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Lake  
Claire

# Clarion



September 2006

newsletter of the Lake Claire Neighborhood Association

V. 13, #9

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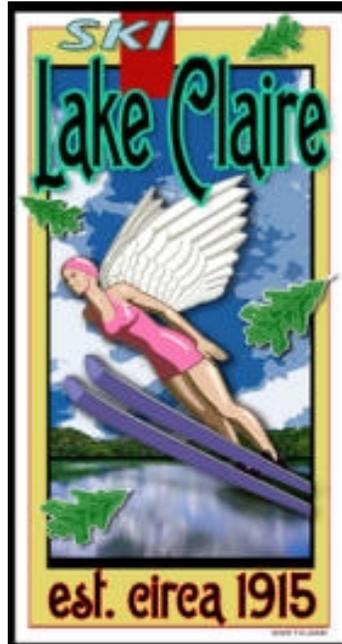
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## Election Time is Near

Want to make a difference in Lake Claire? Election time is coming up for the Lake Claire Neighbors Association in November. Residents in the neighborhood are encouraged to learn more about and seek election or nominate a candidate for the following roles on the neighborhoods' executive board:

**President \* VP-Communications \* VP-Environment**  
**VP-Finance \* VP-Fundraising \* VP-Public Safety**  
**VP-Zoning \* NPU Representative**

Contact [president@lakeclaire.org](mailto:president@lakeclaire.org) if you're interested in the roles above.



## Your Paper Needs You

The Lake Claire Clarion is looking for volunteers to help edit, layout, deliver & manage ads. If we don't get volunteers for the roles by election time (November 2006), the newsletter may move to a quarterly publication instead of monthly. Please e-mail [editor@lakeclaire.org](mailto:editor@lakeclaire.org) if you're interested.

## One More Chance to Paint

The last painting session for the 343-foot long Watershed Mural will take place from September 22 - October 8 when muralist, David Fichter, returns to Atlanta. This will be the third and final period for volunteers to help with the painting, which began with a two-week effort last January. While much of the wall is covered, several sections - many requiring ladders and scaffolding - are still bare. During this session, we especially need experienced artists to help Fichter as he focuses on completing details and works to create an overall consistency of style for the project.

Please plan to attend a mural fundraiser at Lake Claire's wonderful Community Land Trust with music, fun, and food on Saturday, September 30. Also stay tuned for details about an "Unveiling" Party tentatively scheduled for late October or early November. Write [mural@lakeclaire.org](mailto:mural@lakeclaire.org), and see [www.lakeclaire.org](http://www.lakeclaire.org) for more details.



## Lake Claire Neighborhood Meeting: SEPTEMBER 21

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](http://www.lakeclaire.org).

## Maintaining a vibrant neighborhood's history *by Joe Alcock*

In 1899, the Kirkpatrick and Dunwoody families, major land owners east of Atlanta, incorporated a city. Using part of each of their family names they called it Kirkwood. The new City of Kirkwood had a fire station, a library, a general store, a city hall, and at least two trolley stops. Included in the township was land owned by Civil War General John Gordon, who had a classical-styled home. He named his estate Southerland Place.

Over the last 107 years, both Kirkwood and Lake Claire have seen many changes and in recent years, economic pressures have started to erode at historic fabric. This year, Kirkwood residences have begun work to pursue a National Historic Designation for Kirkwood. This effort began with researching the details of a Na-

tional Historic Nomination and what that would mean (see [www.gashpo.org](http://www.gashpo.org) for more information). A National Historic District does NOT create any rules or regulations for property owners. Anything you are allowed to do today to your property, you will be allowed to do after a National Historic Designation. However, a National Historic District Designation would open some possibilities to encourage property owners and developers to preserve historic structures through elected tax incentive programs.

Representatives from Kirkwood have met with Gretchen Brock of the Georgia Department of Historic Preservation and Doug Young of the Atlanta Urban Design Commission. Though we are still very early in the process, Ms. Brock has asked us to approach the neighboring community of Lake Claire and create a National District that is based on the City of Kirkwood's original boundaries. Should Kirkwood decide to create a local historic district, much like those of Inman Park or Cabbagetown, the district lines would NOT be the same as the National District. According to Doug Young, today's Lake Claire neighborhood would then be required to be excluded. At this time Kirkwood has not determined if it will seek a local Historic District.

We hope to have your support in our efforts to document the history of our two communities. If you have any questions concerning National Historic District Designation please visit Georgia Historic Preservation Division's website ([www.gashpo.org](http://www.gashpo.org)), if you any questions about Kirkwood's History project please call 404-798-5735 e-mail [joe@rutledge-alcock.com](mailto:joe@rutledge-alcock.com).



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#### Lake Claire Officers for 2006

**President:** Dan White – [president@lakeclaire.org](mailto:president@lakeclaire.org)

**VP-Zoning:** Jim Curtin – [zoning@lakeclaire.org](mailto:zoning@lakeclaire.org)

**VP-Finance:** Diane Moore – [treasurer@lakeclaire.org](mailto:treasurer@lakeclaire.org)

**VP-Environment:** Kathy Evans - [environment@lakeclaire.org](mailto:environment@lakeclaire.org)

**VP-Safety:** Dan Wright – [safety@lakeclaire.org](mailto:safety@lakeclaire.org)

**VP-Communications:** Glenn Frankel - [comm@lakeclaire.org](mailto:comm@lakeclaire.org)

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## Simple Yoga *by Jaya Devi Bhagavati*

September is an especially good month to begin a yoga practice. Traditionally, Yoga practitioners would engage in cleansing and purification practices with the change of each season. Yoga postures designed to strengthen the digestive system and purify the body, mind and heart have been an integral part of this practice. Remember that for each yoga posture, there is always an easier pose and always a harder pose, making it accessible to everyone. Even if you can't touch your toes, your flexibility will gradually increase with patient, loving, consistent practice. This month's Simple Yoga has been used for thousands of years to strengthen digestion and elimination.

It is called **Supine Spinal Twist (Supta Matsyendrasana)**.

This posture is good for the entire back, hips and pelvis. It provides a deep spinal twist that stimulates the internal organs, including the liver, kidneys, stomach and colon. It will help keep the spine both supple and strong and releases tension from the back, neck, and shoulders. The spinal twist helps flush the spinal column, the central nervous system, the lymphatic system, and the digestive system. This is also an excellent posture to relieve lower back stress during pregnancy.

**Technique:** Begin lying on your back with your legs together. Place the sole of your right foot on the left thigh just above the knee. Place the left hand on top of the right knee and extend the right arm out to the side, palm up. Inhale deeply, then exhale and draw your right knee across the torso toward the floor on the left side. Turn your head to look toward your right hand and keep the right shoulder on the ground. If the right shoulder comes off the floor, gently press it toward the floor without forcing. To release, inhale and roll the spine slowly back to the floor. Exhale and extend the right leg. Repeat on the other side.

**Precautions:** Please move slowly and with particular awareness if you suffer from back, low back, or neck injuries, or if you have a hernia.

Kashi Atlanta will be doing its fall Ten Day Yoga Detox from September 9 through September 19. See [www.kashiatlanta.org](http://www.kashiatlanta.org) for more details. Excerpted from Jaya Devi Bhagavati's The Classical Yoga Teacher Training Manual © 2003-2006 Kashi Atlanta, Inc.





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## KEEP AN EYE ON THE CRIME AND THE TIME

**Crime-avoidance tip:** We apparently have a back-door burglar on our hands; someone is approaching houses during the daytime and attempting to enter through a rear door or window. Please be especially cautious and aware—lock those doors! Also, we have another sad reminder that you should always be on your guard when you are out and about late at night. Never be afraid to trust your instincts and run or hurry away from someone if the situation does not feel “right” to you. Also, if you can, avoid walking alone, especially after dark.

### AUTO THEFT

\*6/25-6/27 – 200 Southerland Ter – Scout stolen while parked on side of road.

### LARCENY FROM AUTO

\*7/7-7/8 – 1800 McClendon Ave – Side windows of two vehicles (Mazda and Jeep) parked in driveway smashed, \$1.00, a hand towel, and shirt removed.

\*7/7-7/13 – 200 Arizona Ave – Dash stereo and bicycle stolen from unlocked Acura.

\*7/10 – overnight – 1200 McClendon Ave – Clothes stolen from unlocked Toyota.

\*7/14 – 300 Gordon Ave – Side door of Toyota jimmied, property stolen from vehicle.

\*7/14 – evening – 1600 McClendon Ave – Items, including electronic equipment, stolen from Pontiac. Vehicle was secure and suffered no damage; method of entry unknown.

\*8/4 – early afternoon – 1200 McClendon Ave – Drill, jig, and case stolen from Nissan. Windows left down, items stolen from back seat.

### LARCENY – OTHER

\*6/18 – 400 Clair Dr – Three bicycles taken from property.

\*7/12 – overnight – 1300 McClendon Ave – Victim was pumping out a sewer and left pump unattended; when victim returned, pump was gone.

\*7/16 – late morning – 300 Clifton Rd – Unsecured bicycle stolen from front yard of residence.

### BURGLARY

\*7/27 – 9:30 a.m. – 1200 Dekalb Ave – Rear door of residence kicked in, \$6.00 in change and a diamond necklace stolen.

\*8/1 – daytime – 400 Hardendorf Ave – Suspect apparently gained entry to residence by unlocking rear door via doggie door. Road bicycle, gold rings stolen. Prints recovered.

\*8/7 – 11:00 a.m. – 300 Arizona Ave – Victim’s son heard suspect pushing on basement door attempting to enter main part of house. Victim yelled at suspect; suspect fled out of basement. No items taken.

\*8/7 – 400 Ridgewood Rd – daytime – Suspect appears to have entered through back door of residence. Electronic equipment taken. Prints recovered.

\*8/10 – daytime – 1700 McClendon Ave – Suspect entered house through unlocked kitchen window and stole

welcome home  
lake claire

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## ANNOUNCING: PROJECT THANK YOU, 2006-2007

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LENDER NCUA

cont. from p.4  
violin and miscellaneous property.  
Prints recovered.

\*\*\*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.

Compiled/reported by VP Public Safety, Dan Wright

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## Skiing Lake Claire

\*\*\* Lake Claire neighbor Travis Sharp has a hit on his hands! His play "Lawrenceburg," which was performed at Dad's Garage in June and July, received rave reviews from the AJC and Creative Loafing! Stay tuned for info on future shows from our local playwright.

\*\*\* There's a baby boom in Lake Claire! This spring, Harold Avenue heralded the arrival of Lucy Maya. On



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Warner McConaughy, Owner and Lake Claire Resident

Howard Circle and the southern end of Palifox, neighbors recently welcomed Anna Claire, Rowena, Latha Lois, and Taylor. Clementine celebrated her first birthday and at least one more new "Lake Clairian" should be here any day! \*\*\* Cancer survivor and neighbor Chris Sable is at it again – traveling the world and climbing mountains to raise awareness that cancer shouldn't stop people from pursuing their dreams. Chris, founder of the National Cancer Detection Foundation, is off to Russia to climb Mt. Elbrus. Check out his foundation website at [www.cancerdetect.org](http://www.cancerdetect.org). \*\*\* Tour Ladies extraordinaire Virginia Hamm and Margeauxxx headed to the beach for fun in the sun and much-deserved R&R in early July. Fellow Tour Ladies Trixie St. Claire and Lolita Delmarita held down the fort at the weekly Dr. Bombay's Coffee Klatch!

*Got birth announcements, birthdays, anniversaries, travel plans, or other good news to share? Email [lakeclairegossip@yahoo.com](mailto:lakeclairegossip@yahoo.com)!*

## New Pool Coming in 2007

"Lake Claire Pool" is now in the planning stages and will be open to new members by the summer of 2007. The design of the pool will compliment the beautiful homes in our community.

Conveniently located on the campus of Horizons School, this private membership saltwater pool will have easy access from both Dekalb Avenue and Southerland Terrace. There will be on-site parking, air conditioned partitioned locker rooms, a children's splash pad, a baby pool, cabanas, upscale landscaping, lifeguards, swimming classes and a large regulation 25-yard/6-lane swimming pool. This environment is being created with families, couples and singles in mind.

Once construction dates and times have been finalized, Founding Memberships will be offered exclusively to Lake Claire Homeowners for a limited time. Currently, there are 2-5 year waiting lists at other local area private pools. It is anticipated that Lake Claire Pool will be received with equal enthusiasm. Please look for updates in the near future on our progress.

If you have any questions or would like to be one of the first homeowners to reserve a membership, please visit [www.lakeclairepool.com](http://www.lakeclairepool.com).

## Announcements

\*\*Kashi Atlanta's Annual Open House extravaganza will be on Saturday, September 16<sup>th</sup>, from 10 a.m. to 2 p.m. The open house will feature a silent auction, free yoga classes, kids activities, door prizes and light refreshments.

All money raised from the open house will benefit Kashi Atlanta's ongoing community service programs including Street Meals and KidsArt. Call 404-687-3353,

**cont. p.8**

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or visit Kashi on the web at [www.kashiatlanta.org](http://www.kashiatlanta.org).

\*\*The 6<sup>th</sup> Annual Candler Park Fall Fest will be held Saturday, Oct. 14 from 10 - 6 and Sunday, Oct. 15 from 10-6. The festival includes live entertainment, artist market with 120 artists, the Candler Park Tour of Homes, children's activities, a canine cotillion, food and beverage and the Candler Park 5K. For more information, or to volunteer, please call 404-577-4212 or visit [www.candlerparkfallfest.org](http://www.candlerparkfallfest.org).

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\* **Seeking nanny share arrangement:** We have an infant and are seeking another family (and a nanny) to set up a full time nanny share arrangement. We are looking to start childcare in October. If interested, email [nanny\\_please@yahoo.com](mailto:nanny_please@yahoo.com).

\* **Housesitter?** Lake Claire family looking for family in neighborhood in need of housesitting from October 17- 22. My mother is coming to visit from overseas and we do not have a guestroom: would like to provide something close and convenient for her to walk. E: [leili\\_b@hotmail.com](mailto:leili_b@hotmail.com)

\* **WANTED:** Crib-size mattress for a toddler bed. 404-377-2288.



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