

Amplify Decatur
schedule inside
page 16

DL

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OFFICIAL
AMPLIFY
DECATUR
MUSIC FESTIVAL
INSIDER'S GUIDE



Party on the square

*A night to remember with
Jeff Tweedy, R&B/Gospel legend
Mavis Staples and many more*

Inside

Druid Hills Tour
goes green

Tudor Style:
**A fresh look at
medieval beginnings**

Summer self-care
through coaching



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Mavis Staples

13

Photography by Mike-Downs

Am AMPLIFY DECATUR MUSIC FESTIVAL Official Guide pg 13-20

Come out and rock out while helping to alleviate homelessness locally. This official guide includes schedule, map and band profiles.

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in Druid Hills
Architecture comes alive with this year's tour. Get an inside look at modern updates and historical preservation. Plus the show-stopping destinations are in walkable proximity, logistics have never been easier.

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Not Your “Same Old” Summer

SOMETIMES IT'S the little things we don't notice that become the big things we miss. Ever had someone point something out on a street you drive every day and never noticed?

With an overload of data we are absorbing, our brains create routine out of the familiar as protection. This issue is about fresh looks - taking some time to notice our surroundings and see the summer in a new light.

I'm so excited about Amplify Decatur returning (page 13). Not only will the community enjoy the sounds of legends in the music industry, but it will benefit from festival proceeds committed to fight homelessness and poverty. Listen through those ears in April.

You probably go past homes spotlighted for the Druid Hills Tour without a second thought. This year as you step inside, take a moment to think about the work of the architects, builders, designers and landscapers who've contributed over the years (page 9). See the steep gables of Tudor Revival homes differently when you learn about conditions in 1485 England that contributed to the style (page 6).

The City of Decatur with community involvement is taking a fresh look at growth and asking hard questions about what it means in terms of affordable housing and diversity (page 26).

And you can even shake up the way you see your wellness goals and self-care. See whether a health and wellness coach is the next move for you (page 28).

There are really great things happening (see our Calendar of Events on page 30) in the area and organizations doing impressive work (see Pet's Picks page 23).

It's up to us to notice.

Natalie Gregory
Publisher, *Decatur Living*



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On the Cover:
Amplify Decatur Music Festival



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by Mel Selcho

Intown Style With a Story

Tudor Revival: From England to Georgia

WITH THE DRUID Hills Tour of Homes and Gardens on the horizon, Atlantans are reminded of the rich architecture found within our intown neighborhoods. The Tudor is one example.

The iconic steep gables and half-timbering are dead giveaways a home was designed with Tudor-style architecture. Behind those features lies a story going all the way back to 1485 when the Tudor monarchs reigned in a time of relative peace and economic prosperity. Wealthy landowners built extremely large manor houses, for both comfortable living and to display their status.

The style we see in our American neighborhoods (prominent in Avondale Estates, Druid Hills and Morningside) is actually a revival of that medieval style. Tudor Revival began in 1890 and grew in popularity to the point it was called “Stockbroker Tudor.”

Christopher Muscato, who teaches at the University of Northern Colorado, writes, “The Tudor Revival captured the aesthetic romance of 16th-century England, but updated with all the comforts of the early 20th century (after all, the romance of the past kind of disappears without indoor plumbing). The pinnacle of this movement was the Tudor-style house.”



Winnona Park



Morningside



Little Moreton Hall, England

The style fell out of favor after World War II, when a housing shortage created a need for affordable homes that could be built quickly.

These are some of the defining characteristics of Tudor Revival homes and the history that inspires them:

- **Steep gable roof:** Medieval homes had thatched roofs, and the steep pitch would keep out the water.
- **Asymmetrical:** Medieval homes were often added on to each generation which created asymmetry throughout time.
- **Detailed masonry chimney:** Tudor chimneys were tall and elaborate to display status. The chimney was a relatively new method to heat a home and draw the smoke out.
- **Solid masonry:** Often with decorative stone and brick details.
- **Rounded front door bordered by stone:** Medieval entrances were part decorative and also had a protective element to them. The Tudor Arch was common.
- **Tall, thin casement windows:** Often with criss-cross mullions. Tudor times were when glass was first introduced to windows. Blowing glass was a new and difficult technique and the panes were often small. Those who couldn't afford glass used polished horn, cloth or paper. The casement windows open out to let in fresh air.
- **“False” Half Timbering:** The method came to Britain with the Saxons. Logs were cut in half, and the flat side faced out. The frame structure was filled with stucco or plaster. It is only used aesthetically now.

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It's Tour Time

*A look inside the
Druid Hills homes
and gardens*

FOR MORE THAN 50 years, spring in Atlanta has been synonymous with the Druid Hills Tour of Homes and Gardens. For its 51st anniversary, the 2019 tour has “gone green.” Visitors will delight in the walkability of the featured sites.

Steven Mathias, chair of the Druid Hills Civic Association Tour Committee, said tour goers “will find inspiration, celebration and a focus on preserving and extending the vision of noted landscape architect Frederick Law Olmsted.”

It's no surprise the tour includes homes that showcase the diverse architectural and design styles of Druid Hills, a neighborhood that boasts some of the most exquisite architecture of the roaring 1920s.

The tour marries the work of historical architects and builders who brought the neighborhood to life with the talent of modern master architects, interior designers, general contractors and landscape designers who keep it an Atlanta treasure.

Take a peek at history updated with modern luxury in these homes and gardens on tour:

**“Goat House”
circa 1918**

Steven Colby & Christy Hutcherson

This traditional brick home exhibits Italian and Mediterranean detailing. Renovated and redecorated in 2018, the home maintains its original stairs and bannister, leaded glass windows, front door and hardwood floors and boasts a new chef’s kitchen, master suite and garden room. Be sure to visit “Moose” the famous Superbowl goat in the backyard goat farm.

**“Folk Art House”
circa 1923**

Mark and JoAnn Herold

Situated on a Druid Hills famed twitten (a path cutting through some of the neighborhood’s long blocks), this quintessential period bungalow gets its name from the extensive collection of folk art displayed by homeowners. The patio, pool and guesthouse were designed by Atlanta architect Jay Jones and the construction was featured on HGTV’s Ground Breakers program.

**“The Secret Garden”
Garden only**

Chris Roblyer

When Chris Roblyer purchased this 1929 property in 2001, the landscaping was in need of a complete renewal. This property inspired an interest in gardening for Roblyer, who completed all the landscaping and hardscaping with the help of his good friend and landscape designer, David Elis. The resulting shade garden boasts nearly 20 Japanese maples.



Folk Art House



Goat House

2019 TOUR TIPS

Dates: April 12 to 14

Times: Friday 1 to 5 p.m., Saturday and Sunday 10 a.m. to 5 p.m.

Route Info: Destinations are in close proximity. No trolley is needed this year.

Purchase Tickets: Druidhillstour.org

Ticket Pickup and Day of Tickets: Will Call at Lucky Dog restaurant in Emory Village Plaza during the tour

Ticket Prices:
 \$20 per person for groups of 6 or more
 \$25 per person during pre-sale, which ends Thursday, April 11
 \$30 per person when purchased any days of the tour

Proceeds: Benefit the Druid Hills neighborhood, which is on the National Register of Historic Places.

“Centennial House” circa 1919 David and Katherine Decker

One of the most distinctive homes on Springdale Road, this Classical Revival is a keeper of history with four porch columns and a fireplace mantel that were salvaged from an antebellum plantation in Savannah. Be sure to check out the numerous leaded glass windows, the round kitchen and the “rock house” in the rear of the home.

“Azalea House” circa 1920 Greg & Lindsey Swartzberg

The “Azalea House” is an Oxford original, one of a handful of the first few homes built on Oxford Road. It is believed to be built by H. W. Nichols, who was a prominent developer in the area. The owners are Atlanta natives who are celebrating its rich history through their design choices. Their paternal grandparents met on the same Atlanta streetcar line that once ran along this street.

“Springdale Park Elementary” circa 1924 Preston Ladds, Vice President Parent-Teacher Organization, SPARK

Take a walk through history as a local elementary school gets transformed to its original grandeur. Built for J.N. Hirsch, a prominent Atlanta businessman in the wholesale tobacco and confectionery trade, this home is a replica of an Italian villa and was designed to entertain the opera community in Atlanta.

1297 Briardale “Black Sheep House” circa 2015

A rare contemporary, the “Black Sheep House” showcases traditional massing with Tudor overtones. With 6,000 square feet, its floorplan combines large, open, light-filled spaces with traditional features. Moldings, fireplaces and herringbone floors give a nod to the historic neighborhood while modern conveniences and ample space for entertaining suit today’s lifestyle.

Plan your tour at druidhillstour.org.



Centennial House



Join Us!
April 12 - 14



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Decatur’s Music Festival Returns April 13

Since 2011, Amplify My Community has produced more than 70 concerts and directed more than \$300,000 in unrestricted gifts to community organizations helping the homeless and impoverished, including \$190,000 to Decatur Cooperative Ministry.

IT’S BACK! Decatur’s music festival returns Saturday, April 13 with its most acclaimed line-up yet. Join us for a day of music and fun, outdoors on the downtown square.

This year’s artists include Rock & Roll Hall of Famer Mavis Staples and two-time Grammy award winner Jeff Tweedy of Wilco, as well as the critically acclaimed songwriter Julien Baker, Kevn Kinney of Drivin N Cryin, and the Atlanta-based jam-rock band The Bitterroots.

Doors open at 3:30 p.m., and the show will close at 11 p.m. Tickets are available at AmplifyDecatur.org and through Eventbrite.com. General Admission tickets are \$45. VIP tickets are \$149.50, and Premium seating is \$249.50. See page 16 for more information.

All funds raised—including ticket sales—at the fourth annual outdoor music festival will be directed to Decatur Cooperative Ministry (DCM) to support its efforts to prevent and alleviate homelessness in Decatur and DeKalb County.

“Amplify’s mission is to celebrate the incredible work of DCM through the joy of live music,” said Amplify My Community board president Drew Robinson. “We are truly honored to assist in DCM’s efforts to eradicate homelessness here in Decatur and DeKalb County.”

To date, Amplify Decatur has raised \$190,000 for DCM. Amplify Decatur will also feature shows at Eddie’s Attic, Friday, April 12, Saturday, April 13, and Sunday, April 14. The concert series is again presented by Lenz and produced in partnership with Eddie’s Attic.



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MAVIS STAPLES

Staples, an incomparable R&B and gospel legend, continues forging a career that began nearly 70 years ago. Staples holds a spot in the Rock & Roll Hall of Fame, and her many awards include being a Kennedy Center Honoree, and a Grammy and Grammy Lifetime Achievement Award winner. As a member of the Staple Singers, she recorded a volume of timeless tracks, including “I’ll Take You There,” “Respect Yourself,” and “Freedom Highway,” the latter a civil rights-era anthem. Her solo career collaborations feature a who’s-who of music royalty, from Prince to Bob Dylan and George Jones to Ray Charles. Staples’ influence spans generations, and contemporary artists such as Nick Cave, Neko Case, and Merrill Garbus (Tune-Yards) have penned songs for her. Modern rockers Arcade Fire, Gorillaz, and Hozier have worked with Staples, and she has recorded multiple critically-acclaimed albums with Jeff Tweedy from Wilco. Staples continues performing nearly 200 nights a year, and is currently supporting her latest release, “Live in London.”

JEFF TWEEDY

Jeff Tweedy is the co-founder of Uncle Tupelo, founder and leader of Wilco, and a two-time Grammy Award winner. He recently released a solo record titled “WARM” and the memoir, “Let’s Go (So We Can Get Back).” “WARM” was produced and recorded entirely by Tweedy at Chicago’s now legendary studio, The Loft (with help from some of his usual collaborators – Spencer Tweedy, Glenn Kotche, and Tom Schick). In “Let’s Go (So We Can Get Back),” Jeff writes candidly and compellingly about his past, his songs, and the people who have inspired him. It’s a portrait of an artist in his most reflective and creative state.



JULIEN BAKER

At only twenty-three years old, Julien Baker has received national attention with her emotive and haunting lyrics and vocals. The Memphis-based singer/guitarist released her second album, *Turn Out The Lights*, to critical acclaim in 2017. Baker also co-founded the supergroup, “boygenius,” with Lucy Dacus and Phoebe Bridgers in 2018.



KEVN KINNEY

Kevn Kinney is the lead singer-songwriter of the Atlanta rock band, Drivin N Cryin, which has a gold record, 10 full-length albums, and a spot in the Georgia Music Hall of Fame to its credit. Since the band’s 1985 inception, he’s also released several solo acoustic albums, including 1990’s “MacDougal Blues,” produced by R.E.M.’s Peter Buck for Island Records. Darius Rucker cut Kinney’s song, “Straight To Hell,” on his album “When Was The Last Time.” The documentary film “Scarred But Smarter: Life N Times of Drivin N Cryin” was released in 2012.



THE BITTERROOTS

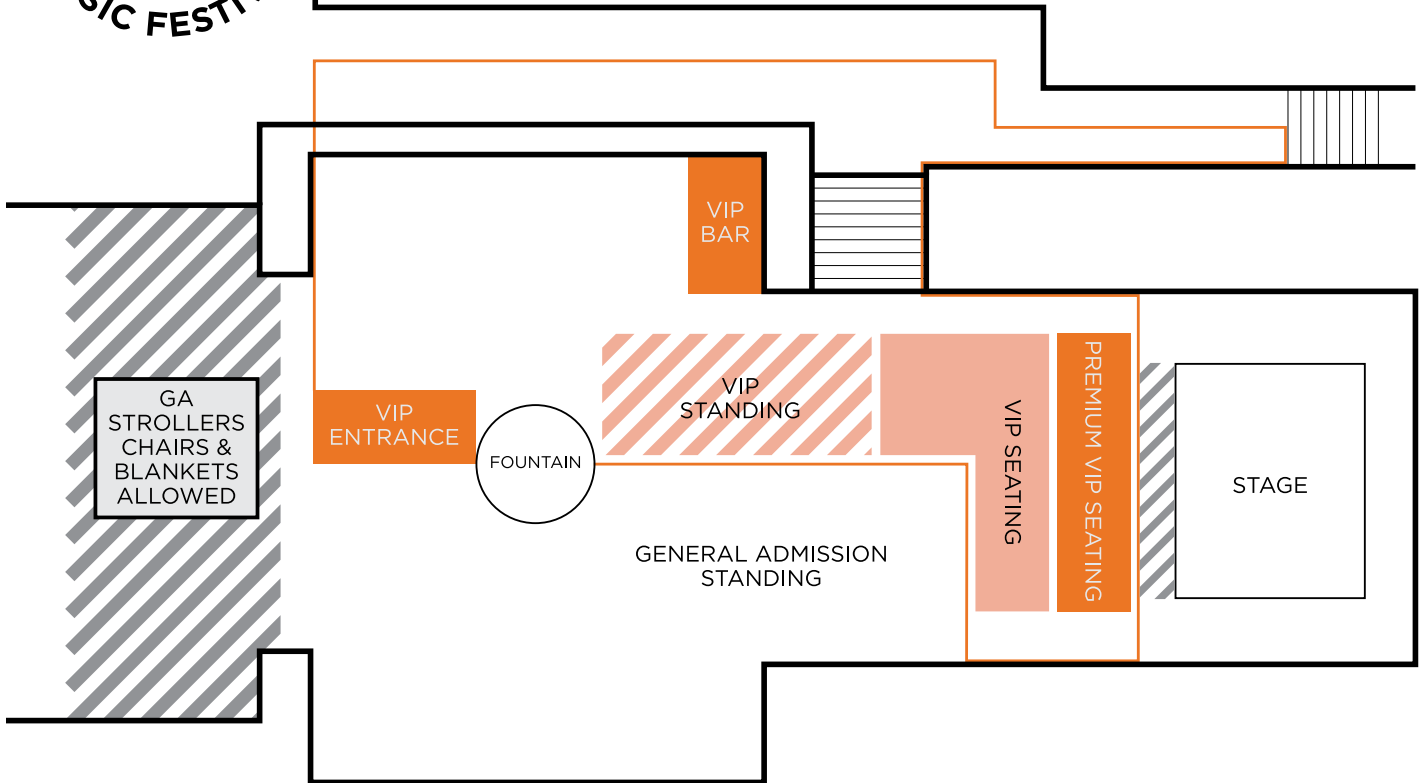
The Bitterroots are an Atlanta-based, jam-rock band that draws comparisons to the Tedeschi-Trucks Band, Melissa Etheridge, and Janis Joplin. The band has released five albums of original music, most recently, “Derailer,” which features the single, “No Demands.”





OFFICIAL GUIDE

schedule



AMPLIFY DECATUR
MUSIC FESTIVAL

MARTA PLAZA

Estimated Times

- 3:30 p.m.** - Doors Open
- 4:00 p.m.** - The Bitteroots
- 5:15 p.m.** - Kevn Kinney
(and his band)
- 6:30 p.m.** - Julien Baker
- 7:30 p.m.** - Jeff Tweedy
- 9:15 p.m.** - Mavis Staples
- 11:00 p.m.** - Festival Ends

General Admission tickets: \$45 advance, \$50 week of show. Includes access to local food, beer, wine, and restrooms.

VIP tickets: \$149.50 in advance, \$155 the week of the show. Includes preferred seating—behind Premium VIP seating (first come, first served), complimentary beverages (4 per guest), and access to dedicated VIP bathrooms.

Premium VIP tickets: \$249.50. Only 100 available. Includes premium seating at the front of the stage, complimentary beverages with service at seats during intermissions, and dedicated bathrooms.

Tickets available at AmplifyDecatur.org and Eventbrite.com. Proceeds go to support Decatur Cooperative Ministry's work helping the homeless in Decatur and DeKalb County.

No chairs provided for general admission; attendees may bring their own chairs: there will be a section in the back of general admission where chairs will be permitted. Children 8 and under are admitted free; no more than two children 8-and-under per adult.

The festival will take place rain or shine. Tickets are non-refundable in the event of severe weather conditions.

The 2019 Amplify Decatur Concert Series will also feature three nights of music at historic Eddie's Attic. See page 17 for details. Tickets and more information are available at EddiesAttic.com.

Friday, April 12

David Lowery: Songs of Cracker and Camper Van Beethoven (early show)



Var, with Mike Killeen (late show)



The Amplify Decatur Concert Series is produced in partnership with Eddie's Attic. We're proud to present a weekend of great music, April 12-14. Tickets and more info at EddiesAttic.com.



Saturday, April 13

"Let's Go - A discussion of music and other topics with Jeff Tweedy and Jon Hamm" (afternoon show)

SOLD OUT

Saturday, April 13



Liz Vice (early show)



Charlie Mars (late show)

Sunday, April 14

Vs. series tribute night:
Nirvana vs. Pearl Jam (mostly) unplugged



Fifty Years of Community Impact

at Decatur Cooperative Ministry



ACCORDING TO Marlene White, the Executive Director of Decatur Cooperative Ministry, the face of homelessness is not what you might expect. Among those seeking DCM's help include individuals with advanced degrees and good jobs.

"The problem is that families who find themselves without housing in this economy have such a difficult time because there are challenges to getting a living wage and there are challenges to identifying affordable housing," says White, whose organization works to alleviate the problems of homelessness in the City of Decatur and in DeKalb County.


Founded in 1969, DCM has been serving local residents for 50 years. The organization offers several different housing and prevention programs all along the continuum of homeless service. Its main programs include:

- A transitional housing program, providing housing and supportive services to move families from homelessness to self-reliance in six months.
- An emergency shelter and assessment center, providing up to 90 days of night shelter for families with children.
- A homelessness prevention program providing emergency assistance (in the form of rent/mortgage and utility assistance) to at-risk families, seniors, and Veterans in danger of eviction, foreclosure, or disconnection of services.

Combined, DCM's programs served over 1,600 individuals in 2018.

DCM has been the beneficiary of the Amplify Decatur Concert Series since the concert's inception in 2011. Since that time, Amplify has raised over \$190,000—including a record \$40,000 gift in both 2017 and 2018.

White wishes to thank this year's festival attendees. "By joining us at Amplify Decatur, you are making a real difference in people's lives," she says. "I see it every day."

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THE BITTERROOTS

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by Ellie Butterfield



Protecting our Pets

Happy Pets Make Happy People



IF YOU'VE EVER sent a puppy or kitten meme, you've experienced the natural bond between humans and animals. We've long been honing that connection and relationship to better people, from service and support animals to pet therapy.

And we can return the favor. Here are a few local resources that can use your help:

"KonMari" your way to Second Life Thrift Store

Have you been bitten by Marie Kondo's tidying up bug? You could be improving both your own living space and the lives of neglected pets. Or if you're looking for an ethical way to acquire items that "spark joy" this summer, turn to Second Life. You'll find upscale bargains at their two Avondale Estates locations, one clothing store and one furniture store. Plus Second Life hosts foster cats in-store and sweet puppy Riley, the Chief Smile Officer.

Surrounded by pet-themed decoration and sweet angel animals helping you shop, keep your purchases classy and community-based with upscale second hand finds that benefit you and animals in your community.

As a nonprofit, Second Life has dedicated its stores to helping shelters by collecting items for a pet food pantry, educating families on how to be amazing "pet parents" and donating the proceeds from sales to animal rescues and spay and neuter programs.

Calm your fur baby with a ThunderShirt

Whether it's Independence Day fireworks that last all week or storm season, summer nights in Georgia are often full of pops and booms. These noisy nights can often be stressful and chaotic for pets and their families.

(Continued on following page)



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MEET CASSIE

Decatur's Top Dog

Photographer Leesia Teh partnered with Decatur Living to bring to life our pick of the pets of Decatur for the issue. Cassie claims Jennifer Culley as her human.

How did Cassie come to be part of your family?

Through Adopt a Golden rescue, she was about 10 months old when we adopted her in 2010 (we think she is around 9 yrs old)

What's her favorite treat?

Walks and meeting new people

How would you describe her personality?

Cassie is an absolute sweetheart, loves everyone she meets (including cats and other dogs)

What's her favorite "guilty pleasure?"

We've sometimes caught Cassie eating food off the counter if not watched carefully

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

She has added so much joy to our life. She is a good big brother to her kitty sisters (Gus and Ellie who are also adopted). They take naps and play together.

Cassie epitomizes the saying "who rescued who?!"

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

One way to help is the ThunderShirt jacket. It provides gentle, constant pressure similar to swaddling an infant that will calm your dog or cat. With an 80% success rate, you are sure to keep your animals feeling safe and secure (and sure to keep your sleep schedule safe and secure).

Come to the rescue with PAWS Atlanta

PAWS is a no-kill animal shelter committed to protecting the symbiotic relationships between pets and people. When your baby is in need, turn to PAWS for behavioral classes, summer camps for kids, wellness clinics and veterinary services. Its Wags & Walks program offers a group walk where everyone can exercise, enjoy the city, and connect one Saturday a month.

PAWS' pet adoption and foster services or senior support pet matching assistance also help. When you save animals, they might end up saving you too.

Found injured wildlife? Be aware of AWARE

AWARE Wildlife is a nonprofit that works with the injured and orphaned wild animals living in Georgia. Turn to AWARE if you find a wild animal in need, or volunteer by taking care of animals or working in the AWARE office to spread the word and keep the community involved in the natural world around us. Whether you want to learn and educate on relationships between humans and wildlife or work with animals outside the norms of cats and dogs, AWARE is ready to help you help.

Thank them for their service with Pets for Vets

Pets for Vets is a nonprofit dedicated to helping military veterans recover from PTSD, depression and other lasting emotional damage caused by their time in action through pairing with pets. When veterans and animals get paired together, the powerful bond between the two not only introduces a gentle healing process but provides a way for those in need to rejoin the social world. With pets and people protecting each other, everyone benefits.

Opportunities extend anywhere from serving as a chapter director to parenting foster pups, so anyone is welcome. Help others share the joy, love and safety that come from loving (and being loved) by the furry friends that make a difference.

MAKING A DIFFERENCE

by Mel Selcho

Growing Pains

Decatur mobilizes residents to work together for affordable housing options

RICH IN COMMUNITY festivals and friendly patio chats, Decatur has built a reputation of having the charm of a small town with the mindset of an urban city. With a high growth rate, Decatur finds itself facing challenges other growing cities have – a lack of affordable housing options.

The city of Decatur tackled the issue head on by hosting a full day Housing Summit in November. More than 100 people attended the event where city officials, urban planning experts, housing developers and residents came together to identify the issue and discuss strategies and solutions for moving forward.

According to the city's summary of the event, Decatur's home values have increased 85% since 2010. In addition, affordability is being lost in the demolition of older apartment buildings. "The end result is that it is becoming increasingly difficult for Decatur to keep its inclusive, equitable and diverse character," the report concludes.

Several objectives were defined, and one of the strategies determined to move forward progress is the creation of a citizen's task force. The Decatur City Commission announced the creation of the Affordable Housing Task Force and invited residents interested to contact the City Manager. The task force is expected to be in place by mid April.

One group who understands the need to find solutions is the Coalition for a Diverse Decatur. Founded by Mark Reeve in 2017, the organization is an extension of his deep-seated passion for activism and the communal, peace-training home he created with his wife, Leslie Withers. The coalition unifies different community groups under one main goal: Creating and preserving affordable housing options.

David Lewicki, a representative of the coalition, points out that affordable housing can seem complicated and there is no "one policy that makes it all better."

One of the goals is to "help people understand it better so they can be smart, effective advocates," he said. The coalition hosts open meetings to keep the community engaged on the second Tuesday of each month at North Decatur Presbyterian Church from six to eight p.m.

For Lewicki, affordable housing creates and maintains a diverse community, which is ultimately more valuable to the whole community.

"I grew up in economically and racially segregated communities, and I don't think those are healthy places for kids to grow up," he said. "I want to see a Decatur that is economically and racially diverse."

For more information on the Affordable Housing Task Force, contact Decatur City Manager, Andrea Arnold, andrea.arnold@decatur.com.





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YOUR WELLNESS

by Kristin Smith

Is Coaching Right for You?

Check out a newer resource for your wellness journey

YOU'VE PROBABLY HEARD of wellness coaching before but slightly unsure of precisely what a wellness coach offers. Over the years the wellness industry has grown, and more people are becoming mindfully conscious of their well-being.

It seems health coaching is becoming very mainstream, but how is it different from other coaching? What exactly does a health coach offer?

Health coaches meet you where you are. Once your goals are determined, they help you map out a plan to reach them. The coach guides clients through the process of creating a vision for their health and well-being, developing a healthy mindset and healthy habits and encouraging them every step of the way until they accomplish their goals.

Specific areas where this coaching can be helpful include:

- Reduce inflammation and joint pain
- Alleviate stress
- Nutrition & diet
- Weight loss
- Deeper sleep.

Look for a coach that practices a holistic approach to health and wellness, which means that he or she looks at how all areas of your life are connected. Does stress at your job or in your relationship cause you to over-eat? Does lack of sleep or low energy prevent you from exercising? As you work together, all parts of your life will be evaluated for how they affect your health as a whole.

Together you'll work to reach your health goals in areas such as achieving optimal weight, reducing food cravings, increasing sleep and maximizing energy. You can also expect to develop a deeper understanding of the food and lifestyle choices that work best for you and then implement lasting changes that will improve your energy, balance, and health.



Health Coaching is not?

Mental illness, certified dietician needs and therapy are best handled by experts in those fields rather than a coach. While coaches can help with improving the mindset of their clients, it's crucial the scope of practice is thorough and understood.

How can a Health and Wellness Coach help?

They provide accountability to their clients which encourages you to reach your goals and not to give up. Your coach helps and inspires you to thrive by making healthy lifestyle and nutritional choices. Mainly, they are your accountability partner helping you navigate your health plan to reach your potential. Your best coach is a listener rather than a consultant.

Questions worth asking yourself

Now that it's clear what a coach offers here are some things to think about. Your answers can help clarify whether now is the time for wellness coaching:

- Do I struggle meeting health-related goals?
- Do I always crave sugar and caffeine?
- Do I have constant achy joints and feel inflamed?
- Do I have low energy?
- Do I struggle with sleep?
- Do I lack self-care in my life?

Kristin Smith is a Certified Integrative Health & Wellness Coach with her RYT 200 yoga certification. She also leads Corporate Wellness Workshops, Retreats, and Private Practice. You can learn more about Kristin at www.kristinmithwellness.com.



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CALENDAR OF EVENTS





Atlanta Film Festival April 4 to 14

Celebrate all things film—whether you're a filmmaker, industry professional or film lover. This festival is one of only two dozen to qualify for an Academy Award. Grab a ticket and your popcorn - who knows, maybe you'll rub elbows with a celebrity or two. Find details at atlantafilmfestival.com.

Druid Hills Tour of Homes & Gardens April 12 to 14

One of the longest running and premiere tour of homes in the nation, the 2019 Druid Hills Tour of Homes & Gardens celebrates its 51st year with six homes and one garden that feature the work of master architects, interior designers, general contractors and landscape designers. This year's tour has "gone green" with homes close together and very walkable. To that end, there will be no trolley service. Visitors are welcome to walk, ride bikes, scooters or drive.

Individual and discounted group tickets may be purchased in advance at druidhills-tour.org. Proceeds from the tour benefit the Druid Hills neighborhood, which is on the National Register of Historic Places.

Easter Egg Hunt Saturday, April 13 11 a.m.

Hop on over to the annual Decatur Business Association Easter egg hunt. The Easter bunny arrives at 10:30 am, and the hunt begins at 11 sharp for all age groups. Stick around after your baskets are filled for arts and crafts by Treehouse Kid & Craft, story time with Little Shop of Stories, and snacks from Steel City Pops and First Baptist Church of Decatur.

Front lawn of First Baptist Church
of Decatur, 308 Clairemont Ave.

Concerts on the Square Saturdays, May 4, 11, 18, 25 7 p.m.

Evening concerts on the Decatur square are always a treat. Stop by one of the city's beloved restaurants ahead of time, and bring a blanket and a friend to enjoy a musical escape.

Blue Sky Concerts Wednesdays, May 1, 15 Noon

Midweek blues getting the best of you? Blue Sky Concerts will be sure to clear them. Bring a sandwich or stop by your favorite lunch spot on the way to the downtown square in Decatur. Concerts begin at noon and are sure to brighten up your week.

Decatur Lantern Parade Friday, May 10 9 p.m.

Light up the night! Kick off Arts Month and celebrate the start of summer with the Decatur Arts Alliance and Decatur Education Foundation at the lantern parade. Gather at Color Wheel Studio after 8 p.m., then parade to the downtown square.

Make your own lantern at home or attend a lantern-making workshop where supplies and guidance are provided. Sign up for all sorts of lantern making workshops including lantern hats, illuminated parasols, globe lanterns and more. These will be hosted by Color Wheel Studio in the two weeks preceding the parade.

For more information and lantern making resources visit decaturlanternparade.com. Color Wheel Studio is located at 508 E. Howard Ave.

(Continued on following page)

CALENDAR OF EVENTS



Atlanta Jazz Festival May 25 to 26

Relax and enjoy live jazz music from various local and national jazz artists against the Atlanta skyline in Piedmont Park. This jazz festival is the country's largest free jazz festival. So grab a blanket and picnic basket and head to the park for some moving music. Find details at atlantafestivals.com.

Decatur Arts Festival Friday, May 24

5 p.m.
Saturday, May 25
10 a.m. to 6 p.m.
Sunday, May 26
11 a.m. to 5 p.m.

The 31st Annual Decatur Arts Festival will be a celebration of the arts that includes a juried artists market, children's festival, new dance, literary arts, performing arts stage and a concert on the square. There will also be a fine arts exhibition. The ArtWalk opens the festival on Friday evening.

Discover new artists and festival favorites as you explore more than 150 artist booths lining Ponce de Leon Avenue. The annual market is full of high-quality artwork and attracts artists from all over the Southeast and beyond. Eat lunch or a cool treat in front of the bandstand and enjoy a full-line up of dynamic, high-energy live stage performances.

Details are available at Decaturartsfestival.com.

The Secret Gardens of Avondale Saturday, June 1

10 a.m. to 4 p.m.

Have you ever wondered what's behind those well-manicured front gardens of the homes in Avondale Estates? The Avondale Estates Garden Club is reinventing the once popular Avondale garden tours of the past with the debut of the Secret Gardens of Avondale Tour. Plein-air artists will be working on site in the six featured gardens which range from well-established to emerging landscapes.

Tickets are \$15 if purchased before the tour and \$20 the day of. Children under 12 are free, though strollers and pets are not permitted.

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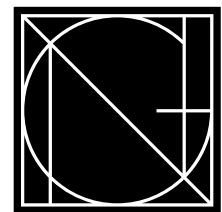
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Decatur



120 Lucerne Street
5 BD | 3 BA | \$989,000

UNDER CONTRACT

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315 Missionary Drive
4 BD | 4 BA | \$975,000

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205 Westchester Drive
6 BD | 5 BA | \$949,000

Decatur

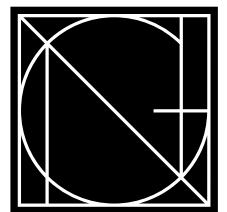


117 Kirk Crossing Drive
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625 Glendale Avenue
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643 Clairemont Avenue
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253 Glendale Avenue
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Druid Hills



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