



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. Unfortun-

nately, 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.

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VP-Safety: Dan Wright – safety@lakeclaire.org
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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

Saturday - 12/23 - daytime - 1200 block McLendon Ave - Window of passenger side of van broken, electronic equipment taken.

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?

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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 installment 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 Palifox. 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.



Coming Soon!

Register now on our Priority List. www.lakeclairepool.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

Mural Dedication Party on Earth Day, Sunday, April 22, 2007. Watch for details in next month's newsletter and on the web at www.lakeclaire.org.

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

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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. Lengthen 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.

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Heart Healthy Eating

by Jennifer C. Smith MS, RD LD

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

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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.oldwayspt.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.

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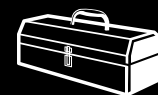
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