



## Winter Wonderland!



Snow-capped Easter Island Moai statue stands frozen atop on Harold Avenue.



Ambitious snow person, among several that sprouted up in Candler Park on January 19.



Kyle Smith-Ruttan and Lore Ruttan take to the local slopes.

### Water Conservation Contest WINNER!

Congratulations to Mickie Chronister of Mathews Ave. who reduced her water consumption an amazing 50% from November 2006 to November 2007. She will receive a lovely Lake Claire Banner in recognition of her efforts!

NEXT will be yet another contest to find out which household has the lowest per capita water use, regardless of historical usage. One very encouraging finding while running this first ever water conservation contest is that a number of folks have been conserving water routinely for far longer than the past year. To acknowledge those who conserve as a way of life and may not have qualified for our first contest, we wish to sponsor yet another event. Once again, the prize will be a Lake Claire Banner. Look for details in our next issue! 🌿

### Thank you, Martin Luther King, Jr.

Thanks to you we can better recognize our relatedness, share the pursuit of our dreams, keep our eyes on the prize, and are a bit more human toward each other. This sounds like things worth celebrating!



### Announcing The 2008 Sustainability Tour

Not your typical tour of homes . . .

Volunteers are needed for Lake Claire's tour of homes. Traditionally the tour of homes has been the biggest fund raising-event for the neighborhood. We need creative, fun and high energy people who are interested in the environment, Lake Claire, marketing, etc. If you have any interest in making this happen please email: [ecotour@lakeclaire.org](mailto:ecotour@lakeclaire.org) Let's create something wonderful together! 🌿

### Lean, Mean, and GREEN

Diane Moore, our new LCNA President, unveiled a more orchestrated movement towards the greening of Lake Claire at this past LCNA meeting (notes on the meeting are inside this issue). It involves incorporating environmental concern and stewardship into LCNA activities, including helping all of us learn more about our environmental "footprints" and how to minimize them as an urban community. We have pockets of knowledge and experience to share. The resources in knowledge and new technologies are out there, waiting for us to find them and learn how to use them. Communities across the country are grappling with these issues and leadership on a grassroots level is there for the taking. How about it, Lake Clairians? Those of you interested in taking part in the greening of Lake Claire at any level, please contact Diane at [president@lakeclaire.org](mailto:president@lakeclaire.org). 🌿

### Finding an LC Brand Identity

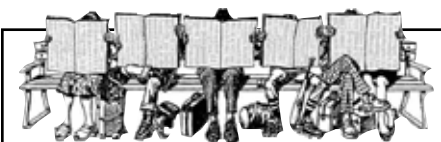
It's time to create an identity for Lake Claire. Lake Claire has a tradition of being environmentally aware. Look around and you'll see an expression of environmental consciousness in the co-housing development on Arizona Avenue as well as the Land Trust property. More recently the neighborhood has acquired greenspace on Harold Avenue and of course, the beautiful mural on DeKalb Avenue that marks the physical location of the sub-continental divide. Environmental consciousness is also documented by the causes that Lake Claire has financially contributed to—be it the creation of paths in the Frazer Center woods, the eradication of kudzu in Lake Claire park, Frazer Center woods and Harold Ave greenspace, Freedom Park Conservancy, or the Olmstead linear parks, residents of Lake Claire have a history of advocacy for their green environment. Lake Claire neighbors enhance the environmental quality for everyone to enjoy.

Branding Lake Claire, as an environmentally-consciousness neighborhood will formally acknowledge what neighbors have done in the past, build awareness among neighbors, as well as inform and guide actions in the future.

How does this impact our future? Well, we could become known as a neighborhood that attracts like-minded residents. Extend that further to include the idea that Lake Claire is the neighborhood for builders who want to build environmentally sensitive homes. This would provide a win-win situation for new people buying into the neighborhood and their established neighbors. In other words—a neighborhood identity could be the catalyst for neighborhood harmony.

*From Diane Moore,  
LCNA President*

Please send your feedback, thoughts or ideas to [president@lakeclaire.org](mailto:president@lakeclaire.org). 🌿



### What's Inside?

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## Lake Claire Neighbors – Meeting Highlights

Thursday, January 16, 2008 @ 7pm

**Attendance:** Approximately 15 people.

Officers present: Diane Moore, President and Interim Treasurer; Glenn Frankel, VP Communications; Jennifer Sams, NPU; and Kathy Evans, VP Environment.

### Announcements/discussions included:

- Development of “Neighborhood Identity” was discussed. President Moore suggested (and officers at Jan. planning retreat support) drawing from the community’s past involvement with and commitments to environmentally friendly efforts such as: green space acquisition; establishment of a Land Trust; Friends of the Frazer Center Forest; The Native Waters Watershed Mural; Lake Claire Community Co-Housing, etc. We could focus on events and efforts to encourage and inspire each other to develop sustainable practices; build Earth Day event as our primary neighborhood event; create

a “Tour of Sustainable Homes,” share lists of resources for eco-friendly services and practices; and establish recommendations for renovations and new development. Potential themes include: “Leafy Lake Claire,” “Top of the Watershed: Water Quality Begins Here,” and “Lake Claire – Striving to Be Atlanta’s Greenest In-Town Neighborhood.” Suggestions for more theme statements were solicited.

- Per Treasurer’s report, LCN has approximately \$7,000 in the general fund. Greatest income sources are newsletter ad sales and member dues (just \$20 per household). February is dues drive month; “Show a Little Love for Your Hood!” All money raised goes back into the neighborhood for events like the Halloween Parade and Street Dance, and contributions to services and amenities in the neighborhood such as The Frazer Center, Freedom Park, Clifton Sanctuary Ministries, Lake Claire Park, and the Harold Avenue Greenspace.

- Police Officer Report. Sergeant Darin Schierbaum, who reported an increase in ATM personal robberies and daytime

home robberies, provided report. He conveyed a number of stories of recent arrests as a result of alert neighbors reporting suspicious behavior and encouraged residents to watch out and call 911 when in doubt. The Sergeant stressed that knowing your neighbors is the best way to both develop a sense of community and create a safer community. He gave an inspiring example of residents being saved during a multi-unit home fire because the neighbors knew that neighbors were sleeping inside and notified rescuers. The zone will be doing a sweep to look for “urban camping” north of DeKalb Ave. Social Service workers will accompany officers to offer services to those in need. To report an area that needs to be checked, write Dr. Boyce at tboyce@atlantaga.gov. Zone 6 received no new officers in last Academy class. The biggest personnel problem in APD is attrition of mid-level and experienced officers.

- New VP Public Safety is Sheila Vinciguerra. Thanks, Sheila, for stepping up!

- New NPU Rep. is Jennifer Sams, a long-time resident of

## Next LCN Meeting

**Thursday February 21**

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.lake-claire.org](http://www.lake-claire.org).

Lake Claire and owner of City Issue, Mid-Century Vintage Furnishings, re-opening soon in its new location in Inman Park. Thanks, Jennifer!

- We still need a Treasurer for 2008. To volunteer write: [treasurer@lakeclaire.org](mailto:treasurer@lakeclaire.org).

- The Mercantile, a new grocery offering prepared seasonal meals is opening in February at the corner of Clifton and DeKalb Ave.

### Land Use Issues:

A variance request associated with adding a second story to house at 11841 McLendon was supported 13 to 0.

The meeting was then adjourned. 🌸

## Good News from Troy Nielsen, our Delivery Coordinator

The Clarion Delivery routes have been almost entirely re-established! Many thanks to all the returning volunteers and to the many new folks who have joined our efforts to get the news out. While it was tough the last two months, you all have come out in droves to help. With the organization and manpower reconstituted we are off to the races! We greatly appreciate your patience with the confusion and transition time, but it was well worth it. From the Editor: We have a marvelous newsletter team. Anyone

who wants to help/play can join us! Just contact [editor@lake-claire.org](mailto:editor@lake-claire.org). 🌸

## Infill Development

A presentation on Infill Development in Candler Park to be presented by the Candler Park Infill/Historic District Committee, Wednesday, February 27, 7:00 p.m. to 9:00 p.m. at Epworth United Methodist Church, fellowship hall (entrance via exterior stairway facing Mell St.)

Major topics:

- \* The nature and impact of infill development in Candler Park
- \* Options examined by the Committee for addressing infill development

- \* The Committee’s recommendation that CP seek a Historic District designation

- \* Description of next steps in the process and how you and other CP neighbors can become (more) involved

- \* Obtain preliminary input from those who attend

Please come and invite your neighbors to attend, and share views on these important changes and the Committee’s work. Send comments or questions to Co-chair Walt, Walt.T.Weimar@sprint.com; former Chairperson, Lauren, lwelsh@atlcf.org; or tcp2@cdc.gov and tompainter2007@yahoo.com. Preferably, send your communications to all of us!

## From our friends in Hawaii

Hey thanks for putting our bulldog on the front of the January issue... we are SO proud...

Great to see the Clarion is alive and well. Excellent layout and interesting copy; lots of ads and terrific pix! Kudos to you and the staff. Now if you can just get people to deliver it!!! I remember that Claire Drive up hill from Lakeshore was a killer!

mahalo

Pat Marsh

John Goese

Wendell Dawg

Kailua-Kona HI

*Editor’s Note: Hey, folks! Thanks for keeping us in your thoughts and for reading the Clarion! And keep the photos coming!*



**Come Grow with Us!**  
Enrollment Information Sessions

Oakhurst Cooperative Preschool will be holding three information sessions for the 2008 - 2009 school year.

January 26, 9:00 a.m.  
January 31, 6:30 p.m.  
February 2, 9:00 a.m.

OCP is located one mile west of downtown Decatur in the Episcopal Church of the Epiphany, 2089 Ponce de Leon Avenue NE.

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[www.oakhurstcoop.com](http://www.oakhurstcoop.com)



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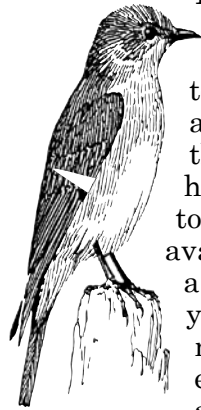
## The Conscientious Gardener

From the American Bird Conservancy [www.abcbirds.org](http://www.abcbirds.org)

Submitted By Gay Arnieri

Did you know that cats could decimate an entire local population of a bird species? I did not until recently. A good friend of mine shared this with me while birding. We both enjoy birds, particularly admiring Hummingbirds. It's a great excuse to get out and the conversation inevitably centers on environmental issues. On this day it was cats, their impact on bird populations (particularly urban), and the importance of spaying and neutering.

### Reducing Threats From Cats



**Problem:** House cats are non-native predators. Even with a full stomach, their instinct to hunt drives them to stalk and kill available prey. In a wildlife-friendly yard, birds, small mammals, and even large insects are sitting ducks

for the well-designed feline carnivore. House cats are effective hunters but unnatural predators in any outdoor setting. By killing millions of birds each year in North America alone, cats have a negative and dangerous impact on bird populations.

#### Solutions:

##### Keep Cats Indoors

How can this help? Keeping cats indoors ensures that birds outdoors stay safe. Cats, too, benefit, as they'll be exposed to less risk of disease, parasites, predation, poison, and accidents. According to the American Humane Society, cats that are allowed to roam outside live an average of 3 years while indoor cats typically reach

## Lake Claire Officers for 2008

President: Diane Moore - [president@lakeclaire.org](mailto:president@lakeclaire.org)  
 VP-Zoning: Dan White - [zoning@lakeclaire.org](mailto:zoning@lakeclaire.org)  
 VP-Finance: \*\*VACANT\*\* - [treasurer@lakeclaire.org](mailto:treasurer@lakeclaire.org)  
 VP-Environment: Kathy Evans - [environment@lakeclaire.org](mailto:environment@lakeclaire.org)  
 VP-Safety: Sheila Finciguerra - [safety@lakeclaire.org](mailto:safety@lakeclaire.org)  
 VP-Communications: Glenn Frankel - [comm@lakeclaire.org](mailto:comm@lakeclaire.org)  
 NPU Rep: Jennifer Sams - [npu@lakeclaire.org](mailto:npu@lakeclaire.org)

## Newsletter Staff

Editor: Gay Arnieri - [editor@lakeclaire.org](mailto:editor@lakeclaire.org)  
 Advertising: Emily Veazey - [newsletter@lakeclaire.org](mailto:newsletter@lakeclaire.org)  
 Layout: Tish Ganey - [layout@lakeclaire.org](mailto:layout@lakeclaire.org)  
 Distribution: Troy Nielsen - [distribution@lakeclaire.org](mailto:distribution@lakeclaire.org)  
 Webmaster: Glenn Frankel - [comm@lakeclaire.org](mailto:comm@lakeclaire.org)

an average age of 15 years.

**Practicality — HIGH:** There's no better way to eliminate the threat of cat predation and to protect the cats themselves.

#### Provide Cover

How can this help? Vegetation or a brush pile can provide a place for birds to escape to and hide. Plants should be close enough to feeders (10-12 feet) to allow feeding birds a safe approach and quick escape, but far enough away to enable a clear view of approaching cats.

**Practicality — HIGH:** As you develop a yard that is safe for wildlife, it's easy to include dense vegetation or a brush pile in your plans.

#### Deter With Water

How can this help? A gentle spray of water from a water pistol or plant bottle can encourage cats to vacate your wildlife-friendly environs.

**Practicality — MED:** An inexpensive cat-deterrent but dependent on your vigilance when cats are present. It also may take repeated and consistent spraying to get the point across. Other humane methods of making cats unwelcome include motion-activated sprinklers at entrance points, cat-proof fencing, and thorny brambles under feeders.

#### Humane Traps

How can this help? Humane traps provide the means to trap visiting cats so that they may be transported safely to the local

animal shelter.

**Practicality — HIGH:** In some cases, local animal control authorities can trap stray or troublesome cats. Otherwise, traps can be purchased at your local home center and reused if the problem persists.

#### Ultrasound Deterrents

How can this help? Using ultrasound deterrents in the yard eliminates the need for physical barriers. The best devices use motion/heat detectors geared specifically for cats.

**Practicality — MED:** Ultrasound deterrents can be expensive and on larger properties, more than one might be needed. But they have proven to work successfully.

#### Communication

How can this help? Talking with your neighbors and asking them



to keep their cats indoors or confined to their yard can help eliminate a problem at its source.

**Practicality — MED:** It's not always easy to approach your neighbors about their pets, but it will go a long way to save birds.

#### Additional Resources:

Cats Indoors! The Campaign for Safer Cats and Birds <http://www.abcbirds.org/cats/>,  
 Happy Indoor Cats – Fact sheet, Canadian Federation of Humane Societies, <http://www.cfhs.ca/Programs/HumaneEducation/GeneralPublic/IndoorCat/index.htm>.

## Find Your Furry Family Member

AARF's next dog adoption event will be held Saturday, Feb. 9th at Mom and Pup's at 800 Whitlock Ave., Suite 104, in Marietta from noon to 4 p.m. If you've been considering adopting or fostering a homeless dog (like Webster, here), this is a great opportunity to meet some fantastic ones! AARF's cat adoption day will be held March 8 at Mom and Pup's! For more information email [india@aarfatlanta.org](mailto:india@aarfatlanta.org)



## The Secret of Yoga Therapy

with Mukunda Stiles



Join yoga master and creator of Structural Yoga Therapy Mukunda Stiles as he teaches us how to use yoga

to realign the body to its natural harmonious structure. Mukunda interweaves ayurvedic philosophy, physical therapy, anatomy and a comprehensive knowledge of yoga throughout the weekend workshop. To register for the workshop and individual sessions, please call.

February 15-17, 2008

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1681 McLendon Ave. [www.kashiatlanta.org](http://www.kashiatlanta.org)

Ayurveda with John Douillard Mar. 15

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–The Locascios (2007)

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–The Baxters (2007)



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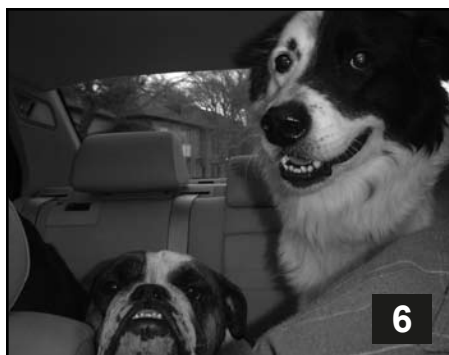


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## More Pet Photos

From Last Month's Pet Photo Contest! Here are our Honorable Mention entries (in order of appearance, continued on page 6):

- 1 Boots Krebs - McLendon Ave.
- 2 EmmaBelle Anton
- 3 Glowie Kelley - Delaware Ave.
- 4 Greta & Duke Veazey - Leonardo Ave.
- 5 Kim Anton
- 6 Murphy and Bentley Greenfield of Harold Ave.
- 7 Roscoe Davis-Russ of Almeta Ave
- 8 Voodoo Anton
- 9 Sir Chloe Hennessee of Dekalb Ave.
- 10Yam Mokotoff



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## Mark Your Calendars

February 11 – Monday - Lake Claire Garden Club Feb meeting: 2/11/08 at 7pm. For location contact editor@lakeclaire.org.

February 12 – Tuesday – Lincoln's Birthday

February 14 – Thursday – Valentine's Day

February 18 – Monday – President's Day APS School Holiday

February 22 – Friday – Washington's Birthday

March 9 – Sunday – Daylight Savings Time begins

March 17 – Monday – St. Patrick's Day

March 20 – Thursday – Spring begins

March 23 – Sunday – Easter

April 20 – Sunday – Passover

April 22 – Tuesday – Earth Day

April 25 – Friday – Arbor Day

## Mark Your Calendars

... For Traffic, and Ways to Escape It

The New Year is upon us, and a look at the 2008 calendar reveals a wealth of opportunities as well as potential crisis points for the harried, over-caffeinated, creeping along solo metro Atlanta commuter.

Let's roll our way through the first quarter of 2008, tongue-in-cheek, eyes on the road, right foot frequently applied to the brakes:

- February
- National Time Management Month – A wonderful excuse to

find a way to work an alternative schedule and avoid all the traffic. Or better manage your time by reading a book or magazine from a comfortable seat on transit.

- Wave Your Fingers Day (Feb. 7) – Seemingly invented just for Atlanta commuters. Some wisely call it Wave ALL Your Fingers Day.

- Just Say No to Power Points Week (Feb. 10-16) – Sorry! Just had to throw this in.

- Random Acts of Kindness Week (Feb. 11-17) – Let somebody into traffic every day. Better yet, be kind to you and a friend or co-worker or two by forming a carpool.

- My Way Day (Feb. 17) – Possibly invented as a backhanded salute to the kings of the neighborhood cut-throughs, who champion sometimes-questionable short cuts. But it also salutes those who find innovative new ways to get there, like vanpools or Xpress buses.

- Inconvenience Yourself Day (Feb. 27) -- Just keep doing the same old thing, spending endless hours on the road and spending a fortune on gasoline, car maintenance and insurance.

- For information on how to be more optimistic about your commuting future, contact The Clean Air Campaign. Visit [www.cleaircampaign.com](http://www.cleaircampaign.com) or call 1-877-RIDEFIND. 🌿

## YOU can make a BIG Difference!

All it takes is \$20 from 500 of the more than 1,300 Lake Claire households to raise the necessary funds for neighborhood initiatives such as: Improvements in Lake Claire park including a new pavilion; landscaping in the newly acquired greenspace on Harold Avenue; establishment of pathways in the Frazer Center woods; creation of a mural on DeKalb Avenue at the Arizona co-housing; and continued support of the Clifton Sanctuary and Frazer Center. Add your name to the growing list of neighbors who are willing to invest in their quality of life. Please, stop what you're doing and go on-line to [lakeclaire.org](http://lakeclaire.org) and click the Paypal button OR write that check! It'll only take a few seconds. Make your checks payable to Lake Claire Neighbors and mail to LCN, attn: Treasurer, P.O. Box 5942, Atlanta, GA 31107. Thanks to the following neighbors who've paid their 2008 dues:

William Fleming, III & Jacquelyn Howard  
John and Melissa Aberle-Grasse  
Dan White & Sarah Wynn  
Diane Moore & Bruce Kaufman  
John Tillman  
Jeffrey Rosenberg  
Kathryn E. Burkholder  
Eye-Candy, LLC  
Rick Gutierrez  
Joseph Sinkule  
Steven Blondeau



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**Register now on our Priority List. [www.lakeclairepool.com](http://www.lakeclairepool.com)**

## Grady High School GRADUATION NEWS!

Grady's 2008 Graduation ceremony will be held on Wednesday, May 28, at 5:30 PM. Rehearsal will be held on Tuesday, May 27th, from 9-10:30 AM

Partial Checklist for Seniors:

- Re-Check your credits for graduation. Last fall, the counselors audited your school record and you should know if you have all the required courses and credits, whether you passed all the necessary tests, and whether there any adjustments needed in your schedule to meet graduation requirements or admissions requirements for potential colleges or schools. If you are unclear about any of this, see your counselor now!

- Apply for a social security number if you do not already have one. Get a state photo ID if you do not have a driver's license. Register with the Selective Service if necessary.

- Compile a student resume documenting everything you have done since 9th grade including extracurricular activities, awards, community service, etc. to give to counselors and teachers for college and job recommendations.

- Confirm application deadlines for colleges to which you plan to apply. If you need to send midyear transcripts to schools to which you have already applied, be sure to make your request to the Counseling Office at least two weeks before the deadline. Provide stamped, addressed envelopes.

- Continue checking for scholarship offers. File all applications by the deadlines and with all requirements met. Good websites for scholarship searches include fastweb.com and gocollege.com.

Reminder of upcoming deadlines and fees for Senior Year activities:

- Senior Fees: \$135
- Yearbook: \$60 if purchased

by December 20. Price will increase in January.

- College Application Fees: typically range from \$25-\$50 (fee waivers sometimes available through the college)

- FAFSA (Free Application for Federal Student Aid): FREE. Should be filed in February or March. Check with the Counselors about specific deadlines.

- NCAA Initial Eligibility Clearinghouse-Student Release Form (student athletes only): \$50 (fee waivers available if student received waiver for SAT or ACT)

- Senior Prom: FREE for seniors (unless junior dues were not paid, \$100)

- Graduation Invitations: Varies depending on number ordered.

- Class Ring: Varies depending on ring chosen

Grady's supplier for the invitations and the class ring is Herff Jones, and our contact person is Mr. Mike Toomer. He can be contacted at 770-948-7401, or at Toomer\_m@bellsouth.net. The guidance counselors are available to help parents and students navigate the many important decisions and upcoming deadlines and encourage you to use their resources.

Best wishes to ALL our Class of '08 students!



Miller Greenfield

## Lured to the Lake

Do-Over Welcome to the Greenfield's  
This time with Miller's Photo!

Here's a belated "welcome" to Miller Greenfield of Harold Avenue. Congrats to Jessica and Johnny on Miller's birth (on or about October 27, 2007). The Greenfield's moved to Lake Claire last June from their previous home near the Carter Center. Welcome to the Greenfield's in installments! 🌸

## Save Money & Energy!

It's easy to save natural resources and money in the winter. To reduce your energy use and keep money in your pocket during the colder months:

- Set your thermostat to a lower temperature at night and when you're not in the house.
- Put on warmer clothes and add additional blankets to your bed before turning up the heat.
- Make sure your home's windows and other gaps are sealed properly. Your local hardware store will have inexpensive products including rope caulk and heat-shrinkable plastic sheeting that can seal up your cracks easily.

For more tips, check out <http://www.epa.gov/naturalevents/fightfrost.html>. 🌸

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**Seventh Annual Spring Boot Camp**  
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Register online at [www.funfitnessonline.com](http://www.funfitnessonline.com)  
or contact Jaye at 404.378.5775 today.

**FUN FITNESS**

Level I Beginner / Intermediate Program: Wednesdays at 7pm and Saturdays at 10am. Level II Intermediate / Advanced Program: Mondays at 7pm. Eight week program. Train one, two or three days per week. Registration Deadline: Wednesday, March 19th.

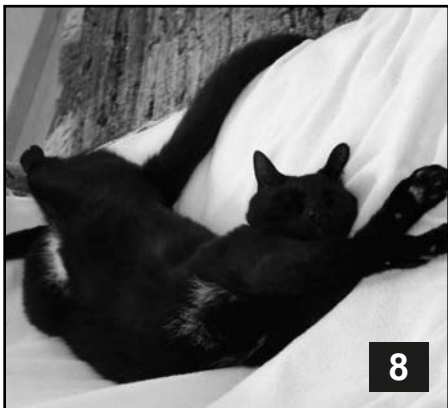
## The 10% Give Back!

This spring, we're donating 10% of boot camp proceeds to improve Candler Park.

Not only will you get fit,  
you'll support your community.

Just our way of saying  
"Thanks for seven great years!"

Pet Photos - cont'd from page 4



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## Mary Lin Elementary School

**Mary Lin Elementary Invites You To A Tour for Prospective Kindergarten Parents Thursday, February 7th, 9:30 - 10:30 am**

Do you have a child who will be attending Kindergarten in the 2008-09 school year? If so, we'd love to have you come meet with us in the Mary Lin Auditorium for an introduction to our school. 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 Kindergartner, in the Spring...)

Can't make this tour? We hold tours every month - the next tours are scheduled for: Tuesday, February 12th - 6:00 pm, and Thursday, March 6th - 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.

*Don't forget to save your "Box-tops for Education" for Mary Lin. They can be taken to the school office or dropped off at 431 Harold Ave. and placed in the Clarion Drop Box on the front porch.*

## Friends of Candler Park

The Friends of Candler Park (FCP) has been given new life recently and needs your help! FCP is an organization aimed at caring for and promoting the use of Candler Park. In recent history, there have been clean ups organized with little attendance and I am forced to wonder if it's because people don't think our park needs any cleaning? We are lucky enough to be living in a time when Candler Park is safe, not heavily inhabited at night, and not used as a general dumping ground. That being said, it is not without needing care. There is a need for not only trash clean up, but also for landscaping and help with erosion. We need to ensure our park remains one that discourages illegal behavior and remains as safe as possible. I invite all of you to take ownership of Candler Park, make it your backyard and become involved in its care and advocacy.

At our first FCP meeting we met with a Park Pride representative and learned more about what our group can do for our park as well as some history of the group. We've adopted a 3 goals: Increase membership and interest in the group, have 4 clean up events for the park this year (the first in conjunction with Earth Day events), and include everyday tips for park users to help keep Candler Park clean, promote use and safety to be published in the Lake Claire Clarion and the Candler Park Messenger.

We plan to host meetings the 2nd Thursday of each month-however with Valentine's Day being the 2nd Thursday in February we will meet February 21st at 7pm. If you would like more information please email me, JoJo Ross, ross.jojo@gmail.com

3 Ways to Show Your Love of

Candler Park

1. Pick up after yourself when using the park.

(And your teammates if participating in group sports)

2. Bring a bag with you when walking in the park to pick up trash.

3. Celebrate Valentine's Day with a picnic in Candler Park!



## Get a Fitness Scholarship!

Fun Fitness will award five scholarships (The Fun Fitness Community Scholarship Fund) for their spring programs, either The Seventh Annual Spring Boot Camp at Candler Park or FIT MOMS! Stroller Workout.

The only requirement is that the recipient agree to "Pay It Forward" in 2008, using their special gifts, talents, volunteerism or other resources. Fun Fitness has formed a volunteer scholarship committee (made up of current boot camp participants) to review the applications and choose the recipients. Applications can be submitted online beginning February 1 at [www.funfitnessonline.com](http://www.funfitnessonline.com) or by contacting 404-378-5775.

Fun Fitness is very excited to celebrate seven years of Boot Camp in Candler Park. Their second philanthropic endeavor is a payback to the community for its support. Fun Fitness will donate ten percent of their spring boot camp profits directly to fund Candler Park improvements in a program called "The 10% Give Back."



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## Continuing Series: From Lake Claire to the Heights of Mount Everest

By Jim Curtin

### Training

#### Everest Training Part 1: Deer Hunting and the Roofing Business

A big part of mountain climbing is mental toughness. Exposure to bitter cold, long days confined in a tent, trudging along with a heavy pack on... these conditions demand an abundance of determination, perseverance, and fortitude. You need to be tough. Not like the toughest kid on the playground tough... but rather mental toughness.

Without realizing it, my Everest training in this area actually started while growing up in northeastern Pennsylvania. My father and I would go deer hunting: the first morning you'd head out into the woods while it was still dark and mighty cold, take position at your stand, and then sit there, motionless, for hours on end. If you sneezed, itched, even ate a candy bar, your sounds and movements might scare away a deer, thereby interfering with your primary purpose. You had to be mentally tough and suck it up. When facing the harsh conditions on the mountainside, you also need to roll with it. There's no running back to a warm living room... you're kind of stuck out there... and you better have the ability to find some inner strength to deal with the demanding environment.

More training took place early on via my dad's construction business. Part of his operation involved roofing and unlike some construction crews, his team did not take the winter season off. I recall one job in particular we were doing on a January weekend. It was downtown, near our local bank. The bank had one of those early electronic thermometers... it read minus 20 F. As a teenage boy, it sure seemed cold... but the guys in my hometown area were pretty hardy... there was a job to do, there was no sense dragging it out... everyone just worked away as if it were forty degrees warmer.

These early experiences somehow make their way into your DNA, your make-up I think. Whereas I enjoy a warm November in Atlanta, I can also pretty easily switch gears, thanks to these experiences, and be 'ok' in some bitter, arctic-like environments. I'm hopeful this ability improves my odds on Mount Everest in 2008.

From FAQs:

Why do mountaineers climb at night?

Night travel is for safety and efficiency reasons... typically, the weather is clearer and more stable in the evening and very importantly, the colder night temperatures ensure a more frozen climbing surface... necessary for effective cramponing. As the ground warms later in the day, snow and ice conditions worsen, making travel more laborious and unsafe. Rocks previously frozen to the ground often will loosen, causing dangerous rock falls and heavier, wetter snow is more likely to avalanche.



Check in next month for more on Jim's Everest sojourn. To contact Jim, email [jim.curtin@mounteverest2008.com](mailto:jim.curtin@mounteverest2008.com) or visit his website [www.mounteverest2008.com](http://www.mounteverest2008.com).

## Lake Claire Photos Online

By Troy Nielsen

Massive amounts of photographs are posted on [www.flickr.com](http://www.flickr.com), a photo collection website. The photos are open to the internet "public" and viewing requires no username / password. Posting photos requires a Yahoo! user name and password. To create your own photo page, you can join flickr at a basic free level or a "pro level" for a small yearly fee.

Recently I started a Lake Claire "picture pool". Via searches, I invite members with Lake Claire photos to post to the pool. So far there are five members and 84 photos. To view the photos, go to [www.flickr.com](http://www.flickr.com) and search "Lake Claire". Once the results are shown, go to the "Groups" tab and you'll see a link to the photos. Photo topics include flowers, the Watershed mural, and the Land Trust drum circle.

Let's get more members and photos so that residents, visitors, etc. can see various perspectives of our unique neighborhood. There are two ways to participate:

1. Become a flickr member, find the Lake Claire pool, and join the group!
2. As the pool administrator, I'd be happy to post your photos. Remember that the photos will be viewable by the internet "public". Also, the Clarion may request use of a photo to augment the newsletter. If you're interested in sending photos for posting, send the photo and a description to [troynielsen35@hotmail.com](mailto:troynielsen35@hotmail.com)

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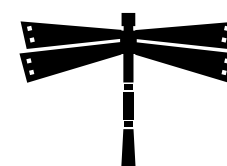
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