

# SMOKE SIGNAL

VOLUME 52, ISSUE 2

Serving the Smoke Rise Community since 1968

May, 2019

www.smokesignalnews.com



### Look inside for...

- Community Garden & Farmers Market ... pg 3
- "Lily the Llama Lost Her Shoes" ..... pg 4
- Wildlife Sanctuary in Smoke Rise..... pg 7
- Seasonal Allergies.....pg 9
- The Joy and Privilege of Reading ..... pg 10

## Tucker Kicks Off SPLOST Spring Resurfacing Campaign

By Matt Holmes, City of Tucker Communications Director

Tucker's Mayor and City Council helped launch a new round of SPLOST-funded road resurfacings with a ribbon cutting event on Rock Mountain Boulevard in early April. The spring campaign, dubbed the "Smooth Ride Tour" is bringing newly repaved streets to all parts of the city.

"We're excited to kick off our spring resurfacing projects," said City Engineer Ken Hildebrandt. "Through the good [fiscal] stewardship of our City Council, we were able to add an extra million dollars this year, which is really above and beyond what we had planned for."

The new round of resurfacings will cover 26 of Tucker's most poorly-conditioned streets. It comes on the heels of a highly successful fall campaign that addressed 21 streets in need. The work is being funded largely through the Special Purpose Local Option Sales Tax (SPLOST).



DeKalb County Commissioner Steve Bradshaw attended the kickoff event, further illustrating the continued close relationship between the city and the county. "The partnership between DeKalb County and the City of Tucker is strong and, I suspect, it will be strong for many, many years to come," Bradshaw said.

In February, Tucker's City Council approved \$2.3 million for this round of resurfacings. The work will be overseen by Atlanta Paving, the same firm which worked with the city on its fall resurfacings. Jacobs Engineering is again managing the city's SPLOST program.

The SPLOST was passed by DeKalb County voters in November 2017 by a wide margin. The additional one-cent tax is expected to raise \$31.8 million for projects in the City of Tucker during the next six years. Residents can keep up with how SPLOST money is being spent in the city, and find a list of roads to be resurfaced, at [tuckerga.gov/SPLOST](http://tuckerga.gov/SPLOST).



## "Tunes By the Tracks" is back in Stone Mountain Village... and ticket free.

"Tunes by the Tracks," the popular indie music concert series, returns to Stone Mountain Village Friday, May 3 and every Friday night in May, June, September, and October. This is the fifth year for the Georgia Grown original music series, delivering the most free community concerts in metro Atlanta and, for that matter, Georgia.

An interesting factoid: Presenting 17 curated concerts of roots, blues, and Americana - with a 2019 twist of Zydeco - original music, "Tunes By the Tracks" remains unsurpassed with no close second to date.

"The series is important to our community and we do not take its role and success for granted. Folks are returning to the Stone Mountain Village to re-connect with a place they care about and the community in which they grew up. Others are finding us for the first time. Others, too, who've been Stone Mountain folks for years, are enjoying the series and happy seeing new life take hold in the city they've loved forever and known as home." - Thom DeLoach, Stone Mountain DDA Board Member and Tune By the Tracks Organizing Panel Chair.

The concerts are free. The music goes on each Friday "come rain or come shine" and runs from 7:00 p.m. - 9:00 p.m. in the municipal parking lot near the gazebo on Main Street Stone Mountain Village.

Don't forget your lawn chair! Beer, wine, and soft drinks are available to purchase. Proceeds go directly to keeping "Tunes By the Tracks" free to enjoy and exceptionally talented local indie artists onstage and trackside in the SMV.

Join us in the Village!

Looking for a way to give back to your community?  
THE SMOKE SIGNAL is looking for a few more writers or people with a passion for storytelling.  
SEND YOUR INQUIRY TO:  
[staff@smokesignalnews.com](mailto:staff@smokesignalnews.com)

## ...from the Smoke Signal Archives: May, 1984

### special features

#### If Mothers Are Saints, How Come Most Saints Never Had Children?

Job Description: low pay, inflexible hours, implied gratuities, no vacation, must be willing to anything legal, full-time. Job title: MOTHER.

There is a certain amount of pleasure in being a martyr and all the women in my family have perfected it. Each year after preparing and cleaning up Mother's Day dinner for 16 (or more), we look forward to sitting around and complaining about what type of Mother would by-pass a corsage and dinner out at a nice restaurant for all this exhaustion. (We agree that it must be genetic, passed down from my grandmother). This is the only day of the year that we can get what we want out of any member of the family but we don't do it. Every year my uncle and his friend, Walt, come to visit my Grandparents for Mother's Day. My Aunt stays home and cooks for my three cousins and their wives and children on her Mother's Day — the sign of a dedicated Mom. Willie and Walt spend 4 days driving from Washington, D.C. so that all those good golf courses on the way don't get wasted. Once they are here, they do visit with my grandmother, as long as it's raining. On clear days they always manage to get in nine holes before returning for lunch and then work in another round before dinner. Walt is the type that saves all his strength for the golf course. He will serve his own plate if told to do so, otherwise he waits hopefully for someone else to do it for him. On Mother's Day, Walt and Willie play golf early so they can be back in time for the traditional feast. We all gripe about Walt, pointing out that Walt acts like he's the guest of honor on "our"

Mother's Day. We tell my grandmother that she shouldn't put up with it but she loves being an understanding mother. When we complain about what a flake Walt is she just tells us that Willie has always had that kind of friend. I suppose that's the same attitude I have about cleaning up after my Mother's Day breakfast — we know our children and if they have always had weird friends or get nauseated looking at eggs stuck on a pan, we accept it. My grandmother, though, has a less sacrificial quality than the rest of us. We always let them know that this is not our first choice of how to celebrate "our" day. We've even considered asking Willie and Walt to maybe take us out but I'm afraid that they might suggest the snack bar next to the pro shop. We probably should demand that the entire group take us out but every year we succumb to their desire for a big pig-out dinner. When lunch is served and all the Mom's (there are six of us) are standing at the back of the line waiting for the others to fill their plates with the dinner we cooked, it's hard to discern exactly what aspect of motherhood we are commemorating — our skills as cooks or our desire to please our children. Maybe next year we will play our trump card, but this year we have already planned the menu. Besides, some of the family are starting to feel guilty. What more could a Mother ask for?



## 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.

Editorial Committee... Jan Mahoney .....(470) 545-0248  
 Cheri Schneider .....(770) 717-9914  
 \*AvivA Hoffmann.... helloaviva@hotmail.com  
 \* This Issue's Editor-in-Chief  
 Recording Secretary .....Susan Gilbert .....sgilbert@apogee.net  
 Corresponding Secretary ..Barbara Bruschi.....(770) 934-4644  
 Treasurer.....Harry Strack .....(770) 365-9381  
 Classified Ads.....Harry Strack .....(770) 365-9381  
 Display Ads.....Harry Strack .....(770) 365-9381  
 Church News.....Susan Gilbert .....sgilbert@apogee.net  
 Health News.....Cheri Schneider, M.D. ....(770) 717-9914  
 Flyer Inserts .....Barbara Luton.....(770) 491-6711  
 Recipes and Home.....Joyce Ray .....(770) 491-9015  
 Social Media .....Pat Soltys .....(770) 573-9715  
 News You Can Use.....AvivA Hoffmann .... helloaviva@hotmail.com  
 Staff Writers.....Rene Boven.....(770) 905-5404  
 Joel Gilbert .....  
 Susan Gilbert.....(404) 312-8328  
 Joyce Ray.....(770) 491-9015  
 Pat Soltys.....(770) 573-9715  
 Barbara Bruschi .....(770) 934-4644  
 Distribution .....Laura Smith.....(770) 934-7595  
 Delivery .....Morgan Taylor and Charlie Smith

*Views and/or opinions expressed in articles, stories or letters published in this newspaper are not necessarily those of the Smoke Signal or its staff. The information contained in it is believed to be accurate, but not warranted in any way. It is the policy of the Smoke Signal to publish signed letters to the Editor. We will not publish unsigned letters, but will withhold the writer's name upon request. All content may be edited.*

### May Calendar of Events

- 3 **Tunes By The Tracks**  
 Fridays (May, June, Sept., & Oct.)  
 Main Street SMV, 7:00 p.m. - 9:00 p.m
- 4 **19th Annual Run Walk 'N' Roll**  
 Stone Mountain Park, 7:30 a.m.
- 8 **Mountain Mums Meeting**
- 10 **Relay for Life, Gwinnett County Fairgrounds, 5 p.m.**
- 11 **Smoke Rise Garden Club Garage Sale, Oxbow Circle**
- 11 **Tucker Day, Main Street, 9:00 a.m.**
- 12 **Happy Mother's Day**
- 13 **Mountain Shadow Garden Club**  
 Melanie Furr, Atlanta Audubon Society,  
 Eastminster Presbyterian Church, 7:30 p.m.
- 14 **Morning Glories meeting at the home of Sherry Pacella**
- 23 **DeKalb County last day of school**

### Smoke Signal Deadlines

**MAY 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  
**The Smoke Rise Community Garden on Hugh Howell Rd.**

**Deadline for classified ads is MAY 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.

"Like" us on Facebook at [www.facebook.com/SmokeSignalNews](http://www.facebook.com/SmokeSignalNews)  
 or visit our website at [www.smokesignalnews.com](http://www.smokesignalnews.com)  
 Link to the digital version of the *Smoke Signal*  
 at <http://eepurl.com/pjn4v>  
 or scan this QR Code with your smart phone!



### Tucker Library May Programs

#### Summer Reading Program Kickoff

Thursday, May 30  
 10:00 a.m.

Visit the Tucker Library for the Summer Reading Program kickoff, and get the summer started with a performance! Remember to bring your cameras and smiles for a picture with DeKalb County Public Library's mascot, Dog in the Wood. Don't forget to sign up for the "Universe of Stories" summer reading program.

#### Open Mic 5:30 - 7:30 (dates below)

Come sing, dance, rap, play an instrument, slam poetry or just hang out! Sign up begins three weeks prior to date. Advanced sign up is recommended, in order to guarantee a spot to perform. Please call or visit branch and ask for Jason or e-mail at [beyerj@dekalblibrary.org](mailto:beyerj@dekalblibrary.org). Open to the first 10 performers.

May 21, June 25,  
 July 30, August 27

For more information, please call the library at (770) 270-8234.

More information also online at: <https://dekalblibrary.org/branches/tuck>

**BRING A BOOK  
 TAKE A BOOK**  
 Don't forget to check out the Little Libraries that have popped up near the swim clubs.



#### DID YOUR PAPER GET WET?

EXTRA COPIES OF THE SMOKE SIGNAL ARE NOW AVAILBLE AT THE COMMUNITY GARDEN  
 Look for the wooden box labeled *Smoke Signal*.

(They are no longer available on Smoke Rise Drive.)

### Smoke Rise Baptist Church

Dr. Chris George, Senior Pastor  
 Bart McNeil, Associate Pastor  
 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](http://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  
 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  
 Pastor of Senior Adult Ministries: Rev. Jeanne Simpson  
 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 Respite Care Program: Helen Wilborn  
 Director of Communications: Joy Summerville-Johnson  
 Telephone (770) 469-4881  
[www.eastminster.us](http://www.eastminster.us)

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

Sundays:  
 9:15 a.m. Sunday School for all ages  
 10:30 a.m. Worship in the Sanctuary - nursery provided  
 5:00 p.m. Youth Fellowship  
 Communion: First Sunday of each month  
 Wednesdays:  
 5:45 p.m. Join us for dinner! - \$5 per adult  
 6:30 p.m. Program  
 7:30 p.m. Chancel Choir

### MC3 Church

Senior Minister: Art Stansberry  
 Worship Minister: Leslie Riley  
 Student Minister: Will Tyler  
 Coordinator of Kids Ministry - Jim Barber  
 Telephone 770-783-1035  
[www.mc3.life](http://www.mc3.life)

Sunday Worship at Parkview High School Auditorium

9:30 a.m. -- Coffee and donuts; adult and student c-groups; nursery and Sunday school for infants to 5th graders.  
 10:30 am. - Worship service

C-groups throughout the week at various homes -- check out our website for more times and addresses

Business Address and Hours:  
 1316 Rockbridge Rd, Suite M  
 Stone Mountain, GA 30087  
 Monday through Friday, 9 a.m.-5 p.m.

Mailing Address:  
 1227 Rockbridge Rd., SW  
 STE 208-251  
 Stone Mountain, GA 30087

### First Moravian Church

Pastor: Dr. Stephen Weisz  
 Congregational Acolyte: Bill Hitz  
 Telephone (770) 491-7250, (770) 755-8289  
[www.gamoravian.org](http://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](http://www.mwchurch.com)  
 4818 Hugh Howell Rd., Stone Mountain  
 Service Times: Sundays: 9:00am / 11:00am / 1:00pm

### Preferred Formats for Smoke Signal Submissions

Articles and photos 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.

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

125 Henson Drive  
 Monroe, GA 30655  
 Behind Kentucky Fried Chicken



**TFM**  
 Tucker Farmers Market



**THURSDAYS 4:00-8:00PM**  
 Beginning April 4  
 4882 Lavista Rd., Tucker, Georgia  
 at St. Andrew's Presbyterian Church

The Tucker Farmers Market (TFM) returns bigger and better than ever in a new space – the front lawn of St. Andrews Presbyterian Church. Thursday afternoons from 4:00 p.m. - 8:00 p.m through December.



**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**

**Community Garden Partners with Atlanta Community Food Bank**

The Atlanta Community Food Bank has a division that matches corporate volunteer initiatives and events with metro Atlanta community gardens that need help with big projects requiring lots of man power. On April 3, 15 volunteers from Apple were welcomed into the Smoke Rise Community Garden to help prepare the garden for the spring planting season. They prepped and filled newly built food pantry garden beds with compost-probably close to 100 wheelbarrows full! The SRC Garden is extremely thankful for this partnership and is looking forward to working together with the Apple employees in the future!

If you are interested in renting a plot with the Smoke Rise Community Garden, it's not too late! Membership fees are \$60.00/year for a 4 foot x 8 foot bed, \$90.00/year for a 4 foot by 12 foot bed. More information at [communitygarden.org](http://communitygarden.org).



**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**

**FODAC Joins National VOAD**

Friends of Disabled Adults and Children (FODAC), a non-profit organization providing durable medical equipment (DME) and services to those living with a disability, announced its acceptance into National Voluntary Organizations Active in Disaster (National VOAD), a coalition of volunteer organizations whose mission is to help survivors and their communities in the wake of natural or man-made disasters. Since serving as a major relief resource for those with disabilities in the wake of Hurricane Katrina, and most recently with the survivors of Hurricane Maria, FODAC has established itself as a leader in disaster recovery efforts for special needs survivors, coordinating shipments of DME, such as wheelchairs, walkers and respirators, and providing boots-on-the-ground teams to support onsite efforts.



Photo courtesy of Chris Brand / FODAC. FODAC President and CEO Chris Brand with FODAC Disaster Assistance Coordinator Ruth Rust review a shipment of DME headed for Puerto Rico following Hurricane Maria in 2017.

As the newest member of National VOAD, FODAC brings to the table much-needed expertise and experience in the area of disaster recovery for the disabled community.

“Our hope,” added Chris Brand, “is that the experience gained in the field by our staff and volunteers in the aftermath of a disaster can be formalized into structured trainings and processes that help the entire community plan and prepare long before a disaster strikes.”

**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](http://www.karlschwartzchiro.com)

**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.

**We Get the Job Done!**



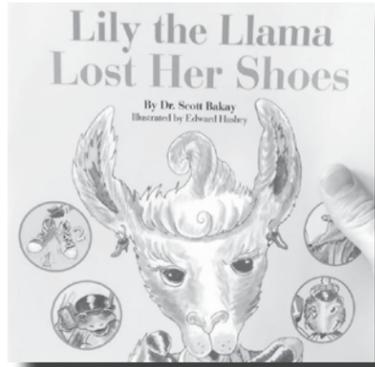
[www.smokeriseagents.com](http://www.smokeriseagents.com)  **770.573.9715**

 7030 Rockbridge	 191 Amsterdam	 1954 Musket Ct
 2360 Spencers Way	 280 Old Rosser	 2112 Mountain Creek
 2115 Mountain Creek	 1010 Bouldervista	 5427 Leather Stocking

**Author from Smoke Rise Publishes Children's Book**

By Dr. Scott Bakay, Licensed Psychologist and Smoke Rise Resident

The story of *Lily the Llama Lost Her Shoes* originated more 17 years ago in 2002 when I was a senior at the University of Georgia. I was walking across the street in downtown Athens with my girlfriend and some other friends when a line popped into my head, "Lily the Llama lives by the lake, licking her lollipop and dreaming of cake." The line seemed nonsensical and the likes of a reject Dr. Seuss line. As a budding writer, however, I kept replaying the line in my head and toyed with the idea of fastening a story out it. But before I go any further, I need to explain that my college girlfriend's family raised llamas, and I had become fascinated by them. I had no idea this repeating line in my head would be the nexus of three children's stories.



*Lily the Llama Lost Her Shoes* is the second book of the presently three written stories; though, it is the first to be published. It is a whimsical children's picture book demonstrating the merits of friendship and not giving up when a challenge presents itself. The reader can

immerse him or herself into a playful world that subtly educates as well as entertains. The story contains a tongue twister for adults and colorful, active language for children.

The reader not only follows Lily as she searches for her shoes, but also goes on his or her own hunt looking for hidden shoes outlined somewhere on the page. Lily relies on her friend Freddy the Frog to help her solve her problem of her lost shoes. She later watches in amazement as two detective shrews join the quest, flying across the page in a whirl of activity. Lily teaches the reader to ask for help and make new friends. It is a fun story.

I am a licensed children's psychologist who grew up in Smoke Rise. I went the Smoke Rise Elementary for a number of years and played competitive soccer for TYSA and was a Mountain Shadow Shark. I even worked at A+ Learning Lab for a few years while in graduate school. I currently reside in Tampa, FL as a clinical child psychologist, but I return at least yearly to visit my family. I hope you check out my book and support a first-time author and native son of Stone Mountain, GA. It is available online through Amazon or Authorhouse Books as a paperback or e-reader. I believe the story of Lily the Llama focuses on the beginning reader but speaks to all audiences.

**Smoke Rise Country Club Hosts the Annual THS "Racquet Rally"!**

by Mary Lou Still

Another Racquet Rally is "in the books" - what an awesome day! For many years, the SRCC Tennis "Babes" team has been inviting the Tucker High School Special Needs classes to come and ENJOY a day on the courts. This year, we had 24 students, their teachers, and bus drivers join in on the FUN. Club Tennis Pros, along with the help of other volunteers, conducted a variety of warm-ups and drills while playing the kid's favorite tunes. There was a lot of action going on before our team served up the club's delicious burgers and dogs. Students also received T-shirts (compliments of Smoke Rise Bottle Shoppe) and Goody Bags that the Tennis Babes created. The event concluded with a Pro Exhibition match, which was pretty a<sup>o</sup>mazing to watch - very close! This year, one of the students was so excited, he just had to run on the court and join in on the match—it was so sweet! The teachers always say that "Racquet Rally" is the student's and teacher's "BEST DAY" of the year - but truly it is OURS!



Emily Swinn of Flintlock Dr.



**BERRETTA PAINTING**  
 Licensed / Insured  
**RESIDENTIAL COMMERCIAL**  
 Since 1965  
 770-923-0537  
 Basement Finishes  
 Carpentry Repairs • Pressure Cleaning • Gutter Installation •  
 "Customers receive a high quality, guaranteed paint job at competitive prices, always."

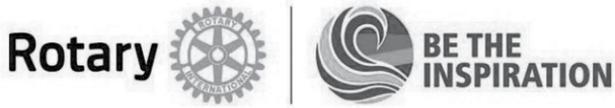
The *Smoke Signal* is posted to [www.smokesignalnews.com](http://www.smokesignalnews.com) the first of each month. Go to the "Smoke Signal Digital" link. You'll also find the link posted to the *Smoke Signal* News Facebook page each month with posting of pictures and stories throughout the month. For questions, contact Pat Soltys at [pat@smokeriseagents.com](mailto:pat@smokeriseagents.com).

**CELEBRATE LIFE'S GREATEST REWARD!**  
 SOCIAL EVENTS | DINING | TENNIS | GOLF  
 The time is now to come see why so many decide to join and become a part of a very special community of members. A private club community of members who find life's greatest reward, enjoying time making memories among family and friends.

**SMOKE RISE COUNTRY CLUB**  
 Contact Heath McDaniel, Membership Director at 770-908-2582 or [hmcDaniel@smokerisecc.com](mailto:hmcDaniel@smokerisecc.com).  
**SMOKERISECC.COM/MEMBERPROMOTION**  
 4900 CHEDWORTH DRIVE | STONE MOUNTAIN, GA 30087

**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



### Rotary Club of Stone Mountain Honors Stone Mountain Elementary Educator as “Teacher of the Year”

By L.A. Dison

In March, the DeKalb Rotary Council met at the Old Decatur Courthouse for its annual Awards Breakfast, honoring individual members for outstanding contributions to their clubs and recognizing DeKalb teachers who are excelling in education. There are seven clubs of the DeKalb Rotary Council - Dunwoody, Brookhaven, Emory Druid Hills, Tucker, Decatur, Stone Mountain and South DeKalb – which work together on joint projects that span DeKalb County. DeKalb Rotary Council president this year was Stone Mountain member and Past President, Chris Brand, who emceed the breakfast.

The Rotary Club of Stone Mountain named Evangeline Anoka its 2018-2019 Teacher of the Year. Anoka is a teacher at Stone Mountain Elementary School supporting the gifted/ talented program. She has taught for almost 30 years; her belief is that “ALL children should be taught as gifted, because children will meet or exceed the expectations given to them.” Rotary Club of Stone Mountain President-Elect, Lizbeth Dison, was awarded the club’s William M. Mulkey Award, “exemplifying ‘Service Above Self’ to ‘Show Rotary Cares’ in her club, in her community and in our world.” PE Dison takes office as club president beginning July 1.

The club continues its support of its partner school, Stone Mountain Elementary, with a painting project spanning two Saturdays in April. Club members teamed together to paint the hallways of Stone Mountain Elementary; after a busy morning, the members met at Husker’s Café in Stone Mountain for lunch.

The club is planning another overseas trip this year, this one to mark the 75th anniversary of the D-Day Landings and the Battle of Normandy and with it, a momentous occasion to celebrate peace, liberty and reconciliation. To honor that historic date, club members will embark in October on a 13-day cruise from Paris to Normandy, with various stops along the way. The trip is sure to bring the memory of this tragic period of world history to life, all while emphasizing the spirit of hope.

The Stone Mountain Club meets every Tuesday for noon lunch at the Village Corner German Restaurant and Bakery in Stone Mountain Village. Visitors are always welcome to attend as a guest of the club.

To learn more about the club and upcoming programs, go to [stonemountainrotary.org](http://stonemountainrotary.org) or follow the club on Facebook, Instagram, LinkedIn and Twitter.



Smoke Rise Resident and Stone Mountain Rotary Club President Scott McEvoy with Stone Mountain Elementary Principal Dr. Char-Shenda Covington, who accepted the Teacher of the Year Award at the Awards Breakfast on behalf of teacher Evangeline Anoka.

GFWC Stone Mountain Woman’s Club Members of the GFWC Stone Mountain Woman’s Club toured the Atlanta Botanical Gardens under the guidance of Smoke Rise resident, Kathy Gallo, who is a volunteer at the gardens. Smoke Rise residents, Jackie Cornett and Barbara Luton, were among the group who viewed the tulips and the orchids.





ESTD 1962

## BOB BAILEY’S

APPLIANCE CO

5100 Highway 78 East Stone Mountain, GA 30087  
 Phone 770.979.1077 Fax 770.979.1844  
 Website: [www.bobbaileys.com](http://www.bobbaileys.com)

- ❖ Family Owned & Operated
- ❖ Quality Brands & Great Pricing
- ❖ Professional Delivery and Installation
- ❖ Serving Smoke Rise over 50 years



**KitchenAid**





**Thermador**



Invented for life





**FALL IN LOVE WITH THE EASE OF USING A TRAVEL AGENT...AGAIN.**

**LET US HELP CURATE YOUR PERSONAL, GROUP OR CORPORATE TRAVEL NEEDS.**

p. 404.567.6610 | text: 404.448.5129 | [scott@thebureau.world](mailto:scott@thebureau.world)  
**THEBUREAU.WORLD**  
 A 30087 OWNED AND OPERATED TRAVEL AGENCY



## Serving Smoke Rise Families Since 1946!

Flowers & Gifts For All Occasions!  
 Green & Blooming Plants For Your Home & Garden

404-292-8446  
[www.HallsFlowerShop.com](http://www.HallsFlowerShop.com)  
 5706 Memorial Dr, Stone Mtn, 30083

*Daily Delivery To Metro Atlanta, DeKalb and Gwinnett!*



## HEISLER HOMES

*Real Estate Sales*

**Pam Heisler**  
 404.388.0076 | 404.897.5558  
[Pam.Heisler@HarryNorman.com](mailto:Pam.Heisler@HarryNorman.com)

**Call me to experience the legendary service that only Harry Norman, REALTORS® can provide.**



Harry Norman, REALTORS® The Intown Office | 1531 Piedmont Avenue NE, Suite B | Atlanta, Ga 30324 | 404.897.5558 | Leslie Johnson, Sr. VP/Managing Broker | The above information is believed to be accurate, but is not warranted. This offer is subject to errors, omissions, prior sale and withdrawals without notice. If your home is currently listed, this is not intended as a solicitation.

# Window Cleaning



## Absolute Residential Window Cleaning

**678-516-7939**

**Serving Your Smoke Rise Community**

All Work Done Completely by Owner.  
 Contact: Paul Valenta

**AbsoluteWindowCleaning.Net**



**SRBRC is the Place for Fun in Smoke Rise**

Summer is almost here and – if you haven't done so already – it's time to secure your spot with your favorite neighborhood club.

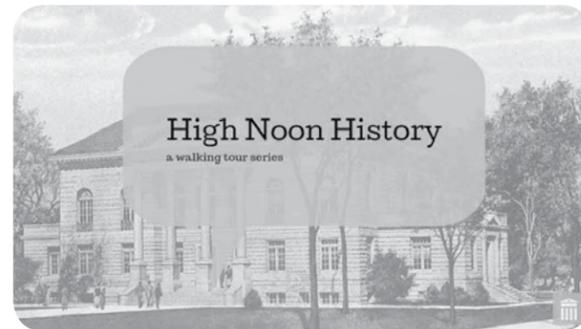
The Smoke Rise Bath & Racquet Club is a vibrant and exciting swim and tennis community. And it's especially a great destination for summer family fun. The club hosts exciting events around music, food and community, but also offers many opportunities to just hang out and relax! SRBRC has welcomed dozens of new families to its membership in the last couple of years. If you are considering a first-time membership, don't miss out on a very special reduced rate for your entire family for the whole year. More details about membership rates and SRBRC are on Facebook or on the web at SRBRC.org.

It's a vacation in the neighborhood all summer long. You'll find a host of things to do and fun to be had. There is no other swim and tennis community in Smoke Rise that has more to offer.

Visit SRBRC's website at SRBRC.org and follow the club on Facebook facebook.com/srbrccommunity/, so you'll always get the latest updates and events at SRBRC. For membership questions, please call (770) 493-9073 or send an email to: srbrcmembership@gmail.com.

**High Noon History**

Bring a sandwich, bring a friend, and enjoy some history! The DeKalb History Center announces the return of "High Noon History," a walking tour highlighting the history of Decatur Square. The tour is 45 minutes total and perfect for anyone wanting to get a bit of history in during their lunch break.



"High Noon History" tours will take place every Friday in May and will start at 12:00 p.m. The tour will begin on the south steps of the Historic DeKalb Courthouse, and reservations are not required.

Every Friday in May  
12:00 – 12:45 pm  
Cost: Non-member tickets are \$3, members are free  
Historic DeKalb Courthouse  
101 E. Court Square, Decatur GA 30030

**JOIN THE FIGHT AGAINST CANCER!**

*Be a part of the Smoke Rise Relay for Life effort!*

For 14 years, Smoke Rise Baptist has participated in the Gwinnett Relay for Life of the American Cancer Society. The church is the #1 Faith-Based Team and strives to educate and include the church and community in this effort.

The Relay for Life event will be held at the Gwinnett County Fairgrounds on May 10 beginning at 5:00 p.m. There will be food, fun and celebrations for survivors, caregivers, and a luminary lap for those lost to cancer.

You can get involved by joining the Smoke Rise Baptist Team online. Just type "Gwinnett Relay for Life 2019" and search. You can join the team, register as a survivor, and donate to the cause at this site.

For more information, please contact Sheila Dean at sheila.huggins.dean@gmail.com or on FB for opportunities and updates at Sheila Huggins Dean's personal site.

**Scott's Pressure Wash**  
Professional pressure washing—all surfaces  
Decks, Stained and Sealed  
678-469-1599  
scottspressurewash.net • scottspressurewash@gmail.com

**-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

*River Cruising*  
AMAWATERWAYS  
UNIWORLD  
VIKING RIVER CRUISES  
AMERICAN QUEEN STEAMBOAT  
AVALON WATERWAYS  
AND MORE!  
**LYNNE DUNDON**  
470-263-8900  
lyn.dundon@cruiseplanners.com  
LISTravels.com  
FL STA 39068, CST# 2034468-50, HSTR# TAR-7058, WA STA 603-399-504

**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

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

**MVP German Auto Specialist**  
The European Dealership Alternative  
YOUR SMOKE RISE NEIGHBORHOOD FACILITY FOR SERVICE AND REPAIR  
4633  
German Auto Specialist  
770-496-0890  
Atlanta Corvette Center  
LIQUI MOLY MOTOR OILS ADDITIVES CAR CARE  
Your Neighborhood Service Facility for over 25 years!  
**MVP Complimentary Services:**  
Free Shuttle within a 5 mile radius  
Free Tow Service within a 5 mile radius  
Free Vehicle Pickup and Delivery with Every Service  
Free Alignment, Battery and Tire Check  
Free Complimentary Car Wash with Every Service  
**770-496-0890**  
4633 Hugh Howell Road • Tucker, Georgia 30084  
www.mvpgermanauto.com

**A Place where Birds and People Thrive** *By Bob & Spomenka Newman*

What is more beautiful than being awakened on a gray winter morning by a wren singing full throated as though this is the start of the best day of his life? We always enjoyed birds, but we became enthused when several years ago a plump little wren, lovingly named Archie, chose to sleep night after night on our porch, all fluffed up and round. Over the years, barn swallows joined Archie and built two nests every season under the eaves. We watched them build, sit on the eggs, and feed noisy chicks.

Last year, after hearing about Atlanta Audubon Society's program supporting development of

Wildlife Sanctuaries in residential areas, we applied to certify our property. The program's motto, "building places where birds and people thrive," turned out to be prophetic, making us the shared beneficiaries of creating a wildlife sanctuary. Many sacred moments have been experienced in this shared habitat. Nature, when undisturbed is already a sanctuary to all kinds of life, but in urban areas where the rapid loss of habitat has displaced many species, sanctuaries need to be created. Our sanctuary was created on a two-acre homestead in the suburb of Smoke Rise, a geological extension of Stone Mountain, a natural

habitat to wildlife. Woods all around us are a rich source of seeds, berries, bugs, and other foods nurturing to birds and wild life. They are also a source of shelter and beauty that nurtures us, as people. We only needed to preserve that which was already here and add bird feeders, birdhouses, suet, and water.

Taking a cue from the spirit of the place, we began creating a naturalist landscape by planting native flowers, flowering and fruit trees, and maintaining the garden by old-fashioned methods of weed control. We enriched what nature had already provided. In addition to the

stream on our property, we added two fountains and several birdbaths close to the house.

Our property has mature trees, but we also added oaks, maples, redbuds, and dogwoods, as well as shrubberies, flowering ground covers, and dense plantings to provide natural shelter and places for birds to raise their young. Removing invasive plants, like English ivy, privet, and nandina has become a long-term commitment.

Being stewards of a certified wildlife sanctuary has made us committed to enriching the natural habitat we inhabit in Smoke Rise. Our next project – old-fashioned husbandry of cultivating a hedgerow of native plants. Hedgerows are a sustainable and low maintenance



source of fruits and flowers and a shelter for wildlife. They prevent soil erosion on the hilly terrain, require little watering, and no pesticides – a perfect habitat for Smoke Rise gardens.

As we write this, the day is over and Archie is singing the end of the day song, as happy and as loud as the one he started this day with. Until another morning in the place where birds and people thrive.

If you are interested in creating and certifying your property as a wildlife sanctuary, you can visit [www.atlantaudubon.org](http://www.atlantaudubon.org) or simply stop by our garden in The Summit for a friendly visit.



**Septic Pumping & Repair**  
**Drain Field Repair & Install**

**Affordable Prices, Free Estimates, & Fast Friendly Service**

**678-454-5911**

**Pumpcoseptic.com**



**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**

NEW SENIOR LIVING COMMUNITY

Coming Soon



*Call today to learn more!*



**678-292-5998**  
 2711 Lawrenceville Hwy • Decatur  
[bentonhouse.com/decatur](http://bentonhouse.com/decatur)

🏠 ♿ 📱 📺 📧



*Happiness is...*

**No Backpain, No Neckpain, No Headaches**

**GET A 50% DISCOUNT ON A CONSULT, EXAM & XRAY'S 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

*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](mailto:Leslie.Garwood@BHHSGA.com)

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

## Dick Ingwersen Honored with Lifetime Achievement Award

The Lifetime Achievement Award honors distinguished Auburn University alumni for extraordinary accomplishments in their personal and professional lives, as well as outstanding dedication to the University.

Recipients are nominated by their peers and selected by a committee of Auburn administrators, trustees, faculty and alumni.



Smoke Rise resident, Dick Ingwersen, was one of four of the Auburn Alumni Association honorees. Dick and his wife, Terry, along with their sons, daughters-in-laws and grand children attended the Black-Tie event in Auburn.

Ingwersen is the founder of the Atlanta-based CPA firm of Gifford, Hillegrass and Ingwersen and co-founder of Ingwersen and Taylor Law Firm.

Ingwersen was the recipient of the Auburn School of Accountancy 2008 Outstanding Alumnus Award. He served on the board of directors for the YMCA of Metropolitan Atlanta where he was the "Volunteer of the Year" three times. He served on the advisory council for the Auburn School of Accountancy until 2018.

A former defensive end for the Auburn Tigers, Dick received the Walter Gilbert Award in 2016, an award recognizing former athletes who distinguished themselves after graduation.

Congratulations to an outstanding resident of Smoke Rise!



## A Wish for Tucker – From Time in Sarasota

Spending April in Sarasota was magical. The breezes are silky, the skies blue, temperatures in the 70s. We stayed on our new boat, which is moored in Marina Jack in the center of downtown. What surprised us about this town is how much is going on and what a relaxed pace it has. I thought I would take this month's column to share what we cherished most about this remarkable city that we hope can be replicated to some degree right here in our new town of Tucker.

Traffic Circles. Some good city planning has resulted in almost no traffic lights in the downtown area. Most intersections have traffic circles where the cars enter, merge, and exit in what appears to be a vehicle dance. The circle centers are beautifully manicured gardens, some with monuments of fountains. There are very few cars, even though this is the busy season. The reason is there is free parking almost everywhere and people walk and walk. I have concluded that is also because people going through Sarasota are routed either down the Tamiami Trail or use I75. This leaves the center of town streets quiet.

A Walking City. It is truly a walking city. Our friends who live here don't own cars. They walk to the market, to church, and to work. If they need to go farther, they use a ride service like Uber or Lyft. The plentiful sidewalks make this possible. I hope with our Pathway Project we can achieve the goal of a more walkable city. Restaurants and cafes abound, many with colorful umbrellas shading tables along the streets. There is something really inviting about seeing people out and about, dining, having coffee, chatting, and enjoying life in the out-of-doors. Restaurants run the gamut from French bakeries, to homemade ice cream shops, to upscale restaurants, and Sushi shops. You could try a different one everyday for a year.

Botanical Garden. A short walk from our boat is the Marie Selby Botanical Gardens. Originally the home of William and Marie Selby, the Garden today is an urban, bay-front oasis showcasing a living collection of rare and remarkable tropical plants especially orchids. The Gardens is also a leader in the study and conservation of plants, particularly ones adapted to live in the tree canopy, including orchids, bromeliads, and ferns. It attracts more than 130,000 visitors annually. Visitors come to relax, learn, explore and experience the living collection of tropical plants and programs available 364 days a year. Highlights include a Children's Rainforest Garden, Towering Bamboo Garden, a Banyan Tree Grove, a Fern Garden, and Koi Pond.

The Farmer's Market. Of everything we have experienced here, we thought this is something we can all learn from and try to replicate in Tucker. Founded in 1979 by Paul Thorpe and the Downtown Merchants Association, its original mission was to bring foot traffic to downtown. In 2009, the vendors formed a non-for-profit to further enhance the market with a focus on local farms and growers and also to support local non-for-profits and create educational platforms. There were about 50 vendors there when we visited offering original artwork, varieties of olive oil, vegetables, fresh pastries, and our favorite, local seafood. They accept applications each year for new vendors until the end of May, then review them and select more based on their fit with the market's current vendors. They are currently full. Best I could tell, it's only \$100.00 for a vendor to participate but the rules for their involvement are pretty strict. For instance, they have to commit to having the artist, chef, or creative person on site at the booth every single Saturday of the year from 7:00 a.m. to 1:00 p.m., but we could see why that is important. At each booth, you can speak with the person who made the olive oil, painted the greeting card art, or made the wood carvings. That makes it really special.

So here's to supporting our Tucker Farmer's Market, our Pathways Project, and getting more fun umbrella-table venues along our Tucker streets.

### **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](http://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](mailto:eleanorpatricksell@gmail.com)  
[www.smokerisehomesforsale.com](http://www.smokerisehomesforsale.com)

**404-721-2904**

**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](http://www.smokerisedental.com)

**FREE DENTAL IMPLANTS CONSULTATION  
FREE COSMETIC CONSULTATION**

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

## Grandma Names

by Gaye Auman

Grandmother, Grandmama, Granny, you've heard them all. But when you receive the exciting news, "You're going to be a grandparent!," the struggle becomes real... what to be called?

For me, that glorious news came last winter. As soon as my daughter and son-in-law announced they were expecting, friends began asking, "what will you be called?" I had always thought I would be GG for Grandma Gaye (my given name), but it turned out this precious little one already had a GiGi, the other grandmother, so the search began.

On a trip home from visiting our Nana and Pa's house, (names already taken), our youngest daughter googled grandparent names in other countries: Ugogo, Jiddah, Teta, Baku, Kuku and Baka to name a few. As we tried out each name, we had to pull over because we were laughing so hard. I really didn't feel like a Bedstemoder or a Grossmutter! The search continued.

My parents are Grandmama and Granddaddy, so those names were already claimed. The search continued. When asking friends in the neighborhood their names, I heard, Mimi, Bebe, LouLou, DeDe, Coco, CiCi. I loved those names, but one of their daughters asked, "Why do you all have French poodle names?" The search continued.

In the spring, my dear friends threw me a grandparent shower. Each guest brought a book and gifts to be used at my house. We also played a game of choosing a name for me! Glam-ma, Belle, Grammie and G-Mom were just a few. It was a fun game, but none of the names seemed to stick. The search continued.

Having been born and raised in the South, the traditional Southern names came to mind: Sugar, Sweetie, Birdie, Lovey, Bunny, Tootsie. (I actually had a great aunt Tootsie who was known for her amazing cooking. Her secret: "Why honey it's easy, you add cup of suga' and a stick of butter to everything!") Hmm....The search continued.

As the mom of three daughters, each of my girls knew whatever name was chosen for this first grandchild to call me would stick for each of their future children as well. So, was I a Yaya or a Gaga? Either the names we came up with were taken or they just didn't fit. In the end, we all seemed to settle on a name that combines my given name Gaye with some form of Grandma and those southern roots: GAMMIE. But honestly, our precious granddaughter is only six months old now and not talking yet. Someday when she looks up at me and utters something, I'll melt, that name will stick, and I'll be totally enamored with that name. Because, being a grandmother really is the most wonderful thing in the world!



## HEALTH NOTES:

by Cheri Schneider, M.D.

### Seasonal Allergies

Spring is so beautiful in our state, but for some, it is a miserable time of year, because the season brings allergies. And allergies are miserable!

As the weather warms up, so does the soil. This lets our beautiful trees, grasses and flowering plants know it is time to get frisky and start to reproduce. Reproducing means making pollen! Pollen is a very fine powder produced by the stamen of a flowering plant--or in the case of the pine tree--in the cone of the male tree. Pollen is then carried on the wind to (hopefully) land on its target, so the process of plant reproduction can begin. In the process, it also lands on our skin, gets in our eyes and nose and is inhaled into our lungs. Some pollen, like pine pollen and pollen on flowering bushes is large and heavy and falls to the ground quickly. Because it is so large, it is not a major cause of allergy symptoms. Instead, other trees that produce pollen at the same time are the culprits!

Trees, grasses and weeds are the main sources of pollen production. In springtime, maples, pine, birch, oak, poplar and sweet gum trees are the main players. During summer, the grasses take over. By fall, weeds--especially ragweed--take center stage until the first heavy frost.

Allergy symptoms -- such as sneezing, itchy, watery eyes and nose, blocked nasal passageways, headaches, scratchy throat and sometimes shortness of breath occur when the body is exposed to an "allergen" in the environment. In essence, the body overreacts to the offending substance as if it was a foreign invader. The response includes the release of "histamines" that cause a cascade of miserable symptoms.

A "seasonal allergy" occurs during a certain time of year--say in the fall when ragweed is blooming, or in the spring when trees and grasses produce pollen. We use the term "perennial" allergy to describe a year-round allergy... usually dust, animal dander or molds that are around all the time.

What should you do if you think you have a seasonal allergy?

1. First, make sure the symptoms are not really a cold. With a cold, you may feel sick, have muscle aches, an elevated temperature and a cough along with the runny nose and stuffiness. Nasal drainage is thick and cloudy rather than clear. Cold symptoms often start in the head and move to the throat and sometimes into the chest. This is less common in allergies unless you also have asthma. By contrast: Allergic symptoms are often accompanied by itching, sneezing and clear drainage from the nose and/or itchy, watery eyes and worsen when you go outside.
2. Keep windows closed during heavy pollen season. Running your air conditioner may help filter out pollen.
3. Change air filters in your heating and air system, and use a good quality filter.
4. Wear a pollen mask to mow the lawn or when outdoors for any length of time.
5. Wipe down pets that go outdoors, or do not allow them outside.
6. Leave shoes at the door, so pollen is not tracked in. Change your clothes, if you have been working in the yard. Take a shower, and be sure to wash your hair.
7. Several over-the-counter products may help:
  - Saline washes: a bulb syringe type device used to flush your sinuses. NEVER use tap water. My preference is that you use disposable saline rinses; I am not necessarily talking about the Netti-pot. If you use a Netti-pot to rinse your sinuses, make sure you thoroughly sterilize and dry the device and use ONLY distilled or sterile water or sterile saline made for this purpose.
  - Non-sedating, 24-hour anti-histamines: Claritin, Zyrtec or Allegra. The generic of these is fine. Use them until the season passes. For all you Benadryl users: Benadryl only lasts 4-6 hours and can be very sedating. The previous three are much better.
  - Flonase or a similar nasal steroid, used as directed, can markedly decrease any intranasal swelling caused by the allergic response. Use this until the season passes if an anti-histamine is not enough.

Finally, if you have tried all of these suggestions, see your doctor. It may help if you know exactly what you are allergic to. Allergy testing and allergy shots can help, but these are usually a several year commitment.



**MP German Auto Specialist**

**Specializing In**

- MP Brakes, Tires, Alignments**
- MP Check Engine Light and Diagnostics**
- MP Coolant, Power Steering, Transmission, and Break Flush**
- MP Heating and Air Conditioning System Service**
- MP Routine Maintenance and Service**
- MP Major Engine and Transmission Repairs**
- MP All Electrical Trouble Shooting**
- MP Emission Repairs**












**Call for Seasonal Specials**

**770-496-0890**

4633 Hugh Howell Road • Tucker, Georgia 30084

[www.mvpgermanauto.com](http://www.mvpgermanauto.com)

**15% OFF**

- Seniors
- Military Active Duty and Veterans
- First Responders and Educators

\*ask for details

NEWS YOU CAN USE

By Aviva Hoffmann

Serious as a Heart Attack

In honor of Mother’s Day this month, I am sharing some news I hope will help others. My mother – who is my everything – has had a life-changing event. She learned in March that she hadn’t been feeling well, because she had a heart attack several months earlier! Preposterous, right?

This was truly shocking news for everyone in our family. Although mom does have high blood pressure that she regulates with medication, she doesn’t have the common risk factors, such as smoking, drinking, poor diet, or little exercise. In fact, she has always taken good care of herself. So, it’s quite understandable that she would fail to recognize that her initial discomfort and declining energy indicated a serious problem with her heart.

According to the American Heart Association: “Heart attacks occur when the flow of blood to the heart is blocked by a buildup of plaque in coronary arteries. While the initial causation can often be pinned on the usual suspects—heavy smokers, people with high-stress lifestyles, or those who are excessively overweight—the not-so-usual suspects can also be at high risk for heart attack. Heart disease is the No. 1 killer of women, which is why it is imperative that women learn the warning signs and symptoms, see a doctor regularly, and learn their family history.”

Many signs and symptoms of a heart attack are not always the ones you typically see in the movies. The American Heart Association also states; although women’s most common symptom is chest pain or discomfort – as it is with men – women are somewhat more likely to experience other symptoms too. Those include:

- Uncomfortable pressure, squeezing, fullness or pain in the center of the chest which last more than a few minutes, or comes and goes;
- Pain or discomfort in one or both arms, the back, neck, jaw or stomach;
- shortness of breath;
- breaking out in a cold sweat, nausea or lightheadedness.

Even though heart disease is the number one killer of women in the United States, women are inclined to attribute the symptoms to less life-threatening conditions like acid reflux, having the flu or just getting old.

The American Heart Association also points out that while symptoms of a heart attack may be immediate, more commonly, they start slowly and persist for hours, days or weeks – before a heart attack occurs. Also, unlike cardiac arrest, the heart doesn’t usually stop beating during a heart attack. It’s important to note; the longer a person goes without treatment, the greater the potential damage to the heart.

If you, your mother, or any special person in your life, experience some of the symptoms mentioned earlier, especially if these symptoms happen with exertion, go ahead and “err on the side of caution.” Every minute matters. If you need to go to the Emergency Room, call 911. Emergency medical services staff can begin treatment upon arrival – which can be up to an hour sooner than if a person gets to a hospital by car. Patients with chest pain, who arrive by ambulance, can potentially receive faster treatment at the hospital too. The American Heart Association has more information online at: <https://www.goredforwomen.org/>

The Joy and Privilege of Reading

By Barbara Bruschi

From the downing of history, man has yearned to illustrate and enhance the written word with the aim of preserving history for future generations. When the great Library of Alexandria (Egypt), founded around 283 BC, mysteriously burned, the world lost great volumes of knowledge that would have served mankind to advance in many ways.

Scientists are in agreement that papyrus paper has been in existence since the fourth millennia BC and was extensively used by the Egyptian’s. The ancient scrolls bear witness to the art of producing a writing surface. Papyrus is made from the pith of the papyrus plant, Cyprus papyrus, a wetland sedge. Later, papyrus was replaced with parchment and vellum. Today, we are trending toward a paperless society. The lazy, hazy days of summer are fast approaching, and I would like to share some books that might capture your interest.

- 1) WHERE THE CRAWDADS SING: by Delia Owens  
The heartbreak and redemption of a swamp girl that lives at the edges of society, shunned and ridiculed, she survives by instinct and determination in the Southern coastal wilderness. The book deals with the entire human complexity and asks the question. What is justice truly like?
- 2) EDUCATED: by Tara Westover  
A true story of a young girl growing up in rural Idaho devoid of any knowledge of the world, politics, art, culture etc. An astonishing account of deprivation, violence, heartache and pain and ultimately survival and success.
- 3) THE BOYS IN THE BOAT: by Daniel James Brown  
The riveting and inspiring saga of the sport of rowing and winning regattas. Nine boys from the University of Washington are in the pursuit of an Olympic Gold Medal, taking place in Berlin 1936. Endurance, work ethic, sacrifice and endless physical pain lead to a triumphant ending.
- 4) WHEN WE LEFT CUBA: by Chanel Cleeton  
It’s 1959, and a wealthy Cuban family is uprooted from Cuba as a result of Castro’s revolution and adjusting to their new home in Palm Beach, Florida. Twenty-two year old Beatriz wants to revenge the death of her beloved brother, Alejandro. She becomes an agent of the CIA to help them to eliminate Castro. The book gives us a panoramic view of the political tumultuous times and the sacrifice made to find a new world.
- 5) ELEONOR OLIPHANT IS COMPLETELY FINE: by Gail Honeyman  
Eleonor was traumatized as a young girl and has completely retreated from society. It is the story of the ordinary heroine whose deadpan weirdness and unconscious wit “makes this an astounding life” that finds rewards of friendship and maybe even love.
- 6) MAYBE YOU SHOULD TALK TO SOMEONE: by Lori Gottlieb  
The life of a therapist trying to help patients discover the true essence of their being. Gottlieb invites us into her world as a clinician and patient, to examine the truths and fictions we tell ourselves and others.
- 7) CARNEGIE’S MAID: by Marie Benedict  
An immigrant becomes Carnegie’s maid by default. A woman of substance, she forges a relationship with Andrew Carnegie and helps him to become America’s first philanthropist.
- 8) AN ANONYMOUS GIRL: by Greer Hendricks & Sarah Pekkanen  
An unsuspecting girl signs up for a “morality and ethic” study. Little by little, the girl is getting paranoid and can no longer trust in what is real in her life and why the Dr. is manipulating her.
- 9) MEMOIRS OF A GEISHA: by Arthur Golden  
In 1929, young Chiyo is being sold to a house in the Kyoto district (Japan). The author reveals the traditions of an exotic world which are mostly denied to Westerners. If you did not see the movie - it’s a book you won’t forget.
- 10) THE PIANO TEACHER: by Janice Y.K.Lee  
In 1952, Clair Hamilton comes to Hong Kong and is hired as a piano teacher. An Englishman and a Eurasian beauty have a passionate relationship which leads to dire consequences.

Books are like a melody that lingers on and gives us pause to ponder the meaning of the authors words and intentions. Have an exciting adventurous summer with these books that are waiting for you to explore.

**PALMERHOUSE**  
PROPERTIES

**Top Selling Realtors in Smoke Rise with over 430 sales since 1994 and 10 in 2018!**  
John Porter  
404-376-7069  
atrealtor21@aol.com  
Jim Shoults  
678-592-1043

[smokerisehomes.com](http://smokerisehomes.com)

5129 Chedworth Drive \$569,000		5590 Stone Creek Drive \$451,500	
5651 Bahia Mar Circle \$525,000	1680 Chartwell Trace \$600,000	2326 Flintlock Drive \$414,500	2006 Mountain Creek Drive \$392,500



**Smoke Rise Garden Club News**

*By Denise Finley*

The Smoke Rise Garden Club unanimously elected a new slate of officers for the 2019 – 2021 term. Marilyn Oatway is our new President. She has an enthusiasm for gardening, art, books, traveling and helping the community. She is already working on new and exciting projects to beautify Tucker and the Smoke Rise Community. Her energetic spirit has our club excited about the next two years.

Our Treasurer, Peggy Clegg formerly of Oxbow Circle was nominated to receive the Life Membership honor at the March DeKalb Federation Meeting. Five members attended the luncheon where Peggy was presented with the Life Member pin. She was raised

*Life Member Peggy Clegg (Center top row), Bottom Row L-R Marilyn Oatway, Edith Morton, Penny Galpin, Top Row L-R Denise Finley, Peggy Clegg, Paula McEvoy*

in New York, raised her family in Atlanta and currently resides in Lilburn where she is a hands-on first-time Grandmother to Elliott. She got her love of gardening from her mother. Peggy has held leadership positions in our club for almost 20 years. Congratulations to Peggy!

The April workshop was an Ikebana floral design class taught by Ikebana Master, Iwalani Barbazon of Leafmore Garden Club. Ikebana is the art of Japanese flower arranging. The Ichiyo School promotes the “free style of flowers” and is headquartered in Tokyo, Japan. Each member made a Ichiyo “Fan-Style” centerpiece with hot pink Carnations, mauve Lisianthus and purple Liatris. Fourteen members attended as well as two guests.

In May, the club plans to visit the Atlanta Botanical Garden Gainesville campus, and our annual blueberry and barbeque field trip is scheduled for June. A Christmas in July workshop is also planned to benefit the Ronald McDonald Charities.

If you’d like to be part of our field trips, or attend a meeting, please call Marilyn Oatway at (678) 334-9464. The club is celebrating 50 years of service to the community. We are a member of the DeKalb Federation, Redbud District, Garden Club of Georgia and the National Garden Club.

**Morning Glories Supports PADV**

*By Quill Duncan*

Partners Against Domestic Violence (PADV) is a non-profit founded in our community 42 years ago that has helped more than 20,000 people since its inception. There are two safe houses or shelters (one in Gwinnett and one in Fulton) that together can house up to 100 people. The typical stay is 90 days, and the houses provide for women, children and even men who are seeking an escape from a violent domestic situation. Residents can receive help with job placement, counseling, housing placement, legal assistance and other services. Clothing closets at each location provide clothing for job interviews as well as everyday attire. While in the house, children can attend a local school or their regular school to prevent as much disruption as possible for them. Funding comes from the Federal Government, local community organizations like the Community Fund, and individuals.

The Morning Glories have supported this group for two years, with donations of toys at Christmas, gift cards and purses filled with toiletries, cosmetics and even umbrellas! The April meeting, held at the home of Glendolyn Hallman, was a packed purse event. Our speaker was Bre’Shea Pittman, MPA, who is the Volunteer Coordinator for PADV. For more information on PADV, visit [www.padv.org](http://www.padv.org).

Morning Glories donated 31 packed purses and a case of diapers to the shelter at this meeting. Special thanks to our hostesses Glendolyn Hallman, Allison Reeves and Joy Zaidan for the luncheon. And thank you to Peggy Youngblood and Beth Woodward who provided the raffle of a gift card to Hall’s Florist. The next Morning Glories meeting will be May 14 at the home of Sherry Pacella. If you are interested, please contact Joyce Ray at (770) 491-9015.



*Vivian Nickelsen, Carol Ann Culpepper and Julianne Goecke fill car with donated purses.*

**Mountain Shadow Garden Club Common Birds of Atlanta**

The meeting of Mountain Shadow Garden Club (MSGC) on Monday evening, May 13, will feature a program by Melanie Furr, discussing “Common Birds of Atlanta.” As Director of Education with the Atlanta Audubon Society, she develops and teaches numerous programs about birds for audiences of all ages and backgrounds. In addition, Melanie provides professional development for educators with training on how to incorporate the study of birds in classrooms and to engage students in conservation, science, and other core subjects. She is a former high school English teacher and holds a Master of Arts for Teachers degree from Agnes Scott College.



*Melanie Furr*

With more than 250 species of birds found throughout the year in metro Atlanta, learning to identify them can seem overwhelming to a beginning birdwatcher. By focusing on a small, manageable number of common local species, Melanie helps audiences gain confidence in their overall identification skills. Her presentation for MSGC will help individuals learn how to identify common birds by sight and sounds and compare and contrast characteristics of each. When working with students, she often follows an interactive class session with a bird walk.

A licensed wildlife rehabilitator, Melanie has volunteered at Atlanta Wild Animal Rescue Effort (AWARE) center for more than eight years, rescuing and rehabilitating injured and orphaned native wildlife and providing training and enrichment for AWARE’s non-releasable animals. In 2018, she became the custodian for Atlanta Audubon’s first wildlife ambassador, a ruby-throated hummingbird name Shep. She is a certified Master Naturalist, serves on the board of the Environmental Education Alliance of Georgia, and is a lifetime member of the Georgia Ornithological Society.

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 information and directions, contact club president, Jeff Raines, at 404-641-8633. [www.facebook.com/MtShadowGardenClub](http://www.facebook.com/MtShadowGardenClub)

**Mountain Mums Tour Whispering Pines**

April is such a great time of the year for seasonal spring beauty, garden tours and garden parties! The Mountain Mums Garden Club enjoyed all three at its monthly meeting held on Wednesday, April 10 at the home of Rene` Boven of Millstone. Hostesses Lucy White, Mary Jacobson and Shannon Betsill served a lovely salad luncheon. Members were greeted at the front door by the “Easter Bunny” – “Hop on In!” The tables and buffet were decorated with a mix of nature, Easter décor and of course, gardening motifs! The raffle was a beautiful platter given by Carol Wales.

The program was given by club member, Rene` Boven on “The Evolution of Whispering Pines” – the Bovens’ woodlands garden. Having lived in Millstone since 1992, their back acreage was the last target for developing/landscaping. Situated by a creek and heavily wooded with jungle-like overgrowth of ivy, honeysuckle, grapevines thick in the trees, and underbrush, clearing out started in 1997. The next 10 years were spent killing off the bad stuff so that the creek could be seen from the house and decks to enjoy the view. In 2012, a few plantings of azaleas and ferns were put in under the pines and hardwoods along with some mid-sized boulders so that the clearing wasn’t so vacant.

Not content with the plainness of this area, they had paths installed in 2013 that twist and turn, and loop around throughout the clearing which created natural spacings/rooms “to decorate.” The paths are made of river pebbles and edged in stone. They also added irrigation in 2016 so that more plantings could be installed and survive! Since 2016, with paths and irrigation now in place, Rene` started layering plants varying textures, shading and varieties “to create interest, and to provide some color as well as fragrance.” Some of the plants include hydrangeas, rhododendrons, native azaleas, fatsia, acuba, American Beauty Berry, yews, bleeding heart, Solomon seal, hundreds of daffodils, and a variety of ferns.

Rene` loves adding touches of whimsy and interest with yard art, and has quite the collection of wind chimes, bird houses and bird baths, along with several places to sit and enjoy the sounds of the gardens – the babbling brook, the chirping birds and of course, the whispering pines! She has applied for Wildlife Sanctuary certification and hopes that the garden will continue to mature and provide enjoyment to all those that come to visit.

The Mountain Mums meet on the second Wednesday of each month August – May. If you’re interested in joining, please contact Debbie Jones at (678) 260-7806 or any club member. The next meeting will be May 8.



*Mums’ April hostesses: Rene` Boven, Mary Jacobson, Shannon Betsill 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



salon j. christian

**ATTENTION ADVERTISERS:** All inquiries regarding advertising should be directed to: Classified and display ads: Harry Strack, [tigertaxstrack@att.net](mailto:tigertaxstrack@att.net). Flyers: Barbara Luton at [barluton@aol.com](mailto: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](mailto: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](mailto: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 Peebles 770-841-2149

**PartTime Personal Care Assistant(s) wanted.** For more information, please call Ashley at (770) 564 2388 or send email to [ashmooster@gmail.com](mailto: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](http://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](http://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.

### APPRAISALS -- RESIDENTIAL AND COMMERCIAL

Over 25 Years of Experience  
Consulting -- Pre-Listings -- Estates  
Smoke Rise Resident  
Call Marvin at 404-316-9614  
[wooley@comcast.net](mailto:wooley@comcast.net)

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

**AFFORDABLE LAWN CARE**  
Mowing, edging, pruning, trimming, etc. Reasonable, dependable, insured. Call Mark at 404-697-7426.

**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 Brick, Stone, Concrete & Asphalt Driveway Sealcoating**  
Driveways, Retaining Walls, Walkways, Repairs & more.  
770-556-0011. Over 25 yrs exp.  
[www.qms-atl.com](http://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](mailto: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.theshepherdsden.com](http://www.theshepherdsden.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

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

### 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)

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

**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

**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](http://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](mailto: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.

**COMPUTER AND NETWORK SALES AND SERVICES**  
Trusted Company working with local community since 1995.  
References available.  
770-979-1800, [www.theplink.com](http://www.theplink.com)

## Amen, Let's Eat!

by Joyce Ray



### Vidalia!

There is some disagreement about how to pronounce the name of this South Central Georgia town, Vid-a-lia, Vi-dalia, Vid-dall-lia (from some food Network stars) or Vi-Da-Yuh in Southern Speak. However, there is no disagreement that the onion farmers from several counties around that town grow the best onions in the world. Their sweet flavor and crisp texture signals spring. With more than 11,000 acres planted and more than 270 million pounds per year produced of this special variety of sweet onion, it is a boom to the Georgia economy. It has been named the official Georgia State Vegetable. The onions are planted each year from September to February and are available from late April through November.

Many school and civic organizations make them available through fundraising. Although there are some unique time-honored techniques for preserving their freshness, I have found that wrapping individually in paper towels and storing them in the vegetable drawer of my garage refrigerator helps to keep them available to enjoy through the summer months.

Any native child of the south will tell you that a generous slice of Vidalia onion, plus a big slice of salted and peppered vine ripe tomato, and two pieces of white bread slathered with mayonnaise, is a summer lunch that can't be beat!

"Vidalia Onion Rice Casserole" was given to me many years ago, and the simple name does not do justice to this champion side dish. Serve it as you would Macaroni and Cheese on a buffet table or instead of potatoes. It is quick to put together but takes a while to cut up the onions!

### Vidalia Onion Rice Casserole

- 1 1/8 cups white rice
- 2 1/4 cups water
- 1/2 cup butter
- 5-6 medium Vidalia onions, chopped
- 1 1/8 cup shredded Swiss cheese
- 1 cup whipping cream
- 1 Tablespoon parsley
- 1 Teaspoon salt
- 1/2 Teaspoon pepper
- 1 small jar chopped pimento
- 1/2 cup sliced almonds (optional)

Bring water to a boil. Add rice. Boil rapidly for 5 minutes. Drain well. Melt butter in large Dutch oven. Add onions and cook until tender on medium heat for about 15-20 minutes, stirring well as they cook. Mix cheese and whipping cream. Add rice, parsley, pimento, salt & pepper to taste. Place in buttered 13x9 inch pan. Sprinkle almonds on top, sprinkle top with paprika. Bake at 325° degrees for 1 hour. This can be prepared ahead and refrigerated until ready to cook. Add to cooking time, if you take it directly from refrigerator to oven.

### Forgotten Cookies - Chocolate Chip Meringues

by Lynn Malone

This recipe is handy for those days when your kids inform you at 10:00 p.m. that you need to bring two dozen cookies for a class party/bake sale/celebration the next morning. They are easy, quick to make up, require only four ingredients, and you pop them in the oven and turn it off. No waiting around for them to cook or chance of burning them. Just peel them off in the morning and send them off in a gallon zip lock bag. They have saved me many times over the years. (Hint: a pinch of cream of tarter will help make the egg whites beat up fluffier.)

- 2 egg whites
- 2/3 cup sugar
- 1 cup chocolate chips
- 1-2 cups Rice Krispies

Preheat oven to 350°. Beat egg whites to stiff peaks. Slowly beat in sugar (should look like Marshmallow Fluff.) Fold in chocolate chips and Rice Krispies. Drop onto un-greased aluminum foil. Make sure oven is up to temperature, put into oven and turn oven off! When oven is cooled, peel them off the foil.

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



**EATING WELL NEVER TASTED SO GOOD**

LEN & LYNN GOULD, MEMBERS

Every meal at **Park Springs** is made with health in mind. Our trained chefs create delicious cuisine that empowers Members to celebrate life and stay healthy. With four diverse on-campus restaurants, Members always have a place to meet neighbors and enjoy a great meal.

Real Stories,  
From Park Springs

Learn More at [ParkSprings.com](http://ParkSprings.com)



Independent Living | Assisted Living  
Memory Care | Skilled Nursing

**PARK SPRINGS**  
A Continuing Care Retirement Community

678-684-3300 | STONE MOUNTAIN, GA | [PARKSPRINGS.COM](http://PARKSPRINGS.COM)