

SMOKE SIGNAL

VOLUME 56, ISSUE 6

Serving the Smoke Rise Community since 1968

September, 2023

www.smokesignalnews.com



**HAPPY LABOR DAY
FROM THE STAFF OF THE SMOKE SIGNAL!**

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Exploring Public Art in Tucker

Courtesy of Tucker-Northlake Community Improvement District (CID)

Like many communities in metro Atlanta, Tucker is home to public art in a variety of locations. Tucker-Northlake Community Improvement District (CID) launched a story map to help everyone in the Tucker community find and appreciate public art close to home. Beginning with James Clover's work in 1974 and continuing to the current Art in the Alleys

project, the map highlights memorials, murals, and sculptures throughout the community. Find the map by searching "Public Art in Tucker" on the Tucker-Northlake CID website (<https://tuckernorthlakecid.com/>)



1. Blade with Dew Drop

This sculpture, "Blade with Dew Drop" by James Clover (1938 – 2021), graces one of the well-manicured lawns of a Boxer Properties building on Parklake Drive.

2. Faces

This art installation on the Georgia Department of Family and Children Services property off Northlake Pkwy includes metal faces and torsos that act as bells when the wind blows. The two blocks above the faces rock back and forth in the wind.



3. DeKalb 9/11 Memorial

Firefighter Doug Harms and former Marine Corps Sgt. and Sculptor Curtis James Miller designed the DeKalb 9/11 Memorial together in the summer of 2011. Miller created the steel sculpture

of a phoenix wing rising out of the ashes, symbolizing America's resolve to move forward after the terrorist attacks of 9/11/2001. A section of I-Beam from one of the World Trade Center Towers was placed in front of the sculpture at a dedication ceremony honoring the victims and heroes of that day. The sculpture and steel sit on a solid piece of granite cut in the shape of a pentagon that honors those present at the attack on The Pentagon. The front two sides of the pentagon honor the fallen FDNY firefighters and the NYPD & PAPD officers, and the cement walkways throughout the memorial are in the shape of a Maltese cross, a symbol of firefighters. The memorial is surrounded by four flight markers inscribed with the flight details and timelines of each of the hijacked planes. The quote on the donor wall was taken from former President George W Bush's address to the nation one night after the attacks.

The memorial was almost completely built by DeKalb County firefighters and police officers, eager to create this reminder of the selflessness of first responders.



Stone Mountain Woman's Club members at a back-to-school event in Stone Mountain Village

Stone Mountain and Tucker Hold Back-to-School Events

By Barbara Luton

The General Federation of Women's Clubs (GFWC) Stone Mountain Woman's Club helped to distribute clear backpacks at a back-to-school event held in Stone Mountain Village. A total of 124 backpacks filled with supplies appropriate for different age groups were given out. Kindergarten and primary students received crayons, markers, and pencil boxes along with other items. Older students received highlighters, index cards and compasses. Other items in each backpack included three notebooks, two composition books, pens, pencils, and scissors. The event was held in conjunction with the National Night Out, an annual community-building campaign held on the first Tuesday in August, that promotes police-community partnerships and neighborhood camaraderie. The supplies were furnished from donations or monetary donations.

The Tucker back-to-school celebration was sponsored by the Omega Support Center, a non-profit organization in Tucker. This was their fourth year of sponsorship. A total of 639 backpacks with pens, pencils, folders, rulers, and calculators were distributed to students. This was the fourth year of their sponsorship. 639 backpacks with pens, pencils, folders, rulers, and calculators were given to students. Also available that day were free clothes, shoes, hand sanitizer, food, health checks and sports physicals. Non-profits and local businesses provided all the items by donations or monetary donations.

Now that school is back in session, here are some useful safety tips.

1. Pay attention to school buses with stop signs out.
2. Pay attention to speed in school zones.
3. Be patient in school "drop off" zones.
4. Watch out for crossing guards.
5. Plan ahead. Wear seat belts.
6. Stay off your phone in school zones.

...Continued on page 6



Smoke Signal

P.O. Box 1038, 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*, articles should be sent in .doc or .docx format. Articles sent in .pdf format cannot be edited or changed in any way. Ideally, photos and graphics should be submitted in .jpg or .pdf format. Thanks for helping us make your neighborhood paper the best it can be!

Smoke Signal Political Policy

It is the policy of the *Smoke Signal* to print one article on political candidates prior to each primary and/or general election. The candidate must submit the article to the paper by deadline, in order for it to appear in the following month's issue. No staff member will be responsible for any political articles on candidates, nor will the Smoke Signal solicit articles from candidates. Articles are to be submitted on a voluntary basis.

Political flyers – See below left for information. No political ads will be run in the classifieds.

Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor
 Bart McNeil: Associate Pastor of Administration, Ministry Support and Congregational Care
 Becky Caswell-Speight: Minister of Families, Faith Formation and Connection
 Jim Smith: Pastoral Care Associate
 Danny Vancil, Minister of Music & Worship
 Hannah Vassar: Minister of Youth and Congregational Connection
 Rashette Walker: Director of Weekday School
 Denise Burcham, Director of Academy of Arts
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 SmokeRiseBaptist.org

SUNDAY

9:45 a.m. - Attend Sunday School through Zoom or In-Person
 Schedule Available at smokerisebaptist.org/streamingatsmokerise/

11:00 a.m. - Attend Worship via Live Stream or In-Person
 Live Stream Available at smokerisebaptist.org/streamingatsmokerise/

WEDNESDAY

5:00 p.m. - Attend our Wednesday Dinner
 6:00 p.m. - Followed by activities and Bible Study for all ages
 Live Stream at smokerisebaptist.org/wednesday-evening-activities/

Eastminster Presbyterian Church

Pastor ~ Rev. J. Caleb Clarke III
 Executive Director of Ministries ~ Jeanine Fulton
 Director of Family & Outreach ~ Mark Sauls
 Music Coordinator/Organist ~ Carole Mitchell
 Financial Coordinator ~ Jan Zabarac
 Director of Weekday Ministries ~ Celeste Sears
 Office Coordinator ~ Christina Wetzel-Sizemore
 Music Interns ~ Elizabeth Daly & Jose Azurdia

5801 Hugh Howell Road ~ Stone Mountain, GA 30087
 770-469-4881 ~ www.eastminster.us

MC3 Church

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

Sunday Schedule:

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

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

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

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

First Moravian Church

Pastor: Rev. Elroy Christopher
 Congregational Acolyte: Bill Hitz
 (770) 491-7250, (770) 755-8289
 www.gamoravian.org

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

Incarnate Word Lutheran Church

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

Mountain West Church

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

Sunday Services: 8:30 a.m., 10:00 a.m. and 11:30 a.m.
 Thursday Neighborhood Bible Study with Pastor Mo: 10:00 a.m.
 All Welcome!

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

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 requests to staff@smokesignalnews.com and you will be contacted as space becomes available, in the order requests are received.

Classified ads and flyers are still available!

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



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Smoke Signal Deadlines

SEPTEMBER 13

Please e-mail articles to:

staff@smokesignalnews.com

(Word documents or text file attachments preferred)

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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The Smoke Signal has a New Post Office Box!

Please note our new mailing address:

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Tunes by the Tracks is a free concert series held each Friday night in September and October from 7:00 p.m. – 9:00 p.m. in Stone Mountain Village. Concerts will be held in the Municipal Parking lot and will feature several well-known artists.

The concerts are free. Beer and wine will be available for sale. Bring a lawn chair!

Fall 2021 Lineup:

- September 3rd: The Larry Griffith Band
- September 10th: Heather Luttrell & the Possumden
- September 17th: Diane Durrett & Soul Suga'
- September 24th: Rae & the Royal Peacocks
- October 1st: Soulhound
- October 8th: Eddie 9 Volt
- October 15th: Women in Blues, Hosted by Diane Durrett
- October 22nd: Citizen Gold

For more information, please visit www.tunesbythetracks.com.

Letter to the Editor:

One of our precious and most dedicated Patron of the Paper sent this sweet, thoughtful note to two of our writers thanking them and the *Smoke Signal* Staff for the wonderful paper we manage to get out every month...55 years and counting! But who is counting?

Dear Susan and Joel,

I thank you and the *Smoke Signal* for the good article last month about Life, Liberty, and the Pursuit of Happiness. It is stunning to realize how suicide has increased in the younger generation. I truly feel the lack of Christian education has left an emptiness since back in 60s we removed God from our schools.

May the Lord bless you and all the *Smoke Signal* staff who are so helpful to our community.

Sincerely, Betty Allen

OUT AND ABOUT

Adult Co-ed Kickball

Registration is now open for fall adult kickball! Games will be played on Wednesdays starting September 6 at Kelley Cofer Park.

Questions? Contact Ray Rollins rollins@tuckerga.gov

Theatre FUNDamentals

This session is for adults 18 and up with and without developmental disabilities who want to explore acting, have fun, and make new friends!

Saturday, September 9 to Saturday, October 28

10 a.m.- noon

Tucker Recreation Center

Fall Pickleball League

Registration opened August 7.

Games begin week of September 18.

We have leagues for beginner, intermediate, advanced skill levels as well as a senior and women's only league.

Questions? Contact Joe Stewart jstewart@tuckerga.gov

Youth Fall Baseball/Softball Clinics

Tuesdays and Thursdays starting August 1

Kelley Cofer Park

4u- 5-6:30 p.m.

6u- 5:30 -6:30 p.m. (Small field)

8u- 5:30-6:30 p.m. (Large field)

Softball 6:30-7:30 p.m. (Small field)

10u/12u – 6:30 -7:30 p.m. (Small field)

All six-week clinics are free and no registration is required.



**A Tour of Southern Ghosts
October 13 – 28, 2023**

Atlanta's favorite family Halloween event will be presented for the 38th year by ART Station at the Historic Square (formerly called the Antebellum Plantation) in Georgia's Stone Mountain Park.

A Tour of Southern Ghosts is a storytelling festival that showcases the best ghost stories from the South. For 6 nights this fall, some 10,000 visitors will be guided on a lantern-lit tour of yesteryear vividly brought to life through the grand tradition of Southern storytelling.

The guided tours take place between 7 through 9:30 PM on Fridays and Saturdays for the last 3 weekends in October. Tours start approximately every ten minutes, and each tour is approximately 45 minutes. Tickets are \$8 for children under 12 and \$17 for adults. Discounted \$12 adult pre-sale tickets are available on-line, by phone or in-person at ART Station, 770-469-1105. Please note that vehicle entry to Stone Mountain Park requires a parking permit of \$20 per car. "One Day All Attraction Passes" and "Mountain Memberships" are not valid for A Tour of Southern Ghosts.



LZ Aerobics will begin a new session

on September 6 at 9:15 a.m. in the gym at Eastminster Presbyterian Church on Hugh Howell Road. Classes are Monday, Wednesday, and Friday mornings. The cost for ten weeks is \$90. With warmup, aerobic workout, strength, stretch, and balance work all set to fun music, you will truly enjoy exercising...especially with our fun and caring group of women!! For more information call Kathy Farrell at 770-846-0532.



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Tucker/Northlake Community Improvement District Updates

Flock Cameras Installed on Lavista Rd

Four Flock cameras were installed on Lavista Rd yesterday. The others will be installed after permits are approved by DeKalb County and the City of Tucker. Mayor Frank Auman is keeping his word and the city will fund 10 cameras to match the CID's. Thank you to Barry Schrenk for making this possible.



City Agrees to Join DeKalb's Camera Registry

At the CID's request, to support the DeKalb County Police Department, last week the city agreed to register all their cameras with connectdekalbcounty.org. Matthew recommended that they integrate their cameras at city hall to show public support for the effort. All the CIDs cameras are part of the network.

Burglary Suspects Arrested

Three suspects in the commercial burglaries along Mountain Industrial Blvd and Hugh Howell Rd have been arrested. They were located in Lithonia.

City Public Works Department agrees to Remove Graffiti

Last week the new public works department, led by Lowe Engineering, agreed that they would be responsible for removing graffiti in the right of way. I submitted a request to remove the graffiti on Main Street and Fourth Street and they started working on it the next day. I shared photos of the graffiti with the DeKalb County Police, and their gang unit confirmed that these are tags and not gang related.

County fills Pothole on Northlake Pkwy

DeKalb County filled a large pothole on Northlake Pkwy in front of Boxer Properties. It was the width of a folding chair and over a foot deep. This took follow up from Commissioner Patrick to get it done.

First Avenue Dumpster Progress

The city's long-term solution for the dumpster on First Avenue is to return to the original plan with two changes. Rather than placing a dumpster behind the buildings along Main Street, the dumpster will be replaced with a 30ft. long compactor. Rather than it being behind Jeremy Conlon's building (Math Depot) it will be located behind Fred Summers building (Furbusters). I will work with the city to ensure it is screened from view and with a code to reduce illegal dumping. The gravel behind the buildings will be removed and replaced with asphalt or concrete. The same standards they would require of a commercial property owner.

The short-term solution will be to move the existing dumpster behind Furbusters. This will require digging up the curb. Frank Auman assigned Jack Smith, Junior Engineer with the city, to oversee this project.



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Honoring Tucker Artist Jeanette Wingate

By E. Elroy Christopher
Pastor, First Moravian Church of Georgia

It has been said that beauty is in the eye of the beholder, and when a work of art evokes a visceral response, it becomes treasured. Such can be said of the art of Tucker artist Jeanette Wingate who chose various mediums to capture the essence and beauty of both the common and the extraordinary. Whether it be the character and emotion of a person in a portrait, the bringing to life a still life, preserving the fragile moments of woodland plants and flowers, transporting a landscape, preserving a structure, or whimsically weaving color and shapes the signature of “Wingate” on a piece of her art is now limited by her death at the age of 97.

It was not only her paintings but her teaching art at the Tucker Recreation Center for more than 50 years that Jeanette Wingate is remembered for inspiring students and friends to tackle new things and not be limited by negativity or self-doubt. She encouraged each student to see the potential they had both in art and in life. She was a longtime member of the Atlanta Artists Club in Buckhead and Tucker Art Guild. She participated in numerous art shows and was co-founder of the Golden Easel Art Gallery in Underground Atlanta. Her eye for detail and deft technique was early on affirmed and encouraged by the Famous Artists School and continued throughout her life.

Upon her death both completed and in progress works or art from her home gallery were donated to The First Moravian Church on Hugh Howell Road for sale to the community.

To view and/or purchase what will be a long-treasured heirloom, visit the Church (Fellowship Hall) at 4095 Hugh Howell Road on October 7 and 14 at 10:00 a.m. to 2:00 p.m.

COME! VIEW!! APPRECIATE!!! PURCHASE!!!!

Building Bonds Through Fun and Games

Amy Lamitina, Smoke Rise Country Club (SRCC) Director, Member Experience & Events

It’s becoming increasingly important to find ways to connect with our neighbors and build strong bonds with our community in our fast-paced world. There is a classic dice game that has been doing just that for decades: Bunco! This social and engaging game has been delighting people of all ages, making it a perfect addition to any local gathering or event.



Vickie Carpenter

Bunco is a game that thrives on the spirit of togetherness. With its simple rules and quick gameplay, it’s easy for newcomers to learn and enjoy. Whether you’re hosting a neighborhood block party, a community fundraiser, or a casual game night, Bunco can be adapted to fit the occasion. Its versatility makes it an asset to any event that seeks to foster connections and friendships among players.

One of the game’s unique features is the rotation of players between tables after each round. This simple act of moving to a new table allows participants to meet and interact with different people throughout the evening. It’s a fantastic icebreaker, especially for those who might be shy or new to the community. By the end of the event, strangers have become friends, and the sense of community has grown stronger.

Bunco is not just about winning; it’s about having fun and enjoying the company of others. The friendly competition that arises from trying to score the most points adds a layer of excitement to the game.

The beauty of Bunco lies in its inclusivity. Players of all ages and skill levels can participate and have a blast. Whether you’re a seasoned board game enthusiast or someone who rarely plays games, Bunco offers a level playing field for everyone. This accessibility is what makes it a fantastic choice for community events where people from diverse backgrounds come together.

Hosting a Bunco night or including it in community events can create a positive ripple effect throughout the neighborhood. It’s a chance for everyone to put aside their worries and stress, even if only for a few hours, and indulge in laughter and camaraderie. As the game progresses and players rotate tables, the energy in the room increases, leaving lasting memories for all involved. Smoke Rise Country Club hosts a Ladies Bunco Night on the last Tuesday of



Kate Grahams and Jean Weathers

the month for its members and has become an event that their community looks forward to attending.

In a world where technology can sometimes keep us isolated, games like Bunco provide an opportunity to rekindle human connections. It’s not just a game; it’s a means of bringing neighbors together, building friendships, and fostering a sense of community. So, the next time you’re planning a local event or simply want to get together with your neighbors, consider incorporating Bunco into the mix. Embrace the laughter, cheers, and shared experiences that this classic dice game has to offer. If you would like to experience the game with your neighbors at the Club, call or email me (770/908-2582 option 4 or alamitina@smokerisec.com) and we’ll include you as space is available. Non-members pay a higher price to participate.

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Exploring Tucker Public Art...continued from page 1

4. Hero

The state of Georgia's first permanent bronze K9 memorial is located in Tucker at the DeKalb County Police Headquarters on 1960 West Exchange Place. Created in 2015 the statue depicts an alert Belgian Malinois dog wearing a police badge on his collar. The bronze sculpture is called "HERO" and symbolizes all police dogs who serve and protect.



5. Blades

Located at 1900 Lakeside Pkwy, these two planters contain the untitled work of "Saul."

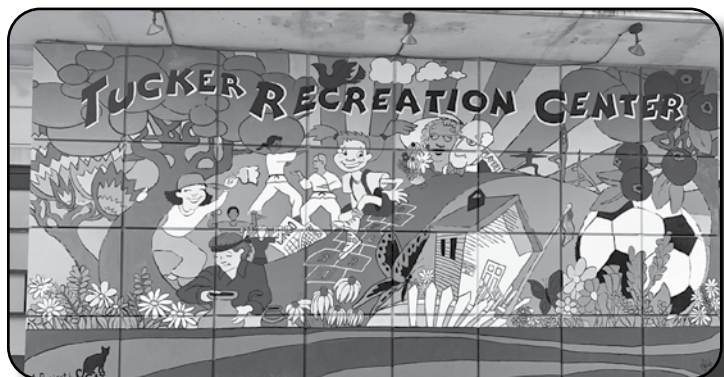
6. Moon Shadow

Tucked away on the backside of Moon Shadow Tavern is an intricate mural by local artist Michael Schulman also known as Swami.



7. Ms. Fritillary

A figure for all seasons, Ms. Fritillary is located in the Tucker Butterfly Garden at the Tucker Rec Center in front of the Browning Courthouse. Perhaps the Butterfly Garden's equivalent of scarecrow, Ms. Fritillary fashion is maintained by the Georgia Master Gardeners in DeKalb County.



8. Tucker Rec Mural

Created by Valerie Nichols as a Community Art Tucker project, the Tucker Recreation Center mural reveals the youthful and vibrant spirit of the Tucker community. The mural is located on the front side of the building at 4898 Lavista Road.

9. George Tyrones Sculpture

Located in front of Infinite Realities Comics Games & More at 5007 Lavista Road, this piece is dedicated to the memory of the former building owner, George Tyrones (1963 -2009).



10. Catlanta Mural

The City of Tucker commissioned its first public art installation by selecting Georgia based artist Rory Hawkins, also known as Catlanta, to paint a mural in Downtown Tucker. Completed in June of 2023, the mural covers a small retaining wall in the alley between Infinite Realities Comic Games & More and The Corner Cup Coffee.



Club Reconstruction Progress Update

Susan Gilbert, Staff Writer & Member SRCC Board of Directors

After a lengthy delay working through insurance company issues, Smoke Rise Country Club is in recovery mode. ServPro, the company who did the demolition in January, is swinging hammers, mudding drywall, installing trim, and painting. We are hoping for a grand reopening later this year but are at the mercy of supply-chain to get some of our new kitchen and HVAC equipment delivered.

To keep our social and dining program going during reconstruction, the Club has been hosting member and outside events at the pool complex or in the tennis center. Although the kitchen there is small and was never designed for major events, the food and beverage staff have pulled-off some amazing dinners and social events there.

One was a Salmon Woodfired Cooking Exhibition conducted by the accomplished Chef Joel Gilbert with assistance from SRCC Executive Chef, Hesie White, and F&B Manager, Gregg Herndon. Members raved it was the best salmon they had ever tasted. Joel shared the key was getting the salmon fresh. He was able to arrange with the Dekalb Farmer's Market to have 30 lbs. of salmon that was flown across the Atlantic the night before. Now that's fresh!

Another evening was Prime Rib Night with entertainment on the tennis center patio. Outside events happening at the Club include the Sunday, August 20th Kanawha Community Association Pool Party. Contact Amy Lamitina if you are interested in holding your event on the property. With the re-opening in view, the winter months are filling fast with reservations for meetings and parties, so be sure to get your date on the Club calendar.



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Magical Mystic Museum Marina (Part 1)

By Susan & Joel Gilbert, Staff Writers

Living aboard our catamaran in the Mystic Seaport Museum Marina for the summer has taught us so many lessons. We could fill a paper, but will try to share what we have learned in short doses over the months to come. As a result of the many challenges we encountered getting the boat to Mystic (CT) from Sarasota (FL), we were prepared for similar issues with getting her back to Marina Jack, our home port, in September.

Then our friend and Kanawha neighbor, Beverly Banister, visited us for a week and experienced much of what Mystic has to offer. We had a ball together, and she convinced us we need to leave the boat here in Mystic for another year, maybe more. Not that Sarasota isn't wonderful. It is in the winter, but for the summer, I don't know how anything can compare with Mystic Seaport Museum Marina in Connecticut.

It is hard to express the wonderment of this place. The museum itself is a 20-acre reconstruction of a New England whaling village with 500+ ancient boats from around the world here being renovated or just here to be toured, viewed, and in some cases, taken out for a cruise.



Joel Gilbert, Susan Gilbert and Beverly Banister

The museum marina where we were moored also offered free use of sailboats, row boats, paddle boats, anything you wanted to take out any time of the day. They make it free to visitors because the mission of this place is getting people acquainted with the sea. And what better way than to give them a boat, show them the ropes, and let them go at it.

I was on a conference call with 20 people and had to jump off when the reconstruction of the slave ship

Amistad built here in Mystic for the movie by that same name sailed by 20 feet off our port side. They sail it all over the world, but this is its home port. You just can't soak it all in on one visit. If you watch the movie, you will have a better understanding of why, and if you do watch, notice the town where most of the scenes were shot, right in the Seaport Museum.

The Norwegians recently sailed here the well-preserved Viking ship they pulled intact from the mud in 1904. It is under renovation and when completed will be sailed home.

The only remaining whaling ship in the world is here, the ~200-year-old Charles W Morgan, which was launched in 1841 and whaled for over 80 years. Known as a "Lucky Ship," the Morgan embarked on 37 voyages with most lasting three years or more. The longest was five years! Other whaling ships were out as many as 11 years before returning to their home ports. They didn't come home until ALL the 3,000 barrels were full of whale oil. So, they were out there for as long as it took...

You can walk aboard and see all the sleeping quarters for the 40+ sailors who operated the Morgan. They picked up lots of new people in every port because they kept losing crew to the sea or illness. When a boat returned to Mystic, it had crew members from all over the world: South Africa, New Zealand, Malaysia, South America and many more. Whaling did much to diversify the world because of having to have help come aboard at most ports, and they couldn't fly home when the voyage ended.

Look out for more on the Magic of Mystic in the coming *Smoke Signal* issue.

NEWS YOU CAN USE

By Aviva Hoffmann

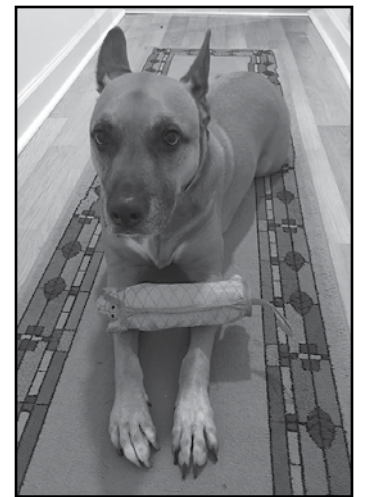
Shelter Pets Need You!

Are you ready to make a difference in a shelter pet's life while enhancing your own? In *Smoke Rise*, many of us proudly have "family members" who found their loving homes by way of a shelter. If you're contemplating expanding your family, look no further than DeKalb County Animal Services, managed by the LifeLine Animal Project, a registered 501(c)(3) nonprofit. From unconditional love to various health benefits, adopting a pet is a life-changing experience for both you and your new friend.

LifeLine has a compelling mission: to end the unnecessary euthanasia of healthy and treatable animals in county shelters. At the heart of LifeLine's approach lies the "Adopters Welcome" philosophy, inspired by the Humane Society of the United States. This approach fosters open-minded, conversation-based adoptions that prioritize finding the perfect home for shelter pets without judgment.

If you're at least 18 years old, here's how to start on your journey to adopting a pet:

1. Complete a preliminary questionnaire and meet with an Adoption Counselor.
2. Consider preferences of pet species, age, and size. (Note; breed isn't a filter option as LifeLine values individual personalities over DNA.)
3. If the pet is at the shelter, visit as soon as possible to meet them. Unfortunately, pets can't be held or reserved online.
4. Some pets reside in foster homes. Foster parents can offer valuable insights into the pet's personality.
5. For pets in foster care, complete an online adoption inquiry. The adoption team will connect you with the foster parent within 72 hours.
6. The shelter team and foster parents can assist you in determining if a pet is the right fit for your family. If not, they'll help you find an alternative match.
7. Once you've found your ideal companion, navigate to their profile on the website. Click the "I'm Interested" button and create an account to submit an inquiry. Approval leads to signing the adoption contract and paying the adoption fee.
8. After the contract is signed and the fee is paid, congratulations! You're now a proud pet parent.



Duke Hoffmann, adopted from LifeLine Animal Project in 2014

LifeLine ensures the health and well-being of every adopted pet. Complete medical examinations, spaying/neutering, vaccinations, heartworm or feline combo testing, and microchipping are all part of the adoption process. Adoption fees typically range from \$65-\$85 for cats and dogs, with occasional fee-waived promotions. Keep track of these opportunities by following LifeLine Animal Project on social media.

LifeLine sometimes has other species available for adoption, like birds, rabbits, gerbils, and more. The organization also offers a comprehensive program for adopting "working cats." These animals are community cats who are not suitable to be household companions and are happiest living outside. Although they are free-roaming, working cats still need shelter, food, water and vet care. Whether at your place of work or even in your yard, outdoor housing can provide community cats with a second chance at a good life. Also, they tend to provide great pest control (without any harsh pesticides)! These cats, fully vaccinated and spayed/neutered, can be adopted at no charge, and simple relocation protocols ensure their smooth transition to their new environment. Go online to get much more information on this program.

Consider saving a life - and enriching your own - by adopting a shelter pet today. Your loving home can make all the difference in their world, and the rewards are immeasurable. Learn more at: <https://dekalbanimalservices.com/>



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HEALTH NOTES:

by Cheri Schneider, M.D.

Ticked Off? Tick Talk about the Lonestar Tick

Have you ever heard anyone say they are ‘allergic’ to red meat? I have. It is a very strange problem and it has to do with TICKS. Hence, this ‘tick talk’ (Tik Tok, get it??)

The Lone Star (LS) tick is one of three most common ticks in Georgia. It is responsible for 90% of all tick bites in the South. Other culprits that carry other diseases are the Brown Dog Tick, Deer Tick and Wood tick. Deer, sheep and cows can carry the LS tick. Also pigs, goat, rabbits and buffalo. Scientists think ticks that bite these animals pick up a molecule from the blood of their host called galactose-alpha-1,3 galactose or ‘alpha gal’. This sugar-like molecule is transmitted by the tick’s saliva to humans when it bites and latches on. When the ‘alpha gal’ enters the host blood stream, it sensitizes the human host to the molecule.

Guess what? This molecule is found in the meat of deer, sheep and cows, and their by-products, including at times dairy products. When those who have been sensitized to alpha-gal decide to have venison, lamb or beef for dinner, their body mounts a reaction to the ‘foreign’ molecule. No one knows why only some people are sensitized. And no one knows why it is a mild reaction in some people and a serious, life-threatening reaction in others.

The human body truly is amazing and at times can overdo it in the security department. In essence, some people’s immune defense against intruder molecules (often proteins, but in this case a sugar molecule) is hyper-active. The hyperactive response to the foreign body is like a war on the intruding molecule. An allergy, if you will. Names for this allergy include: red meat allergy, Alpha-gal allergy, Tick bite meat allergy, etc.

Because it takes some time for meat containing the alpha gal molecule to break down and digest in the intestinal tract, meat allergy can be a difficult diagnosis to make. Imagine eating a burger for dinner, and then three to six hours later developing wheezing, shortness of breath and hives, itching, with or without diarrhea and abdominal pain. Some also have swelling of the tongue, face and throat... a very serious reaction indeed!

If you are one of these reactors, you may also be allergic to jello, gelatin and dairy products like milk, cream ice cream and cheese. Don’t forget! Many medications come in gelatin capsules. That allergy you think you have may really be to the gelatin capsule, not the medicine it carries. Alpha-gal can also be found in a cancer drug for colon cancer called Erbitux. 2% of people will react, usually with the first dose. There is also a potential for the reaction in those with pig or cow heart valves. (bioprosthetic valves)

- Red meat: This includes beef, lamb, goat, venison, rabbit, buffalo or pork.
- Products made from red meat: These may be food additives, milk, cream, ice cream, lard or cheese.
- Personal care products made with meat: These include collagen, lanolin, gelatin or glycerin.
- Other products: Talk to your healthcare provider about medications. Also discuss pig or cow heart valves, surgical mesh or certain vaccines that may trigger allergic reactions.

Testing for this unusual allergy is through blood: IgE to alpha-gal or skin testing. You may need to see an allergist.

A Glass Party House Becomes a Home

By Robin Biro

Smoke Rise has its share of modern homes, but one is more notorious than the rest - that’s the columned glass home perched atop the hill on Mountain Shadow Trail, home to the Biro family. We asked former Mayoral Candidate Robin Biro what it’s like to live there, here’s what he wrote back.

A glass home is not for everyone. When I saw the open house listed for this home, I thought “I could never live there,” but I had to see this wild house in person, so I went to have a look – I was also intrigued that it was on acreage (I love to garden, something I sorely missed living in my midtown bachelor loft). The trees and rolling hills of Smoke Rise amazed me on my drive out. I saw potential in this home’s soaring windows, 134 of them in total, huge columned entrance, limestone floors, crazy indoor fountain, and an even crazier pool with 20’ waterfall, all of it in utter disrepair. I nervously made a lowball offer, “just to see,” which the corporate owners promptly accepted, and I thought to myself “What have I gotten myself into!”

When I moved into this house, I knew nothing about its history, but I’d come to find out that it had been under construction for the better part of a decade. At times derelict, it became a hangout spot for teens and had even been used as a paintball course. Once construction was finally finished in 2006, it was briefly the home of famous rapper Gucci Mane, after which it had been an event venue. Boy if the walls of this home could talk...

I fell in love with this home that first fall when you could see the peak fall colors from every one of the floor-to ceiling windows. It took years to make sense of the home’s nearly 7,000 square feet, half of which is double-height open space. Eventually my love of plants inspired me to procure huge indoor trees and house plants, interspersed with modern art. I did the renovations and updating bit by bit along the way in small increments as I could afford. Six years later it is finally coming together but will always be a work in progress.

The house fulfilled its destiny in 2019, when (for lack of a better word) I inherited two children, my half-brothers, after a family tragedy, and moved them in. They were 7 and 11 years old at the time and had grown up in a two-room off-grid cabin in rural Colorado, so this was a major adjustment. We joke that they went from living the Little House on a Prairie life to the MTV Cribs life, but they’ve adjusted famously to Smoke Rise/Tucker and our home is filled with love and laughter.

As for what it’s like to live here – Imagine living inside a fishbowl. It is at its most amazing during stormy nights. The lack of privacy seems like a small price to pay for the views. I eventually fixed the pool and waterfall; it went from a terrible eyesore to the kids’ favorite part of our home. I joke that I’m always on the lookout for the “\$75 whole house window cleaning, any size” Groupon, but we absolutely love it here. Raising a family here nourishes my soul - I’ve found my calling, just “dad”, and this former notorious party home has finally found its best use as just a family home.”



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Yoga: A Practice for Individuals and the Greater Community

By Amber Seale Voss, RYT500

Last month, I wrote on the health benefits of yoga and highlighted some of the ways that yoga is holistically beneficial for the mind, body, and spirit. I want to take it a little deeper this month and expand on why it's not only beneficial for the individual but also for the community in which you practice.

Sanskrit words often have a multitude of definitions and applications. The word yoga comes is a Sanskrit word derived from the root yuj, which means to yoke or harness. It also means union and to connect. In a yoga class you will constantly be invited to find connection between the body, mind, and breath as you move through postures. It's a practice of self-study and self-realization. The practice itself is what transforms how we show up and move in the world.

Taking it a step further, we learn how to connect these aspects of the self on the mat. What of the connection with others who are practicing alongside you? How do we apply that sense of connection with our fellow practitioners?

Well, for starters, you already have a common thread – yoga – and have intentionally scheduled time at a studio to practice in community. As students arrive to a studio, you begin to cultivate relationships with others while you roll out your mat and wait for class to start. It's a time to connect to folks who you already share this one commonality with, surely there are other points of connection waiting to be discovered, right?

Conversations start and over time, other common threads emerge – kids, schools, shared neighborhoods, desires for improved health and wellbeing, health concerns, shared interests and concerns, worries, and so much more are uncovered as you share with your mat neighbors. Connection happens! You begin to find common connection points as well as points in which you may differ from one other. You realize that others are having similar life experiences that you are - hello fellow human being! You may even find that I am you and you are me as we both explore this being human thing together. You find connection and community – what gifts!

In a world that is increasingly growing in social isolation due to technology, excessive screen time, and the last three years of pandemic, signing up for a yoga class helps you rediscover that you aren't so alone after all and that you are welcomed into community with other folks with similar hopes, desires, fears and challenges. Humans are hard wired for connection. We want to connect with others and to feel connected. We want to build relationships with ourselves and with others.

Guess what? Yoga can aid in both of these desires simultaneously. Attending a yoga class is a chance to connect to the self. It's also a chance to connect to the greater community in which you practice. I invite you to find your community/ies whether at a yoga studio, a neighborhood park, the library, a church or synagogue, or wherever you wish. There are so many spaces waiting to welcome you into community. Jump in and watch how much sweeter life becomes.

September is National Yoga Month. In conjunction with Live Healthy Gwinnett, you are invited to join me in community at J.B. Williams Park for free yoga every Saturday at 8 am for an hour of all-levels, accessible yoga. We will meet every Saturday beginning September 9 until September 30. Bring a mat, water bottle and any props you may need. I hope to see you then!

Out the Window

Splooted Squirrel

Article and Illustration
by Beth Henson

"Squeaky, not again!" Glancing out my den window, I couldn't help but notice our resident squirrel lying on the shaded side of the driveway as flat as a pancake. Earlier in the week, I had gone to pick up what I thought was a small flat limb on the concrete when I noticed it had two bright, watchful eyes and slightly twitching ears.



The early fall temperatures had given little relief to my beloved overheated yard friends. Fortunately, Squeaky was able to "heat-dump" from his body, by exposing his whole underside to the cooler driveway, a practice amusingly called "splooting". Squirrels aren't the only animal that know how to sploot. Surprisingly, rabbits and bears exhibit this behavior as well.

Growing up in the deep south, I had seen many dogs in this funny stretched out state. You can always tell the temperature by how long your cat is!

I will pray for cooler temperatures, Squeaky. You will not be able to gather your fall stores by loafing on my driveway all day!



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Ode to Hydrangeas
by Victoria R. Crosby

I am no stranger to the beautiful hydrangea. In shades of blue and purple they have grown in every garden of my own. They often start out pink when planted, but this you cannot take for granted, as it's the PH of the soil that determines the hue, so you may think that you have pink but it may just turn out to be blue.

If your soil has a PH that's on the acidic side you will have deep blue flowers, in which you can take pride. If your soil is more alkaline in its composition your beautiful pink flowers may win a garden competition.

A vinegar solution is an effective contribution to make the flowers shades of purple, lavender and blue, or you could make it alkaline, by adding some garden lime, but it's really up to you.

Hydrangeas like a lot of water, and a little shade, and as the days grow cooler the colors will start to fade. So enjoy your summer flowers whatever their color tone, and be thankful that you have a lovely garden of your own.

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Hummingbirds are Going to Hell!

By Joel Gilbert, Staff Writer



We put out our hummingbird feeders each spring in hopes of attracting the beautiful, tiny birds that entertain us all summer with their antics. As we do, I am reminded about how different they are from seagulls.

When I would go fishing and come to shore to clean the fish, the first gulls to spot me would screech loudly to alert their friends that a free meal was being offered.

It didn't matter how many fish I had caught ... they would screech and within minutes every gull within earshot was there waiting for me to finish cleaning the fish and toss them the remains. Yes, they might try to grab something from another gull's grasp, but they seemed quite communal in their approach.

By contrast, I have watched gulls repeatedly try to steal food from pelicans, some going so far as to land on the pelican's head and just peck at anything hanging off of its mouth.

As I watch the wide variety of birds in our yard pecking seeds from our other bird feeders, they seem perfectly polite, each waiting their turn. That is, until a cardinal comes along, who tends to drive away any other bird to get to its preferred perch.

As bad as that is, there is nothing more anti-social and greedy than a hummingbird. We have two sugar-water feeders on our porch, each with four openings, meaning there are places for eight birds to drink. But do they do that? No, we only have two hummingbirds any year, and we see them perched on a branch intently watching the feeders. When their perceived competition arrives, they divebomb it chasing it off the feeder.

How on earth did this bird species get to be this way? Why is this a universal trait within the hummingbird species? They seem to have no concept of caring for each other or seeking eternal life through good deeds delivered to their fellow hummingbirds.



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Ages 5-7: Ballet / Tap ages 5-7 – Wednesdays – 4:00-5:00 led by Ansley Owenby

Beg. Jazz ages 5-7 - Thursdays 5:30-6:00 led by Ansley Owenby

Ages 7-10: Beg. Ballet / Tap Combo ages 7-10 – Mondays 4:45 -6:00 led by Meg Smith

Beg. Jazz / Hip Hop ages 7-10 – Mondays 7:15-8:15 led by Meg Smith

Ages 10+ Beg. Ballet ages 10+ – Thursdays 6:15 – 7:15 led by Ansley Owenby

Beg. Tap ages 10+ – Thursdays 7:15-8:15 led by Ansley Owenby

Dance Fusion 2 ages 10+ (approval needed) – Tuesdays 5:30-7:00 led by Greyson Chadwick

MS / HS: Dance Fusion 3 (approval needed) – Tuesdays 7:00-8:30 led by Greyson Chadwick

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Decades of Daisy

Celebrating Redbud District's 50th Flower Show

September 20, 2023 1:00-7:00 pm
September 21, 2023 10:00 am-5:00 pm

Come Celebrate "Decades of Daisy!"

By Quill Duncan

You are all invited to attend the 50th anniversary of Redbud District's Standard Flower Show taking place September 20th and 21st at Callanwolde Fine Arts Center in Atlanta, GA. The juried show hours are September 20th 1-7PM with a special ribbon cutting event with Garden Clubs of Georgia (GCG) President Lisa Hall at 1PM to launch the show. The next day the show opens from 10AM-5PM. There will be 40 adult floral designs with themes from the past fifty Yellow Daisy flower shows.

Additionally, youth and members of a senior center in Conyers will exhibit their designing talents. Horticulture will feature hundreds of specimens of plants and there will be educational exhibits on recycling and pollinators. The creative flower show schedule with all the details of the event is available online at the Redbud District website www.redbuddistrict.com. This year's NCG Standard Flower Show promises to be spectacular in a unique and charming setting. The show is open and free to the public with free parking. Come join the fun and bring a friend! The address is Callanwolde Fine Arts Center 980 Briarcliff Road N.E. Atlanta, GA 30306

All the Smoke Rise Garden Clubs participate or volunteer with this fun event and this year's 50th anniversary promises to be a delightful experience. Let us know if you want to enter your horticulture or a design or just come hang out with your friends.

In other news, the Smoke Rise Morning Glories will resume meeting on September 12th at Park Springs with a speaker and luncheon. If you are interested in joining or visiting our garden club, please contact our President Janet McGinnis at 770 939-8878. Happy gardening!

News from Smoke Rise Garden Club

The Garden Clubs of Georgia (GCG) held an awards luncheon at the Bellemere Garden House in Duluth. Lisa Hall, president of GCG and award chairman, Diane Malone, presented over sixty awards on a variety of garden themed achievements. Smoke Rise Garden Club (SRGC) president, Victoria Crosby, and vice president, Denise Finley, attended the event and admired the beautiful surroundings of the pool house. They visited the formal gardens after the meeting.

SRGC welcomes potential new members to their monthly meetings. For further information email SRGC president Victoria Crosby at poeticvic@aol.com.



SRGC President Victoria Crosby and Vice President Denise Finley

Mountain Mums August Meeting Recap

By Maureen Fraser

Jean Weathers opened the August meeting with an inspiration in memory of Judi Crutchfield, a past Mountain Mums member. Judi loved hummingbirds and to some, sighting a hummingbird signals that challenging times are over and healing can begin. To others these tiny fliers are an inspiring sign of hope and good luck. Hummingbirds can also have a spiritual significance and mean the spirit of a loved one is near. Those who knew and loved Judi feel that this is an appropriate remembrance of her.

The meeting then transitioned to the first order of business as Co-President Gaye Auman announced the 2023-24 theme for the year, which is a quote by Audrey Hepburn: "To plant a garden is to believe in tomorrow." A garden is a grand teacher. It teaches patience and careful watchfulness; it teaches industry and thrift; above all it teaches entire trust.

Gaye also highlighted some upcoming projects such as beautifying the Tucker police precinct area and sponsoring a new garden club for the younger generation. A group of several young ladies (and maybe a few men!) are interested in starting a new club to meet on a weekday evening – they are already brainstorming club names! Anyone ages 20-50 interested in becoming a member should contact Kathy Rhinehart at kathyrhinehart1@gmail.com.



Mountain Mums' August Meeting Hostesses Marsha Smudde, Angie Ballard, Maureen Fraser, and Mary Jacobson at her home

In addition, Connie Henry and Jean Weathers will be co-chairing a special celebration of the Mountain Mums 20-year anniversary. More information will follow with a date, location and other key details. All current and past members will be invited, as well as members of the Morning Glory Garden Club, our "Mother Club" – the group that sponsored Mountain Mums as a new member!

The next meeting will be held on Wednesday, Sept. 13 at the home of Pat Baumann. The featured speaker is Ann Fulmer whose topic is "Birds of a Feather." You can join the Mountain Mums Garden Club Facebook page to keep up with the latest news on upcoming and past events. Contact Mary Jacobson, Membership Chair, for more information on joining the weekday morning (50+) club or visiting us at the next meeting at mjacob1010@gmail.com.

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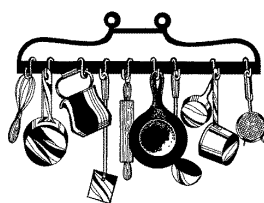
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Amen, Let's Eat!

by Joyce Ray



We are fortunate that we will have a few more weeks of growing season when we can still get fresh vegetables. This month features a savory Tomato Pie and traditional Caramel Cake that I hope you will enjoy.

Tomato Pie

There are many versions of this savory pie, some with meat, most with cheese and some are called Pizza and feature a little of everything. The Southern basic recipe is made with a traditional pie crust, although some cooks use biscuit dough for the crust. It is served as a side dish but with meat added it could be a main dish served with a salad.

1 9-inch-deep dish pie crust
4 large tomatoes peeled and sliced 1/4 inch thick

To prepare, lay tomato slices in a rimmed baking dish covered with a layer of paper towels. Place tomatoes in one layer and salt lightly. This brings out the liquid and keeps the crust from being soggy. Place another layer of towels over tomato slices and allow to stand for 30 minutes.

1/2 pound cooked bacon (optional)
1 cup chopped Vidalia onions
1/2 cup chopped fresh basil
1/2 teaspoon dried oregano
1/2 teaspoon garlic powder
1/2 teaspoon crushed red pepper
2 cups shredded Cheddar cheese
1/4 cup mayonnaise

Preheat oven to 375°. Move rack to lowest level of oven. Alternate 2 layers with tomatoes, onion, bacon, and spices. Mix mayonnaise and grated cheese in a small bowl. Spread over top of pie. Cover loosely with aluminum foil. Bake for 30 minutes. Remove foil and continue baking for 20 more minutes.

Old Fashioned Caramel Cake

One of my family's favorite desserts, this Caramel Cake brings back many memories of my grandmother who made it often. Remembering how she beat the icing by hand (or with the old hand turned eggbeater) makes me much more grateful for her gift that required strong hands to serve it to us. Also grateful for my electric mixer!

This cake can be made ahead and stored until ready to frost. It should be room temperature or a little cooler to keep frosting from sliding off cake. If it is too cold, frosting will not spread smoothly.

Cake Ingredients:

1 cup sour cream
1 cup softened butter
2 cups sugar
2/3 cups all-purpose flour
2 teaspoons baking powder
1/2 teaspoon salt
1 teaspoon vanilla extract
4 large eggs at room temperature

Grease and flour two round 9-inch cake pans. Preheat oven to 350°. Combine sour cream and milk. Set aside. Beat butter and sugar at medium speed with electric mixer until creamy. Add eggs, one at a time, beating well after each addition. Combine flour, baking powder and salt. Add butter mixture alternately with sour cream mixture, beginning and ending with flour. Stir in vanilla. Pour batter into three 9-inch round cake pans, greased, and lined with waxed paper. Bake cake layers for 20-25 minutes or until a wooden pick inserted in center comes out clean and cake has shrunk from sides of pan. Cool in pans on wire rack 10 minutes, then remove cake from pans and cool on wire racks until completely cool. Carefully remove waxed paper when cake is cool.

Caramel Frosting

3 cups sugar - remove 1/2 cup of sugar and set aside
3/4 cup water
1 small (5 oz) can of evaporated milk
1 stick butter
1 teaspoon vanilla extract

Put 1/2 cup sugar in iron skillet. Turn up heat to allow the sugar to melt and turn brown. It might burn a little around the edges. That is why it is called Burnt Sugar frosting in some recipes. Stir as it cooks. When sugar melts, gradually add 3/4 cup water. Bring to a boil and allow sugar to melt into a thin syrup. Put milk and 2 1/2 cups sugar in heavy saucepan and bring to a boil. Cook on medium heat until all sugar is melted. Gradually blend the browned sugar syrup into the milk mixture. Be careful to add it

Continued next column...

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Old Fashioned Caramel Cake...continued

slowly and stir with whisk while adding it. Cook to soft ball stage. Remove from heat and blend in butter and vanilla. Cool slightly, then beat (with electric mixer) to spreading consistency.

NOTE: because this mixture is so hot, it will take a long time to become spreadable. I run cold water in the sink and put the saucepan in it to cool down before mixing with the electric mixer. When frosting thickens to spreading consistency add to cooled cake (see directions for cake.) Before spreading icing, put 1 scoop of icing on plate before you set the first layer to keep cake in place. Yield: frosting for three 9-inch layers.



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