



Children's Art While Staying at Home

Around the world and in Lake Claire, with schools closed and stay-at-home orders in place, many families hunkered down at home. And the chalk came out! One way that kids have handled sheltering-in-place is to be even more creative than usual with their chalk drawings on driveways and sidewalks. Many drawings we've seen in Lake Claire show what an innovative bunch of kids we have, including this example, spotted on a recent dog walk around the neighborhood.

Who doesn't love sidewalk chalk?! Not only does chalk art give you a chance to get outside and enjoy the sun-

shine, but it offers a creative way for adults and kids to have fun together. And unlike magic markers and tattoos, one can change his or her mind and easily erase. From doodling all over your driveways and sidewalks to a myriad of fun games and learning activities, chalk art possibilities are endless. Let the Clarion know at editor@lakeclaire.org of any works of art you see, or send us pictures for possible future publication. Have fun, kids (and adult kids), and wash your hands a lot. (P.S., I *think* I saw this one on Arizona Avenue near the intersection with Mathews Ave. ~B.)

Just a Breath Away

by Frani Green

I have been a student of Yoga for 35 years and a Yoga teacher for 25 years. If there is one thing that I know how to do, I know how to Breathe. My breath is there, 24/7. Learning to breathe is the best tool I know to get me

through life's struggles, happy times, sad times, frustration, anxiety and depression, just to name a few. By paying attention to my breath, I am able to calm my nervous

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What the Future Holds for Lake Claire

by General JBG

It may be June or July when you read this, but know that I'm coming to you from the future. These days, everyone is wondering what life will be like when it gets back to "normal." I can't tell you everything, but I can give you a little peek behind the curtain.

1. There is a vaccine for Covid 19. I know it was super-fast, but we got really lucky. Some folks in Uganda actually came up with the right miracle cure and were willing to share with us. For a bit, it seemed like we might invade the country just to take the meds, but with an incredible mediation orchestrated by members of the original Walking Dead cast, we managed to come to a solution.

2. Flying cars are on the way. I'm not saying that everyone will have one on his or her Christmas list this year, but when you wondered why Elon Musk was in such a hur-

ry to reopen his factory, this might give you some insight.

3. Drivers Licenses will be abolished in 2021. After our Governor simplified the whole licensing process by allowing kids just to sign a form instead of taking a written and physical driving test, our legislators realized that there was a lot of money being wasted hiring employees and staffing testing sites. Beginning in January, everyone will be getting barcode tattoos that need to be "touched up" every two years.

4. Handshakes are really a thing of the past. And the things of the previous past, the bow and curtsy, are back in style. Now, with evolving gender norms, curtsy is really just for young kids who like to see how low they can go before falling over completely. The Youths, as I like to call them, are constantly modifying the bow so that it's sometimes a flourish, or a

jumping jack at the end, but it's still a bow.

5. Pork, beef, veal, and chicken are in rare supply. But before you freak out, let me tell you that it's not a bad thing. When you go to the market now, there are still meat options, but they're not the outrageous Wall o' Meat you're used to. That was too wasteful. We've gone back to real butchers. You call them up and order meat, or stop by and get what they have in stock. Your heart says, "Thank you!"

6. Farming is an occupation again. Folks are returning to the land. Whether to farm just for their own families and neighbors or for profit, there are a lot of factory farmlands returning to reasonable-sized farmers. So many folks left the city under the Grab-a-Farm Act, that we've barely missed a beat in keeping food available for ev-

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Mermaid Motor Lounge Concert

On Saturday, May 16, the Mermaid Motor Lounge Rolling Outdoor Concert trekked through Candler Park and Lake Claire, bringing joy to many in these somewhat uncertain times. They started at the corner of Marlbrook and Terrace next to the golf course. Then they

traveled up Marlbrook, down Hardendorf, across Clifton, and back to the golf course at 6:30 p.m. for neighbors.

Mermaid Motor Lounge is a band created by Josh Erwin; acoustic dexterity accompanied by sound from upright bass, electric guitar, fiddle, harmonies, and per-

cussion.

Before the concert, the group announced on their Facebook page, "Attention Atlanta, we're setting sail in Avondale Estates, Lake Claire and Candler Park on Saturday May 16 for the next

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New Distribution Manager for the Clarion

Monique Mikrut served as the Clarion's Distribution Manager from April 2017 through last month. Monique, her wife, Emily, and their two children, Bethany and Maya, have been proud members of the Harold Avenue cul-de-sac. They love the community, and Monique has said that they felt they had the greatest bunch of neighbors and kids

imaginable. And in terms of her 3+years service to the Clarion, Monique said she very much enjoyed performing this valuable service for the neighborhood. As Editor, I have enjoyed working with Monique, whose work ethic was such that she treated the Clarion as a "real" job, as indeed, it is a crucial job for the neighborhood to produce and deliver 1400+

newspapers to porches and businesses every month. As everyone likely is aware, the staff of the Clarion are all volunteers, and all of us agree that it is a labor of love. With a tight planning, writing, editing, layout, proof-reading, finalizing, printing, and distribution schedule, i.e., many moving and timely parts, only that sort of com-

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

June-July Calendar

Another short calendar!! These are the only events that we know for sure that will happen in June and July at the time of submitting the Clarion to the printer at the end of May. But, as hope springs eternal, we suggest that you check websites of theatre, music, restaurants, and other venues, as well as those of Lake Claire and the Lake Claire Land Trust: Lake Claire Neighbors, lakeclaire.org; Lake Claire Community Land Trust, www.lcclt.org. Perhaps things will slowly open up, being careful, with less seating, maintenance of social distancing, masks, etc. Walk, bike, or carpool. Bring a friend! Please help spread the word.

June 9 Voting Day. This primary election will include votes for president, U.S. Senate, and U.S. House, along with state and local offices.

18 Lake Claire Neighbors monthly meeting—and every 3rd Thursday. Please check website to see if it will be back in the Rose Room at the Frazer Center (7 p.m. socialize, 7:15 meeting. Pizza provided free from Savage) or via Zoom (as it was in April and May). Minutes are always on the website, and when room, in the Clarion. (Remember, check website at lakeclaire.org before going, just in case.)

July 16 Lake Claire Neighbors monthly meeting—and every 3rd Thursday. Please check website to see if it will be back in the Rose Room at The Frazer Center (7 p.m. socialize, 7:15 meeting. Pizza provided free from Savage)—or possibly still via Zoom.

Frazer Updates: Forest-based Learning Takes a Leap

by Dina Shadwell

Frazer Center is making plans for re-opening. Based on the current information from the CDC and other medical and government agencies, Frazer projects a phased opening of the Child Development Program at the beginning of June, gradually adding more classrooms and the Adult Development Program in mid-June. Frazer's policies and procedures are getting a major overhaul in order to comply with best practices for keeping Frazer staff and participants safe and healthy during this transitional period and beyond.

One new procedure in the children's program includes regularly sanitizing playground equipment after each classroom's playground time. Fortunately, Frazer Forest is right outside our front door and provides a great alternative for outdoor play. It also makes for a perfect outdoor classroom.

Before the closure, Frazer educators were in the process of developing a forest-based curriculum that would eventually be made available at no cost to other early education centers in the metro area who serve low-income families. Since the closure, the curriculum development has been unexpectedly fast-tracked—thanks to a collaboration with Natural Start Alliance, an initiative of the North American Association for Environmental Education. Natural Start Alliance asked the Frazer Center and three other model programs from across the country to join forces and review their published guidebook, Nature-Based Preschool Professional Practice. The guidebook is designed to identify and support the unique practices that make high-quality, nature-based preschool programs safe, effective, and inclusive. Weekly cohort meetings allowed for discussions

Frazer Center—Challenge and Appeal

by Paige McKay Kubik, CEO

Since we closed the Frazer Center on March 13, our Frazer Center's families & friends donated more than \$28,000 to keep our organization strong during this crisis. Thanks to this support, we continued to pay all staff; we purchased additional equipment for sanitizing the facility; we provided online support to families with children in our program; and we ensured that the adult participants maintained their eligibility of support.

Now we are moving to the next challenge: opening our doors safely to serve children and adults with disabilities. We support families who face uncertainty, fear, and lost income. I hope you will consider making a donation to help Frazer Center continue to provide life-changing support to our community through our inclusion early-education and adult programs. Thank you, and I hope you stay safe and healthy.



about challenges and opportunities in implementing the guidelines, questions on how the guidelines might be interpreted in various natural settings, and sharing of expertise.

Frazer Center is already ahead of the curve in practicing many of the guidelines, such as establishing collaborative relationships in the community. Frazer's partners include Trees Atlanta, EcoAddendum, Fernbank Museum of Natural History, Olmsted Linear Park Alliance, Woodlands Gardens, Friends of Frazer Forest, and others. Inclusion is also an important value in the Natural Start guidebook that is already an intrinsic part of Frazer Center's

culture and programming.

Once Frazer reopens, and we find our bearings in this new normal, we are excited to implement the new forest-based curriculum, and we hope to forge a path for inclusive nature-based early education throughout Atlanta and beyond.

Thank you for keeping dogs on leashes while in the Frazer Forest—Frazer's outdoor classroom.



A Note From Our Prez.

Dear Neighbors,

Well, here we are in the middle of May; the stay-at-home restriction has been lifted, while restaurants are allowed to have customers inside, with limited seating of course, and hair salons can open -- although close contact will be unavoidable. More importantly, we can now get tattoos and work out at the gym and go bowling afterwards. However, there is still a major exception in place. Although not medically fragile yet, I am over 65 and won't be able to enjoy the above activities until June 12. So, along with continuing to dine at home, my bowling ball will have to stay in the closet, my hair will keep getting longer, and the "I Love Lake Claire" on my back will have to be postponed.

In spite of some people not being able to get out in public, there does seem to be more activity going on, but not that much. With new procedures for places that are allowed to open, it might be more trouble and potentially more risky than it is worth. Maybe some things will change by the time you read this in the June/July edition of the Clarion. In the meantime, the Lake Claire Neighbors will continue with virtual meetings. I suppose we can still have a brief social period just before, but you'll have to order your own pizza. You can certainly drink anything you want, but just remember everybody will be watching.

In my message last month, I was concerned about not knowing what life was going to be like in the future. I even mentioned the possibility of going back to normal. Fortunately our editor added "or new normal," which is exactly what is happening. Much of what we took for granted in the past is now going to be very different, whether it's about going to work, eating out, going shopping, traveling, or even talking to neighbors on the street. For better or worse, there may be some permanent changes.

It is almost as if the entire world has just received a "Stop Work" order affecting most usual activities and creating one of the most bizarre scenarios in recent history. On a more positive note, it's possible this sudden halt in daily routines may lead to some self-reflection about who we are and what we do. Families have the prospect of no summer camps and other activities normally available for children; and though easier for people who don't have young families, there is still no guarantee of any new awakenings. It's excruciatingly difficult to avoid the Internet, video games, crossword puzzles, binge-watching, and Facebook, not to mention brushing your teeth after every meal, flossing twice a day (my gums have never been healthier!), and getting



Prez Joe Agee at a Neighborhood Meeting

book collections back in alphabetical order. As you know, my hope for a higher level of consciousness ended abruptly as soon as I started watching the thousands of reruns available on MeTV and other channels.

But while managing to keep busy, or just maintaining sanity, we now have to face the "new normal" mentioned above. Projections of what travelling will be like in the future seem modeled on a bad SyFy movie. Yet some of these new realities may actually be positive. I recently saw an article in the AJC, by Gracie Staples, who suggested that what was once considered "normal," especially for health care and unemployment, might undergo some substantial modifications now that it is clear how inadequate the current structures are. The lack of basic resources to handle a pandemic has been hard to miss, while the elderly are packed in facilities with dangerous conditions and often unqualified staff. Just as disturbing, workers applying for unemployment have to face a daunting process of nightmarishly long lines because of a system that was not set up to be efficient. Millions of people losing their jobs will find health insurance more and more difficult to obtain, if at all. These are just some of the items of the "old normal" that deserve to be changed. That they will remain to be seen, but at least it will become more difficult to ignore.

Let me end here and wish everybody in Lake Claire the best possible summer, whatever your "new normal" may be.

Warm regards,

Joe

P.S. Please don't forget the Clifton Sanctuary Ministries (info this page) and the Frazer Center (info page 2) who need support now more than ever!

Clifton Sanctuary Ministries Update

Dear Lake Claire family,

We want to take a moment to say thank you for reaching out and walking beside us during these past couple of challenging months. As we continue to shelter in place, the guests and staff all continue to remain safe and healthy. We are thankful to say we have not had a single case of COVID-19 at our shelter!

Thank you to those who have prepared hot dinners for our guests, and for all the in-kind donations that you have continued to drop off at our front door. Thank you for the monetary donations that have been used to help support our extra expenses through this time. Thanks to Lake Claire's support, we have not merely survived these last months; we have thrived. The staff and guests have worked together as a family while also practicing social distancing. The guys have been busy doing landscaping, playing games (we love all the games that have been dropped off!), working in the computer lab, and continuing to take the crucial and necessary steps to becoming self-sufficient.

An exciting project we have un-

dertaken this spring is our garden. As you have probably seen from the road, the Clifton garden is growing! Tess Horn, our food coordinator and Lake Claire longtime resident, has been busy taking advantage of these beautiful spring days by working out in the garden. We have pumpkins, corn, squash, zucchini, long beans, tomatoes and several other types of fruits and vegetables. We are also growing herbs, including basil, dill, thyme, sage, and more. Our biggest challenge so far has been keeping the squirrels and chipmunks away! If you are interested in helping in the garden, please let us know. We would appreciate the extra hands.

We are looking forward to things getting back to a new normal this summer and welcoming volunteers back in the shelter. As we have always said, we love our neighbors! We could not do this work without you.

Blessings,

Lori White

CSM Director of
Community Relations



Thanks for Paying Your Neighborhood Dues

Lake Claire suggested annual dues are \$20/year per household. Lake Claire banners are \$45; a package deal of dues/banner is only \$60!

Since the last issue, the following folks paid dues:

Haley Stolp, Max Fishman, Brian Price, Deborah Green, Carissa Vasquez, Johnny Mason, Rebecca Chandler, Sue McAvoy, and Mary Sloop.

Please specify when you pay dues if you do **not** wish to be listed in the newspaper. Pay at lakeclaire.org via the link **OR** with the old-fashioned check in the mail, to Eileen O'Neill, Treasurer, PO Box 5942, Atlanta GA 31107. Thank you to all these and others who have paid dues and/or contributed your time to our great neighborhood, Lake Claire!



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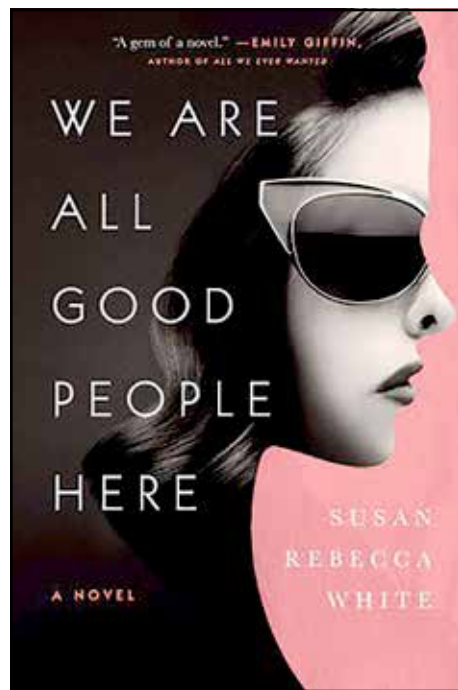
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Neighborhood Book Club Welcomes Local Author Susan Rebecca White

by Stacy Edelstein Hyken

On May 7, the “We Liked the Book Better” book club gathered virtually for our monthly meeting to discuss *We Are All Good People Here*, by Susan Rebecca White. Ms. White is not only a celebrated author, but she is also a local resident who lives in Can-



dlar Park with her family and has a son who attends Mary Lin Elementary School.

Because of the quarantine, Ms. White joined the book club discussion via Zoom; she shared her insights and experience writing her most recent book, *We Are All Good People Here*, published in August 2019. She discussed how she researched the historical people and events to provide the backdrop for the book, which is about two women who bond as college roommates at an all-women's college in Virginia in the 1960s. The book follows their friendship during the civil rights movement and other social and political upheavals through the present day when their friendship is strengthened through the bonds of their daughters. Much of the book takes place in Atlanta, so intown readers will especially enjoy references to popular local favorites including Manuel's Tavern and the Majestic Diner.

We all enjoyed hearing about how



Ms. White's characters evolve during her writing process. She told us how she knows that she has really melded with the story and characters she has created when she cannot wait to return to her writing each day.

Having Ms. White join our group to discuss her latest book and give us an insider's view into the writing process was a very special treat. We

all thoroughly enjoyed the book and highly recommend it for an engaging read!

The “We Liked the Book Better” book club was formed in January 2019. Our members are comprised of a number of local residents from Candler Park and Lake Claire, with a couple of women from nearby neighborhoods.

What the Future Holds

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everyone who needs it. Plus, the farms are closer to us all, so there is less waste on transportation or spoilage. A real WIN for healthy eating.

7. Face masks are now haute couture. Surprisingly enough, even teenagers are now wearing them. It was like putting socks on a toddler back in April, I know. Due to the popularity of The Masked Singer TV show, that led to the Masked Music Mafia multi-platinum hit band and concert movie, everyone is up for wearing masks 24/7—even at home alone!

8. We broke the political logjam! Yep, no longer is there talk of Red & Blue or Dems & GOP. Two new parties were added to help get things done. There is the Hippie Dippie Folks and the Off Kilter Contrarians. Each of these took its rightful place on the political spectrum, and a surprising number of folks found their true home. With at least six parties, the 2020 elections became very interesting. I can't reveal more.

9. The Press was found not guilty, in Court that is. The Supreme Court found in the case of Hannity v. The Press that, though the press almost always has an opinion, their positive work in sharing cooking recipes, crosswords, music reviews, and natural disaster coverage made them “real.” Now, some are realer than others (remember the incredible National

Enquirer?), but it is now illegal to call the press fake. Our leaders decided to bring back the pillory. You know, that wooden crossbar you put your head and hands through? Offenders get confined for a day at stoplights around town. Neighbors can give them water, throw tomatoes at them, or call them “fake people.” There have been no cases in Georgia since the new law went into effect. Go figure!

10. Science and Math have been deemed essential to life and may continue forever. For whatever reason there was some question a while back. In order to demonize or discredit either Science or Math, now, it is required by law that you have the proof to back up your claim. No longer can you say the volcano didn't erupt or a vaccine didn't heal. You have to prove it. By making it a misdemeanor, or again subject to the pillory, cases of abuse against logic have dwindled to maybe once a month in the state.

11. Teachers are now appreciated. Before you say, “They were always appreciated,” know that was not truly the case. Out of nowhere, Congress decided, with the urging of miserable amateur homeschooling parents, that they would double the \$72 billion education budget by borrowing money from the annual military budget of \$705.4 billion. Everyone agreed that if we had a better educat-

ed country, we might be able to avoid military conflict—through reason or really newfangled weaponry.

Now these are just a few of the amazing things that await in coming months. How do I know? Well, to be honest, I've been around a lot longer than any of you readers. That has given me a certain perspective and a special telescope to the future that learning history allows.

You are not all one thing. You are not all liberals, or Republicans, or hooligans. You have thoughts that lean toward social liberties and maybe financial conservatism. It's ok to believe in a strong military and gender equity—or a higher minimum wage and lower taxes. None of these things are mutually exclusive. Whatever they are, they aren't under one banner but under the **American Way** in how you believe in freedom and country.

By sharing this info., I'm hoping that you can learn to forgive each other, be good neighbors, and act in a community-hopeful way. You may not all be of the same mind on every issue, but you all agree that living in this community is the best place you could hope to be. So, please, act with compassion and fairness as your community expects. Remember, your kids are watching you—always. Stay healthy!

New Distribution Manager

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mitment and work ethic will keep us on track and keep the newspaper appearing on neighborhood porches each month, so thank you, thank you, Monique.

Effective with this issue of the Clarion, Monique and family will be moving from Lake Claire, and she will be passing the distribution management mantle to Alicia McGill, who previously was in the position from September 2014 through March 2017. You are very much appreciated, Monique and Alicia, for your continued dedication—not only to the Clarion but to Lake Claire in many other ways, as well. Good luck and safe travels, Monique, and many, many thanks. Welcome back, Alicia, to the newspaper ranks.

Attention Lake Claire residents: If ever you do not see your Clarion on your porch around the first week of the month (except for July), please feel free to contact Alicia at distribution@lakeclaire.org, or Beth at editor@lakeclaire.org. Also, if anyone wishes to volunteer to back-up your street delivery person for those times where “life takes over,” and she or he can't deliver in a timely manner, please let us know.

Hello – Safe Journey: Skiing in and around Lake Claire

CONGRATS TO ALL OF OUR LAKE CLAIRE GRADS!!!!

JUNE Birthdays:

- 6/3 Yoni Williams—turns 8 (I think), Harold Ave., and proud Grandma on Delaware Ave.
- 6/7 Pen Sherwood, Harold Ave.
- 6/12 Steve Lamb’s birthday, Delaware Ave. (the Clarion loves you, you’d better be reading this)
- 6/12 Happy birthday, Craig Allen, Harold
- 6/19 Zoe Kaiser’s birthday, turns 7; Hardendorf
- 6/20 Sharon Doochin’s birthday, Harold
- 6/28 Shawn Gillespy’s 17th birthday, Marlbrook
- 6/28 Wendy Baker, happy birthday! Leonardo

JULY Birthdays:

- 7/3 Brandon Bransford, Palifax
- 7/6 Missy Urda, Harold
- 7/10 Happy b’day to the Clarion’s buddy, Mike McGill, 13 years old!!!!—Delaware Ave.
- 7/17 Happy b’day to Colin Calderera, Hardendorf
- 7/24 Jason Weidert, Harold
- 7/29 Georgie Rogovin, Hardendorf, turns 5

Send us life cycle changes for the next issue—August!—help make this series inclusive (editor@lakeclaire.org) by JULY 15.

JUNE Anniversaries:

- 6/23 Sue McAvoy & Bill McKinnon—Leonardo (2 yrs went by in a flash!!)
- 6/27 Wendy and Boyd Baker—20+ Leonardo (maybe that went by in a flash, as well!)



Mermaid Motor Lounge Rolling Outdoor Concert

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Social Distancing shows! We’ll be on the back of a boat, on a trailer, behind a truck. Please come outside when we pass, but do not congregate. I re-

peat, do not congregate!!! Set up your lawn chairs, and we’ll play while you stay. This is a social distancing show! We will also attempt to Livestream

or post videos.” You can see the videos at www.facebook.com/mermaid-motorlounge/videos/. Thanks for raising the spirits of many, Mermaid

Motor Lounge!
(Thanks for the photo, Susan Rutherford.)



Wild in Lake Claire

by Flora Fauna (aka Carol Vanderschaaf)

So, how have you been spending your time? Enjoying nature, I hope! Flora Fauna has. As well as watching true crime stories on TV. (That's just between you and me. My assistant doesn't approve.) Frankly I, FF, find them easier to watch than our current true political crimes. And speaking of my assistant, I want to declare that we are not hopping on the virus bandwagon. The closest we will get to it is to mention her initials, C.V., and only if necessary. Now, we have some wonderful nature tales to attend to...

Meredith W. has had some fine sightings on her excursions out of the house. "I saw prickly pear cactus blooming on Stone Mountain yesterday and an osprey flying over Candler Lake in Emory's Lullwater Preserve last week. That same day I saw an otter running down the creek bank with what looked like a dead chipmunk in his mouth. I had no idea they ate rodents." (FF: neither did I.)

"An Eastern Cottontail made a nest in our back yard next to our chicken fence, though no babies ever filled it (perhaps because I excitedly ran over to see what it was just after she left. She was probably hoping it would be more low profile," Meredith continued. "Other than that, I've seen lots of herons, baby geese and ducks, a teenage possum, blooming mountain laurel, and a green tree frog. The Jack in the pulpits were blooming as

recently as last week at Lullwater Preserve as well."

Meredith attached some photos. She adds "I don't know about you, but they make me forget all about political stupidity, at least for a while." (FF adds: #metoo.)

Miriam H. writes, "Carol, my only comment is hearing more owls than I ever remember and seeing trillium growing in the Frazer Forest. Also, during this period of isolation, I recommend "shinrin-yoku," the Japanese practice of forest bathing by taking in the forest atmosphere. Not only are endorphins released by being outside in a serene and quiet place, but trees excrete phytoncides that are proven to lower blood pressure, reduce stress, and more. Read more about it, and take a walk in our own Frazer woods."

Ilene saw a wealth of birds: "a flock of cedar waxwings, a couple of titmice, as well as catbirds, blue jays, a white breasted nuthatch, finches galore, and barred owls, rufous-sided towhees, and also some mourning doves." Ilene has an active yard with a water feature. This has attracted a bull frog, which, "is still croaking." Also spotted were "a small garden snake and a lizard," both species unknown. Ilene also visited the Candler Park pond. There, she saw "what was either one of the beavers or one of the otters. I wasn't close enough to deter-



mine which it was."

My friend M. had a most unusual wildlife encounter. She was sitting in her yard with her potted plants spread around her as she watered them with the hose. She felt something on her head. A bird. Her partner desperately tried to find and then focus his cell phone camera, and as he went to snap the picture the battery went dead. From the description M. provided me (FF), we decided it was a catbird who was probably entranced by the flow of water, figuring out how to dive in and enjoy the spray. Unfortunately, the bird didn't stick around long enough for J. to find a working camera.

M, BTW, gave us a warning last month about baby rabbits nesting. There was a subsequent post on NextDoor that gave credence to her words. Jim P. posted this: "Our landscaper just came to our front door to show me a nest of bunnies that they uncovered with the lawnmower. I can't say for sure how many are OK, but at least one is moving. I don't see any signs of damage to the others, but they are pretty still. I'm just not sure what to do at this point. Any suggestions, or if any rehabbers want to come take a look, please let me know. (FF notes that a rehab person came and picked up these little ones.)"

Cheryl B., who walks my little dog Nattie, told me about a peacock living in a nearby neighborhood who "struts and frets for his hour upon the stage and then struts and frets some more." Cher sent me this beautiful pic of the bird in full display.

While going through the trails at Mason Mill, Andrew F. and his wife ran into this hawk. "At first I thought it was a golden eagle but since they're apparently not common in Georgia, I guessed it could've been some type of hawk (red-tailed or northern goshawk). Whatever it was, it was huge!" Andrew sent FF this beautiful picture, but she couldn't identify it either.

Flora Fauna received the following letter from Frank W. of Indiana Ave.: "Dear Flora Fauna—The large mulberry tree in my back yard has attracted numerous visitors over the past month, including several visits

by a cedar waxwing flock that includes about 25 birds; there are small as well as large ones, suggesting a social group. In addition I saw a daddy robin break apart a mulberry on the ground and give it to his fledgling offspring. A couple days after that, I saw a cardinal dad give his daughter—assuming the gender from the coloration, since she was brown and nearly adult sized—a bit of a mulberry by breaking it into smaller pieces. The baby bird opened its mouth, and he popped the mulberry right in. Numerous squirrels have also been interested in the mulberries. I saw one hanging by its hind feet for about five minutes while it foraged upside down. It must have been hard to swallow. Given that the mulberries are white on this tree, I thought maybe this was an albino mulberry, though I am not sure, since I moved here less than a year ago. Of course I had to try one, and it tasted a bit like salad—not horrible but certainly not very delicious. I've come to the conclusion that the animals are impatient and can't wait to access the cornucopia of berries on the mulberry tree. I expect quite a bit of commotion once the berries ripen."

So as you see there's been quite a bit of natural action in our hood.

True, as far as I know, no one has seen any bears or wolves here. I'm referring to reports of places where wild animals have wandered into towns since fewer humans are in the streets. FF kind of likes that idea of nature joining our overly "civilized" society. My brain cells are perking with glimmers of a book I read many years ago called *Woman on the Edge of Time*. People there lived within the bosom of nature and still retained the beneficial trappings of our present culture. Hmmm. Imagine...

If anyone wants to share his or her sightings with the rest of the 'hood, or if you would like to meet and discuss women on the edge, please contact my assistant, cvanderschaaf@bellsouth.net. Have a fine and fruitful two months. I look forward to seeing you and the birds and the bees in August

~ Flora Fauna



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COMPASS

Available for Adoption

by Kris Byron, Volunteer and Foster Parent, PAWS Atlanta



Approximately four years old, **Columbus** loves napping in the sun and “hunting” squirrels from the window. Small in stature, this little kitty is a spunky redhead – her markings are striking deep orange. This kitty cat currently lives in a foster home with an older, grumpy cat and a young, energetic dog. She can be a little shy at first but, after a bit, you can see her fun personality. She has bursts of kitten-like energy and does zoomies around the house. Her foster mom says, “Taking care of Columbus has been a dream. She is low maintenance and very easygoing.” Her foster mom thinks that, given a little time to adapt, Columbus would be a great family pet for most homes. To meet Columbus, contact the foster coordinator at PAWS Atlanta, 770-593-1155 or foster@pawsatlanta.org.

Templeton is a true party girl! This beautiful two-year old girl is energetic, playful, and inquisitive. A people-loving pup, she LOVES toys and will proudly carry one on a walk

to show off to anyone interested. She would be the perfect addition for an active adopter looking for a workout buddy or hiking companion. One of the staff at PAWS has nicknamed her “Woo Woos,” because she woos when she is happy or excited to see you. Although you can’t see them in this photo, she has the best bunny-rabbit ears! In addition to being as cute as a button, she is also very smart and would love to learn new commands and experience new things. She has been at PAWS for far too long, and shelter life is wearing on her. She would love to find a forever home stat. To meet Templeton, go to PAWS Atlanta (5287 Covington Highway, Decatur) or contact PAWS Atlanta at 770-593-1155 or info@pawsatlanta.org.



Editor’s Note: PAWS is doing limited adoptions as of this Clarion going to press, and I would be very surprised if they aren’t open with fewer restrictions soon. Please check the website or phone them at 770-593-1155 to make sure, since we are writing this in late May and won’t be publishing again until August 1.

District 5 Update

by Natalyn Mosby Archibong

I hope that this finds you and your families in good health. Atlanta City Hall is currently closed; however, you still have virtual access to your District 5 Office. Please feel free to call 404-330-6048 and leave a message or email me at narchibong@atlantaga.gov, and we will respond to your communication as soon as possible.

Help the Curb Market, Municipal Market at Sweet Auburn, feed our Healthcare Heroes. You can donate at: municipalmarketatl.com/.

The Reynoldstown Civic Improvement League and Neighbor in Need has continued to help seniors and other neighbors in the community

impacted by COVID-19. If you need help with resources or would like to volunteer to help Reynoldstown neighbors during the this pandemic, please fill out the form here: docs.google.com/forms/d/e/1FAIpQLSdHEAqGMBWw10pUwA8uTMVGc9IBcFc_rAMjP0qXtsX1VB9frQ/view-form, or contact the team at: neighborinneed@eaca.net.

Senior Resources: The City of Atlanta is supporting seniors with food insecurity during COVID-19 by partnering with meal and grocery delivery organizations. Seniors who reside in the City of Atlanta and are struggling to receive access to food during

Keeping An Eye on the Crime and the Time:

Lake Claire Security: Safe Driving

by Miriam Herbers

There are new speed limits that include Lake Claire.

Atlanta City Council lowered the default speed limit to 25 miles per hour on city streets after formally adopting the Vision Zero Plan on April 20. The focus is on eliminating traffic deaths and reducing crashes and serious injuries. The default speed limit applies to any city road without another speed limit expressly posted. **In Lake Claire, that means all side streets.**

According to data from the city, speed contributed to 52 percent of the 73 traffic fatalities recorded in 2019. Mayor Keisha Lance Bottoms said the new city ordinance lowering the speed limit will improve safety of all travelers. This is a start, but 25 mph is still too fast for some of our neighborhood streets. Neighbors regularly yell “slow down” at drivers who hurry down Arizona Avenue, disregarding neighborhood children and pets at play. The speed limit sign does not seem to matter to some.

The Vision Zero Strategic Trans-

portation Plan commits the city to improving roadway safety and ending tragic traffic fatalities. The Mayor and Council envision Atlanta’s transportation network to be one where everyone can travel wherever they need to go, safely, reliably, and efficiently, whether they are traveling on our roads, sidewalks, bike lanes, or the transit system.”

For more about Vision Zero see www.midtownatl.com/about/news-center/post/city-of-atlanta-commits-to-vision-zero-policy.

Also, please remember it is state law to stop for pedestrians in a cross walk. With the current guidelines to shelter in place, more and more people are out walking and riding bicycles. Please drive carefully.

On another note, the CPR class that was rescheduled has been cancelled until further notice. Please keep an eye on the Clarion for future information.

Just a Breath Away

Continued from Page 1

system, step away from my fears, create space in my body, and pause to reflect what my reaction would be to any situation. Here is an exercise called Ratio Breathing.

Take a deep breath in through your nose for a count of 3 seconds, pulling that breath all the way down into your belly and hold the breath in for 3 more seconds. Slowly exhale through your nose, for 6 seconds and hold that breath out for 6 seconds, and repeat the cycle. Do this pattern for 1 minute. Notice how you feel, maybe a little more settled? A little calmer? There is no wrong answer. Relax and notice.

During this crazy time that we are in, practice this breath when you are feeling uncertain, scared, fearful, or just tired. This practice has literally saved my life on many levels. I know it will help you as well.

Namaste , Frani

Frani Green is a local Atlanta Yoga teacher and is currently teaching the following live online classes if you are interested in learning this ancient practice of movement and breath. All classes are \$10. If you are in a financial bind, a student, or on a fixed income, pay what you can for the Zoom classes. If you are able to pay more, that is also welcome. No one will be turned away for financial issues. Classes at Kashi, sign up and pay through kashiatlanta.org. Mondays 12 noon-1 p.m. Zoom; Tuesdays 7-8 a.m. Zoom; Wednesdays 10-11:15 a.m. kashiatlanta.org; Thursdays 6-7 p.m. Zoom. You can reach Frani at franigreen@bellsouth.net for more information and to sign up for classes. Take it from a former skeptic: it WORKS!

-- Editor

this time may apply to be a part of this program by completing this survey. If you know of any seniors who need help, please have them apply at: survey123.arcgis.com/share/8c7c7e3c2db64b6aa147cebe34a5016d?fbclid=IwAR3sWM0U1AnEgiZRjir3QNfv_8REac8diQpGMTpBzF93EGqU3jIW0H92LM.

Bulk Collections: Remember, “if it doesn’t fit, schedule it.” Collections

are “cart only.” If anything doesn’t fit in carts, or if you have large amounts of gardening refuse, you must schedule through 311, or visit: www.atlantaga.gov/solid_waste.

If you have any questions or feedback, please reach out to my office by the phone number or email address I gave above. Let’s keep ATL strong! Thank you.

June/July into August - in the Lake Claire Garden

by Elizabeth Knowlton, knowltonew@earthlink.net

In the 1980s when my partner's softball team practiced after work in Iverson Park, twilight would bring rapid shapes into the gathering darkness above the field, wheeling and swooping to seize the evening's mosquitoes. She thought they might have been bats, either that or swallows, whose diet is made up largely of the flying insects.

Night pollinators like moths or bats come to our gardens seeking blossoms that are easy to see, sweet to smell, and, most important, open at night. The white petals of nicotiana (flowering tobacco), four o'clocks, moonflowers, and yucca have the additional charm of pleasing you sitting outside in the dusk, finishing a late dinner, enjoying a cool drink, or just letting your eyes grow accustomed to the nightlife around you. This is free and safe to do in Lake Claire, even during a pandemic.

And it's not too late to plant moonflowers, which do not come into their own until summer's end, their white scrolls unfolding about 5 p.m. each day. Believe it or not, their cousins, the morning glories, also remain open

at night for nocturnal bees, bats, and moths. And the sphinx moth, resembling a hummingbird, will hover over my white four o'clocks in the evening. Scent is as important to night pollinators as it is to us. Honeysuckle, garden phlox, nicotiana, and Oriental lilies all provide the signposts most attractive to eye and nose. Like 4 o'clocks, nicotiana comes in various colors, but the best smell is found in the old-fashioned white species.

As I write this June/July column, it is mid-May; and you will not read another until August, so I must think about all the important summer tasks besides harvesting, mulching, watering, and weeding.

First, in June, order the bulbs that you admired in others' yards this spring. To get the best selection reserved for delivery and planting in November, look on line for the reputable bulb companies I have previously listed (which does not include the one with "Michigan" in the title). Brent and Becky's Bulbs and John Scheepers Beauty from Bulbs are two of my favorites. Like our water, good bulbs have become expensive. Ordering

in bulk with gardening friends will bring down the price, and more than one company offers discounts before June 30. Narcissus/jonquils/daffodils—whatever you call them—will bloom reliably and increase if their foliage gets sun; and a wide range of types will give you flowers from late January into April.

As pleasing as narcissus in their yellow and white hues are the crocus, that come in purple, lavender, gold, and cream and are perennial if squirrels don't eat them. I recommend you plant the species (especially *Crocus tommasinianus*) rather than the larger Dutch crocus that the squirrels prefer. Their smaller size is inconsequential if you group them, 100 costing about \$15 in a mixture. Early bees love both crocus and muscari (blue grape hyacinth), six-inch stalks in every shade of blue, useful along a border, blooming for weeks, and kindly sending up foliage at another time of year to mark their presence.

The second task of the summer is to sow seeds in pots indoors or in a shaded, protected area for both the brassica vegetables that prefer cool

weather and for the biennial flowers that will bloom next spring. These vegetables include broccoli, Brussels sprouts, cabbage, cauliflower, collards, kale, and kohlrabi. Most of the smaller autumn and winter vegetables can be direct-sown as the weather cools off or you provide shade.

The flowering plants are easier because they are not yet trying to produce seed. Columbine, foxgloves, hollyhocks, and pansies fall into this category. Dissatisfied with my germination of these for the last two summers, I have located a new, for me, seed company in California called Swallowtail Garden Seeds, and I plan to order soon: www.swallowtailgardenseeds.com. Where do you think growers get those huge and expensive delphiniums you see for sale in the spring? Wow your neighbors by sowing seed (following packet directions) indoors this summer.

And then enjoy the hours in your garden, whether early or late, whether if still sequestering in June or out in the world again, happy that you had this time of green solitude and came through it safely.



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Lake Claire Community Land Trust, May 2020

by Frani Green, Event Coordinator, BOD, Bookkeeper of the LCCLT

Greetings Land Trust Lovers and Supporters! Spring 2020 has been quite a different experience for our Non Profit Oasis in the City. We are usually dancing around the drum circles and celebrating our Peace & Love Festival, and having children's birthday and garden parties. Despite what is happening in the world, the

Land Trust is still here, still beautiful, still magical—and still in need of our love. The flowers, trees, and plants continue to flourish, and there is always a need for maintenance.

In lieu of all of this, our fundraising efforts have been diminished, and we are in need of your financial support. Please continue to support us by do-

nating through our website, lcclt.org. We are in a conservation easement now, so there will never be any development or building on the land. It took a lot of hard work, and I would like to acknowledge Miriam Herbers for her tireless efforts in making this happen. THANK YOU MIRIAM! See you on the Path! Peace & Love to All!

Ladybug Events Team sends their love! Contact Missladybug@ladybugeventsllc.com for a personalized farm tour and link to our YouTube channel with meditations from Ms. Melabee and fun nature facts from Ms. Ladybug!

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Land Trust Supporters

This summer is a perfect time to re-new for 2020! Anyone can be a Land Trust Supporter by donating \$10 a year. Donate online via www.LCCLT.org/stewardship; mail a check made out to "LCCLT" c/o Treasurer, 270 Arizona Avenue, Atlanta GA 30307; or use the mailbox in the cul-de-sac. Include your email, and we'll add you to our email list. Include your mailing address, and we'll mail you a bumper sticker.

A donation is not required to get on this list. Sign up on our home page at LCCLT.org.

As of the Clarion going to press, public gatherings at the Land Trust are still cancelled or postponed. The Land Trust is open during daytime hours, but please maintain 6 feet of distance from others. The playground is closed. The Land Trust now closes at 8 p.m. Please keep an eye on the website for changes.



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LAKE CLAIRE KIDS' CORNER



We hope this series is fun and a way for young Clarion readers/writers/artists to participate.

This month we feature Estelle Leege and Zoe Bulloch. Estelle submitted this lovely drawing of a bird with her new babies along with her thoughtful poem on nature, and Zoe has added her voice

to last month's thoughts by children on homeschooling during a lockdown. Estelle is 9 years old and lives on Lake Claire Court. She is a 4th grader at Mary Lin. Her hobbies are reading, biking, riding her scooter, and pogo sticking. Read about Zoe below, as she won last month's find-the-graphic contest. GREAT JOB, Estelle

and Zoe, and thank you!!

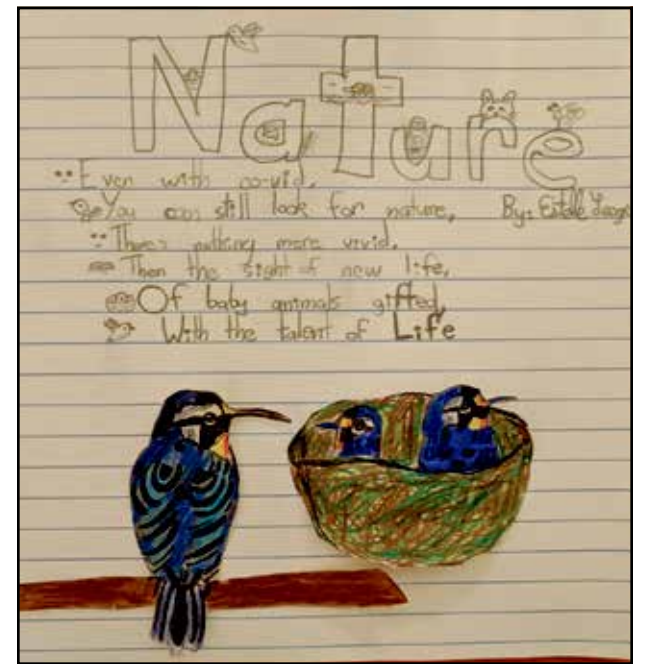
Hey there, Lake Claire kids of all ages: we want to see your creativity. Submit your work to editor@lakeclaire.org by **JULY 15** for next issue of the newspaper, which will be August. We hope this column is a good starting place for kids' future writing careers



Zoe—Contest Winner!



Estelle Leege, This Month's Featured Artist and Poet



Nature

by Estelle Leege

Last Month's Contest Winner

Zoe Bulloch, age 9, found the picture on page 6 of a family reading together. Zoe is in 3rd grade at Mary Lin (when not sheltering in place), and she lives on Casson Street. VERY clever, Zoe—that was a hard one, we thought!!! Congrats!

CoronaVirus 2020

by Zoe Bulloch

I have different opinions about staying at home. I do like staying home because I get to stay with my family. I also go on a lot of walks and play with my pets. I do not like staying home because I do not get to see my friends. I really do miss all of my friends, my teacher, and I miss school (kind of miss school).

I am ready for things to get back to normal!

Even with co-vid

You can still look for nature.

There's nothing more vivid

Than the sight of new life.

Of baby animals gifted

With the talent of Life.

NEW CONTEST!

Normally, everyone would be excited about Summer! No school, summer vacations, maybe going to sleep-over camp, and other fun things. As of right now, we don't know if any of this will happen, so we're concentrating on something special that will definitely happen: June 21 will be the longest day of the year, as always. June 21 is special in other ways, too. For example, it is Summer Solstice, and it is World Music Day. And for those who love Harry Potter, it was the day that Harry Potter and the Order of

the Phoenix was published. Amazon.com shipped 1 million copies that day!! Interesting fact: June 21 is called the **summer solstice** in the Northern Hemisphere and simultaneously the **winter solstice** in the Southern Hemisphere! This month, to win the June/July Clarion contest, in honor of June 21, find a graphic to signify World Music Day. The winner will have your picture in the **August** Clarion.

To win, send an e-mail to editor@lakeclaire.org, identifying the page number of the graphic, and you

must include your name, age, school, street, and grade, along with a picture. Ask a parent to take a picture of you, perhaps of you finding the hidden graphic, or doing something else. (Please tell your parents to send large picture files, 1mb+. They can choose the size on their phones.) **Any child from Lake Claire is eligible, except that you cannot win two months in a row. The deadline is JULY 15 for the August issue. Hurry and look; competition is always stiff for this coveted prize.**