



Harold Avenue's Greenspace Dedication & Street Dance - October 6!

Join your neighbors for dancin' in the street and celebrating Lake Claire's newest greenspace, Saturday, October 6, 7-11 pm. The greenspace was acquired earlier this year by the City after several years of effort by over 100 Lake Claire residents and Councilwoman Natalyn Archibong. The street in front of the greenspace at Harold and Muriel will be closed for the celebration.

Enjoy a unique combination of traditional and modern Cajun, zydeco, blues, and rockabilly with Hair of the Dog, and Dylan-to-Dead with The Expand Band (both bands feature Lake Claire's own Bill Fleming). There'll be a chance to meet your neighbors, meet Councilwoman Archibong, and sign up for tree planting in Lake Claire this winter with the NeighborWoods program of Trees Atlanta. Welcome Bill, Jacquelyn, Selena, and Eliza back from their years in Wales and remember to thank them for resuming the annual street party!



Block Parties - A Lake Claire Specialty

See Page 13 for details of fun kids of all ages had recently at a block party for Ridgewood, Marlbrook, Leonardo and Almeta.

Grab a friend and head down to the end of Harold Avenue on October 6th! In the meantime, if you can help with setup or have access to pallets we'll need for building the stage, please contact Dan White at zoning@lakeclaire.org.

Lean, Mean and GREEN...

The Clean Air Campaign says...New Home or Job? Test Drive Your Commute First! Before you sign on the dotted line, take a test drive in morning and afternoon rush-hour traffic to make sure that your changing commute doesn't keep you from enjoying your new home. Make sure that new salary isn't eaten away by increased gas costs. Also, factor in all of the other "costs" associated with your new commute including time, traffic and stress. Here are some questions to ask yourself:

1) Is your new home or job located near transit? There are six main transit systems in the metro area, including: MARTA, serving Fulton and DeKalb counties with a bus and rail system; C-Tran serving Clayton County; Gwinnett County Transit; Xpress, serving 12 counties; the Buc, serving the Buckhead area and Cobb Community Transit (CCT.)

2) Does your future employer promote commute alternatives? Ask about teleworking, vanpools and flex schedules. The Clean Air Campaign offers incentives to help make the change, as well as some to reward those who are already taking an alternative mode of transportation. Visit www.commuterrewards.com for more information.

3) Do you have room in your new home for an office?

If you are facing a new commute thanks to a new job or a new home, check out all commuter resources at www.cleanaircampaign.com or call 1-877-CLEANAIR.



Next LCN Meeting, Thursday September 20

Lake Claire Neighbors meets every third Thursday of the month at 7 pm. Meetings are open to all. Past months' newsletters and updates to agenda can be found at www.lakeclaire.org.

Mark Your Calendars!

August 20 – September 14 Registration (sellers) for the First Baptist Church Fall/Winter consignment Sale. For more details, email tskidsale@bellsouth.net.

September 6 – Thursday Charis Books and More, 119 Euclid Ave. NE, Disability 101 Part Three: Disability Activism (time and location TBA) For more details, visit www.chariscircle.org.

September 6 – Thursday "What's Happening in Deepdene Park?" at 7:30 p.m. sponsored by the Olmsted Linear Park Alliance. It will be held in the

parish hall of the Episcopal Church of the Epiphany, opposite Deepdene at the corner of Ponce de Leon Avenue and East Lake Road. Spencer Tunnell, the landscape architect charged with restoring the park using Frederick Law Olmsted's original design, will make a presentation and answer questions. Light refreshments will be served, and the public is invited.

September 9 – Sunday Getting our A.C.T. together! Neighborhood meeting to discuss community participation in the purchase of Lot 4 of the Amata Community. (Lot 4 includes the Barn House and large addition. Located at 317 Nelms Ave, 1 block east of Clifton between Dekalb and McLendon). 4-6 PM community discussion. 6 PM Pizza and refreshments will be provided, at the Amata Community.

September 10 – Monday Lake Claire Garden Club Meets at 7pm. For more details, contact editor@lakeclaire.org.

September 10 – 21 The 23rd Annual Georgia Artists with Disabilities Art Show (see "The Frazer Center" article). The art exhibit will be at the Georgia Power and Light Company, 241 Ralph McGill Blvd. Exhibition hours will be Monday-Friday from 9:00am to 5:00pm at Georgia Power.

September 22 – Saturday Oakhurst Cooperative Preschool Inaugural 5K Road Race and Fun Run: Beat the Street for Little Feet. 9 am at Harmony Park. Please visit www.oakhurstcoop.com for details on race registration.

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For each home sold in Lake Claire, Maya will donate 2% of her net commission to the Lake Claire Neighborhood Org. For every referral you send her, she'll donate \$40 to the Lake Claire Neighborhood Org. or to MaryLin School, if you prefer.

Don't Lose Your Best Friend

If your pet ever becomes lost, a microchip could be the ticket home! Plan to protect your pets and raise money for AARF with next month's microchip clinic.



Here are details:

WHEN: Saturday, Sept. 22, noon until 4 p.m.

WHERE: Park Pet Supply, 479-A Flat Shoals Ave., East Atlanta Village

COST: \$35 gets you a microchip and registration (RSVP and pay online and get \$5 off!)

MORE INFO: Veterinarian

Alana Velasquez is volunteering her time and expertise to implant each and every microchip. RSVPs recommended but not required: info@aarfatlanta.org.

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The Frazer Center to participate in the 23rd annual Georgia Artists with Disabilities Art Show

Once again The Frazer Center adult Clients will be participating in the 23rd annual Georgia artists with Disabilities art show that will be held on September 10th – 21st, 2007. The art exhibit will be at the Georgia Power and Light Company, 241 Ralph McGill Blvd. Exhibition hours will be Monday-Friday from 9:00am to 5:00pm at Georgia Power.

The Frazer Center adult clients have participated in this great event for twelve years and look forward to doing so again this year. Artwork will include framed art, painted pictures, bead making, painted birdhouses, poetry, and special art designs. Their artwork will be on display, along with other artist's work within the state of Georgia. Awards, gifts and monies will be awarded to the winning participants.

The Frazer Center is a nonprofit agency with a long-standing history of providing exceptional, quality services to infants, preschoolers and adults with physical and mental disabilities such as cerebral palsy, spina bifida, Down Syndrome and other genetic anomalies and global developmental delays. During the course of its fifty-eight year history, the Center has assisted children, adults and their families with therapeutic, educational and vocational services that maximize their potential for independence. In 1949, Mrs. James N. Frazer and Mrs. Mills B. Lane founded the Center because they refused to believe that children with cerebral palsy couldn't benefit from remaining in the community and living with their families.

Mark Your Calendars (cont'd)

October 7 – Sunday Clifton Sanctuary Annual Celebration Dinner and Graduation of formerly homeless residents.

October 13 & 14 - Candler Park Fall Festival . For more details, visit www.CandlerParkFallFestival.org.

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We are all invited! Getting our A.C.T. together!

A neighborhood meeting has been set to discuss community participation in the purchase of Lot 4 of the Amata Community. (Lot 4 includes the Barn House and large addition.) This lot is located at 317 Nelms Ave, 1 block east of Clifton between Dekalb and McLendon Avenues. Meeting to be held Sunday September 9th, at the Amata Community, 4-6 PM community discussion and 6 PM Pizza and refreshments will be provided.

The Land Trust is a wonderful example of a grass-roots community in action. Twenty-one years ago the call went out to friends and neighbors to invest in our neighborhood with the goal of providing a place to cultivate community and to celebrate nature. The success of that investment has been amazing. The Lake Claire Community Land Trust has blossomed into a magical oasis.

Today we have another opportunity to invest in expanding our green space and deepen our community connections: Norman Glassman and Marilyn Rosenberg, founding members of the Land Trust, are encouraging friends and neighbors to work together to help guide the transition of property ownership of the Barn House and Addition (lot 4) within the Amata Community in a way that best meets the needs of our neighborhood.

Presently, a group of friends and neighbors, with the Lake Claire Community Land Trust, are helping to establish the Amata Community Trust (A.C.T.) to help guide this process. The intent is to encourage community-wide participation. The plan is to solicit and review options and available resources with an emphasis on options that will allow this property to be a community-based investment in nature and community.

This is a unique opportunity to preserve green space for future generations. It is an opportunity to invest in the enrichment of ourselves and in particular, it is a way that celebrates our relationships with each other and nature. Please join in the discussion on Sunday September 9th.



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Curb Recycling Information

Recycling pick up is the same day as trash pick up. Items that can be recycled at the curb include:

- Newspaper
- Aluminum cans
- Glass bottles and jars (remove the lids)
- Steel (tin) cans
- Plastic #1 and # 2 bottles
- Mixed paper (Please put the mixed paper in a brown craft paper grocery bag to keep it separated from newspaper.)
- Office paper
- Junk mail
- Envelopes
- Telephone directories
- Boxboard (cereal boxes, tissue boxes)
- Shredded paper tied in a clear plastic bag
- Magazines
- Catalogues

Disposal of other material:

- Old corrugated cardboard only
- Liddell Substation, 1540 Northside Drive
Lakewood Substation 128 Clair Drive

- Electronics

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The Conscientious Gardener

"Decomposing Composting" – Part 2 of 2

By Troy Nielsen

Last month I explained the "open pile yard material" composting method. This month I'll cover the "compost tumbler for kitchen scraps" method.

Step 1: Procure an air-tight container to store kitchen scraps. That way you don't have to visit the compost every time you generate kitchen scraps. I recommend "compost pail" from www.cleanairgardening.com (Item BCK2000). See Figure 1. You can fill this pail and there's no smell or hovering flies.

Step 2: Procure an enclosed compost tumbler. The enclosure prevents an all-you-can-eat buffet situation for critters—a problem you don't have to worry about with a pure yard waste compost pile. Shop around to find a tumbler that meets your space and cost preferences. I recommend the "Tumbler Compost Bin" from www.cleanairgardening.com (Item TCT). These bins have a basin to make compost tea and are made from recycled plastic. See Figure 2. Also check out www.composters.com.

Step 3: Place the tumbler on level ground and in the sun.

Step 4: Start collecting kitchen scraps. The scraps



will primarily be "green material". You can include coffee grounds and filters, vegetables, fruits, etc. Egg shells are okay provided that you rinse and crush them. Don't compost items that contain protein such as meat or yogurt. I typically don't compost anything that's been cooked.

Step 5: Empty the kitchen pail into the tumbler. Always add brown material (leaves, small twigs, etc.) to the bin every time you empty the pail.

Step 6: Everyone's a bit different in terms of when it's time to tumble. I tumble the pile about twice a week. Without tumbling, the water from the green material settles near the bottom of the tumbler. The result? Nasty smelling stuff. Tumbling and adding brown material religiously will eliminate those odors.

Step 7: Once you've filled up the tumbler about $\frac{3}{4}$ of the way, let it "cook" until you find the dark brown, flaky, soil-like humus. As mentioned last month, you can add the humus to soil, spread it around trees and shrubs, and use it as mulch. 🌱

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Data Show Schools Improving

APS Improving Across the Board - 100 Percent of APS Elementary Schools Make AYP

(Editor's Note: Excerpted from Editorial by Dr. Beverly L. Hall, Superintendent, Atlanta Public Schools)

The Atlanta Public Schools would like to thank the Atlanta community for its support. Our reform efforts are working and we are setting the pace for school improvement in Georgia, K-8. The Adequate Yearly Progress (AYP) results for the district's traditional, charter and non-standard schools show an all time high of 83.5 percent, an 8 percent increase from the 2005-06 school year. The best results came from our 62 elementary schools where 100 percent made AYP.

Five APS schools outperformed their counterparts around the state in the Criterion-Referenced Competency Tests (CRCT) that determine whether a school has made AYP. Frank L. Stanton Elementary School was the top performing school in the state on the third-grade reading CRCT. Stanton was joined by Morningside, Morris Brandon, and Blalock elementary schools in outperforming 90 percent of their peers in third-grade reading, fifth-grade reading and fifth-grade math. Also, KIPP-West Atlanta Charter School performed fourth in the state on the eighth-grade math CRCT.

While we are very pleased with the elementary results, 68 percent of our middle schools and 35 per-



Back to School! A big group of kids head off to Inman Middle School from Lake Claire. The sidewalks and PATH are full of kids heading to Mary Lin Elementary as well.

cent of our high schools met AYP. The percent meeting AYP in middle and high schools represents an improvement but we will not be satisfied until we reach 100%.

Paying Our Dues

In last month's issue of *The Clarion* we published the names of everyone paying their membership dues to Lake Claire Neighbors. We inadvertently forgot a few folks! Our apologies (and hearty thanks) to: Kathy Ryan of Harold Avenue, Adam Cohen, Glenn Frankel and Lucy Cohen-Frankel, also of Harold Avenue.



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Fargo, Georgia FD Fund Raiser

The State of Georgia has been experiencing possibly the worst fire season in their history. Over 600 square miles has burned since the middle of April. Fuel moisture levels are at historic lows. At least 18" of rain is needed to end this siege and return water levels in the Okefenokee swamp to somewhat normal. It is highly likely that the duff & peat in the swamp will smolder and burn for months like it did in the 1954-55 fires which burned for 18 months.



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Firefighters from over 30 States have responded to the call for assistance.

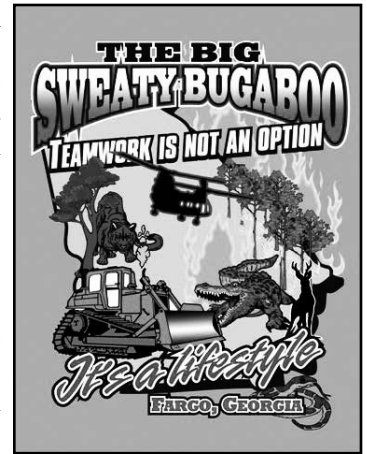
The small City of Fargo (population 380) which is located on the southwestern edge of the Okefenokee has been severely impacted by the fires that are raging around it. This small town has one fire truck which is over 30 years old. They are in desperate need of a new rig.

Upon hearing of

Fargo's plight, Wildland firefighters from across the country responded to their plight with T-shirt Fundraiser. The local third grade teacher designed a T-shirt for the Fargo side of the Bugaboo Fire and the City is selling them with all proceeds going to the "Fargo Fire Truck Fund." The local Boy Scouts and Girl Scouts are taking orders and mailing shirts to firefighters and other interested parties nationwide.

Shirts are \$20 for one shirt or \$15 each for orders of 2 or more are. If you would like to support Fargo in their efforts to buy a new Fire Truck or want more information, go to a page within Rep. Stephanie Stuckey Benfield's website at <http://www.stephaniestuckeybenfield.org/mainpages/issues/Fargo.php>. All the residents of Fargo THANK YOU from the bottom of their hearts.

Rep. Stephanie Stuckey Benfield (D-Atlanta) represents the 85th District (DeKalb County) in the Georgia House of Representatives. Contact her at 512 Coverdell Office Building, Atlanta, GA 30334; by phone at 404-656-7859 or by e-mail at stuckey@mindspring.com. You may also contact her through her web site www.stuckey.org.




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Where's the Lake?

Submitted by Kathy Evans, adapted from research compiled by former Lake Claire resident and historian, Robert Schrieber

Yes, there once was a lake of sorts in Lake Claire. It was called Lake Ponceana and shows up on maps during the 1920s and '30s in the area where Claire Drive intersects the middle of Lakeshore Drive.

From the street, you can see a long bridged driveway over the deep hollow which remains on the site today. The spring-fed creek that once filled the lake still has a constant flow of water, even in times of drought. The creek carries stormwater runoff from Palifox, Tuxedo, and Ponce de Leon Manor into the Fernbank Branch of Peavine Creek.

The Fernbank Branch originates from springs on the south side of McLendon Ave. in Sutherland Place. It also collects stormwater from the Sutherland subdivision property, flows behind the houses on the west side of Lakeshore Drive, and continues its path through the Cator Woolford Gardens.

A stonework dam still exists approximately 200 yards up the "Claire Drive" creek from the Lakeshore Drive lake bed. It was likely to have been intended as an early example of a "forebay," used to trap sediment, and as a point of interest by the early land speculators. Above the dam are quiet pools,

pretty outcroppings of igneous rock layers and portions of stonework-lined creek bed recollected by a long-term resident as "...the work of an avid gardener who lived on Palifox in the late 1920s or 30s."

Anecdotes from nearby residents indicate that the original lake was drained in 1928 or '29. A few years later, it was filled again, only partially, by the then-owners of the first house on Lakeshore which adjoins the lake bed. Concern about mosquitos and the lake being an "inviting hazard" to the many children of the neighborhood resulted in the lake being drained a second and final time in the mid-1930's. 🌿



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Atlanta Public Schools	(404) 802-3500
Mary Lin Elementary School	(404) 371-7158
Inman Middle School	(404) 802-3200
Grady High School	(404) 802-3001
Atlanta Sanitary Services/Garbage & Dead Animal Pickup, Sewer/Street Emergency repairs & Maintenance, Traffic Signals & Street light repairs	(404) 65WORKS
Atlanta Water Department (Emergency Repairs)	(404) 658-7220
Atlanta Zoning Enforcement	(404) 330-6175
Atlanta Building Permits	(404) 330-6150
Atlanta Building Inspectors	(404) 330-6160
Atlanta Arborist	(404) 330-6874
Dekalb County Tax Commissioner	(404) 298-4000
Dekalb County Animal Control	(404) 294-2996
State Motor Vehicle Tag & Title Information	(404) 362-6500

Lake Claire Security Report

July, early August 2007 crime stats (Weeks 28-32 2007) for Lake Claire and Closely Surrounding Areas.

Keep an eye on the Crime and the Time

Date -- Time -- Block Address -- Description

Auto Theft

Thursday--Sunday -- 7/12-7/15 -- 500 block Hardendorf -- Rear passenger side vent window smashed, steering column damaged in apparent attempt to steal Buick. No property was stolen. Prints were attempted.

Wednesday -- 7/18 -- overnight -- 500 block Harold Ave -- Chevy sports car stolen from street. Broken glass found where vehicle had been parked.

Saturday -- 8/4 -- early morning -- 400 block Leonardo Ave -- Honda parked on street stolen.

Burglary

Thursday -- 7/26 -- 2:00 a.m. -- 200 block Casson St -- Garage door was left open for an hour. Various equipment, bicycles stolen while door was left open. Prints were attempted.

Monday -- 7/30 -- daytime -- 400 block Clifton Rd -- Front door of apartment jimmied, property removed while owner away. Computer, bicycle stolen. Prints were attempted.

Tuesday -- 8/7 -- late morning -- 2000 block Howard Cir -- Door latch to shed pried open, lawn maintenance equipment stolen. Prints were attempted.

Wednesday -- 8/8 -- daytime -- 400 block Clifton Rd --

Latch to dog door removed, entry made into house. Various electronics stolen. Prints were attempted.

Larceny from Auto

Wednesday -- 7/11 -- overnight -- 500 block Harold Ave -- Passenger side window of Volvo smashed, clothing removed, gym bag removed. Gym bag discovered by victim abandoned in street. Prints were recovered.

Wednesday -- 7/18 -- overnight -- 300 block Southerland Ter -- Driver side window of Mercury smashed, equipment stolen. Prints were attempted.

Thursday -- 8/2 -- afternoon -- 1900 block Dekalb Ave -- Passenger side window of Chevy smashed, purse, cash, and glasses stolen. Prints recovered.

Robbery - Pedestrian

Friday -- 7/27 -- evening -- Dekalb Ave / E. Lake Marta station -- Victim was followed by two young black males from MARTA station, hit from behind. Groceries and cash stolen. [This incident reported by a neighbor. Outside APD jurisdiction.]

***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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By Lucy Nielsen

I am publicly announcing that I am a big fan of massage! I think it heals more than sore muscles and as the years go by I find that sore muscles happen more often than before. I have had many different kind of massage and they varied from ok to yucky to amazing.

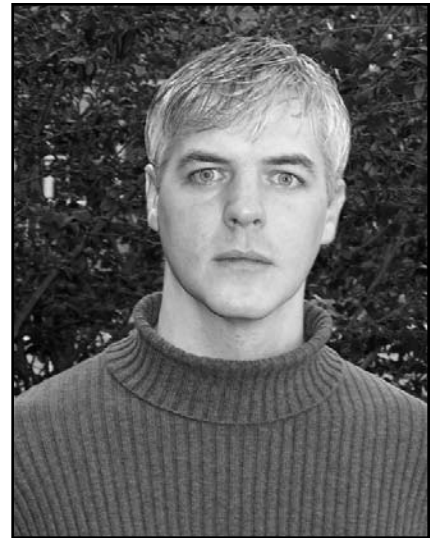
My massage therapist, Michael, runs on the amazing side. He doesn't do a "fluffy" massage but rather deep tissue massage which makes me feel like my muscles are no longer smashed into my body like rolled up socks but more workable and able to move like never before.

I thought people may be interested in learning more about massage and since Michael is local, loves Lake Claire, and is a massage therapist, I asked him some questions to get the straight dope on massage to pass

on to all!

Why did you decide to become a CMT?

Strangely enough, my passion for massage therapy was discovered completely by chance. I ended a long career in the corporate world in an instant (leaving my job without another lined up), because I knew the stress was killing me. A new couple moved into



Michael Hendrix, LMT, NMT

(Cont'd Page 12)



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Kashi Atlanta Open House

Celebrating Three Years of Yoga and Service in Candler Park/Lake Claire

Kashi Atlanta is celebrating its third great year in their beautiful Candler Park/Lake Claire studio, by hosting their 4th Annual Open House extravaganza. This year's Open House event will take place on Saturday, September 8th, from 10am to 2pm, and will feature a raffle, free yoga classes, kids activities, door prizes and light refreshments. Classes will be free to all first time students. In addition, the Open House will once again feature a silent auction with items donated from various sponsors around Atlanta. Participants in Kashi's Open House auction will bid on everything from a weekend getaway, to dinners at local eateries, to private yoga sessions with Kashi Atlanta instructors, and much, much more.

Everyone is invited to come out, meet the staff, tour the facility, take part and have a great time! All money raised from the open house will benefit Kashi Atlanta's ongoing community service programs including Street Meals and KidsArt. If you'd like more information about Kashi Atlanta or the Open House event, please call 404-687-3353, or visit us on the web at www.kashi-atlanta.org.

(Massage, Continued from Page 12)

our neighborhood and one of them was massage therapist. She recommended that I attend an open house at the Atlanta School of Massage, and the rest is history. I served as the school's Director of Admissions for 5 years upon graduation while I started to build a private practice. I believe that my background in corporate America allows me to really empathize with the demands that my clients face in their everyday lives.

Why should I get a massage? It's such a luxury.

While a pampering treatment might be what comes to mind when one thinks of massage, my services are a little different. I see massage therapy as an extension of a client's overall holistic health plan. My practice is referred clients from local chiropractors, acupuncturists and psychotherapists. I strive to treat my clients in a holistic way through the bodywork that I provide. I believe that massage therapy is not a luxury, but rather a necessity.

What "type" of massage do you offer? I heard there are many different types.

There really are many types of massage offerings in today's marketplace. I specialize in a form of massage called Neuromuscular Therapy. I integrate deep tissue massage, along with the manipulation of trigger points within dysfunctional muscles to release built-up lactic acid and restore range of motion. I treat clients, who are recovering from injuries, have chronic pain, train regularly for sporting events and who do extensive computer work.

(Massage, To be continued in our next issue)



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Block Party: A Neighborly Success

By Katie Brady

Photos by Boyd Baker and Katie Brady

On a steamy afternoon in August, neighbors, old and new, from Ridgewood, Marlbrook, Leonardo, and Almeta joined together for an afternoon of music, food, and drink for their second annual block party. Hosted by 7 families this year, the divided labor made for easy work and lots of fun for the 150 plus Lake Clairions who attended. The party included dishes brought by neighbors to share, live music, adult beverages, a children's play area, corn hole, and a pig roast, but most importantly, it gave everyone a chance to get to know the wonderful people who live only steps away. 🌿



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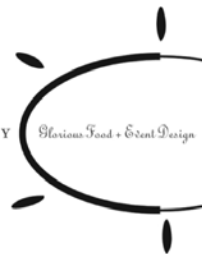
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