

SMOKE SIGNAL

VOLUME 50, ISSUE 12

Serving the Smoke Rise Community Since 1968

March, 2018

www.smokesignalnews.com



Happy St. Patrick's Day from the Smoke Signal!

The Smoke Rise Community Association Needs Your Support

What is the Smoke Rise Community Association (SRCA) and what does it do? The SRCA was established in the 1980's as a volunteer organization with financial support from Smoke Rise residents on a voluntary basis. Its purpose is to enhance the Smoke Rise community in both visual and quality-of-life aspects, as well as to keep abreast of potential and planned changes that affect our community.

Here are some of the things the SRCA does:

- Sponsors the "Walk to Remember" each January
- Sponsors the Stone Mountain Woman's Club "Christmas Tour of Homes" each November
- Holds a free document shredding each April, (next one is Saturday, April 21, 10:00 a.m. until 1:00 p.m. at Smoke Rise Elementary School)
- Maintains the community garden on Hugh Howell Road, located on the right as you enter Smoke Rise from the Tucker area
- Set up "little libraries" around the community
- Holds meetings throughout the year, including the association's annual meeting each March, as well as others as needs dictate
- Provides representation to the Friends of Tucker Parks and the Tucker Civic Association
- Maintains landscaping at 15 of our iconic neighborhood chimneys, the U.S. 78 triangle, the intersection of Hugh Howell and Silver Hill roads, and the flagship chimney at the intersection of Hugh Howell and Rosser Road
- Assists our two City of Tucker city council members with town hall meetings
- Maintains relations with Senator Steve Henson, Representative Billy Mitchell, Commissioner Nancy Jester, Smoke Rise Elementary School Principal Pamela McCloud, Mayor Frank Auman, Council Members, Bill Rosenfeld and Pat Soltys, and other City of Tucker service professionals
- Communicates regularly via updates in the *Smoke Signal*, Facebook and Nextdoor sites, and e-mail blasts

While some of us pay neighborhood association dues, those monies go specifically for the betterment of those neighborhoods. The SRCA uses 100% of your dues to promote and enhance the overall quality of Smoke Rise. While your SRCA dues are voluntary, you and your Smoke Rise neighbors contribute to all of our well-being.



Updates from the Smoke Rise Community Association

Mark your calendars for Saturday April 21 for the annual, free document shredding event beginning at 10:00 am at Smoke Rise Elementary School. Watch the April edition of Smoke Signal and social media for more details.

The 2018 membership renewal campaign continues. SRCA thanks all who have already paid their dues in response to various appeals. If you have not, send it in today either by mail or with an easy online payment.

As of the *Smoke Signal* press deadline, the date and location of the annual membership meeting had not been set. It will most likely be before the end of March, but please keep an eye on social media and other conduits for a detailed announcement.

Please do your part. If you haven't already done so, send your \$35.00 annual dues to the Smoke Rise Community Association. The mailing address is P.O. Box 870793, Smoke Rise, Georgia 30087, or you can pay online at www.smokerise.org/membership.

Thanks for helping Smoke Rise be a better place to live!

Please Note:

Many of our neighborhoods, particularly those having their own decorative front entrances, have a neighborhood fund to keep them up. Spencer's Mountain, Kanawha, and Millstone are examples of these kinds of entrances that take landscaping, lighting, irrigation, and other ongoing maintenance. So, keep in mind, this is separate from the great things SRCA is doing for us with what our own neighborhoods must do to maintain their "front doors."

Look inside for...

Schools in the Spotlight.....	pg. 3
Smoke Rise Veteran Honored.....	pg. 5
Osteoarthritis of the Knee	pg. 7
DeKalb's Small Business Loan Program.....	pg. 9
Free Mental Illness Education Program	pg. 10

We Are All Irish on St. Patrick's Day

By Joel Gilbert, P.E.



Customs are important, but over time, we tend to forget why we customarily do what we do. So, let's take a fresh look at something we all celebrate in one way or another: St. Patrick's Day. And, thankfully we have Wikipedia to provide the data.

First of all, who was St. Patrick? Known as the "Apostle of Ireland," he is the primary patron saint of Ireland, along with saints Brigit of Kildare and Columba. He is also venerated in the Anglican Communion, the Old Catholic Church and in the Eastern Orthodox Church as equal to the apostles. Pretty good credentials!

The dates of Patrick's life cannot be fixed with certainty, but there is broad agreement that he was active as a missionary in Ireland during the second half of the 5th century. Early medieval traditions regard him as the founder of Christianity in Ireland, converting a society practicing a form of Celtic polytheism, the belief in, or worship of, more than one god. He has been generally so regarded ever since, despite evidence of some earlier Christian presence in Ireland. By the seventh century, he had already come to be revered as the patron saint of Ireland.

So, he is worth remembering, and we all seem to participate in that by what we wear, eat and drink that

...continued on page 2

7th Annual Tucker Chili Cook-Off

The Old Town Tucker Merchants Association and The Local No. 7 host the seventh annual Tucker Chili Cook-Off, Saturday, March 10 from 1:00 p.m.

– 5:00 p.m. on Main Street, with live music beginning at 12:30 p.m. This is a great opportunity for people of all ages to celebrate Tucker's newly renovated downtown area and check out some of the new businesses, as well as raise money for the Day League. Day League

(formerly Dekalb Rape Crisis Center) provides direct services, prevention education, and advocacy for youth and adult survivors of sexual assault, their families and the community. Your \$5.00 entry gets you access to taste all the chili prepared by event contestants and gives you one vote to help award the coveted People's Choice prize. Soft drinks and water will be available for purchase from OTTMA, while adult beverages will be on offer, courtesy of The Local 7.

For more information or to find out how you can take part in the event, send an email to jameywilson@coferbrothers.com or call Jamey at (404) 556-7666.





Smoke Signal

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

Editorial Committee... Jan Mahoney(770) 621-0155
 Cheri Schneider(770) 717-9914
 *AvivA Hoffmann.... helloaviva@hotmail.com
 * This Issue's Editor-in-Chief
 Recording SecretarySusan Gilbertsgilbert@apogee.net
 Corresponding Secretary ..Barbara Bruschi.....(770) 934-4644
 Treasurer.....Harry Strack(770) 365-9381
 Classified Ads.....Harry Strack(770) 365-9381
 Display Ads.....Harry Strack(770) 365-9381
 Church News.....Susan Gilbertsgilbert@apogee.net
 Community AlertsCedric Ross.....(678) 983-4046
 Health NewsCheri Schneider, M.D.(770) 717-9914
 Flyer InsertsBarbara Luton.....(770) 491-6711
 Hodge PodgeJenny Hall.....(404) 200-4227
 Pet Lost & Found.....Kay McKenzie (770) 491-6784
 Social MediaPat Soltys(770) 573-9715
 News You Can Use.....AvivA Hoffmann helloaviva@hotmail.com
 Staff Writers.....Rene Boven.....(770) 905-5404
 Susan Gilbert.....(404) 312-8328
 Joyce Ray.....(770) 491-9015
 Pat Soltys.....(770) 573-9715
 Barbara Bruschi(770) 934-4644
 DistributionLaura Smith(770) 934-7595
 DeliveryMorgan Taylor and Charlie Smith

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

March Calendar of Events

- 5 **Smoke Rise Garden Club Meeting**, home of Paula Adeoba McEvoy
- 10 **Georgia Iris Society Meeting**
Bartholomew Episcopal Church, 2:00 p.m.
- 10 **Side by Side, Basketball Fundraiser**
Decatur High School Gym, 7:00 p.m.
- 10 **Tucker Chili Cook-Off**, Main Street, Tucker
1:00 p.m. – 5:00 p.m.
- 12 **Mountain Shadow Garden Club Meeting**, 7:30 p.m.
Founders Hall, Eastminster Presbyterian Church
- 14 **Mountain Mum's Garden Club Meeting**
home of Rene Boven, 9:45 a.m.
- 17 **Happy St. Patrick's Day!**
- 24 **Easter Party**, Smoke Rise Baptist, 10:30 a.m.
- 24 **DeKalb Recycling Exchange Event**
Tucker Recreation Center, 12:00 p.m. – 3:00 p.m.

Smoke Signal Deadlines

MARCH 13

Please e-mail articles to:

staff@smokesignalnews.com

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

Extra copies may be picked up at box at
5365 Smoke Rise Drive

Deadline for classified ads is MARCH 10

SMOKE SIGNAL FLYER INSERT POLICY

Cost: \$150 by check to *Smoke Signal*
 Deadline to Receive: 6:00 p.m. on 19th of month
 Flyer inserts should be 8 1/2" x 11" (flat, not folded)
 Please provide 2,300 copies
 Reservation Required:
 Contact Barbara Luton, (770) 491-6711 by 15th of month.

"Like" us on Facebook at www.facebook.com/SmokeSignalNews
 or visit our website at www.smokesignalnews.com
 Link to the digital version of the *Smoke Signal* at <http://eepurl.com/pjn4v>
 or scan this QR Code with your smart phone!



Irish... continued from page 1

day, regardless of whether we are Irish. In every year since 1991, March has been proclaimed Irish-American Heritage Month by the US Congress or President. Today, Saint Patrick's Day is widely celebrated in America by Irish and non-Irish alike. For most Irish-Americans, this holiday is both religious and festive. It is one of the leading days for consumption of alcohol in the United States, as individuals are allowed to break their Lenten sacrifices for the day in order to celebrate Saint Patrick's Day.

The consumption of artificially colored green beer is a common celebration. The holiday has been criticized for promoting over-indulgence in alcohol, resulting in drunk driving, property damage, absenteeism, and other public ill effects. A notable difference between traditions widely observed in the United States versus those of Ireland is the consumption of corned beef, which is not a traditional Irish dish, but rather one that was adopted by the new immigrants upon their arrival in the 19th Century. Many people choose to wear green colored clothing and items in celebration of the day. Traditionally, those who are caught not wearing green are pinched "affectionately."

Seattle and other cities paint the traffic stripes of their parade routes green. Chicago dyes its river green and has done so since 1962, when sewer workers used green dye to check for sewer discharges and had the idea to turn the river green for Saint Patrick's Day. Savannah dyes its downtown city fountains green. This practice seems to now be widespread. Savannah seems to have also earned the reputation for the biggest St. Patrick Day parade.



FREE NEIGHBORHOOD PET LOST AND FOUND
 Call Kay McKenzie at 770-491-6784 with information if you have lost or found a pet.

Smoke Rise Baptist Church

Dr. Chris George, Senior Pastor
 Bart McNeil, Associate Pastor
 Tim Adcox, Minister of Missions
 Kathy Dobbins, Minister of Spiritual Formation
 Danny Vancil, Minister of Music & Worship
 Becky Caswell-Speight, Minister to Families with Children
 Jeremy Colliver, Minister to Families with Youth
 Amanda Coe Burton, Director of Nursery Ministries
 Valerie Coe Lowder, Director of the Weekday School
 Telephone: (770) 469-5856
SmokeRiseBaptist.org

Sundays:
 9:00 a.m. Worship in the Chapel
 9:45 a.m. Sunday school
 11:00 a.m. Worship in the Sanctuary
 Communion: Second Sunday of each month
 Wednesdays:
 5:00-5:45 Fellowship Dinner
 6:00-7:00 Programs for children, youth and adults
 7:00-8:30 Sanctuary choir
 Nursery provided

Holy Week Schedule:

Palm Sunday March 25
 9:00 a.m.: Worship in the Chapel
 9:45 a.m.: Sunday School
 11:00 a.m.: Worship in the Sanctuary (Processional of the Palms)
 Maundy-Thursday March 29
 7:00 p.m.: Service of Holy Communion (Chapel)
 Good Friday March 30
 7:00 p.m.: Community Worship Service
 Eastminster Presbyterian Church
 Easter April 1
 9:45 a.m.: Sunday School
 11:00 a.m.: Worship in the Sanctuary

All are welcome!

Eastminster Presbyterian Church

Pastor: Rev. J. Caleb Clarke III
 Pastor of Senior Adult Ministries: Rev. Jeanne Simpson
 Director of Mission & Youth: Mark Sauls
 Director of Music Ministries: Andrew Meade
 Director of Preschool: Stacey Moura
 Director of School Age Program: Celeste Sears
 Director of Respite Care Program: Helen Wilborn
 Director of Communications: Joy Summerville-Johnson
 Telephone (770) 469-4881
www.eastminster.us

Respite Care Center Hours: 10 a.m.-3 p.m. Wednesday

Sundays:
 9:15 a.m. Sunday School for all ages
 10:30 a.m. Worship in the Sanctuary - nursery provided
 5:00 p.m. Youth Fellowship
 Communion: First Sunday of each month
 Wednesdays:
 5:45 p.m. Join us for dinner! - \$5 per adult
 6:30 p.m. Program
 7:30 p.m. Chancel Choir

Mount Carmel Christian Church

Senior Minister: Art Stansberry
 Worship Leader: Leslie Riley
 Coordinator of Kids Ministry - Jim Barber
 Director of Student Ministries: Will Tyler
 Telephone (770) 279-8437
www.mountcarmelcc.org

Sundays:
 8:30 a.m. Coffee/ Doughnuts/ Fellowship
 9:30 a.m. Bible School Classes – Adults & Children
 10:30 a.m. Worship

First Moravian Church

Pastor: Dr. Stephen Weisz
 Congregational Acolyte: Bill Hitz
 Telephone (770) 491-7250, (770) 755-8289
www.gamoravian.org

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

Incarnate Word Lutheran Church

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

Mountain West Church

Pastor: Michael Shreve
 Worship Arts Pastor: Gary Robinson
 Telephone (770) 491-0228
www.mwchurch.com
 4818 Hugh Howell Rd., Stone Mountain
 Service Times 8:00 a.m., 9:30 a.m., 11:30 a.m.
 Easter Sunday service times: 7 a.m. | 8:30 a.m. | 10:15 a.m. | 12 p.m.

GRADUATE

Jessica Kowalewicz, a Smoke Rise native and daughter of Joe and Debbie Kowalewicz, recently graduated in December 2017 from the Georgia Institute of Technology. Jessica received a Bachelor's Degree in Biomedical Engineering. She was a three-year starter on the Georgia Tech Softball Team and led the team in hitting her senior year. She accepted a position with Abbott Laboratories as a Technical Sales Specialist, Electro Physiology/Cardiac Rhythm Management.



The THS Foundation is inviting alumni and community to a golf tournament at Stone Mountain's Lakemont Golf course. The tournament will be held March 18 at 1:00 p.m. The cost is \$100.00 per person. The website for the Tucker High Foundation is <http://www.tuckerhigh-schoolfoundation.com>. The Foundation's goal is to have 16 foursomes.

The Foundation this year awarded two \$750.00 grants to staff members at Tucker and hopes do much more in the future.

THE BUREAU
OFFICE OF TRAVEL

FALL IN LOVE WITH THE EASE OF USING A TRAVEL AGENT...AGAIN.
LET US HELP CURATE YOUR PERSONAL, GROUP OR CORPORATE TRAVEL NEEDS.

p. 404.567.6610 | text. 404.448.5129 | scott@thebureau.world
THEBUREAU.WORLD
A 30087 OWNED AND OPERATED TRAVEL AGENCY

B
BOB BAILEY'S
Your Home Appliance Experts

- Quality Kitchen Appliances
- Serving Smoke Rise For Over 40 Years
- Free Estimates
- Fast, Professional Delivery and Installation
- Factory Authorized Service
- Great selection Of Energy Efficient, Innovative Products

5100 Highway 78 East Stone Mountain, GA 30087
Phone (770) 979-1077 Fax (770) 979-1844
Website: www.bobbaileys.com

BOSCH VIKING WOLF JENN-AIR SUB-ZERO SAMSUNG ASKO GE Scotsman Electrolux FIVE STAR

Smoke Rise Baptist Weekday School Now Registering for Fall

Smoke Rise Baptist Weekday School is now registering for the 2018-19 school year. Space in some current classes is available, depending on children's ages. Call Director, Rev. Valerie Coe Lowder at (678) 451-2284 with questions or to arrange a tour. The Weekday School is a ministry of Smoke Rise Baptist Church at 5901 Hugh Howell Road, Stone Mountain, GA 30087.

Next school year, Smoke Rise Baptist Weekday School will offer half-day classes for:

- Kindergarten – Monday-Friday
- Pre-K/Fours class – Monday-Friday
- Threes – 3, 4 or 5 days
- Older Twos – 3, 4 or 5 days
- Toddlers and Young Twos – 2, 3, 4, or 5 days
- Parents' Morning Out (6-15 months) – on Thursdays

At Smoke Rise Baptist Weekday School, young children worship, learn, care, serve and give. For nearly 50 years, Smoke Rise Baptist Weekday School has met the needs of children and families through loving teachers, excellent facilities, and curricula that stimulate young minds to play and discover. In a safe, loving and creative environment, children learn through play about their own capabilities, about Christian faith, and the skills necessary for success in elementary school and beyond.

Tucker High School in the Spotlight on National Signing Day

The Tucker Tigers football team had 17 young men sign national letters of intent to continue playing football at various collegiate levels.



Five of those players signed to play at Power Five schools, while four are headed to the Southeastern Conference. Under Coach Bryan Lamar, Tucker continued its proud football tradition this season by advancing to the state semifinals.



Smoke Rise Prep Open House and Culture Night

Smoke Rise Prep School celebrated another fun filled evening January 25 with "Culture Night," designed to embrace the diversity of the school, community, and world. Parents and community gathered in the auditorium to feast on foods from around the globe. The students and parents also hosted a fashion show exhibiting some of their native clothing, highlighting regions as diverse as Latin America, Africa, Europe, and Asia. The evening concluded with a raffle of gift baskets and an auction of baked goods.

Smoke Rise Prep is hosting a series of Open House meetings and school tours this spring. The school invites the public and inquisitive parents to visit. The following dates are currently on the calendar for Open House: March 8, March 18, and April 26. Private tours are available during the week as well. Call (678) 585-4210 or visit smokeriseprep.org for more information.

Smoke Rise Elementary Receives Dart Foundation Grant By Bernardette Cumming

The Smoke Rise Elementary School Jaguars are soaring with excitement, because they became the recipients of a \$4,500.00 grant from the Dart Foundation. That's right! The money will be used to expand the school's robotics program by purchasing 16 sets of Dash and Dot Robots, and the tablets will be used for programming. Kindergarten through second grade students will use the curriculum enrichment devices to learn programming, language arts, and math skills. In addition, the primary students will be able to participate in the annual Dash and Dot Robotics Competition.

Congratulations go also to Smoke Rise Elementary School's Golden Gear Robotics Club. Club members that participated in the First Lego League Robotics Competition on December 16, 2017 at Chamblee High School were O. Odegoke, K. Armstrong, E. Young, K. Mitchell, S. Pritchett, Ster Pritchett, and J. Williams. Students had a blast running their programs for the robotic missions as well as representing their research project. Smoke Rise Elementary School students represented the school and the community well by demonstrating good citizenship and professionalism. Excellent job Jaguars!

Mission Statement: Actively encourage the development of a "personal best" for

all Smoke Rise Elementary School students by providing a school environment that will enable them to meet the challenge of living and working in an increasingly complex society.

Vision Statement: To provide every Smoke Rise Elementary School student with the highest quality standards-based education, which will enable them to be on or above grade level.

St. John Neumann Regional Catholic School

- Catholic Values
- Community Service
- Family Involvement
- Financial Aid
- Extended Day Program
- Blue Ribbon School of Excellence

OPEN HOUSE every Tuesday from 8-10:30am

St. John Neumann Regional Catholic School
K-8th Grade ~ Serving Families Since 1986
791 Tom Smith Road • Lilburn, GA 30047
770-381-0557 • www.sjnrcs.org

**Smoke Rise Academy of the Arts to Present
DISNEY AND CAMERON MACKINTOSH'S MARY POPPINS JR.**

Shows presented free to community March 23-25

The Smoke Rise Academy of the Arts (SRAA) drama department will present for its spring production DISNEY AND CAMERON MACKINTOSH'S MARY POPPINS JR., Friday, March 23 through Sunday, March 25. The musical will be presented in the Fellowship Hall of Smoke Rise Baptist Church. Members of the Smoke Rise and surrounding community are invited to attend this free performance.

Everyone's favorite, practically perfect, nanny takes the stage in DISNEY AND CAMERON MACKINTOSH'S MARY POPPINS, billed as a "supercalifragilisticexpialidocious musical adventure." Based on the books by P.L. Travers and the classic Walt Disney film, the show delighted Broadway audiences for more than 2,500 performances and received nominations for nine Olivier and seven Tony Awards, including Best Musical.

MARY POPPINS JR. is a fun family show suitable for all ages. Show times are 7:00 p.m. Friday, 3.00 p.m. and 7.00 p.m. Saturday, and 3.00 p.m. Sunday. Each show will have live pre-show entertainment, and concessions are available for purchase during intermissions. Attendance is free with no tickets required.

Smoke Rise Academy of the Arts

The Smoke Rise Academy of Arts is housed in Smoke Rise Baptist Church at 5901 Hugh Howell Road in Stone Mountain. Classes are offered all year in music, dance, drama and art; visit www.smokerisebaptist.org/arts for class information and registrations. You can also follow the organization on Facebook.



Cast Members performing "Step in Time" (Photo credit L.A. Dison)

GFWC Stone Mountain Woman's Club News

Sharon Matheny was honored as the Club Woman of the Year for 2017. The announcement was made at the annual Christmas luncheon in December. Sharon leads the Night Guild and has been instrumental in clubwomen supporting Wellspring Living, a support for women and girls leaving human trafficking circumstances.

Eight members attended the GFWC Georgia Legislative Day in conjunction with the Stop the Violence Against Women Day at the state capitol. They attended a breakfast meeting where survivors spoke about personal violence they had experienced. At the capitol, members spoke with five representatives and Senator Steve Henson about the current bills regarding domestic violence. Preventing domestic violence is a signature project of the General Federation of Women's Clubs.



Pictured L-R: Marla Bexley, Jolene Davis, Marty Bryan, Barbara Luton, Andrea Redmond, Brenda Price, George Ann Hoffman, Shari Carter

The Georgia Council for Public Libraries provided lunch. Members spoke with librarians from around the state about funding for local libraries. Women's Clubs are supporters of education at all levels and supporters of local and state libraries. Ladies from the Stone Mountain club read and tutor at Smoke Rise and Stone Mountain Elementary Schools.

Smoke Rise Preferred Contractor's List

If you are looking for reliable people to build decks, paint, do electrical, plumbing, interior design and many other services, then request a copy of this list as a potential starting point. We maintain a free listing of contractors and other service providers that your neighbors have used successfully. If you want a copy of this list, please email Jim Farmer at: jimfarmer@live.com or call him at (770) 939-8949. We also ask for your feedback. Tell us about a contractor or service provider that you have used with opinions about their work. This information will be useful for future revisions of the list.



BERRETTA PAINTING
Licensed / Insured
RESIDENTIAL COMMERCIAL
Since 1965



- Interior / Exterior
- Home Improvements
- Wall Covering

770-923-0537
Basement Finishes

- Carpentry Repairs
- Pressure Cleaning
- Gutter Installation

"Customers receive a high quality, guaranteed paint job at competitive prices, always."

FODAC Wins Grants

The Home Depot Foundation Announced last week its winners of this year's Collaborative Innovation Grants - and Friends of Disabled Adults and Children (FODAC) won two of them totaling \$80,000.

FODAC will use the grant funds to create new partnerships with Children's Healthcare of Atlanta and Goodwill Industries of North Georgia. These partnerships will be mutually beneficial and support FODAC's mission of providing durable medical equipment (DME), such as wheelchairs, walkers, shower benches and patient lifts, to those with either short- or long-term mobility impairments, at little to no cost to the recipients or their caregivers.



FODAC's pediatric mobility equipment display room. (photo by L.A. Dison/Shiny Inc.)

The annual Collaborative Innovation Grant program is an invite-only competition for nonprofits in the Building Community Network, led by GCN and The Home Depot Foundation. Two organizations with different focus areas must apply together. Established in 2006, the Network is now Atlanta's largest and most influential collective of nonprofit leadership, bringing together 200-plus Atlanta-area organizations to support and share high-impact solutions, establish strong bonds between organizations, and equip nonprofits with innovative, multi-purpose tools for tackling entrenched issues.

Scott's Pressure Wash

Professional pressure washing—all surfaces
Decks, Stained and Sealed

678-469-1599

scottspressurewash.net • scottspressurewash@gmail.com

Belinda Belvin, REALTOR®

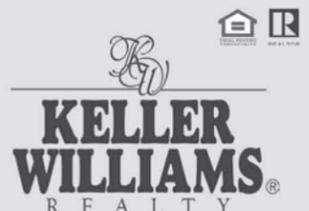
As a Smoke Rise native and a Realtor in the area, my knowledge of the area and of the market are unparalleled.

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



Belinda Belvin, REALTOR®
404-844-8811
bbelvin02@att.net

Keller Williams Realty
Atlanta Partners
1957 Lakeside Pkwy, Ste 520
Tucker GA 30084



Join the Social Committee at The Summit Swim & Tennis Club

By Jena Gress, Membership

It is going to be another exciting year at the Summit Swim Club, located on Silver Hill Road, as our social committee is gearing up to schedule more great, family events for our members. Last season, members enjoyed many great activities including a trivia night and dive-in movies. We are once again looking for members to join the social committee to help create another fun-filled summer calendar. If you are interested, contact us at smokerisesummitpool@gmail.com.

With a full season of activities and a newly resurfaced pool, it will be a great summer to join the Summit Swim & Tennis Club! Membership details and online registration are available at thesummitatmokerise.com. The Summit pool season is slated to begin May 25 and run through September 9. Hours are 6:00 a.m. to 8:00 p.m., daily, and until 10:00 p.m. on Friday and Saturday nights. That's a lot of pool fun and exercise for about \$3.00 a day for your entire family!

While you are waiting for the pool to open Memorial Day weekend, why not join the Summit Tennis Club? The courts are open year-round and host men's and women's ALTA leagues. They are another great way to enjoy our beautiful club. Consider adding this on to your pool membership for an even better value for the whole family, for just a little more.

Many member families return year after year to enjoy:

- uncrowded, quiet family-oriented facilities
- a saline pool filtration system is softer on skin, hair and swimsuits
- friendly, certified lifeguards on duty from 1:00 p.m. to closing
- covered pool pavilion with picnic tables, bathrooms, and fenced play area
- a separate diving area with diving board
- year-round tennis play on renovated, lighted, dual tennis courts

Early bird registration fees for family memberships paid by April 30 are \$365 for Pool only (normally \$390), and \$410 Pool & Tennis (normally \$430). Other membership options are Tennis only for \$275 or Single Adult Morning Swim 6:00 a.m.- Noon for \$175.

Don't miss out on the savings, prices go up on May 1. Register today at thesummitatmokerise.com.

Smoke Rise Veteran Selected for U.S. Army Officer Candidate School Hall of Fame

Captain Alfred J. Lipphardt to be inducted in Fort Benning ceremony

Smoke Rise resident, Alfred J. Lipphardt, has been selected for induction in the United States Army Officer Candidate School (OCS) Hall of Fame 2018. The ceremony is scheduled for Monday, March 26 at Fort Benning, Georgia. Attendees will include inductees and their families as well as notable guests such as Brigadier General (retired) Joseph "Smokin' Joe" Stringham.

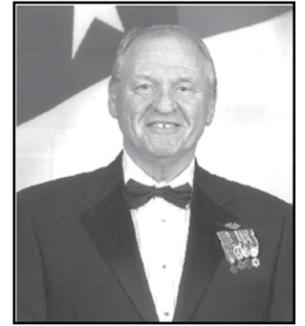
The OCS Hall of Fame honors graduates of the federal Army Officer Candidate School who have distinguished themselves in military or civilian pursuits. The Hall of Fame is an elite group that includes many notable and prestigious graduates, such as former Vice President, Bob Dole, and General Tommy Franks, former Commander of the U.S. Central Command.

Lipphardt was commissioned an Infantry Officer upon graduation from Officer Candidate School in 1966, Class 2-67; he separated from the Army in 1979 with the rank of Captain. His many command and staff assignments included Infantry Platoon Leader, Liaison and Chief Support Branch in Vietnam; Photo Intelligence Interpretation Officer in Washington, DC; Counter Intelligence Officer at Ft McPherson, Georgia; and Company Commander, Forest Park, Georgia.

Lipphardt's military education includes Infantry Officer Candidate School; Military Intelligence Aerial Surveillance Officer Course; Military Intelligence Officers Advanced Course; Foreign Service Institute Department of State; and United States Department of Agriculture Graduate School.

Awards include Bronze Star with V Device for Heroism, Bronze Star for Meritorious Service, Purple Heart, Army Commendation Medal, Good Conduct Medal, National Defense Service Medal, Vietnam Campaign Medal, Vietnam Service Medal, Vietnamese Cross of Gallantry with Palm, and Vietnamese Staff Service Medal 1st Class.

As a member of Veterans of Foreign Wars since 2002, Lipphardt has diligently sought to fulfill the mission of the VFW, including advocating for service members and veterans in the halls of Congress. He has received VFW's highest recognition of achievement in the form of the VFW Triple Crown Award for successful leadership as an All-American Post Commander in 2006, an All-American District Commander in 2010 and an All-American Department Commander in 2015 for his leadership as the VFW Department of Georgia State Commander. He is currently serving on the VFW National Legislative Committee.



Captain Alfred J. Lipphardt

As a civilian, Lipphardt has been a member of Rotary International since August 1984 and has received numerous leadership awards, including Rotary International's highest award for Service, the Service Above Self Award. He has also been awarded the Rotary International Foundation's Citation for Meritorious Service. He is a member of the Rotary Club of Stone Mountain, where he has twice served as president of the club as well as serving as District Governor for District 6900 from 1999 to 2000. Lipphardt has lived in Smoke Rise since 2003 with his wife Carol; they have two children and seven grandchildren.



Happiness is...

No Backpain, No Neckpain, No Headaches

GET A 50% DISCOUNT ON A CONSULT, EXAM & XRAY'S WITH THIS AD

Are You READY to Change Your Life? CALL NOW!

TUCKER (770) 938-4606 BROOKHAVEN (404) 767-8873

Changing Lives Since 1993 ♦ 5-Star Rated ♦ Offer Valid for New, Non-Medicare Patients



Mountain Creek Swim Club
2092 Mountain Creek Court
Stone Mountain GA 30087

**ARE YOU THINKING ABOUT SUMMER POOL FUN?
FIRST, JOIN ACTIVITIES FOR MARCH & APRIL!**

7th annual Tucker Chili Cook-Off, March 10
Mountain Creek Swim Club will be there
With the club's award-winning Flaming Flamingo Chili!
Starts at 1:00 p.m. Come support the pool and community... and have some Chili prepared by chef Paul Mosure. See you there!

* * * * *

Mountain Creek Swim Club invites you and your family to come take Easter pictures with Dante and Popcorn (therapy bunnies). The bunnies will be at Mountain Creek Swim Club on Sunday April 15 at 3:00 p.m.
Free for all, just bring a camera!

Then the Fun Continues with a Round of Magic the Gathering.
Free Family Fun!!!

* * * * *

2018 MEMBERSHIP TO MOUNTAIN CREEK SWIM CLUB!
\$350.00

ENJOY THE BIG, BEAUTIFUL POOL - DIVING BOARD - BABY POOL
LARGE, PRIVATE, POOLSIDE PARKING, FUN EVENTS FOR THE WHOLE FAMILY - HOLIDAY COOKOUTS
WATER AEROBICS FREE TO MEMBERS

Mountain Creek Swim Club is a family oriented swim club located at 2092 Mountain Creek Court. For more information, email MountainCreekSwimClub@gmail.com visit the Facebook page or website at MountainCreekSwimClub.com

770.573.9715





Smoke Rise Agents

www.smokeriseagents.com

Interested in what your home is worth?
Go to www.real-estate-prices.com

Superior Agents - Outstanding Support - Best in Class Tools & Technology = Great Results for Your Real Estate Needs

Of Note to the Community: Safety Alerts & Watches

by Cedric Ross

One home broken into is one too many. The place we call home is special no matter its size or condition. The feeling of your home being broken into changes how you view your safety. Please take a moment to review the previous columns that address home security. I am not saying that even with all of the safety measures we have listed, that will stop a determined intruder. We aim to make it harder for them to enter your home, and if they do enter, hopefully your cameras will record them. Your safety does not have a price that anyone can establish but you. As the weather begins to warm, take a look at your home through the eyes of a stranger who wants to break into it. What areas can you make changes to that will reduce the chances of someone breaking into your home?

Here are just a few suggestions - and by no means is this a complete list.

- Storm doors and window coverings
- Shatter resistant film on windows
- Motion detecting lights
- Security cameras that record inside and outside of the home
- Personal protection
- Keeping your car keys close to you and activating the car alarm if needed
- A dog
- Home alarm system
- Exterior alarm signs
- See previous columns for other ideas

Crime Reports – Sources for crime reports: individuals and Nextdoor Smoke Rise

- 2/12/2018 Location on Millstone: Burglarized, possibly entering through a rear entrance
- 2/12/2018 Location Mountain Creek – Burglarized, construction equipment taken among other things

Email address for submission(s) that we may list in this column – cedric64@live.com

District One Notes and Information

By Pat Soltys, Council Member, District 1 - Post 1, psoltys@tuckerga.gov (678) 236-2175
 Bill Rosenfeld, Council Member, District 1 - Post 2, brosenfeld@tuckerga.gov (404) 775-8331

Your local representatives are submitting a column each month for the Smoke Signal, as part of a pledge to communications. January and February have been very busy months for the City of Tucker. The city took over full operations and ownership of the Rec Center on January 1 from DeKalb County. This was the first acquisition, as the city fully takes over Parks and Recreation. All parks and public lands that are not state or county non recreational will be owned and operated by the city in the second quarter of this year. That includes the four parks in District One.

Carlton “Rip” Robertson is the head of the department and under his leadership, we are seeing improvements at the Rec Center, an assessment of the needs of all parks and soon the plan for the parks. A large part of the efforts for the parks comes through “Friends” groups. To help with the effort, Bill Rosenfeld and Pat Soltys will host a “Friends of Our Parks” organizational and informational meeting at 7:00 p.m. on March 14 at Smoke Rise Country Club. If you are interested in our parks, we hope you will attend the meeting.

In January, the council also hosted its first Town Hall meeting which was live streamed on Facebook. Representatives provided an update of what is happening with the city and spent a lot of time on questions and answers. About 100 residents attended the meeting.

The funds from the Special Local Option Sales Tax (SPLOST - a one penny sales tax) should be coming into Tucker beginning in April. A large part of that will go into road repair. To get that started, all 180 miles of Tucker roads have been assessed for degree and type of repairs needed as well as any underlying issues. The assessment report will prioritize the roads in terms of condition and need. Tucker will contract the repairs.

There have also been several annexations including five parcels south of East Ponce de Leon that are in the Stone Mountain Industrial corridor. Also on the agenda have been hearings for changes in zoning. To date, none of these are in District One.

Should you have questions or comments, our representatives are easy to reach.

DeKalb Recycling Exchange Events Begin

The DeKalb County Sanitation Division will host a series of recycling roll cart exchange events throughout the county.

Starting this month, subscribers will have the opportunity to complete the exchange process by trading in their 18-gallon recycling bin for a complimentary, 35-gallon recycling roll cart, or upgrading to a 65-gallon recycling cart for a one-time \$15.00 prepaid fee. Existing recycling subscribers should trade in 18-gallon bins by Dec. 28, 2018.



A limited number of roll carts will be available at each event, and new subscriptions can also be processed. All event participants are required to complete a recycling subscription form, which can be obtained by visiting www.dekalbsanitation.com. For more information about the exchange process, call (404) 294-2900 or go to the Sanitation Division’s administrative office located at 3720 Leroy Scott Dr., Decatur, GA 30032.

Saturday, March 24 (12:00 pm. – 3:00 p.m.)
 Tucker Recreation Center
 4898 Lavista Road, Tucker, GA 30084

HALL'S
 Flower Shop
 & Garden Center

Serving Smoke Rise Families Since 1946!

Flowers & Gifts For All Occasions!
 Green & Blooming Plants For Your Home & Garden

404-292-8446
www.HallsFlowerShop.com
 5706 Memorial Dr, Stone Mtn, 30083

Daily Delivery To Metro Atlanta, DeKalb and Gwinnett!

Window Cleaning



Absolute Residential Window Cleaning

678-516-7939

Serving Your Smoke Rise Community

All Work Done Completely by Owner.
 Contact: Paul Valenta

AbsoluteWindowCleaning.Net

Leslie Garwood SMOKE RISE REALTOR®
 Client-Focused Real Estate Guidance & Education



- 20 Year Smoke Rise Resident
- Top 11% in Company World Wide
- Experienced in all aspects of real estate: Buying, Selling, Investing & Renovating
- **Call me for a FREE Market Analysis of Your Home!**

BERKSHIRE HATHAWAY | Georgia Properties HomeServices

404-271-9940
Leslie.Garwood@BHSGA.com

© A member of the franchise system of BHH Affiliates, LLC

NEW SENIOR LIVING COMMUNITY

Coming Soon



Call today to learn more!



678-292-5998

2711 Lawrenceville Hwy • Decatur
bentonhouse.com/decatur

🏠 ♿ 📱 📺 📧

The Side-by-Side Clubhouse for Brain Injured Adults

Americans are more aware of Traumatic Brain Injury today because of news about injured military personnel. Other causes can be auto accidents, strokes, falls and unfortunately, attempted suicide. After hospitalization, patients and families are often left to cope on their own. There is help right here in Stone Mountain village at the Side by Side Clubhouse for Brain Injured Adults. It is the only resource of its kind in Georgia.

Side by Side functions as a "clubhouse" where members work "side by side" with volunteers and staff. Side by Side offers a place for continuation of recovery, mastery of skills and a return to the work force. What a positive thing for the families and caregivers!

Members handle answering the phones, creating newsletters, caring for the building and grounds, shopping for groceries and cooking meals. More than 540 members have benefited from this unique type of support. Members spend the day. This is not an overnight facility.

Side by Side was founded by Executive Director Cindi Johnson, a rehabilitation therapist, who recognized the need for a place for the brain-injured to gather and a need by their families for respite from caregiving. Cindi's smiling face can still be found at the house on Main Street, Stone Mountain, where they have been located since 2007.

Side by Side is a 501c3 not for profit corporation that received founding sponsorship from the Shepherd Center and from Emory Healthcare.

Side by Side sponsors the Jawbones vs. Sawbones Charity Basketball game with the proceeds going for scholarships for members to attend. Insurance often does not cover the cost for this rehabilitation.

If you would like more information about this hidden treasure right in our neighborhood, go to www.sidebysideclubhouse.org or go to the Facebook page. To help this month, please attend the basketball fundraiser, the Doctors and Lawyers vs. The Harlem Wizards, on Saturday, March 10, at 7:00 p.m. at the Decatur High School Gym. Tickets are on sale at the website. This will be a fun and entertaining evening for the whole family and will be supporting a very worthwhile and needed facility.



HEALTH NOTES:

by Cheri Schneider, M.D.

Wear and Tear Arthritis: Osteoarthritis of the Knee

The knee joint is one of the most critical joints in the body. It helps support our weight and gives us the flexibility to climb stairs, squat down, run and reach the ground easily. Osteoarthritis is the most common type of arthritis of the knee, and over time can lead to knee replacement surgery. Thousands of people in the U.S. have varying stages of this disease. The anatomy of the knee joint is an example of a beautiful, efficiently designed hinge joint. The joint is composed of the thighbone and the two lower leg bones, which are covered with a smooth protective layer of cartilage. Along with the synovium, which secrete synovial liquid, this cartilage enables the knee to glide smoothly as it bends. On top of the cartilage of the lower leg bones is the meniscus, a spongy, springy structure shaped like a figure of eight. The meniscus acts as a shock absorber in the knee. Various ligaments help rotate and stabilize the knee. The lateral collateral ligaments lie at the outer edge, while the medial collateral ligaments are on the inside. The anterior and posterior cruciate ligaments attach at the front and back. The kneecap completes the hinge with tendinous attachments to the quad muscles of the thigh and the lower leg bone. It primarily helps to extend the knee.

Osteoarthritis should really be called degenerative arthritis or "wear and tear" arthritis of the knee. This is because with time and use, the cartilage and cushion wears thin. If the joint is overused or over stressed, the surface can thin so much that areas of raw bone become exposed and rub together. The bone "over" reacts and develops overgrowths of bone called osteophytes. All of this causes inflammation, swelling, and pain. As the joint narrows and osteophytes form and increase, the joint becomes stiff and less mobile.

People most likely to develop osteoarthritis are those who have old knee injuries, use their knees repetitively, are obese, or are older than age 65. Also, people with weak or imbalanced leg muscles put a much greater strain on the knee joint. Some of these knee imbalances can also be genetic... such as "pigeon toes."

Diagnosis of osteoarthritis can usually be made by history alone. As the pain increases, an x-ray may be necessary to determine how advanced the arthritis is. Rarely, your doctor will take a sample of fluid from the joint to make sure it is not rheumatoid arthritis or gout.

Treatment of osteoarthritis is straightforward. Your doctor will probably suggest leg-strengthening exercises. This is especially important if you have weak muscles or an imbalance in muscle strength that causes extra stress on the joint. Tylenol and over-the-counter anti-inflammatory medications are next. Studies show Tylenol is just as effective as prescription anti-inflammatory meds like Naproxen and Ibuprofen. Codeine and other opioids are inappropriate and may lead to addiction!!! Glucosamine and/or chondroitin have very weak evidence to suggest they may help.

There are few side effects from these over-the-counter meds, so it may be worth a try. In select patients, a steroid injection into the joint may quiet down the inflammation and pain

for a time. Intra articular glucosamine has also been used with mixed results. Finally, once the joint has narrowed significantly and the cartilage is worn away, knee replacement surgery may be the only remaining option.

Regardless of the treatment, continuing to keep active with knee-sparing exercise has been shown to help. This includes swimming, walking, elliptical machines and sometimes a stationary bicycle.

Prevention of osteoarthritis is the best defense against it. Keep your weight down, your legs strong (quads and hamstrings) and avoid overuse activities.



Stone Mountain Animal Hospital
SMALL ANIMAL MEDICINE & SURGERY
DENTISTRY • BOARDING • BATHING

6053 Memorial Dr.
Stone Mountain, GA 30083
Phone: 770/469-6111

Dr. Jeff Brown
Dr. Nicole Aponte



*The Salon
you have
been looking
for... where you
discover your
own Style.*

1825 Rockbridge Road
Stone Mountain Festival
Shopping Center
770-879-1071

salon j. christian

PALMERHOUSE
PROPERTIES 



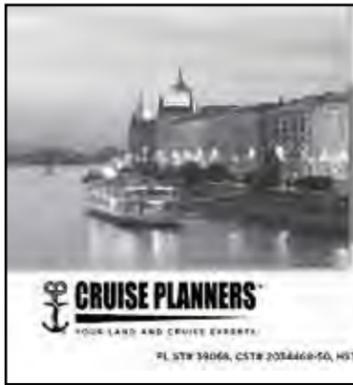
*Top Selling Realtors
in Smoke Rise with
over 425 sales since
1994 and 16 in 2017!*

John Porter
404-376-7069
atrealtor21@aol.com

Jim Shoults
678-592-1043

smokerishomes.com

			
1822 Chartwell Trace \$1,600,000		1773 Kings Mountain Drive \$595,000	
			
1788 Chartwell Trace \$588,000	2429 Spencers Way \$579,900	2061 Hessian Court \$345,900	4937 Chedworth Court (lot) \$189,900



River Cruising

AMAWATERWAYS
UNIWORLD
VIKING RIVER CRUISES
AMERICAN QUEEN STEAMBOAT
AVALON WATERWAYS
AND MORE!

LYNNE DUNDON
470-263-8900
lyn.dundon@cruiseplanners.com
lyndundon.aNewLatitude.com

CRUISE PLANNERS
YOUR LAND AND CRUISE EXPERTS

FL 32930, CT 06460-50, HI 96748-7050, WA 98103-369-504



JL Builders
And Company, Inc.

35 Years Experience

Jim Leonetti
Builder • President

Building And Remodeling

Smoke Rise Resident

• All types of Additions • Window & Door
• Kitchens & Baths • Replacements
• Basement Finishes • Roofing
• Exterior Makeovers • Decks

Proud Member of Atlanta Home Builders Association

770-493-4005 www.JLBinc.com



Joyce Ray

"the best way home"

joycemray@bellsouth.net
770-491-9015

Affiliated with
Chapman Hall Premier Realtors
1772B Century Blvd.
Atlanta, Georgia 30345

Serving buyers and sellers
in the North Metro
Atlanta area since 1988

CHAPMAN HALL
PREMIER REALTORS

Belco Electric
FAMILY OWNED & OPERATED
SINCE 1972

*Fast, Dependable 24-hr. Service by
Professional, Uniformed Electricians*

770-455-4556

Check out our website: BelcoInc.com
and follow us on   

The Eleanor Patrick Real Estate Group

Keller Williams Realty
Atlanta Partners



- Regular Sales
- Short Sales
- Senior Sellers
- Relocation
- Over 12 Years in the Smoke Rise Community!

For All Your Real Estate Needs!

Contact the Eleanor Patrick Real Estate Group

Innovative Personalized Professional Service
Put Us To Work For You Today

eleanorpatricksell@gmail.com
www.smokerisehomesforsale.com

404-721-2904



Stone Mountain and Tucker Rotary Clubs

“Rotary: Making a Difference” is Rotary International’s theme for 2017-2018, and the Rotary Clubs of Tucker and Stone Mountain each chose different ways in January and February to express that theme. The Tucker Club enjoyed lunch and a work session at Friends of Disabled Adults and Children (FODAC), during which members helped clean and sort donated DME items into inventory. FODAC depends on donations of gently used equipment, such as wheelchairs, walkers and other mobility aids, which are then refurbished and redistributed to those with short- and long-term disabilities, at little to no cost to the recipient.



Stone Mountain Club President, Gillian Leggett (center), poses with (from left) sponsor Gene Fleeman and his new member, Claus Friese. New member, Scott Zettergren, with sponsor, Al Lipphardt, a Smoke Rise resident.

The Stone Mountain Club enjoyed a visit in February from former forester Ron Kersey (who is also president of the Rotary E-Club of the South), who helped kick-off the club’s tree-planting project. The Stone Mountain Club distributed more than 200 bare-root dogwood saplings to members, who plan to plant them throughout Stone Mountain and Tucker over the coming weeks. The Stone Mountain tree project is part of a larger worldwide Rotary International initiative, which has pledged all clubs to plant one tree per member - 1.2 million - between July 1, 2017 and April 22, 2018 (Earth Day).

Both clubs continued the year with interesting speakers on a variety of topics. A highlight of Tucker’s January programming was Takashi Shinozuka, Consul General of Japan, who spoke to the club about the strong economic and cultural relations between Japan and the southeastern United States. Tucker members learned about the more than 500 Japan-related businesses located in Georgia, employing more than 36,000 workers. Stone Mountain welcomed former Atlanta police officer, Patricia Cocciolone, who spoke on her long journey to recovery after being shot in the head by an assailant with a semi-automatic rifle and “cop-killer” bullets in an ambush that killed her partner.

The Stone Mountain club welcomed two new members in February. Past President Al Lipphardt sponsored Scott Zettergren, owner of design agency/travel service, The Agency, and Gene Fleeman sponsored Claus Friese, founder of Stone Mountain restaurant and bakery, The Village Corner. Both new members were “pinned” at the weekly lunch meeting on February 6.

The Stone Mountain club meets every Tuesday for noon lunch in the fellowship hall of Stone Mountain First United Methodist Church; the Tucker Club meets every Thursday at noon in the fellowship hall of First Christian Church of Atlanta in Tucker. Visitors and those interested in learning more about Rotary are welcome to attend as a guest of either club. To learn more about the clubs and their upcoming programs, go to stonemountain-rotary.org or tuckerrotary.org, or follow the clubs on Facebook and Twitter.

WHAT IF 

YOU COULD BRING YOUR HOME WITH YOU?

Park Springs is Atlanta’s Premier Continuing Care Retirement Community.
Moving to **Park Springs** isn’t a resignation from your old life but a liberation to a new one.



PARK SPRINGS*
A Continuing Care Retirement Community



STONE MOUNTAIN, GA | PARKSPRINGS.COM | 678-684-3300 

NEWS YOU CAN USE

By Aviva Hoffmann

DeKalb's Small Business Loan Program

DeKalb County - are you ready to do business? Maybe you just need a little capital to take your company to the next level. For a start up – or small business with plans to grow – a loan can be the lifeline of existence. That's where the DeKalb Small Business Loan Program can help!

"A minimum loan is \$15,000 and the maximum loan is \$35,000, enough to get someone on their feet and help them expand. More importantly, the business must be in DeKalb County," said Barry Williams, NSP Project Manager, with DeKalb's Community Development Department.

The program originates through the US Department of Housing and Urban Development (HUD) and is administered through DeKalb's Community Development and "ACE" - Access to Capital for Entrepreneurs. If you have a new business in DeKalb, want to open a business in DeKalb, or even want to expand within DeKalb – the Small Business Loan Program may be right for you.

Qualified recipients receive affordable – low interest rate loans, for the purchase of machinery, equipment, supplies, real estate, construction, and more.

To learn more, call (404) 371-3217, send an email to: loans@aceloans.org, or go online to the application portal at: aceloans.org/dekalb-county-rlf. (DeKalb applicants are not required to pay an application fee from this online portal address.)



Life's 5th Season

Life's Fifth Season, is a seminar to open hearts and minds to issues of aging. You can join the Tucker community March 11 at St. Andrews Presbyterian Church, 4882 LaVista Road, Tucker, for a seminar acknowledging and planning for life's eventualities. This seminar is designed to encourage family conversations and planning for one's own later years, as well as that of parents and other family members who may be unable to live independently. Presenters will provide information on: Health Concerns faced during the aging process, what it's like to "grow old," issues of health, safety, comfort, palliative care, legal issues of aging, the Georgia Advance Healthcare Directive, and much more.

Life's Fifth Season begins with lunch in Heffner Hall from noon to 1:00 p.m., March 11 and is followed by presentations in the sanctuary between 1:00 p.m. and 4:00 p.m. Childcare is available for children 12 years of age and under. Please register online at <http://sapctucker.org/5thseason/> by March 7. Registration is \$10.00 for adults and \$5.00 for each child 12 years of age and under. Registrations received after March 7 may not include lunch or childcare. St. Andrews invites you to attend this important discussion!



Question: "Alexa, what's the weather in Atlanta?"

Answer: Currently in Atlanta, it's 63 degrees with cloudy skies. Expect a high of 70 and an overnight low of 56. You might want to have an umbrella handy today.

We have been enjoying the wonders of the Amazon Echo in our home for several years now. The simple black column, that answers questions and doubles as a speaker, sits on our kitchen counter. Besides informing us of the weather, our favorite feature is her ability to put items on our shopping list, hands-free, from our voice commands.

"Alexa, add eggs to the shopping list." Voila! Eggs magically appear on both my husband's and my iPhone shopping list. How convenient! Either of us can then pick up what we need next time we are at the store.

We were intrigued when we heard there was a new version, Echo Show, featuring a display screen, so we purchased one to see how it compared with the original Echo model. With the screen, you have an expanded universe of abilities. You can video-call or message your friends and family who also have an Echo or the Alexa App, hear the latest news, listen to audiobooks and much more.

We've found several features we like better than the original Echo device. For one, the screen constantly displays beautiful high-resolution pictures that are eye-catching and fun to watch. Landscapes, flowers, sunsets, waves crashing on sandy beaches, all constantly changing so you always have something new and different to look at. The pictures are accompanied by some text of the latest trending news, like "US ranks 6th in Winter Olympic medal count."

Having the screen has many advantages including the ability to see what is on the shopping list as opposed to just hearing it read back to you, which is all the original Echo can do. You can also connect the Show to your home security cameras to see what is going on outside your home, at the front door, or in the baby's room. If you'd like to see the lyrics displayed to the songs you hear, it can do that too. Show can turn on lights or the TV, change thermostat settings, control Amazon Video on Fire TV, and perform other functions with compatible smart-home devices.

Echo Show has eight microphones allowing it to hear you better than the original did. Even when it is playing music, the Show can hear you from across the room and answer questions or perform requested tasks. Echo Show is also an expertly-tuned speaker that fills the room with immersive, Dolby-powered audio.

Something intriguing about any of the Amazon devices is that they are always getting smarter, adding new features and services. Our Tucker-based software company, Apogee Interactive, Inc., has developed a new Alexa skill, "analyze my energy bill," which we are enabling later this year to customers of utilities across the country.

For humor, you might enjoy watching the Saturday Night Live spoof of the Amazon Echo called Amazon Silver. It's about Alexa adapted for the older generation. Just do an Internet search for Amazon Silver and get ready to laugh! Way too close to home for most of us!

Next month, we will look at the other two new additions to the Amazon Echo line, the Spot and the Dot. Both having interesting advantages. Be sure to come back to our April paper to learn about them.





ACS INC.

Heating & Air Conditioning
Quality Since 1969



ACS has been keeping Smoke Rise homes comfortable for over 30 years!

WE OFFER:

- Seasonal Tune-ups
- 24-Hour Emergency Service
- System Replacements
- Indoor Air Quality Products

CALL TODAY 770-939-7500



Septic Pumping & Repair

Drain Field Repair & Install

Affordable Prices, Free Estimates, & Fast Friendly Service

678-454-5911

Pumpcoseptic.com




B. Harry Strack, Jr.
Certified Public Accountant
Comprehensive Accounting Services
Computer Business Services
TIGER TAX
770-365-9381

1014 A Main Street
Stone Mountain, GA 30083
Next to Wages Funeral Home

125 Henson Drive
Monroe, GA 30655
Behind Kentucky Fried Chicken

azteczig@comcast.net
<http://tigertax.is-an-accountant.com>
Tiger Tax on Facebook

Free Mental Illness Education Program

By Alisa Porter, Program Director NAMI

Do you need help supporting your family member living with mental illness? The National Alliance on Mental Illness (NAMI) DeKalb is hosting Family-to-Family, a FREE 12-week course for family caregivers of individuals with serious mental health conditions. The course is taught by trained family members and focuses on schizophrenia, bipolar disorder, major depression, panic disorder, borderline personality disorder, posttraumatic stress disorder and obsessive-compulsive disorder. Education program starts Tuesday evenings, March 22 through May, 6:30 p.m. through 8:30 p.m. at North Decatur Rd, Decatur GA. Registration is required.

Contact Dianne Hiltman at namidiannehiltman@gmail.com or (678) 468-9430. namidekalb.com

The mission of the National Alliance on Mental Illness (NAMI) is to promote recovery and improve the quality-of-life for all who are afflicted by mental illness by providing support, education, and advocacy.

Course Covers

- Current information about schizophrenia, major depression, bipolar disorder (manic depression), panic disorder, obsessive-compulsive disorder, borderline personality disorder, and co-occurring brain disorders and addictive disorders
- Up-to-date information about medications, side effects, and strategies for medication adherence
- Current research related to the biology of brain disorders and the evidence-based, most effective treatments to promote recovery
- Gaining empathy by understanding the subjective, lived experience of a person with mental illness
- Learning in special workshops for problem solving, listening, and communication techniques
- Acquiring strategies for handling crises and relapse
- Focusing on care for the caregiver: coping with worry, stress, and emotional overload
- Guidance on locating appropriate supports and services within the community
- Information on advocacy initiatives designed to improve and expand services

Heads Up!...and Smartphones Down (Whenever You Can)

By Kathleen Y. McDuffie, PhD, MPH

So, let me start by stating, “Don’t get me wrong, I am not anti-tech.” I enjoy using emojis in text messages, listening to satellite radio, video-chatting and finding out what my high school and college schoolmates are up to, all from my smartphone... super-duper neat-orific! So no, I’m not a smartphone-hater by any means. However, I could be described as a life enthusiast. I love the adventure and growth that comes with life. I really love seeing rainbows and trees that look like they have hips and faces. I love hearing our eight-year-old singing a folk song at the top of his lungs, and I love meeting people and nurturing relationships. Ahh, social connection, a fundamental human need. Unfortunately, I’m finding that more and more, I’m denied the chance to make eye contact and say “Hi” or have that amazing conversation in the store checkout line.



As bonus to their fun-filled and relaxing “Third Thursday Therapy Ladies Night,” Smoke Rise Country Club members and guests participated in a National Day of Unplugging event, The “Unplugging” event featured a brief session facilitated by Smoke Rise resident, Dr. Kathleen McDuffie.

As it turns out, a lot of people are missing the magical moments that the present oftentimes gifts us. They miss the rainbows in the sky above their heads, the tree with a face that lives in their yard, and opportunities for experiencing social connection only inches away...all because they are looking at their smartphones (sometimes checking out other people’s trees with faces). Headlines quote surveys that estimate that the average cellphone users (across age groups) check their phones from 80-150 times per day. Some couples are having problems due to compulsive phone-checking. This is called “Pphubbing” or partner phone snubbing. Psychologist and Sociologist Sherry Turkle, Founding Director of the MIT Initiative on Technology and Self, informs us that by simply placing the cellphone in sight during a conversation can transform it from intimate to more trivial topics. Of course, we can think of times when people show us photos or videos from their phones during a conversation and how that actually adds value. That’s using the phone as a replacement for the photo album. There’s probably no harm done, if you do that and then put it away. It’s when you use the phone as your private magical transport vortex, to repeatedly pop in and out of a real life gathering in order to also attend virtual gatherings. This puts a damper on the real life gathering, keeping it more trivial and superficial than it would have been otherwise. According to a 2015 Pew survey, 82% of all adults indicated that phone use during a social engagement, weakened it.

So how can we have our smart phones and savor our lives too? Arianna Huffington, business women and author, suggests that we disconnect from our tech, reconnect with ourselves and loved ones and then go back to our tech. Sherry Turkle suggests having designated rooms (such as family room, bedroom) or times (such as meal times or riding in the car) when you put away the devices and interact with each other. If you are interested in getting more ideas about how to keep your “head up” and be more present in your life, try participating in the National Day of Unplugging which will be held on March 9 -10. For more information go to www.nationaldayofunplugging.com.

Boy Scout Troop 876 News

by Nate Young, Troop 876 Historian

On January 15-16, Troop 876 went to Cumberland Island and had a great time and lots of fun. The scouts explored the beach and wildlife on the island, saw wild horses, turkeys, armadillos, Pileated Woodpeckers and even racoons at our campsite. The scouts were able to climb many trees at the campsite. The scouts found many exciting items, including a hose which they played a game with! The scouts also found many great shells on the beach, and even horseshoe crabs. Overall, the scouts had a great time and hope to do it again.

If you would like to join us on fun trips like this, stop by one of our troop meetings at Eastminster Presbyterian Church, 5801 Hugh Howell Rd. on Mondays at 7:30 p.m., or check out our website bsatrop876.com.



Call me to experience the legendary service that only Harry Norman, REALTORS® can provide.

continuing the tradition...
Pam Heisler
 404.388.0076 | 404.897.5558
pam.heisler@harrynorman.com



HEISLER HOMES
Real Estate Sales



Harry Norman, REALTORS® The Intown Office | 1531 Piedmont Avenue NE, Suite B | Atlanta, Ga 30324 | 404.897.5558 | Leslie Johnson, Sr. VP/Managing Broker | The above information is believed to be accurate, but is not warranted. This offer is subject to errors, omissions, prior sale and withdrawals without notice. If your home is currently listed, this is not intended as a solicitation.

CLIMATE TECHNICIANS INCORPORATED

HEATING VENTILATION AIR CONDITIONING
 G.A. REG. #300339

STEPHEN A. RENNER

- PREVENTATIVE MAINTENANCE PROGRAMS TO PRESERVE AND EXTEND EQUIPMENT LIFE AND EFFICIENCY
- EMERGENCY REPAIR SERVICE
- 33 YEARS OF FIELD EXPERIENCE

LICENSED/INSURED **770-934-0510**

Mountain Mums Garden Club

The Mountain Mums had a busy start to 2018. On January 19, the club celebrated its 6th Walk to Remember. The crowd included the mayor and his wife, the Mountain Mums Garden Club, friends and families of area teens, members of the community and many dog friends! Special thanks to all of the sponsors! Because of your generosity, the club will again be able to sponsor at least two drivers and replace the no texting sign. Look for the daffodils that walkers planted at the corner of Silver Hill Road and Hugh Howell this spring. The Mums also replaced the deteriorating American flag that was hanging there. Boy Scout troop 876 will retire the old flag in a ceremony.

The Mountain Mums also visited friends at Brookside Senior Living in January. Nine Mums helped nine seniors make adorable table-top plantings of moss-covered bulbs. The next project at Brookstone will be in May.

For the February 14 meeting, the club had a real Valentine's Day treat! Doug Dorough, one of the original trustees of the Atlanta Botanical Gardens and award-winning landscape designer, gave an awe-inspiring slide show of properties he and his crew have transformed over the years. While he showed before and after pictures, he shared tips on creating a wonderful, cohesive landscape design. "The purpose of a good design is to extend the landscape from the house into the garden," he said.

"Design enhances architecture, it doesn't hide it," Doug said. This means that trees and bushes shouldn't cover up windows and doors. You should be able to see the front door! Weaving paths and walkways throughout the garden can make an area look larger. Repeat colors outside that you see inside the house... For example: carry browns that are present in the house to the outside furniture cushions or into the color of a bench. Thoughtful placement of lights in the garden can draw attention to areas you want guests to notice. At night you will be able to see trees and hardscape that fade into the background during the day. Gazebos and specially designed benches extend the eye to places of rest in the garden. Doug suggested roping an area out, before you start to work on a new project. If possible, set patio or outdoor furniture you plan to use inside the roped off area to see if the size is right for the space.

The Mountain Mums elected new officers for the 2018-2019 year: Lynn Malone will be President, Rene Boven, Vice President, and Beth Henson will take over as Corresponding Secretary. Ann Purr, Heather McLendon and Cheri Schneider will remain as Recording Secretary, Treasurer and Parliamentarian, respectively.

Come join the club March 14 at 9:45 a.m. at the home of Rene Boven. The topic is Camellias. Call Debby Jones (678) 260-7806 for directions and more information.



Carol Whales, Gaye Auman, Lucy White and Mary Jacobson at the home of Lucy White

"Hydrangea in the Garden" by Sara Henderson

The Mountain Shadow Garden Club (MSGC) meeting on March 12 will feature popular Atlanta-area garden educator, Sara Henderson, discussing "Hydrangea in the Garden." Currently Director of Gardens at Historic Oakland Cemetery in Atlanta, Sara has been a frequent lecturer at the Atlanta Botanical Garden, Southeastern Flower Show, Spruill Center for the Arts, the State Farmers Market, and numerous other venues. As past president of the Georgia Perennial



Sara Henderson

Plant Association and past president of the American Hydrangea Society, Sara also has extensive practical experience. Her personal garden was featured on the Georgia Gardener program for PBS and on HGTV's "A Gardener's Diary." Her garden has also been a tour stop for the Georgia Perennial Plant Association and other groups in past years.

While the Atlanta area offers a favorable environment for most types of hydrangeas, many gardeners are looking for more guidance on pruning, fertilization, propagation, watering, and other cultural practices. Winter hardiness and cold damage are important considerations, and it is important to select the best hydrangeas for different situations. In most cases, this would focus on the attributes and needs of the various species suitable

for the Atlanta area.

MSGC is open to men and women of all ages who enjoy learning about a diverse range of topics related to home landscapes, plants, and gardens. The meeting and program begin promptly at 7:30 p.m. in Founders Hall, Eastminster Presbyterian Church, 5801 Hugh Howell Road, Stone Mountain. Free. For more information and directions, contact club president, Jeff Raines, at (404) 641-8633. www.facebook.com/MtShadowGardenClub

Smoke Rise Garden Club

The Smoke Rise Garden Club met at the home of Peggy Clegg on January 8. It was a rainy, chilly night but Margarita Fajardo and Ann Weisz served homemade warm Thai chicken vegetable soup and Angel Food Cake with warm fruit compote to make up for the weather. The club watched an episode of the PBS show "Garden Smart," highlighting the Oakland Cemetery gardens. It sparked an interest in touring the Cemetery which places a priority on historically appropriate plantings. They've recently been restoring trees lost in storms as well. The club plans to add Oakland to the Field Trip list.

Ann, who serves as youth activities chairman, reported that the submissions for the Smokey Bear Poster contest, the Woodsy Owl Poetry contest and the Recyclable Sculpture contest have all been submitted. Fingers crossed for the student participants from Montgomery Elementary.

The February 5 meeting was held at Denise Finley's house. Co-hostesses were Alice Norton and Jane Culbertson. "Super Bowl Chili" and Rum Cake were on the menu!

The program by Tucker neighbor, Jeffrey Pitzing, focused on "Tips and tricks of caring for Hydrangeas." Jeffrey highly recommends the DeKalb County free compost. He also offered recommendations for good companion plants that will reseed (Larkspur, Bee Balm, Sacred Lily, Daylilies, Lenten roses, Hostas and Begonias).

Members nominated Jane Culbertson to receive a DeKalb Federation Life Membership. The Club planned a field trip to the Atlanta Botanical Garden Flower Show, February 25. Spring and summer plans include the annual April Plant Sale in May, a field trip to club member's Horse Farm, a Blueberry-picking trip, a Christmas in July workshop, a Summer Couples Party as well as the Golden Anniversary Celebration.

The March 5 meeting program is "Container Gardening" by Michael Eurey at Paula Adeoba McEvoy's house. The club extends congratulations to Jeff and Kathryn Banks on the arrival of their baby, Wesley Keys Banks! Smoke Rise Garden club is celebrating 50 years of Gardening this year! If you are interested in joining this club, which meets in the evenings on the first Monday of the month from September until May, please call Jane Culbertson at (770) 938-3060.



Smoke Rise GC January Hostesses Margarita Fajardo, Ann Weisz and Peggy Clegg

Hummingbirds Enchant the Morning Glories

By Quill Duncan

Did you know that hummingbirds weigh about the same as a penny and can fly 30 mph? And that they have a ball and socket joint like we do, so they can move their wings in a figure eight pattern to fly? Hummingbirds cannot walk because their legs are too short, but they can perch on a branch or limb. Their wings make the characteristic humming sound that gives them the common name. North America has 18 species of hummers, but Georgia has only one: the Ruby Throated hummingbird.

Our February speaker, Melanie Furr, Director of Education with the Atlanta Audubon Society, provided us with all this information and more! She shared tips to attract them to your landscape and a formula for the nectar that can supplement their diet. Hummers also thrive on plants that naturally offer the nectar such as coral honeysuckle, bee balm, tulip poplar, buckeye, trumpet vine, zinnia, jewel weed and cardinal flower. For more information on hummingbirds and other birds, go to the Atlanta Audubon website at atlantaudubon.org.

Our meeting was held in the ART Station board room in Stone Mountain Village and was hosted by President, Bonnie Pennington, and co-hostesses, MaryAnne Anderson, Julianne Goecke, Brenda Jones and Beth Woodward.

The raffle for this meeting was a lovely mixed container garden with violas, pansies, dianthus, rosemary and variegated ivy which was won by Joyce Ray. The raffle team was Judy Abrams, Gloria Cooke and Glendolyn Hallman.



Hostesses Bonnie Pennington, Julianne Goecke, Brenda Jones, MaryAnne Anderson and Beth Woodward.

Chiropractic Works

The Proof is in our Patients!

Schwartz Chiropractic and Wellness



Health and Vitality for a Lifetime



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)

4985 Lavista Road | Tucker, GA 30084

770-508-4456 | www.karlschwartzchiro.com

ATTENTION ADVERTISERS: All inquiries regarding advertising should be directed to: Classified and display ads: Harry Strack, tigertaxstrack@att.net. Flyers: Barbara Luton at barluton@aol.com.

All classified ads are limited to 20 words, with the *Smoke Signal* reserving the right to edit any copy. Ads are \$15.00 per month, (\$75.00 per six months if prepaid). Please submit by email a copy of ad to tigertaxstrack@att.net. Deadline is the 10th of each month. ADS NEED TO BE PREPAID. Checks should be made out to *Smoke Signal* and mailed to P.O. Box 763, Tucker, GA 30085. When submitting classified ads, please include your full name, address, and phone number. This information is for our records only! For classified ads, contact Harry Strack tigertaxstrack@att.net.
For information on display (box) advertisements or flyer inserts, see contact information on page 2.

Classified Ads

CENTRAL VACUUM SERVICES
Installation Repair Maintenance
Licensed/Insured
Residential/Commercial
Over 20 years experience
Call Steve at 770-630-1620
www.CentralVacuumServices.com

A KICKIN' & PICKIN' ESTATE SALES
We stage, price and sell your treasures and offer liquidation and cleaning services. Contact Rick Kicklighter at 678-234-6956.

SMOKE RISE LANDSCAPES
Licensed/Insured. Design. Installation. Year-Round Maintenance. Weed Control/Fertilization. Drainage. Hardscaping. Irrigation Systems. Pinestraw. 404-556-2634

WINDOW CLEANING —
Year-round detailed window cleaning by owner. Fully licensed, owner operated company.
Call Paul at 678-516-7939 or visit AbsoluteWindowCleaning.net.

WAGON LANDSCAPE GROUP
Residential, commercial, design and installation. Year-round maintenance, light tree work and cleanups. Licensed/insured SR resident with SR references. 770-381-3697.

AFFORDABLE LAWN CARE
Mowing, edging, pruning, trimming, etc. Reasonable, dependable, insured. Call Mark at 770-235-1231.

N.K. CONSTRUCTION
Stucco, Stones, Blocks, Brick, Tile, Driveways, Roof, Room Additions, Decks, Walls/Fences, Painting.
30 yrs. exp.
Nick 678-791-9546 (cell)
770-934-4148 (home)

PETS, PAPERS & POSIES: I'll care for them while you're away. Smoke Rise resident 30+ years. Karen Bouchard, 404-472-7348 petpapersandposies@gmail.com.

DOG BOARDING: Loving dog care. Small, selective, safe, fun. Your dog will be glad you went on vacation! Call 770-674-0680 or visit www.theshepherdsden.com.

Experienced, Affordable, Licensed. Metro Fireman: **Quality Pressure Washing and Gutter Cleaning.** A job done right by someone you can trust. Call Phillip Carlisle 404-328-6595.

COMPUTER AND NETWORK SALES AND SERVICES — Trusted company working with local community since 1995. References available. Call 770-979-1800 or visit www.thepclink.com.

HANDYMAN INC. has over 225 clients in the SR community. Providing all your "homework" needs. Logan Carlisle, owner and Handyman@770-235-3684.

(PLUMBER)
Plumbing-Electrical-H.V.A.C
Repairs-Replacement
New Installation
Family Owned and Operated
38 yrs Experience
Senior Discount
Call Troy-770-256-8940

LOCKSMITH SERVICES
— Deadbolts installed, re-key, repair, reinforced strike plates & motion lights installed, door threshold & weatherstrip replacement. SR res/SR ref, Rick 770-617-0466.

UPHOLSTERY AND TRIM
Recover replace and repair upholstery for auto, truck, motorcycle, boat, home, commercial and more. Call 770-465-0996 or visit www.freestyleupholstery.com.

Computer giving you a headache? Trusted, on-site computer repair working within the Smoke Rise community.
Call Terry at 678-827-6444

PIANO TUNING AND REPAIRS — Over 40 years of professional experience, contact Smoke Rise resident Steve Duncan at 770-414-4766 or lswd@att.net

Need a professional pet sitter? Call Critter Sittin' Sisters at 404-409-3765. We make your pets smile!

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

HODGE PODGE



This month's column comes from various staff of The Smoke Signal. Enjoy!

Heart-in-Hands Oven Bacon
(from Aurelia Luton)

This is an Amish recipe that came by way of Pennsylvania. It is always a hit with the Smoke Signal staff. The great part is that it can be prepared ahead and served at room temperature. One of the best things to serve at a brunch anytime of the year.

- 1 pound of bacon (regular)
- 3/4 cup of brown sugar (you can also use 1/2 cup of light brown sugar and 1/4 cup of dark brown sugar)
- 1 heaping tablespoon of flour (regular)
- 1/2 cup chopped pecans (finely chopped)

Lay the bacon side by side on "throw away" broiler pans. Mix flour, sugar and pecans. Sprinkle on top of the bacon. Bake at 350° for 30 minutes (maybe longer, depending on your oven). Shift the pans so they cook evenly. Remove immediately and drain well on paper towels. Allow to cool to room temperature. Cut into bite-size pieces. To store, refrigerate. To serve, remove from refrigerator and allow to warm to room temperature.

(from Barbara Luton)
I like this method better.

Cover cookie sheet with foil. Spray wire rack with cooking spray. Cook bacon on wire rack for 20 minutes, rotate pan and cook 15 more minutes—depending on crispness that you want for bacon. Place wire rack over paper towels and let bacon cool.

Pecan Pie Muffins

(from Patty Lea Castleberry)

This recipe came from a friend in Tennessee. Every time Barbara Luton makes them for a crowd, she's asked for the recipe. These little bites can be served with brunch, lunch or as a snack. If you like pecan pie, you will want to try these muffins.

- Mix:
- 1-cup brown sugar
 - 1/2 cup plain flour
 - 1 cup chopped pecans

- Stir in with spoon:
- 2 eggs beaten
 - 1 1/3 sticks margarine or butter (softened 2/3 of the way)
 - 1 used melted
 - 1-teaspoon vanilla

Spray pans, including top with baking spray, to make it easier to remove from pan.

- 12 regular muffins
- 36 mini muffins
- 350° 20-25 minutes for regular
- 15-20 for minis

Strata with Asparagus, Sausage and Fontina
(from Barbara Luton)

- 12 slices of French bread cut into 1-inch cubes
- 2 Tsp. of butter or 1 Tbsp. of oil
- 10 oz. of breakfast sausage, can use more, if you like
- 16 eggs
- 6 cups milk
- 1 bunch scallions, white part only
- 4 roasted red bell peppers, peeled, seeded and cut into thin slices. Can use flame roasted red peppers (I use Italian-style Vigo brand)
- 1lb. asparagus, rough ends cut, cook till tender and cut into 1-inch pieces
- Salt and Pepper to taste
- 4 cups of grated Fontina, important to use this cheese

Cook sausage in butter till brown on all sides; 5-7 minutes. Transfer with slotted spoon to plate and let cool, cut into thin slices. Combine French bread with sausage and keep till ready to use. Wisk together eggs and milk, pour over bread and sausage mixture. Add onions, asparagus, peppers, salt and pepper and 3 cups of Fontina, mix well. Before cooking at 350°, sprinkle with one cup of Fontina. Place everything into a buttered casserole dish. Cook one hour at 350°. Let cool before serving. Serves 12 people.

Georgia Iris Society Meeting

The Georgia Iris Society will meet on Saturday, March 10 at 2:00 p.m. at St. Bartholomew Episcopal Church, 1790 Lavista Road, NE, Atlanta, Ga. 30329.

Keep Georgia Beautiful Program Coordinator, Meagan Whitehead will speak on ways in which we are able to be involved at the local level to assist in the mission to help make Georgia a cleaner, greener, safer, and more beautiful place to live.

Learn more about education, beautification and recreation. Meetings are free and all are welcome. Door prizes and light snacks will be provided.

For more information, contact Kathy Blackwell (678) 471-2604.

**BRING A BOOK
—
TAKE A BOOK**

**Don't forget
to check out the
Little Libraries
that
have
popped
up
near the
swim
clubs.**



smoke rise dental
HASSAN ABDEL MOETI, D.M.D.

*We take care of
all your dental needs...*

- > CT Scan 3D Imaging
- > Digital x-rays
- > Laser Treatment
- > Implants
- > Invisalign clear braces
- > Smile Makeovers
- > CEREC same day crowns

5500 A Lilburn-Stone
Mountain Rd.
Smoke Rise, GA 30087

www.smokerisedental.com

FREE DENTAL IMPLANTS CONSULTATION
FREE COSMETIC CONSULTATION

CALL FOR APPOINTMENT • 770-923-5500

GENERAL DENTISTRY • IMPLANT DENTISTRY • COSMETIC DENTISTRY