



# Lake Claire Tree Goes to the Zoo

Last month, the Downeys’ popular, in their Hardendorf backyard, had to be taken down, due to a large hole from old lightning damage. They were very sad to see it go. On a happy note, however, Appleseed Tree Service arranged for Zoo Atlanta to take this part of the trunk with the hole to be used for an animal home at the zoo!

# Lake Claire Centennial BBQ Fantastic Success

by Joe Agee & Kathie Ryan, Lake Claire Neighbors, Inc.

As many of you already know, the Lake Claire Centennial BBQ celebration, held in the beautiful Cator Woolford Gardens at the Frazer Center on Sunday, June 14, was a major happening! 125 plates of BBQ were sold, and an unscientific count of the number of people actually attending ranges from 160 to 180. Along with a great eating experience of award-winning barbeque, there was plenty of entertainment, with Miss Ladybug painting faces, a scavenger hunt, and the silent auction. In addition, there was a table set up for the Lake Claire Neighbors, Inc., where new members were welcomed

and signed up, while many LCN tee shirts, hats, and banners were sold. The Lake Claire Community Land Trust also had a table to encourage participation in its great programs. In fact, things went so well that many thought we should have an annual centennial event. That may sound a little overdone but, in my case at least, it’s not likely I’ll still be in Lake Claire (another dimension or parallel universe perhaps) for the next centennial. So, repeating the experience next year and beyond seems like a good idea.

Many people need to be thanked

*Cont. on p. 6*

# Lake Claire Wahoo Swim Team

Lake Claire Wahoo finished in 7th place out of 108 teams in the ASA Championship finals! It was an excellent season, and Lake Claire Wahoo thanks the swimmers, parents, coaches, and all those that kept us going. Proud to be a Wahoo! Great swimming!!



See more pictures on the Kids’ Page (page 12).

# 30+ Years in Lake Claire: Our Own Caring Healer

Michele Moody, Practitioner of Traditional Chinese Medicine, Acupuncturist, and Clinical Herbal Pharmacologist

by Beth Damon

Healing doesn’t have to be a painful process. It also doesn’t have to mean long waits and impersonal experiences. I recently interviewed Michele Moody and realized a stark contrast between how she works versus my impressions and experiences I’ve had related to the medical world.

“All healing modalities have the intention of producing the same results, leading us to the same place—a place of wholeness, homeostasis, balance and

well-being,” says Michele. As a Practitioner of Traditional Chinese Medicine (TCM), Acupuncture, and Herbal Pharmacology, Michele engages with people individually to create optimal health with a treatment plan that reflects each person’s specific needs and goals.

Her practice investigates the root causes of illness, while managing the branches/symptoms

*Cont. on p. 5*

# Clarion Needs a Layout Artist Immediately

This is the last issue working with layout volunteer Erik Rühling, and we hope someone else in the neighborhood will consider it. The requirements: (1) flexibility to stick to our timing. The paper comes out by the first day of the month, eleven months a year (not in July). The editor usually emails the draft and the advertising coordinator the ads, to the layout person by around 15th-19th of the month – which gives the person a little more than a week’s turnaround time. The estimated time it takes for someone familiar with the computer software during that 7-8 days is just **10-12 hours**.

(2) attention to detail and thorough knowledge of **Adobe InDesign**. After doing the layout in *InDesign*, you will produce a PDF for soft proofing, and we will email back and forth with

changes/PDFs, until it is final, and you upload the Press-Ready PDF to the printer. We email back and forth as we finalize the paper during that 10-12 hours. If you have the above skills and think you might be interested, or have questions, please contact me at 404-727-0608 or editor@lakeclaire.org to talk or set up a meeting.

Above all, I want someone to enjoy it and join me in viewing this work as a “labor of love.” Though

*Cont. on p. 6*

## Highlights of this issue

- 2 Monthly calendar
- 4 Neighborhood Security
- 5 Residents’ Life-Cycle Events
- 8 Monthly Gardening
- 11 Lake Claire Land Trust
- 12 Lake Claire Kids’ Corner

THE **CLARION** IS PRINTED ON RECYCLED PAPER.

Return of the  
No Nukes Y’all  
Jamboree! - see p. 11



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The Clarion is published monthly. The deadline for advertising and editorial consideration is the 15th of the month preceding publication. Letters to the editor should be limited to 300 words or fewer. The opinions expressed herein are those of the authors and not those of Lake Claire Neighbors, Officers, or the Clarion Staff.

Cover banner photo by Sarah Coburn

*The Clarion Newspaper (including its predecessor Neighbors Monthly Newsletter and its predecessor Lake Claire Neighbors Flyer) has been written, edited, and distributed by volunteers since 1989.*

## AUGUST

**1** Saturdays, 1 and 15 – Land Trust Drum Circle, sunset to 11:00 pm. Please walk, bike or carpool. Bring a friend!

**1-28** Roosevelt's Little White House Historic Site in Warm Springs, GA Daily 9-5, Traveling exhibit from Kennesaw State University that honors women in WWII. Rosie the Riveter was the iconic symbol of women's involvement in the war. She is only part of a larger story of how women contributed to the war effort, 706-655-5870, <http://gastateparks.org/LittleWhiteHouse/>

**3** Open House, 5-7 p.m., at Mary Lin, Inman Middle, and 10 a.m. at Grady: 9th Grade Orientation for New Students

**5** First Day of School, Mary Lin and Inman Middle, Grady High

**6** Grady High Dual Enrollment Info. Session, 6pm, see <http://www.atlanta.k12.ga.us/Domain/3087>

**9** Annual commemoration of Nagasaki Day in the Rose Garden at the Carter Center – remembering a tragedy, but also drawing deep sustenance and hope for a non-nuclear world through song, dance, poetry and prayer. This is always a wonderful event. –Editor. See page 11 for more events this week.

**11** The Sierra Club, Atlanta chapter, 2nd Tues each month, Episcopal Church of the Epiphany, 2089 Ponce de Leon Ave. (at East Lake intersection); see <http://sierraclub.org/georgia/atlanta>

**14-15** Atlanta BBQ Fest and Piedmont Park Arts Fest (see websites)

**15** Lake Claire Land Trust Drum Circle, sunset to 11pm at the Land Trust. See above, Aug 1.

**20** and every 3rd Thursday, Lake Claire Neighbors Meeting, The Rose Room at The Frazer Center, 7 p.m. socialize, 7:15 meeting, pizza provided free from Savage (*THANKS, SAVAGE*)

**29** 5-11 p.m. - Return of the No Nukes Y'all Jamboree! At the Land Trust. See Page 11!

**29-30** Grant Park Summer Shade Festival

## To come in September:

September 4-7 – Dragon-Con!

September 26 – Lake Claire Tour of Homes!

SMALLER CALENDAR THIS TIME! Next time, help us fill it out! Deadline, **August 15** for the **SEPTEMBER** issue to [editor@lakeclaire.org](mailto:editor@lakeclaire.org)



## Coming in September: the Lake Claire Tour of Homes

Mark your calendar for **September 26 from 10 until 4**, and more to come in the next issue. To volunteer, email Sara at [fun@lakeclaire.org](mailto:fun@lakeclaire.org)

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on McLendon Ave in Candler Park

## THANKS TO THE CANDLER PARK MARKET!

Once again Candler Park Market held their *Annual New Belgium Bicycle Raffle*, and divided the proceeds between the Lake Claire and Candler Park neighborhood organizations.

Please support such neighborhood businesses as the CP Market, Savage Pizza, & the Clarion advertisers.



Lake Claire is gearing up for a membership drive!  
Specifics to come in the September Clarion – Stay tuned!

## Clarion interview with a Lake Claire Writer:

### Brian Kirk from the 'Dorf

**First of all, welcome to Lake Claire. How long have you lived here, and what brought you?**

Thanks for having me. My family and I have been here for exactly one year this month, and we couldn't be happier. While we came primarily for Mary Lin elementary school (we have identical twin boys starting kindergarten this fall), we choose Lake Claire specifically for the eclectic mix of people and fascinating personalities. This feels like home.

**How long have you been writing fiction?**

Reading and writing have been the two things I've enjoyed above all else for as long as I can remember. And I realized I had somewhat of a talent for telling stories early on, as fellow students started looking forward to hearing my stories read aloud in class. My English teachers all encouraged my writing, and I won a poetry contest in 5th grade from a homework assignment that my

teacher submitted on my behalf.

I didn't start writing for publication until my late twenties,



however. Once I did, I spent a couple of years accruing a massive stack of rejection letters before I finally sold a story. Then I sold another. After a while I decided to quit my full time job at an ad agency to work freelance and write a book. That's how *We Are Monsters* came about.

***We Are Monsters*, hmm? Certainly no one in Lake Claire is included... Tell us about it.**

No, the book was written be-

fore we moved here, so I haven't had time to work any neighbors into my fiction just yet! *We Are Monsters* is a work of psychological suspense. It's labeled as horror, and while it certainly has some horrific elements, it's not a horror story in the classic sense where the primary aim is to elicit terror or dread.

It's about a brilliant, yet troubled psychiatrist who is working to develop a cure for schizophrenia. At first, the drug he creates shows great promise in alleviating his patients' symptoms. It appears to return schizophrenics to their former selves. But (as you may imagine) something goes wrong. Unforeseen side effects begin to emerge, forcing prior traumas to the surface, setting inner demons free. His medicine may help heal the schizophrenic mind, but it also expands it, and the monsters it releases could be more dangerous than the disease.

Fantasy author, Mercedes M. Yardley, said this about the book:

WE ARE  
MONSTERS



BRIAN KIRK

"*We Are Monsters* is a smart, elaborate novel that weaves together the best and worst of us. Complex, terrifying, and still humane, this book moved me to both horror and compassion, and that's a difficult thing indeed." I think that's an accurate summary of what readers can expect.

**Okay, so if not Lake Claire, what did inspire this story?**

*Cont. on p. 9*

## Wild in Lake Claire

by Carol Vanderschaaf

**Chipmunks and the Kardashians:** My original intent was to write a column about these two species, but I was so overwhelmed after researching the Ks that I decided to stick to the chipmunk, or I feared I'd stick it to the Kardashians. Apologies to their fans.

**A Few Facts about Chipmunks:** A group of chipmunks is called a scurry. One chipmunk can gather up to 165 acorns in one day. Chipmunks can fill their cheek pouches with food up to three times the size of their heads. The main entrance to a chipmunk burrow can be as long as 20 to 30 feet.

The Eastern Chipmunk, ours, is a scatter-hoarder and will store supplies in various rooms of their burrows or even have caches throughout their home range. The name "chipmunk" comes from the Odawa word *ajidamoonh* or the Ojibwe word *ajidamoo*, which translates literally as "one who descends trees headlong." Hmmm...didyathink?

**Breeding Habits:** Our chip-

munks breed twice, February to April and June through August.



They have 2 to 5 offspring each time. The young stay within the burrow for 6 weeks before going out to forage on their own. Chipmunks are solitary creatures and

only come together for breeding purposes.

**Activity:** Chipmunks are active in the daytime in spring, summer, and fall. Chipmunks don't hibernate during winter but stay in their burrows and

go into torpor, that is, deep sleep and lower body temperature. They do wake up occasionally to feed in one of their rooms. If the weather is nice enough they may come out to enjoy it.

**Diet:** Chipmunks are foodies and like fruit, seeds and nuts which can be supplemented with insects, earthworms, slugs, birds' eggs, and mushrooms. Can you boast such a palate?

**Size:** Our Eastern Chipmunk, *Tamias Striatus*, grows up to 11 inches and can weigh as much as 4.4 ounces.

**Sounds:** Eastern chipmunks have three distinct calls: trilling, chipping and chucking. The latter two can last for as long as 30 minutes. Trills are given as an alert to predators and are shorter in duration (and probably louder).

**Burrows:** Their long burrows are quite complex and can contain chambers for nesting, food storage, side pockets, and escape tunnels. *They need to be on the next Lake Claire Tour of Homes!*

*Cont. on p. 9*

## Keep An Eye on the Crime and the Time:

Lake Claire Security Report, May 3 through June 27 (8 weeks)

### Auto Theft

400 block Ridgewood Rd 6/26/15 from parking lot  
Stolen: 1991 black GMC/SYC

### Theft from Vehicle

1700 block McLendon Ave 5/6/15 from street  
Taken: cell phone, wallet with driver's license and debit card  
No prints found  
vehicle left unlocked

400 block Hardendorf Ave 5/15/15 from street  
Taken: professional lawn equipment from the bed of a truck  
no prints

500 block Clifton Rd 5/19/15 from driveway  
Damage: door locks  
Taken: nothing  
Note: the victim saw 2 B/Ms in his vehicle who ran away and drove off in their Jeep Cherokee when he ran outside

400 block Harold Ave 6/4/15 from street  
Damage: right, rear window broken out  
Taken: backpack, laptop  
no prints

2000 block Palifox Ave 6/27/15 from street  
Damage: front passenger window broken  
Taken: cash no prints (rain)

### Other Larceny

1900 block Tuxedo Ave 5/14/15 from mailbox at residence  
Taken: check  
Victim placed a check in the mail and was later contacted by her bank advising that a male attempted to cash an altered check belonging to her account for a larger amount. The suspect has been identified.

400 block Sutherland Pl 5/19/15 from back patio at residence  
Taken: mountain bike  
Two bikes were stolen from the same location a few weeks prior, but they were recovered.

*Take mail containing checks to work, or drop it at the post office to prevent theft from your mailbox.*

**PLEASE MAKE SURE THE DOORS AND WINDOWS OF YOUR RESIDENCE ARE LOCKED AT ALL TIMES AND LEAVE NOTHING VALUABLE OR VISIBLE IN YOUR VEHICLES!!**

### More Notes Regarding Crime and Security

Edgewood Retail District 24-hour security --program into phone in the event of a threatening situation or to report anything amiss: 678-618-2308.

APD: dial 911 from landline

or cell phone for any/every incidence of crime or suspicious behavior. Program 404-658-6666 into cell phone for a prompter response. Tell the operator you're in APD's Zone 6, Beat 608 if your location does not automatically come up on the operator's screen, and give a call back number.

For up-to-date security reports join lakeclaireneighborhood-watch@yahoogroups.com and Nextdoor.com (Lake Claire). The latter has become the best way to receive up to date security reports, as the Atlanta Police Department posts to that site. To join: www.nextdoor.com/join. A

great place to report missing pets in the Lost & Found category. *You will only receive the notifications you request when you choose your settings, so your inbox will not be slammed with information in which you are not interested.*

## Letter to the Editor:

**Dear Editor – regarding unleashed dogs in Lake Claire Park,** the Lake Claire Park playground is one of my favorite places to go year-round. Many folks let dogs play unleashed, however. We all know that there is a leash law. Please respect others, and adhere to this law. The majority of dog bite victims are children. Dogs run and jump. They run into small children who weigh much less than they do, knocking them down and causing injury. This has recently happened on the Lake Claire playground, and happened to my daughter when she was two years old (and less than twenty pounds). She was knocked over by a large, fast dog

chasing another dog on the playground. I am mad at myself for not speaking up sooner. Please unleash your dogs at the Oakhurst Dog Park, a wonderful fenced-in dog park just a short drive from Lake Claire. Thank you,

B. Kates (I am not alone in my thinking, I just have the biggest mouth).

*Editor's note | Absolutely agree –and the Clarion has received numerous other letters from others experiencing problems over many years. PS: before you let your dog play with other dogs at the dog park at this time, check with your vet about the canine flu that is going around now.*

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# 30+ Years in Lake Claire – Our Own Healer

*continued from page 1*

to encourage and support healing processes. My analogies to the plant world are intended because, from an early age, Michele experienced plant-based healing. Her family gardened extensively from a historical agrarian point of view. As a young child, Michele's father, who was a pharmacist, had a sudden and permanent health crisis; she became aware over time of the far-reaching impact of disease and imbalance for the individual, family, and communities at large.

This experience led to a fascination with healing and plant-based medicine and how their chemical constituents and synergistic effects have the potential to promote healing.

However, despite her awareness of this calling, she turned her focus to earning a professional degree, resulting in a long, successful career as a graphic designer. Meanwhile, her interest in plant medicine and healing techniques continued to bubble under the surface. Fascinated with the idea that food could become one's medicine, she became a vegetarian. In 1995 she began a series of classes in herbology offered by Patricia Howell. A weekend class led to a 6-month course, and her curiosity to learn more began to intensify. She wanted to take her knowledge beyond what her voracious reading had already taught her and dive into in-depth information about herbal medicine to help friends and family. In her mind and heart, she knew the plant kingdom was leading the way towards a new chapter in life.

Another course of study with Michael and Lesley Tierra (both practicing acupuncturists) was offered through *The East West School of Planetary Herbology*. Through their school she embraced the power of traditional Chinese medicine (TCM) as a paradigm for applying herbal pharmacology in an ancient, yet systematic, sophisticated way. To her amazement, everything she was learning dovetailed with her intuition, interests, and background.

Coinciding with Michele's studies, her corporate job fortuitously was outsourced to India. A door closed. A window opened. And a severance package gave her the support and courage to follow her calling of becoming a licensed acupuncturist through an apprenticeship program being offered by the Georgia Medical Board, which eventually lead to certification and licensing in the State of Georgia.

As you may know, TCM is comprised of acupuncture, herbal formulations, dietary practices and exercise, such as qi gong and tai chi. Acupuncture is a modality that has been studied scientifically in recent years and is gaining acceptance in Western Medicine. It involves penetrating the skin with solid, sterile, filament-

like, stainless steel needles that are manipulated by hand or by electrical stimulation. TCM has been practiced in China and other Asian countries for over five thousand years; acupuncture being the key component of TCM.

A person does not have to feel ill in order to benefit from treatment. Acupuncture has the capacity to relieve stress, bolster the immune system, and prevent

fatigue, which often leads to illness and disharmony. Michele uses ancient methods to identify and correct existing imbalances in the body to find relief from symptoms by treating their root causes, for a healthier and more balanced self.

Michele's treatment space is quiet and ordered, and the healing process begins with being valued, listened to, and respected. Michele's background and experience has aided in her practice of TCM, and her natural caring and compassion contributes to her comprehensive approach to helping people overcome health and wellness obstacles. If you have never tried TCM or herbal alternatives, I highly suggest you do so.

Michele views her role as a TCM practitioner as a way to assist and guide patients toward a



path of restored wellness, making herbal recommendations to enhance and extend the treatment of Acupuncture. A significant role in healing is trust, the practice of listening, and providing a safe, nurturing space, with the goal of achieving a state of deep, complete, relaxation. A parasympathetic state. The place where wisdom and healing begins.

TCM does not see itself as an outside force trying to work on the body, but as a way to adjust the body and bring it back into balance so that health is restored. In essence, it is not Michele doing the healing, but one's own body. Her advice allows the person to participate in her or his own healing. The goal is to guide the person. TCM to the uninitiated may seem mysterious or magical; but the fact that it has been around for thousands of years and is still able to treat modern diseases is a testament to its ability to heal – mind, body, and spirit.

You can contact Michele at [m2botanicals@bellsouth.net](mailto:m2botanicals@bellsouth.net) (web address [www.meridianhealth.biz](http://www.meridianhealth.biz))

## Hello...Safe Journey – Skiing in and around Lake Claire



Alice Elisabet Ruhling

Welcome:

7/17 Alice Elisabet Ruhling, born to Erik Rühling and Sarah Coburn.

*Birthdays:*

8/3 Jazz Melodie Sibille, turns 9, Ivy Place (**Dear Jazz: please write for Kids' Corner!**)

8/5 Ally Bliss, turns 10 years

old, Leonardo

8/6 Fallou Diouf, turns 9 years old, Arizona

8/13 Lyriq Gaspard Sibille, turns 3! - Ivy Place

8/15 Anna Landgraff, 13, Harold Avenue

8/16 Peter Belle, 50+, McLen-don Ave.

8/18 Mark Haggerty - BIG 4-0h!!!!!! - Harold Avenue

*Anniversary:*

8/2 Melanie and Jason Bliss' 18th anniversary, congrats!

To help us continue this feature on neighborhood life cycle events, send dates to [editor@lakeclaire.org](mailto:editor@lakeclaire.org) -- birthdays or other celebra-

tions for the upcoming month, births or deaths or important rites of passage. We promise not to identify ages for people over 25 unless requested! ;-). What's in September? **Let us know your suggestions by AUGUST 15 for the September Clarion.**



## Clarion Seeks Layout Artist

*continued from page 1*

it is unpaid, there is a great deal of satisfaction in volunteering for our community and producing a beautiful product. **Lake Claire's deepest gratitude to Erik for the years of service!**

Kind regards, Beth



*So far we did have these two applicants for the Clarion's layout position, and their credentials were impressive, but they didn't know In-design (L/R, Nathaniel Wellen and Esther Williams, each of Harold Avenue)*

## Lake Claire Centennial BBQ

*continued from page 1*



*Christiane French, Pat Del Rey, Kathie Ryan*



for their contributions in making the BBQ a wonderful success: **organizers:** Kathie Ryan, Joe Agee, Sara Rockaway, Sara Dangel, Nancy Dorsner; **BBQ kings:** David Gelin and Wayne Germon; **kid's activities:** Andrea Zoppo aka Miss Ladybug and Farmer Greenthumbs, Pen & Andrew Sherwood, and the Land Trust; **communication:** Beth Damon, Nancy Dorsner, Joe Agee, Annsley Klehr, Pat del Rey; **auction and "day of" volunteers:** Jim and the entire Rockaway clan, Miriam Herbers, Christiane French, Pat del Rey, Joella Vitek, Ricky Wetzstein, Paul Dangel, and our wonderful Frazer Center event managers, Jen Hawthorne and Christina Hopkins. And, finally, **the businesses, artists and individuals who contributed to our successful silent auction:** Lyndsay at Salon Red, Doggie Styles Grooming Salon, Candler Park Market, The Mercantile, the Flying Biscuit, Courtesy Cleaners, Miss Ladybug, Wylde Center, Soulshine, Gymboree, Tom Blakely, Pen Sherwood, Sara Rockaway, and Kathie Ryan.





# Lake Claire Centennial BBQ

*continued from page 6*



*Lovely Scavenger Hunt Team*



*Love the Ladybug*



*The Rockaway family personing the welcome table*



*Neighbors enjoy yummy BBQ*

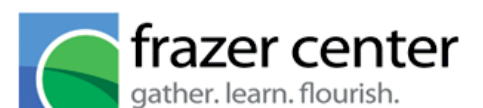


*Silent Auction*



Our monthly cartoons are from the *Biscuits and Bellyrubs* series by Anna Trodglén. See the article on Anna and her book in the March issue.

*Centennial Pictures by Pen Sherwood, Christiane French, and Beth Damon*





# August into September in the Garden

by Elizabeth Knowlton

All last early spring I fretted about the celosia, salvias, and other annual seedlings that were decimated by aphids under my grow lights. Even after I finally found the ant colony that had carried them about, secreted at the bottom of a larger pot with shards to house their eggs—even after that was destroyed, the aphids had accomplished their feeding and spreading of disease that killed or deformed most of these seedlings. If they had been outside, natural predators would have kept their numbers down, but inside they had no enemies but me.

We had a rainy April and even May (all in the last 13 days), totaling over eight inches each month. I had not been in a hurry to mulch although I was using compost at a great rate. By June I was noticing little lime green plants with pointed leaves springing up in the bed where I usually plant celosia Fresh Look Red. And in the vegetable beds. And out on the street beds. And in the front yard. And in pots of tomato transplants. I now have plenty of celosia and am busy weeding it. A salvia Coral Nymph sprang up in a pot of eggplant. A salvia Lady in Red has appeared in the back annual bed, looking terrific in front of the pomegranate bush and among the nasturtiums, marigolds, and celosias. One of the wonderful things about gardening is that plants do things by themselves—you just need to accept the bad with the good.

By June I was harvesting tomatoes, but so were the squirrels from across the street, from my tomato tub of Bella Rosa in the front yard. Besides using hot pepper wax, Deer-Off, Ropel, and other noxious substances for the

be opened and new mothballs added. I have no idea whose pet dander is used and how long it works. As I write, green tomatoes are being carried off as usual, just at a slower pace. The squirrel population is still lower



*Traditional Cottage Gardens abound in Lake Claire.*

tomatoes and their surroundings, I ordered up some Squirrel Chaser Pouches, a combination of pet dander and mothballs. Although described as all natural (!) on the Internet, mothballs are one of the most dangerous items you can have in your household. I was desperate and have found these somewhat more effective than the other methods. Just do not use them around small children. The mothballs will melt in a few rains, but the pouches may

than last year at this time.

If you have not begun or kept up a compost area, now is a good time, well before the leaves begin to fall. A single bin made of wire panels can be filled and the panels moved to another part of the garden when it is full and breaking down. Or a three-bin system can be built and the piles turned from one bin to the other as finished compost is depleted. Always layer kitchen waste (vegetable matter, eggshells, fruit

peels, coffee and tea grounds, no meat or fat) and green matter such as weeds with brown matter like leaves, pine needles, or straw. A great deal of the latter is needed, so stockpile in the fall. When I turn from bin one to two, I add compost maker to specifications on the bag. By the time the contents are turned to bin three, the compost is ready. If there is no rainfall, then add water to bins one and two. There are also closed bins you can buy and ones you rotate with a handle to shake up the material, and they are handy as a way to break down kitchen waste and weeds but do not produce enough for a gardener. I add compost and organic fertilizers to the soil each time I plant.

Don't neglect a fall garden; just realize that the seeds must be planted a little deeper and the soil must be watered daily until seedlings appear. Plant bean, squash, kale, beet, garden pea, and chard seeds now to harvest in the fall. The seeds you started indoors back in June or July must be potted up to larger containers or transplanted to the beds. If temperatures are running in the 90s and we are not getting cooling showers, then provide some temporary shade for them. Old lawn furniture is ideal, being light and easy to move around and store.

So much rain this spring has made the garden a veritable paradise. I picked over 30 ears of corn from the small plot through which rain off the house ran and am hopeful for the okra that is taking its place. Amazing lettuce, mizuna, kale, and collards

**Cont. on p. 9**

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## Wild in Lake Claire

*continued from page 3*

They keep their homes very clean. They have refuse compartments for shells and excrement and bedrooms full of shredded leaves for comfort. And, BTW, there is no soil around the entrances to their earthly homes as the cautious creatures carry it away in their cheek pouches and spread it elsewhere.

**Ecological Importance:** Chipmunks fulfill several important functions in forest ecosystems. Their harvesting and hoarding tree seeds play a crucial role in seedling establishment. Chipmunks also play an important role, yum, yum, as prey for various predatory mammals and birds; however, they are also opportunistic predators themselves, particularly with regards to bird eggs and nestlings, so don't say "how cute" or "poor things" too quickly.

### Other sightings in the hood:

There have been a great flurry of posts on the *nextdoor* listserv regarding a snake sighted near the bridge in Candler Park. Is it a cottonmouth, a copperhead, a banded water snake? Or, as the discussion deteriorated, from a black mamba to an anaconda to a Monty Python. Walk the bridge, and you decide....

Turtles, both sliders and snapping, seen around.

Lastly, I saw a rabbit on the front lawn at the corner of Arizona and Adolphus while walking my dog.

Life continues to be wild in unexpected places in Lake Claire.

*Let Carol know what and whom you see at [cvanderschaff@bellsouth.net](mailto:cvanderschaff@bellsouth.net), but only animals, not Kardashians.*

## Lake Claire Writer

*continued from page 3*

I've always been fascinated by mental illness. The idea that our own brains can turn against us is terrifying. It's the ultimate enemy; it knows our deepest secrets and it's something we can't escape.

I also have a great deal of sympathy for people who suffer from mental health disorders. I've dealt with OCD all of my life, which produces chronic anxiety, negative thought loops, and periods of depression. No fun, I'll tell you. And I feel that mental disease is misunderstood by our society at large. In fact, many people who are mentally ill are often labeled as evil or deranged, which I feel is unfair and may preclude us from exploring proper treatment options. I found the subject both fascinating and deeply personal, and I wanted to explore it further, so I wrote

about it.

### Where can people buy a copy or learn more?

People are welcome to walk on down to the dead end of Hardendorf and chat with me about it anytime. Otherwise Amazon would be the best way to order a print or digital copy. My autograph isn't worth much, but I'd be more than happy to sign one for whomever brings one by.

### That's great. I look forward to reading it.

Thanks for having me! I hope you enjoy it. But you may want to read with the lights on. Actually that doesn't make sense. How would you read in the dark? Sorry, I'm always awkward at the end!

*Don't forget about reading on a tablet, Brian – quite possibly in the dark! – Ed.*

## Return of the No Nukes Y'all Jamboree!

### Sat., Aug. 29, 5-11 p.m.

by Stephen Wing

As a board member of both Nuclear Watch South (NWS) and the Lake Claire Community Land Trust, I'm proud to invite my neighbors to NWS's 4th annual No Nukes Y'all JAMBoree fundraiser at the Land Trust Saturday, August 29. Your \$10 donation and purchase of food and drink will power NWS through another year of exposing and opposing the dangers of nuclear technology around the Southeast.

August is a big month for Nuclear Watch South, as it is the 70th anniversary of the bombing of Hiroshima. A delegation of Atlantans will observe the occasion

in Oak Ridge, Tenn., where the uranium for the Hiroshima bomb was made, on Saturday, August 8. Closer to home, on the evening of Sunday, August 9, NWS will host the annual commemoration of Nagasaki Day in the Rose Garden at the Carter Center – remembering a tragedy, but also drawing deep sustenance and hope for a non-nuclear world through song, dance, poetry and prayer in a powerful circle of sharing. All are welcome.

For the entire month of August, Nuclear Watch South will be the featured "Be the Change Partner" at Sevananda Natural Foods. Stop in and round up your purchase

amount to support that clean and peaceful future we are all working towards!

And to finish the month in style, **we party!** *Copious Jones* headlines the JAMBoree, with its original hometown rock 'n' roll sound. Other musical offerings include the *Ex-P.A.N.D. Band*, featuring neighbor Bill Fleming, the vivacious *Aviva and her Flying Penguins*, and the musical inspiration of *The Pacha Mamas*. Once again our famous homemade burritos will be on the menu, along with donated ones from Decatur's Ragging Burrito, and other yummy selections. Walking neighbors are especially welcome.

Founded in Atlanta in 1977, **Nuclear Watch South** is a grassroots organization confronting the disproportionate role of the southeastern U.S. in nuclear energy and weapons production (and pollution). Since last year's JAMBoree, the group has continued its cam-

paign to shut down construction of two additional reactors at Plant Vogtle, located in a poor black community on the Savannah River in Burke County near Augusta.

Because no bank is foolish enough to risk financing a nuclear power plant, the Georgia Assembly committed *your money* to the project through legalizing "CWIP" – Construction Work in Progress, an escalating tax on every Georgia Power electricity bill. You have effectively been captured as an investor without your consent, insulating Georgia Power from risking its own money. If and when the reactors go online, Georgia Power and its shareholders will reap the guaranteed profit. NWS's petition calls out this un-democratic and anti-capitalist enterprise and has been signed by thousands of electricity customers from all over the State of Georgia. You can add your name at [www.nonukesyall.org](http://www.nonukesyall.org).

**Cont. on p. 10**

## August into September in the Garden

*continued from page 8*

came out of bed now solarizing under plastic. The squash plants, under netting until they were huge, are actually producing squash ahead of the borer. Bush green beans, staggered in planting, were ready for picking in June; and meanwhile the pole beans are running up strings, while cucumbers and melons take the place of garden peas. Despite squirrel depredations and a failed pepper plant or two, the nightshade bed is booming

with growth. Only the eggplant lag behind, but I saw the first blossom July 5. Rains have kept the chard lush in shades of red, pink, orange, yellow, and white. Beets and carrots are coming on strong. The parsnip squares look great. And potatoes, grown up the hill this year, both red and yellow, are busy yielding great harvests as they make room for the sweet potatoes.

So satisfying have been the annuals sharing space with veg-

etables: giant zinnias, sunflowers, marigolds, and nasturtiums plus those dratted celosia and tidy tips. In fact this is a banner year for all annuals. On the street bed I have profusion zinnias in shades of pink and white plus the giants in purple and lilac, mingled with pink shades of cosmos, and overseen by cleome from white through pink to dark purple, filling the emptiness left by day lilies and roses. The perennial bed inside the back gar-

den has been particularly successful this year with garden phlox and Shasta daisies ready to take the place of monarda and auratum lilies, which pass only too soon in June. Nicotiana, salvia, browallia, and impatiens are major players.

E-mail me ([knowltonew@earthlink.net](mailto:knowltonew@earthlink.net)) your successes (and failures), and I will feature them anonymously in future columns. Stay cool, fix yourself a nice drink, and stay in the shade.



# No Nukes Y'all

*continued from page 9*

Nuclear Watch South is also intervening to stop Plant Vogtle before the Georgia Public Service Commission (PSC) to cancel the reactors under construction. In June, NWS Coordinator Glenn Carroll testified before the PSC as an expert witness, proving with Georgia Power's own data that the new reactors are unneeded. The company's annual report data, filed with the federal Securities & Exchange Commission, show that Georgia Power's current market demand uses only 58% of its capacity, far below the national average, and that sales have remained flat for a decade despite the company's forecast of rising demand.

Of course there are a myriad of environmental reasons for not going further down the nuclear path. Besides the unacceptable risk of nuclear meltdown, the additional reactors would use as much water as the cities of Atlanta, Savannah, and Augusta combined **every day** and add to the unsolved problem of nuclear waste, which remains deadly for thousands of years into the future.

Nuclear power plants are famous for going over budget and falling behind schedule. The Vogtle expansion is no exception. Not quite one quarter complete, it has cost almost \$6 billion so far, including \$2 billion in cost overruns, and is projected to wind up costing \$12 billion more. Construction delays have put it three years behind. For comparison with those numbers, Ms. Carroll challenged Georgia Power and the PSC

to research what the cost of cancellation would be. Under Georgia law, the PSC may cancel the project if it is not in the best interests of Georgia Power's customers, which it clearly is not.

We hope you will help us, and it's really easy!!!

Come on over to the Land Trust and party with us! While you're there, you can sign the petition and sign up to get involved. Or just eat another burrito and enjoy dancing to the music at the fabled Land Trust.

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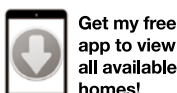
I've helped people put down (and pick up) roots in and around 30307 for years. I'm a Mary Lin and Grady High mom and personally rooted in Lake Claire. As an Intown homeowner and Realtor® with deep roots in our community, I know how to help you find the right home and market your home to sell.

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# Independence Day 2015 at the Land Trust

by Debbie Livingston



Winners of the Bean Cook-off contest

Every year the Lake Claire Community Land Trust holds a 4th of July cook-off, potluck, and watermelon seed spitting contest. The 2015 theme for the cook-off was BEANS. Our rain location is the Co-Housing Common House, and this year we chose to use it to avoid the predicted afternoon thunderstorms. Luckily, the weather held so that we were

able to spit our watermelon seeds at the Land Trust.

Anyone can enter a dish in the contest, and anyone can taste and vote. A \$1.00 donation is requested to obtain a ballot and tasting/voting privileges. This year we had eight entries. The winners: First Place went to Veronique Perrot for her Coffee Panna Cotta. Jamie McGill's



Seed-spitting Winners

Fudge Protein Bars won Second Place, and Genise Spenle's Red Bean Ice Cream won Third Place. Please check out the LT website for the recipes for the delicious dishes, as we didn't have room to print them: <http://lclt.org/>

The tasting and judging was followed by a scrumptious potluck, after which we walked over to the Land Trust for watermelon



on seed spitting. The seed spitting winners: Burges Richardson (adult division) and Royce Mann (youth division).

If you have any suggestions for a cook-off theme for 2016, please email them to [debliv54@gmail.com](mailto:debliv54@gmail.com). And please join us next year.

## Five Ways to Make Your Child's Next Birthday Party less "trashy" than the Joneses'

by Sean T. Conlon, aka Farmer Greenthumbs, of [LadybugEventsllc.com](http://LadybugEventsllc.com)

Whether you're 9 to 5 or "stay at home," parenting is a 365 a year/24-hour gig. Understandably, it's super easy to reach for the cheapest and most time efficient way to get the job done when it comes to your child's birthday party; but so often what is marketed to us as "cheapest" is also the trashiest.

Here are 5 quick, cost effective, ways to break the chain of "trashiness" at your next party leaving the Joneses jonesing keep up with you:

**#1. D.I.Y invitations?** Take an hour or so of time for a li'l party pre-game with your child: get out the colored pencils and recycled paper, make a list of potential guests, and let your son's or daughter's imagination do the work. Kids love decorating invitations. As each card is completed by your child, take a moment to add a legible name, date, and location; the Joneses will be soooooo jellie.

**#2. Compost-party scraps.** If you are smarter, and less "trashy" than the Joneses you can put a

party together so that your post-party scraps and decor can be composted; not just the food. It's pretty simple. Make sure that everything is just paper – e.g., tablecloths, decorations, plates (if you choose to go that route) with no coating; if you're thinking, "yeah right, this is a birthday party, Greenthumbs, kids want color, and paper is sooooo booooooring," then bring colored pencils (*not* petroleum crayons) for the kids to doodle in their up-and-downtime. Take compost to your local community garden's pile, or start your own, and toss all of it in. You will walk away with a calm-post party feeling of be-earth day stewardship.

**#3. Have a post party dish "dunk"!** Everyone loves the word "dunk," especially kids: it's all about branding. Instead of bringing future styrofoam or plastic trash, bring your lightest reusable cups and dishes, two lidded storage tubs (you know you got 'em), and some dish soap or white vinegar. Fill one tub with soapy, or vinegary, water and en-

courage your guests to DUNK "EM when they're done; then, when all is said and dunked, dump the dunk water, slip the dish tub into the now empty tub, seal it, and have dad pop it in the dunk trunk of the family wagon. This will get any food residual knocked off, making the at home dish party a kitchen synch.

**#4. Bottled water is sooooo, shall we say, "trashy"?** Let's be real, bottled water is not any healthier than tap water and can actually contain additionally harmful chemicals. Fill up a jug or a few pitchers, if you have a water filter that is even better, your guests will appreciate the hydration. *While you're at it don't forget to write your local representative a friendly reminder to purify your city's tap water so you no longer have to bear the burden; after all, that's what taxes are for.*

**#5. Wrap it in compost.**

A big component of party waste is the ceremonial gift opening aftermath. So often we see giant piles of impersonal, laminated,

wrapping paper or gift bags winding up in landfills. Now, those laminated gift bags can be reused, and if you are organized and don't already have closet full of those things consider encouraging your guests personally to decorate brown paper sacks with colored pencils and stuff 'em with pages from the local rag. All of that can be composted, assisting in adding a carbon-rich aeration to any garden's compost as well as diverting additional landfill waste. It's always a good idea to tear or shred the bags/non-glossy newspaper; a task the kids should have no problem helping out with.

*Farmer Greenthumbs is an entertainer with Ladybug Events LLC, an education and talent agency specializing in providing entertainment, programming and events to metro Atlanta in a manner that encourages sustainable practices and our local economies. Find out more at [LadybugEventsllc.com](http://LadybugEventsllc.com).*





# LAKE CLAIRE KIDS' CORNER



We hope this series is fun and a way for young Clarion readers/writers/artists to participate. This month's featured artist is Anneliese Ruhling. Anneliese is 3 years old. She loves flowers. Her mommy Sarah has been contributing our cover banner picture (page 1), and her daddy Erik has been our layout artist since 2013, so creativity certainly runs in the family. Now the family, including Anneliese's sister Astrid, 1.5 years

old, and baby Alice (just born July 17) is moving from Atlanta, and this is their last month here. Thank you, Anneliese, and good luck on your travels!

Hey there, let's hear from more Lake Claire kids – we want *your* creativity on this page. Submit articles, poetry, drawings, your original puzzles, etc., to [editor@lakeclaire.org](mailto:editor@lakeclaire.org). We'd love to hear from you.



*Mommy's Flower Garden by Anneliese Ruhling*

## Lake Claire Wahoo

*continued from page 1*



### \*\*CONGRATULATIONS!\*\*

to **MACIE GRAY**, of Mathews Avenue, who won the contest and found the July 4 graphic in the last issue! Macie is seven years old and just moved to Lake Claire. Macie enters first grade at Mary Lin this month as a second grader. She loves dancing, gymnastics, and cooking. Great job, Macie!

And coming in second place was **Nathaniel Wellen**, of Harold Avenue (see also his picture on Page 6). He will be seven on August 18, and he enters the first grade at Mary Lin this month.



*1st prizewinner Macie found the July 4 graphic.*



*2nd place - Nathaniel found the July 4 graphic!*

### NEW CONTEST:

HELLO, KIDS: Hidden in this issue is a **back-to-school** graphic. The child who finds it will be the contest winner & have his or her name and picture noted in the SEPTEMBER Clarion. To win, send e-mail (or have your parent(s) send one) with the page it is on, to [editor@lakeclaire.org](mailto:editor@lakeclaire.org). Any Lake Claire child is eligible, except that you can't win two months in a row. **Hurry and look;** competition is always stiff for this coveted prize.

