

# Capitol Heights Newsletter



September 2018

Midtown Montgomery's Friendliest Historic Neighborhood

Montgomery, AL

## **Capitol Heights National Night Out**



## SEPTEMBER 2018 CHCA MEETING

## General Membership Agenda

Capitol Heights Civic Association, Inc.
United Methodist Church Fellowship Hall
2000 Winona Avenue Montgomery,
Alabama 36107
September 11th, 2018 7 PM

#### Call to Order:

- Montgomery Police Department-Discussion
- Guest Speaker- Rayford Mack
- Discussion or vote of any Board recommendations prior to the general meeting.
- Historic Designation Campaign-

Raising property values. If you would like to volunteer your time to help with petitions on your block or street. Please contact us by email

<u>capitolheightsmontgomery@gmail.com</u> or come to the meeting. Petition and signature forms are available on our website

http://www.capitolheightsmontgomery.org on our home page. Please mail completed forms to:

Capitol Heights Historic Designation P.O. Box 70065 Montgomery, Alabama 36107.

- Neighborhood Publication Award
- Sanitation Changes for the Neighborhood
- Comments, Announcements, and other business:

### Adjournment:

See you there!!

## CAPITOL HEIGHTS CIVIC ASSOCIATION

#### WEBSITE

capitolheightsmontgomery.org

#### CHCA 2018-19 OFFICERS:

Gene Gunter President
Danita Rivers Vice President
Terry Robinson Treasurer
Mae Tullis Secretary

#### MEMBERS AT LARGE:

Paul Rawlinson Bruce George Nancy Blair Cynthia McCollister Alexine Saunders

#### **CONTACT US:**

capitolheightsmontgomery@gmail.com



CAPITOL HEIGHTS MONTGOMERY
CAPITOL HEIGHTS COMMUNITY GARDEN

"Midtown Montgomery's Friendliest Neighborhood"

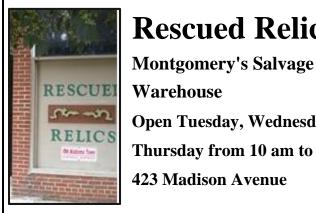




### FRESH

1004 Madison Ave Montgomery, AL 36104

Tuesday, Thursday & Saturday, 5Am - 2Pm, Year Round



## **Rescued Relics**

Warehouse Open Tuesday, Wednesday, Thursday from 10 am to noon! 423 Madison Avenue



## **Neighborhood Tid-Bits:**

**Capitol Heights** United Methodist Church has a **Bible study** for youth and another for adults every Wednesday at 6:30 PM. CHUMC also has a monthly



## FREE COMMUNITY DINNER

every third Saturday at 6:00 PM. CHUMC is located at 2000 Winona Ave



Sculpture Garden Celebration

Sunday, September 30 12 PM - 3 PM







## **Renovators Open** House

Thursday, 27 Sept. 2018 5:30 p.m. - 7 p.m.

**Union Station Baggage House** 

#### Free to Landmarks members

All aboard" for our September event at Union Station! Hank Teuton of Baruch Guitars is our host and we'll see his work in progress at the Baggage House. Cold refreshments and plenty of "sneak peeks" are scheduled. It's just "the ticket" for Landmarks members.



## DOGGIE TAILS

## Reasons to Scoop the Poop!

#### Poop is not fertilizer.

Dog feces do not fertilize the ground and has negative effects on grass





#### Poop will make you sick.

Dog feces carry bacteria that pollute





#### Please be a good neighbour and clean up after your pet.

Find more responsible pet owner information at saskatoon.ca.







As witnesses later recalled, two small dogs just waltzed into the place, grabbed the cat, and waltzed out.





Grab your chair, blankets, kids and even your pups and come of to Moonlight Movies on The Green! Enjoy food and drinks from a variety of different local vendors. Located on The Green, adjacent to Pies and Pints. For more information, call (334) 279-6046.

September's movie:

## Mary Poppins

7:00PM – 9:00PM Shoppes at East Chase 7274 East Chase Pkwy, Montgomery, Alabama 36117 Free Event

September 28<sup>th</sup>



Smithsonian magazine museum day saturday, September 22, 2018

Visit Old Alabama Town for free with a ticket here. One ticket is permitted per email address. Visitors who present a Museum Day ticket will gain free entrance for two on September 22, 2018 only.

Sat., Sep. 15, 2018, 9:00AM - 3:00PM

## Hank Williams 95th Birthday Bash



Live music and fun all day 9 am-3 pm. Guests singers and musician include...Woodie Hill on Bass, Becky Hill, Brad and Tammy Sue, Andy Norman, Mary Battiata, Jeremy Drawbaugh on Steel guitar, Karen Collins, Roger Wilson, Susanne Woolley on Fiddle, Arty Hill on electric guitar, Tyler Jones, Zachary Malachi, JR Rose, Gaynell Moore, Nathan Robinson, Billy Williamson, Ben Bruce.

\$15 admission.

## YARD OF THE MONTH

## **AUGUST 2018**



## 2243 MADISON AVE

**PORCH of the Month**, at the entry way to our neighborhood on Madison Ave. in the newly-renovated apartment complex. Take a close look: angel-leaf begonias, coleus of various colors, tomatoes, and a comfortable couch on which to enjoy the fruits of his/her labors.



### 3141 CAPTITOL AVE

There is always a wide variety of things blooming and growing at this neighbor's house.

2141 Capitol Avenue



## 2118 ST CHARLES AVE

**N**ew owner tore out huge azaleas and planted new garden. Whatever you think about tearing out old azaleas, this looks colorful and neat



CONGRATULATIONS!





CHCA WOULD LIKE TO
THANK THE FOLLOWING
MERCHANTS/INDIVIDUALS FOR
THEIR DONATIONS OF FOOD
AND GIFTS FOR OUR
NATIONAL NIGHT OUT!!











Green Lantern Branch

- Beverly Lynn
- Councilman Tracy Larkin
- Capitol Heights United Methodist Church
- The Shouting Stones (Bruce & Debbie George)

#### What is the Architectural Review Board (ARB)?

The city of Montgomery has established ordinances pertaining to Historic Preservation to provide protection, enhancement and preservation of historic properties in our historic neighborhoods. The ordinances, along with Certificate of appropriateness, have been established to maintain the standard of design and architectural values in the historic districts of the city.

If your house is Historical Designated and you are planning to update, renovate, alter or remodel the EXTERIOR façade of your house it is recommended that you make application to have the ARB review your plans. Examples of necessary approvals:

- You plan to add square footage to the house
- You want to replace windows or doors.
- Demolishing of property
- Removal of trees 12" in diameter
- Adding a swimming pool
- Adding a driveway/parking area
- Adding a deck or patio area
- Adding a storage building

It is certainly not limited to these changes. It is recommended you contact Christy Anderson (City Planning Dept). Her number is 625-2041.

Preservation is vital for all cities and our city, in particular, has lost so much of its architectural history...we cannot afford to lose any more of our historical character...we are Montgomery!

Plan ahead! Because public notice must be given, applications are due approximately three weeks before a meeting date. Meetings are held on the 4<sup>th</sup> Tuesday of each month.

The application requires a detail explanation of what you plan to change- a design drawing, materials you plan to use etc. Photos of what you want your completed project to look like will help tremendously. If you need help, contact a CHCA board member, they should be able to point you to a neighbor who can help you.

Pick up an application at the at:

Department of Planning 25 Washington Avenue, 4th Floor PO Box 1111 Montgomery, Alabama or you can download it from CityofMontgomery website.

## North Lewis News



#### Still Hot

It's the end of August on North Lewis Street. The nearness of September should herald some cooler weather, but as we all know--it's still mighty hot. However, we have had some rain so, unlike other seasons, our green lawns are not in any danger. And neither are all these vines that must be continually fought to keep them from taking over trees, bushes, even the sides of houses. The worst is, I am guilty of planting one of them. A friend in Florida had it growing at the front of his house. It yielded these pretty purple beans, and I thought it would make a good cover for a fairly ugly chained linked fence in my back yard. Well, it did that. Covered the fence, went up the tree, jumped into the yard...you get the idea. I've chopped, uprooted, and cursed it --all to no avail. Oh yeah--and no cool purple beans either.



#### Still Litter

In other bothersome details, we are having a bout of littering on the street. Specifically, an older man carefully places his empty beer cans in bushes he happens to walk pass. Hubby has asked him to refrain and pointed out there is a littering fine. The perpetrator promised not to leave the offending cans again. Sure enough—he did not leave them in THAT bush again—a few feet away another bush now receives his cans. Ideas?

### Still for Sale

The house on the corner has not sold. In the morning and evening I can hear the small children laughing and playing on the front porch. I will miss Stephen's family. If you know of someone looking for a great house, please send them to North Lewis Street. The historic home has been newly renovated and even has a cool out-building designed and built to match the house. Then of course, another advantage is the neighbors....



## Still Looking Forward

The heat has kept us all inside, so I don't have much news. I'm looking forward to cooler air. I'd love to have some folks over to sit on my porch and enjoy some homemade apple brown betty. Soon. Soon...

Karren Pell...neighbor, friend and writer



## Keep Capitol Heights Clean



## City will clean Storm Drain



According to the city's Street Maintenance Department, neighbors are asked to call 311 and report the <u>exact</u> location of the clogged drain and the city will clean it out.

Please do not be discouraged if you happen to deal with a city employee who is not cooperative. Keep calling in and registering the clogged drain. **Perseverance wins the** race!!



## 1900 Winona

By August, neighbors are typically disgusted of the summer heat and ready to move on...I'm included. But I have to

admit, this summer we have had a lot of reprieve with all the "summer showers" and cloudy overcast days. I am grateful. It has made this summer bearable.

We finally had the stump to the dogwood tree out front removed that Juanita Rabb planted years ago. I hate that we lost that tree. Still trying to figure out what we will plant in its stead.

It's not in our block, but in the 1800 block of Winona, the house that had the oak tree crash through it this summer is showing signs of restoration. The new roof and porch are up and it's looking very promising.



From this...



To This!!

The promise of fall is soon...my porch is ready for neighbors to come and visit...I cannot wait!!

Neighbor Cindy



## Block Party Ideas

In a couple of weeks summer will officially be over and we will be headed into fall. It will take a couple of months before the weather changes to more fall like temps, but the days of vacations, barbeques, no school and just plain summer fun are quickly fading. With schools starting back everyone seems to be settling into routines and our days seem to be shorter because our lives seem to be busier

leaving less time to spend with neighbors and friends.

However, I have an idea to help with making your life a little easier while spending some time with your neighbors and friends. I have said I was going to host a soup swap (say that 10 times) and hopefully this year I can do just that. A soup swap is a great way to get together with friends and help stock your freezer with some yummy soups. Soup is such a comfort food and I don't know anyone who doesn't enjoy soup. Soup swaps are easy to do. The host or hostesses makes soup and invites a few friends. For example, you invite six friends and ask them to bring six quarts of homemade soup packaged in freezer containers. Your guest enjoys a bowl of soup that you made then leave with six different soups to put in their freezers. Having soup in your



freezer will allow you to fix an easy meal after a long day or it's nice to have on hand if you need to take to a neighbor.

So say goodbye to summer and get ready to host a soup swap with a few of your neighbors and friends. Trust me once you do, it will become a neighborly tradition.

Gwen, neighbor, friend and party advisor





















## How to Clean Gutters

- •Wear a shirt with long sleeves. Wear rubber gloves.
- Have a good extendable ladder available. Standoff stabilizers (ladder "horns") are ideal to keep the ladder from damaging the gutter.
- •Use a small plastic scoop to remove gunk. Buy a gutter scoop from the hardware store (\$25) or try a child's sand shovel.
- •Spare your lawn by dumping the stuff onto a plastic tarp. After you've cleared the muck, flush the gutters and downspouts with a garden hose also a great way to spot any leaks



### **WELLNESS TIP #1:**

## Sponsored by the Capitol Heights Community Garden, part of a healthy lifestyle

Capitol Heights is a great neighborhood to walk in physically: it is relatively flat, but has enough grades to add a little extra stress to the muscles; there are sidewalks through much of the neighborhood; and if you walk in the street, there is relatively little traffic.

Walking is a great way to meet neighbors, neighbors on serious "circuits," neighbors walking dogs, neighbors pushing strollers. Who hasn't struck up a conversation with a neighbor stranger who has then become a neighbor friend?

Walking is a great way to "practice mindfulness," to be aware of your surroundings, to appreciate the charms of Capitol Heights, its craftsman-style houses, iconic porches and tall trees.

Walking is also a way to notice things that blight our neighborhood: long-untended lawns, curbside debris that has become compost and growing spots for grass and weeds [and tiny trees!], clogged storm drains, stop signs hidden by overhanging trees and bushes. Some of these things you can actually address if you walk with a pencil and paper, noting down addresses, and then calling 311, the city's consumer hotline. **Take a walk, improve where you live!** 

And, to state the obvious, walking is great exercise: weight-bearing but not as hard on the joints as jogging or running, suitable for all ages and physical conditions, not requiring costly garb or equipment, free. And you don't need to drive anywhere to do it. According to the **Scale Back Alabama** app [available for free download], here is a list of the number of calories you can burn in 40 minutes of walking—the amount of time it takes this writer to do a 2mile loop in the hood [St. Charles to N. Lewis to Yancey to Federal to St. Charles]:

Pushing stroller or walking with children	112
Race walking	290
Walking 2.0 mph, slow	112
Walking 2.5 mph	133
Walking 3.0 mph, moderate	147
Walking 3.5 mph, brisk pace	169
Walking 4.0 mph, very brisk	222
Walking 4.5 mph	281
Walking 5.0 mph	356
Walking the dog	133



## **WELLNESS TIP #2:**

## Sponsored by the Capitol Heights Community Garden part of a healthy lifestyle

This tip promotes **Scale Back**, an initiative by the State of Alabama in conjunction with various health- related organizations. According to its website, scalebackalabama.com

**Scale Back Alabama** (SBA) is a free statewide weight-loss program designed to encourage Alabamians to get healthy and to have fun while doing it. Since the first competition in 2007, Alabamians have lost more than one million pounds!



**Scale Back Alabama** is designed to address the state's challenge with obesity; however, we caution individuals to check with their health care provider before beginning a new exercise or diet regimen.

The **Scale Back Alabama** app is available for Android and Apple mobile devices. Download the FREE app from Google Play or Apple Store today. Continue to use the app even after the competition is complete.

The competition begins in January, when people are most motivated to lose weight. People register on-line or inperson, in pairs, and then weigh in together. Each team whose members have each lost at least 10 lbs. by the closing date is entered into a drawing for prizes large and small.

**Scale Back's** structure addresses several of the main struggles with weight loss. People persevere longer towards reaching their goal if they are accountable to at least one person; if there is a target date for reaching the goal; and if there is some kind of reward for reaching the goal.

So consider forming a team, taking up the challenge, and working towards a healthier you!

Trish Crowley- neighbor, gardener

**Thank you** to all neighbors who signed **Historic Designation** forms during this year's National Night Out. Efforts will continue to get the required 60% of the whole neighborhood become Historically Designation. If you have any questions or if you need a form to sign in agreement, please contact Helen Harris at hmh100@aol.com





Let's all do our part...don't litter. If you see litter, pick it up – put it in a trash can.

This is our neighborhood...it's worth cleaning up!