

The Virginia-Highland

VOICE

Summer 2008

Inside:

Warren Bruno on
Summerfest's Roots

A Va-Hi Resident's Guide
to Commuter Biking

New Business Spotlight:
Urban Cottage

Summerfest



VIRGINIA-HIGHLAND

It's Festival Time!

Celebrating 25 Years of Art, Food and Fun by: Pamela Papner

Can you believe it? It's Summerfest's 25th birthday!

The Virginia-Highland Civic Association (VHCA) and its media partner, DaveFM (92.9) radio, are proud to present the 25th Virginia-Highland Summerfest. Because it's our anniversary and attendance can support a 3-day event, this year's festival will run three days: June 6-8, 2008. To commemorate the anniversary, an array of special events is planned for attendees - including a neighborhood parade with prizes. We hope you and your family will participate!

Summerfest is regularly recognized by local media as one of Atlanta's best neighborhood festivals and consistently revered by art professionals as one of the best artist markets in the southeast. The event also features exceptional food and music, a 5K race and an activity-packed Kidsfest. Summerfest is a fantastic event for the entire family!!!

Summerfest will take place in the heart of our neighborhood, along tree-lined Virginia Ave., between N. Highland Ave. and Park Dr. Please note that, due to the drought, the City has prohibited use of John Howell Park this year, requiring relocation of a few events (see below). Admission is FREE; however donations to

the Virginia-Highland Civic Association are greatly appreciated. Proceeds from Summerfest go to the VHCA, a volunteer-run, non-profit organization that helps maintain Virginia-Highland as one of the most livable urban communities in America. The VHCA supports local schools, leads zoning initiatives and oversees other neighborhood improvements such as sidewalks, safety, lighting, and crime prevention programs. The VHCA also provides financial support to local parks, all neighborhood schools, the public library and other organizations serving Virginia-Highland residents. For more information, visit www.vahi.org.

Times: Friday, June 6 – 2:00 p.m. to 8:00 p.m.

Saturday, June 7 – 10:00 a.m. to 8:00 p.m.

(Artist Market closes early at 7 p.m. Saturday, re-opening Sunday morning)

Sunday, June 8 – 11:00 a.m. to 6:00 p.m.

Special Events: To celebrate the festival's 25th anniversary, we're hosting the following special events this year:

Community Dinner and Movie: The community dinner and outdoor movie will begin Friday at 7:00 p.m. and will be held this year at Inman Middle School field at Virginia and Greencove. To celebrate the 25th anniversary, we invite residents to dress as they would have at the first Summerfest held in 1984.

Prizes will be awarded just before the movie begins to the attendees with the best outfits from the '80s. This year's movie is *Ratatouille*.

Neighborhood After-Hours: After the community dinner Friday night and after the last band Saturday, be sure to join us for an evening of drinks and music performed by local soft-music bands. Stop by the triangle at Virginia and N. Highland where tables covered with linen and trees decorated with sparkling lights will create magical Summerfest evenings. Take advantage of this great opportunity to spend time with your friends and neighbors, old and new!

Neighborhood Parade: Celebrate Summerfest's birthday by joining in a special neighborhood parade on Saturday, June 7 from 9:30 to 10:30 a.m. Parade participants should gather at 9:00 a.m. at Ace Intown Hardware, 854 N. Highland Ave. (at Drewry). Prizes will be awarded for the best decorated non-motorized vehicle (bike, wagon, stroller, etc.). See next page for details. For more information visit www.vahi.org/summerfest.html.

Special Hotel Rate: If you have friends or family visiting Atlanta for Summerfest, the Hyatt Regency downtown is offering an outstanding rate for visitors. For more information or to book this special rate, call 800-233-1234 and ask for special offer code XFEST.

The Artist Market

The juried artist market features work from more than 220 of the best artists in the southeast and beyond, in a variety of media including painting, clay, glass, jewelry, photography, printmaking, fiber, wood, metal and mixed media. This year, twice the number of artists applied to exhibit at Summerfest, so the quality of art should be better than ever!

5K Road Race

The Summerfest 5K starts at 8:00 a.m. on Saturday June 7th and features 1,000 runners winding through the streets of Virginia-Highland. After the 5K Race, children 5 and under will run,



waddle or crawl to the finish line of the Tot Trot, this year being held in the Inman Middle School field at Virginia & Greencove at 8:45 a.m.. You must register for the 5K and Tot Trot in advance. See www.active.com to register with a credit card or www.running4fitness.com for more details.

Food and Music

Summerfest always features a range of delicious food, including items from local restaurants. A variety of non-alcoholic and alcoholic drinks are available throughout the festival.

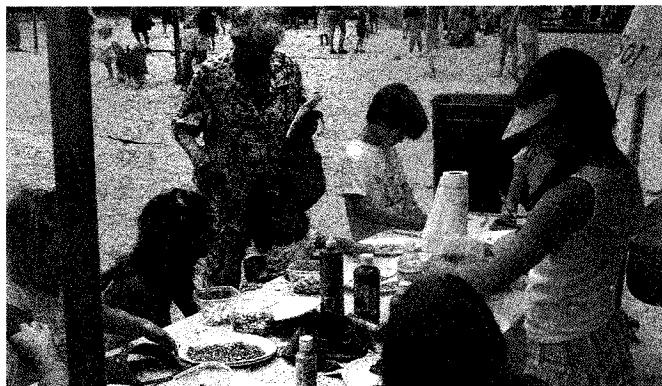
This year's music will be presented by radio station partner DaveFM (92.9), and the artist line-up is one of the best ever! The music stage will be located on the Inman Middle School field at Virginia & Greencove and will feature a variety of renowned local musicians, along with nationally-acclaimed singer-songwriters. The 2008 music line up is:

SATURDAY, JUNE 7

10:30 a.m. - 11:00 a.m.	DJ Jobe
11:00 a.m. - 11:30 a.m.	Searcharoo 1 (Dave TBD)
11:30 a.m. - 12:20 p.m.	Searcharoo 2 (Dave TBD)
12:40 p.m. - 1:20 p.m.	The Beggars' Guild
1:50 p.m. - 2:35 p.m.	Delta Spirit
3:00 p.m. - 4:00 p.m.	Bishop Don
4:30 p.m. - 6:00 p.m.	Matt Costa
6:30 p.m. - 8:00 p.m.	Shawn Mullins

SUNDAY, JUNE 8

11:30 a.m. - 12:30 p.m.	DJ Jobe
12:30 p.m. - 1:15 p.m.	Sonia Leigh
1:30 p.m. - 2:30 p.m.	Wood Brothers
3:00 p.m. - 4:00 p.m.	Michelle Malone
4:30 p.m. - 6:00 p.m.	Sister Hazel



Kidsfest

Due to the drought, this year's Kidsfest will take place on Arcadia next to John Howell Park on Saturday 10:00 a.m. to 6:00 p.m. and Sunday Noon to 5:00 p.m. Kidsfest features unique games, crafts and activities for children of all ages. Most activities are free.

Parking

There is a limited mix of free and paid parking lots and designated on-street parking.

Festival attendees can park for \$5 (first 3 hours) and \$2 per additional hour (\$10 max. for the day) at Grace Lutheran Church, 1155 N. Highland Ave. during festival hours on Friday and Saturday, as well as Sunday afternoon. Grace Lutheran is within easy walking distance of the festival.

Paid parking with complimentary shuttle to/from the festival entrance will be available during festival hours on Saturday and Sunday afternoon at Morningside Presbyterian Church, 1411 N. Morningside Dr. See www.vahi.org/summerfest.html for additional information.

Summerfest Committee and Volunteers

The VHCA thanks all Summerfest volunteers and sponsors. Special thanks go to DaveFM Radio, which is providing advertising and music to make our event successful. Summerfest Committee members who have invested many hours of their time to bring you this event include:

Co-Chairs:	Kim Nickels and Pamela Papner
DaveFM:	Will Davis, Marketing & Promotions Director, DaveFM 92.9 Radio
Logistics:	Rob Frazer, Premier Events
Artist Market:	Julie Tepp
Volunteers:	Charlie LeFort and Pam Ahern
Graphic Design:	Cornelia "Neil" Bowen
Parade:	Doris Betz
Publicity/Ambiance:	Allie Coker
Road Race:	Ed Williams
Safety/Parking:	John Wolfinger

For more information or to volunteer, visit www.vahi.org/summerfest.html or www.929dave.fm. Or, call the information line at 404.898.8986.

See you at the best festival in Atlanta!



DESIGN & RENOVATION
404.377.1021
www.HammerSmith.net

Thanks Virginia Highlands
for your support!

HAMMERSMITH

Summerfest Community Dinner, Movie and Parade!!

Friday June 6; 7:00 p.m.

Summerfest always begins with a community dinner and movie – held especially for Virginia-Highland residents (bring ID's) and Summerfest volunteers. This year's event will be held at the Inman Middle School field (Greencove at Virginia Ave.). We invite you to dress for dinner like you would have at the first Summerfest in 1984! Prizes will be awarded just before the movie for the best outfits from the 80's. This year's movie *Ratatouille* will begin at dusk.

Saturday June 7; 9:00 a.m.

To celebrate the 25th anniversary of Summerfest, we're kicking off Saturday's festival with a neighborhood parade! It will be great fun, so please get creative, decorate yourself or your non-motorized vehicle - and participate! Houses along the parade route are also encouraged to decorate and compete for fabulous prizes to be awarded immediately following the parade.

When: Assemble by 9:00 a.m. on Saturday in the parking lot of Ace Hardware at Drewry/N. Highland Ave. Parade begins promptly at 9:30 a.m. and ends by 10:30 a.m.

Get your parade number in advance by registering at www.vahi.org/parade.html

Route: Proceed down Drewry, turning right onto Barnett and continue to the Summerfest entrance. The parade route is .6 miles.

Theme: The theme for decorating is: Summerfest's Silver Anniversary - 25 Years of Art, Food & Fun. The best decorated people, bikes, trikes, strollers, scooters, wagons, wheel chairs, etc. are eligible for prizes to be awarded at the end of the parade.

Prizes: Prizes include Georgia Aquarium tickets; \$25 gift certificates from Atkin's Park Restaurant, Neighbor's Pub, and Blend Custom Perfumerie; 25 cupcakes from Belly General Store; and 1 space in Knitch Fiber Camp for ages 7-11, plus many additional prizes.

Prizes will be awarded to the best entry in the following categories:

One Winner for:

- Best Street Participation Entry
- Best Family Theme
- Best Decorated House on Drewry
- Best Decorated House on Barnett

One Adult and One Child Winner (per category) for:

- Most Outrageous
- Most Silver
- Most Reflective of "Summer"

Only non-motorized vehicles may participate

Q/A with Warren Bruno

by: John Becker

Summerfest's Founder Looks Back at 25 Years of Festivals

Atkins Park owner Warren Bruno and other local business leaders hosted a block party in 1984 and the event has grown into what we know today as Summerfest. Bruno talked recently with VOICE's John Becker and gave his thoughts on Summerfests past and present.

How'd you come up with the idea for Summerfest? What did the event look like in its early days?

After buying Atkins Park in 1983 I realized Virginia-Highland lacked an annual event that connected neighborhood businesses with residents. We started with a block party between St. Charles and Greenwood organized by several businesses who'd opened about the same time. We had two bands – one in the back parking lot and another on St. Charles – and businesses had sidewalk sales. People enjoyed the chance to get together and celebrate summer in the neighborhood. In 1986 we started calling it Summerfest and began to move the event down N. Highland – we added stages at Virginia Ave., Amsterdam and in Morningside near University Dr. In 1987 we got Star 94 involved for promotion and also added the first juried art show along Virginia Ave.

There's a real element of businesses giving back to the community with Summerfest, isn't there?

Absolutely. In the early 80's there was quite a bit of animosity between businesses and residents. Summerfest was a way for businesses to acknowledge the importance of local residents and give something back to the community. For example, in the early years we donated the money from t-shirt sales to John Howell Park. This was the seed money that got the park going and we're very proud of that.

Any other memories from those early years?

I remember the first 5K road race we had. I'd never done one before and a friend of mine and I spent the night before marking the course with lime from the baseball field. We only had 100 runners back then but it was fun. And you can't forget the Herby Curbie races, of course.

At what point did the civic association get involved with Summerfest?

It was the year after our first art festival. That was our highest attended event to date and the crowds along Virginia Ave. were quite large. There were some issues with residents along the street due to the crowds and parking and that's when we knew it had become a community-wide event and something the civic association should be responsible for. They willingly took it over but the businesses remained very involved. In fact, in those early years of partnering with the civic association, most of the restaurants in the neighborhood set up booths during the festival

in what is now John Howell Park where you could sample their food. Sort of an early Taste of Virginia-Highland. Those were great years for the event.

How did VHCA involvement change Summerfest?

One thing I remember is they started Kidsfest. The event had taken on a sort of yuppie, party-crowd flavor and starting Kidsfest went a long way towards bringing back the family component we'd always strived to include. The civic association's done a great job of growing the event in the right way and channeling profits from the event back to the community. As head of the technology foundation at Inman Middle School, I can't begin to tell you how much we've been able to accomplish with funds donated by the civic association – the lion's share of which comes from Summerfest.

If you could add one thing to Summerfest that's not there today, what would it be?

I'd like to see a return of the tour of restaurants. We tried to use the event to move people up and down N. Highland to experience the different nodes – St. Charles/Greenwood, Amsterdam, and Morningside – and now it's pretty much centered at Virginia and N. Highland. The event's grown a lot in size, though – it would be tough to move that many people up and down N. Highland without disrupting traffic.

What's your involvement with Summerfest today?

Atkins Park sponsors the Friday night cook-out for residents and volunteers at John Howell Park and I really enjoy that. It's like a reunion with old neighbors every year. I'm also involved with Kids Fest and have served as MC of the Tot Trot for the past few years. The community's been very good to me – and I truly enjoy giving back. After a bout with cancer a few years ago I scaled back my volunteering – but the schools and Summerfest are two things I think I'll always be very involved with.

What do you think Summerfest means to the residents of Virginia-Highland?

It's a celebration of community. It's residents, restaurants and retail coming together – it's family and friends. It's really become a weekend-long event with activities from dawn till dusk and beyond. And it's become more than just the planned event itself – just look at all the parties and gatherings taking place throughout the neighborhood that weekend. And let's not forget the volunteers. In the early years I paid people to help put Summerfest on – now most of the labor comes from those who live in the neighborhood who give of their time because they understand the value of a strong community.

The Bus Stop

News of interest from Inman Middle
and Morningside Elementary Schools.

Morningside Elementary School

Susie Lazega & Blaine Schreiner
MES PTA Co-Presidents

The Cultural Arts Committee, led by parent Alison Gottsegen, researches and schedules arts-based programming for all grade levels. Committee members work closely with grade level teams to find appropriate and interesting programs that enhance existing academic curriculum and encourage children to appreciate the arts. Among the programs implemented so far:

- First graders got a taste of what it's like to be a TV meteorologist from WXIA Channel 11's weatherman Josh Johnson and learned first hand from Dr. Mae Jemison what life was like for the first African American woman to travel in space. Students also learned about American heroes like Davy Crockett, Annie Oakley and Paul Bunyan through songs and stories told on the guitar and banjo.
- Second graders participated in Sound Learning – a music education partnership between MES, the GSU School of Music, and the Atlanta Symphony Orchestra – which gives students a chance to work with professional musicians and create a final project that included original musical.
- Third grade students enjoyed a visit from Fernbank's environmental education outreach program; a Native American educator taught traditional folklore, language, dances and songs; and students enjoyed an interactive, experiential morning of Poetry Off the Page.
- Fourth graders learned what went on behind the doors at the Constitutional Convention; thought creatively to solve problems with an improvisational comedy group, Matters Comedy Troupe; and used movement and dance to learn about the digestive system.
- Fifth grade students were treated to a rousing performance of American jazz and were also mesmerized by Georgia Shakespeare Company's performance of *Romeo and Juliet*.
- The Atlanta Opera's *Once Upon a Time at the Opera* came to Morningside for three performances. The program introduced students to opera and helped them understand what to look and listen for when attending a performance. Selections from composers such as Bernstein, Handel, Rossini, and Verdi were included.

And this year's highly successful auction, organized by Cathy Tilman, earned enough money to complete the important technology initiatives set forth last year. Proceeds from the auction allowed the school to provide several grades with projectors connected to the existing computer, speakers, and Promethean boards.

Inman Middle School

Denise Romeo
VP Communications, Inman PTA

While Inman's academic achievements are well known, many likely do not know the full extent of Inman's extracurricular activities. There's a club to capture the interest and talent of any student. Here's a sampling of these programs which exist through the volunteer efforts of Inman teachers and parents:

- Inman's Student Government Association hosted Rep. John Lewis during Black History Month. Rep. Lewis spoke to the group and held an open discussion with students. In March, members of the Inman SGA were featured in a local television news report promoting Earth Hour, the global event organized to raise awareness about energy conservation and global warming.
- In late March, the Inman Theatre Troupe brought a special touch to Shakespeare's magical *Midsummer Night's Dream*.
- Inman's Debate Team received the Community Award at the State Championship Meet, and the Sweepstakes Award from the Atlanta Urban Debate League.
- The First Annual Jr. Beta Valentine's Day Dance was a huge success as club members raised \$1,000 for the Project (RED) Campaign, a non-profit dedicated to ending the HIV/AIDS epidemic in Africa.
- And Inman's Photo Club encourages the artistic endeavors of budding photographers. A photo montage by club members is currently on display in the Inman Middle School lobby.

For 5th graders entering Inman next year, the school's Web site has a special page with lots of useful information. Go to www.inmanmiddleschool.org and select Homework Hero from the Main Menu. Click on "Rising 6th Grade Eagles" and you're there. While you're on the Inman Web site, you can get answers to FAQ's, read past issues of *Inman Insight*, and sign-up for the Inman email list to receive weekly updates.

And don't forget to support Inman Middle School by visiting the "Inman Drink Oasis" at the Virginia-Highland Summerfest June 6-8. We'll be selling bottled water, soft drinks, and sports drinks to thirsty festival-goers. Come out and enjoy this wonderful festival which is consistently voted one of Atlanta's best!

New Elementary School to Serve Va-Hi, Surrounding Area

APS builds new school to serve portion of district currently zoned to Morningside Elementary

by: Karen E. Woodward

In 2007, Atlanta Public Schools purchased two lots on Ponce de Leon Avenue (the former Howard School site) in the Druid Hills Landmark District to build a new school to relieve overcrowding at Morningside Elementary School. Currently, the MES kindergarten campus is located on the eastern lot, and it will remain there for the 2008-2009 school year.

A new K-5 elementary school is scheduled to open in August 2009, and construction will begin once the permitting process is complete. In early April, APS submitted an application for a land disturbance permit. Upon final completion of the architectural drawings, APS will apply for a building permit.

The design for the new school is sensitive to its historic setting, technologically advanced, and environmentally responsible. One of the first green projects for Atlanta Public Schools, the new school, with natural light and high-quality acoustics, will be a healthy place to learn. The goal is to obtain silver certification status under the Leadership in Energy and Environmental Design (LEED) Green Building Rating System.

APS has not yet determined the attendance zone for the new school. Cecily Harsch-Kinnane, District 3 Representative to the Atlanta Board of Education, recently announced that the initial school zone proposal may not be released until August 2008. APS will solicit community input after publication of the proposal. In making rezoning decisions, APS will take into consideration proximity to the new school, natural boundaries, historic demographic trends, and other factors.

To foster open lines of communication between APS and the MES community regarding creation of the new school and the anticipated division of the current MES population, the MES Local School Council formed the Collaborative Planning Committee. The CPC consists of representatives from MES administration, the LSC and PTA.

For more information, see the New School Info link at www.morningsideschool.org. This site includes a podcast about the new school by the MES principal, architectural drawings for the new school, and answers to frequently asked questions that are updated as new information becomes available.



spunge

Organic Cotton

Spunge introduces Organic Cotton baby blankets

Children will love to embrace these embroidered, super soft blankets and will treasure the inviting colors, intriguing textures and inspiring designs from nature.

Contact: 404 892 0090 www.spungedesign.com

New Business Spotlight: Urban Cottage

by: Amy Eisner

It's finally spring, so it's time to – go shopping! After you finish your spring cleaning, head over to Urban Cottage in the heart of Virginia-Highland to spice up your home with some new eclectic furniture and accessories. And while you're there, stock up on unique gifts for family and friends.

The store's solid wood furniture will make a statement in each room of your home with classy subtleness. The quality is top-notch which means you'll enjoy your purchases for generations. Expecting a new addition to your family soon? Children's furniture and accessories are a favorite at Urban Cottage. If you can't seem to find the exact piece of furniture you're seeking, or if the furniture in the store is too big or too small or not the right color, simply browse through the new in-store catalog. The friendly staff is eager to assist with finding exactly what you're looking for and will even help with custom orders. All of this comes at a very reasonable price since Urban Cottage manufactures all their furniture. And additional design services are available at affordable rates.

To complement your new furniture, choose from a vast collection of home accents, including rugs, throw blankets, lamps and pillows. Speak to your guests with original artwork by local artists or with a humorous quote board. Add additional character with books, candles and dried florals. Liven up your kitchen with vibrant ceramic plates and refresh with gourmet scented soaps in your bathroom. The possibilities to make your house a welcoming home for your family and guests are endless with Urban Cottage.

Visit Urban Cottage Tuesday through Sunday at their new location – 998 N. Highland Avenue, near the intersection with Virginia Ave. Call them at 404-815-9993 or find them online at www.urbancottage.com. Happy shopping and decorating!

Meet the Neighborhood Preservation Team at Summerfest

by: Doris Betz

If you've been wondering just what the Neighborhood Preservation Committee is and what their efforts to explore historic designation for Virginia-Highland are all about, you'll be able to find out at this year's Summerfest, June 6-8. Committee members will staff a table where you can get answers to questions and volunteer to help the committee explore the possible benefits of a historic designation zoning overlay for our community. An informative brochure will be available that gives a broad overview of the committee's goals and activities to date.

Since the last issue of VOICE, we've filled two key positions: Webmaster and Public Relations. In addition, the committee attended a Candler Park historic designation meeting to see how they're dealing with a similar challenge. It was heart-warming to see so many Candler Park residents involved and concerned about maintaining the historic aspects of their neighborhood.

Please look for us at Summerfest and get to know us a little better. We welcome input and active participation from all Virginia-Highland residents. For more information or to volunteer, email us at npc@vahi.org, or go to www.vahi.org, click on "Planning," then on "Historic."

Homes, Sponsors and Volunteers Needed for 2008 Va-Hi Tour of Homes

by: Rob Glancy

The 2008 Homes for the Holidays Tour is scheduled for Saturday, December 6 from 10 a.m. to 5 p.m. and Sunday, December 7 from 12 p.m. to 5 p.m. As with past tours, the event will feature distinctive Virginia-Highland homes coupled with food tastings from some of the area's finest restaurants.

The tour committee is currently viewing home candidates for this year's tour and planning this year's event. If you'd like your home considered or have a home you'd like to see on the tour, contact Rob Glancy at arglancy@ratecapital.com or call 404-661-8719.

Walk-ins Always Welcome!

What Next?
NextCare
URGENT CARE


General Medical Care
Occupational Medicine
Physicals, Labs, X-Rays

Mon-Fri 8am-8pm
Sat-Sun 8am-4pm

All Major Insurance Accepted
On-site Prescriptions
Medical Discount Programs

Edgewood
1220 Caroline St., Suite 230
Atlanta, GA 30307

678-916-3617 • www.nextcare.com/homes



The committee is also looking for volunteers to help with the planning and execution of this year's tour, including sponsor recruitment, ticket sales, public relations and advertising, volunteer coordination, home write-ups and tour weekend support. If you're interested in getting involved, contact Rob.

2008 sponsorship levels are:

Artisan / Presenting: \$6,000
Master Craftsman: \$4,000
Foreman: \$2,500
Apprentice: \$1,000
Neighbor: \$500

This will be the fourteenth annual Virginia-Highland Tour of Homes! Since its revival in 2004, the tour has raised over \$75,000. Last year the tour enjoyed record gross ticket sales of nearly \$30,000 and the committee expects another record-breaking event this year. Proceeds benefit the community projects of the Virginia-Highland Civic Association, including safety initiatives, parks improvements and local grants.

For more information, visit www.vahihometour.org.



Paul Handy Inspection Services
Inspecting Homes for Twenty-Five Years

Paul W. Chicoine
ASHI Member - CABO Certified
Radon Screening - Mold Assessment

678-232-6996
www.paulhandy.com

SERVING THE VIRGINIA HIGHLAND NEIGHBORHOOD

**Need Direction
to Sell Your
Home?**

**Call Peter,
He Will Get
You There!**

Peter Bade
RE/MAX Greater Atlanta Intown



404.873.0007
404.609.9888

Public Safety Update

by: John Wolfinger

On a rainy Saturday morning in early April, thirty of your neighbors and friends gathered at the library community room for our first Safety Team Street Captain's meeting. These folks represent what is good about our neighborhood – they care about their families, friends and neighbors, and are willing to take time to help preserve our quality of life.

Our Safety Team is based on the simple, basic fact that folks who know each other will look out for each other. Street Captains often serve as intermediaries for introductions to fellow residents. Street Captains also pass on (usually via e-mail) Safety Team Reports to their neighbors. Many streets are now organized and provide a directory of residents with contact info, and many hold social gatherings to discuss common concerns, often including our APD Zone 6 Crime Prevention Officers Ruby Naylor and Elaine Dorsey. The Safety Team has a social aspect, too. As more and more new residents move into our neighborhood, Street Captains can act as a welcome wagon and help get new residents introduced around.

If you live on a block, condo or apartments building without a Street Captain and are interested in becoming one, e-mail me at safety@vahi.org.

Here are some other ways all of us can become informed about or get involved with the neighborhood we live in:

1. Sign up for the Va-Hi electronic newsletter – go to www.vahi.org and enter your e-mail address in the upper right hand corner.
2. Sign up for City Newsbytes, a weekly e-mail from the Mayor's Office. Go to www.atlantaga.gov and sign up on the main page.
3. Sign up for our neighborhood yahoo message group at www.vhlist@yahoo.com
4. Sign up for the e-mail list from our City Councilperson Anne Fauver at AFauver@atlantaga.gov
5. Attend Va-Hi Civic Association meetings the first Monday of the month at 7 p.m. at the library on Ponce. Also, attend NPU "F" meetings the 3rd Monday of the month at 7 p.m. at the Hillside School on Monroe Drive in Morningside.
6. Become a Neighborhood Deputy. This is an excellent program sponsored by the Bureau of Planning. Their one-day training program provides insight as to how the City's code enforcement program works (or doesn't work). E-mail Tanya Mitchell at TCMitchell@atlantaga.gov and ask to be notified of the next training session.

And most of all, get out and take an evening walk and meet your neighbors on the street. Don't forget to take along a plastic garbage bag and pick up some street trash along the way.

The Trip to Work – On *Two* Wheels

A Va-Hi Resident's Guide to Commuter Biking by: Michael Moore

As an avid bicycle commuter living in Virginia-Highland I spend thirty minutes a day – fifteen each way – commuting between home and work at the Woodruff Arts Center. This thirty minute trip replaces a visit to the health club, plus I don't have to worry about parking, gas, or traffic. I don't ride every day - rain or extreme temperatures sometimes force me into my car - but I enjoy riding to work under my own power day or night - and perhaps you can, too.

To start, you'll need a bike appropriate for city riding. Due to the variety of road surfaces, find a bike with some "meat" on the tires. They aren't as fast as road bikes, but are much more practical in town. Buy one with quality components - neighborhood bike shops typically offer higher quality than big sporting good stores. Mountain bikes and hybrids are great, but better yet to me is a crank-forward bike, like the Electra Townie. These bikes are upright, softer on the hands and seat, and it's easy to put your feet on the ground. My favorite bike, though, is a recumbent. I ride a Sun EZ1. They are very comfortable and efficient and are virtually impossible to fall off of.

You'll need a few accessories: lights (front and back), a left-side mirror, a basket or pannier bags for cargo, a bell (and/or loud voice), a small electric air compressor to keep your tires fully inflated, fenders for wet weather, a speedometer to help you compute your gas savings, a kickstand, a lock and, of course, a helmet. If you use a recumbent bike or trailer, put a tall orange flag on the back. To make riding at the Silver Comet Trail or around Stone Mountain practical, consider a car carrier.

For safety, always wear your helmet. Not only will you be more likely to avoid serious injury, but you'll look more serious to drivers. Never talk on a cellphone or listen to your iPod while riding - cycling requires your full attention. Observe and make eye contact with drivers, especially those on their cellphones!

Beware of the mid-road "stop for pedestrians" signs. Use your mirror to anticipate cars passing you when near them. Obey traffic signals and stop signs - you want motorists to, don't you?

Because of construction and traffic, cyclists must sometimes ride on sidewalks. When doing so, be extra careful around driveways and especially intersections. Watch for pedestrians and runners - they often wear earbuds and probably won't be aware of you. Choose routes on streets with little traffic whenever possible.

Some find shifting gears intimidating, but it needn't be. Just downshift BEFORE hills, when rolling - not while peddling hard. Use your rear gears more than your front. Riding in lower gears is easier on your knees, plus you get the added benefit of enjoying the sights and smells of springtime in Atlanta.

Inspect your tires and brakes often, and keep cables, chains and derailleurs clean and well lubricated. Rinse and re-lubricate after riding on wet streets. Get regular "tune-ups" and adjustments from our neighborhood bike shop.

Best of all, join the Atlanta Bicycle Campaign - www.atlantabike2.org and take advantage of their resources and advocacy.

So, why not join me on two wheels on the streets of Virginia-Highland on your way to and from work. Your fitness will improve, you'll save money, and you'll improve the quality of the air we all breathe!

Suggested reading:

Urban Bikers' Tricks & Tips by Dave Glowacz

Michael Moore has lived on Rosedale Road since 1972 and is Principal Tuba in the Atlanta Symphony Orchestra.

Don't Sell Your Home!

Why dispose of an excellent investment?
We make property management painless and profitable
by supervising all details professionally and responsively.

P R O P E R T Y
c o n . s u l t a n t s

Your Real Estate Investment can be:
Protected Profitable Problem Free

Gary S. Chad (404) 874-6357



Suzuki Violin - Now in Your Neighborhood!

**Violin lessons, ages 4+
Karla Tievsky, Suzuki Specialist**

Druid Hills United Methodist Church
1200 Ponce de Leon Avenue, NE

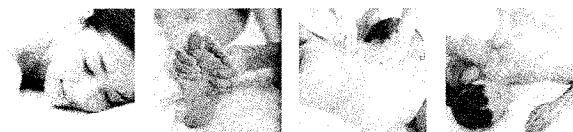
Call Karla to schedule an information meeting
(404) 556-0998 or email, ktiev@bellsouth.net





PARADISE

HAS A NEW ADDRESS



VISIT MASSAGE ENVY'S NEWEST LOCATION

Our professional therapists help you feel completely relaxed, when it's most convenient for you. Weeknights, weekends, whenever you want to escape to Paradise, at Massage Envy.

\$39*
Introductory 1-Hour
Massage Session

SCHEDULE YOUR
APPOINTMENT TODAY

GRAND OPENING

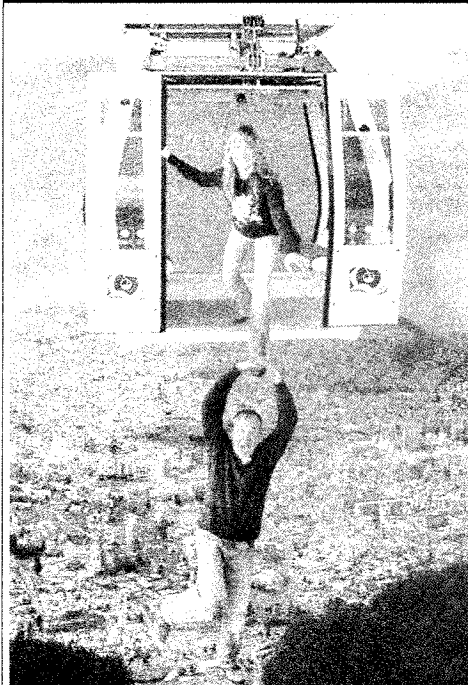
MIDTOWN
650 Ponce De Leon Ave., #600A Atlanta, Ga
Midtown Place Shopping Center
(404) 876-ENVY (3689)

Franchises Available | MassageEnvy.com | Convenient Hours. Open 7 Days

*Valid for first one hour session which consists of a 50-minute massage and time for consultation and dressing. Prices subject to change. Rates and services may vary by location. Additional local taxes and fees may apply.
© 2008 Massage Envy Limited, LLC.

Susanne Kupiec

Your Neighbor...Your Realtor



*Other
agents
left you
hanging?*

*Buying or Sell-
ing, I'll take
great care of
you, your
friends, or fam-
ily! Call me
today and let's
get started!*

*And visit my
website to sign
up for **free**
VaHi home
sale reports!*

SUSANNE IT!

www.susannesoldit.com

404-840-7012

susannekupiec@jennypruitt.com


JENNY PRUITT
& ASSOCIATES, REALTORS



DREAMSCAPE DESIGNS

Landscape Design and Installation
Specializing in low maintenance landscapes,
paths, stonework, and water gardens.
Neighborhood References Available.

404.872.5554

Proud Sponsor of John Howell Park



Now in Your Neighborhood!

At Congregation Shearith Israel,
1180 University Dr., NE, 30306

Newborns to 14 mos., Thursdays @ 10 -10:30 am
15 mos. to 3 years, Thursdays @ 10:30 - 11:00 am

Call Karla Tievsky for complete information:
(404) 556-0998 or email, ktiev@bellsouth.net



**VIRGINIA-HIGHLAND
CIVIC ASSOCIATION**

Virginia-Highland Civic Association
P.O. Box 8401, Station F
Atlanta, Georgia 31106

PRESORTED
STANDARD
US POSTAGE
PAID
PERMIT 2431
ATLANTA GA



*****ECRWSS**C003 S3 P6

00332

RESIDENT

██████ N Virginia Ave NE
Atlanta GA 30306-3520



Providing a comfortable place and great food
to our VH neighbors for 85years

Atkins Park Tavern • 794 N. Highland Ave.
404.876.7249 • www.atkinspark.com

Sandy **D'**aprire

**Living, Selling, Believing
in OUR Neighborhood**



For 25 Years and Counting...

404.872.5525 404.550.1506

RE/MAX Greater Atlanta www.Atlanta-IntownHomes.com