

SMOKE SIGNAL

VOLUME 50, ISSUE 8

Serving the Smoke Rise Community Since 1968

November, 2017

www.smokesignalnews.com

*Happy Thanksgiving
from the Smoke Signal Staff!*

Smoke Rise Academy of the Arts Partners with Smoke Rise Baptist to Benefit Local Food Banks

Students, faculty and parents of Smoke Rise Academy of the Arts (SRAA) will partner with the mission team from Smoke Rise Baptist Church in November for the church's annual Thanksgiving basket food drive. The food collection effort will benefit area families in need through NETWorks and Lilburn Co-op, which will be responsible for distributing the Thanksgiving dinner baskets. The Academy team will be outside the Stone Mountain Kroger on Rockbridge Road on Saturday, November 11 from 2 to 6 p.m. to collect food donations and provide live music. On Sunday, November 19, the team will sort the food and assemble them into baskets.

"Our students realize that there are many families who don't have the means for a holiday dinner or even basic food items in their pantry," said Denise Burcham, director of SRAA. "When they saw the church had a program already in place to address these needs, they all wanted to join in and volunteer their time and resources to help others. What a great way to show thankfulness for what they have by sharing with those less fortunate."

The Smoke Rise Baptist mission team assembles about 150 baskets each year, with enough food to feed a Thanksgiving dinner to a family of four. Each basket contains macaroni and cheese, stuffing mix, cranberry jelly, gravy, cans of vegetables, cookies, sweet potatoes, potatoes, canned or jarred fruit, holiday napkins and a \$10-\$15 gift card to purchase a meat item. Donation bins are in place now inside the church lobby to collect donated items but the church is hoping the added effort by the students will help increase this year's number of baskets.

Anyone wishing to donate items for the food drive can stop by Smoke Rise Baptist Church during normal business hours or contact Denise Burcham at artsacademy@smokerisebaptist.org or 678-533-0562.

ARTucker Art Festival

Just in time for holiday shopping, Tucker's Sixth Bi-Annual Art Festival, ARTucker, will be held on Saturday, November 4 from 11:00 a.m. – 5:00 p.m. at the Tucker Recreation Center. Everything from jewelry to pottery, paintings and more will be hand produced by over 50 artists and will be on display at this year's festival.

This event was created to benefit both the public and the artist. "It is enriching to surround yourself with items that are made locally and by hand," says participating artist Wendy Tonsitis. "I appreciate the opportunity to show my jewelry for people to enjoy and potentially select as a celebration of a special event or everyday joy," she adds.

The interactive marketplace includes more than just shopping. Live music will be provided by Tom Hill and the Laid Back Gypsy Souls. Also there will be live demonstrations from several artists. For example, "the

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Smoke Rise Academy of the Arts drama students, left to right: Aidan Hall, Joshua Smith, Ruby Cresswell, Tommy Kay and Corrin Lemon show cans they collected for the annual food drive.

THANKSGIVING:

Honoring America the Beautiful

By Barbara Bruschi

In 1620, the pilgrims left their homelands to seek freedom in America and to escape oppression from despots who ruled their lives. In the following year, the Wampanoag Indians shared a 3-day harvest feast with the pilgrims in peace and harmony. On this occasion they all showed their gratitude for the plentiful crops that would enable them to survive a brutal winter.

In 1863, President Abraham Lincoln declared an official Thanksgiving Day in November. Thanksgiving would become the American holiday when we give thanks for all of our daily blessings. It is when families gather to share in the plentiful harvest that graces our tables. It is when turkey is king for a day, and all the dressings add to the glorious feast.

While America has been ravished by horrendous natural disasters, such as storms and wildfires, other nations have suffered as well. It appears at times that the rules of civility and decorum are on a slippery slope, yet America's resilience and generosity remains without question. Under the mantra, "Sharing and Caring" the citizens of these United States give selflessly of themselves to help others. Being a firm believer in decency and humanity helps to carry our great country through troubled waters. Our values and the great gift of freedom are unique in this world where turmoil uproots entire civilizations. Let us be thankful once again for America the Beautiful!

PLEASE VOTE!

November 7: 7:00 a.m. to 7:00 p.m.

On the Smoke Rise Ballot:

Mayor: Frank Auman, (unchallenged)
Commissioner race for District 1, Post 1:
Honey Van De Kreke, (incumbent)
versus Pat Soltys
EHOST and SPLOST

SRCA POLITICAL DISCLAIMER

By SRCA President Michael Huerkamp



With local elections soon to be upon us and in light of confusion about political candidate endorsements, the board of the SRCA seeks to clarify that neither the SRCA nor its Board of Directors (BOD) endorses, critiques or takes a position against any individual candidates for political office.

SRCA board members, exercising their constitutional rights, but without claiming representation of SRCA, may as individual citizens comment, endorse, financially support, participate in campaigns, and vote for candidates of their choice for political office.

In service to our association members and using the communications tools available to us, the SRCA Board of Directors will continue to strive to keep our community informed, from a balanced perspective, of issues and developments of importance to Smoke Rise residents. The most recent examples of this have been to unanimously support of the Tucker Cityhood Initiative and The Rise. We look forward to seeing our neighbors at the polls on November 7.



Smoke Signal

P.O. Box 763, Tucker, GA 30085
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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.

November Calendar of Events

- 4 ARTucker Sixth Biennial Art Festival:
11:00 a.m.-5:00 p.m., Tucker Rec Center
- 6-18 Garden Enthusiast Mini-silent auction:
Garden Enthusiast, Main St, Tucker
- 7 Election Day! Go vote!
- 10 Leading Lights Luncheon, 10:30 a.m.
Mount Carmel Christian Church
- 11 SRBC/ Smoke Rise Academy of Arts Food Drive:
2:00-6:00 p.m., Rockbridge Kroger
- 11 Rotary Clubs of Tucker and Stone Mountain Electronics
Recycling: 9:00 a.m. to 2:00 p.m., Handy Ace Hardware
- 16 Tucker Arts Guild, 7:00 p.m., First Baptist Church Tucker,
Building B, Church Street Entrance
- 25 Economy Christmas display: 6:15 p.m.
1833 Smoke Rise Summit

Smoke Signal Deadlines

NOVEMBER 13

Please e-mail articles to:

staff@smokesignalnews.com

(Word documents or text file attachments preferred)

PLEASE DO NOT SEND CLASSIFIED ADS
TO THIS E-MAIL ADDRESS

Extra copies may be picked up at box at
5365 Smoke Rise Drive

Deadline for classified ads is **NOVEMBER 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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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!



Holidays and Food Banks

It's always very important to support our local food banks, but with two holidays coming up, there is even more need.

Of course, food is always needed – canned fruit and vegetables, soup, peanut butter and jelly, canned meat and fish, cereal, pasta, rice, dried beans, mac and cheese to name a few items – and especially for the holidays, cranberry sauce and stuffing mix.

But, did you know that people who get food stamps cannot use them for non-food items such as the following? Bath soap, dish soap, detergent, toilet paper, toothpaste and brushes, feminine and incontinence products to name a few. Therefore, donations of these items are always needed.

Gift cards are very welcome for the holidays from grocery stores or Walmart. With a gift card, clients can buy their own turkey or ham. If you donate a gift card, please make sure that the activation receipt is attached.

Homeless people also come to the food banks. They usually do not have access to a stove or microwave, so items like small flip-top cans or pouches of fish and meat, small packets of cheese crackers and protein bars are always welcome.

And good old money can help in many, many ways for the food banks to get what they need for their clients.

BRING A BOOK - TAKE A BOOK

Don't forget to check out the Little Libraries



that have popped up near the swim clubs.

Smoke Rise Baptist Church

Dr. Chris George, Senior Pastor
 Bart McNeil, Associate Pastor
 Tim Adcox, Minister of Missions
 Kathy Dobbins, Minister of Spiritual Formation
 Danny Vancil, Minister of Music & Worship
 Becky Caswell-Speight, Minister to Families with Children
 Jeremy Colliver, Minister to Families with Youth
 Amanda Coe Burton, Director of Nursery Ministries
 Valerie Coe Lowder, Director of the Weekday School
 Telephone: (770) 469-5856
SmokeRiseBaptist.org

Sundays:
 9:00 a.m. Worship in the Chapel
 9:45 a.m. Sunday school
 11:00 a.m. Worship in the Sanctuary

Communion: Second Sunday of each month
 1st Tuesdays: 11:30 a.m. Prime Time

Wednesdays:
 5:00-5:45 Fellowship Dinner
 6:00-7:00 Programs for children, youth and adults
 7:00-8:30 Sanctuary choir
 Nursery provided

Eastminster Presbyterian Church

Pastor: Rev. J. Caleb Clarke III
 Director of Mission & Youth: Mark Sauls
 Director of Music Ministries: Andrew Meade
 Director of Preschool: Stacey Moura
 Director of School Age Program: Celeste Sears
 Director of Christian Education: Mardee Rightmyer
 Pastor of Senior Adult Ministries: Rev. Jeanne Simpson
 Telephone (770) 469-4881
www.eastminster.us

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

Sundays:
 9:15 a.m. Sunday School for all ages
 10:30 a.m. Worship in the Sanctuary - nursery provided

Wednesdays:
 5:45 p.m. Join us for dinner! - \$5 per adult
 6:30 p.m. Program

Mount Carmel Christian Church

Senior Minister: Art Stansberry
 Worship Leader: Leslie Riley
 Coordinator of Kids Ministry - Jim Barber
 Director of Student Ministries: Will Tyler
 Telephone (770) 279-8437
www.mountcarmelcc.org

Sundays:
 8:30 a.m. Coffee/ Doughnuts/ Fellowship
 9:30 a.m. Bible School Classes – Adults & Children
 10:30 a.m. Worship

Wednesdays beginning August 10:
 5:30 p.m. Dinner
 6:30 p.m. Bible Studies/Electives for All Ages

First Moravian Church

Pastor: Dr. Stephen Weisz
 Congregational Acolyte: Bill Hitz
 Telephone (770) 491-7250, (770) 755-8289
www.gamoravian.org

Sundays:
 10:00 a.m. Sunday School-Adults & Children
 11:00 a.m. Worship
 12:00 p.m. Fellowship Time

Incarnate Word Lutheran Church

Please join us for worship on Sundays at 8:45 a.m.
 at the First Monrovia Church
 4950 Hugh Howell Rd., Stone Mountain, GA 30087

Mountain West Church

Pastor: Michael Shreve
 Worship Arts Pastor: Gary Robinson
 Telephone (770) 491-0228
www.mwchurch.com
 4818 Hugh Howell Rd., Stone Mountain
 Service Times 8:00 a.m., 9:30 a.m., 11:30 a.m.

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

“HOMES FOR THE HOLIDAYS”

Tour of Homes on Saturday, December 9

The GFWC Stone Mountain Woman’s Club will sponsor a “Homes for the Holidays” home tour from 10:00 a.m. to 4:00 p.m. on December 9. Tickets are \$25.00. The tour includes two homes in Smoke Rise plus one home, one Main Street business with antique cars and the Stone Mountain Manor in Stone Mountain village. Lunch will be served at the Stone Mountain First United Methodist Church. Vendors will be at the church for you to do a little or a lot of Christmas shopping.

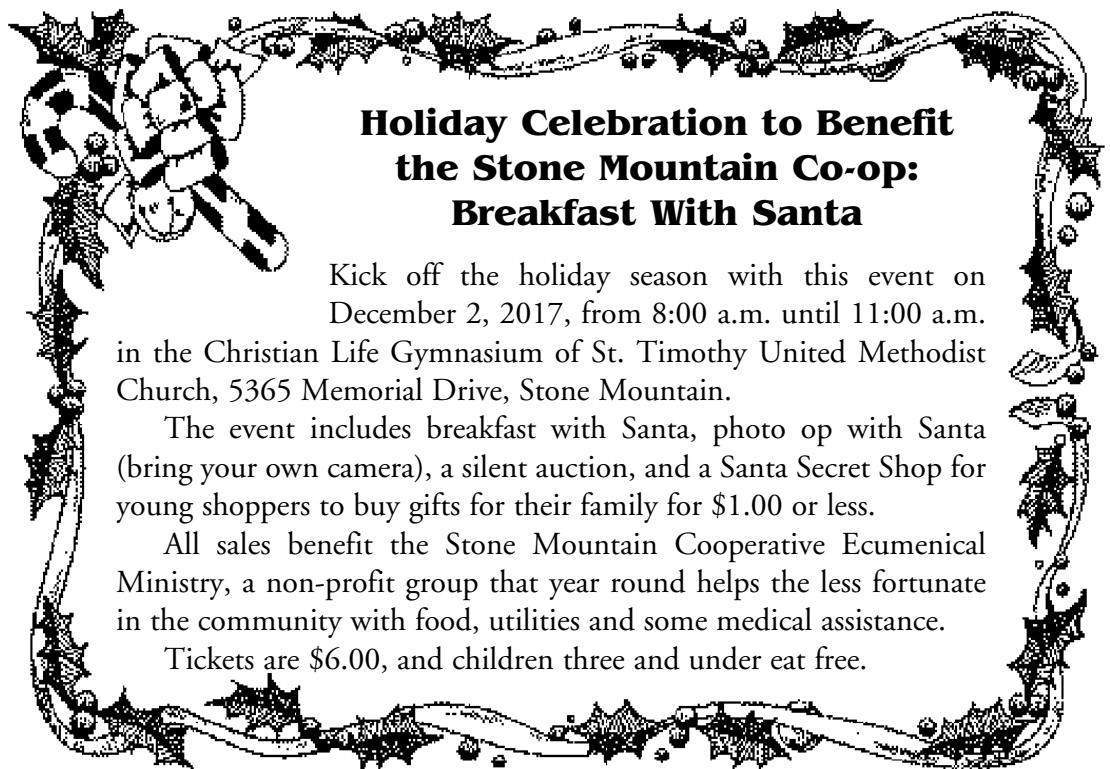
Gather your neighbors and enjoy a fun day. Tickets are available from any club member or call Kim Sekulow (770-616-5362) or Elizabeth Wells (404-630-9925), co-chairs for the event.

Holiday in Smoke Rise

“Holiday in Smoke Rise” is an old tradition that started in 1980. Each year on the first Saturday of December (December 2 this year), Smoke Rise Elementary School holds its annual craft show from 9:00 a.m.-4:00 p.m. The arts and craft show is a joint effort by the Elementary Endowment Fund. Mrs. Ilona Armstrong has been spearheading this fair for several years. Her devotion and diligence are remarkable and include endless hours of preparations. The teachers prepare the rooms and volunteers from the PTA devote their time to insure a successful “Holiday in Smoke Rise”.

This festival will feature about 100 crafters and vendors from Georgia and all over the South. It presents a wonderful opportunity to do some unique holiday shopping in a great, relaxed setting. On display are art, glass and copper works, scarves, jewelry, ornaments, home-made baked goods, garden art, gourmet foods and eco-friendly spa products and crafts of all kinds. Each year new and intriguing gifts are added to the festival. A food truck featuring an eclectic menu is sure to please your palate. Your support not only helps our local artists, it promotes the community and raise funds for the school.

As of press time, Holiday in Smoke Rise is still accepting crafters. Applications can be downloaded at holidayinsmokerise.com. Please go to their facebook page for show promotions and vendor information. The fair is held at Smoke Rise Elementary School. Parking is limited, but shuttle service is available.



Holiday Celebration to Benefit the Stone Mountain Co-op: Breakfast With Santa

Kick off the holiday season with this event on December 2, 2017, from 8:00 a.m. until 11:00 a.m. in the Christian Life Gymnasium of St. Timothy United Methodist Church, 5365 Memorial Drive, Stone Mountain.

The event includes breakfast with Santa, photo op with Santa (bring your own camera), a silent auction, and a Santa Secret Shop for young shoppers to buy gifts for their family for \$1.00 or less.

All sales benefit the Stone Mountain Cooperative Ecumenical Ministry, a non-profit group that year round helps the less fortunate in the community with food, utilities and some medical assistance.

Tickets are \$6.00, and children three and under eat free.



A Whole Lot of Christmas at 1833 Smokerise Summit

Fall is in the air in our Summit Community, and the holiday season is right around the corner. The neighborhood elves are busy helping with preparations for this year’s Christmas display, and as usual, the display will come to life on Thanksgiving night at 6:15 p.m.

Santa Claus has even called and confirmed that he will stop by on weekends in December to sit in his sleigh for pictures. As in years past, donations will be collected for the Make-A-Wish Foundation. Since 2012, a total of \$17,607.62 has been collected for charity. This year we are hoping to surpass last year’s total of \$5,002.35. Be sure to come by and enjoy the lights this year with your family and friends.

Chorale II Holiday Concert December 3, 3:00 p.m.

Chorale II, a community choral organization in its second decade of serving the metro area, will perform its 2017 Holiday Concert, “The ABC’S of Holiday Music,” on Sunday, December 3, at 3:00 PM at First Baptist Church of Tucker, 5073 Lavista Road. Selections will follow the format of Announcement, Birth, Celebration, and Seasonal holiday favorites. The group is conducted by Dr. James T. McRaney, a retired DeKalb County choral director, and Peggy Ray, assistant conductor.

The choral numbers were chosen as favorites by the group’s members from the repertoire over the past 12 years. They include Old English carols, Handel’s Glory to God and the Hallelujah Chorus, John Rutter’s Angel’s carol (duet by Peggy and Kathy Ray), a traditional Hanukkah favorite, and a special rendition of Jingle Bells by a Ladies Quartet. Instrumentalists Jeanne Giager, flute, and Jack Sartain, trumpet, will accompany the group on several selections. There’s something for everyone at the concert this holiday season! Admission is free, and donations are welcome. Information: Dr. James T. McRaney 770-939-1394

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How to Be a Good Neighbor

Do you remember why you moved into the Smoke Rise neighborhood? Was it the large, well maintained houses? Was it the well-kept lawns? Was it the beautiful trees? All of these things take work and responsibility by the homeowners and neighbors.

The city of Tucker has William Wharton, Code Compliance Manager, and James Duncan, Code Enforcement Officer, who are in place to help us keep our area in tip top condition. A recent interview with these men helped to understand a little more about how to keep our properties well maintained and an asset to our streets. It only takes one or two houses where the lawn is overgrown and large weeds are in the landscaped areas for the street to lose its appeal.

Here are a few items to help you to "Be a Good Neighbor" –

Lawn grasses and weeds cannot be higher than 12 inches. This applies to landscaped areas also. For example, if you have a naturally landscaped area with azaleas or other bushes, this has to be maintained as well. No 3-foot poke weed please! Look at the yards near you. Do you need to trim the grass at the curb? There are many good lawn maintenance service companies around Smoke Rise if you are unable or unwilling to do the work on your lawn and grounds. Their prices are reasonable and competitive.

Fences and walls must be maintained, structurally safe and sound and in good repair and condition at all times. (Direct quote from Code Compliance Overview Pamphlet) As you drive through Smoke Rise, you can see fences that need attention. Unattached structures such as sheds and garages must also be well maintained.

Tucker has a Nuisance Ordinance in its property code, which was adopted from the DeKalb County code and also from the International Property Code. If you would like to read this, go to codecompliance@tuckerga.gov. You can navigate through their website to inform yourself.

These are the steps to report problems on your street:

1. Go directly to the website tuckerga.gov/codeenforcement A form will be available to send filled out to the code office.
2. Call--678-597-9040
3. email--codecompliance@tuckerga.gov

Once the complaint has been received, an inspection will be done within one to two business days. Submissions are taken in order of their arrival at the office. A photograph will be taken of the area to determine if it is indeed a violation. If in fact it is a violation, a handwritten note will be left asking that the matter be addressed within 10-30 days. (This depends upon the seriousness and type of problem.) If the homeowner does nothing, a second notice on the city letterhead will arrive with a 10-15 day fix period. After that it goes to citations, etc. Hopefully a good neighbor will address the problem to help keep our area the beautiful place that it is.

Remember that the code office only addresses problems on a property to the curb line. Anything in the street goes to the DeKalb County police.

HOW TO BE A GOOD NEIGHBOR will address other problem areas in the future.

-WANTED-

We welcome human interest stories from members of the Smoke Rise community.
Do you know someone who quietly does good deeds
or does something unusually interesting?
We would love to publish these stories about our neighbors.
Send your stories and photos to staff@smokesignalnews.com

November 11:00 a.m. Worship Highlights at Smoke Rise Baptist Church

Sunday, November 5: All Saint's Sunday – Music by the Sanctuary Choir, Brass, and Sermon by Dr. J. Truett Gannon, Pastor Emeritus.

Sunday, November 12: Deacon Ordination – Music by the Sanctuary Choir, Children Choristers, Sanctuary Handbell Choir, and Sermon by Dr. Chris George, Senior Pastor.

Sunday, November 19: Service of Thanksgiving – Music by the Sanctuary Choir, Youth Choir, and Sermon by Dr. Chris George, Senior Pastor.

Sunday, November 26: Christ the King Sunday – the final Sunday of the church year before the first Sunday of Advent. Music by the Sanctuary Choir, and Sermon by Dr. Chris George, Senior Pastor.

Smoke Rise Baptist Church offers two Worship Services on Sunday morning. Worship at 9am in the Chapel is an abbreviated service in a more intimate setting. Worship at 11am in the Sanctuary is a more formal setting. Sunday School for all ages is at 9:45am.

A warm welcome is extended to all!

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November Events at the Tucker Library

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

Call for times and to register:

November 6: Book Ends Book Club (ages 9 to 12):
Treasure Hunters by James Patterson (yes, he writes for kids, too).

November 8: Read to a Pet Partner:
Children can practice their read-aloud skills by reading to two excellent canine listeners.

November 9: Chess and board games for tweens
(ages 8 to 15)

November 9: Teen Book Club

November 15: Homeschool Family Get-togethers
(1:00 p.m.-3:00 p.m.)

Movie Afternoons @Tucker:

November 20: LEGO Batman Movie, 3:00-4:45 p.m.

November 21: Despicable Me, 3:00-4:45 p.m.

November 22: Despicable Me 2, 3:00 -4:45 p.m.

Donuts with Dad at Smoke Rise Elementary

September 21 marked Smoke Rise Elementary School’s annual Donuts with Dad social. This year’s social had over 100 men in attendance. The men were dads, uncles, godfathers, and mentors from all walks of life.

The social was very informative, and many topics were discussed. Smoke Rise Elementary School’s Executive Council Chairman Allen Armstrong led the social and asked the men to get acquainted by introducing themselves, their child’s name, and grade level. Mr. Armstrong not only encouraged the men to show up, but to continue to be active participants at Smoke Rise. The Donuts with Dad’s coordinator, Todd Page, also greeted the men thanking them for coming and to stay involved.

Smoke Rise Elementary School’s parent liaison, Carolyn Thomas, announced upcoming events, such as the Fall Carnival and upcoming Father/Daughter Dance, Read Across America, and Beautification Day.



Custodian Melvin Caldwell and 4th grade teacher Robert Mason were also in attendance. They co-chair Smoke Rise Elementary School’s Boys of Distinction Club. Mr. Caldwell gave an overview saying, “The club teaches boys how to be gentlemen.” Club topics include grooming, how to tie ties, public speaking, etc. Mr. Mason discussed how they do the same things parents do at home. They give praises, high fives, and discuss de-escalation protocols that must be followed in the midst of conflict. Mr. Mason also highlighted how we want our kids to be the best. They need to understand they represent themselves and their family.

Principal Pamela McCloud concluded the event by first telling each male figure that they are truly appreciated. She expressed how their children appear to walk just a little bit taller simply because of their presence in the building. McCloud then extended a continuous warm welcome to the men, inviting them not to be strangers.

Smoke Rise Elementary wants to acknowledge and thank all volunteers and those that donated funds. Your contribution, if not just for a day, put a smile on our students’ faces. You made a difference. Thank you!

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Troop 876 Stays Active in the Community

By Nate Young – Troop 876 Historian

In September, Boy Scout Troop 876 went to Stone Summit Climbing. The kids had a great time overall and had fun climbing. Everyone had a fun time climbing and playing late-night zombie tag! Some were calling it the best activity ever. I agree with that 100%! Everyone was great at climbing and looked great doing it!

The Troop went to the playground in the back of the Eastminster Presbyterian Church and spread mulch. This prevents the pre-schoolers from getting injured from falling. We also went to Taste of Tucker to clean up cans, bottles, recycling, etc. We had fun doing it and had a great time. The Scouts would like to thank Eastminster Presbyterian Church for its continued support of our troop!



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Smoke Rise Agents

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Fall for Smoke Rise Open House Event
November 5, 2017 • 1 - 5 pm

4953 Antebellum 6000 East Gate Ct.

5459 Lichenhearth 5268 Browning Way 2130 Silver Hill 165 Villa Park

770.573.9715 www.smokeriseagents.com

Of Note to the Community: Safety Alerts & Watches

by Cedric Ross

Burglary has an impact on your home with the loss of items. More importantly, though, it has an impact on you with the loss of your belief in personal and home safety. Below, someone in our community was burglarized while a family member was at home. What can we do to reduce the incidence of such a violation? What can we do as we go about our daily lives to reduce the possibility of someone entering that special space we call home? The feeling of comfort that everyone has when they arrive at home no longer seems to be the same. I ask that you take a moment to quantify how much you value that feeling.

I would like to share two points. First, how do we secure our homes, and secondly, if our space is violated how do we regain that feeling of "I am safe" or something close to it. I would like to explore this topic over the next few months. If you have followed my previous columns you have seen me present many items to improve your home and personal safety. Sometimes, we believe it won't happen to us. Let's be realistic. As you live longer, there is always the chance it will be you or someone you know. Let's take additional steps to reduce the chance of it not being you! My heart goes out to those whose space has been violated. Although I am not a security guru, we can all learn from each other. You hold a special place in the community as a neighbor. As I look out for you, please look out for me. You are my neighbor and that is a special place of honor. I look forward to recapturing personal, home and cyber safety over the next few months.

11/11/2017 Burglary - OxBow Rd.

During the day while a family member was in the home.

Email address for submission - staff@smokesignalnews.com

DEKALB NATIONAL ALLIANCE FOR MENTAL ILLNESS
Support groups

Open to all young adults (18+) with a mental health condition. You can attend a FREE weekly support group with NAMI. This group is for people living with depression, OCD, eating disorders, bipolar disorder, anxiety, schizophrenia, and other disorders. Our meetings offer a structured group process led by trained facilitators designed to encourage, support, and empower. Starting November 2nd, on Thursdays from 7:00-8:00 p.m. at the First Christian Church of Atlanta: 4532 Lavista Rd, Tucker, GA 30084. For more information, contact Joanna at joannajungerman@gmail.com or 530-691-1453.

We also have a free NAMI American Sign Language support group. This group is FREE for people living with depression, bipolar disorder, PTSD, anxiety, schizophrenia, and other disorders. Our meetings offer a structured group process led by trained facilitators designed to encourage, support, and empower. Open to all deaf and hard of hearing persons 18 and over with mental illness. Starting November 1st (1st and 3rd Wednesdays ongoing) at 5-6:30 p.m. in the GA Center of the Deaf and Hard of Hearing building: 4151 Memorial Drive, Suite 103B, Decatur, Ga. 30082. Contact: deannanami@gmail.com/404-994-6500 (videophone). NAMI is here for you!

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Caught in the Act:

Hunter Ward came to visit his Aunt and Uncle in Millstone East and pitched in for clean up day. He knows how to make work fun. Now the neighborhood can read the street signs! Way to go, Hunter!



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**Thanksgiving Tradition –
Do You Know Who Squanto Was?**

By Joel Gilbert

Thanksgiving is such a happy time of year for most of us. Visiting friends and family, good food, and the beginning of the Christmas rush. It is nice to have a holiday that reminds us to be thankful- and that never goes out of style. We certainly don't see a lot of thankfulness on the evening news these days. Everyone seems so angry. We Gilberts are certainly thankful to each of you our neighbors for your friendship and encouragement.

What struck me this year was how wrong the story of Thanksgiving I was told actually was. I never knew the full story about how we treated the Native Americans back then. Sure, I have been alerted to some of the unexpected consequences of Columbus's expeditions spreading diseases like measles to the Americas. Now, you probably have read that there is a movement to eliminate Columbus Day and replace it with Native American's Day.

So, perhaps this is a good time to consider the "rest of the story" about Thanksgiving at this period of time in our history. Do you know who Squanto was? He was a famous Native American Indian who was a member of the Pawtuxet band of the Wampanoag tribe. He was born in Cape Cod around the year 1580, a time when his tribe was the most influential tribe in an area where the English would first settle. Many historians attribute the success the Pilgrims had to him.

You can't help but see parallels to our modern times as others interact and battle for what they see as rights for their religious freedom and treat the establishment so cruelly. You have to also really wonder how balance can be maintained in such a diverse world with seemingly irreconcilable differences so prevalent.

If you google the question: "Do you know who Squanto was?" you will see much of the backstory of Thanksgiving that we were not told. It reminds me about how what we call history can be summarized quite eloquently in the lyrics in the Broadway play *Wicked*:

*A man's called a traitor or liberator.
A rich man's a thief or philanthropist.
Is one a crusader or ruthless invader?
It's all in which label is able to persist.
There are precious few at ease –
with moral ambiguities,
so we act as though they don't exist.*

Perhaps there is a deeper message here. Squanto could have been vindictive, given the way the world treated him at the time (he was taken to England as a slave). Ironically, when he returned, he used his gift of speaking English to negotiate peace with the Pilgrims- much to the chagrin of the elders of his own people. He was truly an ambassador of peace in a situation that rightfully looked like the makings of war. We need more people like Squanto in our society today.



Tech Talk: Tool Envy

When our Smoke Rise Baptist Church Sunday School Class did a yard work project for a disabled group-home last month, several people brought tools and equipment to speed our work. Most of us brought the usual rakes and trimmers, but one class member brought the leaf blower to top all blowers! Producing wind speeds of more than 200 miles per hour and easily carried on a backpack, it was the envy of all. Our small group volunteers were entertained as he gleefully marched across the property blowing up a storm and clearing away leaves and debris with such ease. We called it Tool Envy. He made no offer to share his toy, so the rest of us were left to wonder what it must feel like to hold that much power in your hands and to be able to release it with a simple pull of a trigger.

Up until then, at our house we used a small, lightweight, battery-powered blower. It was ok for clearing leaves and acorns off the patio, but for a driveway or a whole property, it was not a good option. Given we have a sizeable lot in Kanawha, my husband and I set out on a mission to learn all we could about these devices and to invest in one of our own.

As with most purchases now, we began on the Internet with a search for a backpack leaf blower. After some comparison shopping and learning about all the options and configurations online, we headed to the hardware store to pick one up. After all, we needed it now... and we obviously couldn't wait to have one delivered. Our criteria included that it had to have a backpack feature, had to be lightweight, and needed to produce wind speeds of 200+ mph. I'd hoped to find one that didn't require a pull-cord starter, but that was not an option among the ones that met our other criteria.



After some minor assembly and the addition of some pre-mixed fuel, it was ready to go. I did need help getting it on and getting the engine going, but once it was in place, it was comfortable, and the power at your fingertips was

exhilarating. If you haven't used one of these devices, I should warn you, there is a bit of an addiction that comes from wielding all that power. Leaves flying, dirt blowing, acorns exploding into the air... it's thrilling! After about 30 minutes, the thrill does wear off, but that 30 minutes of enjoyment is topped off with the pleasure of seeing your walkways cleared and inviting. I figure it has a short payback because it cost \$179, and used only a few tablespoons of fuel. So, if you are tired of sweeping, raking, or slow-blowing your yard, check these devices out!

Ladies in Stride, Inc.

On Saturday, September 23, Ladies in Stride, Inc. celebrated their 6th Anniversary & Founder's Day at the Evergreen Resort in Stone Mountain. Ladies in Stride, Inc. began in Tucker, GA in 2011 and now has members in 21 states across the United States, including Hawaii! And one member is in the Bahamas! L.I.S. is a diverse, Christian-based organization that focuses on increasing public awareness of the importance of women learning to reduce their stress levels and take better care of themselves in order to avoid chronic illnesses. L.I.S. members are 13 years old and up. Ladies in Stride is very active in the community, participating in walks, donating to shelters, and planning fun, encouraging outings with their fellow L.I.S. sisters.



During our 6th Anniversary Celebration, Dr. Donald Hanchett, the Medical Advisor for L.I.S.; Pastor Jesse Curney, III, L.I.S. Spiritual Advisor; Mrs. Sharon Ricks from the U.S. Dept of Health & Human Services and Mr. & Mrs. Frank Auman, Mayor of Tucker, Georgia came out to participate in the festivities and join in on the group photo. The Founder of Ladies in Stride, Inc is Mrs. Geonice Hanchett. L.I.S. is a distinguished organization and is open to all positive spirited ladies. You may become a member at www.ladiesinstride.com

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ROTARY: MAKING A DIFFERENCE By L.A. Dison

Stone Mountain and Tucker Rotary Clubs

Rotary Clubs of Tucker and Stone Mountain Offer Support to Disaster Survivors

Hurricane Irma may have disrupted everyone's regular schedule in September, but the Rotary Clubs of Tucker and Stone Mountain didn't let a little wind and rain slow them down too much. Other than cancelling the Stone Mountain meeting that week (keeping members safely off the roads as Irma whipped through town), it was business as usual.

In the wake of what seemed like an endless line of hurricanes plus the massive earthquake that hit Mexico, Rotary District 6900, of which the Tucker and Stone Mountain clubs are members, quickly started work on organizing disaster relief. Several funds were set up to collect monetary donations, and many club members donated personally in addition to funds donated by the individual clubs. Donation information can be found at rotary.org/en/rotary-helps-disaster-victims. The clubs also helped Tucker-based non-profit Friends of Disabled Adults and Children (FODAC), which worked onsite in Houston to coordinate collection and distribution of home medical equipment such as wheelchairs to those recovering and in need. The Tucker club held a service day at FODAC's warehouse to sort and pack medical supplies and equipment, which was then packed in shipments headed to Puerto Rico and the USVI, or distributed to evacuees temporarily settled in Atlanta. The media may have moved on to other topics in world news but Tucker and Stone Mountain Rotarians continue to keep these communities top of mind with on-going relief efforts and donations.

Each week, Rotary clubs across the globe attract to their weekly meetings a diverse range of speakers from many different industries and organizations. The clubs of Tucker and Stone Mountain are no exception, and over the past few weeks each club hosted leaders who shared information about their exceptional experiences or unique occupations. The Stone Mountain club was visited by mentalist Mark Johnson, who amazed members with his feats of mental agility; Doug Ellis, a pilot who told stories of his work flying patients for Atlanta's Angel Flight Soars; and author and military veteran Lee Stuart, author of the book, *Boomer: One of the Unwanted*, about the life-saving love of a Black Lab mix. The Tucker club met Cindi Johnson, executive director of Side by Side Brain Injury Clubhouse, and learned about the extraordinary work being done there to support the recovery of those who have experienced traumatic brain injury.

The Stone Mountain club meets every Tuesday for noon lunch in the fellowship hall of Stone Mountain First United Methodist Church; the Tucker Club meets every Thursday at noon in the fellowship hall of First Christian Church of Atlanta in Tucker. Visitors and those interested in learning more about Rotary are welcome to attend as a guest of either club. To learn more about the clubs and their upcoming programs, go to: stonemountainrotary.org or tuckerrotary.org, or follow the clubs on Facebook and Twitter.

Rotary Electronics Recycling Day: November 11

The Rotary Clubs of Tucker and Stone Mountain will host an Electronics Recycling Day November 11, from 9:00 a.m. to 2:00 p.m. at the Handy Hardware – Ace Hardware Tucker in the Town Square Center at 3969 Lawrenceville Highway.

The event benefits Friends of Disabled Adults and Children (FODAC). Working and non-working electronics (with the exception of CRT monitors) will be accepted for recycling at no charge, but participants are encouraged to make a donation to FODAC.



The clubs will also be accepting donations of gently used durable medical equipment (DME), such as wheelchairs, walkers, crutches and shower benches.

Funds raised from the event help support FODAC's main program supplying DME to the mobility impaired and their caregivers, at little or no cost to the recipients. More details can be found at fodac.org or by calling (770) 491-9014.

Smoke Rise Preferred Contractor's List

If you are looking for reliable people to build decks, paint, do electrical, plumbing, interior design and many other services, then request a copy of this list as a potential starting point. We maintain a free listing of contractors and other service providers that your neighbors have used successfully. If you want a copy of this list, please email Jim Farmer at: jimfarmer@live.com or call him at (770) 939-8949. We also ask for your feedback. Tell us about a contractor or service provider that you have used with opinions about their work. This information will be useful for future revisions of the list.



NEWS YOU CAN USE

By Aviva Hoffmann

SPLOST & EHOST on the November Ballot

On November 7, voters have a chance to weigh in on whether to approve a SPLOST and whether to suspend HOST and replace it with an EHOST.

The first question will be whether an equalized homestead option sales tax (EHOST) be levied and the regular homestead option sales tax (HOST) be suspended for the purposes of reducing the ad valorem property tax millage rates levied by the county and municipal governments on homestead properties. Approval of EHOST in DeKalb would mean 100 percent of its proceeds would be used to reduce our property tax bills. Currently in DeKalb, 80% of HOST revenue is used to reduce the county portion of homeowners' property tax bills, and 20% is distributed among cities and unincorporated governments for capital improvements.

The second question will be whether a one percent special purpose local option sales tax (SPLOST) shall be imposed in the county for a period of six years. (Excluding unprepared food and medicine.) The county estimates SPLOST could bring in hundreds of millions of dollars for roads and transportation projects, public safety projects, and the repair of capital outlay projects. Proceeds would be distributed proportionately by population – estimated at approximately \$388 million for unincorporated DeKalb and \$249 million for city governments in the county.

Tucker projects would be funded from its share of SPLOST proceeds collected during the six years (estimated at more than \$30 million). Those funds would consist of (1) at least 65% of the proceeds for roads and drainage; (2) at least 20% of the proceeds for multi-modal transportation consisting of sidewalks, paths, and bikeways; and (3) up to 15% for projects for fire facilities and citywide safety equipment, capital outlay projects for the parks and recreation system, and capital outlay projects for public facilities.

DeKalb County's government, which is separate from the school system, has never had a SPLOST. Several other counties in the metro area have local option sales taxes, including; Cherokee, Clayton, Cobb, Douglas, Fayette, Forsyth, Fulton Gwinnett and Rockdale counties. If SPLOST passes, DeKalb's sales tax rate will increase from 7% to 8%. That is comparable to the current sales tax rates across metro Atlanta. (City of Atlanta: 8.9%, Clayton County, 8%, Fulton County – outside of Atlanta: 7.75%, Gwinnett & Cobb Counties: 6%) Of the current 7% sales tax in DeKalb County, four cents of every dollar goes to the state of Georgia. One cent goes to public school infrastructure through an education SPLOST, one cent to MARTA, and one cent for the homestead option sales tax (HOST).

Georgia's SPLOST law requires annual auditing, separate from the rest of the county's finances. Additionally, the county must report on every project's current cost, its original cost, its total estimated cost, the amount spent in the prior year, the amount spent in the current year and estimated completion dates. DeKalb also has an independent auditor to keep watch over taxpayers' money.

The SPLOST and HOST are paired together on the ballot. That means both must pass to be enacted. If voters reject either one of these changes to DeKalb's tax structure, they both fail and nothing changes.

All persons desiring to vote in favor of levying the taxes shall vote "Yes," and persons opposed to the levying of the taxes shall vote "No." If more than one-half of the votes are cast in favor of levying the taxes, then both of the taxes shall be levied in accordance with applicable state law, otherwise the taxes may not be levied. Finally, unless both the EHOST and SPLOST are approved, then neither sales and use tax shall become effective.

The polls open at 7:00 a.m. and close at 7:00 p.m., November 7, 2017.

For more information on the DeKalb County SPLOST, go to www.dekalbsplost.com.

For more information about the election, go to www.dekalbvotes.com.

Note: this is a DeKalb County issue being voted upon, not just a Tucker issue! The polls open at 7:00 a.m. and close at 7:00 p.m., November 7, 2017.

HEALTH NOTES:

by Cheri Schneider, M.D.

SLEEP APNEA, WHAT IS IT?



Do you or a family member snore? Have you ever wondered if you have 'sleep apnea'? Although this will be a brief overview, I thought this topic needed to be on our collective radar, because the consequences of not knowing can be serious.


Sleep apnea is a condition seen in about 5% of adults, often around the age of 55-60. It is less common for children, but possible to have the condition. Apnea literally means ('a'-not, 'pnei'- to breathe), or 'not to breathe'. It is often characterized by loud snoring during sleep and is followed by pauses in breathing or multiple shallow episodes of breathing that can last seconds to minutes at a time throughout sleep. During a pause, carbon dioxide levels build up in the blood stream. When a critical level is reached, the brain is triggered so that the person begins to wake up and start to breathe again. When breathing resumes, choking or snorting may be heard. Oxygen levels gradually return to normal until the next episode occurs. It is not uncommon to stop breathing hundreds of times a night!

Strangely enough, many people with sleep apnea do not know they have the condition. Probably because they are asleep, right?? Often a family member observes the pauses. Because the patient doesn't fully awaken during the episodes, he may wonder why he is so tired in the morning. The patient may also have morning headaches, dry mouth and sore throat. Often he will have excessive daytime sleepiness, difficulty staying alert or concentrating, or other conditions such as hard-to-treat high blood pressure that take him to the doctor. Other symptoms may be depression, moodiness and irritability or waking up often to go to the bathroom.

The most common type of sleep apnea is called 'obstructive' sleep apnea and accounts for 84% of cases. Caused by obstruction, narrowing or blockage of airways, this is more often seen in patients with a small airway, large tonsils or adenoids, obesity or a 'fat neck'. Other risk factors are being a male, Hispanic or African American, having a small jaw, sinus problems or allergies, a deviated nasal septum, being a smoker or having a neck size over 16-17 inches. Use of alcohol, sleep medicines or sedatives can contribute to the situation.


The formal diagnosis of sleep apnea requires a trip to a physician who is a sleep specialist. He will usually ask you about your sleep habits and do a physical exam. It is a good idea to bring a sleep diary with you and notes from family members that may sleep in the same room. A formal sleep study, done in a special sleep laboratory or screening by using a portable home monitor is usually needed to make a diagnosis. Oxygen levels, chest movement, heart rate, movement of air through the nose, and sometimes, brain waves and eye movements are monitored. At least 5 episodes of apnea, or pauses per hour must be present to diagnose sleep apnea. During a sleep lab study, if the diagnosis is obvious during the first part of the night, a special breathing machine may be used during the rest of the night and the airflow levels adjusted.

Why is it so important to know if you have sleep apnea? The bottom line is that untreated, sleep apnea can increase your risk of high blood pressure, stroke and heart attack, and it can increase 'all cause' mortality. This means, by having sleep apnea, you have a greater chance of dying... period! This is especially true in men. There is also a risk of injury to yourself and others if you fall asleep at the wheel of a moving vehicle or while using machinery. Next month I will go over the treatment of sleep apnea and some ways to decrease your risk of getting it. Until then, sleep well!



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Senior Connections Raising Funds for Chillers

Senior Connections, a local non-profit organization providing home and community-based services to seniors in metro Atlanta and middle Georgia, has launched a GoFundMe campaign to purchase two blast chillers for its corporate headquarters. The industrial-grade equipment is used to process and store meals created in its kitchens as part of the organization's Meals on Wheels program, which prepares and delivers 15,000 meals per week throughout Metro Atlanta to individuals, senior centers, adult day cares and senior residential living facilities.

"Our meal delivery service keeps healthy thousands of seniors across Atlanta," said Debra Furtado, CEO of Senior Connections. "Many of these seniors are living alone and unable to go to the grocery store or prepare their own meals. Our deliveries ensure they have at least one filling and nutritious meal each day but they have to be delivered frozen so they can be stored and heated later. Without a blast chiller, we cannot ensure the food can be safely prepared, stored and delivered – and unfortunately both of our 20-year-old blast chillers have reached their end of life and can no longer be economically or reliably repaired."



(Left to right) Matt Holmes, City of Tucker communications director, and Frank Auman, mayor of Tucker, tour the kitchen facilities of Senior Connections including one of the blast coolers.

Senior Connections prepares individual fresh meals in its kitchens each day, but meals are delivered frozen to clients a week's worth at a time. In order to move food from serving- to storing-temperatures quickly and safely, the individual servings are placed on racks and then rolled into blast chillers, where they are blast-frozen in a process which pushes cold air at a high velocity across the packages. The meals are quickly frozen to temperatures below 40° so as to protect from microbiological dangers such as bacterial multiplication and environmental contamination. The equipment used in this process is expensive; the walk-in models installed in Senior Connections' kitchens cost around \$25,000 each and both current models need to be replaced.

The units need to be replaced quickly, and Senior Connections has launched a GoFundMe campaign to quickly raise the funds to purchase and install two new blast chillers. Those wishing to help support the program can donate through the GoFundMe site, through Senior Connections website or by mailing checks to Senior Connections at 5238 Peachtree Road, Chamblee, Georgia 30341. (Please note freezer in the memo field.) Call Senior Connections directly at 770.455.7602 with questions or to make a donation.

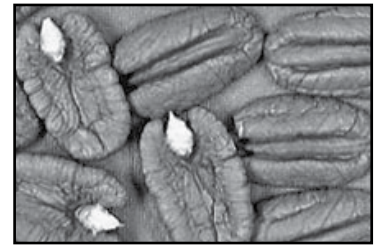
ARTucker...continued from page 1

audience will be able to experience a lump of clay transformed into a beautiful bowl or mug," says Patty Young, event organizer.

Another art demonstration will be provided by Wendy Tonsitis, the owner of Amalgam Arts. She will be leading a workshop on how to make a cuff bracelet out of copper so that attendees can discover their own artistic voice and make their own bracelet. There is an additional cost for this workshop. Wendy will be displaying her metal-smithing and jewelry-making talents, as well as those of her students.

ARTucker, in its third year, has successfully found a way to bring art into the forefront of conversation, and give artists an opportunity to connect with one another and with the public. For more information about this event, contact artuckerga@yahoo.com.

Georgia Pecans for the Holidays – Order Now!



The Mountain Shadow Garden Club (MSGC) is pleased to announce its 2017 "Georgia Pecans for the Holidays" sale, our annual fall fund raising event. "Our supplier this year will be Stone Mountain Pecan Company," said MSGC president Jeff Raines. It has been a difficult year for some growers due to weather, but the crop quality will continue to be high.

Here are the product choices, package sizes, and prices:

- Fancy Pecan Halves, 12 oz. package --- \$8.00
- Chocolate Covered Pecans, 8 oz package --- \$5.00
- Roasted and Salted Pecans, 8 oz package --- \$5.00

Long-standing customers know "You Can Taste the Difference!" in freshly harvested pecans. It's a local tradition.

We recommend orders be placed in advance with a member of MSGC. Please email msgcpecans@gmail.com or call us at one of these numbers: 404-296-7317, 770-923-9762, 770-469-5376, 770-879-6116, or 404-915-7132.

After mid-November, MSGC pecans that were pre-ordered may be picked up at the following locations. Pecans will also be available for purchase from MSGC members until supplies run out.

The Garden Enthusiast, 2316D Main Street, Tucker, GA 30084 Phone 404-474-7072

Hall's Flower Shop, 5706 Memorial Drive, Stone Mountain, GA 30083 Phone 404-292-8446

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November 6th-18th

The Garden Enthusiast on Main Street will host a mini auction featuring items from the former Hearth and Patio store. Items include fireplace screens, andirons, fireplace tools, log holders and more.

Proceeds support Friends of Kelley Cofer Park

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Dr. Nicole Aponte

Mountain Mums Go 'Scientific' Over Orchids

The Mountain Mums met at member Jody Currie's house October 11. The club was delighted to have a very interesting and 'scientific' talk by one of their own, Lynn Malone. Lynn has a B.S. in Horticulture and a Masters degree in Plant Pathology. She worked for 30 years at Emory doing animal tissue culture and is now retired. Lynn now uses her laboratory skills at the Atlanta Botanical Garden's (ABG) where she volunteers at the orchid greenhouse. Even though the ABG does *not* grow the orchid by tissue culture (basically, cloning a plant), Lynn uses her skills in the laboratory to help grow them from seed.

Lynn showed samples of orchid growth. First, the seed is handled in a sterile manner and washed in a bleach solution. The seeds are rinsed and dried. When dry, the seed is put onto growth media that has been made in a sterile environment. The seed is so tiny that it looks like sand. It takes six to seven months for the seed to grow into a size that can be planted in tiny egg carton sized pots filled with moss and nutrients. These plants are then babied for up to two years before being planted and displayed in the orchid conservatory. During this time, they receive nutrients, ideal humidity and light conditions. Each plant is numbered and labeled and the information is entered into an elaborate computerized 'inventory'.

The ABG has an outstanding variety of orchids that are regularly rotated into the conservatory for display. It takes about five years for an orchid to go from seed to bloom. After they bloom (some bloom for months), they go back to the greenhouse until they bloom again. The orchids are repotted about every two years into mossy material. Orchids do not need soil, but they do need very loose, well draining environment and nutrients. They also need very little water. Some actually absorb water from roots that are exposed to air.

The Mountain Mums were excited to hear that the Atlanta Botanical Garden has a plant sale (Orchid Days) every spring where one can buy 'gently used' orchids for very good prices. Many unusual varieties are available to the public.

The Mums had fun in September at the Brookside Assisted Manor making dried flower sun catchers. Thanks to Rene Boven and the six ladies who helped! They plan another wonderful time with our Brookside friends in November, when they will be making pinecone turkeys.

The Club will be joining the DeKalb Federation of Garden Clubs on November 10 for the Leading Lights Luncheon fundraiser.

If any of these activities interest you, please join us at 9:45 a.m., November 8 at the home of Kelley Samaras for our next meeting. Our Program will feature a speaker from the Atlanta Begonia Society. Call Debra Jones, membership director at 678-381-1648 for details.



Beth Henson, Lynn Malone (member/speaker), and Jody Currie

Smoke Rise Garden Club

The October meeting of the Smoke Rise Garden Club was in the home of Usha Ramakrishnan with Pat Mitchell and Paula McEvoy serving as co-hostesses. The speaker was Smoke Rise resident, Jim Tucker. Jim has developed a love affair with wild orchids that he became acquainted with while stationed in the Pacific in 1944. His continued interest in orchids was their challenge and diversity.

Next month's meeting will be at Deb Christensen's home. We will decorate shoe boxes and be filling them with gifts for children spending Christmas at the Children's Egleston Hospital. For those coming to help, please wrap lids and boxes separately. Bring toys, coloring books, etc., appropriate for ages 5 through young teens.

Anyone interested in joining our club, contact Jane Culbertson at 770-938-3060.

Errata: last month I wrote that Deb Christensen and I planted Whopper begonias and sweet potato vine at Fire station #5 in Tucker! It should have read Deb Christensen and Denise Finley ... sorry, Denise!



Jim Tucker

Mountain Shadow Garden Club Backyard Beekeeping Program

The meeting of Mountain Shadow Garden Club (MSGC) on Monday evening November 13 will feature a program on "Backyard Beehives" by Valarie Nichols of Tucker. She will explain the workings of a honeybee hive in the garden and how it can be a very favorable boost for any garden within a 3-mile radius. She will have a beehive (without the bees) and beekeeping equipment for hands-on demonstration.

A native of Texas, Valarie had a great curiosity for the natural world as she grew up and developed an interest in insects and particularly honeybees. She has been a Tucker-area resident for 15 years and works as a free-lance Graphic Designer/Illustrator. While she has always been an avid gardener, a friend gave her a Beekeeping Short Course as a birthday gift and she has now has eight years of success in backyard beekeeping.

"My gardening skills have expanded to make certain I have year-round food and host plants for all pollinators. The use of chemicals and pesticides is taboo in my garden," Valarie states. "Every insect in my lawn and garden serves a purpose and so all are welcome."

She notes that the honeybee is Georgia's official state insect.

In 2014, Valarie was asked to design the pollinator garden plan of Kelley Cofer Park and include a list of food and host plants for that garden. The list of plants she provided was adopted by the Parks Department and added to their permanent list. She designed the plan for the courtyard of the Tucker Recreation Center on Lavista Road, which is an ongoing project including many pollinator plants and fruit trees. She is also a founding member of Tucker Orchard Guild.

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



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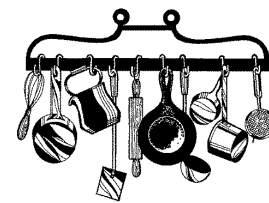
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HODGE PODGE



By Jenny Hall

Thanksgiving dinner is a really tough one for people on special diets. Everyone now a day is on a special diet it seems. I've learned to deal about gluten and lactose free, but now I have to add in vegan. Boy howdy, that is a hard one! This means no animal products--including eggs, milk and cheese. I pretty much could live on eggs, milk and cheese if you throw in a vitamin pill and veggies. So I looked around and tested a few recipes, and found this terrific side dish that will suit every diet and is delicious and not super hard. If you're not a lentil fan, skip this one. You can't please everyone at Thanksgiving anyway, so tell all the whiners that dinner is at their house next year. You will bring tofu turkey loaf.

Lentils with Roasted Onions and Pears

1 cup red lentils
2 large red onions- cut into chunks
2 very firm pears- cored and cut into 8 wedges each
4 tablespoons olive oil
2 tablespoons margarine or butter
1 tablespoon lemon juice
Salt and pepper

Rinse the lentils, cover with water and bring to a boil. Lower the heat and simmer covered until barely tender, about 20 minutes. While they are cooking, preheat oven to 400 degrees. Drizzle about 2 Tablespoons olive oil in roasting pan and add onions, tossing to coat with oil. Roast onions about 40 minutes and rotate pan once in a while until they start to color. By now the lentils are done, so drain them in a colander and let them sit until coolish. Take out a large frying pan and add 1 tablespoon olive oil and the butter. Bring to a sizzle and add the pear wedges. Fry gently, turning, until they are just golden. Remove from pan and place in serving platter. If onions are roasted enough, add them to the platter as well. To the same frying pan you cooked the pears in, add the last tablespoon of oil and plop in those cool lentils. Season with salt and pepper and cook over medium heat until there is no steam. They'll separate a bit and you can stir them around until they are to your liking - very done or just heated up and dried out a bit. Scatter the lentils over the pears and onions and gently distribute until it looks pretty. Drizzle a little lemon juice over and serve immediately or at room temperature. This is supposed to serve four, but I ate half of it myself. With a rice dish, this is a complete protein and just delicious. I'll make this over and over again...it's that good.

The same day I made the above recipe, I decided that if I was going to just pig out, do it properly. So I decided that sweet potato pie would do the trick. I like sweet potato more than pumpkin actually, and this topping was heavenly. Make the pie from scratch, or just buy a frozen sweet potato pie, cool and cover with topping. I ate about half the topping also.

Whipped Cream Marshmallow Topping

1 cup heavy cream
2 Tablespoons powdered sugar
7 ounce jar marshmallow cream (that's about 1 1/2 cups)

Beat the cream with sugar until it's just barely thick... kinda like runny pudding. Add the marshmallow cream (Sticky job here and don't worry if the whole jar isn't used... the original recipe just used one cup. You can't go too wrong here.) Whip until it reaches nice stiff peaks, just like regular whipped cream. This cream topping is somewhat stabilized now and holds up pretty well instead of just oozing all over the place. And it's yummy. You'd never guess the marshmallow is in there at all. It is wonderful on pie, spice cake or gingerbread.

And to add the perfect touch to Turkey Day meals and future sandwiches, this is my all time favorite.

Cranberry Relish

1 bag fresh cranberries, 1 1/2 cups brown sugar, 1/2 cup orange juice, 1/3 cup Grand Marnier, 2 cinnamon sticks, 1/8 teaspoon black pepper and 1/8 teaspoon pumpkin pie spice. Combine all in large pot and cook over medium heat about 30 minutes until cranberries soften. Let cool 1 hour, taste and add more orange liquor or pepper if you like. Toss cinnamon sticks so you don't eat them.

Have a wonderful Thanksgiving and be thankful you aren't having tofu turkey.

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