

# Spring Has Sprung!

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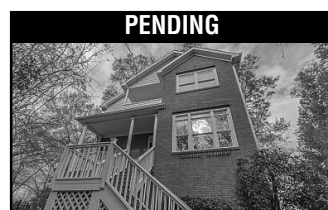
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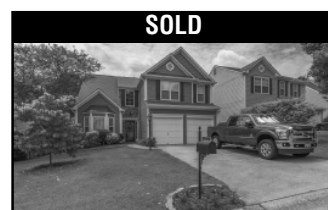
**SOLD**

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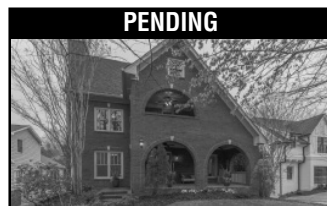
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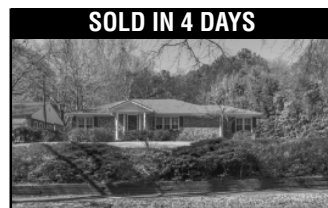
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# Kirkwood

## NEIGHBOR

[www.HISTORIC-KIRKWOOD.org](http://www.HISTORIC-KIRKWOOD.org)

## Neighborhood Group Turns Resident into Marathon Runner

Kirkwood resident David Kipp completed the Publix Georgia Marathon in March thanks to the support of his neighborhood and the help

of friends he's made there.

David has been a regular with the Kirkwood Runners and Walkers group since it was started by Patti Carlson

in 2012. "At first, I had given up on running," he said, "so I started walking with the walkers along with my partner, Sonya Shah. After a month, I started running again. Getting out on a regular basis really helped me build a foundation for running and helped prevent injury."

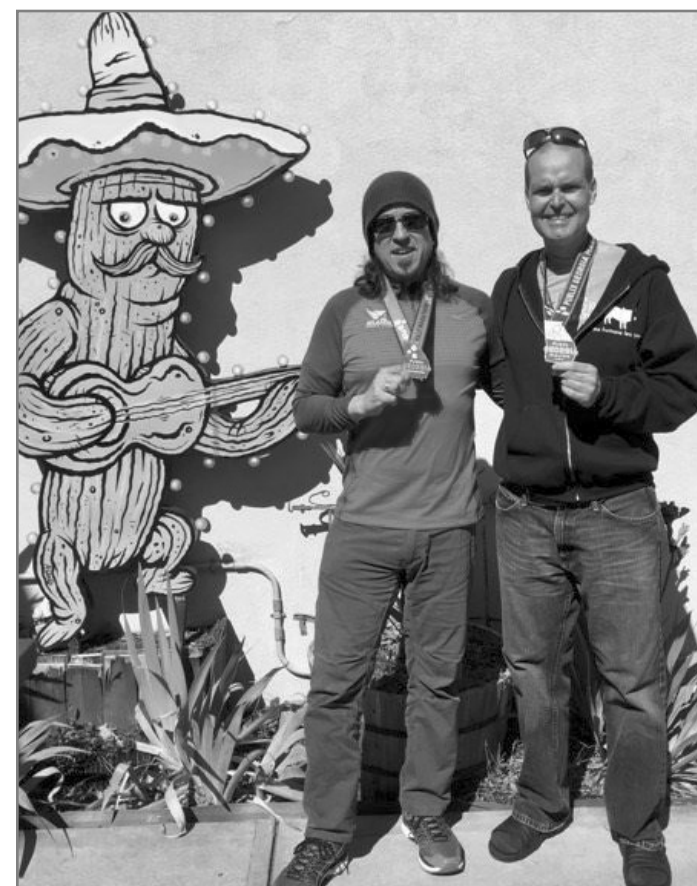
In spring of 2014, David joined a Kirkwood cheering section for the Georgia Marathon runners where the race passed along College Avenue. "I remember cheering on Lisa and Sean Moorhouse from the Kirkwood Runners and Walkers group that year. Running

a full marathon had been on my bucket list for many years. I knew I could do this one day, too," he said.

By summer that year, David had signed up for his first 5K in many years, the B\*ATL 5K in Gilliam Park. That December, he ran with "Team Kirkwood" at the Beltline 10K. Later, he raced the Publix Georgia Half Marathon with Carlson as his coach. (She is now a certified running instructor.)

"After the Publix Half, Patti committed to her first marathon [in Portland, Ore.], so I decided it was

*continues page 14*



David Kipp (right) with Todd Bowers at Elmyriachi after running the Publix Georgia Marathon & Half Marathon on March 20.

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Kirkwood Neighbors' Organization (KNO) is a racially and economically diverse civic organization devoted to the revitalization of Atlanta's historic Kirkwood community.

KNO meets on the 10th of each month at 7 pm at the Turner Monumental A.M.E. Church, 66 Howard Street NE.

Everyone is welcome!

2017 KNO Officers

- President: Teanise Davis  
teanise@gmail.com
- Vice President: Stan Sugarman  
stansugarman@gmail.com
- Treasurer: Zach Pedigo  
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Comments? Story Ideas? Advertising Questions?

Your comments about this newsletter or story ideas are encouraged. Please contact the Editor.

Kirkwood Neighbor is published monthly by the Kirkwood Neighbors' Organization (KNO) and is distributed at all KNO and Neighborhood Planning Unit (NPU-O) meetings, to Kirkwood's elected representatives, our fire and police stations, and to city and county officials. This newsletter is distributed free of charge at the locations listed on the right.

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- Indigo Wellness 1963 Hosea Williams Drive R #107
- Kirkwood Feed and Seed 1998 Hosea Williams Drive
- Kirkwood Library 11 Kirkwood Road
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- LIV Fitness 1853 Memorial Drive
- The Pullman 1992 Hosea Williams Drive
- Spotted Trotter 1610 Hosea Williams Drive Ste. A&B
- Sun In My Belly 2161 College Avenue
- Taproom Coffee 1963 Hosea Williams Drive R #106
- Toomer Elementary School 65 Rogers Street NE
- Valero 1989 Hosea Williams Drive
- All KNO and NPU-O meetings & neighborhood events

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# Neighborhood Runner

continued from page 1

time for me as well,” he said. “But I really wanted to run in Atlanta — go to brunch with my friends afterwards, sleep in my own bed.”

Most of his training miles were in and around Kirkwood, “usually having a Dulce Vegan scone on my way out the door for fuel. I tried to run with the runners and walkers group as much as possible, adding on extra miles before or after the group run if necessary. For my longer training runs, I would set out water and electrolytes on my porch and do loops around the neighborhood.”

David says Kirkwood is a

great place to run because there are so many parks and other runners to wave at along the way. “One of my longest runs was the day of the Kirkwood Lanta Gras Parade. It was cold that morning, but there was a real energy in the neighborhood. It really helped.”

Another thing that helped him was a new yoga class for runners at Indigo Yoga on Hosea Williams Drive. “I had been having problems with stiffness in my hips, and this class really focuses on all the problem areas runners have,” David said. “Awilda, the instructor, is great.

She always comes to class prepared, and the class really flows. We’ve started to have a nice group of regulars.”

When marathon day finally arrived on March 20, the Kirkwood Runners and Walkers group set up on College Avenue by FitWit. “It really helped to see so many of my friends out to cheer me on at mile 11,” he said. “It gave me a boost.”

Then, “Sonya met me at mile 16 near Emory University with more support. By mile 25, I really started to fade, but I met up with the 4-hour pace team led by former Kirkwood resident and Kirkwood group runner Charlie Holder,” David said. “I knew as long as I stayed with Charlie, I would finish in under 4 hours, which I did ... barely.”

And afterward? “We all went to brunch at Elmyriachi and toasted everyone who ran that day, including Todd Bowers who ran the Publix Half Marathon. Then I got to sleep in my own bed.” Which just happens to be a handmade bed frame that he and Sonya bought off the Kirkwood Yard Sale page a

**Kirkwood Runners and Walkers group**  
• Tuesdays at 7:00 PM and Thursdays at 5:30 AM for runners  
• Wednesdays at 7:30 PM for walkers  
• Saturdays at 9:00 AM for both  
[www.facebook.com/groups/236374906515192/](http://www.facebook.com/groups/236374906515192/)

**Runners Yoga class**  
led by Awilda Rivera  
Mondays at 7:30 PM  
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[www.indigoyogaatl.com](http://www.indigoyogaatl.com)

**Kirkwood Spring Fling 5K**  
[www.kirkwoodfling.com](http://www.kirkwoodfling.com)  
for more information and to register

few years ago – from Charlie Holder.

“In my adult life, all of the friends I’ve made have been while running, cycling, or volunteering,” he said. “I’ve never met anyone while driving a car.”

David, along with Andrew Feury, Chris Hale, Robert Kaercher, and Rachel Purcell, are organizing the Kirkwood Spring Fling 5K on May 20. Awilda will be doing a pre-race stretch and, after the race, free yoga in Bessie Branham Park.

# Local Attorney Helps Businesses Protect Their Brands

Kirkwood resident Keely Herrick, half of the brother-sister team KHerrick, LLC, is an intellectual property attorney whose practice focuses on helping her clients choose and protect strong brands for their new products and strengthening the brands they already use. A small-business owner herself, she enjoys the challenge of developing cost-effective ways to balance budget with good business strategies.

Of counsel attorney Chase Scott also works with her on intellectual property matters. Her brother Kevin’s Dunwoody practice covers a broader range of general business litigation and



Keely Herrick (right side, in back) hosted a “Trademarks and Toast” event at Sun in my Belly, where members of KBOA learned about the basics of brand protection.

corporate matters.

Last month, Keely hosted an event at one of Kirkwood’s favorite breakfast spots, Sun in my Belly, for members of the Kirkwood Business Owners’ Association to help them understand the types of protections

available for their intellectual property. She talked about the differences between trademark, copyright, and patent applications.

While some truly local businesses may be protected through a state trademark application, if you sell your

products online, she said it’s probably a good idea to talk to a trademark attorney about whether you should file a federal trademark application. She also recommended you have an attorney conduct a trademark search to ensure that your new brand doesn’t infringe upon rights already established by someone else. Many business owners skip this step and end up regretting their decision later.

Keely plans to offer more learning sessions this year.

Find more information on her LinkedIn blog, [www.linkedin.com/in/keelyherrick/recent-activity](http://www.linkedin.com/in/keelyherrick/recent-activity)



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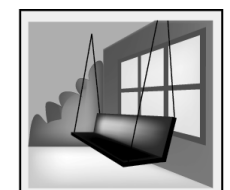


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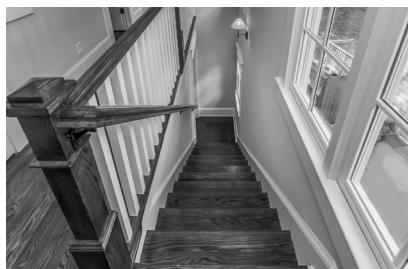


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## Spring Planting in Candler Park Children's Garden

by Andrea Zoppo

Join Miss Ladybug and friends for a spring garden work party to beautify the new children's garden space at the Lake Claire Community Land Trust on Sunday, April 9, from 4:00 to 6:00 PM. Work and play in the garden, then help make and serve lemonade and snacks, enjoy music and entertainment, and cast a ballot to name the garden.

The result of the vote will be revealed at the summer planting event on June 4. The family that submits the winning name will have the honor of placing the first garden gnome statue!

The children's garden



Miss Ladybug welcomes your children's involvement to shape the look, feel, and future programming at the garden.

serves as an interactive space to grow, learn, and create art. For example, during the week of June 26-30, participants in the first Garden Theater Camp will

create props and theatrical skits based on their observations in the garden. On stage, they'll explore what it's like to be a bug, a flower,

or even a gnome or fairy. Activities will be led by Miss Ladybug and local artist and storyteller Christy Foelsch of Kids Go Wild. Camp size is limited.

Sunday afternoon programs will include environmental education, hands-on garden work, collaborative theater elements, and a healthy, delicious seasonal snack. A \$5 donation is suggested.

For more information, visit [LadybugEventsLLC.com](http://LadybugEventsLLC.com)

To volunteer, join the garden club, or get on the news list, e-mail [Missladybug@ladybugeventsllc.com](mailto:Missladybug@ladybugeventsllc.com)

## Get to Know Pre-School at Spring Fest Fundraiser

by Kendra Longchamps

Candler Park Day School invites you to its first parent-led fundraiser – Spring Fest – on Saturday, May 6, from 2:00 to 4:00 PM.

Atlanta's famous Mr. Michael of the Learning Groove will kick off this family event with an interactive music concert. Children, teachers, and parents can sing, dance, laugh, and wiggle as Mr. Michael gets silly with his guitar! Following the concert, the fun continues outside with bouncy houses, yummy food, King of Pops, games, and a raffle.

The school will also be giving tours and answering questions.

Get tickets at [www.cpdsspringfest.eventbrite.com](http://www.cpdsspringfest.eventbrite.com) or on the day of the event.

Candler Park Day School is located at the New Church, 1561 McLendon Ave., Atlanta 30307 across the street from Candler Park.

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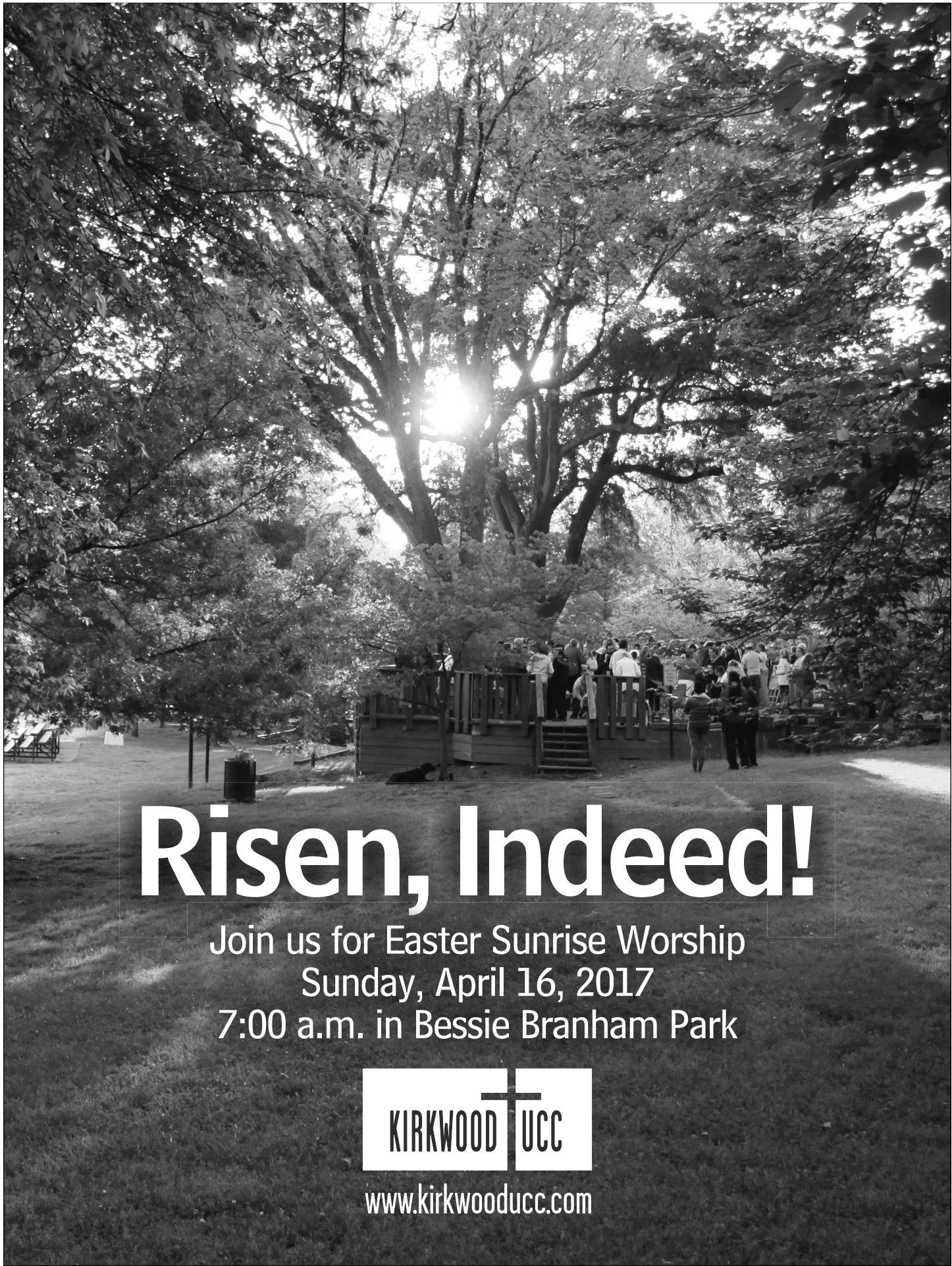
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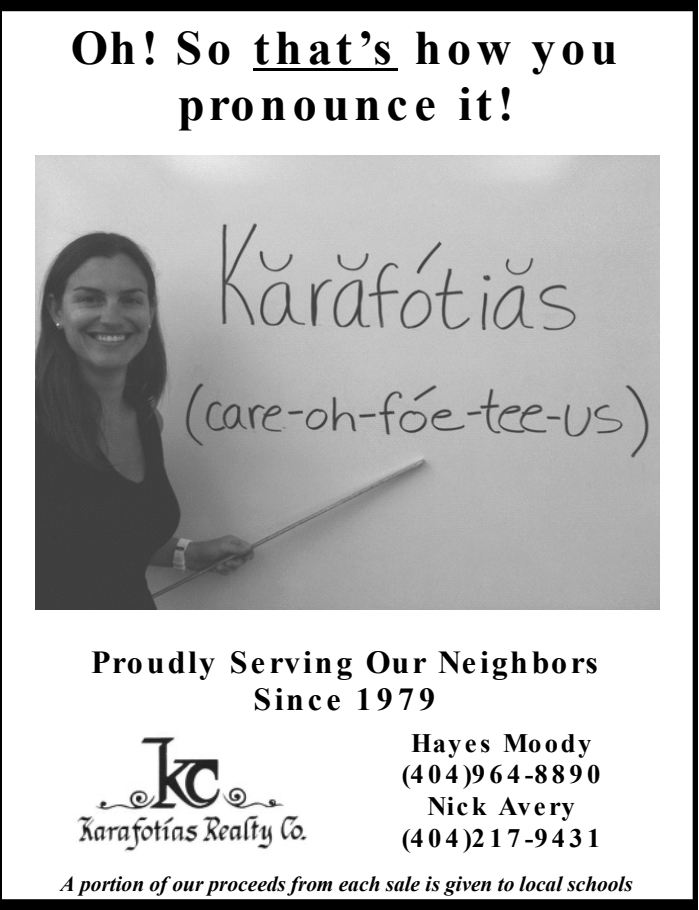
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# FATE Celebrates Cooperation and Community

by Jennifer Kraften  
& Ashley Adamo

Fred Armon Toomer Elementary is getting ready to welcome the Whitefoord families from the Edgewood area into the FATE family! Though the transition will be emotional for many of them, FATE is committed to ensuring that all new students feel welcome, included, and comfortable in their new school. All incoming families are encouraged to join in school events, especially the amazing Science Night in May.

On March 3, the 48 VIP members of the FATE Five Attendance Club



During the Healthy Play Day on March 25, students, staff, and community members enjoyed games, food, and fun while showing the teamwork and cooperation practiced every day in the Playworks program.

who had not missed any days of school so far this

year enjoyed lunch in a “Chastain Park” atmosphere on the stage, listening to smooth jazz music. Shane’s Rib Shack, located in the Edgewood Retail District, provided a delicious barbecue meal.

After just a few practices, the new co-ed volleyball team began an intensive schedule of 2 games per week. Playworks programs like this and the girls basketball team have allowed students to grow in confidence, skill, and teamwork. FATE also thanks the community programs and businesses that were able to provide support for the Healthy Play Day event.

The Georgia Milestones Assessment (GMAS) will begin for 3rd, 4th and 5th

## Upcoming Events

**April 3–7**  
Spring Break! School starts  
April 10 at 8:00 AM.

**April 12, 13 & 14**  
GMAS for 3rd grade

**April 12, 13, 14, 17 & 18**  
GMAS for 5th grade

**April 17, 18 & 19**  
GMAS for 4th grade

**Thursday, May 11**  
6th Annual Science Night  
with a focus on hands-on,  
fun earth science.

graders after Spring Break. Students will need to be on time, rested and have had a healthy, filling meal in order to show their best. Find more info on GMAS at [www.gadoe.org](http://www.gadoe.org).

Some of the most open-minded learners at the school are the Students of the Month:

- Pre-K: Delia, Cassandre, and Aiden
- Kindergarten: Clark, Noah, Da’Miracle
- 1st grade: Avi, Kaibraya, and Key-Mauri
- 2nd grade: Asia, Haylee, and Elijah C.
- 3rd grade: Terry, Tyrique, Christopher, Megan, and Marlee
- 4th grade: Channing, Legend, and Marlis
- 5th grade: Riley and Brendan

Schedule a tour: 404-802-3450

[www.facebook.com/FriendsofToomerElementary](http://www.facebook.com/FriendsofToomerElementary)

# Changes Coming for Kirkwood Schools

by Betsy Collins, KNO  
Education Committee

Schools are only as good as we make them. Send your kids to them, volunteer at them, get involved!

## Pre-K

Toomer Pre-K will be held at the former Whitefoord Elementary School. There will be five classes: three from Toomer, and two from Whitefoord Inc. There will also be three rooms for 3-year-olds in the building, and Whitefoord Inc. intends to host focus groups to gauge the interest in these. The lottery for Pre-K has already happened.

Staff are diligently working on outreach to the Kirkwood and Edgewood communities. Please spread the word to friends and neighbors to “like” the Friends of Fred Armon Toomer Elementary page on Facebook (see page 6) to stay abreast of open houses and other community events.

Also, encourage parents and community members to meet the principal, Ashley Adamo, and tour Toomer. It’s a great school, and she runs a fantastic open house.

The KNO Education Committee sends a *big* thank

you to Principal Adamo and Matt Westmoreland on the Atlanta Board of Education for all their support and interest in making Toomer and the Jackson Cluster, in general, a success. Both have been responsive and helpful, and the committee looks forward to continuing to work with them through all upcoming changes.

## Middle School

Tracy Gould Sheinin and I met with Principal Paul Brown at King Middle School in March. The new building is beautiful – full of light, great spaces, and murals and quotes from famous civil rights icons. And Brown, who’s been at King for five years, expressed his commitment to middle school-aged children.

King offers an IB (International Baccalaureate) program, numerous after-school activities including academics and multiple sports, and four meals a day with dinner, which ends at 6:30 PM. They’ve also opened a Whitefoord Health Center satellite clinic in the building.

Many Kirkwoodians have expressed interest in getting involved at King to continue its path to excellence.

Involved at Drew Charter School?  
Willing to co-chair the KNO Education Committee?  
Please contact Betsy Collins at [ecolli6@emory.edu](mailto:ecolli6@emory.edu)

## Community Pet Party & Picnic

Bessie Branham



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(Bring your own BASKET)

Dog Parade • Pet Pageant Show  
• Frisbee Fetch • & Much More

May 2017

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\*All pets must be on a leash and under control of owner at all times.



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**Phone: (770) 421-5264**  
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Andrea M. Dabney, M.D.  
OBGYN



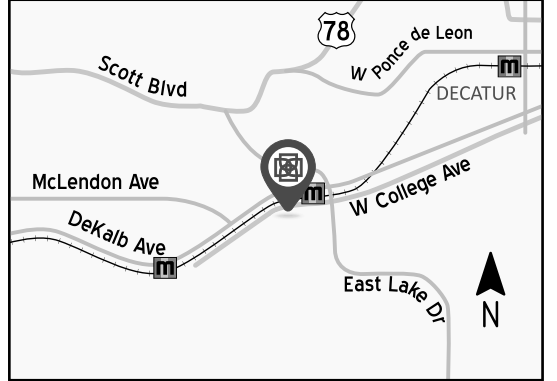
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# International Exchange Students Arrive in Kirkwood

This month, several Kirkwood residents will welcome 12 students from Panama studying English at the Georgia Tech English Language Institute as part of a “Host Family Exchange Program” through Mark’s Homestay. The company’s mission is to connect cul-

tures through international exchange. The program’s goal is to help the students improve their English and learn about U.S. culture through an immersive living experience with an American family. Hosts provide housing, share meals with the students, and

include students in occasional activities and family outings like museums, parks, sports events, and local festivals to give them a taste of life in America. Mark Leech, owner of Mark’s Homestay, says, “I am thrilled and grateful for the overwhelming support we have received specifically from the Kirkwood community, which I feel reflects the community’s commitment to diversity. Kirkwood is a great community for international students for many reasons: specifically its walkability, access to public transporta-

tion, unique restaurants, and cultural diversity.” Hosting an international student is a great way to expose your family to a different culture as well as share your own traditions, values, and customs. Hosts are also generously compensated for most programs to cover expenses associated with supporting an additional person in the household and to encourage activities. All you need is a willingness to open up your home and to make a difference in the life of an international student.

To learn about current or future hosting opportunities, visit [markshomestay.com](http://markshomestay.com) or contact [mark@markshomestay.com](mailto:mark@markshomestay.com)

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# Popular Burger Chef Expands Close to Home

by Kristine Lucas

The vibrant Mix'D Up food truck rolls with a rockin' vibe, like its owner, Kirkwood resident Brett Eanes. A foodie favorite, Mix'D Up serves gourmet burgers and fries made from locally purchased, high-quality ingredients from renewable and environmentally friendly sources.

You can also grab one of their delicious burgers at the Mix'D Up Truck Stop, a walk-up/drive-thru tiny brick-and-mortar location in Grant Park.

Now, an even more convenient “proper sit-down” version of Brett’s burger concept is coming to the new development at the corner of Hosea and 2nd. His latest venture will be the flagship of the Mix'D Up family and should open this month. “This location has tons of space – more than the Grant Park location – and will allow me to offer and do more than I can with the truck.”

Brett described the new restaurant as “a fast-casual hybrid that is modern, kid-friendly, and family-friendly.” Being the father of a 2-year-old, he’s keen to create “a really great burger joint with tons of space and a great patio the



Mix'D Up food truck's proprietor Brett Eanes (left) with Fox 5's Buck Lanford.

whole family can enjoy. It will have an awesome kids' menu and high chairs.”

Technology, including digital menus, will play a bigger role in the ordering process. “A la the Fellini’s set-up, you’ll order at a counter and get a ‘backstage pass’ to take to your table. Or, you can take a seat at the full-service bar.” There will be a shared iPad mini for walk-in take-out orders.

He’ll keep the rock 'n' roll vibe by playing great music, and he’s expanding the menu to offer salads and vegetarian options, and vegan options down the road. “Everything will be handcrafted, from the burgers to the beers and even

soda. The handcrafted sodas, featuring flavors like cherry taragon, are made with fair-trade sugar and no high fructose corn syrup.”

And they’ll serve brunch on Saturdays and Sundays. Another great option for the neighborhood from a proprietor and chef who calls Kirkwood home.

Meet Brett at the Mix'D Up food truck during the Kirkwood Spring Fling.

Mix'D Up Truck Stop  
313 Boulevard SE, Atlanta 30312

[www.mixdupfoods.com](http://www.mixdupfoods.com)  
[www.facebook.com/mixdupfoodtruck](http://www.facebook.com/mixdupfoodtruck)

## Volunteers Needed for Spring Fling

The annual festival will be expanding this year to include an additional block for the Artists Market, more beverage stations, and some additional vendors. And that means people – almost 200, in fact – to help with lots of set-up, signing in and directing artists and vendors, prepping the 5K, monitoring the Kids Area, the always-popular beer pouring,

and countless other tasks that make the Kirkwood Spring Fling a fun day and such a huge success for the neighborhood. We especially need folks in the afternoon and evening and specifically for the Kids Area. Volunteering on the day of the festival is a fantastic way to show support for Kirkwood and get to know

your neighbors. People from surrounding neighborhoods are also more than welcome to volunteer! For just 2-3 hours of your time on Saturday, May 20, you’ll receive a T-shirt, a free drink ticket, and many thanks. There’s also a volunteer appreciation party, which is held about a week later, with free food, drinks, and usually live music.



Sign up on the Volunteers page of the Kirkwood Spring Fling website, [www.kirkwoodfling.com/volunteer](http://www.kirkwoodfling.com/volunteer)