

SMOKE SIGNAL

VOLUME 47, ISSUE 11

Serving the Smoke Rise Community Since 1968

February, 2015

www.smokesignalnews.com

Happy Valentine's Day from the Smoke Signal Staff

Walk to Remember

Each year we have people ask us why we have the Walk to Remember (WTR) in January. It's so cold! This year's January 17 walk was no exception. The answer is that four years ago the Mountain Mums Garden Club began the Walk to Remember to celebrate the fifth anniversary of the planting of Japanese Magnolia trees at the Hugh Howell triangle. These spring-flowering trees commemorate the beautiful young lives lost in Smoke Rise while driving. The tree in the center of the ring of trees signifies HOPE.

A rose garden and contemplation bench in front of the memorial sign completes the garden.

The Mountain Mums Garden Club also began the Walk to Remember to encourage the whole community to practice safe driving by not texting while driving. SRCA and local businesses like Kroger, Smoke Rise Real Estate Agents, Pincentives Advertising, Tucker House, the Garden Enthusiast, Metropolitan: an



Intown Artist Business District, and It's My Party Rentals joined us this year as sponsors of the walk. As WTR walkers crossed Hugh Howell Road onto Silver Hill, two hundred red tulips were planted under the Smoke Rise Elementary School sign. These will bloom in early to mid-spring and will serve as another beautiful reminder to love life and drive safely.

This year's funds raised will go towards a scholarship to the Tucker Taggart's Driving School Driver Education Program. We are hoping to award more than one scholarship this year to a deserving student from the community. A big thank-you to all the walkers (and their dogs)! We had a great turnout this year and look forward to continuing this tradition next year. Drive safely!

Annual Electronics Recycling Day Saturday, February 21

The SRCA has again partnered with IMS Electronics Recycling, Inc. located in Decatur to provide for recycling of outdated, broken or unwanted electronic devices and machines (i.e., E-Waste). A complete list of E-Waste items that are either appropriate or unacceptable for recycling are available via the IMS Electronics Recycling web site: <http://www.imselectronics.com/electronics-recycling/>. Items can be dropped-off for recycling at the Smoke Rise Elementary Charter School parking lot between 10:00 a.m. and 1:00 p.m. (or until the truck fills) on Saturday February 21, 2015. While most items are accepted for disposal free-of-charge, there is a \$5 fee for plastic CRT monitors, \$10 for CRT televisions, and \$30 for wooden console, rear projection and plasma screen televisions. These are pass-through fees from the provider for the aforementioned items that must be shipped elsewhere for expert disassembly and removal of hazardous metals. IMS Electronics Recycling is one of the few local vendors still accepting wooden console and rear projection televisions for disposal. SRCA hopes to see you on February 21 doing your part to divert E-Waste from disposal as trash and thereby reduce the burden on our county landfill and protect our environment from the toxic metals, retardants and plastics used in the fabrication of these devices. All collected waste is managed responsibly within the U.S.A and no whole electronic waste collected by IMS is exported. Volunteers from Smoke Rise to assist with the collection of e-waste are appreciated. Recycling – it is always the right thing to do!

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— SRCA NEWS —

Annual SRCA Membership Campaign Is Now Upon Us

Please watch your mailbox over the next month for the annual SRCA dues appeal. Dues remain at \$35 per household. Although there have been second solicitations generated by SRCA, sometimes later in the year when dues income has been sluggish, the traditional dues cycle begins with the start of the calendar year and extends into March-April. One hundred percent of dues are used by the all-volunteer SRCA board to promote Smoke Rise and the quality of life in our community. A list of accomplishments enabled by dues payments in 2014 will be included in the mailing. Those residents eager to pay dues now can do this via PayPal accessing via the SRCA web site: <http://www.smokerise.org/membership.html>.



Tentative Plans for the Next SRCA Meeting

The SRCA is targeting the week of March 8 for the next annual membership meeting, hoping to use the Fellowship Hall of Smoke Rise Baptist Church, and intending to have the new principal of Smoke Rise Elementary Charter School, Pamela McCloud, as the featured speaker.

Final date and plans will be in the March issue of the *Smoke Signal*.

SRCA Board News by Michael J. Huerkamp, President

The first meeting of the SRCA board was held on January 12, 2015. Key items of business before the board were co-sponsorship obligations toward the Walk to Remember, final arrangements for the meeting to establish relations with regional school superintendent Trenton Arnold, and the new elementary school principal, Pamela McCloud, organization of the February 21, 2015 electronics recycling event, and the launch of the 2015 membership dues campaign.

The board also began preparation for the annual membership meeting which is expected to be in March, for confidential document shredding which is targeted for April (ideally after tax day), and to set the budget and goals for 2015. A recap of the 2014 membership activity showed 723 households electing membership with 13% using PayPal and with 16% electing to support SRCA with donations above the dues amount. Improvements continue at the community garden which at this point has become essentially financially self-sustaining.

The all-volunteer SRCA board remains grateful for the support and confidence of dues-paying residents and looks forward to an eventful 2015.

SAVE THE DATE!! Tucker High School's 100th Anniversary Celebration April 18, 2015

Watch next month's *Smoke Signal*
for more information.

Valentine Dance
Old Rock Gym
7:00 p.m., February 14
Benefits the Stone Mountain
Historic Society
For more information,
contact Virginia Hall Busch at
vhallmusic@bellsouth.net

When Is the Next Shredding Event?

The SRCA is targeting this event for mid-to-late April, sometime after tax day.
Watch the *Smoke Signal*
for an exact date!



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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Views and/or opinions expressed in articles, stories or letters published in this newspaper are not necessarily those of the Smoke Signal or its staff. The information contained in it is believed to be accurate, but not warranted in any way. It is the policy of the Smoke Signal to publish signed letters to the Editor. We will not publish unsigned letters, but will withhold the writer's name upon request. All content may be edited.

February Calendar of Events

- 2 Smoke Rise Garden Club at Margarita Fajardo's home, 7:00 p.m.
- 4 Smoke Signal staff meeting at Barbara Luton's house, 9:30 a.m.
- 9 Mountain Shadow Garden Club, Eastminster Presbyterian Church, 7:30 p.m.
- 11 Mountain Mums meeting at Gaye Auman's house, 9:45 a.m.
- 12 Lincoln's Birthday
- 14 Valentine's Day Dance at the Old Rock Gym for the Stone Mountain Historic Society, 7:00 p.m.
- 16 Presidents' Day
- 17 Random Acts of Kindness Day – Do a kind deed and make someone feel good!
- 19 Tucker Arts Guild, The Custom Frame Shop, 7:00 p.m. (Please bring a chair)
- 21 Electronics Recycling, Smoke Rise Elementary Charter School, 10:00 a.m.-1:00 p.m.
- 21 Life is Sweet Fundraiser, ART Station, 7:00 p.m. - 10:00 p.m.
- 22 Washington's Birthday

Smoke Signal Deadlines
FEBRUARY 13

Please e-mail articles to:
smoke-signal@earthlink.net
(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 box at
5365 Smoke Rise Drive

Deadline for classified ads is
FEBRUARY 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 2,400 copies
Reservation Required:
Contact Barbara Luton, (770) 491-6711 by 15th of month.

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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!



Preschool at
Eastminster

Eastminster Presbyterian Preschool has been in operation since 1967. We serve children from 2 years old through kindergarten from 9:30 a.m. – 1:30 p.m. We have an excellent, well-trained staff with many years of experience. We offer before-school care starting at 8:15 a.m. There is also the After School Program from 1:30 p.m. – 6:30 p.m.

Our children have music and Spanish three days a week, a chapel class once a week, as well as ballet, tennis, or multi-sport classes weekly. We have wonderful guest visits, as well as field trips for pre-K and kindergarten classes. For more information, or to schedule a visit, please call the director, Mrs. Stacey Moura at 678-507-7584 or at preschool5801@gmail.com. You can check out more at our website at <http://www.eastminster.us/the-kids/preschool/>.

Tucker First UMC
Presents Guitarist
Rodringo Rodriguez
in Concert
February 22
7:00 p.m.
in the Sanctuary

Rodrigo Rodriguez was born in Quito Ecuador, South America. Coming from a very musical family, he started playing guitar at the age of nine, recording his first LP at the age of twelve. When he was sixteen, he started to travel the world to increase his knowledge in the instrument, performing in Venezuela, Spain, France, England and Damascus, Syria. Rodrigo has recorded sixteen CDs, one recorded with the City of Prague Philharmonic.

In 1992, Rodrigo found a new direction in his life. He is now privileged to serve the Lord in full-time music ministry. Listen to his music at <http://www.rodrigorodriguez.net>.

Smoke Rise Baptist Church

Rev. Chris George, Senior Pastor
Ernie Forrester, Associate Pastor
Tim Adcox, Minister of Missions
Kathy Dobbins, Minister of Spiritual Formation
Danny Vancil, Minister of Music & Worship
Becky Caswell-Speight, Minister to Families with Children
Jeremy Colliver, Minister to Families with Youth
Amanda Coe Burton, Director of Nursery Ministries
Paula Reeves, Weekday School Director
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
1st Tuesdays:	6:00 p.m. Prime Time
Wednesdays:	
5:00-5:45	Fellowship Dinner
6:00-6:45	Programs for children, youth and adults
7:00-8:30	Sanctuary choir
	Nursery provided

Eastminster Presbyterian Church

Pastor: Rev. J.Caleb Clarke III
Director of Mission & Youth: Mark Sauls
Director of Music Ministries: Andrew Meade
Director of Preschool: Stacey Moura
Director of School Age Program: Celeste Sears
Director of Christian Education: Mardee Rightmyer
Telephone (770) 469-4881
www.eastminster.us

Sundays:	
9:45 a.m.	Sunday School
11:00 a.m.	Worship
Wednesdays:	
5:45 p.m.	Fellowship Dinner
6:30 p.m.	Adult and Children's Program
7:30 p.m.	Chancel Choir Rehearsal

Mount Carmel Christian Church

Senior Minister: Art Stansberry
Worship Leader: Leslie Riley
Kids Ministry Director: Vicki Tyler
Telephone (770) 279-8437
www.mountcarmelcc.org

Sundays:	
8:30 a.m.	Coffee/ Doughnuts/ Fellowship
9:30 a.m.	Bible School Classes – Adults & Children
10:30 a.m.	Worship
Wednesdays	
5:30 p.m.	Dinner
6:30 p.m.	Activities/Studies for all ages
6:30 p.m.	Adult Choir Rehearsal

First Moravian Church

Interim Pastor: Stephen Weisz
Congregational Acolyte: Bill Hitz
Telephone (770) 491-7250
www.gamoravian.org

Sundays:	
10:00 a.m.	Sunday School–Adults & Children
11:00 a.m.	Worship
12:00 p.m.	Fellowship Time
Thursdays:	
7:00 p.m.	Adult Study Group

Mountain West Church

Pastor: Michael Shreve
Telephone (770) 491-0228
www.mountainwestchurch.com
4818 Hugh Howell Rd., Stone Mountain

Sundays:	
10:00 a.m.	Worship
12:00 p.m.	Worship

Smoke Rise Preferred Contractor's List: Help Found!

We are passing the torch for the management of the Contractors' List to our neighbor, Jim Farmer, who has graciously volunteered to continue to maintain this list. If you need assistance with home repair, etc., please contact Jim Farmer at jimfarmer812@earthlink.net or (678) 662-6122. Please let him know your results with your contractor so we may keep an updated list.



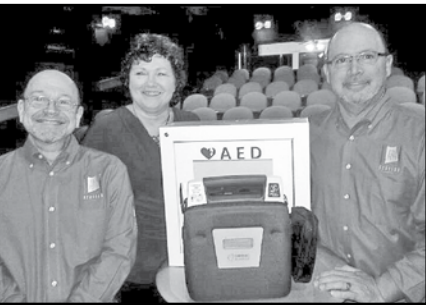
FREE NEIGHBORHOOD PET LOST AND FOUND

Please call Kay McKenzie
at 770-491-6784
with information if you have lost or found a pet.

Give from the Heart
to Save a Heart

It's a gift they hope to never use. David Thomas and Michael Hidalgo received a donation of an AED Unit (automated external defibrillator) for the ART Station from a new organization, Life is Sweet! This gift is a result of the first annual Life is Sweet fundraiser held on September 11, 2014, the one year anniversary of founder, Lynne Dundon's, sudden cardiac arrest. Lynne is one of less than 8% of the victims of cardiac arrest who can call themselves a survivor. She credits her survival to the fast response of Bill Hardman who saw Lynne collapse and started CPR, and the use of a convenient AED unit by the Stone Mountain Park Police Department. The idea that she had been saved for a reason stayed with her as she returned to work in early December 2013. Celebrating her birthday in early August 2014 with friends, the conversation turned to how lucky she was to be celebrating this birthday. All care of her age seemed to have disappeared but the approaching one year anniversary of her cardiac event was looming ahead of her. To help put a positive focus on the day, friends Marti Pirkle and Jessica McDonald suggested hosting an event to help others have a greater chance of surviving this silent killer.

The idea was born and "Life is Sweet" came to fruition with a successful event held at Café Jaya in Stone Mountain Village. Enough funds were raised to purchase their first AED unit for donation. The organization's goal is to help to provide AED units to non-profits and communities that can't afford them. In conjunction with the Stone Mountain Woman's Club, Life is Sweet is hosting their next event, The Art of the Heart, on Saturday, February 21, at The ART Station from 7:00 p.m. – 10:00 p.m. Fundraising efforts at this wine tasting event will go towards purchasing three AED units for the City of



L-R: Michael Hidalgo, Lynne Dundon, and David Thomas.

In addition, there will be a limited number of \$50 raffle tickets sold for a chance to win either \$500, \$300 or \$200.

If you are interested in being a sponsor, making a donation, or purchasing tickets, contact a member of the woman's club or Lynne Dundon at lifeissweetAED@outlook.com. This is your chance to really make a difference in saving the lives of those in our community.

Stone Mountain police cars to serve the citizens of Stone Mountain Village.

Tickets are \$30 each and will include light appetizers and entertainment as well as a chocolate station to enjoy while sampling various wines. Patrons will be able to order specific wines as well.

Belinda Belvin, REALTOR®

As a Smoke Rise native and a Realtor in the area, my knowledge of the area and of the market are unparalleled.

My mission is to market your home to get the maximum price current real estate markets will allow, through a multifaceted marketing campaign that renders broad exposure for your home. Call today to see how I can assist you in selling your current home or buying your next dream home!

Belinda Belvin, REALTOR®
404-844-8811
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Tucker GA 30084

Christmas Display in the Summit
Raises Money for Children's Healthcare of Atlanta
by Victor Economy

This year we continued our tradition of decorating our home with hundreds and hundreds of Christmas lights. While we did not have any new additions this year, we were able to take the time to go back and repair and restring the majority of our display with LED lights. This helped make our display brighter than ever!

Something else new this year was having Santa available for photos in our Christmas sleigh in the front yard. Despite his busy schedule in December, he was able to stop by every Saturday and Sunday for photos, and we are hoping to continue this next year!



We also continued our mission of collecting donations for Children's Healthcare of Atlanta. Over the course of a month, our family, along with neighborhood volunteers, was able to collect over \$3,600 (about \$1,000 more than we collected last year) for Children's Healthcare of Atlanta from several donors who drove by our house to see the lights. All of the donations went directly

to this worthy cause, and my wife, Theo, and I were able to present a check to Lia Ferretti on January 7th for \$3,628.00.

We are so appreciative and thankful to everyone for the donations. We also want to thank all our neighbors who tolerate the constant traffic on our street. We hope everyone had a Merry Christmas and we are already working on our new addition for next year's display!

Pictured left to right are Theo Economy, Lia Ferretti from Children's Healthcare of Atlanta, and Victor Economy.



**February is
AMERICAN HEART MONTH**

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and learn what measures to take to prevent a heart attack!

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**IMPROV WORKSHOP:
COMEDY AND HISTORY
February 16-20, 9 a.m.-3 p.m
for ages 8-14**

Campers spend a week at the historic courthouse with actress Sara Gaare playing improvisation games, role playing historic figures, and learning the basics of improv and stagecraft. Campers learn about character development, voice and diction, storytelling, public speaking and performance. Campers will create flash performances for some of their favorite characters and will recreate historical events with a twist.

Camps are \$275 per week (\$250 for members at sponsor level and above)

After care available from 3-5 p.m. for \$10 per day.

www.dekalbhistory.org • 404-373-1088, ext 20
goldemund@dekalbhistory.org

Silent Auction to Benefit Garden

The Garden Enthusiast – Backyard Nature Station on Main Street in Tucker will hold a silent auction from February 7- 21. Proceeds will benefit the native plant expansion of the Tucker Butterfly Garden on Lavista Road in front of the Tucker Recreation Center. The Tucker Butterfly Garden was established in 2008 as a DeKalb Master Gardener project.

To “kick-off” the silent auction on Saturday, February 7, Cynthia Perryman, a talented Atlanta artist, will create a painting which will be one of the items in the silent auction. She will paint from 10 a.m. to noon and from 1 p.m. to 2 p.m. Other items in the auction include fountains, photography, and much more. Enjoy refreshments provided by supporters of the Tucker Butterfly Garden on February 7, 14, and 21, along with wine during the afternoon hours provided by Growler Time in Tucker.

Plan to come by, place a bid or two, and support a great local community resource.

Join in the Fun at the Tucker Library

Free Yoga Classes
Saturday, February 28 and March 14
10:00 a.m. – 11:30 a.m.
Open to the first 30 participants.
No registration is required.

Tucker Chess Club
Players of all ages are welcome.
Please bring your own board and pieces.
Second and Fourth Tuesdays
5:00 p.m. – 8:00 p.m.
Tucker-Reid H. Cofer Library
770-270-8234

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Sit Back and Enjoy a Winter Garden
By Renée Hopf

Last month the *Smoke Signal* ran an article titled “On the Road Again...With a Different Perspective.” That was to remind us of how a winter drive through our Georgia mountains can make us aware of so many aspects that are hidden in the summer.

This month I would like to give you “a different perspective on a winter garden.”

Of course, summertime is when we are excited, aware and busy in our gardens. But, if you think ahead in planning your own garden, or adding a few cool weather plants to an established garden, there are many reasons you can enthusiastically enjoy a winter garden without ever thinking about pulling a weed or getting out your lawn mower!

For instance, if you have learned that there are places in your garden that grass does not want to live, but moss does, and you have allowed that to happen, you will find that moss becomes verdantly green and abundantly thick in these cool months and makes a beautiful contrast to your wheat-colored Bermuda lawns. The surfaces of all of our garden terraces and the spaces between our railroad tie steps are plush carpets of moss in our winter months.

Other guidelines to beauty in winter gardens are to plant trees that are beautiful while flowering and have bark that is eye-catching when their leaves fall. Excellent examples are the Natchez crape myrtles. Their bark peels, and leaves the trunks with gorgeous shades of intermingled rusty cinnamon, lemon color and deep browns in the winter months. Red twig dogwoods grow 8-10 feet tall and have striking red bark that really catches your attention when their leaves are gone.

Most berrying trees and bushes perform in the winter months as well, adding brilliant color. The American holly is an outstanding example. It will be the “star” in your garden. It does need a large area, however. It grows to 50 feet tall! Yaupon hollies are wonderful for berrying, for keeping their greenery year-round and for pruning into various shapes that allow them to look like different hedges from each other. They are easy to “bonsai”. Two on either side of a front door, pruned into round balls make an interesting entrance. For an informal or African look we have sculpted them to look like an acacia tree. They add interest year round to your garden. Plus, the birds love their berries in the winter months. A must in any winter garden are native nandinas. They provide clumps of bright red berries that are perfect for winter color and for decorating your Christmas homes in natural, interesting outdoor foliage.

Some interesting perennial plants that show off in cool weather are: pink, white or red camellias, dainty snow drops that bloom to welcome the onset of winter, daphne that blooms in February and gives off the most inviting scent as you stroll by it. Helleborous (Lenten rose) are great plants for winter. Their leaves are show stoppers in the cold...large and shiny. Then as it begins to warm up, around Lent in the spring, beautiful white to pink flowers begin peeking out from under their leaves.

A few winter annuals are, of course, pansies, snapdragons and kale. In our garden the pansies and snaps really don’t perform very well until late winter. They provide the best show in early spring. However, ornamental cabbages and decorative kale will do very well in your winter garden and give some protection to and add color if planted with your pansies and snaps.

Just think, with a little advanced planning and adding certain of these winter hardy plants, you too can...Sit Back and Enjoy a Winter Garden.



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Smoke Rise Elementary Students Help Set Guinness World Record

On November 13, 2014, Smoke Rise students, along with thousands of other participants from around the world, took part in what Guinness World Records terms the “World’s Largest Sport Stacking Event”. During the course of the day the students were up-stacking and down-stacking various pyramids in an attempt to set a new world record. Sport stacking has been termed a “track meet for your hands”, where students stack specially designed cups in pre-determined sequences as fast as they can. The students had a great time and are very proud of this accomplishment.


Smoke Rise Prep Holds Open House

Smoke Rise Prep Cooperative School hosted an open house on Sunday, January 25, 2015, for families of rising 1st through 8th graders interested in learning more about the school. The event was held at Smoke Rise Baptist Church, 5901 Hugh Howell Road, Stone Mountain, GA 30087. Visitors enjoyed a brief introduction to the school and were invited to tour the classrooms. Teachers from each grade level, as well as school administration and current parents, were present to welcome visitors and answer questions.

Smoke Rise Prep Cooperative School was founded by parents and teachers in 2011 as an alternative to traditional public and private school options. Maintaining its small class size and parental involvement, the school’s primary objective is to prepare students academically and socially for higher education and for life. The school’s goal is to inspire learning in each child by applying challenging academics through engaging, project-based learning experiences that emphasize personal responsibility and problem solving. The school’s cooperative model was established to foster transparency and dialogue with parents in a collaborative environment.

Directors Kim Fong and Lisa Khemani hosted the open house event to raise awareness about the small school, which straddles the DeKalb and Gwinnett county line, just north of Tucker.


Parents and students who are interested, but could not attend the open house event, may call and schedule a private tour of the school. Please call 678-585-4210, email info@smokeriseprep.org, or complete the contact form on the school’s website smokeriseprep.org



Students Participate in PTA Reflections Contest

Smoke Rise Elementary Charter School participated in the PTA Reflections Contest, a program that encourages students of all ages and abilities to explore and be involved in the arts. Students from Smoke Rise Elementary Charter created and submitted original works of art in one or more of the following categories - dance choreography, film production, literature, music composition, photography and visual arts. The assigned theme that students were to reflect on was, “The World Would Be a Better Place If...”

Of the submissions from the school level contest were 20 winning entries that were honored for imagination, creativity and interpretation of the theme. Twelve of these entries received 1st and 2nd place honors which qualifies them for the state level PTA Reflections contest. All winning participants will receive an invitation to a DeKalb County PTA Awards Ceremony to be held in March.



Get Involved at SRECS!

This month, Smoke Rise Elementary Charter School will begin Fridays with the Women and Men of Smoke Rise. Fridays with the Women of Smoke Rise will take place on the third Friday of each month and Fridays with the Men of Smoke Rise will take place on the fourth Friday of each month. On these days, Smoke Rise Elementary Charter School parents are encouraged to volunteer at the school – reading to the children, serving on cafeteria duty, helping in the classrooms, etc. If you’re interested, please call the school or email srecspta@gmail.com. All volunteers sign in at the front office and indicate the time of arrival and departure and wear a visitor’s badge.

On February 28, the SRECS PTA will host its first Father Daughter Dance from 4-7 p.m. For more information, including how to volunteer or contribute to the program booklet, please email srecspta@gmail.com.

Tucker High School Foundation Golf Tournament

In 2011 Tucker High School, like many other high schools and elementary schools, formed the Tucker High School Foundation. One of our main goals is to assist in assuring academic excellence by involvement and support from the alumni and the community. Can you believe Tucker High will be celebrating its 100th anniversary on April 18? There will be a whole day of great events, so mark your calendar.

In celebration of this event on Monday, March 23rd, the Tucker Foundation will hold its first golf tournament at Summit Chase Country Club at 3197 Classic Drive in Snellville which is located on Highway 78 just about two miles past Scenic Highway on the right. If you haven’t been there, it is a great course. A foursome is \$600 or \$150 a player and, of course, is tax deductible. Lunch will be provided by Chick Fil A. We have places for 25 foursomes but we are filling up fast. Trophies will be given to first and second place teams. Please pick up a form at one of our Gold Sponsor locations: Cofer Brothers or Matthews Cafeteria on Main Street and Handy Ace Hardware now reopened on Lawrenceville Highway. Everyone is invited to play even if you weren’t lucky enough to be a Tucker Tiger.

There will also be a silent auction at the tournament. We are excited to offer a 10-day African safari for two. The minimum bid is \$2500. There is also a three-night, four-day photo safari offered through Kruger Park with additional days available starting at \$1500. Come out and enjoy the day with old and new friends. Email Penny Stovall at pennystovall29@gmail.com if you have any questions or need an application. We hope to see you there on Monday, March 23rd, at Summit Chase Country Club ready for a fun day.



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Introducing Our New District 1
County Commissioner, Nancy Jester

I am grateful for the opportunity to reach out to the Smoke Rise community. As most of you probably know, I was elected in a special election to the DeKalb County Board of Commissioners. I now serve as the Commissioner for District 1. The district includes the cities of Dunwoody and Doraville, parts of the cities of Brookhaven and Chamblee, and unincorporated areas including Briarlake, Tucker, and Smoke Rise.

My priorities for the district include being a conservative steward of your tax dollars, reducing the bloat in DeKalb government, and improving transparency and disclosure about county finances. I am working on bringing you an on-line check register for the District 1 Commission Office so you can see in real-time how your tax dollars are being spent within the office.

I know that the cityhood movement is a big issue for the Smoke Rise and Tucker communities. I am thankful that the recent disputes regarding boundaries have been resolved. Now, the process is in the hands of your legislators at the State Capital and, then, the voters. I support and respect the decisions the community will make. You can expect that I will serve and support your community whether you are within a city or remain in unincorporated DeKalb.

When I'm not working as the Commissioner, I'm a busy mom with three children in public schools in DeKalb. My husband, Stan, and I stay busy with homework, after school activities, and sports. We're a typical family with the same challenges and concerns as most across the district. Before being elected, I worked as an actuarial consultant in Georgia and Texas. I have found that my work experience has been particularly helpful in dealing with fiscal and liability issues in government. I have a degree in Economics from The University of Alaska Fairbanks. I am an alumni of The Conservative Policy Leadership Institute.

Please feel free to email or call me anytime with any questions or concerns. My email is nancy@nancyjester.com and my cell phone number is (678) 360-1148.

Stone Mountain Village Business Association Revives

The new year brings a new excitement in Stone Mountain Village with the revival of the Stone Mountain Village Business Association (SMVBA). The association was active over two decades ago, but for the past several years, the businesses in the Village have not had an active group.

The SMVBA is a volunteer organization dedicated to serving as a resource to enhance the economic vitality of its members and Stone Mountain Village as a whole. The purpose of SMVBA is to promote the businesses of its members, to provide information helpful to business operations, and provide opportunities for members to network and socialize.

"We are excited about the changes happening in Stone Mountain Village," says newly-elected president, Susan Leisure. "We have seen rapid growth in the Village in the past year, and we know that new businesses will continue to see the Village as a great place to open." With recent additions, the Village now includes restaurants, coffee shops and dessert cafes, art galleries and gift stores, antiques, and pet supplies. In addition, many personal services are also available in the Village, including auto repair, chiropractic and massage, party planning, and tax preparation.

Rory Webb, the Association's new vice president, encourages area residents to visit the Village first for all of their shopping and service needs. "When you shop locally, the money stays in our community, which helps not just the businesses, but also the residents. When more money stays local, more jobs are created, property values increase and schools improve." The SMVBA plans to not only support the businesses, but also provide events and promotions that will give community members a chance to get to know what the Village offers.

The new officers for 2015 are:

- President: Susan Leisure (AARF Pet Central)
- Vice-President: Rory Webb (Café JAYA)
- Secretary: Karen Patton (Sweet Potato Café)
- Treasurer: Harry Strack (Tiger Tax)
- Membership Chair: JR Scott (Better Homes & Gardens Real Estate)
- Events/Promotions Chair: Michele King (Pop Up Parties)

The SMVBA meets on the second Monday of every month at 6:30. Owners and managers of the businesses in Stone Mountain Village are invited to attend. Additional information about the SMVBA and a member directory is available online at www.smvba.org

ENGAGEMENTS

Meah-Heckathorn

Gholam and Diane Meah of Kanawha are pleased to announce the upcoming marriage of their daughter, Jamila Meah, to Patrick Heckathorn. Patrick is the son of Frank and Susie Heckathorn of Birmingham, Alabama. Patrick graduated from Auburn University in 2007 with a degree in Biomedical Science, though his loyalties lie with the University of Tennessee. Patrick is employed by Neuronexus and practices neurophysiology at Northside Hospital and several other hospitals in the Atlanta area. Jamila graduated from Tucker High School in 1998 and went on to attend the University of Georgia where she earned her degree in Psychology in 2003. She continued her education at Emory University, earning her Master's in Medical Science and becoming a physician assistant in anesthesiology in 2006. She is employed by Georgia Anesthesiologists, P.C. and has worked as an anesthetist at Kennestone Hospital in Marietta since 2007. Patrick and Jamila are to be married March 7, 2015, in Piedmont Park. The couple will reside in Brookhaven.



Smoke Rise Baptist Church Events

Open to the Public

Ash Wednesday Service – February 18, 2015 at 6 p.m.
Including the Imposition of Ashes – SRBC Sanctuary

Pancake Breakfast Fundraiser – Saturday, February 7 – 8-11 a.m.
Sponsored by the SRBC Youth Ministry
Enjoy some delicious pancakes and help support our Youth Choir trip to Japan, Passport Camp and other youth mission activities!

Journeys Classes:
Wednesday Night Program for Adults from 6-6:45 p.m.

Call Stories from the Bible (continued from January)
The Bible is full of stories of ordinary people who did extraordinary things when responding to God's call. In this series, we will examine the call from God, the response of the one called and see what principles we can apply to our lives. Meet in Fellowship Hall.

February 4th: The Call of Paul; Acts 9:1-22
Dr. Brett Younger, Associate Professor of Preaching, McAfee School of Theology

February 11th: The Call of the Disciples of Jesus
Dr. Brett Younger, Associate Professor of Preaching, McAfee School of Theology

Bread Making – February 4th – In the art room inside the gym
We'll take the mystery out of bread making with quick and easy recipes that you can make at home. Learn to make delicious loaves of bread and yummy cinnamon rolls. Led by Barbara Conard

Time for Romance! – February 11th in room 223
We'll share some of the best "date nights" we have had with our spouses and other great ways that cultivate a close and loving relationship. Facilitators: Justin & Abby Sizemore; Denny & Kathy Goodenow

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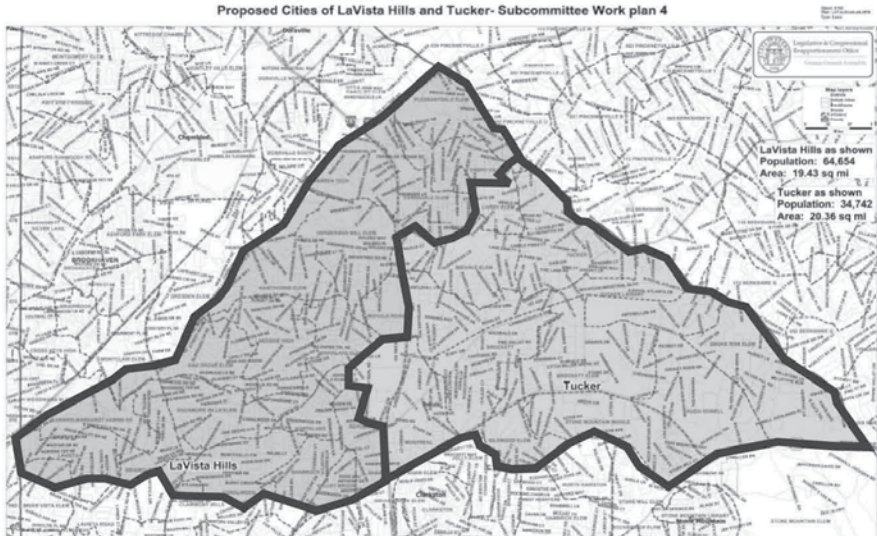
<p>5315 Kanawha Court (Lot) \$85,000</p>	<p>2118 Gunstock Drive \$233,400</p>	<p>1957 Gunstock Drive \$235,000</p>	<p>5532 Leather Stocking Lane \$239,900</p>
<p>1976 Gunstock Drive \$245,000</p>	<p>1886 Belle Meade Court \$264,400</p>	<p>5781 Stone Valley Drive \$299,000</p>	<p>1564 Kings Crossing \$348,800</p>
<p>5496 Silver Ridge Drive \$365,000</p>	<p>5841 Silver Ridge Drive \$369,500</p>	<p>5604 Bahia Mar Circle \$385,000</p>	<p>5496 Silver Ridge Drive \$499,000</p>

Tucker Update
By Pat Soltys

This year promises to be a busy one for the proposed city of Tucker. The legislature is now back in session and will soon have a house bill sponsored by Billy Mitchell of the 88th district formally proposing Tucker Cityhood to the legislature.

It has been a long road to get to this point and the work is not done. In November, the house Governmental Affairs Committee appointed five legislators to create a map resolving the borders between Tucker and Lavista Hills. December 19th, the committee delivered the map. It is a compromise map in which neither of the initiatives got everything they wanted. The Stone Mountain initiative was changed to primarily focus on some commercial properties and no longer includes Smoke Rise.

The road from here is that there will be a lot of community meetings for information and fund raising while this goes through the legislature. During the work in the legislature, there could be some changes to the map but the line between Tucker and Lavista Hills is pretty much set in stone according to Frank Auman, Tucker 2015 spokesman. One of the areas still in question is the area south of 78 and north of Ponce de Leon which is in the Tucker map.



During the time from now until the vote, there is a lot of work to be done, as the city charter has to be created and will be a part of the bill put to vote. The charter will define the districts and governance of the city as well as many items related to infrastructure. The charter is the basis of city law. During that time, the feasibility study also must be updated so that revenue and cost structures are defined. There will still be public and professional lobbying to make sure that the bill moves forward and is not compromised.

Taxes for services provided to the new city by the county will not change and will continue to be a direct bill. Schools and postal codes are not affected at all.

If the bill passes the legislative process, a public referendum would be set most likely for July in which those on the map will be voting for or against the city and the charter. If all is successful, the city of Tucker could be launched by January 1, 2016.

There is a lot of need for local talent in the process – everything from working on the cityhood campaign through capabilities and skills in working on the new infrastructure, specific services, writing the charter, and more. It would be great to tap the community brain trust. Raising funds is always important as \$40,000 - \$50,000 is the projected need through the referendum and preparation to launch the city. A part of the funds raised will be needed to update the feasibility study and fund the referendum. Get involved! Information can be found on the website <http://tucker2015.com/>



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Alerts & Watches

by Jan Mahoney

FYI: It is the policy of the Smoke Signal that all reports of crime published in this column are based on information received directly from residents who are the victims of the crime, or who have witnessed suspicious activity, and never to include names and addresses.

IMPORTANT INFORMATION

Remember these three important “stranger” guidelines from our Tucker precinct:

- Call 911 when the crime or a suspicious person sighting is in progress and say that the incident is “in progress.” CALL NOW - not later.
- Be very suspicious - call 911 for ALL suspicious behavior.
- NEVER open doors to strangers.

You are the eyes and the ears of the Police Department. Call them and let them handle the situation - do not ever attempt to handle a situation yourself.

The following reports were received from the CrimeMapping.com website:

- 12/18/2014 – THEFT/LARCENY - 1900 BLOCK GUNSTOCK DRIVE
- 12/24/2014 – VANDALISM/DAMAGE TO PROPERTY - 5400 BLOCK HUGH HOWELL ROAD
- 01/05/2015 – VANDALISM/DAMAGE TO PROPERTY - 2100 BLOCK ROSSER PLACE
- 01/10/2015 – VEHICLE BREAK-IN/THEFT/ PARTS FROM VEHICLE
1600 BLOCK BARRINGTON VIEW
- 01/10/2015 – VEHICLE BREAK-IN THEFT/ARTICLES FROM VEHICLE
6000 BLOCK OLD STONE MOUNTAIN ROAD

The Internet link to subscribe to CrimeMapping is as follows:

<http://www.crimemapping.com:80/subscriptions/subscribe.aspx>

The following is the link to an iPhone app for the crime mapping service:

<http://www.crimemapping.com:80/mobile/app.aspx>

THIEVES ARE NOT STUPID! Here is an example of that:

Purse in the grocery cart scam:

A lady went grocery shopping at a local mall and left her purse sitting in the children’s seat of the cart while she reached for something off a shelf. Her wallet was stolen, and she reported it to the store personnel. After returning home, she received a phone call from the mall security office to say that they had her wallet and that although there was no money in it, it did still hold her personal papers. She immediately went to pick up her wallet, only to be told by mall security that they had not called her. By the time she returned home again, her house had been broken into and burglarized. The thieves knew that by calling and saying they were mall security, they could lure her out of her house long enough for them to burglarize it.

This came in an email, and whether this is true or not, this is a good heads-up to watch your purse while shopping. NEVER take your hands off the straps/handle of your purse when you reach for something for even two seconds. One hand on the purse – the other hand getting what you want off the shelf. People are watching all the time and they will snatch it that quickly.

If you are a victim of a crime, please call Jan Mahoney at (770) 621-0155 or email details to smoke-signal@earthlink.net so we can let the neighborhood know what’s going on by publishing it in the *Smoke Signal*.

Remember, if you don’t inform the police, the police don’t know what’s happening in your neighborhood.



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Help at Home

HEALTH NOTES:

by Cheri Schneider, M.D.
Migraine Headaches

Has your life ever been interrupted or put on hold by a headache? One that made you want to skip school or work...or one that would just not go away? Well, you are in good company. Over half of adults worldwide have a headache disorder. Most of these are tension headaches. But, according to the American Headache Society, migraine headache is the most common cause of neurological disability and the seventh highest cause of disability of any type worldwide. Migraines affect one out of every eight Americans.

Migraine headaches can often be chronic, recurrent and severe. While they may start in childhood, migraines often begin or worsen during the teen years. They are rare after the age of fifty. Migraines are often described as pounding or throbbing and can be whole headed, one sided or move from one side of the head to the other. They typically last from four to 72 hours. Sensitivity to light, odors and noise may accompany the pain. Many people also have nausea and vomiting, loss of appetite and fatigue as well.

One fourth of migraine sufferers (migraineurs) have warning symptoms a few days or hours before the headache begins. They may experience jitteriness, fatigue, increased thirst, irritability, confusion or diarrhea. Treating the migraine at this prodromal stage may halt or abort the headache attack.

Following the prodrome, approximately 20% of migraineurs will have something called an 'aura'. Most auras have a visual component to them and occur immediately before the headache begins: wavy lines, spots, bright flashes and zigzag lines in the line of vision. At times, auras can be very strange and can be difficult to differentiate from stroke and other neurological problems. MRI or CT scan imaging may be necessary in these situations. Following the actual headache, most people go through a recovery phase where they are tired, fatigued, and have trouble thinking.

If you think you have migraines, keeping a headache diary may help uncover triggers. Some of the more common triggers are: intake of hard cheeses, wine, beer, food preservatives, monosodium glutamate, chocolate and certain fruits. Medications like hormones and certain high blood pressure pills can cause a migraine. Stress, missed meals or sleep, physical overexertion and changing body cycles such as menstrual cycles can also trigger a migraine.

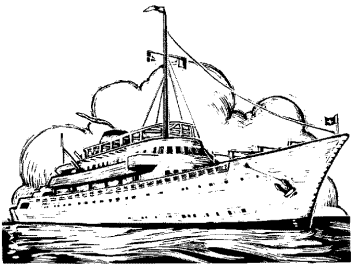
If you have more than one migraine a week, or your headache symptoms are severe, preventative therapy may be used. In this type of treatment, the patient takes daily medication to prevent the headaches from occurring. Various high blood pressure medications, anti-depressants, anti-seizure medicines, and Botox injections have all been used in preventative therapy.

Abortive therapy is aimed at stopping the headache in its tracks once it has begun. Some over-the-counter medications can stop migraines if they are not severe. These medications usually contain aspirin, acetaminophen or ibuprofen and caffeine. An important warning goes with over-the-counter medications. Prolonged or frequent use of these medications for headache can lead to an increase in headaches instead of a decrease.

Severe migraines are treated with Triptans, combination medications or Ergotamines. Many of these drugs can be taken as a shot, by mouth, as a nose spray or as a rectal suppository. Because these medications can have serious side effects, your doctor will guide you in choosing abortive medications to have on hand. Although occasionally used, regular use of drugs with Codeine or Butalbital should be avoided as they can lead to dependence and addiction.

For more information, the American Headache Society (www.americanheadachesociety.org) has easy to read information on all types of headaches and their treatment, including effective alternative treatments and red flag symptoms.

SAIL AWAY
by Barbara Bruschi



When the wind is howling and the temperatures are plunging, our minds may wander to a tropical island where we can feel free of the constraints of winter. February, the month of love, is the perfect time to invite your loved one to go on a cruise.

Before you decide to cruise the seas, there are several considerations to make this a happy event.

First research the cruise lines and decide what your budget will allow. There are many choices - best for your money, best for the Caribbean, etc. Among those that are selected by travel critics are: Azamara Club Cruises, Regent Seven Sea Cruises and Oceania Cruises, as well as others. You can also find great cruises among Celebrity Cruises, Royal Caribbean, Disney, Princess, Holland America Line, and many others. <http://travel.usnews.com/cruises> is helpful in meeting your selection.

For a first-time cruiser here are a few helpful suggestions to make your dream as perfect as it can be. If you are planning way ahead of time, there are always special deals. It takes time and patience to locate the best price.

- 1) You need a valid passport and driver's license. Some countries require a visa. Make a copy of all your documents, including credit cards. Leave one copy at home and one in your luggage.
- 2) Early reservations insure the best accommodations and flights.
- 3) You can book your flight with the cruise line or on your own. Check out prices, especially if you have travel points.
- 4) Decide whether you want to book by phone, online or through a travel agent. Check the safety record of the cruise line.
- 5) It is helpful to arrange luggage transfer from point of arrival to the ship. Your baggage identification tags will be sent to you.
- 6) Make sure, you have medical travel insurance for the eventuality of illness. Also secure an insurance policy for the trip itself in the event you are not able to fulfill your contract.
- 7) If you have to cancel your cruise, there is a payment schedule. They will charge you by segments. After so many days a certain percentage is lost. If you have to cancel because of a medical problem, many lines will not let you reschedule your cruise unless you have an affidavit from your physician. You then have to start all over.
- 8) Next, it is important to select your accommodations on the ship. May I recommend a balcony? Sitting on your balcony after a day of activities is truly relaxing. The sea has an element of serenity and beauty which is a true elixir for the soul. Once you book a suite, you will be spoiled, but lesser quarters might serve you well, too.
- 9) Take your medicines with you. For those of you that suffer from sea sickness, your doctor will help you in finding the best solution to the problem. Handicapped persons may request a wheel chair. You may also be able to book a handicap room with balcony which almost equals the size of a suite.

...Continued on page 12



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Do You Have ‘Text Neck’?

by Dr. David Shapiro,
Complete Spine Solutions, a Smoke Signal Advertiser

Health Alert: The Dangers of TEXT NECK

What is it about modern communication between people that causes health issues? In the old days, communication was, in general, very healthy. Since the invention of the telephone in 1876, not only did we change the way we communicate, it has recently led to a new phenomenon, and the implication on our health is tragic. Smartphone usage is worldwide, and so is a new condition called “Text Neck”. Text Neck is the position in which we hold our head, neck and body while we are using our smartphone for talking, texting, reading emails, watching YouTube videos and movies, and for just about every other thing that can now be done with these devices.

What Exactly Is Text Neck?

Text Neck is a downward-angled head position where the neck is held at a non-upright position for extended periods of time, reaching out in front of the body - think giraffe! This position causes the head to lean forward, and thus puts tremendous mechanical stresses on the body’s muscles, ligaments and spinal cord. Everyone is assuming this position these days for long stretches of time while texting, Facebooking, or just glancing at the phone over and over again. Unfortunately, this new posture is incredibly unhealthy. Lying in bed or on a sofa with your head bent on pillows while using the smartphone only exacerbates the problem.

Symptoms

Text Neck often has no symptoms at the beginning. However, when symptoms do arise, it is often an indicator that postural changes have taken place and there are consequences to the body. This body position can have permanent, deleterious effects. Regarding the neck, it causes major mechanical problems: disc compression, loss of curve as well as a forward head position. The effects can be permanent and can lead to degeneration (arthritis), shortening of the ligaments and muscle spasms of the neck and compromised breathing. The Text Neck position has been linked to depression, low self-esteem and disability.

This position can lead to not only pain, but can also stretch the spinal cord as far down as the lower back. Your whole spine works as a unit. If one part is damaged or injured - like with Text Neck - the entire structure suffers. Thus, neck problems can impact your entire spine and therefore your overall health.

Prevention Is Key

Here are some tips on preventing this condition and its damaging effects on your health. Extreme example - don’t text. The result might be a serious impact on your Facebook activity, angry family and friends from your lack of responding to their texts, and a whole lot of being in the dark about what’s going on in the world. Obviously, if this isn’t possible, try calling more often rather than texting and use a headset. In addition, use your voice recognition feature on your smartphone to text or email to save you from craning your neck; I find it to be much quicker than texting! Another practical idea is to simply hold your phone higher, at eye level. In addition, be aware of your overall posture and the strains on it - act to reduce those strains by repositioning.

Treatment

When negative structural changes have already taken place, help is difficult to find to correct the problem. There are very few doctors of any kind, in the world, who have spent the hours in training, who keep up with the latest research in this specialized field, and who have equipped their offices with the proper tools necessary to make permanent structural change. This spinal/postural remodeling protocol achieves incredible, life-changing outcomes that are second to none, with the only side effect being a younger, healthier spine that will last you a full lifetime, without breaking down.

Remember, prevention is better than having to treat an acquired problem, but knowing that you are in the right place, having the correct treatment is priceless!

David Shapiro is a state and nationally board certified chiropractor and has achieved the highest level of certification attainable (Distinguished Fellow) in the most researched, spinal corrective technique in chiropractic today called Chiropractic BioPhysics. He can be reached for a no-obligation phone consultation at Complete Spine Solutions in Tucker by calling 770-938-4606 or by emailing him at DrShapiro@CompleteSpineSolutions.com.

NEWS YOU CAN USE

By AvivA Hoffmann

Can I Borrow a Cup of Sugar?

Have you lost touch with your neighbors? It can be hard to establish community ties in our busy lives. While I’m guilty of that to some degree myself, being out-of-touch can make us more vulnerable to break-ins and less connected to important community events and services. Social networks on the web, like Facebook, Pinterest, and Twitter, have shown us the value of connecting online. Now, there’s a service that helps neighbors connect with ease. It’s called “Nextdoor,” and it aims to bring back a sense of community to our neighborhoods. That includes Smoke Rise.


“Nextdoor” is a free, private, social network for neighborhoods to establish virtual neighborhood connections that lead to real-life connections. The network allows members to get to know one another, ask questions and exchange information. Topics on “Nextdoor” are tailored to the interest of members – everything from local events, school activities, and business recommendations (need a good babysitter or some yard work done?) to garage sales, lost pet announcements, and recent crime activity. It’s very specific and only accessible to residents of that neighborhood.

Neighborhoods establish and self-manage their own “Nextdoor” website. Information is only visible to verified members. One advantage when it comes to public safety: DeKalb County police can post important information, such as crime updates, directly to affected communities. But, the police department can’t access neighbors’ contact information or content. Also, information shared on the “Nextdoor” network is password protected and not found on search engines.

Thousands of neighborhoods across the country are already signed up. In DeKalb, there are already 270 “Nextdoor” neighborhood networks up and running. That’s about 30,000 members that are actively engaged with their neighbors, and more members are signing up each day. Each member must verify their address before they can log onto this private neighborhood website. With its added sense of security, residents can talk about everyday things – both big and small. (Point of disclosure: I have signed up for the Smoke Rise network, but I am waiting for the post card verification with my pass code to log in.)

If you’re interested in joining an online community that makes it easy to connect with everything that’s going on in your neighborhood, be sure to check out the website: www.nextdoor.com. When you enter your address, it will take you to the signup site for the Smoke Rise network.


Maybe you can get a neighbor to deliver a cup of sugar right to your door!



Learn Facebook Basics
at the Tucker Library

Wednesday, February 25
10:15 a.m. - 11:15 a.m.

Learn the basics of Facebook -
What it is, how it works and how to get started using it.
You must have an active email account prior to attending the class.
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~ 10 ~

Rainy Days and Water Colors

Amid all the fog, gloom and rain, there was one bright spot of color or maybe even pages of color at the January Morning Glories meeting. Program speaker Jeanne George provided a Watercolor Workshop for Gardeners with a basic introduction to water color techniques, best practices, and easy-to-follow tips. Each member was provided with a reference guide, a palette with four water colors, brushes to share, paper, and even a stretched paper canvas. We used photos and other drawings for inspiration - all with a botanical theme. Jeanne set the stage with soft music and offered encouraging words and great advice. Jeanne is a Smoke Rise resident and a member of the Mountain Mums and a very experienced art teacher. We were all truly inspired by a productive morning.

During the brief business meeting, a new slate of officers was nominated and confirmed for the 2015-2017 club years. New officers are Judi Crutchfield as President, Joyce Ray as First Vice President, Glenndolyn Hallman as Second Vice President, Mary Clark as Corresponding Secretary, Vivian Nickelsen as Recording Secretary, Joy Zaidan as Treasurer and Quill Duncan as Parliamentarian. All the officers will be installed at the March meeting. Thanks to the nominating committee of Ruth Ann Hill, Joyce Ray and Marsha Pittard for their great work.

Bonnie Pennington offered a conservation tip on various ways to be water aware in the new year. Her tips included turning off the water after you wet your toothbrush, limiting the use of your disposal, check hoses and faucets for leaks, put dye in your toilet tank to monitor if there is a leak from tank to bowl and other water-wise ideas.

In other club news, Janet McGinnis is the new Redbud District Director for 2015-2017. Tally Sweat is the chair of the Capitol Conservation Day sponsored by The Garden Club of GA, Inc. and The Georgia Water Coalition. The date is February 18, 2015, and all members are encouraged to attend. The raffle of a camellia was won by Brenda Jones. Hostesses for the luncheon were Brenda Jones, Nancy Brandau, Lassie Shipman and Peggy Youngblood.



Our speaker, Jeanne George, shows an example of watercolor technique.

Smoke Rise Garden Club

The January meeting was held in the home of Jane Culbertson. Ann Weisz and Penny Galpin were co-hostesses. Nothing beats Ann’s warm cranberry and apple cobbler and a cup of tea on the coldest night of the year.

The first meeting of the new year was an inspirational program presented by the speaker, Rob Astrove, Park Ranger at Arabia Mountain. His interest in providing healthy and inexpensive foods was his topic of discussion. Fruit bearing trees and shrubs are very plentiful and grow well in our area and should be encouraged to be planted and provide food for humans as well as animals. There are a number of organizations and groups that are participating in this effort.



Speaker Rob Astrove seen here with club member, Peggy Clegg

Garden clubs are a fun and social group of ladies; however, the clubs have a serious side as well - helping to create interests in gardening and community involvement. For men who are interested, there is a men’s garden club in our area.

If you are interested in joining or learning more about garden clubs, please contact Jane Culbertson at 770-938-3060 or destovan@aol.com.

Mountain Mums

The Mountain Mums Garden Club started 2015 with their January 14 meeting at the home of Cheri Schneider. The Mums signed and decorated over 250 Valentines for Veterans as their meeting activity. These will be sent, along with valentines from other DeKalb Federation garden clubs, to the Veterans Hospital in Atlanta. Upcoming club activities include the Walk to Remember, Saturday, January 17; a garden-themed craft day with the residents at Stone Mountain Assisted Living later in the month, and several spring field trips.



L to R: Lucy White, Sally Young, Cheri Schneider, Gaye Auman.

Next month, the Mountain Mums will meet at 9:45 a.m. on February 11 at the home of Gaye Auman. Flo Chaffin, Specialty Ornamentals of Watkinsville, will present the program topic “Shady Character: How to Add Real Character and Wow to a Shade Garden”. Call Ann Purr at 770-921-9070 if you would like to join us!

Mountain Shadow Garden Club: Pruning Shrubs

Pruning is one of those topics that always seems to generate interest and lively discussion among gardeners and homeowners. At the upcoming meeting of Mountain Shadow Garden Club (MSGC) on Monday evening, February 9, Barbara Dorfman will



Barbara Dorfman

present a program titled “Pruning to Retain the Natural Form of Shrubs”. A Stone Mountain resident, Barbara studied horticulture at Gwinnett Technical College and has worked at retail and wholesale nurseries. She is now a landscape consultant assisting homeowners with pruning, low maintenance strategies, and replacing exotic invasive plants with natives.

Teaching proper pruning is her passion, and her presentations for garden clubs and Georgia Native Plant Society symposiums have been well received. Barbara will discuss tools needed, timing and when to ignore the rules, renewing overgrown shrubs, and how plants respond to various pruning cuts.

MSGC meets in Founders Hall at Eastminster Presbyterian Church, 5801 Hugh Howell Road, Stone Mountain. The programs are free and begin promptly at 7:30 pm. Refreshments and socializing follow. The club is open to men and women of all ages, and programs cover a wide range of interests. For more information or for directions, call club president Jeff Raines at 404-641-8633.

Smoke Rise, Georgia, Real Estate Statistics

The following is a summary report from the FMLS system specific to Smoke Rise, GA via mapped data. The \$/square foot is an average without consideration of price, terms, condition or location. These values should not be considered absolute in determining value. An analysis specific to an individual property will be required.

2014 Smoke Rise Real Estate Summary
Summary of 2014 sales in Smoke Rise, GA. All square footage used is above grade, finished area only.

Decade Built	Ave All \$/sqft Sold	Ave \$/sq ft Sold w/o distress	Ave \$/sq ft Sold - Distress	Ave 1st Half \$/sq ft Sold	Ave 2nd Half \$/sq ft Sold	High \$/sq ft Sold	Low \$/sq ft Sold	% of Last List Price	Ave Sold Price 2014	Ave Sold Price 2013	Ave Sold Price 2012	2014 Sales	2013 Sales	2012 Sales
1950's	67.87	0.00	67.87	67.87	0.00	67.87	67.87	98.28	137,500			1	0	1
1960's	80.06	81.37	65.66	75.78	84.34	127.19	62.03	97.35	227,138			12	19	16
1970's	86.58	88.35	54.67	84.46	84.88	124.22	51.38	96.72	273,344			38	35	24
1980's	87.36	94.35	50.49	91.89	82.83	105.13	41.55	96.07	309,963			12	15	13
1990's	106.17	133.90	64.57	64.57	133.90	138.31	53.83	99.04	566,664			5	6	2
2000's	116.37	124.66	106.00	115.69	118.75	146.12	75.94	95.76	501,350			9	10	7
All	90.20	92.99	75.07	83.54	95.74	153.71	41.55	96.78	315,783	296,650	254,757	77	85	63

2014 – 12 of 77 – 16% were distressed
2013 – 28 of 85 – 33% were distressed
2012 – 24 of 63 – 38% were distressed

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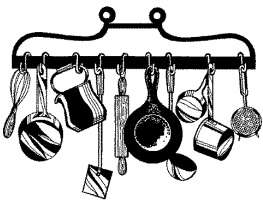
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HODGE PODGE



By Jenny Hall-Busch

I am so behind the times...gee willikers. I just heard a phrase a few weeks ago for the first time and finally understand what the term “polar vortex” means since I am writing the column on January 7 and the temperature is fast dropping to sub-atomic freezing levels. And now that I know what “they” are talking about, I just heard this morning that “polar vortex” is one of the most overused terms of the year and it is on the no-no list of words to use...words like cra-cra, bae, foodie, swag and others like that which I never actually got around to using. Well, I used “swag” but I thought it was part of the drapes. So where have I been this year? How did I miss out completely on using these words that now are totally out of fashion? Bah, I say...it’s time to use words we love that never go out of style. I’m talking Southern words like buttermilk and okra. Ha...now I have roped you into believing that I actually had a reason for this column! Oh, dear foodie, you are cra-cra if you think I actually have a swag plan of any kind. I would add “bae” in there but I’m not completely sure what that means. I’m not even sure what any of this means.

If you’re cooking at home and being intrepid and using the grill like we do in all seasons, including monsoons, thunderstorms and the dreaded POLAR VORTEX, well, grill some **salmon**. Valentine’s Day is soon, and salmon is pink. Lightly oil and season fish and grill quickly - about 3-4 minutes a side. Even if salmon isn’t quite done in the center, it will continue to cook as it rests, leaving you with a lovely moist entrée. My favorite rub is a mixture of:

½ cup brown sugar Splenda®, ⅓ cup paprika, ⅛ cup salt, 1 teaspoon cumin, 1 teaspoon dry mustard, 1 Tablespoon chili powder, ½ teaspoon cayenne, (or a bit less if you’re scared), ½ teaspoon black pepper, and dashes of cinnamon, cardamom and coriander. Mix well and store covered. Use about ½ teaspoon per side of salmon. Wonderful on pork, flat iron steak or chicken as well. It turns your fingers pink to complete your festive Valentine’s décor. And it adds swag.

Serve with roasted new potatoes and asparagus for a wonderful dinner. We have also fallen in love with okra and tomatoes lately, and this dish reheats beautifully. It would also be a good base if you wanted to toss in some shrimp, sausage or leftover chicken and serve it over rice.

Okra and Tomatoes

- 4 slices bacon, diced
- 1 small onion diced
- 1 teaspoon minced garlic (about 2 cloves)
- 2 cans diced tomatoes
- ¼ teaspoon pepper
- 1 Tablespoon chicken base (find in jars at the store)
- 2 teaspoons sugar (it cuts the acid taste of the tomatoes)
- 1 (16 ounce) package frozen okra or about 2-3 cups fresh, cleaned and sliced

Cook bacon until just about crisp in a Dutch oven. Add onion and garlic and sauté until tender. Add tomatoes, chicken base, sugar and pepper. Stir well and let simmer for about 15-20 minutes. Add okra and simmer until okra is done, about another 20 minutes. Adjust seasonings. You probably won’t need salt, but we like a lot of pepper. This dish is gluten free and really low in carbs as well.

Eleanor’s Pistachio-Cranberry Buttermilk Fudge

- 2 cups sugar
- ½ cup butter
- ½ cup buttermilk
- 3 (4 ounce) bars white chocolate, cut into pieces
- 1 (7 ounce) jar marshmallow crème
- ¾ cup dried cranberries, coarsely chopped
- ¾ cup roasted, salted pistachios, coarsely chopped

Line an 8-9 inch square pan with foil and lightly butter foil. Combine sugar, butter and buttermilk in 3-quart saucepan. Cook over medium heat, stirring, until mixture comes to a boil (5-7 minutes). Reduce heat to low and cook, stirring occasionally, until candy thermometer reaches 234, about 6-8 minutes. Remove from heat and add in chopped white chocolate and stir until melted. Add marshmallow crème and then add cranberries and nuts. Spread into pan and refrigerate until cool. Lift out of pan using foil and cut into squares. This ages well and keeps a long time, probably because of the buttermilk. Tangy, salty and sweet, it is a lovely candy when you need something white to brighten up the dessert plate.

All classified ads are limited to twenty words, with the *Smoke Signal* reserving the right to edit any copy. Ads are \$15.00 per month, (\$75.00 per 6 months if prepaid). Please submit copy in writing with a check for the months the ad is to run. Deadline is the 10th of each month. ADS NEED TO BE PREPAID. When submitting classified ads, please include your full name, address, and phone number. This information is for our records only! For classified ads, contact Barb Hess at 404-229-0742 or barbhess48@gmail.com.

For information on display (box) advertisements or flyer inserts, see contact information on page 2.

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The purpose of the *Smoke Signal* classifieds is to advertise goods and services to the community.

Sail Away...continued from page 3

- 10) Don’t forget two pairs of sunglasses and sun block (most important).
- 11) There is a dress code for the captain’s dinner which is a formal attire (jacket and tie, cocktail dress).
- 12) You will find several gourmet restaurants on the ship. Paying extra for the privilege of dining there is well worth it. The buffet is often the scene of people eating their last meal on earth. That’s when you might dine somewhere else or later. Watch your intake of alcohol and food - or bring some clothing that will expand at the end of the voyage.
- 13) Don’t buy tropical attire that you will never wear again. New shoes are only going to hurt your feet.
- 14) Avoid bringing too many clothes; however, the ship’s laundry is very expensive. Request a list of prices per item.
- 15) Book your excursions whether mild, moderate or strenuous before you sail to avoid wasting time in line. If you go on an excursion on your own, be aware of being back in time. The ship will leave if you neglect meeting departure time. Unless you are an expert driver, hire a taxi. Be cognizant of long waits in the sun and preferably arrange for a private driver through your cruise line excursion desk.
- 16) Arrange for internet and phone services. You can only use these free of charge in American territories.

It is nice to thank the people that are serving you. Leave a few dollars after a great dinner and in your room daily. You can include gratuities in a package. Certain cruises, like Celebrity (I like it very much) offer beverage packages.

Should you go to Saint Martin, spend the afternoon at La Samanna. Have lunch and bathe in their infinity pool. Go to the The Ritz Carlton in Saint Thomas - wonderful spot.

The cruise lines offer daily activities such as lectures, dancing, movies, auctions, sales, sporting events with the crew, nightly shows and casino games among many more events to choose from. The beauty of a cruise is the idea that one can do much or little, according to the desire of the individual. It’s a great way to mingle and make new friends.

Have a joyful sail, enjoy the wonders of nature and the soothing effects of the warm breezes stroking you and your loved one. Sail away to distant lands and enrich your life with the beauty of the awe-inspiring views, the mesmerizing sunsets, the majesty of the mountains, and the brilliant colors of the ever-changing sea. These memories will linger with you forever and inspire you to take another cruise to discover the world and all its treasures.