Are You “in” the Pool?

Despite the best efforts of the City, renovation of the Candler Park Pool and nine other city pools has been delayed. The Commissioner of Parks and Recreation, Dianne Harnell-Cohen, reported in a January 23rd meeting with the Candler Park Pool Association (CPPA) the construction delay is being worked through in the City’s procurement process and the department anticipates starting renovations during the Fall 2007.

However, the Commissioner re-committed that the CP Pool and pool house will be renovated. (The City is awaiting the procurement bids to assure that the Shade Structure and Splash and Splay & Spray Area will be included. We should know that for sure by the end of March.)

For CPPA to continue to operate the pool this summer, we will have to drastically increase membership. Unfortunately, the pool operated at a loss last year. CPPA and the Commissioner understand that without a renovated and improved pool, increasing membership will be very difficult. For this reason, the City offered to run the pool as a public facility open from 10 AM – 8 PM (or thereabouts) for Summer 2007.

The CPPA will discuss this with anyone interested at an Information Forum on Monday, February 5th at 7PM at the First Existentialist Congregation at 470 Candler Park Drive.

For updates please check our website at www.candlerparkpool.com or by emailing info@candlerparkpool.com. To stay up to date on pool plans, renovations and happenings send an email to subscribe@candlerparkpool.com.

— Candler Park Pool Association

Dear Editor,

I have a question about some things omitted from the newsletter. First of all I would like to thank you for volunteering your time to putting out our neighborhood news. It is greatly appreciated from all of us in the neighborhood. The questions I would like to ask is why there were no pictures/mention of the Lake Claire children Halloween parade, LP5 Halloween parade, Christmas carolers at the church, or any mention of any of the children born in the neighborhood, or any beat reports on things that have happened in Lake Claire. I’m as interested in the crime in the neighborhood, and the history of things in the neighborhood as anyone but I find it odd that current good events that go on in Lake Claire are not published in the paper. Thanks again for volunteering your time. - John Siebenaler

Dear John,

First, thank you for your letter. Your comments very much reflect our own goals as we develop The Clarion this year. We recently had a volunteer meeting in which we discussed the types of content we would like to present and everything on your list was also on ours.

Our major limitation is the availability of volunteers to provide submissions. Our “staff” is just 2 volunteers! We are always looking for neighbors who have either photos, news or articles they are willing to submit. New neighbors, births, travel adventures are always welcome. You sound like someone who is “in-the-know” and may be able to cover or alert us to events of interest that might get overlooked.

We are in the process of developing guidelines for newsletter content to assist editors in the future. They are consistent with your suggestions, so I hope you’ll soon see progress toward the changes you suggest. More input from neighbors like you would make a huge difference!

Thank you for your kind words of encouragement. We are a volunteer staff doing what energizes us as Lake Claire Neighbors. I invite you to continue reading, commenting and even volunteering to help us reach our goals as a quality local newsletter.

Best regards,
Gay Arnieri, Editor
LCNA Update: Old News

Lake Claire Neighbors – Meeting Highlights
Thursday, January 18, 2007 @ 7pm
Attendance: Approximately 40 people.
Officers present: Kathy Evans, President; Diane Moore, Treasurer; Dan White, VP Zoning; Glenn Frankel, VP Communications; and Jonathan Lewis, VP Environment.

Announcements/discussions:
• While LCN was incorporated as a Georgia non-profit in 2000, we are now working to obtain a 501(c)3 status.
• The first order of 50 neighborhood banners has been delivered and we’ll make another batch as soon sell approximately 20 additional banners. Order yours now at www.lakeclaire.org. Thanks Glenn Frankel for organizing!
• Mark your calendar now for Free Movie Nights at The Frazer Center. Thanks Sherry Neal for coordinating!
• Presidents of Lake Claire Neighbors and Candler Park Neighborhood Association met to discuss coordination of events and efforts in the two neighborhoods. Look for opportunities to meet and mix with our CP neighbors in 2007!
• We’re looking for volunteers to help with newsletter adsales.

Land Use Issues:
Members voted not to support a variance request at 288 and 292 Gordon Avenue to reduce side yard setback from 20 feet to zero feet between a commercial and residential property. The developers wish to treat the properties, totaling approximately 1/2–acre, as one development with 10 town houses, (vote: 22 opposed; 8 in favor).

Representatives of Franco DeFoor Properties, L.L.C. made an information-only presentation to request a rezoning at 2068-2100 DeKalb Avenue (near Howard Circle) from 8 single-family residences to MR3 zoning to allow construction of 40 condominiums. Some of the responses of residents included concerns about building height, privacy, increased traffic, loss of a 64”-diameter red oak tree and other trees, and storm water management. One resident commented that he liked the way the buildings looked; others said that the design was incompatible with surrounding houses. Others commented that design elements are irrelevant because they do not support rezoning. The developers indicated that they will attend next month’s meeting to present the rezoning request for a vote.

<table>
<thead>
<tr>
<th>Display ads</th>
<th>Classified ads</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Business Card</strong> 2”h x 3.5”w = $30</td>
<td>$3 per line</td>
</tr>
<tr>
<td>$25/3 mo. pre-paid ($75)</td>
<td>TIFF or JPG format</td>
</tr>
<tr>
<td><strong>Quarater Page</strong> 2x8 or 4x3.5 = $60</td>
<td>150+ dpi resolution</td>
</tr>
<tr>
<td>$50/3 mo. pre-paid ($150)</td>
<td>Contact</td>
</tr>
<tr>
<td><strong>Half Page</strong> 4x8 = $120</td>
<td><a href="mailto:layout@lakeclaire.org">layout@lakeclaire.org</a></td>
</tr>
<tr>
<td>$100/3 mo. pre-paid ($300)</td>
<td>with questions</td>
</tr>
<tr>
<td><strong>Full Page</strong> 10.5x8 = $315</td>
<td></td>
</tr>
<tr>
<td>$265/3 mo. pre-paid ($795)</td>
<td></td>
</tr>
</tbody>
</table>

Lake Claire Officers for 2006
President: Kathy Evans – president@lakeclaire.org
VP-Zoning: *VACANT* – zoning@lakeclaire.org
VP-Finance: Diane Moore – treasurer@lakeclaire.org
VP-Environment: Jonathan Lewis - environment@lakeclaire.org
VP-Safety: Dan Wright – safety@lakeclaire.org
VP-Communications: Glenn Frankel - comm@lakeclaire.org
NPU Rep: Dan White – npu@lakeclaire.org

2007 OFFICERS OF THE LAKE CLAIRE NEIGHBORS

Newsletter Staff:
Editor: Gay Arnieri - editor@lakeclaire.org
Ad coordinator: *WE NEED HELP* – newsletter@lakeclaire.org
Layout coordinator: Boyd Baker – layout@lakeclaire.org
Distribution: Troy Nielsen – distribution@lakeclaire.org
Webmaster: Glenn Frankel – comm@lakeclaire.org
LCNA: Next Up

Lake Claire Neighborhood Meeting:
**Thursday, February 15, 2007 at 7pm**
- Frazer Center Atrium - 1815 S. Ponce de Leon or back entrance at end of Ridgewood Road.
- Lake Claire Neighbors meets every third Thursday of the month. Meetings are open to all.
  - Social Time 6:30 - 7:00pm

**Guest Speakers and Announcements**
- Representative of Candler Park Pool
- Current Issues for Discussion
- Report of Executive Committee Planning Meeting
- Movie Night update
- Mural Dedication plans - April 22, 2007
- Officers Reports
- Public Safety
- Voting Items

Resident at 545 Clifton Road requests a variance (#V0724) to reduce side yard set from 17.5 feet required for corner lot to 3 feet to allow for the construction of a second story addition on the existing footprint, and a two-story addition to the rear of the house.

Request to rezone 2068-2100 DeKalb Ave. (8 lots at DeKalb and Howard Circle) from single-family to MR3 to allow construction of 40 condominiums and pool.

Past months’ newsletters and updates to agenda can be found at www.lakeclaire.org.

---

**CrimeWatch**

Late December, 2006, early January 2007 crime stats (Weeks 51-52 2006, Weeks 1-2 2007) for Lake Claire and Closely Surrounding Areas

**AUTO THEFT RECOVERY**
Monday 12/18 – 3:30 p.m. – 600 block Clifton Rd – Victim received message from someone stating where her previously stolen vehicle was located. Police recovered the vehicle from the stated location. There was no damage to the vehicle.

**LARCENY FROM AUTO**

All information relating to the identification of any suspects as reported by the police to us is included in this report. reported by Dan Wright, VP Public Safety

---

**When do you plan on moving?**

1. 263 Connecticut Avenue - Pending Sale
2. 446 Leonardo Ave. - SOLD
3. Another great listing!

Check out 316 Nelms Avenue

**Who will be next?**

**Call Ken Price Today**

404.786-8295 Direct

*The Agent who gets the Job Done*
Slowly We Turn...

by Jennifer Horn

Living on McLendon Avenue and seeing the increased amount of traffic and the increased rate of speed of most motorists have propelled me to get involved with the City of Atlanta to try and assist in solving this issue. This has been difficult and cumbersome at times but I believe we have made some progress.

The two primary areas needing attention are:

- At the beginning of McLendon Avenue (at Ridgecrest) heading eastbound through the traffic circle to Lakeshore Drive (the beginning of the bulb-out traffic calming measures)
- At Howard Circle-Dekalb Place

The proposed results of the efforts:

- Install a product called Tyregrip at the entrances of the traffic circle
- Install at the crosswalks of the circle a product called Imprint which will be a slightly raised crosswalk (not a speed bump)
- It has also been proposed to add colored Tyregrip as a highlight around the traffic circle itself so motorists perceive the road narrowing

At this time the City of Atlanta is focusing on the traffic circle to do most of the calming for that stretch of McLendon. I do believe that these efforts can and will slow motorists down entering and exiting the circle but will pick up speed soon thereafter. I have been told that speed humps are not an option at the time because McLendon Avenue is a collector road. As of the second week of November the contract for installment of the above mentioned items is at the Georgia Department of Transportation in its final stages. Stay tuned for any additional action we might need to take with the City to make this stretch of road safe for pedestrians, cyclists, and motorists.

I have also petitioned the City of Atlanta for installation of speed humps on Howard Circle and Dekalb Place. As most of you know this particular section of road begins at the traffic circle and splits two ways, one to Dekalb Avenue the other continues down a slower residential section and ends at Palifoxx. The proposal includes a series of speed bumps starting near the circle and continuing down Howard Circle.

We are still short a few signatures for this proposal but very close. The only eligible addresses are on Howard Avenue so if you have not signed this petition and would like to, please contact me at your convenience at jhorn@chamberlinedmonds.com.
CINS’ February 14th Meeting
12p at C.W. Hill Elementary School

The Performance Standards for Math are changing for Atlanta Public Schools. Please join The Council of Intown Neighborhoods and Schools (CINS) to learn more about how these changes will affect your children. This meeting will be held on Wednesday, February 14, 2007 at noon at C.W. Hill Elementary School.

This meeting is free and open to the community. C.W. Hill Elementary School is located at 386 Pine Street, N.E., Atlanta, Georgia 30308, and their phone number is 404.853.4011. Lunch will be available for $7.

CINS is a not-for-profit organization working to empower public schools in the Grady cluster. For more information on CINS and its mission, please visit: www.cinsatlanta.org.

Save the Date

Coming Soon to the Frazer Center...
Lake Claire Neighbors invites you to Movie Night at the Frazer Center. Free films for the whole family! Refreshments available for purchase and donations accepted. All proceeds benefit LCN and the Frazer Center. All shows start at 7pm.

Friday, February 9 - The Sound of Music
The hills are alive…You KNOW you wanna sing along!

Friday, February 23 - Pirates of the Caribbean: Curse of the Black Pearl
Arrrghh matey! Pirate costumes encouraged

Friday, March 9 - The Court Jester
Never seen it? Singing, dancing and a very young Angela Lansbury as a princess. Don’t miss it!
Simple Yoga
by Jaya DeViBhagavati, RYT Kashi Atlanta

Named after Bharadvaja, one of the legendary sages of the Vedas, this simple posture stretches the spine, the shoulders, and the hips. It gently massages the abdominal organs, and stimulates the central nervous system and the lymphatic system.

Yoga to Open the Hips and Lower Back – Sage’s Twist – Bharadvajasana

Begin sitting on the heels. Place the right hip onto the floor beside the heels, feet pointing back. Lenghthen the spine, lift the chest, and press both sitting bones toward the floor. Inhale, and turn to the right, placing the fingers and thumbs onto the floor shoulder width apart. Do not lean into the hands. Exhale, and pull against the floor with the hands, turning into a deep spinal twist. Turn all the vertebrae, including the neck, head, and eyes to the right. Keep the shoulders released away from the ears, but pressing into the twist.

To release, inhale deeply into the pose. Then exhale and turn slowly back to the front. Sit back on both heels. Repeat on the other side.

Modifications

Place a pillow under the hip you are sitting on and move with particular awareness if you suffer from lower back, spinal or neck injuries.

Excerpted from The Classical Yoga Teacher Training Manual © 2003-2006 Kashi Atlanta, Inc.
Several of my friends emailed me this past week confessing of being stuck in post-holiday funk. After the third of these emails came in I started giving it some serious thought, wondering first of all why I wasn’t in the same funk but more importantly, what could be the common denominator? The only logical reasons I could surmise are the shorter days, colder temps and no significant holidays on the horizon, that is unless you count Groundhog Day (Feb. 2) or Boy Scout Day (Feb. 8). For me, I love this time of year as the colder temperatures give me an excuse to hole up in my house and cook hearty winter foods. When cooking though, I do try to remember that in Atlanta, spring time comes just around the corner so I do make an effort to cook healthy.... As we enter February which is American Heart Month, I thought it appropriate to review some of the nutrition recommendations for heart health.

For years the primary recommendation for heart health eating was to eat a low-fat, low-cholesterol diet. Fortunately, we now know that simple recommendation is largely out dated and what really matters is the type of fat in the diet. So knowing your fats and substituting good fats for bad fats is the way to go.

Good fats are unsaturated fats and are made up of both polyunsaturated and monounsaturated fats. Good food sources of these include many nuts and seeds, olives, avocados, and vegetables oils (canola, olive and peanut oils).

Bad fats are both saturated fats and trans fats. The majority of saturated fats are animal foods which include whole milk, butter, cheese, red meat, ice cream and eggs. Most trans fats in the diet are found in commercially prepared baked goods, snack foods and processed foods. A food products
that contain hydrogenated or partially hydrogenated oil contains trans fats. Ounce for ounce, trans fats are far worse than saturated fats, but both should be used in limited quantities and ideally replaced with good fats. Other recommendations for heart health include consuming a fatty fish (salmon, herring, mackerel and sardines) just 2-3 times a week may help prevent heart disease.

So what really is the bottom line? Trying to lose the bad fats and replace them with good fats is the best overall strategy for heart healthy eating. For more information check out the following websites: www.americanheart.org, www.hsph.harvard.edu, www.oldwaysspt.org

Editor’s Note: Jennifer and her beagle Mr. Beasley have been residents of Lake Claire for the past 2 ½ years. Jennifer is a Registered Dietician, employed as a Wellness Coordinator at Northwestern Benefit Corporation of Georgia. She is passionate about educating and empowering others to engage in healthy lifestyles with the focus on preventive health care. February is American Heart Month.
Can’t wait till Spring! We’ll miss the garage doors though.

Are you loving life in Lake Claire? Want to get more involved with LCNA? Let us know! We have Board and committee positions open in NPU/Zoning, Newsletter Ad Coordinator, writers, photographers and more. Become part of Atlanta’s Great Lake.
Contact: editor@lakeclaire.org.

From electricians to plumbers, Angie’s List identifies the best (and worst) service companies. For more benefits, call or visit us online.
GET YOUR BANNER TODAY!

The banner is 18” w x 36” h and is printed in full-color with UV-protected ink on 15 oz vinyl. Hanging on a sheltered porch or under an overhang is recommended. Each banner costs only $55. Each hanging kit includes a dowel, eye-hooks, and nylon hanging cord for only $8. All proceeds benefit Lake Claire Neighbors, which puts the money right back into our neighborhood. Contact us at banner@lakeclaire.org with any questions.

Pay with PayPal or echeck at www.lakeclaire.org or send your check made payable to:
LAKE CLAIRE NEIGHBORS, 592 Harold Ave NE, Atlanta, GA 30307

Classified ads are ONLY $3 per line prepaid! For more info contact newsletter@lakeclaire.org

NOOK AND CRANNY MAID SERVICE  404.688.3766

PIANO TUNING, REPAIRS, REBUILDING, SALES.
Call Jane Purtzer 404.378.8310

Need a babysitter? Contact your Lake Claire neighbor! Au pair & babysitting experience. Weekday nights and weekends. References Available. Katie Bingeman katiebingeman@gmail.com; (404) 394-7822

HOUSE REPAIR

LOWER COST HEALTH & LIFE INSURANCE - MAJOR CARRIERS
Jim Squire, experienced agent. 770 840-7308 jsquire@bellsouth.net

Sixth Annual Spring Boot Camp at Candler Park. March 26-May 14. Mon & Wed 7 PM, Sat 10 AM. Register by Mar 21 at www.funfitnessonline.com or call Jaye @ 404.378.5775 today.

BUY ! SELL ! TRADE ! RECYCLE ! YARD SALE !
List your stuff for FREE!! Not sure? Contact newsletter@lakeclaire.org

FOR SALE: BEGINNER MUSICAL INSTRUMENTS. B-flat clarinet in Bundy case $120. B-flat silver trumpet Yamaha YTR232S with mouthpieces $150. Full size violin with many books $80. Washburn T-Bird electric guitar $100. Washburn acoustic guitar $160. Yamaha all silver 481II-925 flute $800. All come with books, cases, many fully reconditioned. Call Dan at 404-378-6176.

Twin box spring & Mattress Free – barely used, needs a new home. 404-377-2288