into, property removed. Prints recovered.

*7/5 200 Arizona Ave: Rear vent window of Saturn broken, various sound equipment stolen.

LARCENY - OTHER

*6/12 - evening - 300 Ferguson St - Suspect snatched i-pod out of victim's pocket and fled. Victim gave chase; suspect dropped i-pod and ran away. Suspect: Black male, 15-18 years of age, 5'8"-5'10", 140-160 lbs.

*6/13 - morning/early afternoon - 1300 McClendon Ave - Lawn mower stolen from rear deck of residence.

*6/21 - 3:30 p.m. - 1500 McClendon Ave - Suspect took victim's bag from city park while bag unattended. Miscellaneous property taken. Suspect: Black male, 14-16 years of age, 5'8"-5'9", 140-150 lbs.

*6/28 - 1:15 p.m. - 300 Glendale Ave - Suspect was helping victim move items from home; when suspect left, antique pistol missing. Suspect: Larry Moore, black male,

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45-57 years of age.
*6/28 – daytime – 1500
Dekalb Ave – gas generator
stolen from residence.

BURGLARY

*6/3 400 Harold Ave:
Bicycle stolen from unse-
cured garage.

*6/13 300 Candler Park Dr :
Mountain bike stolen from
resident; apparent entry
through open window.
Prints recovered.

*6/14 1700 Delaware Ave :
Laptop, mountain bike, other
items stolen from residence;
rear door left unlocked.

*6/19-6/20 300 Brooks Ave:
Computer stolen from
residence; back door left
unlocked.

*6/28 400 Clifton Rd:
Racing bike stolen from
residence; door left un-
locked.

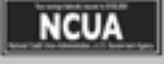
*6/29 400 Callan Cir:
Doggie door removed from
door of residence, property
stolen.

****Special Note—Identifi-
cation of Suspects:* All
information relating to the
identification of any sus-
pects 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. —*compiled/reported by VP—Public Safety, Dan Wright*

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Don't Go Near the Water

by Paul Hayward

In late May, students in a Field Ecology class at the Paideia School discovered coliform bacteria in the water that flows through the Candler Park neighborhood. The high school students were learning the standard tests for determining water quality, including detection of the presence of any bacteria that comes from animal waste (including humans). They were surprised when they found the fecal coliform bacteria in high levels in the Lullwater Fork of Peavine Creek (sometimes called Candler Park Brook) between the bike path bridge and the Ponce de Leon bridge. Like modern medical detectives, they tested further and further upstream in an attempt to locate the source of the bacteria. While there were some bacteria present in the channel that drains Candler Park, the concentration was much higher in the channel that runs west-to-east behind Fairview Road and along the bike path. They were able to trace constant high concentrations all the way up to the edge of Freedom Park at the intersection of Euclid Avenue and North Avenue. This means that the source of the bacteria is somewhere between that location and Little Five Points, the high point of the area.

The students compiled a report and sent it to the City of Atlanta. The City sent people from the Wastewater Department at least three times to locate the source of the bacteria. So far, they report they cannot detect any place where the sewer lines are leaking into the creek. However, they have not been able to identify an alternative source of the pollution. Until the source is located and cleaned up, they recommend keeping children and pets out of the creek.

This distressing news comes at a time when the neighborhood is involved in a major effort to improve the water quality of Candler Park Brook. The current construction in Candler Park is part of a joint Atlanta/EPA grant effort sponsored by CPNO and others to improve storm water detention and water flow by naturalizing the path of the creek through Candler Park along the golf course. When this project is completed in the fall, water should move more slowly and attractively through the Park, allowing natural processes to improve the quality of the water. Sources of coliform bacteria must be found and eliminated to aid in that effort. We must also be alert for any illegal dumping. In mid-May someone dumped a white, milky substance into the Creek that killed fish and other aquatic life in the pond just downstream from the bike path bridge.

Please report any concerns about the creek in Candler Park to the Georgia Environmental Protection Division at (404) 656-4863 or to Paul Hayward, the Lake Claire Peavine Watershed Alliance representative at (404) 373-7684.

Paul Howard is Lake Claire resident, member of the Steering Committee of the Candler Park Brook Project and Principal of Paideia High School.

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ANNOUNCEMENTS

*****Call for Parents:** Interested in meeting other Lake Claire parents with young children? Join the Lake Claire Parents Group to form playgroups and to find out about child-related news and events in our neighborhood and in town community. Contact Kelly Crutcher at kellygray@mindspring.com or call (404) 371-4255.

*****Call for Baby Sitters:** If you are a babysitter looking to promote your services in Lake Claire neighborhood, contact Kelly Crutcher and she can connect you with a great group of parents and children! More information available by contacting: kellygray@mindspring.com or calling (404) 371-4255.

*****Oakhurst Co-op Preschool,** a small cooperative preschool recently founded and run by parent-members from Oakhurst and several nearby neighborhoods, still has a few openings for enrollment in the Fall. Oakhurst Co-op

offers classes five mornings a week, from 9 a.m. to 12:45 p.m. for children who are or will be between the ages of 2 and 4 on September 1. Classes are taught by professional teachers and are held at the Episcopal Church of the Epiphany on East Lake Road at Ponce de Leon. For more information, please see the school's website at www.oakhurstcoopreschool.org or e-mail the membership director at info@oakhurstcoopreschool.org.

*****"Three Sistahs,"** a new blues & pop musical about sibling affection and family ties by the creative team of Janet Pryce, Thomas W. Jones II and William Hubbard, directed by Thomas W. Jones II and starring Crystal Fox and Bernardine Mitchell is now playing at the Horizon Theatre at 1083 Austin Avenue in Atlanta. Shows run now through August 27 on Saturdays at 8:30 p.m., Sundays at 5 p.m., Wednesdays to Fridays at 8pm. Tickets cost \$22 to \$30. More information: (404) 584-7450 or visit www.horizontheatre.com.

*****LCN & Frazer Center to host training workshop** in mid-September for the Atlanta Tree Commission, Arborist Department of the City of Atlanta and related staff. The Tree Commission is an all volunteer appointed board of the City of Atlanta charged with hearing appeals of the City Tree Ordinance and conducting public outreach and education about the need to preserve and protect our urban forest. Atlanta is blessed with the densest urban forest of any major city in the United States and the Tree Commission works with citizens in protecting our most important natural resource. The Frazer Center is an appropriate venue for this workshop as it encompasses 35 acres of virgin hardwood forest on the eastern edge of the City. The time and date for this event will be announced via web cast later this month or in early August.

*****The Diana Walker: Photojournalist,** an exhibition coming to the Jimmy Carter Museum August 26 through November 19, will show the talented photojournalism of Diana Walker, who began covering the White House as a freelance photographer for newspapers and magazines in the mid-1970s. The Jimmy Carter Library and Museum is located at 441 Freedom Parkway in Atlanta. More information available by calling (404) 865-7100.

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Killin' Kudzu Ain't Easy *by Kathy Evans*

Kids used to tell horror stories about what you could find in the kudzu along Georgia roadsides when I was growing up. Certain roadscapes still remind me, "You don't ever want to run off the road around here, because if you did and got knocked out, the kudzu could grow up over your whole car in just one night and they'd never find you..." Unfortunately both sides of McLendon Avenue near Lake Claire Park are becoming a bit like those roadsides.

The real problem with kudzu is that it kills or degrades other more desirable and native plants by shading or smothering them under a blanket of leaves, girdling stems and tree trunks, and even by breaking branches and uprooting massive trees with its weight. And kudzu is incredibly tenacious and difficult to get rid of; the longer you ignore it, the worse the problem becomes. While digging up the tap roots is effective, roots can weigh literally hundreds of pounds and grow to a depth of nine feet, making this method very difficult in all but very small areas. The most effective method of management requires a combination of carefully timed and repeated cutting along with herbicidal treatment at the correct intervals. If you have kudzu in your yard, it is best to keep mowing it and cutting it back before it has the chance to become a greater nuisance. For information about removal of established kudzu, see the website of the Southeast Exotic Pest Plant Council at <http://www.invasive.org/eastern/eppc/kudzu.html>.

We have initiated this type of management for the kudzu near the north side of McLendon in Lake Claire Park, near homes on McLendon and Lake Shore Drive. The work has been made possible by LCN and the Lake Claire Garden Club with a micro-grant through Park Pride Atlanta. Work has included cutting back privet and other large invasive plants, cutting kudzu, and carefully-timed herbicidal spraying. We now need to raise approximately \$300 to complete the process of cutting and spraying again.

If you would like to help, please send donations to:

Kudzu Free Park
LCN Treasurer
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Or contact Kathy Evans at environment@lakeclaire.org.



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OPEN HOUSE: Banzai Funspace in Candler Park Aug 12th and 13th from 9:30-2:30. Food, games, activities for all ages!! For more information on classes and our after school program you can email us at www.banzaifunspace.com or call 404-524-4521. We are located at 1530 Dekalb Ave Suite B, Atlanta GA, 30307 (in the Radial Café Building). Come out and have fun with the community!