

SMOKE SIGNAL

VOLUME 53, ISSUE 5

Serving the Smoke Rise Community since 1968

August, 2020

www.smokesignalnews.com

Wearing a Mask Shows Your Neighbors You Care!

Tucker Recommends that You Wear a Mask at Work and in Other Public Places!

Go to the City of Tucker-Government page on FACEBOOK to see #MaskMovement. There is a very good video from the Mayor on the topic of masks and why Tucker recommends them.

Here is a message from Frank Auman, Mayor of Tucker:



“If you or someone you know need a mask (and don’t assume -- there are some folks who can’t afford or don’t know where to get one, or which one to get), the city has about 2,000 available now, and another 19,000 on the way. You can get them from the local restaurants... Stop by to pick up a meal to go or dine-in safely. Thank you to our partners, and watch for more mask distribution locations very soon!”

The Blue Ribbon Grill	Old Hickory House
The Local 7	Village Burger - Tucker
Shorty’s Pizza - Tucker	Bell Street Burritos
	Magnolia Room Cafeteria

The City of Tucker has already given away more than 12,000 masks! **Get one if you need one!**



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Books are the Givers of Joy

By Barbara Bruschi

No matter what the season, books are never out of style. They are the givers of knowledge, inspiration, wonder, and an endless pleasurer of the mind and soul. In these times of virus, reading a good book will release stress and help you triumph over things we have no control over. In the 19th century, books were not accessible to many people and illiteracy was common. In some countries, even today, books are not readily available and considered little treasures. Reading a story to your children may create a desire to read when they are adults and will bring times they will cherish now. Check out your library online today.

This year I have chosen the following books for your summer reading.

1) *The Giver of Stars* by Jojo Moyes.

A powerful story of resolute women who weather the storm in dark uncertain times. They bond, to face difficulties and to overcome prejudice. Based on the true account of “The 1930s Horseback Librarian of Kentucky” – a program initiative of Eleanor Roosevelt. Those courageous women weathered endless adversities to deliver books deep into the mountains of Kentucky; their lives and loves revealed in a fascinating way. The deep friendship they share and the desire for equality is heart-warming.

2) *The Secrets We Kept* by Lara Prescott.

A page-turner about three woman who are in the service of the CIA’s typing pool. Engaged and trained in international espionage to serve their country, they keep secrets. One of the agents is deeply involved in helping to smuggle the banned manuscript of Boris Pasternak’s *Dr. Zhivago* into western hands, with the intent to change Russia’s dictatorial communism into a more free society. Based on a true story - fascinating and educational.

3) *A Hundred Suns* by Karin Tanabe.

The year 1933. An American, married to the heir of the Michelin rubber fortune leaves Paris to find a new home in Vietnam. Vast rubber plantations, never before guided personally by the French, are plagued by scandals and conditions unacceptable to society. The American Jessie dives into the glitter and deceit of the colonial world. Fierce ambition, love, access and the quest for true friendship dominate the scene. Indochina, a historical time defined by “contrast and conviction.”

4) *The Prized Girl* by Amy K. Green

The murder and finding a suspect beyond a doubt dominate this novel. A prized beauty pageant winner falls victim to a crime. The suspect is almost a certainty, yet further investigation by a stepsister reveals the true murderer and the riveting secrets of a family.

...continued on page 10

TUCKER NEWS

Branch Properties announces that they finally have demolition permits for the Sears Property. They plan to begin demo Monday, July 27.

Tucker Brewing Co. which already has a large outdoor beer garden, is opening a restaurant! The new Tucker Brewing Kitchen will be opening August 5th. They are having a ‘soft’ opening the first week of August. According to their website, Chef Nicole Frey will be introducing dishes that have been “inspired by her travels to Vietnam, the Americas, the Middle East, the United Kingdom and beyond.” Her cuisine will focus on plant-based dishes featuring “dynamic, flavorful and diverse vegan and vegetarian dishes that guests crave.” Paired with all of the beers that Tucker Brewing offers this will be great place to try! According to the Tucker restaurant app, the Brewing Co. is open for dine-in and carry-out. The website notes Tucker2Go only on Mon/Tuesday.



We’ve Moved!

Visit us at our new location:

Tucker City Hall
1975 Lakeside Parkway, Suite 350
Tucker, GA 30084

City Staff was excited to move into the new City Hall this July. Prior to the move, staff was split between the old City Hall on Adrian Street and the City Hall Annex on First Ave. The City Hall Annex will still be used for City Council meetings, Boards and Commission meetings, and Court services until further notice.

Once all of the finishing touches are done the Mayor, Council and Staff look forward to welcoming you to our new location! In the meantime, drive by and see our building!

Also on the Tucker.ga.gov website:

— Tucker Cares: Watch short videos of events and projects that show that the people in Tucker CARE!

— Tucker Rewind: Watch short videos of what has been happening in Tucker. Updated monthly.

—Tucker Ribbon Cutters: Watch videos of one or all of the recent ribbon cuttings for new businesses in Tucker.

—Tucker Outdoors: Interactive map to explore what Tucker offers outdoors— from tennis to parks to trails to hike.

—Tucker Tomorrow: Check out transportation plans, comprehensive city plan and land use map.

—Tucker Social: Instagram, Facebook and twitter. Post your #MaskMovement pictures and show how you and your family are participating to stop COVID-19.



Smoke Signal

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

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The sunflowers are blooming and keeping a watchful eye over the Smoke Rise Community Garden.

The garden bed on Hugh Howell is filled with many plants and flowers that attract pollinators. Pretty soon the Goldfinches will be flocking to these Garden Guardians!



(Photo by Catharine Smith)

The *Smoke Signal* is posted to www.smokesignalnews.com the first of each month. Go to the "Smoke Signal Digital" link. You'll also find the link posted to the *Smoke Signal* News Facebook page each month with posting of pictures and stories throughout the month. For questions, contact Pat Soltys at pat@smokeriseagents.com.

Smoke Signal Deadlines

AUGUST 13

Please e-mail articles to:

staff@smokesignalnews.com

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

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

Deadline for classified ads is 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
 or visit our website at www.smokesignalnews.com
 Link to the digital version of the *Smoke Signal* at <http://eepurl.com/pjn4v>
 or scan this QR Code with your smart phone!



Main Street Theatre

Since we can't be together physically, Main Street Theatre has been working behind-the-scenes to bring the community together with local entertainment right where you are.

We are excited to announce we are going back to the 1940s—that great time in American history when we fought the Axis of Evil and invented the Slinky.

During that time, folks turned to their radios for news and entertainment; so we dug up some of the best radio theater mysteries, and will produce our Socially-Distanced Murder Mysteries throughout 2020. We've teamed up with our favorite local restaurants, too. They will run some MST specials for take out on the night of the show.

Coming up July 31 at 7:00 p.m. will be "Stand-In" in partnership with Shorty's Neighborhood Eatery.

Be on the lookout for more details about how to tune in and what to take out in the next couple of weeks!

We've also been working on some vocal collaborations to show off Tucker's talent. Up first, our rendition of "Forever Young" by Bob Dylan coming to RadioTucker.com and all our social media outlets soon.

Later this summer, we want to get all of Tucker involved in a city-wide talent showcase! Start thinking of ideas and practicing in the mirror. We'll be looking for anyone of all ages doing anything artistic—from acting, dancing, singing, playing instruments, painting, and more.

Check out our website on how to record from home and submit your talent!

Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor
 Bart McNeil: Associate Pastor
 Becky Caswell-Speight:

Minister of Families, Faith Formation and Connection
 Jeremy Colliver: Minister of Youth, Mission and Communication
 Danny Vancil: Minister of Music and Worship
 Amanda Coe Burton: Ministry Director for Children and Families
 Harrison Litzell: Co-Director of the Weekday School
 Stacey McNeil: Co-Director of the Weekday School
 Telephone: (770) 469-5856
SmokeRiseBaptist.org

Sundays:

9:00 a.m. Worship in the Chapel
 9:45 a.m. Sunday school
 11:00 a.m. Worship in the Sanctuary

Communion: Second Sunday of each month

Wednesdays:

5:00-5:45 Fellowship Dinner
 6:00-7:00 Programs for children, youth and adults
 7:00-8:30 Sanctuary choir
 Nursery provided

Eastminster Presbyterian Church

Pastor ~ Rev. J. Caleb Clarke III
 Pastor of Senior Adult Ministries ~ Rev. Jeanne Simpson
 Director of Mission & Youth ~ Mark Sauls
 Office Coordinator ~ Christina Wetzel-Sizemore
 Director of Weekday Ministries ~ Celeste Sears
 Director of Respite Care Center ~ Helen Wilborn
 Financial Coordinator ~ Jan Zabarac
 Organist ~ Carole Mitchell
 Choir Director ~ Anthony Rimore
 Ministerial Intern ~ Anne Gallaher

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

Respite Care Center Hours: Loving care for your Senior Adult
 10 a.m. - 3p.m. Wednesday

Sundays:

9:15 a.m. Sunday School for all ages
 10:30 a.m. Worship in the Sanctuary – nursery is provided
 Communion: First Sunday of the month

Wednesdays:

5:45 p.m. Join us for dinner and fellowship
 \$8 per adult & \$20 for families
 (reservation are required by Monday of each week)
 6:30 p.m. Program
 7:30 p.m. Chancel Choir

MC3 Church

Senior Minister: Art Stansberry
 Worship Minister: Leslie Riley
 Student Minister: Will Tyler
 Children's Minister: Rae Tyler Caggiula
 Telephone (770) 783-1035
www.mc3.life

Sunday Worship at Parkview High School Auditorium

9:30 a.m. Coffee and donuts; adult and student c-groups; nursery and Sunday school for infants to 5th graders.

10:30 am. Worship service

C-groups throughout the week at various homes -- check out our website for more times and addresses

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
 Telephone (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

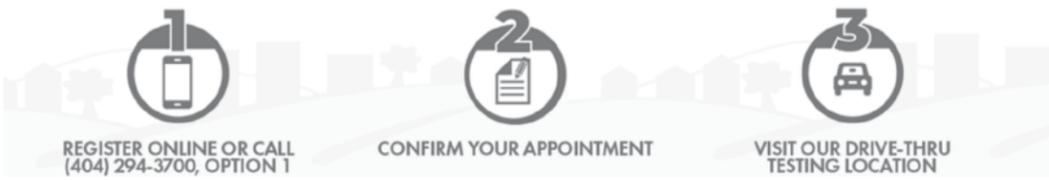
Mountain West Church

Pastor: Michael Shreve
 Worship Arts Pastor: Gary Robinson
 Telephone (770) 491-0228
www.mwchurch.com

4818 Hugh Howell Rd., Stone Mountain

Join us Sundays at 9 a.m., 11 a.m. and 1 p.m. for services hosted live at live.mwchurch.com. You can also join us Wednesday evenings .at 7 p.m. for our Wednesday Connect Service.

GET TESTED FOR COVID-19 IN THREE EASY STEPS



If you're in need of testing for the coronavirus, the DeKalb County Board of Health has set up an easy three-step process. Use the call instructions illustrated above or visit www.dekalbhealth.net to schedule an appointment.

THE PHANTOM FORK HAS STRUCK (OR STUCK!) AGAIN

Wow, wow, wow is all I can say! Tucker is really looking up in the restaurant selection nowadays!! PLEASE check out the new Tucker restaurant app if you would like to safely order food to go or see which places in Tucker are open for business. The app is:

<https://storymaps.arcgis.com/stories/e369de25056e49f396ee42f08527264e>

Tucker Main Street has some excellent eating! Local 7 is alive and has a great 'drive through' system for to-go items. So does Matthews Cafeteria. You can order a real southern dinner for the whole family there! Also check out The Corner Cup for a good cuppa' hot or cold. They have coffees, cappuchino, cold brews, smoothies, and tea, hot and cold. The drinks are great. Current orders are to-go only. Tucker's Village Burger and BlueTarp Brewing are open for to-go orders only while Las Colinas has both dine in and to-go. Use the app above to click on any Tucker restaurant for menu, hours, Covid notes.

Hot Betty's Breakfast Bar is a brand new breakfast-y, brunch-y place that has taken over the Freakin' Incan restaurant space. The restaurant is upbeat and modern with colorful giant wall murals. Just the kind of place that Tucker needs. They have awesome biscuits (huge) and sandwiches. They also have a large menu of breakfast egg dishes--burritos, tacos, huevos rancheros. Some vegan and tofu as well. You can eat in if you are ok with distancing every other table and masked wait staff. The take-out would be incredible on the back porch or kitchen table of your home too. I had half of a 'dirty bird'- a fried chicken thigh sandwich with pimento cheese, bacon jam and pickle, and half of my husbands 'monte cristo' sandwich. It had country ham (salty), a thick slice of roasted turkey and gruyere cheese on French toast. The salads looked very fresh. I saw fried chicken and waffles headed to the table in the corner. We tried a biscuit dessert-strawberry shortcake style that was wonderful!

It was interesting to note that they had a fully stocked bar. I do not know if this is a remnant from the past two restaurants in the place, but plan to ask next time I go. Maybe this has something to do with the name Hot Betty's Breakfast Bar. I will definitely be back to try other menu items and think lines could be out the door when the social distancing ends. In the meantime, why not work your way through their menu now and order out? Or if you don't mind, distance in.

GRADUATES



D'André Ellis graduated from Tucker High school in May 2020 and is attending Rocky Mountain College of Art & Design (R M C A D) . D'André's major is Bachelor of Fine Arts in Animation and he plans to create his own TV series one day.

Kennedy Nicole Collins is an energetic, brilliant, caring student athlete from Tucker, Ga. She is the daughter of Joseph & Nicole Collins. She graduated as a honor Student Athlete from Tucker High School with the resilient class of 2020.



Her athletic ability and hard work led her to receive an award from The DeKalb County Board of Education Athletics, a Marshon Brooks Student Athlete Scholarship Award and the Senior Superlative "Most Likely to go Pro" as nominated by her peers.

Because of her dedication and love for the game, Kennedy received several basketball scholarship offers. She has decided to further her education and take her talents to Georgia Southwestern State University in the fall, where she will major in Exercise Science/Pre-Physical Therapy. She hopes to become a NFL or NBA Trainer, after a successful basketball career overseas.



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Smoke Rise Academy of the Arts Announces Fall Class Schedule with In-Person and Virtual Options

Drama Performances Planned for Outdoor Staging

Award-winning Pianist to Join Academy Staff in August

Smoke Rise Academy of the Arts (SRAA) will begin its fall semester on Monday, August 10, offering both in-person and virtual instruction. Private lessons are available in piano, voice, violin, guitar, drums, ukulele and mandolin, as well as classes in beginner piano (ages 6-9), dance (ages 3 – adult,) oil painting for adults, and drama for school age.

All lessons and classes will offer students the option of in-person instruction or virtual lessons, with careful consideration to provide a safe environment for in-person with social distancing, small class sizes and optimum cleanliness.

The SRAA Drama Department will stage two productions in the fall, both performed on an outdoor stage to accommodate COVID-19 safety recommendations. Based on the popular comic strip and adapted from the Tony Award-winning Best Musical, ANNIE JR. features everyone's favorite little redhead in a production by the academy's summer elementary drama students, September 18-20. Originally scheduled for March but postponed because of the pandemic, the Academy's summer high-school drama students will stage FIDDLER ON THE ROOF, October 16-18. All performances are free to the public; details including performance times are available on smokerisebaptist.org/arts.



Hsin Shih Faith Liu

SRAA will expand its teaching staff in August with the addition of pianist Hsin Shih Faith Liu. Taiwanese-born Liu has enjoyed a diverse musical career as a noted performer, concert presenter, and educator. In recent seasons, she has performed as a recitalist and chamber recitalist at Squires Hall, Kopleff Recital Hall, Lee University

Summer Festival, and Steinway Society Young Artists Series, and is a prize winner of the 2020 Georgia State University Piano Competition. Liu received her Bachelor of Music and Master of Music degrees in piano performance from Lee University. She is currently pursuing a Master's in piano pedagogy, and also holds a piano teaching position at Georgia State University. Liu will teach piano to SRAA students ages four to adult.

For more information or registration, on all classes and private lessons, contact Denise Burcham at 678.533.0562 or artsacademy@smokerisebaptist.org.

More Good News from Smoke Rise Country Club

by Susan Gilbert, SRCC Board of Directors

With so much bad news bombarding us everywhere we turn, it's nice for a second month in a row to report more great news about the 175-acres of manicured greenspace tucked into our Smoke Rise community and known as the Club. Over my 10-years serving as a volunteer member of the Club's Board of Directors, I have watched many surrounding country clubs and golf courses fail, close their doors, and become either an overgrown eye-sore or new subdivision. We too have been on the brink of failure in years past, but this year is a different story.

Item #1 to Celebrate: Membership is key to keeping a club strong because monthly dues help pay to keep up the property and maintain staff to operate it. We have seen an unprecedented surge in memberships this year adding more than 60 new members in the past few months, meaning our membership could soon top 400, which was always my target. Key to this success is the quality of the offering: magnificent 18-hole golf course, 8 lighted tennis courts (both clay and hard court surfaces), Olympic saltwater pool in a 5-pool complex (kiddie, slide, hot tub, waterfall cool-pool) and a 25,000 square foot multi-purpose clubhouse with workout facilities, a Kid's Zone game room, boardroom, patios, library, ballroom, tea room, bar, men's poker lounge, and dining room.



Also key is the low dues and initiation fees. While building membership to our target, the initiation fee is just one-month's dues, and dues begin at \$99/month for social and dining. Many of our new members are coming from Decatur, an area that seems to have discovered Smoke Rise, and we are enjoying meeting new families and getting to know their children. Some have even mentioned moving to Smoke Rise now that they are enjoying the Club, and here they get far more house and much larger lots.



Item #2 to Cheer: Financing is critical to keeping a club going and growing. In June, the Club closed on a second mortgage that lifts it from burdensome debt that is now part of a mortgage that can be supported. This is what enabled us to dredge the lake, returning it to its original clear and stately condition.

Item #3: Golfing is Back! Maybe this is one of the few good outcomes of the Covid virus. People are playing golf at a rate higher than we have ever seen. Probably because it feels so good to get outside and do something fun with friends on a golf course where social distancing is the norm. It helps too that some of our neighboring golf courses were closed so new players discovered our course and have continued to play here.

Now is a great time to join the Club while initiation is low. Especially if you like to meet new people, play golf and tennis, and get some good healthy exercise. For more information, contact Heath McDaniel a at 770-908-2582 ext. 4.

WE ARE ALL IN THIS TOGETHER
 THANK YOU TO OUR MEMBERS AND THE SMOKE RISE COMMUNITY FOR YOUR SUPPORT AND SAFE PRACTICES

BECOME A MEMBER FOR A DAY TO EXPERIENCE MEMBERSHIP

CONTACT HEATH MCDANIEL, MEMBERSHIP DIRECTOR, 770.908.2582 EXT. 4
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What Makes a Great Teacher?

by *Kathy Rhinehart*

Study after study shows the single most important factor determining the quality of the education a child receives is the quality of his teacher. What makes a great teacher? Teaching is one of the most complicated jobs today. It demands broad knowledge of subject matter, curriculum and standards; a caring attitude, and a love of learning; knowledge of discipline and classroom management techniques; and the desire to make a difference in the lives of children.

Great teachers are warm, accessible, enthusiastic, motivated, prepared, and caring. Teachers with these qualities are known to stay after school and make themselves available to students and parents who need them. They are involved in school wide committees and activities and they demonstrate a commitment to the school.

Teaching first grade many, many years ago gave me the greatest satisfaction. I remember a professor once telling me that in order to maintain respect in the classroom, teachers should not smile until November. That's a bunch of baloney! Imagine the very first day that students and their parents walk into the classroom to meet the teacher. I always started out that first day thanking parents for allowing me to teach their most prized possession... their children.

It was a different time back in the 1980's. I kept a rocking chair in the front of the classroom. After lunch, during story time, a child would sit in my lap and turn the pages of the book as I read aloud. I went down the alphabet and held every child at least once a month. I'm sure that would not be permissible in today's society, but it was a special memory in my teaching career.

In my first years of teaching I sometimes felt inadequate. I used to ask God to help me teach these babies to read, add, subtract and follow rules. When I questioned my own abilities, I realized that I was empowered by the Holy Spirit to teach these precious children and it was Satan who was trying to throw self-doubt my way. Each and every day was a challenge, but with God on my side, I gained knowledge and the intuition to reach and teach each child.

I miss teaching. If I had to do it all over again, I'd be bolder and more accepting of my God given talent as His gift to me!

"Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him and He will direct your paths. Proverbs 3:5-6.



Kathy as a First Grade Teacher in 1989: North Pike Elementary, Summit, Mississippi

GOOD DOG WALKERS MAKE GOOD NEIGHBORS

Do you walk your dog on a 6-foot leash? Do you allow your dog to pee on your neighbor's grass and plants? Do you pick up his poop in that bag that you should always have with you? Do you say no to doggie meetings of people and other pets?

We hear complaints all of the time about inconsiderate dog walkers in our neighborhood. Here is some research on Dog Walking Etiquette and some rules for dog walkers that should help to keep the peace in your area.

DO NOT use a retractable leash. Use a collar or preferably a harness that fits well and a leash that is no more than 6-feet in length. You may not be quick enough to keep your dog out of a dangerous situation.

NO TREASPASSING on the neighbor's lawn, garden or landscaping. DO NOT let your dog pee on your neighbor's grass, mailbox, plants or lawn decorations. Dog urine contains concentrated amounts of nitrogen and salts which kills grass and plants. A female can be even worse because it puddles. Hot temperatures result in root burn.

DO NOT let your dog poop anywhere without using one of those multiple plastic bags that you should have with you. This includes lawns, sidewalks and the street. Poop carries diseases that can be transmitted to other dogs. Feces leaves a smell even if you pick it up.

Assume that no one is as interested in your dog as you are—no jumping on other people or pets.

PUT DOWN your phone. Your priority should be keeping your dog and others safe and off your neighbors' lawns.

IT IS YOUR JOB TO CONTROL YOUR DOG—not let your dog run your walk.

DeKalb County has rules about pet ownership. Dogs must be securely and humanely enclosed within a proper enclosure. No tethering unless caretaker is physically within reach of the dog. Barking can last no longer than 15 minutes without interruption or more than 30 minutes if intermittent. For more information go to DeKalb County Ordinances at DeKalb County Animal Services.



Do You Have the Urge to Glurge?

by *Joel Gilbert, P.E.*

It is nice at this late stage in my life to learn new things. Except that sometimes I learn things that take the joy from my life because the thing I held dear was found to be based on incorrect or circumstantial proof. I like to see meaning in things that otherwise seem hopeless and futile. And I always want the good guy to win over the bad guy.

I am sometimes suspicious of stories I read online, so I Google the key phrases to see if they have been debunked or simply taken out of context. You all know about this because you too see countless questionable statements and stories online. In these instances, I try to remember what has been reportedly said by Abraham Lincoln: "Don't trust everything you see online!" After all, Honest Abe wouldn't lie, would he?

Checking on a recent Facebook post brought a new word into my vocabulary: glurge. Here is the definition from Snopes:

"What is glurge? Think of it as chicken soup with several cups of sugar mixed in: It's supposed to be a method of delivering a remedy for what ails you by adding sweetening to make the cure more appealing, but the result is more often a sickly-sweet concoction that induces hyperglycemic fits. In ordinary language, glurge is the sending of inspirational (and supposedly "true") tales, ones that often conceal much darker meanings than the uplifting moral lessons they purport to offer or undermine their messages by fabricating and distorting historical fact in the guise of offering a "true story." Many of us, it seems, cannot overcome the urge to glurge."

I have to say this does ring true. Be advised, especially in this year of political nonsense, to beware of this urge.



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As most of you know, ART Station was forced to close its operations on March 16th due to COVID 19.

Just one day later was to be ART Station's largest fundraiser of the year, "Raising of the Green." That event has been canceled and hopefully will be produced in March of 2021. Other planned productions are postponed indefinitely. Ticket holders can use tickets at a later date. For more information about this call our office.

There is good news to share about ART Station. Since we have been closed, we have built a brand-new stage, installed three new turn tables on the stage, two new hydraulic lifts and new sound and lighting equipment. This was all part of a special grant from the Fox Theatre Institute. We will also be finishing up phase three of our theatre renovations as soon as construction contracts are awarded.

The best news is that our wonderful volunteers from the Stone Mountain Woman's Club has been coming in every Thursday (masked, of course) to catalogue and reorganize our arts library which now has a collection of over 3500 art books. Another group of ladies from the Stone Mountain Woman's Club have accomplished a major task that has needed to be done for years. ART Station owns a large and beautiful vintage ladies hat collection. These hats were donated to the ART Station costume shop over the past 35 years. The volunteers have repaired, catalogued, and stored each hat in acid-free paper in hat boxes. There are over 160 vintage hats in the collection and ART Station will be printing a catalogue of the collection to be shared with patrons who visit the art center.

At least one ART Station staff member is at the office during our regular office hours, but our offices are not open to the public. Please visit our website www.artstation.org for regular updates as we check our public email account info@artstation.org daily. You may also send email to David Thomas at davidt@artstation.org or to Michael Hidalgo at michaelh@artstation.org.

GFWC Stone Mountain Woman's Club Volunteers Help Art Station

The Art and Culture Program of the GFWC Stone Mountain Woman's Club has been volunteering at Art Station this summer. Even though Art Station has been closed, work has continued.

Groups of no more than three volunteers have been organizing and cataloging the Art Station collection of books and plays. Another group led by Jane Brown has been organizing and cataloging a collection of vintage hats. Jane has repaired, brushed, photographed and wrapped the hats for storage. These hats were donated by three former Woman's Club members who lived in Stone Mountain village. Art Station hopes to put these hats dating from the 1930's on display in the future.

The general club hopes to resume meetings on the first Thursday of the month in the fall. The Night Guild has continued to meet via Zoom this summer. For information about the club, please visit info@stonemountainwomensclub.org.



L to R: Carole Fortenberry, Jane Brown, Beverly McConnell.

FODAC Receives Generous Donation of Equipment

Friends of Disabled Adults and Children (FODAC) recently received a 53-foot trailer from Goodwill Chattanooga filled with home medical equipment (HME) through a new partnership to help shorten the waiting period for FODAC clients needing walkers, wheelchairs, crutches, hospital beds or more. The new alliance means that HME donations made to any of the 15 Tennessee stores will be shipped to FODAC.

For more information on FODAC and making donations, please visit their website, fodac.org.



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What Do You Do When There's Nothing To Do

by Frank Luton

I am one of those folks who is always looking for something to do, because I get bored easily. During this time, when many events and activities have been cancelled, I have really struggled to stay busy.

I am told that everyone experiences boredom at one time or another. It just seems that the pandemic is exacerbating this problem. I guess I have too much time on my hands, and I find myself doing dreary tasks over and over again. I dove into more reading, but then that got a little boring. So, I decided to make my wife happy by doing yardwork, but then that got old. So... off I trot. You may have seen me out walking, and I've noticed many of my fellow Smoke Rise residents doing the same.

You may have wondered where the term boring comes from. The word boring comes from something called a boring tool-- a kind of drill that works slowly and repetitively. Back in the 1700's, "boring" became a slang word.

One of my goals now is to walk every road, street, and cul-de-sac in Smoke Rise. I started in my own neighborhood and have branched out, so you may see me everywhere. In the process, I've learned a lot about where we live. The other day I walked through the Lord Family green space (now a City of Tucker park) and came across this tree. I said to myself, "now that's an unusual way for a tree to grow." I mentioned this to an old college buddy, and he told me about how Native Americans used to mark their paths and trails by bending trees in this manner.

Could this be one of those trees? I did a little research and found some information about one of the known Native American trails called the Hightower Trail. The name Hightower is an anglicized version of Etowah, which is the name given to the trail by Native Americans. The Hightower Trail determined part of the original boundary between Gwinnett County and DeKalb County (and that is in the neighborhood of the Lord Family green space). So maybe, just maybe...

Anyway, if you're a little bored and looking for something to do, get out of the house and do a little exploring in this place we call home.



Meet The Neighbors!

by Susan Gilbert & Clarissa Strickland

"Like a good neighbor..." Those are the opening words of the slogan of a major insurance company. The message the company wants to convey is that you can count on it in times of need, just as you can count on a good neighbor.

Meet one (or, really two) of your "good neighbors." Colin and Faye Harris moved to the Smoke Rise area in 1993. Although they were not yet retirement age, as empty-nesters, they were at a point of having different spatial needs – or, as Colin puts it, needing fewer "people rooms" and more "stuff rooms" as in a basement that could be a shop. In fact, it is in that space that Colin enjoys his woodworking hobby where he has even created a five-octave marimba! At the same time, the location kept them convenient to their teaching jobs.

Both have been educators their whole working lives. And for each, teaching has always been far more than simply a job. It has been a real calling to which they have dedicated themselves.

Colin's work has been in the general area of religious studies, including biblical studies, theology and ethics. He holds degrees from Mercer University, Southeastern Baptist Theological Seminary, and a Ph.D. from Duke University. His teaching career includes stints at Meredith College, Southeastern Seminary and Mercer University.

But Colin, a native of Atlanta, is anything but a stuffy academic. Although, he retired from fulltime teaching in 2013, he continues with occasional part-time teaching gigs. And most important to a large group of adults at Smoke Rise Baptist Church where he and Faye are active members, Colin has taught an adult Sunday school class for many years. When able to meet in person, members flocked to his class in droves, jockeying for all available seats, filling the large room. And even during the pandemic, an average of 55 people join his Zoom Discovery Class each Sunday to hear Colin teach. As several have noted, sitting in Colin's class is like getting a college class for free!

The popularity of Colin's teaching has much to do with his self-defined philosophy of teaching which emphasizes "helping fellow students broaden and deepen their understanding of the religious dimension of their lives so that they might be better equipped to deal with life's challenges and with the nurturing of their own families in whatever community of faith they might be."

Colin, who is a person of great modesty, would never say this. But in teaching a class of adults of great diversity – theologically, politically and sociologically—he has the unique ability to relate to each member as a person of worth whose opinion should be heard and treated with respect, diplomacy and tact.

Someone once said: There are three things to remember when teaching: know your stuff; know whom you are stuffing; and then stuff them elegantly. Colin rates at the top on all three of these.

If it is true that "teachers teach more by who they are than what they say," it explains why Colin and Faye are committed to living lives of service in their community. Colin attributes this to his teenage years as a Boy Scout and to being part of a progressive Baptist church that emphasized a healthy profile of personal faith, serious study and social justice. This commitment to service has spilled over into all areas of his life. One of these areas has been the Developmental Disabilities Ministries, an agency that provides group homes for adults with developmental disabilities, of which he has been a trustee. He is also a long-term columnist for an online ethics journal, "Good Faith Media." In both big ways and small, Colin and Faye are always ready to offer a helping hand – whether in their involvement at Smoke Rise Baptist Church or from their location on McCurdy Road, between the Forest and Kanawha communities. Their 56-year marriage is a cooperative partnership with little patience for discussion over "who should be in charge."

Community is an important concept to Colin and Faye – especially during these difficult days of divisiveness and fragmentation brought on by fear, prejudice and privilege. Colin says, "I can think of no more important things to make one a good member of a community than respect, hospitality, compassion, service and a vision for the common good."



GFWC

Stone Mountain Woman's Club



Congratulations to the Smoke Signal on 50 years of continuous publication, and thank you for your coverage of the activities of the Stone Mountain Woman's Club.

Our members are dedicated to community improvement by enhancing the lives of others through volunteer service. We accept members that live outside the boundaries of Stone Mountain, GA. Come volunteer with us!

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HEALTH NOTES:

by Cheri Schneider, M.D.

A Pain in the Neck: Is your Posture important?

I was wandering through a vintage store recently when I saw a medical illustration of a man demonstrating the flexion, extension and neutral position of the neck. At that same moment, I had a burning sensation in my neck—again. When I got home, I thought neck pain would be a great topic to write about.

We are so connected to our “devices” – smart phones, computers, TVs and gaming devices. The majority of American teens and adults own a smartphone and many elementary kids do too. So, it is no longer just the younger generation who spend hours at a time hunched over their devices. Postural kyphosis also known as “humpback” and overuse arthritis may soon follow. I am hoping to give you some tips on how to prevent this slippery slope.

A few years ago, the term “Text Neck” was coined by Chiropractor DL Fishman to describe the pain that repetitive stress on the neck from prolonged TV watching or texting on a hand-held device caused. It is also known as Turtleneck, Nerd neck or Forward Head Posture Syndrome.

Text neck is caused from chronic overuse that causes weakening of the muscles and ligaments of the spine. The average head weighs 10-12 lbs. When in line with the spine, the body helps carry and balance it. When tilted forward 40-60 degrees, as happens when looking at a hand-held device, this transmits the equivalent of 40-60 lbs. strain to the cervical spine. This repetitive strain can cause chronic pain, tightness, spasm, headaches, forward posture and eventually postural kyphosis.

Kyphosis is not considered a normal part of aging. However, it is not uncommon to have some forward curvature of the back—about 9 degrees per decade.... usually after the age of 40. While there can be other medical reasons for kyphosis, postural kyphosis is not caused by deformed, diseased or compressed vertebrae but is due to weakened, strained ligaments and muscles. This can be prevented. And chances are, your mother already told you how.

Here are a few tips for prevention of chronic neck strain:

1. Practice good posture. You should be able to draw a straight vertical line from your ears through your shoulders then hips and feet. The military has this down pat! They teach their young men how to stand straight in just a few weeks during boot camp. The posture they learn lasts a lifetime. You can always spot a military man or woman by their posture.
2. Place your computer screen (or cell phone) at eye level, not in your lap. Sit up straight and work with your feet planted on the floor. Developing an ergonomic work-space will help all of you who are working from home.
3. Sit up straight- do not slouch. Have a few stretches you know how to do (see below). Your mother was right— “Sit up straight” is still good advice!
4. Limit time spent hunching or bending forward if you need to do close work. Get up and take 10-20 minute breaks to get your circulation going and to stretch.
5. Use proper eyewear. An example would be having computer/piano or close-range glasses for close work instead of tilting your head to look through bifocals or bending forward to see words on the screen.
6. Do not overload your backpack or carry a heavy purse.
7. Sleep right, with your head and neck aligned, not bent forward. Use a small pillow. If you sleep on your back, put a small pillow under your knees.
8. Limit screen time. Did I say limit screen time?

Here is how to treat text neck:

1. Posture exercises that include range of motion (ROM) of shoulders, neck and upper back. Bob and Brad (Physical therapists) YouTube videos are great for this. They demonstrate a great chin tuck exercise and how to safely do ROM of the neck.
2. Strengthen lower neck and upper back muscles. Wiki-How has a great tutorial on treating Text Neck – with pictures.
 - Swimming, jogging in the pool with arm exercises, water aerobics can build all of your back muscles;
 - Yoga and Pilates build the core strength you need to help maintain your posture.
 - Upper body weights—please get careful instruction about proper ways to do this before you start. Stretchy band exercises are probably safer.

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before you start. Stretchy band exercises are probably safer.

3. Bracing or taping techniques and gadgets work more by reminding you to watch your posture. There is even an app that relies on a back sensor to buzz you when you slump. It’s like having your mother on your back all the time!

Sit up straight and don’t slouch. You can start new habits for your posture today.

NEWS YOU CAN USE

By Aviva Hoffmann

Bookworms Rejoice!

Many of our routines have been turned upside during the COVID-19 outbreak. But, there is one staple that has returned... borrowing books! The DeKalb County Public Library (DCPL) has implemented new procedures, in order to continue to serve the community - safely. DCPL now accepts returns of library materials in outside book drops.

Out of an abundance of caution, and in line with current best practices, all returned materials are quarantined for 72 hours before being checked in and removed from patron accounts. No overdue fines will be charged on any library materials, even if they were overdue before the library system closed due to the pandemic. In fact, DCPL is suspending overdue fines on all materials through the end of the year!

Patrons can place holds through the catalog (dekalblibrary.org) or call their local branch for assistance in identifying needed materials. Patrons will be notified when their items are ready to be picked up. Pickup timing will depend on item availability. Pickup hours will be available Monday-Saturday, 10:00 a.m. to 4:00 p.m.

"We are excited to be able to begin serving patrons again, but we ask for your patience as we work through the kinks of these new processes," said Library Director Alison Weissinger. "Branches will be operating with small groups of staff to ensure adequate social distancing is maintained. Safety of staff and patrons is our top priority."

Patrons can call the Library Administrative Center at (404) 508-7190 with any questions or call their local branch for help. The Tucker branch is the Tucker-Reid H. Cofer Library, (770) 270-8234.

Out the Window *by Beth Henson*

The dog days of summer had finally arrived with its sultry temperatures and late afternoon crackling thunderstorms. Bella, our sweet, black fur baby, was enjoying the cool inside air but intently focused on what was outside the tall dining room windows. Her laser stare soon turned into a rippling wave of low growls and sharp yips. I peered out to see what was drawing her obviously undivided attention.



Crow by Beth Henson

The neighborhood crow gang was noisily having a rumble around my bright green suet cage that hung in the small leafy dogwood tree. The hot pepper mixture inside did not deter them from trying to use all their skills to pry it open and abscond with the greasy prize. Their frustration had recently reached a high crescendo when I began securing the cage door with a trusty twist tie, keeping the comical intruders at bay. I couldn't help but admire their beautiful shiny plumage, keen focused eyes and lusty loud voices. I was sure they were eagerly discussing how to solve their dilemma. Crows in fact are one of the most intelligent animals and are excellent problem solvers. Their brain to body ratio is actually larger than a human! These busy birds are great at communicating with each other and even have different regional dialects. Their repertoire of language skills include coos, caws, rattles and clicks. They were using all to discuss the elusive engaged treat!

Yip, Yip. As I slowly cracked open the back door, a cloud of black feathers ascended into the sky with an ear-splitting chorus of caws. OK guys, go home, put on your thinking caps and try to solve another day!

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 page 2 for information. No political ads will be run in the classifieds.

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OUTDOOR IDEAS FOR THE KIDS

These outdoor nature activities below may help you if you have your children at home. Linda Karr writes a fantastic monthly newsletter for the Garden Enthusiast. You can sign up for her newsletters by subscribing at www.thegardenenthusiast.com. These ideas and more were in her July newsletter. She also included pictures of the current garden and backyard chickens. Scott is chief owner of the Garden Enthusiast.

Here's some fun photo activities for you to share with your kids. They are from Kidsgardening.org. Have fun!

Photo Fun: Kids of all ages will love these eight creative ideas for photography in the garden, and they'll be practicing observation and documentation skills.

Garden Photography: Try these simple techniques and exercises to make your garden photos visually appealing and to tell a story.

Photographing Shapes and Patterns in Nature: Students will hone observation skills using photography, as well as to identify common leaf patterns in this hands-on lesson plan.

Check out the upcoming field trips from the Atlanta Audubon Society. Get in touch with them for more information at 678-973-2437. ALWAYS check their website the night before a scheduled field trip for updates.

Atlanta Audubon will resume limited in-person field trips beginning the week of July 7. Each trip will be limited to 10 participants and participants will be asked to register for each trip and agree to abide by the following rules for the safety of our volunteer field trip leaders and guests. Guests must agree to abide by the following statements:

- Sign up for field trips via the Atlanta Audubon website and acknowledge that if I show up without a reservation I may be turned away.
- I will only carpool with members of my household.
- I agree to wear a face mask while on the field trip to protect myself, the trip leader, and other participants.
- I agree not to share binoculars, scopes, or other equipment.
- I agree to maintain 6 feet of separation from other participants outside of my household

If you are unwilling to abide by these rules, please do not sign up for the field trips. Thanks for your patience and understanding.

Books...continued from page 1

5) *Love in Times of Cholera* by Gabriel Garcia Marquez: This is an old classic. This book is about a weak man obsessed with the love of his life. It spans over 50 years. It is beautifully written with elegance, moving from sequence to sequence flawlessly. The author, G. Marquez, is a Noble Prize winner for Literature for "A 100 years of Solitude".

6) *The Last Mrs. Parrish* by Liv Constantine. Amber Patterson is fatigued of being a nobody. She carefully pulls Daphne, a wealthy socialite, into her poisonous spider web by pretending that her beloved sister died of the same disease that Daphne's sister succumbed too. A mutual friendship built on trust and understanding develops and Amber fully exploits the situation to take away everything from her friend. A good summer thriller.

7) *Camino Winds* by John Grisham A hurricane, a mysterious death and a manuscript that might hold the secret of solving a murder. Bruce and his friend embark upon a dangerous voyage to discover the people who murdered his friend, the author of thriller books. Grisham gives us another captivating beach/summer read.

8) *Checkpoint Charlie* by Iain MacGregor. A divided Berlin experiences the Cold War and the Berlin Wall (1961-1989). A dangerous time, a geopolitical situation of communism imposing itself upon Germany. Betrayal, deprivation, separation, sacrifice and total political dominance over a city that loved freedom. It was a devastating time of hardship for the fun-loving Berliners.

Other recommendations are:
A Long Petal of the Sea by Isabel Allende.
The Book of Lost Friends by Lisa Wingate.
Say Nothing by Patrick Radden Keefe. A true story of murder and memory of Northern Ireland.

When times are challenging, books are eternally the source of whatever we want the world to be. A good book is like a beautiful melody that lingers on and makes the world a brighter place.

UGA Trial Garden

No trip to Athens is complete (at least for me) without a stop by the University of Georgia Trial Garden. The garden is open to the public and located in the heart of campus between Snelling Dining Hall and the Pharmacy building. It is open all year, but is especially beautiful from late spring throughout football season!

According to the UGA Trial Garden website, the garden trials the newest varieties of annuals from top plant breeders from all over the world and puts perennials to the test to find those that stand up to southeastern heat and humidity. The Trial Garden at UGA serves research and teaching functions and provides a great source of ideas and information for students, gardeners and industry professionals.



The trials are planted in mid April and consist of major and minor bedding classics, tropicals, vines, plantings of specialty annuals, over 150 free-standing containers, 180 rose cultivars, numerous hanging baskets and three large perennial beds.



The annuals are evaluated every two weeks for "horticulture performance" and are rated on a scale of 1-5 with 5 being exceptional. They award the plants that really outperform throughout the season with the Classic City Award and other top performing plants are awarded with

the Best of the Best Award.

I enjoy walking the pea gravel paths appreciating the exceptional examples of so many beautiful plants. The garden is ever changing and there is always something interesting to see. I've included pictures of a couple unique favorites from my last trip, the Musical Note Plant and the Autumn Pineapple Flower.

The garden is never closed or locked up, so go by for a visit and see for yourself how the plants are doing!

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Pass a Long Plants: Advice from a Mountain Mum

Are you a plant-a-holic? Does your pulse go up about the third week of February and stay up until April 15 (Georgia's last day of 'frost'), the time you can go out and find plants in nurseries and gardening centers again? Do you dream about ways you could 'nick' seeds and plants from gardens you casually pass by? Well, I have a topic for you! Pass-along plants - the plant-a-holic's dream.

Pass-along plants are the ones you pass along to your friends and family because you have too many and can't bear to compost them.

Most pass-alongs grow very well in Atlanta. This could be code for 'spread like wild-fire,' though. This is something you want to know when you accept plants from a friend. One invasive beauty may wreck your friendship if it overgrows your garden and pops up in your neighbor's lawn. A friend who moved a few years ago shared her walking irises with the neighborhood. We all have more than we can bear now. And, it is not a particularly beautiful iris, either.



Which plants are good pass-alongs, and which ones should you avoid?

First, the ones to avoid: Generally, you should avoid plants on the invasive plant list for Georgia. Ones ranked highly in the 'you stink' category are plants like kudzu, privet, honeysuckle, Chinese wisteria, tree-of heaven, English ivy and bamboo. Even though beautiful, many of these go wild and may take over the garden and surrounding woods.

An example for me of a no-no is the mimosa tree. We had a beautiful mimosa tree growing in the middle of our lawn when I was a child. I really wanted a mimosa tree when I 'grew up'. When I saw one growing at the edge of our woods. I dug a baby one up. Fortunately, it did not take root and died. Since then, I have learned these trees can become a pest. Yes, they smell and look beautiful...but they spread. If you are prepared to pull volunteers, you may be ok. But know what you are getting into before you plant anything on the invasive species list.

PASS THESE UP: Eliagnus (thorny olive), mahonia, purple crown vetch, nandina, morning glory (native), sweet autumn clematis, chameleon plant (houltuynia), periwinkle, oxeye daisy, bishop's weed, penstemon (Husker's Red) and perilla or mint. Some of these plants are manageable if you already have them in your garden. Just pull volunteers to manage their spread. Also, be very careful about composting these plants. Many of these plants will root in the compost pile and can overtake the surrounding area. I did this when I pulled out the English ivy and honeysuckle vines.

PASS ALONG: Iris, daffodils, and daylilies are perfect plants to re-gift. They are easy to manage. Elephant ears, Lenten rose, Lambs ear, Creeping Jenny, Creeping Charley, Sedum stonecrop, Black-eyed Susan, Mint of various types, Thyme and oregano.

Pass-a longs that I am really enjoying in my own backyard are: sedum stonecrop, marsh marigold, Lenten rose, day lily (all types), obedient plant, beauty berry bush, hydrangeas, elephant ears, iris, and strawberry begonia. All of these have spread in my garden, but have been manageable and almost worry free because they 'do well in Georgia'.

If you are really ambitious and love the hunt for plants, I recommend that you join the Georgia Native Plant Society and go on 'plant rescues'. Several local garden clubs also have plant sales and swaps each year in the spring. Becoming part of a garden club will familiarize you with many friend's/member's gardens. You can beg or swap plants to your hearts content. I am a member of the Mountain Mums Garden Club. Contact Debbie Jones, 678-260-7806. if you are interested in our second Wednesday of the month meetings. Or look up info on other Smoke Rise clubs: the Smoke Rise garden club, Mountain Shadow and Smoke Rise Morning Glories clubs.

- by Cheri Schneider

Garden Notes from the Morning Glories

Throughout this COVID-19 spring and summer, garden club members have kept in touch via phone calls, "masked" visits and lots of emails. The most delightful contact has been photos of weekly garden blooms from various members' gardens.

The photo with this article is a perfect example of a cheery scene from member Bonnie Pennington's garden.

Speaking of gardening notes, deer continue to be a real nuisance for day-lily growers in our area. Despite the recommendation of the frequent use of the slow release fertilizer Milorganite as a deer deterrent, the deer apparently held their collective noses and munched delightedly away at my cherished collection of daylilies this summer! There is a plan for next year but it involves chicken wire and a hinged wooden open-sided frame that



can thwart their browsing! It may not be the prettiest garden ornament but enough is enough! Perhaps it can be disguised with some morning glory vines!

Surprisingly, there is hope for summer flower color in the form of several simple and easy to grow annuals. Deer do not seem to eat zinnias or marigolds. Deer also do not eat the perennials lantana, coreopsis, aster or coneflower. The annuals can be sown by seed or started in late April to provide summer color (with frequent deadheading). The perennials can be planted in the fall via starts or by seed in the late spring. All these plants are excellent pollinator food sources and provide stunning color throughout the summer. It is lots of fun to just watch those busy bees, butterflies and wasps hard at work on these colorful blooms. And this August 21-22, 2020 is the Great Georgia Pollinator Count "Citizen Scientist at Work". For fifteen minutes on one of those days, stand out in your garden and count how many pollinators you see. It is best to stand in full sun for the most activity. To register and read the details and to report your results, go to the website www.ggapac.org.

Finally, there is a difficult decision to announce for our local garden clubs. Due to the COVID pandemic, the Yellow Daisy Standard Flower Show at Stone Mountain Park will not be held this year. This annual September event has been held for 48 years and showcases designs and horticulture from garden clubs all over the Redbud District of the Garden Club of Georgia, Inc. It was determined that the show will need to be rescheduled to September of 2021 when we hope we will be able to safely gather to celebrate and share our beautiful and creative gardening talents!

Safe and happy gardening to all our Smoke Rise friends!

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Amen, Let's Eat!



by Joyce Ray

Warm nut or fruit bread is a versatile comfort food that can be served with a generous pat of cream cheese or butter to pair with berries or fruit at breakfast, as an afternoon treat or to save for a lazy Saturday morning. For just the two of us, I bake them in mini aluminum loaf pans that can be purchased at the dollar stores. These recipes will make two mini loaves or one regular loaf size. They are great to give as gifts. After completely cooling, they can be wrapped well in foil and plastic wrap and frozen. I have featured three of my favorites this month.

Date Nut Bread

If you purchase pre-chopped dates, they are coated with sugar so you can cut the sugar in the recipe by a few tablespoons by using whole that you chop yourself.

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| 2 cups chopped dates | 1 cup hot brewed coffee |
| 4 Tablespoons softened butter | 1 teaspoon baking soda |
| ½ teaspoon salt | ¾ cup brown sugar |
| 1 large egg | 1 teaspoon vanilla |
| ½ teaspoon baking powder | 1 ¾ cups all-purpose flour |
| 1 cup coarsely chopped walnuts | |
| 1 Tablespoon Vodka or Brandy (optional) | |

- Preheat the oven to 350°F.
- Lightly grease an 8 1/2" x 4 1/2" loaf pan.
- Place the dates, butter, baking soda, salt, and brown sugar in a mixing bowl. Pour the hot coffee into the bowl, stirring to combine. Allow the mixture to cool for 15 minutes.
- Add the egg, vanilla, liquor, baking powder, and flour, beating gently until smooth. Stir in the walnuts.
- Pour the batter into the pan, gently tapping the pan on the counter to settle the batter.
- Bake for 45-55 minutes, tenting the loaf gently with foil after 30 minutes to prevent over-browning. Remove the bread from the oven; a cake tester or toothpick inserted into the center should come out clean, and an instant-read thermometer should read about 200°F.
- After 10 minutes, gently turn the bread out onto a rack to cool. Cool completely before slicing. Wrap airtight, and store at room temperature for several days; freeze for longer storage.

Spicy Zucchini Bread

- | | |
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| 3 cups shredded zucchini (2-3 med.) | 1 2/3 cups Sugar |
| 2/3 cup vegetable oil | 2 teaspoon vanilla |
| 4 eggs | 3 cups all-purpose flour |
| 2 teaspoons baking soda | 1 teaspoon salt |
| 1 teaspoon cinnamon | ½ teaspoon ground cloves |
| ½ teaspoon baking powder | 1 cup coarsely chopped nuts |
| ½ cup raisins, if desired | |

Heat oven to 350°. Grease bottoms only of pans with shortening or cooking spray. In a large bowl, stir zucchini, sugar, oil, vanilla, and eggs until well mixed. Stir in remaining ingredients. Add nuts and raisins last and mix in. Bake in one 9-inch loaf pan (1 hr. 10 mins) or two mini loaf pans. 30-35 mins. Check with toothpick. Cool completely before slicing.

Dilly Bread

This luscious savory loaf will be a favorite. It is not "instant" as you need to let it rise, but it will be a favorite. It has a coarse texture and is great served with soup, chili or stews.

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|---|
| 1 pkg. dry yeast |
| ¼ cup warm water |
| 1 cup cottage cheese, heated lukewarm |
| 2 Tablespoons sugar |
| 1 Tablespoon instant onion flakes |
| 1 teaspoon butter |
| 1 teaspoon salt |
| 1/4 teaspoon baking soda |
| 1 unbeaten egg |
| 2 ¼ - 2 ½ cups sifted all-purpose flour |
| 1 teaspoon dill seed |

Soften yeast in warm water. In mixing bowl, combine cottage cheese, sugar, onion, butter, salt, soda, egg and softened yeast. Add flour to form stiff dough, beating well after each ingredient is added. Add dough to greased loaf pans. Cover and let rise in warm place (85-90 degrees) until double in size for 30-40 minutes. Bake at 350° for 40-50 minutes. Remove from pan and slice when cooled.

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