



The elementary school students with their new shoes.

## From India to Atlanta and Back Again

### Local Business Owner Raises Money for Children in Darjeeling

Traveling to India was not a lifelong dream for Katrell Christie, but this summer she did just that, and stayed for two months. She was looking for a way to contribute to a society that provides so many of the teas she sells every day at Dr. Bombay's Underwater Tea Party.

Originally, Katrell had a plan to develop an educational program for women, but when funding fell through, she found other ways to help. She turned her focus to a girls' orphanage and an elementary school in a Himalayan base station in Darjeeling.

The girls in the orphanage, run by a Buddhist monk, are well cared for. They have meals and lessons in a main room and sleep in a shallow loft above. But when a girl turns sixteen, she has to leave the orphanage. "No one knows if they live or die," says Katrell. This year will be different. Instead of departing, the next three sixteen-year-olds will attend university. They will be permitted to sleep at the orphanage as long as their studies continue. These girls will have an opportunity that none of the others have experienced. Katrell be-

lieves the education these three receive will change their lives.

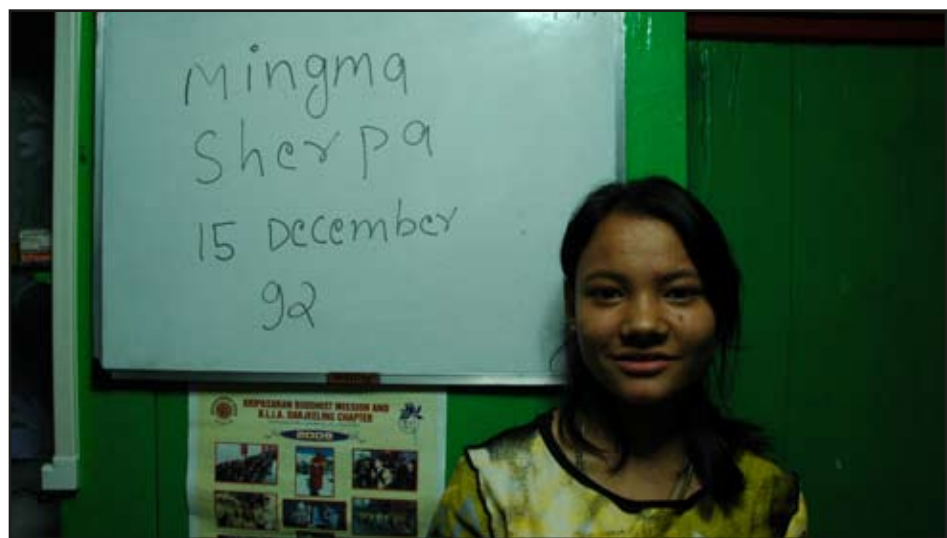
When Katrell visited the elementary school, she walked with the children to buy each one a pair of shoes. In the cold mountain weather, most of the children had been wearing flip-flops. The excursion cost all of \$30. Next year, she hopes to provide the school with a toilet and to buy uniforms for the students. At present, the school has no electricity or running water, and if it doesn't have propane, the children don't eat lunch.

These huge contributions will be paid for quite simply from the sales of The Learning Tea and Katrell's photographs from her trip, available at Dr. Bombay's. After visiting sixteen plan-

tations, tasting one hundred teas, and looking into the treatment of the plants' workers, Katrell selected one green and one black Darjeeling tea to sell at Dr. Bombay's. One hundred percent of the profits from the sale of The Learning Teas will go back to Darjeeling.

Katrell took her colorful, detailed, and personal photographs, on display at Dr. Bombay's and Moog Gallery, all over India. "I wanted to show the beautiful side of India," she says. She found it impossible to take a bad picture in the country; so many things struck her as interesting, and there was color everywhere. The opening event for The Learning Tea—an art walk that moved from Dr. Bombay's to Moog and

One of the college-bound girls.



## The Lake Claire Annual Holiday Party

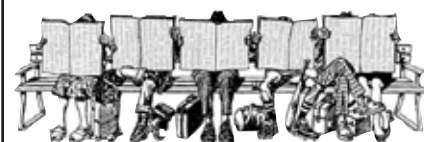
Thursday,  
December 10  
6:00 p.m.  
Frazer Center

*Catered by the Mercantile*

then down to Kashi Atlanta—held on Saturday, November 7, was well attended. Her efforts have received a good amount of community support already. It is the sort of thing that brought Katrell (an Atlanta native) to the neighborhood five years ago.

The teas and photographs will make wonderful holiday gifts, especially considering that the giving is passed on—or back, as the case may be. Katrell will return to India in June to put the girls in school. "They are ready," she says. "They will try hard." And so will Katrell, who is determined to pay for five college tuitions in the year 2011. For more information on Katrell and The Learning Tea, visit [www.thelearningtea.com](http://www.thelearningtea.com), [www.mooggallery.com](http://www.mooggallery.com), and [www.drbombays.com](http://www.drbombays.com).

—Hannah Denmark



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## Mark Your Calendar

**Wednesday, Dec 2:** Community blood drive, 2:30 p.m.–7:30 p.m., Fellowship Hall of Epworth United Methodist Church, 1561 McLendon Ave. To schedule an appointment to donate, go to [www.givelife.org](http://www.givelife.org) (sponsor code: eumca).

**Friday, Dec 4–Saturday, Dec 5:** Decatur Holiday Candlelight Tour of Homes, 5:30–9:30 p.m. Visit [www.decatourtourofhomes.com](http://www.decatourtourofhomes.com) or call (404) 371-4444 for details.

**Saturday, Dec 5:** The Children's Healthcare of Atlanta parade, 10:30 a.m.–noon. Parade starts on Peachtree St. near Baker St. and ends along Centennial Olympic Park Drive. For more information, visit [www.choa.org/parade](http://www.choa.org/parade) or call (404) 785-NOEL.

**Saturday, Dec 5:** Book signing with local novelist Alice Bliss, author of *The Lees*, 1:00–4:00 p.m. at Sweetgrass Salon, 1643 McLendon Ave. Contact Alice at (404) 373-8169 to obtain a copy of the novel.

**Saturday, Dec 5–Sunday, Dec 6:** A Weekend of 20 Authors, noon–5:00 p.m., Opal Gallery, 484 Moreland Ave. To celebrate the twentieth anniversary of A Cappella Books, twenty authors (plus one to grow on) share their love for their favorite books. For a full schedule of the participating authors and the books they'll be discussing, visit [www.acappellabooks.com](http://www.acappellabooks.com). Live music from Atlanta artists will follow. To celebrate the anniversary, A Cappella is offering 20 percent off every used book in the store.

**Sunday, Dec 6:** Annual Family Holiday Celebration at Fernbank Museum, noon–4:00 p.m. Celebrate the holidays and learn about celebrations from around the world at the same time. Featured activities include music and dance performances, storytelling, games, crafts, and more. Activities are included with museum admission and are free for members. For a schedule of events or to purchase tickets, visit [www.fernbankmuseum.org](http://www.fernbankmuseum.org) or call (404) 929-6400.

**Wednesday, Dec 9–Sunday, Dec 13:** Holiday caroling with the guests and volunteers of Clifton Sanctuary Ministries, Wednesday through Saturday, beginning at 7:30 p.m. on the corner of Connecticut Ave. and McLendon Ave. Everyone is welcome to come by and join in. Lyrics for favorite carols will be provided. All are invited inside for hot chocolate, apple cider, and cookies and other treats after the singing. On Sunday, at 3:00 p.m., the guests of Clifton will present their annual holiday program, performing a play, singing songs, playing music, and presenting poetry in thanks to the staff and volunteers who support them in their efforts to return to independent living. All are invited to attend. For more information, call Prince Davies-Venn at (404) 373-3253, ext. 7, or visit [www.cliftonsanctuary.com](http://www.cliftonsanctuary.com).

**Thursday, Dec 10:** Lake Claire Annual Holiday Party, 6:00 p.m., Frazer Center. Come join your friends and neighbors for a catered/BYOB meal provided by the Mercantile (1660 DeKalb Ave.). This family-friendly event is sponsored in part by City Issue ([www.cityissue.com](http://www.cityissue.com)).

**Sunday, Dec 13:** Swedish Holiday Festival, 11:00 a.m.–4:00 p.m., the Trolley Barn, 963 Edgewood Ave. Hosted by the Swedish Women's Educational Association, the event includes a market with vendors selling traditional and modern handicrafts and homemade foods. A Swedish Cafe will offer traditional drinks and foods. Children's activities will be hosted by the Swedish School of Atlanta. For more details, visit [www.chapters-swea.org/atlanta](http://www.chapters-swea.org/atlanta) and click on "Christmas Bazaar."

**Thursday, Dec 31:** Happy Zoo Year party at Zoo Atlanta. Visit [www.zooatlanta.org](http://www.zooatlanta.org) or call (404) 624-WILD for more details.

**Thursday, Dec 31:** New Year's in the Garden at Atlanta Botanical Garden, with a scavenger hunt, music, crafts, and games. For more information, visit [www.atlantabotanicalgarden.org](http://www.atlantabotanicalgarden.org) or call (404) 876-5859.

## Claire's List

Do you have a service or an item that someone else might need or want—something that might add to your income or be a thrifty option for a neighbor? Let's help each other out in these tough times. Claire's List offers home-based services and merchandise for sale, rent, loan, barter, or free locally. It's also a place where you can post items or services you want. Add your posting for free by the 15th of the month prior to publication (e-mail to [editor@lakeclaire.org](mailto:editor@lakeclaire.org)).

**Bookkeeping service.** Lilith Management, Inc., is a bookkeeping service located in Atlanta that provides both virtual and on-site services. Small to medium-size businesses are our specialty. More than 25 years experience. Call (404) 377-1502 or visit [www.lilithmanagementinc.com](http://www.lilithmanagementinc.com).

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**Handyman looking for work.** Doug Bryant is looking for handyman work, specializing in driveway, patio, foundation, and retaining wall repair/maintenance. Local references, reasonable rates. Call (678) 497-5429 or e-mail [rdbjr79@yahoo.com](mailto:rdbjr79@yahoo.com).

**Helper wanted.** I need some help with chores, mostly outdoors, due to an ailing back. Interested?—\$15/hr, times are negotiable. Located on Harold Ave. Call (404) 377-2288.

**Local filmmakers.** We are documentary-style filmmakers who specialize in creating original and affordable video. Visit our Web site, [www.karmalizedpictures.com](http://www.karmalizedpictures.com), to see some of our products. We are all about eco-living and helping people, animals, and Mother Earth—Mark Burch and Amy Jackson.

**Looking for employment.** Hello, friends. I am looking for employment. My specialties include helping hands, thorough house cleaning, child or elderly care, gardening, Girl Friday. Mature woman, references, own vehicle. Call Melissa Bell at (404) 384-5989. Thank you.

**Minor electrical repairs and installations.** Also cable, phone lines, Wi-Fi setup. Neighborhood references. Rate is \$35/hr + \$20 for house call (within three miles of Little Five Points only). Contact Norman Glassman at (404) 704-5546 or [nglassman5@gmail.com](mailto:nglassman5@gmail.com).

**Need firewood?** Will swap logs cut to fireplace size for help pulling backyard kudzu. Call Alice Bliss at (404) 373-8169.

**Need help with your resume?** Need a second pair of eyes to look over a paper you're writing? Let a seasoned professional writer/proof-reader help! Call Susan at (404) 371-1229.

**Neighborhood call:** It's time for some smart recycling! The Smart Landscape Demonstration Gardens are under way at Epworth UMC and are ready for hardscape, landscape, any-scape donations. The Neighborhood Social Corner, Love and Forgiveness Garden, Children's Natural Playspace, and Wildlife Habitat areas need pavers, bricks, lumber, shrubs, fruit trees, delicate ferns, benches, perennials, bulbs . . . Clear out those yards and garages, knowing that your "extras" will have a happy new life right down the street! To arrange donation pickups, contact Elise Cormier (demonstration gardens designer and Lake Claire neighbor) at (404) 309-5889 or [TendrilsEdge@gmail.com](mailto:TendrilsEdge@gmail.com). Thanks a million, Lake Claire!

**Pet sitting.** Over ten years' vet and pet care experience. References available. Call Tina Smith at (404) 247-0914.

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## Next LCN Meeting

### Thursday December 17

Lake Claire Neighbors meets every third Thursday of the month at the Frazer Center. Social time begins at 6:30 p.m.; the meeting begins at 7:00. Meetings are open to all. Check [www.lakeclaire.org](http://www.lakeclaire.org) for updates to the meeting agenda.

## Lake Claire Officers for 2009

President: Diane Moore, [president@lakeclaire.org](mailto:president@lakeclaire.org)  
 VP, Zoning: Dan White, [zoning@lakeclaire.org](mailto:zoning@lakeclaire.org)  
 VP, Finance: Cara Stevens, [treasurer@lakeclaire.org](mailto:treasurer@lakeclaire.org)  
 VP, Environment: Kathy Evans, [environment@lakeclaire.org](mailto:environment@lakeclaire.org)  
 VP, Safety: Sheila Vinciguerra, [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)

Lake Claire Neighbors, P.O. Box 5942, Atlanta, GA 31107

Visit [www.lakeclaire.org](http://www.lakeclaire.org) to sign up for the newscasts—timely updates on happenings in Lake Claire!

## Newsletter Staff

Editor: Heidi Hill, [editor@lakeclaire.org](mailto:editor@lakeclaire.org)  
 Advertising: Emily Veazey, [newsletter@lakeclaire.org](mailto:newsletter@lakeclaire.org)  
 Layout Designer: Tish Ganey, [layout@lakeclaire.org](mailto:layout@lakeclaire.org)  
 Webmaster: Glenn Frankel, [comm@lakeclaire.org](mailto:comm@lakeclaire.org)

The *Clarion* is published monthly. The deadline for advertising and editorial consideration is the 15th of the month preceding publication.

## Viewing the Moon from a Front Porch in Lake Claire

Over Halloween weekend, Harold Avenue resident Chris Campbell set up three telescopes on his front porch so that trick-or-treating kids (and adults) could view the rising full moon up close. Because of the clouds and rain on Friday and Saturday, the moon viewing wasn't possible, but conditions cleared on Sunday—and Lake Claire folks came out to see the full moon in all its glory.

The *Clarion* talked with Chris about the event—a once-in-a-decade opportunity that was part lifelong passion and part good old neighborhood fun.

The *Clarion*: Why did you decide to stage the moon viewing on Halloween weekend?

Chris Campbell: We did this once about ten years ago, when we had similar moon conditions, with just one telescope, and it was a riot. And so I'd been waiting for this 2009 Halloween for years, since I knew the viewing conditions would be right again. From our east-facing front porch, there's only a narrow patch of sky between the treetops across the street and the big white oak over our house in which we can see the moon, and only a full moon is visible there in the convenient early evening hours—a full moon always rises in the early evening, because it is opposite of the setting sun. And that timing on or around October 31 happens only every five to ten years or so. So, for example, on Halloween 2010, the moon rises at midnight, too late for general viewing. So no viewing next year!

TC: Where did you get your telescopes, and how did you set them up?

CC: I now have three telescopes: one I built from scratch about ten years ago, the second I bought used early this year to learn about motorized mounts, and the third, a really nice (and expensive) one, I bought in August, based on what I learned playing with number 2. On Halloween weekend, I had two of the telescopes available for looking directly at the moon, and one hooked up to a camera and projector to display the moon's sur-

face on a projection screen on the front porch. The projection allowed everyone to see something at any time without having to wait their turn at an eyepiece.

TC: What happened when you were finally able to see the moon on Sunday night?

CC: The direct-view telescopes allowed everyone who came by to see the moon with their own eyes. I tried to impress upon people what was really happening: Light rays have come from the sun, bounced off the moon, and gone through the telescope and into your eyeball! That's over ninety million miles! It's not the same as looking at a picture or a video—you're the only person in the universe who saw those light rays.

At one point, a neighbor from down the street brought his small "Galilean" telescope, which is a simple, classic refractor design very similar to the type that Galileo himself used four hundred years ago this year. The neighbor aimed it at Jupiter, just like Galileo did for the first time in 1609, and showed people the four moons of Jupiter. I explained how Galileo's sighting of these "Galilean" moons, which he quickly recognized were *moving*, led within days to Galileo realizing that they were orbiting Jupiter, and not just more fixed stars on the celestial backdrop. The fact that celestial bodies would orbit something besides Earth was, well, earth-shattering at the time—and led to papal intervention and other high drama, which is the stuff of history.

It's interesting that most people will look through the telescope eyepiece for a while, examining



*The moon as viewed on the projection screen on Chris Campbell's front porch.*

the view for details, but little children will usually just look for an instant and be satisfied with that. "I see it!" they exclaim, and then they run off!

TC: How many people came to view the moon, and how long was it visible?

CC: About thirty people showed up on Sunday. We got started at 6:00 p.m., the moon cleared the trees by 6:20 or so, and by 9:00 it was heading into the leaves overhead. Jupiter was also visible if you walked out to the street, so by 8:00 p.m. we had viewing for that set up too.

TC: How long have you been interested in space?

CC: I have been a space fan since I was a child—keeping up with NASA activity like shuttle launches, astronomy science

news, etc. I was good at math and science, and that led me to a career in engineering; I have aerospace engineering and electrical engineering degrees from Georgia Tech. About a decade ago, my chance encounter with the Sidewalk Astronomers during a visit to San Francisco led me to build my own telescope. I am currently a satellite communications engineer for Turner/CNN, which gives me nice access to raw live feeds of various NASA events!

*Chris is thinking about setting up the telescopes again for a moon viewing on December 30 and New Year's Eve. If you're interested, you should wander by 442 Harold Ave. on those evenings, or e-mail Chris at [c.campbell@pobox.com](mailto:c.campbell@pobox.com) for confirmation.*



*Chris's first telescope, set up in the street to look at Jupiter.*



*Chris's second telescope in front of the moon.*



## Peace, Love, and Art at the Land Trust

Under the broad banner of "Peace, Love, and Art," the Lake Claire Community Land Trust held its fall fund-raiser on Saturday, October 24. This ambitious extravaganza was really two festivals in one. An all-day event around the newly landscaped pond next door to the Trust featured a plethora of activities for kids and families, followed by a more traditional evening of entertainment on the Land Trust stage and a "dinner under the stars."

This was the pond area's debut as a festival venue, and despite the chilly weather it proved to be a fine neighborhood playground. Entertainment for the daytime portion of the festival included music from Melissa Jo and the Nashvillain Family Band. Another highlight was an improvisatory performance by the Beacon Dance Company entitled "A Moveable Feast" (partly funded by the Georgia Council for the Arts and the Southern Arts Federation). Activities included mini-golf, a petting zoo, a bake sale, a reptile show, and a sack race. An array of local vendors set up shop on the pond overlook, selling fancy hats, crafts, tie-dyes, and food.

Late in the afternoon, the Atlanta Sediton Orchestra led a procession up to the Land Trust proper for barbecue, beverages, and an onstage banquet of folk, jazz, poetry, and rock & roll. The evening lineup included Hoboitch, The Owls, Brian Lavelle & Jonathan Moore, Porchcrop, and the Electric Cod Peace. A dazzling variety of neighborhood businesses contributed prizes for a raffle, so the festivities were frequently punctuated by raffle drawings and the whoops of lucky winners.

October 24 was also an International Day of Climate Action organized by Bill McKibben and his cohorts at 350.org to bring attention to global warming. Joining activists in 181 countries worldwide, the Land Trust participated in a small way by inviting the Atlanta chapter of 350.org to set up an information table. Local organizer Neem Patel, a Georgia State student, spoke during a break between bands and collected signatures for her group's petition. (For more information, visit 350.org.)

The festival's immediate goals were to fund the construction of the Land Trust's donated greenhouse and the tentative purchase of the pond area from the neighboring Amata community. The greenhouse was dismantled on the donor's property in Marietta and can now be reassembled once a suitable site on the Trust is chosen. It is the first major tax-deductible donation to be offered since the Land Trust's official 501(c)(3) status was granted by the IRS this summer.

Founded in 1986 by a small group of neighbors, the Lake Claire Community Land Trust has flowered into a community greenspace and garden that has turned a neighborhood into a community. As the festival flyer reminded us, "You are the 'Community' in our name!" For more information, visit the Land Trust at [www.LCCLT.org](http://www.LCCLT.org) or e-mail [info@lcclt.org](mailto:info@lcclt.org). And if you missed the festival, it's not too late to make a contribution!

—Stephen Wing

Stephen Wing of Arizona Avenue is a member of the Lake Claire Community Land Trust's Board of Directors and the author of *Free Ralph!*, a comic novel with an environmental theme (available at Donna Van Gogh's, Sevananda, and other neighborhood stores). Connect with him at [www.StephenWing.com](http://www.StephenWing.com).



## The Conscientious Gardener

By Gay Arneri

One of my favorite things about gardening is the surprises. Several years ago, birds feeding at my feeder managed to spread Mexican sunflower seeds in my front yard. Ever since, it has reseeded itself every year. Now the yellow finches know all about it and visit every autumn to feast on the seeds and play in the branches. They are shy little clowns. If I approach quietly, I am guaranteed a show. Now I know to thin the seedlings when they appear in spring and leave a couple of dead/dying plants for the birds. It's a lovely rite of spring and fall that I never would have come up with on my own.



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## Dining Out with Kids

Is it just me, or has this year absolutely flown by? It seems as if just yesterday my wife and I were the proud parents to a child nearing the end of infancy. She smiled, cooed, and often slept in her car seat during dinner. Now the year is nearly in the books, and we have a full-blown toddler on our hands. Our daughter is two, and she is every bit a two-year-old. She is often loud and opinionated, and she alone decides what will be eaten and what thrown. Her requests are sometimes nonsensical, such as ketchup with grapes, a fanciful combination she will "politely" demand whether we are in our home or out to eat. She is also quite forthcoming about her bodily functions, not shy about announcing that she is about to perform a potty-related task. Thus, choosing the right restaurant has become even more important for our family. In our continued search for appropriate restaurants to go with children, we have developed some favorites. Here are two.

For a family-friendly breakfast, brunch, or lunch, we are all about Sweet Melissa's (Decatur Square). One might assume that a restaurant that shares a name with an Allman Brothers tune has to be cool. In this case, you'd be correct. The atmosphere is fully laid-back casual, and the servers are friendly and attentive. The menu has something for everyone: our daughter loves the French toast, and I'm hooked on the huevos rancheros. (Try a side of grilled veggies; they're awesome!) The place does get a bit crowded on the weekend, and the seating is very close together, which might become an issue if dining with a group. During Sunday brunch, there is live music (from 11:00 a.m. until 2:00 p.m.). With a classic picture of Bob & Jerry on the wall (for the Grateful Dead fans) and a stack of coloring books and toys for the kiddies, the place seems one part college hangout and one part family restaurant, but either way, Sweet Melissa's simply delivers.

Looking for a child-friendly restaurant that has a playground and doesn't rhyme with "Rick Ronalds"? Cantina El Tesoro (129 Church Street, Decatur) is the place! Located in a renovated 1920s house, El Tesoro has transformed its "front yard" into a great neighborhood hangout. It has Adirondack chairs, picnic tables, and a fenced area so that children can run around and play. Definitely take advantage of this space while the weather permits! I'm a fan of the tacos—especially the brisket—which are small enough that you can order several and create your own sampler. The salsa is on the spicy side, which I love, but it was a bit too much for our daughter to dig into. We just wish we had known about this place this summer!

Have fun dining out with the kids. We'll keep trying new restaurants and reporting our findings!

—Cliff Edelmann



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*Cliff Edelmann is president of ESQ Marketing, Inc., a firm that specializes in developing and implementing individualized marketing plans for attorneys and other professional service providers. He is also parent-in-charge of his two-year-old daughter, Amelia, Monday through Friday, and is responsible for nearly all meal planning. Send restaurant suggestions to him at cedelmann@esqmarketing.com.*



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## Learning while Growing: A Look at the Edible Garden at Mary Lin

A garden is a garden is a garden. Except not in the eyes of Lindsay Wyczalkowski, a third-grade teacher at Mary Lin Elementary School—or the students, their parents, and her colleagues at Mary Lin, thanks in great part to her recent efforts to create an Edible Garden at the school. To the Mary Lin community, a garden is a wide-open world ripe for exploration, a classroom where all subjects can be taught and learned, and a gathering place where people can get to know their land, the Earth, and one another.

Lindsay, a native of Los Angeles who now lives in Kirkwood with her family, was struck by all the nature she found in urban Atlanta—a far cry from her hometown. After getting her master's in urban education, she spent two weeks learning about teaching with and in the environment through Emory's Oxford Institute for Environmental Education. She says the experience changed her life. With her eyes opened to the endless possibilities for learning that the outdoor world provided, she saw an opportunity in five neglected garden beds at Mary Lin, where she has taught for three years, and jumped on it.

With another teacher, she applied at the end of the 2007–8 school year for a PTA grant to build additional raised garden beds and an arbor. She received a lot of support from the parents and the teachers to develop her idea for an outdoor classroom, a place where she could weave the environment into all aspects of the curriculum.

"I try to foster in my students an understanding that food comes from the Earth, they live in the Piedmont, and they have a responsibility to think about what they put into their bodies and their environment, because they are a part of something that is bigger than they are," Lindsay recently explained. "I do this by teaching outside. . . . I weave the environment into instruction by having them do experiments in the garden for science; they measure and count plants; and they read in the garden and about gardening. My students find nouns outside, identify trees to make herbariums, and smell and eat herbs and vegetables in the garden for inspiration while they write. . . . My students use our Edible Garden to develop map skills, discuss figures in history, and prepare food from the garden to help make cultural connections."

Students aren't the only ones learning that they are a part of something bigger. Since receiving her first grant and embarking on her outdoor education model, Lindsay has brought her idea to other educators at Mary Lin, with remarkable results. During a meeting with other teachers in which she presented a slideshow on the garden and its educational opportunities and they ate food picked from the garden, a brainstorm session revealed the incredible creativity of her fellow teachers. Across all grade levels and subjects, they had ideas for how to incorporate the garden into their teaching. In the 2009–10 school year, the garden has become a truly collaborative endeavor, with teachers, students, parents, and volunteers working together to make garden-based education a school-wide effort.

"It has come to my attention," Lindsay said, "from speaking to Georgia Organics, Farm to School people, and others, that because of this collaboration, we are an important model for other schools in APS to follow."

In order to increase the outdoor

*Growing continued on page 6*



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Guests, volunteers, and neighbors caroling at Clifton Sanctuary in December 2008.

## Looking Back on Thirty Years of Hospitality

Thirty years ago, the members of Clifton Presbyterian Church were searching for a ministry we could all do. We were undergoing a transformation, the spark of which was ignited by our Bible study every Sunday night. That spark was fueled by a man in our neighborhood named Joe Coppage—a thirtysomething schizophrenic who wandered the streets of Atlanta looking for food and shelter and safety. And the spark was set on fire by a young

man named Mitch Snyder, a shelter organizer in D.C. who saw our facility—already equipped with a washer and dryer, a bathroom with a shower, and a large room in which people could sleep—and asked, “What are you waiting for?” He charged us to open the doors of our church to the homeless poor who were suffering and dying on the streets of our city. A core group of the members responded to the call and moved forward to make the night shel-

ter happen.

On November 1, 1979, we opened our doors to shelter homeless men. It was agreed that we would try it through the winter and then evaluate in the spring whether or not to continue. The first task was to find folks who were sleeping outside and then try to convince them to get into Ed and Murphy’s old blue van and come to our church for a meal, a shower, clean clothes, and a bed. Not everyone was willing to jump on that van.

Decisions about running the program were made as we went along, and rules and procedures were developed by trial and error. Our goal was to target those on the street who were the weakest—often, men in the last stages of alcoholism—and provide them with a place of hospitality, rest, and recuperation. One of our earliest growing pains was having to ask a guest to leave the shelter. On more than one occasion, one of us would invite a guest who had been asked to leave the church to come sleep on our couch or front porch because we couldn’t bear the thought of sending him out into the night. We had a lot of maturing to do in dealing with the struggles of addiction.

At the end of that first winter, when it came time to decide whether or not to continue, we realized we had a group of men who had come to know Clifton as their home. How could we suddenly stop and send them away? Well, we couldn’t.

I worked for many years as the Monday night host, and my fondest memories from those days include standing at the doorway when the bus pulled in and greeting each man and welcoming him in. And playing a game of spades or dominoes and realizing shortly into the game that I was in way over my head. These were professionals, and boy was it fun to play with them! A woman we called the Sewing Lady was inspired to come and offer her skills after someone from our church spoke to her Sunday school class. She would come in shortly after supper on Monday night, set up her sewing machine, and do whatever mending or hemming or button sewing needed to be done.

Between cooking and serving supper, washing clothes and offering new ones from the clothes closet, sewing on buttons, and helping a guest fill out a form, there was often much more than the activity itself—there were the conversations, the sharing of stories, the laughter and sometimes tears, and the discovery of humanity in one another that

*Hospitality continued on page 7*

*Growing continued from page 5*  
teaching space at Mary Lin—and spread the word among the school and wider community about the effort—Lindsay applied to, and was accepted by, a National Collegiate Athletic Association (NCAA) program called “Leadership through Service.” On Saturday, October 24, 120 student athletes joined over 150 Mary Lin students to expand the outdoor classroom, building an outdoor chalkboard for instruction, an additional eleven garden beds (for a total of twenty-one), and two bird-observation stations. They completed various repairs and beautification projects as well. Also present at the workday was Congressman John Lewis, who impressed upon the students his belief that working the land fostered strength of character and a sense of responsibility, and also left his handprint alongside those of the participating students on the back of the outdoor chalkboard.

With two garden committees—one for parents and one for teachers—now working together, Lindsay is seeing the collaborative process in action. Among some of their many plans for the Edible Garden are monthly student tastings, an after-school farmer’s market, and donations to a local shelter. And Lindsay has even bigger plans: “I am hoping that our school will be among the few public schools to totally integrate the environment into every area of the curriculum,” she said.

You only have to look to the students to see that her plan is possible—and important. At a recent garden planning day, as third graders weeded, transplanted, and planted fall crops, they could be overheard saying, “This is even better than I imagined!” “I love to garden!” “This is the best day ever!” Not just another day at school.

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*Hospitality continued from page 6*

transcended the reality of the situation. We have seen amazing transformations occur, in the lives of our guests—who often came into the shelter broken physically, emotionally, and spiritually and experienced the healing that comes from regular food, several nights of good sleep, and gathering the courage to address the demons and obstacles in their way—and in our lives, the hosts and caregivers, who were also broken, weighed down by our sinful selves. In reaching out to the men in the program, we too were transformed by the power that comes in the encounter of the Holy One.

Those of us who were at Clifton in those early years had a reunion this past spring. During a weekend of sharing memories, singing all the old favorite songs, and worshipping together, we were reminded of what we had once experienced together as a community—the power of the Holy Spirit working through us and in spite of us.

—Marilyn Schertz

Marilyn Schertz is a former resident of Lake Claire. Clifton Presbyterian Church disbanded in 2003. Clifton Sanctuary Ministries, a nonprofit organization that provides shelter and nurture to men seeking to overcome homelessness, was started in 1997. To donate or to learn more, visit [www.cliftonsanctuary.com](http://www.cliftonsanctuary.com) or call Alice Jenkins, executive director, at (404) 373-3253.

## Kashi Atlanta Provides Blankets, Clothes, and Food for 500 Homeless in Downtown Atlanta

In an effort to help the increasing number of homeless men, women, and children in downtown Atlanta weather the winter months, volunteers of all ages in the Lake Claire/Candler Park community will gather, as they have annually since 2000, at Kashi Atlanta on December 11–12 to prepare and deliver over five hundred gift bags with necessities for people living on the streets. The gift bags are part of Kashi's Holiday Street Meals, which is part of its regular Street Meals Program, and will contain blankets, scarves, hats, cough drops, lip balm, toiletries, and homemade cookies and candies donated by local businesses and individuals throughout the community.

Kashi's Street Meals Program was created in 2000. It helps not just the recipients of the packages but also those who prepare and distribute them. "Kashi Atlanta is based on the yogic idea of selfless service, of helping others as a way of awakening ourselves," says executive director Swami Jaya Devi Bhagavati. "People who help year after year, as well as those who participate for the very first time, really enjoy themselves. It awakens the desire to serve and to extend beyond oneself."

In addition to distributing the packages, Kashi volunteers will spend time with the residents of the shelter, sharing stories, playing instruments, and singing Christmas carols together. If you are interested in helping prepare or deliver gift bags, contact Kashi Atlanta at (404) 687-3353.



## You Can Make the Holidays Happy for a Clifton Sanctuary Guest!

Help provide a holiday gift bag for each gentleman living at Clifton during the holiday season. The following items are needed:

Undershorts (sizes medium to 5XL)  
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 Thermal top & bottom  
 Button-down long-sleeve dress shirt  
 Sweater  
 Pair of slacks  
 Belt (all sizes up to 50")  
 Sweat socks  
 Black socks  
 Bars of soap & soap dish  
 Toothbrush & toothpaste  
 Razors  
 Lotion  
 Deodorant  
 Odor Eaters for shoes  
 Umbrella  
 Winter gloves, cap & scarf

With thirty-nine gentlemen to prepare holiday gift bags for, your help makes a big difference!

Please deliver gift bag donations by December 20 to Clifton Sanctuary Ministries, 369 Connecticut Avenue, Atlanta, GA 30307. Contact Alice at (404) 373-3253, ext. 1, for more information. Wishing you a very happy holiday season!

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## Lake Claire Doctor, Mom, and Inventor Helps Take the Sting Out of Needle Sticks

Some years ago, little Amy Baxter sat on the front stoop of her home in Kentucky with a ready supply of Mercurochrome and Band-Aids, just hoping for the chance to mend a skinned knee. Fast-forward to today, and Dr. Amy Baxter is at home in Lake Claire, still ready to ease a child's pain. But today her focus is on relieving the ouch that comes with needle sticks, and her tool is her own invention—"Buzzy," a palm-size device that combines vibration and cold at the site of the stick and makes those shots ouch-less.

Amy, with her husband, Louis Calderon, and their three children, Max, Miles, and Jill, moved to Atlanta from Dallas about four years ago. Amy and Louis had met in Atlanta when Amy was in medical school and longed to come back to the city and its friendly, diverse neighborhoods. When they did finally move back and settled in Lake Claire, Buzzy was still far from its current form.

Buzzy had been a twinkle in Amy's eye since her days as a pediatric resident, when she witnessed kids being subjected to spinal taps and other procedures with no pain control measures being taken. She started



Amy on her front porch with boxes of Buzzies ready to ship out.

researching pain control during her pediatric emergency medicine fellowship, but it was after she had completed her fellowship that she had the idea that vibration might work to relieve needle-stick pain. She started testing her idea on her favorite subjects—her children—but quickly discovered that vibration alone wasn't the answer. Luckily, her husband was quick to offer an idea gleaned from his many scouting adventures: a bag of frozen peas makes many a boo-boo feel better.

The idea of combining vibration with cold was born. With the theory in place, Amy started to experiment with ways to deliver cold and vibration in an easily usable form. The very first device Amy used to test her theory was a Turboflex 4000 personal fitness massager; it was black and yellow



Amy with her children, Max, Miles, and Jill, in her basement "Buzzy workshop."

low and buzzed, so the naming was easy. Buzzy's development took a backseat for a couple of years after the family moved to Atlanta while Amy concentrated on her work in pediatric emergency medicine.

When she picked Buzzy back up, she received a lot of help from the folks on her street. Neighbors and friends gladly donated old cell phones, which Amy let her children destroy in order to retrieve the vibrating motors within. One neighbor, Jeff Bakos, lent his expertise in repairing antique amplifiers to the question of wiring Buzzy's batteries, and still another Lake Claire resident, pain researcher Dr. Lindsey Cohen, shared his insights. The design process received some professional assistance from Georgia Tech students, who used computer-aided design technology to find

just the right shape for Buzzy. The students were also willing to go the extra mile, literally: they accompanied Amy on a trip to a certain Cheshire Bridge Road shop to buy the cheapest vibrators available—all in the name of scientific discovery.

As Buzzy took shape and a prototype was produced that combined cold packs and vibration, Amy enlisted her colleagues at Scottish Rite for more testing and even recruited other moms to let Buzzy go along on doctor's appointments for routine vaccines. All the testing showed the device to be very effective, so Amy officially launched Buzzy, who can now be seen in the emergency room down the street, at Children's Healthcare of Atlanta at Egleston, as well as in other pediatric hospitals, doctors' offices, and many a diaper bag. He even has his own website, [www.buzzy4shots.com](http://www.buzzy4shots.com). Amy has received a grant from the National Institutes of Health to continue her research and development of Buzzy.

Amy now has a basement full of Buzzies ready to ship, so that parents, doctors, and hospitals can relieve the pain children feel with any needle stick.

—Mary Jo Bryan

## New Organization Offers Creative Way to Support Local Businesses

Lake Claire is such a desirable place to live because, among other things, we have great schools, friendly neighbors, and a wonderful community of small businesses. Between the shops in Candler Park, Decatur, Little Five Points, Inman Park, and Virginia Highland, residents of Lake Claire can find almost anything we are looking for, in many cases without even getting in the car. In a society that appears to be trending toward homogeneity (same stores, different cities), it is important to recognize and support local businesses. Not only does it preserve our uniqueness, but it also helps our local community weather

economic downturns and attract new investments, residents, and visitors.

A new organization, Go Local Atl ([www.golocalatl.com](http://www.golocalatl.com)), is working to educate and remind consumers of the benefits of local businesses to our community and economy. By purchasing a Go Local Atl loyalty card (\$10; available at several local businesses, including Little Five Points Pharmacy and Moog Gallery), you are rewarded with discounts every time you shop at participating Go Local Atl businesses.

So whether you are getting ready for the holiday season or are just looking for a good cup of coffee, consider

going local. You'll be supporting your community in more ways than one.

Go Local Atl is offering a free loyalty card to the first twenty-five people who mention this article in an e-mail to [golocalatl@gmail.com](mailto:golocalatl@gmail.com).

—Jaya Tuschak

## Safety Report

September–October 2009

Watch out for your neighbors, and report any suspicious activity. Report crime to 911 first and then to [lakeclaireneighborhood-watch@yahoo.com](mailto:lakeclaireneighborhood-watch@yahoo.com).

There is no crime to report in Lake Claire for this time period! Be safe this holiday season!

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