

SMOKE SIGNAL

VOLUME 55, ISSUE 3

Serving the Smoke Rise Community since 1968

June, 2022

www.smokesignalnews.com

Bring on the Summer!

Here's to health, positive energy and lots of fun.
Best wishes from the Smoke Signal team.

Local Garden Clubs Recognized for Community Service

By Gaye Auman

The DeKalb Federation of Garden Clubs recently held their annual awards luncheon at Callanwolde and Smoke Rise was well represented. The Morning Glories Garden Club (MGGC), The Mountain Mums Garden Club (MMGC) and the Smoke Rise Garden Club (SRGC) all took home awards. All three clubs are members of the Redbud District of the Garden Club of Georgia, a 501c (3) not-for-profit organization, whose mission is "Beatification, Conservation, and Education".

The Morning Glories Garden Club took home the most awards including the Yearbook Award, the Community Service Award, and the Holiday Decorating Award. The MGGC collected grocery bags to make sleeping mats for the homeless, placed and maintained the



Members of three Smoke Rise garden clubs at the Dekalb Federation of Garden Clubs annual Awards Luncheon held at Callanwolde

Blue Star Marker at Smoke Rise Elementary School, collected toys to donate to Wellroot Family Services in Tucker, contributed funds to Smoke Rise Elementary STEM program as well as the *Smoke Signal* community paper. Additionally, they decorated the Wells-Brown historical house in the Stone Mountain Village with period appropriate Christmas decorations, as well as contributed to the Fig Leaf project and collected cards for veterans.

The Smoke Rise Garden Club received the award for the most pull tabs collected for a small club. This collection supports the Ronald McDonald House in Atlanta. The SRGC also plants seasonal plants at the Tucker Fire Station and donates to the Fig Leaf Project. Additionally, the SRGC has planted and maintained the Smoke Rise chimneys in the past as well as supported the Veteran's Affairs hospital with holiday stockings and cards.

The Mountain Mums Garden Club won the award for the most tabs collected for a large club. The MMGC collected 43.6 pounds of pull tabs! The MMGC also brought home the attendance award. The MMGC conducts the annual Walk to Remember, they plant and maintain the Memorial Triangle Garden, collect Christmas cards for overseas

...Continued on page 3

Smoke Rise Civic Association (SRCA) Update

By Michael J. Huerkamp, SRCA President

We continue to experience an erosion of assets that will eventually impact our capability to support programs and initiatives to the benefit of the neighborhood. As the association pivoted into May, we had \$43,000 in cash assets - \$12,000 less than at the same time last year. In April 2020, the balance was \$60,000 and in 2019 it was \$68,000.

We would sure appreciate your support if you have not paid your 2022 fully tax-deductible dues. For more information, watch for a membership renewal form insert in the July Smoke Signal.

In other news, we recently held a board meeting with city council member Virginia Rece where we discussed noise at night from businesses, drag racing, grimy street signs, ADA parking at Bill Rosenfeld Park, Tucker's Juneteenth Jubilee, and rumors of disposition of the old elementary school (prior to the dismissal of the superintendent).

Look inside for...

Smoke Rise Country Club Renovations	pg 5
Kanawha Entrance Updates.....	pg 6
Summer Reading Recommendations.....	pg 7
Begin Preparing for the End	pg 8
It's Pride Month!.....	pg 9

Summer Activities Calendar

TKR Summer of Fun First Friday Concert Series
Church Street greenspace at 5pm
June 3, 2022 - Live music from the Woodys

Educator Appreciation Week at Summer at the Rock
Stone Mountain Park
June 6-10
Complimentary Attractions passes for teachers

Summer Arts Camp
ART Station Theatre
Week 1 (June 6 - 10) Week 2 (June 13 - 17)
Ages 5 - 13

Walk for the Paws
Henderson Park from 11am - 3pm
June 11, 2022 - In partnership with PAWS Atlanta

Holland Taylor's ANN
ART Station Theatre
Thur - Sat @ 8:00 pm starting June 23
Sunday matinees @ 3:00 pm.

Mountain Creek Swim Club
Cookout on July 4th from 12pm - 2pm
Open to members and their guests.
Hamburgers, hotdogs and chips will be provided.

WHO IS A FATHER?

By Victoria R. Crosby

A father is a man who builds a child's self-esteem, who knows there's a time to let a child dream. Some fathers change diapers, feed babies, play ball. A father today has to just do it all.

Sometimes a person feels close to a man, and they'd like to show how they feel if they can, to a father in spirit, not related by blood, a person who helped them be all that they could.

By birth or adoption, or family ties, to have a father figure who will help you realize all your hopes and ambition, when that is his mission, his close friendship is worth more than all the treasures on earth.

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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.

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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!

Digital copies of the *Smoke Signal* are posted to the archives at www.smokesignalnews.com.

You can also visit our Facebook page at www.facebook.com/SmokeSignalNews to view postings of newsletter pictures and stories throughout the month.

Smoke Signal Deadlines

JUNE 10

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 JUNE 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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GFWC Stone Mountain Woman's Club

salutes its members for their dedication to community service:

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\$49,400 funds donated
\$29,293 value of goods donated

In support of organizations and individuals in Stone Mountain, Tucker, and the greater East Metro area.

<https://www.stone-mountainwomansclub.org>

ATTENTION GRADUATES, NEWLYWEDS, AND HONOREES

Please send in your picture and a brief article for publication in the *Smoke Signal*.
 Email submissions to staff@smokesignalnews.com



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*.



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The *Smoke Signal* has reached its ad-space limit and we are now keeping a waiting list for future advertisements.

Please send your ad-size requests to Frank Luton, luton@mindspring.com, and your ads will be included as space becomes available, in the order requests are received.

Smoke Rise Baptist Church

Connecting in New Ways During the COVID-19 Pandemic

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 Bart McNeil: Associate Pastor of Administration, Ministry Support and Congregational Care
 Becky Caswell-Speight: Minister of Families, Faith Formation and Connection
 Jim Smith: Pastoral Care Associate
 Amanda Coe Burton: Ministry Director for Children and Families
 Harrison Litzell: Co-Director of Weekday School
 Stacey McNeil: Co-Director of Weekday School
 Telephone: (770) 469-5856
SmokeRiseBaptist.org

SUNDAY

9:45 a.m. Attend Sunday School through Zoom or In-Person
 Schedule Available at smokerisebaptist.org/streamingatsmokerise/
 11:00 a.m. Attend Worship via Live Stream or In-Person
 Live Stream Available at smokerisebaptist.org/streamingatsmokerise/
 5:00 p.m. Children and Youth Activities In-Person

MONDAY

7:00 p.m. Journeys Racial Justice Study Group
 Zoom or In-Person
 Schedule Available at smokerisebaptist.org/journeys/

WEDNESDAY

5:00 p.m. Dinner
 6:00 p.m. In-Person Programing for all ages, join the Adult Bible Study via Live Stream

Live Stream at smokerisebaptist.org/wednesday-evening-activities/

Eastminster Presbyterian Church

Pastor ~ Rev. J. Caleb Clarke III
 Director of Spiritual Formation ~ Jeanine Fulton
 Director of Family & Outreach ~ Mark Sauls
 Organist ~ Carole Mitchell
 Financial Coordinator ~ Jan Zabarac
 Director of Weekday Ministries ~ Celeste Sears
 Office Coordinator ~ Christina Wetzel-Sizemore
 5801 Hugh Howell Road ~ Stone Mountain, GA 30087
 770-469-4881 ~ www.eastminster.us

Sunday Schedule:

9:15 a.m. Adult Sunday School via Zoom and In-Person
 9:30 a.m. Children's Sunday School via Zoom and In-Person
 10:30 a.m. In-Person and Live streaming of Worship service

MC3 Church

Senior Minister: Art Stansberry
 Outreach and Family Life Minister: Gerardo Mancilla
 (770) 783-1035 ~ www.mc3.life
 4415 Stone Mountain Hwy., Lilburn, GA 30047

Sunday Schedule*:

8:30 a.m. Coffee and donuts
 9:00 a.m. Worship service (in person and online)

*Worship time will move to 10 a.m. beginning on Sundays in March.

Life groups throughout the week
 check out our website for 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
 (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

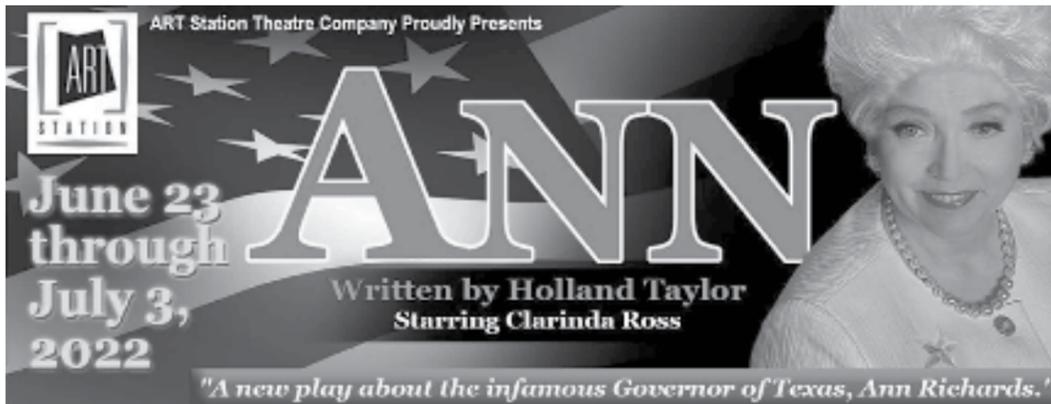
Pastor: Mo Huggins
 (770) 491-0228 ~ www.mwchurch.com
 4818 Hugh Howell Rd., Stone Mountain

Sunday Services: 9:00 a.m. and 11:00 a.m.
 Thursday Neighborhood Bible Study with Pastor Mo: 10:00 a.m.
All Welcome!

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THE SMOKE SIGNAL NEEDS A FEW VOLUNTEERS INTERESTED?

EMAIL: STAFF@SMOKESIGNALNEWS.COM



ART Station presents Holland Taylor's ANN

Everything's bigger in Texas. The personality, charisma, and work ethic of Governor Ann Richards was absolutely no exception. ANN is entertainment at its finest. This play highlights Texas Governor Ann Richards as the courageous leader, loving mother and grandmother, and legendary force of nature that she truly was. Through razor sharp wit and a heart bigger than the state she represented, Ann Richards' legacy lives on as she tackles, head on, her responsibilities to her family, her beloved state, and her nation at large. This theatrical romp reveals Ann as a complex, colorful and captivating character with the ability to challenge and inspire all of us still today.

ANN stars Atlanta-favorite and Los Angeles-based actress, Clarinda Ross, is directed by David Thomas and written by Holland Taylor. ANN will have performances Thursdays-Saturdays at 8:00 p.m. and Sunday matinees at 3:00 p.m. All performances will be in the ART Station Theatre located at 5384 Manor Drive in the historic village of Stone Mountain 770-469-1105. An additional matinee is scheduled for Wednesday morning, June 29, at 10:30 a.m. (reduced-priced tickets).

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.
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Garden Clubs...continued from page 1

veterans and do horticultural therapy at a local assisted living. They collect gift cards for Networks at Christmas and maintain the flag and daffodil garden at the corner of Silver Hill and Hugh Howell.

The Pull and Save a Tab for Ronald McDonald House collects and recycles pull tabs from aluminum cans. The tabs are sold to a local recycler and the funds are used to provide lodging and supplies for families of pediatric patients hospitalized in Atlanta. Many of the clubs collect tabs for this wonderful organization.

The Fig Leaf Project collects and donates socks and underwear to the Georgia Regional Hospital and the Atlanta Veterans Affairs hospital.

The Sleeping Mat Project is in partnership with Networks and Tucker Methodist Church. Members collect plastic grocery bags, cut them into strips, tie them together and then crochet them into mats for the homeless.

Horticultural Therapy connects gardening and gardening related crafts with local assisted living residents. Garden club members have assisted with wreath making, bulb planting, raised beds, and bird feeders. Many of the residents loved to garden in their homes and enjoy the fellowship with the club members while participating in garden themed projects.

In addition to these valuable community projects, garden clubs contribute to local and nature related organizations such as Trees Atlanta, Atlanta Audubon Society, DeKalb Extension Service, Georgia Piedmont Land Trust, and local Friends of Tucker Parks.

Garden Clubs do more than just garden! They enrich our community by beautifying areas, volunteer services and contribute to local charities; all while making lasting friendships in the neighborhoods where they live.

If you are interested in any of these clubs, contact: Janet McGinnis, Morning Glories, jmcgi@bellsouth.net Mary Jacobsen, Mountain Mums, mjacob1010@aol.com Denise Finley, Smoke Rise Garden Club, 2finleys@bellsouth.net

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GRADUATES



The Anderson family of Mountain Shadow Lane, are proud to announce the graduation of Gia Anderson from Columbia University in the City of New York. Gia graduated with a Master of Science in Strategic Communications. She was nominated Student Marshal for the Strategic Communications program, an honor bestowed upon the student whose

life on campus best demonstrated the ethos and values of Columbia University over and above academic excellence. Gia led the procession of Strategic Communications graduates and was first to receive her degree from the Program Director. Additionally, Gia received the Scholar Practitioner Award, a recognition for her capstone project in which she worked alongside Meta Inc. to explore the subjects of privacy and personalization.

Currently, Gia is part of the Global Standards Management team at Visa Inc. where she manages all communications matters. She is also a writer and editor with the *Smoke Signal*. Her advice to current students is "Always say yes to opportunities for collaboration and personal growth. Above everything, have fun!"

The *Smoke Signal* congratulates Gia and welcomes her to its editing team. Gia is serving as the Editor-in-Chief for the June issue. We are hoping that this proves to be a fun, collaborative experience for you!

On May 21, 2022, Vincenzo Francis Orlando, son of Roger and Cheryl Orlando of Smoke Rise, walked the stage and graduated from high school at Providence Christian Academy in Lilburn, Georgia. Having attended this institution for 14 years, including kindergarten and readiness, the feelings were bitter-sweet. After having experienced the disruption and chaos of the pandemic like so many other teenagers at the end of his high school years, Vinny has chosen to bide his time in advancing to any formalized next step in his journey. Vinny plans someday to enjoy a career in cyber security, but for now, Vinny is deliberately and comfortably organizing and enjoying his life by taking on-line classes for at least 30 credit hours, while working full-time as a line cook at Café Lily in Decatur, a position he truly enjoys and finds rewarding. Vinny's advice to matriculating high school students is to "take in every moment of friendship like you won't see your classmates and friends tomorrow. Don't rush the plan, and as cliché as it sounds, stay focused and enjoy every moment. It's difficult at times but this present time in high school always will be missed, even when you think you won't miss it while in the moment. You never know you're in the 'good ole days' till they've passed."



Some members of the Stone Mountain Women's Club

Stone Mountain Woman's Club feted at Georgia State Convention
By Barbara Luton

Members of the General Federation of Women's Clubs - Stone Mountain Woman's Club chapter attended the Georgia State Convention at the Hilton Conference Center in Peachtree City. The club brought home awards and citations. The highlight of the convention was the installation of Stone Mountain Club member, Kim Sekulow, as Georgia State President. This has been a ten-year process from executive officer positions to the presidency. Two years of work and travel throughout Georgia, other states and to Washington, D.C., await Kim. Kim and her family are former Smoke Rise residents.

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Smoke Rise Country Club Renovation Updates

By Susan Gilbert, SRCC Board of Directors

Few neighborhoods have a 175-acre country club in their midst. Smoke Rise does, and to keep it here, we should do what we each can to support it. Back in February, over 200 members attended Vision Night to hear the plans for refurbishing the Club. The response has been overwhelmingly positive and exciting changes are happening all around the property. So far, we have resurfaced the five swimming pools and replaced some of the old pool furniture in preparation for the pool opening scheduled for May.

Included in the major renovation at the Club is a new roof as well as improvements in the interior of the Clubhouse, the tennis center and the pool complex.



The fitness center has been renovated and all new equipment is in place. At the Clubhouse, a designer is working on the plans for new furniture and finishes, updating the spaces and making the Club more appealing and functional for our current and future members.

When all these upgrades are completed, there may be an increase in initiation fees, making now a great time to consider joining. It is a wonderful

way to meet your neighbors and take advantage of different social amenities.

The golf season got off to a great start with a new golf director, Joe Shirey. Joe has made an instant impact to the golf department and has already hired a new assistant/teaching professional, Travis Holmes, who will be developing a junior and instructional program.

The tennis program is booming. We have had as many as 166 players for the Atlanta Lawn Tennis Association (ALTA) teams. This includes 90 ladies, 57 men, and 19 juniors as of now. There are deadlines for registering, so if you are interested, check with the Club as soon as you can. Suzy Ihnat (SIhnat@smokerisecc.com) is our amazing Tennis Program Director. She can connect you with our membership director and can answer most any questions you may have.



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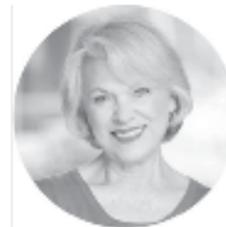
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Kanawha Entrance Enhancements Underway!

*Update by Mary Warshaw,
Kanawha Community Association Entrance Committee Leader*

In 2020, we finished the major portion of our entrance upgrade as we completely renovated the enormous walls on both sides of the entrance and replaced the lettering and logos. This year, our Entrance Committee will begin the first phase of renovating the landscaping that is there. We have a dedicated team of neighbors working on this and they have received advice and guidance from a team of master gardeners.

The entrance committee began the planning for enhancing the front entrance last fall. We met with the Tucker Master Gardener Group several times over the winter months. They drew a plan for the area in front of the signage which gave us the

blueprint for the planting that was done this month. If you are unaware of this group, they are responsible for the Tucker Butterfly Garden, Trees of Tucker, and enhancing the area in front of and around the Tucker Recreation Center. They are a volunteer group who donated their time to help us. Their input was invaluable. As we quickly realized, planting at the front entrance was unlike planting in our own yards. The Kanawha Community Association made a small donation to help with their community efforts.

The entrance committee finalized plans for the planting early April and hired Greenland Landscape & Masonry to do the planting after interviewing several companies. Their first

task was moving the plants we had decided to relocate. Then, they removed some of the azaleas and other plants that were not thriving. Our committee had the opportunity to help with the plant placement. A total of 125 plants were planted. Our goal was to have plants that were hardy, require little maintenance, and would thrive in the conditions we have. The entrance area is challenging as one side gets the morning sun and the other the afternoon sun. We had many perennials planted in order to minimize the need for annuals. The plants are



Kanawha entrance along Hugh Howell Road

mature and should begin blooming in the next month. We are excited and can't wait to see blooms popping out. As of this writing the area is awaiting additional perennials and a blooming ground cover which will be added soon. Many thanks to those who paid dues and made donations to support our

efforts. We have done all of this within our budget and as dues and donations come in, we will continue upgrading and enhancing our beautiful entrance.

Many thanks to our KCA Entrance Committee Volunteers: Mary Warshaw, Linda Karr, and Ellen Heffner.

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Going the Extra Mile (Part 4 of 4) *By Joel Gilbert*

This is the last of my ski stories in this series, and it happens to be the last time we skied together as a family. Our son Stephen was five at the time. He had participated in ski school and was getting comfortable on the slopes. It was our last day and we decided to go to the top of the mountain and take our time skiing down from there following the green easy trails. However, it was early in the day and the snow was hard packed and icy.

Ice, as I covered in my previous article, is terrifying. You can't control your path at all. As we came off the chairlift, we saw people falling everywhere. The snow looked powdery but under that top layer of power was a sheet of ice. As soon as Stephen felt his skis out of control, he panicked. He just could not move without freaking out. Here we were at the top of the mountain with no way down.

Fortunately, a member of the Ski Patrol saw our dilemma and offered to help get him to the base of the mountain. He did that by placing Stephen in front of him, putting his short skis on top of his much longer ones and skiing him down the mountain. They went down the mountain on the easy slopes nice and slow and we followed behind them to the base.

All was good. Stephen was back in the "bunny slope" lesson area with nice soft snow. However, he was still in a panic and the Ski Patrol person sensed it. So, rather than just leave us to work things out, he asked Stephen to ride up the bunny slope lift and ski down a few times to get his sea legs back.

I stood there and watched the man with the Ski Patrol spend almost a half hour with Stephen and it worked. A smile returned to Stephen's face, and we spent the rest of the day skiing together on the lower areas of the mountain where there was no ice. We had learned a lesson for sure.

What if that ski patrol man hadn't taken the time? I don't know that Stephen would have ever gotten back on skis. We didn't know that was what he needed at that moment. However, the ski patrol man did. He had done his job getting Stephen down the hill and could have skied off from there, job complete, but he didn't. What he did made a huge difference in another person's life. That story resonates with me as an example of someone going the extra mile. I now consider what might be the outcome if we fail to take the time when we see someone in a bind in life, who needs a helping hand to make it down their hill.

I wrote a long letter of commendation to the head of the ski patrol expressing our gratitude.

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**Summer Reading:
What's in an Exhilarating Title?
Part 1**

By Barbara Bruschi

Choosing a book to indulge in is a highly personal and subjective process. Consultation with others and research can aid you in finding the book fashioned to your likes.

The plethora of books is endless and there is something for everyone to choose from. In my humble opinion there is a substantial difference between a good book and a popular one. The reader should be taken on a compelling journey whose story is captivating from beginning to end. One should be transported into the actions that take place and feel the well-defined characters coming into their own uniqueness. The momentum of the book should move forward with defined clarity. Spinning a plot that is ever evolving is an art. In this two-part series, I present to you a list of books with deep literary meaning as well as those classified as light summer reads.

ONE ITALIAN SUMMER by Rebecca Searle

Summer fantasy in Positano, Italy. A daughter is utterly distraught by her mother's death and takes a trip to the romantic town of Positano, Italy to relive her mother's trip when she was 30 years old.

THE PERSONAL LIBRARIAN

by Marie Benedict and Victoria Christopher Murray

Belle da Costa, an extremely intelligent, witty, ambitious, fair-skinned African American becomes the powerful personal librarian to John Piermont Morgan (famous philanthropist 1837-1913). As the curator of the newly built New York Library, she reaches international recognition. She acquires art objects, rare manuscripts and books from all over the world. Belle lives in two worlds with the secret of her heritage. The decision of her mother to classify her children as white splits the family. Her father, a Harvard graduate, is pursuing civil rights. Mr. Morgan and Belle form a very strong bond until his death.

THE MAID by Nita Prose

The protagonist is Molly Gray, a maid in a prestige's hotel. Molly is completely immersed into her job, her joy and pride in life. All alone, after her beloved grandmother dies, she is utterly lost and starved for human contacts. Her modus operandi differs from normal social behavior. Etiquette and proper actions are the governing principles of her lonely life. Unfortunately, some unsavory characters take advantage of her naivety and involve her in a scheme that endangers her. She becomes a murder suspect when one of the hotel guests dies.

THE PARIS LIBRARY by Janet Skeslien Charles

A truth-based story of the heroic librarians at the American Library in Paris. Librarians helped, daringly, to rescue books and supply them to Jewish readers that were denied access to reading materials. Friendship, betrayal and the power of literature, even in times of war are the basis of the novel.

THE LOST APOTHECARY by Sarah Penner

18th century London, an aspiring historian discovers a clue that might resolve the 200-year-old apothecary murders. The infamous Nella, the titular apothecary, assisted women who were wronged by their husbands by providing non-detectable poisonous substances to end their lives. The story revolves around two women who are engaged in finding their own way in the world.

Watch out for Part 2 in next month's *Smoke Signal!*

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HEALTH NOTES:

by Cheri Schneider, M.D.

Gluten Free: Is it a healthier diet, or just a fad?

In the pursuit of a healthy lifestyle, a lot of people have reprogrammed their taste buds to appreciate gluten free recipes. You may ask, what is a gluten free diet? Is it even healthier or is it just one of the latest food fads?

Gluten is a protein found in grains like wheat, barley and rye. It causes bread to be elastic and hold its shape. It is also, surprisingly, found in soy sauce, beer, and even the ‘binders’ in some medications and vitamins.

1 in 3 Americans have jumped on the gluten free bandwagon. However, most of us do NOT need to go gluten free unless we have Celiac disease and are gluten sensitive. The gluten free diet is not healthier for you and apart from being a very difficult diet to follow, it will also not help you lose weight.

Approximately 1 in 750 people worldwide have Celiac disease (rates vary from 1:100 to 1:133 in the US). Celiac disease is an autoimmune disease of the small intestine. This means that when it is exposed to gluten, the patient’s own immune system attacks the lining of the small intestine. Once this happens, the small intestine does not absorb vitamins and nutrients from food. Anemia, weight loss or failure to grow in infants and children, vitamin deficiencies and foul smelling, loose, greasy stools may result. Once the small intestine is damaged, it is common to develop problems digesting milk. Some “Celiacs” get very sick and can develop rashes, mouth ulcers and joint aches etc. In others, the symptoms are primarily abdominal bloating, cramps and diarrhea. Celiac patients have higher rates of small bowel cancer. Staying on a strict gluten-free diet for life decreases this risk to that of the normal population.

Celiac disease is a multifactorial genetic disease meaning it needs more than one factor to manifest itself. Most people with the disease develop antibodies to one or two gluten proteins. Although no one knows what exactly triggers the disease, some people think rotavirus or other stomach bugs may cause a genetically susceptible person to develop the disease. While the disease tends to run in families, it is not directly hereditary. In fact, only fifteen percent of a Celiac patient’s relatives will develop the disease.

Statistics show that you can decrease the risk of Celiac by fivefold if you WAIT to introduce wheat, barley or rye gluten (usually cereals) into your baby’s diet until 4 and 6 months of age. Breastfeeding the baby until gluten is introduced is also protective.

If you suspect you have Celiac disease or gluten sensitivity, do not start a gluten free diet until you have been tested! It could modify the results of the test and make it seem that you do not have Celiac disease. A blood test followed by an intestinal biopsy will confirm the diagnosis. If you have already started a gluten free diet, go off it for at least 6 weeks before being tested.

Most gluten sensitive people can eat small amounts of gluten and do not need to be on a totally restrictive diet. Because the symptoms of gluten sensitivity/intolerance are like those of Celiac disease, you will need the opinion of a physician to sort it out.

The bottom line is that despite the hype and advertising about going gluten free, a gluten-free diet is only helpful to a small percentage of people with gluten sensitivity or Celiac disease. If you do have Celiac disease, following the diet for life could save your health and life. For more information, try www.webmd.com or www.mayoclinic.org.

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NEWS YOU CAN USE by AvivA Hoffmann

Begin Preparing for the End

Benjamin Franklin is credited with popularizing the phrase, “Nothing is certain except death and taxes”. Granted, both can be very difficult subjects to broach with those closest to us, but in almost all cases, it is best to plan ahead. I am not sure I can help you with the tax part but keep reading for some information about your rights when dealing with funeral homes.

Whether a death in the family is anticipated (or not), you can potentially avoid some of the stress associated with making decisions about funeral arrangements. You may also be able to save money. The loss of a loved one is understandably difficult but making as many preparations as possible ahead of time may help during your time of grief. In some cases, you may need to make arrangements by phone or online. The Federal Trade Commission’s (FTC) Funeral Rule requires funeral providers to give you accurate information on the phone, if you ask for it. You will not have to provide your name, address, or phone number to get that information. Also, many funeral homes will mail their price lists, and some even have them available online. If you visit a funeral home in person, the business must provide a General Price List (GPL) with all its items and services – and the cost of each one.

Did you know you can use an “alternative container” instead of a casket for cremation? The funeral home handling the cremation must inform you about the different options available (unfinished wood, pressed wood, fiberboard, cardboard, etc.). Additionally, you have the right to provide the funeral home with a casket or urn you buy somewhere else! The funeral provider cannot refuse to use it, nor can they charge you a fee to use it.

The FTC’s Funeral Rule makes it possible for you to choose specific goods and services and to pay only for those you select. You do not have to accept a “package” that includes items you do not want. This applies whether you are planning right after a death has occurred or in advance. The Rule also helps you get information to compare prices among funeral homes and to select the funeral arrangements you want at the business you use. However, the Rule does not apply to third-party sellers that offer caskets and monuments, etc., nor does it apply to cemeteries that lack an on-site funeral home. To learn more about additional rights you may have under the FTC Funeral Rule, use your favorite internet search engine to look them up.

Lastly, when you’re searching for a good funeral provider, you can read about other people’s experiences. Start with an online search of the business name adding words like “complaint” or “review”. Also, when you talk to a provider about a service, clarify what is included in the price. If a provider won’t answer your questions or give you required information, go somewhere else. If you have a complaint, you can report it to the FTC at www.reportfraud.ftc.gov.



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It's Pride Month! Here's What You Need to Know

By *Gia Anderson*

Every June, the LGBTQ+ communities come together the world over to celebrate the freedom to be themselves and to honor milestones in the LGBTQ+ history. Pride celebrations are rooted in a long history of minority groups who have struggled to overcome prejudice and be accepted for who they are. Pride celebrations are targeted at anyone who feels like their sexual identity differs from the mainstream, those who are allies and supporters of individualism as well as those who are curious to learn more. Pride month presents a unified opportunity to uplift LGBTQ+ voices, celebrate the culture and support their rights.

Pride celebrations in June originated from the Stonewall riots which occurred in June 1969 in New York City where police raided the Stonewall Inn, a gay club located in Greenwich Village, New York. The riots and protests lasted six days becoming a key catalyst for the modern gay rights movement.

Brenda Howard, a bisexual New York activist came up with the name "Pride" and was often referred to as the "Mother of Pride." She organized the first Pride event to mark the first anniversary of the Stonewall uprising.

The rainbow flag created by Gilbert Baker in 1978, is the symbol of Pride. Each color has its own meaning. In the widely known six-color flag, red is symbolic of life, orange is symbolic of spirit, yellow is sunshine, green is nature, blue represents harmony and purple is spirit.

Celebrations in Atlanta are organized by the Atlanta Pride Committee amongst other specialist groups. One of the events scheduled is a 5K Pride run starting at 8:00am from Piedmont Park on June 3.

Non-Surgical Pain Management (Part 2) *By Patricia Baumann, MD*

Effective management of pain usually requires more than one type of treatment. This is called multimodal therapy, a term familiar to pain management specialists. Use of a single therapy may simplify treatment and may even be effective. Usually though, pain is caused by multiple mechanisms, such as inflammation, nerve irritation, and/or muscle spasm. Ideally, pain treatment will target each suspected cause of pain.

Effective treatment involves identifying the cause of the pain, the pain generator. Accurate identification of the pain generator is essential for effective treatment. Obviously, if you do not appropriately identify and specifically target the pain generator, your pain will not be relieved. Your physician should make treatment decisions based not only on the nature of your symptoms, but also your physical examination, and imaging results (x-rays, CT, and MRI).

Your symptoms will give clues to the pain generator. Sharp, shooting, or burning pain is typically caused by nerve irritation or damage. Other pain generators give different symptoms. Physical exams are essential in determining pain sources. If moving the body in a certain way causes pain, that helps your physician identify the structure involved, and then effectively treat you. Imaging is important as well, but not always necessary. If there has been significant trauma and suspected bone involvement, x-ray is the imaging method of choice. The best method to image the soft tissues of the spine, such as disc structure and spinal cord, is an MRI. It is important that the imaging results are always correlated to the symptoms and physical exam. If MRI shows a herniated disc, that does not always mean that this is the pain generator. Many totally asymptomatic people have abnormal MRI's. If you have a herniated disc pushing on the L4 nerve root, the pain is sharp in the distribution of the L4 nerve root, which goes down the inside of the leg. Physical exam should typically show a positive straight leg raise test in the distribution of the L4 nerve.

The rest of this article continues our exploration of the wide variety of therapeutic options for non-surgical pain management.

Muscle relaxants are among the drugs commonly prescribed for pain management. Injury can lead to muscle spasm and relieving the spasm will help relieve the pain. Flexeril (cyclobenzaprine) is a commonly prescribed and effective muscle relaxer. It can cause sedation, however. It may be that taking it at night is the best way to use this drug, especially if pain is interfering with sleep. A 5mg dose may be just as effective and can be prescribed if sedation is a problem. The 10mg pill can also be cut in half. Soma (carisoprodol) has been a widely prescribed muscle relaxant. However, its use has been discouraged due to its highly habituating byproduct, meprobamate. Baclofen (lioresal) is typically a less sedating muscle relaxant, with a different mechanism of action than Flexeril. This mechanism helps make Baclofen highly effective against nerve damage pain. Skelaxin (metaxalone) has been touted as the least sedating muscle relaxant. Unfortunately, it is also among the most expensive choices. Valium can be used as a muscle relaxant, but it is a narcotic and can lead to addiction. If used, its use should be limited. There are other drugs in the muscle relaxant category. If muscle is your pain generator, your physician can help you find an effective muscle relaxant with a favorable side effect profile you can tolerate.

Neurontin (gabapentin) is a rather amazing drug used for non-surgical pain management. It is probably underused, perhaps because you must start at a very low dose and increase as needed to control pain. A common starting point is 300mg at bedtime. Starting at bedtime helps pain patients sleep because of the side effect of sedation. This drug does not hurt your liver, stomach, or kidney, so the dose can be increased slowly to give your body time to adjust to the side effects. Dose increases stop when effective pain control is achieved. Increases would also stop if there were undesirable sedation. Neurontin can be safely increased as high as up to 1200mg three times a day, beyond that your body doesn't absorb any more. It is important to remember that some may need a much smaller dose, using the 100mg capsule. This drug is likely best understood for its effectiveness against nerve damage pain, such as pain from sciatica or shingles. Ideally Neurontin should be used to control other types of pain, such as surgical pain. Its use in surgical patients, along with anti-inflammatories and narcotics, can reduce the amount of narcotic required. By reducing the amount of narcotic needed for effective pain control, you reduce undesirable narcotic side effects, such as breathing complications, sedation, and constipation. Other medications like Neurontin have been developed. The newest ones tend to have higher price tags but may be easier to administer dosage.

Juneteenth

By *Victoria R. Crosby*

On September 22, 1862, Abraham Lincoln signed the declaration freeing all slaves with emancipation.

At that time many slaves couldn't read or write,
and to learn was a crime masters would punish with beatings of great might,
or even death could be their fate, so it was a bit late
when slaves finally got the news
that they were free,
and could embrace liberty.

The proclamation read that on January 1st, 1863
all slaves of the confederacy
shall be "thenceforward and forever free."

It was June 19th, 1865 when the news broke through
that all slaves were free to do whatever they wanted to.
The news had spread slowly from plantations in the south
to the other states by word of mouth.

It took over two years to reach the Lone Star State.
So now all Black people celebrate
Juneteenth as the day when they could say Free at last.
Yet in all these years that have passed
there are too many things that haven't changed at all,
and everybody must heed the call,
for no people can be truly free
while others are denied their liberty.

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Out the Window

by Beth Henson

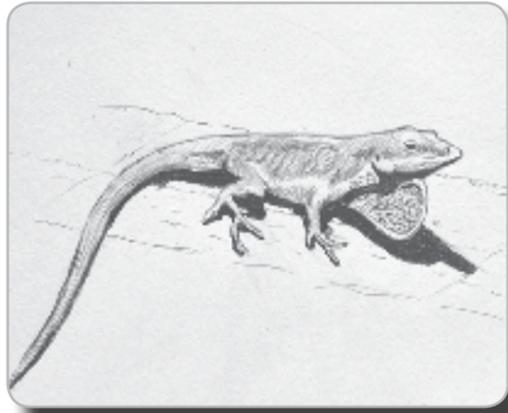
Gazing out the living room window, I couldn't help but admire the spectacular early summer day. The sky was an expanse of bright cerulean blue and a small breeze ruffled the newly blossoming pale, yellow roses. Stately stalks of warm, purple foxglove flanked the garden steps swaying in the breeze, joined by bright yellow starbursts of slightly bouncing daylilies.

Lower on the patio, Mr. Cat lazily lounged under the grated iron table, obviously intoxicated by the warm morning sun. Suddenly, close by on the white brick garden wall, I noticed the bobbing head motion of a vibrant green anole lizard, also appreciating the heated rays.

I smiled as I remembered the fascination of coming upon these mini dinosaur-like creatures as a child. I loved to watch as they would change their color from green to brown, traveling leaf to branch. Like their larger relatives the chameleon, they were quite the tricksters.

As Mr. Cat slowly got up to saunter to a cooler locale, I couldn't help but notice the anole puff out his quite large neck ruffle displaying a vibrant scarlet flag. Beware everyone!

Don't worry, little friend. You are safe! Mr. Cat is well overdue for his extended nap in the chillier recesses of the casa.



Calling 911: My Recent Experience

By Barbara Luton

Have you ever had to call 911? I never had to until recently. I had no idea what was involved. Unfortunately, one morning my husband was too weak to get up after falling on the floor. Fortunately, we have a very caring physician, Dr. Cheri Schneider, whom I called for help. I thought I needed 911, and Dr. Schneider agreed and encouraged me to call them.



When I made the call, the attendant asked for my name, my address, and the nature of the problem; was it life threatening? They also asked how much the person needing help weighed. 911 then contacted the fire department to come over. Our fire department is in Tucker and were at my house in less than 15 minutes. Three men arrived, lifted my husband into bed, and talked soothingly to me while taking down important information. They helped me make the decision to call for an ambulance and stayed with me until after the Emergency Medical Technicians (EMTs) arrived.

Once the ambulance backed up my driveway (not an easy task in Smoke Rise), the EMT's jotted down the information they needed—the problem, our insurance numbers and our preferred hospital. They called to check the wait status in the emergency room and suggested that I wait for a call from the nurse before going to the hospital. The ambulance crew stayed with my husband in the hospital until the emergency nurse took over.

The firemen used a moveable chair to get the patient down the stairs and into the ambulance. This is our second experience with the Tucker Fire Station. We had a porch fire last year that they responded to and calmed two older people while taking care of the flames. We are truly lucky to have these caring professionals in our town.

Our 911 journey ended at Emory Decatur emergency room and a stay in the hospital. The firemen and the EMTs helped calm two old people once again.

An important note about emergency call devices, remember that if you change your address, you must inform the company that monitors the device. One of our *Smoke Signal* staff was awakened by firemen in their bedroom because the people who previously lived in the house had not changed the address on their emergency call device hence the firemen went to the wrong address.

Don't hesitate to call 911 when needed, and I hope my experience prepares you for what might happen when you do so.

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Did You Know That Perennials Can Be Edible?

By Quill Duncan

The Smoke Rise Morning Glories Garden Club learned at a recent meeting that several perennial fruits, herbs, and vegetables can be consumed. The speaker was Mo Hemmings who is the Community Outreach Manager for the Atlanta Botanical Garden. Mo's energetic presentation was fun and enlightening. As most of you know, perennials return each year unlike annuals which put all their energy into one season's growth. Some other plants are biennials which provide two years of bloom/fruit and then are done.

Mo noted that asparagus varieties can grow in our area and the cultivar 'Jersey Knight' is particularly a great selection. Fennel and garlic chives are all perennial herbs. Strawberries are also perennial fruits that grow best in the ground and spread via runners.



L to R President Janet McGinnis, Atlanta Botanical Garden's Mo Hemmings and Kim Fair

The 'Chandler' variety is great for our Georgia gardens. Additionally, she noted that we should not plant strawberries where we have grown tomatoes or peppers as that might result in verticillium wilt. Flowers such as lavender, rosemary, chicory and English chamomile are edibles as well. These herbs need a sunny location with good drainage.

The club was most interested in the information on blueberries which are a huge commercial crop for Georgia. Some blueberries are self-pollinating, and others need a 'friend', as described by Mo, to produce fruit. Many varieties are readily available such as 'Climax'

and 'Tifblue'. Thornless blackberries are available now and can grow in clay soil and have a shrub habit. The cultivar 'Natchez' is a good choice for our climate with large fruits. All the fruiting plants need lots of sun to produce good crops. Passionflower or maypop produces edible fruit. This plant is also the host plant for the Gulf Fritillary butterfly which devours the leaves in its caterpillar stage.

Mo recommended that we call the Atlanta Botanical Garden Plant Hotline at (404) 888-4769 or email them at planthotline@atlantabg.org for more information.

The club will take the summer off and resume with meetings this September 13th at the Smoke Rise Country Club. For information on the club and our many projects, contact President Janet McGinnis at (770) 939-8878.

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Supporting Bees and Other Pollinators

By Linda Karr



June is National Pollinator Month and June 20-26, 2022 is National Pollinator Week. It is a time to celebrate our pollinators and encourage others to nurture them. Indeed, good things come in small packages. Our pollinators, small only in stature, shoulder the herculean task of nurturing 90% of all flowering plants on earth, and about one third of all our crops.

Bees, birds, hummingbirds, butterflies, moths, wasps, beetles, bats, and many more mammals, reptiles, and amphibians, are some of our pollinators. To help them thrive we can provide shelter such as shrubs, vines, trees, perennials, ground covers, and nesting boxes. Remember to offer water as all pollinators need it to survive. Don't spray pesticides and be sure to provide plant material that not only offers food but is also a host plant. Examples include:

For butterflies – delphiniums, Echinacea, fennel, lavender, marigolds, oregano, sage, phlox, yarrow, Joe pye weed, milkweed, sedum, beebalm, ornamental grasses, baptisia, stokesia, pipe vine, sunflower, liatris, ironweed, daisy, goldenrod, black-eyed Susan, verberna, lantana, salvia, aster, coneflower, butterfly weed, butterfly bush.

For hummingbirds - delphiniums, daylily, columbine, cardinal flower, penstemon, bee balm, hibiscus, foxglove, flowering tobacco, weigela, salvia, trumpet vine, butterfly weed.

For birds – Echinacea, purple coneflower, sunflowers, milkweed, cardinal flower, elderberry, dogwood, serviceberry, white oak, baptisia, buckeye, camellia.

For bees – bee balm, basil, lavender, mint (planted in pots), rosemary, sage, thyme, geraniums, hyacinths, borage, Echinacea, foxglove, hosta, zinnias, sedum, aster, goldenrod.

Lastly, don't forget that your veggie garden is great for your butterflies and bees, too! For more information and tips check out www.pollinator.org.

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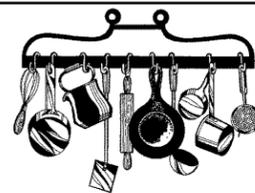
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Amen, Let's Eat!

by Joyce Ray

Long summer days make us want to spend more time outside and less time in the kitchen preparing meals. It is a great time to think about cooking up bigger quantities when you fire up the oven or grill and "re-create" leftovers with different ingredients. Leftover shredded roasted chicken can become delicious chicken salad or add some hot sauce and ranch dressing to it and make cool ranch wraps. While you are grilling, don't forget to grill up some fresh sweet pineapple slices, your favorite peppers or other veggies to pair with the meat and potatoes! Explore the sauce aisle at your store to find some delicious additions for changing up the spice and flavor of your meat. It is economical to buy in bulk, cook once and serve twice (or more).

This month's recipes are "Spinach Puffs" that will remind you of Greek Spanakopita and Classic Cheesecake that will enable you to take advantage of the variety of fresh fruits to serve on top. Cover well and keep in the fridge for up to 10 days or freeze for up to 3 months.

Spinach Puffs – make more for a crowd!

- 1 pkg (17.3 Oz) frozen puff pastry, thawed,
- 4 ounces cream cheese, softened
- 1 pkg (10 Oz.) frozen chopped spinach, thawed, squeezed dry
- ½ cup shredded mozzarella cheese
- ¼ cup crumbled feta cheese
- 2 large eggs
- 2 garlic cloves, minced
- ½ tsp pepper
- ¼ tsp salt

Preheat the oven to 400°. Unfold puff pastry and cut each sheet into 12 sections. Place in greased mini muffin cups, pressing gently onto the bottoms and up the sides, allowing corners to point up.

In a large bowl, stir together spinach, cream cheese, mozzarella, feta, 1 egg, garlic, pepper and salt. Spoon 1 tablespoon into each cup. Bring pastry corners together and pinch to seal. In a small bowl, beat the remaining egg. Brush over pastry edges. Bake until puffed and golden brown.

Classic Cheesecake – slightly dense and very creamy!

- 1 ¼ cups graham cracker crumbs
- 1 ¾ cups granulated sugar
- 1 stick unsalted melted butter
- 1 tablespoon grated lemon zest
- 3 tablespoons lemon juice
- 1 tablespoon vanilla extract
- Pinch of salt
- 6 eggs
- 3 pounds softened cream cheese (six 8 oz packages)

Preheat the oven to 375°. Mix graham cracker crumbs and ¼ cup of the sugar and melted butter together and press into an even layer on the bottom and sides of a 10-inch springform pan. (Does not need to completely cover sides). Bake in a preheated oven until slightly toasted – about 5 minutes. Remove from the oven and cool. Reduce oven temp to 300°.

With an electric mixer, cream together the cream cheese and remaining 1 ½ cups sugar. Add lemon juice, lemon zest, vanilla and salt, then add the eggs one at a time, beating well after each. Pour batter into cooled crust and bake in the preheated oven until the center of the cake is no longer wobbly - about 1½ hours. Turn off the oven, partially open the oven door and let the cake cool for 2 hours before removing. The gradual cooling will help to prevent cracking. Remove the cake from the oven and cool completely at room temperature. Run a sharp knife around the inside of the springform to loosen the cake, then remove the ring and transfer the cake to the serving plate. Serve plain or top with fresh fruit compote.

Strawberry Glaze

In a saucepan, mix 1 cup granulated sugar, 3 tablespoons cornstarch and 3 tablespoons strawberry gelatin powder (Jell-O). When mixed well, add 1 cup water. Cook and stir constantly over medium heat until mixture thickens and begins to get transparent. Remove from heat. Cool. Place fresh (stemmed and washed) strawberries, stem side down on top of cake to completely cover top. Pour glaze over berries. Refrigerate.

Note: To keep strawberries fresh, you can make the cheesecake ahead and refrigerate, then add strawberries and glaze about 3-4 hours before serving and return to the refrigerator until time to serve.

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