

# Neighborhood News

Volume 24 Number 3  
Summer 2017

NEWSLETTER OF THE LAVISTA PARK CIVIC ASSOCIATION  
P.O. BOX 244190 ATLANTA, GA 30324 WWW.LAVISTAPARK.ORG

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## President's Message

Welcome and "Thank you!" to all our new and renewed LVPCA members for 2017-18. Here's the good news: over 315 people joined or renewed their membership! Now here's the bad news: we are 45 members short of what we need to meet this year's budget, and we're 15 members short of where we stood last year.

About 83% of our budget supports your neighborhood security patrol, and for members only – security house checks when you are away from home. LaVista Park enjoys a relatively low crime rate, which helps to protect you, your family and home and to maintain our property values. This month, for the first time, your Board had to discuss how we cut back on the patrol hours. We're discussing with Captain Paul Braun whose hours we cut and when.

Rising home values and resales, as well as new construction, translated to a high turnover in LaVista Park homeowners and, likewise, LVPCA members over the past year. Your Board doubled down on our annual membership drive in response. We posted membership month signs throughout the neighborhood, stuffed April newsletters, sent emails, mailed letters to all new and nonrenewed households with pre-addressed stamped return envelopes, flooded social media, went door to door and finally, pulled patrol signs from nonrenewed homes prior to the July 4<sup>th</sup> holiday weekend. We are fortunate that so

**LAVISTA PARK**  
CIVIC ASSOCIATION

**Quarterly Meeting**  
**Thursday, July 20**  
Westminster Presbyterian Church, 1438 Sheridan Road  
7 p.m. social with refreshments  
**7:30 - 9:00 p.m. Meeting**

GUEST SPEAKERS:  
**David Fox**, Senior Policy Analyst  
for DeKalb County Commissioner Kathie Gannon

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many of you signed on.

Now it's time to make some tough decisions, or somehow get at least three dozen more people to renew. Over 40 homes who were members last year have not renewed. And membership brings you more value than ever when you present your new 2017-18 membership card at our 17 Friends of LaVista Park! See inside and <http://lavistapark.org/friends-of-lavista-park/> for discounts and other information about these area businesses which support us.

We also post relevant and timely articles on our website, [www.lavistapark.org](http://www.lavistapark.org), regarding area developments such as Emory Healthcare in Executive Park and Children's Healthcare of Atlanta (CHOA) on the north side of North Druid Hills Road, and DeKalb County government news such as proposed budgets and Commissioners Jeff Rader and Kathie Gannon's e-newsletter articles. Check our website each month for updates.

This summer, join our Fall Festival planning committee, meet up with your friends and neighbors on Thursday, July 27<sup>th</sup> for our exclusive "LVPCA Dine to Donate" at Tin Lizzy's Emory Point, and join us on Tuesday, August 1<sup>st</sup> for another National Night Out / LVPCA Summer Social to be announced (ice cream, anyone?).

Thanks again! We greatly appreciate your support in keeping our neighborhood safe, secure and welcoming!

**Tom Woodward**  
[president@lavistapark.org](mailto:president@lavistapark.org)



## Patrol News & Notes

The Officers in LaVista Park Security Patrol hope everyone is having a safe and enjoyable summer. These are just a few tips to make you and your property less inviting to criminals.

- 1) Always keep your doors and windows locked, especially at night.
- 2) Do not place the boxes of newly purchased items on the curb, without crushing or concealing them.
- 3) If you see something suspicious dial 911. Listen to your gut instinct.
- 4) Do not leave anything in your vehicle that you don't want stolen.
- 5) Be extremely cautious when you give anyone your personal information. There are many scams, especially against the elderly. If it seems too good to be true, it's probably a scam.
- 6) Always be alert when walking in parking lots, scan the area. If you look like you're paying attention to your surroundings the bad guy might not choose you as a target.
- 7) Take pictures of your jewelry. We recommend storing your jewelry in a safety deposit box or a large safe that can be bolted to the ground.
- 8) Document all serial and model numbers and store them in a safe place.
- 9) Secure your business and residential Wi-Fi.

**Capt. F.P. Braun**

**Dekalb County Police Department**

**LaVista Park Patrol Supervisor**



## LaVista Park / Garden Club

Summertime! ...and our park is into the deep green part of the year.

There are still a number of projects on the short list for the county to work on including repair of the rubbery path. The money has been approved, but I'm still trying to get a start date for it. The gorgeous granite blocks for decorative border walls are still awaiting the volunteers from our local area colleges. We had them scheduled for spring, but something came up and they had to cancel and now, of course, everyone is on summer break, so that's been delayed.

What is moving along as planned are the Park Pond Patio Pop-up Parties. A great way to spend a little social time getting to know your neighbors. By the time you read this, we'll have had our July event. I send out the announcement via LaVista Park e-mail and NextDoor LaVista Park. If you aren't on either of those, you might want to sign up via [LaVistaPark.org](http://LaVistaPark.org) and [Nextdoor.com](http://Nextdoor.com). Great info about the neighborhood and lots more is available from these two sources.

See you in the 'hood!

**Donna Newman**

**Chair, Natural Environment Committee**

**President, Citadel-La Vista Park Garden Club**

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## Executive Vice President's Message

Hello Neighbors!

Did you know that since January 1, 2017 we've seen 33 homes sold and bought? That's a lot of new neighbors moving into our little neighborhood. There are 15 homes currently that are pending or for sale. If you know anyone looking to buy a new home, we hope you encourage them to come and check out LaVista Park as an option. We are a safe and friendly neighborhood with a diverse and super cool population. Any given day you'll see neighbors gardening, out walking their pups, playing with their kids in our own LaVista Park and meeting friends at the Pond Patio Pop Up Parties. We have an active Garden Club and a very active and very busy Board. If you'd like to get more involved in our community, please join us at the next quarterly meeting on July 20th and feel free to introduce yourself to any one of us at the meeting for volunteering opportunities. Or feel free to start your own club - A walking club, a running or cycling club a dinner party club.. the options are endless and so is the joy of being part of a strong community. When you see a new neighbor please make them feel welcome. If you are one of the 33 new neighbors we appreciate you and hope to make your acquaintance!

Everyone is welcome to join us at Tin Lizzy's on July 27th for the Dine to Donate program. Tin Lizzy's will donate 20% of their net profits to LaVista Park Civic Association if you bring in the flyer ad located in this newsletter. Mark your calendars and join us for some tasty food, a frosty margarita and a nice night out. Meet some of the new friends in town and make merry while making a contribution.

Have a great Summer,  
**Juli St George**  
[execvp@lavistapark.org](mailto:execvp@lavistapark.org)



## Friends of Kittredge Park

Friends of Kittredge Park has taken a sabbatical. Our first clean up since April was on July 14<sup>th</sup> with a group of 80 volunteers assembled by Park Pride. Without more neighborhood support, we have to adjust our schedule to fit outside volunteers, so we have no regular work days. We post our events on FKP Facebook page. Please use Kittredge Park! Volunteers are always welcome.

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

**Gene Schmidt**  
**FKP representative**  
[efschmidt@yahoo.com](mailto:efschmidt@yahoo.com)



## Civic Association Network

CAN met on April 26<sup>th</sup> for a presentation on ethics by Stacey Kalberman, our county advocate with a 3-year contract reporting to the Ethics Board. She has been teaching ethics to the 2100 county employees and accepting anonymous reports of improprieties ([dekalbcountyethics.org](http://dekalbcountyethics.org)). State Representative Meagan Hanson presented an update of House business and bills since her last visit to CAN.

On May 24<sup>th</sup> CAN scheduled a full meeting with DeKalb CEO, Michael Thurmond, who gave an update on what he has been able to work on since taking office. Water billing has been taking most of his time: there are 184,000 accounts of which 37,000 are on hold for verification. There are 102,000 water meters that are out of warranty and now have a 3-year replacement schedule. Eighteen months have been allocated for a new billing system. The county has implemented a sewer trunk line cleaning project for the next 2 years to increase capacity while inspecting the condition of the piping.

CAN held its June 28<sup>th</sup> meeting for members to present and discuss a challenge by CEO, Michael Thurmond. He presented many items for the membership to research and question and asked that they submit their response to his office.

**Gene Schmidt**  
**CAN representative**  
[efschmidt@yahoo.com](mailto:efschmidt@yahoo.com)

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## Road Repairs & Traffic Calming

As you've probably seen, the county has finally finished its work shoring up the stream that runs near the intersection of Wild Creek and Beech Haven! The repairs took longer than the repairs on the I-85 bridge, but neighbors are pleased nonetheless. The county tells me now that this is done, they can focus on installing the speed bumps that residents approved for Citadel Rd between Beech Haven and LaVista.

Happening at the same time is the effort to remove the medians on the 1000 block of Beech Haven. The residents here voted on the issue and agreed to remove the medians and replace them with two speed bumps. LVPCA President Tom Woodward joined me knocking on doors and collecting the votes. A resident joined me at the county commission meeting where this was decided, and we were successful. The medians will be removed and replaced with speed bumps sometime after July 11<sup>th</sup>.

I've also alerted the county to poor road conditions at the corner of Beech Haven and Sheridan, and they will be addressed soon they tell me. Near this same intersection, Georgia Power installed a new street light, at the request of neighbors we spoke with during our canvassing.

**Steve Osunsami**  
LVPCA Vice President, Section 2

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## Chiropractic Connection

Chiropractors are physicians trained to detect and correct subluxations in the spine. A subluxation (which can result from physical, chemical, and mental stressors) occurs when spinal vertebrae shift creating irritation on nearby nerves. This prevents the body from functioning optimally. To remove nervous system interference, improve spinal function and overall health/wellness a chiropractor gives patients an adjustment to correct subluxations. Here are some examples of the chiropractic connection to conditions that affect individuals of all ages and benefits of care:

### Asthma

Several studies have explored the connection between a chiropractic adjustment and improvement of asthma symptoms. Both parents and children have reported lowered severity of asthmatic symptoms following chiropractic treatment. Additional case studies have also shown a link between chiropractic adjustments and a decrease in asthmatic symptoms.

### Carpal Tunnel Syndrome (CTS)

The National Institute of Neurological Disorders and the University of Maryland Medical Center list chiropractic as an alternative treatment for CTS. A chiropractor looks for potential interferences that may be causing nerve compression. The nerve associated with carpal tunnel syndrome is the median nerve and it originates in the cervical spine. Chiropractic treatment can include a gentle adjustment of the wrist, elbow and cervical spine as well as therapeutic ultrasound, kensiotape, electrical nerve stimulation and therapeutic exercises.

If left untreated CTS can cause permanent damage to the hand or thumb. A quick consultation with a chiropractor can kick-start the healing process and potentially prevent an unnecessary surgery.

### Disc Herniation: “Slipped” and “Bulging” Discs

Treatment of herniated and bulging disc can be done in a safe and effective way by chiropractors. The type of disc problem can be diagnosed by performing a physical examination, analyzing the patient's history and digital images. In some cases, an MRI is recommended to prescribe a suitable treatment plan specific to your needs including adjustments and therapeutic exercises. Surgery and injections may be considered the last option due to the risks and side effects involved.

### Children & Sports

Children who are involved in sports can benefit from chiropractic care as it's not just for pros and adults. Chiropractic is perfectly safe for children of any age and is an important tool for preventing long-term damage to your child's growing body.

According for the Centers for Disease Control and Prevention, more than 2.6 million children aged 0 to 19 years old are treated for sports and recreational injuries. Of these injuries, musculoskeletal are by far the most common. Whether your child is in a contact sport like football or hockey or a non-contact sport like gymnastics or swimming, regular exams, adjustments and therapies are essential.

### Stress

Chiropractic care is essential to healthy function of the nervous system, which contains the brain and spinal cord. Chiropractic adjustments activate the parasympathetic system, which calms the “fight or flight” reaction triggered in the sympathetic system. Research has also shown that chiropractic can reduce blood pressure.

### PMS & Menopausal Symptom Relief

Chiropractic adjustments are a safe, non-pharmaceutical alternative to treating the symptoms of PMS. Chiropractors perform adjustments in the lumbar spine and the sacrum, specifically L2 and L3. These vertebrae affect the sympathetic and parasympathetic systems, which control hormonal regulation. In multiple studies, women report less bloating, headaches, cravings and cramping while under chiropractic care.

Like PMS, chiropractic can provide a drug-free alternative to treating symptoms of menopause. Research has shown that more women are choosing alternative therapies, like chiropractic, for treatment and women who use these therapies generally find them beneficial.

The conditions that can be effectively treated by chiropractic care are endless. Those benefiting from chiropractic care continue to rise as more and more people discover the importance of good spinal health. Make an appointment to talk to a chiropractor about your complaints.

**Dr. Latrice Lawrence, Chiropractor**  
**H2H Wellness Center**  
**Friends of LaVista Park**





## Ken Duke Honored

At our April quarterly meeting, longtime resident and park volunteer leader, Ken Duke, was presented with a plaque to honor all his years of hard work and dedication to our namesake park. He was honored by Commissioner Jeff Rader, LVPCA board members, and meeting attendees. The plaque is now installed at the entrance to our park.





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**Owner Mark Good has been a resident of LaVista Park  
since 1996.**



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Tin Lizzy's at Emory Point will donate 20% on net profits directly to LVP Civic Association.

**When:** July 27th - ALL DAY LONG to anyone who brings in this flyer. Go for LUNCH & DINNER!

Digital flyers also accepted from smartphones. See our Facebook page to download it digitally!

**Where:** Tin Lizzy's - Emory Point - 1540 Avenue Place, ATL 30329

Meet up with your friends, bring the kids, your neighbors, even your bridge club. The more the merrier and the more profits go directly to LVPCA -- so go ahead, have another margarita - It's for a good cause

Your friendly board members will be there from 6:30 PM on -- stop by to say hello



# LVPCA Board Member Contact Info

## President

Tom Woodward, [president@lavistapark.org](mailto:president@lavistapark.org)

## Executive Vice President

Juli St. George, [execvp@lavistapark.org](mailto:execvp@lavistapark.org)

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## Treasurer

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## Vice President, Section 1

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## Vice President, Section 2

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## Vice President, Section 3

Michael Lappin, [vp3@lavistapark.org](mailto:vp3@lavistapark.org)

## Vice President, Section 4

Mark Griffith, [vp4@lavistapark.org](mailto:vp4@lavistapark.org)

## Patrol Coordinator

Ed Nunn, [watch@lavistapark.org](mailto:watch@lavistapark.org)

## Zoning Coordinators

Gina Henschen, [zoning@lavistapark.org](mailto:zoning@lavistapark.org)

## Natural Environment Committee Chair

Donna Newman, [naturalenvironment@lavistapark.org](mailto:naturalenvironment@lavistapark.org)

## Garden Club President

Donna Newman, [gardenclub@lavistapark.org](mailto:gardenclub@lavistapark.org)

## Webmaster

Bethany Brown (interim consultant)

## Fall Festival Committee Co-Chairs

Anne Marro and Heather Rainey, [festival@lavistapark.org](mailto:festival@lavistapark.org)

## Scan This QR Code to Join LVPCA

When you scan this QR code using your phone or tablet, it will take you straight to the LVPCA membership page where you can pay via PayPal. If you're not already a member, please try it now! If you don't have a QR Code reader, you can download it as a free app for Apple and Android products through stores such as iTunes App Store and Google Play.



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## Atlanta Movie Shoots

I'm sure many people have noticed that our neighborhood has become a common location for film crews. We have had major Hollywood pictures, television shows, commercials, web videos and music videos. You never know what they will be looking for so if you want to have your house considered you can register it at:

<http://www.georgia.org/industries/entertainment/georgia-film-tv-production/list-your-property-as-a-film-location/>

Many location scouts are also proactively looking to build their portfolios. A simple google search will help find them and you can reach out to them about including your home.

As a homeowner that has had our home used several times, I can tell you that there is the good and the bad that comes along with it. For the neighbors, there is also good and bad. The good is the financial benefits for the homeowner as well as any neighbor that has their property used for staging, catering, etc. or anyone's house that might appear in a scene. The bad is the disruption and inconvenience. Along with inconvenience comes damage to your property. Each homeowner can negotiate what they want to receive in compensation and how their property will be handled. We were just as concerned with restoration as we were the usage fees. After spending a year building our home, we wanted to make sure that they put everything back as good or better than they found it. As we are coming to an end of our filming we are starting to work out the details of the repairs that need to be made and how quickly it can happen. It is fun to see your house on TV, but it is also stressful knowing that it has taken some wear and tear.

If you are thinking that you would love to have your house filmed a few things you should consider include where you will stay during the filming, what you will do with your pets, what rooms should be 'off-limits' to the crew, what happens if they break something of importance or sentimental, what does your homeowners insurance cover and not cover, and how will you feel about 100 strangers in your house.

All filming is permitted by Dekalb County and road closures and hours are approved by the county. The studios also provide the additional security that is required. By bringing in at least two additional Dekalb County police officers each time they film, more officers know our neighborhood and the presence deters criminals while here.

Georgia has become the 3rd largest filming location in the world and the number 1 location for Feature

Films. With this title comes a lot of activity. The tax incentives by the local and state governments have created a very friendly environment along with affordable wages and wonderful locations. With all of the activity I'm sure we will see more filming in the neighborhood.

The crews try to be good neighbors but have a job to do. If you have any issues with a crew you should ask to speak with the location manager. There can be up to 100 people on 'set' at any time and most do not have the authority to address issues from neighbors. The location manager is the person that is charged with the relationships to the homeowners.

In my experience they have been very good to work with and do as much as they can to keep everyone happy, but in the end, they are permitted by the County and they follow the rules. It is our job to be a good neighbor and to communicate what we need from them. They want us to be happy. It makes their jobs easier.

It is exciting to see our homes on the big screen (or the small screen). Let's keep making LaVista Park a great place to film and help more of our neighbors take part in this exciting industry.

**Michael Lappin**  
**LVPCA Vice President, Section 3**

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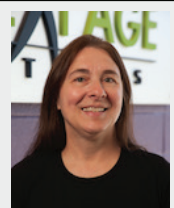
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## Why Join LVPCA?

When I first moved into LaVista Park 30 years ago I quickly realized that we were a neighborhood and we all kept an eye out for each other. It was the reason I chose to stay. I didn't feel alone.

There were a lot of solicitors knocking on our doors, and break-ins were not uncommon back then. Our park was overgrown and a drug hangout. There was a fair amount of questionable activity in the now photo school parking lot. About that time, I was president of our civic association. The break-ins had become a problem. There had been a rape.

A committee was formed to investigate starting a private patrol. Personally, I did not see what good it would be to have a few guards patrolling a few hours a day. WOW, was I wrong!

We do not have "security guards." Our Patrol is manned by DeKalb County police officers. They are trained law enforcement officers and can handle difficult situations. They know how to handle a weapon. And someone who might be carrying one. Their scanners are on 24/7. Most of them have been with us for many years. They know what is going on.

The Patrol has made us one of the 2 safest neighborhoods in DeKalb. The other is Brookhaven, who also had a Patrol. The solicitors have been stopped for the most part. Occasionally someone knocks on a door. But, have you noticed we don't see them a second time?

In addition to establishing the Patrol, our civic association is our voice. The only one we have as a neighborhood. We were able to stop the alternative school from moving into the Briarcliff facility. We stopped developers from crossing into DeKalb and moving down LaVista Rd. We got BellSouth to rewire our entire neighborhood. A disastrous shooting was averted because the Patrol heard the 911 call and alerted the responding officer to bring back-up. AND then there were the pit bulls who ran loose in the early AM.

I could go on, and so could the current board with more silent instances of Patrol support and the Association's voice.

So again I ask those of you who do not support the Association, WHY? I really want to hear the answer.

**Sheila Segal**

**Former LVPCA President and LVPCA member**

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# Friends of LaVista Park through May 31, 2018

Show your membership card and save!

Level	Friend	Address/Phone	Incentive
<b>PLATINUM</b>	Good Electric	3313 Chamblee Dunwoody Rd 770.452.4663	10% off services.
	Next Age Fitness	1610 LaVista Rd, Suite 1 404.998.4432	10% off 5 workouts.
<b>GOLD</b>	Atlanta School of Photography	1135 Sheridan Rd NE 404.996.6978	10% off classes + free workshop.
	EATalio Kitchen	2480 Briarcliff Rd NE 404.321.2111	10% off bill.
	Huntington Learning Center	2484 Briarcliff Rd, Suite 31 678.695.8001	\$120 off evaluation.
	K & M Foreign & Domestic Auto Repair	2195 Briarcliff Rd NE 404.633.1677	10% of all products and services.
	Mellow Mushroom Emory	1679 LaVista Rd 404.325.0330	10% off bill.
	Rain Thai & Sushi Bar	2345 Cheshire Bridge Rd (404) 325-6963	\$5 off purchase \$40 or more.
	Sunny's Cleaners	2280 Cheshire Bridge Rd 404.248.1957	10% off dry cleaning.
	Athletic Club Northeast	1515 Sheridan Rd 404.325-2700	2 personal coaching sessions for new members.
<b>SILVER</b>	Delia's Chicken Sausage Stand	E. Atlanta 404.474.9651 West Side 404.254.0408	Cater LVPCA Quarterly Membership Meeting.
	Feet Press Spa	2345 Cheshire Bridge Rd, Suite 4 404.883.2347	10% discount for 30 minute foot / 30 minute body combo.
	The Fresh Market	2480 Briarcliff Rd, Suite 19C 404.321.3751	Cater LVPCA Quarterly Membership Meeting.
	H2H Wellness Centers	1610 LaVista Rd. NE, Suite 9 678.632.6212	10% off new patient offer.
	Nicola's Restaurant	1602 LaVista Rd NE 404.325.2524	10% off bill.
	Paley Landscaping	404.320.6737	20% off roof and gutter cleaning. 10% off yearly lawncare.
	Taverna Plaka	2196 Cheshire Bridge Rd NE 404.636.2284	10% off bill.

## Newsletter Advertising Rates

This newsletter reaches 650 households. You can advertise your business or services for \$35 per issue, or 4 ads for \$100. All advertising will be limited to business card size (vertical or horizontal.) Camera-ready art must be submitted in one of the following electronic file formats: TIFF, EPS, PDF, grayscale or monochrome only, no color. No scans will be accepted.

Newsletter Published Quarterly

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