

CN

Cabbagetown NEIGHBOR

Cabbagetown Neighborhood Improvement Association
Volume XXXI • Issue Number Three • March 2022

OH HONEY!



**CELINE
BUFKIN**

The inimitable Lynne Splinter first laid eyes on Cabbagetown in 1981. She and a friend frequented a curiosities shop on Pearl Street called Clem's Place (a.k.a "Snooze You Lose"), and after their treasure hunts, they would walk around Cabbagetown. "I fell in love with it!" she said.

Fast forward to a stint in NYC, then back to Atlanta and Virginia-Highland. But she always remembered Cabbagetown. As a realtor, she showed a couple of

homes in 1996 and decided it was time to make the move here herself. That was early 1997. Lynne says it felt like an idyllic 1950s scenario, with fresh eggs and apple pies appearing on her porch, and an instant community of sweet, friendly people. *"It was like living in the middle of a Tennessee Williams novel!"* she said.

Ahh, Lynne. She has done so much for Cabbagetown and its

people, always leaving an impression and a mark. She has lived on Powell Street for twenty-five years now, but will be leaving our fair town for North Carolina, near her daughter, granddaughter, and son-in-law. Look out, Tryon! There's a new Dame in town.

Lynne says her favorite thing about Cabbagetown still is the great community: *"I don't know that anything could beat it. It's the best."*

Cabbagetown roasted Lynne on February 18th at Milltown Tavern. Roasters included daughter Rachael, plus friends and neighbors old and new. Plenty of jabs flew, as is the nature of the roast, and nothing was off limits. But Lynne seemed to love every moment. Lots of laughs were had by all, especially the guest of honor, festooned in cabbage leaves and those trademark big black glasses.

After the roast, of course, came the TOAST. Cheers to you, Lynne! Thanks for making Cabbagetown a better place. Don't be a stranger! **WE LOVE YOU!**

Cabbagetown NEIGHBOR

Cabbagetown Neighbor is a monthly newspaper produced by the Cabbagetown Neighborhood Improvement Association (CNIA), a non-profit organization. This publication is supported by advertisers. Please submit news articles, announcements, photos, and advertisements to: newsletter@cabbagetown.com.

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cabbagetown.com

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Advertising with the *Cabbagetown Neighbor* is an inexpensive way to reach over 700 homes in Cabbagetown, which includes the residences of *The Fulton Cotton Mill Lofts* and *The Stacks Lofts*. It is also a great way to support the CNIA and the publication of this newspaper. Visit our website at www.cabbagetown.com or write the editor at newsletter@cabbagetown.com for more info.

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CNIA President's Letter



ALICIA THOMPSON

CNIA Save the dates. Hello Cabbagetown. For those who do not know, CNIA is the Cabbagetown Neighborhood Improvement Association. We get together every second Tuesday of the month to discuss what is going on in the 'hood.

We recently had our annual budget planning meeting, and we are excited to share with you our plans for 2022.

To really be a part of this neighborhood you need to participate, so this year we plan to give everyone many ways to expose yourself to the hood and all she has to offer.

Coming up quick is the first show in the Cabbagetown Concert Series. It will take place on Thursday, March 17th in the Joyce Brookshire Amphitheatre. It is also St. Patrick's Day so wear something green, purchase a cup, fill it with a frothy beverage, sit back and enjoy the tunes.

Next on the agenda, CNIA would like to host a "Welcome Back Cabbagetown!" throwdown. We have not had a new neighbor party in almost two years so mark your calendar for Saturday April 9th 6p to 10p. Because we think it will be a very nice turnout, we plan to have it in or around the Community Center. There will be food, drink, maybe entertainment, and maybe an opportunity to give to a good cause. If interested in volunteering, decorating, or providing entertainment go to Cabbagetown.com/events and click on "Welcome Back Event".

In May we are planning to have our 1st Annual Cabbagetown Garden Tour in conjunction with a neighborhood yard sale. We want to give your neighbors an opportunity to show off all their digging in the dirt.

And for those of who want to exchange their junk for someone else's treasures, a yard sale is the way to go. If you don't have a yard, we are going to section off spots in the Community Center parking lot. The tentative date is Saturday May 14th. If you want to participate in either the Garden Tour or the Yard Sale, go to Cabbagetown.com and follow the event link for "Cabbagetown Garden Tour". We will keep you in-the-know once we firm up the date and details.

In June there will be the Annual Cabbagetown Reunion thrown by our very own Patch Works. Cabbagetown originals and Ex-Pats wander back to *Little's* to hang out and share stories and music about the good old days. Guess where you go to find out more?

I'm sure that in July and August we will have another reason to hang out but a firm date we do have on the books is September 10th. It is a date with **Forward Warrior!!** (the crew who do the murals) and our **Cabbagetown Tour of Homes** for 2022. Again, that very busy link under Cabbagetown.com/events will have the details and opportunities to volunteer.

There is still a good chunk of the year left. What do you want to do? We are always open for ideas on how to build community. Please email us at info@cabbagetown.com or just come to the monthly meeting.

Cabbagetown Neighborhood Improvement Association (CNIA) Meeting Agenda

Tuesday, March 8th, 2022 at 7p

PLEASE NOTE: We will be meeting via video conference

<https://zoom.us/j/95657039874>

Meeting ID: 956 5703 9874

Password: 30316

NOTE: A digital copy of this month's agenda and materials can be found at: cabbagetown.com/agenda

7p: Meeting begins

I. Welcome and announcements

II. Open Positions: Secretary, Vice President, and Communication Back-up Chair

III. Review and approve February minutes

IV. Atlanta Police Department

V. City of Atlanta

VI. President Report: Alicia Thompson

VII. Financial Report: Jack Cunningham, Treasurer

- Approval of the 2022 CNIA Budget

VIII. Committee Reports

- **Ctown/Rstown Transpo Committee Chair:** Stephanie Dowda DeMer
- **Film Liaison Committee:** Kellie Wellborn, Brandi Unger & Amber Brannon
- **Communications Chair:** Naomi Siodmok
- **NPU:** John Dirga, Cabbagetown Representative
- **Historic Preservation & Land Use Committee:** Nicole Seekely, Chair
- **Cabbagetown Initiative:** Todd Gandee, CI President
- Approval of the 2022 CNIA Budget

IX. New Business

X. Old Business

8:35p Adjourn

CABBAGETOWN INSIGHTS 2022

RAINFALL REPORT



.....

CABBAGETOWN 30 YEAR ANNUAL AVERAGE: 49.71"
 CABBAGETOWN 2021 ANNUAL TOTAL: 53.65" (3.94" ABOVE AVERAGE)
 CABBAGETOWN 2020 ANNUAL TOTAL: 66.24" (16.53" ABOVE AVERAGE)
 CABBAGETOWN 2019 ANNUAL TOTAL: 43.74" (5.97" BELOW AVERAGE)
 CABBAGETOWN 2018 ANNUAL TOTAL: 70.03" (20.32" ABOVE AVERAGE)

Cabbagetown Neighborhood Improvement Association: General Meeting

Tuesday, February 8th, 2022, 7p via Zoom. Meeting conducted by Alicia Thompson. Minutes by Naomi Siodmok. Meeting opened at 7:05p.

January Minutes Approved

President Update: Alicia Thompson

- Film liaison Committee introduction:
Kelly Wellborn Bandi Unger Amber Brannon
- Congratulations to John Dirga who was awarded a grant from the Mayor's Office from the Municipal Support of Art Committee.
- Trying to plan for Day of Service for Oakland Cemetery.
It is still in the works. Looking for a date in March
- **Trees Atlanta** Celebrating Arbor Day all week: Feb 14th -20th.
Go to [Trees Atlanta](#) for more details.
- CNIA Annual Budget Meeting is February 23rd.
- City of Atlanta wants you to share video from ring doorbell and cameras. See more at [ConnectAtlanta.org](#)

City of Atlanta Council Member:

Liliana Bakhtiari Council Person for District 5

- 2 new staff members to help, Larry Carter and Patrick Husbands.
- Renovation of Krog Tunnel storm water infrastructure soon. Do not have the exact dates and do not know the length of time.
Will keep us posted.
- Trash Pick-up is at full service.
Any issues please email her lbakhtiari@atlantaga.gov.
- Starting Operation Clean Sweep: commissioners coming out into the community and working on the dumping sights.
- ADOT has the money for the rumble strips for Pearl Street and is conducting an emergency procurement for the installation.
- Working with Commissioner Rowen on traffic study in Reynoldstown.
- Had meeting with Parks and Rec about Community Center and we are track for a long term MOU.

Questions for Liliana:

- Is there a project budget for Pearl St. rumble strips? And what if it exceeds amount procured? Lilian said if there is a shortage it will be covered.
- Krog Tunnel updates: will receive input, will there be a pedestrian lane open. Lililana will make sure we have plenty of notice.

New Neighbor Introduction:

- Chase Stell Running for State Senate District 36 promoting progressive values, wants our infrastructure to be prepared for climate change.

Treasurer Report: Jack Cunningham

- No major changes. Cleaned up all outstanding invoices for 2021.
- Still waiting on donation from **Ordinary Joe** filming.
- Still have honey left for sale.
CNIA has forwarded the amounts collected to CI.

No transportation Report:

No Communications Report:

NPU Report: Representative John Dirga

- Approved support for the Cabbagetown Reynolds Transportation Committee grant for \$5065 for the Traffic Calming Lane tactical installation on Wylie Street for Cabbagetown. Restricts width with addition of a walking lane to slow down traffic.

- Candler Park Music Festival is back June 4th and 5th.
- Atlanta Connect wants you to register so they can email and let you know if there is suspicious activity. Not live monitoring.
Compared to a phone tree.
- Fire Rescue Department wants you have your HVAC, fireplaces, and carbon monoxide detectors serviced.
- PAD is expanding. Call them through 311.
- Support to change contact information from President to Info in Tech soup login. Will talk offline.
- Todd and John discussed how to get **Cabbagetown.org** a free Google suite. Will take the discussion offline. Request for additional usernames.
- Specifics on the received grants. \$2400 **Stack Squares** and \$5600 for CI for **Forward Warrior!!**.
No HPLU Report.

CI Report: Todd Gandee

- Met with Parks Department and working on a temporary license to get back into the community center. Ironing out details such as who pays the utilities.
- Working on their budget and will bring to CNIA meeting for approval.
- Meeting to figure out tech setup and **PayPal** account direction, who to pay when and how to reimburse folks.
- CI is looking for volunteers and someone to chair **Friends of Cabbagetown Committee**.
- Explanation of what CI does and the time commitment.

Film Liaison Introduction:

- Excited to jump in and asked John Dirga for introduction to Inman Parks team that works with the film industry.
- John Dirga is working with the mural advisory board to come up with release for the murals and would like some assistance from the committee.

New Business:

- Jake Elsas runs **Patchworks** and wants to share that **History Atlanta Preservation Center** is sponsoring **Phoenix Flies 2022** which opens up historic venues for free to share the history of Atlanta. Jake and Nina will be having a tour of the Mill on and Cabbagetown Sunday, March 6th from 11a-1p with a 20 person maximum. Go to: https://www.atlantapreservationcenter.com/phoenix_flies for more info.
- We would like to have new neighbor party end of March. Email us at info@cabbagetown.com if you have any input or want to share your home for the party.

Old Business:

- Request to bring back the Cabbagetown Olympics.
It's our very special version of community building.

Adjourn meeting 7:48p

ANNOUNCEMENT FROM BRAD & NINA AT LITTLE'S

"LITTLE'S WILL BE CLOSED FOR THREE DAYS FOR FILMING OF A TV SHOW. WE WILL BE CLOSED 3/1-3/3. THANKS IN ADVANCE FOR YOUR UNDERSTANDING. PEACE!"

CABBAGETOWN INSIGHTS 2022
LOCAL REAL ESTATE STATS

SUMMERHILL

19
 HOMES FOR SALE
59
 HOMES PENDING
117
 AVG DAYS ON MRKT
\$581,532
 AVG HOME PRICE
\$303
 AVG PRICE SQFT

GRANT PARK

15
 HOMES FOR SALE
24
 HOMES PENDING
50
 AVG DAYS ON MRKT
\$560,509
 AVG HOME PRICE
\$328
 AVG PRICE SQFT

INMAN PARK

3
 HOMES FOR SALE
19
 HOMES PENDING
42
 AVG DAYS ON MRKT
\$776,340
 AVG HOME PRICE
\$413
 AVG PRICE SQFT

KIRKWOOD

19
 HOMES FOR SALE
76
 HOMES PENDING
169
 AVG DAYS ON MRKT
\$454,503
 AVG HOME PRICE
\$313
 AVG PRICE SQFT

REYNOLDSTOWN

5
 HOMES FOR SALE
47
 HOMES PENDING
165
 AVG DAYS ON MRKT
\$603,419
 AVG HOME PRICE
\$310
 AVG PRICE SQFT

CABBAGETOWN

14
 HOMES FOR SALE
7
 HOMES PENDING
60
 AVG DAYS ON MRKT
\$587,057
 AVG HOME PRICE
\$377
 AVG PRICE SQFT

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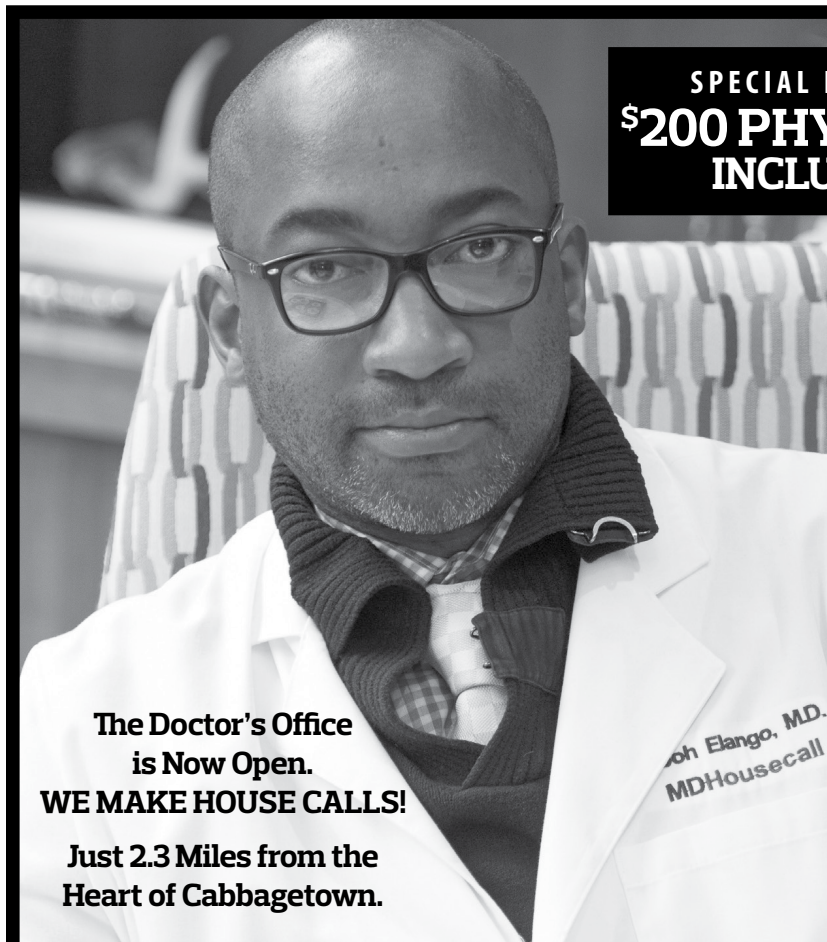
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BEFORE THE BEGINNING OF THE END

By Nina & Jake Elsas, The Patch Works Art And History Center



We finished our last article with uncharacteristically bold [*wink*] hyperbole: 1956 was “The Beginning of the End.” Yeah? Of... WHAT, exactly??? Well, as much as we’d like to delve into the meaning behind our claim, we need to pump the brakes and slow our roll – it’s waaaaaay too early to get into 1956. There’s still so much dirt...

oh, sorry... we mean, hissstory [*air quotes*] to discuss before we take that gigantor leap. Instead, we’re gonna rewind, once more, to the beginning. Slippy slide! It’s 1881 all over again!!! But this time, we wanna focus on our beloved Mill Village.

So far, we’ve spent quite a bit of time yakking on and on about the founding of The Mill, Jacob’s (mis)adventures, exploding Civil War factories, and trains. Lots and lots of trains. Once or twice, we’ve touched upon the Mill Village (eastward expansion, derisive nicknames, Reunion origins, etc.), but touching just simply isn’t good enough. *It’s time for a Mill Village History Hoedown!*

As a reminder, when Fulton Cotton Spinning Company’s homemade bricks were first plopped on this here earth in 1881, a small settlement already existed. Well, as hard as it is for us to admit, we at *The Patch Works* aren’t entirely sure who these people were (other than being folks fleeing the high prices of downtown-ATL living), sooooo... we can either ignore our ignorance and move on. Or we can make up a bunch of Fake News that will become historical fact in a year or two. Hmmmm... why don’t we just move on...? Sensible plan.

Regardless of our cluelessness about these pre-Millers, it’s worth reiterating that private businesses already had a strong foothold in the community, a foothold that has remained, as we all know, to this day. Self-reliance – local ownership of shops and stores and homes – was pretty anomalous for a 19th century mill town. Yet our little community functioned and even prospered (for decades) independently from The Mill. Inconceivable!!! [Add Princess Bride lisp.]

The freedom to enjoy a life beyond The Mill’s influence helped shape the neighborhood’s demographic and, in turn, its social life. Not to say The Mill had zero control; it obviously owned (and rented) its share of properties. But the Mill Village took care of its own, an attitude that began the moment the first mill workers arrived. This Mill vs. Mill Village dynamic consistently played out BIG time over the years, especially during one particular event: the 1914-1915 Strike. (Not yet, y’all! Waaaaait for it...)

So, from whence did the very first mill workers arrive? The popular narrative is that everyone who EVER lived in The Mill Village came from Appalachia, which is hyperbole that makes even us hyperbole artists at The Patch Works squirm. The community was actually far more complex.

First... let’s set the stage with a little context: the post-Civil War South was an economic sh*t show. Remote areas offered few job options; people took whatever they could get. Tenant farming became de rigueur, but many farmers saw themselves getting victimized by landowners’ quasi-legal practices. In addition, there was a sizable population of “War Widows,” who struggled to find work that paid adequate wages (and/or that allowed them ways to work while also taking care of children).

How word got out to these rural communities about our spankin’-new ATL cotton mill is the stuff of legend (like all our stories). Most history sources agree that The Mill ownership – recognizing an abundant supply of cheap labor in Appalachia – sent representatives to the region, where they busily buzzed about and promoted job openings. These same sources, however, disagree on the extent of the solicitors’ aggressiveness. Some make it sound like mill representatives pretty much dragged people down from the mountains, kicking and screaming; others conjure up images of mill reps lackadaisically tacking up a couple of flyers in the local hipster coffee shop.

Regardless, The Mill certainly sought to fill its initial job openings with an inexpensive workforce. Thus, yeppers, the first mill workers were most likely uniformly Appalachian, and they all lived in the delightfully quaint, mill-owned housing (Factory Lot). Because this first wave of workers came down from the mountains, it makes *some* sense that outsiders might incorrectly assume that any and all Mill Village residents were Appalachian.

In fact, this regional homogeneity didn’t last very long. Although there’d continue to be plenty of future workers hailing from Appalachian climes, The Mill was expanding rapidly (as discussed in a previous article). This meant many, many, many more job openings, which meant The Mill needed workers from anywhere it could grab ‘em.

A few years ago, a lovely gentleman visited The Patch Works, bringing with him his family tree. One of his ancestors worked at The Mill in the late 1800s (by which time, The Mill was absolutely on the Worldwide Cotton Industry Radar). His ancestor, as it turns out, immigrated from France, seeking a steady paycheck from the prosperous Fulton Bag & Cotton Mills. So cool! By the turn of the century, Mill Village residents came from all over the place (this we knew), but this was the first instance when someone showed us evidence of an international employee.

But true to the somewhat rough-and-tumble Mill Village lifestyle, the Frenchman’s story didn’t end without a little drama. Apparently, he was something of a hothead. And when a co-worker did something that he deemed... inappropriate... the French mill worker went all Bastille on the miscreant’s ill-intentioned derriere, punching the man so hard that he done up and died to death. Vive la France!

Next month... Great Depressions are damn depressing.



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Illuminate! Lighting Up Oakland Cemetery

Illuminate, Historic Oakland Foundation's annual after-dark arts event, returns to Oakland Cemetery this April (April 21st - May 1st) with new history to uncover, new sections of the cemetery to explore, and all-new artistic installations set against the inspiring backdrop of Atlanta's skyline.

As the sun sets and the Cemetery is transformed, visitors will enjoy exploring Oakland's Original Six Acres, North Public Grounds, Bell Tower Ridge, historic African American Burial Grounds, and 1908 Women's Comfort Station, all of which will be illuminated by local artists under the direction of the event's creative director, Cooper Sanchez.

Throughout the Cemetery, innovatively lit headstones, mausolea, flowers, trees, and buildings will showcase Oakland Cemetery's history and exquisite spring gardens along with the Foundation's restoration efforts.

This year's *Illuminate* will especially shine a light on the recently restored historic African American Burial Grounds and 1908 Women's

Comfort Station. Through light, shadow, texture, and sound, *Illuminate* will share the stories of Black Atlantans who built and shaped the city from its origins as a railroad crossing to its arrival as a global city.



Within the African American Burial Grounds, visitors will discover how an investigation of Oakland's now-unmarked graves shines a light on 19th century African American burial practices, how Oakland's physical landscape was shaped by the class and racial issues of the day, and how the photography of Victorian-era luminary Thomas Askew (an Oakland resident) unveils a rich tableau of middle and upper-class African American life in Atlanta.

In addition to exploring the Cemetery, *Illuminate* attendees will also enjoy live music, craft cocktails, and an Oakland pop-up shop.

Illuminate 2022 runs April 21st through 24th and April 28th through May 1st from 7:30p to 10:30p. Advance tickets are on sale now at [Eventbrite.com](https://www.eventbrite.com). Learn more at oaklandcemetery.com/illumine-2022.

ENGEL & VÖLKERS

Homes in Cabbagetown have Appreciated by 10%! Swing into the Spring Market.

COURTESY OF JAMES ROBBINS, STACKS EXPERT

66
Homes Sold in Cabbagetown in 2022

10%
Increase in Home Values in Cabbagetown PPSF

45%
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PAGE 9 NEWS

Cabbagetown has its fair share of weirdness and funk. But step outside of our friendly confines, and things get even weirder and funkier. Don't believe us? Read on...

Not A Granite Shark. In the Bolivian city of El Alto, David Choque has alarmed his neighbors with his new decorating scheme, Reuters reported. Choque, a miner, hired an artist to create sculptures of long-horned skeletal devils from cement and wood and mount them on the outside of his home. Choque told Reuters that the sculptures hearken to life in Bolivian mines centuries ago, when indigenous men were forced into digging for silver. Colonial masters would use devil images to scare the men into working. But some neighbors fear that his decor signals satanic worship. Maria Laurel said she has heard about naked rituals in Choque's house: *"The truth is, it frightens me."* Choque pooh-poohs this idea: *"Closed-minded people will think it's something supernatural, but people need to open their minds and see it as a tourist attraction, something that can improve the area."*

Gross. When police officers in Orem, Utah, pulled over Victor Chavez-Zuniga, 27, for a broken headlight on Feb. 9, they discovered that he had several outstanding warrants, The Smoking Gun reported. As a result, they searched him and found something "extra" in his wallet: a severed finger in a cloth wrap, which had *"what appeared to be pus and blood on it"* and *"was beginning to turn green and the fingernail appeared to be decayed."* Officer Bryce Mondragon also noticed a *"foul smell."* Unfortunately, the mystery lives on: The court filing does not say who the finger belonged to or why Chavez-Zuniga had it, but he was held on a charge of desecration of a dead human body, among other charges.

You nincompoop. Perhaps Michael Brandon Demarre, 32, has never heard of social media. On Feb. 12, Demarre was charged in federal court in Oregon for interfering with a flight crew in an incident that happened the day before on a Delta flight between Salt Lake City and Portland, Oregon. During that trip, KSL-TV reported, Demarre allegedly *"removed the plastic covering of the emergency exit handle and pulled on the handle with his full body weight,"* witnesses said. Demarre was moved to the back of the plane and restrained until the flight landed and police took him into custody. As he explained his actions, Demarre said he grabbed the handle *"so other passengers would video him, thereby giving him the opportunity to share his thoughts on COVID-19 vaccines."* He will remain in custody until his next court hearing.

Dumb-Dumb Daddy. A French dad in the town of Messanges was desperate to limit his kids' internet time, so he employed the use of a scrambler, which blocks connection to the web, the New York Post reported on February 17. Unfortunately, the powerful tool also blocked the connections of the rest of the town and beyond -- and now he faces up to six months in prison and a fine of up to \$34,000. Authorities said the unnamed man just wanted to block the internet between midnight and 3a, but when neighbors started reporting their outages, the local service providers investigated.

CABBAGETOWN DEPARTMENT OF COOL FUN



VIDEO OF THE MONTH

YOUR
neighborhood
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KAUFMAN LAW
PERSONAL INJURY & WORKERS' COMPENSATION

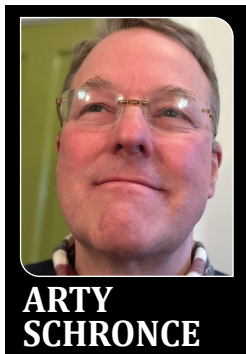
FREE CASE REVIEW

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Michael Kaufman
Personal Injury Attorney

Give Bees a Helping Hand



**ARTY
SCHRONCE**

Bee populations are declining. This is bad news for gardeners, farmers, the environment and anyone who enjoys eating the fruits and vegetables that are the products of the work of these pollinators.

People are looking for ways to help not only the familiar honeybee, but also our native bee species such as sweat bees and bumblebees. There are five hundred and forty-two species of bees native to Georgia.

They are valuable pollinators but don't

always get the attention that honeybees do.

Don't think that because we live in the city and have limited space that we can't make a difference. Studies indicate that urban gardens can be rich in wild bee species. A few potted flowers on a deck or balcony can be beneficial.

Here are a few tips for gardeners who want to help: Avoid insecticides.

If a flower requires spraying, save time and money by selecting one that doesn't. Don't buy plants that have been sprayed with neonicotinoids. These systemic insecticides are absorbed by plants and can be present in pollen and nectar, making them toxic to bees.

Install a shallow concrete birdbath to be a source of water. Protect and create nesting and egg-laying sites. Some bees nest in the dead stems of flowering plants, so don't cut them down in the fall. Wait until spring. Leave a dead tree branch if safe to do so. Create sites for hibernation and overwintering such as brush piles and rock piles. Some garden centers sell bee nesting boxes. The Georgia Extension Service offers plans online for making the boxes and "bee hotels."

Choose native plants for your landscape. While many non-native species are excellent sources of nectar and pollen, choosing native flowers assuredly help native bees.

Avoid double-flowered varieties. These have more than normal number of petals but produce less, if any, pollen and nectar. They may be pretty, but they can actually be detrimental to bees by confusing and distracting them from flowers that help them. The overblown doubles are also not as attractive to butterflies.

Try to have a long period of blooming with overlapping bloom times. A diversity of flowers is better than one single kind.

Here are a few bee favorites that can fit into a Cabbagetown garden. This list is only a small slice of the possibilities: **Annuals and perennials:** white clover, red clover, bee balm and other monardas, short-toothed mountain mint, hoary mountain mint, button eryngo/rattlesnake master, Eastern prickly pear cactus, sunflowers, native asters, tithonia, goldenrods, mollypop, butterflyweed and other milkweeds, anise hyssop, anise-scented salvia, lemon balm, zinnia, purple coneflower, blue mist flower, great blue lobelia, showy sedum, ironweed and liatris.

Shrubs and trees: blueberry, rosemary, native azaleas, clethra, yaupon, redbud, gallberry, dwarf palmetto, serviceberry/sarvisberry, false indigo bush, buttonbush, sumacs, flowering quince, cornelian cherry dogwood, bottlebrush buckeye and other buckeyes, Chickasaw plum, black haw, possum haw, elderberry and mume. **Larger trees:** Tulip poplar, American holly, American basswood, tupelo, catalpa, black locust, sourwood, American persimmon and red maple. Always check the ultimate size of a tree before planting.

Educate your family, friends and neighbors. Many folks fear bees and don't realize their importance. Buy local honey and support beekeepers. They are working to protect honeybees and will appreciate the help you give.

One way to educate is to host a honey-tasting party. At a farmers market you may find black locust, tupelo, sourwood, cotton, gallberry, palmetto, clover, blueberry or other honey varieties. Provide your guests with a copy of this article and give them a packet of seeds of a plant (or the plant itself) that is a bee favorite.

Arty Schronce is a lifelong gardener who has been living and gardening in C'town since 1995. He received his degree in horticulture from North Carolina State University. He wrote a garden column for seven years that was carried in thirty newspapers.

ISN'T IT A TREMENDOUS ENIGMA,
ALMOST FRIGHTENING, EVERYTHING IS SO
BEAUTIFUL
IN SPITE OF ALL THESE TERRIBLE THINGS?
-SOPHIE SCHOLL

cabbagetown.com/sophie-scholl

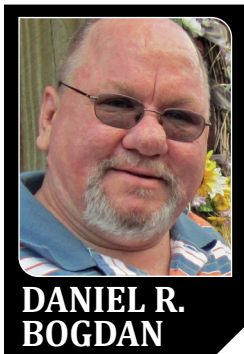


PAINTING REVEAL
WEDNESDAY MARCH 9th 7:00pm

LIVESTREAM INFO:
linktr.ee/cabbagetownusa



SLEEPING WITH THE FRENEMY



DANIEL R. BOGDAN

While the 1979 “Ole Cotton Mill Project” gave a vision to what could be in Cabbagetown’s future, the reality on the ground into the early 90s was enough to dash the hopes of anyone wanting to see a prosperous and sustainable neighborhood.

Over the years, group after group struggled – often alone – to achieve their objectives, often competing with other groups to get funding for their projects. While our sometimes sharp differences

in objectives and approaches kept us divided, each group found itself inevitably resigned to working with what many of us viewed as the biggest obstacles to community redevelopment – the Urban Design Commission and the Bureau of Buildings. They were viewed with suspicion – at times outright hostility – because of their seemingly cruel and inflexible policies toward renovation. It today’s parlance, they were often seen as “Frenemies.”

As Atlanta began to develop the MARTA system in the mid 1970s, many grand old buildings were destroyed to make way for the new face of Atlanta. In the hopes of salvaging much of the city’s past as it pivoted to its future, the Atlanta Urban Design Commission was formed. Its intended purpose was to guide renovation and development of historic areas in a way that would maintain the historic character, while allowing for the transition into the modern age. The Bureau of Buildings was in charge of oversight of all commercial and residential buildings, making sure that standards were set and presumably adhered to, in the name of public health and safety.

There was near-unanimous agreement that Cabbagetown’s history and development earned it the distinction of being placed on the National Registry of Historic Sites – something that proved to be a double-edged sword as we sought to gather up the growing rubble of decayed housing stock and watched the Mill structures crumble under the negligent ownership of the Railroad (CSX at the time), falling into more severe disrepair with each passing year.

The condition of our homes needed to be addressed. Because of the overlay of jurisdiction between the Bureau of Buildings (BoB) and the Urban Design Commission (UDC), finding a way forward was frustrating and often disappointing. Homes that were being worked on had to go before the UDC for even the most picayune of modifications.

Many a homeowner had their hopes for speedy renovation dashed in these hearings. Sometimes a plan was disapproved because of the choice of color of external paint. Other times, the project was forced back to square one, and renovation costs pushed ever higher, due to the UDC’s insistence on conforming to existing architectural design. Properties that were falling down or lay in piles of rubble could not be renovated or removed because

the UDC or BoB saw the potential for redevelopment where those of us “on the ground” saw nothing more than the blight of rotten lumber and unsalvageable structures.

With its clear charter weighted toward strict conformity with existing design, the UDC often gave the impression that it didn’t have the community’s best interests in mind. The Bureau of Buildings, likewise, seemed like a bureaucracy that was out of touch with what was happening both with the homes and – more importantly – with the Mill site structures. Still, we had to work with them – friends, enemies or otherwise – if we had any chance of achieving our goals.

I believe the UDC and the BoB wanted the same thing as we did. But due to the nature of government and its institutional policies, it may have kept the community from achieving its goals by at least a decade. That often strained relationship still sometimes exists today between property owners who wish to modify or renovate their properties and the sometimes constricting standards set forth by the UDC.

Working with our “frenemies,” was not optional. But it sure was the cause of a ton of frustration, causing more than one development project to walk away from the community after raising hopes that “this time, it would be different...” To their credit, the UDC and the BoB’s policies did make sure that no “McMansions” cropped up in our midst throughout the difficult years of struggle!

Top of the Charts

By Kyle F. Bidlack

What is Cabbagetown listening to? Good question.

Here’s February’s hottest songs on the *Milltown Tavern* juke box.

- 1 **MODEST MOUSE**
LAMPSHADES ON FIRE
- 2 **BADFLOWER**
HEROIN
- 3 **BANNERS**
SOMEONE TO YOU
- 4 **NEON INDIAN**
POLISH GIRL
- 5 **JUVENILE**
BACK THAT AZZ UP
- 6 **THE LUMINEERS**
SLEEP ON THE FLOOR
- 7 **THE BLACK KEYS**
HOWLIN’ FOR YOU
- 8 **DEATHCAB FOR CUTIE**
CATH...
- 9 **BUILT TO SPILL**
CARRY THE ZERO
- 10 **STARSET**
MY DEMONS
- 11 **MINUS THE BEAR**
PACHUCA SUNRISE
- 12 **THE CULT**
FIRE WOMAN
- 13 **OLIVIA O’BRIEN**
F**K FEELINGS
- 14 **MILKY CHANCE**
STOLEN DANCE
- 15 **SPOON**
DON’T YOU EVAH

But What Does Your Colon Think?



**ERIC
FIER, MD**

When faced with a recent difficult choice, I was encouraged by a friend to listen to my heart. It seemed reasonable enough, even if my heart has multiple chambers that are likely evenly divided about what my decision should be. And while asking me to listen to my left ventricle might have sounded inane, the notion is not without some basis in neuroscience. In research laboratories across the world, people are being asked to listen to

their kidneys; to their bronchioles; and to the pumping of their abdominal aortas. The capacity to tap into the messaging systems of our internal organs is called Interoception.

Interoception is the brain's hidden system for collecting data on our state of being, through receptors located in all of our internal organs. This messaging network is essential in helping us gauge "how we are." And, until relatively recently, we barely understood that such a complex internal messaging system even existed.

While external sensory systems (touch, taste, hearing, vision, and smell) tell us a great deal about our interplay with our external environment, they do little to help us answer the question, "how are you?" It's our sensitivity to interoceptive signaling that is actually fundamental to how we read, interpret, and regulate our own emotional states. This has major implications both in how we manage our emotions and regarding the development of illness states like major depression and panic disorder.

While the study of Interoception is relatively new, it is one of the fastest growing research areas in psychology and neuroscience today. Understanding interoception begins with the concept of "somatic markers" – which are subconscious changes in bodily states that occur in response to specific triggers. Think about this example from my clinical practice:

A twenty-two year-old patient of mine experiences disabling performance anxiety every time she steps on stage to sing before an audience. Her heart rate jumps to 140 beats per minute; her hands become sweaty and tremulous; she feels her stomach churning; there is an audible quiver in her voice. She feels a level of anxiety and dread that is miserably, painfully, debilitating. No matter how much she tries to calm her thoughts, her fight-or-flight response persists. Yet the single most effective treatment for this type of anxiety is not Xanax or alcohol. It's a beta-blocker. Use of a low dose cardiac medicine that simply lowers one's heart rate to 60 beats per minute is remarkably more effective than any other agent. Why should a medicine that has no direct effects on the brain be so incredibly helpful for anxiety?

We naturally assume that the anxiety in our head is driving our body into a state of panic. But there is increasing evidence that our organ systems are often the first-responders to perceived stress, and that our brain collects data from our organs (via interoception)

to determine if danger lies ahead. Meaning, the first-responder to perceived danger may be our heart; the brain then receives that messaging which it registers as "anxiety." This would explain why a medication that simply lowers heart rate would yield such a dramatic effect on one's subjective sense of anxiety.

It's interesting that many people with depression often have a poorer capacity to "read" their own somatic signals. Tasks involving sensing one's own pulse are often much more challenging – perhaps underlying the sense of emotional detachment or numbness that many people with depression describe. For some with anxiety disorders, they are not only sensitized to the most subtle of internal bodily shifts, but they tend to over-signify them – resulting, perhaps, in an amplified sense of dysregulation and fear.

Interestingly, people with autism have been shown to have much greater difficulty "localizing" where in their bodies they feel specific sensations. This may be a significant contributor to many of the sensory-defensive behaviors displayed by these individuals, as they struggle to locate the locus of distress within them.

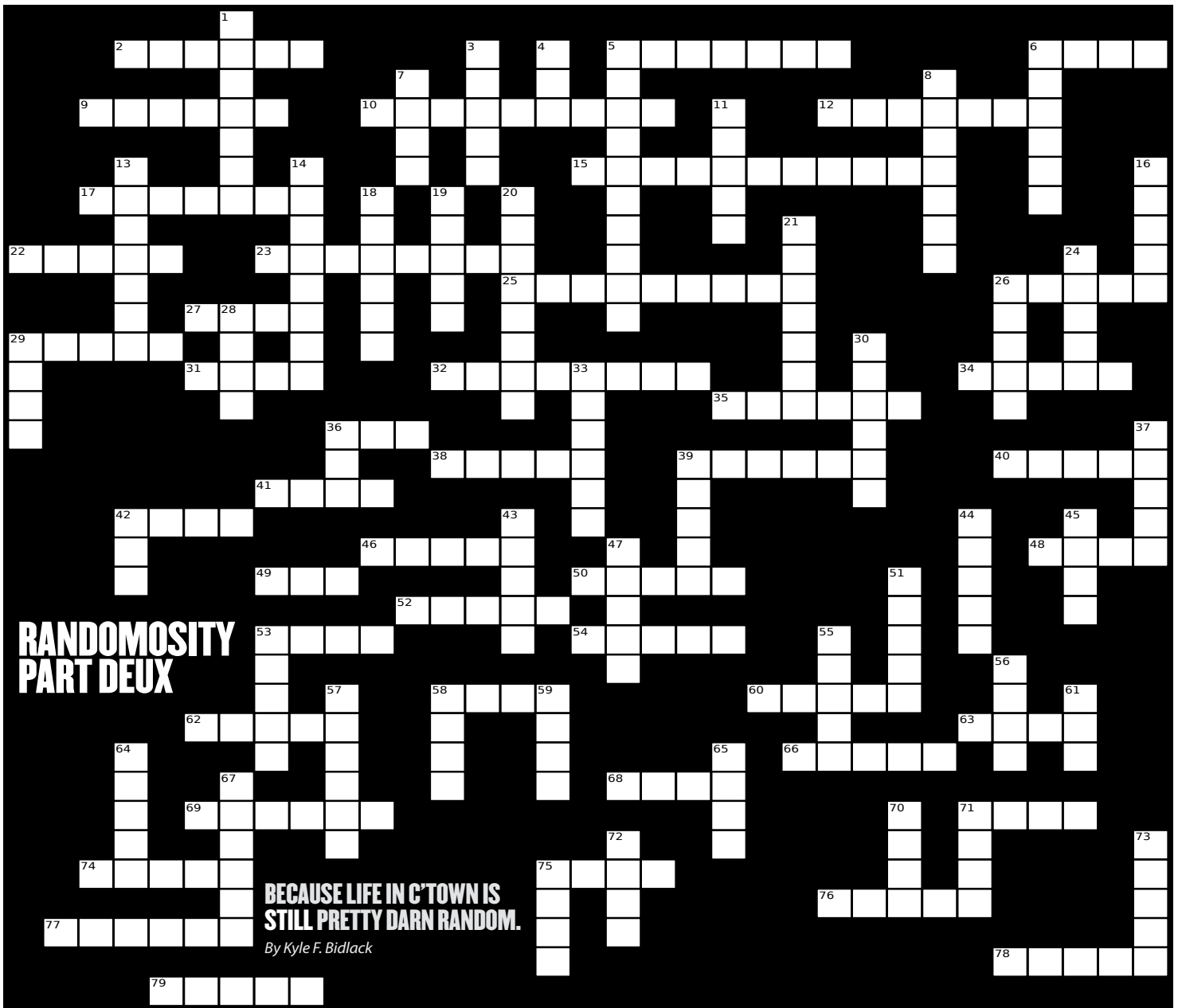
Learning to tune-in more accurately to our internal messaging systems is a therapeutic approach that cuts across several different treatment approaches. Mindfulness-based therapies and meditative practices focus heavily on tuning in. For decades, biofeedback techniques have been used to illustrate the influence we can exert on the bi-directional messaging systems between our brain and body. Both aerobic and strength-training exercise may also be quite helpful, as we begin to raise the sensitivity threshold for what our brain otherwise interprets as triggers for danger and panic.

Understanding interoception requires us to appreciate that there is an ongoing level of communication between our brain and our body – and it is not all top-down. Our brain is drawing conclusions about our state of being based on what our organs are communicating. So the next time someone asks how you are, feel free to respond, "let me check with my bladder." That would be highly interoceptive of you.

Eric Fier is a board certified psychiatrist, treating children, adolescents, and adults. He is moving his clinical practice, TherapyWorksATL, to Cabbagetown in Summer 2022.

DEAR UKRAINE

CABBAGETOWN IS WITH YOU



**RANDOMOSITY
PART DEUX**

**BECAUSE LIFE IN C'TOWN IS
STILL PRETTY DARN RANDOM.**
By Kyle F. Bidlack

ACROSS

- 2. Had "Residencies" in Vegas from 2011 to 2019.
- 5. Hairstyle similar to a man bun.
- 6. British Conservative.
- 9. Tuesday night event at Milltown
- 10. Film celebrating it's 50th anniv.
- 12. Nation north of the Sea of Azov.
- 15. Departed Cabbagehead known as "Mr. Grumpy".
- 17. Popular veggie for poor Irish folk.
- 22. He's "got more slaps than The Beatles"?
- 23. "Losing My _____" REM.
- 25. Infamous Ukrainian nuclear plant.
- 26. Poker declaration!
- 27. Degrees for entrepreneurs.
- 29. Lady on our front page.
- 31. Ancient city in the "Iliad".
- 32. Cocktail with Gin, Applejack, lemon, grenadine, egg white, and a cherry.
- 34. Grant money?
- 35. Potassium fruit.

- 36. Where the Torah is kept in a synagogue.
- 38. Very, in California slang.
- 39. The troposphere, stratosphere and mesosphere.
- 40. Part of the name of the smallest U.S. state.
- 41. Hearty one-pot dish.
- 42. A stiff, sticky, fine-grained soil or a c'town bartender.
- 46. World's most valuable company.
- 48. Middleton of the royal family.
- 49. It has turn-by-turn instructions.
- 50. Opposite of an out-of-towner.
- 52. Many a TikTok trend.
- 53. Genesis 1 guy.
- 54. Where San Diego and L.A. can be found, informally.
- 58. Baking recipe amt.
- 60. Like some slippers & memories.
- 62. "Give me ___ / Hit me, baby, one more time" (Britney Spears lyric).
- 63. Tempt.
- 66. Sweet product from the Ctown

- Community Garden.
 - 68. ___ Cooper (car).
 - 69. Pepperidge Farm cookie.
 - 71. Prefix with -gon or -sexual.
 - 74. Discreet thing to drink from.
 - 75. Chief god on Mount Olympus.
 - 76. John, Paul, George, and ___.
 - 77. You have six chances to win this game.
 - 78. Some tablets.
 - 79. Rapper Shakur.
- DOWN**
- 1. Ctown's new Councilmember.
 - 3. Scrabble bonus for using all seven of your tiles.
 - 4. An animal or a piece of sports equipment.
 - 5. Epic April sporting event.
 - 6. Why dogs love walking past Carroll Street Lofts.
 - 7. Soft rock cover?
 - 8. Drove the snakes out of Ireland.
 - 11. Multiheaded serpent of myth.

- 13. Supreme Court nominee.
- 14. President of Ukraine.
- 16. Twelve.
- 18. Superbowl halftime show star.
- 19. From Dublin or Doolin.
- 20. On Carroll St., they are now open on Sunday nights.
- 21. Where relief pitchers warm up.
- 24. Alternative to a joint or spliff.
- 26. She sings the show tune "Tomorrow".
- 28. Lady on our front page.
- 29. "Star Wars" princess.
- 30. England-based street artist.
- 33. 2022 Super Bowl champs.
- 36. Unstoppable tennis serve.
- 37. Ringo's "sign".
- 39. Caterpillar, to a butterfly.
- 42. Any animal in the genus Felis.
- 43. Where sea turtles lay their eggs.
- 44. Computer icon that can be emptied.
- 45. Focus of an ancient cult led by Pythagoras.

- 47. They may be blurred to avoid trademark infringement.
- 51. DJ ___ Jeff, onetime musical partner with Will Smith.
- 53. I.R.S. inspection.
- 55. Gadget.
- 56. Career-defining work.
- 57. Workers' collectives.
- 58. Starbucks size that's on the shorter end, strangely enough.
- 59. What balloons, colors, and corn can all do.
- 61. Mightier than the sword.
- 64. Homophone of "eye," "owe" or "you".
- 65. What flat sodas lack.
- 67. A "tight spot" or a hamburger topping.
- 70. Brain signal transmitter.
- 71. A sport or a shirt.
- 72. Appropriate garb for Feb. 2, 2022?
- 73. Engages in an important aspect of child development.
- 75. Company that became a verb in 2020.



Temperatures are heating up, and so is the spring market! Intimate market knowledge and extensive multiple offer management experience are crucial in the current real estate environment. Terms, counteroffer and contract strategies and peer relationships are just some of the critical components to ensure you are getting the best buyer at the highest price. Put our experience to work for you.



Chrissie Kallio

c. 404.295.2068 | o. 404.874.0300

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CELEBRATING DAVID & MUSIC

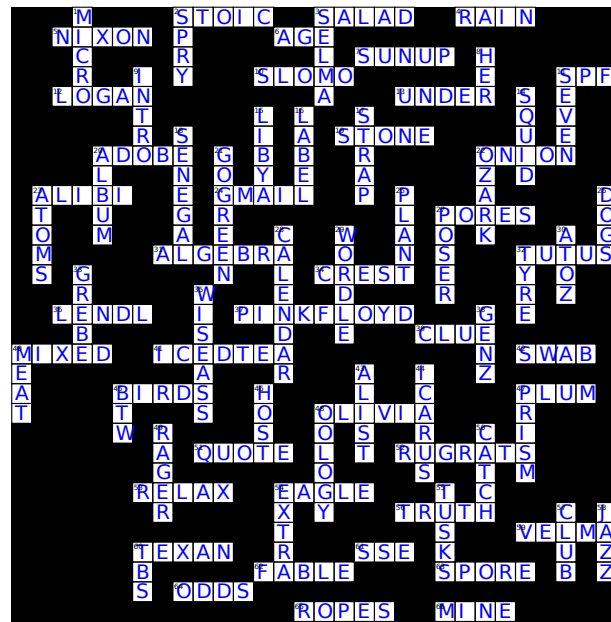
by Slim Chance

Cabbagetown Concerts Return on March 17th! And David Chatmon's Celebration on Saturday March 19th! On Thursday, March 17th we will be celebrating the return of the Cabbagetown Concert Series, with performances by gypsy jazz band *Russian Roulette* at 7p, and traditional bluegrass trio *Clear Creek* at 8p. As usual, the show will be held in the *Brookshire Amphitheater*, no cover charge but tips and online donations for the bands are much appreciated. Cups will be on sale in order to fill with your favorite adult beverage – beer.

We tried to get an Irish band since it is St. Patrick's Day, but they were either all booked up, too expensive, or planning to be drunk as hell. Like half of Cabbagetown. I can promise that both of these acts are excellent, and you can still get Irish drunk if you want to. We are still looking for semi-permanent volunteers though, seriously.

On another note, the Celebration of Life for our beloved neighbor David Chatmon will be held at 3p in the Cabbagetown Park. Plans include a Second Line procession through the park, a Jazz band in the Amphitheater, catering, and socializing with the family and friends. If you would like to help with donations to offset the expenses for the event, the gofundme site is at <https://www.gofundme.com/f/celebrate-the-life-of-david>. Let's give David a legendary Cabbagetown send off. He absolutely deserves it.

The solution to last month's "Randomosity" crossword puzzle.



2022 CABBAGETOWN CONCERT SERIES DATES:

Thur. March 17 (Rain Date: 24)

Thur. April 21 (Rain Date: 28)

Thur. May 19 (Rain Date: 26)

Thur. June 16 (Rain Date: 23)

Thur. Sept 15 (Rain Date: 22)

Thur. Oct 20 (Rain Date: 27)

The Real Estate Report

This information is provided by Chrissie Kallio using the First Multiple Listing records and data from Housing and Urban Development postings. The information is not guaranteed or warranted. Listings courtesy of each listing agent. Any

questions regarding real estate in the Cabbagetown area can be directed to the following resident agents: Chrissie Kallio at 404.295.2068 • Lynne Splinter at 404.582.0006 • Debbie Weeks at 404.272.1906 • *We wish you happy home hunting!*



HOUSES

For Sale	Price
111 Estoria St. 3 BD/1 BA	\$835,000
669 Kirkwood Ave. 3 BD/2.5 BA	\$685,000
607 Gaskill St. 4 BD/2 BA	\$650,000

MULTI-FAMILY

For Sale Price
None this month.

LOTS

For Sale Price
None this month.

COMMERCIAL

For Sale Price
678 Memorial Dr. \$490,000

CONDOS & LOFTS

For Sale	Price
The Stacks Loft E420 2 BD/1 BA	170 Blvd \$540,000
Loft E404 2 BD/1 BA	\$514,900
Under Contract Loft H523 1 BD/1 BA	\$789,000
Loft E410 2 BD/2 BA	\$545,500
Loft E321 2 BD/1 BA	\$525,000

SOLD

CONDOS & LOFTS

The Stacks	170 Blvd
Loft E124 2 BD/1 BA	\$575,000
Loft H527 2 BD/1 BA	\$500,000
Loft H424 1 BD/1 BA	\$415,000
Loft H422 1 BD/1 BA	\$350,000
Loft H403 0 BD/1 BA	\$285,000



agave



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celebrating our 22nd year in cabbagetown



www.agaverestaurant.com

For reservations, e-gift cards, physical gift cards, chile rub and more!

(For larger events, email us at agaveatlanta@gmail.com)

The Patio Is Open

Join us for dining al fresco on our beautiful covered patio. Our kitchen is still opening early every night and margaritas start flowing at 4pm.

We are busy in the kitchen working on some fun new Spring dishes!

Stay tuned and follow us on Facebook and Instagram to get a first look at all that's happening at Agave!



**HOME OF
ATLANTA'S
BEST RATED
MARGARITA**

Thanks From All Of Us..

This year has been quite a roller coaster ride for all of us and we wanted to take a moment to say thank you to all of our wonderful friends and neighbors, old and new, for your continued support. It is a thrill to have the opportunity to serve and share our love of food and fellowship with the community that we are so grateful to be a part of. Cheers!!

The Agave Family