VOLUME 50, ISSUE 6

Serving the Smoke Rise Community Since 1968

September, 2017

www.smokesignalnews.com



The Smoke Signal staff wishes all of our hard-working neighbors a restful and relaxing Labor Day weekend!

Tucker – 'The Rise' and Elections Pat Soltys

By the time you read this, several major decisions will have taken place in The City of Tucker. First of all, the fate of "The Rise" will be known and second, we will know the candidates for the upcoming city council and mayoral elections.

About two years ago, we started to hear that there was a developer interested in developing the property at 4650 and 4750 Hugh Howell Rd, commonly known as the Sears Property. The site currently has three vacant buildings including the Sears Logistics buildings and the former NTB at the corner on 88.62 acres.

The proposed development seeks to change the zoning from light industrial (LIND) to neighborhood center (NC) which is MU3 zoning. Also required is a change to the comprehensive plan if there is to be a zoning change. A special land use permit (SLUP) is also requested for a personal care home. The change is zoning is required to allow residential housing and the grocery to be a part of the development. All other items proposed are allowed under the LIND zoning.

The process toward approval or denial is for the current application started with the application in April. The applicant works with city staff and many other agencies on issues related to the site such as water/sewage, traffic, types of use and more. It then goes to the Community Council followed by the Planning Commission. Those bodies may recommend approval or denial and add conditions. The first read before council allows the council to discuss the application, ask questions and hear public comment. It is followed by the second read and the vote for approval or denial.

August 14th, was the First Read before Council. The Developer and his attorney presented information regarding the current plan. Those speaking in favor of the project included Beverley Ojo, a Kanawha resident and former Atlanta City Planner, Linda Williams on the need for diverse housing, Jerry Silvio in the decline of industrial business with strong numbers, Lyle Collins and several others. Opposed were people who said that they were not necessarily against the development but that they wanted more of the trees protected. One woman who spoke could not understand why all the Smoke Rise people identify as Smoke Rise rather than simply as Tucker. There was a good exchange between the Council members often asking questions of the staff and the developer.

The vote for or against allowing the Sears property to be a MU3 instead of a light industrial designation took place August 30, after the second reading of the proposal. The Smoke Signal will have the results of this vote posted on their website: www.smokesignalnews.com. The City of Tucker Facebook page and website: www.tuckerga.gov will also have it.

The Elections

Our new City of Tucker established short terms initially for half of the council and the mayor so that there would be staggered four year terms. The Mayor's position and All Post One positions are open in each district. These seats are currently held by Honey Van De Kreke, District 1, Post 1, Matt Robbins, District 2, Post 2, Michelle Penkava, District 3, Post 3. At press time, all incumbents plan to run again with District 1, Post 1, the only one known to be contested.

Candidates had to turn in qualifying documents on Aug 21-23 to be placed on the ballot. Campaigning begins after that, and the election will take place on November 7, 2017. Information on the candidates will be on the Tucker Facebook page and website: www.tuckerga.gov, and the candidates will be introduced in the October *Smoke Signal*. Stay tuned!

THE SMOKE SIGNAL

NEEDS A FEW

VOLUNTEERS

FROM THE SMOKE RISE COMMUNITY

INTERESTED?

EMAIL: STAFF@SMOKESIGNALNEWS.COM

Turkey Talk

A large wild turkey was seen strolling down Gaulley River near Stoneleigh Drive. It was also seen on Kanawha Drive by several other neighbors. One neighbor also reported the turkey visiting bird their feeder;



This picture was posted by Marc Tozer on Next-door Smoke Rise.

one mentioned last year seeing a turkey family complete with eight chicks!

Keep your eyes out for our wild turkey population and drive carefully. Also, consider joining Next-door Smoke Rise for some entertaining conversations and 'breaking news'!

Do Housing Needs Change as You Age? By Joyce Ray

As baby boomers age into senior adults, their housing needs and desires often change. The retirement years offer more free time to spend in home projects, traveling and golfing or other leisure time activities. However, senior adults lifestyle choices are often as diverse as those during youth and middle age. Not all seniors want to live in retirement villages and play golf eight hours a day. Nor do they all want to spend their later years traveling, gardening or taking education classes. Factors such as health, education, finances, climate and social concerns can be major limitations to older adults. Each individual's accumulated life experience is distinctly unique. This makes their housing needs diverse and unique too.

As adults move through the years before and during retirement, many people's view-point about real estate ownership changes. Not every retiree wants to downsize. Many still enjoy their home and community and either do not wish to quit working, or must continue to work if they want to maintain their current level of living.

Many seniors have not moved in many years and will put off that decision for years before deciding where they want to go, unless they are highly motivated because of health issues or a job change. During the housing market downturn many seniors felt they were "stuck" because they could not make enough profit from the sale of their home to accom-

...continued on page 6



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

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September Calendar of Events

- 1-3 DECATUR LIBRARY BOOK SALE Decatur Library Front lawn
- 4 Labor Day
- 5 A Night With Cole Porter, 6:00 p.m. at SRBC dinner and a concert
- 9 Tucker Cruise-In, 5:00-8:30 p.m., Main Street Tucker
- 7-10 YELLOW DAISY FESTIVAL, Stone Mountain Park Woman's Club Bake Sale
- 8-10 YELLOW DAISY FLOWER SHOW Memorial Hall, Stone Mountain Park
- 15-16 Jungle Book Kids, SRBC Academy of Arts 7:00 p.m. FREE

Smoke Signal Deadlines

SEPTEMBER 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 SEPTEMBER 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

or visit our website at **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!



DEKALB HISTORY CENTER EXHIBITS

Reclaimed by Nature: the Historic Davidson Quarries of Arabia Mountain;

Decorative Arts from the Permanent Collection;

Tears and Curses: A Human Focus on the Civil War;

The Mid-Century Ranch House: Hip and Historic!

Exhibits are free and open to the public!

Saturday, September 2, 10:00 am to 6:00 p.m. Sunday, September 3, Noon to 6:00 p.m.

Historic DeKalb Courthouse lobby 101 E. Court Square, Decatur GA 30030

DEKALB HISTORY CENTER

In-Town Traveler Series

New Monthly Series: Special Tours at Historic Sites around the Metro Area

September 6, 11:00 a.m. Waffle House Museum

October 5, 9:30 a.m. CDC Museum

November 2, time TBD Fernbank Planetarium

Contact Marissa Howard for Tickets and Information 404-373-1088 Ext 20 or howard@dekabhistory.org



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



have popped up near the swim clubs.

that

Smoke Rise Baptist Church

Dr. Chris George, Senior Pastor
Bart McNiel, 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

1st Tuesdays: 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 Monrovian 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.

September, 2017 community

Weekday School Welcomes New Assistant Director

Smoke Rise Baptist Weekday School welcomes Stacey

McNiel as Assistant Director! She and Director Valerie Coe Lowder would love to show you the Smoke Rise Baptist preschool or kindergarten and to enroll your child for the 2017-18 school year in our Parents'



Morning Out (6-15 months on Thursday mornings), preschool (classes for children 15 months-4 years) or half-day Kindergarten. The Weekday School is a ministry of Smoke Rise Baptist Church, at 5901 Hugh Howell Road, Stone Mountain. Please call 678-533-0558 or email srbweekday@smokerisebaptist.org for more information or to schedule a tour.



FINAL CRUISE IN OF THE SEASON: SEPTEMBER 9, 5:00-8:30 p.m.

Come join other car enthusiasts on Main Street Tucker. Wander Main Street and look at all the COOL cars!





Stone Mountain Animal Hospital

SMALL ANIMAL MEDICINE & SURGERY DENTISTRY • BOARDING • BATHING

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

Seven INTERESTING Things to Do Around Atlanta in September

September 1-3: Sky High Hot Air Balloon Festival, Callaway Gardens.

September 9: Atlanta BeltLine Lantern Parade. Experience a very colorful visual experience with Art on the Atlanta Beltline. Make a lantern and march in the parade!!

September 23: Free Museum Day: Get a free ticket for two people to visit one of 40 Georgia museums. See Museum Day Live online to choose your museum.

September 23-October: Halloween Fright Fest: Six Flags over Georgia.

September 24: Atlanta Streets Alive: Peachtree Street from 17th street to Mitchell Street goes 'carless'. 2:00 p.m. to 6:00 p.m., Join the bike parade, skateboard, skate, or walk Peachtree. Family friendly entertainment and activities.

September 28-Oct 1: Atlanta Greek Festival. Authentic Greek food, dancing and main stage entertainment.

September 29- October: Pumpkin Festival in Stone Mountain Park. All things pumpkin! Great for the whole family!



Music to Remember: September 5 "A Night With Cole Porter"

Music adds so much to our lives and every generation produces music that touches the people in that era. We can all appreciate the music of times past even if we're not of that generation. At Smoke Rise Baptist Church we are making time twice a year to celebrate the great traditions of musical entertainment in a fun setting. Who doesn't love to watch the old musicals of the 30's and 40's that

featured the songs of the great composers of that time! The Fall event on September 5th is "A Night With Cole Porter." We invite the Smoke Rise community to join us for this wonderful evening of music in our transformed "club" where "Cole Porter and Ethyl Merman" will entertain us with Porter's greatest songs from the 1930's, '40's and '50's such as "I've Got You Under My Skin," Let's Do it, Let's Fall in Love," and "Anything Goes."

Featured Artist: Daniel Solberg

Daniel Solberg is a staple in the professional music scene in Atlanta and has earned widespread respect as a pianist, organist, and arranger. He was collaborative pianist and coach for seven years at Georgia State University and served as music director for the opera program. His playing has included summer opera programs in Italy and Brazil and for many of the biggest cruise ship entertainers. Daniel is currently the organist at First Baptist Church, Decatur. Reservations required by September 1. Call Church office (770) 469-5856; September 5, 2017; 6 pm in Fellowship Hall; \$8.00/person including dinner



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Library News: Tucker-Reid Library in Tucker

www.dekalblibrary.org/branches/tucker; 770-270-8234; 5234 LaVista Rd, Tucker

Annual Decatur Library Book Sale

Saturday, September 2, 9:00 a.m.-3:00 p.m. on the front lawn of the Decatur Library

Check the Library Calendar out for these regular events:

Building Blocks: Story time for babies, Tuesdays, 9:00-9:45 a.m.

Tales for 2s (toddlers): Stories, fingerplays, rhymes and songs, Wednesdays in September, 9:30-10:00 a.m.

For School Age:

Eager Readers Book Club Sept 18, 4:30-5:30 p.m.

Read to a Pet Partner: September 13, 3:00-5:00 p.m.

Book Buddies Book Club: October 2, 4:30-5:30 p.m.

For Teens:

Board Games: Chess and other games, September 14, 3:00-5:00 p.m.

Anime Club: September 20, 6:00-7:30 p.m.

Teen Book Club: September 12 4:30-5:30 p.m.

For Adults:

Englsh as a Second Language: Saturdays, 10:00-11:30 a.m.

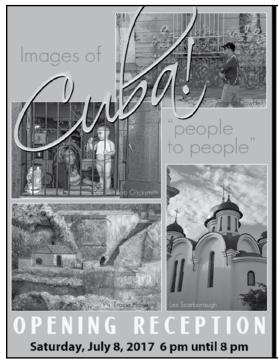
Book-A-Librarian: how to use the library or

Microsoft computer

Homeschool Family get-together: September 20, 1:00 p.m.–3:00 p.m.



Thursday, September 14: 8 PM Friday, September 15: 8 PM Saturday, September 16: 8 PM Sunday, September 17: 3 PM



ART Station Contemporary Arts Center David Thomas, Artistic Director presents

CUBA-People to People

Images from the ART Station 2017 Journey to Cuba in the Trolley Stop Gallery through September 9

SUMMER JURIED MEMBERS' EXHIBIT

in the Main Gallery through September 9

in the CRAFT SHOP

fun and functional one-of-a-kind crafts by invited artisans

Gallery Hours: Tuesday - Friday 11-5, Saturday 10-5

770.469.1105

www.artstation.org 5384 Manor Drive, Stone Mountain, GA 30083





Smoke Rise Academy of the Arts Presents

Disney's JUNGLE BOOK KIDS

September 15 and 16, 7:00 p.m.



Shows presented free to community in the Fellowship Hall of Smoke Rise Baptist Church

The jungle is jumpin' with a jazzy beat in Disney's THE JUNGLE BOOK KIDS, a 60-minute version specially adapted from the classic Disney animated film featuring a host of colorful characters and favorite songs by famed composers Richard and Robert Sherman. THE JUNGLE BOOK KIDS was created especially for the strengths and skill level of elementary and high school students.

Banished by the ferocious tiger, Shere Khan, a human boy named Mowgli and his panther friend, Bagheera, are on the run in the deepest parts of the jungle. On their journey, the two meet a sinister snake named Kaa, a herd of elephants and a giant bear named Baloo, who teaches them the swingin' musical rhythms of the jungle. After surviving a dangerous encounter with a band of monkeys led by King Louie, Mowgli and Bagheera are forced to run for their lives. When Shere Khan returns, our heroes must rally their fellow animals into battle and restore peace throughout the jungle.

Disney's THE JUNGLE BOOK KIDS is a fun family show, suitable for all ages. Shows begin at 7:00 p.m. on Friday and Saturday; each show will have live pre-show entertainment, concessions and videos (including outtakes).

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Belinda Belvin, REALTOR®

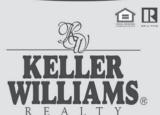
As a Smoke Rise native and knowledge of the area and of the market are unparalled.

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



September, 2017 let's go!



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

MOUNTAIN CREEK - THE CLUB FOR ALL SEASONS

From the baby pool to Battleship Games And Water Aerobics all summer . . .

A summer of fun . . . not over yet!





Mountain Creek Swim Club invites you and your family to join us for our annual LABOR DAY FUN AND GAMES plus OUR GREAT POTLUCK DINNER (we supply the meat & you bring a side dish or dessert)

Games at 4pm and Dinner at 5pm

Share a wonderful day with neighbors and friends! See you next year . . .

For more information please email MountainCreekSwimClub@gmail.com

Visit our Facebook page, our website at MountainCreekSwimClub.com or call 678-824-2108.



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

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770-508-4456 | www.karlschwartzchiro.com



Taste of Tucker – October 7 Street Fair Offers Tasty Licks from Food and Music

A few thousand celebrants will enjoy a great party at the eighth annual Taste of Tucker on Saturday, Oct. 7. Running 1 to 6 p.m. on Tucker's Main Street, the festival features delicious samples from over 20 area

restaurants, plus live music from local bands.

Among the special attractions are a children's play area coordinated by Tucker First United Methodist Church, a space for the sale of local produce organized by the Tucker Farmers Market, and drink venues coordinated by Keller Williams Realty Atlanta Partners. Primo Grills will raffle off an \$1800 ceramic outdoor cooker. Major sponsors include Restaurant Equipment Services, Georgia United Credit Union and Primo Grills.

Admission is free. Attendees purchase \$1 tickets to exchange for food samples, with "tastes" costing between one and four tickets.

Proceeds from the event benefit NETWorks Cooperative Ministry, which fights poverty and hunger in the community; EIRO, a consulting service for churches; Camp Kudzu, which supports children and teens who have Type 1 diabetes; and the Old Town Tucker Merchants Association.

Taste of Tucker depends on volunteers to set up, conduct and tear down the event. To sign up as a volunteer, to reserve booth



space for a restaurant, or to view updates on vendors and musical groups, visit www.tasteoftucker.com, or check out www.facebook.com/tasteoftucker.



Thursday, September through Sunday, September 10

Thursday & Friday: 10:00 a.m.- 6:00 p.m. Saturday: 10:00 a.m. – 7:30 p.m. Sunday: 10:00 a.m.- 5:00 p.m.

8 -10 A.M. Early Bird Special EACH DAY

Visit the Stone Mountain Woman's Club Bake Sale at Yellow Daisy Festival

Members of the GFWC Stone Mountain Woman's Club invite you to stop by their Dessert Booth at the 2016 Yellow Daisy Festival in Stone Mountain Park and enjoy some home baked cakes, pies, cookies and brownies at their Bale Sale.

The Festival, which begins Thursday, September 7 and runs through Sunday, September 10, will feature wonderful sweet treats prepared and packaged by members of the Woman's Club. In the past, desserts have included numerous cookies, coconut pie,



red velvet cake, fig preserve cake, banana cake, pineapple upside down cake, apple cake, carrot cake, key lime cake, Dr. Pepper cake and better than sex cake along with the more traditional pound cakes, chocolate cakes and coconut cakes. This year's sweet treats promise to be just as tasty as those from prior years.

Mark your calendar

now for the Yellow Daisy Festival at Stone Mountain Park September 7 - 10, 2017. While you enjoy the Festival, be sure to stop by the GFWC Stone Mountain Woman's Club Bake

Sale for a sweet treat or two. You might even decide to take a few pieces of pie or cake home for dessert, or pick up some extra cookies or brownies to go with your morning coffee. Under the leadership of Chairman, Glenda Willett, this annual fund raiser involves all the members of the club and helps the Stone Mountain Woman's Club, a 501© 3 organization, provide

Yellow Daisy Flower Show:
Daisy Does Disney!

Friday, September 8, 4:00 – 7:00 p.m. Saturday, September 9, 10:00 a.m. – 6:00 p.m. Sunday, September 10, 10:00 a.m. – 5:00 p.m.

support for a number of charities and projects of the club.

Of Note to the Community: Safety Alerts & Watches by Cedric Ross

This month is a good time to talk about ways to protect our homes. We are not endorsing these products, just letting you know products exist that may offer you an additional measure of security. Listed below are just some of the products that exist in the market place for your review.

I was at church and someone I know said thieves broke their glass door. . Here is what I found that may have stopped or slowed the thieves down: Clear protective vinyl window glass wrap that is shatterproof. It comes in in a 4,6,8 or 12 mil roll and is by VViVid.



There are always stories on the news about the door being kicked in. This may slow down or stop an intruder: The Nightlock Security Lock Door Barricade.



My wife is often concerned about noises outside at night, so I avoid going out at night if I don't have to. The Ring Floodlight Camera Motion-Activated HD Security Cam has two-way talk and a siren alarm.





CRIME REPORTS SEEN ON NEXTDOOR SMOKE RISE:

Aug 2: Back Door kicked in on Deer Ridge at Stratmore. Electronics, jewelry and personal belongings taken.

Aug 9: Break-in on Fairgreen between 7:00 am and noon. Nothing taken, possibly 'spooked'.

Aug 13: BP station on Hugh Howell and Lilburn Stone Mountain Road had corner glass broken with a hammer.

We make an effort to list local crimes, if we miss something please let us know! Email address for submission - staff@smokesignalnews.com

Housing...continued from page 1

plish their goal of moving. Many renovated and found that they were able to adapt their current home to their changing needs.

Studies done by the Council on Aging identify the location and style of home that surveyed seniors find most desirable in a retirement home.

- 1. Suburban or near suburban location. They want to be near hospitals, theaters, art galleries, sports venues, travel, restaurants, churches and shopping areas.
- 2. A single family detached home.
- 3. One level, two car garage
- 4. 3-4 bedrooms, 2-3 baths. Seniors are still planning for family members to visit and grandchildren to spend time with them.
- 5. Open kitchen and family room.
- 6. Separate living room. Inherited family heirlooms mean a lot to them.
- 7. Median price of \$189,000 and median size of 1900 sq. feet.

Two-thirds of survey respondents planned to "age in place" in their current home. Of that number over half said they would need to renovate or remodel their current home to have the comforts they want as they age. The following were features that were most desirable in a renovated space: High speed internet access; storage space; easy open and clean windows; high efficiency HVAC systems; master bedroom and bath on entry level; security system.

In upcoming articles I will explore how family members can help senior adult loved ones make and implement a plan for choosing where their retirement years will be spent.

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.

WALK TO REMEMBER Taggart's Driving Scholarships

September, 2017

Applications now available at four locations for Tucker area students:

Tucker High School's "Care Closet": 5036 LaVista Rd. Taggart's Driving School: 3566 Lawrenceville Hwy, Tucker NETWorks Cooperative Ministry: 2380 4th St., Tucker Tucker City Hall: 4119 Adrian Street, Tucker

- Deadline November 1, 2017 -



Smoke Rise Academy of the Arts

The Smoke Rise Academy of Arts is housed in Smoke Rise Baptist Church at 5901 Hugh Howell Road in Stone Mountain. Classes are offered all year in music, dance, drama and art; pre-school classes begin 6 September. Visit www.smokerisebaptist.org/arts for class information and registrations. You can also follow the organization on Facebook.



PAGE and The PAGE Foundation Award Scholarship to DeKalb County Educator

Brandy Benefield Allen, an educator at Smoke Rise Elementary School of the DeKalb County School District, is the recipient of one of six PAGE Professional Scholarships sponsored by the Professional



Association of Georgia Educators (PAGE) Foundation. The \$1,000 scholarships are awarded through the PAGE Foundation to PAGE members pursuing advanced degrees in education who agree to teach in Georgia for three years. Allen is a resident of Duluth, GA, and is pursuing a master's degree

in Instructional Design and Technology at Georgia State University in Atlanta.





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September, 2017 Community



DeKalb Association of REALTORS® is helping to create more green space in Tucker through REALTOR® Action Day!

On Thursday, August 17, 2017, DeKalb Association of REALTORS®, in partnership with the Tucker Civic Association, lent a hand to clean the trails leading to the planned boardwalk project at Johns Homestead Park, 3071 Lawrenceville Highway, Tucker, GA 30084. DeKalb REALTORS® obtained a \$3,000 grant to assist Johns Homestead, a 50-acre green space that contains the historic Johns Homestead (ca. 1829) and Twin Brothers Lakes, in building a 110-foot long boardwalk over a creek that currently bisects the planned park.





Scholarship Opportunity for Women

The GFWC Stone Mountain Woman's Club will award a \$1,000 scholarship to a woman returning to school to complete or further her education.

To apply for the scholarship, contact Kathy Gallo at kgallo@gsu.edu or call 770-496-0481 to request an application. Kathy is Co-Chairman of the Education Community Service Progam of the GFWC Stone Mountain Woman's Club along with Doris Hoenig.

Applications must be received by September 30, 2017. You do not have to be a member of the Stone Mountain Woman's Club to apply for the Scholarship.

The GFWC Stone Mountain Woman's Club

held its summer picnic for members at the clubhouse on Mountain Street in the village. The Varsity Food Truck catered the food. Hot dogs, hamburgers, fries, onion rings and all of the fixings were enjoyed by everyone. Smoke Rise residents who are members of the club are pictured here along with the club president and co-chairs of the event. If you would like to join a group of fun-loving, service oriented ladies, please contact one of these neighbors or President Kim Cumbie (770-469-3399).



Left to Right—Pam Heisler, Pat Soltys, Jolene Davis, Elizabeth Wells (Co-Chair), Kim Cumbie (Club President), Kim Sekulow (Co-Chair), Nelda Lunsford, Linda Davis, Glenda Willett, Marty Bryan, Barbara Luton



WEST NILE in DeKalb County?

Positive tests for West Nile Virus (WNV) came back from tested mosquito traps in Henderson Park and Peters Park in Tucker. To put this in perspective, these two positive results are among twenty eight positives in the county. Near Smoke Rise, Stone Mountain Park, Clarkston and two other locations in Tucker tested positive.

What does this mean? The County is taking mosquito elimination seriously and so should you!! Use a mosquito control program and survey your property for standing water (even a few teaspoons is enough for mosquitos to breed). Use mosquito repellant and wear long sleeves and light colored clothing during the dawn and dusk hours, which are typically the most active times for mosquitos. Dekalb County has a mosquito control checklist, "How to choose an insect repellent", and information on WNV and Zika (no 'native' cases in Dekalb county) on their website which is: www.dekalbhealth.net/envhealth/westnile-virus. You can also call 404-508-7900 to request a mosquito assessment or to report a mosquito infestation. Dekalb county is actively patrolling, testing and using larvacidal sprays on positive areas.

\$289,000





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Stone Mountain and Tucker Rotary Clubs

By Frank Luton

Members of the Rotary Clubs of Stone Mountain and Tucker were focused on helping the disabled in July with participation in two durable medical equipment (DME) collection events, both in partnership with Friends of Disabled Adults and Children (FODAC).

The Rotary Club of Tucker partnered with FODAC to collect dozens of used crutches and walkers and ship them to Crutches 4 Africa, which distributes surplus mobility devices to people with physical challenges in Africa and 10 other developing countries. Later in July, both the Stone Mountain and Tucker clubs joined the DeKalb Rotary Council DME collection drive benefitting FODAC. The 46 Rotarian volunteers (including members of the North Atlanta Rotaract Club) manned a collection station at the 57th Fighter Group Restaurant on Clairmont Road in Atlanta, where they collected used home medical equipment valued at over a quarter million dollars, including manual and electric wheelchairs, hospital beds, walkers, crutches, shower benches and patient lifts. For those donors unable to get their



Tucker Rotarian and Smoke Rise resident Graham Stovall and Tucker Rotary Club Community Services Director Wayne Gresham at the Tucker Rotary Club Work Day at FODAC on July 27, 2017.

equipment to the collection site, volunteers also scheduled routes to pick up equipment at homes and businesses. FODAC will clean, refurbish and reissue the collected equipment to disabled clients or their caregivers, at little to no cost to the recipients. The collection drive was the largest one-day collection event ever hosted by the DeKalb Rotary Council,

> which includes the Rotary clubs of Brookhaven, Decatur, Dunwoody, Emory/Druid Hills, North Atlanta, South DeKalb, Stone Mountain and Tucker.

> The Stone Mountain club also participated in Stone Mountain's Back to School Bash in July, providing materials and volunteers to give out backpacks and school supplies to Stone Mountain children.

> Stone Mountain Rotarians weren't all work in July. Smoke Rise residents Joel and Susan Gilbert hosted the membership for its annual New Year's Celebration. (The new Rotary year starts on July 1.) About 40 members, spouses and family turned out for a festive outing catered by Ferncliff Caterers, with delectable desserts prepared by RCSM member and Smoke

Stone Mountain Rotarian and Smoke Signal Hodge Podge columnist Jenny Hall with guests Conrad Hidalgo and Anne Cote at the Stone Mountain Rotary Clubs "New Year's" celebration.

Signal Hodge Podge columnist Jenny Hall and homeowner Joel manning the grill.

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.

Woman's Club Goes Back to School

Members of the GFWC Stone Mountain Woman's Club helped with the "Back to

School Bash" sponsored by the city of Stone Mountain. They packed bags with pencils, crayons, glue, rulers, scissors and other school supplies needed by students. Members helped distribute the bags of supplies plus lunch boxes, note books and note book paper to grammar school and high school students the day of the event.





Those participating were (left to right) Gloria Moss, Doris Hoenig, Sheila Hortman, George Ann Hoffman, Juanita Oglesby, Miriam Boone, Nelda Lunsford, Martha Decker and Andrea Redmond.

At left, Barbara Luton and George Ann Hoffman are pictured distributing bags to the students.

features September, 2017

HEALTH NOTES:

by Cheri Schneider, M.D.

Bunions

Many of us have given our feet a breather over the summer by wearing sandals, tennis shoes and going barefoot. As the fall and winter seasons begin and we wear shoes again, here are some tips for those with bunions about how to keep your feet in tip-top shape!

A bunion is a deformity or misalignment of the big toe



(bunion or hallux valgus) or pinkie toe ("baby bunion" or bunionette). The big toe deformity is most common and is seen almost ten times more frequently in women than men. A bunion looks like a big bump at the base of the big toe. The toe also slants inwards towards the second toe, sometimes rotating and tucking under or

over the second toe. The bump is not really an over growth of bone, just the bone protruding as the ligaments shorten on the opposite side. Some people have no pain with the deformity. Others have redness, swelling and pain. Bunions usually get worse over time.

Because there are no cases of bunion found in cultures that go shoeless, some people think that wearing tight shoes causes bunions. High heels, pumps and shoes that are pointed or tight near the base of the toe are the main culprits. Because bunions seem to run in families, a hereditary ligament laxity or deformity might also be a factor. Lastly, abnormal use of the foot... over-pronation in particular, can lead to bunions.

Simple measures to treat bunion pain include wearing shoes that have a wide toe box (not pointed) and wearing sandals and flat walking shoes with a supportive sole instead of high-heeled shoes. Ibuprofen, Naprosyn and cold packs may also help. Also, bunion shielding foam pads may help protect the tender areas.

The second step in treating a bunion is to visit a Podiatrist. The Podiatrist may make a custom orthotic device to wear in your shoe or may show you how to tape or splint the toe. If this does not work, and there is inflammation, an injection of cortisone into the joint may calm it down.

As a last resort, surgery to realign the toe may be considered. Prior to surgery, x-rays will be done. Surgical recovery is generally 6-8 weeks, sometimes more. During this time, some doctors will not allow patients to drive, except in an emergency. You will likely wear a surgical boot and use crutches the first two weeks.

Hopefully, if you are reading this article and think you may be starting to develop a bunion, you will do all you can to prevent it from progressing. This includes having your foot evaluated to make sure you are not over-pronating it, and wearing roomy shoes with good arch supports.

NEWS YOU CAN USE

By AvivA Hoffmann

DeKalb's Recycling Program Changes to Generate Better Results County Moves Toward Contaminant-Free Recycled Glass

DeKalb County's Sanitation Division has implemented some changes to its recycling program. The county has stopped accepting glass in its curbside, single-stream, recycling program. (Single-stream means you can mix all of your approved recyclables together into one recycling container.) The change to glass recycling collection procedures may sound like an inconvenience, however, keeping recyclable materials, particularly glass, free of contaminants is a growing and critical concern throughout the nation. Glass manufacturers require high-quality recycled glass in order to meet market demands for new glass products, and color-sorted, contaminant-free recycled glass is critical to the glass recycling process.

Glass recycling drop-off locations are becoming increasingly popular and effective in yielding high-quality glass. The county made changes to its glass recycling collection procedures to ensure residents' glass will be processed in a responsible and environmentally friendly way. To help residents effectively participate, DeKalb County has set up 16 sites that accept glass food and beverage containers. The sites are strategically located in county parks, recreation centers, fire stations, libraries and Target store parking lots. The closest county facility to Smoke Rise, offering a glass recycling drop-off site, is at the Tucker Recreation Center. You'll find more county drop-off sites for glass at: www.dekalbsanitation.com.

The county-operated glass recycling drop-off program provides an alternative to throwing away your glass in your household garbage. At the dedicated countyoperated glass recycling drop-off locations, you'll notice a glass sort-separation process. Keep in mind, only blue, green, clear and brown glass will be accepted. Also, only food and beverage glass containers

DeKalb Glass Recycling Loop

Glass food and beverage containers are 100% and infinitely recyclable



are accepted. (Pane glass, light bulbs and ceramic glass are not accepted.) As with all of your recyclable items, please rinse all food and liquids from them. Used glass containers can then be placed loosely in drop-off containers.

Glass recycling conserves natural resources; reduces the consumption of raw materials; extends a landfill's useful life; supports recycling and the closed-loop recycling process; lowers glass product manufacturing costs; and creates jobs within the glass container and fiberglass industries. However, if you're unable to take advantage of the drop-off locations, you do have the option of placing glass in your household garbage containers, placed curbside on your scheduled collection day. The County strongly urges residents to drop off their county-approved recyclable glass products in one of the county-provided glass recycling drop-off containers, and strongly discourages the placement of glass in

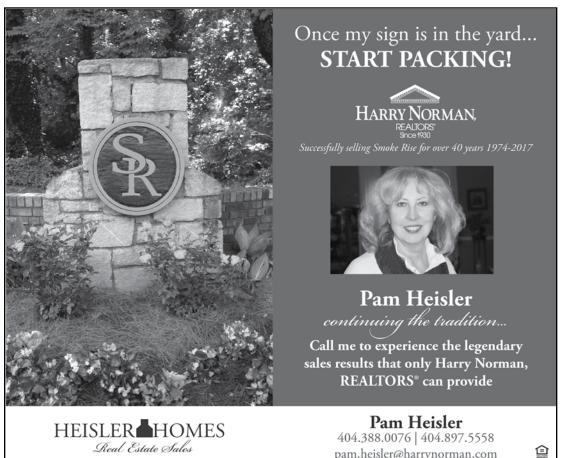
household garbage or single-stream recycling.

Please join the quest to make glass a more sustainable and valuable recyclable material. Additionally, you can - and should - continue to place the rest of your acceptable recyclable materials into your county-approved recycling bin, and place it at the curb on your approved sanitation pickup day. Łasy!

Another change to look for in mid-September; the county will discontinue the 18-gallon recycling bin and 40-gallon recycling bag, AND introduce a 35-gallon recycling roll cart option. Effective Sept. 11, 2017, residential, single-stream, recycling program container options will only be 35- and 65-gallon recycling roll carts. The 35-gallon roll cart for new and existing* subscribers (*requires return of 18-gallon bin, if applicable) is complimentary. The 65-gallon roll cart is available to new and existing recycling subscribers for a onetime, \$15.00, prepaid fee. Returned, 18-gallon bins will be repurposed for integration into the DeKalb County School District recycling program.

To obtain more information about the program, please visit www.dekalbsanitation.com, or contact Anastasia Martin, DeKalb County Sanitation Division's Communications & Recycling Outreach Coordinator, at (404) 294-2281 or amartin@dekalbcountyga.gov.

You can also go online to: https://www.dekalbcountyga. gov/sanitation/glass-recycling.



pam.heisler@harrynorman.com



By Joel Gilbert

The Secret to Sensational Steaks: Sous Vide

Have you ever wondered how those fancy restaurants can take a two-inch-thick steak and get the entire center of it to a uniformly perfect state of rare, medium, or well done? If you have ever tried to do this on a grill, you no doubt have been frustrated with dry, burnt exterior and raw centers. Yep, that is what happens when you try to cook a steak or almost anything else that is thick and get that perfect, juicy center ... until you use sous vide, pronounced "sue vee."

What on earth is sous vide you ask? Well you can look it up for yourself and you

will find it defined as: Sous vide, or low temperature cooking, is a process of cooking food at a very tightly controlled temperature, normally the temperature the food will be served at. This is a departure from traditional cooking methods that use high heat to cook the food, which must be removed at the moment it reached the desired temperature. It's basically a water oven.



Sous vide was first used in kitchens in France in the 1970s and traditionally is the process of cooking vacuum-sealed food in a low temperature water bath. This process helps to achieve texture and doneness not found in other cooking techniques. Sous Vide has slowly been spreading around the world in professional kitchens everywhere and is finally making the jump to home kitchens.

There are two ways you can do this in your own kitchen. Both choices are under \$100. You can buy an immersion heater that clamps to your favorite pot, or you can buy a machine that does it all. I did the latter and have been very pleased.

This slow cooking method makes sure your meat is fully cooked and then you are free to sear the surface to add the look plus the texture you like. We have used it for steak and chicken and both have been great.

Red Fox Memoriesby Smoke Rise resident, Greta Farris

When I was little and growing up in Macon, my family all lived in one house—me, mom, dad, my grandmother and granddad, two aunts and my cousin. Times were bad then, during the depression. Most of my family worked in a cotton mill and my granddad was the night watchman. My dad was a stonecutter.



My aunt was always bringing home animals. I never knew where she got them. She came home with a baby red fox one day.

I fell in love with it and took him over for my pet. I named him Red. Red was so much like a dog. He stayed with me and when I ate something, I would feed Red, too. He loved bananas, and he slept with me, too. The only time he went out was when he needed a potty break.

We also had a black dog named Jack. Whatever Jack would do, Red would do, too. They were fed from whatever was left over from dinner, so they would sit together and wait for it at night. We played ball a lot. Jack would bring it back but Red would just keep it to play with.

He was so much company to a small kid like I was then. I loved to watch him jump around. I had him from the time you could hold him in one hand to the time he was grown. I still love to see red foxes around. One passed in my yard not long ago. It gave me good memories of my little one so many years ago...



Young Ladies in Stride Mini Retreat



The Young Ladies of Ladies in Stride, Inc. had an amazing time during their 2nd Total Health and Wellness Mini Retreat July 14th -16th. The young ladies of L.I.S. range in age from 13 -20 years old. The weekend began on Friday with seven awesome guest speakers that covered topics like: Total Health & STD's by Dr. Ah Rim Shin, Important Medications by Mrs. Panette Hanchett Griffin, CPhT; Human Trafficking by community advocate Ms. Marie Dunn, Spiritual Growth & Relationships by Min. Celeste McCord; Education & Entrepreneurship by Mrs. Ashley Hanchett, MBA; Finances by Ms. Carie Cato, economic major and insurance manager. Each young lady received a wonderful makeover & session on Healthy Skin by makeup artist Ms. Tiffany Robertson. Following their sessions, the young ladies were chauffeured off to dinner in limousines.

On Saturday, the young ladies were taken to the lovely Calloway Gardens for an overnight stay in the cottages. They enjoyed the gardens, the butterfly center and the beach. They also had an opportunity to visit The Little White House in Warm Springs Georgia. The young ladies ended their evening together with "Girl Talk". They truly bonded and had a great time together!

On Sunday, the young ladies made their way back to the Hanchetts home in Smoke Rise, where the Mayor of Tucker Georgia, Mr. Frank Auman and his lovely wife Gaye came over to greet them and signed a personal letter for each of them.

Ladies in Stride, Inc would like to thank their L.I.S. Chaperones, Mrs. Panette Griffin, Mrs. Ashley Hanchett, Ms. Andrea Williams and Mrs. Geonice Hanchett and all of their sponsors for helping to make this event a huge success. Tucker Kroger, Tucker Brusters, Stone Mountain Honey Baked Ham, Mrs. Betty Levett, Mrs. Vanessa Nelson, Mrs Catherine Salazar, Mrs. LaTanya Eiland, Mrs. Rosa Arcia and the Executive Board Members of Ladies in Stride, Inc.

Ladies in Stride, Inc is a diverse organization that works very hard to increase public awareness concerning the benefits of Total Health & A Balanced Lifestyle. We are connected at the Heart! Membership for Ladies in Stride, Inc begins at age 13 & is open to all ladies. If interested, please join us at www.ladiesinstride.com.



gardens September, 2017

Daisy Does Disney: The 46th Annual Yellow Daisy Flower Show September 8-10

September 8-10 is the 46th annual Yellow Daisy Standard Flower Show at Stone Mountain Park. The juried show is presented by garden club members in the Redbud District of The Garden Club of Georgia, Inc. It is held in Memorial Hall on the park grounds at the same time as the Yellow Daisy Festival. Admission to the Flower Show is free with paid park admission.

The Redbud District includes the garden clubs of Tucker: Smoke Rise Garden Club, Smoke Rise Morning Glories, Mountain Mums and Lake Ivanhoe Garden Club, Four Seasons, Winding Woods and many other clubs. This year's Show Chairmen are Smoke Rise Morning Glories members Janet McGinnis and Joy Zaidan. Quill Duncan, Wendy Laurila, Susan Morrison, Edith Morton, Bonnie Pennington, Ann Purr, Debra Adams, Diane Christian and many others are chairing committees or serving as volunteers from the Smoke Rise/Tucker community garden clubs.

Members from all these clubs and many others volunteer to setup, host, clerk, classify, place and then disassemble all the horticultural exhibits. There are many aspects to the show from design entries to youth entries to all the various classifications of horticulture. Last year there were over 480 horticulture entries and dozens of unique and charming floral designs.

The 2017 theme is "Daisy Does Disney" and promises to be every bit as entertaining as the Disney cartoons and movies that we have enjoyed for many years. Joy Zaidan is the Design Entries Chairman for the show which will feature designs that interpret such Disney classics as "Frozen", "Toy Story", "Snow White", "Beauty and The Beast", "Mickey Mouse", "Ariel" and many others from the Disney entertainment dynasty.

The horticulture category can range from a perfect okra pod or tomato to a Limelight hydrangea to Autumn Fern to cacti! It is quite surprising how many hundreds of entries are submitted, classified and displayed in all those green bottles or containers.

If you have never seen a standard flower show, you will be charmed by the wide variety of colors, scents and displays. It is also fun to see which entry won the Blue Ribbon and read the judge's comments. You can really learn why one flower won the Blue ribbon and another of the same flower species won the Red or Yellow. There are subtleties in judging, and certain criteria must be followed to win the ranking of a Blue Ribbon.

You are all invited to join the fun this September and experience Daisy's Disney Magic!



Mountain Mums Garden Club

The Mountain Mums Garden Club is pleased to announce the beginning of their Garden Club year. This year's theme is "The Garden Takes the Gardener Through Every Season". The theme for the year describes the flavor of the garden club well. An enthusiastic group of women who are in every season

of life and love to garden!

This year's program list is one you do not want to miss! Joy Zaiden kicked off the year in August with an informational talk on the Yellow Daisy Flower Show (going on right now in Stone Mountain Park Memorial Building!). Fall programs include author Linda Copeland: Legends in the Garden: Who in the World is Nellie Stevens? How Plants and Cultivars Get Their Names; club member and master gardener Lynn Malone: What I Have Learned About Orchids by Volunteering at the Atlanta Botanical Garden, and "All About Begonias". The Mountain mums will join Heather the Smoke Rise Morning Glories and the Lilburn Ladybugs garden clubs for a special program with Chelsea Thomas from the Atlanta Botanical Garden August meeting at Mary's house. about Amphibians and Reptiles in Your Garden in



McLendon, Ballard, Joy Zaidan (speaker), Ann Purr, Mary Jacobson at the

October. In December the Mountain Mums will hold their annual Christmas party at the SmokeRise Country Club. Spring meetings will include programs such as "Native Plant Rescue and Using Native Plants in Your Landscape", "Camelias", "Roses", "Monarchs, Milkweed and More", and a make and take meeting at Custom Crafts by You in Downtown Tucker.

If you are interested in gardening and want to enjoy great programs, great ladies and have fun giving to the community, call Debbie Jones at 678-260-7806.

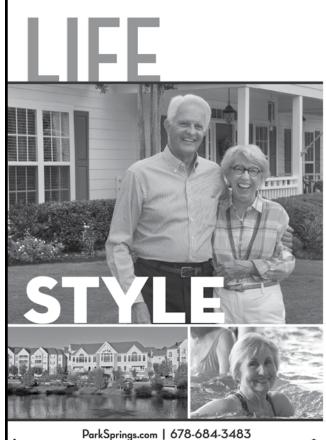
Our next meeting will be at the home of Beth Henson on September 13 at 10:00 a.m. and will feature author Linda Copeland.

September Gardening Tips

- Deadhead all flowering perennials you do not want to spread around the garden. These include Black-eyed Susans and Coneflower.
- Divide irises and daylilies and other perennials that have already bloomed. Do not plant tubers too deep!
- Spray pre-emergent: "March 1 for summer weeds, September 15 for winter weeds," according to Walter Reeves.
- Buy-but don't plant-spring bulbs and seasonal pansies and viola.
- Plant cool weather vegetables: broccoli, collards, and cabbage.
- Begin to clear debris out of the garden.
- Leave some plants alone that have 'winter interest' or will feed birds.
- Label plants in the garden before they die back.

Do Not!

- Plant spring bulbs until the temperature is in the 60's.
- Plant pansies and violas or snapdragons until it is consistently in the 70s.
- Prune ANY shrubs. Wait until cool weather, or they will sprout and the tender sprout will be damaged.
- Fertilize trees or shrubs. Wait until they 'harden off' with cool weather.



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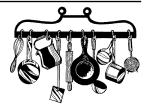
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barbhess48@gmail.com by the 10th of the month for publication the following month.

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



HODGE PODGE



By Jenny Hall

It's still sultry and summery in September, but since the humidity is a bit lower you might dare go outside without hiding under a baseball cap or, in my case, paper bag. Sometimes I wear a large visor plus sunglasses so no one can actually see me. All they see is the sweat dripping off the end of my nose and a big poof of red hair that sort of resembles a pile of mattress stuffing or the bride of Ronald McDonald. It doesn't help that my dog is also red, so we rather resemble a small red emergency vehicle when we are out walking. She wails and barks like a siren too. What we both need is a drink. water for Molly, delicious cocktail for me. And other cool nibbles we can pretend is dinner.

First, this is a wonderful and different mojito from Beth's, who served these at the last "Drinks on the Porch" at the Wells Brown House. They are cool and refreshing and just perfect for this time of year.

Pineapple Mint Mojitos

48 ounce can ready-to-serve pineapple juice

1 12-ounce can frozen limeade

24 ounces white rum

fresh mint

club soda, about 3/4 of a 2-liter bottle

Mix juices and rum. Add club soda to taste (or most of the bottle). Have sprigs of fresh mint to muddle in the cups for each serving. Really a nice, light tasting drink.

Another little treat that was served was Pat's recipe for Tropical Shortbread. These are terrific and you can add diced dried mango or other tropical diced fruit to the frosting.

Tropical Shortbread

Shortbread Base: 1 cup unsalted soft butter

1/2 cup granulated sugar

2 1/2 cups plain flour

Cream butter and sugar. Add flour to combine and press into the bottom of an 8x8 square pan. Lightly spray with Pam. Bake at 300° for 30 minutes.

Topping: 8 ounces cream cheese

1 cup powdered sugar

1/3 cup pineapple preserves

(Hard to find sometimes. Don't give up.)

1 cup (more or less) shredded coconut

Tasty dried fruit bits like mango, papaya, etc.

Cream the cream cheese and powdered sugar until smooth. Add in the preserves. After the shortbread is done, top with mixture. Sprinkle with coconut and maybe some extra dried fruit of your choice. Press in lightly. Cut into bars. Refrigerate leftovers.

I'm also putting in this old recipe for my favorite Chex® mix snack. It's gluten free and wonderful as an anytime nibble. I adapted it from a recipe on the back of a box of Honey-Nut Chex® about 10 years ago. This is my version.

1 box Honey-Nut Chex®

1/2 box Rice Chex®

1 medium jar dry roasted peanuts

1 pouch dried cranberries

About half a box of raisins

About a cup of your favorite nuts, seeds or dried fruit.

(Almonds or cashews are really tasty)

4 Tablespoons honey,

2 Tablespoons water,

4 Tablespoons melted butter,

1 teaspoon cumin,

1/8-1/4 teaspoon cayenne

1 1/2 teaspoons salt

Mix honey, water, butter and spices. Heat a bit and stir to combine well. Put cereal and peanuts in large roasting pan. Pour honey mixture over and stir to evenly coat. I use my hands. Bake at 250° for one hour, stirring every 15 minutes. When done, add the dried fruits and rest of the stuff. Turn off oven and let it sit in there for another 15 minutes or so. Let cool completely and store, covered. You can even freeze this. Adjust cayenne if you like it hotter. 1/4 teaspoon is plenty hot for my taste. The original called for a full teaspoon and I almost passed out. I really needed one of those mojitos! Happy September and happy kids in school!