

SMOKE SIGNAL

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Serving the Smoke Rise Community Since 1968

August, 2017

www.smokesignalnews.com

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It's back-to-school time!

The Smoke Signal wishes our students, teachers, and school staff a safe, successful school year!



Tucker City Council Wrap-Up by Matt Holmes

Tucker's City Council met on July 10th at the City Hall Annex for the first of their regular scheduled meetings for the month of July.

The City's finances for Fiscal Year '16 were discussed as Council received a report from auditor Tim Lyons of Mauldin & Jenkins. The finding was a "clean audit" for the City. Mauldin & Jenkins is scheduled to begin work on an audit for the six-month Fiscal Year '17 budget and expenditures later this month.

Council also heard an update on a Special Land Use Permit (SLUP) and Variances for a proposed self-storage facility on Northlake Center Drive. A second read and vote had been anticipated for Monday night, but the applicant is making major changes to the plan, taking overall square footage from 81,000 to 101,250. The project will go back before the Planning Commission in August and should go before the City Council in September.

Council then voted unanimously to make changes to Chapter 16 of the City Code. These changes apply to "massage therapy licensing" to clean up the appeal process and tighten revocation procedures surrounding massage businesses in the City.

One item that had been on the agenda, but was not taken up, was the first read and public hearing for the proposed "The Rise" development. The developer of this 88-acre mixed-use project at the intersection of Mountain Industrial Boulevard and Hugh Howell Road enlisted the services of Atlanta attorney Doug Dillard, who asked the City Council for more time to get up to speed. Council agreed, and the first read for the plan is now scheduled to go on the agenda for the August 14 meeting.

Council will reconvene Tuesday morning for a Planning Retreat at the CH2M offices at 400 Embassy Row NE. Their next regular scheduled meeting will be Monday July 24 at the City Hall Annex.

GOOD BOOKS ARE A FOUNTAIN OF INSPIRATION

by Barbara Bruschi

The great libraries of the world from Alexandria (Egypt) to the Library of Congress bear witness of the importance of books. These institutions are often the hallmarks of major cities and serve as repositories of venerated documents collected from all over the world. Local and university libraries are great places to further learning and to enrich the human mind and spirit.

Whenever you travel, visit one of those wonderful architectural marvels that are found all over the world.

Good books are like luminous fireworks - colorful, mysterious, exuberating and wondrous in many ways. They provoke the mind to ponder and analyze the intentions of the author and challenge our intellect.

It is a privilege and pleasure to present to our readers some suggestions about books that I have read throughout the past year.

1) *A Man Called Ove* by Fredrik Backman
An elderly principled bureaucratic man, tired of life, begins a journey of accepting and liking people of different origin. A process of embracing life at last and finding a purpose by accepting and helping those in need.

2) *Bear Town* by Fredrik Backman
A small town is fighting for survival by centering its attention on the game of hockey. It is a story of young men and women coming of age and about their families. A town hoping to be saved by winning the

...continued on page 11

School Bus Safety

With school starting on August 7, here is a refresher of some common sense practices for all of us to follow as the school buses get back on the roads. The following is not a total set of practices, but will give you a start in thinking about school bus safety.

Millions of children in the United States ride safely to and from school on school buses each day. Although school buses are the safest way to get them to school, an average of 33 school-age children die in school bus-related traffic accidents each year.

What is the most dangerous part of the school bus ride? The bus stop! Children are at greatest risk when they are getting on or off the school bus. Most of the children killed in bus-related accidents are pedestrians, five to seven years old, who are getting on or off the bus. They are hit by the school bus or by motorists illegally passing a stopped bus.

The basic rules:

- Drive slowly. Watch for children walking in the street, especially if there are no sidewalks in the neighborhood.
- Yellow flashing lights mean the bus is preparing to stop and load or unload children. Motorists need to slow down and prepare to stop.
- Red flashing lights and extended stop arm means the bus has stopped and children are boarding or exiting the bus. Motorists on both sides of the road must come to a complete stop a safe distance from the bus and wait until the red lights stop flashing, the arm is retracted, and the bus begins moving before they start driving again. Put simply, if a bus is on the street with its red lights flashing and stop arm extended - DO NOT PASS IT!
- The only exception to the law is if the bus is operating on a four-lane highway with a median - such as a grass strip or concrete barrier - which provides a physical divide. Drivers traveling in the opposite direction of the bus are not required to stop on such a road. Drivers following a bus are always required to stop when the stoplights on the bus are activated.

If a school bus driver reports you've passed a bus improperly, you'll be fined \$300 for a first offense, \$750 for a second offense and \$1,000 for each subsequent offense during a five-year period. You'll also rack up six points on your driving record for each violation.....and for drivers under the age of 21, passing a stopped school bus will result in a six-month suspension of your driver's license. In addition to this, there will be a big increase in your insurance rates.

MOST IMPORTANTLY, REMEMBER THAT CHILDREN EXPECT VEHICLES TO STOP FOR THEM AT THE SCHOOL BUS STOP.



TUCKER CRUISE-IN

August 12

5:00 p.m. - 8:00 p.m.

Main Street, Tucker

For more information,
please call 770-527-1521



Smoke Signal

P.O. Box 763, Tucker, GA 30085
 A non-profit service organization devoted to furthering neighborhood cooperation with the aid of good neighborhood communication.

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August Calendar of Events

- 5 Summer Olympics begin in Rio
- 9 Mountain Mums, 10:00 a.m. (see page 5) for info
- 12 Safety with a Cop, Tucker Library, 2:00-3:00 p.m.
- 12 Tucker Cruise-in, Main Street, Tucker, 5:00 p.m.–8:00 p.m.
- 14 Tucker City Council meeting
- 14 Mountain Shadow Garden Club, Founders Hall Eastminster Presbyterian Church, 7:30 p.m.
- 17 Tucker Arts Guild, First Baptist Church of Tucker Building B, Church Street entrance, 7:00 p.m.
- 19 Smoke Rise BBQ Cook Off, starts at noon, judging begins at 2:00 p.m., SR Bath & Racquet Club, Glacier Dr.
- 19 2017 DCPL Author Expo, Tucker-Reid H. Cofer Library, Tucker, 10:00 a.m. - 2:00 p.m.
- 21 Summer Olympics end in Rio
- 21 Total solar eclipse – eclipse.aas.org for info

Smoke Signal Deadlines

AUGUST 13

Please e-mail articles to:

staff@smokesignalnews.com

(Word documents or text file attachments preferred)
 PLEASE DO NOT SEND CLASSIFIED ADS
 TO THIS E-MAIL ADDRESS

Extra copies may be picked up at box at
5365 Smoke Rise Drive

Deadline for classified ads is AUGUST 10

SMOKE SIGNAL FLYER INSERT POLICY

Cost: \$150 by check to *Smoke Signal*
 Deadline to Receive: 6:00 p.m. on 19th of month
 Flyer inserts should be 8 1/2" x 11" (flat, not folded)
 Please provide 2,300 copies
 Reservation Required:
 Contact Barbara Luton, (770) 491-6711 by 15th of month.

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 Link to the digital version of the *Smoke Signal*
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 with your smart phone!



DCPL AUTHOR EXPO

Saturday, August 19

10:00 a.m. – 2:00 p.m.

Tucker-Reid H. Cofer Library

Join us for the 1st Annual DCPL Author Expo as we celebrate local authors from all across Metro Atlanta. Authors will be on hand to discuss their work, sell and autograph books, and talk about their personal journeys as authors.

Featured genres will include fiction, non-fiction, inspirational, self-help, children's, science fiction and more.

Come support our local talent! For more information, call 770-270-8234.



Safety with a Cop

Meet with police officers in an informal, neutral space to discuss your safety concerns and to build a stronger relationship with police in your community. Learn how to better protect yourself, your home and family. For adults.

Saturday, August 12

2:00-3:00 p.m.

Tucker-Reid H. Cofer Library



FREE NEIGHBORHOOD PET LOST AND FOUND

Call Kay McKenzie at 770-491-6784 with information if you have lost or found a pet.

BRING A BOOK – TAKE A BOOK

Don't forget to check out the Little Libraries



that have popped up near the swim clubs.

Smoke Rise Baptist Church

Dr. Chris George, Senior Pastor
 Bart McNeil, Associate Pastor
 Tim Adcox, Minister of Missions
 Kathy Dobbins, Minister of Spiritual Formation
 Danny Vancil, Minister of Music & Worship
 Becky Caswell-Speight, Minister to Families with Children
 Jeremy Colliver, Minister to Families with Youth
 Amanda Coe Burton, Director of Nursery Ministries
 Valerie Coe Lowder, Director of the Weekday School
 Telephone: (770) 469-5856
SmokeRiseBaptist.org

Sundays:
 9:00 a.m. Worship in the Chapel
 9:45 a.m. Sunday school
 11:00 a.m. Worship in the Sanctuary
 Communion: Second Sunday of each month
 1st Tuesdays: 11:30 a.m. Prime Time
 Wednesdays:
 5:00-5:45 Fellowship Dinner
 6:00-7:00 Programs for children, youth and adults
 7:00-8:30 Sanctuary choir
 Nursery provided

Eastminster Presbyterian Church

Pastor: Rev. J. Caleb Clarke III
 Director of Mission & Youth: Mark Sauls
 Director of Music Ministries: Andrew Meade
 Director of Preschool: Stacey Moura
 Director of School Age Program: Celeste Sears
 Director of Christian Education: Mardee Rightmyer
 Pastor of Senior Adult Ministries: Rev. Jeanne Simpson
 Telephone (770) 469-4881
www.eastminster.us

Respite Care Center Hours: 10 a.m.-3 p.m. Tues.-Thurs.

Sundays:
 9:15 a.m. Sunday School for all ages
 10:30 a.m. Worship in the Sanctuary - nursery provided
 Wednesdays:
 5:45 p.m. Join us for dinner! - \$5 per adult
 6:30 p.m. Program

Mount Carmel Christian Church

Senior Minister: Art Stansberry
 Worship Leader: Leslie Riley
 Director Kids Ministries: Vicki Tyler
 Director of Student Ministries: Will Tyler
 Telephone (770) 279-8437
www.mountcarmelcc.org

Sundays:
 8:30 a.m. Coffee/ Doughnuts/ Fellowship
 9:30 a.m. Bible School Classes – Adults & Children
 10:30 a.m. Worship
 Wednesdays beginning August 10:
 5:30 p.m. Dinner
 6:30 p.m. Bible Studies/Electives for All Ages

First Moravian Church

Pastor: Dr. Stephen Weisz
 Congregational Acolyte: Bill Hitz
 Telephone (770) 491-7250, (770) 755-8289
www.gamoravian.org

Sundays:
 10:00 a.m. Sunday School–Adults & Children
 11:00 a.m. Worship
 12:00 p.m. Fellowship Time

Incarnate Word Lutheran Church

Please join us for worship on Sundays at 8:45 a.m. at the First Monrovia Church
 4950 Hugh Howell Rd., Stone Mountain, GA 30087

Mountain West Church

Pastor: Michael Shreve
 Worship Arts Pastor: Gary Robinson
 Telephone (770) 491-0228
www.mwchurch.com
 4818 Hugh Howell Rd., Stone Mountain
 Service Times 8:00 a.m., 9:30 a.m., 11:30 a.m.

The *Smoke Signal* is posted to www.smokesignalnews.com the first of each month. Go to the “Smoke Signal Digital” link. You’ll also find the link posted to the *Smoke Signal* News Facebook page each month with posting of pictures and stories throughout the month. For questions, contact Pat Soltys at pat@smokeriseagents.com.

Adult VBS at Eastminster Presbyterian

Come join us for Adult Vacation Bible School Monday thru Thursday, August 7-10 from 9:30-12:30 p.m. Our theme this year is "The Psalms: A New Look for Familiar Words." Lunch is served as part of the program, and there is no cost.

To sign up, please notify jsimpson@eastminster.us, and let us know which days you plan to attend, and whether you will stay for lunch.

Adult Sunday School Classes at Smoke Rise Baptist

There are a variety of Sunday school classes for you to choose from. Each class provides opportunities for community building, service to others, Bible study, care and support.

Some classes are organized by age range, some are gender based and some are focused on life issue discussions.

For help finding where a class meets, come by the Welcome Desk on the second floor of the Sanctuary building or the lower gym level between 9:30-10:00 a.m. on Sunday mornings.

All classes begin at 9:45 a.m. on Sunday mornings.

Blessing of the Students and Teachers

Smoke Rise Baptist Church will observe its annual Blessing of Students and Teachers on Sunday, August 6, at 11 a.m. during worship in the Sanctuary. Teachers and students will be attending as guests from local area schools. Smoke Rise Baptist is issuing an open invitation to students and teachers who live in the Smoke Rise community to attend this special service of affirmation and blessing as a new school year begins.



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Dr. Jeff Brown
Dr. Nicole Aponte

Nannett Todd Summer Camp

Members of the Stone Mountain Woman's Club volunteered their time at the Nannett Todd Summer Camp held at the Stone Mountain First United Methodist Church. Volunteer service at the church's Summer Camp to help with the reading program is a project of the Education Community Service Program of the SMWC under the leadership of Education Co-chairmen Doris Hoenig and Kathy Gallo.



(above) Sheila Hortman, Secretary of the Woman's Club, reads with one of the participants.



(left) Phyllis Chambers works with one of the participants in the reading program.



(right) Two participants read with Barbara Luton, Past President of the GFWC Stone Mountain Woman's Club.

Journeys Lecture Series 2017

The Journeys lecture series on Wednesday evenings at Smoke Rise Baptist Church starts back this month with each session running from 6:30 - 7:30 p.m. The schedule of topics and speakers for the coming season are as follows:

Reflections on God as Triune for Christian Reflection, Prayer, and Practice

Join us as we explore the concept of trinity as a relational and practical guide for daily living as followers of Jesus. Led by Rev. Bart McNiel. August 16 in the Fellowship Hall.

Ministry in Today's World – Local and Global

Some of our Cooperative Baptist Fellowship friends will share their perspectives on, and their work for, ministry engagement, both inside and outside of the local church.

- August 23 – Ministry in India led by CBF Global Field Personnel, Sam Bandela
- August 30 – What's Up with the Younger Generation? Led by Devita Parnell, Young Baptist Ecosystem Manager
- Sept. 6 – Engaging Churches in Today's World led by Ruth Perkins Lee (Director of Ministries) and Josh Speight (Missional Congregations Resources Manager)
- Sept. 13 –The Importance of Religious Liberty led by Stephen Reeves, Associate Coordinator of Partnerships and Advocacy
- Sept. 20 – Chaplaincy. Gerry Hutchinson will share stories from the many settings that chaplaincy takes place. Gerry is Chaplaincy and Pastoral Counseling Manager at CBF.

Mental Illness: Out of the Shadows

Join us as a panel of members, community friends, and ministers leads us to step out of the shadows, as we talk about mental illness and the response of the church. September 27 in the Fellowship Hall.



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There is a Resort in Your Neighborhood

Family summer fun right across the street from the ordinary. We are talking about the Smoke Rise Bath & Racquet Club - a neighborhood swim and tennis community like no other.

If you have not visited the club lately, go ahead and give it a shot. It used to be a somewhat forgotten little community pool in need of some TLC. It sure has made a huge comeback during the course of the past four years. In 2016/2017 alone, the club has made over \$60,000 in capital improvements to its facilities and added more than 100 neighborhood families to its membership. It's become the place to go if you're looking to add some excitement to your summer.



While it's a great place to spend summer days around the pool or on the tennis courts, it has also become a venue for many fun, summer events.

Most recently, the SRBRC hosted a 4th of July party, featuring the largest non-commercial fireworks display in the neighborhood. SRBRC dazzled the community with pyrotechnics rivaling any municipal display in any of our nearby zip codes. Even while this article is composed, some avid chefs and party organizers are planning the club's next giant annual Low Country Shrimp Boil for its members.

Don't miss out. Come swim or play tennis. There are also plenty of events still scheduled for August and September.

Check out the Smoke Rise BBQ Cook-Off on August 19, hosted by SRBRC. A great party, with plenty of great food and live music. Come taste some competition-grade BBQ, or compete yourself.

If you would like any information about the club, go to Facebook@SRBRCcommunity, www.srbrc.org, or call (404) 804-1082.



Mountain Creek Swim Club
2092 Mountain Creek Court
Stone Mountain, GA 30087

Members of Mountain Creek Swim Club enjoyed a wonderful July 4th with pool games, a watermelon-eating contest, and a delicious cookout and potluck! Many of our members and neighbors ran the hot and humid Peachtree Road Race and showed off their well-earned sky-blue Peachtree t-shirts!



Water aerobics continues! Join us on Mondays, Wednesdays and Saturdays at 11 am for the perfect summer workout! Get good exercise while enjoying the pool and meeting neighbors! **Free** to members -- \$5 fee for non-members.

Join us for summer fun! We look forward to Teen Nights >> Family Camp Out >> late night Friday swims >> Special Adult Celebrations >> Sunday Afternoon Kids Games >> and water aerobics >>

Look forward to a special visit by Carl Kananda, "lifeguard extraordinaire" and a favorite Mountain Creek Lifeguard for 5 years! Check our Facebook page for dates and times!

Become a member of Mountain Creek Swim Club

for the mid-summer fee of \$175.

For information: email mountaincreekswimclub.com or call 678-824-2108.

New Date for Smoke Rise BBQ Cook-Off



**3RD ANNUAL SMOKE RISE
BBQ COOK OFF** AUG 19

HOSTED BY THE
SMOKE RISE BATH & RACQUET CLUB

The Smoke Rise BBQ Cook Off has been rescheduled. Don't miss it!

Watch Smoke Rise neighborhood Pit Masters compete for bragging rights. Judge their skill and expertise and vote for your favorite. Inaugurate the 2017 Smoke Rise BBQ King!

- **Saturday August 19, 2017, event starts at noon. Judging begins at 2:00 p.m.**
- Smoke Rise Bath and Racquet Club, 2046 Glacier Drive
- Pool open to members and non-members at no charge
- Tickets to sample and judge competitors are \$5
- Live musical entertainment

Want to compete? Go to SRBRC.org for complete rules and entry information. Or call 770 493 9073.

The event is open to everyone, members and nonmembers. Enjoy a free pool party or buy a ticket to judge the neighborhood pit-masters' skill and talents, and crown the Smoke Rise BBQ king of 2017.

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Mountain Shadow Garden Club August 14 Features Best Fruit Tree Choices in Our Area

The meeting of Mountain Shadow Garden Club (MSGC) on Monday evening, August 14, will feature a program highlighting the best choices for success with fruit trees in the area around Tucker and Stone Mountain, presented by M.G. "Mike" Fillon. He is a Master Gardener specializing in fruit trees and bushes. His program will separate fact from fiction about growing fruit trees and bushes in Georgia, including what to plant, what to avoid, and how to maintain them organically.

For more than three years, Mr. Fillon was lead Master Gardener of the 50-tree Dunwoody Community Garden and Orchard and the Baby Fruit Tree Project. He is also co-founder of the Friends of Tucker Parks' Orchard Guild (FTPOG), which plans to add at least 1,000 fruit trees in the city of Tucker over the next few years. This has been referred to as "the fruitification of Tucker". His team has successfully implemented the Guild structure (companion planting) in a 40-tree orchard consisting of apple trees, figs, mayhaws, a medlar tree, pawpaws, pears, persimmons, plum, and quince trees. Blackberries, blueberries, goji berries, kiwi, muscadine, and raspberry vines are also included. Mr. Fillon is also Lead DeKalb Master Gardener at the Dunwoody Community Garden and Orchard at Brook Run Park.



Mike Fillon with helpers

Over the past 30 years, Mr. Fillon has written twelve books and thousands of magazine articles - mostly on science and health topics - for Popular Mechanics, WebMD, and many other publications. His longtime love of fruit trees led him to become a DeKalb County Master Gardener, sanctioned by the University of Georgia Extension Service.

"Fruit is delicious, fruit is healthy, and growing fruit is fun. Plus, it's a form of robust exercise and builds community," Mr. Fillon states. "Most importantly, planting a fruit tree is an optimistic act of faith for future generations."

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, contact MSGC president Jeff Raines at 404-641-8633. www.facebook.com/MtShadowGardenClub

Summer Garden Love by Rene` Boven; Mountain Mums

We're well into summer now and our gardens still need attention. With all of the rain we've been having lately (4" in June!), some plants may need some extra TLC (tender loving care). Even though this rain is a welcome change from last year's drought conditions, sometimes it's too much of a good thing. Have you noticed any of your plants losing leaves at the bottom or the bottom leaves turning yellow? If so, in most cases, this plant is holding onto all that moisture and possibly getting root rot. Your plant needs to be dug up and replanted.

First, amend the soil with a good conditioner such as Nature's Helper, especially if it's primarily planted in clay; be sure to use a healthy dose - more than you usually would use. This gives the plant's root system a chance to dry out, mend and heal.

All of this rain is making everything grow more vigorously - our plants, perennials and weeds. If your garden is getting that smothered look, it might be time to do some plant division. And, it's a great time to do it, as the ground is softer due to the excess of rain, and thus, digging is easier.

One of my favorite perennials is the daylily and my garden has a variety of them. The dependable daylilies, members of the genus *Hemerocallis*, provide a multitude of brightly colored flowers in mid-summer. As their name implies, each individual flower lasts only one day, but the large number of flowers on each stem provide a three week period of bloom for most cultivars. There are nearly 60,000 different daylily cultivars that range in color from near white through yellow, orange, and red, to brown and violet. These tough perennials have a reputation for low maintenance and require little in the way of special care. Daylilies are very adaptable and can be grown in almost any soil in every corner of the country. They bloom best if given full sun, and they produce more flowers if they are divided periodically.

Division is also a great way to expand your planting and share plants with gardening friends. Divide daylilies any time from early spring to the middle of fall. The very best time to divide daylilies is late summer after they have finished blooming. Here are some easy steps to dividing your daylilies:

- 1) Prepare the spot where you will plant the new divisions. Loosen the soil and dig a hole deep enough to cover the base of the new clumps. Daylilies grow well in almost any soil in the full sun.
- 2) Remove any mulch that may be around the daylily clump.
- 3) Use a garden fork and begin digging about 6 to 12 inches from the base of the clump. Dig all the way around and under the daylily clump. Remove the clump from the ground completely.
- 4) Shake any loose dirt from the daylily clump. This will help you to see where to make your divisions. The best places to divide are areas where the foliage is weak.
- 5) Separate the daylily clump in half with two garden forks or with a garden shovel. Make other divisions with a garden fork or a small garden spade to suit your needs. You can keep the divisions larger, or you can further divide into individual fans. The fans can then be planted close together to fill in areas of your garden.
- 6) Cut the foliage of the daylilies back to around 12 inches. This step is not necessary, but it will make the plants easier to handle.
- 7) Place the divided clumps or fans into holes you have previously prepared. The hole needs to be a few inches larger than the clump, but not too deep. Cover the area around the plant with soil. Be careful not to cover the crown of the plants with too much soil. Pat the soil down around the plants.
- 8) Add mulch around the base of the daylilies. The mulch will keep grass from growing around the plants, and it will help to hold in moisture.
- 9) Water the daylilies well. Keep the plants watered through the coming weeks.

Your newly divided daylilies will reward you with extra bloom for years to come. Most daylilies may be left untouched for four or five years before they need to be divided again.

Now, on those weeds that have gone viral - stop them now before they grow even more stout and spread even further. The best way to treat a heavy weed infestation is to use a weed whacker and cut them down. Then, apply a weed killer early in the day and well before any more rain fall. You will also need to use a pre-emergent to prevent future growth. I know that a lot of you don't like chemical sprays and there are some less toxic alternatives such as commercial strength vinegar, orange oil and oil of cloves just to name a few. Do a google search on "alternatives to weed killers" for more information. Or, enlist some of your neighborhood youth to pull them. Give them a bucket and pay them for their efforts.

The Mountain Mums meet monthly August through May. We take several field trips and participate in civic beautification projects. Our next meeting will be Wednesday, August 9 at 10 a.m. For more information, please contact Carol Wales: cawale@hotmail.com.

Enjoy the rest of your summer and your lower water bills thanks to all the rainfall and less use of your irrigation systems! And, be sure to re-shape/re-decorate your outdoor rooms (gardens), by dividing and spreading the bounty!



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Of Note to the Community: Safety Alerts & Watches

by Cedric R.

Protect yourself from violent crime

- Don't walk or jog early in the morning or late at night when the streets are deserted.
- When out at night, try to have a friend walk with you.
- Carry only the money you'll need on a particular day.
- Don't display your cash or any other inviting targets such as pagers, cell phones, hand-held electronic games, or expensive jewelry and clothing.
- If you think someone is following you, switch directions or cross the street. If the person continues to follow you, move quickly toward an open store or restaurant or a lighted house. Don't be afraid to yell for help.
- Try to park in well-lit areas with good visibility, close to walkways, stores, and people.
- Make sure you have your key out as you approach your door.
- Always lock your car, even if it's in your own driveway; never leave your motor running.
- Do everything you can to keep a stranger from getting into your car or to keep a stranger from forcing you into his or her car.
- If a dating partner has abused you, do not meet him or her alone. Do not let him or her in your home or car when you are alone.
- If you are a battered spouse, call the police or sheriff immediately. Assault is a crime, whether committed by a stranger or your spouse or any other family member. If you believe that you and your children are in danger, call a crisis hotline or a health center (the police can also make a referral) and leave immediately.
- If someone tries to rob you, give up your property—don't give up your life.
- If you are robbed or assaulted, report the crime to the police. Try to describe the attacker accurately. Your actions can help prevent someone else from becoming a victim.

We make an effort to list local crimes. If we miss something, please let us know at the following email address: staff@smokesignalnews.com

Vampire Thriller Filming in Tucker!

In case you are wondering what was being filmed in Tucker last month, it is Fox's post-apocalyptic pilot called "The Passage," starring Mark-Paul Gosselaar. It is in contention for the 2017-2018 television season. "The Passage" is based on Justin Cronin's best-selling trilogy of the same name, and is described as an epic, character-driven thriller that morphs into a post-apocalyptic odyssey, which spans over a century and is told across two timelines.



Tucker Cluckers

Urban gardening in the Tucker area now has a group on Facebook for those interested in raising backyard chickens, turkeys, guineas and ducks. Tucker Cluckers was formed by Meg Thomas and Charity Keyn as a Facebook community page.

They focus on egg production, breeding and hatching for the backyard hobbyist. They are also posting information and links from local sources for supplies and information as well as related groups. You will also find information about building habitats for your flock, humor, and potential hobbyist friends.



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Smoke Rise Preferred Contractor's List

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 as a potential starting point. We maintain a free listing of contractors and other service providers that your neighbors have used successfully. If you want a copy of this list, please email Jim Farmer at: jimfarmer@live.com or call him at (770) 939-8949. We also ask for your feedback. Tell us about a contractor or service provider that you have used with opinions about their work. This information will be useful for future revisions of the list.



NAMI DeKalb Observes National Minority Mental Health Awareness Month

NAMI DeKalb, the local affiliate of NAMI, the National Alliance on Mental Illness, hosted with St. John Apostolic Holiness Church a Mental Health and Faith Seminar on July 12th in observance of Bebe Moore Campbell



National Minority Mental Health Awareness Month to raise awareness about mental illness in diverse communities.

In 2008, the U.S. House of Representatives designated July as Bebe Moore Campbell National Minority Mental Health Awareness Month. Campbell was a leading African American journalist and novelist, and a national spokesperson for individuals and families affected by mental illness. She died in 2006.

The National Alliance on Mental Illness (NAMI) for DeKalb County is the county's voice on mental illness. NAMI DeKalb works with faith institutions to help their communities learn about issues facing those living with mental illness, along with their significant others. We also talked about how the faith community can reach out to these individuals and make a difference in their lives.

National Alliance on Mental Illness, <https://www.nami.org/>, is the nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness.

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Boy Scout News

by Cole Pearson, Troop 876 Historian

Troop 876 attended summer camp at Woodruff Scout Camp in July. First year scouts worked in the Mountain Man program where they learned key skills such as knot tying, fire building, and cooking. Many of the scouts also worked on their swimming merit badge.

Other scouts worked on first aid, rifle shooting, and many other exciting merit badges.

The scouts also went white water rafting on the Nantahala.



Smoke Rise Academy of the Arts Concludes Summer Drama Classes with August Productions

Bye, Bye Birdie and Disney's Jungle Book Kids Aimed at Family Audiences

Smoke Rise Academy of the Arts (SRAA) will conclude its summer schedule and kick off its fall classes in August with two productions by the summer drama classes. August 18 and 19 will be the teen class production of *Bye Bye Birdie*, the satirical story of a 1958 rock and roll star drafted into the army (to the heartbreak of all the teenage girls of America). The elementary class will present *Disney's Jungle Book, Kids* on September 15 and 16. All shows are at 7:00 p.m. in the Smoke Rise Baptist Fellowship Hall and are free to the public.

Academy Announces Fall Class Schedule

Fall semester will begin August 14 with offerings in music, dance, drama and art. Music lessons are offered to all ages in piano/organ, voice, flute, guitar, drums and violin. Students meet for weekly 30, 45 or 60 minute lessons throughout the academic year and choose additional lessons during the summer months. Numerous performance opportunities are provided by the teachers and the Academy throughout the year.

Dance classes offered to students age 5 - adult will begin August 14. Dance for preschool ages 3-5 will begin September 7. Classes in traditional ballet, tap, jazz, modern hip-hop and liturgical dance are offered in age-appropriate classes throughout the academic year. Many performance opportunities are provided throughout the year.

SRAA offers a variety of classes designed for the preschool child to begin their music and drama fun. Classes in MusikGarten family music (toddlers/preschool and parent), Twinkler violin (ages 4-5) and Act One drama (ages 4-5) will begin September 5. Music Makers at the Keyboard is a new MusikGarten curriculum class for group piano. This class, for beginning students age 6-9, is offered in three levels with age-appropriate 32-week curriculum. Students learn piano skills, improvisation, music theory and group playing.

Adult oil painting will also begin their fall class September 6. This class runs in 6-week consecutive sessions throughout the year and is open to beginners to advanced artists who love to paint. The class focuses on oils but students who work with other mediums are welcome to join.

Fall Drama 2017/2018 is a production-based class for school age students. The elementary and teen classes meet weekly beginning October 2, learning acting skills and stage presence. The classes work on musical productions scheduled to perform in March and April.

Visit the Smoke Rise Academy of Arts web page at smokerisebaptist.org/arts or call 678.533.0562 for class details and registration. You can also follow the organization on Facebook.

Smoke Rise Prep Academy School's In!

Smoke Rise Prep is accepting applications for the 2017-2018 school year for students in rising grades 1-8. Located on the bottom level of Smoke Rise Baptist Church, Smoke Rise Prep is the hidden gem of Stone Mountain. With small class sizes, certified teachers, a focus on character development, and high expectations, students gain an amazing sense of self and an amazing education. Smoke Rise Prep uses a multi-tiered approach to learning by utilizing various components of private, public, charter, and homeschool. As a result, their students consistently outperform others on standardized tests and have the confidence to ask questions and actively engage in their learning.

As they move into their 7th year, Smoke Rise Prep wants to do more to connect with the surrounding community. We are looking for local businesses to host Spirit Nights and participate in monthly catered lunches where our families gather together to enjoy a meal and a performance. Community volunteers are welcome whether it's helping in the library, reading with students, tutoring, fundraising, or learning about more opportunities to support education in the Smoke Rise community. They are also currently interviewing substitute teachers to add to their database of qualified candidates. This year is shaping up to be one of the best, but it can be better with you!

For information about any of these things, tours, or applying at Smoke Rise Prep, email them at info@smokeriseprep.org, visit their website at www.SmokeRisePrep.org, or like them on Facebook and follow their progress!

School starts August 7, and our Open House is August 3 from 6:45-8:00 p.m. Stop in and see how they're refreshing education!



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Stone Mountain and Tucker Rotary Clubs

By Frank Luton

Editor's Note: Beginning with this issue of the Smoke Signal, the Rotary column will contain news and happenings from both of our two local Rotary clubs - the Stone Mountain club and the Tucker club.

Members of the Rotary Clubs of Stone Mountain and Tucker were among some of the 33,000 Rotarians from 174 countries that recently attended the 2017 Rotary Convention in Atlanta. The convention was held in June, and celebrated 100 years of the Rotary Foundation's "Doing Good in the World."



Stone Mountain Rotarians Scott and Paula McEvoy and Carol and Al Lipphardt attended the opening ceremonies of the 2017 Rotary Convention in Atlanta.

Also in June, each of the clubs sponsored local high school students to attend the District 6900 2017 Rotary Youth Leadership Academy (RYLA) Camp - a youth leadership training camp for tomorrow's leaders. The Rotary Club of Tucker sponsored Deborah Sodiya, 17, from Tucker High School; Stone Mountain sponsored Sophie Houenou, 15, Grayson High School; Emma Brantley, 14, Woodward Academy High School; and Jonathan Brown, 16, and Ciera Washington, 16, Redan High School. The five joined 132 other students from District 6900 - which includes 68 Rotary Clubs from most of the

Atlanta metro area and the western part of the state of Georgia - who attended the camp at Georgia Southwestern State University in Americus. Students spent the week in a challenging program that focused on personal development, leadership skills and good citizenship. Camp enrollment is by invitation only after attendees are carefully selected by each district's Rotary Club. The scholarship covers all camp expenses, including transportation to and from the camp.

June ends the Rotary year, and both Stone Mountain and Tucker installed their new boards. Stone Mountain swore in Gillian Leggett as its 2017-2018 president. Other officers are Margie Kersey (immediate past president and treasurer), Diane Dougherty (secretary), Hieke Allen (club administrator), and Scott McEvoy (sergeant-at-arms). Stone Mountain director chairs are Lizbeth Dison (public image), Al Lipphardt (membership), and Durl Jensen (Rotary Foundation). Also included are Irvine Weeks (programming), Sam McIntosh (service projects), and Jenny Hall (social).

Tucker's new president is Edward "Rusty" Warner. Other officers are Renie Halford (immediate past president), Lee Jordan (treasurer), Marc Lisenby (secretary), Wayne Rush (club administrator and program chair), and Graham Stovall (sergeant-at-arms). Tucker director chairs are Kristen Kametches (public image), Tori Cook (membership), and Nat Nwizu (Rotary Foundation). Also included is Wayne Gresham (community service projects).

The Stone Mountain club meets every Tuesday for noon lunch in the fellowship hall of Stone Mountain First United Methodist Church. The Tucker club meets every Thursday at noon in the fellowship hall of First Christian Church of Atlanta in Tucker. Visitors and those interested in learning more about Rotary are welcome to attend as a guest of either club. To learn more about the clubs and their upcoming programs, go to stonemountainrotary.org or tuckerrotary.org, or follow the clubs on Facebook and Twitter.

Smoke Rise Market Update

We are about 55% of the way through 2017 and it has been a pretty strong market. It started out a little slower than usual. To date, there have been 55 sales closed in Smoke Rise which is on track for previous years to potentially a little ahead.

It is interesting that there were almost twice as many distressed property sales in 2017 year to date, but not all were sold at distress property prices. Even though there are more, it has not impacted our values.

Current inventory, homes for sale, remains lower than what had been our traditional averages by nearly 10%. Of the 44 homes on the market, only 8 are below \$300,000 and none below \$200,000 - 20 are above \$400,000.

Average list price per square foot is \$118.35 for current listings and reflects the quantity of higher priced homes on the market. Average sale price per square foot is \$109.36. The average list price for all properties (listings, pending & sales) is \$113.78. Average list price currently is \$461,130 and average sales price YTD is \$345,598. It was \$321,160 for all of 2016 and \$310,873 for all sales in 2015.

Days on market varies greatly by price range but is overall a bit shorter than last year. It takes longer in the higher price ranges as the pool of buyers is smaller. The greatest variable is whether the home is priced to sell or is too high.

The mortgage market offers more options than a year ago and is slightly higher than at the beginning of the year, with some rates still in the 3.5% range to 4.25%. Many factors impact the interest rates available to an individual buyer including credit scores, property, type of loan and more.

Factors driving buyers are size of lots, homes and affordability compared to closer in communities. Restraining factors are schools and commute times (traffic). Overall, there has been a slight preference expressed that we are incorporated in Tucker rather than being unincorporated DeKalb. The outlook for 2017 is good in terms of real estate values

Data for this report was compiled from MLS systems and tax records.

HEALTH NOTES:

by Cheri Schneider, M.D.

Are Sports Drinks Necessary, or Just Advertising Hype?

This topic has been on my mind for several years. During the years my children were in school sports, the coaches and trainers insisted that the athletes needed to have snacks and Gatorade-type drinks available before or after practice and games. This especially bothered me in the young days when my kids were in preschool and early elementary school. After a hard day of t-ball (which included such strenuous activities as sitting down in the outfield and picking the grass), they would be herded into a group and fed crackers, granola bars and juice or a sports drink. This seemed excessive to me. During middle school, my kids were plied with protein shakes after weight training and conditioning to 'rebuild muscle'. And most recently, we were instructed to send in chocolate milk, not water, as a 'recovery drink' with snacks. This was when I decided a little research was needed.

In 2012, the British Medical Journal (BMJ) decided to do a feature article about sports drinks, protein supplements and running shoes. The article was eye opening!!

Here are a few tidbits for thought from the article:

1. The first sports drink - Gatorade - created for the Florida Gators, cost \$43 to manufacture. The sports drink industry projects a \$2 billion profit in the US now. This raises the question about how much is for profit and how much is for real science?
2. The sports industry has created a whole area of research dedicated to hydration. This research is mainly funded by companies that manufacture sports drinks!! These 'research' groups worked hard to market the idea that the brain is not a reliable register of thirst to athletes and the sports world. Phrases like "prehydrate", "drink before you are thirsty" and "by the time you are thirsty, you are already dehydrated" began to crop up in sports literature and advertisements. Dehydration was portrayed as a 'disease' created by exercise. The 'pill' for this disease (dehydration) was of course - a sports drink, not water. Again, the question "Is it marketing or is the need to drink a sports drink real?"
3. The sports industry and sports drink manufacturers produce 'research advertisements'. These are really advertisements with a scientific feel supposedly showing that the benefits of the sports drinks are based on 'decades of science research'. The BMJ reviewed 431 of these ads, calling companies when they could not find hard research to back it up. They found that only 3% of the 'research adverts' reviewed would be classified as high quality studies. Most were riddled with conflict of interest between the scientists, drink companies and sports medicine magazines.
4. The color of your urine may not be the best indicator of dehydration. (This one surprised me). Only the first morning urine accurately correlates with dehydration and rehydration. Thirst is the best and most accurate indicator of dehydration!
5. How hydrated you are does not affect performance.
6. Even water can be toxic. Many athletes learn complex formulas for how much water or sports drink to guzzle to prevent dehydration (instead of relying on thirst). More people are hospitalized for over hydration during a marathon, than dehydration. This is due to lowered levels of sodium in the blood.
7. Sports drinks are unnecessary for the everyday athlete. They may be helpful for extreme or endurance athletes who exercise with moderate to high intensity for 90 minutes or more continuously. For others, water is just fine.
8. Lastly, most sports drinks have added carbs and calories that are not needed. This is especially true in the usual athlete and children (not the extreme or endurance athlete). Perhaps it has a role to play in obesity?

The bottom line is that there is still much controversy and maybe even a serious lack of credibility about the necessity of sports drinks in the average athlete. The studies are extremely small (only two the BMJ evaluated had more than 50 participants - most averaged 12). Many were not properly set up and the BMJ uncovered plenty of conflict of interest in the sports 'research' world. I recommend: Water first. Milk and a small sandwich with protein after prolonged exercise. These work just as well as manufactured products and advertised sports drinks. Our littlest ones could just swig a little water on the way home or have a fruit Popsicle to cool down!

techtalk
by Susan Gilbert

Caught on Camera!

All summer we have been battling the squirrels who keep raiding our bird feeders. Or so we thought. When something lifted and relocated a large, 15-pound bird feeder that we can hardly lift to its hanger, we realized we were dealing with something much bigger than squirrels. But what was it that could get around the big metal cone-shaped shield, scale an ultra-thin wire and disconnect it from the hanger attachment? Bears came to mind as did raccoons and even opossums, but we have never seen or heard of any of bears living in Smoke Rise, and the raids only come at night when we are asleep.



Technology to the Rescue! We ordered a night-vision, motion-sensing, outdoor camera and put it to work the day it arrived. The next morning, feeders again emptied, we clamored like kids on Christmas morning to view our video and expose our culprit.

Did you know we have raccoons in Smoke Rise? Some pretty large ones! This photograph is of a small, ingenious one that didn't climb down the fine wire at all. He just sat in the tree and swung the feeder back and forth until he could catch it and empty its contents on the ground below. The next night, we filmed one twice the size of this little guy, but just as clever.

So, now we know our thief, but don't have a good answer for how we avoid feeding him. Friends have told me to mix red pepper flakes in with the seed and that will do the trick. Another friend has solved the problem in an inventive other way: she leaves the feeders empty.

Over The Air (OTA) Antennas

by Joel Gilbert, P.E.

I have been amazed at how surprised people are that you can actually get a better picture for free using OTA antennas.

I admit, it is easy to just ask the cable company to add local channels, pandering to our laziness, but then they add insult to injury by charging us extra for local channels and then not even delivering the same quality signal you can get for free!

Today's high definition TVs really shine with OTA. You will be blown away by the quality you have been missing by using your cable TV provider because they reduce the resolution in order to less expensively transmit the signal to your home.

OTA may sound intimidating, but it really isn't. Most modern TVs are easy to set up by choosing the antenna channel setup and letting them find the channels from your OTA antenna.

OTA antennas have also come way down in cost price. I just bought one on Amazon for about \$16 delivered to my door. They look like sheets of plastic with an antenna cord out the side and most come with an amplifier. You can generally use the guideline of putting the antenna in a window facing toward Atlanta to pick up most local stations. Try one and see how you like it and then do what we did ... buy a better, larger one and put it in your attic. Then, substitute the incoming service from the cable provider with the signal from your attic antenna.



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Remembering Princess Diana 20 Years Later

by Mary Lou Still

I can't believe it has been 20 years since we lost one of the most dynamic icons of our time. I wrote this poem just a few days after Lady Diana's death. It was HEARTBREAKING - she was someone I truly admired and followed.

I just felt like we had so much in common. We had married the same year - just a few weeks apart in 1981. I know so many of us remember waking up at 4:00 in the morning to see that beautiful royal wedding. We also had baby boys around the same time and I loved watching her life with them. She seemed to be a wonderful Mummy! BUT, at the same time being in the public eye 24/7. Gosh - it must have been so TOUGH! Being a true humanitarian, she supported over a hundred charities and really made a difference all over the world. Unfortunately; she became one of the most pursued women.

My husband Eddie and I were on a family reunion/vacation in the Cayman Islands when we heard the news of that terrible car accident. Being in a British Territory - the people were devastated - they had lost their Princess. The flags were lowered and so were their heads. What was supposed to have been a FUN trip turned very sad on my birthday 8/31/97 - forever etched in my mind. Like her brother quoted, "Her beauty, both internal and external, will never be extinguished from our minds".

Ode to Diana

*From our Mountain Shadow home far away,
For a special princess we pray.*

*Her death was senseless, indeed,
She only wanted some privacy,
something we all need.*

*The Paparazzi is to blame,
How can they have no shame?*

*No more lovely Princess to chase,
They will have to find someone else to disgrace.*

*And you can bet they will,
For a star, they thrive on overkill.*

*But they can't hurt Diana anymore,
For that, our hearts can soar.*

*Thank you, Diana
for all the wonderful things you have done,
Of all the Royal Family,
you were the most loved one.*

*You performed so many thoughtful deeds,
Especially for those with extreme needs.*

*Though now we feel so blue,
I think we all learned something from you.*

*We will miss your smiling face,
You sense of style, beauty and grace.*



photo credit: Wikipedia

*God bless William and Harry,
Life without "Mummy" will be scary.*

*We hope they will be fine,
Through you, they too will shine.*

*And when William becomes King,
From heaven, your heart can sing.*

*Though grief has cut us to the core,
We will remember our Princess Diana
for ever more.*

*Thanks for the memories.
Mary Lou Still*

NEWS YOU CAN USE

By Aviva Hoffmann

Smoke Rise No Place for Illegal Signs

It's a sign of the times... the appearance of unsightly, illegal messages and advertising on little posters stuck along our roads and neighborhood entryways. We especially saw a rash of political messages leading up to the June 20th GA 6th Congressional District Special election - even though Smoke Rise is in the 4th district.

Fortunately, we Smoke Risers don't encounter too many of the advertising type signs in our neighborhood. By now, most people know the signs won't last long on public rights-of-ways, utility poles, trees, or traffic signs in Smoke Rise. (We have some diligent residents who remove the offending signs almost as soon as they are displayed.)

Similar to the ordinance on signs in DeKalb County, the City of Tucker also regulates signs and, "...finds that signs provide an important medium through which persons may convey a variety of noncommercial and commercial messages. However, left completely unregulated, the number, size, design characteristics, and locations of signs in the city can become a threat to public safety as a traffic hazard and a detriment to property values and to the city's general public welfare, as well as create an aesthetic nuisance..." (City of Tucker Regulation, Chapter 21 - SIGNS)

Illegal signs can create problems by distracting drivers, creating blind spots, and they detract from the overall appearance of our roadways by making our neighborhoods look trashy. However, not every temporary sign you see is illegal. In fact, some of us may find some of them helpful or interesting. Signs are allowed on residential properties, but there are restrictions on the size, location, number of signs and, in certain instances, the length of time signs can be posted. (Refer to the entire Tucker regulation on signs for more specifics.) A permit for a sign may also be required in some cases - where the permit number and the name and address of the person responsible for erecting and maintaining the sign is required to be displayed.

Removing illegal signs helps improve our curb appeal and adds to our quality-of-life. If signs are placed on your property without your permission, you have the right to remove the sign and dispose of it. You can also inform neighbors, organizations and merchants that it is illegal to place signs in the right-of-way. Many simply do not know it is illegal and that there could be fines if they do not remove the signs.

Together with the community, Code Compliance officers provide a line of defense against blight in our neighborhood - in a responsible and effective way. If you need to report an illegal sign, or any other code violation, Tucker's code enforcement officer is William Wharton, who has served as a Code Compliance Manager for 11 years. You can reach him by telephone at (470) 273-3093 or send an email to codecompliance@tuckerga.gov.

The writing is clear - Smoke Rise will not put up with illegal signs!



Code Compliance Officer
William Wharton

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Choosing a Retirement Community

Choosing the right retirement community for yourself or a loved one is no small task. There are many factors to consider when making such an impactful life decision, and in a growing senior living market, there are many options to choose from. Nevertheless, the best continuing care communities should make a clear impression on potential residents. Location, amenities, lifestyle, and reputation are some things to consider when choosing where to enjoy your retirement.

Moving into a continuing care retirement community shouldn't mean rearranging your entire life. The convenience of choosing a retirement community close to home, surrounded by friends and welcoming neighbors, is integral to an enriching independent living experience. Maintaining your routines, knowing the lay of the land, and always having a friend around the corner brings freedom and comfort to everyday life.

In a well-located retirement community, you can have all of the perks of a new, vibrant neighborhood with proximity to the settings and people you already know and love.



If you are interested in maintaining an active, independent lifestyle, then consider the amenities and lifestyle a community has to offer. A community that is designed to accommodate diverse needs and provide access to various activities and facilities encourages senior living at its best. Grab your friends and head to the neighborhood pub or have a cookout by the grill. Take comfort in access to onsite comprehensive healthcare services and state-of-the-art facilities. From fitness centers and nature trails to fine dining and opportunities for artistic expression, the amenities and living experience in your community should suit your interests and enrich your well-being.

A strong, well-regarded reputation also speaks volumes about a retirement community. Tenure, expertise, and industry standing are important factors to consider and these qualities reflect a community's history. Whether its credence comes from industry peers or community member testimonials, a place known for upholding and exceeding industry standards of service, design, and personal care is a strong standout amongst its competitors.

As you research retirement communities, ensure you're choosing a place that's one-of-a-kind. Where you live and the way you live matters, so consider the best options for your lifestyle. Still want the independence of a single-family home or cottage? Looking to downsize to a stylish villa? A safe, active, and unique continuing care retirement community can provide an engaging start to a new phase of life and help you discover the finest in active, independent living.

Books...continued from page 1

game of hockey. Friendships are being tested and betrayal leads to heart break for some of its residents. The book is thoughtful and philosophical, yet it captures you in its critical observation of life and its challenges.

3) *The Bad-Ass Librarians of Timbuktu* by Joshua Hammer

A courageous group of librarians set out to rescue "Precious Centuries-Old Arabic texts from Al Qaeda". Truly amazing how daring, devoted librarians smuggle these documents out of legendary Timbuktu. The true story gives the reader an insight of how destructive and vicious the leaders of terror groups are.

4) *The Second Mrs. Hockaday* by Susan Rivers

A saga about the Civil War. A very young wife and her son are left to tend a farm during the dark days of the Civil War. Far from home and unprotected, a horrendous crime is committed against her. When the husband returns she is about to enter jail to face charges for a dubious crime.

5) *The Lost City of Z* by David Grann

About the great British explorer Percy Fawcett's obsession of finding the glittering kingdom of Eldorado, a by-gone civilization in the Amazon. He and his expedition vanished and many scientists "came to view the Amazon as a deathtrap that could never support a complex society". This is a real life adventure story with detailed horrendous sacrifices the explorers faced.

Summer reads for relaxation:

6) *A Lowcountry Wedding* by Mary Alice Monroe

Sullivan's Island, two weddings and complications along with hidden secrets from the past will enchant the reader.

7) *The Woman in Cabin 10* by Ruth Ware

A journalist has an assignment to report about a luxury cruise. At first luxury prevails everywhere and the mood is jovial all around. Suddenly a woman has been thrown overboard, yet all passengers are accounted for and that becomes the dark mystery of the book.

8) *Georgia* by Dawn Tripp

It is the year 1916, an unknown Texas art teacher, Georgia O'Keeffe, is discovered by the famous photographer and art dealer Alfred Stieglitz. She becomes his mistress, protégé and muse. A tumultuous love affair leads to marriage. Ultimately she decides what direction her now famous life will take.

9) *The Whistler* by John Grisham

A high-stakes thrill ride through the corrupt judicial system in Florida. It is our assumption that judges are fair and adhere to the law. Lacy Stoltz, an investigator, unmasked an elaborate conspiracy involving an Indian reservation and a judge that gets large sums of money for his cooperation. This is a dangerous game and can get deadly.

10) *Camino Island* by John Grisham

Deep in the vault of the Firestone Library in the University of Princeton there are five handwritten Great American Novels by F. Scott Fitzgerald, preserved in an unbreakable safe. They are insured for \$20,000,000. Criminals manage to steal them and the chase is on from Camino Island to Paris. A dealer in a popular bookstore is being watched and romance plays into the scenario. Crime, pursuit, romance and redemption, a fast read.

Books are a moveable feast and their beauty is that you can read them anywhere at any time at your leisure and enjoyment.

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HODGE PODGE



By Jenny Hall

I think August might be my hardest month to generate a recipe of anything other than iced tea. I want to cook but as soon as that utensil drawer is opened, I regret the decision immediately and usually remedy this Susie-homemaker lapse by sticking my head in the freezer and breathing icy cold air until I can gather my thoughts enough to find car keys for a trip to the restaurant. Realizing that I never got dressed, I return to the freezer for ice cream - dinner of champions. With sliced peaches and granola I believe I have all the food groups covered. I want all my food to be cold this month, and I especially love watermelon, so that's the focus because, basically, that's what I want to eat when I'm not eating ice cream. So try this first easy sorbet when you want something that immediately cools you down. Even a not-so-sweet melon tastes better when frozen.

Super Duper Easy Watermelon Milk Sorbet

About 10 cups chunked, seedless watermelon - about half a medium watermelon
1 can condensed milk - low fat is fine
Pinch of salt
1 Tablespoon plain vodka

Puree the watermelon in a large food processor to get 2-3 cups puree. Add one can condensed milk, salt and vodka. Blend. Pour into large freezer-safe container and freeze for about one hour. Stir well. Return to freezer and stir about every hour for maybe three times. Freeze overnight, covered. You can scrape the top for flakes or let it sit a bit to soften before serving. And the vodka is not strictly necessary, but it does help keep excess ice crystals from forming. Leave it out if you want. Or add more. It's your party.

You can also make an icy watermelon treat by just freezing cubes of watermelon in a single layer until hard. Store in plastic bags and use as a substitute for ice cubes in your next glass of lemonade or to cool down a margarita in style! Frozen cubes also turn into immediate sorbet by pureeing with a dash of lemon juice and sweetener to taste. This is the time to use up that Splenda®!

Now you have another half watermelon to deal with. Make this fabulous salsa to serve with your favorite chips.

Watermelon Mango Salsa

About half a medium watermelon, cubed
1 mango, diced (I use peaches, nectarines or even pineapple to equal about 2 cups)
1/2 medium red onion, diced
1 jalapeño, seeded and diced (or use about 1 teaspoon diced pickled jalapeño)
2 limes, use zest and all juice
1/4 cup minced fresh cilantro

You can use the half watermelon shell as a serving dish just by slicing the bottom off level so it won't wobble all over the place and end up on your patio floor. Just toss all ingredients together and put in the watermelon bowl you have artfully created. Cover and refrigerate about 30 minutes so flavors blend well.

So now I guess I'm done with that watermelon but I still want something cool for dinner. If you're having grilled chicken or shrimp, this is especially good as a go-along. It serves 12 and could easily be halved since the ingredients are rather random according to what you love.

Avocado and Corn Salad

3-4 cups cooked, cool corn. (Fresh, frozen or canned. I opt for drained canned, of course.)
4 avocados, diced
Juice of 1 lemon or lime
2-3 cups sliced cherry tomatoes
2 red bell peppers diced (or yellow, red or orange, if desired)
1 cup chopped red onion
1 Tablespoon pickled jalapeños - (or 1/4 cup fresh, seeded, diced)
1 lime, zested
1/2 cup lime juice
1/4 cup olive oil
1 teaspoon pepper and 1 teaspoon salt
1/2 teaspoon minced garlic
Pinch of cayenne
1/4 cup chopped cilantro, optional
1/2 cup sliced black olives, optional

Toss avocado with the juice of one lemon or lime. Add corn. Add tomatoes, peppers, onion, jalapeño and lime zest. Toss gently. Mix 1/2 cup lime juice, olive oil, pepper, salt, garlic and cayenne. Add cilantro and olives if desired. Pour over corn mixture and toss. Keep refrigerated until serving. I like the contrast of the black olives and love cilantro. If cilantro tastes like soap to you, leave it out. Ingredients can vary in amounts and you could even toss this with some cooked, cooled macaroni to stretch it even more. Double dressing amount in that case.

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