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Serving the Smoke Rise Community since 1968

November, 2024

www.smokesignalnews.com



Helping Our Neighbors

By Amber Voss

Food scarcity in Georgia is at an all-time high according to the Atlanta Community Food Bank. Do you know that in our state, 1 in 8 people experience food insecurity? It's even greater for kids with 1 in 5 going hungry. The statistics are staggering!

The Stone Mountain Community Food Center is one of the local distribution hubs for The Atlanta Food Bank. It has been in operation since 2020. Raymond Lawrence is the Operations Manager at the facility. If you have volunteered here, you know he's always wearing a smile, upbeat, and enthusiastic about feeding people. He and his staff of three, along with many volunteers, distribute food five days a week to neighbors in need.

I met with Ray last month to chat about the center. In 2023, Ray and his team distributed 2.2 million pounds of food, an increase of 15% from 2022. Last year they recorded a total of 19,732 assistance records. This is one record per family unit so imag-

ine how large the number would be if talking about individuals alone!

As grocery costs continue to rise, there is a greater need for food. The Center is currently experiencing a food shortage due to inflation and increasing food prices, which leads to a snowball effect. People buy less groceries, which impacts the grocery stores who buy less stock, which results in lower food donations to the Food Bank. The need for food hasn't slowed down; if anything, it has increased.

Recently, the center changed their model of food distribution to the client choice model. The Center operates like a grocery store in all ways except, no money is exchanged. Neighbors have a scheduled time slot to come shop for what they need, giving them the choice on what to feed their family. In the past, boxes were created by staff and volunteers and distributed directly to the neighbors.

On a typical day, Ray and his team serve 150 families. However, due to the

shortage, that number is now 120 families per day. Ray was quick to state that if a family shows up without an appointment, they will not be turned away. That's the wonderful thing about this center and its' staff! They ensure that everyone has food. I have seen it first-hand during the volunteer shifts I have worked at the center.

I asked Ray what his greatest need is right now besides food. Ray said volunteers and their time are the most valuable needs, in his opinion. Many days, it is only Ray and his mighty team of three serving the families without volunteer support. When volunteers cancel, it increases the staff workload. Also, the center accepts food donations. Canned veggies are always the best item to donate. Alternatively, cash donations can be made online too.

The center is open Sunday through Thursday. Most days are split into a 4 hour morning shift and a 4 hour evening shift. Sunday and Monday are generally the busiest days. Each shift

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needs 15 volunteers in order to run smoothly. Volunteers are performing all of the functions you would expect to do at a grocery store minus the cash exchange. A typical volunteer experience includes checking people in and out, restocking shelves, bagging or boxing up groceries, helping folks to their cars, and more. Some days, Ray needs help with clerical paperwork too. That's where volunteers come in handy and help to split the load allowing Ray and his team to focus on what they need to do for their neigh-

If you are interested in volunteering, you can go to the Atlanta Community Food Bank website at www. acfb.org to sign up at Stone Mountain or other locations as shown. This is a great way to lend a helping hand and to give back to your neighbors, especially as the holidays approach.

Scan the QR code below for more information about food disribution.







Women of Empowerment Scholarship

The General Federation of Women's Clubs' Stone Mountain Woman's Club will be awarding a \$500 scholarship this fall. It will go to a deserving woman who is currently enrolled in a college, technical school or training program to complete her education or one who is returning to school to complete her education. If you are interested in applying or if you know of someone who would be interested, please request an application from Kathy Gallo, kgallo@gsu.edu. The deadline for applying is Saturday, November 30.



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

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NOVEMBER 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 NOVEMBER 10

SMOKE SIGNAL FLYER INSERT POLICY

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

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

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





Northlake-Barbara Loar Library 3772 Lavista Rd, Tucker, GA Phone: 404-679-4408

The Tucker Arts Alliance invites you to its First Annual Fall Show at the Tucker Reid Cofer Library, running October 14 through December 6. Out of 116 submissions from over 50 local artists, judges chose 33 exceptional works to hang in the library.

N.B. "Orchideas" (above) is the work of Valeria Francia, a 17-year-old art student at Tucker High. The judges didn't know that when they chose her painting.



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

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 Rev. Jeanine Fulton, Pastor, 678-481-4052 Phone: 770-469-4881 Website: Eastminster.us

SUNDAY

Adult & Children's Sunday School

9:15 a.m. 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

Worship 11:00 a.m. 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 Digital copies can be requested at Staff@smokesignalnews.com.

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

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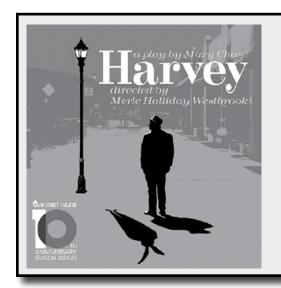
November, 2024 let's go!



WINTER WONDERETTES
at ART Station Theatre
5384 Manor Drive, Stone Mountain, GA
info@artstation.org (770) 469-1105

December 12 - 22 Thursday & Friday @ 8pm and 10:30 pm Saturday & Sunday @ 3pm Wednesday Dec 18th @ 10am

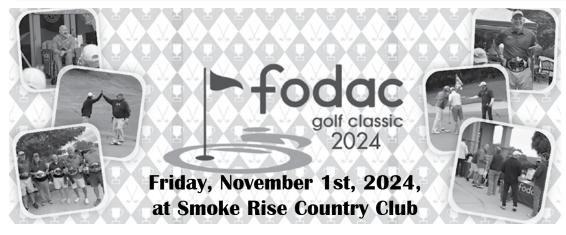
Get your tickets now for this musical written by renowned playwright Roger Bean. *Winter Wonderettes* was an Off Broadway hit from 9/2008 – 1/2010. It is said to be a "Cotton Candied Color Musical trip down memory lane featuring classic hits from the 50's & 60's."



Harvey: *Final Showings*Oct 18 - Nov 2, 2024
Fridays and Saturdays at 7:30 pm
Sundays at 2:30 pm

The Tucker Recreation Center 4898 LaVista Rd. Tucker, GA

Written by Mary Chase Directed by Merle Halliday Westbrook\



The FODAC Golf Classic will be held at Smoke Rise Country Club to raise funds for FODAC's home medical equipment (HME) program. The funds will help provide mobility items like wheelchairs, walkers, standers, patient lifts, and hospital beds to improve the quality of life for adults and children with disabilities.

As a part of the tournament, every participant received complimentary:

- Breakfast and snacks for the course
- Beverages throughout the day
- Catered Lunch
- FODAC swag and sponsor giveaways

For more information, call or email Sarah Mulligan at 770-491-9014 x 150 or email sarahmulligan@fodac.org.



Q New location!

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Eastminster Presbyterian Church Wants to Help Make Your Holidays Brighter

The holiday season can be challenging, but you don't have to spend it alone. Eastminster Presbyterian Church offers a welcoming and family-friendly environment, filled with opportunities for fellowship and growth.

Understanding that the holiday season can be particularly difficult for those who are grieving, Eastminster is hosting a three-day Grief Recovery Workshop from November 1 - 3, led by Rev. Dr. Trisha Senterfitt, a Certified Grief Recovery Specialist. Whether it is the loss of a loved one, a relationship, or another significant life change, this program offers practical steps toward recovery and living life more fully as God intends.

- Friday: 5 PM 8 PM
- Saturday: 9 AM 4 PM
- Sunday: 12 PM 3 PM

This workshop is based on the methods outlined in The Grief Recovery Handbook, 20th Anniversary Expanded Edition by John W. James and Russell Friedman (available online). Don't forget to bring your book for the sessions. To register or ask any questions, please contact Rev. Dr. Trisha Senterfitt at tsenterfitt@gmail.com.

The holiday season at Eastminster will also feature several traditional services that are open to all.

- On Sunday, December 15 at 10:30 AM, Eastminster will have our Lessons and Carols service. This Advent service includes dramatic scripture readings, instrumental music, songs, and carols celebrating the coming of Christ.
- On Tuesday, December 24 at 5:00 pm, join us for our Christmas Eve service as we await the coming Christ. We will distribute Chrismon ornaments, join in congregational singing, share in holy communion, and conclude with a candlelight carol.
- On Sunday, December 29 at 10:30 AM worship with us as we celebrate the end of the year with a service featuring organ and piano duets from musicians Carole Mitchell and Susan Ray.

We would love for you and your loved ones to join us for these services as we celebrate the birth of Jesus!

A Whole Lot of Christmas



A Whole Lot of Christmas is located at 1833 Smokerise Summit.

Fall is in the air in our Smoke Rise Community, and the Christmas season is right around the corner. The neighborhood elves are busy helping with preparations for this year's Christmas lights display, including a few surprise additions! Santa Claus has marked his calendar and will return to take photos with visitors in his sleigh on Friday and Saturday evenings. Also, as in years past, donations will be collected for the Make-A-Wish Foundation. Since 2012, a total of \$87,421.97 has been collected for charity. This year we are hoping to surpass last year's total of \$12,756.24 and fund another wish for a local child. Please be sure to come by and enjoy the lights this year with your family and friends! The lights will come on in mid-November, so be sure to stop by to kick-off the Christmas season and to see if you can spot the new additions (hint - be sure to turn right on Trotter's Lane)!

Over One Hundred Years of History

Linda Karr, Staff Writer

I am not on Facebook much, but I came across a post a couple of months ago that caught my attention.

"Goodbye, 40 Oaks: Historic Farmhouse to Demolished Next Thursday; the City Council will vote on a contractor bid to demolish the historic farmhouse at 40 Oaks (c.1890). This decision stems from concerns over restoration costs discussed during the SPLOST \$ conversations. Despite previous directives from the council, which unanimously voted to complete steps that could open the door to state and federal grant funding, various interim city management and personnel did not follow through. The current administration has not been inclined to pursue these preservation avenues. The Sutton Family donated the property, but it has been sadly neglected. The house is a significant piece of our community's story. Preserving it could provide educational opportunities and be a landmark of our shared history." Lisa Williams, Clarkston, GA

Though not a direct



National Day of Service

The GFWC Stone Mountain Woman's Club recently joined over 1000 General Federation of Women's Clubs (GFWC) to support the National Day of Service. The emphasis was on food insecurity. Members donated over 550 pounds of food to Stone Mountain Food Co-op and to NetWorks in Tucker. Seven members worked at Networks by helping with clients and restocking food shelves. Many thanks to neighbors who also contributed canned goods.

Stone Mountain Woman's Club is lucky to have so many past presidents that continue to help guide the club. Many of us live in SmokeRise!



SMWC members with donations



Past president- clockwise starting on left- Kim Sekulow, George Ann Hoffman, Robbie Cole, Becky Sanders, Barbara Luton, Shari Carter, and Marty Bryan.

descendant of Ed Sutton who built Forty Oaks, Ed was married to my grandfather's sister Fannie Save. This makes her my great-aunt. The Suttons lived in Clarkston at 3790 McLendon Street in a two-story house built circa 1890 on about twenty acres they called Forty Oaks. The house is a great example of an I-house which is historically significant and not often seen in Georgia. Ed was the fourth mayor of Clarkston and very active in Clarkston and beyond as a newspaper editor, organized labor advocate, chicken breeder, and teacher who organized Clarkston's first public school. Fannie, my great aunt, and their daughter, Hazel, were active in the Civic Organization and the Clarkston Woman's Club. Hazel became president of the Clarkston Woman's Club and was a member of The Women's Business Council, and an award-winning youth opportunity advocate

Hazel inherited 40 Oaks and in 1972 donated



it to Dekalb County Parks and Recreation with the understanding that she, her brother, and sister could live there for their lifetime. Hazel also stipulated that the property be turned into a nature preserve. Oral history suggests that she wanted the house to be turned into a museum. In 2017 Dekalb County gave the property to the city of Clarkston. Unfortunately, the house has not been maintained.

My husband, John, and I immediately responded to the call on Facebook to preserve the house and have been helping support the needs of Clarkston's Historic Preservation Commission with their fight to keep

the house and grounds intact. The Clarkston City Council meeting to discuss Forty Oaks was October 29th. The next City Council meeting will be on November 7th at Clarkston City Hall at 7pm. Assuming the Council approves the preservation of the house, 'friends of forty oaks' will be having a silent auction and holiday event on Saturday, December 7th from 1-4pm to help raise funds for the effort. (Venue to be determined). For questions or to donate items, please contact Lisa Williams at info@ friendsoffortyoaks.org or call/text 404-488-7400 or myself at lskarr50@gmail. com or 678-458-7667. I hope you will join us!





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NOVEMBER TUCKER CITY HALL EVENTS

- 4 Downtown Development Authority 6:30
- 5 Zoning Board of Appeals
- 11 City Facilities are closed in observation of Veterans Day
- 12 City Council Meeting
- 16 Campfire & Cocktails, 5 p.m.Kelley Cofer Peach Pit, 4276 N Park Drive
- 19 University of Government Affairs
- 21 Planning Commission Meeting
- 25 City Council Meeting

28-29 City Facilities closed in observation of the Thanksgiving Holiday

Unless otherwise notes, all meetings are held at 7 p.m. at City Hall, 1975 Lakeside Parkway, Tucker GA.



Stone Mountain Christmas

Starting November 9- January 5 (Select Dates) Stonemountainpark.com

Christmas Drone & Light Show

Celebrate the spirit of the season where your favorite holiday songs are brought to life with state-of-the-art pro-

jection, 250 color-changing drones, new special effects and a fireworks finale.

*The Magical Christmas Drone & Light Show is part of the Stone Mountain Christmas event and requires an Attractions Ticket to view the show.

Catch Santa's Big Flight

You don't want to miss this special appearance from Santa himself as he flies overhead in his sleigh each night during the Enchanted Tree Lighting Ceremony!*

*Some shows including Drones and Santa's Flight may be canceled due to winds and unfavorable weather.

Magical Flight to the North Pole (SKYRIDE)

Embark on the inaugural "Magical Flight to the North Pole," on Santa's sleigh. This is a first of its kind journey that combines emotion and adventure, whisking guests away to the heart of Santa's enchanting world. Also visit the Reindeer Barn.

Also: Ride the Christmas train

Christmas Parade

Christmas carolers

Christmas Carol

Journey enchanted musical forest

Visit with Santa

Christmas parade

Jurassic Christmas

Mini Golf and

4D Christmas experience



Check the Stone Mountain Park calendar for specific dates and times and to buy tickets. The Park has really upped their game this year! Do one or all events!!



www.epies-electrical.com

Smoke Rise Academy of Arts: Two Fantastic Family-Friendly Events Lined Up

First up, on November 8-9 at 7:00 PM, the Academy will stage a delightful production of Disney's The Lion

King, Kids. This event promises an evening of adventure and excitement as young performers bring to life the timeless story of Simba's



journey through the African savanna. Designed specifically with families in mind, this production is sure to captivate audiences of all ages.

The family-friendly show features affordable ticket prices: \$10 for adults, \$5 for children ages 6-12, and free admission for children under 6. For those who want to make it an even more memorable night, a Hakuna Ma-Hot Dog Dinner is available for \$7. Don't miss this opportunity to enjoy dinner and a show while supporting the Academy's troupe, which will head to the Junior Theater Festival in



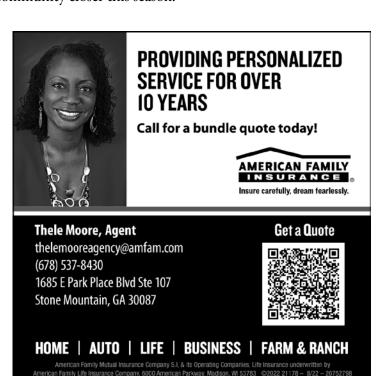
January! Tickets can be purchased at smokerisebaptist.org/arts.

Looking ahead to the holiday season, mark your calendars for the Holiday Showcase and Market on December 14. This free event kicks off with a Holiday

Market from 10:00 AM to 1:00 PM, featuring unique gifts, crafts, sweets, and even photos with Santa! Afterwards, at 1:00 PM, the Academy will present their Holiday Showcase, celebrating the talents of the students and the festive spirit of the season.

Interested in being a vendor at the Holiday Market? Local artisans, crafters, and small business owners are invited to showcase their products and connect with the community. Whether you're selling handmade crafts, baked goods, or unique holiday gifts, this is a great opportunity to reach families and holiday shoppers. The cost to rent a vendor space is \$50, and all proceeds will go towards supporting the Academy's drama team as they prepare for the Junior Theater Festival. Vendor spaces are limited, so early registration is recommended. To apply or learn more, visit smokerisebaptist.org/arts.

These events offer a wonderful opportunity for families and friends to come together and enjoy the arts right here in our community. With something for everyone—from exciting theater performances to festive holiday shopping—both The Lion King, Kids show, and the Holiday Showcase and Market promise to create lasting memories and bring our community closer this season.



TUCKER RIBBON CUTTERS - SEE US ON YOUTUBE!!

Did you know that there is a YOUTUBE channel called Tucker Ribbon Cutters? There are 107 videos of new businesses celebrating their openings in Tucker with a ribbon cutting ceremony. This is real testament to the growth of Tucker as a City.

By the time this paper goes to print: The Downtown Greenspace behind local 7, Fluffy, Fluffy Dessert Café on Main street and Collard Green Café (at their new location on



Mountain Industrial) will have had their ribbon cutting and grand openings. Other recent ribbons cutting ceremonies were for Books and Brew, Mint Coffeehouse and Nicky's Undefeated. Just watching the short

videos of each will give you a taste of each new business. KUDOS to our new businesses in Tucker. We will be checking you out!

Smoke Rise Elementary School Track and Field Team

Dr. Krystye Tatum, along with the faculty, staff, and community, would like to extend heartfelt congratulations to the 2024-2025 4th and 5th grade track team members for their outstanding performance at the Elementary County Championship Track



Meet, held on September 28, 2024, at Godfrey Stadium. The team achieved 1st place in four



events and 2nd place in two events. We are incredibly proud of their hard work and accomplishments!

Pictured are students in grades 4th and 5th along with their coaches Ms. Deja White and Mr. Rashid Scales.

The Sidewalk project is going full swing between Crespak and the Elementary School and between Marthasville to Stratmore. And they are HUGE. And did you know there will be a sidewalk along Hugh Howell between Mountain Industrial and Lawrenceville Highway? How is that for a walkable city?









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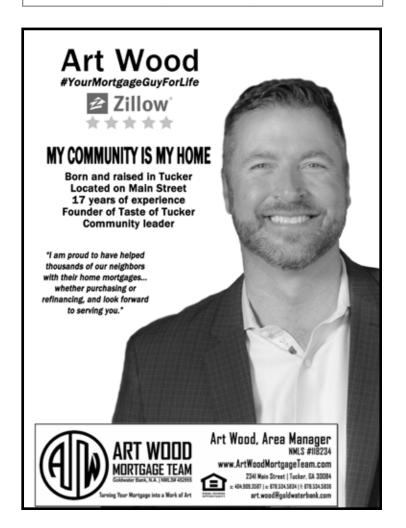
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November, 2024 features

Invasive Plants

By Marisa Fernandez, Smoke Rise Resident

I feel like we hear about invasive plants all the time, but why? What is an invasive plant? As described by Cornell's Botanical Gardens, "an invasive plant is one that is capable of moving aggressively into a habitat and monopolizing resources such as light, nutrients, water, and space to the detriment of other species." Compare this to a native plant which is "one that has coevolved with its surroundings to become an essential part of the ecosystem. This means that it participates in the complex web of life. It gets fed on, lived in and grows up with the plants around it."

Invasive plants can wreak havoc on our native ecosystems, throwing everything off balance. Whether you realize it or not, when nature is off balance, our lives are negatively affected in many ways. Invasive plants can degrade soil, which leads to diminished water quality, erosion issues and the removal of vital nutrients which can weaken our beautiful mature trees, causing them to fall. Invasive plants also enable transmission of a variety of diseases to humans, pets and wildlife. They spread disease by hosting new pathogens and creating favorable conditions for these pathogens to spread. Invasive plants are bad for our wallets, our well-being, and our whole world.

Why are invasives so invasive? First and foremost, many are equipped with specialized traits to aid in their survival. Some of these include having aggressive roots systems, abundant seeds, allelopathy (the release of biochemicals that target and kill surrounding plants), aggressive growth patterns, extended growing seasons, and lack of predators. In addition, the new environments that they find themselves in may have conditions that aren't very effective in constraining them. It can be extremely costly to maintain or attempt to eradicate invasive plants.

We invest significant time and money in maintaining our lawns and gardens. By incorporating native plants and trees, much of the upkeep can become self-sustaining. Being responsible in this way would allow the soil to be nutrient rich, leading to an overall more beautiful lawn and garden, with healthy plants, less maintenance, tons of pollinators, predators to feed upon pests, as well as stronger, healthier, safer trees.





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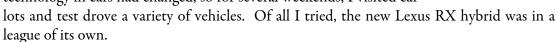
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Rip Van Winkle Goes Car Shopping

Do you ever feel like Rip Van Winkle waking up after 20 years to find the world has changed? That is the feeling I had when I went car shopping last month. My 15-year-old red Lexus RX hybrid had served me so well that I had no reason to consider a replacement. Friends convinced me I should at least look around to see how the technology in cars had changed, so for several weekends, I visited car



Aesthetically, I liked that they had softened the angry, Darth-Vader front grill on new models. That had been my primary reason for not looking at the newer models; I didn't want to change the friendly look of my car's shiny chrome grill.

Inside the car, the big advancements are in digital technology, which is staggering. The salesman shared what he could on our test drive, but you might have to drive coast-to-coast several times to take in all the capabilities. He assured me they have 7-hours of videos explaining every feature of the car. Oh boy.

My favorite feature he shared was the VIEW button that lets you see a bird's eye view of the vehicle showing where it is relative to its surroundings. It is so helpful to see how close the car is to a curb or if you are too far in, out, or centered in a parking space. It makes precise parking a breeze.

No more phone holders or chargers. These new models have charging pads and display your phone's apps on a large center monitor more easily viewed than trying to read Waze on an iPhone. And no more door or gate clickers because programmable buttons on the rearview mirror replace them.

If you opened the back door before entering the front seats when you park, a reminder asks if you need to check the back seats when you turn the car off. The thought is you might leave something there...like a small child. Many of the car's functions can be voice activated. That includes mapping a location, tuning the audio system, or hands-free texting, which does not sound like a good idea or even a safety feature.

Another powerful safety feature is alerting you to other cars around you. If you use the blinker to change lanes, or if it senses you are going to without the blinker, it alerts and bright orange arrows flash on the outside mirror. If you are ready to cross a road and it sees a car coming, it alerts. If it senses you are about to hit something, it stops itself. The rearview mirror has another safety feature. It can be a mirror or show a camera view of what is behind you so if your car is loaded and something is blocking the view, you can use the camera view. Creature comforts include Concierge Climate Control that adjusts the seat heating and cooling and the temperature of the air vents for all 4 seats. And who doesn't appreciate a heated steering wheel on a cold morning? Headlights clean themselves with a spray cleaner solution. In cruise control, it automatically holds your lane and keeps you at a set distance from the car in front of you. Speed limit, your speed, and other information shows on the heads-up display so you don't have to look down at the dashboard. It watches your eyes, hands, and head position and if any of those indicate you might be dozing off, it sounds an alarm.

On fuel economy, the gas mileage on the hybrid is rated at 37 mpg. My old RX got 22, so this is a 15-mpg increase, which is surprising because the car is larger and much heavier. Having not kept up for 15 years with upgrades to cars' performance, features, and technology is putting me at the beginning of a steep learning curve that I am sure Rip Van Winkle would appreciate.



features______November, 2024

Meet the Neighbors!

Bridget McKenzie

Reflections on Our Journey to Smoke Rise

In May 2019, my husband, son, and I made the big move to Smoke Rise from Massachusetts where I grew up. As someone who immigrated to the U.S. from Jamaica at age six, it was a significant transition for my family and me. The main reason for our move to Georgia was to be closer to family, and looking back five years later, I'm so grateful we made this decision. Within a couple of years, my daughter and her family moved here as well.



While settling in Georgia, we faced some difficult times, including navigating the pandemic and the heartbreaking loss of my dad, brother, and my husband's father. These experiences have reminded us just how precious life and family are—every moment counts, and we shouldn't take anything for granted.

Despite the challenges, I truly love living in Smoke Rise, especially in Kanawha. I enjoy starting my mornings with a walk in our neighborhood, having most of my family within a 20-minute drive, and being just 30 minutes away from Atlanta. My husband and I have even joined the Tucker recreational pickleball league, which has been such a fun way to connect with the community and spend time together.

This year, following my passion for baking, along with my daughters, I launched MoDau's Carrot Cake (Pronounced Mow-Daws for Mothers Daughters). Hearing about Taste of Tucker, I saw an opportunity to get involved in the community through the event. We had a booth on main street, and it was an exciting day filled with meeting neighbors and fellow carrot cake enthusiasts!

One of the first people I spoke to shared that he came specifically to meet us, saying he loves carrot cake but can't make it himself. The support and positive feedback we received were incredible, and to top it all off, I was thrilled when MoDau's was announced as the runner-up for Best Dessert.

We are online right now at www.modauscarrotcake.com and will have weekly pick up at the Walmart on Lawrenceville Highway. We are also planning to participate in local farmers market and community events.

We're excited for what's to come and are so thankful to be part of such a vibrant, welcoming community.

Open Mic Nights at Books and Brew

By Victoria Crosby

Out Loud with Bec is an open mic night held at Books and Brew on Lawrenceville Highway in Tucker led by poet Bec Duffield. She reads work from her book Letters from the Front and invites others to read their work. I read inspirational and humorous poetry from my books.

Poets, writers and singers are welcome to come and share some of their work from 7pm to 9pm on alternate Friday nights.

Owned by Irene Bethelmie, her daughter Quinelle and Nate Monga, Books and Brew is a bookshop which serves wine, beer,

coffee and tea, and delicious stews, with a choice of vegan, beef, lamb or chicken stew.

Quinelle Bethelmie is an artist whose paintings hang on the walls and are for sale. The shelves are filled with books that cover many subjects and include new and used books. For further information visit www.booksandbrew.net



HEALTH NOTES:

Horizons in Healthcare: Your Genes Can Heal?

By Patricia Baumann, M.D.

Many of us have submitted our saliva to companies such as 23 and Me to get information about the chromosomes which we inherit from our father and mother. Our cells contain chromosomes, our chromosomes carry genes. The genes located on the chromosomes are made of specific sequences of DNA.

The information contained within the cells of our body can be used to identify disease or a predisposition to certain health conditions. It can be used to contribute to the growing field of using genetic information to aid in diagnosis, treatment, and prevention of disease.

Genes are like individual "codes" and these codes are written in DNA. Genes are responsible for our inherited traits and bodily function. A gene is a specific sequence of DNA that contains instructions. Among the first medical discoveries of the association between gene structure and health conditions was the finding that Down's Syndrome was associated with an abnormality of chromosome 21. Down syndrome is a genetic disorder caused by abnormal cell division, producing an extra copy of chromosome 21. Genetic testing can be used to diagnose Down's and other genetic conditions and can be used to assess the risk of developing cancer. You may know of the "breast cancer gene" or BRCA gene which increase the risk of breast cancer. Information in the genes may also determine how well the body metabolizes drugs and can be used to individualize prescribed doses.

Our genes are written in DNA, the material that carries all the information about how a living thing will look and function. The color the eyes or and how the lungs work is an example of information carried in the genes and DNA. The discovery of the structure of DNA by Watson and Crick in 1953 provided us with a crucial understanding of the function of DNA as the carrier of genetic information. Tiny pieces of information are carried in different sections of the DNA. The use of our knowledge of DNA to advance healthcare is an exciting new aspect of healthcare. We now have cellular technology that will remove that portion of DNA that causes disease. This technology is called CRISPR. CRISPR is used as molecular scissors to cut DNA. Currently we have been able to cure sickle cell disease using CRISPR. This process involves collecting patient's blood stem cells and modifying these cells outside the body using CRISPR technology. The modified cells are then infused back into the patient's body and a change then takes place.

Genetic modification in humans brings significant ethical concerns. There are concerns about unequal access to technology or use for non-therapeutic purposes.

Surprisingly, recent and ongoing research suggests that positive behavioral and lifestyle changes can affect you on a genetic level. This might sound crazy considering we are born with a fixed set of chromosomes, but our genes can be altered depending on their activity level. Epigenetics is the study of potential changes in gene expression that does not involve a change in the underlying DNA sequence,

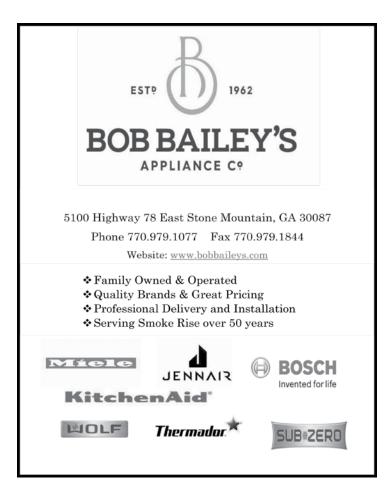
Stay tuned to this area for new developments!



November, 2024 features







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

Persimmon Tree

Gazing out the bedroom window I couldn't help but notice the branches of the tall, scraggly persimmon tree, heavily bent with an over-abundance of lovely fruit. A blanket of golden plum-sized treats had already littered the ground where Chipper (our resident chipmunk) and Squeaky Squirrel were gorging themselves with great enthusiasm. High in the upper branches, a small group of migrating cedar waxwings were also having a tasty meal.

I knew this gangly and slightly unattractive, twisted tree was a native



to the southeastern United States and could grow almost anywhere from the sandy beaches to the mountain foothills. Mine had sprung up along our fence line and was not even noticeable until it starting producing the treasured crop. Its acorn-shaped fruit is actually considered a berry and has acquired lots of funny names including, sugar plums and possum fruit.

Thank you for providing such a tasty harvest for my woodland friends. You may not be the most attractive tree in the yard but you are certainly well loved.

What's in a Name?

by Morriah McPhie, Kanawha resident

Have you ever wondered where our name "Kanawha", came from? On a recent trip to visit my sister in West Virginia, I soon found out! Upon arriving at the "West Virginia International Yeager Airport", I noticed a small bar named "Kanawha Café". Pronounced locally as "KUH-NAW", it's a significant name in West Virgina.

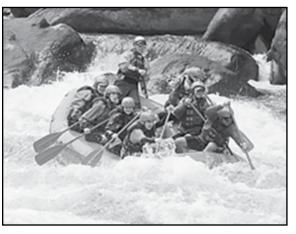
Named after an American Indian tribe that used to inhabit the area, the Kanawhas,



the WV capital city of Charleston is in Kanawha County and the whole state was almost named Kanawha in 1861. But because Kanawha County already existed, they decided it would be too confusing having the state and a county with the same name. Kanawha is also the name of the largest river in West Virginia, which starts at Gauley Bridge and flows 97 miles northwestern to the Ohio River.

While visiting, we went white water rafting down the "New River" which is a 320-mile-long tributary of the Kanawha River that has rapids ranging from Class I – V, it was a blast!! Beyond that, there is the Gauley River, another familiar name here in Smoke Rise! The Gauley River is hailed as one of the "best whitewater runs in the world" with drops more than 668 feet through 24 miles of high volume, Class III – V rapids, including five class V rapids dubbed the "Big Five Rapids".

Back to our humble neighborhood, which we pronounce as, "KA-NAH-WA". Our neighborhood was developed by William "Bill" Probst, who himself was an impressive



individual. Hailing from Philadelphia and graduating from Georgia Tech with a civil engineering degree, he became a professional engineer as well as a registered land surveyor and landscape architect.

He explained when he spoke a few years ago at the Smoke Rise Country Club's Lecture Series, that he bought the entirety of Smoke Rise for \$1, yes \$1, with a deal to pay back the seller with a portion of the proceeds from the sale of each property. During that talk, Bill shared

how much he loved the area of West Virginia where the Kanawha and Gauley Rivers flow. As he needed to name our subdivision and streets, he used the names reminding him of these places he loved. We wish we knew more of the story, but he has passed away and is not answering inquiries.



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NEWS YOU CAN USE

By AvivA Hoffmann, Staff Writer

Fraud Prevention Measures for Smoke Rise Residents

As our Smoke Rise community welcomes new neighbors, many of whom are young families, it's exciting to see fresh faces bringing new energy to our neighborhood. With the increase in homebuyers and vehicle owners, however, there's one important topic we should all be mindful of: fraud. Whether you're buying a vehicle or managing your homeownership, it's important to protect yourself - and your family – from scams.

Avoid Vehicle Title Fraud

For anyone in the market for a vehicle, be aware of title fraud. Before purchasing a used car, securing a vehicle history report is a smart step. There are several reliable providers, including VehicleHistory.gov, Carfax.com, and AutoCheck. com, that can offer you valuable insight into the car's past. The report should provide key details about the vehicle's history, helping you make an informed decision. In addition, verify that the name on the title matches the seller's identity and ensure all information—make, model, VIN, color, and mileage—aligns with the vehicle in front of you. Watch out for any inconsistencies or signs of tampering.

If the seller avoids meeting in person or is hesitant to provide proper paperwork, think twice about making that purchase. If the vehicle's title appears newer than the vehicle it represents, or if there are any handwritten changes or corrections, it could be a bad or fraudulent title. Another red flag is a seller who has not registered the vehicle in any state or who lists suspiciously low mileage for the car's age. They may be attempting to sell a vehicle with a fraudulent or altered title.

Protect Your Home and Property

Another concern to watch for is home title theft. Georgia's Filing Activity Notification System (FANS) helps protect homeowners. This system notifies you when property records are filed or altered, giving you the opportunity to quickly respond to any suspicious activity. You can easily register your property at fans.gsccca.org to stay one step ahead of potential fraud. I signed up while writing this article. It took less than 10 minutes, with most of that time spent reading the disclosures.

Avoid Costly Business Offers

While many reputable tax services are available, be cautious of businesses charging a fee for tax-saving services. If you decide to hire help, make sure the service is credible. Check online for reviews, ask for references, or look up the business on the Better Business Bureau website. Homeowners who prefer a do-it-yourself approach can save money by filing assessment appeals and homestead exemptions themselves - online and at no cost. Those services are available at DeKalbTax.org/file-homestead-exemptions. Vehicle owners also don't need to pay a business to renew their vehicle registration. Renew online at eservices.drives. ga.gov or visit a self-service kiosk at DeKalbTax.org/kiosks. For more information or assistance, visit DeKalbTax.org or contact DeKalb County Tax Commission offices at (404) 298-4000.

By staying vigilant and informed, we can better protect our homes and cars from fraud. To all our new neighbors -WELCOME!

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Thanksgiving- Good for the Soul

By Cheri Schneider, staff writer

I have learned something from my friends in the substance abuse recovery community... the ones who are making it to the other side and getting free, that is. Being thankful can change

One of my friends, Tim (name changed) sent my husband and I his Gratitude list every day for several months. The list of things he found to be thankful for often put us to shame and made us stop to reconsider what we should be thankful for. His list also made me realize that writing my thanksgivings down can also become a record of the progress we make in life. And this can make you thankful! It is a full circle: thanksgiving recorded shows progress and change and becomes a reason to be thankful again.

One day, I read his lists back-to-back. It was really eye opening to see the change in his tone as the days of gratitude unfolded. Here is a sample of a few things he was thankful for In order:

Released from Fulton Co Jail

Still sober after facing hardship and adversity

Losing friends that are not so friendly

Suffering through to a better today

Chin up- chest out-- standing tall

I am not a quitter

Settling is not an option

Finishing what I start

Pushing through when I want to give in

God's restoring Power

I am still learning to forgive myself

I know what the date is today and what day of the week is

Weekend of laughs with my beautiful family

Hot wings

Not becoming bitter, knowing that allowing the process makes me better

Not taking the easy way out anymore

Healthy Habits: Turkey bacon

I finally love myself

Waking up to hot lemon water and vitamins by my bedside table

My daughter said she was proud of me

I responded with Grace when confronting someone who betrayed me

Playing catch with the kids.

Another clean UA (drug screen). Still going in....

Respect from my kids.

Cleaning up the mess

Seeing how God kept his hands on my life.

Being able to see my own shortcomings and still know God created me a masterpiece.

Slow growth is better than no growth.

Being told the truth about myself

Knowing I am who God says I am

Forgiving people who hurt me Memories that last forever

The blueprint was already laid out for me to succeed

A friend- for helping me feel the same pain I likely caused others

Being seen and not 'viewed' (as in a casket)

My integrity and character testify who I am.

Sleeping through the night peacefully

Taking with my nephew last night. He is wise beyond his years.

My wife loves and supports me

Listening when advice is given

I have breath in my lungs. strength in my body

Not having to go back to the environment that has been detrimental to me.

I am enough

Looking forward to promise

Much needed oral surgery

So many of us would benefit from the 12 steps of the '12 step program'--especially steps 4 and 5. These steps ask you to make a 'moral inventory" of yourself and make amends with those you have wronged. I wonder what would happen if all of us intentionally were more grateful and cleaned up some of our inventory list. We might have more joy and more thankfulness like Tim did. I am working on my list, how about you?

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November, 2024 gardening

Smoke Rise Garden Club

The Smoke Rise Garden Clubs most recent meeting was Monday October 7th. It was held at the beautiful home of member Robin Biro. The co-hostesses were Ann Dellinger & Usha Ramakrishnan with help from our host. A lovely sweet & savory selection was enjoyed by all of the members & guests who attended.

Our speaker was Hal Colman - "The Bug Guy" an Entomologist & exterminator for 50 years. He entertained & educated us about the bugs we live with inside & outside our homes. He talked to us about how we can live a pest free life which is also the title of a book he wrote. He started off by telling us there are over one million bugs identified in the world. Hal taught us to keep mulch from directly next to our homes to discourage bugs, 6" which could be called a Termite barrier. Did you know that Jaro spiders have the strongest web of any spider? Hal was careful to emphasize that pest control is a process. I think everyone who attended learned a lot about pests.

The planting tip for this month is that the Pansy planting season starts now! Plant six-pack Pansies eight inches apart. Larger plants can be spaced 10 inches apart.

The garden clubs upcoming events include our November meeting and workshops for Christmas cards for Troops and Santa boxes for The Arthur M Blank Hospital Children's Healthcare of Atlanta. Members will also attend The Leading Lights Luncheon next month at Callanwolde. If you are interested in coming to a meeting or considering membership, please contact Gina Dilley at ginadilley@gmail.com. Smoke Rise Garden Club is a member of Dekalb Federation of Garden Clubs, Redbud District, Garden Club of Georgia and the National Garden Club.



Victoria Crosby SRGC president, Ann Dellenger co-host, Hal Colman speaker, Robinson Biro host, Usha Ramakrishnan co-host.

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Mountain Mums Gain Knowledge About Irises

Submitted by Maureen Fraser, Mountain Mums Publicity Chair

Colette Reifkohl hosted the Mountain Mum's October meeting at her home along with co-hostesses Lynn Malone, Lisa Armistead, Carol Wales, and Jean Weathers.

Jean Weathers provided an inspiration about irises, which in Greek mythology, are the personification of the rainbow and a messenger of the gods, also known as Goddess of the Rainbow. Irises come in an array of colors and each has a message or special meaning. Purple symbolizes royalty, wisdom, and admiration; yellow is for passion, strong bonds, and warmth; Blue conveys faith, hope, spirituality, and longing; White signifies purity, innocence, and sympathy; Pink denotes affection and appreciation; Orange expresses enthusiasm, energy, resilience, and passion; Black exemplifies power and mystery; and Red means courage and passion.

The inspiration complemented Diana Wright's presentation about irises. Diana has been an active member of the Georgia Iris Society for 17 years and has held several offices, including president. She is involved with their annual flower show and annual iris plant sale.



Diana Wright shares her knowledge of "Irises in Georgia" at the October Mountain Mums Garden Club meeting

Diana shared that most irises do well in a temperate climate like ours, unlike a tropical climate, which is usually too wet. There are over 300 species of irises and 66,000 are named and registered so there is an iris for every type of garden! Diana shared tidbits about many different types of irises, including how big they grow, in what type of weather they thrive, what type of garden or arrangement they are typically used for, how long they last and how adaptable they are. For the best outcome, you should fertilize in the fall – ideally September/October timeframe. July through September is the best time to divide and replant (which you should do if your bed is too crowded or more than five years old). It's also best to keep the soil well-drained and remove dead leaves, old stalks and weeds. Always use low nitrogen fertilizer (0-10-10/6-10-10/6-24-24) and prepare your soil at least two days before planting. For more information on irises, visit the American Iris Society's website at Irises.org and review their Iris Encyclopedia.

Pamela Schuyler shared tips for October from Walter Reeves, one of the most respected garden gurus in the Southeast

- Week 1 Plant fescue, Trim back woody plants, Fertilize new fescue, Apply pre-emergent
- Week 2 Plant pansies, Cut back flower stems, Fertilize new pansies, Apply weed preventer, and Bring in patio plants
- Week 3 Plant spring bulbs, Divide daylilies, Do one last mowing, and Clip back roses
- Week 4 Cut back faded blowers, Replace mulch, Check pesticides in storage, Bring root cuttings inside and Fertilize pansies again. Plant leafy greens (kale, lettuce, spinach), peas, radishes, garlic, cauliflower, broccoli, onions, beets and carrots.

Members are busy planning the annual Tucker Walk to Remember, which is held to recognize and honor young drivers who were lost too soon in car accidents. Proceeds from the event are used to provide scholarships for high school students for driver education lessons at Taggart Driving School. Applications are now being accepted. Interested participants should go to the Tucker Walk To Remember Facebook page.

The November meeting will be held on Wednesday, Nov. 13, at 9:45 a.m., at the home of Maureen Fraser. Contact Mary Jacobson, Membership Chair, at mjacob1010@gmail.com if you are interested in visiting to learn more about the Mountain Mums Garden Club activities.

Morning Glories: Donations, Drop Your Drawers and Iris?

The October 8th meeting of the Smoke Rise Morning Glories offered an eclectic mix of activities! People often wonder exactly what garden clubs do and this was a great example of our many diverse interests.

The "Holidays for Heroes" project asks members to purchase glitter free holiday cards, sign them with a simple message such as "Thank you for your service" and leave them unsealed. These cards are delivered to volunteers for distribution to our men and women in service. This year we donated 558 cards. More cards will be collected from other garden clubs and typically we have over 3000 cards from DeKalb that are sent to our military service men and women during the holidays.

What is "Drop Your Drawers"? The club has had a tradition for many years of donating new men and women's underwear to the GA Regional Hospital in Decatur. This mental health facility is also the location of our garden therapy project. The underwear and socks are distributed to the patients, many of whom are full time residents. This year we donated 205 pieces of underwear. Other clubs in the DeKalb Federation of Garden Clubs also donate to this very worthwhile cause.

President Amie Walsh announced that we are planning to help the Smoke Rise Elementary School with a new raised bed project for the STEM students this fall. Several years ago we added four new beds and the plan is to add six new beds for student horticulture classes. Amie is applying for grants from DeKalb Federation's Public Grounds Improvement fund and Garden Club of Georgia's Community On My Mind Grant for funding of this very exciting new initiative. Our club has also budgeted funds this year to purchase the needed lumber, corner supports and soil. Once the funds are received Amie will schedule a workday with club volunteers.

And finally we had a wonderful program with iris expert and Tucker resident Diana Wright on "Growing Iris in Atlanta". She has made the rounds of the Smoke Rise clubs this fall and her presentation was thorough and inspiring.

Our November 12th meeting will feature Sharon Brewer with Wellroot and the club members will donate toys and other items to the foster children in the Wellroot care system. Please contact President Amie Walsh if you would like to attend. Her number is 404 729-4871.

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Flyers: Barbara Luton at barluton@aol.com.

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What is Thanksgiving? by Cheri Schneider

THANKFULNESS begins with noticing the 'cans' of life:

What can I do? I can Breath, I can See, I can Hear, I can Walk, I can Think and Feel.

GRATITUDE begins with noticing the 'haves' of life:

I have Food, I have Shelter, I have Clothing, I have a Job or Purpose, I have more than I need.

APPRECIATION begins with noticing the 'whos' in your life:

Who loves me, Who is glad to be with me, who calls me Friend, who is my Family, my Neighbor? JOY comes from noticing these things, rehearsing them in your soul and expressing your joy about them to others.



Food & Home Fixin'

By Joyce Ray, Staff Writer

The news reports of hurricane disasters we have watched in real time over the past few weeks have made us aware that we should prepare our homes and pantries for such a catastrophic event. In our area, the most common of these are severe ice storms in the Winter. I have condensed a lot of advice on this subject down to a few of the most realistic tips for preparing a good supply of nutritious food in case of a prolonged power outage.

Cooking methods:

While many of us have access to the burners on our gas stoves, those who have electric stoves will need to be prepared with alternate cooking sources. Gas or pellet grills, firepits etc. can heat water, cook pancakes, grill sandwiches and do much more than just grill a hamburger. NEVER bring grills inside due to fumes and fire hazard. Frozen foods can be consumed if ice crystals are present, or the food is cool to the touch.

Best foods to stockpile:

Bottled water: Each family member needs 1 gallon of clean drinking water per day. One suggested challenge is to add one case or a gallon of water per week to your grocery list until you have enough stored for an emergency.

Canned Soup: You might get tired of it, but it is nutritious and filling, so try some different varieties. Add some cans of Sterno to your shopping list. It is a good clean heat source, and soup or other canned foods can be heated right in the can.

Canned Vegetables: beans, carrots, green beans, corn, canned fruit like applesauce and dried fruit. Canned foods are less likely to be damaged by flood waters than jars. Jar seals are not as airtight.

Fruits and their shelf life if stored in cool dry place:

Apples: up to a month, Citrus: 2 weeks, Avocados: 1 week, Potatoes: 1 month, Bread: up to 2 weeks, flour or whole grain tortillas last longer than bread if kept in plastic bag in cool place. Boxed pasta, Instant rice, oatmeal, nuts, peanut butter, canned light tuna, canned chicken breast, plant-based milk, turkey or beef jerky, saltines or other crackers, pancake mix that only requires water to mix, and syrup.

Don't forget to stock up on paper products such as napkins, plates, cups, utensils, paper towels, toilet paper, storage bags, trash bags, heavy-duty aluminum foil for the grill.

Storing Food:

Keep doors to refrigerator or freezer closed as much as possible. Fresh food can be kept at least four hours if the temperature goes over 40°F. A refrigerator and oven thermometer are good investments.

A good way to make sure your freezer will keep frozen food cold as long as your power is out (40°F and below) is to keep it full. Any empty space that is not food can be used to store frozen gallon water bottles. A solid block of ice will last longer than crushed or cubed ice.

Remember to purchase food items for infants, children and anyone who is on a special diet or pets.

Sweet Potato Pie:

Sweet Potato Pie is a favorite way to welcome the fall harvest of some traditional foods at Thanksgiving. This one is from the Gullah Geechee Home Cooking cookbook by Emily Meggett. Her South Carolina Low country recipes will make you fondly remember your favorite family cooks.

7 small sweet potatoes (about 11/4 lb. unpeeled/21/2 cups mashed) ½ cup (1 stick) unsalted butter, softened

1 cup packed brown sugar

1/4 cup all-purpose flour

2 teasp. ground cinnamon

2 large eggs, beaten

1½ teaspoons lemon extract

1 unbaked 9-inch pie crust

Sweetened whipped cream

Preheat oven to 350°F. Wash and boil the sweet potatoes in 2–3 quarts of water until tender. Do not peel. Drain and allow the sweet potatoes to cool for 5-10 minutes. Once cooled, remove the skin from the potatoes. Place cooled potatoes in a large mixing bowl. Beat with an electric mixer until all the "strings "from the potatoes are removed. Do this by mixing, stopping and removing the strings from the beaters, washing the beaters and mixing again. This can take several repeats to get all strings removed. Add butter, brown sugar, flour, cinnamon, eggs and lemon extract to the potatoes and mix well. Pour into an unbaked pie crust, filling to the top. Bake for 1 hour. Let the pie cool before serving it with whipped cream.