

# SMOKE SIGNAL

VOLUME 52, ISSUE 3

*Serving the Smoke Rise Community since 1968*

June, 2019

www.smokesignalnews.com



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## A Father's Guidance and Love are Forever

by Barbara Bruschi

It is with great anticipation and sincere appreciation that we will celebrate Father's Day. "Father" is a universal word that brings admiration and respect in every family that has the privilege to honor the father on this day. We also pay tribute to the grandfathers and great-grandfathers who often play a significant role in a child's development.

When I was growing up, it was wartime and my father was drafted into military service. I barely remember him since I was very young at that time. My father wrote diaries for his two daughters which gave me a remarkable way of being able to make a sketch of his personality. It was full of humor, courage, compassion, intelligence, integrity and filled with love for his family. I would have loved sharing more of my life with him. There are a multitude of children that experience the same sorrow of having lost their father too young.

In the U.S., as is in most of the world, we celebrate Father's Day the third Sunday in June. The first Father's Day was celebrated in Spokane, Washington on June 19, 1910, as inspired and proposed by Mrs. John Bruce Dodd. In later life she realized how much her father had sacrificed by raising five children, since her mother had died in childbirth. In 1966 President Lyndon Johnson declared the third Sunday in June as Father's Day by presidential proclamation. Father's Day was then established as a permanent holiday by President Richard Nixon in 1972.

Why a Father's Day?

When a child is born it alters the family dynamic significantly. It becomes a commitment to nurture, discipline and creating a loving environment on a consistent basis so that a child will find their destination in life. And so a husband becomes a father whose role is well-defined in history and culture, and upon his shoulders becomes a responsibility. A good father is to be cherished. And so, there is a Father's Day!

Typical gifts for fathers on this  
...continued on page 8

## Tucker State of the City Recap by Sonja Szubski

Citizens of the young City of Tucker gathered with several elected officials and neighboring mayors to hear Mayor Frank Auman's third State of the City on May 10, 2019.

Mayor Auman touted the accomplishments and improvements that have been made and stressed that the first two years were a time to organize and set up and the real work started this third year.

"A state of the city should be an accounting to you on what we've been doing and why. Whether we are on course and how everything's going." He continued, saying that first we need to understand our goals and how to accomplish them.



Last year, The City Council approved the Tucker Tomorrow Master Plan with these five goals:

- Enhance Downtown Tucker
- Improve Transportation Connections
- Preserve and Improve Neighborhoods
- Strengthen Recreational Community Resources
- Bolster Economic Base

With those five goals in mind the Mayor stated: "We simultaneously began studies that included, but were not limited to, a Transportation Master Plan, a Trails Master Plan, a Parks Master Plan, a Downtown Master Plan, a Historic resource report and a Sign Ordinance and Overlay rewrite." A fleshing out of the comprehensive plan and solid guide to the City's future.

In addition, The City was busy in their three core areas: improvements in the parks and recreation programs, expanded Code Enforcement, and the Council saw a steady stream of land use proposals and approved many zoning changes. Through innovative collaboration with the DeKalb County Police Department, the City is protected under a single precinct with the full complement of safety services. With the recent approval of a special purpose local option sales tax (SPLOST), the City has been able to make improvements in parks, repair and even add sidewalks, and pour almost 50 tons of asphalt in road resurfacing.

Mayor Auman spoke with pride about the partnership with Tucker's large group of volunteer organizations and all that they do to promote the quality of life for the community of Tucker. Park clean ups, street festivals and a new World Health Designation as an Age-Friendly Community are just a few ways the City and the community connect.

The Mayor concluded with "Sometimes your instincts lead you to do something on a bit of faith. Maybe you don't feel like you have all the answers, maybe it is something nobody has done before or certainly not you, but you go ahead anyway because your gut tells you it's the right thing to do. That what we did together three years ago. That's who we are, and it's paid off. Speaking for myself, I never could have dreamed how much we could accomplish in this short time and it is going to keep getting better."



Another wonderful Tucker Day is in the books. Saturday, May 11, saw thousands on Main Street for the annual parade, music, vendors and food trucks. Despite the threat of rain, not a drop fell during the festival! Tucker Day is presented by Mainstreet Tucker Alliance.

## Tucker Parks and Recreation News by Gaye Auman

The Mayor and Council officially adopted the Parks and Recreation Master Plan on May 13 after a 10-month process. This plan, although not park specific, will direct our efforts and priorities over the next 7-10 years and help us create a park system everyone can enjoy. The Mayor and Council also heard two agenda items that were directly recommended from the plan. First, we heard the 1st read of an ordinance to create a long term agreement with Tucker Football League as part of the acquisition of Fitzgerald Park for the city. This will add the sports complex to our system, as recommended in the plan.

Secondly, they approved the contract with Barge to complete a feasibility study for the Tucker Recreation Center. This study will determine the best options for a Recreation Center as it relates to our existing programming and future recommended programming. There are renderings for each park and a "new" Rec Center in the plan but they are all just proposals that will need further planning prior to implementing any changes/improvements/development. The Rec Department will hold input meetings for each park/TRC and collect feedback specific to each park.



## Smoke Signal

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 A non-profit service organization devoted to furthering neighborhood cooperation with the aid of good neighborhood communication.

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### June Calendar of Events

- 6 D-Day, WWII
- 10 Mountain Shadow Garden Club  
Eastminster Church, 7:30 p.m.
- 11 SIP 'N SEE  
Smoke Rise Community Garden, 6:30 p.m.
- 14 Flag Day – Hang your flag out!
- 15 Paper Shredding Event, See page 7
- 16 Happy Father's Day!
- 21 First day of summer!

The *Smoke Signal* is posted to [www.smokesignalnews.com](http://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](mailto:pat@smokeriseagents.com).

## Smoke Signal Deadlines

**JUNE 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 JUNE 10**

### SMOKE SIGNAL FLYER INSERT POLICY

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

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## MC3 Church Sermon Series: Questions About Faith

MC3 Church—formerly Mount Carmel Christian Church—will host a unique sermon series during the month of June in which the messages will be based on questions submitted by church members and others.

"Having questions and searching for answers about faith are good things," said MC3 Church Senior Minister Art Stansberry. "It shows we want to know God better and have a deeper, more fulfilling relationship with Him. That's why we're planning, 'Are you there, God? It's us, MC3 Church,' as our sermon series for the month of June."

You can submit your questions via the church's website, [www.mc3.life](http://www.mc3.life), or email them to [barber@mc3.life](mailto:barber@mc3.life). All questions will be treated anonymously.

MC3 Church meets Sundays at 10:30 a.m. in the Parkview High School auditorium.

The title of the sermon series is based on a young adult novel by Judy Blume called, "Are You There God? It's me, Margaret." The 1970 book portrayed a sixth-grader's search for God.

**BRING A BOOK  
 TAKE A BOOK**  
 Don't forget to check out the Little Libraries that have popped up near the swim clubs.



## DID YOUR PAPER GET WET?

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

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

## Smoke Rise Baptist Church

Dr. Chris George, Senior Pastor  
 Bart McNeil, Associate Pastor  
 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](http://SmokeRiseBaptist.org)

Sundays:  
 9:00 a.m. Worship in the Chapel  
 9:45 a.m. Sunday school  
 11:00 a.m. Worship in the Sanctuary  
 Communion: Second Sunday of each month  
 Wednesdays:  
 5:00-5:45 Fellowship Dinner  
 6:00-7:00 Programs for children, youth and adults  
 7:00-8:30 Sanctuary choir  
 Nursery provided

## Eastminster Presbyterian Church

Pastor: Rev. J. Caleb Clarke III  
 Pastor of Senior Adult Ministries: Rev. Jeanne Simpson  
 Director of Mission & Youth: Mark Sauls  
 Director of Music Ministries: Andrew Meade  
 Director of Preschool: Stacey Moura  
 Director of School Age Program: Celeste Sears  
 Director of Respite Care Program: Helen Wilborn  
 Director of Communications: Joy Summerville-Johnson  
 Telephone (770) 469-4881  
[www.eastminster.us](http://www.eastminster.us)

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

Sundays:  
 9:15 a.m. Sunday School for all ages  
 10:30 a.m. Worship in the Sanctuary - nursery provided  
 5:00 p.m. Youth Fellowship  
 Communion: First Sunday of each month  
 Wednesdays:  
 5:45 p.m. Join us for dinner! - \$5 per adult  
 6:30 p.m. Program  
 7:30 p.m. Chancel Choir

## MC3 Church

Senior Minister: Art Stansberry  
 Worship Minister: Leslie Riley  
 Student Minister: Will Tyler  
 Coordinator of Kids Ministry - Jim Barber  
 Telephone 770-783-1035  
[www.mc3.life](http://www.mc3.life)

Sunday Worship at Parkview High School Auditorium  
 9:30 a.m. -- Coffee and donuts; adult and student c-groups; nursery and Sunday school for infants to 5th graders.  
 10:30 am. - Worship service  
 C-groups throughout the week at various homes -- check out our website for more times and addresses

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 Stone Mountain, GA 30087

## First Moravian Church

Pastor: Dr. Stephen Weisz  
 Congregational Acolyte: Bill Hitz  
 Telephone (770) 491-7250, (770) 755-8289  
[www.gamoravian.org](http://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](http://www.mwchurch.com)  
 4818 Hugh Howell Rd., Stone Mountain  
 Service Times: Sundays: 9:00am / 11:00am / 1:00pm

## Preferred Formats for Smoke Signal Submissions

Articles and photos should be sent in .doc or .docx format. Articles sent in .pdf format cannot be edited. Ideally, photos and graphics should be submitted in .jpg or .pdf format.

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**GRADUATE**

**MITCHEM (MITCH) JOHN JAUGSTETTER** graduated with a Bachelor of Arts in Journalism with a Law and Public Policy minor from Mercer University in Macon, GA on May 13, 2019. He graduated with university cum laude honors and Journalism Departmental honors. Jaugstetter is a member of the Omicron Delta Kappa national leadership honor society and a member of the Investigative Reporters & Editors organization. He is seeking employment in a journalism or communications-related field and plans to pursue a master's degree in the near future. He is the son of John and Kandy Jaugstetter of The Forest. He is the grandson of Albert and Ruby Mitchem of Stratmor Hills and Jack and Laura Jaugstetter of Savannah, Ga.



**Support Group for Caregivers of Persons with Alzheimer's or Dementia**

Summer sessions of a support group for caregiver's of loved ones suffering from Alzheimer's and all other types of dementia will meet on June 6, June 20 and July 18 at 2 p.m. at Smoke Rise Baptist Church, Room 223.

The support group is led by a professional and compassionate facilitator. It is free and open to the community. Visitors interested in attending the support group should follow signs to the church office for directions to the meeting space.

For questions, contact Kara Johnson at kpnjohnson@gmail.com

**FODAC Run Walk 'n Roll raises \$40,000 for Mobility Support**

Friends of Disabled Adults and Children (FODAC) held its 19th Annual Run Walk 'n Roll on Saturday, May 4, at Stone Mountain Park. One of the organization's main annual fundraisers, the family-friendly event this year welcomed over 100 participants, including wheelchairs, strollers and walkers, on either the 5K or 3K course.

The event raised \$40,000 for FODAC's mission to provide home medical equipment, such as wheelchairs, shower benches and walkers, at little to no cost for mobility-challenged recipients and their families and caregivers. Prizes were awarded to the top individual fundraiser, Vicki Crowell (Union City), who raised \$2,130, and to the top group fundraiser, St. Matthew's Episcopal Church (Snellville), who raised almost \$1,000.

Corporate sponsors for RWNr included Combined Services; E.R. Snell Contractor, Inc.; Mobility Works; Kids 'r' Kids; The Griffin Law Firm; DaVita, Inc.; Kroger; Marathon Financial Strategies; WSB-TV Family 2 Family; Emory Alliance Credit Union; Strickland & Schwatz LLC; United Healthcare; United Community Bank; Snapping Shoals EMC; DeKalb County GA; Abatek Americas, Inc.; and Fraternal Order of Eagles.

The morning included a continental breakfast, music, door prizes, clowns, and face-painting. WSB airborne reporter Doug Turnbull served as this year's emcee for the event, and the Chick-Fil-A Cow made a special appearance handing out coupons for free ice cream.

This was the first year in the race's history that the 5K portion was a USA Track and Field (USATF) sanctioned event, and was a qualifying race for the 2020 AJC Peachtree Road Race.

The male 5K winner was Matt Abisamra (Atlanta), with Alex Phillips (Atlanta) finishing second and Zack Staggs (Dawsonville) finishing third. The female 5K winner was April Hodge (Atlanta), with Paige Copeland (Snellville) finishing second and Abbi Taylor (Decatur) finishing third.



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**Tucker Library Programs**

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**Building Blocks** (ages 0-2 years) every Tuesday, 9:00 a.m.

**Tales for 2s** (for 2-year-olds) every Wednesday, 9:30 a.m.

**Spanish for Preschoolers** (ages 3-5) Wednesdays, 10:30 a.m.

**Read to a Pet Partner** (ages 5-12--registration required) Thursdays, June 13 and 27, 2:00-3:30 p.m.

**Kid's Chess Club** (ages 8+) Thursdays, June 6 and 20, 3:00-4:00 p.m.

**Eager Readers Book Club** (ages 5-6--registration required) Wednesday, June 19, 3:00-4:00 p.m.

**Family Nights @ Tucker** (all ages) Mondays, 6:00 p.m.  
 • June 3: S.E. Reptile Rescue  
 • June 24: Drumming for Success

**Movie Afternoons @ Tucker** (ages 5+) Mondays, 3:00 p.m.  
 • June 10: *Wallace & Gromitt*  
 • June 17: *Wall-E*

Teen Programs

**Open Mic:**

5:30-7:30 p.m., June 25, July 30, August 27

Come sing, dance, rap, play an instrument, slam poetry or just hang out! Sign-up begins three weeks prior to date. Advanced sign-up is recommended in order to guarantee a spot to perform. Please call or visit branch and ask for Jason or email at [beyerj@dekalblibrary.org](mailto:beyerj@dekalblibrary.org). Open to the first 10 performers.



**"Broadway Cabaret" at ART Station • Saturday, June 29**

A journey down Broadway might take us from Hawaii to Chicago to the Mississippi, to Colonial Virginia and beyond. Join us as we make this exciting trip through some of Broadway's most memorable musical moments. Come dressed as a character from the *King and I* or *The Phantom of the Opera*. Put together your best Broadway costume and win the prize. Admission is \$20.00.

Doors open at 7:30 p.m. • 1st set at 8:15, 2nd set at 9:15

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**Smoke Rise Academy of the Arts Launches Art Camp and VBS**

The Academy will host its 2019 Summer Arts Camp July 8-11, daily from 12.30 – 4:00 p.m. The camp is for children ages 5 to 12; cost is \$80 plus a \$10 registration fee. The Arts Camp is scheduled during the same week as the Smoke Rise Baptist Church Vacation Bible School; VBS will run daily weekday mornings from 9:30 a.m. to noon, while the Arts Camp will immediately follow in the afternoon. Children may register and attend both camps and bring a sack lunch to enjoy during the mid-day break.

Arts Camp activities will include rhythm experience through drum circles, Orff instruments and rhythm cups, art and dance, acting on stage, and more.

Groups will be divided by age, appropriate for the activity. All sessions will be led by Smoke Rise Academy of the Arts teachers.

Individual music lessons will be offered weekly during the summer, with professional instruction in voice, piano, organ, violin, flute, guitar and drums.

For more information or registration, contact Denise Burcham at 678-533-0562 or [artsacademy@smokerisebaptist.org](mailto:artsacademy@smokerisebaptist.org). Those interested in registering for Smoke Rise Baptist Church VBS should contact 770.469.5856.

Smoke Rise Academy of the Arts

*The Smoke Rise Academy of Arts is housed in Smoke Rise Baptist Church at 5901 Hugh Howell Road in Stone Mountain. Classes are offered all year for adults and children in music, dance, drama and art; visit [www.smokerisebaptist.org/arts](http://www.smokerisebaptist.org/arts) for class information and registrations. You can also follow the organization on Facebook and Instagram.*

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**Smoke Rise Community Garden Hosts SIP N' SEE**

You are invited to a Sip N' See at the Smoke Rise Community Garden on Tuesday, June 11, at 6:30 p.m. The purpose of this event is to meet fellow gardeners, SIP a few drinks of choice, and SEE what everyone is growing. This event is open to all members of Smoke Rise. Overflow parking is available at the office park next door. Hope to see you there!

Feel free to contact Eileen Stone at [esstone@bellsouth.net](mailto:esstone@bellsouth.net) with any questions!

**Late Breaking News - Smoke Rise Country Club**

by Susan Gilbert, Mt. Shadow Board of Directors

Entering my tenth year serving on the Board of Directors for this amazing, 175-acre, 18-hole golf and country club nestled in the heart of our community, I thought it might be a good time to share answers to some of the questions I'm most often asked about the Club. As background, when I joined, initiation fees started at \$5k for social and went up to \$30k for full golf. Those numbers were out of our budget, but two events prompted us joining when we did: 1.) I'd been looking for a nice swimming pool where I could take my son to swim and I could meet neighbors. We tried the public pool but found there was no shade and kids were running wild with no parents present, which was not going to work for us. Then 2.) we received a surprise tax refund in the amount of \$5k, so I knew the stars were aligning for us to join.

It was one of the best decisions we ever made. Over the years, we have met hundreds of our neighbors there and now feel it is an extended family we meet for Wednesday night dinners, Friday night socials, and a wide array of social events. I love that we have a Book Club, Bunko Group, Ladies Lunch, Girls Night Out, Bridge, and Pool Parties. During the summer, my son and I use the five incredible pools: Olympic saltwater, slide pool, waterfall cool-pool, hot tub and toddler splash-pool. Men enjoy getting to know each other with their card night in the newly remodeled Men's Lounge where they occasionally smoke fancy cigars. My husband plays tennis on the fully-lit hard and clay courts that stay busy, as tennis has been the fastest growing membership category at the Club. Our family uses the downstairs well-equipped workout facilities and share with other members a personal trainer who meets us there to keep us on track.



I'm often asked, "How is it going at the Club?" I respond that one of the best decisions the Mt. Shadow Board of Directors made a few years ago was bringing on the management company, Bobby Jones Links, to staff and operate it for us. With their watchful eye, deep bench strength, and experience managing multiple clubs, membership has taken off, financials are improving, and programs are expanding. Their first action was to build membership by slashing dues and temporarily cutting initiation fees to the equivalent of one month's dues. Social and dining memberships are now just \$99/month. Pool/Fitness, \$160; Tennis, \$190; and golf is \$325 (Young Professional) and \$375 (Full). As the membership reaches its target, initiation fees will come back into place, making now a great time to join!

Others ask what impact the Club being here in Smoke Rise has on the community. Answering that, I share what our local realtors say about it having a positive impact on all of our home values. Supporting the club by enjoying the amenities as a community-based club is a win for the neighborhood, you, and your family! Adversely, if the community doesn't support the club, it can be a scary story. Watch what is happening now as Summit Chase is cutting their course down to just 9 holes and developing the remainder of the property as town homes. More adverse effects are the huge loss of greenspace and reduction in value of the golf course and community. Growing our membership, increasing use of the course and facilities will all work to our advantage in keeping this community gem polished up and shining for years to come.

Now is a great time to see the club and join. They currently have a time-sensitive special offer to join saving you \$1,000's. We invite you to come see it, schedule a tour with the membership office. Many of you have been prior members or have been to the club over the years, it all just keeps getting better from amenities to service to friendships. Come join the fun, enhance your fitness level and enjoy the social lifestyle it enables.

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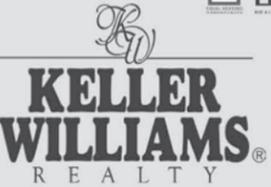
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**GFWC Stone Mountain Woman's Club**

The GFWC Stone Mountain Woman's Club is nominating member, Joanne Cannarella, for the General Federation Jennie Award. The Jennie Award is the only award that recognizes individual members for personal excellence. It honors work and leadership in the individual club, volunteering in the community and caring for the family. Nominations are judged at the state level and then at the national level.

Mrs. Cannarella has served as the club chairman of the Public Issues Community Service Program for five years. In 2019 she led the National Day of Service project for the local club with a day of cleaning at the Wellspring Living home for victims of human trafficking. She works with the Women's Resource Center to stop Domestic Violence and makes visits to the VA Hospital. She volunteers monthly for the USO and daily in her church family support center of St. Vincent de Paul.

Joanne is the mother of two and grandmother of five.



Left to Right—  
Brenda Price, Club President; Joanne Cannarella, candidate; Kim Sekulow (Smoke Rise resident), GFWC Georgia State Second Vice President



Left to right—Seated: Barbara Luton, Smoke Rise resident; Brenda Price, Club President. Standing: Marty Bryan, Smoke Rise resident, Shari Carter, George Ann Hoffman

**GFWC Stone Mountain Woman's Club**

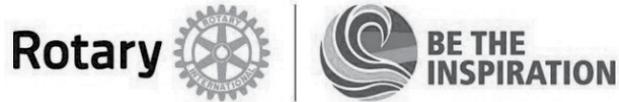
The GFWC Stone Mountain Woman's Club received first place honors in its division at the Central East District of the GFWC Georgia Federation of Women's Clubs. The club progressed to the state competition at the annual convention at the Lake Blackshear Resort in Cordele, GA. The club placed in each of the major categories for their size - Arts, Conservation, Home Life, International Outreach and Public Issues. The club received the top award for helping Tallulah Falls School, a major interest for the Georgia Federation of Women's Clubs. Members received blue ribbons for the art entries in crochet and quilting and a red ribbon for painting.

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**Rotary Club of Stone Mountain Provides Birthday Celebrations to Families in Need**

By L.A. Dison

More than one in every five Georgia kids live in food insecure households. For the families that are served by the Stone Mountain Cooperative Ecumenical Ministry (SMCEM), celebrating a birthday is sometimes difficult in a household where you are often only a paycheck away from a food crisis. Members of the Rotary Club of Stone Mountain, who support SMCEM with regular donations, took on a special community project during a regular lunch meeting when they met to assemble 60 "Birthday Bags," which were then delivered to the co-op food pantry. Each bag included a baking pan, cake mix, frosting, birthday candles, and birthday-themed tablecloth, napkins and plates. Families can pick up these Birthday Bags at no cost to them, and celebrate a birthday or any family celebration, without impacting their monthly budget.



Rotary Club of Stone Mountain members, including President Scott McEvoy, a Smoke Rise resident (front row, third from left) with their "birthday bags".

The Stone Mountain Club meets every Tuesday for noon lunch at the Village Corner German Restaurant and Bakery in Stone Mountain Village. Visitors are always welcome to attend as a guest of the club.

To learn more about the club and upcoming programs, go to [stonemountainrotary.org](http://stonemountainrotary.org) or follow the club on Facebook, Instagram, LinkedIn and Twitter.



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**AROUND THE MOUNTAIN**

Check out the daily news for Tucker/Stone Mountain at [www.patch.com](http://www.patch.com)

**New Tucker Businesses** by Gaye Auman

Tucker continues to grow! New businesses now open are: The Juicy Crab in Cofer Crossing; Mamas Chicken and Seafood on Mountain Industrial, Northlake Independent Senior Living on Northlake Parkway next to Siggers.

Coming soon are CrossFit Tucker on Main Street, Blue Tarp & High Card Brewery by Local 7, Bell Street Burrito on Lawrenceville Highway and Fords Barbecue on Main Street (in the old Roly Poly). Fairfield Northlake Apartments have broken ground on Northlake Parkway next to the Hickory House, which will remain open during and after construction.



**Redevelopment of Northlake Mall**

ATR Corinth Partners, the owners of Northlake Mall, requested to be annexed into the City of Tucker. The annexation became official May 13 at City Council. They are planning a redevelopment of the Mall to include workspace, retail and restaurants.

Mayor Frank Auman said, "Besides the redevelopment of the Mall itself, we expect it to have a catalytic effect on the entire region, inspiring other development all around the Northlake area. Tucker is excited about

this partnership with ATR Corinth Partners."

**African American Heritage of Decatur**

The DeKalb History Center's June Lunch & Learn will be presented by Laurel Wilson, MHP. Much is still unknown about the early history of African Americans in Decatur. Laurel Wilson has dedicated herself to unearthing and researching the lives of African Americans in Decatur and DeKalb County. Wilson has been working specifically with the Decatur Cemetery and "Section 6" which describes the few sections of the cemetery where African Americans are buried.

Free! Bring your lunch. Tuesday, June 11, 2019, Noon – 1:00 p.m. Historic DeKalb Courthouse, 101 E. Court Square, Decatur GA 30030, Second Floor

**Paper-Shredding Event**

As part of the Operation Clean Sweep 2019 initiative, the DeKalb County Sanitation Division will host a free paper shredding event on Saturday, June 15, from 8 a.m. - noon, at the DeKalb County Sanitation Division's Central Transfer Station, 3720 Leroy Scott Drive, Decatur, GA 30032.

Event participants can dispose of up to 10 standard-size boxes of paper. All documents will be shredded onsite by A1 Shredding & Recycling. The event is free to DeKalb County residents within the Sanitation Division service area. Proof of residency may be requested.

Operation Clean Sweep 2019 is a multidepartmental initiative focused on litter collection, illegal dumping, and removing debris, trash and grass from streets, neighborhoods, sidewalks, roadway drains and county rights of way.

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

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**Father's Love...continued from page 1**

special day include, greeting cards, and neckties (in many years past), chocolates, books, tickets to a baseball game, along with family gatherings, reunions, and Father's Day brunches ... and once in a while, a creative masterpiece! And of course, sending e-mails, text messages and photos of recent family events to fathers not so near in presence.

We all can recall the typical Dad one-liners, to possibly include the following lessons of life:

- "This is the last warning I am giving you"
- "Don't look at me that way"
- "Two wrongs do not make a right"
- "You must do it, whether you like it or not"
- "Early bird gets the worm ... time to rise and shine"
- "We never did that when we were young"
- "Do not sit like that"
- "Take your elbows off the table while eating"
- and of course,
- "Go ask your mother!"

We all know our father is one of the most important persons in our life and we let him know how much we appreciate his love, devotion and sacrifices that he has made for us. These include changing dirty diapers, many sleepless nights, supporting us when we did wrong, and rewarding us when we did good, providing a home and education, and "just being there" into adulthood.

We also want to acknowledge all the fathers who are away from home serving our country. These brave men are serving all over the world, preserving freedom, and fighting evil. They deserve our respect, and gratitude for their unconditional commitment, even while missing their beloved and precious family.

Enjoy the time you have with your family and friends on this Father's Day and may his memory live with you forever.

**techtalk** Digital Time-Out  
*by Susan Gilbert*

Perhaps it is time to put the phones and computers down and actually talk to those in our lives. It seems everyone is glued to their phones ... as if something extremely important was about to appear. Last month Dianne Sawyer did an ABC News special about the negative effects so much screen time is having on our children, our relationships, and our society. It struck us as we watched it to see toddlers barely able to talk begging their mothers to "put phone down!!" and "look at me!!"

While we were in Sarasota last month there was a Pokemon event behind our boat. We knew that because all of a sudden about 100 unrelated individuals gathered in the park, heads down, eyes glued to their phones as if something truly important was going on ... and of course there was not ... unless you were a participant capturing the elusive Pokemon with your phone.



In my lifetime, screen time has really evolved. I remember when I got my first color TV. It was 1969 and I felt I was now experiencing life in such dramatically new ways. Of course, TV now is much better and I rarely watch it at all. I am tired of the bickering and unproductive news reporting. I have tuned that all out. I just scan some news feeds so I can at least know what I am being fed and why.

Maybe part of the problem is also the simple fact that everyone is on the move and rarely coming home even for an evening meal. Some of this is great if it includes dinner out together or a church supper where we spend time with friends and our extended families. But look around at your next event and see how many people are glued to their phones.

I might suggest the management model I was taught when I first started to work for General Electric over 50 years ago. It was called the "go away" management model. If a request or an issue would naturally just go away you didn't pay attention to it. Instead you focused on the recurring imminent and important issues. I guess the latest rage following the same idea are books where they emphasize "don't sweat the small stuff", which usually includes a statement shortly thereafter indicating that almost everything is small stuff.

Of course, this all hits home when we face losing a loved one. Everything else tends to fall away as small stuff. Not because we can change the outcome, but because we sense that time is not on our side. There is nothing more important than being with that person and letting them know how important they have been and are in our lives.

Fathers Days is obviously a nice holiday to honor those who are just such people in our lives, but we shouldn't need a holiday to honor these relationships.

Take the time. It is all the time you will ever have. Make it memorable by looking up and focusing in the time you do have with the people in your lives.

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**Mercer University Retires Smoke Rise Kid's #21 Jersey**

If you have ever had any relationship to athletics at Mercer University in Macon, Georgia, and basketball in particular, you will remember where you were on March 21, 2014 when Mercer University men's basketball team took down Duke University in the NCAA tournament in Raleigh, N.C. During that weekend, #1 trending around the world was "Lord have Mercer!" On Feb. 9th of this year, Mercer University's President, William Underwood, Athletic Director, Jim Cole, and the greater Mercer community came out to show their appreciation for the contribution Langston Hall (Howell Highlands) made to Mercer basketball by giving him the highest recognition afforded a college athlete, the retiring of his #21 Mercers Bears jersey.

Langston played the piano in a Los Angeles Lakers jersey during a program at Smoke Rise School while a student in Sally Dorsett's second grade class. He said that he was going to be a piano player or a basketball player! Basketball won out! He left Smoke Rise School after spending his kindergarten year with Ms. Davisson and Miss Woodall and his first grade year with Ms. Wyndham, moving on to Kittredge Magnet School for the Gifted, Chamblee Middle, and Chamblee Charter High graduating in 2014. After receiving 22 Division I basketball scholarships, he very purposefully chose Mercer University in Macon as their starting point guard.



Langston Hall (right)

As a four-year starter and playing every game as their "coach on the floor," the Mercer point guard led his team to their best run in Mercer basketball history. During his four-year tenure he took them to a CIT Championship, an NIT appearance, and 3 A-Sun Championships. As the 2014 Atlantic Sun Tournament MVP and Atlantic Sun Player of the Year, he went on to be named Lou Henson National Player of the Year, as well as playing in the NCAA All-Star game. His college career at Mercer culminated with a bracket-busting NCAA Tournament defeat of Duke University in Raleigh, N.C. in 2014.

As a result of that defeat, Mercer strolled the red carpet in Los Angeles that year winning the ESPY Award for the "Best Upset."

Langston graduated from Mercer with a 3.2 GPA and a degree in Finance. He left Mercer as the all-time leader in assists, steals, 3-pointers made, and eighth in scoring.

In the five years since that momentous win, he has been the starting point guard in Division I teams in Italy, Germany, and Greece having been most recently selected to play on the national team of Qatar in addition to his European team. He is the son of Fredrick Hall and Dr. Alda Underwood-Hall and the younger brother of Doug Hall. Langston's #21 jersey and picture now hang in perpetuity in the rafters of Hawkins Arena on the campus of Mercer University.

**HEALTH NOTES:**

by Cheri Schneider, M.D.

**HOW TO HANDLE SUMMER 'BOO BOOS'**

Suddenly, it is summertime! A few days ago, it was beautiful outside and I decided to go to Stone Mountain Park to walk. I could not believe the number of people who had the same idea! The park was PACKED! People were grilling in places where grilling wasn't allowed. I even saw a pickup with a Big Green Egg on the back, buzzing around the park looking for parking. People were hiking, climbing the mountain, walking and running. I saw people with dogs, children and strollers. I saw bikes and a whole group of people on Segways. People were fishing, canoeing, and kayaking! Oh... and camping! This leads to my topic for this month's column: knowing what to do when that unplanned incident tries to ruin your day. Here is my 'boo boo' list.



**Sunburn:** I'm sure I don't need to go into too much detail about sunburn prevention. Sunscreen that protects against UVA, UVB rays, a hat and appropriate clothes should do it. Don't forget the kids. If you do get a sunburn: aloe vera gel and ibuprofen will take down the inflammation. Keep out of the sun for a few days! For a sunburn that blisters: use ice water or cool compresses on the skin, Ibuprofen and again, stay out of the sun. Do not pop the blisters. If the blisters cover a large area, you may need to be seen by a health care provider.

**Blisters:** wear a sock liner. Let feet fully dry after wading in water if you are hiking a long distance. Carry a few Band-Aids or moleskin, just in case, in your fanny pack or day-pack. (Yes fanny packs are back in style!)

**Tick bites:** remove ticks under magnification with tweezers. Get the entire body and head out. Cleanse the area with soap and water. Do not try to use Vaseline or nail polish to force the tick out. Likewise, using lighter fluid, gasoline, a match or any other flammable material on the tick is ineffective, dangerous and may lead to burns. Monitor your skin for several weeks for rashes, target-shaped lesions or skin reactions around the bite site. See a physician if this happens.

**Burns from the BBQ grill or campfire:** A first-degree burn is much like a sunburn. It is red, may swell slightly, and is painful. Cool water or ice (not directly on burn) and ibuprofen may help. A second-degree burn has blisters and goes deeper into the skin. Again, immediate immersion in ice water for about 20 min. or so will help limit the amount of damage. Do not pop the blisters. You may cover the burn to protect it. A deeper burn needs to be seen immediately, especially if it involves a large area of skin. Burns in children can be more serious as children have a smaller surface area. Wrap serious burns with cool moist compresses and seek immediate medical attention in an emergency room.

**Poison ivy:** Reminder: "Leaves of three, let them be!" Not all three leaved vines are poison ivy, but why take a chance? If you do connect with the beast, you have 10 min. to wash the oil off your skin with hot soapy water. If you can't get to a sink, you can try to rinse with bottled water and pray! Wash any tools or shoes when you get home. Don't forget that if your dog is with you, the oil may be on his fur too. This can be a source of continual outbreaks. Give him a bath with gloves on.

**Thorns:** Remove thorns from skin and wash with warm soapy water. Occasionally, rose thorns carry a fungus that can cause redness, swelling and an ulcer on the skin. Antibiotics will not work on this infection. Make sure your doctor knows it is a rose thorn wound so he or she will prescribe an antifungal medication.

**Foreign bodies:** Stepping on a nail or Hawthorn, splinter of wood. Some foreign bodies seem to 'disappear' into the wound. If you feel like something is under the skin... even if you cannot see it... it probably is there. I have retrieved (under local anesthesia of course) large splinters, Hawthorns and metal fragments just on the gut feeling it was still there at the base of a puncture wound. Always get a tetanus booster when you have a wound that has come in contact with the soil.

Think ahead as you enjoy the outdoors this summer. Simple prevention will help your fun stay that way... fun!



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NEWS YOU CAN USE

By Aviva Hoffmann

Things are Wild in Smoke Rise!

One of the delightful perks of living in the Smoke Rise area is how we live among many natural features – including wildlife. It’s not unusual to spot an occasional deer, hawk, turtle, chipmunk, or other wild creature. We even encounter some critters most of us would rather not – like snakes, bugs, and coyotes.

Sometimes, we discover a wild animal that is injured. In those circumstances, many of us believe there’s nothing to be done – just chalk it up to Mother Nature or even unfortunate, human interaction. However, the Atlanta Wild Animal Rescue Effort (AWARE) Wildlife Center is a 501 (c) (3) organization located on seven acres at Arabia Mountain Park in Lithonia. It aims to preserve, protect, and promote wildlife and habitats in the southeast region. AWARE helps care for injured and orphaned native wildlife. It operates 365 days a year and is especially unique in accepting all species of native wildlife (everything from turtles, skunks, birds of prey, bobcats, ducks, squirrels and more). AWARE rescues and rehabilitates almost 2,000 wild animals each year. Most of those animals are eventually returned to the wild.

AWARE also educates the community about habitat preservation and peaceful coexistence. The center responds to an estimated 10,000 calls and emails annually regarding native wildlife. It’s evident staff at AWARE care about our wildlife and the environment. So, the next time you discover an orphaned or injured wild animal, remember AWARE is there.



Photo Courtesy: David Scott, Smoke Rise Resident

AWARE recently helped a Red-tailed hawk needing some care. Our Smoke Rise neighbors, the Scott Family, discovered the bird in their backyard in late October. The hawk didn’t try to get away and appeared injured. The Scotts contacted AWARE. Staff cared for the bird – mending its damaged wing and beak. The hawk was released in April, into the same area where it was discovered. The Scotts report he has reunited with his mate, and they have spotted the two hunting together!

AWARE relies heavily on donations, sponsorships, and volunteers. There are several, different, opportunities to get involved. Check out the website for details, <http://www.awarewildlife.org>. The best way to contact AWARE is by email. Send your message to [help@awarewildlife.org](mailto:help@awarewildlife.org). You can reach AWARE by phone at (678) 418-1111. You’ll find the facility at 4158 Klondike Road, Lithonia, GA 30038.

The Other Race in Kentucky

By James R. Smith, Pastoral Care Associate, Smoke Rise Baptist Church

Nothing can surpass the Kentucky Derby, an American icon since 1872, the longest running sporting event in the United States and a bastion of southern culture. But the Great Steamboat Race, part of the Kentucky Derby Festival, runs a close second.

I became aware of the Great Steamboat Race when my brother lived in Louisville. He and his wife had the good fortune of acquiring tickets for the Belle of Louisville, winner that year of the Derby Day racing tradition on the Ohio River between Louisville, Kentucky and Cincinnati, Ohio. Tickets for dinner and a ride on the boat during the race are limited in number and often passed down in families for generations.



The event winner was first determined by the first boat to cross the finish line at Clark Memorial Bridge. The long-time rival to the Belle of Louisville was for many years the Delta Queen, a steamboat replaced in the race by the Belle of Cincinnati in 2009. The rivalry includes other races on the water, a grand display of boats, nautical skills, hats and high fashion for women and men.

Today, the winner of the Great Steamboat Race is the vessel that tallies the most points for achieving a series of tasks assigned throughout the day as well as placement in the race finish. A Calliope Contest was once a highlight of the tasks assigned. Other tasks included Paddle Wheel Assembly, Line Toss, Buoy Flag Retrieval and more. Tasks are performed by crews onboard and onshore, observed by two judges assigned to each boat and a Derby Festival official who serves as Event Judge.

Bourbon tasting precedes the race to determine which single-barrel bourbons are served aboard each vessel during the race. Scaled down to two featured bourbons for each boat, passengers vote to choose the annual winner of the Bourbon trophy.

The first Great Steamboat Race was in 1963 with the Delta Queen capturing the title and receiving the traditional gilded antlers presented to the winner. The Delta Queen went on to capture a total of 20 titles with the Belle of Louisville surging to 22 wins. Three other boats have also won the event. The award is currently a set of silver-plated antlers.

In addition to all the river activities, Bourbon tasting, Derby food and Festival, the atmosphere captivates the crowd of fans that turn out each year for the traditional River Race - as well as the great Kentucky Derby.



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## Smoke Rise Garden Club Wins First Place Beautification Award

The Smoke Rise Garden Club was honored to receive a First Place Silver Compote and cash prize for the Best Beautification Project by a Garden Club at the annual DeKalb Federation Awards Luncheon! The project consists of seasonally planting flowers in the planter for our Hometown Heroes at Tucker Fire Station #5. Members recently replaced the winter planting of daffodils, pansies and cabbages with the summer planting of Dragon Wing Begonias, Dracaena spikes and sweet potato vine. The club also received a Standard of Achievement Award and a 2nd place for outstanding monthly programs. Three other certificates for work done with Youth, Floral Design and supporting DeKalb Federation were also received.

May is such a beautiful month in Atlanta so we planned a field trip to the Gainesville campus of the Atlanta Botanical Garden! Five members attended, were inspired, and learned a lot. The club also held a very successful plant sale in April and a garage sale in May.

In June, our annual Blueberry and Barbeque field trip is scheduled. Members will pick buckets of organic blueberries near Jasper, GA. A Christmas in July workshop is also planned benefiting the Ronald McDonald Charities.



*New President, Marilyn Oatway with DeKalb Federation Silver Compote First Place award for Best Beautification Project at Tucker Fire station #5.*

In addition to being enthusiastic about gardening, the club's projects also benefit the Ronald McDonald House, the Veteran's Hospital, Egleston's Children's Hospital, the State Regional Hospital off Panthersville Road, elementary schools and teachers, nursing homes, Chattahoochee Riverkeeper and national projects such as the Natural Resource Disaster Fund and Penny Pines.

If you'd like to be part of our field trips or attend a meeting, please call Marilyn Oatway at 678-334-9464. We are continuing to celebrate our 50 years of service to the community. We are a member of the DeKalb Federation, Redbud District, Garden Club of Georgia and the National Garden Club.

## Morning Glories Youth Garden Club Wins First in State

The Youth Garden meets monthly at the St. John Neumann Regional Catholic School and is sponsored by the Smoke Rise Morning Glories. Master Gardener, Bonnie Pennington, a member of the Morning Glories, leads the group in gardening activities and learning projects. The Youth Garden Club was awarded first place at the recent Garden Club of Georgia State Convention, April 16-18, 2019, at the Columbus Trade & Convention Center, Columbus, GA.



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## Mountain Shadow Garden Club June 10 Program: Camellias

The meeting of Mountain Shadow Garden Club (MSGC) on Monday evening, June 10, will feature "Camellias," a presentation by Jim Pruckler. A native of Iowa, Jim has grown and propagated camellias and other winter-blooming plants for many years since he and his wife moved to the Atlanta area in the 1980s. He was a microbiologist with the Centers for Disease Control before retiring.

Through photos and commentary, Mr. Pruckler will present information on some of his favorite Camellias and will demonstrate techniques for taking cuttings and provide insight on the successful propagation methods he has used.

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



*Members and friends of Mountain Shadow Garden Club (MSGC) recently visited Hills & Dales Estate in LaGrange and enjoyed a guided tour of the historic Ferrell Gardens and the Fuller E. Callaway family home. The property includes 35 acres of rolling hills and shady dales, with a greenhouse, water features, terraces, and a wide range of native plants and formal garden areas.*

## Morning Glories Play Landscape Family Feud!

And you might be wondering "what on earth?" Happily, we learned some really interesting garden facts from "The Survey Says!" Our speaker was Heather Kolich, UGA Agriculture and Natural Resources Extension Agent in Forsyth County. Heather is the niece of Morning Glories member, Sherry Pacella.

Heather introduced her topic and game show theme by posing a great question. Homeowners commonly make five landscape mistakes. She asked us to guess those mistakes and TEAM M rang the squeaky toy buzzer and answered "wrong plant in the wrong place!" TEAM G guessed another correct answer with "under-watering or over-watering!" TEAM M next offered "improper pruning" and noted that another common issue is "planting too close together or too close to the house." The final answer was "improper soil preparation." TEAM M won the round and received a lovely prize and we all gained some great practical tips on avoiding landscape mistakes. Heather fielded questions on a wide variety of topics including how to update or revive a tired or overgrown landscape. Her job includes teaching chainsaw safety training to agents who in turn have trained over 1000 individuals since December 2018. Living in the forest like we do, we know how important that can be with hurricanes and storms producing fallen trees and branches.



*Hostesses Beth Woodward, Bonnie Pennington, Sherry Pacella and speaker Heather Kolich*

President Joyce Ray congratulated Glenndolyn Hallman for another First Place for the Year Book in all the same organizations and noted that the club won First Place for Community Service. Tally Sweat received a special Presidential Citation at the GCG, Inc. Convention in April. The club won many other awards and recognition at the various award gatherings.

Thank you to our hostess and host, Sherry and Jerry Pacella and her co-hostesses Bonnie Pennington, Judi Crutchfield and Beth Woodward who provided the luncheon. The club's next meeting will be a workshop in September to prepare holiday themed decorations for sale at the upcoming October 10 Redbud District Meeting at Smoke Rise Country Club.

## Gibbs Gardens – the Great Escape! by Rene' Boven

The breeze was crisp. The crowds were gathering. Excitement was in the air. And, the ground was a sea of yellow for as far as you could see. And, no, we're not talking about pollen. We're talking about flowers – daffodils to be specific – in fact, 20 million daffodil blooms! The Mountain Mums took a field trip to Gibbs Gardens in Ball Ground, GA on March 22 to see this "yellow brick road" of sorts. But, instead of a road, we walked along twisting and turning paths that led us over 50 acres of hillsides of mass daffodil plantings of all shades of yellow.

As spring came early to the Atlanta area this season, many of the daffodils had already peaked, but there were still many, many flowers to enjoy. The gardens' daffodil season is typically March to mid-April. The daffodil season is not the only time to go to the gardens. Throughout the year, Gibbs Gardens "Seasons of Color" features something in bloom including cherry blossoms, dogwoods, azaleas, ferns, rhododendrons, roses, hydrangeas, waterlilies, daylilies, crape myrtles, annuals and perennials, wildflowers and Japanese maples.

Gibbs Gardens began as a 300-acre private family estate in 1980. For more than 30 years, Jim Gibbs, founder of the gardens, designed and developed the land, creating 220 acres of landscaped gardens adjacent to spring-fed streams, ponds and lakes, surrounded by hillsides covered with mature woodlands. Mr. Gibbs has been committed to achieving a balance between natural and man-made elements to create "harmony with nature" throughout the gardens.

The Mums explored the many feature gardens including the Gibbs' Grandchildren's Sculpture Garden and the Manor House Gardens with its beautiful stone work, pools and waterfalls. Lunch was enjoyed at the gardens' Arbor Café. There is a garden lovers' dream of a gift shop on the premises too. Have you ever just taken some time out to "smell the roses?" Or, in this case, the daffodils? Treat yourself to seeing these gardens. If walking is not doable for you, there are trollies available for an additional fee.



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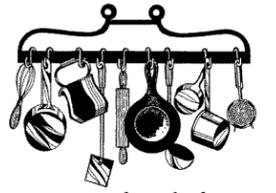
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## Amen, Let's Eat!



by Joyce Ray

*Summertime! School is out, and it seems that kids are always in the kitchen searching for snacks. You would like to offer more nutritious options that don't list the top two ingredients as refined flour and sugar. More protein and fiber in their diets will help to stretch out those hunger pains. This month I am featuring some options that will be both nutritious and delicious. Some have ingredients such as nuts that you might need to avoid, so just leave them out altogether or substitute with dried fruit of the same amount or coconut.*

*These breakfast bars are packed with 8 grams of protein and are sweetened with honey and no added sugar.*

### Homemade Breakfast Bars

- 1 cup almond or peanut butter
- 3/4 cup dark agave nectar or honey
- 1/2 tsp vanilla extract
- 1/4 tsp cinnamon
- 3 cups old-fashioned rolled oats
- 1 cup toasted almonds
- 1/4 to 1/2 cup raisins or other dried fruit

Preheat oven to 350°. Spray a 9-inch square pan with canola cooking spray. Combine almond butter and agave in a heavy-bottomed saucepan over medium-high flame. Whisk until melted - three to five minutes. Stir in vanilla and cinnamon. Add in oats, almonds, and dried fruit. Bake for 15 minutes. Let cool completely and cut into nine equal squares. Wrap individually for transporting to the pool or road trip.

*My friend offered her mother's homemade granola that is another way to get less sugar and more protein into your diet. Homemade granola has similar ingredients and can be added to yogurt or cereal for a special snack or quick breakfast.*

### Homemade Granola

- 3 cups Old Fashioned rolled oats
- 1/2 cup wheat germ
- 1/4 cup sliced almonds
- 1/4 cup brown sugar
- 1/2 tsp salt
- 1/4 cup water
- 1/4 cup oil
- 1/2 tsp vanilla

Mix first 7 ingredients. Combine water, oil, vanilla; thoroughly stir into the dry ingredients. Spread on a cookie sheet and bake at 300° for 30-35 min., stirring every 10 minutes. Be sure to stir every 10 minutes away from the sides. Keep eye on it last 10 or so as it browns quickly. Add a couple tablespoons of sunflower seeds and pumpkin seeds near end of toasting. Coconut (1/4-1/2c) is also good. Keep in zip lock bags or tightly sealed container for several weeks, but it is guaranteed not to last that long!

*Who doesn't want a popsicle on a hot day? Surprise the kids with this treat and try one for yourself.... but don't tell them it's healthy!*

### Yogurt Pops

Purchase yogurt of your favorite flavors in small containers with aluminum lid. Peel back the lid and leave about 1/4 of lid attached to the container. Remove yogurt to small bowl. Cut small slit in center of lid. Beginning with fruit, layer yogurt back into container with favorite fruit such as strawberries, banana, cookie crumbs, nuts, coconut, etc. Pull lid back over the top of the cup and insert popsicle stick through slit. Freeze for about 2 hours. Pull out of cup and enjoy!

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