



Happy Holidays!

A dog and his boy – Here are McLendon residents Niland Siebenaler (18 months old at the time of this photo) with devoted companion Dingo, who obviously is willing to do whatever it takes to enhance the holidays for his family. What a pooch! 🌟

Halloween in Lake Claire

Just in case you missed the Parade, here's what you missed...

Many thanks for all the participants and helpers. It was a fun time for the kids and adults. The costumed kids were way too cute! 🌟



Holiday Celebration in the Neighborhood

Lake Claire Invites YOU to our Annual Holiday Party – Thursday, December 13 – in lieu of the regular December LCN business meeting. The Frazer Center Atrium, 6:30 pm.

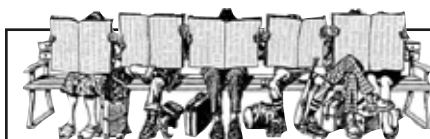
Electronics Recycling Needn't be Shocking

How about a LC Recycling Event? We could gather all those old TVs and electronic equipment and dispose of them properly. If interested, please drop an email to editor@lakeclaire.org. If there is enough interest we will arrange it. Keep checking the Clarion for updates and an announcement once the details have been worked out. Until then, as you make your purchases, consider packaging, recyclable alternatives, and use of recycled materials. It's all well and good to send things off to the recycling centers, but what good does it do if we don't purchase goods made from them? 🌟

Lean, Mean and GREEN

Here's a thought. How about PRE-cycling? This would be re-using something before sending it away for re-cycling. I bet you probably do some of this now. Most often at my house it involves using plastic containers or printer paper before trashing it. I keep a stack of paper printed on one side to run through the printer to print the blank side before I discard it. This works great for the majority of my stuff which I print for immediate use or reference but not for mailing out or otherwise sharing.

From "The Green Life" at Sierra Club: Planning a vacation? Skip the plane tickets and take a train instead. A transcontinental airplane flight that's 80 percent full can generate 2.5 tons of carbon dioxide emissions. And we don't have to tell you how bad driving is. Depending on the type of train and the length of your trip, train travel creates just 4 to 15 percent of the CO2 emissions, per passenger, than going by plane. Plus it's a great, safe, and unique way to see the country. How's your water conservation going? Get ready for the next Lake Claire contest. It's going to be a GREEN one! The household with the greatest percent decrease in water usage as evidenced by their water bill CFU records (which shows current and one-year-ago usage) will win a new Lake Claire Banner! All you have to do is keep your water bill or print out one from the city website for reference. We will accept entries through January 20, 2008. Any questions? Contact editor@lakeclaire.org. 🌟



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Lake Claire Neighbors October 18 - Meeting Summary

Announcements - Following a recent burglary, a LC resident had great difficulty reaching detectives assigned to the case and learned that Zone 6 Atlanta Police Dept. detectives do not have voice mail. Councilwoman Archibong is working to remedy this problem.

NeighborWoods - A program for planting trees in LC with Trees Atlanta is tentatively set for winter, depending on drought conditions. Tom Zarrilli, Freedom Park liaison, announced clean-up day in the park for Oct. 27.

LCN Newsletter - The new format for the newsletter is getting great feedback; it gives us more space to print photos and content; and the newsprint is less expensive and more environmentally friendly than heavier paper!

Voting Items - These included the approval of year-end donations of \$1000 to The Frazer Center and Clifton Ministries Shelter. \$1000 was earmarked for improvements to the recently dedicated Harold Avenue Greenspace.

Potluck Holiday Meal - Annual holiday meeting (in lieu of our regular monthly meeting) is planned for Dec 13 at the Frazer Center. At this time, checks from LCNA will be presented to Clifton Ministries and the Frazer Center. Please plan on bringing a dish to share!

The meeting concluded with a presentation on water conservation by the City of Atlanta.

Big "Thank You" to Kathy Evans

Our soon-to-be former LCNA President is relinquishing her post after a successful year. During her tenure Lake Claire has had some awesome celebrations including the Watershed Mural Dedication and the Harold Avenue Green Space Dedication. Kathy has gently ushered us through routine as well as contentious issues with her eye on the target of building community. She's a wonderful neighbor and will be missed at the post of LCNA President. 🌿

Big "Welcome" to Diane Moore

Diane will be taking the helm as LCNA President. Diane is a long-time resident of Lake Claire and has been a very active neighbor. She most recently served as LCNA Treasurer for several years and is a very familiar face at monthly neighborhood meetings. She brings a long track record of service to LCNA. Many thanks for stepping up once again! 🌿

Lake Claire Security Report

October, early November 2007 crime stats (Weeks 42-45 2007) for Lake Claire and closely surrounding areas

KEEP AN EYE ON THE CRIME AND THE TIME

Date -- Time -- Block Address -- Description

Burglary

Wednesday -- 10/17 -- overnight -- 1900 block Dekalb Ave -- Garage window of condominium unit smashed in an apparent and unsuccessful attempt to take a refrigerator and a stove. An outside A/C unit was taken. Blood evidence and prints were recovered.

Wednesday -- 10/24 -- morning -- 400 block Harold Ave -- Front door of residence pried open, computer stolen. Prints were attempted.

Larceny From Auto

10/27 -- 11/4 -- 200 block Connecticut Ave -- Validation sticker stolen from license plate of vehicle sometime over one week period.

Monday -- 10/29 -- early morning -- 600 block Harold Avenue -- Several unlocked vehicles parked in driveways along 600 block of Harold Avenue entered. Several miscellaneous items were taken. (Note: This report submitted by an LCN neighbor).

Saturday -- 11/10 -- approximately 9:40 p.m. -- 300 Mathews Ave -- Victim was in her residence when, looking outside, she noticed that the light inside her vehicle was on. Victim went outside and someone ran from her vehicle, jumped into a car being driven by another suspect, and fled the scene. Nothing was taken.

Monday -- 11/5 -- overnight -- 1600 block McLendon Ave -- Rear passenger side window of vehicle smashed, in-dash stereo taken.

Larceny - Other

Tuesday -- 10/30 -- overnight -- 1800 block Dekalb Ave -- Four A/C units stolen from construction site.

Wednesday -- 10/31 -- overnight -- 1900 block Dekalb Ave -- Two A/C units damaged, A/C parts taken.

***Special Note—Identification of Suspects: All descriptions of suspects as reported by the police to us are 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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LCN Holiday Party!

Thursday December 13

This month, in lieu of our regular monthly meeting (every third Thursday of the month at 7 pm) we're having a party at 6:30 in the Atrium of The Frazier Center. More info about our regular schedule can be found at www.lakeclaire.org.

The Nominating Committee is Looking for You!

A nominating committee is seeking candidates for the Executive Committee. Vacant seats include: VP- Public Safety, and NPU representative. Please contact president@lakeclaire.org if interested in serving in any Executive Committee capacity.



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-Phil Pastoret

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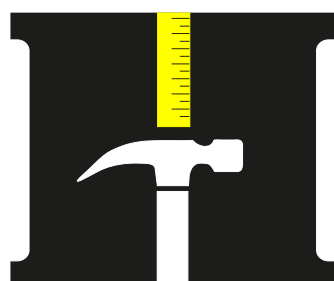
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Call for Entries for the First Ever LCNA Pet Photo Contest!

Deadline for entries is December 20th. Just email your entries to editor@lakeclaire.org. Please, no more than 5 photos per household. Winners will be published in the January 2007 issue of The Clarion.

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Sustainable Seafood

Editor's Note: content excerpted from "Seafood Savvy Program," website by the Georgia Aquarium, in partnership with the Monterey Bay Aquarium

The bad news: Increased demand for popular and nutritious seafood is depleting global fish stocks and harming the health of our oceans. With seventy-six percent of the world's fisheries fully fished or over fished, scientists are concerned that the oceans cannot keep up with the growing

demand.

Forty-one percent of our known fisheries in the U.S. are over-fished. While the population of fish and marine life declines, the demand increases. If we continue to remove fish at the current rate, there will not be enough left to support a healthy, viable fish population that can feed a growing human population.

The good news: You, as an individual can play a vital role in conserving the health of our oceans by making informed choices about what you eat. For a complete guide, download The

Seafood Savvy Guide, a pocket card you can carry as a resource while ordering from restaurants or making a selections at the market (www.georgiaaquarium.org).

After all, in the U.S. sixty-seven percent of seafood by value moves through restaurants to the consumers, and an additional twenty four percent is sold through retail outlets as a fresh or frozen product.

How the Seafood Savvy Program Works

The Seafood Savvy program utilizes sustainable information

provided by the Monterey Bay Aquarium's Seafood Watch program. Our fish scale separates animals into one of the three categories: "Best Choices", "Good Alternatives" or "Avoid."

First, information is assembled on the seafood and its associated fishery or aquaculture operations. A report is prepared and reviewed by a committee of specialists, which then ranks the seafood according to set criteria and determines into which of the three categories it should be placed. This ranking is published in the next update of the pocket seafood guide. The Program also monitors the status of listed seafood items, updates information and reviews rankings on a regular basis, making changes as required.

You can start being savvy by using the Pocket Guide or using our Seafood Search.

Here are some highlights:

"Best" fish (which are well-managed, not over-fished, and do not have a strong negative impact on the environment): US-farmed catfish; farmed clams, mussels, oysters, Dungeness and stone crabs, US-farmed crayfish; Atlantic croaker, Pacific Halibut, Spiny (US) lobster, king and Spanish Mackerel; Atlantic troll/pole mahi mahi; Alaska wild salmon, bay-farmed scallops, farmed or wild striped bass; farmed caviar sturgeon; US-farmed tilapia, farmed rainbow trout; and BC/

(Continued on page 3)

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2008 Places in Peril: The Castle

Low scale building threatened in high-rise area

The Story: Built 1909-1910 by Ferdinand McMillan as his retirement home, The Castle adjoins large Midtown office buildings and the Woodruff Arts Center on Atlanta's Peachtree Street. McMillan incorporated unique architectural features including "Uncle Remus" niches and spring and an early use of asbestos shingles. McMillan called his castle on Peachtree Street "Fort Peace."

Associated with the city's arts community, it was used for arts-related activities from 1938 through the 1960s. It has housed the Atlanta Theatre Guild, Atlanta Writers' Club, and Junior Theatre of Atlanta among others.

Threatened with demolition in the mid-1980s, the building was called "a hunk of junk" by Atlanta Mayor Andrew Young in June 1986, sparking strengthening of the local preservation ordinance. In 1989, the building achieved local landmark status and was restored as part of AT&T's Promenade project.

The Threat: There is little activity at the property as it stands empty and deteriorating. Purchased in 2002 for \$1 million, the property currently has a \$4 million asking price. Roof tiles are missing, and water is starting to damage the interior.

The Solution: The building is of great concern for the local preservation community and surrounding Midtown area. The Atlanta Midtown Alliance is forming a task force to help stabilize the structure and encourage its revitalization.



Sustainable Seafood

(Continued from page 4)

US troll/pole Albacore tuna. "Good" fish: farmed bass; wild clams and oysters; Pacific trawled cod; Alaska king, blue and snow crab; American/Maine lobster; US mahi mahi; Canada and NE sea scallops; US-farmed and wild shrimp; gray, lane, mutton, and yellowtail snapper; squid; US longline swordfish; mid-Atlantic tilefish; bigeye and yellowfin troll/pole tuna; canned light and white albacore tuna; and wahoo. Experts urge us to Avoid (due to contaminant levels or over fishing): Chilean sea bass; Atlantic cod; imported King crab; imported farmed crayfish; Atlantic soles/flounders; groupers; Atlantic halibut; Caribbean-imported spiny lobster; imported mahi; orange roughy; FL pompano; farmed salmon; mid-Atlantic sea scallops; imported shrimp; red and vermillion (US) snapper; imported snapper; imported swordfish; and longline bluefin tuna. As gatekeepers to the seafood supply, your purchasing powers DO make a difference.





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By Lucy Nielsen

(Editor's note: In a previous issue of The Clairion we began this article highlighting the massage therapy practice of Michael Hendrix, LMT, NMT. The following completes this series.)

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.

What brought you to this area? Why are you staying?

My partner and I were born and raised in Georgia. I grew up in a suburban town near Six Flags called Lithia Springs. I have lived inside the I-285 Perimeter for most of my life. After living in various intown neighborhoods including Little Five Points, Virginia-Highland and Oakhurst, I settled in Decatur 13 years ago. I purchased a house they're based on affordability and proximity to my closest friends who live in neighboring Lake Claire (and have for more years than they would want me to say). I love the area, and could not envision living anywhere else.

What changes have you seen in your customers over the years?

Great question. When I started my practice, my clients were mostly artists, teachers and students. Demographics have changed over the years in the area, and I regularly see attorneys, computer professionals and healthcare workers...in addition to the folks I have continued to see over time. I also see a large number of fellow massage therapists as clients. My practice has grown considerably as I joined an alternative healthcare network that allows me to accept most major health insurance plans for a significant discount.

Why do people come back?

While my client base is large, my practice remains small by design. I prefer to see my clients on a continuous basis in order to develop a sincere therapeutic relationship. I treat every client with the respect and hospitality that I would extend to a friend visiting my home. I also carry products that support a healthy holistic lifestyle. I am proud to say that Garden View has earned a spot in CitySearch.com's top 5 massage practices in Atlanta for two consecutive years, and has been nominated by Fox 5 Television as one of Atlanta's best massage therapy practices.

What changes have you seen in Lake Claire and the surrounding areas over the years?

Wow! It would almost be easier to identify what hasn't changed (the list would certainly be shorter). The influx of people, condos and townhouses I would say is the biggest change. I would never have believed years ago that DeKalb Avenue would be the home for so many new residential developments, or that mid-rise condos would make up the skyline of Decatur. Metro Atlanta has always been spread out, but now it is really filling in.


What is your favorite part of Lake Claire?

I would have to say the people and the trees. I was introduced to the neighborhood by my best friends (who happen to own Donna Van Gogh's Artist Market in the Candler Park business district). I remember as a young man sitting on their front porch in awe of the quiet tree-lined streets and colorful neighborhood characters. I honestly believe that Lake Claire is one of the jewels of Atlanta. A little bohemian utopia in the middle of all of the hustle and bustle that is Atlanta.

Do you have pets? What other interests do you have? Have you skied Lake Claire?

My partner and I are animal lovers. I am a dog person, he loves cats. We have both, and make it work. I love gardening and cooking (two traits that I picked up from my mentor and friend T.S., a Lake Claire resident...she knows who she is). I have long enjoyed the mythical waters of Lake Claire...like the Dead Sea, I sense healing properties.


Michael Hendrix, LMT, NMT is the owner of Garden View Massage. The practice is located in downtown Decatur, minutes from Lake Claire at 215 Church St. For more information, please visit www.gardenviewmassage.com, or call 404-377-9854.




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Bulletin Board – Mary Lin Elementary School

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Our Principal, Mr. Brian Mitchell, will give a brief presentation about Mary Lin, with time for Q & A. This will be followed by a tour of the school building and grounds.

Since this is a regularly scheduled school day, we ask that you not bring your child on the tour, so as not to disrupt the instruction of our Mary Lin students.

(However, we will be having a special morning, just for your rising Kindergarten, in the Spring...)

Can't make this tour?

We'll be holding tours every month - the next tours are scheduled for:
Thursday, January 10th - 9:30 am
Thursday, February 7th - 9:30 am

We look forward to seeing you at Lin!

Questions? Contact Laura Lancaster Archer (a Mary Lin parent)
archer@mindspring.com - or - 404.524.4564

From the Southern Colorado Rockies

The wanderings of one of our own, Sheila Swann, has taken her to a heavenly place called Cuchara, Colorado. Still on the roles as a Lake Claire resident and a valued Garden Club member, Sheila has resided in Lake Claire for the last 32 years. She first became acquainted with the Cuchara community while a teen visiting the area with family. Since her early twenties and particularly since her retirement in 2004 she has spent varying lengths of time visiting and taking in this lovely community of only 90 or so permanent residents. This past year Sheila decided to spend a year at her cabin in this rather remote valley near the Santa Fe Trail. After reports of bear and deer sightings, one of her garden club cronies decided to pay a visit. *Photos: Sheila on the porch, her cabin rests in a lovely setting surrounded by Spruce, Aspen, and a creek. Also pictured are a "Jay-walking" deer!*

Bear Scat Brownies

Direct from Cuchara, Sheila sends Lake Claire her wishes that we could all experience her beautiful valley first hand, and this recipe for Bear Scat Brownies, a favorite treat from her pals in Colorado.

Bear Scat Brownies

1 c Peanut Butter
 ½ c Melted Butter
 1 large package chocolate chips
 1 large package mini marshmallows
 1 c Rice Krispies cereal
 Melt together 1st four ingredients.
 Fold in Rice Krispies.
 Press into a baking pan or dish.
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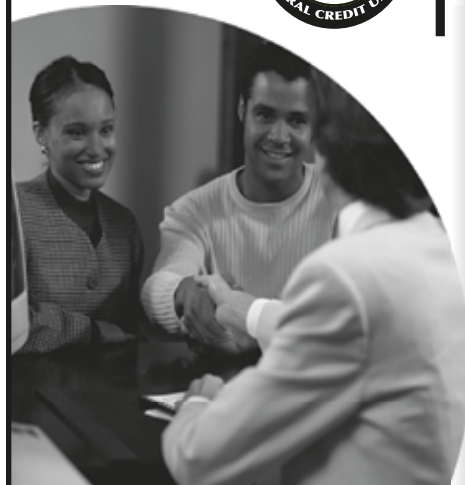


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WANTED: Inter-state airline passenger

Wanted for questioning in an investigation of suspicious activities while clearing airport security. He was last seen hastily leaving a South Florida social event. >

(The following is based on an eye-witness account). While attempting to clear airport security, Elmo's traveling companion, seen here, was taken aback while undergoing a search by a new piece of equipment. While Elmo underwent the usual x-ray examination, his companion and the young man's Grandma were subjected to confinement in a Plexiglas booth which showered all noisily with a blast of air. This put the young man in a panic, disabling the screening device. After all parties were subjected to screening plus total body pat-downs (including the young man, Elmo, and Grandma), security officials insisted upon sending Elmo back through the x-ray screener AND pat-down search once again.



While some security officers seemed puzzled, one officer insisted that since the child had had contact with Elmo AFTER Elmo's x-ray screening and BEFORE the child's clearance by security pat-down search, Elmo once again needed security clearance. Reluctantly, Elmo surrendered on the scene for further x-ray and pat-down search. He was then released to the custody of his traveling companion.

Do YOU have an adventure to share? I bet you do. Please send it in! editor@lakeclaire.org.

< Elmo and a possible accomplice.



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