

SMOKE SIGNAL

VOLUME 55, ISSUE 8

Serving the Smoke Rise Community since 1968

November, 2022

www.smokesignalnews.com



What You Need to Know About the Referendum that will Appear on the November 8 Ballot

Currently, DeKalb County is responsible for construction and maintenance of Public Works in Dekalb County (including Tucker). This includes works such as asphalt patching, pothole repair, traffic signals and signs, bridge maintenance, sidewalk and curb repair, right of way repair, and stormwater infrastructure/catch basin repair.

The referendum asks residents of Tucker if we want to authorize Tucker to construct and maintain our OWN public works instead of relying on DeKalb to continue to do this.

If the referendum passes, overall property tax on an average \$325,000 house would go up about \$94. In return, Tucker will prioritize deferred public works and focus on key repair needs in the first year. In year two, Tucker City Government focus will be reducing Public Works service times by 50% or more.

Bottom line: FIX deferred and important key repairs in the first year. Do the work 50% quicker in year two. For more information, visit Tuckerga.gov.

THE REFERENDUM APPEARS LIKE THIS:

(It is the last question on the ballot)

Transition of Public Works Services from DeKalb County to City of Tucker

(Vote for One)

“Shall the City of Tucker be authorized to directly provide road construction and maintenance including curbs, sidewalks, street-lights, devices to control the flow of traffic, and stormwater management rather than rely upon DeKalb County to provide such services on its behalf and to levy and collect ad valorem property tax at a millage rate not to exceed 3 mills simultaneous with the ending of the collection of DeKalb County road and transportation special district ad valorem property tax?”

Yes No

Tucker CID

The Tucker-Northlake CID newsletter for August 2022 is worth reading! It covers all you want to know about the work going on behind LOCAL 7 off of Main Street Tucker. The concept is gorgeous! It will make us all want to walk, eat, sip and congregate in our downtown outdoor areas.

Excerpts from the newsletter include:

“Funded by the City of Tucker through SPLOST, segment 1a was designed by KAIZEN Collaborative with assistance from the Path Foundation”. They are going to match the existing brick on the project. 31 new streetlights are going in! And they will match existing decorative streetlights. Alleys will have benches and bike racks. See <https://tuckerpath.org/>

First Lady Gaye Auman sent the second link. It is a conceptual flyover of downtown Tucker. This was created in 2021, and gives an idea of what it would potentially look like. https://drive.google.com/file/d/1D-3yr_IBMIL3TYinuJLEo-n8pltu8M8A/view

The Tucker-Northlake and Stone Mountain CIDs are on FIRE!! Each month they publish a newsletter that should make Smoke Rise, Stone Mountain and Tucker PROUD! Google the CIDs and subscribe! (Free).



Look inside for...

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Probst Memorial Dedication



The Probst Memorial Dedication Ribbon cutting on October 22, 2022 with Gail Probst, SR resident and wife of the late Bill Probst who developed Smoke Rise. The memorial was funded through private donations and a grant from DeKalb commissioner Lorraine Cochran-Johnson’s office. The entire project was coordinated by the City of Tucker

An Attitude of Gratitude

by Victoria R. Crosby

An attitude of gratitude is really all you need, as being thankful for what you have will help you to succeed.

Every day should be a day of thanksgiving for no matter what your circumstance, be grateful you are living.

Life is short and you are blest if you have food to eat and a safe place to rest, family and friends to support you in times of despair, and love you through all you do, good times and bad to share.

So no matter who you pray to, or even if you don’t believe by giving thanks for all you have, great blessings you will receive.

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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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Views and/or opinions expressed in articles, stories or letters published in this newspaper are not necessarily those of the Smoke Signal or its staff. The information contained in it is believed to be accurate, but not warranted in any way. It is the policy of the Smoke Signal to publish signed letters to the Editor. We will not publish unsigned letters, but will withhold the writer's name upon request. All content may be edited.

Preferred Formats for Smoke Signal Submissions

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

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

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
 The Smoke Rise Community Garden on Hugh Howell Rd.

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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 Link to the digital version of the Smoke Signal at:
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2022 Patrons of the Smoke Signal

The *Smoke Signal* volunteer editors and staff would like to thank our 2022 Patrons of the Paper. Your generosity is appreciated! These donations permit us to keep our advertising rates as low as possible and the quality of the paper high. If you would like to join our Patrons, we welcome that financial support. Checks should be made payable to Smoke Signal and in the For line: Patrons of the Paper.

If you would like to join your fellow neighbors as patrons, all you have to do is to send your contribution to the Smoke Signal, P.O. Box 763, Tucker, GA 30085. Your check should be made out to the Smoke Signal. The subject line should say, "Patron Contribution."

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- Joel and Susan Gilbert
- Graham and Penny Stovall

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- Victor and Theodora Economy
- Bob and Barbara Bruschi

Bronze:

- Betsy and Lee Allen
- Stone Mtn Woman's Club
- Bill and Les Woulfin



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**.



ATTENTION ADVERTISERS:

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

Dr. Chris George: Senior Pastor
 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
 Danny Vancil, Minister of Music & Worship
 Hannah Vassar: Minister of Youth and Congregational Connection
 Rashette Walker: Director of Weekday School
 Denise Burcham, Director of Academy of Arts
 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/

WEDNESDAY

5:00 p.m. - Attend our Wednesday Dinner
 6:00 p.m. - Followed by activities and Bible Study for all ages
 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
 Interim Director of Music/Organist ~ Carole Mitchell
 Financial Coordinator ~ Jan Zabarac
 Director of Weekday Ministries ~ Celeste Sears
 Office Coordinator ~ Christina Wetzel-Sizemore
 Music Interns ~ Elizabeth Daly & Jose Azurdia
 5801 Hugh Howell Road ~ Stone Mountain, GA 30087
 770-469-4881 ~ www.eastminster.us

SUNDAYS

9:15 a.m. Adult and Children's Sunday school in person and via Zoom
 10:30 a.m. In-Person and Live streaming of Worship service
 Child care is available for young children during the Sunday school and worship times.

EPC Outreach Blood Drive is October 2nd, 8:30 a.m. - 1:00 p.m. in the LifeSouth Bloodmobile.

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:

10:00 a.m. Coffee and donuts
 10:30 a.m. Worship service (in person and online)

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 10:30 a.m.
 Thursday Neighborhood Bible Study with Pastor Mo: 10:00 a.m.
All Welcome!

In-person and streaming online on Facebook and mwchurch.com

Looking for a way to give back to your community?

THE SMOKE SIGNAL is looking for a few more writers or people with a passion for storytelling.
 Contact: staff@smokesignalnews.com

How the ART Station Came to Stone Mountain *by Victoria Crosby*

It was fate that brought the ART Station to Stone Mountain, when by serendipity David Thomas, the founder and Artistic Director, happened to take the wrong exit on the way to Stone Mountain and ended up in the village, and saw the energy of the arts at a festival that was in progress at that time.

David Thomas has two Masters of Fine Arts degrees from Virginia Tech, and was on a three-year program assigned to various theaters. While he was doing research, he came across a building in 1986 at a DeKalb County meeting work session. He spent two years as Grants Director to an art organization, while writing a business plan to start his own organization. The founding group, which Thomas put together, consisted of artists and community leaders and local government, completed a 3.5 million dollar campaign to purchase and renovate the historic Old Trolley Car Barn, which had been built in 1913 by the Georgia Railway and Power Company, into a contemporary Arts Center. The ART in ARTstation has a double meaning, apart from the obvious, it stands for Atlanta Rapid Transit. DeKalb County bought the building in perpetuity and gifted it to his group, and paid all utilities.



The building was in terrible shape, according to Thomas, and they had to raise \$100,000 for removal of asbestos which had soaked into ceiling, and then another \$50,000 to encapsule cinder blocks. The Woman's Club of Stone Mountain was extremely helpful in cleaning and painting.

The recession of 2007 saw a huge campaign to save the ART Station, and in 2012, there was another capital campaign for new seats, plumbing and electric equipment.

The ART Station is now in its 35th year. It was closed during COVID for eighteen months, and during that time offered free virtual programming and was able to survive due to their grant funding. "ART Station is my baby." Thomas told me. "I founded it in 1986 and I have a huge passion for the arts, especially with children, one of our missions is to teach children." The credentials and experience of David Thomas is too long a list for this article. Suffice it to say that Stone Mountain is very fortunate to have him, and Michael Hidalgo, Producing Director, as such a creative team.

In addition to wonderful theater productions the ART Station offers classes for adults and children, art exhibits, art space for local artists and a gift shop where local artists and writers work can be purchased, including my inspirational poetry books.

Since moving to Smoke Rise a year ago, I have seen three productions so far at the ART Station and enjoyed them all immensely. I look forward to the exciting new season in 2023.

For further information visit artstation.org.



There are three separate exhibit galleries in ART Station. The gallery downstairs, on the main level, usually features solo or small group shows. At the top of the stairs, there is a space which displays a variety of crafts in an invitational exhibit that is ongoing. Work in this space is available for immediate purchase, and new inventory is continuously added. Just beyond the craft exhibit, is the largest gallery, where juried member exhibits are hung several times each year, along with other group or special exhibits. Finally, more of a museum than a gallery, a portion of ART Station's superb permanent collection of work by Georgia artists is displayed down the rear hallway and in the upstairs conference room.



NOW SHOWING!! ALL THAT GLITTERS! Through December 18. The Gallery at ARTStation and Tucker Arts Guild present a Juried Exhibition and Competition.

ART Station Theatre

2022-2023 Theatre Season

The Honky Tonk Angels Holiday Spectacular by Ted Swindley December 7-18, 2022 ...and save the country at Christmas	The Pink Unicorn by Elton Fisher Cole February 9-12, 2023
The Savannah Strapping Society by Jamie Wooten, Jesse Jones, Nicholas Hope April 6-23, 2023	Dear Camp Written by Gene Jones, Music by Doug Spartz June 8-25, 2023
Beyond The Sea: The Bobby Darin Songbook by Rebecca Hopkins, Richard Hopkins, and Catherine Rondizzo. With arrangements by Jim Prosser July 20 - August 6, 2023	

5384 Manor Dr., Stone Mountain, GA 30083 ARTSTATIONLONG 770-469-1105

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We Need YOU!
Smoke Rise - this is YOUR paper!

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

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

Contact us today. staff@smokesignalnews.com

Smoke Rise Country Club Invites the Community

What's something fun to do with friends while getting your holiday shopping done? Our very own Smoke Rise Country Club welcomes the community to join us Sunday, November 13th 11am - 6pm for the highly anticipated **Sip N' Shop Holiday Market!** If you aren't yet a member, or haven't visited the Club before, this is a perfect opportunity for you to come visit this hidden gem tucked away in Smoke Rise and spend an afternoon with us in our beautiful recently updated Clubhouse. You can expect Signature Holiday Drink Specials with a Mimosa Bar, Bloody Mary Bar, and light festive snacks to enjoy while you shop. We'll have vendors from all over the city coming together for this event to offer a wide variety of gift ideas for the whole family. To purchase a booth and find out more details contact Rosa Garcia at rosegarcia302@gmail.com or call 404-553-6841. Cheers!



Smoke Rise Prep School Fundraising Team is having their **Chili Cook-Off** on Sunday, November 13th from 2-5pm, hosted by Smoke Rise Country Club! Do you think your favorite chili recipe has what it takes to bring home a cash prize? This is your chance to show off your chili culinary skills, enjoy some friendly competition and raise money for a good cause in our community. All proceeds from the competition go to the school. Smoke Rise Country Club will have beverages available as well while you taste and judge who has the best chili. To purchase tickets (or enter the Chili Cook Off, contact Becca Hales at becca@smokeriseprep.org or call 404-966-9911.



A Whole Lot of Christmas

Fall is in the air in our Smoke Rise Community, and the Christmas season is right around the corner. The neighborhood elves are busy helping with preparations for this year's Christmas lights display, including a few surprise additions! Santa Claus has marked his calendar and will return to take photos with visitors in his sleigh on Friday and Saturday evenings. Also, as in years past, donations will be collected for the Make-A-Wish Foundation. Since 2012, a total of \$61,285.08 has been collected for charity. This year we are hoping to surpass last year's total of \$13,124.95 and fund another wish for a local child. Please be sure to come by *A Whole Lot of Christmas is located at 1833 Smokerise Summit.* and enjoy the lights this year with your family and friends! The lights will come on in mid-November, so be sure to stop by to kick-off the Christmas season and to see if you can spot the new additions (hint - be sure to turn right on Trotter's Lane)!



Yoga At Smoke Rise Country Club by Victoria Crosby

Yoga class meets every Wednesday morning from 9.30am to 10.30am at the Smoke Rise Country Club and is open to members and non-members. All levels are welcome. I hadn't practiced Yoga in many years but find that Tracy Stroud, our instructor, is sensitive to each person's needs and abilities. Some are more flexible than others, some have better balance, and don't need a chair or the wall to lean on, but no matter your level the classes have something to offer for everyone.



Everyone does the best they can, and each week we get a little better. The benefits of yoga are well documented. According to the Harvard Health Publishing, practicing yoga helps with balance and posture, helps to relieve stress, reduction in migraine headaches, with fewer incidences of health complication such as osteoporosis. Yoga can also lead to, decreased heart rates and lower blood pressure, reduce back pain, increase bone and muscle strength.

There are health benefits for pregnant women, women going through menopause, and at all stages of life. Men are also welcome in the classes.

Tracy's goal as an instructor is to help you improve your flexibility, strength and mobility no matter your age or fitness level.

For further information, please contact Tracy at tstroud1@comcast.net.

An advertisement for 'Smoke Rise Agents' by PalmerHouse Properties. The background is a scenic view of a residential area with trees and houses. The text includes: 'Questions on the right time to buy or sell?', 'Call 770.573.9715', 'Smoke Rise Agents', 'PalmerHouse Properties', 'Powered by RE/MAX', and 'www.smokeriseagents.com - Team@SmokeRiseAgents.com'. The phone number '770.573.9715' is repeated in a large font at the bottom right.

Kanawha Kicks it UP!

by Susan Gilbert, Staff Writer, KCA VP

A few years ago, the Kanawha as a community was in decline. The entrance wall was unmaintained, cracked, and near collapse. The landscaping was not well kept, and house hunters were turned off by what they saw as they entered the community. Realtors reported this to neighbors who did not know what could be done. Since the Kanawah Community Association is not an HOA (it is simply a not-for-profit association that has no teeth to make people do anything) it seemed hopeless. The community association had thrived in the early years but had gone dormant. Active leaders had either moved away or grown so tired of the effort it took to keep it going, they had mentally just given up.

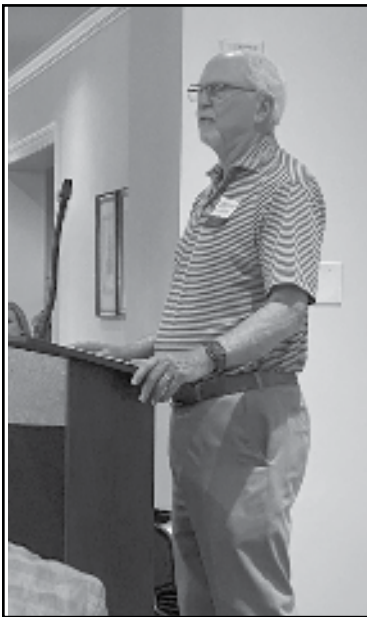
However, seeing the impending disaster, a few neighbors knew we had to act. Graham Felton agreed to be President. His neighbor, attorney Jeff Kelley, agreed to be Vice President, and we were off to the races. Amazing what some good leadership can do.

After about three years, we are pleased to report that we have turned the corner. We just held our wildly successful Annual Meeting at the Smoke Rise Country Club. Nearly 70 neighbors attended, and we had nothing but rave review of our progress. And the Club is on a roll as well with the million-plus dollar renovation ~90% complete and a new Executive Chef who put out an amazing display of food that was almost too beautiful to touch. But no one could resist.

If you haven't been to the clubhouse in a while, go check it out before initiations fees go up, which will happen in the near future. The renovated rooms are beautiful, the new flooring impressive, and I encourage you to make arrangements with the Membership Director to dine there. Especially if you had the impression the food was not up to par. It is now!

All this progress didn't happen without a lot of hard work. We have about 230 homes in Kanawha, and five years ago, few were paying any dues-- which is the only funding the association has to maintain the entrance. Today more than half of the homes are "Members" and of those, more than 60% pay an additional "Donation" to help keep us moving ahead.

Here are some of the steps we took that made a difference.



1. Jeff Kelley wrote Bylaws for us that we approved at the 2017 Annual Meeting.
2. He also created a KanawahCommunityAssociation.org website to help us communicate.
3. Bob Alvarez and I worked together on creating yard signs indication MEMBERS and DONORS. Block Captains were given the signs and posts along with a list of who on their block were Members or Donors, and they put out the signs.
4. I asked neighbors to serve as Block Captains and from the initial group of 10, we now have 18.
5. The Board Members and Block Captains formed three Committees: Entrance, Social, and Welcoming. That composed 34 people working in one of these capacities for KCA.
6. Treasurer is a key positing when you are dealing with people's volunteered money. That person must be able to keep up with who gave and how much and when and report on that regularly.
7. The Board Members must be "All In" to their positions and be willing to put in the work it takes to do each job. We have a President, VP, Treasurer, Secretary, Two Members-at-Large who pitch in where needed, and we have an attorney as an advisor.
8. I created a KCA logo for us to use and I work with our Block Captains to create a newsletter that goes out every other month. If you are interested, you can see them on our website.

There is more, but these are some highlights. I will report further on our accomplishments and activities in future articles. We hope what we have experienced will be of help to other Smoke Rise neighborhoods.

WEDDING



September 24, 2022 was a gorgeous fall day and perfect for the wedding of Brittany Scheivelhud and James Parker. They were married on the front lawn of Linda and John Karr of Kanawha, Brittany's grandparents. A special round arbor adorned with flowers was made specifically for the wedding by Brittany's father, Scott. The reception was held in the back gardens around the pool area. Brittany and James reside in Cumming.

Women of Empowerment Scholarship

The GFWC Stone Mountain Woman's Club will be awarding a \$1000 scholarship this fall. It will go to a deserving woman who is currently enrolled in a college, technical school or training program to complete her education. If you are interested in applying or if you know of someone who would be interested, please request an application from the club at info@stonemountainwomansclub.org. The deadline for applying is Saturday, November 19, 2022.

MAIN STREET THEATRE

Best Christmas Pageant Ever
Adapted from the children's novel by Barbara Robinson
 Nov. 4-19, 2022
 Tucker Recreation Center
 4898 Lavista Road, Tucker, GA 30084



The Best Christmas Pageant Ever

Showtimes: Fri, Nov 4 at 7:30 pm
 Sat, Nov 5 at 7:30 pm
 Sun, Nov 6 at 2:30 pm
 Fri, Nov 11 at 7:30 pm
 Sat, Nov 12 at 7:30 pm
 Sun, Nov 13 at 2:30 pm
 Fri, Nov 18 at 7:30 pm
 Sat, Nov 19 at 7:30 pm

Buy tickets at: <http://www.tuckertheatre.com>



November 19-27, 2022
 GA World Congress Center
 285 Andrew Young International Blvd NW,
 Atlanta, GA 30313

Kick off your holiday season with the Georgia Festival of Trees presented by Atlanta Gas Light! Sure to become a memorable family tradition for years to come, the festival features

a forest of dazzling Christmas trees available for auction, live music and entertainment, kids' activities and games, gift shops from local artisans, food and more. All proceeds from the event and holiday tree sales will benefit Wellspring Living, a local nonprofit organization that supports and serves survivors of human trafficking in metro Atlanta. Tickets now available at gafestivaloftrees.org

Large trees will be delivered on Monday, November 28th, and Tuesday, November 29th. Delivery will be based on geographic location. Small trees, wreaths, centerpieces, nativities, and gingerbread houses can be picked up after closing on Sunday, November 27th, and during the morning on November 28th. NOTE: We will have a convenient drive-up service for picking up items.

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Ask for Our

- *Couple's Weekend Planning Guide*
- *Inheritance Checklist*

Contact Randy Brunson:
 Email: rbrunson@centurionag.com
 Call or text: 678.478.5781
 Website: CenturionAG.com
 Home Office: 3900 Millstone Lane

We'd Enjoy Connecting With Our Smoke Rise Neighbors.

770.817.0525 | CenturionAG.com | 6340 Sugarloaf Pkwy., Ste. 120 Duluth, GA 30097

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HEALTH NOTES:

by Cheri Schneider, MD

**Dementia: Three Main Types
Memory loss is not a normal sign of aging**

Did you know that nearly 60 million people live with dementia? Most of us know or have cared for at least one person with dementia. Many of us dread or fear this and many assume it is a natural process of aging. Memory loss is NOT a normal part of aging.

Dementia is a term that describes the loss of the ability to think, remember and reason. There are three main types of Dementia: Alzheimer's Disease (AD), Lewy Body Dementia (LBD) and Vascular Dementia. Fronto-temporal and mixed dementias are also common. In the early stage, it is often difficult to tell which type of dementia is present because the symptoms are very similar in all three.

ALZHEIMERS DISEASE: Because 90% of all dementia is due to Alzheimer's Disease, many times this becomes the assumed diagnosis.

Alzheimer's is an irreversible, slowly progressive, terminal disease that is mostly seen in adults beginning in the mid 60s. Ten percent of cases are early-onset, occurring before age 65, and usually presents in the 40-50s. This type of AD is more likely to be due to a genetic mutation and may progress faster than late-onset type. The APO-E gene is one gene known to increase the overall risk of AD and can increase the risk of it occurring early. Having the gene does not mean you will develop AD, though. While no one has found the direct cause of AD, it is thought that it is a combination of genetic, lifestyle and environmental factors.

AD, like other types of dementia causes physical changes in the brain. Amyloid protein deposits and neuro fibrillary 'tangles' are classic signs seen on imaging and at autopsy. Drugs that cause amyloid deposits to disappear do not seem to reverse AD, but research is on-going. 'Gaps' are also present between neurons--and as the neurons die, the brain shrinks.

Symptoms of AD include slowly progressive loss of memory, loss of the ability to communicate and carry on a conversation and difficulty caring for self and responding to the environment. Depression, anxiety and personality and behavioral changes can occur. Disorientation to time and place and the inability to recognize familiar faces occurs. Getting lost, forgetting recent events, repeating questions, problems handling bills and finances, poor judgement, misplacing things and the inability to reason are present. In late-stage disease, the patient loses the ability to care for self in the simplest of ways: signals to go to bathroom are lost and urinary and bowel incontinence occurs, brain signals of hunger or thirst are disrupted and the patient may need to be fed and assisted with water intake. In late-stage AD patients are often bedbound and unable to turn themselves or get up.

Lewy Body Dementia is the 2nd most common type of dementia and is characterized by the presence of abnormal deposits of a type of protein in the brain, we call Lewy bodies. LBD has many similarities to AD and vascular dementia early on. Parkinson's like movement: tremors, muscle stiffness, shuffling gait sets it apart, however, and can occur either before or after dementia symptoms begin. Many patients have visual hallucinations, agitation, depression, delusions, paranoia and behavioral problems. A REM sleep disorder may cause someone with LBD to act out their dreams. I once watched someone grabbing tools in his dream and work on a car. When I called his name, he asked where his friends went. In some, the sleep disorder can precede LBD by decades. Other symptoms that set LBD apart is autonomic dysfunction that may cause difficulty with blood pressure control and regulation and bladder and bowel problems. Severe reactions to certain medications that are used for Parkinson's Disease and to medications given to suppress hallucinations and behavioral acting out can be very dangerous in LBD.

Vascular Dementia: This type of dementia is slowly progressive and depends on how big or frequent the vascular insults are. On scanning of the brain, vascular dementia shows multiple tiny 'infarcts' or strokes. These strokes individually are not affecting enough of the brain to cause many symptoms. Together- with multiple infarcts- they may cover areas large enough for 'gaps' between neurons to become evident. In some people, the dementia does not become apparent until the person gets to a certain age and the combination of normal age-related brain shrinkage and the presence of mini-stroke areas reveal the 'gaps' in function.

For more information: Alzheimer's Association at Alz.org or LBD Association (LBDA.org)

Later: Treatment of cognitive decline and planning for the future.

Out the Window

by Beth Henson

Finishing up the morning chores at the kitchen sink, I couldn't help but longingly gaze out the window, scanning my neighbor's leafy, wooded yard. It had been over two weeks since I had spotted the two beautiful gray and black shepherds. I often enjoyed watching their playful frolicking and exploring every corner of their doggie kingdom. Over the past few months, I noticed the beautiful majestic gray pup struggling with her mobility. Three steps forward and plop, her hind quarters would be on the ground. I feared the worse.



Today only Squeaky (our resident squirrel) was darting around, checking for acorns and other treats hidden under the recently fallen blanket of leaves.

Suddenly, I heard the familiar exuberant yips and barks as my two friends burst through the neighbor's back door. The large gray was sporting a slick pair of fire engine red wheels, supporting her hind quarters!

Happy to see you back! And bless you, neighbor, for making my day!

SRCA Report

By Michael Huerkamp,
President SRCA

By the time of this report, the fall plantings will be installed at selected chimneys, the harvest has been completed at the community garden, and the winter crops should be in. SRCA donated the funds to purchase the license enabling movie night for the elementary school community of families. Our most recent board meeting showed a balance of \$42,113 at our disposal. While 85% of expenditures up to that time were for landscaping, major expenses in the form of property taxes for the community garden and the liability insurance premium loomed. The association continues to lag financially in comparison to pre-pandemic balances, but we do have the potential to make up lost ground. Your tax-deductible donations through the end of 2022 will be matched by an anonymous benefactor. Our board of treasurer Lori Jones, Anna Ogletree, Kim Nesbitt, Beverley Ojo, Jenne Greene, Eileen Stone, Kalpana Patel, Lisa Khemani, Lyle Collins, Ryan Davidson, and Mike Huerkamp wish all of our neighbors a blessed and peaceful Thanksgiving.

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techtalk by Susan Gilbert

Cybersecurity Alert - Identity Theft

Part 2 of 3



Last month's TechTalk focused on indications you should watch for to know if your identity has been stolen. This month, we'll share what to do if you think your identity has been stolen because it's good to be prepared if it happens. If you notice any of the red flags covered last month, here are some steps you may need to take:

- Change passwords and login details for any affected accounts. If you use the same password for other accounts, change those too. The good news is, there are lots of software password managers in the marketplace, so you don't have to worry about remembering your passwords for all your websites across your various devices.
- Freeze accounts with banks or credit card companies that show any suspicious activity, including debit and credit cards. Most financial institutions have a dedicated fraud department to help make this easy.
- Review your credit reports if you haven't been doing that already and report any suspected fraud to the respective credit bureaus.
- Contact local law enforcement to file a police report for lost or stolen credit cards, driver's licenses, and more. Also, report your lost license to the DMV.
- Alert the IRS fraud alert department in case of tax-related fraud.
- Report Social Security-related fraudulent activity to the Social Security Administration's Office of the Inspector General.
- Place a freeze on your credit report with the big players: Experian? Add others. This blocks access to it to extend credit, ensuring no one can take out new lines of credit in your name.
- You may also want to visit www.IdentityTheft.gov to report identity theft and find resources to help guide your recovery plan.
- Get personalized online protection. Worries about identity fraud shouldn't prevent you from enjoying the benefits of a connected world. McAfee's identity theft protection services can help you enjoy everyday conveniences while keeping you safe. Packages can be tailored to your needs, including 24/7 monitoring, ID theft coverage, VPN services, and more. It's guided online protection made easy.

Now, let's talk about passwords. Yes, they are a pain to try to remember and keep up with, but they are the most important step you can take, along two-factor authentication, to keep your data safe online. The good news is there are software packages available for free and for a fee that will keep up with them for you. I use LastPass and have been happy with it. They offer a free version and one that is a paid premium offering.

Wired Magazine rates 1Password as the having the best features, compatibility, security, and ease of use. It runs \$3/month or \$36/year. If you prefer free services, Bitwarden does most everything you will need, but lacks some features the for-fee options offer, like password strength checking and breach reports.

I know, this is a lot to consider. Next month, there is more: Two-factor authentication and one of the most dangerous: Phishing scams and how to avoid them.

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NEWS YOU CAN USE by Aviva Hoffmann

The Giving Season

This holiday season, I'm grateful for so much. Many of you too are grateful – and fortunate. If you're thinking about spreading some holiday cheer and donating to a charity, it's important to do some research before you fork over your hard-earned money.

Here are a few ways to help you avoid donating to a scam:

- The internet is a good start (for the most part). Search online for a cause you care about, such as "hurricane relief" or "feeding the hungry," etc. Once you find a charity that interests you, search its name plus a few key words like "review," "complaint," "fraud," or "scam." If you find a lot of negative press, you may want to search for another organization.
- Read up on the charity. Does it have a website? Does it give you details about how it uses donations, or the programs it provides? If you can't find detailed information about a charity's funding, mission, and programs -- be suspicious!
- Research. Find out whether and how the organization will use your information when you make a donation.
- There are reputable organizations that help you research charities: The Federal Trade Commission (FTC) recommends visiting one of the following to check out your chosen charity even further: BBB Wise Giving Alliance, Charity Navigator, CharityWatch, or Candid.
- Find out if the charity is officially registered. In Georgia, you'll want to start with The Charities Division of the GA Secretary of State at <https://sos.ga.gov/index.php/charities>.
- Check if your donation is tax deductible. You can find out if the organization you're donating to is registered with the IRS as a tax-exempt organization. Look up the organization in the IRS's Tax Exempt Organization Search.

When you're ready to pay...don't send wire transfers or use gift cards. Those are BIG red flags. After you donate, review your bank statement to ensure the amount matches the amount you agreed to donate. Also, keep a good record of the donation for your files.

The common advice that applies to traditional giving also applies to online giving. Do not assume a campaign or a charity has been reviewed by an online platform. Make sure that a campaign is actually charitable, and the charity has a good track record before you click to give!

If you need to report a charity scam, you should start with the FTC at: ReportFraud.ftc.gov.

Happy Thanksgiving!



Former SR Elementary principal Ruth Fruit celebrated her 90th birthday on October 22. She was also the Tucker Citizen of the Month- see InTucker newsletter for the full article. Photo: credited to Bob Espy.



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What to do in the Garden

by Linda Karr

It's that wonderful time of year when the temperatures are great with a bit of crispness in the air, the leaves are turning bright colors, and there is still a lot blooming in the garden. Even though I am out in my garden a lot, I was surprised to tally up all the plants that are blooming now: firecracker plant, mums, roses, fountain grasses, Russian sage, catmint, lantana, penstemon, orange zest, rosemary, coneflower, hydrangea, sedum, pineapple sage, salvia, coreopsis, aster, Turk's cap, butterfly bush, angel trumpet, passion vine, veronica, purple heart, abelia, ruellia, rain lilies, otto luyken laurel, anemone, turtlehead, sasanqua camelias, lavender, blue star willow, Lenten rose, perennial sunflowers, mandevilla, and hibiscus. And, of course, the butterflies, bees, and birds are all enjoying nature's bounty. Take time to walk around your garden to enjoy the pleasures that fall brings us.

Opportunities in the garden for November:

- Leave seed heads in your garden to provide more for our songbirds to eat.
- Mow leaves and then use the chopped leaves as mulch to protect your perennials from the cold weather or in your compost bin. Leaves left in your garden beds also provide a wildlife habitat for birds, turtles, caterpillars, and more.
- If you haven't done so, clean up all the old vines and stalks in your vegetable garden.
- After the flowers have faded, cut mums and asters down to 3-4".
- It's still a good time to plant your spring bulbs such as daffodils, hyacinths, and tulips.
- Did you make notes about what and where you planted your vegetables this year? Do it while your memory is fresh. Remember not to grow plants of the same family in the same place every year. This depletes the soil nutrients and encourages pests and diseases to become ingrained in the soil.
- Weed the garden – again – just to make sure you have all the weeds out. That one weed you leave can produce hundreds of seeds that you'll have to deal with next spring.
- Decorate your fairy garden for Thanksgiving.
- Clean up your garden tools as you finish using them for the fall. Sharpen and oil pruners and loppers. Use steel wool to clean up rusted areas on tools.
- Run the fuel out of your gas-powered lawn tools such as edgers, trimmers and mowers.
- Look around for tools you do not have and hint for these for Christmas presents.
- Enjoy your garden!



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The Mountain Mums Garden Club

The Mountain Mums Garden Club met in the home of Gaye Auman. Hostesses included Gaye, Angie Ballard, Mary Lou Still and Sally Young.



Steve Sanchez of HGOR Inc.

A report was given on happenings around Tucker including new restaurants opening, the path in downtown Tucker and sidewalk extensions. Projects and fund raisers were presented.

Steve Sanchez of HGOR Inc. of Atlanta presented the program, "The Importance of Native vs. Non-Native Plants for Our Animals and Our Ecosystem". He gave information on the use of native plants in commercial and residential designs, and the challenges and opportunities associated with using native plants. He stressed the social, economic and environmental effects that the types of plants and trees can have on our outdoors.

Sanchez is a commercial landscape architect who has learned about how plantings are important to the environment. His power point presentation showed plants from China versus native American plants.

Georgia has 32 oaks native to the area plus magnolias, red cedars and American hollies. Invasive plants were also discussed, and the way we sometimes plant these in our yards allowing them to spread to the forests.

He predicts that native plants will become more popular as their aesthetic appeal improves. He encouraged members to consider using natives as opposed to exotic cultivars developed in China. BRINGING NATURE HOME by Douglas Tallamy was a book recommended to understand how plants and caterpillars are interconnected and help the environment. Georgia has no law against invasive plants but does have a law against the sale of endangered species and the transporting of native plants across state lines.

To learn more about the Mountain Mums Garden club, please contact Mary Jacobson at mjacob101@aol.com. The Mums meet the second Wednesday of the month in members' homes.



October hostesses (L-R): Mary Lou Still, Sally Young, Angie Ballard and Hostess Gaye Auman



Smoke Rise Morning Glories Team with STEM

In May 2022, the Morning Glories installed four raised beds at the Smoke Rise Elementary School using funds from the DeKalb Federation School Grounds Improvement grant. As school was soon to be over for the year, Ms. Cummings, the STEM teacher, advised us to wait until the new school session to purchase and add the special raised bed soil to the beds.

Over the summer, the neighboring church, Mountain West, surprised us all by donating nineteen bags of the Bonnie Raised Bed soil to the school. We waited until the fall to add it to the beds.

Finally, after many tries to find a good date, we added the layer of cardboard over the gravel and poured the soil into each bed on October 14th.

Thanks to Morning Glories President Janet McGinnis, DeKalb Federation President Glendolyn Hallman, Steve and Quill Duncan, and Kim and Reuben Fair for meeting on a chilly fall morning to move the project forward. Next steps will be planting seasonal vegetables by the students lead by the STEM teacher, Ms. Cummings. They want to plant spinach of all things! I guess she told them all about Popeye and Superman and other superheroes who enjoy that green leafy vegetable!

The Morning Glories donated a 100' commercial hose, nozzle and hose storage box to the school project which we delivered that morning so the students can learn the importance of watering and maintaining a garden. And the club donated two hummingbird feeders which will be a fun addition to the garden grounds. We will help in other ways this fall and intend to create a new garden area that will feature blueberry shrubs and other blooming shrubs to add to the pollinator habitat in the area. With this new school, we have lots of opportunities to create a fresh and attractive environment for students and have the pleasure of watching the students and the plants grow.

In other club news, the annual DeKalb Federation fundraiser "Leading Lights" will be held on November 17, 2022 at Callanwolde Fine Arts Center. This fun holiday themed event beginning at 10AM will feature a Chico's Fashion Show, vendors, gift basket raffles, and a luncheon for \$35. Always a popular experience, please contact Glendolyn Hallman for details on how to purchase a ticket at 770 491-7398.

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Amen, Let's Eat!

by Joyce Ray



Many of the food staples that were found in homes before the modernization of appliances and cooking methods are no longer used as frequently. Some changes were due to health awareness, such as use of lard and animal fats, and some were due to the emergence of supermarkets and fast food that took the place of the home vegetable garden and the family cow. One such staple that I remember growing up is the almost daily consumption of buttermilk, both as a beverage and in cooking, that came to us by way of our cow, "Old Jane". Corn Bread crumbled into buttermilk was a humble quick snack or even a light summer supper when it was too hot to heat up the house for cooking and before air conditioning!

Buttermilk is the liquid left after milk has been churned into butter. It has a tart but creamy taste and provides natural probiotics to enhance digestion. In addition to making cakes and baked goods lighter, it also is the "Secret" to the all-time BEST southern fried chicken.

Fried Chicken

Soak chicken pieces in buttermilk and refrigerate for a couple of hours or overnight. Pour about 1½ inches of canola oil in skillet and heat until a drop of water "pops" – about 350-375°. Dredge chicken pieces with flour/salt/pepper and place in deep hot fat. Add one piece at a time and let it "sizzle" before adding more. Don't overcrowd the pan. Adding all pieces at one time causes the oil to cool down and delay cooking. Turn chicken pieces to brown on each side. It is done when it is golden brown. A variety of pieces, such as legs, thighs and breast require different cooking times. If preferred, use a cooking thermometer which should read 165° when done.

Buttermilk provides richness to some favorite recipes like this spinach and bacon Quiche recipe that is versatile for light luncheons or holiday brunch. The recipe makes 2 pies or use half of recipe for one. Adjust amount of spinach and bacon to taste.

Spinach and Bacon Buttermilk Quiche

1 cup buttermilk 1 cup Half & Half
8 eggs
4 tablespoons diced green onion
1 T. butter
1 1/2 cups grated Gruyere cheese
1/2 cup grated parmesan
1 box frozen spinach, thawed and water pressed out
8-10 slices cooked and crumbled bacon
1 tsp salt + ½ tsp ground black pepper + ½ tsp grated nutmeg
2 refrigerated pie crusts (or make you own)

Unroll pie crust and place in pan. Prick bottom with fork and bake at 400° for 10 minutes. Remove from oven. Set aside to cool. Melt butter in skillet and sauté diced green onion. In medium bowl, lightly beat eggs. Add buttermilk, half & half, spinach, bacon and spices. Mix until well incorporated. Pour half of mixture into each crust. Bake at 350° for 30-40 minutes or until filling barely jiggles when shaken. Allow to sit for 30 minutes before slicing.

This Coconut Custard Pie is a variation of a classic dessert that appears in many cookbooks as Buttermilk Pie, Egg Custard or Sugar Pie. It uses 1 standard crust and if doubled will make 1 deep dish pie. It is quick to mix and easy to bake, easy as...PIE!

Coconut Custard Pie

1 stick melted butter
1 1/4 cup sugar
3 beaten eggs
1 tsp vanilla
½ cup buttermilk
¾ cup sweetened flaked coconut.
One refrigerated pie crust – or make your own

Melt butter and add sugar. Mix well with whisk. Add buttermilk, vanilla and blend well. Add eggs and coconut. Pour into unbaked pie shell and bake at 350° for 30-35 minutes until crust is brown and filling is set. Cool. Serve cold or at room temperature with whipped cream. This can be made days in advance of serving and stored in refrigerator. It also freezes well.

No buttermilk on hand? To one cup of whole milk (not nonfat) add 1 tablespoon lemon juice or distilled white vinegar. Set aside for 10 minutes to thicken. You can also thin plain Greek yogurt with whole milk (¾ cup yogurt to ¼ cup milk). Powdered buttermilk is a good alternative to keep in your pantry if you do a lot of baking.

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