

# CN

## Cabbagetown NEIGHBOR

Cabbagetown Neighborhood Improvement Association  
Volume XXXI • Issue Number One • January 2022

# M I L L T O W N T A V E R N ' S CABBAGEHEAD OF THE YEAR LISA MYERS

*By Kyle F. Bidlack*

*Lisa could have been the Cabbagehead of the Year during any of the past eight years.* This caring soul has done it all, and ONLY her radiant beauty could possibly outshine her selfless heart.

Many years ago, she rescued a Pitbull puppy that no one wanted. And for well over a decade, she has loved "Pig" – who in turn has loved her and given the rest of us a lotta' love too.

Lisa has helped paint neighbor's houses and she has cut neighbor's grass. And when she realised that YOU were just like her, she created a way to harness YOUR desire to help those in need by creating Cabbagetown's own Chicken Noodle Network.

Over the years – through The Chicken Noodle Network – she has cooked and delivered meals, given folks bountiful Thanksgiving dinners, helped with food drives, made sure local kids received lots of presents from Santa Claus, helped the down and out pay their bills, she ran errands, picked up medicines, donated to our local businesses during the pandemic, made home repairs, helped with neighborhood clean-ups, delivered newspapers, and did so much more but we only have so much ink.

***Ladies and gentlemen, our 2022  
Cabbagehead of the Year: Lisa Myers.***

*(Photo caption: This is Lisa at 12:07a on New Year's Day, right after her acceptance speech and the traditional "dropping of the cabbage".)*



# 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](mailto:newsletter@cabbagetown.com).

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# CNIA President's Letter



**ALICIA THOMPSON**

*Happy New Year neighbors!* We, the members of CNIA are beginning the year being so thankful for what we have in this neighborhood. We owe so many a HUGE THANK YOU for making our Holiday Crawl a success.

To the *Dechant's* and the *Carroll Street lofts* for opening their homes, we thank you. You cooked cleaned and hosted like pros. I know the rain threat made it a challenge. Thank you for not giving up.

*We are so thankful to our local Restaurants.* They put us over the top for our collective food and drink donations. When you visit all of these establishments, please give them a big hug from us.

- Agave*
- Sweet Cheats*
- JenChan's*
- Milltown Tavern*
- 97 Estoria*
- Petit Chou*
- Doc Cheys*
- Six Feet Under*
- Suprema*
- Fire Pit*

*There could not have been a crawl without Oakland Cemetery.* They donated the tents, tables, and chairs for the event. To reciprocate out thanks there are the beginnings of a plan for a day of service from us Cabbagetowners in Oakland Cemetery. We will let you know ASAP a date is sent.

A special shout out to my CNIA team and the decoration team that came to the rescue: Dian, Celine, Anne, & Susan, you made the Crawl very special for all of us.

And finally a big thanks to the neighbors that still brought in the food and drink even though the weather was out to get us. A sincere thank you one and all. I hope you had as much fun as I did. It was an excellent turn out.

*I personally feel that it is CNIA's job to keep this neighborhood welcoming and close knit.* It is what Cabbagetown is all about and it was fun to show off the big heart of our little neighborhood. We are still looking for a few big hearts for our crew on CNIA. We are in search of a Secretary, Vice President, Film Liaison, and Hospitality back-up chairperson. We have our neighborhood meeting the second Tuesday of every month on zoom at 7p. Please jump on the call and hang out with us for a bit.  
<https://zoom.us/j/95657039874>

## Cabbagetown Neighborhood Improvement Association (CNIA) Meeting Agenda

*Tuesday, January 11<sup>th</sup>, 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](http://cabbagetown.com/agenda)

### *7p: Meeting begins*

#### *I. Welcome and announcements*

#### *II. Open Positions: Secretary, Vice President, Film Liaison Chair Hospitality Back-up Chair, Communication Back-up Chair*

#### *III. Review and approve December minutes*

#### *IV. Atlanta Police Department*

#### *V. City of Atlanta*

#### *VI. President Report: Alicia Thompson*

#### *VII. Financial Report: Jack Cunningham, Treasurer*

#### *VIII. Committee Reports*

- *Ctown-Rtown Transpo Committee: Genevieve Barber, Chair*
- *Communications Chair: Naomi Siodmok*
- *NPU: John Dirga, Cabbagetown Representative*
- *Historic Preservation and Land Use Committee: Nicole Seekely, Chair*

#### *IX. Cabbagetown Initiative: Todd Gandee, CI President*

#### *X. New Business*

*Day of Service in Oakland Cemetary*

#### *XI. Old Business*

**8:35 Adjourn**

## HELPING A NEIGHBOR

Hi everyone my name is George Berry and I have lived in Cabbagetown since 1999. I would like to tell you about Hugo, my landscaper. He is a family man. His brother, cousins and son work with him.

His wife and sister-in-law have medical issues so it would be nice if you threw some work his way. He is a very honest and dependable guy who can manicure your lawn, trim your hedges, rake your leaves, plant flowers by your walk and hedges along your property line. He can even make a flagstone path in your backyard! He is also a great tree man who cut down a very large tree for me at a third the cost of the big companies!

*If you need landscape help please call HUGO at 404.748.3967. Thank you.*

# Cabbagetown Neighborhood Improvement Association: General Meeting

Tuesday, December 14<sup>th</sup>, 2021, 7p via Zoom. Meeting conducted by Alicia Thompson. Minutes by Naomi Siodmok. Meeting opened at 7:03p.

## • **Welcome and Announcements**

Made an announcement for new members to sign up here: [cabbagetown.com/membership](http://cabbagetown.com/membership). We use this email address to send alerts about meetings and events. We had introductions from residents that are new to the meeting, Jamey and Oliver.

## • **Open Positions**

**Secretary:** takes notes, get posted in the newspaper and on the website  
**Vice President:** back-up to the president and help out with events or maybe eventually doing the president's job

**Film Liaison Chair:** more and more films are taking place in the neighborhood and we would like to use this position to make it easier for those filming and for the community

**Hospitality Back-up Chair**

**Communication Back-up Chair**

## • **Review and approval of the November minutes**

Jack made a motion to approve the minutes. Motion passed.

## • **Atlanta Police Department**

LT Clint Myers - Zone 6 Evening Watch Commander - [cvmyers@atlantaga.gov](mailto:cvmyers@atlantaga.gov). Last month, only 4 car break-ins, which is the trend of much of the crime in the area. Be sure to make your cars as clean as possible and always act as if someone is watching you, so make sure to store your items before arriving at a location.

## • **City of Atlanta**

We will have a new representative from the City in the upcoming months.

• **President Report:** Alicia Thompson reports that the Crawl was a success. Alicia said "Thanks to everyone that helped out! The weather was stressful, but it was great to see the neighbors in person and get to know each other and take care of each other." Hoping for a new neighbor party by April.

## **Financial Report: Jack Cunningham, Treasurer**

Next month we will have a full year budget wrap up, but the holiday crawl was a success. We budgeted lightly and covered our expenses and then some for next year's crawl. We did achieve our full year advertising budget for the newspaper and exceeded it even without being able to do our full events schedule.

## **Cabbagetown-Reynoldstown Transportation Committee:**

**Genevieve Barber, Chair (absent)**

Traffic calming on Wylie - we last discussed the cost. Genevieve will be moving out of town soon, but we will have a new representative to help us out moving forward. A Wylie neighbor is concerned about white posts, which could be an eyesore. Still concerned about the cement posts, which are now being proposed. That neighbor is interested in a survey to gather information on what the community thinks. That neighbor would like to see a picture of the cement, which is actually going to look more like speed bumps. Alicia - we already had a survey and we have been using those results to create traffic calming. The neighbor commented that these comments may alleviate

some of her concerns. Another neighbor noted that "rubber parking bump" is more like what is planned. Alicia will share the information on **Facebook** and **Nextdoor**. Will also provide an update in the newspaper. Another neighbor appreciated the tactical and temporary nature of the infrastructure and how quickly the project could be implemented or even removed if we do not like it. This is the first time the neighborhoods have been able to take control of their own infrastructure. We should ensure there is a budget to remove it as well if we do not like it. The neighborhood will have the power to make these changes. Stop sign at Pearl and Wylie: the City said no to this. Does not satisfy some requirements for ADOT. City also does not do mirrors.

## • **Communications Chair: Naomi Siodmok**

Announcements on New Year's Eve events for JenChan's and Milltown Tavern. Also, pre-order Christmas meals from JenChan's.

## • **NPU: John Dirga, Cabbagetown Representative**

Code Enforcement is doing inspections, but not interior inspections, and have a backlog. Reach out to Historic Preservation with Code Enforcement issues. 311 for warm locations during the winter. Liquor license for LSP Art and Vegan Festival - supported the license with conditions. The LSP Business Association was concerned with blocking off Euclid in front of stores. NPU elections - John Dirga will be the secretary. APAB Representative - Naomi Siodmok will be the representative for NPU-N. Thoughts and prayers to the previous planner for NPU who was hit by a car at a planning conference with several others. Bond referendum has a lot of money tied to Cabbagetown, so it should be supported. Spring Tour of Gardens/Homes event, if we want to get permits, we should start doing so 90 days before the event. Have a great logo that has been designed for the event.

## • **Historic Preservation & Land Use Committee:**

**Nicole Seekely, Chair** No update.

• **Cabbagetown Initiative:** No update.

• **New Business:** "Sophie Scholl Mural" - Oliver Gorf, Goeth-Zentrum. Oliver Gorf, Director of Goeth-Zentrum in Atlanta, which has a mission to introduce German culture to an American audience and vice versa. Looking to find new perspectives and opinions. Oliver partially chose Cabbagetown as a place to live because Carroll Street reminds him of Hamburg, where he is from. **Call for artists** - Looking to see how artists will communicate and engage with Sophie Scholl and digest and present it as works of art. A focus on the topic of resistance. Her protest was through graffiti. Now have a grant to sponsor the project. We will have an extended finalist round. Five finalists will share their story as they react to Sophie's. Visit [cabbagetown.com/sophie-scholl](http://cabbagetown.com/sophie-scholl) for more information. This will be on **97 Estoria** next to **Mystic Lotus**. This event will have a panel, ribbon cutting, and they are accepting volunteers.

• **Day of Service in Oakland Cemetery.** Starting with the 2021 Chomp & Stomp, we have established a relationship with **Oakland Cemetery**. They helped us with permitting and lent us tents and tables. We'd like to give back. In February, we'll do a day of service. Maybe a Valentine's Day type event. Keep a look out!

• **Old Business: None**

• **7:48p - Meeting adjourned**

# Hulsey Update

By Kyle F. Bidlack

As reported in our August 2021 edition, reliable sources told The Cabbagetown Neighbor that Hulsey Yard was on stand-by status to assist our nation with its supply chain challenges. Over the next couple months, three mobile heavy-lift cranes were delivered and assembled at Hulsey Yard and preparations were made to return the Yard to a piggy-back operation concurrent with the Transflo activities.

For the past few weeks, container operations at Hulsey – just like the operations that took place prior to the yard's deactivation – have returned, though on a comparatively limited scale. Georgia State Patrol has been providing security to the Yard, almost 24/7.

With all the supply chain issues this nation faces, it should not surprise us that CSX made this move. This writer welcomes the opportunity for Cabbagetown – and our surrounding neighborhoods – to do all we can to improve the situation.

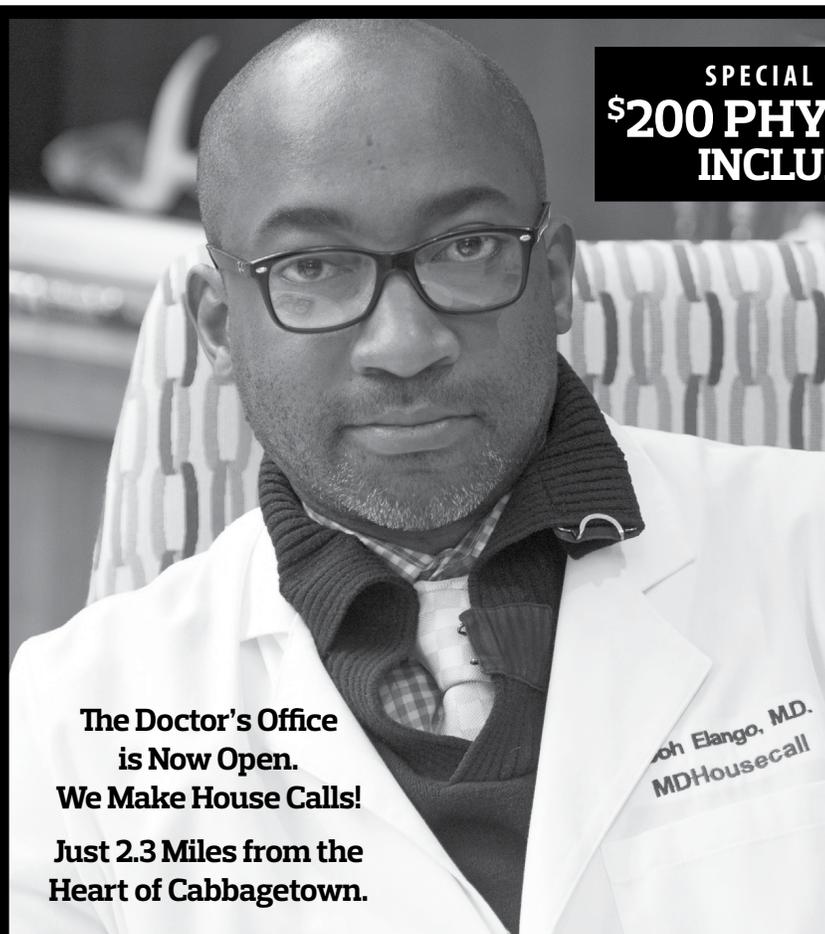
Noise levels – along with truck traffic have increased modestly. CSX and Transflo appear to be doing all they can to minimize impact on surrounding neighborhoods. Our best guess is that once the supply chain is back to normal – probably by the second quarter of 2023 – Hulsey will be deactivated again. Due to the long timeline and endless possibilities and factors, this prediction is nebulous at best.

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# Kelle Burns: Angel of Cabbagetown



**KEVIN  
GILLESE**

*Let me tell you about our neighbor, Kelle Burns. She is beyond amazing, and I want all of Cabbagetown (if not the world) to know. A month ago, we didn't even know each other, and now she's one of my all-time favorite people. Here's the story...*

*A few months ago in this very publication, I made a public plea for help on a film project. It was your classic filmmaker with a dream and a tiny budget kind of situation. Very cliché,*

*I assure you. But what's important is that Kelle responded. She said something to the effect of: "I've got some free time in December, and I used to work wardrobe, if you need any help just let me know." I thanked her and passed her info along to the appropriate people on my team and didn't think much more of it.*

*Flash forward to our first week of production and we're absolutely in the shit. It was pandemonium. How anyone ever makes independent films is beyond me. The wings were falling off of the plane seconds after take-off. One particularly harried day, one of my colleagues came up to me asking "Is there anyone we can bring in to support on costuming? Our one-woman wardrobe department is completely swamped and we're in trouble. Also, we're out of money."*

*I said, "You mean other my neighbor Kelle that I emailed you about?"*

*I guess I send too many useless emails, because this one had fallen through the cracks. Needless to say, we got Kelle on the phone immediately and the very next day she was on set.*

*Kelle was volunteering her time, so I figured we'd have her for a day or two. She was with us almost every day for the rest of the month. She started by helping out with a few smaller things, and she was so good that her responsibilities grew and grew until one point she was the only person from her department on set. And that was the day we had super famous lady Aisha Tyler with us. I was feeling serious pressure to make sure Aisha was well taken care of and Kelle delivered a slam-dunk-touch-down-home-run-hole-in-one. Without her help, I would've been totally screwed.*

*That day when we did our scene with Aisha was the one day that we actually shot in Cabbagetown, and the appropriateness wasn't lost on me. We were shooting in a friend's house (thanks*

*Amanda!) and were using another friend's house for hair/make-up/costume (thanks James!), and leaning hard on Kelle, so it was a day that brought the beauty of our community into focus.*

*In fact, that same day, I bumped into our rockstar mail carrier Jamesa on the street and had her join us for lunch (catered by my family of course, because that's the kinda low budget vibes we were on). She grabbed a bowl of chili and continued on her way. As I watched her go, I realized more than ever how lucky we all are to live in such a cool, supportive neighborhood.*

*So, cheers to us, Cabbagetown. We're rad as hell. But most of all, I'd like to salute*

*the all-powerful Kelle Burns, wardrobe queen, lifesaver, cool neighbor. I'm going to be hiring her on everything I ever do, and you should too.*



*Kevin Gillese and Kelle Burns in the Wardrobe Department.*



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# Christmas Comes to Carroll Street

Photo by Anna Pfeffer & Glenn Drake, at Milltown Tavern



From left to right, Anne, Lisa, Kris Kringle, Susan, and Karen at Milltown Tavern. Photo by Pfeffer & Drake.



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# PAGE 9 NEWS

# Happy Christmas

**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...

**A Walk on the Wild Side.** A couple in Quebec, were each fined \$1,500 on Jan. 9, when police spotted the pair walking outside about an hour after the city's 8p curfew, with the husband wearing a leash, CTV News reported. The city's COVID-19 curfew allows for dog-walking after 8p, but police rejected the couple's claim they were following the rules. It was the first weekend under new province-wide restrictions imposed by Premier Francois Legault, and officers throughout Quebec handed out more than 750 tickets.

**Awwwwwww.** Russell Jones of London couldn't figure out why his dog, Billy, was favoring one of his front paws while walking. He took the pet to the vet to have X-rays, United Press International reported, but the vet found nothing wrong. Jones, however, had recently broken his own ankle and was wearing a cast and limping. At the \$400 vet visit, the doctor suggested that Billy was simply imitating his owner. Man's best friend, indeed.

**Weird Science.** Researchers have solved the mystery of how Australian bare-nosed wombats, produce poop in cubes, reports the International Business Times. Wildlife ecologist Scott Carver of the University of Tasmania discovered the particular inner workings of the wombat's digestive tract that produce the square-shaped dung. "This ability ... is unique in the animal kingdom," Carver said. "Our research found that ... you really can fit a square peg through a round hole."

**An Irish Tongue.** Angie Yen, 27, of Brisbane, Australia, had her tonsils removed on April 19, a simple surgery that went smoothly, News.com reported. But on April 28, as she got ready for work, she started singing in the shower and noticed something unusual about her voice. "I was singing in a different sound and also talking words in a funny accent," Yen said. She called a friend, who agreed that her accent suddenly sounded Irish and told her about Foreign Accent Syndrome (FAS). Yen went to the hospital, but doctors told her to go home and see if the new accent would disappear in a few days. Nearly two weeks later, the brogue remains, and Yen is scheduled for an MRI and a visit with a neurologist. "I'm very lucky to have very supportive friends and family," she said. "If they find something hopefully there is a cure or treatment for it."

**The Aristocrats.** Rapper Lil Uzi Vert, whose real name is Symere Woods, revealed on Instagram in early February that he has had a \$24 million 10-carat pink diamond implanted in his forehead, reported Rolling Stone. According to Simon Babaev, spokesman for the New York-based jeweler Eliantte & Co. that implanted the stone, Uzi fell in love with the marquise-shaped diamond when he saw it in 2017 and has been making payments on it as he determined what he wanted to do with it. "We didn't think he was serious about it," said Babaev, but as it became clear that he was, "we engineered a specific mounting that clips and locks in place. There's a whole mechanism involved."



Beaty McKamie, Kris Kringle, and MJ Met at Milltown. Photo by Pfeffer & Drake.

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# In the Name of Sophie Scholl



**JOHN DIRGA**

*In cooperation with Goethe-Zentrum Atlanta, the Cabbagetown Initiative is pleased to announce \*six\* finalists for the Sophie Scholl Project: Cathryn Bozone, Dizzy Dain, Jonesy, Yuzly Mathurin, Eric Nine, and Rebecca Shenfeld.*

This diverse group of talented artists have been invited to learn about and react to the life of Sophie Scholl, documenting their approach and

process while they create a canvas study. After a panel selection, the winner will install an outdoor mural at **97 Estoria**, adjacent to the Krog Tunnel & the Beltline Eastside Trail.

*Cabbagetown Initiative's Wall Chair, John Dirga is directing the project, with assistance from Goethe-Zentrum Executive Director (& Carroll Street resident) Oliver Gorf.*



Dirga says, "They cut off her head for speaking her mind. Sophie's call for sabotage remains unnervingly relevant, and completely metal. Cabbagetown can't wait to see these exceptional artists explore the subject."

Sophie Scholl was a young university student convicted of treason & sentenced to death by guillotine. She was a member of the non-violent protest group Weiße Rose, whose criminal activities included painting anti-Hitler graffiti on the streets of Munich, and distributing subversive leaflets throughout southern Germany encouraging the populace to undermine the Nazi war effort. If she were alive today, Sophie would be anticipating her 101<sup>st</sup> birthday in Spring. For more information: [cabbagetown.com/sophie-scholl](http://cabbagetown.com/sophie-scholl)



**Cathryn Bozone** is a fine artist and designer who creates large public work in both paint and chalk. Born & raised in Atlanta, Cathryn's electrifying work often magnifies the beauty and struggle of all things small and overlooked – especially bright flora & tiny insects writ large. [catbozoneart.com](http://catbozoneart.com)



**Dizzy Dain** is a creative entrepreneur with a unique gift for oil painting. Renowned for her special talent in portraiture, her artistic potential was lauded at an early age via curated gallery expositions. Dizzy is dynamic and keen; She also successfully runs a multifaceted production company. [ig: @sheisdizzy](https://www.instagram.com/sheisdizzy)



**Krista Jones** is a visual artist with a focus on studio practice, where her work grows introspective talons. She has installed several grand-scale murals for high-profile clients. 'Jonesy' is also an outspoken activist whose public work often engages the larger community in meaningful dialogue. [jonesyartatl.com](http://jonesyartatl.com)



**Yuzly Mathurin's** transformative work heals with storytelling strongly rooted in African traditions. Living between ATL & LA, her broadened vantage informs a hand equally adept with a camera as with paint. Yuzly uses warm tones from Yoruba culture mixed with cool fashion and Hip Hop sensibilities. [yuzly.com](http://yuzly.com)



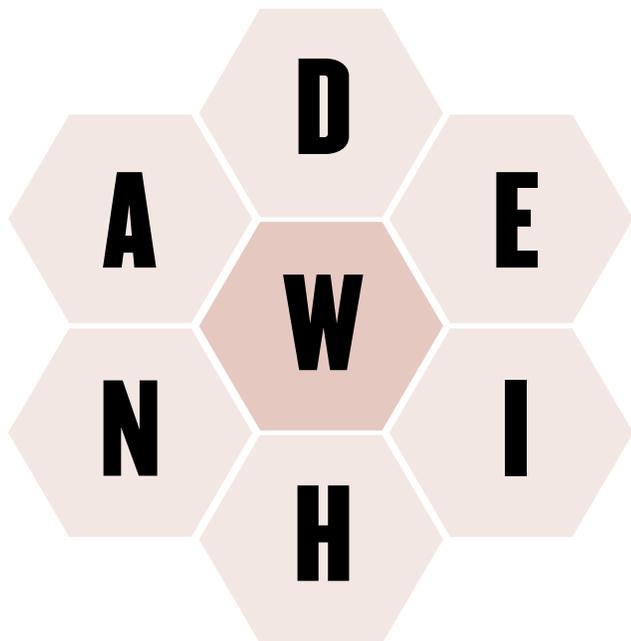
**Eric Nine** combines the immediacy of aerosol with a choreography of brushwork to create large exuberant work. Often whimsical, his thoughtful paintings carry delicate weight with deceptive strength. Puerto Rican by blood, his celebrated style reflects life experiences in Brooklyn & Boston. [ericnine.com](http://ericnine.com)



**Rebecca Shenfeld** is an illustrator & animator with a meticulous design background. Her stunning drawings and monochromatic tattoo oeuvre incorporate the deconstructed imagery of penitent iconoclasm. Off-center, she is one to watch for a discerning, innovative approach. [rshenfeld.weebly.com](http://rshenfeld.weebly.com)

# Spelling Bee

**How To Play Spelling Bee:** 1) Words must include the center letter. 2) Words must contain at least four letters. 3) Letters can be used more than once. 4) Each puzzle includes at least one "pangram," which uses every letter at least once. **How many pangrams can you find?**

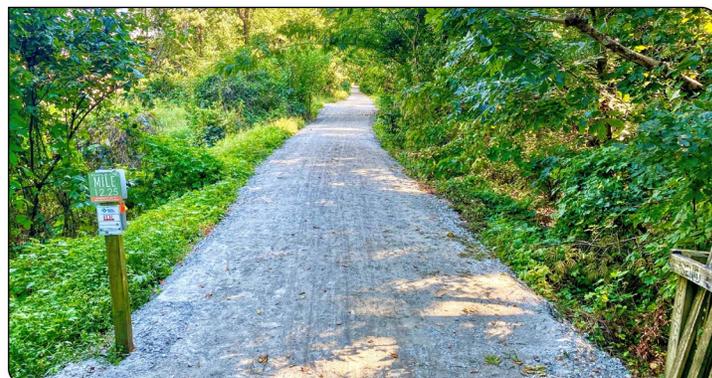


- |    |    |
|----|----|
| 1  | 15 |
| 2  | 16 |
| 3  | 17 |
| 4  | 18 |
| 5  | 19 |
| 6  | 20 |
| 7  | 21 |
| 8  | 22 |
| 9  | 23 |
| 10 | 24 |
| 11 | 25 |
| 12 | 26 |
| 13 | 27 |
| 14 | 28 |

**Last month's pangrams:** Donating, Indignation.

# BELTLINE HITS \$300M

**Atlanta BeltLine, Inc. (ABI), Atlanta BeltLine Partnership (ABP), and their partners have reached a major funding milestone that keeps Atlanta's most ambitious development project on time to complete the full trail corridor by the end of 2030.**



Recently secured local, federal, and philanthropic funds – including a historic \$80 million contribution from the Robert W. Woodruff Foundation – bring the total available for real estate acquisition, design, and construction to more than \$300 million of the \$350 million needed for the backbone of the broader BeltLine project.

If you'd like to donate to this effort, please go here: [beltline.org/get-involved/become-a-supporter/?mc\\_cid=fd4fc837bf&mc\\_eid=57cfdae118](https://beltline.org/get-involved/become-a-supporter/?mc_cid=fd4fc837bf&mc_eid=57cfdae118)

## Top of the Charts

By Kyle F. Bidlack

**What is Cabbagetown listening to? Good question.**  
Here's December's hottest songs on the *Milltown Tavern* juke box.

- |   |  |
|---|--|
| <b>1</b> MAC DEMARCO<br>FREAKING OUT THE NEIGHBORHOOD | <b>9</b> DANCE GAVIN DANCE<br>MIDNIGHT CRUSADE |
| <b>2</b> BADFLOWER<br>HEROIN                          | <b>10</b> BØRNS<br>10,000 EMERALD POOLS        |
| <b>3</b> THE DOORS<br>L.A. WOMAN                      | <b>11</b> TAME IMPALA<br>PATIENCE              |
| <b>4</b> CHILDISH GAMBINO<br>REDBONE                  | <b>12</b> BAND OF HORSES<br>LAREDO             |
| <b>5</b> SURFACES<br>WAVE OF YOU                      | <b>13</b> SHE WANTS REVENGE<br>TEAR YOU APART  |
| <b>6</b> VAMPIRE WEEKEND<br>THIS LIFE                 | <b>14</b> COLD WAR KIDS<br>FIRST               |
| <b>7</b> I DON'T KNOW HOW BUT...<br>CHOKE             | <b>15</b> CANNONS<br>FIRE FOR YOU              |
| <b>8</b> LANA DEL REY<br>BORN TO DIE                  |  |

# The Stories We Write



**We all write stories.**

Stories not just of who we are, but of how and why we are. And with lots of memories to bolster our narratives.

Yet as we navigate the vicissitudes of our lives, ample research shows that we are not simply recording the events of our day on never-ending reels of memory. Instead, there is a rather vibrant – albeit largely sub-conscious – process of carefully culling which events, interactions,

experiences and memories we will save or discard as we compose the stories that come to define us. And while we'd like to believe that the stories we tell ourselves are the autobiographical outgrowths of our life experiences, it seems much more likely that a great deal of effort goes into creating the highlight reel that supports the life-narratives already in progress...

This process likely becomes measurably more intentional as we enter adolescence, a stage in which the way we are seen and experienced by others seems to take on much greater significance. The way our peers perceive us has a sometimes dangerously potent impact on the way we see ourselves. It is likely no coincidence that body dysmorphia and eating disorders often begin at this age, not infrequently giving rise to major depression and/or debilitating anxiety. In these vulnerable developmental windows, we are much more likely to select data points from our lives that feed a “confirmation bias” – selecting events and experiences that more readily support a conclusion we have already arrived at about ourselves, regardless of the actual validity thereof. If I have convinced myself I am a lonely introvert, I will curate a set of memories of life events that support that conclusion, conveniently discarding any recollections that might contradict such as outlying data points. If I have convinced myself that I am fundamentally unlovable, every past rejection will be imprinted as factual; each instance of being loved as coincidental.

*Over the years, I've treated innumerable kids with ADHD and other learning differences who concluded they were “stupid” or “lazy.”* By the time they reached middle school, they collected more than ample evidence to support their conclusions, conveniently negating any rare example of academic success as “dumb luck.” This was their narrative, and they had the evidence to support it. For some of my most challenging kids, these were self-concepts that seemed to calcify over time. An identity was built around their brokenness.

Fortunately, most of us update our self-concept as we move healthily into adulthood. And with that, we signify different memories from our past, just as we de-signify others. In so doing, we keep our narrative up to date with our emerging selves. Essentially, we exercise some degree of agency over who and how we wish to be. We then adjust our stories to more effectively delineate the path to HERE.

*We all know people who seem to see life through a lens of victimhood.* They can recount every pitfall, every loss, every rejection. In their story, life never cuts them a break. Any exception

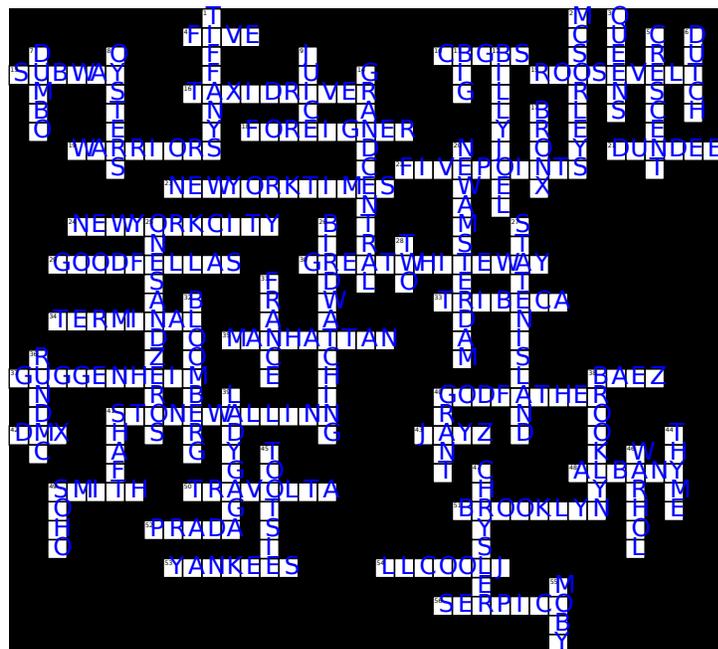
you suggest is quickly met with a dismissive “yeah, but...” Their life narrative leaves little room for anything but suffering, abandonment, and woe. Over time, not so surprisingly, their story seems to become one of self-fulfilling prophecy.

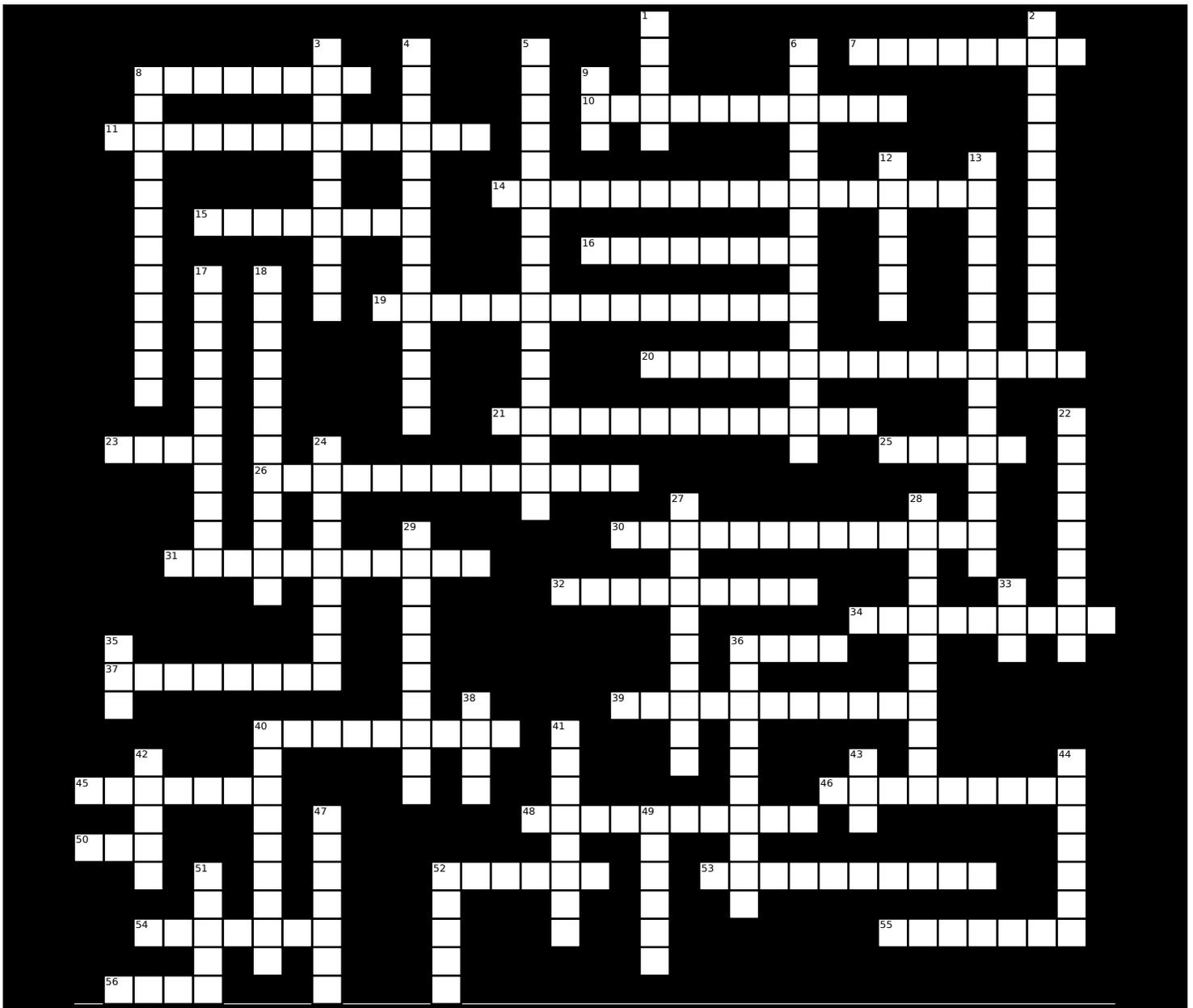
*At the same time, we know people who see themselves as survivors, rather than victims.* They may have experienced many of the same injustices, but seem to instead compose a narrative that focuses on perseverance and resilience. Perhaps they attach a sense of purpose to all they have been through, rather than relating to their suffering as random.

*These examples speak to the power of the stories we compose.* And the significance thereof has direct relevance to how we parent our children (and ourselves.) It is recognized that one of the most meaningful and effective forms of psychotherapy is Narrative Therapy, which encourages the individual to re-visit and re-write the story of one's life through a lens of strength or survival, rather than reiterating a more passive voice. We can model this for our children, who are always watching what we do, but likely pay closest attention to how we behave when we are under enormous stress. The way that we speak about the hardships in our lives teaches our children alternate ways to think about adversity. While what we receive may not be within our control, how we receive it (and how creatively we reframe it) – this is very much where our agency begins. If we can model this for our children, the stories they write of their own lives will be ones that allow them to navigate challenges with confidence, resiliency, and hope.

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

## The solution to last month's puzzle.





# LOCAL MUSIC

By Kyle F. Bidlack

**ACROSS**

- 7. Dancer's group?
- 8. Chan Marshall's band
- 10. Collective Soul's hometown
- 11. Famous Ctown cellist
- 14. Invented Country music
- 15. Not extinct & very heavy
- 16. He filmed a Rap video on Carroll St.
- 19. The Duchess of C'town
- 20. Benjamin Smoke's first band of note
- 21. Sweetest voice at Little's
- 23. He kissed Celine Bufkin
- 25. Htis lcue has lots of htem.
- 26. Synonymous with Bluegrass

- 30. Band connected with Agave
- 31. Amy Ray and Emily Saliers
- 32. Break one's word?
- 34. C'town band close to Sean & Yoko
- 36. One can't do this
- 37. Three points in a row?
- 39. Epicenter of the 90's C'town music scene
- 40. Founded Black Swan Lane in 2007
- 45. C'town's Christian Rock friend
- 46. Chomp's music director
- 48. Helped launch the Redneck Underground
- 50. Draft pick

- 52. Heartless one?
- 53. David Marshall Railey band
- 54. Hip Hop duo from East Point
- 55. It may come after a bridge
- 56. Leaves home

**DOWN**

- 1. Hip Hop trio from Lawrenceville
- 2. Beloved drag queen lead singer
- 3. Sang with Neko Case and Rock\*A\*Teens
- 4. Many C'town bands played here
- 5. Wrote a song called 'Cabbagetown' in 1992

- 6. LSP record store
- 8. David Railey founded this in 1996
- 9. Opposite of NNW
- 12. Played his last shows at The Fox in 2016
- 13. Eleven?
- 17. Smiths tribute band
- 18. Fly Me Courageous
- 22. Egg inspector at Homegrown GA
- 24. Do's that are don'ts
- 27. Slim Chance by another name
- 28. Shawn Mullins tune from 2008
- 29. Wore their clothes backwards

- 33. 1990 Atlanta girl band
- 35. Famous Athens band
- 36. A band & 1978 De Niro film
- 38. Lead singer for Von Strantz
- 40. C'town singer, artist, husband, and daddy
- 41. He is waiting for UFOs
- 42. Steps on a scale?
- 43. Head of England?
- 44. Hip new local music venue
- 47. Patrick Kirkwood by another name
- 49. It can help you get a date?
- 51. Dame's introduction
- 52. Flip side?



Atlanta Fine Homes | Sotheby's INTERNATIONAL REALTY

# 2021 REAL ESTATE UPDATE

## Cabbagetown Year in Review

### Single-Family Homes

#### Sold

18 homes sold since January 1, 2021\*

#### Price Range

\$255,000 - \$1,020,000

### Townhomes/Condominiums

#### Sold

47 homes sold since January 1, 2021\*

#### Price Range

\$255,000 - \$600,000

We look forward to continuing to serve Cabbagetown in 2022!

Whether you're buying or selling, let us help you navigate your next move.



ck THE chrissie kallio GROUP

Chrissie Kallio

c. 404.295.2068 | o. 404.874.0300  
chrissiekallio@atlantafinehomes.com  
chrissiekallio.com | atlantafinehomes.com

Atlanta Fine Homes, LLC fully supports the principles of the Fair Housing Act and the Equal Opportunity Act. Each franchise is independently owned and operated. Market activity from FMLS. Data deemed reliable but not guaranteed. \*Not all sales were listed or sold by Chrissie Kallio. Source: FMLS.

# Thank you!

On behalf of Cabbageheads near and far, a thousand thanks to the kind folks at the following businesses, for making our Cabbagetown Holiday Crawl, an epic event!

- Agave**
- Sweet Cheats**
- JenChan's**
- Milltown Tavern**
- 97 Estoria**
- Petit Chou**
- Oakland Cemetery**
- Doc Cheys**
- Six Feet Under**
- Suprema**
- Fire Pit**

We love y'all, and we'll be making many visits to your establishments for years to come.

**“No threat can frighten us.”**  
*Weiße Rose*

Cathryn Bozone, Dizzy Dain, Jonesy, Yuzly Mathurin, Eric Nine, Rebecca Shenfeld

## 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
607 Gaskill St. 4 BD/2 BA	\$688,000

### HOUSES

Sold	Price
138 Powell St. 2 BD/1.5 BA	\$748,000
173 Berean Ave. 3 BD/2 BA	\$608,000
179 Berean Ave. 1 BD/1 BA	\$255,000

### 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
<b>The Stacks</b> Loft H523 1 BD/1 BA	\$789,000
Loft E124 2 BD/2 BA	\$575,000
Loft E321 2 BD/2 BA	\$535,000
Loft H527 2 BD/2 BA	\$524,900
Loft H217 2 BD/2 BA	\$464,900
Loft H406 1 BD/1 BA	\$360,000
Loft E422 1 BD/1.5 BA	\$358,900
Loft H403 0 BD/1 BA	\$284,900

### PENDING CONDOS & LOFTS

Pending/U.C.	Price
764 Memorial Dr. Unit 18 2 BD/2 BA	\$399,000
<b>The Stacks</b> Loft E313 2 BD/2 BA	\$524,900
764 Memorial Dr. Unit 21 1 BD/1 BA	\$323,900
<b>SOLD</b>	
<b>The Stacks</b> Loft H221 1 BD/1 BA	\$325,000
764 Memorial Dr. Unit 18 1 BD/1 BA	\$410,000



# agave



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cabbagetown 242 boulevard s.e. 30312 404.588.0006 [agaverestaurant.com](http://agaverestaurant.com)  
*celebrating our 22nd year in cabbagetown*



*Join us for a delicious family dinner in our fireplace lit dining rooms! We are serving our full dinner menu along with amazing nightly specials!*



**Banana Chocolate  
Ganache Cheesecake  
Is Back!**

## Happy 2022!

*Thank you Cabbagetown for the opportunity to have served you for the last 21 years. Here's to a bright New Year and may the year ahead bless you with happiness and good health!*

*We are kicking off 2022 by cooking all of your favorites from our full menu plus fresh specials nightly starting at 4pm. Enjoy delicious, fresh and made to order cuisine at Agave or get it delivered to your door through all major delivery apps. We look forward to serving you soon and hope you all stay safe and well as we start this year together.*

*-agave-*



**ATLANTA'S  
BEST RATED  
MARGARITA**