

Kirkwood

NEIGHBOR

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Kirkwood Bark Park? New Committee Formed

Kirkwood's four-legged residents (the canine variety) may soon have a park to call their own. After several years of fits and starts, the Special Committee to Explore a Dog Park in Kirkwood has been recognized and is moving forward on site selection.

The goal of the commit-

tee is simple: To establish a well-maintained park with a minimal negative environmental impact that serves dog owners and non-dog-owning residents alike.

It may not surprise you to learn that a large number of families in Kirkwood have searched hard for an off-leash

area that's walkable from their homes. The committee's difficulty, of course, is identifying an appropriate plot.

Criteria for dog parks, while somewhat flexible, make site selection challenging. You can review the City of Atlanta DPRCA guideline document at <https://www.atlantaga.gov/home/showdocument?id=7741>.

Long-time Kirkwood resident Wayne Carey noted that a dog park in the right place could capture and preserve greenspace that would be a gem for residents in the future as development booms. Committee member Ryan Marosy said that traffic

from a dog park reduces crime in underutilized spaces, making it a benefit to non-dog owners as well.

The committee members discussed their plans with Teaniese Davis, president of the Kirkwood Neighbors' Organization, and asked to be formally established in June. What the new committee now needs is more hands and input from neighbors. If you would like to participate, please come to the next committee meeting.

Next committee meeting
Tuesday, August 15
8:30-9:30 PM at Urban Pie.

KirkwoodDogPark
@gmail.com



An off-leash dog park may be coming to Kirkwood. The new Special Committee to Explore a Dog Park in Kirkwood is tasked with finding a site that meets the City of Atlanta's guidelines and is convenient for dog owners as well as other residents.

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Kirkwood

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

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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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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

Former Doctor Combines Medicine with Meditation

After a decade in Chicago, Jill Wener returned to Atlanta in the spring of 2016. But she was changing much more than just her locale: Jill had recently stopped practicing internal medicine to instead teach Vedic meditation.

Five years into her role as an attending physician, Jill experienced severe burnout and explored meditation to manage her stress and anxiety. In Vedic meditation, though, she found something that appealed to her as a medical professional.

"I entered it as a skeptic, but everything the teacher said made sense medically and scientifically. He described stress and its effects on daily life in a way that felt like he knew perfectly what I was going through," she says.

Vedic meditation doesn't fit stereotypes. It doesn't, for example, require sitting

uncomfortably, concentrating, or clearing the mind. And that's why Jill specializes in teaching healthcare professionals and others like her who have busy minds, Type A personalities, and who might even be meditation skeptics ... for now.

In addition to teaching Vedic meditation to anyone looking to manage stress, improve sleep, and become more calm, adaptive, and creative, she also created Conscious Health Ally, a meditation-based program for people suffering from stress-related health issues including insomnia, irritable bowel syndrome, obesity, fibromyalgia, chronic back pain, migraines, and heart disease.

Built around meditation and intensive coaching, Conscious Health Ally combines modern medicine with holistic wellness techniques

to help clients explore and appreciate the mind-body connection, giving them the skills and support to address their symptoms head-on and start healing.

"Conscious Health Ally is the perfect marriage of my medical training and my expertise in stress reduction and meditation," she explains. "Real change is only possible if we re-wire the way our brains habitually process pain and stress, and Vedic meditation gives us that capability. If we combine a meditation practice with a true understanding of how stress affects our health, the possibilities are endless!"

Jill lives in Kirkwood, and teaches in Kirkwood, Oakhurst, and Cabbagetown. Her next Intro to Vedic Meditation is Sunday, Aug. 13, from 6:00 to 7:30 PM at Align Movement Design Pilates in Oakhurst. At this class, you can learn more about the meditation practice and its benefits, and how you may sign up for her basic course in Vedic meditation.

Learn more about Vedic meditation and Conscious Health Ally, and register for classes, at www.JillWener.com

Book Club Titles Chosen

Based on the poll results, our August book will be *The Dream Lover* by Elizabeth Berg, a lush historical novel based on the Parisian life of the 19th-century writer George Sand.

And based on how many were excited by *The Glass Castle*, it looks like we have our September book, too.



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Local Theater Brings Timely Topics to Stage



photo by Grant McGowen

Pinch 'N' Ouch Theatre is staging David Mamet's play *Glengarry Glen Ross* through September 23.

by Keely L. Herrick

If you're looking for a different night out in the neighborhood, consider checking out a performance of *Glengarry Glen Ross* at Pinch 'N' Ouch Theatre. Located just down the street from the soccer field on Arizona Avenue, this intimate theater is a hip hang that makes a great evening out for friends or business networking.

Producing Artistic Director Grant McGowen wears two hats with this show, serving as both the director and an actor in one of the two casts of the play. He acknowledges that the David Mamet script is "certainly a bucket list play for all of us, because it's really visceral stuff." He says it also feels right for the moment, given its comedic view on the dark side of the American dream.

Audience members may be familiar with the 1992 film version, starring Al Pacino, Jack Lemmon, and Alec Baldwin, among others. The story centers on a group of real estate salesmen whose mantra "Always be closing" leads the quest for cash above all else.

As with all things Mamet, it's peppered generously with profanity, so it's not really intended for children.

Fans of *The Walking Dead* will be excited to see actor Jayson Warner Smith (Gavin) take center stage in this production. McGowen says that Smith "brings something original and unique to his role, that's far from Mr. Pacino's interpretation."

If you're looking for a great pre- or post-show drink spot, you can head right across the street to Ration & Dram, where you're likely to run into

members of the cast!

Pinch 'N' Ouch also has acting classes, where McGowen offers instruction for both stage and screen. "I teach art, first and foremost, not business. It's a great way to learn about yourselves, others, get a grasp on human psychology, and develop empathy. I think everyone should learn this stuff," he says.

"It's rigorous work," he admits. "I think people are always surprised how difficult it is, but when they really dig deep, commit themselves, and *practice*, the sky is the limit."

The play runs Aug. 3 through Sept. 23.

Tickets are available at
www.pnotheatre.org/season

For more information on
PNO's acting classes, see
www.pnotheatre.org/education

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National Night Out: Scratch DJ Academy Spin Art

Tuesday, August 1, 1:00 PM

Create customized art work using vinyl records and paint with Scratch DJ Academy and representatives from Atlanta Police Department Zone Six. All ages.

30-Minute Meditation

Mondays (except Aug. 7), 6:00 PM

Interested in learning about Buddhism and meditation? Join the Kadampa Meditation Center for a free session. Ages 16+.

It's The Teeny Tiny Tots Story Time

Wednesdays (except Aug. 2), 10:30 AM

Join us as we build successful readers through language development, listening, and social skills. Move, sing, hear stories, and meet other preschoolers from the neighborhood. Ages 6-36 months.

Kirkwood by the Book

Saturday, August 19, 1:00 PM

Author Faghayai Ogoun will discuss her novel, *Chasing the Horizon*. Learn about the process of writing, editing, and publishing your own book. Signed copies will be available. Ages 16+.



Lunch & Learn: Used Car-Buying 101

Friday, August 25, 12:30 PM

Join Alpesh Patel of Bond Community Credit Union for this free class on budgeting, researching, and shopping for a used car. *Registration required.* Ages 16+.

Call or visit the library for more information and
to register for events.

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You're Invited!



Homecoming Weekend

Please join Kirkwood United Church of Christ for a Homecoming weekend on August 12 & 13, 2017 as we gather at 100 Rogers Street in Atlanta to Celebrate and Consecrate.

10am-2pm on Saturday, August 12, 2017

Community Open House, complete with free food, kids games, live music and Tours of our New Sanctuary.

5:00 pm on Sunday, August 13, 2017

Consecration Celebration and Worship with Rev. Dr. Patrick Dugan preaching. Cake & Punch reception to follow.

Everyone-Everyone-Everyone is Welcome



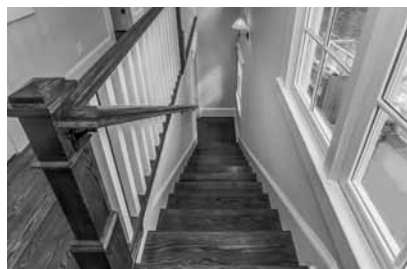
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Updates on City of Atlanta Taxes and Trees

Single-family property owners in Atlanta-DeKalb will see a 20% reduction in their 2017 property assessments as a result of the July 6 vote by the DeKalb County Board of Assessors.

The Board's actions are governed by state law O.C.G.A. 48-5-299(d). DeKalb County was obligated to lower property values to be consistent with what was approved by Fulton County. The law, in fact, specifically provides that when a city is located within two different counties, those two counties must confer and distribute city taxes uniformly.

Two things to note: First,

the decrease in valuation did *not* extend the deadline for filing an appeal of your assessed value – that has passed. Second, the decrease only impacts the City of Atlanta and Atlanta Public Schools taxes. The taxes for DeKalb County services will be based on the full assessed value.

Councilmember Natalyn Archibong was the chief sponsor of legislation to establish a 180-day moratorium on the cutting of 10 or more trees located on 5 or more acres. It's a companion to the legislation adopted by the City Council in December 2016 that authorized the use of a portion of the

City Tree Trust Fund for the purpose of acquiring forested land.

The new moratorium allows the city to continue evaluating acquiring select forested acreage without fear that these forested lands will be clear-cut during the

deliberation process.

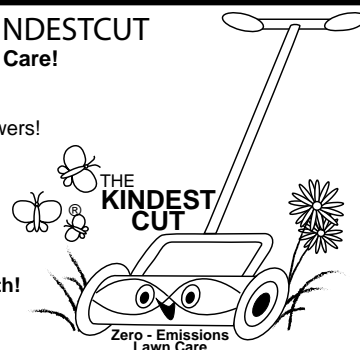
She also sponsored affirming the city's support for the Paris Climate Accord, which prompts Atlanta to take the lead in encouraging other cities and businesses to continue and to expand efforts to protect our environment.

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PENDING



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PENDING



183 Clay St SE, Kirkwood
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