

SMOKE SIGNAL

VOLUME 51, ISSUE 10

Serving the Smoke Rise Community for Fifty Years - 1968-2018

January, 2019

www.smokesignalnews.com

Look inside for...

District One Update.....	pg 3
Creativity at Smoke Rise Elementary	pg 5
Local Musical Events.....	pg 6
Do You Need an Emergency Generator?	pg 7
Get Your Home on the Silver Screen.....	pg 10

Happy New Year!

The Smoke Signal staff wishes you a happy, healthy 2019!

Happy New Year!

by Joel Gilbert

Can you believe another year has passed? Has time sped up? They seem to come quicker each year.

Maybe this year we should consider some truly new "resolutions" about what things we are going to do and things we are going to stop doing. While it might be timely to consider exercising, getting fit, and losing weight, maybe we should also think more about ourselves. Perhaps it is time to move beyond worrying about how well we are doing and take a closer look to how well others around us are doing.

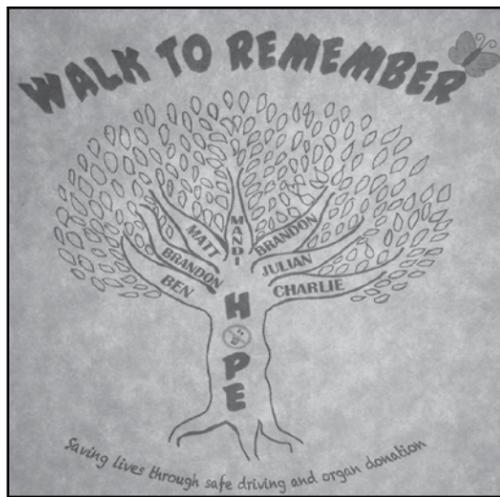
Years ago, when our son was in elementary school, we took him skiing in Utah. He took lessons and was doing well, so we skied together enjoying the easy slopes ... just relishing the fact that we were all together in the great outdoors. The next morning, we rode the ski lift together, but as we started down the mountain, he began to fall. That was because overnight the snow became encrusted with a top layer of ice, which he didn't know how to handle and he "freaked out" and could not ski on it at all.

Here we were at the top of the mountain with no way for him to ski down. Luckily, a member of the ski patrol saw our predicament and stopped to help. He skied him down the slope by resting Stephen's skis on top of his own and together they gracefully glided to the bottom and over to the beginner practice area.

Once there, expecting him to ski off to rescue the next beginner on the icy mountain, we were surprised to see him remain with Stephen for the next half-hour going up and down the beginner slope with him to help Stephen regain his confidence. Perhaps he knew that otherwise Stephen might never ski again. We never had a chance to ask, because once he saw Stephen was OK, he disappeared.

Maybe that is the New Year's Resolution we should all make. Take half an hour and be that special friend in someone's life. Perhaps this means spending 30 minutes visiting with a neighbor who you pass by each day but never talk to. Maybe this means you join a neighborhood organization and participate in their meetings. Invest yourself in the lives of others here in Smoke Rise. We need you; we all need each other.

That's my wish for you in the year ahead. Keeping this simple resolution will make this a very special and Happy New Year!



Walking for a Cause

by Rene` Boven

The New Year is here and thus, it is resolution time again. What are yours? Health related? Looking to get in shape? Lose those holiday pounds? Well, The Mountain Mums have an idea for you to kick off your fitness goals and all for the greater good too. Come out and participate in the 8th Annual Walk to Remember on Saturday, January 26, 2019.

Walkers, on lookers, supporters and friends come to the Smoke Rise Baptist Church upper parking lot next to Hugh Howell Road on the 26th at 9:30 a.m. A tent will be set up with materials on safe driving, and also, water/refreshments will be provided by

Kroger. The WTR is a fun walk in a loop from the church, through the neighborhoods and back to the church. Dogs are welcome too! No registration fees are charged but your donations are appreciated.

The Mums want to encourage safe driving and no texting while driving (which is the law now!). The club gives out several scholarships to Taggart's Driving school to area students who have written a winning essay about why they want the driving lessons/classes. This year, thanks to donations, two scholarships have been awarded. Congratulations to this year's recipients: Charlie Smith and Isabel McHenry!

The WTR was started eight years ago by the Mountain Mums to recognize and honor those lives that were lost too soon in car accidents. The triangle garden, planted and maintained by the Mums, at Hugh Howell Road and Highway 78 is a memorial to these seven young drivers: Julian Carter, Brandon Hubbard, Ben Lories, Mandi Smith, Brandon Stovall, Matt Taylor and Charlie Wellman.

We hope that you will come out and join us. We will have daffodil bulbs for each person to put in the prepared bulb bed at the Smoke Rise Elementary School sign. In the Spring, you'll see them in bloom and remember your participation in WTR. Even if you don't want to walk, we'd love to have you come out for this wonderful community event. Note: The walk will be rescheduled if the weather is really bad!



Pictured here is the devoted, talented, and all volunteer staff of the Smoke Signal. L to R: Pat Soltys, AvivA Hoffmann, Susan Gilbert, Rene` Boven, Harry Strack, Barbara Bruschi, Barbara Luton, Joyce Ray, Cheri Schneider, Joel Gilbert, and Laura Smith.

Not pictured: Gaye Auman, Jan Mahoney



DID YOUR PAPER GET WET?

EXTRA COPIES OF THE SMOKE SIGNAL ARE NOW AVAILABLE AT THE COMMUNITY GARDEN

Look for the wooden box labeled *Smoke Signal*.

They are longer available on Smoke Rise Drive

ACS INC.

Heating & Air Conditioning
Quality Since 1969



ACS has been keeping Smoke Rise homes comfortable for over 30 years!

WE OFFER:

- Seasonal Tune-ups
- 24-Hour Emergency Service
- System Replacements
- Indoor Air Quality Products

CALL TODAY 770-939-7500

The Custom Frame Shop
est. 1978

*Great Selection of Classic and Unique Mouldings,
Friendly Service, Excellent Quality and Craftsmanship*

“New Location” • 4195 Fellowship Rd, Tucker
Formerly on Main Street • Convenient parking

770-491-3305
www.tuckerframeshop.com

JLBuilders 35 Years Experience
And Company, Inc.

Jim Leonetti
Builder • President

Building And Remodeling Smoke Rise Resident

- All types of Additions
- Kitchens & Baths
- Basement Finishes
- Exterior Makeovers
- Window & Door Replacements
- Roofing
- Decks

770-493-4005 www.JLBinc.com

B
BOB BAILEY'S
Your Home Appliance Experts

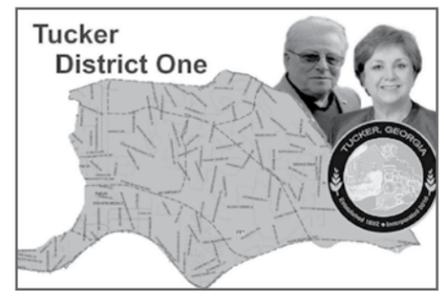


- Quality Kitchen Appliances
- Serving Smoke Rise For Over 40 Years
- Free Estimates
- Fast, Professional Delivery and Installation
- Factory Authorized Service
- Great selection Of Energy Efficient, Innovative Products

5100 Highway 78 East Stone Mountain, GA 30087
Phone (770) 979-1077 Fax (770) 979-1844
Website: www.bobbaileys.com

BOSCH VIKING WOLF JENN-AIR SAMSUNG ASKO Electrolux FIVE STAR GE

District One Update
Bill Rosenfeld & Pat Soltys



As we enter the New Year, it is a great time to reflect on the past year. The City of Tucker has come a long way in the since it was incorporated but this year brought growth that is not only welcomed but sustainable.

Last year at this time, DeKalb County still owned all of the parks and many were really showing wear, tear and age. We now have new playgrounds, better security in the parks, a plan and leadership to make all of the parks a source of pride in Tucker. Tucker Rec Center is vibrant and full of programs where there is something for everyone.

SPLOST was approved and Tucker has used the money well in paving roads long in need of repair. DeKalb County has been patching many not on the list for repaving yet.

Our Staff works extremely hard on behalf of the city, not just long hours but bringing expertise and creativity to meeting the city's needs. There are now 43 people who share the work of the city as staff plus the Council, our Mayor and most of all, the many volunteers who serve on committees, boards and commissions. Most recently we initiated a major planning effort with seven plans in process simultaneously. This represents huge citizen leadership, participation and input to shape our city's future. Every district is well represented. Thank you all!

As we enter this New Year, we look forward to many achievements, Main Street events, and new businesses and citizens welcomed to our city. Thank you for the opportunity to serve as your representatives.

First Steps To Selling Your Home

The spring real estate market is just around the corner. In fact, the Atlanta market begins much earlier than you might expect. In late February we see daffodils and real estate signs pop out of the ground as warm days allow buyers to get on the move. With that in mind, it is not too late to start getting your home in tip top shape if you are planning to sell in the spring. The most important decision you will make is who will represent you in the sale.

Begin interviewing Realtors right away. Perhaps you have seen the logo designation of REALTORS®, which is the professional trade mark of an agent who is a federally registered real estate professional and is a member of the National Association of REALTORS®. and subscribes to its strict code of ethics. Not all realtors take that step. It is a good question to ask when setting up interviews.

Getting more than one opinion of your home's value will give you peace of mind that you didn't "leave money on the table" after the sale. Your agent should provide you with a free Competitive Market Analysis (CMA) of your home's value in comparison to other homes that have sold within the past six months, as well as homes that are currently listed. Don't depend on rumors about the selling price of the recent home that sold down the street. Realtors have access to the public records on all homes that have sold that are comparisons (comps) for yours. Online public commercial sites like Trulia and Zillow will not give you the most reliable information. Their valuations come from the tax records which may or may not reflect the true market value of your home and don't take into consideration upgrades and features that can increase the value of your property. Your agent will have up to the minute information on all sales and listings from the root source of that information, the multiple listing services.

Be prepared to ask questions about whether the Realtors you interview offer full service or limited "flat fee" service. Full Service means that your agent will advise you regarding price, condition, upgrades, safety concerns and access to your home. You will be represented in all aspects of the sale, including listing the home and marketing to qualified buyers. Realtors are skilled in counseling concerning all offers, and representation through closing. Your agent should not make decisions for you without your approval but will advise you on negotiating the price, the terms, the inspection repairs and recognizing pitfalls that can derail the transaction. Regular communication with you is crucial.

Limited "flat fee" service allows you to choose to pay for the services you want and could require upfront payments or deposits. The standard services they offer include providing a sign and listing the property in MLS. For additional fees you can choose other services such as a lock-box, open house, additional marketing and an agent to attend closing.

Ask questions and be sure you fully understand what you are getting for the price you will be paying and be aware that companies who offer to buy your home if they don't sell it within a certain timeframe will not be offering market price. If you were to consider taking this kind of offer, the agent would be a party to the sale, and, of course, would no longer be representing you in the sale.

When deciding which approach to take, ask each realtor to give you a written estimate of how much you will net after closing. Remember that time can be money if you have a mortgage and that monthly interest cost should be added to you costs to sell. The selling process can be confusing. Carefully choose the person you use to help guide you through it.

Smoke Rise Agents **We Get the Job Done!**



RA
REALTY ASSOCIATES OF ATLANTA
Smoke Rise Agents

770.573.9715
www.smokeriseagents.com

 5357 Gauley River	 5813 Four Winds	 7030 Rockbridge	 5305 Greencastle
 1701 Silver Hill	 5874 Millstone Ln.	 3375 Stonecrest	 5887 Oakhill

Homes for the Holidays Tour

by René Boven

The Stone Mountain Woman’s Club held their annual holiday home tour “Homes for the Holidays” on Saturday, December 8. The day was somewhat rainy and cold but the weather didn’t dampen the spirits of ticket holders. Four local homes were featured and were all decked out for the holidays.

Two of the homes were in the Ivey Oaks subdivision, a third in Kanawha and another one in the village of Stone Mountain. The Clark/Graham home featured family heirlooms and antiques throughout the house. There was a Frosty the Snowtree in the family room, a live elf – the owner’s niece, and lots of other Christmas fairies in many rooms.

This home was furnished with Victorian furniture, tapestries and *hand-tatted bedspreads made by the owner’s great grandmother. **Tatting is a technique for handcrafting a particularly durable lace from a series of knots and loops.*

The Greene home welcomed visitors with a lovely decorated front porch. An interesting feature of this home was the “rescued” half door leading to the laundry room or what is known as a “Dutch” door. The Greene’s door came from a church that was being torn down; the piece was from the altar. The home was bright and cheery, and the kitchen table displayed large jars of candy, marshmallows and treats – a favorite spot for the family’s children.

Particularly perfect for the holidays was the Ingwersen home – a ‘gingerbread’ Victorian home that is like a Christmas snowflake. Decorated with collectibles such as tiny bells and Annalee figurines, the love of home



Annalee figurines at the Ingwersen home

(the owners have lived there for more than 30 years) and the holidays was evident all through the house. This UGA fan even enjoyed (tolerated?!...LOL) their Auburn-themed man cave as the sauna looked so inviting!

In the Stone Mountain village, the Brennan home was built in 1918 by Dr. William Tarlton McCurdy – Mrs. Brennan’s great, great grandfather. Many original details of the house have been saved such as the four paneled windows, transoms and coffered ceilings. The home transported you back in time to dreams of turn-of-the-century holiday celebrations. A pillow on the living room couch featured a ‘tree’ design made from old holiday brooches. Christmas could be felt throughout this restored home.

The tour, as always, included a delicious chicken salad lunch at the Stone Mountain First United Methodist Church, and it was



L-R: Gaye Auman, Mary Lou Still, Rene Boven and Beth Henson

made and served by members of the SMWC. The lunch was a nice way to compare notes on the tour’s favorite homes and decorations while visiting with friends, and doing a little shopping from the tour’s vendors.

It was a fun day to see some of the area homes, meet some of the neighbors and enjoy the holidays, and perhaps even take home some holiday decorating ideas too!

B. Harry Strack, Jr.
 Certified Public Accountant
 Comprehensive Accounting Services
 Computer Business Services
TIGER TAX
 770-365-9381

1014 A Main Street
 Stone Mountain, GA 30083
 Next to Wages Funeral Home

125 Henson Drive
 Monroe, GA 30655
 Behind Kentucky Fried Chicken

azteczig@comcast.net
 http://tigertax.is-an-accountant.com
 Tiger Tax on Facebook

Chiropractic Works
 The Proof is in our Patients!

Schwartz Chiropractic and Wellness

Dr. Schwartz has been treating your neighbors in Tucker and Smoke Rise for over 12 years. Visit our website to read more about our office.

New Patient Offer: Initial Consultation, Exam Xray's and 1st Adjustment \$99.

most insurance plans accepted (includes Medicare)

4985 Lavista Road | Tucker, GA 30084
 770-508-4456 | www.karlschwartzchiro.com

St. John Neumann Regional Catholic School

- Catholic Values
- Community Service
- Family Involvement
- Financial Aid
- Extended Day Program
- Blue Ribbon School of Excellence

OPEN HOUSE
 every Tuesday
 from 9-10:30am

K-8th Grade ~ Serving Families Since 1986
 791 Tom Smith Road • Lilburn, GA 30047
 770-381-0557 • www.sjnrcs.org

Belinda Belvin, REALTOR®

As a Smoke Rise native and a Realtor in the area, my knowledge of the area and of the market are unparalleled.

My mission is to market your home to get the maximum price current real estate markets will allow, through a multifaceted marketing campaign that renders broad exposure for your home. Call today to see how I can assist you in selling your current home or buying your next dream home!

Belinda Belvin, REALTOR®
 404-844-8811
 bbelvin02@att.net

Keller Williams Realty
 Atlanta Partners
 1957 Lakeside Pkwy, Ste 520
 Tucker GA 30084

KELLER WILLIAMS®
 REALTY

smoke rise dental
 HASSAN ABDEL MOETI, D.M.D.

We take care of all your dental needs...

- > CT Scan 3D Imaging
- > Digital x-rays
- > Laser Treatment
- > Implants
- > Invisalign clear braces
- > Smile Makeovers
- > CEREC same day crowns

5500 A Lilburn-Stone Mountain Rd.
 Smoke Rise, GA 30087
 www.smokerisedental.com

FREE DENTAL IMPLANTS CONSULTATION
FREE COSMETIC CONSULTATION

CALL FOR APPOINTMENT • 770-923-5500 GENERAL DENTISTRY • IMPLANT DENTISTRY • COSMETIC DENTISTRY

S.T.E.M. Celebrations at Smoke Rise Elementary School

by *Bernardette Cummings*

Smoke Rise Elementary School had its 4th Annual Science and Engineering Fair on November 26, 2018. There were over 100 projects submitted for this year's fair. Three of the winning projects will go on to compete in the DeKalb County Science and Engineering Fair in February. Here is the list of this year's winners: 3rd Grade - 1st Place - K. McGriff, 2nd Place - S. Pritchett, 3rd Place - M. and A. Johnson, and 3rd grade Honorable Mentions are I. Hinton, N. Lewis, and S. Lyle. We want to congratulate these students on a job well done.

Additionally, the Hour of Code was here! December 3 -7 was Computer Science Education Week, and Smoke Rise Elementary School students were really excited as they joined students from all over the world to practice coding video games and animated music videos. Statistics show that there will be a shortage of computer programmers within the next decade. Industry giants such as Bill Gates and Mark Zuckerberg are advocates for teaching computer science in public schools. Tech companies have created student friendly programming apps to encourage young students to enter the coding profession and Smoke Rise Elementary School students are all on board. Hooray for the Hour of Code!

Boy Scout Troop 876 News

by *Jack Yang, Troop 876 Historian*

In Troop 876, everyone always has fun. We do numerous service projects, go on many fun camping trips,



and progress through the different ranks of scouting as we do so. Although Troop 876 has attended many fun and productive trips, the 2018 Spooky-Ree can arguably be one of the best. During Spooky-Ree, scouts were able to help give Cub Scouts a fun experience camping. On this trip, we had fair weather and no scout sustained any serious injuries. Everyone had fun doing service for youngsters and even scaring them during the Haunted Trail. Our Scoutmaster, Mr. Young, made donuts for the scouts. They were delicious. In all, the Spooky-Ree trip was very productive.

If you would like to join us on fun trips like this, stop by one of our troop meetings at Eastminster Presbyterian Church, 5801 Hugh Howell Rd. on Mondays at 7:30 p.m., or check out our website www.bsatroop876.com.

Tucker-Reid Cofer Library News

Building Blocks for Babies
Tuesdays, 9:00-10:00 a.m.
Babies develop language, motor and social skills with their caregivers. Followed by story time.

Tales For Twos
Wednesdays 9:30-10:00 a.m.
Stories, finger plays, rhymes and songs targeted to the developmental needs of 2 year olds.

Read to a Therapy Dog
Thursdays, 3:00-4:00 p.m.
School age children can read to a trained therapy dog that loves to listen to stories.

Eager Readers Book Club
Monday, January 14 and 28.
School age children: Read book in advance and come discuss with activities and snacks. Must register in advance and pick up a copy of the book.

Friday Board Games for the Over 50 Crowd:
2:00-4:00 p.m.
Some games available or bring your own to play in groups of two or more.

Friday Morning Movies for Seniors:
(10:00-12:00 p.m.)

Jan 4: *Bridges of Madison County*

Jan 11: *Ghostbusters*

Jan 18: *Something's Gotta Give*

Jan 25th: *On Golden Pond*

Call 770-270-8234 or visit dekalblibrary.org for more info on these and more library events.

Kids Get Crafty at Smoke Rise Elementary

Another wonderful Arts & Crafts Fair was conducted at the Smoke Rise Elementary School kicking off the season of giving and creating the opportunity to support our local artists. Vendors brought handsome handmade jewelry and scarves, inlaid wooden cutting boards, delicious home-baked breads, Christmas decorations and so much more.



Smoke Rise Baptist Church provided a Junior Elves Workshop craft room where volunteers worked with children creating ornaments, snow rulers, and other fun crafts. Pictured here is Harrison Litzell and Laura Plate' helping Smoke Rise neighbor, Stella Kate Smith, create an ornament.

Mark your calendar for next year's event. The Fair is always the first Saturday of December.

The Best Kept Musical Secret in Tucker!

by Joel Gilbert

If you like classical music, show tunes, and concerts in general, you might be interested in the magnificent concerts that take place several times a year on the campus of Georgia Perimeter College (GPC) just down Memorial Drive in Clarkston. The GPC Wind Ensemble is composed of GPC music students and musician volunteers from all over the metro Atlanta area. Skill level ranges from amateur to professional wind players and percussionists.

I have been playing bassoon with the group for about 10 years, and my neighbor, Beth Henson, wife of our State Senator Steve Henson, recently joined and is playing French horn. We play a wide variety of concert band music of all styles and genres – orchestral transcriptions, marches, concert band classics, pop medleys and more. Rehearsals are several hours long for an entire semester and culminate in a fabulous free concert at the end of each school semester, usually in December and May. Watch the upcoming events section of the Smoke Signal for concert date announcements. In addition to being free, it is such a pleasure to attend a 50 member concert without having to drive into Atlanta.

The GPC Wind Ensemble is expertly led by Slava Prudchenko, the associate Professor of Music at Perimeter College, who has conducted, lead, and been the inspiration of the Wind Ensemble since 2004. He is a Winner of the 2014 National Institute for Staff and Organizational Development (NISOD) Excellence Award for his online course design. Mr. Prudchenko is an active solo/ensemble performer, conductor, educator, and adjudicator. Besides being a Conductor of the Georgia Perimeter College Wind Ensemble he also teaches Music Appreciation, and Music Fundamentals.

Open to musicians interested in learning and performing challenging music, new members are welcome. Currently all sections of the band have openings. Just call 678-729-7089 for more information or to schedule an audition. Rehearsals are Thursday evenings from 7:00 p.m. – 9:15 p.m. at Perimeter College, Clarkston Campus, Fine Arts Building, CF0100. Bring your instrument if you have one. Some student instruments are available for a small rental fee. We are off for winter break now, but will resume on January 17th. Hope to see you there!



Beth Henson, Joel Gilbert, and conductor Slava Prudchenko

Smoke Rise Baptist Church Academy of the Arts Spring Semester begins January 7

Elementary Drama Class to Stage
WILLY WONKA JR. in February;
Teen Drama to Stage
DISNEY'S BEAUTY AND THE BEAST JR. in March

The Smoke Rise Academy of the Arts (SRAA) drama department has announced its winter and spring schedule for 2019. The SRAA elementary drama class will present **WILLY WONKA JR.** as its winter production on February 8 and 9. The teen drama class will present **DISNEY'S BEAUTY AND THE BEAST JR.** on March 22-24. Both musicals will be staged in the Fellowship Hall of Smoke Rise Baptist Church. Members of the Smoke Rise and surrounding community are invited to attend these free performances.



Based on Roald Dahl's fantastical tale, **WILLY WONKA JR.** tells the story of the world-famous candy man, a Golden Ticket and his quest to find an heir to his sweets-making company. The score includes arrangements of the enchanting songs from the 1971 film in addition to a host of fun new songs. It's a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth.

Based on the original Broadway production that ran for over thirteen years and was nominated for nine Tony Awards, and the Academy Award-winning motion picture, **DISNEY'S BEAUTY AND THE BEAST JR.** tells the tale of Belle, a young woman in a provincial town, and the Beast, who is really a young prince trapped under the spell of an enchantress. The story of romance and redemption, transformation and tolerance features some of the most popular songs ever written by Alan Menken and the late Howard Ashman, along with new songs by Menken and Tim Rice.

Both **WILLY WONKA JR.** and **DISNEY'S BEAUTY AND THE BEAST JR.** are fun family shows suitable for all ages. **WILLY WONKA JR.** performs at 7:00 p.m. on Friday, and 10:00 a.m., 3:00 and 7:00 p.m. on Saturday.

DISNEY'S BEAUTY AND THE BEAST JR. performs at 3:00 and 7:00 p.m. on Friday and Saturday, and 3:00 p.m. on Sunday. Each show will have concessions available for purchase during intermissions. Attendance is free with no tickets required.

Smoke Rise Academy of the Arts Spring semester will begin Monday, January 7 for all lessons and classes. A new session of Music Makers Piano class, MUSIKGARTEN family music, and oil painting for adults will begin that week. Students may also enroll in ballet / tap / jazz dance classes (ages 2 - adult) and individual music lessons in piano, voice, strings, flute, drums and guitar.

Visit smokerisebaptist.org/arts or call 770-469-5856 for more details.



NEW SENIOR LIVING COMMUNITY

Coming Soon

Call today to learn more!

Benton House

678-292-5998
2711 Lawrenceville Hwy • Decatur
bentonhouse.com/decatur

🏠 ♿ 📱 📺 📧

Stone Mountain Animal Hospital
SMALL ANIMAL MEDICINE & SURGERY
DENTISTRY • BOARDING • BATHING

6053 Memorial Dr.
Stone Mountain, GA 30083
Phone: 770/469-6111

Dr. Jeff Brown
Dr. Nicole Aponte

Leslie Garwood SMOKE RISE REALTOR®
Client-Focused Real Estate Guidance & Education

- 20 Year Smoke Rise Resident
- Top 11% in Company World Wide
- Experienced in all aspects of real estate: Buying, Selling, Investing & Renovating
- Call me for a FREE Market Analysis of Your Home!

BERKSHIRE HATHAWAY | Georgia Properties HomeServices

404-271-9940
Leslie.Garwood@BHHSGA.com

© A member of the franchise system of BHH Affiliates, LLC

HEALTH NOTES:

by Cheri Schneider, M.D.

Eight Fitness Myths

Almost every newspaper and magazine will be filled with fitness and dieting tips as we begin the New Year. Keep in mind that mixed in with all the facts, you may be getting advertising ploys that are more a 'buy me' grab than science. Unfortunately, it can be so hard to tell. Everyone seems to be on a bandwagon of sorts. The worst ones in my book are 'de-tox' diets/cleanses and oh so many (expensive) supplements. These gimmicks are very emotionally charged topics to those who believe them as science. So far, I have avoided writing anything about them. Here are a few of the most common myths I collected to comment on that you might find interesting.

1. You can spot reduce fat: There is no scientific evidence that exercise can target a specific part of your body and reduce the fat there. The bottom line is that exercise burns calories and causes overall fat loss. It cannot target a specific area like the abdomen. Much of how and where a person gains or loses weight is genetically determined.

2. You should stretch before working out. Good studies show that warming up your muscles by walking, or exercising and then stretching gives greater flexibility and causes fewer injuries. So, exercise and then stretch before leaving the gym or getting into your car!

3. No pain, No gain: Pain can be a sign of injury. So be careful of this motto! A better and more factual motto is: "If you don't use it, you lose it." "Losing it" can happen very quickly to muscle fibers that are not used. There are dozens of studies showing that short stints of bed rest – as in after surgery or an injury – result in muscle weakness and atrophy. Have you ever seen anyone who just had a cast removed? The muscle atrophy you see is a perfect example of "If you don't use it, you lose it."

4. Working out three times a week is enough. One study showed that "fit" athletes who ran 60 minutes a day and then sat seven hours or more a day – in their jobs, commuting and in front of the TV or computer – had higher death rates over an eight year period than those who ran 60 minutes a day and sat for only one hour a day. This seems to indicate that baseline activity level is just as important as a dedicated daily workout. This should encourage most of us, because this means that other forms of activity and movement are just as important as a traditional workout.

5. Weight lifting helps turn fat into muscle. Fat is the body's energy storage depot for times of famine. Fat is burned first when calories are restricted. Weight lifters aim to first lose fat through eating fewer calories than they burn. Then they work to build bigger muscles by fatiguing the muscle groups they want to build. This stimulates the muscle to hypertrophy or get bigger. Body builders do not get more muscles, just bigger muscles. An interesting fact is that sedentary people and weight lifters have a similar number of muscle fibers!

6. Sports drinks are necessary after exercise. This is not true! Water is just as good. And most people who exercise do not need any extra calories to "replenish" their energy and electrolytes ... unless you are an extreme exercise sportsperson. In this case "extreme" means 90 minutes or more of continuous moderate to high intensity exercise.

7. To lose weight you need to exercise more. The fastest way to lose weight is to decrease the number of calories you take in. Exercise does burn more calories of course, but not as fast as you think. Most people (and their devices, on-line apps, pedometers, etc.) tend to over estimate the amount of calories burned during exercise. Some of the more popular apps can over-estimate how much you burn during exercise by up to 30%. There is good evidence that exercise helps maintain weight loss, however, so every person wanting to lose weight should begin a regular exercise regimen.

8. You need a protein supplement after working out to build muscle. Most average exercise gurus do not need a protein supplement or carbohydrate boost before, during or after a workout. This just adds calories! The exception is those individuals who are bodybuilding or doing an intense resistance-training workout. Their overall protein intake should be 0.8-1.0 grams of protein per pound per day. Several scientific studies point to an "anabolic window of opportunity" after these workouts to take in a protein meal that could replenish lost glycogen and amino acid stores. It is not clear if this window is real or if total daily protein intake is more important.

Do something healthy for yourself this New Year. The basics are still the same: Eat your vegetables, avoid sweets and bad fats and move, move, move!



**Keeping the Lights On:
Do You Need An Emergency Generator?**

We are so dependent on electricity, the only time we seem to notice it is when the power goes out. Fortunately, in this country that is rare, except for the momentary outages that only last a few seconds but send all our clocks into a state of blinking midnight!

If you work at home, or have critical medical equipment requiring power, you may be considering installing a generator. There are two basic approaches here: The kind that can be rolled around ... aka portable generators, and the kind that are enclosed in a metal box-structure that are generally called standby generators.

Portable generators must be brought outside when you want to use them, generally run on gasoline, must be started manually, and then use extension cords to bring power to your home's appliances. Standby generators are wired into your house, sit outside much like an air conditioner, and start automatically within seconds when the power goes off.

Portable Generator

Pros	Cons
<ul style="list-style-type: none"> Less expensive. Portable generators range from a few hundred dollars to several thousand dollars based on size. Can power a couple appliances. If you only want to keep a few small appliances (like your home computer network) up and running, a portable generator could handle it. No installation costs. You don't necessarily need a professional to install a portable generator. 	<ul style="list-style-type: none"> Fuel storage. Most portable generators use gasoline. That means you need gasoline on hand and ready in case of emergency. Gasoline storage must be carefully managed. Short runtime. Since portable generators have a fuel tank that must be filled, you might run out of fuel before the power is restored to your home. Lots of extension cords. To run your portable generator safely, it'll need to be outside and away from your home. You need to run extension cords rated to handle the amperage needed to power the appliance/s. Lower capacity. Portable generators generally produce less electricity than standby generators. And a portable generator won't be able to power your AC or your entire home.



Standby Generator

Pros	Cons
<ul style="list-style-type: none"> Automatic operation. When the power goes out, standby generators start automatically (whether you're home or away) with almost no downtime. And they run until the power is restored. No extension cords. Standby generators tie directly into your electrical panel, so you won't have to run power cords to individual appliances. No fuel tank to fill. Standby generators tie into your natural gas line so you never have to fill them up. If you don't have natural gas, they can also be run on liquid propane (LP) fuel. Provides more electricity. Standby generators can typically provide much more electricity than portable versions. Some can even power your whole home. Adds value to your home. A standby backup generator can add value to your home on resale. 	<ul style="list-style-type: none"> More expensive. An installed standby generator can cost anywhere from \$6,000 to \$25,000. The size of the generator, where its placed, the amount of materials required and the installation of the natural gas or LP fuel source all affect the final price. Remember that it will need to be close to your main electrical panel into the house as well as your natural gas or LP gas supply line. Requires professional installation. Because you're hooking into your home's electrical system you'll need a licensed electrician to install it.

**You're Invited to the
Smoke Rise Country Club
Wednesday, January 16, 6:00 p.m.**

This one-hour presentation will cover back-up and stand-by electricity GENERATORS. With icy weather conditions and power outages last year, you may be considering a generator for your home. The informational seminar will cover the pros and cons of each type of generator.

The Country Club will offer a cash bar and buffet. Reservations are required. Please RSVP to: Heath McDaniel at hmcdaniel@smokerisecc.com or 770-908-2582, ext. 4.

Generator size is a key determinant of cost. If you are only concerned about a few lights, TVs, and your refrigerators, a portable generator will probably work best. If you will have to run your air conditioning or other major electric devices, a standby generator is probably your best choice.

River Cruising

AMAWATERWAYS
UNIWORLD
VIKING RIVER CRUISES
AMERICAN QUEEN STEAMBOAT
AVALON WATERWAYS
AND MORE!

LYNNE DUNDON
470-263-8900
lyn.dundon@cruiseplanners.com
LISTravel.com

CRUISE PLANNERS
YOUR LAND AND CRUISE EXPERTS

FL ST# 39068, CST# 2034468-50, HST# TAR-7058, WA ST# 603-399-504

**Smoke Rise Preferred Contractor's List
is Now ONLINE Only!**

If you are looking for reliable people to build decks, paint, do electrical, plumbing, interior design and many other services, then request a copy of this list. We maintain a free listing of contractors and other service providers that your neighbors have used successfully. For a copy of this list, go to: <http://www.smokesignalnews.com/vendor-list.html>

You may also submit a new recommendation, comment on a service you used or brag on a contractor.

**Woman's Club/
Side by Side
Christmas Brunch**

The GFWC Stone Mountain Woman's Club held its annual Christmas Brunch for the Side by Side Brain Injury Clubhouse in Stone Mountain village. Members of the clubhouse were served egg nog punch, breakfast casseroles, fruits and sweets by members of the Woman's Club. Entertainment was provided by Jeff Carey of the Stone Mountain Public House with carols and a sing along.

The Side by Side Clubhouse for Brain Injured Adults is a unique facility that provides daily activities to help adults learn to function after traumatic brain injury.



L to R: Barb Curzon, Nelda Lunsford, and Barbara Luton (Smoke Rise residents)

**The Garden Enthusiast's Silent Auction
Supports the Tucker Butterfly Garden**

The Garden Enthusiast – Backyard Nature Station on Main Street in Tucker will hold a Silent Auction February 4 – 16, 2019 to benefit Tucker Butterfly Garden on LaVista Road at Tucker Recreation Center.

Linda Karr, a founder of both the garden and the popular birding and gardening store notes, "This will be our eighth Silent Auction to support one of our local parks. It's a win-win – a fun event that also raises funds to enhance a park we all enjoy."

During Silent Auction days, shoppers submit written bids on one or more of dozens of items up for auction. On the two Saturdays, February 9 and 16, Master Gardeners are in the store to answer questions and offer refreshments throughout the day. Local musicians entertain and keep the bidding lively.

Items at auction include: a Primo All-in-One Kamado Ceramic Grill/Smoker made in Tucker; a portable treadmill; a consultation with a landscape architect; garden and birding items; jewelry, photography and artwork by local artists; a consultation and design plan for a pollinator/native plant garden. The Garden Enthusiast Silent Auction offers treasures for bidders of every budget.

Tucker Butterfly Garden is a DeKalb County Master Gardener site established in 2008. "Ms. Fritillary," the seven-foot scarecrow presiding over the garden in front of historic Brown Courthouse, is a familiar landmark in Tucker. The educational garden provides food and habitat for pollinators, including butterflies and bees. Signage teaches visitors the life cycle of the butterfly as well as the benefits of pesticide-free gardening.

Over the last decade, the original Butterfly Garden has been expanded along LaVista Road to include a native plant garden and an accessible garden path. Master Gardeners also tend an additional site behind the recreation center to showcase "Trees of Tucker," featuring native trees and large native shrubs. Trees and plants in all these areas are labeled so that visitors can learn which species do well in this climate and support native wildlife, giving them ideas for their own yards.

Tucker Butterfly Garden's Master Gardeners hope to raise \$5000 at the February Silent Auction to fund construction of a 100-foot extension of the accessible pathway. Funds will also purchase soil amendments, plants and hardscapes. The expansion area is currently being "solarized," which means that the ground in this area is covered with plastic, a non-chemical method that uses the sun's energy to eliminate weeds and prepare the soil for planting.

Over the last five years, The Garden Enthusiast's Silent Auctions have raised more than \$24,500 to benefit local parks, including Kelly Cofer Park, John's Homestead, and Henderson Park Native Plant and Wildlife Walk. The shop will accept donations for this auction through January 31.

The Garden Enthusiast – Backyard Nature Station is open Monday – Friday 10 AM to 6 PM and Saturday 10 AM to 4 PM. Plan to stop by the shop at 2316 Main Street, Suite D in Tucker, February 4 – 16 to bid on an item or two and support a beautiful local garden. The Garden Enthusiast keeps bidders informed if they are outbid and gives them a chance to continue bidding. High bidders are contacted after close of business on February 16.

For more information, visit www.backyardnaturestation.com or call Linda Karr at 404-474-7072.



Joycemray@bellsouth.net
D: 770-491-9015
M: 404-316-2299



Joyce Ray
The best way home.

Chapman Hall Premier Realtors
1772B Century Boulevard, Atlanta Ga. 30345

Celebrating 30 years in Metro Atlanta Real Estate Sales

Belco Electric
FAMILY OWNED & OPERATED
SINCE 1972

*Fast, Dependable 24-hr. Service by
Professional, Uniformed Electricians*

770-455-4556

Check out our website: BelcoInc.com
and follow us on   

**The Eleanor Patrick
Real Estate Group**

Keller Williams Realty
Atlanta Partners



- Regular Sales
- Short Sales
- Senior Sellers
- Relocation
- Over 12 Years in the Smoke Rise Community!

For All Your Real Estate Needs!

**Contact the Eleanor Patrick
Real Estate Group**

Innovative Personalized Professional Service
Put Us To Work For You Today

eleanorpatricksell@gmail.com
www.smokerisehomesforsale.com

404-721-2904

**PUMPCO
Septic Services**

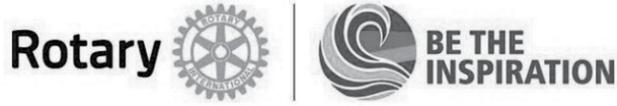
Septic Pumping & Repair
Drain Field Repair & Install

Affordable Prices, Free Estimates, & Fast Friendly Service

678-454-5911

Pumpcoseptic.com



Rotary Club of Stone Mountain Ends the Year on a Festive Note

By L.A. Dison

Stone Mountain Rotarians ended the year with three festive holiday celebrations. In November, club members were treated to a delicious Thanksgiving luncheon hosted by the Stone Mountain campus of Georgia Military College, with which the club has forged a special relationship through mentoring and sponsorship. In December, the club welcomed GMC Stone Mountain Campus Director Janis Anderson as a new member.

Also in December, Stone Mountain club members attended the annual “Boar’s Head Feast” at Atlanta’s Petite Violette, where members enjoyed a gourmet dinner while being entertained by The Capitol City Opera Madrigal Singers between each course. This was the second year for this special member event which is sure to become an annual tradition. The next week, at the last member lunch of the year, RCSM members held a less formal celebration with their annual White Elephant Gift Exchange.

In the last weeks of the year, RCSM members continued to host engaging and topical speakers, making weekly luncheons a chance for education along with socialization. Invited speakers included Jed Fearon, solutions advisor for ProviDyn, a managed IT services provider, who discussed simple tips to improve cybersecurity both at home and at work, and Don Magee, an 85-year-old retired public school superintendent who described his amazing daily exercise regimen which includes 1,000 push-ups a day.

Lauren Brockett, director of employment services for Friends of Refugees, visited the club and talked about the business and social advantages of hiring refugees. After her talk, RCSM president Scott McEvoy presented 200 copies of A Student’s Dictionary (English language) to Lauren Brockett for distribution to newly settled refugees to help them learn English and study for their citizenship test.



Past RCSM President and Past District Governor Al Lipphardt (left) and RCSM Club President Scott McEvoy (right), both Smoke Rise residents, welcome new member Janis Anderson, Stone Mountain campus director for Georgia Military College.

Starting in January, the club will hold its weekly lunch meeting at Village Corner German Restaurant on James B. Rivers Drive in Stone Mountain Village. The restaurant serves a wide variety of traditional German cuisine, and is owned and operated by RCSM member Claus Friese and his family. RCSM meetings are every Tuesday at noon; the first meeting in 2019 is Tuesday, January 8.

To learn more about the club and upcoming programs, go to stonemountainrotary.org or follow the club on Facebook, LinkedIn and Twitter.



2018 Tucker Summit CID Officer of the Year Award

During the month of August Detective Perkins was assigned to investigate a series of auto break-ins within the Tucker Summit CID Business District (formerly Stone Mountain CID) – most notably seven thefts from vehicles at the Macy’s Distribution Center located on Sarr Parkway.

Using video footage from Macy’s, Detective Perkins was able to link the same suspects to numerous similar thefts in the CID area well as multiple other cases in the metro area. With the help of the FBI who were also investigating these suspects, he was able to obtain additional video footage, which led to the identity of the suspects directly involved in the thefts.

From Detective Perkins investigation he was able to determine that the suspects were members of the “Purp Gang” who were operating throughout the metro Atlanta area. The gang focused their crimes on entering autos for the purpose of theft, the theft of more than 50 vehicles from numerous car dealerships in the Metro Area and financial transaction card theft and fraud. They were also involved in the shooting death of a 6 year old.

As a result of tireless hours of dedicated detective work, both ring leaders of the Purp Gang and some of it’s members were arrested as suspects in these crimes. They were all charged under the Georgia Criminal Street Gang Act and are currently in custody awaiting trial.

For the dedication to his job and business owners within the Tucker Summit CID Business District, Detective Eddie Perkins is selected as the Tucker Summit CID Officer of the Year.

CLIMATE TECHNICIANS INCORPORATED

HEATING VENTILATION AIR CONDITIONING GA. REG. #300339

STEPHEN A. RENNER

- PREVENTATIVE MAINTENANCE PROGRAMS TO PRESERVE AND EXTEND EQUIPMENT LIFE AND EFFICIENCY
- EMERGENCY REPAIR SERVICE
- 33 YEARS OF FIELD EXPERIENCE

LICENSED/INSURED **770-934-0510**

we have a **home that’s right for you**

Couples suites available ➔

Cobblestone, our newly renovated Assisted Living community, has all the familiar fixtures of home. Enjoy a meal with friends in your dining room or relax with a book in your comfortable living room. On our 61-acre campus, Members have access to all of the amenities Parks Springs offers. Members can also enjoy a maintenance-free lifestyle with access to an onsite Physician and Medicare-Certified Skilled Nursing. If you’re ready to experience a lifestyle designed just for you, visit **Park Springs** today!

A Continuing Care Retirement Community
Independent Living | Assisted Living
Memory Care | Skilled Nursing

COBBLESTONE AT PARK SPRINGS
Assisted Living

tours available

ParkSprings.com | 678-684-3800 | Stone Mountain, GA

Scott's Pressure Wash

Professional pressure washing—all surfaces
Decks, Stained and Sealed

678-469-1599

scottspressurewash.net • scottspressurewash@gmail.com

CSS COMPLETE SPINE SOLUTIONS
PAIN RELIEF • REHAB • WELLNESS

Happiness is...

No Backpain, No Neckpain, No Headaches

GET A 50% DISCOUNT ON A CONSULT, EXAM & XRAYS WITH THIS AD

Are You **READY** to Change Your Life? **CALL NOW!**

TUCKER (770) 938-4606 **BROOKHAVEN (404) 767-8873**

Changing Lives Since 1993 • 5-Star Rated • Offer Valid for New, Non-Medicare Patients

NEWS YOU CAN USE

By Aviva Hoffmann

Get Your Smoke Rise Home on the Silver Screen

The entertainment industry has been rapidly growing in DeKalb County with film and television leading the way. During the last few years, the county has managed hundreds of television and film projects. DeKalb County offers a multitude of filming locations, both indoor and out. Thirteen cities across the county offer a range of options, including colleges, courthouses, historic street settings, forests, water features, office buildings, churches and more.

The DeKalb Entertainment Commission (DEC) represents the nucleus of the entertainment industry in our county. A division of Decide DeKalb, the Development Authority for DeKalb County, this commission is a centralized hub linking entertainment businesses and talent and streamlining the process of acquiring production permits, film locations, tax credits, work crews, and more. It's also the place where you, as a DeKalb County homeowner or business owner can start the process to list your property with the DEC's film-friendly registry.

It's very easy to put your property on the list for potential use in a movie production. You can start by visiting the DEC webpage dekalbentertainment.com/film-locations/ and look for the Film Locations Registry Link.

That's where you can upload photographs of your property. You'll want to send good quality pictures in that best capture your property's uniqueness and characteristics (300 dpi high-resolution .jpg). There is a two-week review process for submissions to be listed on the DeKalb Entertainment Location On-Line Database. If your property is requested for a film production, you will receive a phone call or email from either the Locations Coordinator, Jessica Stewart, or directly from the production company's location manager. The notification is to confirm your willingness to have a production company scout your property. If your answer is yes, the next steps include scheduling the initial scout for the location manager to view your property and take additional pictures for the director. After that, it's a waiting game. But, if the director likes your property, a location agreement and a proper film permit application will be required.

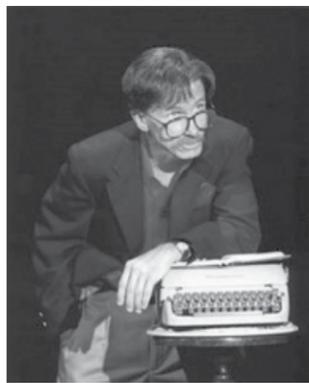
In 2018, 332 properties in DeKalb County were listed on this registry. In the Smoke Rise community, seven homes were featured in various productions in 2018 alone. Some of those productions included: *Good Girls*, *The Passage*, *Disney's Jungle Cruise*, *Lakeridge*, *Tyson's Run*, and a Home Depot commercial.

Please note; If a production company decides to move forward by using your property, neither Decide DeKalb nor the DeKalb Entertainment Commission is responsible for any damages made to your property. The production company is responsible for all damages and should have an insurance policy that will cover all expenses.

To learn more, visit DEC online at: dekalbentertainment.com.

Actor Bill Oberst, Jr. returns from Los Angeles to the ART Station stage for the 15th year to perform the tour-de-force production of **"Lewis Grizzard: In His Own Words."**

Friday, February 1 at 8:00 p.m.
Saturday, February 2 at 8:00 p.m.
Sunday, February 3 at 3:00 p.m.



ART Station is pleased to present a loving tribute to Lewis Grizzard. Bill Oberst, Jr., pays respect to "one of the foremost humorists in the country," as he honors Lewis with the best of his stand-up comedy and selections from his books and columns, spreading Lewis' unique writings and love of the South.

All performances will be in the ART Station Theatre located at 5384 Manor Drive in Stone Mountain Village. Go to artstation.org for tickets.

Tooth Fairy and Santa

by Joel Gilbert



Get together with other parents of small children and compare notes on this topic: What do you tell your kids about the Tooth Fairy and Santa? You are certain to find one or more couples who will tell you something like the following:

I am only going to tell our kids the truth. Therefore, I will not tell them there is a Tooth Fairy or Santa Claus.

Of course, many parents today use these seemingly innocent myths to create a positive experience for their kids. After all, kids feel oh so much better when they think about losing a tooth and some kids will literally do almost anything under the threat of coal in their stocking.

But, what happens when the child finds out that this is not true? Yep, it can be hard for a while and there is the potential for this to set up a trust and credibility problem in your relationship to that child from that point on.

So, is this all just innocent? Is there anything wrong with children believing one thing as a child and then learning that they were being told something that wasn't true later on in life? And, what kinds of things are we asking children to think through if we know most of the kids in their class are being told something different there than what we are telling them at home? Is this a healthy conflict? Does it help them grow in a loving faithfulness, or does it potentially cause them to be cynical about almost everything they are told.

I think we have to ask some deeper questions. "Is the myth helpful given the intellectual and emotional framework the child is in?" "As the child develops, are there logical ways to fill in the intellectual and emotional gaps so the child sees the earlier teaching and thought as reasonable in their progression?"

I personally love the movie *Miracle on 34th Street*, but the one key subplot that always sticks out to me is the disbelief of the small girl (Natalie Wood in the original) about whether Santa really existed. You may remember that the central plot of the movie was whether this guy, Chris Cringle, was sane or not because he believed he was Santa.

Yes, Chris was redeemed by some things that just seemed to happen at the right time, and the political background aptly portrayed in the spectacle of putting Santa Claus on trial at Christmas ... so, yes, the movie offered a happy ending, but ...

Perhaps the most precious moment to me in the movie is when Natalie Wood is riding home from the party after the courthouse victory in the car, following specific directions Chris gave her mother, she decides to believe and cast aside her doubt. Within seconds she sees the house of her dreams and asks her mom and her soon to be father to stop the car. I won't spoil the movie for you, but that scene sums up a feeling I have about our life's journey and the way we can validly view what otherwise would be described as a myth.

The lesson here is that a believing heart sees things that otherwise might not be seen. And, while we can rely on clinical science for so many wonderful things in life, it is a believing heart that will heal you when nothing else will. Faith and love seem to contradict clinical facts and views at times.



<p>PALMERHOUSE PROPERTIES</p> <p>Top Selling Realtors in Smoke Rise with over 430 sales since 1994 and 16 in 2017!</p> <p>John Porter 404-376-7069 atrealtor21@aol.com</p> <p>Jim Shoults 678-592-1043</p> <p>smokerisehomes.com</p>	<p>1680 Chartwell Trace \$600,000</p>	<p>1788 Chartwell Trace \$569,000</p>
	<p>1773 Kings Mountain Drive \$519,000</p>	<p>5841 Silver Ridge Drive \$445,000</p>
		<p>6063 Bowers Road \$224,900</p>

Mountain Shadow Garden Club January 14 Program--Landscape Designs: Before and After

The meeting of Mountain Shadow Garden Club (MSGC) on Monday evening, January 14, will feature a program titled "Landscape Designs: Before and After" by Doug Dorough. The presentation will feature photos and commentary by Mr. Dorough, who operated Dorough Landscape Company in Lilburn for more than 50 years.

A graduate of both Columbus State and Auburn University, Mr. Dorough created some of Atlanta's most beautiful gardens, beginning in 1967. His business provided services including design, installation, irrigation, lawn maintenance, seasonal color, drainage, water features, retaining walls, walkways, patios, low voltage lighting, and more. His plant nursery grew a private collection of unusual and exotic plants.

"Beginning with on-site evaluation, we could plan and install a visually appealing and functional approach to landscape development designed to meet the needs of the client and enhance the value of their property," he explains.



Doug Dorough

Mr. Dorough and his company were well known throughout the landscaping industry and the residential and commercial communities in the metro Atlanta area. He received numerous awards and recognition from the Greater Atlanta Nurserymen's Association, the Georgia Green Industry Association, Angie's List, and others. His company was voted best landscape company in Gwinnett and best landscape design company in Lilburn, and his projects have been featured on garden tours and in publications.

Mr. Dorough was one of the original founding trustees for the Atlanta Botanical Gardens. He has been a member of many professional and community organizations and presented talks for schools, college classes, civic organizations, and tour groups. Mr. Dorough spent 19 years landscaping, maintaining, and restoring the historic Swan House at the Atlanta History Center. Recently, he has been working on a project related to Franklin Roosevelt's Little White House in Warm Springs.

MSGC is open to men and women of all ages who enjoy learning about a diverse range of topics related to home landscapes, plants, and gardens. The meeting and program begin promptly at 7:30 p.m. in Founders Hall, Eastminster Presbyterian Church, 5801 Hugh Howell Road, Stone Mountain. Free. Refreshments and socializing follow.

For more information and directions, contact club president Jeff Raines at 404-641-8633. www.facebook.com/MtShadowGardenClub

The Georgia Iris Society Meeting

Saturday, January 12 at 2:00 p.m.
St. Bartholomew Episcopal Church, 1790 Lavista Road, NE, Atlanta

Our speaker will be Jason West, from the Gwinnett Environmental and Heritage Center, Gwinnett County's first Leadership in Energy and Environmental Design certified green building. All are welcome and admission is free. Light snacks and door prizes will be offered. For more information, call Kathy Blackwell, 678-471-2604.

'Twas ALMOST The Night Before Christmas for the Morning Glories

Santa Claus made an early house call to the December Morning Glories meeting at the Pittard home to the delight of the club. He entertained us with a perfect recitation of the famous Clement Moore poem, 'Twas the Night Before Christmas' and lead us in many favorite Christmas carols. Happily, the club has many members who sing in their church choirs so we had a pretty, angelic chorus!

This year each attendee brought an unwrapped gift for a child or teen in support of the Gwinnett Battered Woman's Shelter. Over fifty gifts were delivered that afternoon to the director for distribution to the families in the shelter. The photo below features club members and their sleigh full of toys. This group is a part of PADV or "Partners Against Domestic Violence". The Morning Glories have supported this group for several years now with various seasonal projects to provide some comfort and care to those in need.



L to R: Bonnie Pennington, Vivian Nickelsen and Gloria Cooke with Santa's Sleigh

In exciting club news, this December a special floral design show was held at Bellmere in Johns Creek. Several of our members are also members of the Designers club and they provided entries to this first ever show sponsored by the North Georgia Judges Council. Over 60 designs were entered in the juried show. Congratulations to Joy Zaidan who won a blue ribbon in her category and also won the Overall Design award. Janet McGinnis won the red ribbon in her category with a score of over 90. Congratulations to both creative ladies!

The December meeting is traditionally a brunch with all members contributing delicious food for the occasion. Thanks to Susan Morrison for organizing the food and to Marsha and Buddy Pittard for hosting our delightful gathering in their beautifully decorated home. Judy Abrams won the lovely raffle which was a holiday themed container with white hydrangeas surrounded by Bird's Foot Fern and a new rain gauge.

Several guests joined the fun this year and we hope to see them again in January. The January 8th meeting will feature Mickey Gazaway from Pike's Nursery who will bring an assortment of house plants and offer tips on their care. If you would like to participate, please contact President Bonnie Pennington at 770 469-2304.

Pine Cones Make for Pretty Table Top Christmas Trees

Oh, Christmas Tree, oh, Pine Cone Christmas Tree!!! The Mountain Mums visited residents at Brookside Stone Mountain on Friday, December 7 for a Horticulture Therapy activity. The Mums brought ready-to-decorate oversized pine cones and lots of beads and baubles for decorations.



The 14 residents that participated had fun making their creations, and the Mums had a good time bringing some holiday cheer to them. Participating Mums included Gaye Auman, Kelley Samaras, Debbie Jones, Connie Henry (and her guest, Brenda), Mary Jacobson, Shannon Betsill, Rene' Boven (Horticulture Therapy Chair) and Lucy White.





The Salon you have been looking for... where you discover your own Style.

1825 Rockbridge Road
Stone Mountain Festival Shopping Center
770-879-1071



BERRETTA PAINTING

Licensed / Insured

RESIDENTIAL COMMERCIAL

Since 1965

- Interior / Exterior
- Home Improvements
- Wall Covering



770-923-0537
Basement Finishes

- Carpentry Repairs
- Pressure Cleaning
- Gutter Installation

"Customers receive a high quality, guaranteed paint job at competitive prices, always."

Amen, Let's Eat!

By Joyce Ray



From my earliest childhood memory when our family gathered to eat, we paused to hear my daddy say the "blessing" on the food and to give thanks before the meal. Breakfast, lunch, and dinner each were prayed over, although in those years they were Breakfast, Dinner and Supper. My siblings and I understood that no fork was to be picked up or crust pinched from the cornbread until the blessing was said. If Daddy was there to say it, he didn't need to announce it. He just bowed his head and prayed "Lord, make us thankful for these and all thy blessing, we ask for Christ's sake, Amen." On occasions when he was not there my mother would take over. On the Sundays when the preacher's family was invited to lunch, he would be given that honor and in his authoritative pulpit voice, he would pray a protracted prayer that made us long for the blessed "Amen," and the homemade fried chicken and biscuits would become a distant memory in about 15 minutes.

Throughout our marriage, my husband, Gene, and I have continued this practice with our children, grandchildren and with whomever we are blessed to share food in our home. No matter what is on the table, we remember, and want our family to remember, who provided it and that giving thanks to God is the reverent act of acknowledging His gift. In family reunion settings, once the blessing is said, somebody, usually from the male gender, chimes in at the end with the often-repeated tag line of "Amen, Let's Eat" and is rewarded with a giggle.

As I begin a new year with the anticipation of writing this column, I invite you to share some of your family food traditions. If your family, like mine, has a favorite blessing that is said before meals, I would please send me a copy. I will feature them in this column which I have titled "Amen, Let's Eat." You can email to my attention at staff@smokesignal.com.

January begins with New Year's Resolutions and the cold weather makes us think of one pot meals like beef stew, chili, and hearty soups. This month I am featuring a family favorite that I developed, called Creamy Crab Soup and a thicker soup that has been a winter favorite: Bacon Cheese Corn Chowder. Each makes 10-12 generous servings.

My tip for successful cream soups is patience! Boiling soup will cause the milk to curdle and boiling it once cheese has been added will result in separation. Refrigerating soup overnight will help develop the flavors. It will be thick so simmer until heated and add more chicken broth or milk to thin if needed. Serve with crusty bread for a hearty stand-alone meal.

Creamy Crab Soup

Ingredients:

- Lump Crabmeat - 1 (8 oz). Can or 1/2 pound fresh
- Six large carrots, scraped, chopped
- One large yellow onion.
 - 1 cup shredded swiss cheese
 - 2 cups milk
 - 2 cups half and half
 - 2 cups chicken broth
 - 1 pkg. 8 oz Cream Cheese.
 - 1/4 cup cooking sherry or dry white wine

Cook carrots and chopped onion in water just to cover until they are tender. Puree in the blender. If needed, add a little of the water they were cooked in for blending. Bring chicken broth to a boil and add cream cheese. When cheese is soft, whisk until smooth and then add puree mixture. Cook 15 minutes on low heat stirring often. Add crabmeat and cooking sherry, simmer for 5 minutes and add milk and half/half. Add Swiss cheese and simmer until cheese is melted. Add 1 T. salt and pepper to taste. Serve with dash of hot sauce if desired. Refrigerated soup will be thick. Simmer until heated. To thin add more chicken broth or milk.

Bacon Cheese Corn Chowder

- 6-8 slices crisp bacon
- 1 pkg. frozen creamed corn
- 2 cans cheese soup (undiluted)
- 1 can beef broth
- 3 med potatoes
- 2 large carrots – about 1 cup raw or frozen
- 1 large yellow onion
- 1 cup shredded cheddar cheese
- 1 1/2 cups half/half
- 1 1/2 cups milk
- 2 sm. Cans diced green chili peppers
- 1 large jar chopped pimentos

Cook bacon until crisp and save drippings. Cook potatoes and carrots together until soft. Drain. Mash to lumpy consistency. Add cheese soup, beef broth, corn. Sauté onion in bacon fat. Drain, add to soup. Add milk and half/half. Simmer. Do not boil. Add peppers/pimentos. Just before serving add cheese and simmer until cheese melts – DO NOT BOIL. Garnish with crumbled bacon and shredded cheese. For a heartier soup add chopped ham or chipped beef to the soup and omit the bacon.

ATTENTION ADVERTISERS: All inquiries regarding advertising should be directed to: Classified and display ads: Harry Strack, tigertaxstrack@att.net. Flyers: Barbara Luton at barluton@aol.com.

All classified ads are limited to 20 words, with the *Smoke Signal* reserving the right to edit any copy. Ads are \$15.00 per month, (\$75.00 per six months if prepaid). Please submit by email a copy of ad to tigertaxstrack@att.net. Deadline is the 10th of each month. ADS NEED TO BE PREPAID. Checks should be made out to *Smoke Signal* and mailed to P.O. Box 763, Tucker, GA 30085. When submitting classified ads, please include your full name, address, and phone number. This information is for our records only! For classified ads, contact Harry Strack tigertaxstrack@att.net.

For information on display (box) advertisements or flyer inserts, see contact information on page 2.

Classified Ads

Sissy Sews! Alterations and sewing right here in Smoke Rise. For appt.-Glenda (Sissy) Giles @770-491-1055. Please leave a message if no answer.

Sharon's Cleaning -- Cleaning for 15 years. Call for a free estimate and referrals. Cleaning to a sparkling clean house. Sharon Peoples 770-841-2149

Part Time Personal Care Assistant(s) wanted. For more information, please call Ashley at (770) 564 2388 or send email to ashmooster@gmail.com.

CENTRAL VACUUM SERVICES

Installation Repair Maintenance
Licensed/Insured
Residential/Commercial
Over 20 years experience
Call Steve at 770-630-1620
www.CentralVacuumServices.com

A KICKIN' & PICKIN' ESTATE SALES
We stage, price and sell your treasures and offer liquidation and cleaning services. Contact Rick Kicklighter at 678-234-6956.

SMOKE RISE LANDSCAPES
Licensed/Insured. Design. Installation. Year-Round Maintenance. Weed Control/Fertilization. Drainage. Hardscaping. Irrigation Systems. Pinestraw. 404-556-2634

WINDOW CLEANING

Year-round detailed window cleaning by owner. Fully licensed, owner operated company. Call Paul at 678-516-7939 or visit AbsoluteWindowCleaning.net.

WAGNON LANDSCAPE GROUP
Residential, commercial, design and installation. Year-round maintenance, light tree work and cleanups. Licensed/insured SR resident with SR references. 770-381-3697.

HANDYMAN INC. has over 225 clients in the SR community. Providing all your "homework" needs. Logan Carlisle, owner and Handyman@770-235-3684.

TUTORING in my home, K-5, all subjects. 37 years exp. Masters (Rdg) + 30. National Board Certification (Rdg & Lang Arts). Lynn Fogel. 770-923-3882.

AFFORDABLE LAWN CARE
Mowing, edging, pruning, trimming, etc. Reasonable, dependable, insured. Call Mark at 770-235-1231.

Affordable Brick, Stone, Concrete & Asphalt Driveway Sealcoating
Driveways, Retaining Walls, Walkways, Repairs & more. 770-556-0011. Over 25 yrs exp. www.qms-atl.com

EXCELLENT HOUSE CLEANING
Providing professional cleaning service at a reasonable price. References available upon request. Call Halida at 404-610-9056

PETS, PAPERS & POSIES: I'll care for them while you're away. Smoke Rise resident 30+ years. Karen Bouchard, 404-472-7348 petspapersandposies@gmail.com.

DOG BOARDING: Loving dog care. Small, selective, safe, fun. Your dog will be glad you went on vacation! Call 770-674-0680 or visit www.theshepherdsglen.com.

Experienced, Affordable, Licensed. Metro Fireman: **Quality Pressure Washing and Gutter Cleaning.** A job done right by someone you can trust. Call Phillip Carlisle 404-328-6595.

Computer giving you a headache? Trusted, on-site computer repair working within the Smoke Rise community. Call Terry at 678-827-6444

APPRAISALS -- RESIDENTIAL AND COMMERCIAL
Over 25 Years of Experience Consulting -- Pre-Listings -- Estates Smoke Rise Resident Call Marvin at 404-316-9614 wooleym@comcast.net

Furniture, 16ft. equipment trailer, 9ft.x6ft. chain link gates, associated post and wire. power saws, etc. For appointment call Bob Knell 770-921-5530.

Need a professional pet sitter? Call **Critter Sittin' Sisters** at 404-409-3765. We make your pets smile!

HOUSEKEEPER -- Reliable, experienced housekeeper for several years in Smoke Rise area. Hours are flexible. References available. Contact Sabina @ 770-634-0463

(PLUMBER)

Plumbing-Electrical-H.V.A.C
Repairs-Replacement
New Installation
Family Owned and Operated
38 yrs Experience
Senior Discount
Call Troy-770-256-8940

COMPUTER AND NETWORK SALES AND SERVICES

Trusted company working with local community since 1995. References available. Call 770-979-1800 or visit www.thepclink.com.

UPHOLSTERY AND TRIM
Recover replace and repair upholstery for auto, truck, motorcycle, boat, home, commercial and more. Call 770-465-0996 or visit www.freestyleupholstery.com.

PIANO TUNING & REPAIRS
– Over 40 years of professional experience, contact Smoke Rise resident Steve Duncan at 770-414-4766 or 1swd@att.net

LOCKSMITH SERVICES — Deadbolts installed, re-key, repair, reinforced strike plates & motion lights installed, door threshold & weatherstrip replacement. SR ref/ SR ref, Rick 770-617-0466.

N.K. CONSTRUCTION

Stucco, Stones, Blocks, Brick, Tile, Driveways, Roof, Room Additions, Decks, Walls/Fences, Painting. 30 yrs. exp. Nick 678-791-9546 (cell) 770-934-4148 (home)

COMPUTER AND NETWORK SALES AND SERVICES
Trusted Company working with local community since 1995. References available. 770-979-1800, www.thepclink.com

The purpose of the Smoke Signal classifieds is to advertise goods and services to the community.

-The Smoke Signal Wants Your Stories -

Do you know someone who quietly does good deeds or does something unusually interesting?

We would love to publish these stories about our neighbors. Send your stories and photos to staff@smokesignalnews.com

Preferred Formats for Smoke Signal Submissions

Articles and photos for the *Smoke Signal*, should be sent in .doc or .docx format. Articles sent in .pdf format cannot be edited. Ideally, photos and graphics should be submitted in .jpg or .pdf format.

BRING A BOOK TAKE A BOOK



Don't forget to check out the Little Libraries near the swim clubs.