

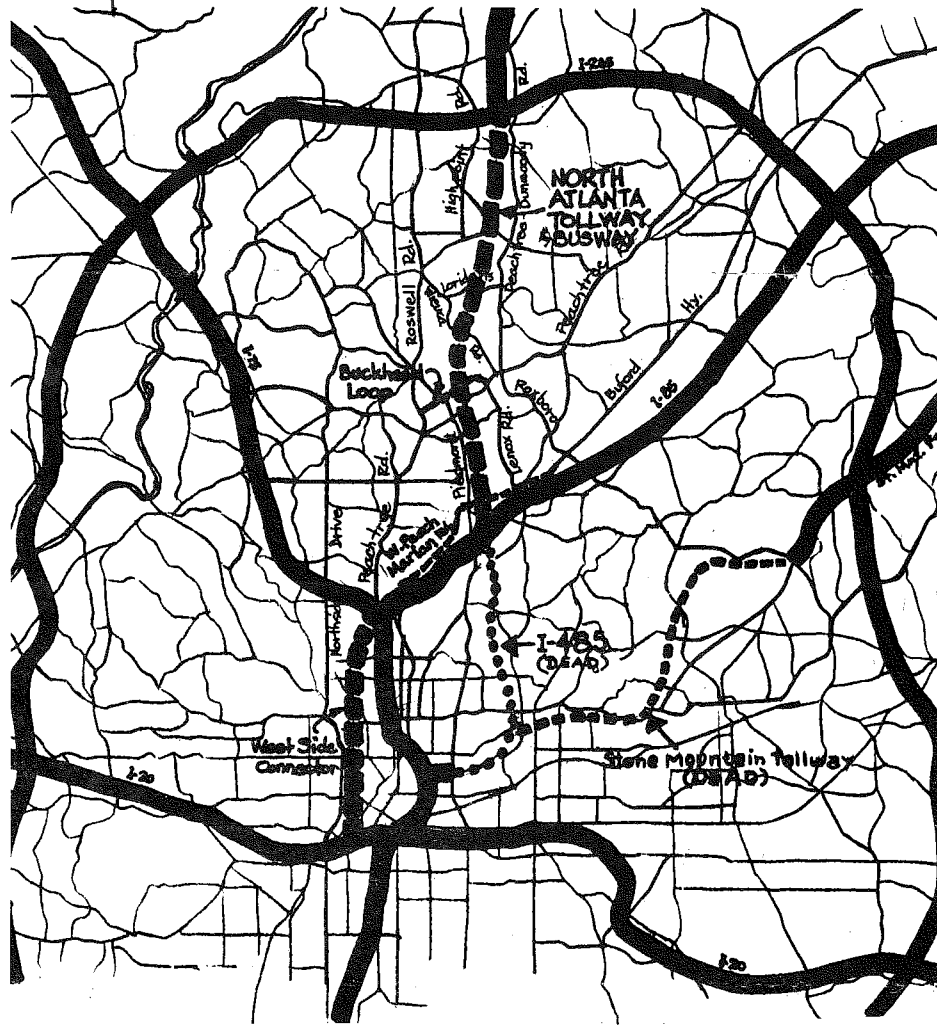
# BROOKWOOD BYWORD

SUMMER, 1975

A PUBLICATION OF THE BROOKWOOD HILLS COMMUNITY CLUB

VOL. II, NO. 1

★ We moved in ★



## NOTICE

### Real Estate Assessment Litigation

On August 1, 1975, Judge Joel J. Fryer entered an order giving the option of paying 1975 taxes based upon either; (a) the 1975 assessment, subject to a partial refund (without interest) if we win, OR (b) the 1974 assessment, subject to a possible additional payment (without interest or penalties) if we lose. Your tax bill, which you may have already received, should contain a notice explaining these options and informing you of the amount to be paid if you elect option (b). A letter explaining this was distributed during the week of August 4. This notice is repeated in the event you missed the circular.

above Brookwood Hills. This ramp would broadcast noise and air pollution throughout our neighborhood, as well as providing an offensive view of trucks and automobiles. Such air pollution has become of even greater concern in view of the recent newspaper article describing the damage to trees along I-85 due to air pollution.

The proposal to widen I-85 to 12 lanes does not appear to be the end. Extensive efforts are now being made to obtain approval for the North Atlanta Tollway which would bring 4 to 6 additional lanes of traffic into I-85 at the Interchange of I-85 with Cheshire Bridge and Lenox Roads. (See the Map). Since Georgia DOT says that the widening of I-85 to 12 lanes does not take into account the lanes needed for the North Atlanta Tollway, the Tollway proposal would apparently require that I-85 be widened to at least 14 lanes, and possibly even more lanes. This is totally unacceptable to our neighborhood.

Barrett Hawks, Felton Jenkins, Bob Coley and I and numerous others have been working against the widening of I-85 to any more than 8 lanes. The crucial decisions concerning this will be made by the City of Atlanta and the Atlanta

(continued on page 6)

## WIDENING OF I-85 THREATENS BROOKWOOD HILLS

by Jim Stokes

Highway builders cannot seem to leave Brookwood Hills alone. Last year it was the proposed West Peachtree Extension, and this year it is the proposed widening of I-85 and North Atlanta Tollway.

You will recall that last year we worked to defeat the proposed West Peachtree Extension which would have been built in either the Clear Creek area or through Armour Industrial Park. While one can never say with certainty that any road is "dead", it appears that the West Peachtree Extension was defeated by a Resolution of the Atlanta City Council stating

that I-85 should be widened instead of building the proposed West Peachtree Extension.

The same City Council Resolution, passed unanimously in November, 1974, with the full support of Mayor Jackson, provided that I-85 should be widened to no more than 8 lanes. However, the Georgia Department of Transportation is back again this year with a number of alternatives to widen I-85, each of which contains 12 lanes, an addition of 8 lanes to the existing 4 lanes. These clearly conflict with the City Council Resolution.

Georgia DOT also proposes a ramp from the widened I-85 which would run adjacent to the Southern Railroad tracks behind Huntington Road and be elevated



### Mary Bradley Wheeler

"I don't want to be a fireman; I want to be a mother." The fire department's loss is definitely motherhood's gain as poised and independent Bradley Wheeler states her long term plans.

Daughter of Jane and Sidney Wheeler, Bradley was born on February 5, 1967 and will be a third grader at Westminister this fall. The Wheelers, including twins John and Molly, have recently moved from Wakefield to Palisades Road.

Going to Hilton Head is on Bradley's list of fun things to do, except when bitten by a crab as she was last summer. She said, "I cried a lot, but I was only seven then."

Cookies and puddings are her favorite things to cook and she fixes cereal or toast for the twins on weekend mornings — a practice Mama wholeheartedly endorses!

Honey Bear Hill Camp, tennis lessons, and ice skating at Colony Square have been summer activities. Bradley is looking forward to ballet and being a Brownie in the fall.

Bill and Tater Beak have moved into the grey shingled home on 51 Palisades. Bill is with Allan Grayson Realty Co. He attended John Carroll University in Cleveland, Ohio and received his B.A. degree. Tater attended Barat College in Chicago and received a B.A. degree. They have two children, Elizabeth age 3 and Sarah age 5 months. They are interested in the High Museum of Art.

Bob and Jean Corry have moved to 44 Huntington Road from Riverside Drive in Sandy Springs. Bob is a lawyer with Dennis and Fain. He received his B.A. degree from the University of Alabama and his law degree from George Washington School of Law. Jean attended the University of Alabama. They have three teenagers — Bob age 16; Megan age 13 and Pete age 12. They enjoy tennis, water sports and the arts.

Linton and Priscilla Hopkins have bought the home on the corner of Camden and Wakefield. Linton is a Neurologist with the Emory Clinic. He received his medical degree from the University of Virginia. Priscilla received her B.A. from Converse. They have two children, Linton age 8½ and Laura age 7½. Priscilla has a part-time business called Leiter's Fabrics. A couple of times a year she has a fabric show in her home. Linton's hobby is sailing.

Ben and Sally Kingree have moved to 310 Camden Road from Rilman Road. They have been in Atlanta for three years. Ben is an attorney with Carter, Ansley, Smith and McLendon. He attended Vanderbilt University. They have four children, Leslie age 17, Bo age 16, Kip age 14 and Susan age 10. Ben enjoys golf and both are active at St. Luke's Episcopal Church.

### THANKS

Thanks to Molly and Steve Segal for donating equipment to the park playground and thanks to Cookie and Butch Frank for the ping pong table now in active use at the pool area.

### SPECIAL THANKS

To Mr. H. E. Styring of Brighton Road for being, until now, Brookwood Hills' anonymous donor of much time and effort trimming and tidying the hedge by the Huntington Road side of the park.

### COLLEGE BOUND

Lovett graduates college placements

Nik Burdett ..... Florida Southern College  
Nancy Felts ..... Georgia State  
Leslie Morgan ..... Salem College  
Ann Ray ..... University of the South  
David Wade ..... Georgia Tech  
Lisa Williams ..... University of Georgia

Westminister graduates

Kim McGinnis ..... Kenyon  
Ted Forbes... University of Georgia  
Susie Tharpe ..... Hollins  
Susan Wilson ..... Emory at Oxford

Marist graduates

Wesley Ford ..... LaGrange College  
Victor Corrigan ..... University of Georgia

Darlington

Sandy Tharpe ..... LaGrange College

Woodward Academy

Johnny Huntsinger

Pace Academy

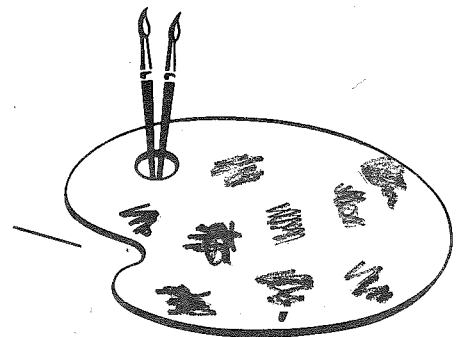
Mildred McKenzie ..... Vanderbilt

Northside High

Mark Henson ..... Oglethorpe University

### NEW ARRIVALS

Jo Ann and Mal Wilkinson — John born April 22, 1975.



"Art in the Park" . . . coming in the fall — 25 booths of art, handwork, etc. all for sale. Sponsored by the Brookwood Hills Garden Club to raise money for the park.

Please watch for the signs with all the details. this will be a terrific way to have fun, raise money for the park and purchase some lovely things. Let's all support it!



## ARDEN ZINN

by Jerry Williams

Brookwood Hills is a wonderful place for keeping physically fit, according to Arden Zinn, Atlanta's physical fitness expert and a Camden Road neighbor. "We have the swimming pool, tennis courts and a playground convenient for use."

"I adore the neighborhood. It is a perfect place for walking," she said. But for walking to be beneficial, walk a measured route at a decent pace and time yourself each walk, Arden suggested.

"My family has a trail around Brookwood Hills of 2½ to 3½ miles. We walk it or if we want more of a challenge we run it," Arden said. Bicycling is another fitness idea she mentioned. There are enough hills in the neighborhood to make biking a challenge, especially the ride up Brighton toward Peachtree Road.

The Zinns ride their bicycles to Atlanta Stadium for the Falcon home games. It is about 6 miles each way. On Sundays they find the ride especially enjoyable. In fact, she said, "The bike rides were the most enjoyable part of last year's games."

The whole family is enthusiastic about physical fitness. Husband Ben, who is a Regents' Professor of Aerospace Engineering at Georgia Tech, was an international soccer player and is now an active tennis player. Twelve-year-old Edward plays on the DeKalb Tennis Center team and is currently No. 6 in Georgia. He won the Brookwood Hills Boy's Tennis Tournament last year. And Leslie, Arden's 10 year old daughter, is the No. 1 gymnast in the state. Arden's philosophy of exercise is to feel wonderful, and her physical fitness studio on Peachtree Road reflects that philosophy. It is pretty, cheerful and comfortable, totally opposite from a

gymnasium one often associates with exercising.

"What some people accept as health I wouldn't accept for sickness," she said. "Diet and nutrition are important in keeping healthy too." And Arden has a sound background in this field. She studied nutrition with Dr. Norman Jolliffe at the Obesity Clinic in New York. The present day Weight Watcher's diet, which Arden considers very sound nutrition, is based upon Dr. Jolliffe's work.

Her own diet includes organically grown fruits and vegetables and lots of fish. She drinks bottled or distilled water partially because she suspects that fluoride and chlorine are antagonistic to the body but also because it tastes better.

"There is no one magic diet — whatever works best for each individual is the correct one for him," she said. However, Arden stated that whatever that diet is, it should contain many natural foods. Natural foods are ones which spoil quickly and are free from chemicals and additives. Junk foods can last for weeks, months or forever.

Arden has developed her own vending machine at the studio called NUTRI-VEND. It dispenses organically grown apples, cheeses, fruit juices, hard boiled eggs and other healthy foods.

What to do when there is no NUTRI-VEND around? Arden suggests carrying some nuts and raisins and a thermos of distilled water or fruit juice. A special tip for the juice: in place of ice cubes in the thermos she adds cubes of frozen fruit juice so there is no dilution.

"I also believe that food supplements are the cheapest form of insurance," Arden stated she uses them extensively in her anti-cellulite program for which she is becoming widely known. In fact, Arden addressed a doctors conference in Mon-

treau in May on the topic. Cellulite is a type of fat which is trapped in lumpy pockets just beneath the skin and refuses to respond to normal dieting and exercise. Arden spent a month in Europe studying this problem because no research has been done on cellulite in this country.

Arden became interested in physical fitness as a child and graduated from Hunter College, in New York, with a degree in physiology. She lectures on physical fitness, has an exercise program on WGTV, and teaches an exercise class at Georgia Tech in addition to managing her growing business.

She sat cross-legged on the soft cushioned floor of one of her three studios and related how her career began in Atlanta.

In 1965, soon after moving here from Princeton, New Jersey, where she had been director of the Bonnie Prudden Institute for Physical Fitness, Arden attended a so-called fitness demonstration at Lenox Square. The demonstration was actually a promotion for a set of barbells promising to increase one's bosom. The lady standing next to her seemed to sense Arden's reaction to that demonstration.

In their discussion the lady said she would like to take a class from Arden. So Arden rented the party room of the apartment complex in which they were living and enticed a few friends to swell the class. The rental for the room was \$5 and Arden's one student paid \$3.

"I'm the only person Ben knows who would PAY to give an exercise class!" Arden laughed.

When the children began attending the Montessori school, Arden's time became more flexible and she began giving more classes. She taught programs at the Westminster schools, Rich's, and the Atlanta School of Ballet to name a few. And in 1971 she opened her first Arden Zinn Studio. Edward and Leslie were 7 and 5, portable ages, according to her. "It would have been difficult to put in the necessary time at the studio if they had been older," Arden said. And it did require a lot of time and work. She said she put in 12 hours a day and 7 days a week at first.

All the work seems to be paying off for Arden. She now has 14 instructors and will open a new physical fitness center in September on Blakely Drive. She will offer classes in ballet, modern dance, gymnastics, belly dancing, beauty instruction, diet and nutrition, anti-cellulite, and of course Ardenics (her exercise program). The center will also have indoor tennis, steam and sauna.

# 4

## I-85 WIDENING AND NORTH ATLANTA TOLLWAY – WHAT CAN YOU DO?

The Mayor and the City Council will soon consider what position the City should take on the recommendations for the Regional Development Plan made by the staff of the Atlanta Regional Commission. A major effect of these recommendations includes widening of I-85 and the building of the North Atlanta Tollway. (See map on page 1.)

Those persons in favor of the North Atlanta Tollway and extensive widening of I-85 will soon attempt to have the City Council reconsider its Resolution adopted last November which calls for no more than 8 lanes in the I-85 corridor. The City Council will also be asked to approve the North Atlanta Tollway as part of the Regional Development Plan.

Construction of the North Atlanta Tollway will cause more traffic on I-85 and will necessitate the building of more lanes.

*You can help* by writing the Mayor and those members of the City Council listed below stressing the following points:

1. Any widening of I-85 will do significant damage to our neighborhood.
2. It is therefore of vital importance to our neighborhood that the City Council and the Mayor not change the City Council Resolution stating that there should be no more than a total of 8 lanes in the I-85 corridor.
3. The North Atlanta Tollway is directly tied in with proposals for widening of I-85. If the North Atlanta Tollway is built, it will dump additional traffic onto I-85 which will become a substitute I-485 with more than 8 lanes.
4. We oppose widening of I-85 to more than 8 lanes. Because of the effect it will have on plans for widening of I-85, and because of the substantial adverse effects that it will have on in-town neighborhoods, we oppose the building of the North Atlanta Tollway.

---

*PLEASE WRITE* the Mayor and the members of the City Council listed below. *If you cannot write them all, please write* the Mayor, Ira Jackson, Chairman of the Transportation Committee, Buddy Fowlkes, Councilman at Large for Post 16 and George Cotsakis, Councilman for District 7.

Honorable Maynard H. Jackson, Mayor  
City of Atlanta  
City Hall  
Atlanta, Georgia 30303

Honorable Carl Ware  
Coca Cola Company  
P. O. Box 1734  
Atlanta, Georgia 30301

Honorable Ira L. Jackson  
747 Cascade Road, S. W.  
Atlanta, Georgia 30310

Honorable Morris Finley  
1416 Boulevard Drive, N. E.  
Atlanta, Georgia 30317

Honorable Buddy Fowlkes  
190 Third Street, N. W.,  
Atlanta, Georgia 30332

Honorable Wyche Fowler, Jr.  
2400 First National Bank Tower  
Atlanta, Georgia 30303

Honorable George Cotsakis  
Post Office Box 27645  
Atlanta, Georgia 30340

Honorable Panke Bradley  
575 Clifton Road, N. E.  
Atlanta, Georgia 30307

Honorable Richard Guthman, Jr.  
2901 First National Bank Tower  
Atlanta, Georgia 30303

Honorable Charles Helms  
1026 Ponce de Leon Avenue, N. E.  
Atlanta, Georgia 30306

Honorable James Bond  
361 Westview Drive, S. W.  
Atlanta, Georgia 30310

Honorable Nick Lambros  
P. O. Box 13375  
Atlanta, Georgia 30324

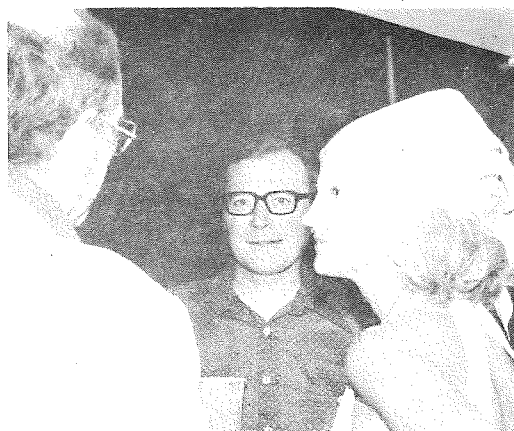
Honorable E. Gregory Griggs  
691 Woodland Avenue, S. E.  
Atlanta, Georgia 30316



Tom and Laura



Sam welcoming guests



Caroline in profile



Songbirds



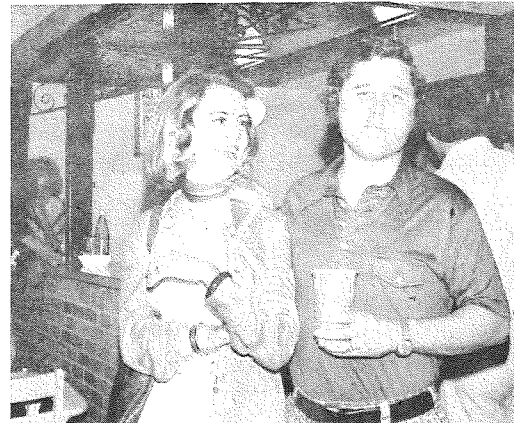
Just cleaned it!



The Tennis Chairman, Jack Talley



Jackie Cohen, Peggy Ford and Patsy Hurst



The Lands



## GARDENERS' CORNER

by Edith Henderson

### September

The grass month — plant rye or fescue. Also begin to transplant anything by the end of the month.

### October

The moving month — move own trees and shrubs needing it, and set out any new trees and shrubs. Take up caladium bulbs; sow seeds of larkspur and cornflower directly in beds.

### November

Clean up month — cut back straggly things in the garden; plant daffodils, tulips and new roses and fruit trees. Check all drainage; wait until next month to plant bare rooted trees.

## CARNIVAL

On Saturday, July 26th, the Brookwood Hills Garden Club held its First Annual Carnival to benefit the park. Balloons, lemonade, ponies, hamburgers and marvelous games were all there to be enjoyed. The proceeds from the carnival are being used to fill a low area on Parkdale with dirt, flatten it, and plant grass. This section of the park can then be used for badminton or volleyball.

## viewpoint

### AN ALERT

Dear Neighbors: Your sons and daughters continue to drive at a high rate of speed up and down Brighton Road. We nearly had a tragedy at 2:30 A.M. on August 6th when a young man could not make the curve and drove straight across our lawn ending under our bedroom window. He quickly backed up on the walk and lawn, turned out his lights and shot up the driveway turning down toward New Camden. He could have been killed. How silly. For the sake of all of us and all the little children who play on the edges of their own lawns, ask your teenagers and twenty — thirty year old sons and daughters — and some hot footed wives and husbands — to cool it before it is too late.

Sincerely,  
Edith and Jim Henderson  
250 Brighton Road

## Favorite Recipes

### Lemon Dessert

by Peggy Forbes

12 ladyfingers  
3 eggs separated  
1 can shredded coconut  
1 c. heavy cream, whipped  
1 c. sugar  
1 envelope unflavored gelatin  
1 c. lemon juice  
1 tbs. lemon rind

*Beat egg yolks lightly. Add lemon juice. While stirring add ½ c. sugar and cook over low heat and stir until thickened. In meantime soak gelatin in cold water for five minutes and then add to hot mixture and stir until thoroughly dissolved. Beat egg whites until very stiff. Add ½ c. sugar and continue beating. Then add grated lemon rind and add to liquid mixture.*

*Set in ice box and right before it is thoroughly congealed put it in a two quart casserole which has been lined with ladyfingers. Refrigerate for two hours. Ice top with whipped cream and sprinkle with coconut. Serves 12.*

### Pickled Mushrooms

by Martha Morgan

¾ c. tarragon vinegar  
½ c. salad oil  
1 medium clove garlic, crushed  
1 tbs. sugar  
2 tbsps. water  
dash of tobasco  
1 medium onion

2 cups fresh mushrooms, sliced, sauteed in butter and drained or 2-6 oz. cans mushroom caps drained if you're in a rush.

*Combine first six ingredients plus 1½ tsp. salt and dash of pepper. Slice onions thin and add with mushrooms. Cover and refrigerate 8 hours or overnight. Drain before serving. Recipe is good for pickled beets too!*

Editors .....Mary Yellowlees  
Elizabeth Muller  
Photographer.....Janet Beauchamp  
Contributors.....Micky Land  
Pat Burdett

## I-85 WIDENING

(Continued from Page 1)

Regional Commission. We strongly encourage each of you to help us in the following way

Write Mayor Jackson and as many of the members of the Atlanta City Council as possible stating your opposition to the widening of I-85 to any more than the total of 8 lanes called for by the City Council Resolution and your opposition to the North Atlanta Tollway. The members of the City Council are listed below, with the first 9 persons on the list being the most important to contact. Letters to the Mayor and members of the City Council can be addressed to: City Hall, 68 Mitchell St., S. W., Atlanta, Georgia 30303

Councilman Ira Jackson  
Councilman George Cotsakis  
Councilman D. L. "Buddy" Fowlkes  
Councilman Richard A. Guthman, Jr.  
Councilman James Bond  
Councilwoman Panke Bradley  
Councilman Morris Finley  
Councilman Nick Lambros  
President Wyche Fowler, Jr.  
Mr. Marvin Arrington  
Mr. John H. Calhoun  
Mr. Gregory Griggs  
Mr. Charles Helms  
Mr. James Howard  
Mr. Arthur Langford, Jr.  
Mr. Hugh Pierce  
Mr. Jack Summers  
Mr. Carl Ware  
Mr. Q. V. Williamson

We will provide you with announcements concerning other important meetings as they are scheduled.



## WHERE ARE YOU?

Do you have a contribution to kaleidoscope? Need a job baby-sitting? Having a garage sale? Let us know your ideas for the paper — can you write an article or know someone who can? Mad about something? Jot it down and share it if it relates to the neighborhood. Please let us hear from you. Call 876-1696 or write 18 Palisades Road. Many thanks.