

VIRGINIA HIGHLAND

voice

August 1994
Vol. 5 No. 3

ANNUAL MEETING VIRGINIA-HIGHLAND CIVIC ASSOCIATION

WEDNESDAY, SEPT. 7, 1994 7:30 PM
AUDITORIUM INMAN PARK MIDDLE SCHOOL

SummerFest '94

By Arnold Gross, Chairman

Nearly 40,000 metro Atlantans and their guests participated in the 1994 Virginia-Highland Summerfest on June 4th and 5th. With competition from the blazing, record-setting 95-degree heat and the nearby Midtown venue of "Taste of Atlanta," our festival still managed to hold on to its loyal fans and neighbors.

The weekend began with an 8AM 5K Fun Run through the neighborhood, which was followed by the ever popular Tot Trot at the Inman Middle School soccer field. Over 300 runners participated in these events.

At 10AM, the Summerfest Stage came alive as the first of a score of live, local musical acts began. The music was highly popular with the hundreds of fans who relaxed in the natural "amphitheater" in John Howell Park and enjoyed their favorite food and beverages from the nearby "Taste of Virginia-Highland" food booths.

See SUMMER, page 4

The Greening of the Neighborhood

by Stephanie Coffin
Co-chair, Parks Committee

Crepe myrtles are coming—volunteers are needed! One way our neighborhood is getting ready for the Olympics is the tree planting that is scheduled for N. Highland Avenue. The City is donating 25 10-ft. crepe myrtle trees to be planted along N. Highland between St. Charles and Virginia Avenues. We are high on the list for these trees because we have volunteered to plant them as well as a ground cover for the right-of-way strip.

The trees will arrive in late October, when they are dormant and ready to put down roots for the spring. We will need

25-35 weekend volunteers. Please check the box below if you want to help.

Other Tree News

Many people responded to the "Plant-a-tree-for-the-Olympics" coupon in the last issue of The Voice. Thirty-five trees (red maples and redbuds) were planted in the neighborhood in response to the coupon. Trees that are planted now will be 10-12 feet tall by the Olympics. If you missed the last coupon and want a free tree, fill out and send in the form below. Late fall and winter are absolutely the best time to plant trees.

Plant a Tree for the Olympics

☐ I want a tree(s) planted along the right-of-way to shade my street

Name _____

Address _____

Home Phone _____ Office Phone _____

☐ I want to volunteer for Highland Avenue Tree Planting.

Please return this coupon to: Stephanie Coffin,
1021 Highland View, Atlanta 30306 or call her at 874-0523



INSIDE THIS ISSUE

VHCA Calendar	2
President's Column	2
Library Schedule	10
Highland Herbalist	11
Book Review	12
Food Review	14
Crime Watch	19
Recycling News	8

THE PRESIDENT'S CORNER



Can you believe how fast this summer is going by? You know, for the older folks it goes by faster, so it is racing for me. Sorry kids, but school is just around the corner.

This is the last issue of the VOICE for the current Civic Association Board. Elections for the new Board will be held at the Annual Meeting at Inman School on September 7th at 7:30 pm. We hope you will be there.

I've enjoyed servings as President this past year and I believe it has been a productive year for VAHI. Communication lines between the Civic Association and the new Business Association have developed. Informal discussions about the future direction of VAHI have taken place. Because of the popularity of this area, it is important that both organizations start work on a cooperative comprehensive development plan.

The Board of the VHCA feels good about our thirteen hundred dollars donation to the Inman School "Field of Dreams".

Our donation really got the old money ball rolling from other sources. The field turned out great, thanks in good part to the Rupert Landscape organization who donated the labor and the planting materials.

The Board also appropriated funds to send six "at risk" youngsters to a summer camp organized by the officers of Police Zone 6. Other projects that will benefit from donations by the Civic Association are the Ponce Library, Habitat for Humanity, the neighborhood fire station, the Ed Neal Scholarship Fund, Project Open Hand, the Kidscape at John Howell Park, and Virginia Ave. Baptist Church. We are also using funds for the plantings in the Island at Virginia and Highland. Note that Highland Hardware donates plants for this planting project each season. SummerFest profits provide the funds for all of these community projects.

SummerFest '94" was a great success because of a lot of hard work. From the leader, Arnold Gross, to each committee chairperson, to the many volunteers - all brought a lot of effort and contributed to the festivals success.

I don't know about you, but I still miss Superior Foods and the Brothers. The other day I met a woman who had lived here ten years ago. She was back for a visit. Noting the changes, she complained, "Why you can't even buy a head of lettuce here any more, but you can buy twenty kinds of coffee and lots of ten dollar lunches. She walked away mumbling about the "croissanting of VA-HI. I guess this is good or bad depending on your outlook. Revco Drugs which is moving into the Superior space recently sent its architect to our planning meeting. We had asked to have some input into the renovation of the building. At the meeting, residents gave some suggestions

which were taken back and incorporated into the new plans. This has never been the best looking building in town and, hopefully, these suggestions will help make it more esthetically pleasing.

I am hearing that someone is interested in enlarging the commercial area of VAHI. For this to happen, residential property would have to be rezoned to commercial. The balance between residential and commercial in this area is pretty delicate. This balance is what makes this a unique area in Atlanta. Trust me, because of the success of the area, pressures are going to continue. This can affect the whole area and should be openly discussed.

If you will notice, the Halpern and West Properties are being cleared along Monroe Drive for the new CSO sewer treatment plant. Plans for this tie into Piedmont Park. Also, the master plan for Piedmont Park is nearing completion. An advisory committee made up of city planners, neighborhood representatives, council person Mary Davis and other have been working with the EDC Pickering group to complete the plan. As I have told you before, experts from other cities are dismayed at the condition of our largest city park. Some claim that the park is so "stressed" that only a major effort will revive it. VAHI and Morningside form the eastern boundary of the Park, so this should be of concern to us. Well, Folks, the issues of Public Safety, Parks, Prosperity, Noise Pollution, Parking, Zoning, Traffic, Bike Races, and Festivals are all a part of our intown living decisions and each affects the quality of life here.

One last comment - Some have said to me that it is hard to sun bathe or read a book in John Howell Park when forty pound dogs are walked there to relieve themselves. SEE YOU AT THE NEXT MEETING.

J.D. Christy, President

VHCA CALENDAR

SEPTEMBER

- 7 VHCA Annual Meeting
- 13 NPU-F Meeting
- 26 Zoning Meeting

OCTOBER

- 5 VHCA General Meeting
- 11 NPU-F Meeting
- 14 VOICE Deadline for Ads & Articles
- 31 Zoning Meeting

NOVEMBER

- 2 VHCA General Meeting
- 8 NPU-F Meeting
- 28 Zoning Meeting

All meetings are open to the public. Anyone who wishes to discuss a topic of interest to the neighborhood should contact the Board to get on the agenda, otherwise your concern may not get the attention which it deserves. Please Call 222-VAHI (8244).

The VHCA General Meetings and Zoning Meetings are held at the Ponce de Leon Branch Library at 7:30 P.M. The NPU-F Meetings are held at the Morningside Presbyterian Church at 7:30 P.M.

The VHCA Annual Meeting will be held at Inman Park Middle School at 7:30 P.M.

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Virginia-Highland Civic Association 1994 Summerfest

Financial Report
August 2, 1994

	Approved Budget	Actual
Revenue		
Artists' Market	\$16,500	\$15,290.00
Sponsors	17,000	10,950.00
Food & Beverage	31,700	35,026.10
Kidsfest	3,000	4,180.81
T-shirts	8,000	12,563.85
Road Race	4,000	4,375.00
VCHA Contribution	6,500	6,500.00
Total Revenue	\$86,700	\$88,885.76
Expenses		
Artists' Market	\$ 2,000	\$ 1,672.17
Food & Beverages	6,000	12,547.56
Kidsfest	3,000	3,160.12
T-Shirts	7,500	9,817.30
Road Race	1,200	\$35.24
Promo	1,000	1,232.07
VHCA Contribution	6,500	6,650.00
Volunteers	0	290.66
General	1,500	2,224.08
Logistics	6,000	151.00
Sanitation	2,300	2,075.00
Infrastructure	3,000	2,105.21
Security	8,000	7,522.50
Stage Entertainment	2,000	3,288.12
Total Expenses	\$50,000	\$52,644.03
Pre-Tax Profit		\$36,241.73

The Virginia - Highland VOICE is published by the Newsletter Committee of the Virginia - Highland Civic Association. Newsletter Committee offices are located at 805 Adair Avenue NE, Atlanta, Georgia 30306, (404) 222-VAHI (8244). Please send information of community interest, including articles, news, upcoming events, and letters to the editors to the above address. Only letters that have been signed will be considered for publication. Deadline dates for articles and advertising are January 15, April 15, July 15 and October 15.

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CLIP AND SAVE ON 'FRIDGE

Post Office Changes Inside and Out

By Shelley Scher

Corlis White, Customer Relations Coordinator, anticipates exciting innovations for the Post Office on Highland Avenue. In addition to redesigning the existing window area to make it more attractive and to give customers a larger waiting area, there will be internal renovations of the building. Cosmetic changes will also beautify the exterior. The Post Office will experiment with a new concept—the Postal Store. Customers will have the opportunity to choose from a variety of stamps on display. Once they have made

their choice, they can purchase the stamps without waiting in frustrating lines for others using alternative postal services.

This will be a real plus for stamp collectors as there will be philatelic items such as commemorative stamps, books, lists, and sheets on display. Popular in European countries for some time, this style of post office service is soon to be ours! All these exciting renovations are scheduled to be completed by the end of the year.



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EXPERIENCE

Bike Stuff

By Mike Goodman B.G.



I often ride my bike to work and it's really a fine experience! That's what I want to impart in this installment of Bike Stuff.

There's a lot of reasons why I pedal my bike to work. First of all, like most people, I have a very busy life. I find it difficult to find a regular time and place to exercise. Riding to work allows me to "kill two birds with one stone" so to speak. I am able to exercise twice a day and get to and from work at the same time. It's a very efficient use of time.

Secondly, one of the great things about using my bike for transportation is that it is so environmentally friendly. Obviously, bicycles don't use gas or create air pollution, and they require fewer resources to manufacture and create less pollution in the process. They are easy to park, they reduce traffic congestion, they are inexpensive, and they don't wear out the street. Of course, these are all good reasons for riding my bike to work, but that is not why I do it.

I ride my bike to work because it makes me feel good. It's a very sensual experience. While pedalling in the morning, I smell honeysuckle and gardenias and bacon frying in the pan. I hear birds, crickets and all sorts of creatures. I feel the cool air on my skin when I coast through that S-turn on University Drive. It's like taking a morning bike ride in the mountains instead of dragging myself into yet another day of work. I feel more connected to my surroundings and much more alive. That's a wonderful way to start the day. And that's the real beauty of bike riding.

I'm certainly aware of the fact that Atlanta can be a difficult city in which to ride a bike, and I know that certain jobs and their distant locations make commuting by bike an unrealistic alternative. Nonetheless, with some common sense, a little planning, and proficient bike skills it can be done.

At any rate, the next time you see a bike commuter on the road, you'll have some insight into why he or she is out there. You may even want to try it yourself sometime. Riding your bike to work really is a little slice of heaven.

HAPPY TRAILS -The Bike Guy



SummerFest

St. Charles-Greenwood Proposed Downzoning Spawns Task Force

By Melanie Davenport

Residents of the St. Charles/Greenwood neighborhood have formed a task force to try to establish criteria to allow for more community control over development in the area. This working group grew out of an effort to reach a compromise on a downzoning proposal which threatened to divide the neighborhood.

In March, Councilwoman Mary Davis proposed a zoning change for a 70 square-acre area known as St. Charles/Greenwood, from RG-2, low-density multi-family, to R-5, single family/duplex status. Supporters of the proposal believed that downzoning would increase their property values, prevent the destruction of the remaining single-family properties in the area for denser development, and ease parking and other problems of density.

The organized opposition expressed concern that the downzoning proposal would cause 45% of the properties in the area to be deemed legal non-conforming. This status could create difficulties for property owners wishing to refinance, to add on, or to rebuild their properties in case of destruction. The inability to rebuild damaged structures could also affect salability of non-conforming property. Many opponents felt that downzoning would change the character of the neighborhood, gradually eliminating affordable housing with possible adverse affects on area business.

In May, both the VHCA and NPU-F voted to oppose Z-94-13, the downzoning of St. Charles/Greenwood. It was originally

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scheduled for a vote at the Zoning Review Board meeting in June, but the Board granted a one-month deferral at the request of Councilwoman Davis. This extra time was allowed to try to reach a compromise that would satisfy the concerns of both opponents and proponents.

Joyce Gross, the St. Charles/Greenwood representative to the VHCA, arranged a special meeting on June 28th at the Virginia-Highland Baptist Church for interested parties to discuss and clarify all aspects of the controversy. Councilwoman Davis and the Director of the Bureau of Planning, Fernando Costa, attended the meeting to answer questions about the proposed downzoning. Those present were able to agree that the proposal had raised valid concerns that deserve further attention, but Z-94-13 would not be a fair and effective solution. Councilwoman Davis decided to "file" the proposal, which is, in effect, a voluntary withdrawal.

The meeting ended with volunteers signing up to work on developing alternative strategies for dealing with the issues of concerned property owners in St. Charles/Greenwood. Over the next six months, the task force will discuss various zoning options, such as creating an SPI (Special Public Interest) district, or attaching certain conditions to the RG-2 zoning, creating an RG-2C status. In addition, the task force will assist the city with Housing Code Enforcement in St. Charles/Greenwood. Working together, neighbors hope to protect the unique aspects of the neighborhood and resolve concerns while preserving the rights of all property owners.

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Environmental Potpourri

By Nan Hunter

1. If you want to put your money in a fund which invests only in companies that respect the environment, call Green Century Funds at 1-800-93 GREEN to request a green prospectus.
2. I read recently in the Atlanta Journal/Constitution that Georgia Pacific was planning to stop logging in the rainforest and instead use chips and shavings to make their decorative paneling. That's good news because GP makes one-fourth of all these panels. Hopefully, the other manufacturers will follow suit.
3. It's absurd that there is not a national bottle bill in effect. In the six states that have a can/bottle bill, over 85% are returned and recycled. Nationally, approximately 68% of aluminum and 39% of glass are recycled.
4. Please try to buy glass instead of plastic when possible. Because plastics are so difficult to recycle, only 6.5 percent are recycled, mostly soda containers.
5. U.S. PIRG is a worthwhile, hard-working group of national environmentalists and caretakers. I urge you to join. Representatives do come door to door occasionally, but you can join by writing them at 215 Pennsylvania Ave. SE, Washington, DC 20003. They publish a quarterly newsletter which comes with membership.
6. Locally, don't forget the gift for someone who has everything, an acre of rainforest land. Call The Nature Conservancy at 1-800-628-6860. It costs around \$35 and they'll send a certificate to the recipient.
7. Northern bathroom tissue has now come out with 100% recycled tissue—buy it—or buy Green Forest and if the store at which you shop does not carry it, request it. Support recycled products.
8. Dr. Clark Gregory, our neighborhood compost phenom is moving to Maine, but will keep an office in Atlanta. You can still get that \$5 compost bin if you call him at 876-2943.
9. Please say "I don't need a bag" when you buy a small number of items. And better yet, bring your own bag. Why collect bags? Why recycle bags that you didn't need in the first place?
10. Have any questions or suggestions?—Call me at 875-1630. Thanks for reading.



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CALENDAR OF EVENTS

The High Museum of Art presents the works of Joseph Beuys considered by many to be the most influential European artist of the post-war era. The exhibition will be on view at the museum from September 24 through December 31, 1994. It is the first in-depth look at the work of Beuys in Atlanta and includes approximately 100 drawings, objects and prints, ranging in date from 1948 to 1985. Also at the High is "Buried in Light," a 3-channel video installation by film and video artist Jem Cohen. This exhibit is featured as part of the High's "Art at the Edge" series this fall and runs from October 8 through January 15, 1995.

At the High Museum of Art Folk Art and Photograph Galleries in the Georgia-Pacific Center is an exhibition of the power, dignity and decline of manual labor around the globe. The exhibition is entitled "Workers, An Archaeology of the Industrial Age: Photographs by Sebastiao Salgado" and runs from October 15 through January 14, 1995.

Swan McKnight (of our neighborhood) has been a tour guide at the Carter Library for two years, conducting age-appropriate tours one morning a week. The tour may include a visit to the Oval Office, a behind the scenes look at the Camp David Summit and a look at Gifts of State from foreign lands. The Museum of the Jimmy Carter Library is now recruiting tour guides for the Fall. The most successful candidates have taught or worked with children previously, but enthusiasm and willingness to learn new things are primary. Comprehensive training is provided. To receive further information, call 331-3942.

Grant Park Tour of Homes, Sept. 24-25, \$10 per person. For Information call 880-0030



SummerFest

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Program Schedule For September 1993

PROGRAM	AGES	DAY OF THE WEEK	DATE(S)	TIME
TIME FOR TWOS	2's	TUESDAYS	SEPT. 20, Oct. 4, 18	10 A.M.
STORY TIME	3-5	WEDNESDAYS	SEPT. 7, 14, 21, 28 OCT. 5, 12, 19, 26	10 A.M.
SLEEPYTIME	3-5	WEDNESDAYS	SEPT. 7, 14, 21, 28 OCT. 5, 12, 19, 26	7 P.M.



The Highland Herbalist

Tarragon (*Artemisia Dracunculus*) "Tarragon 'tis highly cordial and friends to the head, heart and liver." So wrote the English philosopher John Evelyn in his too often neglected treatise on salads. No kitchen should be without a copy although poor John completely failed to anticipate the development of ranch dressing.

Nor should your herb garden be without tarragon. Anyone with a pretense towards Continental cookery must, at one time or another, test his or her hand at the pungent herb. When fresh, tarragon is "one of the luxuries of cooking," according to the authors of *The Joy of Cooking*. In France, the herb is known as estragon. In the Middle Ages, tarragon was thought to offer a cure for the bite of a mad dog. Chewing tarragon root was one suggestion for coping with the pain of a toothache. Today, the powerful scent is one of the ingredients in toiletries.

It must be said up front that this has not been a good summer for backyard tarragon. Although the herb enjoys warm and sunny conditions, it doesn't take well to a lot of moisture. Atlanta's high humidity is one thing, but this summer's seemingly ceaseless rain is quite another. My plant has definitely suffered what may, perhaps, be a mortal blow. Tarragon is best planted from cuttings. Be careful to insist upon French tarragon because the Russian variety - commonly sold in commercial seed packets - is practically tasteless. Plant the cuttings about a foot apart to leave room for the herb's runners. Gentle pruning is recommended. In friendlier climates, a tarragon plant may reach three feet in height. In these conditions, expect half that. It will die back after the first freeze but come back in the spring.

Tarragon leaves should be ready for picking by mid to late summer. Their distinct flavor requires a delicate hand. A Victorian cookbook cautioned that tarragon leaves are "a powerful agent in the hands of a skillful and judicious cook." So, to those of you who qualify and to those of you who don't, I offer these very simple recipes featuring tarragon:

FRESH GREEN BEANS

Gather fresh green beans from the garden. Steam them until tender. Toss with sour cream and chopped tarragon to taste. A taste treat!

GRILLED CHICKEN BREASTS

Slather boneless chicken breasts with Dijon mustard. Salt, pepper and fresh tarragon to taste. Grill outdoors for 10-12 minutes until done.

Just for the Health of It

In his 1979 book *Anatomy of an Illness*, Norman Cousins wrote that during his recovery from a debilitating illness, he discovered that ten minutes of solid belly laughter would afford him two hours of pain-free sleep. Back then, mainstream medical researchers scoffed at the idea that laughter could somehow be physically therapeutic. But look who's laughing now: Over the last 15 years, much research has supported the notion of laughter — along with the positive emotions of faith, hope and the will to live — as our best medicine. (Adapted from NA article appearing the February issue of *New Age*.)

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MISSING JOSEPH by Elizabeth George

A man has died - was it murder? It was, but why? Thomas Lynley and Simon St. James of Scotland Yard, together again, ponder and pry their way to the reason and right of this strange crime. Along the way are more convoluted love stories than a soap opera: a reclusive woman loves her daughter; a local constable loves his dead wife and his mistress; the vicar's housekeeper loves the constable; the newlywed loves the vicar's housekeeper; teenage girls love teenage boys; a young woman with too many children struggles to love them all; and even the Scotland Yard men are in love - with women who test them regularly.

All these lovers are seamed together with a cold bleak winter in a village of no particular distinction in Northern England. The violence is veiled in poignant righteousness from the past which will appall, frighten and sadden you. Elizabeth George

has captured our hearts once more with a genre usually associated with light reading. Thoughtful murder mysteries are rare enough to warrant your hastening to check this one out.

AGATHA CHRISTIE, A BIOGRAPHY by Janet Morgan

AGATHA CHRISTIE, AN AUTOBIOGRAPHY by Agatha Christie

Agatha Christie was born in 1890 and died in 1976. Her 85 years were crammed with love, sorrow, embarrassment, one child, two marriages, money problems, wealth, failure, success and fame. Fame and success of such endurance as only few attain. In 1980 it was estimated that over four hundred million copies of her books had sold worldwide, and her play, *THE MOUSETRAP*, was the longest running production in British history and is no doubt being performed by either a profes-

sional or amateur troupe somewhere in the world today. We have Christie to thank for the dandy detective, Hercule Poirot, who appeared in her first published book, *The Mysterious Affair at Styles*, in 1920, and for Miss Jane Marple, who was introduced in 1930 with *The Murder at the Vicarage*. Some Christie stories have become movies: *Witness for the Prosecution*, the finest of old movies with Tyrone Power and Marlene Dietrich, as well as *Death on the Nile* and *Murder on the Orient Express*. Agatha Christie is part of our lives without our even being aware of her influence. Yet, this mild-mannered lady from a middle-class background always thought of herself as a wife and mother with the accompanying social obligations rather than as a world-famous author who would become Dame Agatha.

Christie's first marriage to Archie Christie ended with his announcement of a new love interest. Agatha disappeared for 10 days with the British Press in hot pursuit, literally clamoring over the countryside, vying for the story. The biography tells us more of this sensational mystery than the autobiography, which is understandable considering the author's reclusive nature. She eventually regained her self-confidence with the even greater success of her writing and a love match with a man 15 years her junior, Max Mallowan, who was to become Sir Max and an esteemed archaeologist. She shared his fascination with the digs by participating and even being the official photographer on the sites.

It is difficult to sympathize with Christie's early financial situation since she was always able to afford a nanny and some sort of maid services, but as her fame and fortune grew, she didn't change her lifestyle much. She continued to love acquiring houses and, although they were usually fairly large, they seemed to have that frayed-around-the-edges English look to them, just as she did! The photos of Christie, even when she met the Queen, look like Margaret Rutherford playing Miss Marple. Thanks to her marvelous writing style, the autobiography is the better written of these two books, but both are good reads and it's fun to compare the perspectives.

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COLONEL MUSTARD WITH A KNIFE IN THE KITCHEN

Drinking coffee has either become an Atlanta pastime or else marketing research has gone awry. There are now seven places within the confines of Virginia-Highland to have a fancy cup of coffee. A couple offer extensive desserts, a couple have light meals, and the other three offer only a limited sweet selection. For a common denominator, I chose to imbibe my favorite concoction, iced cappuccino, and I have rated the seven places in ascending order based on where I'll hang out the most for my caffeine fix. Don't be misled, however, because each has something special to warrant a visit. Read on for the details.

7. *Virginia's Koffie House*, 1243 Virginia, open everyday 8 am to 9 pm. \$2.25 for iced cappuccino - too small a serving, somewhat bitter tasting BUT this place wins the most charming award. They are in the process of trying for a variance to stay open until 11:00 which would make a whole lot of sense. Most

of us want our coffee after dinner and don't want to have to rush. You can go here for dinner or lunch, too. They don't have a full kitchen but make tasty sandwiches and salads to be enjoyed in the Key West atmosphere. There is a tropical patio for fair-weather sitting. Some of the neighborhood have been concerned about the parking situation, but I sat there from 7 to 9 pm and only one of the out-front parking spaces was used briefly during that period. Since the place was fairly busy, it must be a walking destination. The kids with us were made to feel welcome, so I'd recommend an after-dinner stroll with the whole family to have a treat, watch the fish in the little fountain, read one of their magazines and have a micro-mini vacation to the islands.

6. *San Francisco Coffee Roasting Company*, 1192 Highland, open Sun-Th 7 am to 10 pm, F-Sat 7 am to 1 am. \$2.50 for iced cappuccino - almost no taste

BUT the biggest, really good red velvet cake. There were six of us eating this one piece and we couldn't finish it - not because it wasn't good, it was just so big - got that, so big! The atmosphere here is a bunch of quiet people in a mellow mood but not thinking out loud. The decor is exposed brick and good art on the walls. I have a better feeling about this place than I did the first couple of days they were open. I had been exercising and chanced by in my running clothes with no money, but being curious about the new business I stopped in for a quick look around. When I was asked if I could be helped, I explained my situation but said I'd be back. As I started for the door, I overheard one employee say to another in a very sarcastic voice, "Can we wait for that?" Everything went smoothly on my cash visit so I hope momentary lapses of manners are in the past.

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5. *The Dessert Place*, 1000 Virginia, open M-Th 9 am to 11:30 pm, F 9 am to 1 am, Sat 10 am to 1 am, Sun 10 am to 11:30 pm. \$2.65 for iced cappuccino - another bland drink BUT this place has been a staple of Virginia-Highland for years and has a wonderful array of desserts, plenty of seating and an outdoor area. Everyone knows where it is and has a favorite (mine is lemon squares) so it is a popular meeting place with almost unlimited hours. When people talk about this being a jumping neighborhood, it is an over-statement during the week - The Dessert Place is as jumping as it gets for a little something sweet before bed.

4. *Red Light Cafe*, 553 Amsterdam, open F-Sun 12 pm to 3 am, Tu-Th 5 pm to 12 am, closed Monday. \$2.00 for iced cappuccino - very good AND you can have tasty lunch and dinner from their limited kitchen - mostly sandwiches, salads and their special chile. There is a small dessert selection but you won't miss that when you're on a java high abetted by loud music and yelling conversations. The live sounds could be turned down some so you could sit on one of the funky sofas with someone you want to know better and have a real date night. All the furniture is mismatched, the art work matches the furniture, and if the bathrooms are marked with gender, I missed the signs - all making for a fun, loose repast.

3. *Chef*, 1046 N. Highland, open M-W 7 am to 9 pm, Th-F 7 am to 11 pm, Sat 8 am to 11 pm, Sun 8 am to 9 pm (these hours must keep the employees on their toes trying to figure out their schedule). \$1.75 for iced cappuccino - very good BUT no desserts - just some cookie-type things. This is really a cooking supply store and there is no seating. There is a variety of drinks to go and the widest selection of coffee beans. I dare you to zero in on one choice to take home for your own coffee maker. The names sound so delicious you want them all!

2. *Aurora Coffee*, 992 N. Highland, open M-F 7 am to 7 pm, Sat-Sun 8 am to 7 pm. \$2.11 for iced cappuccino - better than very good BUT no seating and few dessert selections. The zoning problem with parking has forced Aurora into a take-out only place and they do an overload morning business but close too early for the evening crowd.

1. *Highland Coffee*, 772A N. Highland, open everyday 8 am to 10 pm. \$2.00 for iced cappuccino - the best! BUT they have the same zoning problem plaguing Aurora so there is no seating and few desserts. About the only easy carry-out with your coffee is a biscotti. Fortunately, there are some sidewalk planters to sit on and people watch. This area provides the most interesting types for this pastime in the whole neighborhood. Then go back in for a second - they are that good. And the service is the best, too.

Mary Davis, our Councilwoman, is writing a new zoning ordinance for coffee houses which is intended to give some relief to the places that can't have any seating because there isn't enough parking to meet the requirements. The coffee places have been lumped in with restaurants even when they don't have full kitchens and the majority of their evening customers just stroll in. Hopefully, this will happen soon so our wonderful variety of spots can all stay in business and we can feel intellectual, literary, arty, and culturally sophisticated with each sip. I know, I know, but I can dream, can't I?



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Tips From from the Trade



By Paula Miller

Virginia-Highland has much to offer. From unique fashions to any type of restaurant, our area boasts a variety of businesses. To support our business-based neighbors, starting with this issue of *The Voice*, we're going to share their tips for feeling healthier, dressing better, eating lighter, running faster, relaxing more and simply enjoying each other.

The Herb Shop Prevention Center

As consumers become more health conscious, organic remedies grow in popularity. For many, the side effects of prescription drugs have swayed them toward homeopathic (organic health) products. For others, they simply want to take a more active role in maintaining their own health.

Mark Armstrong, Holistic Health Educator and owner of two Herb Shops in Atlanta, believes that homeopathy helps the body fight disease by using plant and mineral sources to strengthen the immune system. "There are many health problems that we can avoid with herbs", says Armstrong. "From insomnia to hyperactivity to cancer to AIDS, there is an herb, or combination of herbs that can help us prevent or alleviate these ailments."

In addition to the wide range of organic remedies available at The Herb Shop, Mark offers services that help clients relax, release stress and regain their energy. Educated in

massage therapy, acupressure, iridology and reflexology, Mark believes that simply listening to our bodies' warning signs can improve our health. "Often clients come in feeling stressed and fatigued. Using acupressure or massage therapy, I can locate the problem areas and, within minutes, help them release their tension and renew their energy level."

For years, the medical profession has debated the effectiveness of herbs. When asked how he responds to the criticism, Mark stressed that "...organic remedies alone do not keep people completely healthy. When working with clients, I always emphasize the importance of nutrition, exercise and a healthy lifestyle. Herbs are simply a part of that lifestyle."

About The Herb Shop.

Located at 784 North Highland Avenue (in the alley) and 1471 Terrell Mill Road (Marietta), The Herb Shop features herbal remedies, as well as acupressure/shiatsu, iridology, massage therapy and reflexology services. Recently, Mark Armstrong, Holistic Health Educator and Herb Shop owner, expanded his Virginia-Highland location in response to client requests for more services and workshops. Today, Mark offers seminars on dealing with weight loss, cancer, AIDS, depression, and more. For questions or comments about herbal remedies or any of the natural healing techniques offered at The Herb Shop, stop by or call Mark at 875-4092 or 988-8146.

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Helping Children at Risk

By Paula Miller

Most of the crimes that occur during summer are committed by children. Surprised? Don't be. For many kids, that's all there is to do. But Major B.J. Rocker of the Sixth Precinct is trying to change that. Supported by various Atlanta Civic Associations, Major Rocker created Children at Risk (CAR) - a program that helps inner-city children having trouble at home, in school or with the law, find alternatives to crime. "We have to focus on kids," says Rocker. "If we offer them alternatives, then we can make a difference in their lives."

Joining the kids enrolled in the YMCA High Harbor program, CAR sends 18 kids, ages 7-14, to a summer camp in Clayton, Georgia. For one week, each child participates in activities from swimming to baseball to archery. But it's not just about fun. Major Rocker emphasizes that the kids learn to challenge themselves, develop new friendships and manage the unfamiliar. "The experience teaches children that there really are alternatives to crime."

The program doesn't end there. According to R.E. Grier, Atlanta Police Chaplain and one of the program directors, "We continually follow-up with the kids after they return. And when school starts, we'll monitor their academic progress and home-life." In addition to the regular follow-up, the precinct has also developed a leadership program for kids, ages 13-14, scheduled to begin this fall.

The results? "So far it's been a huge success," grins Rocker. "When we pick the kids up at the end of the week, they don't want to leave." In the future, Major Rocker would like to expand the program to other Atlanta zones and someday throughout the country. "We see how this program has positively influenced the kids. We'd like others to experience that, too."

The Voice would like to recognize the Virginia-Highland Civic Association which generously sponsored 6 of the 18 kids participating in this summer's CAR program.



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John Howell Park Project



by Tinka Green

Things always take longer than you imagine- especially if the raising of money is involved. Although we had hopes of the kids' playground being built this fall, it now looks more realistic to aim for next spring or summer. The State funds must go to the much needed assistance of the flooded areas of Georgia, and we must look elsewhere for money to continue our efforts. Summerfest was a major success so we will receive our share of those earnings, and the Virginia-Highland Business Association was able to raise some money for us. We also received \$2000 from the First Union Bank bicycle race. This all means our coffers are not empty but we have a ways to go. A major push to sell pavers is underway. If you haven't purchased yours yet, make plans to do so. We could use your help to sell others on this grand idea, so talk it up with your friends, organizations, and business associates. It's a great gift idea for the holiday season ahead. While it is the only on-going fund raiser we have, we will have others in the future and would welcome any ideas. Call us at 876-0105. Thanks to everyone who has participated in the past events. With your help we will be able to meet our goals.



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CRIME WATCH



Below is a listing of the crimes reported to police in April, May and June for the Virginia-Highland neighborhood (beat 610):

	April	May	June
Assault	17	15	8
Auto Theft	12	13	6
Commercial Burglary	7	0	1
Larceny (All)	35	35	22
Homicide	0	0	0
Rape	1	0	0
Residential Burglary	21	8	6
Robbery	6	2	2

A New Zone Commander has been assigned to Zone 6.
His name is Captain B.J. Rocker.



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A Shopping Tail

By Shelley Scher

"Do I have to stay home or can I go shopping, too?" say those sad eyes and tucked tail when your pet sees you are about to leave to "go to the store." After a recent survey of store owners in the Virginia-Highland area, the answer would have to be, "No, come on along." In most of these stores, pets are welcome. Holly Awbrey of Highland Pet Supply responded to the survey with, "Of course, we don't mind." This pet store and self-service dog wash even encourages your pet to pick out its own supplies!

But it doesn't end there. If it's clothing you're about to buy, Christian Lorey, manager of Urban Instincts, claims that "everyone who works here has pets." He even encourages his customers who tie their pets up outside to bring them in because they could be 'petnapped'. Porter Watkins, proprietor of Porters, displays a similar attitude. "I've had dogs, cats, rabbits - just about everything in here." Mr. Watkins' only concern is a dog that might become defensive without provocation—something that has only happened once. Deborah Boyd of Rapture and Bang pledges, "We definitely let customers carry small dogs, cats, or ferrets. We also allow dogs on the tiled area at the front of the store." Rapture and Bang sells clothing and shoes in case you or your pet has an interest in either. If it's clothing and jewelry you're in the market for, Alice Limehouse, salesperson from Mitzi and Romano notes, "Usually people will carry their small dogs in, but if they have a large dog, it can sit and wait inside at the front of the store where it will be safe."

If your plan is to shop for the many household "fix-it" items, then your pet would be welcome in Intown Hardware or Highland Hardware. Kim Eifrid, general manager of Intown Hardware, says, "We even have biscuits here. In fact, a lot of dogs know this place. They come running in before their masters." Sharon Bagby of Highland Hardware asserts, "We will allow pets if they are well behaved."

If you or your dog has an artistic bent, visit Sidewalk Studio. Jackie Cavanaugh, a 10-year employee, enthusiastically claims, "We like animals. In fact some of the animals come to work here." If it's natural beauty you hunger for, take your pet to Nature's Art. Proprietor Randall Rhoday really enjoys having people bring in their pets. "I think it's great. It makes the place feel homey and comfortable - not anything like the mall."

For buying compact discs to renting videos or even buying antiques and making travel plans, pets seem welcome in Virginia-Highland. So next time you plan to shop, bring your best friend with you.



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Virginia-Highland Security Patrol Update

By Beth Marks

We are sorry to announce that the overall response was not what was needed to get a neighborhood-wide off-duty police program started. We needed to have 650 to 750 households participate and we received only 250 responses. Therefore, the program will not happen.

However, there is currently a group called Fight Back Against Crime (FBAC) which covers a portion of the northwest quadrant of Virginia-Highland (quadrants being defined at the Virginia-N. Highland intersection). Since an overwhelming number of responses came from the area of Virginia-Highland from Virginia Avenue north to Amsterdam, FBAC will be able to expand to cover that area.

The program would be very similar to the one proposed except we would have one officer (since it's one-half the area) but still have the pager system, monthly newsletter updates, etc. The officer would patrol for 6 days per week, 5

hours per day. The cost would still be the same at \$150 per year. Since the program already exists, you can be immediately put on the system.

For those of you who live south of Virginia Avenue, read on... If you and your neighbors feel that you can get 200 households/businesses south of Virginia Avenue (within the Virginia-N. Highland Avenue boundaries) to join Fight Back Against Crime, we would be happy to further expand. Since we already have 50 names from this past mailer, we would only need to find 150 more. If this program were to expand, we would then have two off-duty officers simultaneously patrolling the neighborhood.

If you are interested in trying to expand this program, please call Yvette Weatherly at 874-8537 or Beth Marks at 874-7114. Or, if you live on Virginia Avenue or north to Amsterdam and would like to join FBAC, please fill out the form below.

____ Please enroll me as a member of Fight Back Against Crime for 1 year at \$150 per year.

____ Please supply me with a FBAC yard sign for \$6.00.

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Signs of the Times

You've come a long way baby?

We may have recently celebrated the "Year of the Woman," but judging by some unsettling statistics compiled by the watchdog group, Women's Action Coalition, the second sex still has a long way to go in the fight for equality. The coalition recently published a second edition of WAC Stats (New Press), a compendium of facts like these:

51.2 percent of all artists in the U.S. are women; 5 percent of the works in museums are by women.

95 percent of enrollees in weight-loss programs are women although men and women are overweight in equal proportions.

Prison terms for killing husbands are twice as long as for killing wives.

Women news anchors are 20 years younger than male news anchors and earn 23 percent less.

The average salary of an African American female college graduate in a full-time position is less than that of a white male high-school dropout.

For his role in the movie Frankie and Johnny, Al Pacino was paid \$6 million, while Michelle Pfeiffer got \$3 million. Adapted from an article appearing in the 12/93 issue of *New Age*.

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Oct 4: Wardrobe Personality, 10am-12pm and 7pm-9pm

Oct 11: Wardrobe Planning, 10am-12pm and 7pm-9pm

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Cost: \$150

Limit: 4



Japanese Natural Foods Cooking

Saturdays, September 17 and Oct 1, 2-5pm

Mutsuko Johnson is from Japan, and was trained at the Kushi Institute in Boston. She taught natural foods cooking at the Community House in London, and will focus on cooking family meals in harmony with nature. The cost of the class includes food and participants will share the meal together after they prepare it.

Cost: \$50

Limit: 10

Karate

Children: Saturdays, September 17 through November 19, 9am-10am

Adults: Saturdays, September 17 through November 19, 10:30am-12pm

Joan Netzel is a second degree black belt who has been training for 13 years. She has been formally trained as an instructor and has taught children, teenagers and adults from beginner level through black belt.

Cost: \$80

Limit:
Children: 10
Adults: 20

Public Speaking for Middle School Students

Thursdays, Sept 16, 23, 30 and Oct 7, 3:15 pm-6:15pm

Diane Carl is the Director of Public Speaking for the NW Georgia Girl Scout Council's Older Girl Program, a member of Toastmaster's International, Inc. and the American Society of Training and Development.

Cost: \$95

Limit: 6

Southeastern Indian Medicine Stories

Monday, September 26, 7:30-9:30pm

Frank Chambless returns again this fall, this time to tell stories the Indians told to guide their lives. He will focus on the Southeastern tribes, but may include other tales as well.

Cost:
\$12/advance
\$15/door



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