

SERVING ATLANTA INTOWN NEIGHBORHOODS

DL

DECATUR LIVING

Inside
Camps
for kids

Staycation
ideas

Getaway
travel tips

Pre-summer
fitness



Destination: Summer!

Your best summer starts now

Spring 2019

OLMSTED LINEAR PARK ALLIANCE

Preserving and Sustaining a Green Oasis in the City



A lush and historic swath of green refuge runs along Ponce de Leon from Decatur to Atlanta. **Olmsted Linear Park**, designed by the father of American landscape architecture – Frederick Law Olmsted Sr. – was developed more than 100 years ago. Its 45 acres makes it one of the largest linear parks in the Atlanta region, enjoyed by young and old for generations.



It's been said that a "thing of beauty is a joy forever," but we can only sustain this green treasure with your support and care. The goal of **Olmsted Linear Park Alliance (OLPA)** is to keep this historic necklace of park segments, from pastoral to old growth forest, in a state of good health and beauty for years to come. You see it often as you pass by, but we invite you to get to know it better...to enjoy and support it.



Please join the Olmsted Linear Park Alliance for a special gala celebration and benefit for Olmsted Linear Park. And, come take a walk in the park, volunteer, visit us on Facebook, Instagram or www.atlantaolmstedpark.org



Carnival under the Canopy
A fundraiser benefitting
Olmsted Linear Park Alliance
www.atlantaolmstedpark.org

Sunday, February 24, 2019
6:30 - 10:00pm
Fernbank Museum of Natural History

CONTENTS

Spring 2019



Cover Story: Summer Camps

7

What's New!

- 7 Cover Story
Innovative, fun and refreshing camps that just might make you sign up to be a kid again.
- 14 Summer in the city
An itinerary already built for your city staycation.
- 18 Pack your bags
Three secrets to fantastic summer travel.

Exclusives

- 6 Publisher's Letter
Feel the love
- 23 Your Wellness
By time you read this, you may be slacking on your resolutions. Find a different way to transform.
- 24 Pet's Picks
Go-to workout buddies and race pals, see Decatur's top dog this issue.
- 30 Calendar of Events
Swoon-worthy Valentine's Day plans and more!
- 32 Your Money
The worst thing you can do when the IRS sends you a "love letter" in the mail.



14



18



Summer Love Starts Here

WITH THE CONSTANT chatter of New Year's transformation in the background, sometimes a quiet moment sneaks in to remind us of the stillness of winter and promise of spring.

Those glimpses of mindfulness are where the real transformation occurs. We've just come off the giving season of the holidays and with Valentine's Day soon approaching, most of us forget that the love and care we want to share with others really begins within. It's one of the things that speaks to me in this issue of Decatur Living. This issue jumps ahead to summer through thoughtful and mindful preparation now.

It begins with little tweaks to our habits, shared by our wellness editor Kristin Smith (page 23). It continues as we prep our bodies, exploring the connection we share with our pets and our enthusiasm for fitness (page 25).

Only when we've turned inward can we curate the best experiences outwardly for others. Our staff has combed the city looking for the best memories to be made this summer locally (page 14), and those that will build a summer worth loving for our families through summer camps (page 7) and travel tips (page 18).

As Valentine's Day kicks it all off, check out our Calendar of Events for fun and innovative ways to share the love around ATL (page 30).

Natalie Gregory
Publisher, *Decatur Living*



Decatur Living is now on Facebook.

CHECK OUT THIS ISSUE ONLINE @ WWW.DECATURLIVING.COM

DECATUR LIVING, LLC
P.O. BOX 2589
DECATUR, GA 30031

PUBLISHER Natalie Gregory
ASSOCIATE PUBLISHER, MARKETING Vicki Sarris
EDITOR Mel Selcho
ACCOUNT EXECUTIVES Vicki Sarris
Loren Pratt
PHOTOGRAPHY Steve Eberhardt
Leesia Teh
CREATIVE DIRECTOR Brent Cashman
WRITERS Ellie Butterfield
Sandra Kruger
Scarlett Tassone
Mercedes Pasqualetti
Loren Pratt
Mel Selcho
Kristin Smith
Sam Younis
Dr. Jane Wilkov, M.D.

Decatur Living
Telephone: 404.373.4262
sales@decaturliving.com

Decatur Living is published quarterly by Natalie Gregory. Distribution is a minimum of 14,000 with up to 11,000 being mailed to households in Decatur, Druid Hills, Avondale Estates, Candler Park, Lake Claire and Oak Grove. Contents of this magazine may not be reproduced without written permission from the publisher. Advertisers and advertising agencies assume liability for content of all advertisements. The publisher does not necessarily share the editorial opinions expressed in *Decatur Living* Magazine. Personal decisions regarding health, finance, and other matters should be made after consultation with the reader's professional advisors.



On the Cover:
Summertime in Decatur



A UNIQUE HOME STORE FOR UNIQUE TASTES



New Furniture

Custom Sofas

Accessories

Antiques

Vintage

**Voted
'Atlanta's Best!'**

2928 E. Ponce de Leon Ave. • Decatur
404-373-6498 • open 7 days 11a-7p
Kudzu. Like no other place!



And visit our sister store!
Kudzu and Company
6450 Roswell Rd. Sandy Springs



Sales, Cleaning & Restoration

Since 1931

Sharian

We put the world at your feet™

368 W Ponce de Leon Ave, Decatur, GA 30030 • Tel : 404-373-2274

www.sharian.com



LEVEL CRAFT

CONSTRUCT | RENOVATE | REVIVE

404-704-7350

www.levelcraftatlanta.com

Calendaring Happy Campers

Local Summer Camps that Shine

by Mel Selcho



FRIGID WEATHER AND gray skies are sometimes the first signs of summer in Atlanta, or at least, summer camp sign ups. Whether sleep away, day camp, or some combination is the move for your child, it's likely the options will soon be narrowing as sign ups typically begin in February.

Summer camps offer more than just child care. The long-standing tradition gives parents the solace that their child is exposed to opportunities, adventure and skill-building that might be missing from the academic rigors of the traditional school year. And for kids, the camps build relationships with counselors, mentors and fellow campers that can last a lifetime.

Allison Hutton of Emory's Michael C. Carlos Museum said, "Many of the students at Emory got their first exposure to the campus from attending our summer camps."

Those summer experiences create memories of antics and fun that are often recalled as pinnacles of childhood later. Founder and director of Decatur's Color Wheel Art Studio, Cathy Spencer said she uses memories of her childhood camps to inspire the camps she now offers.

"Mostly I remember the community feel of my sleep-away camps," she said. "We all felt like family and like we belonged. I work every day to create that sense of community and warmth with all of our programming."

What to Look For When Looking

After scouring options, parents can find it overwhelming to choose which camps their kids might enjoy.

When your child is already engaged in art, science, a language or sport, choosing a summer camp can seem like a no brainer. But experts agree that one of the benefits of day camps is the ability to expose kids to new ideas and activities.

Successful camp experiences begin with the design and strategy of the programming.

Laura Haass, the owner of Icing Cake Design and Sweets Boutique, said Camp Cupcake considers the size and ages of the campers when creating the activities in order to set them up for success and fun. "We designed the camp curriculum carefully to work best with the age ranges. We take things like the child's size and manual dexterity into consideration."

Choose camps that engage the kids as they develop skills. Amy Bryant, Head Coach of Emory Women's Tennis, said it's important to use positive reinforcement and creative teaching strategies.

"Making kids feel good about what they are doing is very important - especially a camp centered around a skill," she said. "If your kids are happy when they get in the car at pick up and can express that they learned something new that day, mission accomplished!"

Adventure Awaits

Several local camps offer different flavors of adventure for kids this summer. Past successes and a behind-the-scenes look at what's new for 2019 can inspire your calendar for the summer.

Camp Carlos

The collections at the Michael C. Carlos Museum come alive during its summer camp where art, imagination and creativity are fostered through innovative experiences. The camp takes the approach of "see it, think it, make it" as campers learn about ancient cultures through the museum's collections, enjoy field experiences that relate to the creation of them and then make their own art projects.

What to Expect

Artifacts gain new meaning as the campers delve further into the cultures and art



of those who make them. For example, Animal Stories week includes a study of dolphins. Campers will experience the depictions of them in the museum, travel to the Georgia Aquarium to see live models, then discuss their features and why the depiction of them varies across time and cultures. Then they go on to create their own version.

Other experiences have included learning the ancient roots of lacrosse through the collections that are then reinforced with field play of the modern game.

2019 Highlights

The camps appeal to those who are curious and want to explore. Camp Carlos is for the student who's interested in making pottery but also learning how clay is created, sourced and used to create artwork by cultures around the world.

Check out these themes and activities on the schedule:

- Yorubaland (Spring Break) – art camp exploring life force of Yoruba art
- Grow It, Cook It, Eat It! – planting, cooking and eating indigenous food with a trip to Three Sisters Garden at New Echota
- Animal Stories
- Earth, Water, Fire, and Air (Teen Camp) – exploration of clay culminating in firing own pieces using various methods
- EPIC! The Life and Times of Gilgamesh – the oldest known written story comes to life through storyboarding, costume-making and acting.

Details

There is a Spring Break session along with several week-long summer sessions that run from 9 a.m. to 3 p.m. at the Michael C. Carlos museum on the Emory campus. After care is available until 5 p.m. for an additional fee. There is also a two-week teen camp in July from 10 a.m. to 4 p.m.

For more information, visit carlos.emory.edu.

Camp Cupcake

Campers get to literally create the sweetness of summer in this multi-disciplinary camp, where they make and take sweets home to show and share every day and an art project each week. The joint endeavor between Icing Cake Design and Art on the Go won Best Camp awards in Gwinnett County before coming to the Avondale Estates area.

“Parents are often surprised at how impressed they are with their child’s creations,” says Haass, who has been creating cakes and designs since 2004. Haass’s business is inspired by her own childhood watching her talented mother make designs after taking classes by Wilton. Art on the Go’s Sheri Snyder agrees, and says she loves to see parents’ reactions to all their child has created in a week’s time.

What to Expect

The scrumptious experiences include:

- Making and decorating with American buttercream, using offset spatulas and piping bags with tips,
- Rolling and cutting and modeling fondant elements for decoration,
- Creating novelty treats with candy, and
- Working with various art media, such as clay and acrylics, using a variety of techniques to create art and craft projects.

The camp is divided into half of the day working with sugar art or sweets, and the other half other traditional mediums to create based on the theme.

2019 Highlights

The camp is structured into themes and separates campers into ability levels. “I look at what’s being ordered for birthday cakes in these age ranges and base the themes off of that. They appeal to both boys and girls,” says Haass. “We live in such an image-rich society, it’s special for kids to be able to create something that’s from their world.”

Themes this year include:

- Harry Potter
- Star Wars
- Gaming (Legos, Fortnite, etc.)
- Superheroes
- Christmas in July

Details

Week-long sessions run from 9 a.m. to 3 p.m. daily at North Clarendon Baptist Church. There are intermediate camps available as well for those who have already developed decorating techniques.

For more information, visit artonthegoatlanta.com/camp.



Color Wheel Studio

This art-based camp has been tried and tested over the course of 17 summers. Spencer brings a degree in art history and child psychology to the mix as she leads a team of degreed artist teachers to build the nine weeks of programming. You could say they have camp design and organization “down to an art.”

What to Expect

Budding artists and those who are new to creating will work in a wide range of areas including:

- Drawing and painting
- Pottery
- Textiles
- Mixed media

In addition to the art projects, sessions will include walking field trips and appearances from guest artists.

In 2018 one of the favorites was the Sew, Stitch, Glamp Camp. “It was like a giant sleepover where you learn to sew,” said Spencer.

2019 Highlights

Some of the new featured themes this summer include:

- Epic Art Challenge - a whirlwind of team artistic collaboration
- POW! - for all those graphic novel lovers
- Fashion House – a week of fashion design challenges
- Splat! - messy, old-school art fun.

Details

Week-long sessions run from 9 a.m. to 4 p.m. daily at Color Wheel Studio on Howard Avenue in the city of Decatur. Extended hours are free with drop off at 8:30 a.m. and pick up at 5:30 p.m.

For more information, visit colorwheelstudio.com.



Emory Total Tennis Camp

The camp caters to kids who like to be on-the-move and takes a non-traditional approach to learning the game. Though tennis has a stereotype of being a frustrating game, Coach Bryant plans a camp where drills, games and activities build skills and techniques “almost by surprise.” As one of the few people in NCAA history to earn a national title as both a player and coach, camper families appreciate Bryant’s hands-on approach to the camp.



CAMPS AND CALENDARS

Check out the wide network of summer fun available for Atlanta area kids:

Atlanta Children’s Theatre Company atlantachildrenstheatre.com/camps.html

Atlanta Montessori International School amischool.com

Callanwolde Fine Arts Center callanwolde.org

Camp Carlos carlos.emory.edu

Camp Cupcake artonthegoatlanta.com/camp

Camp Flix campflix.com

Camp Scene Environmental Adventures campscene.com/summer

Circus Camp circuscamp.org

City of Decatur Summer Camp Playbook decaturga.com

Challenge-Island challenge-island.com/atlanta-decatur/programs/summer-camps

Clay Camp pollyontheavenue.com/clay-camp-2019

Cliff Valley Summer Programs cliffvalley.org

Color Wheel Studio colorwheelstudio.com

Community Music Centers of Atlanta cmcatlanta.com

Decatur School of Ballet decaturballet.com/summer

Emory Total Tennis Camp bryantcamps.com

Emory’s Camp and Learning Expo worklife.emory.edu

Fashion Workshops Camp fashionworkshops.com

Fernbank Museum Summer Day Camp fernbankmuseum.org/learn/summer-camp

Frazer Center fraziercenter.org

In the City Camp inthecitycamp.org

Intown Stars Gymnastics Camp intownstarsgymnastics.com

Language International Kids languageinternationalkids.com/camp

Mathnasium mathnasium.com

The Paideia School paideiaschool.org/campus-life/summer-camp

Safari Camp Zoo Atlanta zooatlanta.org/program-type/safari-camp

Science of Fun STEM Camp scienceoffun.com

Summer Intensive Therapy Social Sensory Camp christykennedyot.com

Start: Code startcode.net

The Spanish Academy thespanishacademy.com

Top of the Key Basketball topofthekey.com

Trees Atlanta Junior Treekeeper treesatlanta.org/learn/camps/summer-camp

Waldorf Schools of Atlanta waldorfatlanta.org

YMCA ymcaatlanta.org/summer-camp

What to Expect

The camp is based on 20 years of experience. Ratios are guaranteed to top at eight students to one counselor and the schedule is designed to keep campers active and involved. Unique drills are designed for every age group and skill level.

“Some camps stick kids in long lines -so there is more waiting than doing. Waiting around is boring for kids,” said Bryant. “Every minute has been thought out with a plan, and campers are moving and engaged the entire day.”

2019 Highlights

The big highlight last summer was the addition of glow-in-the-dark tennis during the afternoon Olympics competition. Nets were set up on the racquetball courts and the teams decorated themselves with glow-in-the-dark paint and wore glow sticks. They played under black lights using a glowing badminton shuttlecock and neon-painted rackets.

In addition to fostering a love of the game, campers learn life values such as responsibility through keeping track of their items, sportsmanship by experiencing wins and losses, perseverance with a point system and several awards and a healthy lifestyle from take-home tennis tips.

Details

Several week-long sessions are available for either half, full or extended day at the Emory campus.

For more information, visit bryantcamps.com

summer program 2018



May 29 - July 27
 Now Enrolling children ages 5-12
 Registration opens February 1st

Register on-line at colorwheelstudio.com

508 E. Howard Ave.
 Decatur, GA 30030
 404.377.9801



MICHAEL C. CARLOS MUSEUM OF EMORY UNIVERSITY

see it
 think it
 make it



A summer of art, imagination, and creativity awaits your child at Emory's Michael C. Carlos Museum. Visit carlos.emory.edu to see our 2019 summer camp schedule.

carlos.emory.edu

Camp Carlos!

Make it a sweet summer
 at
**Camp 2019
 Cupcake**



Decorate cupcakes, sweets, and create art during each theme-based week-long summer camp!

Themes include:

- Superheroes
- Gaming (Pokemon, Fortnite, Lego)
- Star Wars
- Harry Potter
- Christmas in July
- Teen & Child intermediate weeks!

Register at

artonthegoatlanta.com/camp



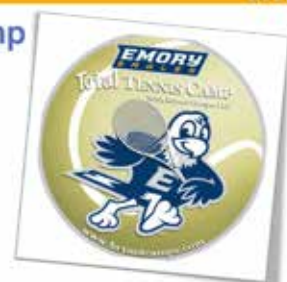
Emory Total Tennis Camp with Coach Amy Bryant

Bryant Camps, LLC

2019

TENNIS Specialty Camp
 plus Swimming!

- Camp your kids will LOVE
- Fun Curriculum
- Experienced Coaching
- World Class Facilities



Home of the Candy Can!



Register Online
www.bryantcamps.com

- For girls and boys ages 5-14 • Weekly prices range from \$175-\$335
- Morning and Full-Day Options • Extended Care also available
- May 28-31, June 3-7, and June 10-14
- Early Bird Discount ends on March 15th!





Dekalb Pediatric Center, PC

Jane Wilkov, MD, Deborah Pollack MD, Melinda Shelton, MD, Rebecca Kolesky, MD, Peggy Marcus, MD, Laura Babcock, DO, Andrew Godfrey-Kittle, MD, Lesley Cogburn, CPNP, Sara Hammelin CPNP, IBCLC, Hannah Addis, CPNP, Kris Evavold, CPNP



CARING FOR NEWBORNS TO YOUNG ADULTS

Proudly Serving the Decatur and Surrounding Communities Since 1992!

Easy Access • Comprehensive sick and well visits • Electronic Records • Lactation Consultant
Online Appointments • Secure Patient Portal • E-Prescribing • Nurse advice • 24/7

350 Winn Way, Decatur 30030 • Visit us at www.dekalbpeds.com or call at 404.508.1177

Power Up Your Child This Summer



Tutoring and Enrichment SAT/ACT Prep Homework Help

We help kids avoid the "summer learning loss" phenomenon with a balance of learning and fun. Summer Power Workout Plans include fractions, problem solving, and more. Give your child an edge for next school year ...and beyond. We're the authority in math education, with over 900 learning centers worldwide. **Start your child's transformation.**

Call now to sign up for our year-round and summer programs!

Changing Lives Through Math™

MATHNASIUM
The Math Learning Center

Mathnasium of Decatur
(404) 974-4690
www.mathnasium.com/decatur
1248 Clairmont Road #3C
Decatur, GA 30030

CHILDHOOD FIRST.

Your child will love our unique and creative camps with a focus on nature, outdoor play, and developing new skills and friends.



the waldorf school
OF ATLANTA

More info at waldorfatlanta.org
404-377-1315
827 Kirk Road • Decatur, GA 30030

For children from 2 years to 8th grade
(full day options for children 5 and older)

Summer Smarts

Use it or lose it tips to maintain math skills

SUMMER BREAK PRESENTS a vital opportunity to relax, travel and spend time with friends and family. Yet a growing body of research suggests that kids should also devote time to honing their math skills over the summer.

The authors of a November 2002 study on summer learning loss from Johns Hopkins University report, “On average, all students lose approximately 2.6 months of grade level equivalency in mathematical computation over the summer months.”

A 2014 study released by the RAND Corporation concluded that students attending summer learning programs returned to school in the fall with an advantage in math.

Many parents intuitively know that their kids should be practicing math over the summer, but are daunted by the task of adding math enrichment to their schedule or are unsure how best to practice math skills during a vacation without compromising family time and causing discord within the family.

Whenever kids are outside the learning center environment, there are some easy ways to incorporate math into their everyday, busy summer routine:

For elementary school age children:

- Involve your child in cooking. Kids can learn about fractions while helping you measure out food quantities, bake pies or double or halve recipes at summer night barbeques.
- Play cards. The classic game of “war” in cards can be adapted to teach computation. Parents and kids can each be dealt a pair of cards and then be asked to provide their product, sum or difference.
- Fill your house with analog clocks, not digital ones. Analog clocks can be used to teach pattern recognition and even early multiplication skills. Challenge your child to track time on an analog watch if they leave the house for a bike ride or play-date with a friend.
- Use cash. Allow your kids to physically handle cash for petty purchases, especially if it is money they earned from chores or allowance. Capitalize on teachable moments, such as asking them how much change you should get from purchasing that ice cream cone.



For middle schoolers:

- Build a birdhouse. This activity helps kids learn to measure angles, and by cutting house shapes, kids will get hands-on learning in geometry.
- Go on a walk and collect leaves, seeds and anything else that catches your kid’s eye. You can then make a graph of what you collected together.
- Watch sports. By watching baseball, for example, your kids can learn batting averages, winning percentages and team or player statistics.
- Going on a summer vacation? Let the kids help create a budget for your plans to help them understand how much certain activities cost.

Parents who want their students to maintain or build on their math skills over the summer often choose the support of a learning center. One of the important factors to consider is whether the center offers highly flexible, customized programs that adapt to both students who are catching up or already far ahead.

For Julie Carroll’s family, that extra help paid off in increased confidence for her now 4th grade daughter. “The calm, supportive environment and warm staff provided the ideal space for learning,” she said. “My daughter loves math, and Mathnasium is a great resource to help keep her confidence up. I like that there are plenty of female math tutors to serve as role models too.”

For more information on these tips and the programs at Mathnasium, go to mathnasium.com/decatu.

Currently on Staycation

Getting away in ATL



YOU DON'T HAVE to travel to New York for quality shows or New Orleans for haute cuisine for summer fun. Stay in the comfort of your home and forgo long airport lines by planning an Atlanta staycation. We've created a wonderful weekend of exploration that's great for families, couples or solo venturing.

Bottom line: Explore Atlanta, try new things and treat yourself without breaking the bank.

Atlanta Staycation Itinerary

Stop 1: Begin your day with a tasty treat: coffee and delicious handmade doughnuts at Revolution Doughnuts, located in Decatur or Old Fourth Ward. Come hungry because you'll want to try each flavor. These doughnuts are truly edible art.

Stop 2: After your sugar rush, make your way to the Eastside Trail of the Atlanta BeltLine. This three-mile stretch between Midtown and Reynoldstown is great for working off your doughnuts in cultural style. Take in the sights as you stroll, jog, skate or bike along this urban redevelopment of former railroad corridors. Encounter public art installations, parks, restaurants and shops. It's a wonderful opportunity to feel the city's pulse.

Stop 3: Keep your walking shoes on as you next explore the Center for Civil and Human Rights, a 42,000-square-foot-facility in downtown Atlanta. The center prides itself as a "cultural attraction that connects the American Civil Rights Movement to today's struggle for Global Human Rights." The building itself is architecturally stunning, and its exhibits are beautifully executed.

Stop 4: Lunch at Ponce City Market for the ultimate gastro experience that's part of the food hall trend. PCM offers numerous food options (and boutique retail shops), many from James Beard Award winning

TRINITY

No. 116

MERCANTILE & DESIGN CO

HOME FURNISHINGS - GIFTS - INTERIOR DESIGN

WOMEN CREATE

ART OPENING



Trinity and the Decatur Art Alliance are hosting an Art Show celebrating International Women's Month. Featuring the paintings, photography, textiles, ceramics, and jewelry of local women artists.

5 - 9 P.M.
FRIDAY, MARCH 8
sips, bites, and sounds

DOWNTOWN DECATUR
116 East Trinity Place
trinity-decatur.com • (404) 378-0197



Voted one of the "Best Date Night Restaurants in Atlanta", Wahoo! Grill has the romantic atmosphere and delicious menu diners crave to make the night as special as the person you're sharing it with.

WAHOO!

GRILL

1042 W College Ave • Decatur, GA 30030
404-373-3331 • wahoogrilldecatur.com

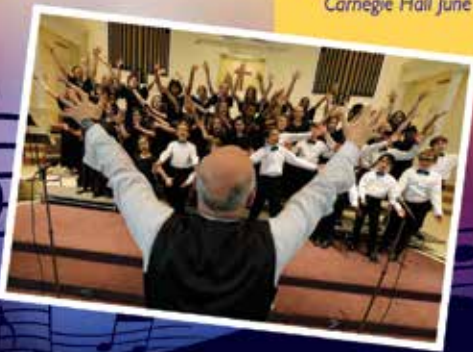
Avondale Children's Choir

A Community Choir of Excellence, Artistry and Musicianship

130 singers in three choirs
Ages 6 to 18!

The ACC has performed with

- Atlanta Opera Workshop
- Dekalb Choral Guild
- Dekalb School of the Arts
- Decatur Civic Chorus
- Decatur High School Choruses
- The Mercer Singers
- Distinguished Concerts International New York Concert for Treble Voices at Carnegie Hall June 2016!



Visit our website for more information or to schedule an audition
www.avondalechildrenschoir.com

chefs. For something unique, try Botiwalla, which offers Indian street food, or travel to PCM's Skyline Park rooftop for carnival food and games. While visiting PCM, take time to walk around this historic building, which used to be a Sears, Roebuck & Co. store.

Stop 5: Now that you're close to Midtown, it's the perfect opportunity to explore the Atlanta Botanical Garden, the High Museum of Art, or both. The Atlanta Botanical Garden offers thirty acres of outdoor gardens, including a Children's Garden, and various exhibitions and concerts depending on the season or day. Only one mile from the garden is the High Museum of Art. The High is another example of stunning architecture and houses 15,000 works of art in its permanent collection. It also offers free live jazz the third Friday of each month. The High is kid-friendly and has a learning gallery specifically for the young or the young at heart. You could spend hours at the High, so it's a great option for a rainy afternoon.

Stop 6: Find your dinner hotspot in quaint Decatur or eclectic East Atlanta Village for dinner. The food and vibe at Café Alsace will feel as if you've traveled straight to France - the Choucroute Garnie or Poulet Farci are favorites. Don't know what those dishes entail? Just ask the servers, who speak fluent French and English, for an explanation.

For an alternative global dining experience, We Suki Suki in EAV will fit the bill. This "global grub collective" is a mini food hall with authentic fare from various countries. The small, skinny layout and gritty vibe will make you feel as if you're dining in New York.

For Day Two, Choose Your Own Adventure

Say goodbye to cabin fever: Take an 18-mile road trip outside of Atlanta and go hiking at Sweetwater Creek State Park. This park includes 15 miles of beautiful trails and rapids. Afterwards, cool off at one of the many breweries on the hip Westside of Atlanta.



Get your luxe on: Perfect manicures are the hallmark of both staycation and the nail artists at Lark & Sparrow. You won't be disappointed with this uber-cute salon tucked in Grant Park. Sip on a beverage of your choice (even champagne and wine) while reclining in the most comfortable chairs.

Spark a love story: Surprise your special someone with a picnic lunch or dinner at Oakland Cemetery in Grant Park. While a cemetery may not be top of mind for a date, it's actually Atlanta's oldest public park with lush landscaping and beautiful monuments. Alternatively, Piedmont Park offers close-up views of the Midtown skyline and is particularly dreamy at sunset. If picnicking isn't your thing, then try Wisteria (Inman Park), White Bull (Decatur), Dish Dive (Kirkwood) or Atlas (Buckhead) for a special dinner.

Catch it live: If you love the theatre, don't forget to check out the glitzy Fox Theatre or the recently remodeled Alliance Theatre, both located in Midtown. Upcoming Fox shows include *Les Misérables* and *Jersey Boys* while The Wizard of Oz will be playing at the Alliance this spring. For live music venues, the Variety Playhouse in Little Five Points and Eddie's Attic in Decatur are fantastic options, both offering well-known and lesser-known musicians on a more intimate scale.

For more information on these staycation stops, check out these websites:
revolutiondonuts.com
beltline.org
poncecitymarket.com
atlantabg.org
cafealsace.net
wesukisuki.com
high.org
gastateparks.org/sweetwatercreek
larkandsparrownails.com
oaklandcemetery.com
piedmontpark.org



HAMMERTIME
CONSTRUCTION, INC.

Master Craftsman
Custom Home Builders
Additions/Remodeling

404-721-5891

www.hammertimeatlanta.com



Building WITH HOME EQUITY Dreams

We make the home equity loan process simple so you can focus on the important things in life.

Visit emoryacu.com to get prequalified today!



1237 Clairmont Rd.
Decatur, GA 30030
404.486.4333

DEKALB AND FULTON COUNTY RESIDENTS ARE ELIGIBLE TO JOIN.



NMLS #464317
INSURED BY NCUA

by Calder Lamb

Pack your bags

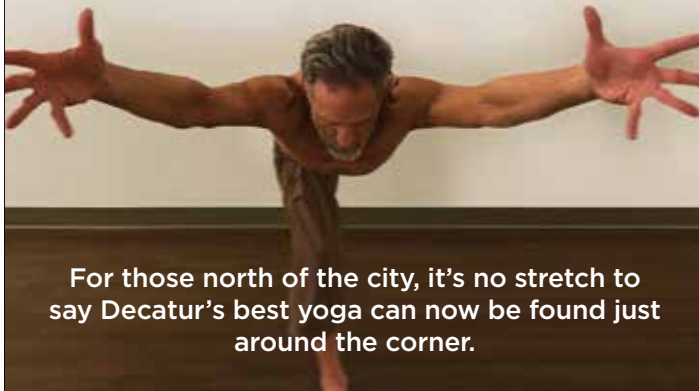
Three secrets to fantastic summer travel

DEEP IN THE winter months it's common to find yourself looking out the window and imagining a warm blue sky or drawn to the images of crystal-clear water and soft-as-sugar beaches. In reality lies the Atlanta winter, somewhere between icy and damp cold. As you sway in an imaginary hammock between palm trees you realize your body is trying to tell you something. It's time to plan a summer vacation.

In today's world of almost limitless options, travel planning can be so overwhelming. From a travel planning expert, here are the secrets tested over time to finding the happy trails that lead to vacations from which you never want to return home.

(Continued on page 20)

Decatur Yoga: Now within easy reach of North Decatur



For those north of the city, it's no stretch to say Decatur's best yoga can now be found just around the corner.

Join us at our 2nd location:

2570 Blackmon Drive
next door to Sprouts

www.decaturyoga.com

kids summer yoga camp June 17-21 • 9-12pm • Ages 4-9



downtown location

This camp provides an extraordinary outlet for children both physically and emotionally by providing a safe place to discuss and explore feelings of peace, silence, movement, as well as a chance to meet new friends.

register now:
www.decaturyoga.com

Sharing the essence of yoga with kids since 2003

Sticking Together *A Celebration of Art!* A Showcase of Collage Art January 24-March 13



We specialize in Art Jewelry and unique custom design and repair, as well as Select Fine Art from talented and diverse Artists.



Aimée Jewelry and Fine Art Gallery

335 West Ponce de Leon Avenue, Suite B Decatur, GA 30030 Tel. 404-371-0099

www.aimiejewelryandgallery.com



Becky Lamb Travel

www.beckylambtravel.com

404-378-4452

Now on the square in downtown Decatur.



Travel S.Q.S. avoids travel S.O.S.
Becky Lamb Travel has been in the business of planning excellent vacations for more than 25 years. We have found there are three aspects to planning great trips regardless of where you want to go. We call it the S.Q.S. method, which stands for “seamless, quality and support.” By following S.Q.S. you can avoid having a travel S.O.S.

The secret to seamless

Seamless travel means simply traveling without stress. There are several factors that contribute to travel stress, and it usually begins as early as planning. The overwhelm of developing an itinerary and arranging all the logistics can cause even the most frequent of fliers to freeze.

Some travelers choose to invest significant amounts of time to research options and stay organized with checklists. Even then, a constant tug of not feeling prepared

can put a damper on an expensive trip. Finding a knowledgeable travel advisor can be just the ticket for arranging seamless itineraries that get the trip off on the right, perfectly-prepared foot.

Quality time starts with quality choices

Selecting quality travel choices is essential to having a great vacation experience. Quality is easy to find in your home town, but harder to find in a place you've never been before.

When you work with a trusted advisor to plan your travels, your precious time is safe knowing the choices for hotels and travel guides have been vetted for your family. Their deep network has been developed over years of travel to create a track record you can rely on. Often, they will have access to savings on planes, hotels or tours that aren't available to the public.



Support is underrated

The final secret ingredient for great travel is always having support. Support and informed advice is helpful throughout the entire travel process. Much like the rest of life, occasionally things go awry while you are traveling. During these times our clients find having a travel advisor in their corner extremely helpful. It's not just about having an advisor, but about their extensive partners "on the ground" in all locations who can make a difference at the most important time.

By providing travel advice for the past 25 years, we've made great friends and even better memories. Wherever summer takes you, travel in S.Q.S.

For more information, see BeckyLambTravel.com

NOW!

Two UPS Store Locations To Serve You!

Commerce Square

The UPS Store #6956
(Near the CVS)
235 Ponce de Leon Place
Suites L-M
Decatur, GA 30033
404-458-5793 • Fax 404-458-5806
store6956@theupsstore.com
www.theupsstore.com/6956

Mon-Fri 8:00 AM - 6:30 PM
Sat 9:00 AM - 3:00 PM
Sun Closed

NOW OPEN!

Emory Commons

The UPS Store #1096
(In the Publix Shopping Center)
2107 N. Decatur Rd.
Decatur, GA 30033
Ph 404-982-9584 • Fax 404-982-9478
store1096@theupsstore.com
www.theupsstore.com/1096

Mon-Fri 8:30 AM - 7:00 PM
Sat 9:00 AM - 5:00 PM
Sun Closed

Shipping | Packing Service | Printing | Notary
Computer Rental | Mailbox Services | Passport & ID Photos | Faxing
Graphic Design Services | Fingerprinting & Office Space*

*Fingerprinting and office space rental at Commerce Square only

united problem solvers™

The UPS Store

Employment Opportunities Available

Four Square

Building Company

Architecture
&
Construction
Management

678.414.8668

www.foursquarebuildco.com

Call today to share ideas for your addition,
renovation or preservation project.



I'VE SEEN THINGS, TERRIBLE THINGS

**M. CARY & DAUGHTERS
PLUMBING**

(404) 370-0999





Protect the home you love.



If you need home coverage, I can help.

I live and work right here in our community. I know what the homes are like in the area. So I can offer advice you can trust to help you get the protection that fits your needs.

If you're ready to talk home insurance or need some advice about protecting all that's important to you, call me today.

The Rob Enfinger Agency
404-537-1343

115 New Street Suite D
Decatur
renfinger@allstate.com



Allstate
You're in good hands.

Auto Home Life Retirement

© 2015 Allstate Insurance Co.

25640



**Estate Planning
Wills & Trusts
Probate**

As your family grows, or you prepare for retirement, it's important to have a plan.



Mackintosh
LAW, LLC

246 Sycamore Street, Suite 150, Decatur, GA 30030
(404) 793-2510 Brooks@Mackintosh.law
www.mackintosh.law



Your Neighborhood Lender

I can make your dream home a reality

- Construction Loans
- Renovation Loans
- Purchase and Refinance
- First Time Home Buyers
- VA and FHA Loans
- Home Equity Lines of Credit
- Jumbo Loan Specialist



Scarlett Tassone NMLS# 237043
Vice President, Mortgage Banker
404-483-4285
stassone@privateplus.com



PRIVATE BANK
of Decatur

A Division of National Bank of Commerce

Copyright 2017 All rights reserved. Private Bank of Decatur is a division of a National Bank of Commerce Mortgage Lender NMLS # 514390 | Member FDIC 1-855-600-2312



Habits Worth Making

How to stop the yo-yo resolution cycle

"THE MOST COMMON mistake that people make is setting their sights on an event, a transformation, an overnight success they want to achieve rather than focusing on their habits and routines."

— James Clear

It's the New Year, that means grand intentions of cleaning up our diet, starting a new workout routine and focusing on our health are trending. But after a few weeks, our motivation tends to disappear.

Research has shown that 80% of New Year's resolutions fail by February. So if you keep doing what you've always done (setting resolutions and relying on willpower to follow through), the odds are against you.

We want to make positive changes, but old habits are hard to break. There's help to break the yo-yo of the resolution cycle. By trying these daily disciplines you can set yourself up for success.

Learning how to prioritize your day is key to successfully achieving intentions. It begins from when we first wake in the morning until the time we lay down to sleep.

Start with a few of these habits one week at a time. Also, try and achieve them in small increments rather than extreme changes that we know will not last. Be gentle on yourself and know that each day can bring unexpected disruption. You can get back on board the next day, just don't allow them to fall off the good habit train.

Habit: Eat earlier, lighter dinners

Many of us eat after 6 p.m. when digestion is at its weakest. By moving that time earlier, you'll sleep deeper, have more energy and keep the body light. Think soups, or a nutrient dense salad. You aren't looking for drastic changes here, go gradually, be regular and notice the effects.



Habit: Start the day right

Wake up early right before sunrise, and hydrate with two cups of warm water with fresh lemon to increase alkalinity if desired. Move your body and get your blood flowing with 20 minutes of walking or yoga sun salutations. Nourish your body well with a blended green smoothie or cooked grains like oatmeal with fruit.

Habit: Meditate

For most people, this habit is most difficult to integrate. We tend to think it's a waste of our time to sit for 15 to 20 minutes while our thoughts perpetually run through our heads. It's not about removing thoughts, it's about simply trying to bring awareness to your breath. Choose one time to do a daily practice and set your timer. Once you form this habit you'll deepen your meditation, and each time it becomes easier.

Kristin Smith is an integrative Nutrition Health Coach with her RYT 200 yoga certification. Kristin helps her clients implement practical lifestyle management techniques for holistic wellbeing. You can learn more about Kristin at www.kristinmithwellness.com.

PET'S PICKS

by Ellie Butterfield



Fit pups and their peeps

Run with the Dogs

RESOLUTION-MAKERS PACK THE gyms and streets this time of year certain this will be the year of change for them. No one is more excited about the prospect of more walks and fitness than their animal friends.

Amelia Jazwa is a fitness enthusiast and instructor at Decatur Pure Barre. She says her dog, Nala (see below), is “my go-to hiking buddy and walking and running partner. She had ACL surgery this fall so had to take some time off, but she will be ready for springtime hikes and jogs.”

That spirit is contagious among Decaturites as evidenced by their annual January Run with the Dogs race, a 5K fundraiser for school athletics. Bethany Atkinson, chair of the 2019 event, said “The run started 14 years ago as run with the dogs because of the Bulldogs mascot of the middle and high school. Someone happened to bring their dog, and it grew over several years until bringing your dog was a main part of the organized event.”

Now the event is as much for the pups as it is for the humans. There is a one mile puppy trot in addition to the 5k competitive race. Some locals even bring their dogs in sweaters just to watch.

It's one of the few races dogs are allowed and even encouraged to participate in. Atkinson summed up the spirit of the participants when she said she enjoys the event because, “I love sports, and I love dogs.”

Since they are the beneficiaries, student athletes share responsibility for setting up, providing cheering directional and cleaning up after the event. This year teams participating included cross country, lacrosse, soccer, football and more.

Adam Pinsley, a member of the boys lacrosse team coaching staff and the artist behind each year's “face of the race” artwork, said the staff encouraged its players to volunteer because “it's good for them, this [race] is really for us.”



Jeessia Teh
PHOTOGRAPHY

capturing the face of unconditional love * atlantadogphotography.com

Meet Nala

Decatur's Top Dog

Photographer Leesia Teh partnered with Decatur Living to bring to life our pick of the pets of Decatur for the issue. Nala is a Pitbull mixed breed who claims Amelia Jazwa as her human.

How did Nala come to be part of your family?

I adopted Nala from Dekalb County Animal Services (now part of LifeLine Animal Project) in April 2013. She was about a year old, had been in the shelter for more than five months and had recently successfully recovered from heartworm treatment. She was the first dog I met, and it was love at first sight!

What's her favorite treat?

Watermelon in the summertime

What's her favorite "guilty pleasure?"

If there's a pillow in the room, Nala will find it. No matter how big or small, she'll curl up on it for a long snooze.



What do you love most about having Nala in your life?

I am so thankful that we found each other. Nala brings joy, provides emotional support, is the perfect travel companion and shows love to everyone she meets. She's a perfect dog.

"Pitbull" still has such a negative connotation, and Nala challenges that stereotype. I hope that seeing her story helps people realize that pits can be the perfect dog for a family.

How would you describe her personality?

Nala is extremely easy-going, friendly, will work hard and also loves to relax on the couch. She's always up for an adventure and has traveled all around the southeast. She's the biggest lovebug out there.

Leesia Teh studied photojournalism at the University of Georgia and has been photographing animals for over 12 years. Her work has appeared in various national and international calendars, magazines and books. All (100 percent) of her photography proceeds go to Meow or Never, a local cat rescue she founded in 2017.

YOUR CHILD

by Dr. Jane Wilkov, M.D.



Cold Winter Day... the perfect time to get up and play!

COLD, RAINY OR snowy winter days are often a great excuse for inactivity. It's hard to get motivated to keep moving when the couch, a warm blanket and a cup of coffee or hot chocolate are so inviting. There are good reasons, however, to get creative and keep you and your family moving inside or outdoors.

Some benefits of family play:

- Strengthen muscles and bones
- Brighten mood, increase focus
- Increase energy level and endurance
- Boost the immune system
- Improve sleep
- Family bonding
- FUN.

Inside Activity Suggestions

- Build an obstacle course using pillows, chairs, blankets or any safe household item that will challenge the family to keep moving.

- Dance. Turn up the music, let loose and have fun. Remember no one is watching!
- Try some old standbys such as jump rope, hula hoops, musical chairs, twister and indoor hopscotch.
- Try yoga or find some workout videos on YouTube to do together.
- Plan an indoor scavenger or treasure hunt.

Outdoor Play

Although it is often thought there is a connection between being cold and catching colds, it is more likely that when the weather permits, going outside dressed properly will have no bearing on getting sick. Cold air will dilate blood vessels and often cause your nose to run, but that is not a cold. In fact, germs disperse in an outdoor environment and playing outside will expose us to fewer germs. Staying inside in close contact with other people actually helps germs spread. Airplanes,

malls and classrooms are known as germ breeding grounds. It is common for kids to get sick when they go back to school and are in close contact with each other in a confined space. Getting outdoors in all but extreme weather conditions is healthy, fun and has many benefits.

Outside Activity Suggestions:

- Dress in layers. It is not fun to be outside if you are cold.
- Wear warm socks and cover hands and head to conserve body heat.
- Stay hydrated.
- Walk in your neighborhood. Explore the winter landscape. Take pictures and compare to the other seasons.
- Build an outdoor obstacle course.
- Clean up your yard as a family.

Whatever you choose to do, stay active, have fun and remember spring will be here before you know it!





New Patient Exams
Cosmetic and Restorative Dentistry
Digital X-Rays and Photography
Teeth Whitening
All Ages Welcome!



O'SHEA DENTISTRY
COSMETIC | FAMILY

Serving Decatur since 1973

404.373.7818

755 Commerce Drive Suite 520 | Decatur, Georgia 30030

WWW.OSHEADENTISTRY.COM

YOUR NET WORTH

by Scarlett Tassone



The Move in Home-Buying

Money mistakes you can avoid on the way to the closing table

SUMMER IS APPROACHING and the home buying season is also heating up. As with most things in life planning ahead is important, including purchasing a home.

First things first. Get prequalified early. That allows you time to work on any items needed and allows you time to get things in order prior to your anticipated move date. Once prequalified, there are a few common mistakes to avoid that can be costly.

You should ensure that you are making your monthly payments on time. Having just one 30 day late payment can drop your credit score considerably, possibly disqualifying you from the loan. Minimize credit inquiries and new open accounts. The longer you go without inquiries and new accounts, the stronger your credit becomes.

Avoid making a big career move just before applying for a mortgage or during the loan process. Going from a salary or hourly wage position to a commission income could delay your eligibility for two years. Guidelines

require that you have a two year history of commission or self-employment income. Contact your mortgage consultant with questions on how this will impact your prequalification.

Once your loan is approved, do not go shopping for new furniture, cars or any other big ticket items before closing. This will impact your debt to income ratio and your loan approval.

Overall, the best course of action in the run up to your home purchase is not to make any major life changes, to pay your bills on time and avoid shopping sprees. While this guidance is especially important for first-time home buyers, it's good to keep in mind even if a refinance is in your future.

Overall, the best course of action in the run up to your home purchase is not to make any major life changes, to pay your bills on time and avoid shopping sprees.

MAKING A DIFFERENCE

by Sandra Kruger



Carnival Under the Canopy

*Celebrate the
Olmsted Linear Park*

THIS YEAR MARKS the 15th anniversary of the Olmsted Linear Park Alliance (OLPA) Benefit Gala, and we are celebrating with a Mardi Gras theme – “Carnival Under the Canopy.” Guests are invited to don their festive carnival masks for this exciting event to support the conservation of the historic Olmsted Linear Park.

Festivities take place on Sunday, February 24, at the Fernbank Museum of Natural History. The evening will feature New Orleans cuisine from Affairs to Remember Catering, show-stopping entertainment by The Marching Abominables and music to dance the night away. Guests will have the opportunity to bid on wonderful vacation homes, fine wines and other delights in the silent auctions.

Protecting an Urban Historic Treasure

The Olmsted Linear Park stretches along Ponce de Leon Avenue from Briarcliff Road to Scott Boulevard, interweaving between South Ponce and North Ponce. It has a rich history starting with the visionary Joel Hurt of the Kirkwood Land Company. Hurt hired Frederick Law Olmsted, Sr., the father of American landscape architecture, in 1890 to design what is now known as the Druid Hills Neighborhood. Olmsted's design for Druid Hills included six park segments: Springdale, Virgilee, Oak Grove, Shadyside, Dellwood and Deepdene.

Though the original park design remained intact, plants and installations inconsistent with Olmsted's aesthetic were added over the years. Poor maintenance and the effects of erosion also contributed to its decline. Then in the early 1980s, details of a new road and the Presidential Parkway emerged. It was clear this was a serious proposal with significant political backing. Believing the proposed road would destroy Olmsted's park and the surrounding neighborhoods, the local community pulled together and created various organizations to fight the proposed freeway. After 10 long years of court battles and political maneuvering, the various parties both for and against the road were able to work out a compromise that today is known as Freedom Parkway.

In 1995, a coalition was formed to undertake the restoration and rehabilitation of the linear park. This coalition included the Olmsted Parks Society of Atlanta, the Druid Hills Civic Association, Park Pride, the City of Atlanta, DeKalb County and Fernbank Natural History Museum. With the guidance of preservation specialists of Olmsted parks, representatives from these groups developed a master plan to restore the park that was consistent with the spirit and intent of the original Frederick Law Olmsted design. The Master Plan was adopted by the City of Atlanta in 1997 and incorporated into the Atlanta Comprehensive Development Plan.

Friends of the "Green Heart of Druid Hills"

At the same time, the Olmsted Linear Park Alliance (OLPA), a 501(C)(3) non-profit organization, was established along with a public-private partnership between local citizens, the City of Atlanta, DeKalb County

and Fernbank, Inc. to implement the master plan. With the help of these partnerships and community support more than \$10 million was raised to rehabilitate this 45-acre greenspace and old-growth forest. Today the park is also known as the "Green Heart of Druid Hills," allowing residents to take advantage of an enchanting place to exercise, teach their kids to ride bikes, commute to work, chat with neighbors or just marvel at the splendor of our natural world within the city.



OLPA's sole mission is to preserve and protect this historic park. Funds raised at the annual gala help support its annual costs of nurturing its extensive tree canopy, pruning plant material, maintaining trails and removing debris from the park. While the City of Atlanta and DeKalb County help maintain the park by mowing the grass and assisting with emergency tree work, without generous, the park would not be the beautiful greenspace it is today.

OLPA extends its sincere appreciation to our Visionary Sponsor - Fernbank Museum of Natural History and many other sponsors to which this event would not be possible: Affairs to Remember Catering, Sprint Print, Mailchimp, Keller Knapp, Tunnell & Tunnell Landscape Architecture, Natalie Gregory, Paris & Associates and the Georgia Chapter - American Society Landscape Architects.

The Gala committee for 2019 includes Gala Chair, Kevin Steward and committee members Lynn Alexander, Toby Brooks, Jenny Fletcher, Beth Grashof, Dick Henneman, Gareth Perry, Julie Ralston, Kate Seville, Nick Stone and Sydney Thompson.

To purchase tickets, join the Host Committee or become a sponsor, please visit the OLPA website at atlantaolmstedpark.org/feature/olpa-gala/ or call 404-377-5361.

CALENDAR OF EVENTS



Kirkwood Lanta Gras Parade

Love Stories of Oakland Tour
Feb. 9 to 10
2:30 to 6 p.m.

A cemetery may seem like a strange place to learn about love, but of the 70,000 people who rest at Oakland, almost all of them loved - or were loved by - someone. Hear tales of love and loss that live on today and decide for yourself if they are happily-ever-after at Oakland Cemetery. Find more information about the hour-long tours at oaklandcemetery.com.

Valentines in the Garden:
Old Hollywood
Feb. 14
7 to 10 p.m.

The most romantic setting for the most romantic night, enjoy a night of savory bites and sweet desserts from Atlanta's top chefs.

You'll be dancing your way through the only public nighttime viewing of Orchid Daze, where thousands of exotic orchids are showcased in fascinating new ways. And the romance wouldn't be complete without dancing with your valentine against the lush backdrop of the Atlanta Botanical Garden. Each Garden space is themed to romantic Hollywood classics. Get tickets and details at atlantabg.org.

Sips Under the Sea
Feb. 15
7 to 10 p.m.

Eat, drink and be mine. The magic of the Georgia Aquarium is the perfect setting for an ethereal evening of romantic tunes, sweet cocktails and delicious small plates. Read the full menu and special event notes at georgiaaquarium.org.

Cupid's Undie Run
Feb. 16
Noon to 4 p.m.

Participate in a "brief" run to cure neurofibromatosis (NF), a genetic disorder where tumors grow on nerves. Runners are encouraged (but not required) to don only their undies since NF patients can't cover their tumors. Don't worry—participants keep it PG-13. Big Sky Buckhead. Register at cupids.org/city/atlanta

Atlanta Camellia Show
Feb. 16, 1 to 5 p.m.
Feb. 17, 10 a.m. to 5 p.m.

It has been said that one of the most instantly recognizable emblems in all of Coco Chanel's accessories, clothing and jewelry, was the frequently recurring camellia. As iconic as it may have been to Coco so it is that the



Camellia has been a recurring part of our southern history and culture. The Camellia in all of its forms and colors will be resplendent at the 71st Annual Atlanta Camellia Show held at the Atlanta Botanical Garden. Admission to the show is free with your ABG general admission entry.

Love Run 5k
Saturday, Feb. 23

Join DeKalb County District Attorney Sherry Boston for the third annual Love Run 5k in commemoration of Teen Dating Violence Awareness Month. All proceeds will benefit the advocacy and prevention programs of the Women's Resource Center to End Domestic Violence. The Love Run will follow a fast course in Downtown Decatur and is an official AJC Peachtree Road Race qualifier. More details at Active.com.

Oakhurst Wine Crawl
Saturday, Feb. 23
4 to 7 p.m.

Join fellow neighbors at the 18th Annual Oakhurst Wine Crawl. Taste dozens of wines from all over the world while strolling through the wonderful, wine-worthy Oakhurst neighborhood center.

Mardi Gras Parade
Saturday, March 2
1 to 6 p.m.

Grab your purple, green and gold and join in on the Mardi Gras Parade fun while supporting a non-profit. Hosted by the Decatur Education Foundation, this community-wide celebration raises money to support music and arts education in the Decatur City Schools. Laissez les bon temp rouler! Check out the details at meadrdmardigras.org .

Tour deCatur 5k
Saturday, March 9

Decatur's largest 5k event, now in its 17th year, brings out nearly 3,000 residents from age 2 to 82. The tour features a one-mile fun run and tot trot, in addition to the 5k. Number pick-up takes place at the Tour Expo, held the Friday before the run, and features some favorite teachers taking a pie in the face. For more information and to register go to decatureducationfoundation.org/tour-decatur.

YOUR MONEY

by Mercedes Pasqualetti, EA



Let's Talk Taxes

What to do when the IRS sends you greetings

SOMETIMES AMONG THE ads, bills and too numerous offerings for credit cards that arrive in the mail is that official looking letter from the Internal Revenue Service. Dread is the most common feeling that arrives with the letter, but the best advice is not to panic, especially not to toss it. Do open it, you might even be opening good news.

Usually, mail from the IRS is a notification that they need verification of documents or substantiation of an amount you have claimed on your tax return. Read the letter thoroughly. Determine what they are looking for, and then provide the information. Some of the most commonly missed items on a tax return are simple things: you forgot to sign the 1040, or you didn't attach W-2's and

If the IRS letter advises you that your return has been selected for audit, you would be wise to seek professional advice.

required statements. If you're paying quarterly, maybe you claimed the wrong amount as estimated tax, or the income you listed doesn't match the figure that was reported to the IRS on a Form 1099 by someone who paid you during the tax year.

If you have the correct information, it's a simple matter to fix. Make copies of your documents verifying the information on your return and send the copies back to the IRS along with a copy of the letter they sent to you. If, in fact, you didn't include an amount on your return that should have been there, sign the form agreeing to the change and send them a check for the amount of tax due by the deadline date given for compliance. Usually, penalties and interest will be added. The sooner you comply, the less it will cost.

If the IRS letter advises you that your return has been selected for audit, you would be wise to seek professional advice. If you used a tax professional to prepare your return, such as an enrolled agent (EA), CPA, attorney or registered tax return preparer, you should contact that person for help with the audit. If you prepared your own return, you may wish to contact an EA immediately. EAs are authorized by the U.S. Treasury Department to represent taxpayers before all administrative levels of the IRS for audits, collections and appeals. To find an EA in your area, visit the National Association of Enrolled Agents website at www.naea.org.

Now you're thinking, what about that possible good news mentioned earlier? It could be that the notice is for an unexpected refund. Now, open that letter.

The author is an enrolled agent, licensed by the US Department of the Treasury to represent taxpayers before the IRS for audits, collections and appeals. To attain the enrolled agent designation, candidates must demonstrate expertise in taxation, fulfill continuing education credits and adhere to a stringent code of ethics.

BUILDING BRIDGES
from Startup Founder
to Enterprise CEO

Can your business plan keep up with your aspirations?

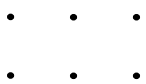
HLM will help you cross that bridge.

HLM Financial Group
TAX • ACCOUNTING • ADVISORY

HLMFinancialGroup.com 404.836.1120

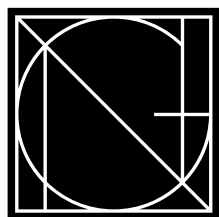
Natalie Gregory & Co. Guiding You Home

COMPASS



As a long-time resident of Decatur and founder of lifestyle magazine *Decatur Living*, Natalie’s knowledge of Intown living and her cache of home experts are unparalleled. Since 2005, Natalie has combined her passion for real estate with her background in sales and marketing to deliver the best results for sellers and buyers.

In partnering with Compass, Natalie and her team recognized an opportunity to support clients with incredible technology, marketing, and national support that only Compass offers. Since Compass launched in 2012, the focus has been on building a platform and new experience that would transform the industry, one market at a time. With over 140 offices in 20 regions, Compass has become the largest independent brokerage in the nation. Having the opportunity to be the launch partner in the Atlanta market is consistent with Natalie Gregory’s mission to always remain “one step ahead” in terms of elevating the client experience across the board.



Natalie Gregory

404.373.0076
 404.668.6621
 309 East Paces Ferry
 Atlanta, GA 30305
 NatalieGregorySold.com
 nataliegregory@compass.com

NATALIE GREGORY & CO.

Active Listings

Decatur



414 Lockwood Terrace
3 BD | 2.5 BA | \$595,000

Decatur



113 Kathryn Avenue
4 BD | 3.5 BA | \$769,000

Decatur



120 Lucerne Street
4 BD | 3 BA | \$995,000

Druid Hills

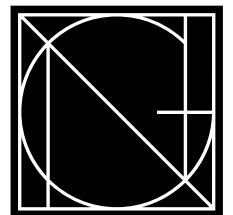


1717 N Decatur Road, T20
2 BD | 2 BA | \$525,000



Natalie Gregory

404.373.0076
404.668.6621
309 East Paces Ferry
Atlanta, GA 30305
NatalieGregorySold.com
nataliegregory@compass.com



NATALIE GREGORY & CO.

Recently Sold

• •
• •

Druid Hills



1975 Ponce de Leon Avenue NE
4 BD | 3.5 BA

Decatur



314 Melrose Avenue
4 BD | 3 BA

Decatur



804 Clairemont Avenue
4 BD | 3 BA

Oak Grove



2214 Abby Lane NE
6 BD | 5.5 BA

• • •
• • •
• • •

• •
• •
• •



404.373.0023

inbloomlandscaping.com



design • build • maintain