

# SMOKE SIGNAL



VOLUME 55, ISSUE 6

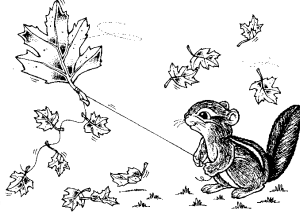
*Serving the Smoke Rise Community since 1968*

September, 2022

www.smokesignalnews.com

## Fall is Calling!

We are heading into the season for cozy sweaters, warm fires, pumpkins and spice. May your bounty be full and your spirits calm. Best wishes from the Smoke Signal.



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## FABULOUS FALL FESTIVALS *By Barbara Bruschi*

Fall presents its own kind of magical transformation, filling the world with splendid color. When the cool breeze whispers and rustles through the golden leaves, a glorious spectacle reveals itself. Red and gold leaves sparkle like precious jewels and our minds turn to honoring and participating in harvest festivals.

Since ancient times, festivals have brought communities together to celebrate either religious or secular events. Festivals entwine traditional activities to further social cohesiveness and a sense of belonging to the community. They provide entertainment and passing on folklore, food, music, dance and games, as well as artisans displaying their crafts.

Seasonal festivals are founded in the solar and lunar calendars "by the cycle of the season". Atlanta and surrounding areas will offer a variety of festivals for your delight and entertainment.

### TASTE OF TUCKER, October 1, 1-6 PM

Founded in 2010 by Art and Karen Wood, it boasts an unforgettable culinary experience in Tucker downtown historic district. More than 30 restaurants and breweries invite you to feel the charisma and growth of this amazing city. Music and a Kids zone completes the great fare. For more details go to [www.tasteoftucker.com](http://www.tasteoftucker.com)

### 5th Annual TUCKTOBERFEST, September 17 through October 2

at the Tucker Brewing Company  
Mayor Frank Auman opens the 1st oak barrel at 3:00 P.M. on opening day 9/17. See the website [www.tuckerbrewing.com](http://www.tuckerbrewing.com). Activities will include games, competition, music, races, and daily special menus. Starting September you can find many fun-filled Oktoberfest activities happening in, around town and beyond. The city of Helen is famous for its German Oktoberfest, featuring Alpine fun.

### THE YELLOW DAISY FESTIVAL, September 8-11, 9 AM to 5PM

at Stone Mountain Park. This is the largest arts and craft festival in Georgia. It hosts more than 350 artisans from all over the U.S.

### THE PUMPKIN FESTIVAL, September 17 through October 30

at Stone Mountain Park, Play by day, glow by night. Massive carved glowing pumpkin displays, a glittering costume parade and 10 themed areas, featuring favorite story book characters. In the mood for pie, join the pie-eating contest. Thousands of carved jack-o-lanterns.

### ATLANTA GREEK FESTIVAL September 23-25

Since ancient times the Greek people have gathered in the marketplace to ply their goods and barter for the best price. These traditions were carried on by immigrants all over the world. For more than four decades the Greek community has opened its doors in Atlanta to treat everybody to their culture, history, fabulous authentic Greek food, dancing in native costumes and shopping. Delicious authentic food and wine will delight your palate. The experience is one you will cherish.

### LAKE LANIER HONG KONG DRAGON BOAT FESTIVAL, September 10

Showcasing Asian culture and dedicated to the promotion of intercultural understanding, this is Georgia's biggest Hong Kong cultural event of the year. Spectators are given the opportunity to cheer their favorite team out of a multitude of corporate, collegiate and community teams that compete throughout the day. Indulge yourself in world cuisine and get a glimpse of Asian culture.

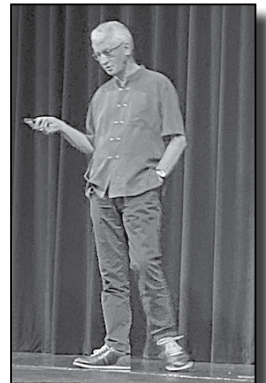
THE ATLANTA ZOO, AQUARIUM, BOTANICAL GARDEN AND OLYMPIC PARK also offer fulfilling days with lots of learning experiences this fall.

## SRCC Lecture Series Relaunches Featuring World Famous Author, Frans de Waal

*By Susan and Joel Gilbert*

We are pleased to report that nearly 300 people turned out for the relaunch of the Smoke Rise Country Club's Lecture Series featuring world famous author, renowned primatologist and a Smoke Rise resident, Frans de Waal. In anticipation of the huge turnout, Smoke Rise Baptist Church made their fellowship hall available to the community for this remarkable event.

The agenda kicked off with Joel Gilbert introducing Frans and sharing that it took nearly five years to get Frans on the calendar as a speaker. Frans graciously took the microphone reminding the audience of the pandemic which affected his schedule and that his recent retirement from Emory University helped free up some of his time.



In his disarmingly casual style, he mesmerized the audience for an hour starting with a presentation of his earliest work on chimpanzees as captured in his book *Chimpanzee Politics* and describing how alpha males use alliances to achieve status and eventually take command. He also pointed out that most times the male leaders do a good job of maintaining peace but are not above killing one another if they feel that it is necessary. Alpha females, even though not physically dominant over males, have a tremendous power in the group.

Frans also shared the differences between the chimpanzee and the bonobo physiques and community structures, pointing out that the former are patriarchal, male dominated, while the latter are matriarchal, or female dominated. His examples illustrated that humans share many traits with other primates. He showed some captivating videos of how clever these primates are at solving problems. In one video testing memory, a chimp, Ayumu, is shown 10 white numbers on a black touchscreen for a fraction of a second before they flip to being white blocks scattered on the screen. Ayumu quickly touches them in the correct sequence 1 through 10. Frans pointed out that no human has ever been able to do this for more than five numbers. This chimp now masters up to 15 numbers in the correct sequence. For this video, you can do a Google search of Chimp vs. Human Memory Test.

...Continued on page 3



## Smoke Signal

P.O. Box 763, Tucker, GA 30085  
 A non-profit service organization devoted to furthering neighborhood cooperation with the aid of good neighborhood communication.

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### Preferred Formats for Smoke Signal Submissions

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

Digital copies of the *Smoke Signal* are posted to the archives at [www.smokesignalnews.com](http://www.smokesignalnews.com). You can also visit our Facebook page at [www.facebook.com/SmokeSignalNews](http://www.facebook.com/SmokeSignalNews) to view postings of newsletter pictures and stories throughout the month.

## Smoke Signal Deadlines

### SEPTEMBER 13

Please e-mail articles to:

[staff@smokesignalnews.com](mailto:staff@smokesignalnews.com)

(Word documents or text file attachments preferred)  
 PLEASE DO NOT SEND CLASSIFIED ADS TO THIS E-MAIL ADDRESS

Extra copies may be picked up at

The Smoke Rise Community Garden on Hugh Howell Rd.

Deadline for classified ads is SEPTEMBER 10

### SMOKE SIGNAL FLYER INSERT POLICY

Cost: \$150 by check to *Smoke Signal*

Deadline to Receive: 6:00 p.m. on 19th of month

Flyer inserts should be 8 1/2" x 11" (flat, not folded)

Please provide 2,300 copies

Reservation Required:

Contact Barbara Luton, (770) 491-6711 by 15th of month.

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

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

### ATTENTION GRADUATES, NEWLYWEDS, AND HONOREES

Please send in your picture and a brief article for publication in the *Smoke Signal*. Email submissions to [staff@smokesignalnews.com](mailto:staff@smokesignalnews.com)

### BRING A BOOK TAKE A BOOK



Don't forget to check out the Little Libraries near the swim clubs.



### 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-space requests to Frank Luton, [luton@mindspring.com](mailto: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  
 Rashette Walker: Director of Weekday School  
 Danny Vancil, Minister of Music & Worship  
 Denise Burcham, Director of Academy of Arts  
 Telephone: (770) 469-5856  
[SmokeRiseBaptist.org](http://SmokeRiseBaptist.org)

#### SUNDAY

9:45 a.m. Attend Sunday School through Zoom or In-Person  
 Schedule Available at [smokerisebaptist.org/streamingatsmokerise/](http://smokerisebaptist.org/streamingatsmokerise/)  
 11:00 a.m. Attend Worship via Live Stream or In-Person  
 Live Stream Available at [smokerisebaptist.org/streamingatsmokerise/](http://smokerisebaptist.org/streamingatsmokerise/)  
 Live Stream at [smokerisebaptist.org/wednesday-evening-activities/](http://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  
 5801 Hugh Howell Road ~ Stone Mountain, GA 30087  
 770-469-4881 ~ [www.eastminster.us](http://www.eastminster.us)

#### SUNDAYS

A nursery is available for young children during the Sunday school and worship times.  
 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

### MC3 Church

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

#### Sunday Schedule\*:

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

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

Life groups throughout the week  
 check out our website for times and addresses.

Business Address and Hours: 1316 Rockbridge Rd, Suite M  
 Stone Mountain, GA 30087  
 Monday through Friday, 9 a.m.-5 p.m.

Mailing Address: 1227 Rockbridge Rd., SW, STE 208-251  
 Stone Mountain, GA 30087

### First Moravian Church

Pastor: Rev. Elroy Christopher  
 Congregational Acolyte: Bill Hitz  
 (770) 491-7250, (770) 755-8289  
[www.gamoravian.org](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 Moravian Church sanctuary  
 4950 Hugh Howell Rd., Stone Mountain, GA 30087

### Mountain West Church

Pastor: Mo Huggins  
 (770) 491-0228 ~ [www.mwchurch.com](http://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.  
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**Redbud District of The Garden Club of Georgia Presents a Standard Flower Show**

By Quill Duncan

“What’s Cooking Daisy?” is the culinary-inspired theme for the 49th Redbud District Standard Flower Show to be held at the Callanwolde Fine Arts Center between September 21 from 2-6 PM and September 22 from 10-5 PM.

For many years the show was held at Stone Mountain Park in conjunction with the Yellow Daisy Festival. Our “Daisy” was the honorary host of the flower show and she presid-

ed over all the floral design creations and the beautiful horticulture entered by adults and youth for the judged show.

Well, this year “Daisy” is in the elegant new digs at the Callanwolde mansion on Briarcliff Road. The show will feature dozens of floral designs in the center of the beautiful courtyard surrounded by tables of horticulture specimens. Youth entries in both design and horticulture will be in the spacious dining room of the home.

Entries come from all over the Redbud District of The Garden Club of Georgia and the variety of the

plant material is surprising. There are 15 sections or categories of plants from shrubs to trees to flowering annuals to herbs and even vegetables. There are 77 classes within each section that feature the type of plant such as hydrangea under the shrub section. Judges for the show come from across the state and it takes dozens of volunteers to plan, set up, to process entries, judge and clerk and finally take it all down. It is a real treat to participate and happily our Smoke Rise Garden clubs are very active in the flower show. Members of the Smoke Rise Garden Club, Smoke Rise Morning Glories and Mountain Mums all serve on the Redbud planning committee for this event



and all volunteer for the show. Many members enter designs and horticulture every year in the hopes of scoring a blue ribbon! And best of all, this year’s show is FREE to the public and offers FREE parking at the Callanwolde location.

The address is 980 Briarcliff Road NE Atlanta, GA. Information is on the Redbud District website at [www.redbuddistrict.com](http://www.redbuddistrict.com).

If you would like to enter a specimen to the show, you can bring it to Callanwolde on Tuesday September 20th from 1-6:30 PM. Entry cards will be available at the show or ask a garden club member for assistance.

Everyone is welcome and what a fun way to spend an afternoon and celebrate the first days of autumn. Hope to see you there!



**Lecture Series...continued from page 1**



Frans emphasized that research is often biased to illustrate the superiority of humans. For instance, failing to test animals in a way that is species-appropriate or by testing mostly the capacities that we, humans, find important and wherein we excel (like tool use, language, or mathematics). Research often ignores or downplays other species’ capacities, like the ability of bats and dolphins to locate objects using reflected sound, that humans do not possess.

Additionally, Frans showcased a video about fairness and equity featuring two capuchin monkeys which had also gone viral after he shared it in one of his Ted Talks. It does not matter how many times you see it, you will laugh yourself silly every time! Do a Google search of Two Monkeys Paid Unequally. The short clip points out how fairness and equity are central to all of us.

Finally, Frans also highlighted the topic of his latest book on gender diversity. Gender diversity can also be found in bonobos and chimpanzees with a big difference being that their level of tolerance is much higher than in human societies.

To illustrate Frans’ unique writing style, one of our favorite lines from his book, *The Age of Empathy*, reads “We start out postulating sharp boundaries, such as between humans and apes, or between apes and monkeys, but are in fact dealing with sandcastles that lose much of their structure when the sea of knowledge washes over them. They turn into hills, leveled ever more, until we are back to where evolutionary theory always leads us: a gently sloping beach.”

Speaking to attendees as they left the event, we were met with positive comments such as “That’s the best presentation I have ever heard!” and “He could have gone on for hours and I would not have noticed the time.”

Check with Membership at Smoke Rise Country Club for more information on upcoming Lecture Series.



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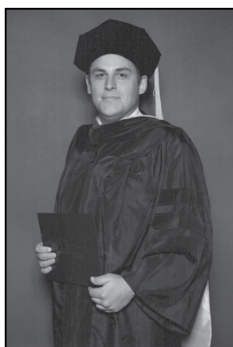
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\*See Advisor for details

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**GRADUATE**

John B. Mangrum IV, son of John and Kay Mangrum of Smoke Rise, graduated from Atlanta's John Marshall Law School. John succeeded in spite of the disruption of a global pandemic. John was Treasurer for Phi Alpha Delta Law Fraternity International. John has followed in his father's footsteps. John IV and his father John III are both graduates of Dekalb County Schools. His father graduated from Avondale High School and John graduated from Tucker High School. They both got their undergraduate degrees from Georgia State University. In addition, they both graduated from Atlanta's John Marshall Law School, forty-four years apart. Once admitted to the Georgia Bar, John IV will join his father's law firm in Tucker, Ga. John grew up in The Forest.



**Tucker Native Making Waves in Business, Academia and Sports**

Jalen Essick, son of Smoke Rise residents Jacqueline Sweatt-Essick & Peter Essick, has received outstanding recognition for his academic excellence and athletic discipline. A Business major at Rhodes College in Memphis, Tennessee, Jalen began research on the marketing strategies of airports as an assignment for his Introduction to Urban Studies course. That successful project opened doors in the business world and led him to serve as an intern with the Atlanta Hartsfield-Jackson airport as part of their social and digital media teams. Essick even helped the ATL airport launch a TikTok account and establish a presence on the popular platform.



Jalen, who has lived in the Woods of East Gate subdivision since 2003 has an excellent track record in sports having played on the boys Junior Varsity team at The Paideia School and won the Most Valuable Player (MVP) award in 7th grade. He also played on the varsity team, was team Captain and won the MVP award his Junior and senior years. Jalen was also a member of the People of Color Club. As a Junior he received the Headmaster's Award and as a Senior, he won the Marty Hays Positive Male Athlete Award and the Vince Dooley Student Award for Community Service Excellence. Jalen graduated with a 3.7 GPA and went on to Rhodes College in Memphis, Tennessee where he is a Business major.

Jalen's future plans are to attend graduate school to obtain a master's degree in Marketing and Data Analytics and play 5th year of college basketball. He has an extra year of the National Collegiate Athletic Association (NCAA) eligibility to play men's college basketball.

**Tunes By the Tracks - A Stone Mountain Tradition**

*By Doc Lawrence*

Travel throughout Georgia on a given Friday during good weather months and chances are you will come across an evening concert in a city park. Marietta has them in Glover Park. Additionally, Dahlonaga, Kennesaw, Norcross, Roswell, Gainesville, Blairsville, and countless others.

Stone Mountain Historic Village calls their gathering "Tunes by the Tracks," and what distinguishes it from many other public gatherings is that it is on consecutive Friday evenings rather than the "First Friday" concerts that dot Georgia's map.

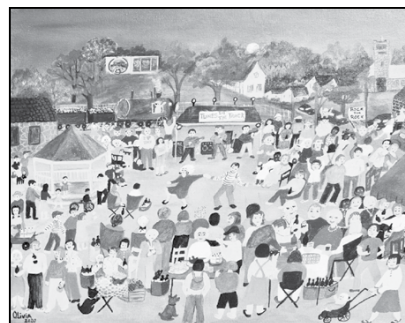
Many compare this popular gathering to tailgating, the great outdoor feast before football games. This is a fair comparison except "Tunes by the Tracks" has outstanding live music, full concessions, and nearby restaurants. A popular pub and acclaimed wine bar are just a short walk away. Ann and Rusty Hamby are lifetime residents of the Village and help sponsor and promote "Tunes by the Tracks." According to Rusty, "there will be partying every Friday in September and October. We love it and have a blast."

The concerts are in the lot beside the gazebo on Main Street and are free. You do not have to live in the Village to attend. Everyone is welcome. Beer, wine and soft drinks are available for sale and open container restrictions are suspended for the event. Full-service bars are just across Main Street, and you can take your drink anywhere (just ask for a to-go cup.) You can also bring your own drinks. "Bring a lawn chair if you want," Rusty advises "or you may just want to dance!"

Tunes By the Tracks begins on September 2, 2022 from 7pm-9pm and on successive Fridays through October. Let's meet there and have some fun. Don't forget to put on your Rock and Roll shoes!

Here is the exciting lineup of bands and artists:

- 9/2 Cody Matlock
- 9/9 Albert White
- 9/16 Cazanovas
- 9/23 Xavier Lewis
- 9/30 Women in Blues
- 10/7 Gobson Wilbanks
- 10/14 Liz Melendez
- 10/21 Brian Ashley Jones
- 10/28 Grant Green Jr



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**It's Never Too Late**  
by Victoria R. Crosby

It's never too late and you're never too old to reach for the stars and go for the gold. Think of all the things you want to try at least one time before you die. Whatever it is you want to do the only thing holding you back is you.

You're never too old and it's never too late for an opportunity to create. You want to paint, or earn a degree, write a novel or poetry, perhaps you've dreamed of learning to fly or parachuting out of the sky.

It's never too late and you're never too old for an adventure to unfold. Some skills take many years to learn, but things of value you have to earn. "There is no time," you always say, but you can find half an hour a day.

You're never too old and it's never too late, Begin today, don't hesitate. Start small, take baby steps, a masterpiece takes time. Not all art is abstract, all poetry does not rhyme. What you create is your soul's work, it's longing to express Your closeness to the source of life, which leads to happiness.

It's never too late and you're never too old, No matter how many times you've been told. For whatever age you may obtain there is one fact that will remain, you either used your talents and creativity, or just reminisced about what used to be.

You're never too old and it's never too late but that doesn't mean procrastinate, for when you reach the Pearly Gate that's the time to say, it's too late!

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**Smoke Rise Book Club Turns Four** by Barbara Luton

The Smoke Rise Book Club celebrated its 4-year anniversary with a salad supper at the home of Connie Henry. Members received commemorative leather engraved coasters from Rebecca Lisska of Pine Hill Awards and Trophies and new book bags from Priscilla McDowell. The club has read 44 books with a total of 16,731 pages since its beginning. WHERE THE CRAWDADS SING and A GENTLEMAN IN MOSCOW were two favorite books. NEXT YEAR IN HAVANA was accompanied by Cuban food provided by Marty Bryan which made it a memorable read. A thank you to Lizzie Torrone for being the original organizer of the club and who continues to keep us informed and on track to read.



Photo (left to right) Jennifer Kaduck, Ingrid McGaughey, Marty Bryan, Rebecca Lisska, Kelly Collinsworth, Connie Henry, Priscilla McDowell, Lizzi Torrone, Barbara Luton  
Not pictured: Terese Sanders, Sandy Dangelo, Cyndi Martin, Bridget Minor

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### Club Hosts Community Events

By Barbara Luton

GFWC Stone Mountain Woman's Club hosted two community events over the summer. Walkers gathered at the club house for a



practice walk around Stone Mountain in preparation for the Two-Day Cancer Walk, which will take place in October.



Walkers registered and received instructions on how to proceed into Stone Mountain Park and around the mountain.

SMV Market, a non-profit market that sells fresh fruits and vegetables year-round, set up their market in the parking lot of the club house on a Saturday. They offered items from multiple farmers, bakeries, and specialty producers. There were local peaches, tomatoes, and peppers plus baked goods provided by a refugee bakery in Clarkston.

The Stone Mountain Woman's Club is a service organization dedicated to supporting local, state, and national services and charities.

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With its recent announcement of seven new tenants, Hugh Howell Marketplace is now fully leased! Chase Bank, Cold Stone Creamery, Bite of Korea, Queen Nail Bar, Magical Waxing, Flawless Repair and Batteries Plus will be opening their doors soon.

The 90,000 square foot development, anchored by Publix, opened in late 2021. Stores and restaurants, including Piedmont Urgent Care, First Watch!, Jersey Mike's, Buffalo Wild Wings Go, The Joint Chiropractic, ATI Physical Therapy and Scenthound have gradually opened throughout the spring and summer of 2022 with Antico Pizza Napoletana and gusto! scheduled to open in the fall.

Branch Properties sold Hugh Howell Marketplace to Stockbridge, a real estate investment management firm, as part of a larger portfolio transaction in April of this year, while Branch retains minority ownership and handles the leasing and property management. This is exciting news as our district nears full capacity!

**PepsiCo Expansion**

On August 10, PepsiCo broke ground on the \$260 million expansion of its manufacturing facility in the City of Tucker. The expansion will create at least 136 new full-time jobs, increasing the company's total workforce in DeKalb County to more than 600 full-time jobs.

The new facility will provide more opportunities for local employee career growth by creating and providing extensive training for higher skilled jobs.

PepsiCo will expand its facility at 1644 Rock Mountain Blvd. by more than 260,000 square feet, with expected completion in late 2024. The expanded advanced manufacturing plant will increase production five-fold by 2025, making it one of the largest manufacturing facilities in the company's portfolio.



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**HEALTH NOTES:**

by Patricia Baumann, MD

**Non-Surgical Pain Management: Opioid Analgesics**

Opioids (sometimes called narcotics or controlled substances) include legally prescribed pain drugs such as oxycodone (Oxycontin, Percocet), hydrocodone (Lortab, Norco), and codeine (Tylenol #3); as well as illegal drugs such as heroin. Often opioid analgesics are not properly used, by both patients and physicians alike.

Opioids can be both overprescribed and underprescribed by physicians. The use of these drugs is monitored and regulated by the Drug Enforcement Administration (DEA). The DEA is a single-mission agency charged with enforcing drug laws. A physician must have a DEA license to prescribe narcotics. Fear of DEA investigation can cause a physician to be very wary of prescribing opioids. The so-called "Opioid Epidemic" has brought about a change in the use of opioid pain medicine due to increases in regulation and monitoring. Physicians are afraid of being investigated for improper opioid prescription, and facing disciplinary action as a result. This has caused a decrease in the amount of opioid prescribed for legitimate use, such as after a major surgical procedure. Always contact your doctor and let them know if your pain isn't being controlled. There is always something else that can be tried. There are many effective nonnarcotic analgesics that can be prescribed, and these are very helpful because they are "opioid sparing". That means you can take the nonnarcotic analgesics and not need as much of the narcotic medication. Your doctor will likely be more comfortable with prescribing non-narcotic pain medicine, and these are very effective in controlling pain.

Overprescribing by physicians can be due to a lack of knowledge of the potency of a specific opioid. All narcotics are not alike! Overprescribing can be caused by prescribing drugs without taking into account the potency of the drug. The age and condition of the patient are factors which can cause a normal dose to be too much. Older patients should be given lower potency narcotics such as tramadol (Ultram) or hydrocodone (Lortab, Vicodin). Dose in mg of the opioid should also be adjusted according to the age and condition of the patient. Lortab (combination of the narcotic hydrocodone and the pain reliever Tylenol) comes in 2.5, 5, 7.5, and 10 mg doses. One size does not fit all! Signs of using too much opioid can include nausea, vomiting, loss of balance, and decreased alertness. Reduction of dose can provide effective pain relief with reduced side effects.

Patients can also misuse opioids that have been prescribed for them. Failure to correctly follow directions is a common problem. An increase in the number of pills taken, or a decrease in the time between doses, can cause taking too high a dose. This can lead to adverse side effects, which are mentioned above. Another problem is that some patients take less narcotic than prescribed, and won't take it even when they are in pain. Taking less than the prescribed dose can be just as harmful as taking too much, and also lead to adverse side effects. Pain leads to an increase in heart rate and blood pressure, which then can put stress on the heart. Pain-induced increases in sympathetic nervous system activity can lead to constipation. Pain also causes an increase in cortisol levels, which can inhibit wound healing. Opioids are not inherently evil, and, in fact, can be quite beneficial when taken for pain.

Fear of addiction may prevent patients from taking opioid pain medicine. Abuse of prescribed opioids is taking them in a manner or a dose other than prescribed, or taking medications prescribed for another person. Heredity is a major factor in addiction. Remember that effective pain management should be more than the use of opioids alone. Effective pain medication should always include the use of non-narcotic pain medication (muscle relaxants, Tylenol, antineuropathic meds) and other means of relieving pain (pain blocks, use of heat and cold). Non-narcotic medication and methods will decrease the amount of narcotic pain medication needed, and will decrease the side effects of the narcotics. If pain management becomes challenging, you can always contact a Pain Management Specialist, such as those at the Center for Pain Management at Emory University. They are familiar with medications, injections, and other procedures used in the management of both acute and chronic pain.

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**NEWS YOU CAN USE** by Aviva Hoffmann

**When a Tree Falls in Smoke Rise**

Homes in Smoke Rise typically sit on plots of land occupying an acre or more. Many yards also include beautiful hardwood trees; among them pines, yellow poplar, and sweet gums. In fact, many of us decided to put down “roots” here, because of the “forest” feel.

You should examine your trees, after a storm and periodically throughout the year. If you’re worried about a tree’s health, get it inspected. Consider using the county extension service, the state forestry commission, a certified arborist, a county arborist, or an urban forester. Georgiaarborist.org has a listing of GAA arborists, tree services, consultants, etc.

To report a downed tree in the road, call the non-emergency police number: (404) 294-2911. Do not attempt to remove tree limbs or any other object from a downed powerline. If you see a downed line, call Georgia Power at 1-(888) 891-0938 or the police or fire department to have the downed line barricaded until it can be repaired. Warn others to stay away!

Be sure to check with your insurance company for the most up-to-date information on trees and liability. Generally, ownership of a tree is determined by the location of the tree trunk. If the tree trunk stands entirely on a property, that tree is entirely that property owner’s responsibility. In Georgia, “the owner of a tree is liable for damages and injuries from a falling tree only if he or she has preexisting knowledge that a tree is diseased, decayed, or otherwise considered to be dangerous. If the owner has no reason to suspect a problem—the tree has leaves and its general appearance is normal—then, in general, the owner is not at fault. However, if the owner reasonably should have known, then he or she is responsible.” (Tree Ownership and Responsibility Pamphlet, UGA Extension) That means you must document the tree problem, to prove the owner should have known. There are different ways to do that – like an arborist’s inspection report mailed to your neighbor, an email, etc. I suggest the best way to maintain “neighborhood harmony” is to begin handling all tree (and other) disputes with cordial, in-person, communications!

For planned tree removal, remember, there are regulations! Dead, diseased, insect infested, or hazardous trees may be removed at any time. The condition of the tree(s) should be determined by a certified arborist. Other types of tree removal, other than small saplings, requires a permit with the City of Tucker. Check out the city’s website for details. Tuckerga.gov (search “trees”)

If you are going to cut down a healthy specimen tree, you’ll need a permit for that too. Additionally, you’ll need a permit, if you are a homeowner intending to remove more than five (5) non-specimen trees on your property per calendar year. Be sure to check with the City of Tucker if you need to apply for a permit or have additional questions about identification, preservation, and protection of specimen trees. The permits are obtained by you or your contractor and help ensure the contractor has the appropriate insurance, etc. If you cut down trees without a permit, you may be subject to fines or tree replacement. DeKalb County only removes trees in county rights-of-way, not on private property. For debris removal: The DeKalb County Sanitation department will collect properly placed debris stacked neatly at your curb on your regular collection date. Branches and limbs must be trimmed of twigs, vines and leaves and cut to a maximum of four (4) feet in length. Trees must be cut where each piece does not exceed 50 pounds. Tree limbs that are cut by professional or hired contractors should not be left at the curb for collection by the Sanitation Division.

The Georgia Urban Forest Council is a great resource to help you keep your plants and trees thriving. Check out the website [www.urbanforestrysouth.org](http://www.urbanforestrysouth.org). Another good site for tree information is [www.treesaregood.org](http://www.treesaregood.org). Tree Removal Guidelines are also available on the website [www.tuckerga.gov](http://www.tuckerga.gov).

**Rege-Jean Page is the New Simon Templar**

By Victoria R. Crosby

Fans were so disappointed when the sexy actor Rege-Jean Page, aka Simon Basset, Duke of Hastings, in the first series of Bridgerton, did not appear in the second season. However, fear not fair ladies, Rege-Jean will return as The Saint. He will also star in the film Dungeons and Dragons, with Chris Pine and Hugh Grant and on a Netflix movie, The Gray Man, with Ryan Gosling. He is also said to be under consideration as the next James Bond.

Rege-Jean Page, who was born in London, England, won the NAACP Image Award for Outstanding Actor in a Drama Series for his role in Bridgerton. His mother was from Zimbabwe, his father an English preacher, and he spent many years of his childhood in Zimbabwe, before returning to London.

I had heard that the smoke was rising, as the sizzling star was rumored to be making the series, The Saint, right here in Smoke Rise. This would be a remake of the 1960s TV series which starred Roger Moore, and a movie in 1997 with Val Kilmer, and another movie in 2017 starring Adam Rayner.

However, that rumor turned out not to be true. Sadly Rege-Jean was not in Smoke Rise, as he was filming The Saint, but the true location of that production was not revealed to my knowledge.

Filming in Smoke Rise did take place though, as the Starz Family Productions LLC, and the large crew were working both inside and outside the house on Antelope Lane and rented some neighboring driveways for the duration of the shoot. The production had the working title “The Saint,” but it was really a decoy, as I discovered, for the Black Mafia. The filming for the Black Mafia took place in the retro 70s style house, which some call “the disco house,” on Antelope Lane. The house sold after a bidding war not too long ago. I have it on good authority that the Starz TV series, Black Mafia Family, is based on the true-life story of a drug trafficking organization in Detroit. It is set in the 1980s and founded by two brothers, Demetrius and Terry Flenory, whose nicknames were “Big Meech” and “Southwest T.” The role of Demetrius Flenory is played by his own son, Demetrius Flenory Jr. The Executive Producers were Randy Huggins and Curtis Jackson, aka the rapper 50 Cent.

Although getting to and from driveways was a little slower than usual, the filming didn’t disturb the Antelope Lane residents with loud noises, unlike the war movie filmed on Stone Mountain in April, where many Smoke Rise residents were not aware of the filming, and adults, children, pets and vets were kept awake and terrified by the sounds of gunfire and helicopters that went on until the wee hours of the morning.

Movie production in our community is always exciting, however residents should be made aware in advance, and when loud and frightening noises are involved, a larger percentage of the neighborhood need to be notified.



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**Out the Window**  
by Beth Henson

The hot, sticky, Indian summer morning couldn't deter me from my much needed and desired steaming cup of joe. As I padded around barefoot on the cool kitchen tile, I couldn't help but get the distinct feeling I was being watched. Glancing out the bay window I noticed one of my much loved warm weather visitors suspended in air peering

directly at me with an intense, pleading stare. Earlier in the month a colony of fuzzy black and yellow honey bees had decided to hijack his cherished cherry red feeder. The same problem had also arisen almost exactly this time last year, but a swarm of tiny but aggressive ground wasps were the culprits. I had frantically tried to solve the dilemma by ordering a "bee-proof" tray-type feeder. The bees had swiftly made a retreat, but so had the playful hummingbirds. Wistfully I placed my morning cup on the counter and made a hasty trip to the garage, where the old feeder had taken up retirement. Quickly filling it with syrupy, red nectar, I bounded outside and replaced the spurned new-fangled tray contraption. Enjoy your nectar, my sweet friend. Hopefully your nemesis has "beelined" to another location!

**techtalk** by Susan Gilbert

*Can a House be Too Smart?*

More than 40 years ago, on a consulting assignment with a Missouri electric utility, I toured one of the first smart homes ever built. It had a bathtub that would fill itself to the specified level and temperature, a fireplace that lit itself at a certain time of day, and of of course, lights that came on and off when you entered a room. I asked my client why it was on the market when it had all these amazing features. He said, "We can't sell it. Nobody can operate it!" There is a message in that statement that resonates even today.

As consumers, my husband Joel and I are pretty technology savvy. We have many of the smart devices in our house that you hear about including voice activated lamps, wireless speakers, robot mop and broom, and smart thermostats to name a few. What we have realized is that these devices can mean more trouble than they are worth and especially complicated if you have WiFi issues.

When Joel taught our Discovery Sunday School Class a couple of years ago, he shared an update of the Maslow's Hierarchy of needs that replaced food and clothing as the base, with battery and WiFi. Our son, Stephen, who was there, spoke up objecting to this perspective, but later said, "Oh, now that I think about it, you are correct."



Because we sometimes work at home and can't afford a disruption in internet service, we have two providers, Comcast and AT&T. However, our house is rather wide, so parts of it doesn't receive a strong WiFi signal. We tried a number of boosters that plug into electrical outlets that promise to amplify the signal. Some worked a little, others not at all. Eventually we hired a firm that specializes in these issues and the first thing they said was that we needed to hardwire ethernet repeaters at both ends of the house. Things are better now but not perfect. We still struggle to remember what device is on which service network, a disadvantage of having redundancy.

All of this reminds us both of our experience at Circuit City when we were just married and traveled most weeks. Some readers may remember that first premier electronics store on Jimmy Carter at I-85. It was all the rage back in the day. We wanted to get one of the new VCR devices that recorded TV shows so we could watch them when we returned home. In the store, we were daunted by the number of choices on the shelves so we found a salesman to help us narrow down the options.

His first question to us was, "Do you read operating manuals?" We sheepishly admitted that we typically don't, saying "We pretty much just plug things in and try to figure them out." He smiled knowingly and advised us, "Then you just need to decide between these two VCRs that have on-screen programming to walk you through the recording process." That was very helpful! However, because we both teach elements of sales training, we asked the question, "How did you learn to ask that question?" He replied, "Oh, that's easy. If you don't read the handbooks, you will take the VCR home, jumble up all the programming and circuits, and then bring it back, and we have to stamp it ESO and get you one of the ones with onscreen programming." Smart response, but now we wanted to know what the ESO stamp stands for. He answered laughing, "Equipment Superior to Operator." So there you have it. Some houses are getting too smart to operate!

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## Mountain Mums Garden Club Reconvenes for New Club Year

By Connie Henry

The Mountain Mums Garden Club held their first meeting of the new club year at the beautiful home and gardens of club member Mary Jacobson. The first get together was a meet and greet giving members an opportunity to catch up and swap ideas. This year's theme will be "Where flowers bloom, so does hope" inspired by Lady Bird Johnson. After a devotional seeking blessings upon our students and educators as they head back to school, the ladies enjoyed a delicious breakfast served by hostess Mary Jacobson and co-hostesses Angie Ballard, Lucy White and Beth Henson.

The Mountain Mums meet the second Wednesday of every month from August through May at members' homes or spaces in the community. The next meeting will be held on September 14, at 9:45 a.m. at the home of Carol Wales. Guests are always welcome. To check out a meeting and learn more about the Mountain Mums and its upcoming programs, please contact Debbie Jones, membership director, at 678-381-1648 or at [debrajones219@comcast.net](mailto:debrajones219@comcast.net).



Pictured (Left to Right) Angie Ballard, Mary Jacobson, Lucy White, Beth Henson

## Gardening and Other Nature Thoughts *By Linda Karr*

Days are getting shorter, and temperatures are getting cooler. Fall will arrive officially on September 22nd! Do you love to take a trip in the fall to see the colorful leaves? Go to [www.blueridgemountainlife.com/fall-foliage](http://www.blueridgemountainlife.com/fall-foliage) for the Fall Foliage Prediction Map to find out when leaves will peak in the Smoky Mountains.

It is fall migration time for monarchs. These beautiful black, orange, and white butterflies migrate up to 3,000 miles every year to California and Mexico. The migratory monarch butterfly is now on the "Red List of Threatened Species" as Endangered, threatened by habitat destruction and climate change". Think about what you can plant next year to help save this magnificent pollinator.

Opportunities in the garden for September:

- Stop deadheading and leave the stems and seeds to provide food and shelter for wildlife
- Remove your spent annuals.
- Freeze corn, beans, and peppers from your garden for great eating.
- Fall salad greens including leaf lettuce, collards, turnips, spinach, arugula, Swiss chard, mustard, and kale are great cool season crops to plant. Store lettuce in the refrigerator in bags in the crisper drawer for up to a week. There are lots of great varieties to try so get different ones and experience the different flavors. Plant garlic and shallots now, too.
- Extend your growing season by investing in a cold frame or plant covers. It will also give your plants an early start in the spring. You can purchase kits or make your own – or recycle some things around the house. The principle is to trap the sun's heat which encourages plant growth and protects from frost and cold temperatures. The more airtight it is, the better heat and protection it will provide. A milk jug will cover a small plant. A tomato cage covered in plastic will protect a larger one. When using any type of frost cover remember that when the temperatures rise into the 40s you need to prop the lid open 4"-6". When temperatures hit the 50s take the cover off altogether. Just be sure to replace or close the cover before the sun goes down to trap the heat inside.
- Mulch root crops such as carrots, turnips, and beets with a foot of straw on top and on the sides before the ground freezes.
- Cover crops are a great way to improve your soil over the winter and discourage weeds.
- Harvest herbs and dry them in a cool, dry location.
- Start planning next season now! Fall-sown annuals, including some flower mixes, will emerge as soon as Mother Nature cooperates, allowing plants to grow larger more quickly and bloom earlier than spring-sown annuals. Sow the seeds after a killing freeze but before snow (late October, early November in most areas). You can sow in late September in Georgia for winter bloom. Adding a little sand to the seeds not only helps space seeds more evenly, but also gives you a better visual aid of where you sowed in case you need to water over a dry winter. Don't forget to mark what and where you sowed with some handy garden stakes, so you don't accidentally weed out emerging flowers! Some varieties to plant now include Bachelors' Buttons, Bells of Ireland, Flower Mixes such as Bulb Companions, Fairy Meadow, and Hummingbird Haven, Forget Me Nots, Larkspur, Love-in-a-Mist, Pansy, Poppy, Snapdragon, and Viola.
- Divide perennials. If your perennials are producing fewer flowers or if the center of the plant has died back and just left fringes on the side, it's probably time to divide!
- Save the seeds from your perennials and annuals for planting next spring.
- Buy spring bulbs now so you have the best selection – wait to plant until October. They can add splashes of color to your landscape or planted en masse, a bold shot of color. Use a fertilizer such as Espoma Bulb-Tone when planting. It helps to give bulbs a good start at planting time for best results. Try spraying the bulbs with an animal repellent before you plant them or cover them with chicken wire to prevent voles, squirrels, or chipmunks from digging them up.
- Cooler weather means you can spend a little time getting rid of ivy that acts as a host to mosquitoes and Copperheads. Keep weeding, too!
- As autumn arrives, plant pansies, chrysanthemums, asters, dianthus, pineapple sage, and ornamental kale for color to your fall landscape. And, for our cooks out there, remember pansies are edible flowers and can add a little something special to your dishes.
- Start transitioning your tropical plants that you'll bring inside for the winter by moving them to a shadier spot. Check for bugs and treat with insecticidal soap if necessary.
- Take 4" cuttings of tender perennials such as sweet potato vine, geranium, and coleus. Remove the leaves at the lowest node (where the leaves attach to the stem) and then re-cut the stems about 1/2 inch below the node. Stick each cutting into 2 1/2-inch pots of moist, free-draining potting medium and enclose the containers in a plastic bag. Put a few holes in the bag for ventilation. Keep the container in a bright spot out of direct sun. After about 1 week gently tug on a cutting. If you feel some resistance, you'll know roots have formed and you can take off the plastic bag. Once they've grown a good root system, re-pot the plants into 4-inch pots.
- Start adding falling leaves to your compost pile. Mow them first for quicker breakdown.
- Be sure to mulch new plants immediately after planting to reduce weeds and provide extra insulation. Mulch will help roots of newly planted trees and shrubs acclimate to the cold faster while they are becoming established this winter. When spring arrives, these plants will have well-developed root systems and be better prepared for possible drought. Continue to water anything you've recently planted until the ground starts to freeze.
- Now and into October is a great time to plant tall fescue. The ideal rate is 5-6lbs per 1000 square feet. Applying straw mulch after seeding will increase the germination rate. Make sure the soil remains moist but not wet for the first 3 weeks or so to encourage germination and growth. You'll want to water deeper and less often as the grass develops.
- In the middle of the month apply a pre-emergent to prevent cold weather weeds in your lawn. Enjoy your garden!

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## Amen, Let's Eat!

by Joyce Ray



Welcome Fall! Busier schedules require more versatility in food preparation for our families. I prefer recipes that will provide for more than one meal, so I go back to casseroles and crock pot (instant pot) recipes that do just that.

This is a good time to inventory your spices and make sure they are up to date. I just tossed some paprika that had an expiration date of 2018! The Dekalb Farmer's market is a budget friendly place to find any seasonings that you need in both whole and ground varieties. Herbs are usually the leafy part of the plant while spices can be either stalk or root, often ground, for the most potent flavor. Keep spices and herbs away from heat and direct sunlight, so maybe it's time to move that spice rack you keep near the stove. Members of the red pepper family, including paprika and chili powder, keep their color and stay fresher when stored in the refrigerator.

Don't sprinkle spices and herbs directly from the bottle over a steaming pot. Steam can sneak into the spice bottle and sap your spices' power. If you're wondering why ground spices like allspice get hard and caked in the bottle, steam may be the culprit. Be sure the measuring spoon is dry when you dip it into the spice container.

I prefer whole herbs to ground, and crush the leaves like tarragon, basil, and oregano in the palm of my hand before use. If the color of the spices has faded, their flavor probably has too, so taste and smell your spices and herbs.

### Saucy Manicotti — 8 servings

This Saucy Manicotti is well worth the extra time it takes to put it together but once it is assembled, it can be stored in the refrigerator for next day cooking. Add salad and bread and your meal is cooked with plenty leftover.

- 1 (8 oz) pkg uncooked manicotti shells
- 1 (16 Oz) pkg Italian sausage, casings removed
- 1 large, chopped onion
- 9 garlic cloves, pressed and minced
- ¾ cup grated parmesan cheese
- 1 (26 oz) jar traditional herb tomato pasta sauce
- 6 cups (24 oz) shredded Mozzarella Cheese
- 1 (8 oz) container chive and onion cream cheese, softened
- 1 (15 oz) container ricotta cheese
- ¾ tsp ground black pepper

Cook manicotti shells according to package directions and drain. Lay them out individually on a wet paper towel and cover with another wet towel so they don't stick together or dry out as you work.

Cook sausage, onion and half of the garlic in a large Dutch oven over medium heat for 6 minutes, stirring until sausage crumbles and is no longer pink. Stir in pasta sauce. Bring to a boil. Remove from heat.

Spoon 1 cup sauce mixture into lightly greased 13x9 inch baking dish.

In a large bowl, combine cream cheese, remaining 4 cups mozzarella cheese, Parmesan cheese, ricotta cheese and pepper. Stir until well blended. Cut a slit down the length of each cooked manicotti shell. Spoon cheese mixture evenly into manicotti shells. Arrange stuffed shells over sauce in dish, seam side down. Spoon remaining sauce over shells. Sprinkle evenly with the remaining 2 cups of mozzarella cheese. Bake, uncovered, at 350°F for 50 minutes or until bubbly. Allow to stand 5 minutes before serving. Note: Ground beef (1 lb.) can be used in place of or with sausage in pasta sauce.

### Chicken and Forty Cloves — 8 servings

This is one pot of deliciousness that just needs some rice and side salad to complete the meal.

- 8 chicken breast halves
- 40 garlic cloves (about 4 bulbs) ½ cup olive oil
- 1 tsp of thyme
- 1 tsp oregano
- 1 bay leaf
- 1 top of green onion
- chopped celery leaves from 2 ribs of celery
- 2-3 parsley sprigs salt and pepper to taste

Lightly spray the bottom of the crock pot or heavy Dutch oven. Add Green onion, celery leaves and chopped parsley. Add chicken breasts. Sprinkle whole garlic cloves on top of chicken. Add thyme and oregano. Pour ½ cup olive oil on top. Add salt and pepper. Cover and bake at 350° for 1½ hours or slow cook until chicken is tender.

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