

SMOKE SIGNAL

VOLUME 52, ISSUE 10

Serving the Smoke Rise Community since 1968

January, 2020

www.smokesignalnews.com

In its 50th year of continuous operation, the volunteer staff of your Smoke Signal wishes you a wonderful New Year!



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SRCA Report

by Mike Huerkamp, President SRCA Board

While there was no meeting in December, the SRCA board wishes all of our neighbors a Happy New Year!

The start of the calendar year brings preparations for the annual public meeting, most likely to be held in March, as usual, (stay tuned); but also the annual membership drive is now underway. The dues campaign slogan is Two Twenties (\$40) for 2020 and reluctantly represents our first increase in nine years. We are grateful for all of our supporters, and hope you will fund the modest increase, and also exhort your neighbors to join SRCA. Dues can be paid by waiting for the mailer or online at any time via PayPal at www.smokerise.org.

Your backing enables landscaping at key public sites including our iconic chimneys, investments in the elementary school and high school foundation, events and other organizations that enrich our community, nonpartisan election forums, confidential document shredding, and so much more, and will prevent a repeat of the 2019 financial finish in deficit.

Come Walk for Safe Driving

by René Boven

Every year the New Year rolls around and for most part, so do resolutions. Whether you're planning on tackling those added-on pounds that you picked up from the holidays or not, you should plan on participating in the 9th Annual Walk to Remember – a great community event for all ages.

This year's walk will be held on Saturday, January 25, 2020 at 9:30 a.m. The event is free and open to the public, and is put on to promote awareness of safe driving. Donations are welcome and help to offset event expenses.

The Mountain Mums Garden Club will have a tent set up in the upper parking lot of Smoke Rise Baptist Church on Hugh Howell Road where water, granola bars and bananas will be available.

The Mums award scholarships to Taggart's Driving school to area students to encourage safe driving and no texting while behind the wheel. The students win the scholarships by submitting an essay on why they want the driving lessons. One of this year's essays is featured in this month's *Smoke Signal*.

WTR honors those lives that were lost too soon in car accidents, as well as promotes safe driving. We hope that you will come out and join us for this great cause. Dogs are welcome too! Remember, no fees but donations welcome. See you on the 25th!

Why I want a Driving Scholarship

By Camden White

Now that I've had my learner's permit for a couple of months, I know that going to driving school is very important. I thought I knew all the rules from watching my parents drive. Since I've been driving, I have had other drivers honk at me, tailgate me, and drive aggressively behind me when I wasn't driving as fast as they wanted me to. It's made me lose confidence in my driving because I think I'm not doing as well as I should be. My parents tell me I'm doing fine and learning quickly, so hopefully, I am.

My older sister has been driving for a couple of years, and I ride with her to school almost every day. I see that she is careful and tries to follow all the road rules. Even though she is careful, she had a car accident about one year ago. She needed to turn left, so another driver waved her along even though a car was coming. The wreck was my sister's fault because of the left turn. She knows now that she should not have trusted the person who waved her through the intersection, but how was she supposed to know at the time?

These are two reasons that are personal to me that explain why I would like to use the scholarship money to attend Taggart's Driving School. I want to learn as much as I can about driving so I know how to react in situations like aggressive drivers and left turns and when to trust other drivers. I hope you consider me for the scholarship.

Tucker Lifelong and Age Friendly Living Committee

The Tucker Civic Association (TCA) has a committee, the Tucker Lifelong and Age Friendly Living Community Committee (TLC). A lifelong and age friendly community is a community that creates great places to grow up, grow "in", as well as grow old. The TLC mission is to support the concepts of a live/work/play community, where people of all ages, lifestyles and abilities can live well.

The TLC has been implemented by the Tucker Civic Association in conjunction with the Atlanta Regional Commission to create Tucker as a lifelong living community. By partnering with the Atlanta Regional Commission, Tucker will be eligible for grants and funding opportunities.

Every age friendly community is unique and building one can take residents working together, as well as time and energy. What makes it successful is to determine how well it meets the needs of its residents at all stages of their lives. Is it affordable? Walkable? Inclusive? Will it be a great place to grow up, grow "in" and grow old?

Tucker is the fifth city in Georgia to be awarded the World Health Organization (WHO) Age Friendly City designation. This provides a

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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 SecretarySusan Gilbertsgilbert@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 Gilbertsgilbert@apogee.net
 Health News.....Cheri Schneider, M.D.(770) 717-9914
 Flyer InsertsBarbara Luton.....(770) 491-6711
 Recipes and Home.....Joyce Ray(770) 491-9015
 Social MediaPat 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
 DistributionLaura Smith.....(770) 934-7595
 DeliveryMorgan 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.

January Calendar of Events

- 1 Happy New Year!
- 8 Mountain Mums meet at the home of Cheri Schneider 9:45 a.m.
- 11 Georgia Iris Society
St. Bartholomew Episcopal Church
1790 Lavista Road, 2:00 p.m.
- 13 Mountain Shadow Garden Club
Eastminster Presbyterian Church, 7:30 p.m.
- 20 Martin Luther King, Jr. Day
- 25 Walk to Remember, 9:30 a.m.
upper parking lot at Smoke Rise Baptist Church

*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.
 Contact: staff@smokesignalnews.com

Smoke Signal Deadlines

JANUARY 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 JANUARY 10

SMOKE SIGNAL FLYER INSERT POLICY

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

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 Link to the digital version of the *Smoke Signal*
 at <http://eepurl.com/pjn4v>
 or scan this QR Code
 with your smart phone!



Give Your Christmas Tree a New Life!

Now that the 2019 holidays are behind us, it's time to start a fresh, new, year. That includes packing away and removing your holiday decorations! If you still have your Christmas tree lingering around, DeKalb County offers a very convenient way to get rid of it.

If you are currently serviced by the DeKalb County Sanitation Division, you can have your Christmas tree picked up on your curbside collection day. Each year, the Sanitation Division provides county residents with free curbside Christmas tree collection from December 26 through the end of the second week in January. To participate, you must remove all decorations from the tree and place it curbside. Trees should be seven feet or shorter. Trees that cannot be cut to the required length can be taken to the County's Seminole Road Landfill or collected by the Sanitation Division's special collection unit (fees will apply).

This service provides an opportunity for residents to dispose of Christmas trees sustainably and free of charge. Collected trees will be recycled and converted to mulch. Much of the recycled mulch benefits playgrounds, local government beautification projects, and individual yards.

For more information, contact the Sanitation Division's customer service team at (404) 294-2900 or sanitation@dekalbcountryga.gov, visit www.dekalbsanitation.com, or follow @DKalbSanitation on Twitter.



DID YOUR PAPER GET WET?

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

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

Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor
 Bart McNeil: Associate Pastor
 Becky Caswell-Speight:
 Minister of Families, Faith Formation and Connection
 Jeremy Colliver: Minister of Youth, Mission and Communication
 Danny Vancil: Minister of Music and Worship
 Amanda Coe Burton: Ministry Director for Children and Families
 Harrison Litzell: Co-Director of the Weekday School
 Stacey McNeil: Co-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
 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
 Office Coordinator ~ Christina Wetzel-Sizemore
 Director of Weekday Ministries ~ Celeste Sears
 Director of Respite Care Center ~ Helen Wilborn
 Financial Coordinator ~ Jan Zabarac
 Organist ~ Carole Mitchell
 Choir Director ~ Joy Chittick
 Ministerial Intern ~ Anne Galliher

5801 Hugh Howell Road ~ Stone Mountain, GA 30087
 770-469-4881 ~ www.eastminster.us

Respite Care Center Hours: Loving care for your Senior Adult.
 10 a.m. - 3p.m. Wednesday

Sundays:
 9:15 a.m. Sunday School for all ages
 10:30 a.m. Worship in the Sanctuary – nursery is provided
 Communion: First Sunday of the month
 Wednesdays:
 5:45 p.m. Join us for dinner and fellowship
 (\$8 per adult & reservation required by Monday of each week)
 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
 Children's Minister: Rae Tyler Caggiula
 Telephone (770) 783-1035
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: Rev. Elroy Christopher
 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 Moravian Church sanctuary
 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: 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.

Tucker High School News

The 2019-20 school year is going by really fast. We have accomplished many tasks:

- Senior Individual Advisement: Overview of state requirements needed for May 2020 graduation.
- Senior/Probe Fair: Students took a trip via busses to the DeKalb's annual college fair. Over 100 college representatives were present.
- Senior Parent Night: Discussed important information pertaining to graduation requirements, prom, dues and expectations expected for seniors to meet.
- GCIS Lessons (11th Grade): The Georgia Career Information System has primary tools for education and career planning. Students explored and saved three postsecondary schools of interests.
- 11th Grade Individual Advisement: Overview of state requirements needed for May 2021 graduation.
- FALL Advisory Council (1 of 2): School Counseling Department met with all stakeholders to review school counseling data that would help address the needs of students at THS.
- Rising 9th Grade Teacher/Student Advisement (Tucker Middle School: Administration and School Counselors met with teachers/ students. Teachers were advised how students should select high school courses and students were informed of credits/ programs and graduation expectations for high school via PowerPoint.
- Rising 9th Grade Parent Night (Tucker Middle School): Administration and Head Counselor met with parents to provide an overview of expectations for high school success.
- Apply to College Day: Opportunity for senior students to apply to participating colleges and the application fee is waived.
- GCIS Lessons (10th Grade): The Georgia Career Information System has primary tools for education and career planning. Students reviewed Dual Enrollment to impart awareness.
- 9th Grade Child Lures Lessons: Students will understand the techniques used by people to harm them and learn how to avoid and be safe and not be a part of this trap (Lure).

Emory University Scholarship Offered to Tucker High School Students

The Summer Science Academy at Emory University is offering rising 10th grade students at Tucker High School an opportunity to gain FREE hands-on experience in STEM fields such as medicine and healthcare. The available scholarship is for the Summer Science Academy program taking place this summer. The application deadline for this competitive program is March 31, 2020.

Students are encouraged to apply and provide their online application, a 500-1000 word essay, an unofficial transcript, and a recommendation letter. Interested rising 10th graders at Tucker H.S. should apply at www.surveymonkey.com/r/SSAAPP.

Children's/Teen Events at the Tucker Library

- **Building Blocks** (Storytimes for babies ages 0-24 months) January 7, 14, 21, 28 @ 9:00 to 10:00 a.m.
- **Tales for 2s** (Storytimes for two-year-olds) January 15, 22, 29 @ 9:30 to 10:00 a.m.
- **Read to a Pet Partner** (Practice read-aloud skills by reading to a therapy dog (Call branch to register) January 9 or 23 @ 3:00 to 4:30 p.m.
- **Sitar Soundscapes with Haji Basim** (for all ages) January 11 @ 3:00 to 4:00 p.m.
- **Special Book Club: Skype with history author Susan Campbell Bartolleti** (ages 10-17) (Call branch or visit online to register) January 14 @ 6:00 to 7:30 p.m.
- **Lego Club** (ages 5-12) January 16 @ 3:00 to 5:00 p.m.
- **Open Mic!** (for all ages) January 21 @ 5:30 to 7:30 p.m.
- **Eager Readers Book Club** (ages 5-6) A book club for beginner readers (Call branch to register and pick-up book) January 27 @ 4:00 to 5:00 p.m.
- **I Will Speak Today** (ages 5-10) A program in public speaking (Call branch to register) (meets last Wednesday of every month for 5 months) Starts January 29 @ 4:30 to 5:30 p.m.

Tucker-Reid H. Cofer Branch, 5234 LaVista Rd, Tucker, GA 30084, (770) 270-8234, ext. 2312

SRP: Where Everyone is Welcome!

By Grier Kellett



Smoke Rise Prep, Stone Mountain's best kept secret, focuses on the core values of character, culture, and curriculum. In order to shape well-rounded students, our teachers and parents create an atmosphere that aligns with those core values. One way that we accomplish this is to create a healthy balance between academic rigor and enriching activities.

This month we are having a middle school writing competition! Please read the two entries below on "What Makes Smoke Rise Prep Middle School Different," and vote for your favorite one at our school website www.smokeriseprep.org!

Shandon P. (6th grade)


"SRP"

SRP is a well-rounded private school. SRP has great teachers that are useful with our hard work. They care for us, they make our lives easier, and they're funny and serious. The school makes everyone feel greeted and loved. More people want to come here and support us. We have fun activities such as P.E., Health, Spanish, and Life Prep. When it is the holidays, we go up to the Fellowship Hall where people perform their talents and eat together. We have events outside of the school day like Bingo Night, festivals, and fundraisers. We also have clubs. They entertain kids, so they learn how they can do different things and apply it to their lives. We also go on field trips because they help educate us, have fun, and enjoy ourselves.

Riley S. (6th grade)

"Why Smoke Rise Prep Middle School is Special"

As this year is my first year in middle school, I didn't know what to expect. It was far from what I thought might happen, but in the best way possible. The teachers at SRP middle are fun and engaging. Not only that, but there are less than 40 students in the entire middle school. This allows for real friendship between students. For children who go above and beyond in the academic world, all grades have at least 2 advanced classes. (6th/ 7th grade: ELA and math, 8th: science, ELA, and math). Generally, there are 4 to 7 students in these advanced classes, allowing one-on-one learning opportunities. We have many specials classes at SRP, such as P.E., Spanish, art, and health. All these things, my teachers, my studies, and my friends, have made this year of sixth grade wonderful. Personally, I want to thank Mrs. Waddell, our amazing principal, for continuing to take care of such a wonderful school.



Jody Purser
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**ART Station Presents:
Mama Makes Up Her Mind
Jan. 23 – Feb. 9, 2020**

By David Thomas, adapted from the novel by Bailey White

In this play, Bailey White's accounts of Southern eccentricity offers a humorous, touching, story-filled memoir of her home in South Georgia. Succumb to the charms of Mama, who will take you to a juke joint so raunchy it scared Ernest Hemmingway away. Mama... is as sweetly intoxicating as a mint julep and as invigorating as a walk in White's own overgrown garden.

All performances are in the ART Station Theatre located at 5384 Manor Drive in Historic Stone Mountain Village. The Village of Stone Mountain is located in the City of Stone Mountain one exit prior to Stone Mountain Park.

As always, if you have questions regarding ART Station, please give us a call at (770) 469-1105 or e-mail us at boxoffice@artstation.org.



**Smoke Rise Academy of the Arts Presents Children's Versions of
DISNEY'S THE LION KING in January and February**

-- Public invited to attend free performances of this iconic coming-of-age tale --

The elementary actors of Smoke Rise Academy of the Arts (SRAA) drama department will present two versions of the family musical DISNEY'S THE LION KING as its first 2020 production. The younger elementary class (ages six to nine years) will present DISNEY'S THE LION KING KIDS, a shorter version suited for younger actors and audiences, on Friday, January 31 and Saturday, February 1, 2020. The older elementary class will stage DISNEY'S THE LION KING JR Friday, February 21 through Sunday, February 23. All performances will be in the Fellowship Hall of Smoke Rise Baptist Church. Members of the Smoke Rise, Tucker, Northlake and surrounding communities are invited to attend this free performance.

Based on Disney's animated epic The Lion King, DISNEY'S THE LION KING KIDS and DISNEY'S THE LION KING JR are both charming musicals that will inspire the imagination of its audiences. The African savannah comes to life on the stage with Simba, Rafiki and an unforgettable cast of characters as they journey from Pride Rock to the jungle, and back again. The colorfully-costumed SRAA casts will perform many of the songs from the Academy Award winning film score by Elton John and Tim Rice, along with additional material written especially for the children's productions.

Both children's versions of DISNEY'S THE LION KING are fun family shows suitable for all ages. Show times for DISNEY'S THE LION KING KIDS are 7:00 p.m. on both Friday and Saturday. Show times for DISNEY'S THE LION KING JR. are 7:00 p.m. on Friday, February 21; 2:00 and 7:00 p.m. on Saturday, February 22; and 2:00 p.m. on Sunday, February 23.

Each show will have concessions available for purchase during intermission. Attendance is free with no tickets required.

Smoke Rise Academy of Arts provides group arts instruction for children and adults, and individual music lessons for all ages on piano, violin, flute, guitar, drums and voice. Visit smokerisebaptist.org/arts or call 678-533-0562 for details on performance, program and classes.



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Give yourself and your family the gift of membership and get in the game at Smoke Rise Country Club. Come see what everyone is talking about; club enhancements, easy tee times, fitness programs, incredible food and services and much more! Make memories with your family and friends today!

Schedule a tour or to discuss membership, contact Membership Director Heath McDaniel at 770-908-2582 ext. 4



Contact Heath McDaniel, Membership Director at 770-908-2582 or hmcdaniel@smokerisecc.com.

SMOKERISECC.COM/MEMBERPROMOTION

4900 CHEDWORTH DRIVE | STONE MOUNTAIN, GA 30087 [f](#) [t](#) [i](#)

Auction for the Bees

The Garden Enthusiast – Backyard Nature Station on Main Street in Tucker will hold its annual silent auction from February 10th – 22nd. Proceeds will benefit the new “Bee Educated” Project at the Tucker Nature Preserve on Lawrenceville Highway.

This auction is a collaboration between the Friends of Tucker Parks, the City of Tucker and The Garden Enthusiast. The design is the beginning of the Environmental Education Project effort by the Friends group to fill in the gaps not addressed by the City's Master Plan. The goal is \$5000 which will pay for supplies needed such as the hives, safety fencing, signage, and shrubbery. It is also perhaps the first step in identifying Tucker as a certified Bee City. As you may have heard before, “90% of the world's flowering plants depend on pollinators to reproduce” and “1 in 3 bites of food we eat is courtesy of insect pollination”. We need pollinators to sustain our world. Currently, there are only seven cities/campuses in Georgia that are Bee City certified with Decatur being the first.

If you would like to donate something for the auction, please drop it off at the store by February 3rd. Come by on February 15th or 22nd to learn more about the project and enjoy refreshments provided by supporters of the Friends of Tucker Parks.

Stop by The Garden Enthusiast at 2343B Main Street Tucker for the auction, place a bid or two, and support another great local community resource.



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HEALTH NOTES:

by Cheri Schneider, M.D.

Can You Be an Organ Donor?

I recently had the joy of watching a friend receive the call that a kidney transplant was available for her. She was happy, relieved and overjoyed that the endless rounds of dialysis would be over! That led me to think about organ donation and the ones I know who have had transplants and those I know who are still waiting. I thought of that little box I checked on my driver's license indicating that I would be an organ donor. Just what did that little check mean? In this short article I will cover a few facts that may encourage you to make the same choice.

There are eight organs that are commonly used for donation and transplantation: the kidneys, liver, lungs, heart, pancreas and small intestine. Other tissues that can be donated are the skin, cornea, tendons, cartilage, bone, blood vessels and heart valves.

There are two types of organ donors: Living Donors and Deceased Donors. A living donor is someone who donates an organ they can live without - such as a kidney, or part of a liver. The deceased donor donates an organ after death. These donors are clinically dead. They are often kept on a ventilator (which keeps their blood circulating to the vital organs) until the transplant can be arranged. Even though they may not look like it, these donors are 'dead' and have no brain activity. Transplant doctors are NEVER on the team saving a person's life, so there is no chance a doctor is 'just not trying' so they will have an organ donor.

Just how healthy do you have to be to be a donor? You are not considered eligible to donate if you have a transmissible disease such as HIV, West Nile virus, Jakob-Creutzfeldt's disease ("Mad Cow"), malaria, TB, or hepatitis B or C. Also, if you have active cancer, Alzheimer's disease or any uncontrolled infection, you cannot donate. Living donors may not be able to donate if they have diabetes, hypertension, cancer, heart disease or any transmissible infections.

Is there an age limit for donors of organs? Organdonor.gov says there is no age limit to organ donation. In 2018, one third of organ donors were over the age of 50. The liver especially does not 'age' like other organs and can be donated well into the senior years. You must have the permission of a parent or guardian to donate an organ if you are younger than the age of 18.

If you become a donor, how do they decide if your organs will work? Many factors go into the assessment. There are some age cut-offs for the heart (60) and pancreas (45). Size matters. For instance - in a whole liver transplant, a small liver's plumbing will not 'match' the plumbing of a large recipient. The tubes that need to be attached to each other will not fit.

How do they decide who gets an organ? Some of the factors include size of recipient, how sick the recipient is, how long the patient has been on the list, location of the donated organ and proximity to the recipient. Other factors are blood type, health of the organ, donor health and other more specialized criteria.

How long can organs from a donor last before they need to be transplanted? Well, it depends... Blood can be banked for six weeks and skin can be banked indefinitely. A kidney can be transplanted up to 30 hours after being harvested. Intestines last around 10 hours. The pancreas and liver can last up to 12 hours, while lungs and heart survive six hours or less. This means minutes and seconds count. Distance counts. And ability to properly transport counts.

Lastly, living donors must go through a medical and psychological evaluation and will have other evaluations for match status of the organ.

All costs of the donation and actual transplant are charged to the recipient or the insurance of the recipient. The donor does not pay to donate.

More than 113,000 people in the US are waiting for an organ. Six thousand will die while waiting. Maybe YOU could be the gift of life to one of those waiting. Sign up to donate or even consider being a living donor.

techtalk *Posture Police*

By Joel Gilbert, P.E.

Many years ago, when I heard Joan Lunden interviewed after leaving as host of Good Morning America, I was struck by her response to the question, "What is the most meaningful lesson you've learned since leaving the show?" She said someone recently told her to sit and stand up straight! Ever since then, she has been focusing on doing that but wished she had been reminded earlier in her life. Wow, I didn't see that answer coming.

Remembering her comment, I was intrigued when my sister mentioned she was looking into getting an electronic device to help with her posture. I didn't know such a device existed, but why not? There isn't anything magic about a device alerting when it isn't level. Nor is there any intrigue about a device reporting to a phone app. Combine those functions with the ability to vibrate, and you have a posture-police device.



Being one to exhaustively investigate everything before purchase, I began to research these devices and found there is a plethora of them. After reading reviews and looking at ratings and prices, I chose an Upright Go 2 for \$85 on Amazon. When it arrived, I followed the instructions, downloaded the phone application and plugged the lightweight, one-inch tall monitor in to its charger that doubles as a case. The next morning, I removed the covering on an adhesive patch on its backside, reached back and placed it between my shoulder blades, gently pressing it against my skin, where it stuck.

Now it was time to use the phone app. Tapping it revealed a green icon of a person standing erect and searching with binoculars for a WIFI connection. Once connected, it instructed me to sit up straight, in the position I hoped to achieve regularly. The icon on screen took a vertical position as I clicked "set." As soon as I relaxed that position, green person slumped forward, and if I slumped enough, it turned an angry red color and the device vibrated gently, so I quickly put my shoulders back and straightened my spine.

The past week with the monitor has been an adventure of slumping, vibrating, and appreciating being reminded to sit and stand up straight. I had purchased two, one for me and one for my husband. But looking back, I don't know that everyone in the family needs one, because it's the kind of thing you can share with another person. The adhesive pads that last for weeks are changeable, so another user could begin with a fresh one. And I don't think it's something anyone would use for a long time the way people do a fitness monitor for tracking steps and sleep. It seems to me more something you would use as a training device from time-to-time to help achieve naturally sitting and standing more erect.

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	<p>5633 Bahia Mar Circle \$349,000</p>		
	<p>~ 5 ~</p>		

TLC...continued from page 1

framework for domains that must be evidenced in the future for Tucker to maintain the awarded designation. With the support of the Georgia AARP, the Tucker Civic Association's Lifelong Community Committee identified those domains that Tucker is working on, i.e., sidewalks, transportation, parks and green space, and social inclusion.



WHO Global Network for Age-friendly Cities and Communities

identified those domains that Tucker is working on, i.e., sidewalks, transportation, parks and green space, and social inclusion.

What does an "age-friendly" community look like? Putting transportation and social participation together with easy access to get to places, being able to cross streets easily, having wide sidewalks that are available for people with both strollers and walkers.

Each age friendly community looks at the needs of their residents and works to figure out the challenges and solutions. Issues to be addressed include housing, parks and green spaces, transportation, health and community services, social inclusion and finding ways to avoid risks like social isolation, i.e. not being able to have access to the services needed by everyone. The obvious thing that comes to mind is healthcare, but equally important is access to adequate housing. A lot of people want to stay in their homes as they age, but unfortunately their homes aren't aging as well. And that also becomes an economic problem.

What kind of financial investment is required to make communities more age-friendly? How will the changes and improvements be financed?

Are you interested in helping with this effort? If so, please contact Lois Ricci and get involved with the TCA. Lois can be reached at loistr Ricci@bellsouth.net. In addition, the TLC meets on the 3rd Wednesday of each month at 7 PM at Hearthside Tucker, 4358 Lynburn Drive. Come and help move Tucker into being a lifelong and age friendly community.

RUN THE REAGAN – FEBRUARY 29, 2020

The 2020 Run The Reagan® is scheduled for February 29, 2020. Our goal is to top 2,500 runners for our annual event. How can you help?

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For more information, visit runthereagan.net

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CID Project Updates

TSCID and City of Tucker Partner for GTIB Grant

The City of Tucker unanimously approved TSCID's proposal to partner on the design, construction, engineering and inspection phases on projects and interchange upgrades at Mountain Industrial Boulevard and US 78 from Greer Circle to Elmdale Drive.

"The intersection at Mountain Industrial Boulevard and US 78 was identified as the worst intersection in Tucker in regard to crashes in the five year period studied, with well over 900 incidents and one fatality since 2013," said Tucker Mayor Frank Auman. "These problems are very expensive to address, and we're pleased to be collaborating with TSCID and GDOT to make all our citizens safer."

The projects include:

- Relocation of off-ramps to the correct sight distance restriction
- Signalization improvements to reduce traffic accidents and increase operational efficiency
- Construction of a narrow median to significantly reduce sideswipe, angle and rear-end crashes (currently at 2-4 times the state crash rate)

Lighting Installations on Mountain Industrial Boulevard

Installation of lights along Mountain Industrial Boulevard continue with the next phase along Tucker Stone to E. Ponce de Leon.

"I see most of the new street lights on Mountain Industrial Boulevard are on this morning," says ITW ProBrands R&D Manager and TSCID member Bob Martin, of the phase one completion. "Very nice and long overdue. Great job!"

For more information about Tucker Summit CID, go to the website at www.tucker-summitcid.com



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NEWS YOU CAN USE

By Aviva Hoffmann

Don't do it Wrong! New Sanitation Procedures are Here!

Be on the lookout for new sanitation vehicles in our neighborhood. The DeKalb County Sanitation Division is introducing automated side-loader collection trucks (ASLs) throughout the county, including in Smoke Rise. These technologically advanced garbage and recycling trucks are geared toward improved curbside collection efficiency and serviceability; decreased labor, fuel and operational costs; reduced employee workplace injuries; garbage and recycling collection route optimization; and an enhanced ability to serve the Sanitation Division's ever-increasing customer base.


The implementation of this countywide initiative will continue throughout 2020. ASLs offer the ability to complete a full collection route (800-1,200 homes) in seven to eight hours by a single operator, versus a rear-loader truck that requires a driver, a two-person crew, and 10 hours to complete a full collection route. Additionally, to ensure efficiency and safety, all ASLs have been retrofitted with cameras, two-way radios and steering that facilitates easy navigation of tight turns in cul-de-sacs.



Are you positioning your roll carts along the curb the correct way? To help make this new initiative a success, make sure you're now placing roll carts at the curb with the handle facing your home and the opening of the lid facing the street. Place roll carts and other items as far away as possible from flower beds, mailboxes, or anything that could impede the collection process. Additionally, vehicles should not block the collection truck's service area. Roll carts, excess bagged garbage, bulky items and other items placed at the curb should be three to five feet apart from each other. To reduce or eliminate excess garbage at the curb, you can upgrade to a 95-gallon garbage roll cart for a one-time \$15 prepaid fee, with no increase in annual sanitation assessment fees. Sanitation Division field collection teams will be placing informational stickers on residents' garbage roll carts in the coming months. These stickers will provide the various curbside preparation and collection procedures you will need to follow to ensure timely and efficient servicing.

Our residential sanitation rates will not increase because of the new trucks. DeKalb's Sanitation Division's website has more details and two very helpful videos. Be sure to go online at www.dekalbsanitation.com. You can also contact the Sanitation Customer Service Team for more information. (404) 294-2900, sanitation@dekalbcountyga.gov or follow @DKalbSanitation on Twitter.

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.



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Nancy Collins

George Coletti, a local historian, was present to sell his books. This is a major fund raiser for the service club. The Woman's Club supports many local, county, state, national and international projects and charities.

GFWC Stone Mountain Woman's Club Hosts Another Successful Home Tour

The GFWC Stone Mountain Woman's Club held its annual "Homes for the Holidays" Home Tour in December. Four homes were open for the tour with Christmas decorations throughout each house. Three were in Smoke Rise. The renovated depot in Stone Mountain was open to the public also. Visitors enjoyed a chicken salad lunch at the First United Methodist Church in Stone Mountain where there were vendors set up for buying Christmas gifts and craft items.



Nelda Lunsford

GFWC Stone Mountain Woman's Club Serves Brunch

The GFWC Stone Mountain Woman's Club served their annual Christmas Brunch to members of the Side by Side Brain Injury Clubhouse in Stone Mountain Village. The members enjoyed punch, breakfast meats, eggs, grits and desserts. Jeff Carey of the Public House in Stone Mountain entertained with Christmas solos and "sing-alongs". The Woman's Club presented a check for \$500 to Side by Side for their scholarship fund.





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Out the Window
By Beth Henson



Five-thirty rolled around and I heard the familiar ding on my phone as our motion camera caught my other half coming up the driveway, home from work. As I glanced out the window a familiar sight greeted me. Our resident chestnut brown chipmunk was scurrying across the top of our driveway, darting out of the way of the slowly approaching car. I had noticed his perfectly round cavern hidden near the root of the sprawling oak tree on the far side. In fact, he had many neighbors if the plethora of holes in my yard was any indication. I had enough to open up my own naturalized putt putt course! Although these little guys seem pretty determined to aerate my yard, I knew their underground burrows (which can be over 30 feet long!) cause very little structural damage.

I often imagined my little friend snuggled in his neat tiny den with a cute little family, enjoying all the varieties of nuts and other goodies from my yard (he can gather up to 165 a day), a regular scene from the Wind in the Willows. But in fact, I couldn't be more wrong. Chipmunks are solitary creatures and live alone, only fraternizing with other chipmunks during mating season and producing one to two litters a year. Both parents nurture the tiny ground squirrels until they are ready to leave the burrow in six short weeks.

As the weather grows colder, I know my buddy will soon be hibernating, only waking up every few days to feed on the stores of nuts and seeds in his cozy underground home.

Watching the last of the oak leaves fall, I can't help but long for a short winter and the arrival of spring when I know my friend will magically appear again. Enjoy your snug slumber little one and see you with the daffodils!

Chipmunk by Beth Henson

New Year's Resolution Thought
by Joel Gilbert

I recently read an article in *USA Today* that made me cringe. Evidently, according to the survey, almost half of Americans do not change their underwear every day, with some wearing the same pair for a week or more.

Maybe I am oversensitive, but that made me say "yuck!" Then again, perhaps we live in a country that has become obsessed with cleanliness.

This study brought to my mind an encounter I had with a key energy executive from Canada at a national energy conference. We were enjoying dinner together when he told me that he believed energy efficiency has to start in the home. Feeling he had a story behind that I asked what he had done ... which I assume is what he wanted to talk about. Here is what he proudly shared:

"The key is to conserve and reuse hot water in the home. After dinner, we fill the tub and I take my bath first, then my wife bathes in the same water. Then we bathe the children. Then we add some soap powder to the water and pre-wash the day's dirty clothes before putting them into the washing machine."

A member of my staff was listening to the story and asked him how much money he thought he had saved with this energy and water conservation program. He was quick to respond with, "I carefully analyzed my usage over time before and after we instituted this procedure, and I know for a fact we save \$79 a year!"

I noticed my employee taking out his checkbook from his coat pocket, making out a check and handing it to the executive, saying, "Here is \$79. I want you to stop doing that."



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What is "Give Five for the Archives"?

"Give Five for the Archives" is our End-of-Year Campaign which is brought about every year for the purpose of raising money for a specific area of the history center. This year, the money we raise will go to purchasing much needed supplies for the archives. Here at the DeKalb History Center, we house thousands of records varying a diverse set of topics and it is quite an expensive process to store our materials in proper archival-quality supplies.

The following is a list of items most purchased for the archives:


- One small acid-free clamshell box - \$10
- One large acid-free storage box - \$40
- 500 photograph sleeves or 500 acid-free file folders - \$250
- Map storage unit with ten drawers, base and shipping - \$5,000

What will be purchased?
If we reach our goal of \$10,000, we will be able to purchase:

- 1 new map storage unit
- 200 new special collections boxes
- 2,000 photograph sleeves
- 1,000 acid-free file folders

If we surpass our goal, we could hire additional interns to help process and organize our growing collection. While storage supplies do not make for the most glamorous fundraising campaign, they are truly critical to maintaining our collections for decades to come.

How can I help? Questions? (404) 373-1088



Psychiatrist in the House

Joel & Susan Gilbert

If you have ever watched Big Bang Theory on TV, you no doubt remember Sheldon's common retort when his friends or new acquaintances would proclaim he was crazy. Sheldon may have been brilliant, but he also was a bit extreme in his views about where he would sit in the living room, the way his food had to be prepared, etc. Sheldon would object, telling friends, "No...I'm not crazy...my mother had me tested!"



Dr. Jose Riefkohl

Well, if you ever wanted a quick lesson in how people evidence crazy or bizarre behavior, Dr. Jose Riefkohl, the staff psychiatrist at the VA Hospital, entertained and informed us at Smoke Rise Country Club on a Wednesday evening at one of their regular monthly lecture series. Dr Riefkohl spoke for almost an hour about the most common forms of mental illness, illustrating not only how they show up in our behaviors, but also illustrating how psychiatrists work with them differently from psychologists and other health care workers.

As a standing room only room full of Smoke Rise residents listened, we all felt some degree of discomfort. After all, mental illness is defined by a person not being able to function in life because of something. It could be compulsive behaviors where we can't touch things, constantly washing our hands, or depression that can cause us to withdraw from society. We all have these tendencies in our personalities and behaviors with each other somewhere along a spectrum.

For example, Jose pointed out that the most common fear people have is public speaking. That is natural and can be overcome by good teaching and practice. And, if you have this fear, you can join Toastmasters right here in Tucker as they meet at 7:30 every Friday morning in the back room of Matthews Cafeteria. You will be among others who are working on overcoming this fear. However, Jose pointed out that most of us are not "unsafe to ourselves or to another person," so we do not need medical attention for fears like this.

Some of these disorders are helpful in certain professions. For example, obsessive compulsive disorder (OCD) is almost a requirement in the field of dentistry. You and I benefit from our hygienist being a little OCD ... and making sure there is no plaque left on our teeth after a cleaning.


Everyone could relate to at least some of his disorders. After all, most of us become depressed when life dishes out some hard issues, or anxious when we face uncertainties or a big test in an important class. Hopefully, these natural human emotions and reactions to stress or life's circumstances do not render us unable to function. When these characteristics render us unsafe for ourselves or others, it is time for a professional to intercede. Psychiatrists are different from psychologists in part because they are trained to use medicines to bring a person back to functioning.

To learn more about the club or their lecture series, check out the website (smokerisecc.com) and its calendar of events.

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>

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Georgia Iris Society

“Those Other Iris We Love” will be presented by Carolyn Hawkins, Georgia Iris Society member, Iris Judge, Master Gardener and National Garden Club Horticulture and Flower Show Procedure Instructor, on Saturday, January 11, 2020, at St. Bartholomew Episcopal Church, 1790 Lavista Road, Atlanta, GA 30329 at 2 p.m.

Our meetings are free to the public and all are welcome. Join us for education, beautification and recreation. Light snacks and door prizes will be offered.

**Mountain Shadow Garden Club
January 13 Program:
“Legends in the Garden”**

The meeting of Mountain Shadow Garden Club (MSGC) on Monday evening, January 13, will feature a program by author Linda Copeland discussing her book, *Legends in the Garden*. Through photographs and commentary, she will tell the stories of how many popular species of plants in home landscapes received their name designations.



Linda Copeland

Ms. Copeland co-authored the book with Dr. Allan Armitage, University of Georgia horticulture professor.

Raised in Jacksonville, Florida, Ms. Copeland always loved flowers and gardening. After graduating with a degree in economics from Wheaton College in Norton, Massachusetts, and after her children were grown, she returned to school to study horticulture at the University of Georgia. Ms. Copeland and her husband have two children and three grandchildren. For over two decades, she has coordinated worldwide garden tours for Garden Vistas.

Legends in the Garden introduces 46 people and places—some familiar, others unknown—associated with well-known garden plants. For example, how did ‘Nellie Stevens’ become the name of a type of holly or ‘Frances Williams’ a hosta variety? The book combines accounts of the lives of these intriguing characters and descriptions of the plants that bear their names along with the stories of their chance discoveries or deliberate breeding.



Living in Atlanta, Ms. Copeland has been an active volunteer for many gardening-related organizations. She is also the author of *Bitsy’s Happy Bouquet*, a one-of-a-kind book that teaches children about doing things for other people.

MSGC is open to men and women of all ages who enjoy learning about a diverse range of topics related to home landscapes, plants, and gardens. The meeting and program begin promptly at 7:30 p.m. in Founders Hall, Eastminster Presbyterian Church, 5801 Hugh Howell Road, Stone Mountain. Free. Refreshments and socializing follow. For more information and directions, contact club president Jeff Raines at 404-641-8633. www.facebook.com/MtShadowGardenClub.

Mountain Mums Make Merriment at December Meeting and Holiday Party

By Rene` Boven

It’s that wonderful time of the year when everyone is bustling about in preparation for the holidays. And, the Mountain Mums are no exception; however, they do brake for Santa – i.e., a Santa Gift Exchange!



For the Mums, everything is fun including the gift exchange which features a game of choosing a gift and/or possibly stealing one! This activity took place during the monthly meeting of the garden club in lieu of a program.

The Mountain Mums met on Wednesday, December 11, 2019 at the Smoke Rise Country Club for their meeting and holiday luncheon/gift exchange. Hostesses for the month were Mary Lou Still, Rita Maloof and Lisa Armistead. Beth Henson provided the raffle item – a framed cardinal and winter scene watercolor hand painted by Beth. A lovely meal was served by the country club and featured carrot curry soup, a mixed green salad, rosemary turkey breast, dill marinated salmon, roasted carrots in tarragon dressing and Brussel sprouts. The hostesses provided the desserts – an all-time favorite was Mary Lou’s Rum Cake!

Next month’s meeting will be held at the home of Cheri Schneider on Wednesday, January 8, 2020. The program will be “Mixology to Mocktails” and presented by Lisa Troncilli of Smoke Rise. The program will feature making cocktails with herbs that you can grow in your own garden. The garden club’s theme for 2019 – 2020 is “Water, Wildlife & Wonderful Wednesdays!!!” If interested in attending a meeting and/or joining the club, please contact Lynn Malone, Club President @ 770-934-5954. We’d love to have you join us and come participate in more merriment!

Happy New Year from the Morning Glories!

The Morning Glories started off December with a workshop creating the natural floral decorations for the Wells-Brown House in the Stone Mountain Village. The 1870’s home features a fantastic view of Stone Mountain and is uniquely constructed of concrete etched to resemble stone block, one of the very few in Georgia of this type of construction during that time. The club decorates the exterior with a natural wreath on the door, a spray on the entry gate and lamp post and swags and a wreath on the balcony. Inside the lovely home, the mantles and stair railing are draped with swags, bows, and fresh and dried greenery. The sideboard has a pair of candelabra surrounded by fresh greenery, apples and dried okra. The fresh citrus scent is enhanced with cloves studding the oranges that are featured



Ruth Ann Hill and Santa Claus with gifts for PADV Children

on the mantles. Always a fun project and this year nine members participated in the two-day event.

Everyone loves holiday parties and this year the club celebrated with a delicious brunch at the Smoke Rise Country Club hosted by Marsha Pittard with help from some friendly co-hosting elves! And the club’s spirit of giving was in full display

with donations of diapers for the Stone Mountain Cooperative Ecumenical Ministry located in Stone Mountain Village. Chairman Ruth Ann Hill delivered the carload of diapers to the pantry after our meeting.

In addition to the diapers, the club also donated new toys to the Partners Against Domestic Violence organization. As you can see in the photo, Santa Claus approved of this wonderful donation to the children who are currently in the various shelters across our community. President Joyce Ray delivered the toys to the shelter coordinator who will distribute them to the children in need this Christmas.

And speaking of that special guest, Santa Claus was a most welcome visitor to the December meeting. Leading the group in two fun holiday songs, he added a soaring strong tenor to our altos and sopranos to create a very festive atmosphere! Mrs. Claus provided beautiful décor, gifts of homemade peppermint bark candy and some fun surprises including four red poinsettias as door prizes!

January’s meeting will be held at Park Springs with guest speaker landscape designer, Dottie Myers. If you are interested in visiting our garden club in 2020, please contact Joy Abrams at 404 323-1695. Happy New Year and Happy Gardening in 2020!

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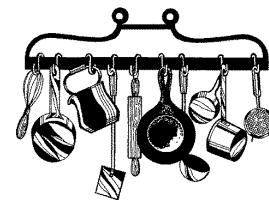
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Amen, Let's Eat!

By Joyce Ray



While many of us humans will be adding a weight loss plan to our 2020 resolutions, our feathered backyard friends are weathering the winter season where food is scarce and those that didn't migrate will be foraging for survival. This is one of the best times of the year to put out seed and suet feeders that attract many species of birds that overwinter in our area. Here are some tips from the Audubon Society that should bring many birds to your yard. Jan Mahoney shared her recipe for making your own suet cakes. This is an economical way to dispose of dated items from your pantry such as nuts, dried fruit, grains and dried legumes that might have passed their "use by" date. Just put them into the mix and watch the birds have a picnic! Don't forget to put out some fruit peels and cores that some species will really enjoy.

Locate bird feeders at different levels. Sparrows, juncos, and towhees usually feed on the ground, while finches and cardinals feed in shrubs, and chickadees, titmice, and woodpeckers feed in trees. To avoid crowding and to attract the greatest variety of species, provide table-like feeders for ground-feeding birds, hopper or tube feeders for shrub and treetop feeders, and suet feeders well off the ground for woodpeckers, nuthatches, and chickadees.

Offer a variety of seeds in separate feeders. A diverse mix of seeds will attract the greatest variety of birds. To avoid waste, offer different seeds in different feeders. Black oil sunflower seed appeals to the greatest number of birds. Offer sunflower seeds, Nyjer (thistle) seeds, and peanuts in separate feeders. When using blends, choose mixtures containing sunflower seeds, millet, and cracked corn—the three most popular types of birdseed. Birds that are sunflower specialists will readily eat the sunflower seed and toss the millet and corn to the ground, to be eaten by ground-feeding birds such as sparrows and juncos. Mixtures of peanuts, nuts, and dried fruit attract woodpeckers, nuthatches, and titmice. A relatively few species prefer milo, wheat, and oats, which are featured in less expensive blends.

Provide suet during cool weather only. Suet (beef fat or lard) attracts insect-eating birds such as woodpeckers, wrens, chickadees, nuthatches, and titmice. Place the suet in special feeders or net onion bags at least five feet from the ground to keep it out of the reach of dogs. Do not put out suet during hot weather as it can turn rancid; also, dripping fat can damage natural waterproofing on bird feathers.

Mix peanut butter and corn meal. Peanut butter is a good substitute for suet in the summer. Mix one-part peanut butter with five parts corn meal and stuff the mixture into holes drilled in a hanging log or into the crevices of a large pinecone. This all-season mixture attracts woodpeckers, chickadees, titmice, and occasionally warblers.

Provide fruit for berry-eating birds. Fruit specialists such as robins, waxwings, bluebirds, and mockingbirds rarely eat birdseed. To attract these birds, soak raisins and currants in water overnight, then place them on a table feeder, or purchase blends with a dried fruit mixture. To attract orioles and tanagers, skewer halved oranges onto a spike near other feeders, or supply nectar feeders.

SUET FOR THE BIRDS

- Melt 1 cup shortening (or lard) in a saucepan on very low heat.
- Add 1 cup peanut butter and stir until melted (I use crunchy peanut butter).
- To this add 1 cup plain flour and 3 cups plain cornmeal (it's cheap at Walmart) and mix thoroughly.
- Add whole rolled oats, seeds, raisins or breadcrumbs. The final consistency will be putty-like.
- Pour into an 8 x 8 inch pan and allow to cool. I line it with wax paper to make it easy to get the suet out.
- Store in the refrigerator.
- When it hardens, slice into quarters: each one should fit nicely into a suet cage.
- The newest thing to do is add 2-3 tbs. of hot pepper (cayenne pepper) to the mix to keep the critters away. (Birds easily tolerate it!) Barbara Luton also rolls hers in the pepper (she makes it in the shape of balls.)

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