



Earth Day: Sunday, April 22

On April 22, millions of people celebrate Earth Day. This month Lake Claire neighbors join people from Rome to Rio, London to New Orleans, Beijing to Melbourne, all communities who come together to call for a sustainable future. April's Clarion is dedicated to environmentally conscious people from all walks of life and all parts of the world.

Earth Day is intended to inspire awareness of and appreciation for the environment. John McConnell pioneered the name and concept of Earth Day in 1969 at a UNESCO Conference in San Francisco. The first Proclamation of Earth Day was by San Francisco, the City of Saint Francis, patron saint of ecology. San Francisco and other cities first observed the day on March 21, 1970, the first day of Spring. Secretary General U Thant of the United Nations later sanctioned the day with a Proclamation. At about the same time, a separate Earth Day was founded by United States Senator Gaylord Nelson as an environmental teach-in first held on April 22, *Earth Day cont. p. 12*

Sustainable Efforts: Check out what's 'Growing On' at Mary Lin Elementary

by Lori Blank



Selling Fall harvest. Gregg Rice, Garden Director and 5th Grade teacher at Lin with student Lauren Taylor. Photo by Lori Blank

Tucked away on a sunny hill behind the gym at Mary Lin Elementary, you might be surprised to find a working organic garden, complete with 20 planting beds, compost bins, and a greenhouse.

Like a seedling that, through

careful care and nurturing, grows into a hearty and productive plant, so goes the Mary Lin Garden. Started in 2008 by 3rd Grade teacher Lindsay Wyczalkowski with a grant from the Lin PTA, and expanded in 2009

with an NCAA grant, the garden was designed and built with the assistance of local organic gardening pioneer Farmer D's Organics. Now, four years later, through the combined efforts of dedicated parents, teachers, school administration, and students, the garden has flourished.

Each Spring and Fall, Lin students participate in bed preparation, seed starting, planting, weeding, watering, and harvesting. Lesson plans and special classroom activities, like harvest tastings, are used to reinforce the educational aspects of the garden. According to Gregg Rice, current Garden Director and 5th Grade teacher at Mary Lin, "The garden provides a perfect focus for learning about the life cycle of plants, food chains, predator-prey relationships, teamwork, patience, planning, responsibility, and that sense of wonder for nature."

At the end of each harvest the PTA holds a 'farmer's market' after school, which helps kids practice economic and counting skills, and provides funding to *Mary Lin Cont. p. 12*

The Lake Claire Community Land Trust: How "Green" Is Our Greenspace?

by Stephen Wing



Landtrust Pond by Stephen Wing

First-time visitors to the Lake Claire Community Land Trust often marvel that such an island of green flourishes in the midst of intown Atlanta. The neighbors who have made it a priority in their busy lives take pride in the trees and gardens that make it so restful and refreshing to visit.

But we also strive to minimize the daily impact of our little greenspace on the wider world of nature that sustains us all. The original Land Trust has been certified as a Wildlife Sanctuary by the Atlanta Audubon Society, and certification is in the works for the recently added pond area, complete with educational signs.

The dedicated gardeners who rent a plot here to grow food for their kitchens help to cut the environmental costs of importing

food from distant agribusiness farms. Each signs an agreement pledging not to use chemical pesticides, herbicides, or fertilizers. If you're interested in gardening at the Land Trust, plots may still be available.

On sunny days, a pair of solar panels pumps clean water from our well up to a 1,600-gallon holding tank at the Land Trust's highest point. (Ironically, the well was drilled with the help of a grant from Amoco Foundation.) Buried irrigation lines feed water from the tank to our various garden areas.

Last year, work day volunteers installed rain barrels on all of our roofed structures - the stage, the restroom, the Gorilla

Land Trust cont. p. 4

10,000 Trees Launched with Lake Claire's Help!

See the articles and pictures in this month's Centerfold.

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THE CLARION IS PRINTED ON
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EDITOR'S NOTE – With Volunteer Opportunity

Happy Earth Day—Week—Month! Happy Spring, Easter, and Passover. Send articles and suggestions for the Clarion to editor@lakeclaire.org by April 15 -- and the 15th of each month. We always welcome your contributions, including unsolicited material. I especially hope that children will contribute to the column, Lake Claire Kids' Corner, which you'll find on page 16.

The banner artwork (page 1) is a detail from a watercolor painting of White Trillium by Lore Ruttan. Lore is an illustrator who lives on Hardendorf, and in addition to being the Clarion's layout artist, she has her own company, Lore Ruttan Illustration. You can purchase her work at Donna VanGogh's or directly from her website www.loreruttanillustration.com.

Did you know that volunteers have been producing the Clarion and delivering it to homes in the neighborhood and adjacent businesses since 1991? The web edition was launched in 2005.

Speaking of our website, we have a volunteer opportunity. We are looking for someone to handle Lake Claire's website management. Tish Ganey has done a fantastic job, but plans to leave within a few months, so we are currently seeking a volunteer to replace her. Knowledge and general experience for the position of website management would include:

- * WordPress site administration;

- * Web hosting tasks such as set up of e-mail alias and sub directories, etc.;

- * FTP file uploading, directory management and creating hyperlinks;

- * Availability of approximately 3-4 hours every calendar quarter for as-needed tasks.

This would be a great way for someone to help the neighborhood – and ideal for someone who wants to choose his or her own hours. Let us know if you might be interested.

Finally, if you live in Lake Claire and do not receive your Clarion delivered to your door, please e-mail Katie Brady this month, and starting next month, Sarah Wynn, at distribution@lakeclaire.org. Our goal is to

get the Clarion out by the end of the first full week of the month at the latest, so if you have not received it by then, please let us know. The Clarion thanks Katie for her service.

Best regards,
Beth

Letters to the Editor

Dear Beth,

Enclosed are my thoughts for your Earth Day issue in the Clarion: Atlanta was once called "The City you Can't See Because of the Trees." In the past 10 years, we have lost 75% of our tree canopy. Recently, in the small area from Hampton Terrace to Gordon Ave, between Dekalb and McLendon Avenues, over 250 significant trees have been destroyed, and few have been replanted. Most have been cut by developers, but some by the City and homeowners. This includes at least two healthy historic trees, a pecan and an oak on Gordon.

Please encourage neighbors to replant native trees, and contact George Dusenbury (Director of the Dept. of Parks and Recreation) to encourage the City replace trees.

Thank you,
Teri Stewart,

Clarion replies:

Thank you for your letter. Hopefully some good news is that through the **Plant 2012 Campaign**, discussed in the Centerfold of this issue, the City expresses a commitment toward restoring Atlanta's lush tree canopy; see pp. 8-9.

Teri identifies a serious problem for Atlanta, but not only trees that have been destroyed by human hands. Heavy rains, drought, an aged forest, new pests, and an urban situation that is forever changing: all have contributed to damage for Atlanta's trees. Piedmont Park typically loses two or three historic trees a year. And many of Atlanta's trees are between 80 and 100 years old (pecans can live 300 years or more), so they are reaching the end of their normal lifespans. Drought has accelerated their demise by shrinking tree roots, and then heavy rains accompanied by strong winds of-

ten lead to trees toppling over. Groups such as Trees Atlanta plant trees around Atlanta. Teri is part of a group of neighbors committed to Atlanta's trees (see article about Teri's continuing efforts on Page 11). With efforts such as theirs, the Sierra Club, Trees Atlanta, The Tree Next Door, and the "Plant 2012" Campaign, hopefully Atlanta will once again merit a nickname like the "City in the Forest" or "City of Trees."

--Editor

Dear Editor,

I have a suggestion for your environmental issue, which is that people be more conscious of noise pollution, and thus be more considerate of their neighbors.

Unlike some other forms of pollution, the definition of noise pollution is open to debate, and there is no clear border as to which sounds may constitute noise pollution. Certainly in the most narrow sense, however, sounds are considered noise pollution if they are loud, irritating and distracting to others. I suggest that neighbors be considerate with

noisy equipment on weekend mornings. Why not wait until 11 a.m. or after to turn on leaf-blowers and other similar machines so that all can enjoy peace and quiet? It is so nice in the mornings to enjoy sounds of birdsong, trees rustling, and maybe one's own peaceful thoughts.

---A Lake Claire neighbor

MARY LIN KINDERGARTEN ROUNDUP is Tuesday morning, May 1, beginning at 9:30 a.m. It is a great opportunity for parents/guardians of rising kindergarteners to meet the Kindergarten team and hear about what's in store for the upcoming year. You are highly encouraged to bring your rising kindergartener to meet other kids who will be entering in August and to hang out in a kindergarten classroom with a current kindergarten class. For more information, contact peggyfromli@gmail.com or call the Mary Lin office at 404-802-8850.

CORRECTION from the March issue: In the March issue, we misspelled Trace Haythorn's name. Apologies to Trace from the Clarion.



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Using Horticulture to Help Clients Bloom

by Michael Daly

In the 19th century, Dr. Benjamin Rush, a signer of the Declaration of Independence and considered to be the "Father of American Psychiatry," reported that garden settings held curative effects for people with mental illness. On a recent morning here in the 21st century, Amy Price, Horticulture Specialist at The Frazer Center, was huddled over a small plot of broccoli plants while surrounded by a small group of adults with various mental and physical disabilities. Ms. Price was carrying on the longstanding tradition of Horticultural Therapy, an innovative treatment method using plants and plant-related activities to improve the social, educational, psychological, and physical adjustment of an individual.

Ms. Price moved around the garden and engaged her clients by identifying the garden's contents and through questions and instructions. The adults participated with varying degrees of interest with the presence of this reporter, his camera, and binoculars proving to be an irresistible source of fascination and distraction for one client in particular. Undaunted, Ms. Price calmly worked with the rest of her clients, leading some on a tour of the garden while engaging others in weeding and organizational tasks.

Ms. Price initially came to The Frazer Center to work as a teacher, but now, she says, she has transitioned to "Horticulture Specialist and soon to be Horticultural Therapist, as I am working towards my certification in that field."

Horticultural therapy, Ms. Price points out, "has been around for a long time but as society gets more interested in organic farming it is becoming more well known."

According to the American Horticultural Therapy Association, it is not only an emerging profession, it is a time-proven practice. The therapeutic benefits of peaceful garden environments have been understood since ancient times.

Rehabilitative care of hospitalized war veterans in the 1940s and 1950s greatly expanded the practice of HT. Today, HT is recognized as a practical and viable treatment with wide-ranging benefits for people in therapeutic, vocational, and wellness programs.

"We go through rigorous training to learn how to work with different populations using plants as a modality to bring out certain goals," Ms. Price said. "With



Frazer Clients Gardening. Photo by Michael Daly

some the clients I work with here it's being able to water plants for twenty minutes or to weed in the gardens. Each client has his or her own goals and I try to work with them to address their goals."

At The Frazer Center, Horticultural therapy is being used to improve mobility, balance, endurance, socialization and memory skills.

"The clients are awesome! They are so enthusiastic," Ms. Price stressed as two of her clients negotiated moving a wheel barrel of mulch in front of a greenhouse. "There are challenges in that each client approaches the work differently. It requires a great deal of patience and has been a great learning experience for me."

When asked what she wanted people to know about her clients, Ms. Price smiled and reflected, "I think people have preconceived ideas about adults with devel-

opmental disabilities. People need to know that these are just people that have different abilities than you and I, but they are really dedicated, and they work really hard."

To build upon the work the Ms. Price is doing with her clients in the garden, The Frazer Center will be embark on a springtime Bee Project in which Ms. Price will introduce a number of bee hives to help pollinate the garden. "Bees are a bio-indicator," Ms. Price said, "they help show you the health of a community. When the bees are doing well, the eco-system is doing well because

the bees are drinking the water and interacting with the environment."

The Bee Project will be launched this month. It reflects The Frazer Center's commitment to finding ways to utilize its natural resources to further its mission.

Ken Tarczewski, who for the past five years has been Director of Facilities and Grounds at Frazer, is in charge of making the future vision of Frazer a reality. "The overall mission of The Frazer Center is one I found intriguing before I took the job here, but once I came here I was in shock and awe and in complete surprise at the 39 acres that surround the center," Mr. Tarczewski said.

Regarding the center's future vision, Mr. Tarczewski agrees the goals

are ambitious. "We are currently working on redeveloping our inner courtyard to that we can create mini-classrooms within the existing footprint of our existing courtyard." The plan, Mr. Tarczewski stressed, "is in its early planning stages" and will, according to Mr. Tarczewski, "have a little forest area...in the forest area we plan to create little identifiers that will allow folks to have a self-guided tour through the learning center we are creating. It will talk about the trees and plants in the environment in addition to having learning and music areas. We will have a small greenhouse where the adults and children can cultivate seeds from cuttings."

Down the road we envision being able to create a micro-business where the adults can create flower pots and put the plants that they grow inside and possibly sell them," Mr. Tarczewski added.

Ms. Price has a micro-business vision for her clients as well, stating that as part of the Bee Project, "We plan to harvest and bottle the honey for the clients to sell. We also plan to use the wax to make candles."

Ultimately, Mr. Tarczewski stressed, "Our goal is to have a 'safe clean environment for everyone that comes here.'" When asked what he wanted the Lake Claire community to know about Frazer, Mr. Tarczewski said, "We always face funding issues and challenges in fulfilling the goal of bringing this building up to state of the art while staying within our existing footprint and guidelines." He stressed that The Frazer Center takes its stewardship of its 39 acres seriously, and that we would "love to get more community involvement and to bring more awareness to what the Frazer Center is and what we are about."

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Lake Claire Safety Report - Weeks 6 - 9

(Safety reports are taken from the Police logs.)

Aggravated Assault

1600 block Marlbrook Dr NE 2/16 (1130-1200) Thursday, Residence/ Boyfriend; Victim: W/F, 26 YOA

Weapon: Futon Mattress; Suspect: W/M 50, YOA

Victim advised that her live-in boyfriend became upset during an argument and threw a futon mattress at her, scratching her face. He then picked up her vacuum cleaner and slammed it down to the ground, damaging it. She advised she did not need medical attention. Auto Theft

500 block Hardendorf Ave NE 2/9 (1900) 2/10 (0200) Thu-Fri Unk Location city street - Victim lives at location; 1999 (White) Honda CR-V GA tag# 140RPW

Reporting party advised he parked his car on the city street in front of his home. He advised that he looked out the window to discover his vehicle gone. There were no signs of theft other than the car being gone. He stated he does not owe any money on the car. A lookout was given to dispatch, and the vehicle was put on GCIC as stolen.

300 block of Nelms Ave, NE

Victim advised that he parked at the location and about an hour later the vehicle was no longer at the location. He stated he called the bank and the vehicle was up to date, and had not been repossessed. The vehicle was checked for impound, a lookout was given over the radio, and placed on the system as stolen.

Other Larceny

40 block of Rocky Ford Rd., NE

Larceny, Lawnmower taken

Victim advised that the last time he saw his lawnmower was on the 23rd. He stated he secured it in the rear of his residence by locking the lawnmower and chaining and locking it with a lock. He also advised that an older African American male with a beard usually comes to the neighborhood to do yard work for money. He advised the suspect nicknamed "Bey-bey" has done work for him at his yard in the past. He stated that on the 22nd "Bey-bey" came by asking for any change that he could spare. He advised the subject he did not have any change to spare, and the subject looked disappointed and left.

Residential Robbery

300 block Arizona Ave #1 NE 2/15 (2200-2300) Wed Eve

Location: Residence; Damage: None; Victim: W/M, 60 YOA, lives at location; Weapon: Physical force

Victim stated that the suspect (friend of his roommate) entered his apartment wanting to wait for a ride, the victim told her to leave, and

she did, only to reenter the apartment (no forced entry). The victim attempted to call 911 when the suspect took his phone, the victim slapped the suspect and received several punches to his face in return and the victim was knocked to the ground. The suspect then fled with the phone and a TV. Taken: Cell phone, TV; Suspect: B/F, Keyosha (unknown last name), 5'6", 135 lbs.

Theft from Auto

2000 block Tuxedo Ave NE 2/6 (1845) 2/7 (0750) Mon-Tue Unk ;

Location city street; Victim lives on S. Ponce De Leon Ave NE in Atlanta; 2005 Honda Accord Victim advised she parked her car along the curb of the location

overnight. She stated upon her return she noticed the driver's side window had been broken out with the listed property stolen.

D a m a g e d : driver's side window broken; Taken: GPS unit

2000 Block of McLendon Ave

Laptop (\$1500) taken from 2008 Black BMW X5

Victim advised the he parked his car overnight and upon his return the next morning he found that his driver side rear passenger window had been broken out. Victim advised that his brief case that was on the floor by the window was stolen. Within the briefcase was a laptop and business cards. A possible print was lifted from the outside of the door. Victim stated the front doors had not been open and the vehicle is equipped with a motion detection alarm that did not activate. There were no witnesses or cameras in the area.

Attempted Child Abduction

by Kathie Ryan and Beth Damon

In response to the March 12 attempted abduction of a 12-year old girl near the intersection of New York and Connecticut Avenues, Zone 6 Commander, Major Keith Meadows, and Sergeant Gentile, Zone 6 SVU supervisor, attended the March 15 Lake Claire Neighbors meeting to give us an update. The incident took place at 4:15 p.m. in the afternoon as the little girl was walking home from the bus stop. A single, African American male driver, and another man in the back seat, in a small, silver SUV with tinted windows, pulled up next to the girl and asked if she wanted a ride, then when she declined, backed the vehicle up to try to block or follow her. He gave up when other motorists approached. The mother of the girl reported that she was only a block away, at her younger child's bus stop, and that typically the 12-year old only walks a block by herself.

More details are available in the on-line Clarion, including a GBI-generated sketch and hints for children.

Land Trust cont. from p. 1

Grill, and the storage shed. This ensures that even on cloudy days we have water for the gardens.

We provide recycling bins for our visitors to use. Each week our 65-gallon bins go out to the curb in the cul-de-sac with cans, bottles, and paper for recycling. Please dispose of your trash consciously when you visit.

Despite all these efforts, we still have a ways to go to make the Land Trust truly green. We cover much of our annual budget by holding musical fundraisers on our stage, using electricity from Georgia Power's coal and nuclear plants, and we serve grilled burgers and hot dogs on disposable plates. These are compromises we would love to leave behind at some point in the future.

One dream is to install an array of solar panels on the south-facing embankment overlooking Dekalb Avenue. Ideally, we could produce enough electricity not only to power an afternoon and evening of amplified music, but to sell kilowatts back to Georgia Power on all those sunny days between festivals. Please get in touch if this is a project you can help with.

As an avid recycler, my particular concern is all that disposable dinnerware. Paper plates cannot be recycled if oil has soaked into them from food. Plastic cups can be recycled, but through a chemical process that can only be called "Earth-friendly" if compared to a landfill or incinerator. Plastic utensils are not recyclable at all.

One relatively new option is plasticware made of sugarcane, potato starch, corn starch, etc. But the ones we have experimented with tend to melt when used with hot food.

Using disposable or even recyclable materials in order to avoid washing dishes is certainly convenient. But "convenience" is often merely a cover for passing our problems along to others, such as the low-wage workers in Third World countries where the vast majority of our recyclables end up - at a high cost in carbon-fueled shipping.

My own hunch is that the answer lies in regressing to old ways rather than inventing something new. In the long run, there's no substitute for cleaning up after ourselves. I have proposed to the Land Trust Events Committee that we collect washable dishes for our fundraisers and wash them during the day so they can be used again. Please get in touch if you're interested in joining the dishwashing committee!

Meanwhile, at this Spring's Peace & Love Fest (see details on Page 15), we are unveiling our first step toward the goal of zero-waste fun at the Land Trust. Anyone who brings his or her own washable dish, cup, and silverware will receive a free raffle ticket.

But no matter how "green" we get, we can always get greener, right? It's called evolution: a journey with no destination except "onward," where every step is its own reward. What's important is that we're making the journey together, as a community, learning to live as part of a global community of interconnected species on our beautiful green planet.

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Good Growth DeKalb Supports Healthy Economic Development at Suburban Plaza—Not a 150,000 square-foot Walmart Super-Center!

by Ann Mauney



Good Growth Dekalb March. Photo by Victoria Webb

Led by Atlanta Sediton Orchestra musicians and joined by babies in strollers and dogs on leashes, more than 100 community residents, friends, and neighbors made their way down Church Street from Suburban Plaza into downtown Decatur on Saturday, March 10. They aimed to publicize their opposition to the proposed Suburban Plaza Walmart at the congested six-way intersection of Scott Boulevard., North Decatur Road, and Medlock Road, just minutes out Ponce de Leon Avenue from Lake Claire.

Reporters and cameras from Channels 2 and 5, the Atlanta Journal Constitution, and local DeKalb media interviewed participants and captured signs proclaiming "We want Super Neighborhoods, Not Super Centers!" and chants declaring "Hey, Hey, Ho, Ho, Walmart Has Got to Go!"

Surprising even its own organizers, Good Growth DeKalb, the group formed just three months ago in January, has attracted both mainstream media attention and mushrooming community support. Because Walmart has become a national issue as communities across the country mobilize in opposition, the media is taking notice. Here in DeKalb County, residents have decided to take a stand for healthy, not more big-box development. Over 300 attended a Community Forum on February 23, where residents gave passionate testimony of their opposition. They testified about additional dangers for cars, ambulances, and pedestrians at this busiest intersection in DeKalb County -- on the doorstep of DeKalb Medical Center and near Emory Hospital, Eggleston Children's Hospital, and the VA Hospital. One resident told of Walmart's destruction of

his hometown of Georgetown, South Carolina. They spoke of Walmart's low-wage, dead-end jobs, which often force employees to apply for government benefits such as food stamps and Peach health care for children; of mistreatment of employees, and suppliers in China.

Good Growth DeKalb supporters are publicizing academic studies of Walmart, the world's largest corporation with 2,100,000 employees in 8,970 stores, which does more business than Target, Sears, Kmart, Penney's, Safeway, and Kroger combined! Contrary to claims of job creation, Walmart has been found to reduce employment by an average of 2.7%, as it forces local stores out of business (with three jobs lost for every two created). *Study by Hunter College and the Advocate for the City of New York:* <http://advocate.nyc.gov/files/Walmart.pdf>; *study published in the Journal of Urban Economics* <http://www.socsci.uci.edu/~dneumark/walmart.pdf>.

Although neighborhood residents began to learn of the project only in October, 2011, they were informed in a November community meeting that Selig Enterprises, Suburban Plaza's owner, had been talking with DeKalb commissioners for a year! After the DeKalb County Zoning Board of Appeals, in the face of strong opposition, granted a parking variance for the project on December 14, 2011, a group of residents refused to accept the project as a done deal. Four street rallies at Suburban Plaza in January and February brought more supporters and media attention. Donations of over \$5,500 have enabled Good




Peaceful March. Photo by Victoria Webb

Growth DeKalb to hire attorneys to investigate possible avenues of legal challenge. The group is working to mobilize a strong political presence.


All who support healthy economic growth in our communities and oppose this Suburban Plaza Walmart are invited to communicate your support for the goals of


Good Growth DeKalb. Visit our web site www.GoodGrowthDeKalb.org to sign our petition, learn about future events, and to make a contribution toward organizing and legal expenses. Communicate directly with Good Growth at goodgrowthdekalb@gmail.com and 678-948-6696.




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April

4: through May 13. Alliance Theatre ROCK-N-Blues with Stephen King and John Mellencamp's World Premiere: ***Ghost Brothers of Darkland County***. Special neighbors discount for a group of 10+ and a backstage tour on select dates. Tickets range \$50-80, please contact Quidana Bosman, quidana.bosman@woodruffcenter.org or 404-733-4605.

7: EGGstraordinary Adventure: 3rd Annual Dinosaur Egg Hunt at Fernbank. Space is limited! So hop on over to the website for ticket information and to register: <http://www.fernbankmuseum.org/calendar-of-events/dinosaur-egg-hunt-2012>

7: **Sierra Club Darby Farms Tour & Potluck** Walk the property and learn as we go the key differences between factory farms and small sustainable farms, and how ***we reduce our environmental impact through these ecological practices***. First we'll see the brooders (big mama hen) and the baby chicks, poult and ducklings that are kept warm and dry within (you can hold one!). After we check out the farm, we'll take a hike along the creek, see some shoals, trout lily, old growth trees, the bridge overlooking both east and west vistas, and historic graves from the civil war era.

7 & 14: Children learn to crochet while making cute bunny friends. Instructor: Jill Kearns, see <http://www.thebeehiveatl.com/classes%20kidsknitting.html>

8: and the 2nd Sunday of every month. Dinner is served!—to the men in the Clifton Men's Shelter. Join the North Ave. Presbyterian Church, kids from the United Methodist Children's Home, neighbors, and others, to serve dinner/share a meal – and your smile. Great to hear their interesting stories of life. 369 Connecticut Avenue in Lake Claire, corner of Connecticut and McLendon, at 5:30 p.m.

13: Goodness in the Gardens – fundraiser for The Frazer Center (2nd annual, featuring fine wines and beers, heavy appetizers, dancing to music and bidding on fabulous silent auction items. Tickets are \$50 per person or Patron Donor opportunities are available starting at \$200, which include tickets and a donation to the Center. The Frazer Center and its Parent Teacher Action Committee host the event in order to raise needed funds to support student scholarships, purchase of special equipment and host special enrichment programs.

14 Bus tour & open forum on "Stadiums or People? Tour and discussion with the neighborhood" Learn about the last neighborhood sited for a stadium and learn from the residents who are contending with the proposed Falcon's stadium on Northside Drive. 1-5 p.m. – Details/registration: <http://events.r20.constantcontact.com/register/event?oeidk=a07e5mjcp8u2a9eda08&llr=zwwdbmeab>

14: Land Trust Peace & Love Fest, 1:00 to 11:00 p.m. Food, great live bands, and family fun at yet another Peace & Love Fest. See article on the Landtrust Page for more details. Help the environment: bring your own plate!

16: Free Gardening Class ***Drought and Rain Gardens – Prepare for Both!*** - 10-11 a.m..

Join Glynis Ward in an informative class on growing plants in extremes. Learn how to grow plants without a massive water bill. Channel water into productive places to grow while reducing erosion and clarifying the water. Discover which plants do best in dry and wet conditions.

Decatur Library, 215 Sycamore Street Decatur, Georgia 30030. For more information about this series, please contact Andrea Zoppo, andrea.zoppo@yahoo.com.

19: (and every 3rd Thursday) **Lake Claire Neighbors meeting, 7 p.m., Frazer Center Atrium, 1815 S. Ponce de Leon Avenue (enter at the Lake Claire side at the end of Ridgewood Road)**

19-22: The Georgia Trust for Historic Preservation "Spring Ramble" (a statewide preservation conference), Roswell, Georgia, April 19-22. www.georgia-trust.org for details.

21: "I Love My Pet Chickens," Dahlgonega Poultry Day (rain date 28th), 9 a.m. to 3 p.m. Buy chicks, eggs for eating or hatching, supplies, feed, coops, and more. Hamburgers, hotdogs, funnel cakes. "How to" classes. Vendors reserve spot by April 7. Info: 706-867-8160.

22: Earth Day. Do something for the environment!

22: Oakhurst Community Garden – Decatur Earth Day Festival – kids' crafts, music, A Live Raptor Show!, Cake Contest, and more! See <http://oakhurstgarden.org/events/decatur-earth-day-festival/>

23: "Day of Beauty 2012,"

8 a.m. to 1:00 p.m.; The Paul Mitchell School- Atlanta; 887 W. Marietta Street. To register/volunteer for the event, please visit this web page: <http://mydayof-beautypaulmitchell.eventbrite.com>.

23: Free Gardening Class ***New Ways With Vegetables*** 11 a.m.. More info, see April 16 entry. These classes are all free and open to everyone.

28: Atlanta BeltLine Running Series – 2nd Annual Northside 5K, Saturday, April 28. Atlanta Police and Fire personnel in friendly competition. For more info: Jennifer Jezyk 404-483-8150.

28: Mary Lin Education Foundation 4th annual Rocket Run 5K & Caterpillar Cruise at 11 a.m. (see article on Page 13.)

May

15: Frazer Center 11th Annual Golf Classic at Historic East Lake Golf Club, 10 a.m.. Info from Sherri Breunig, Frazer Center, sbreunig@thefrazercenter.org

17: (and 3rd Thursday every month) **Lake Claire Neighbors meeting, 7 p.m., Frazer Center Atrium, 1815 S. Ponce de Leon Avenue.**

Send calendar items for May by April 15 to editor@lakeclaire.org.

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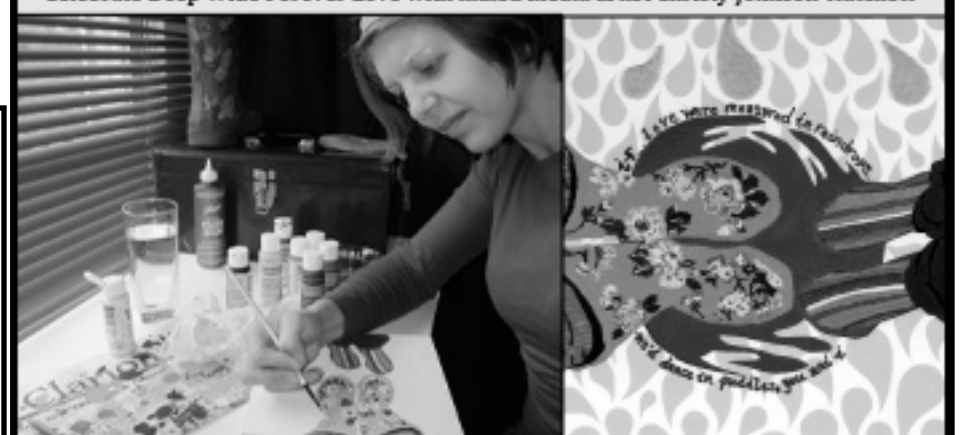
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Our New Neighbors – Coyotes

by Meta Larsson

Chances are you've yet to see a coyote or hear them howling at a full moon. More likely, though, you've heard neighbors talk about coyote sightings and of cats gone missing. Coyotes have lived here for a while. In Druid Hills, for instance, over a period of several months within the past few years, the saddest of signs seemed posted everywhere: "Missing Cat." At first, neighbors didn't realize what was happening. But, at night, as coyote packs became established, their unmistakable howl could be heard around the Druid Hills golf course. Recently, two coyotes were spotted walking through the Frazer Center forest, in Lake Claire.

Efforts to limit coyote and wolf populations by killing them using various methods over the past hundred years have had an unintended effect: coyotes have now expanded beyond their native territory, the western prairie, to every state in the U.S. except Hawaii, including all major metropolitan areas. One explanation of this amazing expansion is found in coyote social organization. Coyote litters, which can range from one to twelve pups, increase in proportion to the availability of food.

In short, *more food, more coyotes*.

Counter-intuitive as it may sound, the act of killing coyotes—in effect, leaving more food for those remaining—results in more pups being born. Moreover, killing coyotes disrupts pack hierarchies. Normally, only the alpha pair reproduces in a coyote pack. But if the alphas are gone, several pairs may be allowed to reproduce; and again, more coyote pups will be born the following season. And that, in turn, leads to new packs and a need for new territory; if the alphas are gone, their absence opens up a territory that can be claimed by a transient individual.

The coyote is said to be among the smartest of wild animals. Native Americans call it the trickster or God's dog. Although not native to the Southeast, coyotes now fit into our local ecosystem and help keep rodent populations in check. They are monogamous and loyal to their packs. The males help feed and raise pups. They can recognize individual people within their territory. So there's a good chance that some of them living amongst us already have us and our habits figured out.

But now the burden falls on

us to understand them. More specifically, we need to understand that if they find food in an area, they will return for more. This is no small matter: although attacks on people are rare, a correlation has been established between the number of coyote attacks and the amount of human-related food in their diet.

Coyotes have been the topic at several recent neighborhood meetings in Lake Claire, as well as in Druid Hills. At one, an animal trapper (who, by state law, must kill any coyote that is trapped) explained that although he can remove unwanted animals, in time, other coyotes will move into the area. In early March, Fernbank Science Center hosted: "Fact and Fiction - Coyotes: How can humans and coyotes coexist?" Dr. Chris Mowry from Berry College presented his research about coyotes, and along with the evening's host and fellow wildlife biologist, Dr. Larry Wilson, talked about best practices for coexisting with coyotes. They stressed the importance of eliminating all intentional and unintentional feeding, keeping pets safe, and the need for education and cooperation among neighbors and municipalities. Dr. Lowry also explained that established packs with large territories, "low density coyotes," who hunt wildlife, are more desirable to have around. If those coyotes are removed, the "transients" that move in might be more undesirable, since they aren't as good hunters, and go for easy prey—i.e., small pets.

Dr. Mowry expressed his desire to raise money for a research project to put GPS collars on our local coyotes in order to identify where they get food, and he suggested that this could be a great project for local schools.

A coyote pack in its native habitat needs a big territory to feed itself on its natural prey, small

animals. However, if abundant food from other sources is available, packs require smaller territories, which leads to denser, increasingly urban, coyote populations, and more interactions between them and humans.

So what can we do?

Along with the rest of the country, we have little choice but to learn how to co-exist. More specifically, if coyotes do not associate us with food and, in the process, maintain their fear of us, we can coexist. Conversely, a coyote that associates people with food and, as a result, loses

its fear of humans, becomes a problem. A coyote that shows aggression toward humans needs to be removed. However, if the cause that led to the aggression in the first place is not corrected, it produces an endless cycle.

Coyote puppies are born starting in late March. Parents need to provide food for their hungry young, and they are on the prowl. Chances are they are checking out our neighborhood. Please don't let them find a fast-food outlet here.

Advice from "Project Coyote"

Various neighborhood listserves have reported sightings of coyotes in Lake Claire recently, and sometimes the information contained is not entirely accurate. Project Coyote (at projectcoyote.org), an organization which "promotes educated coexistence between people and coyotes," has a wealth of information online based on current research and practices. Urban areas around the country from Calabasas, in Los Angeles County, California to Narragansett Bay, Rhode Island, and the City of Decatur, have coyote management plans encouraging co-ex-

isting with coyotes. The goal in urban coyote management is to **limit the expansion of coyotes and to keep coyotes fearful of humans** instead of them expecting us to provide dinner and getting mad at us if we don't.

A consensus among wildlife managers suggests the following actions:

Don't feed coyotes! If encountering coyotes, stand your ground. Make noise: act scary. Do not run away. Protect small children and pets.

Eliminate all unintentional feeding, including: pet food, (don't feed pets outside); open and accessible garbage containers; open compost piles; bird seed on the ground, as well as pet food, attracts rodents (which attract coyotes); water sources in yard; fallen fruit from trees; road kill; open dumpsters; rodent populations (any outdoor food source will attract rodents, which will attract coyotes).

Encourage your neighbors to follow the advice. Only when all of us comply will these measures be effective.

Keep pets attended. Don't let pets roam, especially at night. Unattended cats and small dogs—as well as pet food—attract coyotes. Coyotes may see pets as competitors as well as prey.

Chickens, rabbits, goats, and their food need to be enclosed within heavy-duty wire cages. Coyotes can break through chicken wire. Coyotes can climb over or dig under fences.

The coyote is a living, breathing allegory of Want. He is always hungry. He is always poor, out of luck, and friendless. The meanest creatures despise him, and even the flea would desert him for a velocipede.

- Mark Twain, 1872, *Roughing It*



Coyote. Photo by Rebecca Richardson

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10,000 TREES, A CELEBRATION!

On this year's Arbor Day, Mayor Kasim Reed planted the first of 10,000 native shade trees to be planted in the city of Atlanta's PLANT 2012 campaign (**P**rotecting the **L**egacy of Atlanta's **N**ative **T**rees), an effort dedicated to renewing and preserving our forest canopy.

In his remarks during the Arbor Day ceremony, Mayor Reed noted that Atlanta is often referred to as "The City of Trees." He observed that while Atlanta does not have a harbor, an ocean front, or a central river front,

an ordinance to help protect our urban forest. The ordinance requires that we preserve trees where possible, and when healthy trees must be removed, and there is not enough space to replant trees, we contribute to a Trust Fund for planting additional trees throughout the City, ensuring a green legacy for the future.

The PLANT 2012 campaign, funded by the Tree Trust Fund, focuses on planting shade trees and native trees wherever space allows, such as in City parks and



Planting with Dan White, Council Member Alex Wan, and Mayor Kasim Reed. Photo by Bruce Morton

Arbor Day, which is set aside for community members, schools, civic clubs, and other organizations to reflect on the importance of trees in our city, our state, and across our nation. The first Georgia Arbor Day was observed in December 1890, and in 1941, the Georgia General Assembly set aside the third Friday in February as our state Arbor Day.

The PLANT 2012 campaign to plant 10,000 trees is a collaboration of Atlanta's Tree Conservation Commission, the City of Atlanta Department of Planning and Community Development, and the Department of Parks,

Recreation, and Cultural Affairs. During the Arbor Day launch, trees were planted by Trees Atlanta, community volunteers, and students and staff from Thomasville Heights Elementary School and Thomasville Recreation Center.

Please enjoy the accompanying photos of the launch of the 10,000 Trees Project at the Thomasville Recreation Center, off Moreland Avenue near the Starlight Drive-In. It was an inspiring event for an inspiring endeavor.



Tree Planting (R - Kathy Evans, Lake Claire's NPU Rep). Photo by Bruce Morton

our tree cover is our signature environmental feature. He also reminded us that our beautiful urban trees "work hard for us." They help produce and clean the air we breathe; they clean the surface water, slow storm water, and prevent soil erosion; they help cool our homes and conserve energy, provide shelter and food for birds and other wildlife; and, of course, they beautify our neighborhoods.

For this reason, Atlanta has

rights-of-way. The tree ordinance also allows for planting on private property within 15 feet of the public right-of-way, where trees often have more growing space and provide a great public benefit. New plantings are native species wherever appropriate, and the plantings are large trees (2.5- inch caliper) with a couple of years of a "head start" compared with seedlings.

The launch of the campaign was aptly celebrated on Georgia's



Children at Thomasville Recreation Center. Photo by Bruce Morton





Tree planting. Photo by Bruce Morton

Soon You MAY Rest IN THE GARDEN

by Elizabeth Knowlton

This is the first year I have ever seen Bradford Pears and dogwoods blooming at the same time. Far be it from me to get into the science of temperature and air pollution, and just last month I indicated that each day and year is different in your garden; but the two trees blooming together is something I have not seen in my 44 years in the South. Check it out.

However, May is upon us, which means that early summer is here. If you read this in April, you still have some time to plant a few of the quick cool season crops, like lettuce and radishes. And you may get lucky as spring may cool off after a horrendous beginning in March. Continue starting tomatoes indoors as they will bear until frost if you can keep them hydrated.

May is the time to set out the rest of the tomatoes and also the peppers, eggplants, and sweet potato slips. If you grow a bush sweet potato, it will not take up much room, will love your heavy clay soil, and is fun to dig in the fall. Besides, the leaves are pretty. (Warning: if you ever plan to grow sweet potatoes, keep **ornamental** sweet potato vines out of your garden as they spread destructive sweet potato weevils.) And now you can sow beans (bush and pole), pump-

kins, corn, field peas, squash, cucumbers, okra, melons, and basil, those lovely hot weather crops that will appreciate the sun beating down on them. If you have grown all these plants and would like something new, consider peanuts and sunflowers. Apparently little children love to sit in a grove of sunflowers.

I have listed squash above but will confess that year after



Elizabeth Knowlton's Garden. Photo by Elizabeth Knowlton

year squash is a failure for me because of squash vine borer, a clever, seldom seen moth-type creature who lays her reddish eggs on your squash vines near the soil. The tiny creatures hatch

Garden cont. p. 10

Lake Claire Residents Serve on Tree Commission

The Tree Conservation Commission (TCC) is a citizen board tasked with assisting in the protection, maintenance, and regeneration of the trees and other forest resources of Atlanta. Tree Commission members are appointed by the Mayor and City Council Members of the City of Atlanta.

Two Lake Claire residents, Dan White and Joel Reed, serve on the Tree Commission. Dan, who is Lake Claire's Vice President for Zoning, was nominated by Councilmember Natalyn Archibong to represent council districts 5, 6, 7, and 8. He has served as co-chair of the TCC for 6 years. Joel is a relative newcomer to Lake Claire, having moved here with his family from Florida two years ago. Joel is a professional planner and serves in the land use planner position on the Tree Commission.

Dan describes becoming interested in the work of the Tree Commission as a result of his involvement with Lake Claire's efforts to create the Harold Avenue

Greenspace. Joel's interest in the Commission stemmed from his first visual encounter with Atlanta, particularly the impact of the awesome tree canopy, which is atypical in many urban environs.

The purpose of the Tree Commission is to preserve and expand our wondrous canopy, educate the public on related matters, and to handle appeals to tree-related decisions by City officials. The Commission also advises City Council on expenditures of Tree Trust funds and the interpretation of the tree ordinance, which is enforced by the City's Arborist Division and Parks Department.

"It's very satisfying to be involved with an effort to protect the City's Urban Forest, a critical resource for Atlanta, in my opinion," Dan told the Clarion.

For more information about the Tree Conservation Commission, the tree ordinance, and tree care in Atlanta see www.atlantatreecommission.com.

The founder of Arbor Day in the United States, J. Sterling Morton, said, "Other holidays repose the past; Arbor Day proposes the future."

It Ain't Right. Musings on Global Warming at the End of Winter

by Gay Arneri

How many times have you mowed your lawn this winter? Mine has been cut three times. The daffodils are in bloom and almost spent, the flowering quince is flowering, my ornamental apricot is blooming, I see redbuds everywhere all of a sudden, and there are buds on the dogwoods. I am still picking collards. I have turned on the heat hardly at all. It ain't right.

This year I finished a long-awaited project, winterizing my back deck. Now it's hard to remember why. It's surrounded in clear plastic with these amazing zippers in the corners so that I can roll the plastic up in panels once the weather warms up. Has the weather been cold enough to see how well it works? I don't think so. It just ain't right.

Does anyone out there wonder what is happening with the weather? The extremes we've had this past year have been soul-shaking. I have had to stop

myself from over-thinking what the next generation will have to deal with and feeling some sense of relief that I won't be around to struggle with it. So, what to do. Once in a while I catch myself getting down about what may be ahead for us globally in terms of our planet's health, and I have to shake it off and renew my efforts to reuse, recycle, and reduce my carbon footprint.

Speaking of memory loss, that ain't right, either. I tell you, more thoughts do fly-by's through my brain than I can count. Yes, I take ginkgo biloba every day. Yes, I get plenty of sleep, at least as far as I can remember. What else can I do? I've heard that working puzzles, reading, and exercise all help keep your memory sharp. These are things that, frankly, have not been high priority. I tell myself it's because I live a busy life, full with other enriching choices. You can't do everything. It ain't right.

May Garden cont. from p. 9

and burrow into the vines where they happily eat out long tunnels for themselves. By the time you notice wilting squash plants, the borers are large white larvae and the plant is usually not salvageable. I can tell this will make you determined to grow them anyway. (Where is it that those giant zucchini grow?) So some tips are: plant the squash in April or at the end of July in an attempt to miss the laying moth. Stroke your vines to squish the 1/25th inch diameter eggs. Cover your plants with row covers until they have made flowers that will need to be uncovered for pollination. Wrap the vines from just below the soil up to the first leaf stems with women's hose fabric or with foil. Supposedly spraying with kaolin clay before the larvae enter the stem will protect the plants. One year I injected entomophagous nematodes into the stems with a coarse hypodermic needle, but I did not notice it had much effect. Some books recommend splitting the stems with a razor blade, removing the worm, and then covering the whole stem with earth and watering well. This might work in cooler climates, but with our heat I have lost every plant I cut. I do sometimes get a few squash with a combination of the row cover

and hosiery methods. Surviving squash will probably have pickle worms, but you can force them to crawl out by putting the harvested squash in a sink of water. Kids will think this really cool.

OK, everything is planted, it is mid-May, and it is getting really hot. Repeat after me: MULCH, WATER, PEST CONTROL, PICK. Over and over, that is what you will do all summer. But it is much less work than all the soil preparation and planting. Trust me. The sun will deplete your mulch really quickly, so it is a good thing you saved all those leaves the way I told you to (*is she really still talking about those leaves?* --yes, I am!). As I said before, wheat straw is good for vegetable beds, and shredded bark can be used under trees, shrubs, and established perennials. At some point, plants should be so large that the mulch will be hidden and not melt down so fast.

I don't think most of us in Lake Claire have automated watering systems, so we are left with watering cans, hoses, sprinklers, and soaker hoses. The latter can be put down where plants are close together and covered with mulch to make them last longer. I have never been successful with drip irrigation; but if you are, go for it. Generally the best time to water is early in the morning be-

cause evening watering and our humidity lead to disease. Soon it will be light at 6 a.m., so you can be out there with your coffee and the hose giving your favorite plants just the drink they need. If you use a soaker hose or sprinkler, a timer is useful to make sure you stay within watering regulation times. I did install a rain barrel last year. As I suspected, something like that is most useful in a climate where rainfall is both gentle and more regular. Here, we may get several inches all at once in July (filling the rain barrel in five minutes and then overflowing), and then it may not rain for two months, long after our barrel is depleted.

Last month I suggested that weeding got you close and intimate with your plants. Whether or not you need to weed, you do need to check on your plants every day or two in a stroll around your property (sounds nice, doesn't it?). Just as you regularly check your child for lice or your dog for fleas, your plants, unable to cry out to you or bark, need a little attention. But just as new parents are freaked by every slight change in their baby, don't get too upset by some spots or a chewed leaf. You are monitoring your plants and can see the changes over a period

of days. Most of the time they are fine, and we are just sharing them with a few insects or little animals. You will notice if there are large changes and can use the Internet or a plant book or an experienced neighbor to give you advice. A yard full of healthy fauna and flora will help keep things in balance. If you kill off some of these with wide-range pesticides, however, you will be killing the very species that can keep your plants alive and healthy. Most bad bugs can just be squished or picked if you notice them in time.

And speaking of picking, don't forget to pick your crops. If you do not, many of them will flower and go to seed, ending the chance for you to eat them. Follow directions on the seed packets or plant labels for days to harvest. Especially with lettuce, radishes, and brassica or cole crops, pick early and often.

Last, look around your garden for the place you would like to sit this summer. It should be shady in the hot part of the day, have a comfortable chair with wide arms for a cup or glass, and face a view you love. Next month, I promise, with all this work done, you can be sitting in the shade.

Readers may e-mail knowltonew@earthlink.net with your gardening questions.



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Thirty-Plus (!) Years in Lake Claire – Teri Stewart: Environmental Activist and 40-year resident of 30307

by Beth Damon

The issue focusing on Earth Day is the perfect one in which to feature Teri Stewart, a lifetime environmental activist. 30307 residents for forty years, Teri and Iris have lived in their home on Gordon Avenue for 35 years (before getting together with Iris, Teri lived in the North Highridge Apartments and previously, in a gay commune on North Highland).



Grandchild of Granmaw Gordon (L) and Teri (R). Photo by Beth Damon

Teri is a Lifetime Georgia Master Gardener. Over the course of the last 30 to 40 years, she has done gardening consults, especially in heirloom and native food plants, creek restoration in Lake Claire Park, and she created the peace garden on the corner of Hampton Terrace and Dekalb (see picture) in Lake Claire. She taught Landscape and Ecology at the Horizon School. She used to do creek monitoring and WET (Water Education for Teachers). She xeriscapes four of the bulb-outs on McLendon Avenue. Wildlife rehabilitation and installing and preserving wildlife habitats have been especially important to her.

I met with Teri over coffee on her front porch on Gordon Avenue on a recent afternoon, where we drank coffee and discussed Teri's activities and lifetime commitment to the environment and social justice. The sounds of the wind and the windchimes punctuated the conversation, with the background of Dekalb Avenue traffic, which used to be somewhat more muted before the double-lot two doors toward Dekalb was clearcut in 2010, the destruction that took "Granmaw

Gordon," a beautiful historic pecan tree. More on that later. Teri discussed her environmental activities and her related activism, including women's rights, lesbian and gay rights, and rights of the disabled. Advocating for habitats and wildlife is crucial to her, she said, because they have no one else to speak for them.

Teri was the first person in 30307 to dig up the grass and plant a garden in the whole yard. And what a garden! Chock full of plants, including native plants, and yard art galore. But Teri did not grow up in that sort of environment; she grew up on a cattle ranch in Texas, where they raised almost all of their own food, including pecans (the state tree of Texas). She was a "wild, hippie chick in the 60s and 70s," and she hitchhiked from Austin, Texas, and found Atlanta, "the hippie convergence point for the Southeast" at that time. Once she discovered Atlanta, it was the trees that made her fall in love with the city.

And Teri noticed not only the wonderful things about the trees and Atlanta's tree canopy; she noticed a weird disease, pecan scab. Teri monitors its spread in Atlanta pecans. It is a fungus, which the humidity of Texas doesn't support, but which can flourish in the high humid temps of Georgia. "Granmaw Gordon"

it. (Pecan scab doesn't kill the tree; it still provides shade and wildlife oxygen, but it destroys the nut crop.) Teri is an avid mycologist (mycology being the branch of botany that deals with fungi), and she does mushroom hunting as well as hikes to identify interesting native food plants.

A creative artist, as evidenced by perusing the things in her home, Teri studied art in the 1970s at the Art Institute of Atlanta, originally focusing on commercial art and then later Fine Arts. Iris, her lifetime partner, is a retired biomedical engineer. I use the word "retired" gingerly, as Teri and Iris spend many working hours at their shop. They own Donna Van Gogh's, an artist market just on the other side of Lake Claire, in Candler Park. It is an amazing artists' co-op, packing a voluminous amount of treasures into its small space. A recent review of the owners stated "Super sweet, very helpful, they don't make you feel like a criminal before you

first began this series last year, my articles announced that I could be contacted by my e-mail address. Teri left a note in my mailbox after the first two issues, writing "I love your articles on us old timers, but some of us don't use computers." Henceforth I



Peace Garden. Photo by Beth Damon

included a phone number. She also gave me a list of suggested folks who have lived here 30+ years, which led to my meeting both Pat Edmondson and Alice Bliss, whom I've interviewed previously for this series. Another example of Teri's ambassadorship of the neighborhood came to my attention recently when a new neighbor and now writer for the Clarion, Michael Daly, moved to the neighborhood. Michael happened to go into Donna Van Gogh's, and Teri wrote an impromptu guide on how to get to the Frazer Center and other neighborhood treasures.

When Teri moved to Gordon Avenue and Lake Claire, it was a blue-collar neighborhood. Many people were surprised at the vision of those early residents who wanted to buy here in spite of crime and home disrepair. But Teri loved the diversity – the elderly, the artists, many gay people, and people of color. Teri told acquaintances of the potential for community, artistic shops, and groovy restaurants, and of course, she was correct – and helped make it happen. She feels that with the gentrification of Lake Claire, we have lost much of the diversity, and she wonders if people now would show the same dedication to grassroots efforts such as Caution and Roadbusters, if we were threatened now by a highway as we were in the 1980s.

In connection with Teri's 30307 tree watch, it has been particularly painful for her, her Gordon neighbors, and many others, to see the tiny area between Dekalb and McLendon, from Gordon Avenue to Hampton Terrace, lose so many trees. In particular there was and still is a huge neighborhood effort to improve and pre-

Thirty Years cont. p. 12



Teri and Iris' front yard. Photo by Beth Damon

was one of the old pecans with a resistance to the fungus. Pecan scab causes damage to millions of pecan trees, which is why it is important, Teri explained, to identify heirloom pecan trees with a high level of resistance to

even step foot in the door; it's no wonder the shop is always filled with customers." Indeed, what has impressed me about Teri for many years has been that she is an ambassador of the neighborhood. For example, when I

Thirty Years Cont. from p. 11
serve the Gordon Greenspace where Granmaw Gordon and other trees lived. Residents of the Dekalb Corridor, the group dedicated to the Greenspace, as well as the Sierra Club, The Tree Next Door, and other groups and individuals, are still committed to making the area into a greenspace. Teri felt that in having the trees on that property cut down, developers sent a message to the neighborhood – that they are in control, in spite of Atlanta's fine tree ordinance. Teri and others remain committed to making the area into a park. It is the only accessible greenspace that remains on Dekalb Avenue between Decatur and downtown. It is regrowing, and it can be replanted, though the wildlife habitat was destroyed. Granmaw Gordon was an original tree on the Gordon estate of Fanny Gordon, who created much of the Lake Claire neighborhood. If you don't know about Fanny Gordon and the Gordons, Teri (proud to be "a history geek") suggests that you go on the Dekalb History Center website to see a program she did on Lake Claire history as part of the Dekalb History Center Lecture Series. You can listen on line or to a podcast. In addition to history of the area, it includes original music from the estate that hadn't been heard in over 100 years (<http://www.dekalb-historypodcast.org>).

Teri says to neighbors and friends, "We still urgently need your help to preserve the Gordon Greenspace. Your tax deductible donations to our non-profit Park Pride account will assist us with the cost of our continued efforts. Park Pride can accept cash, check, or charge, and you will receive a thank you letter for tax purposes. I can be reached at 404-370-1003 for additional information. Thank you for your

help." [If sending donations to Park Pride, specify "Granmaw Gordon" at www.parkpride.org, or send to Park Pride, Harris Tower, Peachtree Center, 233 Peachtree Street, Suite 1600, Atlanta, GA, 30303.]

At the conclusion of our meeting, Teri showed me something that makes her hopeful for the future in spite of Granmaw Gordon's and the other trees' demise: one of "Granmaw's" grandchildren (see picture of Teri on page 11). Teri and others have "baby" Granmaw Gordons. She grafted tip cuttings from old "Granmaw" onto existing root stock, and she proudly showed me the young teenaged Granmaw grandchild in her front yard.

Earth Day cont. from p. 1

1970. While this April 22 Earth Day was focused on the United States, in 1990, an organization launched by Denis Hayes (the original national coordinator in 1970), organized events internationally, in 141 nations.

In 2009, the United Nations designated April 22 as International Mother Earth Day. Earth Day is now coordinated globally by the Earth Day Network, and it is celebrated in more than 175 countries every year. Numerous communities celebrate Earth Week, an entire week of activities focused on environmental issues, April 16-22.

This month the Clarion encourages readers to stand in solidarity with the millions of other people rallying at Earth Day events around the world by thinking of at least one thing you can do to raise public awareness of environmental problems and encourage environmentally aware behaviors, such as recycling, using energy efficiently, and reducing use of --or reusing-- disposable items.

Mary Lin Garden cont. from p. 1



Mary Lin students preparing the harvest for sale. Photo by Lori Blank

sustain the garden activities. Food is also given to local shelters, helping students feel a connection to the larger community. Another key benefit of the garden is helping to promote healthy eating. "Many children learn to love vegetables they may not have otherwise tried", says Rice. A recent favorite at a student tasting was roasted Brussels sprouts (really)!

Given the increasing popularity of organic food and the 'local foods' movement, and the proliferation of community gardens and farmers markets, it's no surprise that gardens are popping up in schools across the city. With help from organizations like Georgia Organics Farm-To-School program and businesses like Farmer D's, it's easier than ever to get started. And, from Rice's perspective, elementary school is a great place to start. "Many children and their parents today do not have meaningful experiences with nature in their home lives. As an urban school, it is increasingly incumbent upon us as educators to pro-

vide quality learning experiences which not only teach scientific principles, but also instill a sense of connection, of wonder, of reverence for nature." The students concur, "It's fun to get out in nature and plants things", says 1st grader Leah Braun, "and the food is really yummy, too."

You can check out the garden at Mary Lin PTA's upcoming Spring Fling. In addition to tours of the garden, the festival - focused on health and wellness - will feature a recycling relay, bike rodeo, salsa lessons, a bounce house, the Marching Abominables, and local food trucks. The festival takes place Friday, April 13, from 5:30-7:30 p.m. We hope to see you there. For additional information, or to donate your time, money, or materials to the Mary Lin Garden, email: health@marylinelementary.com.

Lori is a Lake Claire neighbor and Mary Lin PTA Health & Sustainability Committee Co-Chair.



Fall planting in the Garden. Blonde girl at garden beds - Zoe Steib (Lake Claire resident); woman with bandana - Trish Porter, Lin PTA Health & Sustainability Co-Chair

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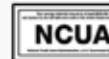


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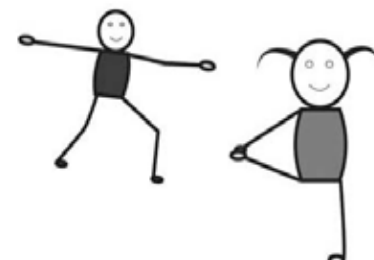
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Atlanta's Funkiest Footrace Blasts Off on April 28 to Benefit Mary Lin Elementary – 5K and Caterpillar Cruise

The Mary Lin Education Foundation is holding its 4th annual Rocket Run 5K & Caterpillar Cruise on Saturday, April 28, at 11 a.m. in partnership with the Inman Park Festival. The race runs through Inman Park and Old Fourth Ward. New this year is a 1- Mile Blast for all the little runners in your life. Start time for the 1-miler is 11:45 a.m. Register for the race at www.RocketRun.org or www.active.com. Sponsors and volunteers are being recruited through the race website.

"Couldn't believe that last year's winner ran in costume!" says race organizer Boyd Baker. "We hoped folks would come out to make this a really FUN run, and they did. Our goal is to make this a race like no other in Atlanta. Since the Inman Park Festival is so unique, we thought the race should be, too. The chance to run in costume, or have a tethered-team of runners (caterpillar), just seemed like a good fit – especially considering the awesome parade they have each year at the festival. Racers love the route because they get to experience an interesting mix of Atlanta's historic homes, amazing skyline views, and funky urban landscapes."

With last year being the first year with these extra themes, the turnout was exceptional. "I think we had 3 Caterpillar teams come out to compete, and that was fantastic. Some touted their business, some were just

wacky. The costumes included everything from a simple pair of deemie-boppers on a racer's head to full Batgirl regalia. It really makes the race more fun to run and watch. This year we hope to get more folks to come out and cheer on runners, or just set up



Reuben the Jester, from last year's race.

in their front yards and have a party as the runners speed by. If watchers want to hula, play instruments, or juggle for the runners, it'll make it that much more fun – the funkier the better!"

Cost is \$25-5K, \$15-1M before April 1, and \$30/\$20 afterwards. T-shirts come with each entry, and trophies will be given by age and in 'Costume' and 'Caterpil-

lar' categories. Costumes are NOT mandatory, just encouraged. The concept for the race came from San Francisco's Bay to Breakers and the Boulder Boulder runs -- Lots of people coming out, some dressing up, but all making it an "event" like no other. We'd love folks to come out to hoot-n-holler for the runners and have some fun. Bring out your belly dancers, jugglers, acoustic musicians, and find a spot on

the course to cheer on the racers. The Sideline Follies will have the best seat in the house!

The Mary Lin Education Foundation is a 501(c)(3) non-profit that raises funds for our community elementary school. Their purpose is to support long-range planning for the students and teachers and provide resources that may otherwise be unavailable.

2012 CATERPILLAR SQUAD RULES

Each squad member registers separately – noting squad name. Each adult caterpillar must consist of at least 5 registered runners. No free rides!

There is no limit on the maximum length of your caterpillar.

A caterpillar may be made of any material that a business, school, or club deems appropriate. However, try to keep it light, flexible, well-ventilated, and non-toxic for the fans. Allow at least four feet between individual segments.

Twinkie feelers on the head of each segment are highly suggested.

The final segment (catboose) of each squad must wear a stinger or element that allows all following to know that they are viewing the back of a potential winner. Get creative.

During the entire competition, all required body segments must be present in the caterpillar body. If you need a substitute, and are lucky enough to have one available, the replacement must give the caterpillar's official password – or sing the fight song - to exclude unauthorized participants.

All centipede members must start together, at the start line, as well as cross the finish line with all connections intact in order to be considered victorious.

Contact Boyd Baker boyd@sumowriter.com/404-895-9276 with any questions.

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A Path to Fitness Prescribed by CrossFitRx

by Michael Daly

It is Wednesday morning, and a **Jay-Z** mash-up is pulsating through the cavernous interior of a warehouse space that makes up part of the **Candler Park Connection**. The southern wall of the space is adorned with a row of ten sturdy pull up bars, which are themselves adorned with a mixed group of sweaty men and women engaged in a herky-jerky pendulum exercise that challenges them to swing their toes from the hanging position up over their heads to touch the bar itself.

Off to the side, **Kelly Levens**, co-owner and “coach” at **CrossFitRx** is offering encouragement and keeping his eye on a digital timer on the wall. Some participants are swinging their toes to the bar cleanly, while others are laboring to bring up their knees. Suddenly Kelly yells, “Last one, knock it out! “Time!” and the groups seems to fall off the bars as one and then all head, as individuals, to raised platform boxes upon which they proceed to jump up on...and then off... and then on again, as Kelly alternately keeps time while offering hearty encouragement, pointed instruction or a sharp critique if he notices less than maximum effort. A minute later a call of “Time” would once again ring out over the bass beat, and the group would transition, some enthusiastically and some with red-faced grimace, to the next task.

One might almost feel sorry for them if one didn’t know that they were not paying a penalty for some thoughtless misdeed, but instead were voluntarily engaging in a **WOD**, which in the parlance of Crossfit, stands for Workout of the Day. If you hung around the gym a bit longer you would see the “Athletes” as Kelly refers to his clients, move on to a number of other exercises before ending the circuit – usually hyperventilating on their backs in a puddle of sweat. The always-varying WODs are typically short, high-intensity bouts of 20 minutes or less which are designed to be brief and taxing. This is central to the Crossfit philosophy that hinges on low-volume, high-intensity training designed constantly to shock the body.

CrossFit was founded by former gymnast Greg Glassman, and the first CrossFit affiliated gym opened in Santa Cruz in 1995. Designed to enhance a wide array of physical characteristics simultaneously such as

cardiovascular endurance, power, flexibility, speed, agility, and balance, the popularity of gyms like CrossFitRX has truly taken off in recent years. The number of affiliated gyms grew from 18 in 2005 to almost 1,700 in 2010, with around 50 right here in **Atlanta**.

“CrossfitRx is not gym in the traditional sense, Mr. Levens stressed over coffee at the **San Francisco Coffee shop**, 800 meters from the gym; a fact Kelly notes by referencing the 800 scrawled in spray paint on the sidewalk that crossfitters use to mark distance during warm-ups and exercises (400 meters there and back.) “The gym, he adds, “is a place where we focus on fitness in terms of function. Crossfit can be done anywhere.”

While this may be true, it is the atmosphere that the gym environment provides that inspires athletes to push their limits. Athletes compete against themselves, against the clock, and against each other. Times are posted, as are personal fitness goals. Many crossfitters bring notebooks to help them track progress. Personal Best performances are noted and celebrated, as are workouts that are labeled **RX**. In the CrossFit world, the term “Rx’d” denotes that a particular Workout of the Day (WOD) was performed “as prescribed.” This means that the workout was completed as written, with no scaling or modifications and with **full range of motion (ROM)**.

CrossFit can be designed however, to accommodate a wide array of fitness levels. For those who need to modify the workouts there are many variations. Can’t do a pull up? Use a band to assist. Can’t get your toes to the bar? Try getting your knees to your chest. Modifications are encouraged with a focus on completing an exercise with good form and a full range of motion; part of the instructor’s (or coach’s) job is to instruct on form and devise modifications. It is the athletes’ job to know their own bodies and stretch their limits.

Kelly and his business partner **Michael King** took over the gym in June 2011. They originally met as members under CrossfitRx’s former leadership in 2007. “We both became coaches at the gym in 2009 and we were planning to start our own gym when we were given the incredible opportunity to buy the business.” Since taking over, Kelly and Mike are on

their way to tripling their original membership ranks and have plans to expand into a larger space later this year.

Fitness 2.0

At the end of one particularly grueling CrossFitRx session, Eric Pyne, an athletically built former collegiate soccer player, testified that he found Crossfit to be a real challenge. Compared to other workout regimes, Mr. Pyne said, “CrossFit would be somewhere between an 8 and a 9 in terms of endurance where lifting could be a 6 or a 7. You can lift heavy, you can lift hard, and you can lift as much as you want, but with CrossFit, no matter how tired you are, you have to keep pushing.”

Andrew Saxon has been a member of the gym since October and came to Crossfit by way of a boot camp class. “I hadn’t worked out consistently for the past five years, and I wanted to keep doing something hard and interesting to keep my fitness going; this seemed like a great option. Here there is a community to keep me accountable whereas if I work out by myself or in a place like LA Fitness, I find I just don’t go because it’s just me.”

Part of what keeps CrossFitRx members pushing is the community that has developed inside and outside the gym. CrossfitRx and the CrossFit brand are coming of age in a digital world with gyms posting workouts of the day (WODs) by web site, blogs, and Facebook. Crossfitters use these tools to post comments, videos, photos, and warnings wrapped in encouragement. One recent CrossfitRx Twitter posting reads, *Amber got her muscle up today. And then another. She made it look easy. But it’s not. Congrats, Amber!*

Twitter and web-based platforms like Crossfitrx.com allow members to preview the workout of the day and feature pictures of the crossfitters in action while its Facebook and YouTube (CrossFitrx1) presence allows members to be even more interactive.

The Paleo-Diet

Another facet of CrossFitRx’s approach to fitness resides in its approach to nutrition, specifically the advocacy of the “Paleo-Diet” which many crossfitters have adopted. In simple terms the Paleo diet is built from modern foods that emulate the foods available to our pre-agricultural “paleo” ancestors. CrossFit RX’s nutrition recommendations are simple: eat plenty of garden vegetables, lean meats, fish, eggs, fruit, some nuts and seeds, and little starch. Avoid refined sugar, processed foods, and grains. You may also choose to avoid dairy and legumes (beans, peas,

lentils, soybeans, and peanuts) depending on how your body handles these foods. This nutrition prescription is based in an understanding of what our Paleolithic ancestors ate and the fact that they apparently did not suffer from many of our common modern diseases. The diet advocates a notion that for many, may seem counter-intuitive – and that is that fats (of the saturated variety found in animal fat as opposed to polyunsaturated fats) are your friend. As Mr. Levens points out, saturated fat “burns clean.”

If you want more information, Mr. Levens recommends *The Paleo Solution*, by Robb Wolf.

The CrossFitRx/Clarion Nutritional 5K (See map in the on-line Clarion on our website.)

If you’re cooking at home everyday, it’s easy to eat whole foods, focusing on fresh vegetables and meat. But let’s be real. We all live busy lives and enjoy eating out. The **CrossfitRx/Clarion 5K Loop** will take you from the doors of CrossFitRx, west through Candler Park, and into **Little Five Points**. You will link up with the Freedom Park **PATH** heading East through the Candler Park Golf Courses’ North end, before heading south via Clifton Terrace and Clifton Road to Dekalb. The final leg of the 5K will take you west until you end up back where you started - CrossFitRx.

You can run, walk, or bike this route, or you can stop along the way and visit some of our neighborhood eating establishments. The CrossFit RX trainers have visited a number of businesses along the route and have listed foods that you can order that will comply with their nutritional philosophy.

If you really want to capture what CrossFitRx is, you need to get to the gym and attend a class. Kelly and Mike have extended a welcome to all **Clarion readers and Candler/Lake Claire residents** to schedule a complimentary introductory session to see if CrossFitRx is right for them (see below.) All you need is a positive attitude and to be prepared to sweat.

What – CrossFitRX

Where – 1530 Dekalb Ave – 404-387-8729

When – Business hours are 6:00am-8:00am, 8:30am-9:30am, Noon-1pm & 4pm-7pm

NOTE: A list of specific food choices from nearby restaurants can be found on page 17 of the Clarion’s on-line version.

It's Spring – Time for Peace, Love & Music at the Land Trust!

by Sunshine Allard

Sound the trumpets - Spring has sprung! And we all know that means flowers, greenery, and fun at the Land Trust with all of your neighbors and friends. Join us on **Saturday, April 14**, from 1:00 to 11:00 p.m., for food, music, and family fun at yet another **Peace & Love Fest**.

Our onstage lineup weaves through various sounds and styles. The first half of the day will be filled with neighborhood kids' bands. We are lucky enough to have gotten our local favorites to play: **My Homework Ate My Dog**: If you haven't yet seen these amazingly talented young men perform, be warned - they will rock your world (and they're still only in 8th grade!) Plus their up-and-coming "sister" act, 5th-graders **Spaghetti Junction**, who will share our stage in a unique ensemble with some of their parents in **My Imaginary Band**. Other kids' bands on the program are **Shades of Gray** and **Rocket 88**.

Easing us into a lovely evening will be the sweet horns of more local faves, **The Owls**, followed by bluegrass with the **Deja Bluegrass Band**, Cajun zydeco with **Hair of the Dog**, and capping the evening, the dancing grooves of **Deep Blue Sun**.

The **Gorilla Grill** will be serving burgers (meat and veggie), dogs, and other picnic fare throughout the entire festival, so spend the day with us! We will also have our usual **Bake Sale** and super Raffle prizes to further our fundraising efforts for the Land Trust. To help make the event more **Earth-friendly** (after all, this is April -- *Earth Day month*), you are encouraged to bring your own washable cups, dishes and silverware, and you'll get a free raffle ticket for each person in your family.

Our suggested donation for attending is only \$10.00. You will also have an opportunity to sign up as a Land Trust "caretaker" for 2012 (ranging from \$25 for students or seniors, to \$75 for families) **in lieu of** donating at the gate. Besides the usual taxes, insurance, and maintenance needs, this year's fundraising goals are electricity throughout the Land Trust (cost: approximately \$5,000) and installation of our new greenhouse down by the pond (\$1,000).

As always, festival-goers are

encouraged to park at Clifton Sanctuary (369 Connecticut Ave.) or on surrounding streets to spare our immediate neighbors the impact of so many visitors.

In other words, friends - seriously great music, in a superb locale, with all your friends and neighbors, all while helping to support our precious and unique Lake Claire Community Land Trust. It's a **Do Not Miss**. We hope to see you there to enjoy our beautiful city, and neighborhood of Lake Claire, in the Spring!



LandTrust music Stage. Photo by Stephen Wing

Have Your Child's Birthday Party at the Land Trust!

The Land Trust is pleased to announce a new offering to our community, beginning May 1: children's birthday parties with a theme! Suggested themes include: A Faerie Affair, Garden Fun, and more. The cost varies based on activities and number of children. For up to 15 kids, a "party package" begins at \$150. Every theme includes an educational element, a craft to make and take home, and a guided adventure. Parties can be customized to an extent, and you may be able to add professional face painting and balloon animals if Miss Lady Bug is available. The event will be facilitated by an experienced teacher / entertainer. Scheduling your event will depend on availability of the Land Trust and our facilitators. We recommend checking availability *two weeks or more* before your date. Contact Andrea.Zoppo@yahoo.com with "Land Trust Party" in the Subject line.

News from the Land Trust



Introducing the Land Trust's New Logo!

Roger Swift, a professional graphic designer and longtime Land Trust lover, won our Logo Contest with this design. He submitted a short essay with his entry describing how he arrived at the concept behind the design.

Interestingly, several other artists who entered the contest used the same symbolic elements of Tree and Swing. Their work was also excellent, and will not go to waste – we intend to use all the artwork submitted, for future Land Trust projects. Congratulations, Roger, and thanks to all who entered! It was truly a tough call for the Board.

A comprehensive view of Roger's creative projects can be seen by visiting his new web site at www.swift-design.com.

Here is Roger's essay:

At first glance the challenge is daunting. LCCLT stands for so many things and means perhaps different things to different people. The myriad of characteristics might include, but not be limited to:

- earth / gardening / land stewardship / environmentalism

- music / performance / art/ festivals
- peace / activism / education / awareness
- community / family / children / play

I'm sure I have left something out . . .

Objective:

Clearly, the logo needs to symbolically convey the spirit of the Land Trust. The icon needs to be quickly recognizable, versatile, and scale adaptable to multiple media uses (e.g., the web site, newspapers, T-shirts, hats, posters, flyers). To do so requires distilling the cacophony of meanings to the simple essence. For me, it is the land, the people, and the future of the Land Trust (the next generations).

Symbols:

In working with scores of pictorial symbols that reflect the Land Trust, I have chosen the following primary images to incorporate with their implied meanings:

- tree (after all, it is a "land trust" first, with care of the earth the original intent, as well as the history of tree protection in Lake Claire)
- child (represents change and the good will for the future caretakers of LCCLT)
- swing (symbolic of joy, play and visual metaphor of that actually existing on the site)

HELP WANTED!!!

We need volunteers for the Peace & Love Festival!

We need raffle prizes.

We need donations of baked goods for the Bake Sale.

Vendors are welcome to vend for the cost of admission plus whatever donations they feel are justified by sales.

And last but not least, we really need a gas or charcoal grill (or three!), loaned or donated, for the burgers and dogs.

For more information on how you can help, contact Sunshine, 678-508-6632 or aimeeallard@hotmail.com. Thanks for your support!


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LAKE CLAIRE KIDS' CORNER



This is a series that I hope is a fun way for young readers to participate. Lake Claire kids, send in your articles on why you love Lake Claire – or on other subjects of your choice. This time, **Myles Nielsen** wrote about his love of lights and how it led him to **Light-O-Rama**. Myles is 12 (13 in July), and his mom homeschools him and his sisters, Stella (see March Kids' Corner) and Esther. They have lived in Lake Claire for seven years. Myles is a technology wiz! He rebuilds computers, and he does all the sound and roadie work for his sister Stella's dance troupe. He has experience with stage lighting, as well as set design and construction. Please encourage your children to send in their writings. I conceived of this column when my friend Alicia mentioned that her son Joseph kept a journal and was a good writer. Artists are welcome, too -- submit your drawings, jokes, puzzles. Be creative! Please contribute! --Editor

How Light-O-Rama Changed my Life

by Myles Nielsen



Myles with Sister Esther

I have always been interested in Christmas lights. Ever since I was a little kid, I would string them about the house, in an attempt to glorify our home all the more. If we were having a party **BAM!** Lights up all over the place, a small get-together **POW!** But the point I'm trying to make with all of this is that I love Christmas lights, and since

I love Christmas lights (and I love Christmas too!), year after year, I would put as many lights as I could afford all over the exterior of our house. Well about 3 years ago, I saw a video that changed my life.

I was mindlessly surfing the web as usual, when I came across a video posted by one Richard Holdman, about 2-3 minutes long. This guy has animated 250,000 lights! Crazy, right? Well, not so much, as I found out there is a whole community just like this guy! So I said to myself, I want to do this! So I did some research, and I discovered that Richard used off-the-shelf controllers made by a company called Light-O-Rama (www.lightorama.com) Well, these controllers sure aren't cheap, so I started a lawn mowing service, which some of you might know as **Wack-A-Weed**. After that, I saved up the proper amount of money (~\$300) for the controller I wanted.

I ordered it, and 3-4 business days later it came in the mail! **Yay!** So I opened the controller, put it together, and tested it. (I had done enough research to know the ups & downs of the software, so testing it was a piece of cake.)

Once I had it tested *Myles at Irish Dance Competition*



and ready to go, I programmed some songs, which is timing out the song, picking which Lights I want to go on and when, and testing it out on the actual setup. After all the technical stuff was taken care of, and before I knew it, it was Thanksgiving night! (when I start my show) and I'm happy to say It went off without a hitch. I had such a good time I vowed to get **Bigger & Bigger** each year, and today I have a show that gets twice as big every year.

And I was given a controller by a friend and fellow light-o-Rama enthusiast so next year I'm going to have 2x as many lights.

--Myles

P.S. With the focus of this paper on environmental stuff, you might like to know that I Fix all of my lights instead of throwing them out. So I'm saving money AND saving the planet from me throwing out the 40 strings that I go through each year! That way, the plastic that they are made of is recycled.



Myles (in back) and friend James building a computer - from used parts

Biscuits and Bellyrubs



The cartoonist for the Biscuits and Bellyrubs series is Anna Trodgen. Anna grew up on East Lake Road, on the edge of Lake Claire, and she is a life-long Atlanta resident. She studied drawing and painting at Georgia State University, and she enjoys cartooning and painting pet portraits. Look for her at the dog shows. Lake Claire fans can see her greeting cards and prints at Donna Van Gogh's. Anna lives in East Atlanta Village with her husband Dugan, three little terriers, and a Black Cat.

Online Addendum

Attempted Child Abduction

by Kathie Ryan and Beth Damon

In response to the March 12 attempted abduction of a 12-year old girl near the intersection of New York and Connecticut Avenues, Zone 6 Commander, Major Keith Meadows, and Sergeant Gentile, Zone 6 SVU supervisor, attended the March 15 Lake Claire Neighbors meeting to give us an update. The incident took place at 4:15 p.m. in the afternoon as the little girl was walking home from the bus stop. A single, African American male driver, and another man in the back seat, in a small, silver SUV with tinted windows, pulled up next to the girl and asked if she wanted a ride, then when she declined, backed the vehicle up to try to block or follow her. He gave up when other motorists approached. The mother of the girl reported that she was only a block away, at her younger child's bus stop, and that typically the 12-year old only walks a block by herself.

A GBI-generated sketch of the man believed to be involved in the attempted abduction has been released by the Atlanta Police Department (APD), was distributed at the meeting March 15, and is below and on our website. The APD, always in contact with the Atlanta schools, has stepped up patrols at the bus stops in the afternoons. In answer to a question about what parents can do to prepare children for this kind of situation, Major Meadows responded that APD's COPS unit holds a kids' self-defense class in the summer, but he added that there were many other classes of this type available. Detective Kellman is working the case.

There is no evidence at this time that this incident in our neighborhood is in any way linked to similar incidents in Atlanta, Cobb County or Decatur.

Anyone with information is encouraged to call Crime Stoppers at 404-577-TIPS. There has understandably been a lot of e-mail chatter concerning this incident, and I'm including some suggestions I read in one e-mail to help keep our kids safe. The officers stressed that they are never too young to start talking about this:

- 1) Run and scream when strangers approach you. Do not talk to them.
- 2) Do not talk on the phone or text while walking home.
- 3) Walk with a friend or friends -- not alone.
- 4) Do not listen to an iPod using earplugs.

On a different note the "Theft from Auto" count went up over the last month, so be careful not to leave valuable items in clear sight in your vehicles.



Sketch of Abduction Suspect

Finally, some contact names/numbers/email addresses to address your concerns:

+ To get emergency help in our neighborhood using a cell phone dial 404.658.6666. (program your cell) Dialing 911 only works from a land line.

+ For problems with unsecured vacant property contact: Code Enforcement at 404.330.6190, Officer Sweet at ssweet@atlantaga.gov, or Major Meadows at (C) 404.558.5535.

+ For repetitive noise contact Officer Trotter with the COPS unit at trotterapd@yahoo.com

+ Crime Stoppers at 404.577-TIPS

+ Zone 6 SVU supervisor, Sgt. Gentile at 404.546.5085

CrossFit RX's Nutrition Recommendations

CrossFit RX's nutrition recommendations are simple: eat plenty of garden vegetables, lean meats, fish, eggs, fruit, some nuts and seeds, and little starch. Avoid refined sugar, processed foods, and grains. You may also choose to avoid dairy and legumes depending on how your body handles these foods. This nutrition prescription is based in an understanding of what our Paleolithic ancestors ate and the fact that they apparently did not suffer from many of our common modern diseases. You may hear this style of eating called the "Paleo Diet," the "Hunter Gatherer Diet," or the "Primal Diet." If you want more information, a good resource is The Paleo Solution, by Robb Wolf.

If you're cooking at home every day, it's easy to eat whole foods, focusing on fresh vegeta-

bles and meat. But let's be real. We all live busy lives and enjoy eating out. So let's take a trip about the neighborhood to see what a Cross-Fit RX member might eat at some of our local establishments:

The Vortex

For an appetizer, the Bad-Ass Buffalo Wings look like a good choice. And for a meal, you can't go wrong with the Plain 'Ol Vortex Burger (hold the bun). If you are ok with a little dairy in your diet, then make it a cheeseburger. And of course you can always add bacon to make it a bit more decadent. Your best bet on the sides would be coleslaw or a side house salad. If you're pushing the envelope a bit, you wouldn't be too far off course with some sweet potato fries or fried plantains. Other interesting items on the Vortex menu include the bison burger, chicken burger, and turkey burger.

Radial Cafe

Good choices from a recent menu (menu changes regularly) include the grass-fed short ribs with parsnip-potato puree and Georgia trout with sweet potato hash. Appetizers that caught my eye include the bacon wrapped dates and pimento cheese deviled eggs. Of course they have burgers and you can always work with that by omitting the bun and choosing an appropriate side. For breakfast, order The American Breakfast; substitute a fruit cup for the toast and skip the grits and potatoes.

The Mercantile

If you are running short on time but still want to serve a healthy dinner at home, you could stop by The Mercantile and pick up one of their prepared meals. On a recent menu, The American Supper included a whole roasted chicken with mashed potatoes and zucchini. (You would be best served to skip the potatoes and double up on the zucchini or request another non-starchy vegetable.) Recently I stopped in and they had a full meatloaf and several vegetables ready to take home for dinner. All great choices for a healthy meal at

home that you don't have to cook.

San Francisco Coffee

CFRX members are known to stop by San Francisco Coffee after a workout to talk CrossFit. If you need something to eat with your coffee, they will prepare the egg sandwich for you, minus the sandwich. They also have bananas which is a great snack with coffee. And we would love it if they would add Larabars to their lineup of packaged bars. Larabars are made of just nuts and fruit; that's why we like them.

Fellini's

What does a paleo-er order at a pizza joint? Salad! The Fellini's salad is yummo! (Hold the mozzarella if you are avoiding dairy.) And from the list of pizza toppings there is so much to choose: pepperoni, mushrooms, Italian sausage, meatballs, onions, peppers, olives, and more. It's possible that they would accommodate a request to add these toppings to a salad. You can always ask.

La Fonda Latina

To get things started, order some guacamole dip and salsa with some plantain chips for dipping. There are several good salads on the menu, including Ensalada de Casa and Ensalada Mixta. You could add chicken or fish to either of these for a complete meal. The list of items from the grill is also good, including daily fresh fish, vegetable kabobs, steak, pork, and chicken; just watch the accompaniments and ask for substitutions where needed.

The Flying Biscuit

From the breakfast menu, order some eggs with a side of their awesome chicken breakfast sausage. Have some fruit instead of the biscuit (but once in a while, have the biscuit because it is so good!) There are so many items on the breakfast menu that would be good choices; you can make most everything work with minor modifications. Items that look particularly suited for a paleo diet would be the Piedmont Omelet, the Clifton Omelet, the Hollywood Omelette, and the Veggie Scramble. (Hold the cheese if you aren't doing dairy). For dinner, order the Flat Iron Steak. Yum!

Sevananda

Stop by Sevananda to stock your paleo pantry. They carry many of the items you need for preparing healthy meals at home. Of course they have organic produce and a nice salad and soup bar. They also carry a number of staples such as good quality canned tomatoes, spices, nuts, dried fruits, and seasonings. And they have local eggs, responsibly raised here in Georgia.

