

Kirkwood

NEIGHBOR

5K and Fun Run to benefit elementary school

by Shelley Smart

The FATE Foundation, with presenting sponsor Atomic Entertainment, will host its inaugural Race for FATE, a 5K and Kids Fun Run, on Saturday, Oct. 20. This family-friendly event will start and finish at Fred Armon Toomer Elementary (FATE) School.

FATE is an amazing place of learning that serves more than 500 children in the East Lake, Edgewood, and Kirkwood neighborhoods. The Title I school has dedicated and passionate administrative and teaching staff as well as an active parent body, strong community partnerships, and a campus retrofitted to accommodate students with a range of physical abilities.

Funds raised through the Race for FATE will directly benefit the school through the FATE Foundation's Staff Grant Program and also advocacy work such as the Realtor Tour co-hosted with the GO Team earlier this year.

The 5K chip-timed event starts at 8:00 AM. The route goes through Edgewood and Kirkwood, with water and food stations along the way. It's \$30 for



those age 16 and older, and \$15 for 15 and younger. A team option is available this first year at no additional cost. All participants will receive a race T-shirt and a bag of local goodies.

The Kids Fun Run is free (although registration is required) and will take place at 9:00 AM in the field in front of the school. Top finishers in each age group will receive a medal.

Tours of Pullman Yard are available for all participants, even those choosing the ghost runner option.

Thank you to sponsors from the neighborhood: Atomic Entertainment, The Suzuki School, Tyrone Law Firm, Stryant Construction, David Lopez Audio, Tommy Nagle, The Kirkwood, and FitWit Kirkwood.

Register at bit.ly/raceforfate

Visit www.facebook.com/FATEATL for more information about pre-race and race day volunteer opportunities for individuals and groups as well as race sponsorships.

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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 7:00 PM at the Turner Monumental A.M.E. Church, 66 Howard St. NE.

Everyone is welcome!

2018 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.

All material in the Kirkwood Neighbor is copyrighted by the Kirkwood Neighbors' Organization (KNO).

Kirkwood Neighbors' Organization (KNO)
P.O. Box 170010 • Atlanta, Georgia 30317
www.historic-kirkwood.org

KNO Calendar of Events

Wednesday, Oct. 3

Kirkwood Neighbors Night at the Pullman

Come buy your Kirkwood banners and swag, and support Kirkwood Cares.

6:30 PM: Zoning Committee meeting

8:00 PM: Public Safety Committee meeting

Wednesday, Oct. 10 • 7:00-8:00 PM

KNO Meeting, Turner Monumental AME Church

Saturday, Oct. 20 • 11:00 AM - 1:00 PM

Pops with Cops, Bessie Branham Park

Wednesday, Nov. 7

Kirkwood Neighbors Night at the Pullman

Saturday, Nov. 10 • 7:00-8:00 PM

KNO Meeting, Turner Monumental AME Church

FIND KIRKWOOD NEIGHBOR AT:

Anna's BBQ 1976 Hosea Williams Drive

Atlanta Intown 1963 Hosea Williams Drive #R101

Big H Grocery 1932 Hosea Williams Drive

Blue Ink Title 1963 Hosea Williams Drive #R103

DeKalb Atlanta Human Services Center 30 Warren Street

DeKalb Atlanta Senior Center 25 Warren Street SE

Dulce Vegan 1994 Hosea Williams Drive

Guitar Shed 1610 Hosea Williams Drive Ste. E

Indigo Wellness 1963 Hosea Williams Drive #R107

Kirkwood Feed and Seed 1998 Hosea Williams Drive

Kirkwood Library 11 Kirkwood Road – *not during construction*

Langford's Barber Shop 1947 Hosea Williams Drive

Le Petit Marche 1963 Hosea Williams Drive

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 #R106

Toomer Elementary School 65 Rogers Street NE

Valero 1989 Hosea Williams Drive

All KNO and NPU-O meetings & neighborhood events

Best-attended Wine Stroll hailed as smooth success

contributor: Leslie Brashear

The 12th Annual Kirkwood Wine Stroll on Sept. 21 was a huge success. With the highest attendance yet, this year's fundraiser was also the smoothest running. Changes the committee

made, including a new check-in process, were favorably noticed by both attendees and the business owners at pouring and food stations. As one neighbor shared on Facebook, "Friday night was great! Don't change a thing next year."



The event, which is organized by the Kirkwood Business Owners' Association, was sponsored by Wahoo Wine & Provisions/Wahoo, Stryant Construction, Eventide Brewery, Second Self Brewery, Atlanta Intown Real Estate, Bonnie Heath Photography, Content

Puppy, Scarendipity, Kelsey Erin Salon, The Element at Kirkwood, Stephanie Howard Photography, Guitar Shed, and The Friends School of Atlanta.

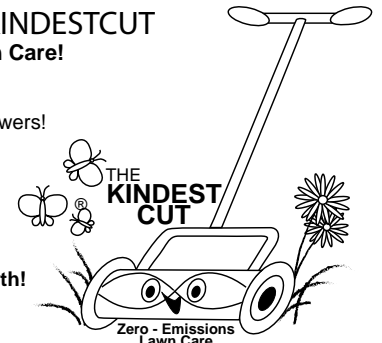
And a huge "thank you" goes to all the volunteers who made this wonderful stroll possible!

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How can meditation be a high-performance tool?

by Jill Wener, MD

As a meditation teacher, I meet people every day who have preconceived notions about meditation. People assume that we have to sit in an uncomfortable position with our backs straight and legs crossed, that we have to clear our minds of thoughts, and maybe even that we need to be hippies with flowing hair, meditating in a grassy field with birds chirping and rainbows. Most people understand that meditation can help with stress management, and maybe even with anxiety and insomnia.

But do you know that meditation is also used as a high-performance tool? CEOs, doctors, attorneys,

professional athletes – think Phil Jackson and the Seattle Seahawks – and artists, of all political and religious backgrounds, use meditation because it simply makes them better at what they do.

First, meditation activates the right side of the brain, which connects with intuition and instincts. That voice is often a whisper and can be drowned out by the loud inner critic, which immediately follows it.

You know that voice. It's the one that says, "You don't have the right skills. You aren't good enough. Everyone will laugh at you. You won't make enough money" That voice comes from the left side of our brain, which



Jill Wener teaches out of her home studio in Kirkwood. She is co-leading TransforMD, a mastery retreat for women physicians, in Mexico in January 2019.

is concerned more with our individuality and maintaining the status quo.

When we activate the right side of our brain by meditating regularly, we turn *up* the volume on our intuition, making it easier to pursue an exciting or creative idea.

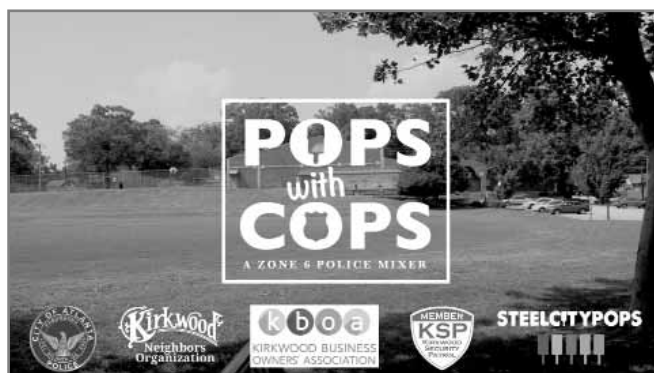
Second, meditation takes us out of survival mode. When we're constantly stressed out, we're using all our available energy and brain power to survive, not thrive. When we're singularly focused on trying to make it through the

next hour, day, or week, we don't have the ability to step back and make strategic and creative decisions that will benefit our professional and personal lives.

Meditation gives our minds and bodies a break from stress chemicals like cortisol and adrenaline, and it bathes our brains in serotonin, endorphins, and other "bliss" chemicals, ultimately making us less focused on survival and more adaptable, creative, efficient and strategic. Meditation sharpens our senses and increases our simultaneity, the ability to do more than one thing at the same time.

Conscious health meditation breaks free from meditation stereotypes. It can be done anywhere – even in offices, cars, coffee shops, and airplanes. And for anyone feeling bored, dissatisfied, or trapped, it's the easiest way to make lasting changes and begin to thrive.

Learn more about Jill at
www.JillWener.com
www.TransforMD.org



Hang out with Major Klotzer and the Zone 6 Police Department! The event includes squad cars and special units on display, mounted police officers on horses and bikes, face painting, and a DJ. Steel City Pops will provide free popsicles while supplies last.

Sponsored by the Atlanta Police Department, Kirkwood Neighbors' Organization, Kirkwood Business Owners Association, Kirkwood Security Patrol, and Steel City Pops.

Saturday, Oct. 20, 11:00 AM -1:00 PM, at Bessie Branham Park



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Kirkwood Runners & Walkers celebrates 5th anniversary

by David Kipp

The neighborhood group for local runners and walkers has been successful over the years because it provides a platform for regular fitness with a spirit of inclusiveness, improvement, and camaraderie. All paces are welcome, as are children, strollers, and dogs.

In addition to regular weekly events, longer runs are often scheduled, especially to help members prepare for races.

The group has, in fact, inspired many participants to run their first marathon, half marathon, 10K, or 5K. "I ran the Publix Georgia Marathon earlier this year, and it was my first," said Todd Bowers. "The



Members gather before the 2018 Peachtree Road Race (left to right): Andrew Feury, Sarah Adle, Patti Carlson, Rajesh Kurup, Eli Dickerson.

KR&W team made signs and came out to support me. It was inspiring."

The group offers regular social opportunities as well. "I enjoy going to Taproom after the Saturday runs, and I've made some new friends doing so," said Rajesh Kurup, who recently moved to Kirkwood.

Occasionally, on Tuesday nights, people will meet for a "dehydrate-rehydrate" at a local Kirkwood restaurant. Other social activities include home parties, a brewery run, and an annual pub crawl.

"It's hard to believe it's been five years," says Patti Carlson, group founder. "I've made some lifelong friends

through this group, and I look forward to a long future running with Kirkwood Runners and Walkers."

She is stepping down as the group's leader this year, and leadership will be spread among anyone who wants to volunteer. As the weather gets cooler this fall, the group encourages new residents or those who have been watching from the sidelines to join. "We welcome all ability levels," said Andrew Feury. Any member can organize a run or walk through the Facebook page.

Ask to join the group at:

www.facebook.com/groups/236374906515192/




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DIY workshop with designer Chip Wade

Atlanta's own celebrity designer and expert craftsman, Chip Wade, will join several local do-it-yourself home decorators who have been invited to repurpose items from the Atlanta Habitat ReStore in the Reynoldstown neighborhood into furniture and home décor that would complement America's ultimate family holiday, Thanksgiving.

Wade – the host, designer, and executive producer on his Emmy Award-winning series “Elbow Room” – will showcase the DIYer's design transformations. He'll also offer advice and tips to shoppers on refreshing a space with items from the ReStore any time of the year.

“The Atlanta Habitat

ReStore is a treasure chest of cool finds. I can't wait to see what our DIY experts come up with,” said Wade, who is a big fan of Habitat for Humanity.

The ReStore sells new and gently-used furniture, home accessories, building materials, and appliances at a fraction of the retail price. Thanks to donations received from across Atlanta, its inventory changes daily. Net proceeds help to fund Atlanta Habitat's mission. Each time someone donates, shops, or volunteers at the ReStore, they support the construction and renovation of affordable homes, critical home repairs for seniors and military veterans, and neighborhood revitalization.

The workshop is free and open to the public.
Register at www.atlantahabitat.org/workshop

Thursday, November 1, 2:00-3:00 pm

Atlanta Habitat ReStore • 271 Chester Ave. SE, Atlanta 30316

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Free D.I.Y. Workshop
led by HGTV's Chip Wade
Thursday, Nov. 1
2 p.m. – 3 p.m.

Join celebrity designer and expert craftsman, Chip Wade, as he leads a workshop on repurposing unwanted building materials into works of art. Local DIYer's will showcase how unique doors and windows can become dining tables, benches, accent furniture, home décor and more. Bring your questions and ideas to the Atlanta Habitat ReStore for a D.I.Y. workshop you don't want to miss. This event is FREE and open to the public!

Details and Registration: www.atlantahabitat.org/workshop

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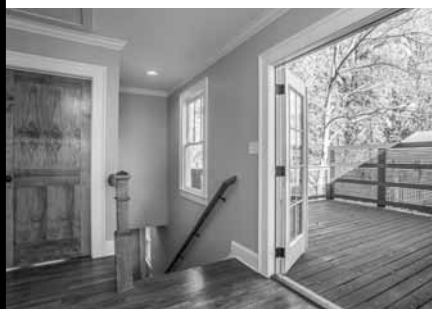
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Childcare at East Lake Y

by Henry Bryant

A recently added benefit of membership at the not-for-profit East Lake Family YMCA is Parents' Morning Out (PMO), which began Sept. 4 for its first fall season. This program, for Y members only, allows a parent who is usually caring for a child age 2-4 at home to run errands, take care of business, or just have a few moments during the day to themselves. For a monthly fee, parents can sign up for two days each week, Monday/Wednesday or Tuesday/Thursday.

It's more than just babysitting. The program, led by YMCA professional childcare staff, offers arts and crafts activities, story time, supervised free play, and basic early learning skills development (shapes, colors, counting, and socialization). There also will be monthly seasonal and holiday themes. The Monday/Wednesday pair will also include swimming lessons in the indoor pool.

Space is limited, and registration is ongoing.

Stop by the guest services desk or
contact Family Program Director Tyler Vrzal

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