

LOVE your Neighborhood!

Distribution Notes

We are in need of a delivery volunteer for Har-dendorf and Ridgewood/Almeta/Marlbrook (or portions thereof). If interested, please contact Rose Goff at 404-373-4760.

Lean, Mean and Green

By Gay Arneri

While traveling and staying at a Holiday Inn, I generated a large bag of recyclable paper. I decided to ask at the desk if they recycled paper. Indeed they did and provided me with a small cardboard recycling bin. As a result I decided to surf the web and found a site for "Solid Waste Authority" for Palm Beach County, Florida. They described what seemed to me a very comprehensive system of recycling among other earth-friendly initiatives. I am sharing it with you here in hopes that you may be inspired by it as I was. Check it out at www.swa.org. Meanwhile, as life goes on, consider just asking about opportunities to recycle or participate in lessening your carbon footprint as you go. 🌱



Green Fitness: Exercise Outdoors

From *The Green Life*, a publication of *The Sierra Club*

Whether you're training for a marathon or just trying to shed a few extra pounds, this week's tips will help you go green while getting fit.

Tip #1: Give Machines a Rest
 The average treadmill produces about 2 pounds of CO2 over the course of a 30-minute workout. Shrink your fitness footprint by adding an outdoor run, walk, or bike ride to your routine. In urban areas, choose side streets to decrease your exposure to car exhaust.

Tip #3: Get Off The Bottle
 Carrying a plastic water bottle might seem convenient. But after considering all the oil it took to make and ship and the watersheds that were affected, it begins looking like a pretty bad idea. Once you learn that Americans



spend \$9 billion on bottled water annually more than what it would cost to get clean water to every person in the world we're betting you'll want to switch to tap.

Comment on Water

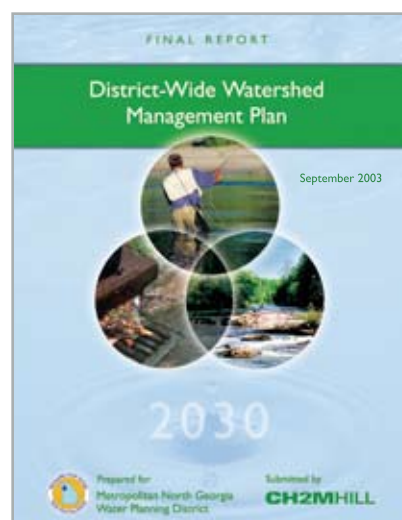
Metropolitan North Georgia Water Planning District

Metro Water District Public Comment Period

December 15- January 31, 2009

The Metro Water District has begun the 45-day public comment period of the draft water management plans. The comment period is open from December 15, 2008 - January 31, 2009. Please visit the Metro Water District Website www.northgeorgiawater.com to download a copy of all three draft water management plans and view public meeting details. If you would like to submit comments in writing, you may do so via:

Online Comment Form
 Mail: Metropolitan North Georgia Water Planning District,
 Attn: Draft Plans, 40 Courtland St. NE, Atlanta, Georgia 30303, Fax: (404) 463-3254, Email: comments@northgeorgiawater.com



Where does your LCNA money go?

Lake Claire Neighbors Inc. is pleased to report its year end charitable giving to the membership.

Clifton Ministries: \$1500
 Harold Ave Green space: \$1000
 Frazer Center: \$1000
 Freedom Park Conservancy: \$1000
 Mary Lin Foundation: \$500
 Lake Claire Park Expansion: \$5000
 Friends of Lake Claire Park loan: \$5000
 This leaves us with about \$7000 in reserves.

The Executive Committee of LCNA would like to thank those 100 households who paid dues last year as well as to the staff and advertisers in *The Clarion* for enabling the neighborhood organization to support these worthy endeavors.

We look forward to expanded support from the 1100 households in Lake Claire in 2009 to enable LCNA to continue and expand its civic outreach.

Happy New Year! 🌱

LOVE your self!

Rx for Fitness: Adaptive Yoga

By Susan L. Drake

Do you suffer from osteoarthritis? How about a neurological disease such as MS or Parkinson's, anxiety or depression? Are you enrolled in physical therapy while you recuperate from surgery or an injury? Or are you just seeking a yoga class with a slower pace? You may think exercise is beyond your capabilities. But no! Thanks to Jai Shanti Yoga Studio, you too can tap into the many benefits of exercise with Adaptive Yoga.

Under the guidance of owner Bill Hufschmidt—and located at the corner of Brooks and DeKalb Avenues in Candler Park—Jai Shanti Yoga is celebrating its fifth year of serving the fitness needs of Atlanta's in-town neighbors. The studio offers a cornucopia of classes—more than 30 each month—for every level of fitness. The class that is of most use to folks with limited mobility or a disability is called Adaptive Yoga.

Bill took time out from his teaching commitments recently to answer some inquiries for *The Lake Claire Clarion*.

The Clarion: Bill, first of all, what does "jai shanti" mean?

"It means 'creating peace' or 'invoking peace.' Our philosophy is that the more each of us realizes

Yoga - Continued on page 2

Love Your Neighborhood!

Please pay your annual dues at www.lakeclaire.org

\$20 per household helps keep Lake Claire great!



Yoga for Every Body.



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THE CLARION IS PRINTED ON RECYCLED PAPER.

LEASH LAW

Dogs Must Be On Leash

In Frazer Forest and Other Frazer Center Property

As most residents are aware, the beautiful grounds and forest around The Frazer Center are privately owned. The Frazer Center has kindly allowed nearby residents to visit and enjoy these grounds since the Center's establishment in 1949. Let's be good neighbors and abide by all of the rules they establish for the property.

Kenneth Tarczewski, Property Manager, has informed us that with the increasing number of people using their grounds for exercise and pet walking, they find it necessary to enforce the County's leash laws. "Pets on Leash" signs have been posted and The Frazer Center asks that all persons using their grounds abide by the leash laws set forth by DeKalb County.

Frazer Center Leash Policy: Pets are required to remain on a leash at all times on The Frazer Center and Cator Woolford Gardens property. The Frazer Center



follows all leash law guidelines set forth by DeKalb County, Sections 5-4 and 5-5, which require an animal to be under restraint and control at all times.

DeKalb Leash Law:

Sec. 5-4. Duty to restrain while off owner's property. It shall be the duty of any person to keep an animal under restraint and control at all times while the animal

is off the real property limits of the owner. Such areas shall not include county parks that are specifically designated as off-leash areas. (Ord. No. 04-15, Pt. I, 12-14-04).

Sec. 5-5. Animals at large. It shall be un-

lawful for the owner of an animal to allow it to run at large unattended on or about the streets, right of ways, and highways of unincorporated DeKalb County; in any DeKalb County park, except in county parks that are specifically designated as off leash areas; unattended on or about the common property of any apartment complex or condominium community; or on the property of another person without permission of the owner of that property.

This section shall not apply to dogs being used for hunting in accordance with state law, rules and regulations. (Ord. No. 04-15, Pt. I, 12-14-04).



Yoga Continued from page 1

peace in our individual lives, the more at peace the world will be. *The Clarion: How does Adaptive Yoga differ from other variations of yoga?*

"Adaptive Yoga differs from other types of yoga by offering students the option of doing the asanas (postures) from either the floor or a chair, including a wheelchair. We also use a variety of props to enable students to achieve a safer and more efficient posture.

The Clarion: Who would benefit most from Adaptive Yoga?

"Students who want a slower-paced routine that is gentle on the joints; anybody who has difficulty getting up and down; those who are recovering from a stroke; and folks with MS, heart disease, cancer and other disabilities.

The Clarion: How does Jai Shanti meet the needs of these students?

"The studio is fully handicapped-accessible from the street. We welcome those with physical limitations.

The Clarion: Some of the most inspiring students in the class struggle with MS. Who are they?

"The national MS Society values Adaptive Yoga so much that it provides scholarships for these students. The Society's generos-

ity allows those living on limited incomes to reap the benefits of yoga. These are folks you might never see walking into a traditional yoga studio. While they come from varied socio-economic backgrounds, all share the strength and willingness to seek better health and balance, despite physiological limitations." The Adaptive Yoga class meets every Tuesday morning at 9:30am with veteran teacher Terri Leonard and assistant Kristin Ballantine. Terri has taught Adaptive Yoga for several years, including currently at Atlanta's renowned Shepherd Spinal Center. Kristin is just beginning her teaching career. The two visited with *The Clarion* this month.

The Clarion: Terri, as a teacher of Adaptive Yoga, what do you find most rewarding?

"Adaptive Yoga is very user-friendly. I feel rewarded when people who normally wouldn't be able to take exercise can do the breathing, movement and meditation. It is made up of powerful tools that allow me to bring yoga to folks. For instance, we adapt the traditional poses to the needs of our students and they can then work at their own pace."

The Clarion: Kristin, let me ask you the same question: as a teacher of Adaptive Yoga, what do you find most rewarding?

"I find it most rewarding to provide an opportunity for people to do something—yoga—that they thought they couldn't ever do in their lives. Through our Adaptive Yoga class, we have built quite a community and we have a blast! I am thrilled that our MS students are coming to class with us."

Each Adaptive Yoga class lasts 90 minutes and concludes with an extended relaxation. The cost is \$15 (drop-in rate) per session or \$50 (due the first of the month) for the Same Class/All Month option. For more information, visit www.jaishantiyoga.com or call 404.370.0579.

Whether you're a senior (ask about the senior discount) or a novice, Lake Clairians of all ages and skill levels can benefit from Adaptive Yoga! 🌿

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Next LCN Meeting

Thursday February 19

Lake Claire Neighbors meets every third Thursday of the month. Social Time begins at 6:30 pm; Meeting begins at 7 pm. at the Frazer Center. Meetings are open to all. Past months' newsletters and updates to agenda can be found at www.lakeclaire.org.

Lake Claire Officers for 2009

President: Diane Moore - president@lakeclaire.org
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 VP-Finance: Cara Stevens - treasurer@lakeclaire.org
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Letter to the Editor

Responding to "Another Dog Bite" (Jan. 2009 Clarion)

There is so much more to the story about the Mail Deliverer who was bitten by the dog. I wish I could even say that it has been resolved, but it has not. I live in the apartment attached to said dog. I saw the deliverer get bitten. I was getting ready for a doctor's appointment and waited as long as I could for the police to arrive, but they never did. I wanted to add to the police report that the dog had previously come after me and the dog's owner said that the dog did not bite. This could have been prevented if she had taken notice of the dog's aggressive behavior. She chains that dog and her other large dog to the mailbox. They are otherwise trapped in a tiny two room apartment with no yard. When they are not in the apartment, they are always chained up or leashed.

After the deliverer was bitten, I stopped getting my mail. I called the National Post Office number and they said that if one of their people is bitten, they do not have to deliver mail to them. I said that I have no dog and was not involved with the situation. I had to go to the post office to pick up my mail. They were so sweet and immediately knew who I was and what the deal was. When I next saw a new deliverer, I asked him how it was going and he said that she still didn't feel as if she could deliver to us and I told him that I understood.

I went to my neighbor and told her what the National Office had said and she said that the dog had been impounded and tested and that she had gotten him back. She told me at the time that he would not be chained outside at all again as part of her bargain to get him back. She has completely disobeyed that. She goes in my mailbox to see if they are delivering her mail to me. It is sad and frustrating.

Heidi Kirsch

From the Editor:

Recently there have been a number of random unsolicited comments and reports about dogs unleashed, dog bites, dog doo, and other dog annoyances. The necessity to post guidelines in the Frazer Forest underscores the prevalence of these issues. I have always and still do consider Lake Claire to be a dog-friendly neighborhood. The evidence is everywhere. But so are the growing problems. What's up?

Here at *The Clarion* we try to encourage responsible pet ownership. So the question is, what will be most helpful to this end? First of all, it seems obvious that we must respect the wishes of the Frazer Forest managers. It's not just their wishes, it is the law. Keeping our dogs under control is the responsibility of their owners, period. While it is lovely and convenient to allow our pets to roam the woods, it does not enhance the safety of others who share this privilege. The dog bite situation above is only one example of dog bites experienced locally in spite of owners who have

insisted that their dogs do not bite. Every dog will bite, it's just a matter of when. The same goes for poop. Every dog will poop, it's just a matter of when. And we are supposed to pick it up, not leave it behind (pardon the pun) for others to step in, or otherwise be annoyed by it. Besides that, the law is the law.

In view of the law, there is no gray area here. Then there is the matter of common courtesy toward our neighbors. This covers what the law does not and comes from the perspective of making our corner of the world a better place for each other. Some of us refer to this as "doggie etiquette". We are talking about things like where we deposit our dog's poop, how long we let them bark

out doors before reining them in, letting the dog out even briefly to poop wherever (unless it's in your own back yard), etc. It's really just a matter of common sense and consideration. For those few neighbors who are common-sense or considerationally challenged, this may be tough. The rest of us, however, have no excuse.

I am guilty of owning Houdini-like escape artists disguised as dogs. I apologize and I continue to try to foil their attempts. I just hope there is room for progress while aiming for perfection.

Experiencing financial hardships?

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*"The time is always right to do what is right."
—Martin Luther King, Jr.*

Dr. King's inexhaustible devotion to change continues to challenge people across the globe to deeply consider their everyday actions and how those actions can alternately devalue or elevate mankind. And, although we outwardly honor his legacy one day each year, we can carry his teachings with us every day. How did you spend MLK Day? Tell us at editor@lakeclaire.org.

Spring/Summer Kids Consignment Sale

First Baptist Church of Decatur

Sale Location: 308 Clairemont Avenue, Decatur, GA 30030 (in the Activities Building)

We sell gently used quality children's clothing (sizes newborn-16 and juniors 1-7), books, bicycles, puzzles, videos, shoes, strollers, swings, bedding, scout uniforms, costumes, nursery/bedroom furniture, baby equipment, sports equipment, indoor/outdoor toys, maternity, etc... You will find everything that your child could need at great bargain prices!!

It is time to begin preparing your items for the Spring/Summer Consignment Sale at the First Baptist Church of Decatur. The sale dates are March 6-7. Registration for the sale begins February 8th and ends February 28th.

Interested in being a seller?? Already a seller?? Seller registration begins February 8th and ends February 28th. Reserve a seller slot and schedule your drop-off appointment by emailing tskidsale@bell-south.net or calling Jeannie at 770-414-6099 (email registration preferred).



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Creation Care Film Series

At Druid Hills Presbyterian Church

By Eric Dusenbury of Candler Park

On February 23, 2009 Druid Hills Presbyterian continues a series of monthly movie screenings to explore the relationship between religion, the environment and human possibility. These gatherings occur the fourth Tuesday of each month, starting at 7:00 PM. Brief discussions will follow the films.

February's feature includes two brief episodes from the RENEWAL documentary www.renewalproject.net.

Food for Faith - Muslim tradition and charity forge bonds between urban communities and sustainable farms

Ancient Roots - Teva Learning Center and Adamah bring environmental education together with Jewish tradition

Druid Hills Presbyterian Church is located at 1026 Ponce De Leon Avenue, directly across from the Majestic Diner. Please join us at 7:00 o'clock on February 23 for some thought-provoking films followed by lively discussion.

Mark Your Calendars

February 7 - Truffle Love at the Mercantile! Free chocolate truffle demonstration and tasting at The Mercantile on Saturday, February 7, at 12:00 pm. www.themercantileatl.com, 404-378-0096

February 12 - 6:30 to 8:30 pm, Northeast Study Group Meeting: BeltLine Sub-Area 6 Master Plan Draft

Meeting Purpose:

To review and provide input on the SA 6 Draft Master Plan

Location: Hillside; 690 Courtenay Dr. NE Atlanta, GA 30306

For questions, contact the office of Community Engagement, readdy@atlbeltline.org or bmcmillan@atlbeltline.org.

February 12 - Lincoln's Birthday

February 14 - Valentine's Day

February 16 - President's Day

February 19 - LCNA Meeting - Social Time begins at 6:30 pm; Meeting begins at 7:00Ppm at the Frazer Center

February 22 - Washington's Birthday

February 24 - Flag Day

February 25 - Ash Wednesday

February 26 - BeltLine Quarterly Briefing, Thursday - 6-8pm, Update on BeltLine Activities, APS Auditorium; 130 Trinity Avenue Atlanta, GA 30303 Info at the office of Community Engagement, readdy@atlbeltline.org or bmcmillan@atlbeltline.org.

LOVE your garden!

Rain Barrel Workshop

Offered at Fernbank Museum of Natural History

By Brandi Berry, brandi.berry@fernbankmuseum.org

As the economy, drought and environment continue to be important in today's society, Fernbank Museum of Natural History is again offering its popular rain barrel workshop on Sunday, February 8, 2009—just in time for spring.

At this make-and-take workshop, participants will start spring in the green as they learn a quick and easy way to collect rainwater for their gardens and decrease their water bills during a dry spell. Collecting water with a rain barrel is an environmentally friendly way to manage outdoor landscaping and can be used to hydrate plants with a clear conscience when rain is scarce.

Fernbank Museum's environmental educators will reveal the benefits of using rainwater collection for maintaining gardens and will help participants create rain barrels they can take home.

The Make-and-Take Workshop: Rain Barrels will be held from 1 p.m.-3 p.m. on February 8. The cost is \$65 for Museum members and \$80 for non-members, and includes all materials. The workshop is open to participants ages 16 and up. Space is limited and reservations are required. To register, call 404.929.6379 or e-mail programs@fernbankmuseum.org.

Fernbank Museum of Natural History is located at 767 Clifton Road in Atlanta. For more information, visit www.fernbankmuseum.org or call 404.929.6300.

Fernbank Museum inspires life-long learning of natural history through dynamic programming to encourage a greater appreciation of our planet and its people.



Lake Claire Safety Report

December 2008 - January 2009 (weeks 50-52 for 2008 & 1-2 for 2009)

As crime goes up, keep your heads up. Watch out for your neighbors and report any suspicious activity by calling 911 immediately.

In response to the rising crime in our neighborhood, Lake Claire has formed multiple neighborhood watch groups. Our goal is to have a block captain and a neighborhood watch for every street in Lake Claire. The block captain is responsible for organizing their street and communicating with the Lake Claire Safety VP and the City of Atlanta. A list of block captains and their streets will be posted on our website. If you live on a street that is not listed, and you wish to volunteer to be a block captain, please email Sheila at lakeclairesafety@yahoo.com

AUTO THEFT

1/1- Thurs evening.- 200 blk Connecticut Ave
1999 Burg Dodge INT CO Tag 796PHB; Victim's vehicle was stolen while parked on the street. No broken glass was found where it had been parked.

1/3- Sat early morning.- 1600 blk S Ponce De Leon Ave NE
1992 Gray Honda ACC Ga Tag AEN6644; Victim's vehicle was stolen after it was parked on the street.

12/11-12/12- Thurs. overnight- 500 blk Hardendorf Ave NE Street

1993 Gray Chevy C15 Ga Tag 6704AHM; Victim's vehicle was stolen after he parked it on the street. Victim states a Taurus .22 cal hand gun was in the tool box.

12/9-12/10- Tues. overnight- 1700 blk Indiana Ave NE Street
2008 Gray Audi A3; Vehicle was stolen during the night. There was broken glass where the vehicle had been parked.

ENTERING AUTO

1/7-1/8- Wed. overnight -2000 blk McLendon Ave NE
2006 Volks; Someone smashed the driver's side window on the victim's vehicle and opened the truck. Taken: Nothing. Prints attempted

1/7-1/8- Wed. overnight -2000 blk McLendon Ave NE
1990 Lexus 400; Someone entered the victim's unsecured vehicle and removed property. Taken: Socket set. Prints attempted.

1/6-1/7- Tues. overnight- 1600 blk DeKalb Ave NE
2005 Blue Toyota MTX; Victim reports that someone broke the driver's side window and removed money from the vehicle. Taken: \$50 in quarters. No prints taken due to inclement

weather.

1/5-1/6- Mon. overnight- 1800 blk Indiana Ave NE Street
1997 Gold Ford XPL; Victim reports that someone broke the driver's side window and removed property. Taken: IPOD adaptor. Prints attempted.

1/5-1/6- Mon. overnight -200 blk Mathews Ave NE Street
1996 Gold ISU TRP; Victim reports that someone pried the rear driver's side window open to gain entry into her vehicle. Taken: nothing. Prints attempted.

1/5-1/6- Mon.-Tues.- Unk 30 hour time frame- 200 blk Mathews Ave NE
2006 Black Ford 500; Victim reports that someone broke the passenger's side window and removed property. Taken: GPS. Prints attempted.

1/4-1/5- Sun. overnight- 200 blk Connecticut Ave NE
2007 Honda Acc; someone smashed the front driver's side window on the victim's vehicle and rummaged through it. Taken: nothing. Prints attempted.

1/2- 1/3- Fri. overnight- 500 blk Hardendorf Ave NE
2001 Acura TL; Someone smashed a window on the victim's vehicle and rummaged through it. Taken: nothing. No prints taken due to rain.

12/31- 1/1- Wed. overnight -1300 blk McLendon Ave NE
1994 Ford RNG; Someone damaged the victim's driver side door lock, entered his vehicle, and damaged the center console. Taken: Nothing. Prints attempted.

12/30- 12/31- Tues. overnight - 400 blk Lakeshore Dr NE
2000 Toyota AVA; Someone smashed a passenger's side window on the victim's vehicle and removed property. Taken: Digital camera. Prints attempted.

12/30- 12/31- Tues. overnight - 400 blk Lakeshore Dr NE
2002 Volvo S60; Someone smashed the passenger's side

window on the victim's vehicle. Victim is out of town and it is unknown if anything was taken. Taken: Unknown. Prints attempted.

12/30- 12/31- Tues. overnight - 400 blk Lakeshore Dr NE
2001 Honda Acc; Someone smashed the driver's side window on the victim's vehicle and removed property. Taken: \$2 dollars in change. Prints attempted.

12/31- Wed. early morning- 300 blk Connecticut Ave NE
2005 Chevy EQX; Someone smashed the driver's side window on the victim's vehicle and removed property. Taken: MP3 Player. Prints attempted.

12/28- Sun evening- 400 blk Claire Dr NE
2001 Jeep GCH; Reporting person stated someone smashed the driver's side window on the victim's vehicle. Victim is out of town and it's not known if anything was taken. Taken: Unknown. No prints taken, neighbors had cleaned the vehicle.

12/22- 12/23- Mon. overnight -200 blk Connecticut Ave NE
2008 Blue Dodge CVN. Victim reports that someone broke a window and removed some loose change from the vehicle. Taken: \$2 in change. Prints attempted.

12/17-12/24- 1 week time frame -200 blk Mathews Ave.
2002 INFI I35; Someone smashed the front passenger's side window on the victim's vehicle then opened the glove box. Taken: Nothing. No prints taken due to rain.

12/17-12/18- Wed. overnight-300 blk Southerland Pl NE
2007 Ford XPL; Someone smashed the driver's side window on the victim's vehicle and removed property. Taken: GPS, I Pod. Prints attempted.

12/17-12/18- Wed. overnight-400 blk Southerland Pl

NE

2005 Lexus RX3; Someone smashed the driver side window on the victim's vehicle and removed property. Taken: Garmin GPS. Prints attempted.

12/12-12/13- Fri. overnight-400 blk Harold Ave NE
2007 Honda CIV; Someone smashed the driver's side window on the victim's vehicle and removed property. Taken: IKEA Bag. Prints attempted.

12/10- Wed. early morn.- 400 blk Harold Ave NE
2003 Silver Honda CIV; Officer discovered the vehicle had a broken driver's side window and the trunk was popped open. The officer located the victim and it was determined that nothing was missing. Taken: nothing. No prints taken due to rain.

RESIDENTIAL BURGLARY

1/9- Fri. daytime-2000 blk Howard Cir NE Residence
Someone damaged the side door to the victim's garage, entered, and removed property. Taken: Lawn Mower, Trimmer, circular saw, tools, bit set. Prints attempted.

Pick Ourselves Up, Dust Ourselves Off

"We remain the most prosperous, powerful nation on Earth. Our workers are no less productive than when this crisis began. Our minds are no less inventive, our goods and services no less needed than they were last week or last month or last year. Our capacity remains undiminished. But our time of standing pat, of protecting narrow interests and putting off unpleasant decisions -- that time has surely passed. Starting today, we must pick ourselves up, dust ourselves off, and begin again the work of remaking America."—President Barack Obama, Inaugural Address.



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Clifton Ministries, Frazier Center, Holiday Dinner, Harold Avenue Green space, New Addition to Lake Claire Park, Mary Lin Elementary, Halloween Parade, *The Clarion*, and more. That's what your Lake Claire Neighborhood Association Dues helps to support. Go to www.lakeclaire.org and see how easy it is to make your family's \$20 count in 2009. You can even pay with PayPal! 🌸

Freedom Park Conservancy Park Improvement Committee

The park improvement committee (PIC) works at the discretion of the Freedom Park Conservancy board of directors. Committee members are volunteers from the community that wish to see the park maintained. The focus of the committee is:

- Provide simple maintenance of park issues such as trash pickup, sign graffiti, mulching, kudzu removal, and weeding. Members work with Park Pride,

Trees Atlanta, and Team Buzz. Hands on Atlanta is scheduling volunteers for work days in the park.

- Keep the board informed and provide insight on

maintenance needs that cannot be handled by the volunteers to the board of directors.

The chair of the committee attends the board of directors meetings to:

- Alert the city and DOT when needed to remove large graffiti, tree limbs, and large trash items from the park.

- Ensure a relationship with the city Park Maintenance Department and the employees that maintain the park on a regular basis.

- Invite community involvement in maintaining the park with booths at neighborhood gatherings.

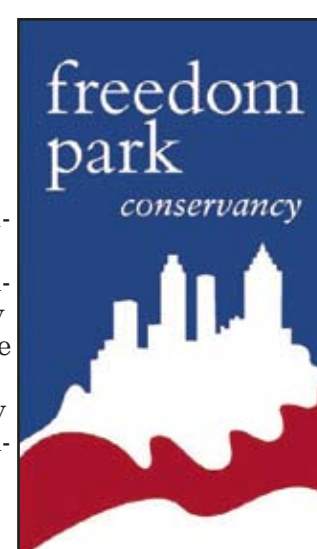
Committee accomplishments in 2007 include:

- Graffiti removal from on the granite wall along the Path albeit painting over it.
- Hands on Atlanta day light pole painting project.
- Removal of sign graffiti is ongoing.
- Kudzu spraying under the guidance of Trees Atlanta.

There is much more that can be

accomplished with added participation. The committee meets bi-monthly on the third Tuesday of odd-numbered months at Trees

Atlanta or another designated location. Membership is open to anyone interested in Freedom Park, it's maintenance, and it's future. Contact Carol Gregory cgregory@habitat.org or 404-962-3432 (day) with an e-mail address and you will be notified of the next meeting.



LOVE recycling!

City Recycling Update

From the City of Atlanta Recycling Program

1) Recycling was not picked up the week of 1/5. This week was yard waste collection. Next week 1/12 will be recycling pick up, and so on, alternating weeks. Ms. Harrington indicated that she regrets the City going to the alternating weeks and hopes it won't discourage our community from recycling.

2) You can use an alternate container, up to 95 gallons (but no larger), for your recycling. The City's green trash containers (Herbie Curbies) are 95 gallons.

3) The City intends to pick up just one recycling container per household.

4) You can buy a 95 gallon BLUE recycling Herbie Curbie from the City for \$70.00. It will be

Recycling continued on page 7

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these great Lake Claire projects and causes



Recycling continued from page 6

delivered for free by the end of the month. These are the large durable type with two wheels and fixed lids that sell for about \$120.00 online.

5) If you want to order a 95-gallon blue recycling Herbie Curbie, please send a check or money order for \$70 to: City of Atlanta, Department of Public Works, 55 Trinity Avenue SW, Suite 4800, Atlanta, GA 30303-3531. Make sure the delivery address is on the check or money order.

6) If you don't have space for another 95 gallon can, I have shopped around, and you can buy a 50-gallon blue container from Home Depot online for \$69.00. They are also available online from Uline and other sources in 35, 48, and 65 gallons for various prices. These are the two-wheel cart type. Round, blue, "recycling" trash cans, without wheels, are also available at Lowes and Home Depot for significantly less. A warning about these round ones without fixed lids- in our experience, the service folks tend to "pitch" the lids onto the sidewalk, so they tend to break apart in time.

7) The City will mail you free

"recycling" stickers to place on any can of your choice - any color. Or, you can clearly mark your can "recycling." I'm hoping a blue can will eliminate the dog poop that well-meaning dog walkers often leave in our yard waste can.

8) You do not have to separate the paper from other recyclables. They are all mixed together in the truck and separated at the recycling center.

9) Despite the e-mail that we received in September, the City is currently only recycling # 1 & 2 plastics. Ms. Harrington indicated that # 3-7 plastics are being sent to the landfill as there currently is not a market for these plastics due to economic downturn and closure of Chinese markets to plastics imports.

For your free "recycling" can stickers, you can e-mail your address to Mary Harrington, City of Atlanta Recycling Program Manager, at: mharrington@atlantaga.gov. She also asked that I pass along her direct phone number, 404-865-8540, in the event you have other recycling questions.

Happy New Year!

Happy Recycling!

Got questions?

See www.atlantaga.gov. 🌱

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Mary Lin Elementary Recognized by Governor's Office



Mary Lin Elementary School has been named a Silver Award Winner by the Governor's Office of Student Achievement. Lin is one of only 34 elementary schools in the state to achieve this status, which was awarded for the 2007-2008 school year.

Mary Lin was deemed a "high-performing school" by meeting the following criteria:

- Achieving or exceeding AYP status (Adequate Yearly Progress) for two consecutive years
- Having at least 25% of students exceed expectations on the CRCT (Criterion-Referenced Competency Tests)
- Having at least 75% of students meet or exceed expectations on the CRCT

Mary Lin Elementary School is located in Candler Park and currently serves over 500 students in Kindergarten through 5th grades in the Candler Park, Inman Park, Lake Claire, Poncey Highlands, and Druid Hills communities. School tours are typically offered the first Thursday of the month. Further information about the school can be found at www.marylinelementary.com or by calling the school directly at (404) 802-8850.

#6 Plastic Recycling Update

By Stephen Wing

Our neighborhood experiment with recycling #6 plastic is going well. The designated bin in the parking lot of Lake Claire Cohousing has filled up twice so far, and participants have been respectful of the need to clean their plastic before dropping it off.

Paul Reece of The Recycling Guy and His Dog has not yet let us know what he will charge for this extra pickup on his route through our neighborhood. Hopefully those utilizing the bin will be willing to donate toward the cost.

Number 6 plastic (which is not accepted by the city) includes many takeout containers and most disposable plastic cups. Styrofoam is also made of #6, but is recycled using a different process and is not included in this experiment. Please save your styrofoam and take it directly to FP Interna-

tional at 5800 Wheaton Dr SW in Gateway Industrial Park off Fulton Industrial Blvd. (404)346-0696.

Please note: this opportunity to keep disposable plastic out of the landfill should not be construed as an invitation to use more of it! Please carry a re-usable take-out container in your car and use washable cups for parties.

Many thanks to Ana Bailey of Lake Claire Cohousing for being the "point person" in the experiment. For new participants, the Cohousing parking lot is immediately on your left after you turn off DeKalb Ave. onto Connecticut (right behind the Watershed mural wall). One of the trash and recycling bins there is clearly marked for #6 plastic. All items must be rinsed.

Thanks for recycling!

Stephen Wing, Lake Claire's "neighborhood novelist," is the author of *Free Ralph! An Evolutionary Fable with an environmentalist theme*. Available at Donna Van Gogh's, Sevananda, or www.WindEaglePress.com.

LOVE your Neighborhood Watch!

Got Crime?

By Diane Moore
President, Lake Claire
Neighborhood Association

Crime, everyone's talking about it. Did you know that over the past few years Lake Claire has been the safest neighborhood in Atlanta? Even with the recent increase in crime we are still one of the safest neighborhoods in the city.

There was much discussion about crime at the 2008 neighborhood meetings and last fall the neighborhood initiated a Neighborhood Watch (NW) program. Block captains volunteered, email addresses were exchanged, and information was gathered from neighbors. The NW lost steam over the holidays and it's time to reinvigorate the effort.

We need your input and expertise on ways to facilitate communication among neighbors. For example, a yahoo group has been established for Lake Claire's NW; is that the best way to communicate? Block captains are responsible for collecting information from each neighbor. What is the best method for collecting and storing the information? Should the neighborhood hire someone to input information?

If everyone's talking about crime, then let's do something about it. Please join us for the next neighborhood meeting on Thursday, February 19th, at the Frazer Center. Social time is 6:30 and the meeting begins at 7:00. Like all of Lake Claire's meetings, refreshments will be provided. And because we really want you to attend, we will have a kid's activity area set-up AND we will have someone on hand to monitor the kids area. 🌸

LOVE our animals!

Ways to Help: Pet Adoption and More

From The Atlanta Humane Society

The Atlanta Humane Society and Society for the Prevention of Cruelty to Animals, Inc. was founded in 1873 and is the city's oldest, private, not-for-profit animal welfare organization. Originally chartered to help women and children as well, the AHS now focuses its efforts on addressing the pet overpopulation problem and encouraging pet adoption in Georgia. Located on Howell Mill Road in Midtown Atlanta, the pet rescue and animal welfare organization offers the public numerous opportunities either to donate or get involved. In addition to its pet adoption services, the Atlanta Humane Society pet rescue organization offers other programs and services, including fundraisers for our rescued pets, an expertly-staffed clinic, opportunities for volunteering, and year-round, community-wide events.

Foster Care Volunteers Needed

Our Foster Program allows fosterlings with qualified solvable and workable problems to be nursed back to physical and psychological health, allowing these animals that important second chance for life. This program is one of the AHS's efforts to increase adoption rates.

The program is manned by dedicated and committed staff and screened volunteers. Fostering means the placement of special-care animals into nurturing temporary care situations until they are suitable for the adoption program. Although the definition is simple, the process to be successful requires precise and careful guidelines.

For more information about the Foster Care Program, please contact our Volunteer Foster Care Coordinator, by email at foster-care@atlantahumane.org.

The Story of Best Friends: Angel & Mutz

From The Atlanta Humane Society

This wonderful story is dedicated to all the sad and lonely cats and dogs looking for their forever home. Elinor Rosenberg and her two granddaughters, Peyton and Ansley, wrote and illustrated this lovely book, which can be found in our AHS Pet Shop. Angel and Mutz are a very odd couple who become friends. Their differences don't matter when it comes to love and friendship. Read their story of trouble and adventure. A portion of the proceeds from this book go to help the 'Society Pets' of the Atlanta Humane Society.

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Academy Awards Party

It's All In The Stars . . .

Fans of the stars and movie buffs alike are invited to join us for the 2009 Academy Awards celebration in Atlanta. Join us at the Inter-Continental Hotel Buckhead on Sunday, February 22, 2009, from 7PM to midnight where you will be surrounded by Oscar winning stars (appearing on a large television)! Heavy hors d'oeuvres and a cash bar will be provided. You can even enter a winners ballot for a chance to win a fabulous prize! Dressing up as your favorite nominee is also encouraged. Advance tickets are recommended. The Atlanta Humane Society is the proud beneficiary of this event, and all proceeds directly benefit our Society Pets! For more information, e-mail Schuylerr@atlantahumane.org.



Get Your Walking Shoes Ready For Pet Parade 2009!

One of the oldest and largest Atlanta Humane Society fundraising events is coming Saturday, May 2, 2009!

Pet Parade participants follow a mile-and-a-half long scenic route through Candler Park and will enjoy a morning filled with the special offerings of our pet festival, including an array of adoptable animals, vendors, games, contests and booth displays by local rescue organizations.

In 2008, over 700 walkers and their pets raised more than \$250,000 - a portion of which is currently funding an adoption program that will place over 5,000 animals into loving homes in 2008. This year's goals include recruiting a minimum of 1,000 participants and raising \$300,000 in support of the shelter's programs and services.

The average cost to find an AHS animal a new home is \$300, and we encourage each walker to raise that amount as a minimum and teams to raise a collective minimum of \$3,000. You can have as many walkers on your team as you'd like. Ideally, a team of ten people raising the individual goal of \$300 per person is a great place to start! Participants can pre-register and collect funds on-line using their very own personalized Pledge Page and potentially win fantastic prizes.

Remember, as a walk participant, you are directly assisting the Society in the fight against ending pet overpopulation and homelessness. Help AHS by walking your 'paws' in support of a great cause! For details, visit www.atlantapetparade.com.

For more information, please go to www.atlantahumane.org and visit the official Atlanta Humane Society website.



Micro-Chip Your Pet

More from The Atlanta Humane Society

What are microchips, and how do they work? Can they harm my pet?

A microchip is often called "the I.D. that cannot be lost." It is a small computer chip the size of a grain of rice that is commonly implanted in the pet near the shoulder blades. It is implanted with a special syringe and the procedure only takes a few moments. It may sting the pet momentarily, but this goes away quickly, and the benefits of having your pet microchipped far outweigh the few seconds of discomfort (the procedure is much like giving vaccinations to the animal). The chip is designed to attach itself inside the skin and it can be left in place for the rest of the animal's life without harm.

If a pet that has been implanted with a chip is found and taken to a shelter or veterinarian who has a scanner, the scanner will detect the presence of a chip and the shelter or vet can call a registry to find the owner information. It is imperative that owners of chipped animals make sure their registry information is complete and updated as needed. (The agency that microchips your pet will either send in your registry info for you, or will give you all the info you need to send it in yourself.)

Because of microchipping, animals have been reunited with their owners even after years of being lost, and at great distances. It is not foolproof, as there are several brands of chips and scanners, and all are not compatible yet. The AHS uses the 24PetWatch Microchips and our scanners can read the common chips (even from other companies) out there.

Microchipping is a great way to make sure lost pets can get home again. Make sure your pet wears an updated I.D. tag on his collar at all times, too (you can make your own when you adopt). Ask a staff member for more information.

The \$25 fee includes the implantation of a microchip and free registration of the chip with a national database (to aid in locating your pet if it becomes lost). To get your pet micro-chipped, call the veterinary wellness hospital at 404.875.6420.

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LOVE your Home!

The Design Corner

By Jill Kearns

Change is in the air, both in and out of the home. As an interior designer I typically see people desiring to make changes to their living space. One of the easiest and most cost effective updates to a room is through the use of color. In your current space, a fresh coat of paint can transform a "neutral" room into one with a modern, bold or traditional feel, depending on the color palette chosen.

With paint, there are few rules and endless possibilities. Your first step is to decide what colors you like and dislike. One tip is to pick up a few home decorating magazines and start an inspiration book by clipping photos of color schemes to which you are drawn. Often times, people are able to determine their palette by seeing examples they would like to replicate or even avoid.

Another idea is to take a look in your closet; often times our clothing represents a color palette that we are comfortable with.

Before you begin your painting endeavor, do a little research on different techniques. Glazing walls gives a great tonal balance and can set your house apart from others. Also, think about the use of the room. Although flat paint tends to be richer, it can also show dirt easily. Many people do not like the glossy look of semi-gloss, but eggshell can be a nice balance between the two.

If you are a painting novice, I would recommend that you start small, as painting can be labor intensive and overwhelming. A bathroom is a great room to start. Try turning your master bath into a spa retreat. You can utilize a dark wall color like a chocolate brown or a dark gray to invoke a relaxing feel. Accented with plush white towels on your towel bar and some in a basket next to your bathtub, you are well on your way to a tranquil spa setting.

Bedrooms are moderately easy to repaint. How about selecting a theme, like bringing the outdoors in? A soothing light blue color is the perfect start. Change the texture and color of your bedding for the most impact. If you don't want to spring for all new bedding, simply add a couple of colorful throw



pillows. Velvet and damask fabric lends a more formal feeling, and linen, paisley, and leather are more modern. Don't forget to accessorize! You can finish bringing the outdoors in by placing some dried leaves or branches in a bowl on bedside tables.

Once you finish a room, the rest of your home will not feel so daunting. If you are not too sure about adding vibrant colors to your living area, try using richer neutrals. Do not be afraid to select a darker beige, especially if you have a lot of natural light. If natural light is hard to come by, try a mid-range beige. Gray is a more modern, neutral and a little unexpected. It can serve as a great backdrop to a lovely piece of pottery or bold drapery fabric. Whatever color you choose, remember it's only paint! It is important to have fun, and do not be afraid to experiment. If you are not sure about a color, select a few from the same color family and paint large swatches on the wall.

Jill Kearns is the Founder of Inhabit Design Studio and a Lake Claire resident. If you have other areas of your homes you would like her to discuss, feel free to email her at jkearns@inhabitdesignstudio.com.



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LOVE our kids!

Preschool Aftercare

Inman Park Cooperative Preschool Offers Aftercare
Submitted by Maria Smith

Publicist and IPCP Parent
www.mariarosepr.net

Inman Park Cooperative Preschool (IPCP) is pleased to announce it will now offer "after-school" childcare from 1-5pm for both current students as well as non-enrolled children! Aftercare will provide a combination of daily rest/ quiet time, outdoor activities (weather permitting), art, music, literature, movement, dramatic play, cooking, and of course lots of free play. Aftercare is available daily for 3-5 year olds and M/W/F for 1 and 2 year olds and will feature weekly themes. The cost for this care is only \$7.25/hour and is billed in half-hour increments.

Inman Park Cooperative Preschool is Atlanta's premiere parent-owned preschool and has been providing quality learning to preschoolers since 1981. IPCP has just completed a half-million dollar campus renovation, including a completely renovated Edgewood building dedicated to three-, four- and five-year olds, and the new Annex space designed for one- and two-year olds. IPCP offers a play-based, discovery curriculum designed to take each child on an optimal journey of growth and education.

Visit www.ipcp.org for more information on the Aftercare or preschool program.

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Atlanta City Council

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When does City Council meet?

Except for holidays, the City Council meets on Mondays of the first and third week of the month. The meetings are held at 1:00 p.m. in the City Council Chambers. City Hall, 55 Trinity Avenue, Atlanta, GA 30303, Telephone: 404-330-6030, Fax:404-658-6454. There is no central e-mail address.

To contact City Council members, e-mail, telephone, or fax them directly. For contact info go to www.atlantaga.gov, click on "city council," and click on their pictures. If you need additional information, contact the Council Offices directly.

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Membership Info

Lake Claire Neighbors is an incorporated non-profit, tax-exempt, homeowners association.

In accordance with the by-laws, membership consists of all residents, property owners, and businesses within the boundaries of the Lake Claire Neighborhood.

If you are a Lake Claire resident, your payment of dues helps us help you. Dues are voluntary (optional) and reasonable.

Yearly Membership Dues: \$20/household
Two ways to pay your membership dues:

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Go to www.lakeclaire.org
Secure online payment using PayPal,
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Option 2 - Send a check to our treasurer.
Mail with name, address, email address and
telephone number to:

Lake Claire Neighbors

attn: Treasurer
PO Box 5942
Atlanta GA 31107

Want to stay in touch with activities in and around the neighborhood? Go to our website www.lakeclaire.org and join our email "newscast". We limit emails to a few a month.

Unfortunately dues and gifts to LCN are not tax deductible. However, they help us do great things such as maintain a security patrol, park and stream bank clean-ups, installation of neighborhood signs, community events, distribution of the monthly newsletter, and staying ahead of city planning developments.

Get involved!
Help us keep Lake Claire
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Don't forget to think greener

The Clarion needs your green living tips to share with your neighbors! Send ideas to editor@lakeclaire.org.



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\$19.95/month

"Protection That Follows You No Matter Where You Are."