

SMOKE SIGNAL

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The Great Do-Over?

By Joel Gilbert, Staff Writer

Wouldn't we all like a chance to correct past mistakes with what is now called a do-over: a new attempt or opportunity to do something after a previous attempt has been unsuccessful or unsatisfactory. In golf, they call this a Mulligan.

The idea of populating Mars, largely brought back into focus by the comments of Elon Musk, seems to have caught the imaginations of the media who pose this future as a chance to finally fix the mistakes currently here on earth.

These reports skip past the logistical and completely uneconomic realities of water, food, and air supplies that support life, and imagine space colonies thriving there on Mars.

I could go on and on about why such a "dream is absurd" on almost any logical level, but I would rather focus on the foundational flaws in the do-over itself idea. Why do we seek a fresh start over transitioning wrongs to rights?

Stop and think about this in your own life. Isn't it just exhilarating to get a new car rather than continue to fix the old one? Don't you sometimes dream of living in a house with a pastoral view of nature and not staring into the back yard of others? Isn't that why you vacation in places where you are immersed in our natural world?

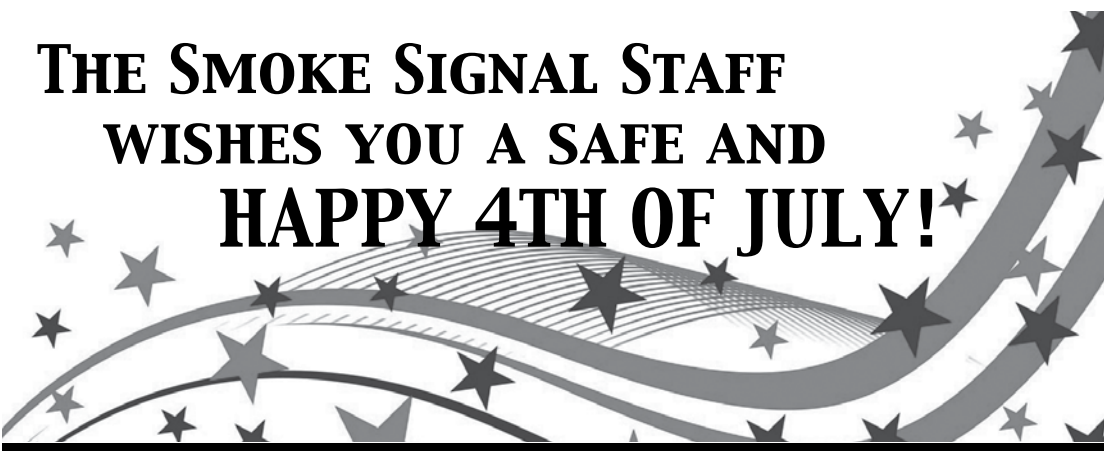
The reality of course is that you, and billions of others on this planet, have that same desire, and there simply isn't enough real estate to satisfy all this demand. That is why seaside houses are out of range for most of us.

In this country, we have bought into the "American Dream," which of course includes life, liberty and the pursuit of happiness. Frankly, most here have achieved the life and liberty part. It is that last part that needs further consideration. As stated, we have no right to happiness. We have a right to pursue it, but we have no assurance of ever getting it.

As we approach the July 4th celebrations, it would be a good idea for all of us to remember the sacrifices of others that make this promise a possibility. We also should consider true happiness as opposed to what the media bombards us with as goals. Happiness cannot depend upon being tall, dark and handsome or looking like some movie star.

What I have learned is that relationships are what happiness is all about. People who have loving relationships, because they have given themselves to love others without expectations for reciprocity, are happy.

If you ever do find someone who seems to "live in paradise," ask them what they value most about it. In most every case, you will hear it is the friends they have with whom they can enjoy this world. None of these people desires to move to Mars in a do-over to create some utopian society, but if they had to, they would take their friends. Nothing else matters much. So, celebrate the holiday and beyond in the company of friends and enjoy the happiness that brings!



Fourth of July Celebrations

By Frank Luton

My goodness, it's July already---but the good news is that July begins with a "bang" with the 4th of July! There are quite a few activities that you can attend. Activities galore in Smoke Rise, the cities of Tucker, Lilburn and Stone Mountain. And, guess what, you don't have to travel very far and deal with the traffic.


In the City of Tucker, the July 4th celebration will be held on Monday, July 3rd. At 6:00 p.m. on Main Street, a DJ will be performing along with live music. Starting at dark, watch the 4th of July fireworks show. Enjoy a kid's zone, food trucks, giveaways, and face painting.

In the City of Lilburn, the celebration will be on Tuesday, July 4th. Beginning at 5:30 p.m., there will be live music, activities for kids, and food vendors. The fireworks show begins at 9:30 p.m.

In the City of Stone Mountain, you will not want to miss the pancake breakfast, sponsored by the Stone Mountain Historic Society at the Wells Brown house, 1036 Ridge Avenue. While you're "stuffing yourself" with delicious pancakes, cooked by Chefs Joe and Teresa, you can explore the 150-year-old house (pictured). Come by from 8:00 a.m. - 11:00 a.m. Donations appreciated.

And, of course, there will be activities galore in Smoke Rise at the Smoke Rise Country Club pool area, as well at the Mountain Creek, the Summit, and the City of Tucker, Rosenfeld pools.

So, celebrate to your heart's content!!!





DeKalb SPLOST II COMMUNITY MEETINGS

July 12 • 6:30 p.m.-8:00 p.m.
Central DeKalb Senior Center
1346 McConnell Dr., Decatur, GA

July 13 • 6:30 p.m.-8:00 p.m.
Dunwoody Library
5339 Chamblee-Dunwoody Rd., Dunwoody, GA

Learn more about the Special Purpose Local Option Sales Tax (SPLOST) program and its impact on our community.

Whether you choose to attend in person or virtually, your participation will help ensure that SPLOST funds are used in a way that best serves our community's needs.

*The meetings will be live-streamed on DeKalb County's YouTube channel
<https://www.youtube.com/DeKalbCountyGov>



Smoke Signal

P.O. Box 1038, Tucker, GA 30085

A non-profit service organization devoted to furthering neighborhood cooperation with the aid of good neighborhood communication.

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throughout the month.

Smoke Signal Deadlines

JULY 13

Please e-mail articles to:
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(Word documents or text file attachments preferred)

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

Deadline for classified ads is JULY 10

SMOKE SIGNAL FLYER INSERT POLICY

Cost: \$150 by check to *Smoke Signal*
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Preferred Formats for Smoke Signal Submissions

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

Smoke Signal Political Policy

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

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

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Please send in your picture and a brief article for publication in the *Smoke Signal*.
Email submissions to
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Becky Caswell-Speight: Minister of Families,
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Jim Smith: Pastoral Care Associate
Danny Vancil, Minister of Music & Worship
Hannah Vassar: Minister of Youth and Congregational Connection
Rashette Walker: Director of Weekday School
Denise Burcham, Director of Academy of Arts
Telephone: (770) 469-5856
SmokeRiseBaptist.org

SUNDAY

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

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

WEDNESDAY

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

Eastminster Presbyterian Church

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

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

MC3 Church

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

Sunday Schedule:

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

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

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

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

First Moravian Church

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

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

Incarnate Word Lutheran Church

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

Mountain West Church

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

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

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

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a New Post Office Box!
Please note our new mailing address:
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Brew + Buildings: Magical Mystery DeKalb Tour

The DeKalb History Center is hosting a series of magical and mysterious pop-up tours around DeKalb County. Participants will know when and where to meet, but the content will remain a mystery! Participants can expect the tour to be a mix of history and architecture. Tours will be casual, last less than an hour, and cover less than a mile. Tours will end at a designated spot for an optional brew (beer or coffee). Ticket does not cover the cost of the brew. Details about each location can be found at dekalbhistory.org.

Dates, Locations, and Times:
Thursday, July 20, 6:30 p.m.
Meeting Location: Downtown Decatur

Thursday, July 27, 6:30 p.m.
Meeting Location: East Atlanta Village

Saturday, September 9, 6:00 p.m.
Location: Stone Mountain Village



*Located at 101 East Court Square Decatur, Georgia 30030,
the DeKalb History Center collects, preserves, and shares the wide-ranging stories
of the people and places of DeKalb County.*



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Mountain Creek Regatta

Saturday, September 9th
3:00 p.m. - 6:30 p.m.

By Nancy McKenzie

Start saving your cardboard and let your imaginations run wild! We are so excited to host our first cardboard regatta and hope that we will have plenty of entries from the surrounding community. You do not have to be a member of Mountain Creek Swim Club to participate. So, grab a friend or two and start brainstorming today. Complete details on our website: www.mountaincreekswimclub.com

General Rules:

- Boats must be made entirely of corrugated cardboard (no more than three layers thick). Cardboard cannot be sealed with any paint or sealants. Absolutely, NO use of the following items: metal, wood, Styrofoam, plastic, paint, tar-based substances, two-part varnishes, fiberglass resin, epoxy glue, any other two-part substances, or corrugated cardboard that is bond to any material.
- You cannot wrap the entire boat with plastic or duct tape or any similar tape or wrap. Duct tape can only be used at the seams and stress points. However, you are allowed to reinforce all seams and stress points. Reinforcement may not extend more than two inches on either side of the seam or stress points.
- Boats must be propelled by cardboard paddles, which must meet the same construction requirements as the boats. (No hands, feet, flippers, etc.)
- Boat design is left to the builders. Let your imagination take over. Make your boat look like a car, flying saucer, dragon, etc. Decoration may not aid in flotation.

Race Categories

- Ages 12 & Under
- Ages 13 - 18
- Adult & Child (one adult and 3 kids max)
- Adults Only

Awards

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- Titanic

Cost

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- \$10 for Non-Members

(all non-members must complete the SOAR release prior to the event)



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Smoke Rise
Community
Association
Report

By Michael J. Huerkamp,
SRCA President

The SRCA board did not have a June meeting in observation of Juneteenth. Our first secure document destruction event in five years was held on May 20, with our partners from Shred-It and Mar Thoma Church Atlanta, yielding the equivalent of filling one truck - to the benefit of 62 service recipients. The SRCA board of Lyle Collins, Ryan Davidson, Whit Garland, Jenna Green, Lisa Khemani, treasurer Lori Jones, Anna Ogletree, Beverley Ojo, Kalpana Patel, Eileen Stone, and I are grateful to all of our neighbors who trust us and have invested in the SRCA. However, for followers of our financial saga, and as reported in more detail in previous editions of the Smoke Signal, income continues to lag. So, please watch your mail for a traditional membership campaign by mailing, and send your donation in as soon as possible.

Keeping Kanawha Current with Codes

By Susan Gilbert, Staff Writer

For several years now, Kanawha has had Block Captains working in the community to keep residents connected and acquainted. For the June meeting, we arranged for two guest speakers from the City of Tucker to address us, Code Enforcement Manager, Maricela Perdomo, and Code Enforcement Officer, Jennifer Downer.

We explained to them that we needed help understanding code enforcement so we know what is and what is not a violation, and what should be reported to the city, the county, or the non-emergency police.

Here are some key take-aways about Code Enforcement:

- It is best to capture a photo of the violation to submit with your complaint to Code Enforcement. Code violations can be reported to codecompliance@tuckerga.gov or anonymously through the Tucker Code Enforcement website: www.tuckerga.gov/departments/code_enforcement
- Landscaped Areas (Sec 28-251): All premises, yards, and exterior property shall be maintained free from debris, litter, and rubbish. Additionally, grass and weeds >12" are in violation of the city code and can be reported.
- Public Works now handles mowing/maintaining the right-of-way on vacant lots. Questions about Public Works should be directed to Twana Dill (678) 597-9040. Tucker took over responsibility from DeKalb County for Public Works July 1, 2023.
- The right-of-way depends on the property but is usually where the telephone poles and utility boxes are placed on the lot.
- Parking of Trailers, Recreational Vehicles, Dumpsters and Storage Containers (Sec 46-1463): It's a violation to park vehicles or trailers in yards directly on the soil/grass. No portable storage container may be parked or stored in a residential zoning district for longer than 30 consecutive days, unless being used during active construction. Inoperable vehicles may not be stored on the property unless enclosed in a structure. Vehicles in driveways must have valid license plates attached at all times.
- Sound (Sec 28-160): It is unlawful for any person, between the hours of 11:00 p.m. – 7:00 a.m. to make, cause or allow any

sound from a source within its ownership or control that projects, emits or transmits a sound that is plainly audible within the interior of a dwelling. Loud music can be reported. Try to be tolerant of an occasional party at someone's home, keeping in mind that noise violations are hard to enforce if the noise is not happening when the police arrive. Noise violations should be reported to the non-emergency DeKalb County police number (404) 294-2911.

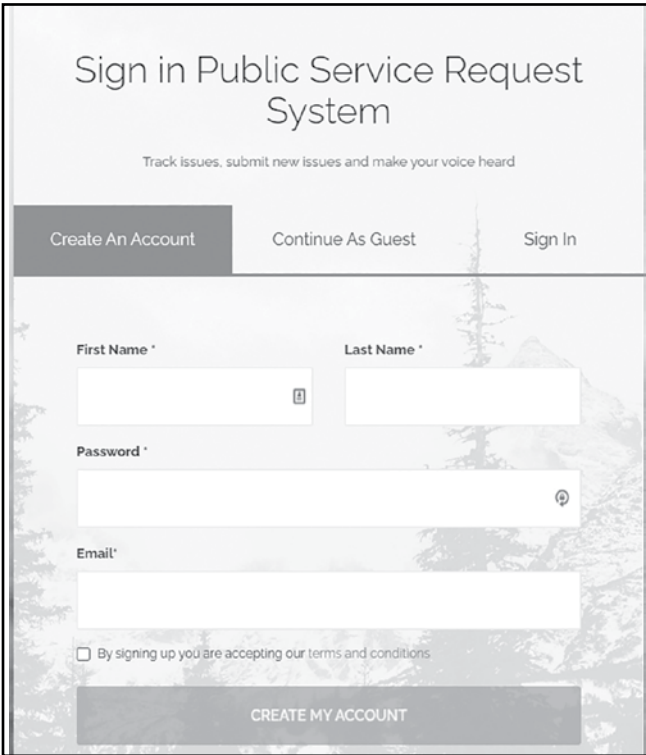
- Placement and Storage of Residential Refuse (Sec 36-31): The green and blue rolling waste containers are to be retrieved from the road by 9:00 p.m. on the day of trash pick-up and should not be left in the street.
- Animal Vocalizations (Sec 28-161) Incessant dog barking is a violation. Any continuous barking lasting 15 minutes without interruption, or intermittent for 30 minutes, can be reported to the city. It is best to record a video to capture the noise level and duration.
- Vegetation (Sec 28-251): It is a residents' responsibility to keep leaves and debris off the edge of the road in front of their home. If people know this, they can blow it off or rake it up, or ask their yard keepers to do that. The code specifically states, "there shall be no dead or hazardous trees, shrubs, ground cover or weeds likely to harbor vermin or insects, restrict or impede access to or public use of adjacent sidewalks and streets, obstruct traffic-control signs and devices and fire hydrants, or pose a risk of physical injury to the public."
- Prohibited Signs (Sec 34-52): Yard signs placed in people's yards and not within the public right-of way, are their own business. If the signs are in the easement or on public property, you can report them, and the city will remove them. No signs should be affixed to any tree, curb, utility pole or natural feature.
- Code enforcement pertains to more than buildings. There are also uniform standards for fences or walls around a property, high grass and weeds, accumulation of rubbish, inoperable or unlicensed vehicles, parking on unpaved surfaces, outdoor storage, and prohibited signage.
- Reports are anonymous, if submitted via the city website with no name. Submitting one with a name means it can be shared as public information, so if you don't want to be named as the one filing the complaint, use the website and don't leave your name or you can call and speak with one of Tucker's code officials.
- To file a code complaint, call (678) 597-9040, or email codecompliance@tuckerga.gov or submit a complaint online at the website.



Maricela Perdomo
Code Enforcement Manager
mperdomo@tuckerga.gov



Jennifer Downer
Code Enforcement Officer
jdowner@tuckerga.gov



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Note from a Neighbor

A few people on Antebellum Drive have bird feeders and leave out food in the yard, especially barbecue corn. In the past week, I've noticed a Coyote lurking around my property. Two days ago, it attacked a dog across the street. Please note that those bird feeders are attracting coyotes, and our lives and the lives of our animals are in danger because of this practice. Some neighbors throw corn in the yard, when they barbecue, so rats and coyotes can come feast. I am getting disgusted and hope my dog is not the one next to be attacked. Please consider the potential consequences of leaving corn out for wild animals.



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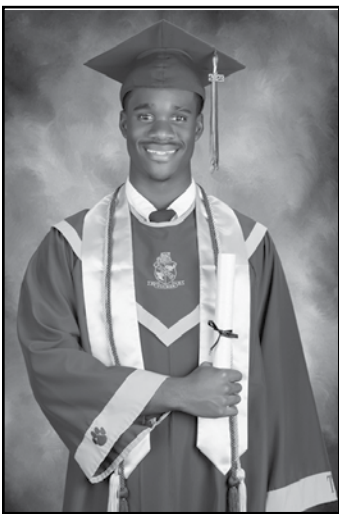
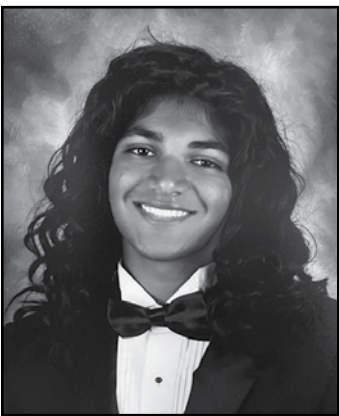
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GRADUATES

Bayden Patel

Mr. and Mrs. Vinay Patel of Smoke Rise are proud to announce the graduation of their son, Bayden Patel from Tucker High School. During his time at Tucker, Bayden participated in the marching band, student council, Technology Student Association, swim team and other organizations. He also volunteered throughout the community. Bayden is attending Kennesaw State University with plans to transfer to Georgia Institute of Technology. He will be majoring in Biology.



Congratulations, Aidan! Challenge Accepted!

By Kathryn Turner

As a preemie who entered the world 2.5 months early, Aidan Turner has known what it is to take on a challenge since birth! At only 2 lbs 12 oz. with jaundice and a c-pap machine, his face was rarely seen, and he had more tubes, bells and whistles than body. However, along with the Lord's help and Aidan's own quiet inner strength, he was able to push beyond those circumstances and grow up into a vibrant, intelligent, and talented young man. Over the years, Aidan grew stronger, taller, and began to delve into various activities including baseball, drawing, and music (trumpet & acoustic guitar), in addition to balancing it all with his schoolwork. In 2016, at 10 years old, when our family moved to Smoke Rise, Aidan would have to face some more new challenges with moving from the house where he grew up to an entirely new neighborhood, changing from private to public school, and going from elementary to middle school. While at Tucker Middle, he was able to pick up the trumpet as a new instrument, joined the band, began learning how to play guitar, and made the baseball team as a starter. He earned all A's and B's throughout middle school and he was accepted into the Junior Beta Club. His next big challenge would be going to high school as a STEM student and taking AP classes with band, baseball and COVID-19!

By the end of his senior year, Aidan was able to maintain a 3.6 GPA, complete four AP courses and the Engineering pathway, as well as remain a starter on the Tucker High School team! As a matter of fact, he finished his entire senior year with a 4.0 GPA (weight-

ed) and as a project for his Engineering class, updated the baseball dugouts with the team's logo and name! The newest challenge is to determine which college to attend as this is the next phase of Aidan's journey. He has received acceptances from every school to which he has applied plus multiple academic and athletic scholarships and offers that equal more than \$500K. The colleges are near and far such as Mercer, Augusta, Columbus, Paine, Savannah State, Young Harris, Birmingham-Southern, JSU, Gardner-Webb, Lipscomb, Western Carolina, as well as St. John's Benedict and Catawba to name a few. The long-awaited decision will be made soon, especially as time is quickly winding down. No matter which school is selected, as has been the case during the past 17 years, there will be obstacles that will come up, but with the Lord's help and his inner quiet strength, Aidan Turner will overcome them. Challenge Accepted!!

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SRCC Hosts Exciting Swim Meet & Promoting Water Safety

By Susan Gilbert, Staff Writer

Swimming is not just a recreational activity, it's a sport that demands discipline, technique, and teamwork. In June, an exhilarating swim meet took place at Smoke Rise Country Club, bringing together three local teams for an evening of fierce competition and promoting the importance of swim and pool safety.



The event took place on an overcast evening, with a 45-minute rain delay. Despite the rain, the competitors gave it their ALL in representing their respective teams. The atmosphere was electric, with parents, coaches, and fellow swimmers cheering the teams on. Excited chatter and cheers echoed through the air, as swimmers showcased their talents in the water.

Three teams from the surrounding community participated: The Smoke Rise Sharks, the Malo Aquatics, and the West Hampton Embury Hills Electric Rays. Each team had talented swimmers who had trained diligently for this competition.

Before the meet began, all participants, coaches, and spectators were reminded of the importance of swim and pool safety. Staff lifeguards were stationed around the pool area, ready to respond to any emergencies. Their watchful eyes and swift actions provided an added layer of security, assuring participants and spectators that their well-being was a top priority.

Additionally, swimmers were encouraged to warm up properly and perform stretching exercises to prevent injuries. Coaches and team captains emphasized the significance of proper technique and caution during starts, turns, and finishes. They stressed the importance of not only winning but also ensuring the safety of all participants.

Once the swimmers took their marks, the competition began with an array of exhilarating races. Participants showcased their speed, stamina, and determination. From freestyle sprints to butterfly strokes, every event captivated the spectators with the swimmers' remarkable energy and strength.

Between races, participants and spectators enjoyed delicious burgers and hot dogs off the grill along with refreshing beverages from the Smoke Rise Pool Cabana; and engaged in friendly conversations, fostering a sense of camaraderie and sportsmanship. Swimmers from different teams bonded over their shared passion, and the sense of unity was palpable.

The swim team meet held at Smoke Rise Country Club was a great success. By prioritizing safety in such events, we can ensure that everyone can participate and appreciate the sport without compromising their well-being. The swim meet serves as a shining example of how a community can come together and encourage excellence while making safety a top priority.

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What an Unusual Real Estate Market!

By Pat Soltys, Staff Writer

The Smoke Rise real estate market has had a long period of sustained low inventory, only once rising above 20 homes on the market in the past three years. While low inventory is often related to supply and demand, the current market is a bit different. This market lacks the buyers and sellers making opportunity moves. Homes going on the market are primarily the result of life circumstances, job change and other necessities.

We do not see that the current prices dissuade buyers as Smoke Rise is still comparatively reasonable. Interest rates have decreased buying power over a year ago significantly. This has caused buyers to be more concerned about condition and repairs, often resulting in seller price, terms or repairs concessions.

One of the impacts of lower inventory and sales is that there are fewer sale comparables that will meet a lender's criteria for valuation. Consequently, we see some lower appraisals that are incongruent with market stats.

The other impact of low inventory is that sellers who have a desire to sell but not a compelling need are asking "Where would we go, because there is nothing in the market?" Hence, they will wait.

Buyers also seeing few homes in the market area are willing to wait until the right house comes on the market, in some cases entering a bidding war. We are still seeing some sales over full price and multiple offers, particularly under the \$600,000 mark. The lack of inventory makes it a good market but not a hot market.

We had significant price increases, bringing our prices to where it is rare to find a home in Smoke Rise for \$400,000. The top prices also rose, with sales exceeding \$1,000,000.

Currently there are eight homes actively on the market from \$500,000 to \$1,050,000 and six pending sales ranging from \$439,000 - \$899,000.

There have been 40 sales year-to-date ranging from \$320,000 to \$1,100,000 with an average \$/above grade square foot of \$184.93. The number of sales for this point in the year suggest that total sales will be less than 2022 by approximately 10%. If current trends continue, we will see a price increase between year-over-year of approximately 6% with the average price around \$570,000.

Those wanting to sell will find that there is a market. Buyers need to be ready to buy when a house they want comes on the market.

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NEWS YOU CAN USE

by AvivA Hoffmann

Keeping Pets Safe and Secure

Hey, neighbors! Like many of y'all, I love walking our streets – especially with my dog, Duke. It's good for us both and has led to many introductions to fellow neighbors.

Recently, there was an unfortunate incident in Smoke Rise involving a fatal attack by a large dog on a smaller dog walking with its owner. It's a heartbreaking loss and undoubtedly a tragic event for both dog owners. While it's impossible to guarantee a different outcome, this incident highlights the importance of proper animal oversight and care.

In Tucker, the city falls under the regulations set by DeKalb County, which aim to promote responsible ownership of animals and ensure the appropriate confinement of dangerous or vicious animals. These measures are designed to protect both humans and animals.

As responsible pet owners, it's our duty to take all necessary steps and precautions to protect others, their property, and other animals from harm caused by our pets. This includes behaviors such as chasing, biting, or jeopardizing the safety or welfare of the public, regardless of whether such behavior is motivated by mischievousness, playfulness, or aggression. Additionally, it's our responsibility to promptly remove any excrement deposited by our animals on any street or right-of-way. It's important to note that owners must not allow their animal to make excessive noise in violation of the county's noise ordinance.

Here are some key guidelines from the DeKalb County Code of Ordinances regulating animals:

Proper restraint on your property: Ensure your pet does not leave your property unattended. When your pet is outdoors, secure them in a suitable enclosure that is locked when unattended. If they are outside the enclosure but still on your property, keep them leashed or supervised by a responsible person. It is prohibited to tether animals; instead, use enclosures and supervision. If you use a running cable line or trolley system, make sure to follow the specific rules regarding enclosure placement, attachment duration limitations, and appropriate materials. If you opt for an electronic confinement system, ensure that your pet wears a signal device and display caution signs around the perimeter.

Off-property outings: When taking your dog off your property, it's your responsibility to always keep them under restraint and control. It's worth noting that rules may differ in parks with designated off-leash areas. Furthermore, it's unlawful to allow your pet to run unattended on streets, rights-of-way, highways, common property of apartment complexes or condominium communities, or on another person's property without their permission. This does not apply to dogs being used for hunting in accordance with state law, rules, and regulations.

Violators of the ordinances may face penalties, including fines and imprisonment. Police officers, code enforcement officers, or animal enforcement officers have the authority to impound an animal, regardless of its classification, if it poses a threat to public safety. Owners of an officially classified dangerous or vicious animal must promptly inform the police chief (or designee) if their animal escapes, is not properly confined, or has attacked a human or another animal. Depending on the specific offense, fines may range from \$300.00 to \$800.00.

It's important to remember that this article provides a general overview. There are separate considerations for guide dogs, animals used for law enforcement activities, and more. Additionally, there are further regulations that cover hazardous, dangerous, and vicious animals, as well as abandonment, neglect, cruelty, vaccination/registration requirements, and related issues. If you are interested in reading the full DeKalb County Code of Ordinances regarding animals, you can find it online at http://dekalbcounty-ga.elaws.us/code/coor_ch5_sec5-1.

Mindfulness & Meditation

By Amber Voss, Smoke Rise Resident and Registered Yoga & Meditation Teacher

Mindfulness and meditation are words that are tossed about a lot these days. There's a reason for that...they work! I use the terms interchangeably here, because they both mean the same thing. You may have noticed meditation apps on your phone. You may have clicked a mindfulness article in your news or social media feed out of curiosity. Or maybe you've tried it at a local meditation center or a yoga studio in the metro area. Chances are you tried it, didn't enjoy it, or felt (or was told) you were doing it wrong and you haven't tried it again. I had similar experiences in years past trying to learn how to cultivate mindfulness. For many years, my practice was yoga, a moving meditation. There's something to be said for finding the intimate connection that resides between the breath, the mind, and the body in a yoga class. Yoga helps to calm the mind, increase mobility and flexibility, and more. It's about being present with yourself.

Years ago, I studied meditation as part of my advanced yoga teacher training at Pranakriya School of Yoga Healing Arts with Yoganand Michael Carrol. Meditation was always a part of yoga class, and that is how I was trained as a yoga instructor. A friend gifted me with The Radiance Sutras six years ago, which I lovingly read for years and shared it with my students in class. That book would eventually lead me to study with the author, Lorin Roche and his wife, Camille Maurine, to take my own practice deeper and to become a certified meditation guide with their school. It has been transformative! Instinctive meditation is the style that I practice daily.

Instinctive meditation is an approach to meditation that is the most natural thing in the world. It isn't a one-size-fits-all practice, much like yoga isn't. This style of meditation was designed to show people how to access their own doorways into mediation and mindfulness. It's meant to feel natural and spontaneous, never forced. One journeys with their mind rather than trying to wrestle it into submission. We learn to work with our essential nature rather than against it.

To quote my teacher, Lorin Roche, "Meditation is not making the mind quiet. It is tolerating all the noise without resistance and discovering silent depths. Meditation is not sitting still. It is enjoying your motion on all levels, including the subtle level, where stillness and exquisite motion seem to be one and the same."

Whether you practice or not, it may surprise you to learn that you have been meditating for a long time without even realizing it. The thing about meditation is that it doesn't require you to do anything special other than to be fully present (engaged) with what you love to delight in. It could be delighting in the flow of breath or walking in nature. How many of you have lost yourself in a sunrise or a sunset for a few moments? You are fully engaged with your sense of sight and joy of the sun - that's meditation! Or, consider when you take the first sip of coffee or tea in the morning. That is a moment of mindfulness. Maybe you have a ritual to start your morning. Prayer is a meditation. Think about what you love to spend time with and consider them as natural doorways into mindfulness and meditation.

What about the moments you spend engaged with your pets? Our animals instinctively know presence and they are so fully engaged with their human. We can take a lesson from them, lots of lessons actually but that's another story. They know how to be present and in the moment. How many thoughts are running through your head when you love on your pet? For me, it's nothing but love and delight in my dogs that love me unconditionally. I'm engaged with them fully. That's meditation.

Meditation is a chance for you to reboot your body/mind operating system. It's often a rest deeper than sleep. Developing a practice can help to release tension allowing the opportunity to emerge refreshed and energized. We could all use a little of this in this hyper-paced world we live in today.

How do you get started? Well, that's easy. Find something that you love to delight in it. It can be anything really! Dancing, nature, your pets, bird watching, watching the ocean roll in to shore, or whatever you love to spend time with. Spend one minute or five minutes daily. Just you and one or two things you love. Notice how it impacts your day, and then begin to make time to meditate longer. Or, you may find yourself experiencing more mindful moments throughout the day. The key is finding your doorways into meditation and finding what works for you. It's that simple. Now, go delight in someone or something you love for a few minutes and see what happens. Have fun exploring, y'all!

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HEALTH NOTES:

by Cheri Schneider, M.D.

Ozempic: Hype or Miracle Drug?

The Hollywood stars are on it, the papers and internet are blowing up with stories about it and patients in droves are asking for it. Articles about “Ozempic face,” “Ozempic butt,” “the skinny pen,” and “weight loss miracle drug” are flooding the internet. Just what is this wonder drug? Or is it yet another medical fad in the “breaking news era of medicine?”

Semaglutide (brand names Ozempic, Wegovy and Rybelsus) came on the scene in 2017 as a new class of Diabetes drug that was incidentally found to cause patients to lose weight... lots of weight! While the average weight loss is 6-10% of starting body weight, in higher doses, patients can lose 15% of body weight or more. A first cousin Tirzepatide (Mounjaro) was released more recently. Rybelsus is the oral version of the drug. In currently available doses there is not as much weight loss. The FDA is currently evaluating a higher dose of Rybelsus that will lead to weight loss similar to that of the injectable versions. All of these drugs are known as GLP-1 agonists. Ozempic, Wegovy and Mounjaro are injected under the skin weekly. Trulicity (Dulaglutide), another injectable cousin can lead to six to eight lbs. of weight loss at its higher dose.

The simplified description of how the GLP-1 drugs work is that the drugs target receptors in the pancreas, liver, brain and gut causing the pancreas to secrete insulin and the liver to make the body more sensitive to insulin. This helps control blood sugar. Additionally, the gut slows down, so the patient feels full quicker. This signals the brain to make you lose interest in eating.

Because the medicines slow down gut transit, the most common side effects are nausea, vomiting, diarrhea, heartburn and gas, along with headaches. These side effects often disappear over time. In diabetics taking additional medications like insulin, the blood sugars can drop too low, if not properly monitored. “Ozempic face” and “Ozempic butt” are terms designed to get you to read an article. Loss of large amounts of fat changes the way you look. Period. Skin does not bounce back. This leaves skin sagging, wrinkles, and often an older appearance. I know you wondered! Rarely Medullary thyroid cancers occur (studies mainly in rats). Do not take this category of drug, if there is a family history of thyroid cancer. Also: Pancreatitis and worsening diabetic eye disease have been seen.

The brand name Ozempic is currently used OFF LABEL for weight loss. This has recently caused a shortage of the drug for diabetics, who rely on the drug for blood sugar control. Wegovy is the only semaglutide that the FDA has approved for weight loss. The other semaglutides are desperately trying to get in on the new gold mine weight loss designation.

Insurance may not cover Ozempic, Rebelsus and Mounjaro- as they are NOT currently labeled just for weight loss. All of these medicines are very expensive, no matter the reason for use. We are talking out of pocket cost of \$400 to \$1,500 for a four-week supply.

These medications should not be used casually but should be used in conjunction with a healthy eating plan and exercise and should be monitored by a physician. Many “weight loss only” patients I see on Semaglutide are eating like birds and missing important, key nutrients, protein and even fats in their diet. Patients not willing to be on an eating plan should not be on the drugs.

Is weight loss long lasting on these drugs? Not if you have not changed your approach to food and health while on the drug. Even then, the feeling of being full (satiety) disappears as soon as the drug is stopped. Hunger and food cravings may reoccur and many regain the weight they lost. Currently, there is no specific parameters on how long to be on the drug for weight loss or at what dose of drug.

My opinion on Ozempic and the GLP-1 agonists is mixed. The meds are very expensive and currently not covered by many insurance plans. The drugs rely on appetite suppression, not healthy lifestyle. There are no current accepted end points or end doses (Do you take it forever? And at what dose? Do you decrease the dose when you have lost the weight or stay at a high dose forever)? And where are the long-term studies on weight loss? Finally, there is a very small, but real risk associated with taking the medication: Pancreatitis, Medullary thyroid cancer. This needs to be weighed against the risk of obesity.

A Travel Mystery and Public Service Announcement

By MG Umlauf, Smoke Rise Resident

This year almost everyone has looked forward to summer because we are finally able to plan for air travel once again. During the COVID-19 lockdown, we could still enjoy homebound pleasures like growing our own tomatoes, green manicured lawns, and rowdy grandchildren playing in the kiddie pool. Fortunately, this summer we can finally look forward to visiting family in distant places or excursions to famous big cities like New York or Washington DC.

In the process of planning my travel, one recurring mystery haunts my preparations. For the most part, we know that we must use smaller suitcases and pack fewer clothes. This is a recurring theme in managing air travel. But, I always encounter a mystery as I repack for my trip home. Even though I strictly avoid buying any souvenirs or extra clothing, the weight and volume of my unclean clothes on the return trip is greater than when I left home. This is not a random phenomenon; it is a consistent finding! I am sure that I am not the only traveler who has encountered this problem.

Even if I have tried to re-fold the now dirty clothes, I find that my efficient carry-on bag will barely close. How can it be that my little bag is also heavier that when I left? Is it possible that dried perspiration adds more volume and weight to my clothes? This is truly a mystery that haunts me the rest of the season. Fortunately, I usually shake off this enigma by September. However, the threat of becoming overburdened by unwashed clothes returns every summer travel season.

Sorry if I have spoiled your travel plans with these facts. Even the scouts say that it is better to be forewarned and prepared.



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Exploring Machu Picchu and Beyond

by Bob Espy, President, Smoke Signal Board of Directors

My family and I were able to travel to Peru and enjoyed a wonderful vacation. We flew from Atlanta to Lima where we checked into our hotel which was a converted mansion overlooking the ocean. Our guide for the day took us all over Lima pointing out many major sites. After touring the Museo Larco Museum, we had a lovely dinner on the terrace.

The next day we flew to Cusco. Our guide picked us up, brought us directly to the lower altitude Sacred Valley where we had lunch. We stopped at the Awana Cancha complex where we saw the camelid species of the Andes - llamas, alpacas, and vicuñas. We then proceeded to Sacsayhuaman. The stonework was impressive, and the flat geography was perfect to explore while acclimating to the altitude. Our hotel, Sol y Luna, had its own private casitas nestled in the valley surrounded by beautiful gardens and stunning views of the Andes Mountains. For dinner, we tried a specialty, Peruvian Guinea Pig.

The next day, we headed to the little visited Amaru indigenous community up in the hills of the valley. Spending time with the local people learning about their lifestyle, farming, and weaving practices was eye opening. During lunch we were offered Guinea Pig (better than the previous evening) again along with many variations of prepared potatoes. From there we explored the Pisac ruins that tumbled down the mountain-side and walked through the lively Pisac market.



From the valley, we visited Moray and the agricultural terraces which are thought to be an ancient Incan laboratory. A picnic was enjoyed overlooking the most stunning views of the Sacred Valley. Our next stop was the Maras Salt Pans. These natural salt pans are still being harvested by the community today. We ended the day taking the train to Aguas Calientes, the town below Machu Picchu. We spent the night at Machu Picchu Pueblo Hotel, which is the perfect cloud forest oasis. That night after dinner, we took a nature walk along the hotel's trails by candlelight.

The next day we headed to Machu Picchu, and we hiked Huayna Picchu Mountain for a bird's eye view of the site. This was amazing and pictures do not do it justice. Our guide walked us all over the site and explained in detail the culture of the Incans that built this unbelievable community on top of the mountain. After a day long hike on the ruins, we went back to the hotel and enjoyed a dip in the semi-natural thermal baths surrounded by nature. The springs were hot, mild, or cold.

The morning train took us back to Ollantaytambo. We visited the picturesque town in the shadow of the Ollantaytambo ruins and then headed on to the historic Hacienda Huayocari to visit its unique museum with lunch on the veranda. We arrived at Cusco in the late afternoon and stayed at Palacio del Inka which was the home of Francisco Pizarro who built his palace on Incan ruins.

The next day we had a walking exploration tour of Cusco. This is where Pre-Incan, Incan, colonial and modern architecture, and culture all come together in one incredible place. We visited the San Pedro Market and the Choco Museum where we made our own chocolate. We had the late afternoon and evening at our leisure and enjoyed the night life.

If you ever get the chance to visit Peru, please do! The cities were clean, the people were extremely friendly, the food was great, and the cultural history is so interesting.

Are Miracles Really Miracles?

By Joel Gilbert, Staff Writer

We are such an interesting species living in unprecedented times. A bewildering array of food choices have been developed specifically to appeal to our taste buds. These foods are produced in unsustainable ways, and even when we try to cut down on things like red meat, the markets come up with substitutes that defeat our responsibilities to reduce consumption. We simply want ways to continue bad habits. Miracle meats are simply not really miracles.

Couple that with marketing that amps up our desires for things we shouldn't eat in the first place. It all leads to a toxic cocktail of societal desires and personal appetites to live life well and ironically at our own peril. We simply are not aware of how modern foods, especially salty snacks and diet drinks, are so bad for us. We see countless ads implying our friendships will be enhanced, and we will be liked, if we offer arrays of these foods.

Even things like our diet drinks have so many chemicals in them that they twist and torment our natural body safety and control mechanisms... then couple all this with sedentary lifestyles, we get a nation of overweight people whose diets are just not balanced and nutritious.

We enjoy all this so much, we look for ways to continue our bad habits with miracle cures for obesity, hair loss, wrinkles, and the quest for social acceptance. When we find anything that works, we then jump on it with both feet hoping it will restore us to our youth and make us popular... something we longed for since our teenage years.

Well, in the case of obesity, Big Pharma may have unleashed the devil itself. They once again seem to have found something that offers us the easy way out. We don't have to change our behaviors... we simply have pills to take our responsibilities away. According to a recent article in MIT Research:

"Medicare still doesn't cover drugs for obesity, but a recent article in the New England Journal of Medicine warned that, in the hypothetical scenario that all Medicare beneficiaries with obesity were to use Wegovy, the cost would exceed the entire Medicare Part D budget. And if just 10% of obese people on Medicare were to take it at the net annual price of about \$13,600, it would cost Medicare nearly \$27 billion a year, according to the study. Unless the list price of Wegovy were discounted by more than 40%, the overall cost of the medication would eclipse the benefits to the U.S. healthcare system of lower obesity levels, according to a report by the Institute for Clinical and Economic Review (ICER). 'If you spend all your money on weight loss, you're not going to have money to do other things in healthcare,' says Dr. David Rind, chief medical officer of ICER."

What makes matters worse is these drugs will have to be taken for the rest of a person's life. If they stop taking them, their weight returns. Evidently, our bodies have natural mechanisms that require natural answers to these behavioral questions. We can't just take a pill and forget about our personal choices. We must relearn the basics and practice them religiously (pun intended). Unfortunately, the business world sees the bounty in all this:

"The amount of attention drugs such as Ozempic are getting on social-media platforms, driven by testimonies from ordinary people and celebrities, shows how popular this new class of drugs is quickly becoming. Wall Street is working up its appetite."

So, the real appetite problem is not only with us... the consumers. The lure of big money and the continued flow of that is a drug corporate America has always been addicted to. So, perhaps it is ironic and tragic that companies whose mission is to help consumers cope with their bad eating and living behaviors such as Jenny Craig are now going out of business, as reported recently in the Walls Street Journal:

"Jenny Craig is going out of business after 40 years. The once-highflying weight-loss brand, which offered personalized plans and coaching and touted endorsements from stars like Queen Latifah and Mariah Carey, said Thursday it was canceling all online food orders. The closure comes after new drugs such as Ozempic, Wegovy and Mounjaro—which have been embraced by competitors such as Weight Watchers—have shaken up long-held beliefs that diet, exercise and willpower are the way to weight loss."

Perhaps we need to stop thinking miracles are really miracles, and more about personal responsibilities.

[Editors Note: Be sure to read more details about the popularity of new weight loss/diabetes drugs in this month's edition of Dr. Cheri Schneider's *Health News*.]



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Is a Pollinator Garden in Your Future?

By Linda Karr, Staff Writer

A pollinator garden can provide interest and beauty to your landscape. Its purpose goes well beyond that though. With the right plants, you can attract bees, butterflies, moths, birds, hummingbirds, beetles, bats, small mammals, and beneficial insects such as parasitic wasps and ladybugs. Why is that important? We’ve heard the news over the past 15 or more years about the decline of the honeybee, some of the bird populations, and more due to loss of habitat, pollution, pesticides, climate change, and disease. According to Pollinator Partnership “Somewhere between 75% and 95% of all flowering plants on the earth need help with pollination – they need pollinators. Pollinators provide pollination services to over 180,000 different plant species and more than 1200 crops. That means that one out of every three bites of food you eat is there because of pollinators. In addition to the food that we eat, pollinators support healthy ecosystems that clean the air, stabilize soils, protect from severe weather, and support other wildlife.” They are our little miracle workers! So, let’s help these guys out!



In designing your pollinator garden, it’s important to include the following to ensure that the pollinators have the best chance of survival: Plants, Variety, Shelter, and Water.

A continuous source of food is a must! Native plants are a good choice, because they are generally maintenance and pest free. Choose plants that provide blooms throughout the year. This provides food for the pollinators, as they emerge and as they get ready for hibernation.

Provide plant material that offers food as well as being a host plant. Examples include:

For butterflies – delphiniums, Echinacea, fennel, lavender, marigolds, oregano, sage, phlox, yarrow, Joe pye weed, milkweed, sedum, beebalm, ornamental grasses, baptisia, stokesia, pipe vine, sunflower, liatris, ironweed, daisy, goldenrod, black-eyed Susan, verbena, lantana, salvia, aster, cone-flower, butterfly weed, butterfly bush

For hummingbirds - delphiniums, daylily, columbine, cardinal flower, penstemon, bee balm, hibiscus, foxglove, flowering tobacco, weigela, salvia, trumpet vine, butterfly weed

For birds – echinacea, sunflowers, milkweed, cardinal flower, elderberry, dogwood, serviceberry, white oak, baptisia, buckeye, camellia

For bees – bee balm, basil, lavender, mint (planted in pots), rosemary, sage, thyme, geraniums, hyacinths, oregano, marjoram, borage, echinacea, foxglove, hosta, zinnias, sedum, aster, goldenrod

And, don’t forget that your veggie garden is great for your butterflies and bees, too!

A variety of plants will support a greater number and diversity of pollinators. A robust pollinator garden will have different flower shapes, sizes, colors, and growth habits. Allow some of your herbs to bolt to provide even more food.

Provide shelter such as shrubs, vines, grasses, trees, perennials, ground covers, and nesting boxes. Here are some shrubs that will also attract pollinators besides providing shelter: elderberry, ninebark, winterberry, viburnum, weigela, rhododendron, spirea, and sweetspire.

All pollinators need a source of water to survive. Offer water in a shallow birdbath or dish with small rocks for the pollinators to perch on. Change the water out regularly.

You might also consider limiting or eliminating the use of pesticides and installing a bat box.

There are several sites that you can use to find the names of pollinator plants and which pollinators they will attract. The Pollinator Partnership is one of them. Go to their website, then click on resources, then planting guides, and put in your zip code.

YOU can make a difference whether you have just one pot of flowers, or you plant your landscape with lots of plants to draw the pollinators that help provide us with food and so much more.

Out the Window

Nocturnal Mockingbird

Article and Illustration
by Beth Henson

Something had awoken me from my early morning slumber. Had dawn broken? I was eager to start my day. Glancing out the bedroom window, I noticed complete darkness was still enveloping the nearby patio and yard. A quick touch to my bedside clock illuminated a cheery red display that touted only 3:00 a.m.

Hmm, I would have to turn over and revisit slumberland.

Suddenly, a beautiful chorus of birdsong caught my attention. This was obviously the culprit who had roused me earlier. As the song changed every few seconds, I knew Mr. Mockingbird was my early visitor.

This was an event that I had also experienced several years earlier. Young male mockingbirds or older males who had lost their mate, would serenade their potential suiters all night or in the wee hours of the morning. Mockingbirds mate for life and become lovelorn when alone.

I had always adored these sassy birds with their soft gray plumage, keen eyes and large repertoire of beautiful songs (as many as 200!). To many, they are considered spirit animals, encouraging expression, individuality, and protecting those you love. Sing away my ardent friend. I will forgive you for “looking for love in all the wrong places” (namely my patio before daylight !!)



Smoke Rise Gardens on Garden Tour

By Barbara Luton, Staff Writer

Three Smoke Rise Gardens were featured on the GFWC Stone Mountain Garden Tour for 2023. Each of the gardens was different with many species of trees, beds of iris, Lenten roses, hostas, ferns, and walking iris. There were azaleas, camellias and rhododendrons.

The Duncan yard had a private screened porch. The Moy

garden had meditation areas to sit and relax. The Halley/Christensen yard featured a unique A-frame chicken coop.

If you missed this year’s tour, look for another tour on May 18, 2024. Look forward to seeing you next year.



Deb Halley
and Jens Christensen



Wayne and Dolly Moy



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Smoke Rise Morning Glories and STEM Students

By Quill Duncan, Morning Glories Member

Smoke Rise Elementary School has a very active STEM program for students in all classes at the school. The Morning Glories have enjoyed the association with the school for many years at the former location and now at the new school. Ms. Cummings who is the STEM teacher for the school has been our contact inviting the club to continue our support and participate, when possible, with school activities. The DeKalb Federation of Garden Clubs provided a matching grant to the Morning Glories to help fund the garden activities last year, and we will be reaching out to them for additional funding in the 2023-24 school year.

This May, we were invited to help the students plant seeds in the four raised beds that were installed last year. We have planted a series of vegetables and flowers during the past year in the beds and our sudden December cold and later freezes really zapped the plants. The students in the photo are planting seeds that were donated by Garden Club of Georgia. These seeds are the same wildflowers that the GA Department of Transportation uses on the state highways. This summer, parents and students are expected to water the flower and vegetable beds when possible.

Club members Kim Fair, Melodie Janin, Glenndolyn Hallman and I helped the students and enjoyed the interaction with them on a bright and sunny day.

Smoke Rise gardeners, remember that the Great Southeastern Pollinator Count will be held this year on August 18-19. This year, the count has expanded beyond the State of Georgia. Anyone can participate. Home gardeners and school groups across the region are asked to spend 15 minutes on one of those two days counting the pollinators they see in a fixed area of their garden or park. The website for details on this is <https://ggapc.org>. Once you make your count, please upload the data on the form on the website, and your entry will be counted. This is part of the “Citizen as Scientist” concept that helps scientists gather data on pollinator populations and is very similar to the February Bird Count. Happy Counting!

For information or more details about this contact me, Quill Duncan, at quillduncan@msn.com.



Mountain Mums Garden Club Update

By Maureen Fraser

Several Mountain Mums members enjoyed attending the Stone Mountain Woman’s Club’s “The Art of Nature” garden tour last month. The members strolled through five beautiful gardens as well as the Butterfly Garden at the Tucker Recreation Center, each of which were different and special in their own way. Gardening helps to beautify homes, promotes health living and brings people together by giving a sense of belonging to those who share a passion for nature.

The garden tour celebrated National Garden Week, which takes place annually the first full week of June. The honorary week is spearheaded by National Garden Clubs to promote the love of gardening, floral design, and civic and environmental responsibility. The week is about bringing more awareness to the importance of gardening as well as preserving gardening traditions and practices by passing on knowledge to new gardeners.

Gardening can be traced as far back as the year 1565, when Spaniards settled in St. Augustine, Florida and brought plants from Spain and novelties from the West Indies. That was followed by English colonists who brought seeds from England and cultivated crops grown by Native Americans, such as tobacco, corn, beans and squash. Later, gardens created by African-American slaves in the U.S. were significant in the history of gardening. They cultivated their garden plots to provide additional food to their communities, which sometimes yielded enough produce to sell for profit.

One major feat in gardening history came when John Bartram of Philadelphia established his botanic garden in 1728. It is known to be the oldest surviving botanical garden of its kind in North America. The largest botanical garden in the world is the Royal Botanic Gardens in Kew, England, which is a 300-acre garden.

Mountain Mums’ members are enjoying a summer break, so the next meeting will be held on Wednesday, Aug. 9, at the home of Mary Jacobson. Guests are encouraged to attend the annual “Meet and Greet” get-together!! Contact Mary Jacobson, Membership Chair, for more information on joining or visiting at the next meeting at mjacob1010@gmail.com.



Maureen Fraser and Mary Jacobson enjoyed the Stone Mountain Woman’s Club “Art of Nature” Garden Tour.



Marian Fetzek, Lynn Malone and Connie Henry enjoyed the Stone Mountain Woman’s Club “Art of Nature” Garden Tour.

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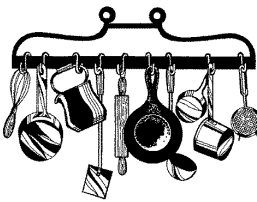
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Amen, Let's Eat!
by Joyce Ray



In recent years, blueberries have replaced peaches as Georgia's Number One crop. They are grown on farms all over the state and in many back yards. There are several blueberry farms in our area that are open for you to come pick your own. Our favorite is Tuckaway Blueberry Farm near Loganville, open mid-June to late July. It doesn't take long to fill a bucket and, if you freeze them, you will have plenty to enjoy in recipes for many months to come. A good method for freezing is to wash the berries in cold water and pour them out in one layer on a paper towel lined baking sheet. Pat off as much water as you can and place in the freezer overnight or until berries are frozen, then separate and put into freezer bags. I usually measure out the four cups it takes to make one nine-inch pie and put those in individual bags for freezing. You can use them in pies or muffins or the blueberry scone recipe below. Note: the new hybrid larger blueberries that you see now in the stores have too much juice for baking, so stick with the smaller ones for your scones or muffins.

Blueberry Lemon Scones

- 2 cups all-purpose flour
- 1/2 cup granulated sugar
- 1 teaspoon baking powder
- ¼ teaspoon salt
- ¼ teaspoon baking soda
- 1 cup frozen unsalted butter
- ½ cup sour cream
- 1 large egg
- 2 cups frozen blueberries

*1 Tablespoon lemon zest (without sugar) plus 1 tablespoon more to make lemon/sugar zest. See below.

Preheat oven to 375°. Line baking sheet with parchment paper. Whisk flour, sugar, baking powder, salt and baking soda together in large bowl. Grate frozen butter into the flour mixture, toss and mix with fork until mixture looks like coarse meal. In a separate bowl, whisk sour cream, egg and lemon zest together in a small bowl. Add to flour mixture and blend to a soft dough. Working quickly to keep blueberries from thawing, fold blueberries into dough. Take 1/2 of the dough and place on a floured surface. Shape with your hands, pushing blueberries in if they fall out, into a 1/2-inch-thick disc, about 8 inches in diameter. Cut into 8 triangles and transfer to a baking sheet. Repeat with remaining dough. *Sprinkle ½ tsp lemon/sugar zest on each scone. Bake 18-20 minutes or until light golden brown. Remove from oven and let stand 5-10 minutes before serving.

*To make lemon /sugar zest mix 1 tablespoon zested lemon peel with 2 tablespoons granulated sugar. Sprinkle on top of scones before baking.

The next recipe was submitted by Bob Espy, who is President of the Smoke Signal Board of Directors. Thanks, Bob! If you make this for your July 4th Celebration, your guests will be very impressed with your cooking and the fact that Jackie Kennedy gave this recipe to Bob!

JACKIE KENNEDY'S ROYAL BEEF TENDERLION

- Marinade:
- 1 cup soy sauce
 - 2/3 cup vegetable oil
 - 3 tablespoons brown sugar
 - 2 tablespoons Dijon mustard
 - 1 tablespoon white vinegar
 - 1 teaspoon garlic powder
 - 1 green onion, chopped.
 - 5 lbs. tenderloin beef

- Royal Butter:
- 1/2 cup butter
 - 1 (8 ounce) package cream cheese
 - 1/4 cup mayonnaise
 - 1/4 cup prepared horseradish, drained

Combine the first seven ingredients in a large zip lock bag, shake well, then add the tenderloin. Marinate the tenderloin in the refrigerator for 8 hours, turning occasionally. Remove the tenderloin from the bag and put the marinade in a saucepan. Bring to a boil (reduce) and set aside. Place the tenderloin in a roasting pan. Bake at 400° for 45-55 minutes. Baste occasionally with marinade. (Every 12 to 15 minutes) In the last minute or so, cover the tenderloin with the marinade and let baste on. Remove from oven and let stand for 10 minutes before slicing and serving. While the tenderloin is cooking, prepare the Royal Butter by combining all of the ingredients and beat at medium speed until well blended. Serve at room temperature or slightly warm. Makes 2 cups.

You may want to adjust this recipe for the size of the tenderloin you are preparing. (I triple the marinade) Top each serving of tenderloin with the Royal Butter. For extra flavor add juices/marinade to top of filet and ENJOY!

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**RECIPE
CORRECTION
FROM JUNE ISSUE**

My apologies that a key ingredient was left out of the Mississippi Mud cake in the June edition of *Smoke Signal*. Please add 1 1/4 cups all-purpose flour to the ingredient list.

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