VOLUME 53, ISSUE 6

Serving the Smoke Rise Community since 1968

September, 2020

www.smokesignalnews.com

Happy Fall!

Autumn 2020 in the Northern Hemisphere begins on Tuesday, September 22



PROPOSED SMOKE RISE ELEMENTARY SCHOOL



According to the DeKalb County School District Communications Department, our new Smoke Rise Elementary School is scheduled to open in August 2021.

Smoke Rise is one of our newer prototype elementary schools. This design provides a split level courtyard, abundant natural light,





classroom and common spaces and classroom square footages in excess of GA DoE requirements.

The new building will have a science lab with a door to the courtyard, a large gym and cafeteria with a stage for performances. The school also will have additional safety measures such as controlled entry via vestibule. Outside, the students will have two play areas with play equipment and field space.

(See the article on page 5 for more information about the new elementary school!)

We Need YOU!

Smoke Rise - this is YOUR paper! The Smoke Signal began more than 50 years ago and remains, to this day, a community newspaper created, written and produced by volunteer, Smoke Rise neighbors for the entire neighborhood.

PLEASE consider becoming a contributor, editor or joining our staff. It's a rewarding way to give back to your Smoke Rise community! Contact us today. staff@smokesignalnews.com

Tucker Distributes Thousands of Face Masks through Mail Service

In an effort to continue to protect the community from the spread of the coronavirus, the City of Tucker acquired an additional 21,000 masks to be distributed to residents and businesses. Any Tucker resident seeking a mask can get a pack mailed to them by registering via phone, email or the city website.

"In our previous mask giveaways, we drew huge crowds and long lines, something we are trying to avoid this time around," said Assistant City Manager John McHenry, who is

overseeing the program. "This time, we are excited to allow folks to register from the comfort of their homes, and a few days later, their masks will arrive in their mailboxes.

"This is all part of Tucker's #maskmovement campaign, as we strongly encourage the use of masks for the protection of our citizens and the community."

You can sign up to receive a face mask at www.tuckerga.gov/masks or by emailing your contact information to masks@tuckerga.gov. You can also call (678) 597-9040, to speak with a representative.

Tucker has been at the forefront of the mask movement, already distributing 13,000 face coverings to residents, restaurants and care facilities across the city. This new batch of masks will be split between medical grade and disposable masks. Applicants can choose which type of mask they want to receive. On the web at: www.tuckerga.gov/masks/

Look inside for...

Tucker Talent Showcasepg	4
Lilburn Co-op Updatepg	6
Do You Figure It's a Chigger?pg	8
Wildlife in Smoke Risepg	11

Tucker's Citizen of the Month

By Susan Gilbert

The August InTucker magazine featured our very own Frank Luton as the Citizen of the Month, recognizing his many contributions to our city and our community. His fellow Smoke Signal staffers wanted to

add our appreciation for who he is and all he does by sharing his story here.

Frank's wife, Barbara Luton, has been a devoted staff writer for the *Smoke Signal* for many years, covering topics like the Stone Mountain Women's Club, the local libraries and various charitable causes. Seeing that we always need fresh, new



Frank Luton

material and help managing the business aspects of the paper, Frank stepped up several years ago and offered to help. The most pressing need was for someone to help manage our advertisers. Without them, we'd have no paper, because ad revenue covers the cost of designing, printing, bagging, and delivering the 2,300 papers every month.

An avid walker, Frank can be seen out and about in our community at all times of the day. During these walks, he documents his surroundings in photographs and reports fascinating and unusual items in the *Smoke Signal*.

My favorite Frank story happened on a dreary morning with rain coming down so hard the windshield wipers couldn't keep up. Late for an appointment at a home on Minute Court, I slowed and carefully navigated around someone's garbage can that had rolled out into the middle of the intersection blocking two-way traffic. As I maneuvered around it, never thinking of doing anything about it, I noticed a car ahead of me had stopped just through the intersection. Someone was donning rain gear and bravely venturing out in the roadway to move the obstruction. That was Frank.

Some people retire looking for rest and relaxation, sitting on a beach sipping cold beverages. Not so for our neighbor Frank. Once he retired from his management position with Bell South, he started his own consulting firm helping companies develop new ideas and think outside their comfort zones. One of his methods was taking groups rock climbing in the Rockies to get them out of their corporate environments.

Almost 20 years ago, when his Smoke Rise neighbors banded together to create an 18-hole golf course and country club on 175-acres of rolling hills the

...continued on page 3



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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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.

Preferred Formats for Smoke Signal Submissions

When sending articles and photos to the Smoke Signal, it is helpful if articles could be sent in .doc or .docx format. Articles sent in .pdf format cannot be edited or changed in any way. Also photos sent in .jpg format can easily be opened and formatted to fit a particular space, so that is also a preferred method. Thanks for helping us make your neighborhood paper the best it can be!

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.

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 The Smoke Rise Community Garden on Hugh Howell Rd.

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!



Letter to the Editor:

From a Smoke Rise Neighbor

I've been dealing with an issue for more than three years! The issue is a stray dog that I saw one day sitting at the end of the cul-de-sac on Marthasville Court. I spoke with the man who claimed, "It's just the neighborhood dog." Yet the dog was sitting in his driveway unleashed, as if he belongs there. This dog constantly walks onto my property and leaves his waste and his fleas behind. I'm concern he's not leashed. In eight years of having my rescue dogs, who are Shit-zu they have never had FLEAS. NEVER. So, I guess I had been lucky until now.

My home has been infested with fleas for the past three weeks. I had to remove and throw out my carpet, throw out both dog beds, throw out my couch which I had only purchased six months prior. I also had to throw out some clothing and now have to replace items. I've treated my house and yard and am still treating it, which is expensive. And, this stray dog is still leaving his waste and more fleas behind. The morning I wrote this letter, I stepped in huge chunks of waste belonging to a dog. It was not from my dogs.

Yes, it's no one's affairs if I'm infested or bitten up nightly with fleas in my home. But, if I'm following my neighborly rules of picking up my dog's waste, leashing my dog or keeping my dogs off your yard, then I feel everyone with dogs or cats needs to do the same. I want to get the word out in the neighborhood, so that if anyone sees this black, stray, dog (I believe the dog is a lab, but not sure) or can contact the man whose yard he constantly sits in - please call Animal control to get him help. I called, but they can never catch the dog!

There is also a stray, white cat running rampage through my yard and other yards. These stray animals might be carrying all sort of diseases and might pose a problem for not only my dogs, but others as well.

Smoke Rise Baptist Church

Connecting in New Ways During the COVID-19 Pandemic Dr. Chris George: Senior Pastor Bart McNiel: Associate Pastor of Administration,

Ministry Support and Congregational Care Becky Caswell-Speight: Minister of Families, Faith Formation and Connection

Jeremy Colliver: Minister of Youth, Mission and Communication

Jim Smith: Pastoral Care Associate Amanda Coe Burton: Ministry Director for Children and Families Harrison Litzell: Co-Director of Weekday School Stacey McNiel: Co-Director of Weekday School

Telephone: (770) 469-5856 • SmokeRiseBaptist.org

Attend Sunday School Online 9:45 a.m.

Schedule Available at SmokeRiseBaptist.org

Attend Worship via Live Streaming 11:00 a.m.

Live Stream Available at SmokeRiseBaptist.org Outdoor Children and Youth Activities 5:00 p.m.

(Activities are outside with social distancing and masks)

MONDAY

5:00 p.m. Weekly Devotional Video Link at SmokeRiseBaptist.org

WEDNESDAY

6:00 p.m. Journeys Spiritual Formation and Bible Study

Opportunities Online and In-Person

Schedule Available at SmokeRiseBaptist.org (In-person events are outside with social distancing and masks)

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

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

Sundays:

9:30 a.m. Zoom Sunday School

Live streaming of Worship service 10:30 a.m.

Our Sunday service information can be found on our website at https://www.eastminster.us/remotesundays

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

Coffee and donuts; adult and student c-groups; 9:30 a.m. 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.

1227 Rockbridge Rd., SW, STE 208-251 Mailing Address:

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 Fellowship Time 12:00 p.m.

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

Join us Sundays at 9 a.m., 11 a.m. and 1 p.m. for services hosted live at live.mwchurch.com. You can also join us Wednesday evenings .at 7 p.m. for our Wednesday Connect Service.

September, 2020 community



"And the walls come tumbling down!"

Be sure to look for more to come about this old Sears site at Hugh Howell Road and Mountain Industrial Boulevard.

Frank Luton...continued from page 1

Coffers helped preserve for this purpose, he and his wife Barbara were there and have been steadfast supporters over the years. Frank served as President of the Smoke Rise Community Association that maintains the chimneys, mini-lending libraries and conducts other civic projects throughout Smoke Rise. Afterwards, he served as both its past President and Board Member.

Seeing a need to preserve our past, Frank has served as the President of the Stone Mountain Historic Society and later as its past President and Board Member. And in service to our Tucker businesses from before we were a city, Frank served as an officer of the Tucker Community Association. As if that wasn't enough, he has been a Rotarian for many years, having served as President of the Sandy Springs Rotary Club and as a member of the Stone Mountain Club.

Some may recognize Frank from his highly visible role as the announcer for many years for the Stone Mountain Fourth of July Parade or from his work as a Tucker Days volunteer. When not volunteering for these many good causes, Frank is president of his Dixie Dollar Investment Club, and you might see him working the cash register at the Friends of the Disabled Adults and Children (FODAC) Thrift Store on Lewis Drive in Tucker. Two days a week, he is there helping their mission to fund the repurposing of donated items like wheelchairs, walkers, and other medical devices for use by those in need.

We are so fortunate having neighbors like the Lutons!





COVID Crazy Hair Day

SRP: Back in School!

By Grier Kellett, SRP Middle School Lead ELA Teacher

Smoke Rise Prep (K-8), 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.

Smoke Rise Prep is back in school! We are implementing a phased in hybrid model. Our elementary students had an option to begin in person or virtually on August 19. Our middle school students will be given the same options after Labor Day. Our school is rigorously following all CDC-recommended safety precautions. All students, faculty, and staff must wear masks (with daily mask breaks), social distance, wash hands frequently, and receive daily temperature checks. Our number #1 priority is providing a quality education as safely as possible while providing flexible options according to our families' comfort levels. Additional information can be found on our website at www.smokeriseprep.org.

Smoke Rise Prep now operates on a four-day academic week, Monday to Thursday, with Fridays being Enrichment Days from home. Our teachers have been busy preparing engaging, project-based lessons that will challenge students both in person and virtually. Our small class sizes create the optimal learning environment.

To hear more about specific grade levels and to learn about additional offerings, contact info@smokeriseprep. org. Spaces are limited!



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ART Station Presents A TOUR OF SOUTHERN GHOSTS... Virtually

The ART Station has presented A TOUR OF SOUTHERN GHOSTS for the past 34 years at Stone Mountain Park. All fall special events at Stone Mountain Park have been canceled due to COVID-19. Therefore, ART Station will present the 35th annual event virtually.

The virtual event will be called the 35th Annual Southern Ghosts Storytelling Festival (virtual). It will feature seven of ART Station's master storytellers. The evet will go live on the ART Station website (www.artstation. org) on October 15 at 10:00 a.m. Ticket prices are \$15 to access the event. After you purchase the event, you will receive a link to the event that will be good for 72 hours. You may watch as many times as you want during that 72-hour time period. You may also have family and friends over (social distance, of course) to share the event.

For additional information, visit the ART Station website or email info@artstation.org

Charity Golf Tournament at Smoke Rise Country Club

Monday, September 14 7:30 a.m. - 3:00 p.m.

Golf for a (great) cause at the 21st Annual Golf Classic to benefit Lekotek of Georgia! Money raised makes it profit to provide services



possible for the non- 2019 Lekotek Annual Golf Classic

to children and families with special needs. To learn more about the event and to purchase tickets, visit www.lekotekga.org.



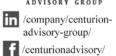
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We'd Enjoy Connecting With Our Smoke Rise Neighbors.

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Centurion Advisory Group is an independent fee-only wealth management firm registered with the state of Georgia as an investment advisor

MAIN STREET THEATRE

In this time of COVID-19, Main Street Theatre misses the stage and all of you! So, the theatre is excited to bring more opportunities to you throughout the rest of 2020!

Show Tucker Your Talents:



Are you aching to be in front of an audience? Have you learned a new quarantine talent? Are you ready to showcase your inner superstar?

Main Street Theatre is excited to announce its very first talent showcase, starring YOU!

How it works:

- 1. Pick a creative way to show off your special talent in two minutes or less.
- 2. Practice your special talent. (We're looking for anything! Dancing, singing, playing an instrument, reciting poetry, doing a monologue, family skits, a miniature comedy set... anything goes!)
- 3. Have someone record your talent in a well-lit space. If you're using a phone to record, please film landscape, rather than portrait style.
- 4. Name your file "FirstName-LastName" and upload it.
- 5. Send an email to carrie.harris@tuckertheatre.com with the following information:

 - Age (if the artist is a minor or you want to share)
 - A description of your talent (i.e. song title, name of poem or play, instrument you're playing, type of dance)
 - Artist's (or parent/guardian's) email address

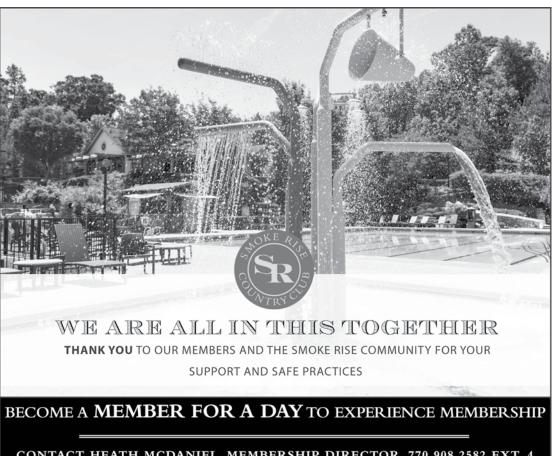
Submissions accepted through September 15.

Then, theatre staff will enjoy watching all of the videos and will put together a talent showcase to premiere live for all of Tucker to see in November.

MST reserves the right to withhold any video that does not support its mission and vision. MST is happy to clip any videos that showcase talents longer than two minutes long. If you choose to submit more than one talent, MST may showcase only one of them. If you have any questions, email carrie.harris@tuckertheatre.com.

UPLOAD VIDEOS TO:

https://www.dropbox.com/request/wDjVOuohjapDyv1JUNU7



CONTACT HEATH MCDANIEL, MEMBERSHIP DIRECTOR, 770.908.2582 EXT. 4 4900 CHEDWORTH DRIVE | SMOKERISECC.COM

September, 2020 community

Developing Fellowship through Sports Leagues By Susan Gilbert

Smoke Rise Country Club welcomes the neighborhood to "serve it up" and "tee it up" for fun outside right now. Tennis and Golf at the club continue attracting young families, their children, and active seniors to Get in the Game! While this pandemic has been hard on most businesses, people are tired of being cooped up in their homes and want to get outdoors, get some exercise, meet their socially distanced neighbors, and have some fun and fellowship. Membership is at an all-time record-high - expected to top 400 in the coming months!

A great way to embrace the community is with the club's League Play. Here is a message from Head Tennis Pro, Jim Richards:

"To become a focal point for sports fellowship in Tucker and the surrounding areas, Smoke Rise Country Club has been actively establishing inhouse leagues from ALTA C level novice teams to our newly formed Men's ALTA AA team.



SRCC Children's Tennis Programs

Nonmembers are welcome to sign up and join in these competitive leagues, or for beginners and those who need a tune-up, join Tennis 101, a great way to be among novice players and grow your game. Each year, children enjoy our Summer and Fall Sports Camp programs offering Tennis, Golf, and best of all, a chance to make new friends!

Practice makes perfect, and many of our guests and members went on to take part and win sanctioned tournaments by the end of the summer. Our 10-week beginner tennis courses for adults have produced four new teams in less than a year that can play both in-house leagues and inter-club leagues.

The golf department has launched a new golf academy under Drew Dallanegra, our

SRCC Ladies Senior Playoffs

new Assistant Pro with a "Launch monitor" for swing analysis. This device, along with professional golf instruction, will have you hitting more consistently in short order. The adult program and solid junior program both provide instruction and in-house leagues, again for Smoke Rise residents and members alike.

Smoke Rise continues to provide a smart alternative to cabin fever at home. Come and enjoy the wideopen spaces of more than 170 acres of beauty close by your home. We invite you to learn more about these

special sports programs for adults and children. We'd love to see you at the Club!"

To learn more about Membership, contact, Heath McDaniel at hmcdaniel@smokerisecc.com; Tennis Program, contact Jim Richards at jrichards@smokerisecc.com; Golf Program, contact Drew Dallanegra at ddallanegra@smokerisecc.com.

Contact yogagram.40@gmail.com or 678-777-7817

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Prayer Shawl Ministry

By Barbara Luton

Members of the GFWC Stone Mountain Woman's

Club meet once a month at the clubhouse to knit and crochet prayer shawls to be given away. Six members have made 20 shawls to be donated.

The shawls are given to Woman's Club members, their family members and friends of members. The shawls go to those suffering from illness, recovering from surgery or going through medical treatment. They have also been given to those suffering from COVID-19. The shawls are given to caretakers who also need



Standing: Betty Pompey, Prayer Shawl Group Member. Seated: Pat Sartain, Smoke Rise Resident

support. Smoke Rise neighbors Pat Sartain, Linda Smith and Kim Sekulow's mother have been given shawls.



The shawls are also used for another project of the Woman's Club. They are donated to Ignatius Spirituality, a program for Ignatius House, a facility for women recovering from some form of abuse.



The New Smoke Rise Elementary School

By Caroline Croom

The brand new, state of the art, 950-seat Smoke Rise Elementary School facility is meticulously being erected right on schedule. The long-awaited school building is scheduled to open in August of 2021.

Members of the Construction Advisory Council, along with proud Principal Pamela McCloud, had the opportunity to visit the facility on August 12. Their excitement became apparent upon witnessing the lengthy project become a reality. They could see the light at the end of the tunnel. The countless planning and collaboration meetings are finally paying off. The new Smoke Rise Elementary School, although it's unfinished, is phenomenal. In retrospect, during the October 2019 groundbreaking ceremony, 5th grade student Xavier Ragland mentioned the dream of a construction zone being transformed into a teaching zone for students of all backgrounds. This statement certainly holds true today. The new Smoke Rise Elementary School has gone from blueprint to manifestation

In summing up the words of our esteemed leader, we are excited about our new journey. We are excited to move learning from an old home into a new complex with 21st century technology. We are excited about the new design with state-of-the-art classrooms. We are excited to move forward continuing to make gains as we hold onto our 2019 89.2% College and Career Ready Performance Index (CCRPI) score. This is a significant jump from a past score of 59.3% in 2016. The final destination to a score of 100% and the new Smoke Rise Elementary School facility, here we come!

The Smoke Rise Elementary School family graciously extends a very special thank you to the Construction Advisory Council (CAC) and all those who made the dream of a new school a reality.

Good Things are Happening at our Lilburn Co-op! (Part 1 of a 2 Part Series)

By Lois and Bob Jernigan

During the COVID-19 times, the Lilburn Co-Op has continued to meet the needs of our community. To keep our volunteers and staff safe, everyone in the building must wear a mask. As an extra precaution, the LILY'S CLOAK store has been closed to the general public. During this down time, staff and volunteers have been painting and reorganization of the store has been done to provide safe shopping. In August, the store opened only on Saturdays to the public, with masks required and other safe practices in place. The Lilburn Co-Op is located at 5329 Five Forks Trickum Road just past the Kroger store and across from Bruster's Ice Cream. Food and other donations are accepted 10:00 a.m. until 5:00 p.m. Monday through Saturday, and closed on Sunday.

Even while the store was closed, the food distribution has continued, and clients are also being helped with some financial needs. Donations by individuals, Fresh Market,

Kroger, Chick Fil A, Pizza Hut, KFC, other companies, churches, schools, and community groups provided food for 319 households in May, 209 in June, and 197 in July.

A total of 45,399 pounds of food was given away during these last three months. It is made available on Mondays, Wednesdays, and Fridays, and clients can come every two weeks. They get canned foods, meats, milk, fresh fruit and vegetables, cereal, and staples. We give away what we have from donations and buy extra items from the Atlanta Food Bank. We provide donated bath soap, shampoo, dental supplies, laundry soap, toilet paper, and baby food and diapers as they are available.

Faithful workers have been present five days or more a week to pack food that is given to clients who wait in their cars. Special thanks to Patty behind the desk with her helpers keeping records. Elaine, Rosa, Bob and Lois Jernigan, and others work in the Pantry. Bill and Trevor meet people at their cars. Patsy and many other drivers pick up and deliver donated food. Dale is our building manager, Dennis delivers food to shut-ins and seniors, Millie Norman is our Operations Manager, and Sharon Foster serves as the Co-op's Executive Director. Many others from local churches and the community also give their time.

To receive help, all families must have proof that they live in our zip code areas, have a Social Security Number for every person, and financial records to establish their need. Our Executive Director, Sharon Foster, meets with our clients to help them make, as she says, "better choices in tough times."

All too often, she hears from clients who cannot



Co-op volunteers Bob and Lois Jernigan with building manager,
Dale.

pay their utility bills, rent, for car repairs, or child-care. They are looking for work but may have physical problems that prevent them holding jobs, and often jobs they are able to do are hard to find. We see the reality every day, "A few months without a paycheck exhausts any money

you have to pay just your basic needs."

In next month's *Smoke Signal*, look for "the rest of this story" where we will share some of the client's heart-wrenching stories and learn more about the devoted staff and volunteers who keep it going.



DID YOUR PAPER GET WET?

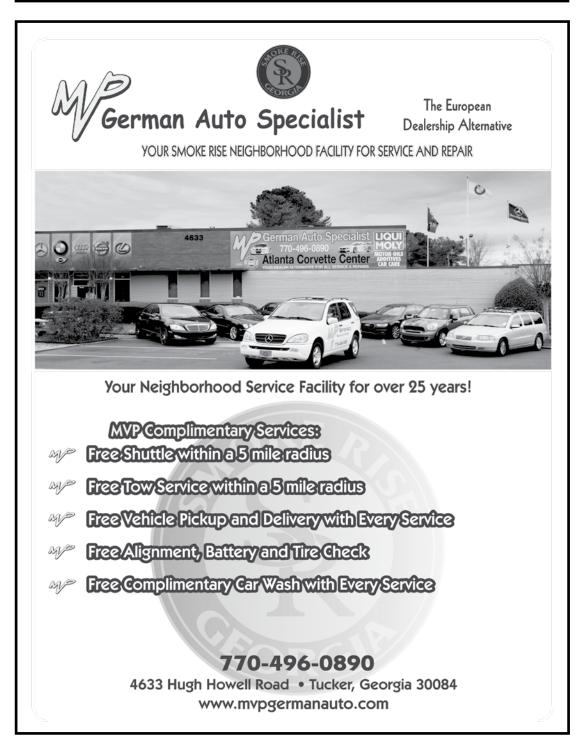
EXTRA COPIES OF THE SMOKE SIGNAL ARE NOW AVAILBLE AT THE COMMUNITY GARDEN

Look for the wooden box labeled Smoke Signal.

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







features September, 2020

Nurse Kay By Dr. John Kennedy, Smoke Rise Resident and Surgeon

First of all, let me state at the outset—I'm a Yankee, born in Philly, and raised outside Pittsburgh. But it was not long before coming of age that I envied the nearly snow-free winters of the south. So, come college time, I headed south and never looked back. Well, I did go back to Philadelphia for medical school, but then it was back to Atlanta for my surgery residency at Emory. It was there I met a beautiful girl from Covington, and it was



a done deal that I would marry into the south. More of that later. We moved to Smoke Rise about 30 years ago and have loved our neighborhood ever since. I hope you will indulge me to share with you a bit about nurse Kay. My first rotation as an intern at Grady Hospital was on the Orthopedics team. We would manage all the patients with broken bones, no matter what the age. And, so it happened that our team went to the pediatrics floor on a daily basis. It was there that I met "Nurse Kay," as her young patients called her, a very attractive young nurse, with a contagious smile. She was just completing her nurse training when we met. It was not long before I gathered my courage to ask her out. The pediatrics ward became a favorite place for me to visit during that time, so that I might catch a glimpse of Nurse Kay

Bohanan. Nurse Kay would celebrate birthdays with the children unlucky enough to be hospitalized on their special day. She brought in special glasses for all of them to watch a

3D movie on television, a passing fad in television history. All the children loved her, and in time, so did I.

Kay was born in Covington, went to Oxford and then to Emory for nursing school. We were married in my fourth year of residency; we both worked very hard during those early years to be able to afford to buy a house. After she got her Bachelor of Science in Nursing degree, she worked at Emory, first on a regular floor, then in an Intensive Care Unit. She became lifelong friends with many of those she worked alongside. It was easy to recognize that any acquaintance might well become a lifelong friend to Kay.



In the early years of our marriage, she went back to school to get a Master's Degree in Nursing. It was about that time that Kay started looking for a larger home for our family. I recall her checking out the school districts, and the communities around us. She found some new homes being built in Smoke Rise, and next thing I knew, we were driving around on Kanawha this and Kanawha that. This was before the days of Google maps, and Waze, and GPS, and we literally got lost in the neighborhood looking for the way out. We put in an offer on a house already under construction, soon enough to have some input on the design, and we live in the same home to this day.

Kay put her career on hold when our children, Rachel and Michael, grew a bit older, to be a more devoted mother and wife, and during that time was very active at Smoke Rise

...continued on page 8

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Go Dawgs!

By Frank Luton

In the August issue of the Smoke Signal, I wrote a piece on "What Do You Do When There's Nothing To Do?" I have asked all my friends to be on the lookout for opportunities that would allow me to be engaged and actively doing "stuff."



Silver Dawg Frank with the Notre Dame Leprechaun mascot

Sometimes they just

come along. Back in 2018, I saw a notice from my alma mater, the University of Georgia, about volunteering for something called "Silver Dawgs." So, before the day was out, I applied and was accepted, even without any information as to exactly what being a Silver Dawg entailed. All I knew was that it had something to do with UGA athletic

The creation of the Silver Dawgs is attributed to a similar group at Notre Dame. When Georgia visited South Bend, Indiana, in 2017, there were people dressed in green coats all around the campus, welcoming Bulldogs to their home with open arms.

When the Georgia fans returned to Athens, the Georgia Athletic Board decided to implement a similar program after many fans talked about the way they were so nicely treated. The fans wanted to show the same hospitality, when Notre Dame came to Athens in the fall of 2019. One Athletic Board member said, "why don't we do it and not wait until the Notre Dame game in 2019." And the Silver Dawgs took off!

I was one of the original Silver Dawgs and have worked all the football games in 2018 and 2019, including the Notre Dame game. I was lucky enough to be one of the escorts for retired Notre Dame coach Lou Holtz for that game.

I have thoroughly enjoyed what I do as a Silver Dawg. I work more than 12 hours on game day, welcoming visitors to Sanford Stadium, giving directions, answering questions, and making them feel at home, even though they may have never been to a Georgia game. In 2018, the Silver Dawg role expanded to almost all athletic events at the University of Georgia.

So, I keep at it, and finding the Silver Dawgs has been a real blessing for me.





features _____ September, 2020



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HEALTH NOTES:

by Cheri Schneider, M.D.

Do You Figure It's a Chigger?

Chiggers are teeny, tiny red mites. They are in the arachnid, or spider and tick family and are not technically insects. They are usually too small to be seen without magnification. By comparison, a pin head is 2 mm and a chigger is less than 0.03 mm (1/150th of an inch or thereabouts). This means you can't see them to swat them.

The adult mites are not the culprits that make a meal of you, it is their babies... the larvae. They are a worldwide pest that are often found in fields and forests around creeks, streams and moist areas. I remember them from my growing up years in Oklahoma. My husband first encountered them in Austria. And of course, he always brings a crop home when we visit family in Oklahoma. Once the larvae hatch, they cling to wet/dew-soaked leaves and grass and lay waiting until an animal or a human comes by. Their main feeding season starts in the late spring and lasts into fall. They die when the ground temperature is below 50°F.

The difference between chigger and mosquito bites is the location of the bites. While mosquito bites rarely are found on non-exposed skin, chigger bites frequently are. In fact, they seem to love waist bands, panty lines, the groin folds—and parts there-about, bra-lines and the axilla. All the areas polite people do not like to scratch. When white crew socks were popular, we would find them at the sock line too.

The little buggars always seem to be hungry! They begin by taking a chomp of your skin with their tiny jaws and inject their saliva into it. They do not really burrow into your skin as most people think. Saliva, as you know, helps digest food. And you and your skin are their food! The little guys are very persistent, and leisurely in their meal and may feed on you for several days. And in this scenario, feeding equals itching. Some people itch a lot, and for days! Remember, they are leisurely. Other people have a bigger reaction and form blisters or hives. You can develop a skin infection if you scratch too much.

Prevention:

- Stay away from tall seedy grass and damp foliage.
- Spray or rub insecticides containing DEET on your skin, especially on areas where chiggers may enter: waistband, sock band, neck line.
- If you will be in the wilderness... pre-treat your clothes with Permethrin. It lasts a long time-- through several washings. The military routinely does this!
- "Natural" oils, and sprays may help too (Skintastic, Citronella, etc). Just make sure to spray the entrance points!!
- Tuck your pants into your socks and wear long sleeves. Good luck in the summer.

Treatment: Wash with hot, soapy, water as soon as you can! The mites have a distance to climb, to get to their favorite parts. Use hot soapy water to wash clothes and anything you were sitting or lying on, if you were on a picnic or camping in the woods.

You can use antihistamines (oral is best) to stop the itch. Remember- topical Benadryl cream causes 20% of individuals to develop an allergy to Benadryl. Hydrocortisone creams may help too. It may be an old wives' tale, but bring along some clear nail polish if you can't get that hot soapy shower quick enough. It stops the itch! Or so says my chigger magnet husband.

Nurse Kay...continued from page 7

Elementary School, including being president of the PTA. When the kids got more independent, she went back to nursing, as the Director of Critical Care at DeKalb Medical, now Emory Decatur. Later, she returned to Grady as a Vice President of Nursing. Her passion for nursing led her to enroll in a Doctorate program at Massachusetts General in Boston. She obtained a Doctorate of Nursing Practice after an arduous three years of evening and weekend studies, with frequent flights to Boston. She has since served as a Chief Nursing Operator of an Atlanta hospital.

Throughout her career, she has always exemplified leadership by example. She is currently developing, with two like-minded colleagues, a nurse leadership model curriculum. Although the seeds for this business were sown more than a year ago, the current Coronavirus pandemic has brought with it a heightened need for a culture of support and encouragement for nurses. Nurse Kay and her team are currently providing online resourc-

es for nurse leaders across the country to help maintain the health, well-being, and resilience of their staff.

Nurse Kay is for me the ultimate nurse, one who puts the needs of others before her own, but she has also learned the importance of self-care so she can be there for those she serves. And, she has also been my own nurse this past year during my own recovery from surgery. Had I not fallen in love with her 35 years ago, I certainly would have now. I may be a Yankee by birth, but my heart and my love are here in the south, in Smoke Rise.



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September, 2020 features

Are We Listening?

By Joel Gilbert, P.E.

Perhaps you have seen the intentionally provocative video circulating on the internet of a young woman complaining about an aching pain in her head. If you would like to watch for yourself, just Google "It's NOT about the nail!" As the scene plays out, it is obvious she has a large nail in her forehead. Listening to her complain about her debilitating headaches and how her sweaters snag when she pulls them over her head conjures up images that make it painful to listen. Trying to help, her boyfriend offers, "I think I see the problem, there is a nail sticking out of your head." She immediately jumps down his throat angrily shouting, "It's NOT about the nail!"

While obviously contrived, it points out that people desperately want to and need to be heard and validated. It is so hard to listen to a person complain, when we know what they should do. Here in the South, I have come to learn we use the expression "well bless your heart" to affirm the person. I have grown to understand that the underlying thought, not spoken, is "you idiot!"

Let's face it friends. It is so hard to sit quietly and listen to another person complain, when it is so clear to us what the problem is and how it should be solved. Sadly today, too often, dialogue is not accepted on important issues. Debate is no longer welcome.

As just one illustration, consider the reaction to a tweet from Harald Uhlig, a University of Chicago professor, indicating that the Black Lives Matter movement "torpedoed itself, with its full-fledged support of #defundthepolice." Instead of defunding, Uhlig suggested, "train them better."

Hundreds of people then signed a petition demanding that Uhlig resign. Even prominent economists like Janet Yellen and Paul Krugman joined the mob. Krugman called Uhlig, "another privileged white man who evidently cannot control his urge to belittle the concerns of those less fortunate."

Today's racial tensions are a lot like the "It's not about the nail!" dramatization. It no longer matters that we care and try our best to help fix the problem. Correcting those complaining only heightens their anger. They want to be heard above all else. And, we have heard this so many times before that it is very hard to listen to it and not try to just confront and solve the issue.

So, how do we heal a polarized nation where kneeling during our National Anthem greatly offends some but not all, and protests against police turn somehow into justified burning and looting of innocent storeowners? We seem to be at war fueled by a militant insistence on selfworth. Dialogue is no longer acceptable: former president Obama's term "woke" meaning we have a new awareness, has now devolved to "cancel culture."

I know it's hard, but maybe we need to restart with Stephen Covey's Habit No. 5: Seek first to understand before we ask to be understood." My wife Susan has taught me that the skill of listening is one of the most important life skills we can all learn, but it's a hard skill to master. We tend to stop listening once we think we have the right answer to the problem. After all, we are superior to those we are listening too, right? Nope. That is the problem. The ability to hear is a gift. The willingness to listen is a choice...a very difficult choice.



Out the Window By Beth Henson

Glancing out the living room window, I admired the late afternoon cotton candy clouds floating in a deep azure almost fall sky. The weather had remained hot, coaxing the last of the cone flowers in my garden to offer their crunchy seed pods. A happy goldfinch family was hungrily enjoying their hard-ripened tasty flower meal. Farther up the fading grassy hill, it was dinner time at the weathered wooden feeder. The eager line of feathered diners reminded me of their anxious human counterparts outside the corner Chick-fil-A; making it to the drive-through window, one at a time.



Nuthatch by Beth Henson

A sweet, cautious bluebird was just finishing up his morsels as an acrobatic nuthatch traveled down the tree for his upside-down meal. Meanwhile, a tiny gray titmouse waited in the thin higher branches, verbally letting everyone know he was hungry with his loud impatient chit, chit, chit. As the birds carefully took their turns, there seemed to be an obvious politeness and kumbaya taking place.

Actually, this couldn't be further from the truth. Our beautiful feathered friends have a distinct pecking order with feeders, some having to patiently wait and others standing their ground. Size seems to matter, and the larger birds tend to be the first in line. Saucy blue jays are known to be the self-proclaimed bully of the feeder, daring other birds to approach. Also, surprisingly, the small downy woodpeckers are feared among many birds, most likely because of their long, sharp imposing bills. Chickadees flit in and out, trying to grab a bite between the larger and more aggressive diners.

The smarter, shy cardinals are nowhere to be found. They like to feed at dawn and dusk, and are usually the first and last to arrive, avoiding all the obvious aviary drama.

As the afternoon slowly turns to dusk, the feeding frenzy comes to an end. Mr. and Mrs. Cardinal finally arrive to see what might be remaining. Closing time, may I take your order? We'll just have the sesame seeds, hold the bun!

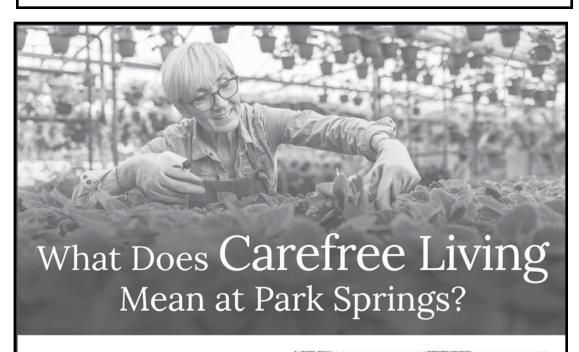


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features _____ September, 2020

NEWS YOU CAN USE

By AvivA Hoffmann

Together - Separately

A lot of things bring people together. Certainly, for *iStock by Getty Images* our neighborhood, it's the beautiful trees, great neighbors, and small-town feel. Lately, it has been quite an adjustment to navigate the new "norms" during the COVID-19 pandemic. There are so many things to be grateful for, so it seems silly to lament the cancellations of vacations, community events and gatherings. Meeting online, admittedly, is just not the same as face-to-face encounters; However, it is nice to see familiar faces – even if it is via a computer screen – and it helps promote important communication and collaboration.

To make the most of your next online connection, here are a few suggestions:

If you're going to use your camera - then let's see you!

Before you even begin, survey your surroundings. Are you in a spot that has enough light? If not, consider turning on more lights, moving a lamp near you, or opening the blinds of a window or two in the room. Participants will be able to see you and your facial expressions best, if you have light shining on your face, or towards you. Sitting with a window, or lamp, directly behind you puts your face mostly in a shadow and is not ideal.

Which is your good side?

Don't worry about which side is your best. Try to be aware of the overall framing of your shot. Placing the camera at an angle that looks down at you, or an angle that looks up at your chin or your nostrils is not the best. Set your camera at eye level, for the most flattering frame. You can prop your device on books, a foot stool, or anything that's stable and gives your camera a boost.

What kind of vibe are you sending?

Consider if you have anything interesting behind your shot (or perhaps something that shouldn't be shared)! Are you using a virtual background? While these are fun and can easily cover up a messy background, they are not as personal as "inviting" someone into your individual space.

Silence is golden.

One of the more popular virtual meeting applications is Zoom. This app typically features the person "speaking" on the big screen (with the other participants in smaller screens). When you're not speaking, the "mute" selection for your mic is usually the best. (Have you already experienced a deafening, large dog barking in the background? Or perhaps there's another random noise in your space which places your camera shot on the big screen instead of the actual person speaking.)

Say what?

Unfortunately, with the positives of this technology and the potential it brings, it also attracts trolls and other individuals with disruptive intent. And, with more of these folks being bored - we now have a new phenomenon called "Zoombombing."

Zoombombing is where people find teleconferences and video teleconferences that they can join and be disruptive. If you have a professional or personal Zoom account, you may want to use the feature that allows you to require a password. However, users that need to send public notification of their meetings need to be careful. Requiring a password doesn't prevent this, because anyone from the public that wants to attend needs to know the code!

Who are you looking at?

Keep in mind that a virtual meeting is still a group experience. It can be tempting to frequently look at yourself during the meeting. However, realize where your camera is on your device, and try to look directly into it the majority of the time. That way, it appears you are speaking directly to the people on the other end of this virtual connection and giving them your attention.

Are you ready for this?

Take advantage of some of the "expert" features. White board feature, screen share, virtual backgrounds, screen share and chat! There are plenty of blogs and videos online to demonstrate "how to" utilize these features.

Fellow neighbors, stay safe and connected... separately.

My Complaint Jar

By Pat Soltys

For years, I have had an imaginary complaint jar, a repository for all those minor and major irritations where they were given a place to reside and get out



of my way at the moment. With luck, they simply evaporated to nothing in my jar. It was a fairly convenient way to vent, get rid of what was bothering me and not let it fester.

This works pretty well, when I am tempted to throw down a "stupid" card relative to someone else's actions or my own mistakes. The complaints in the jar, with time and a bit of effort, resolve most aches, pains and bad hair days. Complaints regarding time – mostly lack of time – resolve in prioritization, or they simply fall to the bottom of the pile.

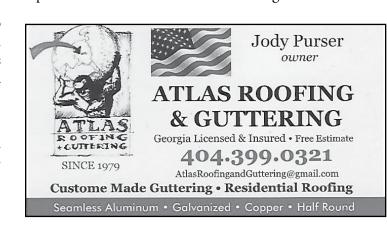
Since in reality, it does little good to complain, the jar has been a perfect solution – move forward, no complaint baggage. Make the best of whatever is in my path.

I must say though that 2020 has challenged the jar for sure. It is simply not large enough to hold the complaints about COVID-19, politics, social limitations, inequity in addition to all of the normal complaints. Time to triage and pull out the complaints that are no longer valid, discarding those that I really cannot change – oops weight has to go back in.

Now that I have a fairly large pile of complaints removed, the jar looks much more manageable. What seemed like complaints are more so the feelings and challenges that COVID-19 - more than anything - has brought on. They must be dealt with differently.

There is sadness for those who have been affected by the disease and especially those who lost their lives. I did not know more than a few personally, but the media brings the faces home. There is an emptiness in not being able to be with others. Distanced sharing of love, compassion, caring and joy seem hollow and wanting. I miss the simple acts, gestures and greetings usually shared with family, friends, co-workers and others we would normally come into contact with.

Separating my complaints from my feelings helps with perspective. It looks like a long road ahead of us. I truly hope everyone does what they can to limit the impact and spread of COVID-19, from wearing masks to being careful in gatherings. We need to keep the burden of feelings separate from what we can do something about.





the great outdoors

Morning Glories Encounter Smoke Rise Fauna!

By Quill Duncan

Yes, a 10-point buck was spotted on Oxbow Circle in early August, running with his fellow buck along the creekbed! In late July, a doe and her two fauns picked a perfect spot in our wooded front yard to bed down for the night. Interestingly, they spread out with one faun at least 16' away from the mother and the other faun at least 8' away in another direction. Strategic spacing was at work which was perhaps a native instinct to avoid potential danger. Many of our neighbors are seeing deer several times a week now, as our area offers the critical elements of fresh water, food and shelter to support their lifestyles. They are so beautiful to observe, but we wish they would not eat our flowers!

Frequently, we have raccoons drinking from the small ponds right by our house and of course, every squirrel and chipmunk in Smoke Rise enjoys our collective bounty of acorns, hickory nuts



and pine nuts from our many hardwood and pine trees in the community.

This time of year is also when we see the fall Webworms at work. They attack more than 100 species of deciduous forest and shade trees. These tiger moth caterpillars are frequently spotted in the native cherry laurel trees forming a large

web. Usually, birds discover their webs and make a meal of these insects. There is no need to use insecticides... just let nature take over. And, the same goes for the Orange Striped oakworm caterpillars that frequently feed on our oaks. You can use insecticidal soap on the underside of the leaves, but usually our trees are so large that application would be impossible.

September is also the month for the poisonous spiny caterpillars and the saddleback caterpillars. They look furry with antennae front and back and usually a mark on their back. Beware! These can pack quite a sting and produce a painful welt. They frequently feed on the undersides of leaves like the dogwood, and you can brush against them suddenly without realizing it until you feel that zap!

Butterflies and bees are very active in September. Gardeners can assist these pollinators by planting host plants for their habitats and food sources. It is important to understand that large grouping or clusters of one type of perennial or annual is preferred rather than one or two of one flower or plant. That way, the butterfly or bee can concentrate in that one area for refueling or pollen gathering.

As for garden club news, we hope we will be able to have a Zoom gathering for our club this fall. We know we need to be careful, so all in-person meetings are on hold for now. Wishing good health and good cheer to our neighbors and Happy Gardening!

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Wildlife: A Blessing and a Curse

By Barbara Luton

We are so lucky to live in a forest. Smoke Rise is full of deer, fox, squirrels, chipmunks and other wildlife. They are fun to watch, until they become a nuisance in our yards and gardens. A lot has been written in magazines and on the internet about ways to make gardens safe from wild animals.



Here are some ideas to try. Realize that nothing is completely successful and keeping squirrels from bird feeders is a life-long challenge!!!

A Smoke Signal staffer, Susan Gilbert, has had great luck with a product called Deer Repellent from IMustGarden. She has sprayed it on her hostas and has proof that it works. Liquid Fence that can be purchased at our own Garden Enthusiast in Tucker also helps. Hanging Irish Spring soaps at nose level of deer near your garden is an old remedy. One bar hung in a mesh bag covers about a 10 x10 foot area. You can mix liquid Irish Spring with water and spray.

Linda Karr, another staffer, uses Permatil for voles. It can be purchased at Ace Hardware and works best if it is mixed with soil when planting and goes down vertically near plants. Voles are vegetarian and eat plant roots and bases. Moles eat insects and grubs. A good way to get rid of moles is to get rid of grubs. Linda has used Milky Spore to eliminate Japanese Beetle grubs. This writer

ordered a windmill device that was supposed to cause vibration and get rid of moles. They loved it and made tunnels all around it!

A new mixture to repel rabbits for me was cotton balls soaked in vinegar, put in a jar with holes in the top and placed around the garden. One neighbor boiled a red bell pepper, hot peppers, 1 ½ quarts of water and 2 tablespoons of minced garlic. She then strained and sprayed it on plants. Good fencing can help.

Slugs can be slowed by cups of beer, coffee grounds and an ammonia mix of 1-part household ammonia to 10 parts water poured around plants. Notice that I said "slowed."

I have had good luck in keeping most squirrels at bay at my "squirrel proof" (ha-ha) bird feeder with the Hot Pepper coated seed mixtures and the Hot Meats mix of seed that I buy at the Garden Enthusiast. I sometimes add more hot pepper just for insurance. I still have a squirel or two who will stand on my "squirrel preventing baffle" and feast on the hot seed. The hot seed does not hurt the birds. The squirrels have stayed away from the suet that has hot pepper in it. Sometimes natural predators are the best—cats, dogs, hawks, owls, foxes and

and good luck on saving your plants!

imustgarden

snakes. If all else fails, call Crocodile Dave. He is our neighbor. Enjoy the wildlife



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Amen, Let's Eat!

by Joyce Ray

By the time you get this, we will be well into planning for fall. While there will not be any college or pro football games to look forward to, the changes we will begin to see in our weather will bring relief from the heat and some great fresh food selections in produce markets. Since you cannot know the quality of the fresh produce until you cut it open, here are some tips for making the freshest selections.

Honeydew melons: Like their cousins, the cantaloupe, these sweet juicy melons can add great taste and texture to your fruit bowl. However, melons that are too ripe or not ripe at all can be a big disappointment. My method, which I learned from a produce manager years ago, requires that you close your eyes and very lightly lay your hand on the melon and move it slightly over the skin of the melon. If it feels hard and slick, or looks shiny, it is not ripe. If it feels soft and velvety like skin, it is a good choice. The produce manager told me that it should feel like a bald man's head. I have never tried that experiment, but fellow shoppers will look at you with concern, so wear your face mask and try not to let anyone see you do this!

Cantaloupe: If it is smells ripe and fruity and has no soft spots, it is usually a good choice. The peel should not be green but a soft peach color. Always check your produce at the stem end of every variety. It should appear recently picked and not shriveled or black. Check melons for imperfections or bruises.

Watermelon: The big yellow spot where the melon was laying in the field should be yellow, not white. The melon should be dull, not shiny on the outside and heavy for its size. Listen for a hollow sound when you thump it.

Avocados: Be sure the little wart is still at the stem end. Remove it. The color under it should be green. If it is dark, it is likely to be old. Firm avocados will take about two days to ripen on the counter, while soft ones should be used right away.

Pineapples: Should be a golden yellow with bright green leaves that will come out if you tug them. If they come out too easily, the pineapple is old. A ripe pineapple will feel soft and "give" slightly to pressure when you press it and have the distinct pineapple fragrance.

Bananas: Should be stored on a hook stand or the counter, as they will turn dark at the pressure points of where they are laying. Ethylene gas from other fruits in the bowl and from the stem end of the banana itself, will cause bananas to ripen more quickly. Wrap the stem end of the banana in plastic wrap. Store them away from other fruit to let them "social distance."

Mangos: While mangos, when ripe, have more yellow color than green or red, you cannot only depend on color to make the choice. Ripe mangos should show yellow around the stem end and give slightly when you press it. It should also pass the smell test and not have any wrinkles in the skin. To slice a mango, you should peel, then stand it upright and slice from the top down beside the seed and keep working your way around the pit until you have removed all the flesh.

The following recipe is a favorite that combines the flavors of two favorites, mango and coconut, to enhance the chicken curry. Enjoy!

Quick Chicken and Mango Curry – serves 4

4 (8 oz) boneless chicken breasts

1 small chopped onion

2 slices fresh ginger, shredded

3 Tbsp. Oil

2 tsp. Mild Curry Powder

2 Tbsp all-purpose flour

½ tsp salt

34 cup water or chicken stock

2 TBSP compressed coconut cream

(or ½ cup canned or fresh coconut milk)

1 cup fresh mango

2 Tbsp toasted silvered almonds

Cut chicken breasts in cubes and sauté with the onion and ginger in oil until the chicken is done and the onions are soft. Sprinkle over the curry powder, flour, and salt. Mix well, add water and coconut cream. Reduce heat and simmer, stirring gently until the sauce thickens and the coconut cream has dissolved. Add nuts and mango. Serve on a bed of white rice.