VOLUME 55, ISSUE 11

Serving the Smoke Rise Community since 1968

February, 2023

www.smokesignalnews.com

Happy Valentine's Day FROM THE SMOKE SIGNAL!

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Selfie Swings

Mayor Frank and grandson Jack using new Selfie Swings at Rosenfeld Park. Hallie Still enjoys one of the new swings. Did you know all the parks in Tucker have new playground equipment??



Being Married to Your Best Friend

By Kathy Rhinehart

Valentine's Day will soon be here. I hope you join me on reflecting on these thoughts on being in love with your best friend. Constance and Bradley Couch have been married for a month and now live in Smoke Rise. They are beginning their lives together. Attending their wedding in December reminded me just how special being in love is. Bill and I have been married for 27 years, the Pressleys, from Tucker for 57. Listen to what these couples think about loving their best friend.

Developing a deep friendship with your significant other makes life altogether more colorful and vibrant. As newlyweds, we have discovered the beauty of friendship which makes even the mundane more joyful. Entering marriage with a strong foundation of friendship makes us more united, intentional with each other and eager to pursue our goals as a team. (Constance and Bradley Couch)

There are several reasons why being married to your best friend makes life special. First, it is healthy for you to care about someone else more than yourself. Knowing that your partner cares about you gives you a warm feeling about them and about life in general.

Next, life has its dependability when you are married to your best friend-no surprises. We all need that security, and it gives such encouragement when things are not going well in

your life, because you know your best friend is there to love you.

Last of all, it makes the good times even better...to be able to share them with someone who really cares about you. Whatever you do that is fun--it is more fun with a spouse who has something in common with you and loves you unconditionally.

What a blessing it is to be married to your best friend. (Bill Rhinehart)

Being married to your best friend is a blessing. We met at church when Nancy

...Continued on page 10

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Tucker's New Crime-Fighting Tool pg 7		
Upper Respiratory Infections pg 10		

The Smoke Signal Has a New Post Office Box!

P.O. Box 1038 Tucker, GA 30085

Black History Month

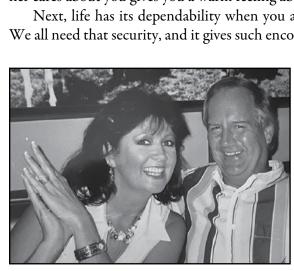
By Victoria Crosby

If I were to name every Black person who had contributed to the world, and to our community, for the greater good of our society, we would be here all night and into next week, so, without further ado I will speak. America is a country of immigrants, a melting pot, except of course for the people whose ancestors were brought here by force. From slavery to freedom great strides have been made, yet for this progress, a great price has been paid, and history seems to have forsaken the indigenous people from whom this land was taken.

As we celebrate and honor the accomplishments of the great African Americans who are artists and activists, doctors and scientists, dancers, inventors, and politicians, astronauts, athletes, and mathematicians. Mae Jamison was the first Black female astronaut who flew in The Endeavor in 1992. Rosa Parks, MLK, Maya Angelou, and Sidney Poitier. Poets and writers, and the Harlem Hell Fighters. Television actors and movie stars, with Hollywood mansions and exotic cars. Celebrities like Oprah and Denzel, who make us feel that we know them well. Madame Walker, and Annie Malone, were both Black women who made fortunes of their own Arthur Ashe, Malcolm X, and Queen Latifa, Amanda Gorman, Wendy Williams, Venus and Serena. Tuskegee Airmen and players of sports on football fields and basketball courts. Ballerina Misty Copeland, who in 2015 was one of the 100 Most Influential People in *Time Magazine*.

Opera singers, Jessye Norman, Kathleen Battle and Leontyne Price, Jordan Greenway, who plays hockey on ice, the first Black player on the US Olympic team. This young man is living his dream. Scott Joplin, Billy Holiday, Nina Simone, Wynton Marsalis, Miles Davis, and Quincy Jones. President Obama, Andre Watts, Beyonce, and Ben E. King, and so many more Black celebrities whose praises I could sing. So, if the name of your favorite I did not mention, please don't be offended, as that was not my intention.

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Kathy and Bill Rhinehart on their honeymoon, 26 years ago.



Smoke Signal

P.O. Box 1038, Tucker, GA 30085

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

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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. Technical and Medical information is not to be construed as professional advice. 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.

WE NEED YOU!

Smoke Rise - this is YOUR paper!

The Smoke Signal began more than 50 years ago and remains, to this day, a community newspaper created, written and produced by volunteer, Smoke Rise neighbors for the entire neighborhood.

PLEASE consider becoming a contributor, editor or joining our staff. It's a rewarding way to give back to your Smoke Rise community!

Contact us today. staff@smokesignalnews.com

Digital copies of the *Smoke Signal* are posted to the archives at www.smokesignalnews.com. You can also visit our Facebook page at www.facebook.com/SmokeSignalNews to view postings of newsletter pictures and stories throughout the month.

Smoke Signal Deadlines

FEBRUARY 13

Please e-mail articles to:

staff@smokesignalnews.com (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 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 2,300 copies Reservation Required:

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

"Like" us on Facebook at

www.facebook.com/SmokeSignalNews

or visit our website at www.smokesignalnews.com Link to the digital version of the Smoke Signal at: Archives (smokesignalnews.com)

Find Your Church Home

Have you ever taken time to review the listings of our local churches provided each month on this page of the paper? Take a moment now to look at the six churches operating in our area. The listing is carefully reviewed monthly by the pastors, ministers, reverends, and volunteers who keep the service times and staff listings updated so our readers will know what is available to them right here in Smoke

Our churches give every resident the opportunity to meet their neighbors, get involved, contribute in some way, and feel the sense of community so important to us being connected as neighbors. If you are not sure how to check them out, just notice the service times and show up a little early so you can speak with others and learn what that church is all about.

Most have a welcome center staffed by volunteers who can direct you to a Sunday School class that matches your interests. And stick around after the service to speak with the church leaders who can tell you more about their mission and opportunities to get involved.



DID YOUR PAPER GET WET?

EXTRA COPIES OF THE **SMOKE SIGNAL** ARE NOW AVAILABLE AT THE **COMMUNITY GARDEN** Look for the wooden box labeled Smoke Signal.



ATTENTION **ADVERTISERS:**

The Smoke Signal has reached its ad-space limit and we are now keeping a waiting list for future advertisements.

Please send your ad size requests to staff@smokesignalnews.com and you will be contacted as space becomes available, in the order requests are received.

Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor Bart McNiel: Associate Pastor of Administration, Ministry Support and Congregational Care Becky Caswell-Speight: Minister of Families, Faith Formation and Connection 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/

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 Director of Spiritual Formation ~ Jeanine Fulton Director of Family & Outreach ~ Mark Sauls Interim Director of Music/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

SUNDAYS

9:15 a.m. Adult and Children's Sunday school in person and via Zoom 10:30 a.m. In-Person and Live streaming of Worship service Child care is available for young children during the Sunday school and worship times.

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.

1227 Rockbridge Rd., SW, STE 208-251 Mailing Address:

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

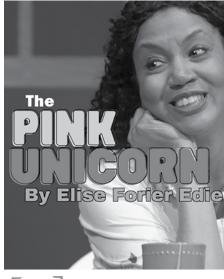
Sunday Services: 8:30 a.m., 10:00 a.m. and 11:30 a.m. Thursday Neighborhood Bible Study with Pastor Mo: 10:00 a.m. All Welcome!

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

Preferred Formats for Smoke Signal Submissions

When sending articles and photos to the Smoke Signal, it is helpful if articles could be sent in .doc or .docx format. Articles sent in .pdf format cannot be edited or changed in any way. Also photos sent in .jpg format can easily be opened and formatted to fit a particular space, so that is also a preferred method. Thanks for helping us make your neighborhood paper the best it can be!

February, 2023 let's go!



February 9-12

Thursday, Friday & Saturday at 8:00 p.m.

Sunday at 3:00 p.m.

Wednesday at 10:30 a.m.



Box Office Hours: 10 a.m.-5 p.m. Tues-Fri 1 p.m. - 5 p.m. Sat (770) 469-1105

ART Station presents Out Front Theatre Company's production of this award-winning comedy, The Pink Unicorn. Kenna Redding plays Trisha, a Christian widow, who must choose between learning to support her child or maintaining the status quo in her conservative Texas town. After her teenage child announces that she is helping to start a chapter of the Gay Straight Alliance at the local high school, her mom says nothing, the high school principal says "No," the preacher says "No" but grandma says, "Hell No!" With sharp wit and humor, this rich and poetic story explores what it means to be a parent and an advocate in these changing times. Masks are recommended.

SEASON TICKETS now available.

TEK GALLERY

Storytelling Event "When Love Walks In"

February 11 at 8 p.m.

3383 Lawrenceville Hwy
Tucker, GA
Stories about how finding love
impacted people in unexpected
ways.

For more information, visit www.rek.gallery

Looking for a way to give back to your community?

THE SMOKE SIGNAL is looking for a few more writers or people with a passion for storytelling. Contact: staff@smokesignalnews.com

DID YOU KNOW? TUCKER REC ROCKS!

The following activities are regularly available at Tucker Recreation Center. It is also home to Tucker Parks and Rec Summer Camp Program.

February Events

the big game!

at Tucker Parks & Rec

SUPER BOWL LVII

FEBRUARY 12

REGISTER NOW

AGES:12-18

TIME: 5-9 P.M.

Calling all teens! Bring your friends

and come to the Rec Center and watch

VALENTINE'S DANCE CLASS

FEBRUARY 11

COST: \$35

EIM Dance is excited to host a fun,

amazing opportunity for parents and

VALENTINE'S DAY

SENIOR LUNCHEON

FEBRUARY 14

~REGISTER NOW~

COST: \$10

Seniors, join us for our 5th annual

Senior Valentine's Day Luncheon to

enjoy a delicious meal and dessert!

children to bond through dance!

Bridge: Fridays 12-3 Canasta: Wednesdays 12-3 Mahjong: Thursdays 2-4

CLASSES:

Atlanta Woodcarvers and Chippers Thursday: 10:30-1:00 p.m. and Saturday: 10:30-1:00 p.m.

Learn to Draw (\$240/10 sessions): Mondays: 10:30- 12:00 or 6:30-8:30 p.m.

Pottery (\$235/9 week session): Times vary

Watercolor Classes (\$220/8 sessions) Wednesdays 9:30-12:00 p.m.

Women's West Africa Drumming (\$80/4 week session): Wednesday: 7:15 p.m.-8:15 p.m.

YOUTH CLASSES:

Dance Studio provided by EIM

LEGO League

provided by The Brick League (cost)

Theater provided by CandiNews Saturday: 1:00-2:30 p.m. (Cost per session)

West African Drumming Wednesday 6-7 p.m. (\$110/6 weeks)

SPORTS and FITNESS:

For Adults:

Basketball, Monday league,

Golf, Thursday league

Pickleball (indoor league)

Volleyball

Softball, Co-Ed Thursday league

Yoga, Tai Chi, Zumba, Zumba-Step, Ballroom Dance, EVOLVE Dance Fitness, Cardio and Core, Fit Camp Exercise class, Jacki S Fitness

For Seniors:

Silver foxes, Tuckercise

For Youth

Youth basketball league, Youth baseball/softball league, Tucker football league, Tucker youth soccer Association, Preschool gymnastics, Zumba for kids

The Rec Center staff is always happy to help and can be reached by phone at (470) 481-0205 or by email at parks@tuckerga.gov. The Rec Center can also be rented out for events.

ATHLETICS: CONTACT: Ray Rollins 470-481-0202 rrollins@tuckerga.gov

THEATRE CASTING CALL CALL CALL CALL CALL CALL CALL Directed by Jan Jensen

Thursday, Feb. 2, 7-9 pm and Sunday, Feb. 5, 2-4:30 pm

Seeking 6 diverse female actors mid-20s to mid-60s.

Auditions are by appointment only, so please sign up here. Auditions will consist of readings from the script. Copies of those scenes will be posted on this page no later than January 15.

Auditions will take place at the offices of Main Street Theatre at Rehoboth Baptist Church and consist of readings from the script. For the health and safety of all Main Street Theatre volunteers, everyone will be required to show proof of vaccination at audition check-in.

For questions, contact the director, Jan Jensen, at jensenj2003@yahoo.com.



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- First Responders & Educators
- Seniors

*See Advisor for details

770-496-0890 4633 Hugh Howell Road - Tucker, Georgia 30084

A Connected Community

By Joel Gilbert

Have you noticed how angry everyone seems to be these days? It certainly shows in the way they drive. Perhaps you have also seen the family tensions rise during the holidays and wonder why we can't just get along. It's even showing in our schools. Fights reported in Gwinnett County schools were up 32% from last year, and there was a 25% increase in weapons found in schools.

While there are serious problems and stresses in today's world, there is a way we can all help build a sense of wellness and peace in our local community if we learn to slow down a bit and get involved with those who live in our community to connect with each other. Supporting this idea, research at Harvard University, where studies of happiness and what makes for a good life have been ongoing for over 80 years, have found one surefire, scientifically proven predictor of happiness: developing warmer relationships.

When I grew up on Long Island, we knew our neighbors and talked to them when we mowed our lawns or walked to the mailbox, and we played together with the neighbor's kids in each other's backyards. Today, most of us have others mowing our lawns and have no idea who lives in the houses around us. That is how we felt when we moved to Kanawha about 5 years ago. Fortunately, some in our 200+home Kanawha community have been working tirelessly to change all this, and it is working. We now have a board of directors, officers, 15 block captains, regular newsletters, seasonal parties, a website with a resident directory, and multiple committees including a Welcoming, Social, and Entrance. It can be done when neighbors roll up their sleeves and work together for a common good cause.

This may sound like a trivial improvement to a much larger problem, but the Wall Street Journal, USA Today, and even the NY Times have all had recent articles pointing out how important it is to our mental and physical health to feel connected to others in our communities and to know our neighbors and share activities with them.

We are fortunate to have many fine churches, garden clubs, charities, and even a fabulous country club with an 18-hole golf course, tennis center, and workout facilities, all right here in Smoke Rise offering many healthy ways for us to socialize.

Just reading this community newspaper is a form of being connected. If any of our readers want to get more involved, let one of the staff members know of your interest. They are listed on page 2. If you like to write, edit, take pictures, or volunteer in some other way, get in touch. It is good for your mental and physical health and wonderful for our community. Connect!





Kanawha Community Association held their Annual Holiday Party at Smoke Rise Country Club on December 13th.

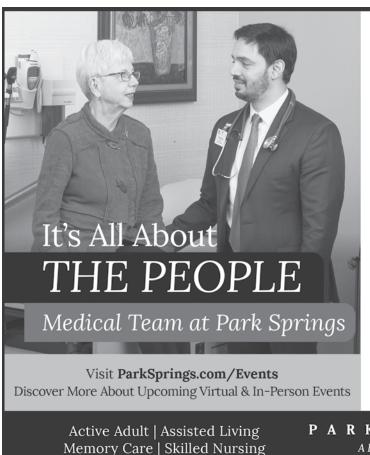
Pictured here are some of the organizers, including Susan Gilbert, KCA Vice President; Chuck Schwartz; Morriah McPhie, KCA Secretary; Jeff Kelley, KCA Former VP and Current Legal Advisor; Graham Felton, KCA President; Claire Jason, Social Committee Chair, Board of Directors, and Block Captain; and Daniel Jason, Board of Directors.

OPT IN to Dekalb Emergency Management Agency Alerts!

Many of us are used to getting Amber Alerts and Severe Weather Alerts. The recent boil water alert in Dekalb County was a reminder that Dekalb County Emergency Management Agency (DEMA) – Dekalb's 'FEMA' – has an 'opt-in' CodeRed alert system. When you sign up, Dekalb County will automatically send you evacuation notices, bio-terrorism alerts, missing children alerts, boil water alerts and severe weather alerts. You may not appreciate being on call for every little thing, but some of us missed the boil water alert by over 24 hours. Not naming names...

Find public.coderedweb.com and register.





"My approach to healthcare is not restrained or restricted by time. I am able to spend more time with Members, I am able to address their medical issue and provide better care."

- Dr. Khurram Khan

Hear insights from our medical team on how to age well in our Life Plan Community. Learn more about our wellness approach to dining, exercise, socialization and how our in-house team will help guide you to a healthy lifestyle.

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February, 2023 neighbors

WEDDINGS

SCHNEIDER ~ COUCH

On December 18, 2022, Constance Schneider and Bradley Couch were married in a beautiful ceremony in Acworth, Georgia. The couple met while students at Liberty University in Lynchburg, Virginia. Bradley just completed



his master's degree at Liberty in December and Constance is completing her second year at Emory Law School.

Constance and Bradley have made their home in Smoke Rise and are excited to be part of the community. Welcome to Smoke Rise, Mr. and Mrs. Couch!

LANIER ~ SMITH

Laura and Jay Smith of Smoke Rise and Stacey and Rick Lanier of Rutledge are pleased to announce the marriage of their children, Thomas Jackson "Jack" Smith III

and Elizabeth Ann Lanier. The ceremony was held at The Farm at High Shoals in Bishop, Georgia on November 5, 2022.

Jack is a lifelong resident of Smoke Rise. He graduated from The University of Georgia in 2021 where he earned a Batchelor of Science in Civil Engineering and is currently employed



by Jacobs Engineering. Elizabeth was born and raised in Rutledge, Georgia and also graduated from The University of Georgia where the couple met. She earned a Bachelor of Arts in Advertising and is currently employed with PT Solutions in Atlanta.

Jack's grandparents are Penny and Graham Stovall and the late Carol Woodbery of Smoke Rise and Laverne Smith and the late Jack Smith of Monticello. Elizabeth's grandparents are Ellen and James Smith and the late Peggy and Bill Lanier of Rutledge.

Local Students Win National Award at the 2023 Junior Theater Festival Atlanta



Students representing Smoke Rise Academy of Arts in Stone Mountain won a Freddie G Excellence in Dance award and earned other recognition at the 2023 Junior Theater Festival Atlanta (JTF Atlanta). The monumental weekend dedicated to rewarding and celebrating excellent student-driven musical theater programs happened January 13-15, 2023, at the Cobb Convention Center in Atlanta.

Scholarship Winners

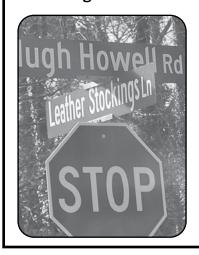
GFWC Stone Mountain Woman's Club

The GFWC Stone Mountain Woman's Club each year gives a Women's Empowerment Scholarship of \$1000 to a college graduate who is continuing her education. For the last two years the scholarship has gone to Smoke Rise residents.

HAVE YOU NOTICED?

Posted on Facebook by Tracie Farmer Scott of Smoke Rise:

"Hey, neighbors, Looks like our address has changed!"



The 2022 scholarship was awarded to Constance Schneider (Couch). Constance is a student at the Emory University School of Law. She volunteered at Emory's Immigrant Legal Assistance Program and worked with victims of sexual assault where she saw the need for representation for victims of sexual assault and abuse. Her law degree can help her bring justice to these victims. Constance was recently married, and she and her husband live in Smoke Rise. She is the daughter of Doctors Cheri and Michael Schneider.

The 2023 winner is Sarah Harris. Sara is pursuing a Master's Degree in Industrial and Product Design at Georgia Tech. Along with her studies, she works as a student assistant in the Department of Development helping with data analysis and organization and as a student ambassador for the College of Design. She is pursuing a career in human-centered designs that will help people and the planet by focusing on sustainability and the well-being of the user. Sarah enjoys pottery designing and creating. Her parents are Keith and Debbie Harris.

Congratulations to both of these young women who live in our Smoke Rise community.

Chiropractic Works The Proof is in our Patients!

Schwartz Chiropractic and Wellness



Dr. Schwartz has been treating your neighbors in Tucker and Smoke Rise for over 12 years. Visit our website to read more about our office.

New Patient Offer: Initial Consultation, Exam Xray's and 1st Adjustment \$99.

most insurance plans accepted (includes Medicare)

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Diamond Girls

So proud of our team! Six of our Smoke Rise Agents Team ladies won top awards for 2022. Four of the six live in Smoke Rise. Corbett Jordan, Sonia Hellen, DeeDee Wilson, Lisa French and Dee Scott are all in the top 10% in the nation for the company. Pat Soltys is in the top 1% in the nation. Did you know that 12 agents on our team live in Smoke Rise?

Call today and learn the difference of putting an award winning team to work for you.



770.573.9715

Powered by HIM SMART

www.smokeriseagents.com - Team@SmokeRiseAgents.com

community -

A Peek inside TUCKER'S MASTER PLANS

By Cheri Schneider

Did you know that on the Tuckerga.gov website there is a page dedicated to all the Master Plans so far adopted by the City of Tucker? Go to Tuckerga.gov/plans_and_studies/index.php if you are interested in scrolling through them or finding a specific plan.

The page is separated into "Ongoing Plans and Studies" and Completed Plans and Studies. Ongoing studies include an Economic Development Strategic Plan, the North-South Connectivity Study and Tucker Town Green Plans.

The second part of the page shows 12 clickable Completed Plans and Studies. Here are the names of these plans:

- Pavement Management
- Strategic Transportation Master Plan
- Mountain Industrial Blvd Corridor
- Intersection Safety Analysis
- Lawrenceville Highway Corridor
- Downtown Master Plan
- Pedestrian Safety
- Mountain Industrial Blvd at US 78
- Parks Master Plan
- LaVista Road-Fellowship
- Historic Resource Report
- Comprehensive Plan: Tucker Tomorrow

I clicked on Downtown Master Plan-adopted December 14, 2020. The developers of the plan and counsel member who evaluated the plan were first listed. This was followed by an Executive summary that included pre-existing conditions in the city and some interesting history. Then you could view the public input page. Under Existing Conditions, I went to the page titled Transportation Map. This showed how many cars went through intersections surrounding Tucker Downtown (23,000 per day at Cofer Crossing and 25,700 per day on Lawrenceville Highway south of the railroad). The Map showed areas that had a lack of sidewalks and crosswalks and noted where sidewalks and crosswalks are proposed. The rest of the pages laid out the full plan along with a proposed timeline.

I also peeked at the Pavement management section of the Plans page. This interested me as our neighborhood has had an epidemic of cars getting flat tires after hitting deep potholes. Fortunately, no one has been hurt or killed. One pothole took out at least 4 cars in 24 hours, and one of the cars had a bent rim. I discovered that the condition of the offending road is labeled 'fair'. Several other roads throughout Smoke Rise are marked in red and labeled 'poor'. Interested citizens can look at the Pavement Management Plan map for their area. Tucker usually posts the list of streets to be paved at the beginning of each year.

Please make use of the Tuckerga.gov website to see what your City is doing. Most of the clickable sections under Plans are very detailed! Even though I just skimmed through the Downtown Master Plan, I was able to learn a lot and appreciate just how much our city will be improved when the plans are complete. Currently, the Town Green portion of the plan (the park behind Local 7) is being hammered out. Thank you, thank you, thank you to all who worked on these plans! I am proud to be in Tucker and can't wait to see it transformed!

Other places to find info on Tucker plans/ and to find up to date Tucker news: Facebook: City of Tucker-Government and InTucker magazine!



SRCA ANNUAL MEMBERSHIP DRIVE BEGINS!

Watch your mailboxes for information We are a 501(c)3 Charitable Organization Your financial support is tax deductible

The SRCA supports many projects including; SmokeStack landscaping SR Community Garden Smoke Rise Elementary And MORE

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John Salvesen (404) 453-3438

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thehandymancanatlanta@gmail.com





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Thele Moore, Agent 1835 E Park Place Blvd Ste 111 Stone Mountain, GA 30087 Bus: (678) 537-8430 thelemooreinsurance.com Certified Agency in Customer Excellence

AMERICAN FAMILY

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February, 2023

features

Make A Wish Grants Wish Again

By Victor Economy

The 2022 Christmas season was as merry and bright as ever! We continued the tradition of decorating our home with thousands of lights and spreading Christmas cheer.

Santa and Mrs. Claus were able to stop by this year to hear requests and pose for pictures in their sleigh. We are happy that they made time in their busy schedules to do this and are hoping to have them come again next year!

With the help of neighbors, friends, and Make-A-Wish volunteers, we collected a record \$13,380.75 for Make-A-Wish Georgia. One hundred percent of the collected amount was presented to organization representative, Sarah Borel, on Wednesday, January 11th by my wife Theo and me. This amount exceeded the 2021 total and brings the grand total to \$74,645.73 for the past ten years (100% of collected donations go directly to the charity). We are so grateful to everyone for their donations and for the generosity they have shown to this wonderful organization.

On average, it costs \$10.000 to grant a wish, and we are thrilled that for the past two years we have been able to fully grant the wishes of local children! Once our Make-A-Wish child recipient for 2022 is revealed, we will be sure to share the details.

We also want to thank our wonderful Summit neighbors who tolerate the constant traffic on our street as well as all the individuals who dropped off their unwanted blow molds. We truly appreciate it!

We hope everyone had a Merry Christmas and a Happy New Year! We are already working on our new addition for this Christmas!

NEWS YOU CAN USE by AvivA Hoffmann

Tucker's New Crime-Fighting Tool

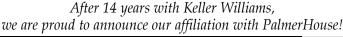
Arguably, advanced technology has created many benefits in the realm of crime-solving. One example is the use of video footage as evidence. Video testimony can be invaluable in helping authorities identify and prosecute criminals, especially in cases of assault, robbery, or other crimes. A new Video Surveillance Ordinance passed last fall in the City of Tucker serves this very purpose.

The approved legislation is designed to enhance public safety. The legislation outlines specific requirements for convenience stores in terms of video surveillance systems. These requirements include: maintaining a continuous, 24/7 operation of the system, including outside business hours; meeting minimum video quality standards and having infrared night vision for clear footage; having video coverage of key areas such as registers, points of entry and exit, gas pumps, loading docks, and parking areas; allowing inspections of the system to ensure compliance; submitting an annual affidavit attesting to compliance with the legislation as part of the occupational tax certificate renewal process; displaying proper notices to inform the public the premises are under active surveillance; providing recordings to authorities within 72 hours upon request; maintaining storage of footage for 60 days with accurate date and time display; and ensuring the system captures, and lighting extends, at least 75 feet beyond the perimeter of the building.

The Tucker ordinance compliments legislation recently passed by the DeKalb County Board of Commissioners and creates uniformity throughout the county. The video surveillance systems should be operational by June 30, 2023.

Non-compliance with the ordinance's requirements can result in penalties such as fines and/or imprisonment.

As George Orwell foretold, we all now have an older sibling looking out for us...



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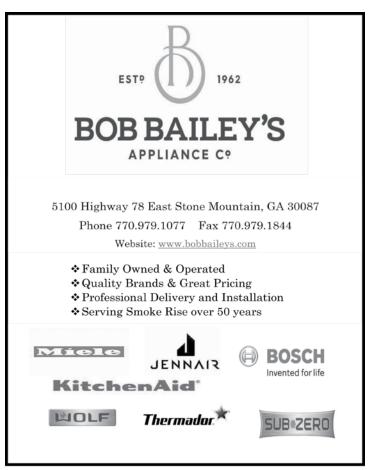
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Gardening and Other Thoughts...

Linda Karr

Groundhog Day is February 2nd. Will General Beauregard see his shadow this year meaning six more weeks of winter, or will "he" predict an early spring?

The recent hard freeze caused havoc in most of our gardens. It's hard to tell the extent of the damage now but we should know more as the warmer temperatures of spring bring plants back to life. As I walked through our garden, I was pleased with the condition of many plants but dismayed over others. The grasses and evergreen ferns continue to bring architectural interest and some of the hellebores are blooming. Daylilies, sedum, iris, rain lilies, hyacinths, and daffodils have all started to come up and show little or no damage from the extreme temperatures. Our huge rosemary bushes are 'fried'! The leaves on the evergreen clematis and Confederate jasmine have turned brown for the first time ever. One paperbush survived with minor damage while the buds on the other one in a different location were hit harder. The buds on the daphne show some damage. The camellia blooms were all decimated. All to say, that we may lose a few things and we may have fewer blooms than usual, but many will bounce back with new growth. Look at this as an opportunity to do some renovation in your garden and a little plant shopping!

Opportunities in the garden for February:

- Prune your dormant trees, roses, ornamental grasses, deciduous shrubs. Wait until blooms have faded to prune your spring flowering shrubs.
- If you haven't prepared your garden, do it now.
- Start your indoor seeds. Tomatoes take 6 to 8 weeks to grow from seed to transplant size and peppers take 8 weeks.
- Now is the time to prune your roses.
- Toward the end of the month plant Irish potatoes (3" deep), asparagus, sweet peas, mustard, turnips, spinach, and collards.
- The leaves should all be down so take time to clean up your flower beds and mulch them as necessary. Spring will be here before we know it – and you'll be ahead of the game.
- Cut back your butterfly bushes by two-thirds to one half to encourage new growth and bigger blossoms and more butterflies!
- Crowded perennials? You can divide and replant them as they come up. You can do this with your perennial herbs, also.
- Fertilize your spring blooming bulbs.
- Apply crabgrass preventer to your lawn this month.
- Enjoy your garden!



Out the Window

by Beth Henson

Ding, ding. The sharp alert on my phone slowly pulled me out of my warm, morning slumber a little earlier than I wanted. Glancing at the bedside clock, I could see the dimmed 5:30 a.m. A little soon to start my day, but on second thought, I had plenty to do.

I knew from my phone's signal that someone or something had triggered my trusty outdoor camera. Slipping into my new fuzzy housecoat (a present from Santa this year) and cushy slippers, I quietly pad-

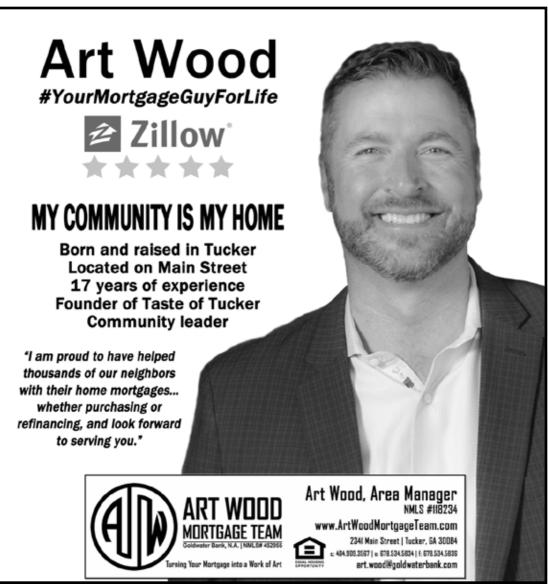


ded down the hall and into the den to peer out the window at my pre-sunrise visitors. As in many times before, a graceful herd of local white-tailed deer were traversing my front yard on their way to the upper side of the neighborhood, where a deer-friendly family left out food and a salt lick for them. I couldn't help but admire their beautiful smooth coats and graceful gait. I often saw these enchanting creatures early in the morning or on my brisk walk at end of the day.

Many people believe them to be creatures of the night, but they are actually crepuscular (most active at dawn and dusk). They sleep both during the day and at night, depending on the season, predators and what is happening in their environment.

Enjoy your day my lovely friends, and be sure to catch a few winks now and then!





February, 2023 features



Confessions of an EV Owner...Are EVs for You?

Part 2 of 4

My husband and frequent Smoke Signal contributor, Joel Gilbert, is a prolific writer and EV enthusiast. Here is the second installment of his experience with an EV that turns 8 this year and hits 60,000 miles.

While I have found the indicated range for my EV will be one number of miles, I have learned to discount that due to many factors. Sometimes these surprises have ben alarming and unsettling. On our first long trip I had mapped the location of each charge station along our route, and all were well within the claimed range of the car. Yeah, right ... not if you drove at the speed limit and certainly not if you drove over the speed limit. I learned very quickly that I had to keep my eye on how fast the battery was being depleted and usually had to slow down to make it to the charging station. That time I had 6 miles left when I entered the charge station even with slowing down ... and my heart was racing.



I have had times when I rolled into the charging station with only one mile left. That clearly is not for everyone. Especially given you don't just bring a can of gas to the parked car. And you don't bring a new battery either. I assume you must have the vehicle towed to a charging station or pay for a mobile truck to come and charge you up. We don't know because we haven't experienced a total depletion of the battery. I have been told the fee is about \$250.

Another unpleasant surprise came on a long trip when we hit something in the road flattening both the front and rear tires on one side of the car. There is no spare tire in the trunk (which is now true for many new cars), plus the front and rear tires on the Tesla Model S are not the same size. The car didn't become unstable, and I was able to slow down and get off the road to wait for a tow truck. That's when we learned another lesson about our EV, the tires are unusual and not stocked in most tire stores. We had to wait a week for the tires to be flown in from California. Fortunately, we were able to rent a car, continue our trip, and pick up our car on the return.

The good news is that it does usually cost a lot less to drive anywhere. The cost per mile for an EV is typically between \$0.04 - \$0.06 per mile if you charge at home. There are many retailers and office building offering free charging at their establishments. The cost per mile for gasoline cars is the price of gas (\$/gal) divided by the MPG for your car ... so it is typically much higher. Our gasoline powered car runs about \$0.13 per mile, or more than double the charge-at-home amount. Fortunately, we can recharge our EV at work for free, and we have a fast charge system at our house that can literally "fill 'er up" with 200+ miles of range overnight. Prior to upgrading to the fast charger, we could add only 3 miles per hour, or about 40 miles overnight.

Next month, in Part 3 of this 4-part focus on EVs, we will look at more of the financial implications, what you can expect for longevity of the car's battery, and some little known and surprising safety tips.

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When We Are Our Own Client

By Pat Soltys

Sometimes tasting our own medicine can provide great perspective. For over 45 years I have been helping people buy and sell homes. Recently, I sold my home where I have been for 18 years and bought another home. While this was my ninth home sale, it had been a long time since my last move.

It is kind of crazy the range of thoughts and feelings we attach to our homes when selling and the questions we torment ourselves with when we are the seller. Will they like my house? Why didn't they like my house? It has been "X" days since a showing, 30 days and no offers – what is wrong? Yes, I did everything that I tell my clients to do but we needed the right buyer. There is a buyer for every home.

In the meantime, I had accidently found my new home. It was not on the market and was part of an estate. Thank goodness, the sellers were patient and accepted my offer even with the contingency based on selling my home.

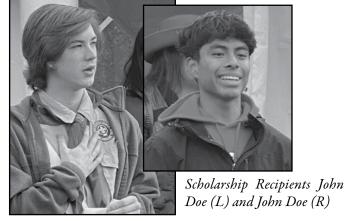
On the buying side – Was I paying too much? There was a lot to do. The inspection, while it brought things to light, was not insurmountable, just potentially costly. Could I make all the things work financially? No concerns that are not the same for everyone. The difference was that they were my concerns this time.

I had to take off my Realtor* hat on both sides, do as I would advise others, and take anticipation and emotion out of it to meet the objective. I had to make the best business decisions that would meet my goals possible. Did I get everything in the sale I wanted? No. Did I pay too much? Maybe a little, but it was the balancing act that was necessary to accomplish my goals in the end. Yes, it all worked out in the end, and I am pleased to finally be getting settled in my new home.

Walk to Remember

From Gaye Auman: It was a wonderful day for our Walk to Remember! Thank you to all who came January 21. Because of the generous support of our community and our sponsors Pat Soltys of Smoke Rise Agents, Penny Stovall, Steve Henson and Mountain Mums Garden Club, we can award 3 more driving scholarships this year! Thank you also to the Boy Scouts that helped to lead our walk & Tucker police who helped us cross streets safely. Thank you also to Tucker Parks & Recreation for all you do to make these parks safe & beautiful to walk in. As a neighbor said the morning of the walk, "this walk reminds me of why I love this community!" I agree completely!







Mountain Mums Walk to Remember...again.

features _____ February, 2023

HEALTH NOTES:

by Cheri Schneider, MD

Myths and Evidence About Upper Respiratory Infections

There are many myths and old wife's tales about respiratory infections and amazingly- even with data at our fingertips many myths are still accepted as truth.

How many of these statements do you believe?

- 1. If you go outside and get chilled, you can catch pneumonia.
- 2. Never go to bed with your hair wet, you will catch a cold.
- 3. If you have a sore throat, wrap a warm scarf around your neck it will go away faster
- 4. Use a humidifier in the room if you develop a cough.
- 5. Ask your doctor for an antibiotic if you have a cold, you will recover faster.
- 6. Decongestants help colds go away
- 7. Chicken soup will help you get over a cold.
- 8. Hot tea will help a sore throat
- 9. Taking vitamin C in mega doses will prevent a cold. (Zinc).

All the above statements are false except possibly numbers four and nine. Here is why: Virtually all colds are caused by one of the hundreds of viruses that cause cold symptoms. Antibiotics only work on bacteria, not viruses, so by definition, they will not help a cold or most upper respiratory infections (URIs) A caveat is that although colds and URIs frequently last 7-10 days or longer, a bacteria can hop on board when you are fighting off the infection. Because of this, some doctors may give an antibiotic around day 7-10 if there is a worsening of your symptoms (New fever, increase in cough, shortness of breath or worsening nasal discharge.)

Treatment of a cold is largely symptomatic: Tylenol (safest) or ibuprofen or other anti-inflammatories for aches and for fever. Many cold remedies have multiple ingredients, so check the list. You do not want to be taking, ibuprofen in the cold formula and extra on the side. Many cold formulas also have an antiallergy medication which can cause sedation. This is commonly what is included in 'pm' formulas. Decongestants may temporarily help congestion but can interact with some medications and can increase your blood pressure, trigger a glaucoma attack or cause rapid heart rate and jitteriness. I prefer that patients take individually what they need. Decongestants are no longer recommended in children's formulas due to the chance that seizures and or agitation may occur. Mucous thinners like guaifenesin can be helpful (in plain Mucinex), but you should watch for side effects like nausea and dizziness/ drowsiness. Again, check the ingredient list.

Chicken soup and hot tea are good symptom relievers, and there is no real downside. They feel good while they are being used. They may also provide humidification of the air. Humidity loosens mucous and prevents dry nasal passageways which are more susceptible to infection.

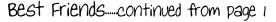
There was a study done in 2015 –in mice– that indicated that the lower temperatures of the nasal passage may be why many rhinoviruses cause nasal symptoms and not as much cough. They found that immune reaction was suppressed in the colder environment of the nose (in mice). While interesting this does not show cause/effect or mean that the same information is true in human beings. This study is the closest we have come to obeying the first three myths. However, it is a real leap to say that the mouse studies apply to human beings.

Finally: vitamin C or not? Zinc or not? Review of studies by Cochrane, including over 11,000 patients showed no benefit to taking Vitamin C on a regular basis to prevent a cold. In extreme athletes (marathon runners, etc) there was a noticeable difference. Taking vitamin C at the onset – to stop a cold – decreased the duration of symptoms a mere 12 hours (8%) in adults and perhaps a little more in children. One study (There were over 29 studies evaluated by Cochrane) showed taking 110 mg or more of vitamin C daily decreased colds slightly in women, but not men. There is no real downside to taking Vitamin C. You eliminate what your body does not use, so it will not hurt to try. Just be realistic about results.

Zinc Lozenges: Similar review by Cochrane showed taking 75 mg/day or more of Zinc – in lozenge form only – for 5 days or longer could cut down the length of time the patient was sick with a cold. It did not lessen the severity of symptoms. And the Zinc had to be started within 24 hours of onset of symptoms.

One interesting observation is that in 2020 and 2021, the number of colds, influenza and sinus infections was way down. This may be because many people wore masks, washed their hands more often and distanced or stayed home when they were sick. Your best bet is to do this too, and to cough into your sleeve not into the air.

PS: Cochrane is a great source to check for evidence-based medicine.



was nine and Ralph was thirteen. Our families became friends. As Nancy grew into a young lady, Ralph began to think of her as more than a family friend. Since we grew up together in church and our families were friends, our interests were much the same. We laugh and say that ours was an "arranged marriage". Of course, that is not true, and our love for each other over these fifty-six and a half years has never waned. We are as much in love today as we were the day we took our vows. We attribute our steadfast relationship to the fact that we love each other unconditionally. We put Christ first in our lives, and everything else falls into place. We believe with all our hearts that is the cornerstone of a successful marriage.

(Nancy and Ralph Pressley)

"Marry your best friend. I do not say that lightly. Really, truly find the strongest, happiest friendship in the person you fall in love with. Someone who speaks highly of you. Someone you can laugh with. The kind of laughs that make your belly ache, and your nose snort. The embarrassing, earnest, healing kind of laughs. Wit is important. Life is too short not to love someone who lets you be a fool with them. Make sure they are somebody who lets you cry, too. Despair will come. Find someone that you want to be there with you through those times. Most importantly, marry the one that makes passion, love, and madness combine and course through you. A love that will never dilute - even when the waters get deep, and dark." (quote by N'tima) ♥ ♥



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garden clubs February, 2023

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Georgia Iris Society

The Georgia Iris Society will meet on Saturday, February 11 at 2: 00 p.m. at St. Bartholomew Episcopal Church, 1790 LaVista Road, NE, Atlanta, Ga 30329.

Dr. Sandy Reed, hydrangea hybridizer, will present a program on HYDRANGEAS. Join us for education, beautification and recreation. Our meetings are free to the public and all are welcome. For more information, contact Quill Duncan 770-414-4766.

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Morning Glories Weather Winter's Woes

The January 2023 meeting was a unique event as the club convened at the conference room of member Allison Reeves' office building. The change of locale was due to the unfortunate mishap of broken piping at the Smoke Rise Country Club from the near zero temperatures in late December.

Our speaker for our meeting was Dr. Jim Mynes who is a Plant Pathologist. Jim has worked at the National Arboretum in TN and now has a company in the Atlanta area that specializes in rose care. Jim's style of presenting information was the Socratic method of question and answer on all things plants. Our club asked dozens of questions in wide ranging topics that he fielded with humor and factual responses. Many of the questions were about what to do about the recent severe cold weather damage to our plants. He advised that the best response now was to be patient and wait and see what happens. He stated plants have

natural responses to the environment and leaf drop is to be expected. It does not mean the plant is dead. Of course, some annuals such as pansies did succumb but established shrubs such as tea olive or ligustrum need a period of adjustment, so patience is the call.

Jim did share one fun fact about African Violets. It seems that 93% of African Violets grown for sale in the US are grown in Nashville, TN. So, the next time you see one in a nursery or floral shop that is probably where it was propagated.

President Janet McGinnis welcomed our new member, Sandy Hinton. Sandy's two daughters are club members, and we are happy to have two generations as part of our membership. In other news, the DeKalb Federation of Garden Clubs sponsors a Life Member Recognition meeting every February. This is a wonderful way to acknowledge club members from all twenty clubs who volunteer in their communities to support garden education and beautification. This February our club will honor Joy Abrams and Melodie Janin. Both ladies have been very active with gardening projects at Callanwolde, Wells Brown and Smoke Rise Elementary School. All current members are invited to attend to support Joy and Melodie and meet other honorees from various clubs. The date is February 23rd at 10:30 at Callanwolde Fine Arts Center and a luncheon provided by the DeKalb Federation board will follow the meeting. Our February meeting will be February 14 at 10:00 and will feature speaker Dianne Smith who will present a program entitled "Monet's Garden at Giverny, France: A Pictorial Tour". Contact Janet McGinnis for more information at 770-939-8878.

Mountain Mums Learn About Dogwoods/ Annual "Walk to Remember" 2023

Sixteen members of the Mountain Mums Garden Club kicked off 2023 by attending the January meeting hosted by Cheri Schneider. Co-hostesses were Mary Jacobson and Barbara Luton. President Gaye Auman convened the meeting and called on committee chairs to provide updates on current projects and upcoming DeKalb and State Federation events. Connie Henry provided a special inspiration based on Ralph Waldo Emerson's poem "To Laugh Often and Much," reminding us to live a life filled with laughter, positive people and a positive environment.

Of special importance was a reminder for everyone to attend the annual "Walk to Remember" on Saturday, January 21, a special project dedicated to remembering seven lives lost too soon in our community due to driving accidents. The goal of the three-mile walk through two Tucker parks is to promote driver safety among young learners. Donations are accepted to fund driving lesson scholarships in the area.

The meeting continued with Jim Mynes, co-owner and operator of Rose Gardens of Atlanta, providing a fun and lively discussion on the topic "All About Dogwoods" and more.

Jim is a plant pathologist with a wide range of knowledge based on decades of experience in university-based plant research. He shared tips on dealing with plant pests, diseases such as powdering mildew and other very insightful information, including when to trim plants back, how and when to transplant species, how often to water plants and shrubs and the importance of bees!

If you are interested in joining or would like more information about the Mountain Mums Garden Club, contact Mary Jacobson, Membership Chair, at mjacob1010@gmail.com.



Hostesses for mountain mums luncheon: Barbara Luton, Mary Jacobson and Cheri Schneider

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Amen, Let's Eat! by Joyce Ray



Casseroles are perfect for busy lifestyles and are most welcome in the winter. They can contain protein, veggies, noodles, rice or other grains, different kinds of cheese and sauces. Most are versatile enough to just use what you have on hand in pantry, fridge or freezer. This is the time of year to really savor a hot bubbly cheesy, creamy or tomato-based sauce over chicken or beef with delightful spices that brings a full meal to the table in a covered earthenware pot, a square "Pyrex" baking dish or cooked slowly in a crock pot.

Tex-Mex Chicken Casserole

This is super easy, and you can have it ready in an hour. Corn, Green Chilies, peppers or other varieties of beans can be used as preferred. I suggest using corn tortillas rather than those made with flour which can become gummy when baked with the sauce. If you want to make the casserole without them, you can serve the tortillas on the side for family members to "stuff" them as desired.

Note: When the recipe calls for cooked chicken breast, I buy the package of whole breast (with rib bones) at a lower price. Once cooked, the bones are easy to discard. You will have much more meat for the money as most of them are very large.

6 skinless chicken breasts cooked and shredded

(3 whole breasts)

8 oz sour cream

16 oz jar salsa

1 can cream of chicken soup

1 can red kidney or black beans, drained

1 small, diced onion

6 -12-inch corn tortillas, cut in strips

4 cups shredded Monterey or Mexican cheese with cheddar Sauté onion in small amount of cooking oil. Add salsa and sour cream. In 13x9 inch baking pan, place a layer of corn tortilla strips. Add salsa mixture on top, followed by

corn tortilla strips. Add salsa mixture on top, followed by layer of chicken and beans. Continue layering ingredients, ending with sauce mixture on top. Add cheese and bake at 350° for 20-30 minutes.

Sheet Pan Meat Loaf

The Sheet Pan Meatloaf is the creative idea of Ree Drummond (The Pioneer Woman). It is just as simple to make as cooking in a loaf pan but cooks faster. Leftovers are great for sandwiches.

6 slices white sandwich bread

1 cup whole milk

4 large eggs, whisked

1 ½ tsp seasoned salt

½ cup plain breadcrumbs

3 pounds ground beef

1 cup grated parmesan cheese

Black pepper

½ cup flat leaf fresh parsley

Cooking Spray

1 small, diced onion, sauteed (optional).

Preheat oven to 400°. Spray rimmed sheet pan generously with cooking spray and sprinkle dry breadcrumbs on top. Shake pan to evenly distribute in pan. Place bread slices in bowl and add milk. Let set for 5 minutes. Add ground beef, parmesan, onion, eggs, salt and parsley. Mix well. Drop large spoonsful of the meat mixture over the breadcrumb coated sheet pan. Press and pat it into an even layer all the way to edges. It will shrink when cooked. Set aside.

Glaze:

1 cup ketchup

½ cup packed brown sugar

2 Tablespoons balsamic vinegar

1 Tablespoon Worcestershire sauce

6 slices crisp bacon, not thick cut, roughly chopped

In small bowl mix all ingredients except bacon. Brush half of glaze on surface of meatloaf. Sprinkle cooked bacon on top. Bake meatloaf 20 minutes, then brush on the remaining glaze, then broil for 2-3 minutes, taking care not to burn top. Cut into squares and serve!