

their talents and passions to bring both food and community outreach into the Village.

Traditionally, a bodega is a small neighborhood grocery and convenience store, usually in a Hispanic or Latin neighborhood where the term originated. (The Spanish word for "grocery store" is "la bodega.") In Danish, it is the term used for a "small, local bar," and one definition describes it as a mini-mart with a liquor store atmosphere. It's a common term on the east coast, particularly New York. What this means to The Porch Press readers is a place in the neighborhood serving as a corner grocery, a gathering place, and a place to get great food on those days when time has flown. The shop features a variety of organic, conventional, and specialty foods and products, along with artisanal sandwiches, soups, sauces, and more.

But what makes Urban Cannibals even more special is the collaborative effort and vision of Doria Roberts and Calavino Donati to form the whole. A singer, songwriter, and activist for more than 15 years who has performed all over the world, Roberts is spearheading the community outreach and organizing events, as well as working on every detail of the bodega. Their slogan, "We Serve People," while an obvious play on words, is also the slogan for the community service component of the shop. In exchange for volunteering for quarterly nonprofit community partners, customers will receive discounts at the store. In addition to the goodies created in-house, the shop serves as a drop center for a CSA box program with Destiny Organics between December and March. Boxes of fruit, vegetables, or combinations thereof are available in small, medium, and large. Please contact Urban Cannibals for more information if you are interested.

Urban Cannibals Bodega & Bites is located at 477 Flat Shoals Ave, SE Atlanta, GA 30316. The hours of operation are Monday-Saturday 8:00am-8:00pm and Sun 11:00am-6:00pm. The phone number is 404-230-9865 and the e-mail is urbancannibals@yahoo.com.

Visiting the Jimmy Carter Library

By Mei-Jing Bernard

Last month I went to the Jimmy Carter Presidential Library and Museum with my family. The museum had been closed for six months, so I was eager to see how it had been remodeled.

When you enter the building, there is a huge lobby that has doors that lead off to the library, the museum, and then the offices of the Carter Center. Besides being a library, the Carter Center employs many people who work on the projects that Jimmy Carter began since leaving the presidency. My sister and I led the way to the museum, which has exhibits on the life of Jimmy Carter and his family. First you enter into a small theater that has a short presentation on the major highlights of Carter's life. Then, after the movie, you move into the first room to learn about Carter's family and childhood. The entire exhibit is organized in chronological order. You move from childhood, through when Carter was in college, to his time of service in the U.S. Navy, to his term as governor of Georgia, to the presidency, and on to the projects he started later in life throughout the world. Sprinkled through the entire museum are original objects from Carter's life. They include his birth certificate, his elementary school reports, photos of the family farm and his friends, his school desk, vaccination records, and diplomas. There are displays of clothing worn by Jimmy Carter, his wife, Rosalyn, and daughter, Amy, during his time in the White House. There were also gifts he received from world leaders and finally, the Nobel Peace Prize he was awarded in 2002.

At the beginning of the section about the projects, The Carter Center has worked on, there is a huge computer touch-screen that explains the projects. You can become one of the people who work with the Carter Center. First you pick a place to "travel" to, and when you arrive at your destination, there are quizzes and games that help you learn about the projects. I chose to go to Africa and work on the guinea worm project. I talked with a girl who had the worms inside her feet. Having the worms, which can be three feet long, emerge from her feet and legs, was excruciat-

ingly painful. Guinea worms are wound on a stick and pulled out over several weeks. Seeing it is one of those things that you never forget. While I was in the virtual village, I helped eliminate the chances of getting the worm by choosing the best way to treat the parasite.

While at the computer touch-screen, I also learned about how the Carter Center is working to eradicate river blindness and making sure citizens living in rural areas of China have a chance to vote. Each place you travel with the Carter Center you get a stamp in your virtual passport. The computer helps you learn in a fun and interesting way.

As I emerged from the last room, I realized just how much Jimmy Carter has given to the world. I think what Carter did during his presidency and what he has done since shows other presidents just what can be done to change our country and other countries forever. I feel privileged to be from the same state President Carter is from and quite lucky that his library is in the same city where I live. My friend Meg's dad works for The Carter Center and travels to Africa frequently for long periods of time. I think that working for the center would be really cool because I would be helping change lives and I would get to travel around the world at the same time. I believe that President Carter has set a great example of what one person who started life on a rural farm can accomplish. His example helps people see how they can bring change to our ever-changing world.

Editor's note: Ms. Bernard is a thirteen year-old SAND resident.

Charitable Yard Sales

By Marie Mower

If you live in Grant Park and have had a yard sale in the last few years, you may not realize that some of your items went to charity. Last spring, I had a yard sale scheduled to begin at 9:00am. See, at that time, I could manage my 18-month-old prior to people showing up.

As I placed my stuff outside near the sidewalk, a woman pulled up in a van and asked if I were ready. I asked her to give me a few more minutes, and she sat waiting patiently. Her name was Brenda, and she stretched her funding dollars by shopping yard sales. Before long, I was helping her carry the load to her van. She was beaming and asked me to call her if I ever had a yard sale again. She gave me her business card and explained that she buys items for her female residents at Families First who are unmarried and have a newborn or toddler. Now I know why she snatched all my newborn diapers. She has up to 14 women, ages 18-28, staying at Weaver Gardens, and the program helps these women become self-sufficient.

I recently had more things to get rid of, so I called Brenda to ask if I could bring some items to her in College Park. When I arrived, she took me on a tour of the grounds. The best way I can explain it is to think of a small motel in a U-shape. The bottom of the U is the main entrance, a reception area, and the resident manager's area, and the center of the U is a grassy area with a couple of big trees. The end of the U has a privacy fence to enclose the yard, but there is two feet of dirt, dotted with a small vegetable garden—Brenda really wants to put more effort into the garden area next year. This was their first try, but the tomatoes and squash did OK.

There isn't any playground equipment because they rarely have children older than two, but I saw some push toys in the yard. Weaver Gardens is a two-year program where new mothers have an opportunity to live rent-free while going to work or school. Conveniently, there is a daycare across the street. Mothers are required to leave the premises in the morning and may return after 3:00pm.

I was allowed to go into a room that was just prepared for a new arrival. We walked down a concrete breezeway where each door looked the same and entered one near the end. I entered a room where the interior walls are painted concrete blocks, and it contained a twin bed, a crib, one dresser, a table with two chairs, and an HVAC unit at the lone window by the door. The back of the room has a tiny kitchenette which includes a cook top, sink, small refrigerator (I thought it was

a dishwasher), a pantry, and a few cabinets. Adjoining that was a private bathroom with a shower/tub combination and some towels. Everything was very clean and tidy. Now, to you and me living in our bungalows or Victorian manors, the living conditions may appear quite dismal. But, to these women, it is a home and they try to personalize it. It is better than a shelter or being homeless.

Brenda puts a lot of energy into making the rooms as comfortable and pleasing as she can. I didn't ask where her funding came from, but obviously money doesn't buy any luxuries for the women and their babies. Luxury items are area rugs, small appliances, cookware, lamps, TVs, DVD/VCR players, CD players, and rocking chairs. That's the first thing I noticed missing: Where is a comfortable rocking chair to nurse in? I was thinking how bare it looked, when Brenda answered, "When a resident successfully leaves us, she can take most of the items with her to her new home." Now it made sense why Brenda has to replenish the items. She is the resident manager at Weaver Gardens and stays on site with them. She enforces the rules, but encourages them like a mother. When she has time off, she goes home to Cobb County.

Back to my tour: I'm in the room thinking of how a parent must feel when his or her child goes to college: "Wow, look at all the things I need to buy!" You buy a lot of stuff to make it comfortable for your child in their learning environment, but here, it's a combination of dorm room and nursery. As a new mother myself, I had many things to buy for my baby. Thank goodness for the great family and friends that showered us with gifts!

I'm a fan of finding gently used items at yard sales, community sales, church sales, consignments stores, and craigslist. I'm so thankful I have a sister who has kept her son's toys, cars, and other items to pass along to my son. By this time, I'm feeling quite guilty that I didn't pack the stroller I contemplated bringing. I was tossing the idea around that I could – during a blue moon – get pregnant again and need it. Hogwash – I'll cross that bridge if it happens, and it better be pink anyway. We continue along our tour to the community room where everyone can gather. It's a family room with a TV and comfortable seating. A large kitchen adjoins the family room and I saw a few highchairs.

There is a laundry room everyone shares and it costs 25 cents per load. In the hallway is a wall where educational certificates are displayed. Many residents have completed two years of college and moved out to their own apartments, and the wall proudly announces the fact that this program does work. Brenda says not every resident is successful because they leave too early, but I think it is a great nonprofit organization that is helping those who want to be self-sufficient. I asked Brenda to send me a list of items they need at this time, and I told her that perhaps the residents of Grant Park could help directly instead of her scouring our yard sales every weekend. If you are interested in helping directly, please call or email me at mjpmower@yahoo.com

I'll gladly accept your donations and drive them to College Park once a week. Drop by 647 Glenwood Avenue and feel free to call me at 404-624-3122. The list of needed items includes: shower curtains, bath rugs, DVD players, movies, lamps, curtains, cookware, cooking utensils, kitchen trash cans, bedding (twin & crib), clock radios, can openers, bath towels, washcloths, and personal hygiene products.

(December 2009, page 6 of the Georgia Living supplement in the back) as one of Georgia's top eight breakfast restaurants, and one of five within the Atlanta Metro area. *Southern Living* mentioned that Ria's is in Cabbagetown but it is actually located in Grant Park at 421 Memorial Drive SE on the corner of Cherokee Ave SE right across the street from Historic Oakland Cemetery.

The *Southern Living* author liked the huevos on blue corn tortillas. This writer loves the cheese and beer soup, cream of asparagus soup, and the heavenly biscuits.

Ria's Bluebird is open only in the mornings and afternoons. The restaurant closes at 3:00pm and doesn't serve dinner. Many people in the neighborhood like to go to Ria's on the weekend for brunch so the restaurant can be crowded with people standing around waiting in the parking lot. If you are free on a weekday, it would not be so crowded and well worth while to stop in for a meal. All breakfast and lunch items are served throughout the day.

Ria has welcomed WPBA Channel 30 TV crews into the kitchen at the restaurant, where they have made several different programs of Ria demonstrating her cooking methods. These programs are part of the *Atlanta Cooks* series appearing on Channel 30 at 11:30am on Saturday mornings.

Ria's latest project is the opening of another restaurant. It will be a dinner restaurant called "Sauced." It will be based on foods that are made or served with sauces. The new restaurant will be located on the corner of Edgewood Avenue and Waddell, in Inman Park. The new restaurant should be open after the first of the year. For more information visit Ria's website, www.rias-bluebird.com.

Cuong Nhu Martial Arts Has a New Home in Grant Park

By Jack Kiely

Sometimes, after decades, the stars align in such a way that can make a long tradition suddenly seem trendy.

Take the ancient art of karate. It offers a great workout, fun, friendship, and self-defense training. With renewed focus on fighting crime in our intown neighborhoods, along with an emphasis on improving our health, martial arts might seem mighty trendy right now. If a trend can run for centuries, then maybe it is.

The age-old martial arts have always been about honor, tradition, and a lifelong pursuit of self-improvement, helping others, and serving your community. That's the philosophy behind Cuong Nhu Oriental Martial Arts – Grant Park's newest nonprofit neighbor in the shopping center next to the Grant Park fire station on Boulevard just south of I-20.

Cuong Nhu offers classes and seminars in martial arts for adults, kids, women's self-defense, kickboxing, and more. Classes are held during convenient afternoon, evening, and weekend hours to accommodate work schedules. A nonprofit organization, it is