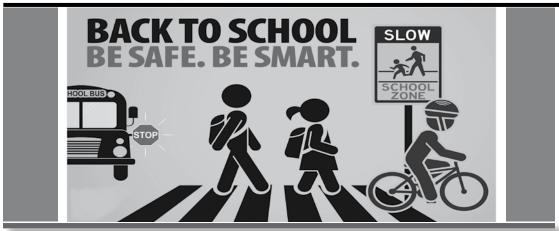
VOLUME 57, ISSUE 5

Serving the Smoke Rise Community since 1968

August, 2024

www.smokesignalnews.com



Smoke Rise Sharks Complete Successful Season

We are proud to announce the Smoke Rise Sharks Summer Swim Team finished the season in third place overall in the Atlanta Swim Association Summer League. The team consists of local swimmers ages 3 - 18 years old with a goal to improve their swimming and have fun! They practiced at the Summit, Smoke Rise Country Club, and Mountain Creek pools for the season.

Thank you to all the coaches, sponsors, board, parents, pools, volunteers, and swimmers for making it a great swim season!



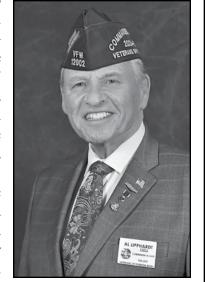


Al Lipphardt Elected VFW Commander-in-Chief

Smoke Rise resident Al Lipphardt was elected as the VFW (Veterans of Foreign Wars of the United States) Commander-in-Chief on Aug. 1, 2024, at the 125th VFW National Convention in Louisville, Kentucky.

Al served in the United States Army from 1965 to 1979, earning his VFW eligibility by serving in Vietnam from 1967 to 1968, and from 1970 to 1971. In recognition of his heroic service in combat, he received the Combat Infantryman's Badge, Bronze Star with "V" device, Bronze Star Medal for Meritorious Service, Purple Heart Medal, Vietnam Campaign Medal with Silver Star and two Bronze Stars, Vietnam Service Medal, Vietnam Cross of Gallantry with Palm Medal, and the Vietnam Staff Service Medal First Class.

Al is a member of the Rotary Club of Stone Mountain. A Rotarian since 1984, his distinguished service has been recognized by Rotary International with the Service Above Self Award and the Rotary Foundation's Citation for Meritorious Service Award. He was elected and served as an officer of Rotary



International as District 6900 Governor, from 1999 to 2000, and has chaired critical national and international committees.

Al's lifelong devotion to servant leadership is evidenced by his life membership in the Disabled American Veterans, Military Order of the Purple Heart, the VFW National Home, Military Order of the Cootie, the 196th Light Infantry Brigade Association, the American Division Veterans Association, and the United States Army Officer Candidate School Alumni Association (Hall of Fame inductee).

Al and his wife Carole are residents of Smoke Rise.

Look inside for...

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What a Wonderful World

By Pat Soltys, Staff Writer

As I was driving down Rosser Road this morning, the song made famous by Louis Armstrong came to mind, "What a Wonderful World." Seeing the leaves of green in full bloom, dogwood trees adorned with blossoms, not to mention vibrant azaleas showing color in yards punctuated by bright green lawns.

I love summer not just for the beautiful colors Mother Nature delivers from her palette but perhaps even more because people are fully embracing the outdoors. Neighbors, you might not have seen since last fall, are outside and giving a friendly wave to people they know and some they don't. Under often cloudless blue skies, you see the pride that really makes our community special in well-kept homes, with garden vignettes telling stories of the love and care of the owner.

It is fun seeing neighbors coming together at events such as Tucker Day, Tucker Cruise Ins, Movies on the Green, and of course the 4th of July Fireworks on the third, where the greetings extend warmth and friendship. Now, the golf courses are full, tennis and pickleball are in full swing and swim days are here. There are business networking events, charity events and kids' sports to bring us together.

Reach out to a neighbor or someone new and as the songs says, offer a handshake and a "how do you do." Celebrate the wonderful world of the greater Smoke Rise community.

AUGUST EVENTS

August 2 – 7 p.m.
First Friday Concert Series



On the Border - The Ultimate Eagles Tribute

<u>August 10 – 10 a.m.</u> Tucker Cruise-In. Ma

Tucker Cruise-In, Main Street is closed

August 15 – 6 p.m.

Movie on the Green - Trolls Band Together

August 31 – Tucker Recreation Center is Closed

St. Andrews Presbyterian Church invites you to our 2024 Back-to-School...



CRAFTS
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August 10 10am -1pm

PETTING ZOO HOT DOGS GAMES & MORE



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.

* This Issue's Editor of the Month

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Health NotesCheri Schneider MD, Pat Baumann MD

Recipes and Home.....Joyce Ray

Social and Digital Media.Pat Soltys, Amber Voss News You Can Use.......AvivA Hoffmann Tech Talk......Susan Gilbert

Out the Window.....Beth Henson Other Staff Writers:.....Victoria Crosby

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DID YOUR PAPER GET WET?

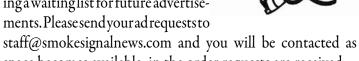
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AT THE COMMUNITY GARDEN



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space becomes available, in the order requests are received.

Classified ads and flyers are still available!

Smoke Signal Deadlines

AUGUST 13

Please e-mail articles to: staff@smokesignalnews.com

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

Deadline for classified ads is AUGUST 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.

"Like" us on Facebook at www.facebook.com/SmokeSignalNews

You can also visit our Facebook page to view postings of newsletter pictures and stories throughout the month.



TUCKER FARMERS MARKET

April through November THURSDAYS 4-7 p.m.

Over 30 vendors each week Buy local fruits, veggies, baked goods, and more Enjoy music, children's area and many dinner options

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

BRING A BOOK
TAKE A BOOK



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

Smoke Rise Baptist Church

5901 Hugh Howell Road Senior Pastor: Dr. Chris George, cgeorge@smokerisebaptist.org

> Phone: 770-469-5856 SmokeRiseBaptist.org

SUNDAY

9:45 a.m. - Attend Sunday School through Zoom or In-Person 11:00 a.m. - Attend Worship via Live Stream or In-Person

WEDNESDAY

5:00 p.m. - Attend our Wednesday Dinner

6:00 p.m. - Followed by activities and Bible Study for all ages

Eastminster Presbyterian Church

5801 Hugh Howell Road

Interim Pastor: Dr. Jim Simpson, jims@eastminster.us Phone: 770-469-4881

Website: Eastminster.us

SUNDAY

9:15 a.m. Adult & Children's Sunday School

10:30 a.m. In-Person and Live streaming of Worship service

First Moravian Church

Pastor: Reverend Elroy Christopher (770) 491-7250 Website: Gamoravian.org

SUNDAY 10:00 a.m. Sunday School-Adults & Children

11:00 a.m. Worship 12:00 p.m. Fellowship Time

Incarnate Word Lutheran Church

4950 Hugh Howell Road pastor@incword.org Phone: 404-936-0628 Website: Incword.org/

SUNDAY 8:45 a.m. Worship

Mountain West Church

4818 Hugh Howell Road Pastor: Mo Huggins 770-491-0228 Mwchurch.com

SUNDAY 8:30 a.m., 10:00 a.m., and 11:30 a.m. Worship

THURSDAY 10:00 a.m. Neighborhood Bible Study

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

Digital copies of the *Smoke Signal* are posted to the archives at www.smokesignalnews.com.

Extra copies may be picked up at The Smoke Rise Community Garden on Hugh Howell Rd.



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August, 2024 let's go!

Redbud District Standard Flower Show Presents "Daisy's Movie Mania"!

By Quill Duncan, Member Morning Glories Garden Club

You are all invited to attend the Redbud Standard Flower Show "Daisy's Movie Mania" which will be held at Callanwolde Fine Arts Center August 28 and 29. The address is Callanwolde Fine Arts Center 980 Briarcliff Road Atlanta, GA 30306. The show is free and open to the public and there is free parking! The show hours are 1PM-6PM on August 28 and 9AM-4PM on August 29. This year we honored to have as our Honorary Show Chaiman WSB Radio "Green and Growing" host Ashley Frasca. Ashley has been a staple at WSB Radio in Atlanta for almost 15 years. She helps folks navigate Atlanta traffic each morning across three different Cox Media Group stations, and her Saturday morning garden show "Green and Growing with Ashley Frasca" is one of the newest shows on 95.5 WSB! It is a must-listen in Georgia and beyond, for those who want to be successful with their lawn, landscape or garden. She will be on hand to welcome our guests alongside Garden Club of Georgia, Inc. President Lisa Hall.

The 51st standard flower show features hundreds of pieces of horticulture, dozens of floral designs and a new category entitled Botanical Arts. If you attended the recent Atlanta Botanical Garden Flower Show, you saw floral interpretations of jewelry, dresses, purses and even shoes! We will be featuring these wonderful new displays in the elegant surroundings of Callanwolde's formal dining room.

In addition, there will be two educational exhibits featuring Callanwolde and the Georgia Movie Industry and The Secret Gardens at Callanwolde. The show is juried and awards will be presented on the winning entries in all the categories.

All the Smoke Rise area garden clubs participate by volunteering, entering designs or horticulture or acting as clerks for the judges. It is a wonderful way to learn about horticulture and enjoy beautiful floral creations and enjoy a day with your friends. Come join us and celebrate Daisy's love of the movies! For more information on the event or to volunteer, please contact Quill Duncan 770 414-4766.



About the Galleries

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



Mountain Creek Water Aerobics

By Lynn Malone, Mountain Creek Pool Member



This is the 10th year the members at Mountain Creek Pool have participated in Water Aerobics. Started in 2015 by former member Joan Loenthal, who had been doing water aerobics at various pools nearby, and by herself at Mountain Creek. When other members noticed her working out they asked if she would share her workout routine and that is how we started. The next year was an Olympic year and we included routines with names like 'boxing' and 'cross country skiing'. Even though Joan has moved out of the neighborhood we dedicate every year to her. We even have our own poem we chant while working out:

Float like a butterfly Sting like a bee These are the moves of Muhammad Ali

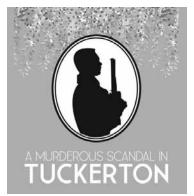
Float like a butterfly Sting like a bee Mountain Creek pool is the place to be.



Workouts are Tuesday, Thursday and Saturday at 10:30 AM

Free for members.

Guests pay the pool-guest fee of \$5.



Murder Mystery Dinner at Main Street Theatre

Written by Carly Sharec Directed by Ross DeMocko

Main Street Theatre and local favorite, Fresca Trattoria, come together to bring you a Murder Mystery Dinner! Dine on a delectable three-course meal and be entertained as an evening of intrigue, comedy and suspense unfolds. Tickets sell out quickly, so you don't want to miss your opportunity to see this one-of-a-kind show!

The residents of Tuckerton are attending the event of the year, as this season's debutantes vie to fill up their dance cards and impress both a suitor and the Queen. However, things take a turn to the scandalous side when some of the guests wind up dead ... and who is behind that strange voice narrating?

FOUR SHOWS!

Thursday, August 15 Sunday, August 18 Thursday, August 22 Sunday, August 25

Ticket price includes admission, meal, soft drinks, taxes and gratuity. Tickets must be purchased in advance—no door sales. The link for ticket purchases can be found on our website tuckertheatre.com



Participants in the Practice Cancer Walk

The GFWC Stone Mountain Woman's Club was the host for the Stone Mountain Historic Society's Annual 4th of July Pancake Breakfast. The Woman's Club partnered with the historic society to serve over 90 people pancakes, sausages, fruit and beverages. This is a fund raiser to help the Wells Brown House, home of the historic society, on Ridge Avenue in Stone Mountain Village. The Wells Brown house is having renovations done thanks to members, fund raisers and monetary grants.

Members painted rocks, made bows and filled baskets for the "Welcome to the Village" campaign which is a new Welcome Wagon project for Stone Mountain village.

A fun summer event was a wine tasting at Wine and Whimsey's on Main Street in Tucker Members tasted wines and snacks. Stop in at Wine and Whimsey's for your own wine tasting.

The club was host to a practice walk for the 2-Day cancer Walk in Atlanta in September. Walkers gathered at the club house for the practice walk into Stone Mountain Park.

The club is taking the TREX Community Challenge with a goal of 1000 lbs. of plastic recycling. This is a collection of light plastic bags not accepted in the county recyclables.

Artistic club members renovated the Little Free Library on Mountain Street. It is a very active little library with lots of traffic to and from Stone Mountain Park.

The club supports the "Back to School" events in Tucker and Stone Mountain . A farmers market uses the club parking lot each month to bring fresh vegetable and fruits to local people.

Summer may be a rest time for some folks but work for the Woman's Club goes on!



Renovated Little Library on Mountain St.





Marty Bryan, Smoke Rise resident and Co-President of the Woman's Club

Meet Smoke Signal Board Member Linda Karr

I am a native Atlantan and grew up in Decatur. My husband, John, and I bought our house in Smoke Rise in 1998.

Most of my career has been spent as a nurse specializing in oncology and public health but I have been a gardener even longer. My grandparents owned a 17-acre farm on Silver Hill Road

(across from the old elementary school) where I got my earliest introduction to all types of gardening. I am a certified Georgia Master Gardener in Dekalb County



and a Georgia Master Naturalist. In 2008, I and two others started The Garden Enthusiast online and participated in Master Gardener shows around the Southeast. In April 2011, with the help of my family, I opened The Garden Enthusiast – Backyard Nature Station on Main Street in Tucker. In 2015 we opened the 6, 000 square foot Children's Garden in the surrounding alleyway as an extension of The Garden Enthusiast to encourage children's interest in nature. I have written newsletters since the 1970's for medical professionals and patients and since 2011 on nature-related topics as well as being an educator and speaker.

My volunteer work has been with health, non-profit county, state, and national organizations. Locally that includes serving as President of the Metro Atlanta Oncology Nursing Society, President of the Dekalb College Alumni Board, President of the Old Town Tucker Merchant's Association, and a member of Gwinnet Habitat for Humanity, SRCA, Kanawha Homeowner's Association and others. I have also been involved with many of the local nature-related groups.

In retirement, my passions include gardening, gourmet cooking, reading, entertaining, and spending time with my family. We have six children, eleven grandchildren and three great-grandchildren.



community

After School and Holiday Childcare at Eastminster Presbyterian Church

The Eastminster School Age Program (ESAP) is an Outreach Ministry of Eastminster Presbyterian Church, providing after school childcare when children are in school and full day childcare on the days when schools are closed. We service children in pre-K3 through 5th grade. We offer pickup from the local elementary schools: Smoke Rise Elementary, Mountain Park Elementary, Arcado Elementary, Camp Creek Elementary, Smoke Rise Baptist Preschool, Mountain Park Baptist Preschool, and Philmore Academy. Our goal is to provide an outstanding childcare program emphasizing the individual child's developmental needs. We strive to help the child in his or her mental, emotional, social, physical and spiritual development, and to provide peace of mind to parents with the knowledge that their children are well supervised and lovingly cared for while they are away. We provide afternoon snack, homework help, arts and crafts, weekly Chapel, music, gym time and so much more.

For information contact Celeste Sears@770-469-9489 or check us out at www.eastminster.us/esap

WONDERING ABOUT North Dekalb Mall's FUTURE?

By Cheri Schneider, Staff Writer

Wondernomore.DEMOLITION of the North Dekalb Mall began last month. The only portion of the current North Dekalb Mall to remain will be the AMC theaters. They will be completely renovated. The new complex will be called Lulah Hills and will be a mixed-use development. Owned by EDENS, it will include over 320,000 square feet of retail and restaurants and will house over 1,700 multifamily units (apartments?), 100



townhomes and a 150-bed hotel. Some of this will be classified as 'workforce housing' which will allow employees and workers of Lulah Hills to live there. An estimated 1,400 permanent jobs will be created, not including the demolition project. The Lulah Hills complex will include retail shops, a parking garage, trails and greenspace linking the housing to shopping

and retail nearby as well as to Emory University.

Phase 1 includes mainly infrastructure, new streets, demolition and possibly a few retail spaces to be open in 2025. The entire project will take over eight years. Included in initial drawings are small green space parks, trails, a dog park, connection to the PATH's South Peachtree Creek Trail system and to Medlock Park.







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PROPERTIES

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CostCo- A Go?

By Frank Luton, Staff Writer

For a long time now there have been rumors about a CostCo Wholesale Store, being built on the old Olympic Tennis site adjacent to Stone Mountain Park. The site is off West Park Place, near US 78. Recently I was at the Dunwoody Costco store and had a conversation with the store manager. He said that there are firm plans for building a COSTCO there. He said to expect it to be open in a year and a half. So....

From:1996...



To: now...



To: soon to be...

EDITORS NOTE:

The only 'hard' data I could find on this includes that the Gwinnett County Board of Commissioners voted in late March, 2024 to sell the Tennis



Property for \$5.6 million to Fuqua Acquisitions II, LLC. The tennis facility was demolished in 2017. Although I could not find info on the Fuqua 'Projects' list, a WSB news story in March indicated Fuqua bought the property to build "Wholesale retail, four restaurants and multifamily residences including fifty affordable housing units". Costco does not typically announce upcoming projects ahead of time until they are underway.



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community





WELCOME to the new SMOKE RISE ELEMENTARY SCHOOL PRINCIPAL, Dr. KRYSTYE TATUM!

Beginning in the new school year, the Smoke Rise Elementary School will have a new principal, Dr. Krystye Tatum.

From the DeKalb County School District Superintendent Dr. Devon Horton: "Dr. Tatum brings over 10 years of experience as a teacher, Assistant Principal, and leader in both DeKalb and Atlanta public school districts. For the past four years, she has served as an Assistant Principal at Woodward Elementary in Atlanta, where she oversaw instruction, testing, and scheduling. With her proven record of student achievement, Dr. Tatum is poised to positively impact our students, staff, and



community. We are confident that she will continue the legacy of academic excellence at Smoke Rise Elementary as she leads us into the next chapter."

And from Dr. Tatum:

"I am honored to introduce myself as Smoke Rise Elementary School's new principal. It is my honor, privilege, and longtime dream to serve in this role at a school with such rich traditions, a strong sense of community, supportive and dedicated staff, and great students. As your principal, I can assure you that I share the school community's commitment to caring for the children while providing them with a world-class learning environment. With a background rooted in dedication to education and fostering positive change, I am eager and ready to begin this journey alongside our dedicated and supportive school community. This year's theme is Together We Rise: Launching into Excellence.

My vision for Smoke Rise Elementary School is a vibrant hub where curiosity ignites young minds, teachers are empowered, and parents are our partners. Together, we will work to create a community that radiates positivity, kindness, and inclusivity. As a building leader, I focus on building strong relationships, fostering social-emotional well-being, supporting our foundation in academics, and celebrating each child's uniqueness. Every student engages in hands-on, inquiry- based learning experiences in our school environment.

Daily instruction will spark curiosity, enhance critical thinking, and encourage problem-solving skills. By integrating STEM across the curriculum, we will prepare our students for future academic challenges and careers in a rapidly evolving world. Partnerships within our school community will focus on creating a school where every voice is heard, and every child feels valued. However, we must strengthen our school-wide systems and processes to achieve this.

Clear and open communication, collaboration, and shared decision-making will be at the heart of our work. Teams will begin this work right away, and I genuinely value the voices of our families. I firmly believe in the power of partnerships between the school, families, and the broader community. It truly takes a village."

The first day of the new school year will be Monday, August 5th.











August, 2024 features

NEWS YOU CAN USE

By AvivA Hoffmann, Staff Writer

Phone-y Business:

How to Avoid the Latest In-Person Scam

While many scams originate online, some con artists are bold enough to target you in person, even approaching you at the bank or outside a store. The Federal Trade Commission reports millions of dollars have been lost to a relatively new scam, which begins with a seemingly innocent request for assistance.

How the Scam Works

The "bad guy" approaches, claiming he lost his cell phone, bank card (or whatever), and needs help to get out of this terrible situation. He may say he just wants to transfer his own money for immediate expenses like a hotel room or groceries, etc.

Once you agree to help, the scammer spins a story to get you

to log into your banking app on your phone. Or, if you're already logged in, that makes it much easier! They might ask you to hand over your phone to enter their information or to complete the transfer. This is when the scammer springs into action, sending themselves screenshots of your account information, applying for an instant loan in your name, or using bank payment apps to transfer YOUR money to themselves. Meanwhile, there might even be an accomplice who distracts you with friendly chatter to keep your attention away from what's happening on your phone.

Protect Yourself

To avoid falling victim to this scam, follow these precautions:

- 1. Never hand over your phone: Do not hand your phone to a stranger who asks for it. Bank accounts have fewer protections than credit cards, and your bank might not reverse fraudulent transactions.
- 2. Consider two-factor Authentication: Secure your banking and payment apps with two-factor authentication, such as a PIN code, to prevent unauthorized transfers.

What to Do If You've Been Scammed

If you realize you've sent money to a scammer, act quickly:

- 1. Contact your bank or payment app: Immediately reach out to your bank or the mobile payment app company. Ask them to reverse the transaction and reclaim your money.
- 2. Report the Scam: Inform your local police department. Additionally, report the incident to the Federal Trade Commission (FTC) at ReportFraud.ftc.gov and your state attorney general.



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La Dolce Vita: Savoring the Sweetness of Italy

By Amber Voss, Staff Writer

Italy holds a special place in my heart. What's not to love about beautiful landscapes, ancient history, art, culture, and the amazing food and wine? I recently acted as tour guide for a friend, Patty, who was visiting for her first time in June.

Our trip began in Rome, which had stifling heat and an unbelievable number of tourists. The Vatican Museum was filled with throngs of people so thick that it was at times



literally overwhelming! The museum and St Peter's is a must see though so we braved the early morning crowds to do just that. Other sites we visited included the Pantheon, the Trevi Fountain, the Spanish Steps along with some of the famous piazzas.

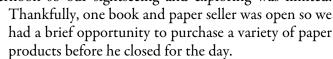
We stumbled into churches to look at frescoes and to have respite from the heat. Of course, we sampled gelato around the city too and enjoyed strolling the streets. Naturally, the Colosseum and the Forum were visited as well but on our final day before we flew home.

From Rome, we grabbed our rental car and headed to Perugia, known for its famous chocolate. It may also ring a bell for those who remember American Amanda Knox and the trial for the murder of her roommate. The city center of Perugia came to life on Saturday night with locals gathering for soccer, meals, and passeggiata, or the evening stroll. Navigating the city was easy with the mini-metro and the escalators that ferry everyone to the city.

With Perugia as our base, we made a pilgrimage to Assisi, the birthplace of St Francis. A beautiful hilltop town with so much to see and do. We also visited the beatified millennial saint, Carlo Acutis, who passed from leukemia in 2006. He is enshrined at The Church of St. Mary Major.

We journeyed to Loreto to visit The Holy House of Loreto, which houses the walls from Virgin Mary's house in Nazareth. It is also home to Our Lady of Loreto, a Black Madonna dating back to the 1400s. This basilica has been a place of pilgrimage for over eight centuries! It was awe-inspiring and moving to stand within the walls of Mary's home and pray. Loreto is located on the Adriatic Sea; the views from the basilica were stunning.

We explored Fabriano, a town nestled between Perugia and Loreto, known for its paper making. We visited on Sunday afternoon so our sightseeing and exploring was limited.



After Perugia, we made our way to Montalcino, a hill-top town known for its wine, Brunello di Montalcino and for the stunning view of the Val d'Orcia. Val d'Orcia is a UNESCO world heritage site and it's so easy to see why. A postcard worthy valley that is breathtaking at every turn. I planned five days in Montalcino so we could explore other Tuscan towns while also savoring the slowness that we both craved.

We visited two abbeys – Sant' Antimo and Monte Oliveto Maggiore. Monte Oliveto is a peaceful and quiet space nestled in the Tuscan hills. We perused frescoes adorning the walls and visited their apothecary to purchase the products that they make onsite. Luca, the sommelier, was a delight as he shared about

the wine making while we sampled the product.

We did a day trip via train up to Siena, a personal favorite. We visited the Duomo of Siena, Piazza del Campo and wandered the streets shopping. After several hours there, we hopped the train to Florence for more shopping and street strolling. Since this was unplanned, there was no chance to show her the museums or the Duomo, but she was able to see the great architecture and a feel for the city.

A delightful discovery was Pienza, a charming Tuscan town near Montalcino. It is considered "the ideal Renaissance town" as designed by Pope Pius II. Quaint, charming, and beauty on every alley. Even though it is a small town, we visited it not once but twice because it was so captivating! It's a hidden gem and one that shouldn't be missed.

I fell in love with Italy on my first visit in 2013. I've had the great fortune to return again and again since then. It is a place where I can slow down and savor life. It is a place I hope to live one day in the future.

For anyone who has always dreamed of visiting Italy, I hope this article gives you some places to consider. If you need help planning your own trip, I'd love to share my tips and tricks with you. Please reach out to me at adsmgrsmokesignal@gmail.com.



features______August, 2024

HEALTH NOTES:

Navigating Healthcare

By Patricia Baumann, M.D.

The healthcare system in our country has undergone dramatic change over the past few decades. Some of these changes have allowed for better diagnosis and treatment of disease. Along with the positive changes, some changes may serve to interfere with your healthcare.

The days of the solo health care practitioner have gradually ended, and have been replaced by large healthcare corporations. This has been accompanied by increasing bureaucracy and layers of administrative oversight that can interfere with access to care. The increasing number of specialists also makes it difficult to figure out who you need to see.

How do you get through? A healthy dose of self advocacy is essential! Let's start with finding a doctor.

Online searching is a bad idea. The online rankings may not provide the information you need. Online ranking may measure factors totally unrelated to a physician's ability. Your best source of information is another healthcare professional's recommendations. Nurses, for example, are firsthand witnesses to a physician's skills and outcomes, and can guide you. They can also help guide you to the correct specialist for your problem. A friend's good outcome with a physician also provides you good guidance.

Once you have a name, call for an appointment. Don't be discouraged when the available appointment date is not as soon as you'd prefer. Go ahead and make the appointment. You can always cancel. If you really need to be seen in a hurry, the urgent care center may be the way to go. You can then follow up with the appointment date you have. If you really have an emergency, don't delay, call 911. If you have chest pain or difficulty breathing, don't hesitate. You will typically go to the front of the line if you arrive in the emergency room by ambulance. You will need a follow up visit after your emergency room visit, so that scheduled appointment will come in handy then.

Back to making the appointment with your desired physician. The person on the phone who is making the appointment for you likely won't have any clinical background. If you have an need to be seen urgently, you will have to convince that person that you have an urgent need. Otherwise, you will be slotted into the first appointment on the schedule. If you tell them you can't wait, and explain why, they may consult the physician about overbooking the schedule (called a 'work in'). Or they may offer you a visit with another doctor in the practice. If you are contacting a department within a university setting, remember that the physician with an excellent reputation is worth waiting for, and that the immediate appointment with another practitioner may not be what you want. Whatever the case, make the appointment, you can always cancel.

After you have your appointment, you need to make the most of it. You have made the appointment because you have a concern. Decide what you want to accomplish during the visit. Write it down before you go to make sure you accomplish your visit purpose. Try to focus on the symptoms that are most worrisome to you. What is bothering you the most?

Unfortunately, doctors are limited by time constraints, a result of the schedule that has been created for them for that day. The schedule is made out by a template that allows more time for new patient visits, less time for follow up visits. Use your time wisely. Be aware that there are questions a doctor must ask because the answers give the information to make a diagnosis. Try to give them the information they need to take care of you. They will need to know when the problem started and what makes it better or worse. A physical examination will give them more information. Lab work will provide additional information that will aid in diagnosis. Imaging with X-ray may be necessary. If x-ray shows something, further information may be gained with MRI or CT scans. Often a diagnosis requires all these steps, with a follow up visit to discuss treatment.

A doctor visit should be a two-way communication. The physician has questions that need to be answered, and you should prepare to have your questions answered as well. Be your own advocate for health care. Bring someone with you if you need another advocate or another ear to hear what is said. If you are not satisfied with the outcome of your visit, get a second opinion.

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Balloons

By Victoria R. Crosby

Balloons let go into the sky will not fly to greet your loved ones who passed away, or help you to celebrate a special day. They may look pretty but will not stay.

They will deflate eventually, and many will drop into the sea where they will appear to be food for the creatures who swim below.

The strings can entwine sea turtles' necks, you know. On the pieces of balloons, they can choke because of the well-meaning folk who don't realize that this expression of their joy or grief can be deadly to marine life underneath.

Balloons that end up on the land, or on a mountain or in the sand, can still impose a danger to wildlife there, to animals on the ground and birds in the air.

They don't know it's not an edible food that's real, as it looks to them like a tasty meal.

Please celebrate your loved ones in a different way so that wildlife can survive another day.

Oceans are already polluted with plastic and cleaning them requires solutions most drastic. From releasing balloons please refrain so that for future generations wildlife will remain.

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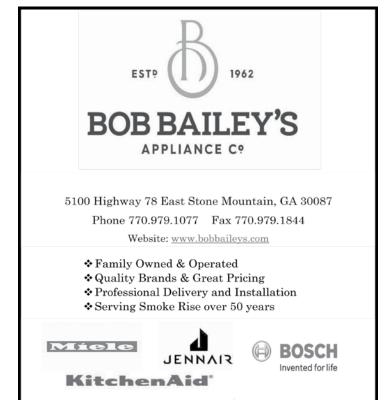
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Out the Window Article and illustration by Beth Henson, Staff Writer

Glancing out the kitchen window, I anxiously tried to finish my morning chores, so I could quickly join my visiting daughter and two grandbabies on the sunny, brick patio. The busy 18-month-old was determined to reach into the cascading water of my bubbling jar fountain, while older sister (a much more mature 3) had discovered something in the surrounding river rocks. She seemed to be closely observing it- her nose practically touching the palm of her soft, pink hand where it sat. Briskly stepping out the door



to get a better look, I saw the beautiful spiral-shaped shell that had mesmerized her. Moments later, a tiny head with two slowly, stretching antennae emerged from the shell, followed by a rather gooey body. Mr. Snail leisurely explored my granddaughter's hand leaving a shiny, silvery trail, as she bravely looked on. The slimy substance excreted both worked as glue and lubricate, helping him to glide forward or stick to surfaces with his single foot while the wiggling antennae detected scents and guided his path.

For the rest of the morning, he was placed in a paper cup for the children to observe and admire. As the day warmed and moved ahead, he was released back to the fountain garden to "find his mommy and daddy", my daughter patiently explained.

Thank you for the morning entertainment, Mr. Snail. Feel free to visit again, especially when the grandkids are here!

Slovenia: A trip off of the beaten path!

By Karen Werner, Smoke Rise Resident

In May, my husband Paul and I had the great fortune to spend 12 days in Slovenia, where the national pastime is hiking. It is a gorgeous country, surrounded by mountains on two sides, a small coastline on the Adriatic, and farmland in the east. Slovenia has only 2 million people and they all speak English and some speak multiple languages. As the locals say, since only 2 million people speak Slovenian, we have to speak another language if we want to talk to anyone from another country.

Slovenia has a rich history and our guide/driver/companion for 10 days kept us well informed on Slovenian history, economics, folklore and that of the surrounding countries.

Most visitors only "pass through" Slovenia. We were among the lucky ones who had an extended stay. We saw all four parts of the country, which is easy to do since it's so small. Our favorite days were visiting locally-owned businesses and sampling their foods. So good! A very small dairy farm where they make cheeses and cured meats, an organic fish farm in the bay off of the Adriatic, a pumpkin seed oil business. And boat rides on two gorgeous lakes and a river boat ride through the heart of Ljubljana were wonderful! As was our hike along a pristine river with rapids and falls along the way.

Slovenia is a country for outdoor enthusiasts! Hiking, cycling, skiing, kayaking, walking. We walked 6-9 miles a day just touring towns, castles, churches. Every turn is beautiful! If you want to visit Slovenia, don't wait! The world is discovering this hidden gem.





The Future of Self-Checkout

In a conversation with friends about shopping at Sam's Club, I mentioned that the lines are getting ridiculously long unless you shop in the early morning hours. They asked me why I wasn't using the Sam's "scan and go" app. Oh, I didn't know there was a Sam's app, but I easily downloaded it and took it on a trial run. Admittedly, I was skeptical about scanning my items as I placed them in the basket with my cell phone, but have to say, it was easy and sort of fun. The best part was walking by all the people in the checkout line and having my phone QR code scanned

to exit. Hmmm ... maybe this is the future

of self-checkout?

Self-service machines were first introduced during the 1980s to lower labor expenses. They shifted the work from paid employees to unpaid customers. Selfcheckout expanded at supermarkets in the early 2000s as stores looked to cut costs, and during the pandemic, many shoppers used self-checkout for the first time to minimize close interaction with others.

But now retailers are rethinking self-checkout. They have found that it leads to higher merchandise losses from customer errors and intentional shoplift-



ing — known as "shrinkage" vs. cashiers ringing up customers. One study found that companies with self-checkout lanes and apps had a loss rate of about 4%, more than double the industry average.

This growing backlash has caused some stores to dial back on the technology after it has exploded over the past few years. Some of the woes include:

- Many customers complain the machines are slow, unreliable, and difficult to use, especially with items that must be weighted or differentiated, like what kind of apple is it?
- Alcohol purchases also slow the machines as a cashier must come and check ID.
- Some products have multiple barcodes or barcodes that don't scan properly.
- Produce, including fruit and meat, typically needs to be weighed and manually entered in the system using a code. Customers may type in the wrong code by accident or resent having to look the item up.
- Sometimes shoppers won't hear the "beep" confirming an item has been scanned properly.
- Other customers take advantage of the lax oversight at self-checkout aisles and have developed techniques for stealing, like not scanning an item, swapping a cheaper item for a more expensive one, or scanning counterfeit barcodes they bring with them, or worst, scanning everything and then walking out without paying.

Stores have tried to limit losses by tightening self-checkout security features, such as adding weight sensors. But additional anti-theft measures also lead to more frustrating "unexpected item in the bagging area" errors, requiring employees to intervene.

We'll have to see how this plays out. If technology arrives to truly make it easy for customers to scan their own items and pay using their cell phones, we will all win if it reduces labor cost to operate the store that produces savings that can be passed along to consumers.

Meanwhile, if you shop at Sam's Club, do download Scan and Go!



Fortune Favors the Bold in Smoke Rise

Dearest readers.

It is with much hot and botheredness that I write to you, as we slowly perspire our way through the wicked Georgia humidity, to come out of it with a vague morsel of dignity. A walk around the estate in Smoke Rise to admire the hydrangeas and smell the roses? You had better take an entire wardrobe replacement for the simplest of tasks.



The imported Sri Lankan peacocks might enjoy it but my latest silks from Paris certainly do not! And to see the ladies meander through the streets amongst the ton without even a parasol or a chaperone, I don't know what's worse. The lack of suitable clothing or the mopping of the brow in public. I feel the need for an afternoon sherry coming on at the mere thought.

Which brings me on to the queerest of predicaments amongst the ton of new enterprises in the neighborhood. Is it not good to see investment in the area? Is there another, higher standard, that we in Smoke Rise must uphold new business to in order to be visible? Take the refurbishment of the old loading bay building next to the new shoppe, Publix. To provide new decoration and new landscaping, for what once was a blasphemy on the landscape, then only to see the disappointment once the new signage is in place because it doesn't meet your Trader Joe expectations? Readers, this lady has met many a trader on her worldly travels and their scruples are as loose as their tongue. Your money will be taken at the poker table no quicker than you can read a report of street racing on Hugh Howell Road. Still, this author sees the one positive outcome. It will leave many a resident more time to cut out their discount coupons from the town gazette for their next Aldi shop. Now, where are my grapes and my ostrich fan when you need them....

Your most delicately. Lady Summitdown

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August, 2024 gardening

Opportunities in the Garden for August By Linda Karr, Staff Writer

- Dine on your summer vegetables and herbs. Freeze or dry your herbs or can the ones you cannot use or share now.
- Outdoor pots can dry out quickly in the heat. Make sure you are saturating the soil. Frequent watering will wash the nutrients from the soil so fertilize them weekly with a liquid fertilizer according to the label directions.
- Prepare your garden soil for the fall plantings. Make sure you clean up any debris including diseased plants. You can chop up your summer vegetable garden with your lawn mower and add them back into the soil with your tiller or put them in the compost bin. Mix in some compost or fertilizer.
- Start your fall and winter seeds such as beets, lettuce, spinach, radishes, carrots, cauliflower, arugula, broccoli, peas, beans, Bok choy, cabbage, kale, Swiss chard, collards, turnips, leeks, and onions. Dill, chives, cilantro, fennel, and chervil also like the cooler weather. To get them through the rest of the heat of summer, you can plant the seeds in good potting mix in containers or flats and then transplant them in September. And don't forget to plant your perennial seeds now such as coreopsis, larkspur, alyssum, hollyhock, foxglove, butterfly flower, bachelor's button, delphinium, echinacea, hyssop lavender, and gaura for a beautiful display next spring and summer.
- Plant fall vegetable/flower containers to have easy access to the kitchen and for extra fall color. You might use a mix of kale or lettuces or beets with chrysanthemums, red leaf lettuce or mustard with broccoli and throw in some herbs such as parsley, rosemary, thyme, lavender, or cilantro. Or mix violas in with your vegetables. Fertilize when you plant.
- Continue to deadhead for more blooms.
- Fertilize chrysanthemums, asters, and salvia for fall blooms.
- Spring flowering perennials can be divided now. Do this
 in the cooler part of the day and make sure you water the
 transplants well. Dividing overgrown plants helps to keep
 them vigorous and blooming. You know it's time to do it if
 the center of the plant is dying out, if the plant has gotten
 too big for its space and if the flowers have become smaller
 or non-existent.
- Cut back annuals by half, fertilize and water to get fall blooms. They will look a lot better!
- Are the leaves on your azaleas, roses, marigolds, or butterfly bushes yellowed and stippled? Hot, dry weather in August is prime time for spider mites. Check on the underside of the leaves and, if found, spray with the hose, insecticidal soap, or horticultural oil.
- Composting? It's August and hot so that compost cooks fast. Start another pile now. Cover your compost piles so that rain doesn't leach out the nutrients.
- Weeding, of course, is an activity we can do every month. Remember that the weeds compete with our plants for moisture and nutrition.
- Mow regularly. It is one of your best defenses against weeds.
- Don't forget to enjoy your garden!



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MOUNTAIN MUMS GARDEN CLUB

"A Garden Pleases All Five Senses Through All Four Seasons"

Mountain Mums Garden Club President Sally Young chose this theme for the 2024-25 year because it makes us think of the differences between seasons and how different garden areas stimulate one or more of the five senses: sight, smell, sound, taste, and touch.

Sensory gardens entice a visitor to view plants at a close range, to reach out and touch, to inhale a fragrance, to listen, and to actively experience the garden with all of their senses. They can be designed for spaces of all sizes, from small courtyards or borders, to containers. These multi-functional gardens can also be used for teaching, relaxing, and multiple therapies. They can be created for children, the visually impaired, tactile or kinesthetic learners, and for therapeutic horticulture.

You can create your own sensory garden using some of the tips below:

Sight: Add plants with different color blossoms and habits like creeping, climbing, trailing or upright. Try contrasting color, texture, light, shadow, and forms. Incorporate plants that bloom at different times of the day or season.

Smell: Smells may trigger memories of special places or people. Some plants release scent naturally with the need for touch (roses), while others do not release a scent until they are rubbed or crushed (geranium). Sweet smelling fragrance options are honeysuckle, gardenias, or peonies. Fragrant, savory-scented thyme, rosemary, or oregano also test our recognition of herbs used in everyday products and recipes.

Sound: To stimulate the sense of sound, select flora that make noise when the wind blows through them, such as rattlesnake master, false indigo, bamboos, or ornamental grasses. Other creative options include: wind chimes that can increase the variety of sounds,

bird feeders and birdbaths that draw the attention of feathered friends and their songs and water features which can add an extra element of auditory stimuli.

Touch: A variety of textures to explore, including rough, smooth, fuzzy, and even sticky should be offered through plant bark, foliage, flowers, seeds, and fruits. Some favorites are velvety rose petals, the soft and silky wormwood, fuzzy Lamb's ear, the smooth, leathery surface of a southern magnolia, and the spiky rosette of sea holly.





Taste: A variety of Mountain Mums 2024-25 Officers

can be added to a sensory garden to explore tastes in the garden. Edible flowers, including nasturtium and pansy, also make tasty additions. Flavorful herbs to include in the garden are basil, chives, and lemon balm. Fruit could include strawberries, thornless blackberries, small fruit trees like blueberries, apples, and peaches to name a few.

You can also add non-plant elements to your garden for additional sensory opportunities, such as hardscapes, pathways, signs, water, and wildlife.

Mountain Mums Garden Club members are looking forward to incorporating this theme through monthly meeting topics, field trips and community outreach programs.



To get a good look at Smoke Rise Homes, see the flyer insert or call us for a copy!

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SMOKE RISE COUNTRY CLUB announces that their award-winning Tennis program will be managed by Universal Tennis Management, a well-recognized Atlanta-Based Tennis Management team. Ken Oliver will be the Director of Racquet Sports. The majority of the current Tennis professionals will stay on as part of the team.

According to the club publicity statement: "Smoke Rise Country Club has a rich tennis history dating back to its opening in 1998, including winning the Peach State Tennis award in 2015 for the best private tennis facility in Georgia. The club has a wonderful reputation that we are thrilled for UTM to continue."



Food & Home Fixin'

By Joyce Ray, Staff Writer

"Taste Of Home" cookbooks have long been among my favorites on my shelf. I bought their very first recipe book back in the early '1990's.. I love that their time-tested submissions come from regular home cooks from all parts of the country. Here are some of their featured recipes for quick and easy dinners.

Pineapple Shrimp Tacos

1 lb. uncooked shrimp (26-30 per lb.) peeled and deveined

3 teaspoons olive oil

1 large red and one large orange pepper, sliced

1 small onion, halved and sliced

1 cup drained pineapple tidbits

1 envelope fajita seasoning mix +1/3 cup water

8 flat, 6 inch corn tortillas (warmed)

½ cup shredded mozzarella cheese

8 large lettuce leaves (optional)

Cook shrimp in olive oil for 4-6 minutes in a large heavy skillet over medium heat until shrimp turns pink. Remove and keep warm. In the same skillet sauté the peppers, onion and pineapple in remaining oil until vegetables are tender. Add seasoning mix and water. Bring to a boil. Cook and stir for 2 minutes. Return shrimp to the skillet, heat through. Spoon mixture onto tortillas; top with cheese. Wrap lettuce around tortillas to serve.

Potato Sausage Foil Packs

These quick and easy time-tested and Boy Scout approved campfire packs can be enjoyed through the fall and for tail-gating during football season.

1 each, red, green and yellow peppers cut into 1-inch pieces

2 large potatoes cut into wedges

1 medium onion, sliced

1 pkg (14 oz) smoked sausage cut into thick slices

Toss with a mixture of 4 tsp lemon juice, 4 tsp olive oil, ½ tsp garlic powder, ½ tsp pepper. Divide mixture among 4 double thickness of heavy-duty foil (about 18x12 inches). Fold around ingredients. Seal tightly. Place on grill and close cover. Grill over medium heat until potatoes are tender – about 30-35 minutes. Open carefully to allow steam to escape.

Walking Tacos

This recipe is new to me, but I found many variations of it online. The ingredients seem to have a lot of salt so use low-salt options when possible. They are fun to eat, and kids love them. You won't have dishes to wash... just children!

1 lb. ground beef

1 envelope reduced-sodium chili seasoning mix

½ tsp pepper

1 can (10 oz.) diced tomatoes and green chiles (Rotel is suggested)

1 (15 oz) can ranch style beans in tomato sauce.

5 (one ounce) pkgs corn chips, Doritos or other favorite chips. Toppings: shredded cheese, sour cream, slice green onions, sliced avocados

A Trifle by any other name... (From Southern Living)

Trifles originated in 18th century Britain and were designed to use up leftovers and stale cake. Pieces of the stale cake were soaked in alcohol and then stacked with fruit, custard, and sometimes jelly in a round bowl. According to What's Cooking America, trifles and their iconic glass dishes came to America via the British who settled in the coastal South. While its origins are British, the word trifle actually comes from the old French word truffe (or truffle), meaning something of little importance—an apt definition given how easy and effortless a trifle dessert is to make.

In the South, a trifle was also known as a "Tipsy Parson" because it was said to have "lured many a Sunday-visiting preacher off the wagon," according to What's Cooking America. The dessert would become synonymous with the South because of Southern hosts, who prided themselves on their elegant table settings and considered ornate glass trifle bowls to be a mandatory part of their table.

This recipe is quick and easy to make with homemade cake or one you pick up from the store. It is delicious with fresh peaches, nectarines, blueberries, blackberries or raspberries or some of each!

2 lb. strawberries washed and cut

½ cup sugar

⁷² cup sugai ¹/₄ cup of rum (optional). You can use red wine, sweet strawberry wine, or any other spirits, or omit if preferred.

1 box vanilla pudding mix (serving size for 6)

1 (8 oz) carton frozen whipped topping, thawed

16 oz pound cake, angel food cake or any plain cake without icing. Make pudding according to directions on box, cover with plastic wrap and refrigerate at least 30 minutes. Mix strawberries with sugar and add rum. Refrigerate. Cut cake into 3-inch cubes and spread a layer in bottom of dish. Fold whipped topping into

and spread a layer in bottom of dish. Fold whipped topping into cooled pudding and add a layer to the cake. Add strawberries. Continue to add layers, ending with whipped topping and garnish with whole strawberries. For red, white and blue theme, add blueberries.