SMOKE SIGNAL

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Serving the Smoke Rise Community since 1968

June, 2023

www.smokesignalnews.com



Happy Father's Day from the Smoke Signal staff!

Tucker Day 2023 Was Out of This World!

by Bob Espy - Chair Tucker Day

"Wow, what a great time!" "One of the best Tucker Days ever!" These were some of the comments that my co-chair Marsha Ashby and I, along with many of the committee members, heard throughout the day on May 6th.

Our theme this year was "Out of This World". We had over 140 vendors with around

5,000 attendees. The weather was perfect, dry, and sunny with a slight breeze. We started clearing the street on Friday May 5th and on Saturday May 6th volunteers showed up at 5:30am while vendors started showing up at 6am. Tucker Day began promptly at 9am with the Air Force Color Guard and National Anthem song by Charlton Allen. We had three stages: Railroad Ave., 1st Ave., and the Main Stage at LaVista. Our entertainment was organized by Rocky Ball. Music was played throughout the day after the parade.



The parade for the first time in over a decade had cars and they were very well received by the attendees. I would like to thank Chip Cofer for working with me organizing the cars for the parade. There were 27 participant groups this year for the parade not including cars. Albert and Mary Still as well as Kathy Forster were instrumental in arranging all that participated.



Our food vendors this year offered the most diverse selection Tucker Day has ever seen. A huge thank you to Kristen Kametches for managing these vendors. The food was delicious and plentiful. All the food vendors are looking forward to coming back next year.

The logistics worked out well this year from the shut down of Main Street, to the day of the event and re-opening of Main Street. Many thanks to Bob Smith, Janice & Lou Brown, the DeKalb Police, and Boy Scout Troop 876.

We could not do this without our sponsors

and thank you to Johnathan Clark and Honey Van de Kreke for coordinating with them. Please go to tuckerday.com to see all those that helped make Tucker Day a huge success.

The Kid Zone coordinated by Tom and Anne Edmondson was another success story of the day. It surpassed last year's attendance and all the kids seemed to have fun. There was a bouncy house, face paint, and Dart Art just to name a few activities. They even had a scavenger hunt that took kids all over the event space.

Our information and merchandise booth were handled by Harriett Gess. This year was extremely well organized, and customers appreciated the expediency of information

and check out when purchasing items. We had key chains and T-Shirts for this year. We also had nostalgic memorabilia from years past that can be purchased year-round from our website.



We're looking forward to making next year even better! If you attended, Thank You! If you missed it, put it on your calendar for next May. More info to follow later this year.

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Who is a Father? By Victoria R. Crosby

A father is a man who builds a child's self-esteem, who knows there's a time to let a child dream. Some fathers change diapers, feed babies, play ball. A father today has to just do it all.

Sometimes a person feels close to a man, and they'd like to show how they feel if they can, to a father in spirit, not related by blood, a person who helped them be all that they could.

By birth or adoption, or family ties, to have a father figure who will help you realize all your hopes and ambition, when that is his mission, his close friendship is worth more than all the treasures on earth.

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Dear friends,

On behalf of the Smoke Signal's Board of Directors and staff, I want to thank you for your continued support of our local newspaper. We are an all-volunteer organization. "We do what we love," as the old saying goes. We are in the process of re-organizing the newspaper to make it better, more efficient, and stronger than before. To effect these changes, your Board and staff have been hard at work. We have updated our by-laws, created a Policy & Procedures Manual, streamlined our invoice process for advertisers, and engaged professional accounting services. With that said, as in the past, we ask that you consider continuing to support the newspaper you love, The Smoke Signal, as a contributor. We will accept any donations and as a contributor you will be recognized as "going above and beyond" for our publication. Donation levels start at: Friend \$100-\$250; Supporter \$251-\$499; Sustainer \$500-\$749; Benefactor \$750-\$999; Patron \$1,000+.

We will also take anonymous donations. Please consider donating today. All donations may be sent to The Smoke Signal, P. O Box 1038 Tucker, GA 30085.

Sincerely,

Bob Espy, President, The Smoke Signal



Smoke Signal

P.O. Box 1038, Tucker, GA 30085

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

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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

JUNE 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 JUNE 10

SMOKE SIGNAL FLYER INSERT POLICY

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

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

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Preferred Formats for Smoke Signal Submissions

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

Smoke Signal Political Policy

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

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

ATTENTION GRADUATES, NEWLYWEDS, AND HONOREES

Please send in your picture and a brief article for publication in the *Smoke Signal*.

Email submissions to staff@smokesignalnews.com



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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

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SmokeRiseBaptist.org

SUNDAY

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

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

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

Eastminster Presbyterian Church

Pastor ~ Rev. J. Caleb Clarke III

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

MC3 Church

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

Sunday Schedule:

10:00 a.m. Coffee and donuts

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

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

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

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

First Moravian Church

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

Sundays: 10:00 a.m. Sunday School–Adults & Children

11:00 a.m. Worship 12:00 p.m. Fellowship Time

Incarnate Word Lutheran Church

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

Mountain West Church

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

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

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

The Smoke Signal has a New Post Office Box!

Please note our new mailing address:
P.O. Box 1038
Tucker, GA 30085

June, 2023 let's go!

2nd Annual Tucker Juneteenth Jubilee

Citizens for Family Activities in Tucker LLC has partnered with non-profit Frontline Community Services LLC for this year's 2nd Annual Tucker Juneteenth Jubilee on Saturday, June 17, 2023. The festivities will begin with a Unity March down Main Street, beginning at Railroad Avenue and ending at Church Street Greenspace, located at



4316 Church Street, Tucker, Georgia 30084. All are welcome to march in the Unity Parade as well as non-inflammatory signs and banners.

Festivities at the Church Street Greenspace will include guest speakers, live music, dance performances, art, a children's area, and food & merchandise vendors. Bring your blankets, lawn chairs, picnic baskets, board games, frisbees, and cold water to enjoy a day of unity and celebrate the freedom for all Americans with your friends and neighbors.

If you are interested in becoming a sponsor or vending at Tucker Juneteenth Jubilee, please email info@CFATucker.org.

Free Concert in Tucker

The Metro Atlanta Chorus (Formerly Chorale II) will present "MADE IN AMERICA (WITH A LITTLE HELP FROM ACROSS THE POND)" on Saturday, June 17, 2023, at 4 PM, First Baptist Church of Tucker, 5073 Lavista Road, Tucker GA 30084. Selections include The Battle Hymn of the Republic, Cante Domino by Earlene Rentz; For Good, from Wicked; From Sea to Shining Sea, based on America the Beautiful; Happy Land, an American Folk Hymn; I Will Be a Child of Peace by Elaine Hagenberg; One from A Chorus Line; She Walks in Beauty, text by Lord Byron, music by David Foltz; and Shenandoah, a traditional women's vocal arrangement. Come join us as we celebrate the arrival of Spring with American and English choral music! Admission is Free, donations are welcome!



ART Station Presents Deer Camp

Written by Gene Jurek, Music by Doug Spartz

Four buddies are enjoying their annual deer hunting trip, but this year is different. After 15 years of them coming home with nothing but a hangover, their wives have given them an ultimatum: bag a deer or your deer camp days are over. Only one hurdle stands in their way— none of them know how to hunt. Do they buy one? Steal one? Could they possibly try to... shoot one?

With this wacky troop, it seems the only ones safe in the woods are the deer, but with song and dance, a bit of chance, their prayers are answered just as they run out of beer.

Deer Camp features David Craven, Tony Hayes, Jeff LeCraw & Michael Strauss, Direction by David Thomas. Performances are June 8 - 25, Thursdays - Saturdays, @ 8:00 pm, & Sunday matinees @ 3:00 pm. Opening Night is Thursday, June 8. All performances will be in the ART Station Theatre located at 5384 Manor Drive in in the historic village of Stone Mountain 770-469-1105. Ticket prices are \$29 for adults, \$25 for seniors & \$20

for students and military personnel & veterans. An additional matinee is scheduled for Wednesday morning, June 21, at 10:30 (reduced-priced tickets). Tickets may also be purchased online at artstation.org.







Eastminster Presbyterian's Summer Camp 2023

Registration is open for Eastminster Presbyterian Church's Summer Camp. This program is for children ages 3 through 5th grade. It starts May 30 and runs through July 28, or longer if there is a need. You can register for three days a week, or five days a week, and can register for a week at a time. The hours are 8:00 a.m. through 6:30 p.m. Breakfast and afternoon snack is included in tuition. Optional field trips are available. There is daily chapel, praise, and worship.

For further information, call Celeste Sears at 770-469-9489. Camp documents, including registration forms, are available online at Eastminster Presbyterian Church website: eastminster.us.

2023 Smoke Rise Baptist Car Show

Smoke Rise neighbors entered their cars in the Car Show that was held at the Smoke Rise Baptist Church. A vintage Mustang won the "Best in Show" title. Neighbors Carol Wagnon and AvivA Hoffmann entered their cars. AvivA received a "Top 25" plaque for her 1963 MGB Iris Blue.





Pictured above is Carol Wagnon with her Jaguar.

AvivA and Oliver Hoffmann with AvivA's MGB Iris (left)

ART Station's Summer Arts Camp for Youth (ages 5-14)

ART Station Summer Arts Camp involves the campers in a variety of artistic activities in the performing, literary, and visual arts, allowing the students to explore their creativity with their peers in a fun, safe, and nurturing environment. This format offers opportunities for campers to explore and expand their creativity in full day sessions.

Week 1 (June 5 – 9)

Week 2 (June 12 – 16)

Week 3 (June 19 - 23)

Before and after care available from 8:00 to 9:00 a.m. and 5:00 to 6:00 p.m. daily.

Ages 5-8: \$170. Ages 9-13: \$180. ART Station Members receive a \$20.00 weekly discount! Go to https://artstation.org/summercamp/ for registration details.

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Smoke Rise Prep's Young Entrepreneurs

Business is booming at Smoke Rise Prep School – the coffee business, that is! This year Mrs. Davis's fourth grade students have become entrepreneurs by starting their very own student-run coffee shop, DavBucks. DavBucks began when a parent generously replaced SRP's non-functioning coffee machine with a brand-new one. After the machine found a home in Mrs. Davis's classroom, fourth grade students inspired by Jacqueline Davies' award-winning novel The Lemonade War became junior baristas. What began as a fun diversion has blossomed into a small business that teachers, administrators, and guests patronize daily. At just 50 cents for a 10-ounce cup, DavBucks brings in enough funds to keep a variety of coffee grounds, creamers, and sweeteners in stock.

Of course, DavBucks isn't just about making money – it is also a student-centered learning opportunity for SRP's young entrepreneurs. It is easy to link DavBucks operations to our elementary economics lessons. Supply and demand, profit, overhead, advertising, inflation, and other concepts are more fun, engaging, and memorable when students associate them with their own small business.

With everything the kids have learned and enjoyed so far our new coffee shop is GROUNDS for success!





Smoke Rise Country Club Updates

By Susan Gilbert

We are finding a silver lining in the dark cloud that has loomed over the Club since last December's disastrous pipe break. Under the leadership of Board President, Art Wood, the Board of Directors has a plan now to not only bring the Clubhouse back, but to take it up a notch



to what it was originally intended: a high-end private country club with great restaurants, beautiful dining facilities, attractive banquet areas, efficient meeting spaces and nice areas to socialize. All that of course in addition to the five pools, eight lighted tennis courts, state-of-the art exercise facilities, and 18-hole golf course. We truly have a gem right here in our community and we have decided it is time to polish it up.

The Board envisions total renovation of our three kitchens. The Tennis Center will be first because it is what we are using now for social gatherings, and its current state makes large-group food preparation a challenge. Right behind that will be a buildout of the lower level of the Club converting the Turnstand into a pub-style sports restaurant with lots of TVs and areas to relax with friends. As that gets underway, the big project, reconfiguring and refreshing the main, upstairs kitchen will begin. A commercial kitchen design firm is being retained to layout and implement the new far more capable kitchen.

As for the Clubhouse itself, that is where you will see the most visual transformation. We have engaged Kelley Harris' firm, Harris Interiors, to design and specify the interior spaces. Kelley worked for 10 years for the firm that did the original SRCC. The Club was completed in 1998 and he joined in 2004. Loving private club design work, he started his own firm in 2014 specializing in Private Clubs. He has come full circle in a way and is back helping us bring the Club up to par with other fine, private clubs.

Harris Interiors (HINT) is a full-service interior design firm based in Atlanta, Georgia that works exclusively with private clubs. The firm has worked with over forty private clubs across the Southeast and Midwest. The firm takes time to understand the personality, culture and soul of each club membership. The result is a unique and special experience for members, future members and their guests.

Kelley's first task is getting us images we can share with the membership and community so you can see the vision for how the Clubhouse will look when complete. Check out his impressive portfolio at: https://www.hintatlanta.com/copy-of-portfolio

Once you see his firm's work on their website, you may want to hire him, but be aware, his firm only works with private clubs, so no need to call them about residential or other commercial projects.

Everyone is welcomed and encouraged to check out everything the Club has to offer, especially if you live in Kanawha or Smoke Rise where access is so convenient. If you are interested in a tour of the facilities, outside of the Clubhouse while it is under construction, contact Canon Wehmeyer membership@smokerisecc.com to plan that. Canon can also forecast for you when higher initiation fees will kick in as we get the project complete. It's a great time to remain a member of SRCC and even better time to join!





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neighbors June, 2023

Victoria Crosby wins Garden Clubs of Georgia Poetry Prize



Denise Finley and Victoria Crosby

Victoria Crosby moved from Long Island NY to Smoke Rise in September 2021, and joined the Smoke Rise Garden Club in March 2022. She was elected club president a year later, and with her first submission she won 2nd prize in the Garden Clubs of Georgia annual Poetry contest with her poem "Ode to Hydrangeas." The winners were announced at the convention in April which she attended with SRGC 1st Vice President Denise

Just the previous day, British born Victoria Crosby gave a reading of her humorous works from her poetry collection "PoeticVic/Hysteric." The event was Poetry and Prosecco, at the Tennis Center at the Smoke Rise Country Club, in celebration of the coronation of King Charles Ill. Some of the ladies wore tiaras and some wore fascinators.



NY.) She wrote a weekly Ladies at Poetry and Prosecco

political, satirical poetry column titled Per-Verse for the now defunct Long Island Voice.

SRCA Report

by Michael J Huerkamp

At the board gathering on May 15, final touches were put on preparations for the successful May 20 shredding event sponsored by SRCA. Additionally, reports regarding the elementary school purchase of patio furniture funded by SRCA were presented. Also, there was a recap of an interesting experience in the Lord Park where Beverley Ojo, Eileen Stone, and Michael Huerkamp were part of an entourage to examine putative native Creek indigenous artifactual sites.

Evaluation of our low-expense membership campaign via insert in the March Smoke Signal yielded \$11,700 income, sufficient to cover about one-third of our yearly expenses. Consequently, we are planning a traditional direct-to-home mailing to solicit new and renewed memberships. It was noted that well-intentioned neighbors have been landscaping stacks with personal funds. SRCA with our landscaper has a sustainable, color-coordinated plan for those stacks located on heavily traveled roads and we encourage fully tax-deductible donations to the association where \$2 out of every \$3 donated are invested in greenspace.



Free music on Main. come rain or shine!

Municipal Parking Lot-Downtown Stone Mountain Village

Bring your lawn chair! Beer, wine, and soft drinks available for purchase

<u>Artist lineup</u>

June 2 – Soulhound

June 9 - Heather Luttrell and the Possumden

June 16 - Citizen Gold

June 23 - Cody Matlock



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GRADUATE

Shondalon Hoffler graduated with honors from Chamblee Charter High School Class Of 2023. She has been a 2 year dual enrollment student at Georgia State University. She is going to continue her studies full ride with grants and scholarships at Georgia State University. She's going to be majoring in Kinesiology. Kinesiology



addresses physiological, anatomical, biomechanical, pathological, neuropsychological principles and mechanisms of movement. Shondalon wants to be a sports doctor who can help athletes recover from major injuries.







community



gusto! self describes as, "Colorful is flavorful. At gusto! we offer a simple menu of grilled proteins, combined with fresh and flavorful ingredients prepared daily". You may dine inside, outside on the covered patio or drive-thru. Welcome to Tucker!

Mountain Creek Swim Club Capital Campaign Updates

By Nancy MacKenzie

In 2022, Mountain Creek Swim Club (MCSC) launched a \$150,000 capital campaign aimed at renovations and enhancing the overall MCSC experience. With a growing membership extending throughout East Atlanta, the MCSC board was confident in pursuing this ambitious goal.

The renovation project included:

- resurfacing the pool
- installing new coping
- adding new interior pool lights
- resurfacing the pool deck

Thanks to the incredible generosity of our membership, we were able to raise nearly \$80,000 in 2022, through capital

donations and a portion of membership dues. We put that capital to good use by fully funding the pool resurfacing, coping, and lighting renovations. These improvements were completed in the Spring of 2023, significantly transforming the look and feel of MCSC and leaving a legacy.

Looking ahead, we are committed to completing our pool deck renovation by 2025, along with several other projects, to ensure the best possible pool experience for our members and their guests.

The MCSC Board would like to express our heartfelt gratitude to our membership for their overwhelming support and acknowledge the following members for their outstanding contributions to the capital campaign:

WHALE SHARK

Bill Waggener & Debra Rhiver

GREAT WHITE Daniel & Jenny Granik

Mark & Linda Kelly Will & Nancy McKenzie

HAMMERHEAD Steve & Elaine Ashby Ray & Lynn Malone **EPAULETTE**

Stephen & Tanya Cossett Ken & Sharon Duvall Lori Kircher & Myra Fain Jody & Heidi Klein David & Margaret Lane The Merrick Family Richard & Felicia Rankine John & Cathy Shires

John & Cathy Shires Nick Williams & Dana Lee Annette Vallecillo

If you would like more information on how to join and/or support Mountain Creek Swim Club, please visit our website: www.mountaincreekswimclub.com.

MOUNTAIN CREEK SWIM CLUB SOCIAL CALENDAR

Saturday, June 2: Dive-In Movie - (film TBD)

Saturday, June 10: Teen Night

Saturday, June 17: Tunes on Deck - live bands poolside! (ticketed event)

Saturday, June 24: Karaoke!

Tuesday, July 4: Independence Day (potluck with burgers and dogs supplied by MCSC)

Saturday, July 15: Wine tasting - (ticketed event)

Saturday, July 22: Tween Night

Saturday, Aug. 5: Tunes on Deck - surf bands poolside! (ticketed event)

Saturday, Aug. 19: Teen Night

Saturday, Aug. 26: Karaoke!

Monday, Sept. 4: Labor Day (potluck with burgers and dogs supplied by MCSC)

Saturday, Sept. 9: Regatta - use cardboard and duct tape to build a boat to win!

Sunday, Sept. 17: Mountain Creek Swim Club CLOSING DAY - Ice Cream Sundaes

*all events are subject to change date or subject to cancellation.

For questions about any of these events, contact Lea Holland at leaholland@comcast.net.



(L to R) Amy Yang (media specialist), Barbara Luton (Woman's Club), Mrs. Pamela McCloud (Principal) and Robbie Cole (Woman's Club)

National Library Appreciation Week

By Barbara Luton

Library Appreciation Week was celebrated by the GFWC Stone Mountain Woman's Club by furnishing snacks and lemonade to the library/media center staff at Smoke Rise Elementary School. It was a treat to see the media center at the new school. The school is more open now for volunteers after the Covid closure. Pictured are a mother and daughter (a former student) who were volunteering the day the snacks were delivered.



(L to R) Volunteers Amy Yang (media specialist), Alexis Dickey (former student), Mrs. Pamela McCloud (Principal) and Kay Dickey (parent volunteer)





June, 2023 features

NEWS YOU CAN USE

by AvivA Hoffmann

DeKalb Launches Video Camera Registry

In a previous article, I wrote about the City of Tucker's recently implemented Video Surveillance Ordinance, which mandates that convenience stores install video surveillance systems. Video evidence can often help authorities identify and prosecute criminals – especially in cases of assault, robbery, vandalism, or other crimes.

Another program, "Connect DeKalb," also uses video to enhance public safety through a private camera registry. The DeKalb County Police Department (DKPD) is encouraging residents and businesses to participate in the program by registering their security cameras in an online portal accessible only



by DKPD. The registry creates a map of the location of private cameras, allowing investigators to request permission to obtain video footage that may be related to an incident.

Participation in the program is voluntary. It allows DKPD to view registered cameras either on a 24-hour basis or upon approval when requested. There are two levels of camera integration: Level One involves registering a camera with DKPD, which enables investigators to know a camera is present at a location and easily request video evidence if an incident occurs. Level Two allows participants to voluntarily integrate their camera system, allowing DKPD direct access to the camera feed. Integration is opt-in and subscription-based, which allows 24-hour access to recorded footage and real-time streaming.

As of this writing, 458 cameras have been registered on the system and 211 cameras are now integrated to give DKPD direct access to the camera feed in case of an emergency. Visit connectdekalbcounty.org or call (770) 724-7435 to learn more and to register your camera and join hundreds of others working together to create a safer community. The registration process should take less than one minute, via a secure online portal.

Consider signing up today to play an active role in helping make DeKalb County a safer place for all.

SANCTUARY YOGA

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HEALTH NOTES:

by Cheri Schneider, M.D.

This is the Season for Swimmer's Ear

The pools are open and summer is finally on the way! For many this means swim team, beach trips, and the swimming pool! Unfortunately, for some, it can also mean a painful condition called swimmers ear. Swimmers Ear, or Otitis Externa (OE) is an infection of the ear canal that is usually caused by one or more types of bacteria or sometimes a fungus.

The ear canal is a fascinating structure that is protected from infection, 'critters' and debris by a slight curve and a hairy skin surface covered with a thin layer of wax. The ear usually 'self cleans' by moving the wax in a spiral direction to the outer canal, where it drops off or is in reaching distance of your finger. Some people make excessive amounts of earwax. Build up of this wax can prevent water from draining properly during showers or trips to the pool. Prolonged exposure to fresh water -like swimming pools- can create the perfect environment for bacteria to multiply. If you combine this with trauma to the ear canal (e.g., cleaning out ear wax with Q tips), or certain common skin diseases of the ear canal like eczema, seborrheic dermatitis, and psoriasis, which disrupt the natural skin barrier to infection, you have the perfect set up for Otitis Externa (OE). Other causes of wax build up -like ear canal malformations, foreign bodies in the ear canal (you would believe what kids put in their ears!), wearing hearing aids and extra hairy ear canals are also predisposing factors for OE. Type A blood (no clue why this is a cause!) and reactions to certain kinds of soap are less common causes of OE.

Symptoms of Swimmer's Ear include pain and/or itching in the ear canal, and drainage coming from the ear canal. Some people have redness and pain when their ear is even touched or moved. Rarely, the infection can be quite severe, especially in diabetics and those with immune deficiencies. These people are sick and know it!! Pain extending toward the bone behind the ear, pain on opening the mouth and extremely high fever may mean the infection has invaded the bone or facial structures. These patients need to be hospitalized for intravenous antibiotics immediately!

No good studies prove that these preventative measures work, but they are definitely worth a try! Most ear, nose and throat doctors recommend them: Earplugs before jumping in the pool. These are required (!) if you have an ear perforation of any type or ear tubes. Wicking moisture away with a tightly twirled piece of Kleenex; drying the ear with a hair dryer on the low setting and using Acetic Acid drops (Vosol is one) may be preventative if used after swimming.

Treatment of swimmer's ear is simple. Most doctors prescribe antibiotic drops with or without cortisone. The cortisone component helps decrease swelling and inflammation. It is important to be able to get the drops past the debris in the ear canal, so sometimes the doctor will physically remove the debris before writing a prescription. Oral antibiotics are not used unless the infection has spread beyond the ear canal, or there is a dual infection in the middle ear.

Pain is a very common complaint. Tylenol or Ibuprofen usually help. Occasionally, the pain is severe enough to require stronger pain medication.

Most patient's symptoms are better in 24 hours. If no improvement occurs within 49-72 hours, or if symptoms increase, you should be seen again. Symptoms usually disappear by ten days, but can take weeks to completely resolve.

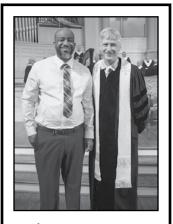


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features June, 2023



Facilities Manager Antowyn Smith (L) and Senior Pastor Chris George (R)

Smoke Rise Baptist Marks Two Service Anniversaries

By Colin Harris, Chair of the SRBC Personnel Committee

In late April, the Smoke Rise Baptist Church recognized significant service anniversaries of two of its leaders.

At the conclusion of the April 23 worship service, the congregation celebrated the 10th anniversary of Senior Pastor Chris George, who came to SR from the pastorate of the First Baptist Church of Mobile, Alabama. With reflections and tributes from the search committee that facilitated his call, voiced by committee chair Lynne Felton, and from colleagues in ministry, he and his family received congratulations and good wishes from a grateful congregation. A reception afterward provided opportunity for personal greetings.

The following Sunday, at the conclusion of the worship service, Facilities Manager Antoywn Smith was honored for his 25 years of service to and with the church. In a tribute by Associate Pastor Bart McNeil, Antoywn Smith's work in the complex and mostly behind the scenes area of his responsibility was described with both admiration and appreciation. He and his family were recognized and congratulated with both acclamation and a long session of personal greeting.

The Smoke Rise Baptist Church is extremely fortunate in the ministry led by these servants and shared by us all.

The Japanese Tourist by Patricia Baumann, MD

I was fortunate to be able to travel to Japan recently with my husband Mike. This tour had been cancelled twice due to COVID, and Japan has only recently started allowing cruises to operate. Unfortunately, the pre-trip had sold out, and that meant missing a ride on the bullet train and a chance to see Mount Fuji. As far as I was concerned, that was the main reason to go to Japan! Happily, fortune smiled on us, and pre-trip slots opened.

On April 15 we arrived at Atlanta International Airport, quickly cleared security, and found a comfortable spot in the International Concourse Sky Club. We boarded the plane and prepared for the 14-hour flight. I quickly realized that I had left my raincoat in the Sky Club, and it was too late to get off the plane. Since there was nothing I could do, I resolved not to worry. The adventure had begun!

We arrived in Tokyo, a big and clean modern city. People in Tokyo are very polite, friendly, honest, and eager to help the lost and confused tourist. It is a very safe city! We discovered that one of the norms in Japan is a sophisticated high-tech toilet made by TOTO toilets. I was hesitant to press Himeji Castle most of the available buttons other than the seat warmer. There are various

options available to clean your bottom, clean the toilet, and provide music to cover the noise!

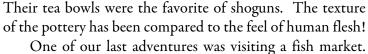
We toured several beautiful Buddhist temples, gorgeous Shinto shrines, impressive shogun palaces, fabulous Japanese gardens, and fascinating museums. Lots of steps!

Preparation to ride the bullet train to Kyoto was intense. These trains are always on time, they travel at 160mph, and they do not wait for you! You have from 60 to 90 seconds to get on or off,

> relieved to successfully board the train. Our guide told us that while on the train we might see Mount Fuji. The Japanese Shinto belief is that Mount Fuji is a goddess, and that she might or might not show herself. We were rewarded with a spectacular view of Mount Fuji, slightly cloaked in haze. This is what I came for! We successfully maneuvered the disem-

We visited Hiroshima, and the museum that tells the story. The recovery of the Japanese from that historic event is inspiring.

We visited the city of Hagi, famous for its pottery.



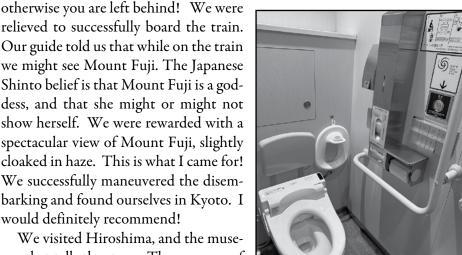
The local delicacy is a fish called fugu, served thinly sliced, and artfully arranged on a beautiful platter. This fish is also called a blowfish, and it is poisonous unless properly prepared! I survived the tasting of this very mild tasting fish.

If you have a chance to visit Japan, definitely go!



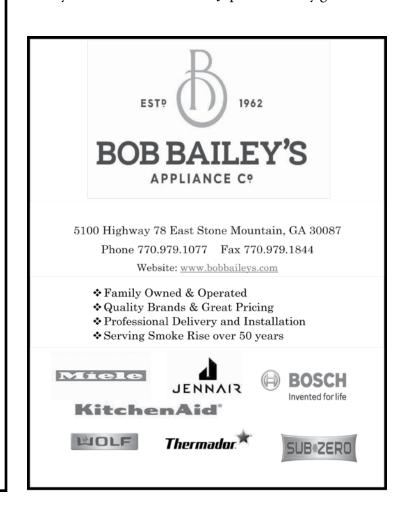
Pat Baumann and Samurai at Himeji Castle





A Japanese toilet at a rest stop







features June, 2023

Voyage of a Lifetime by Susan Gilbert

On Friday April 21, Joel and I embarked on a trip we began planning before we were married 35 years ago. The delay was largely due to the time it took us to find the right boat. We wanted a boat large enough that we could share it with friends but small enough that we would feel comfortable piloting it by ourselves for island hopping or extended cruising. In 2020, we finally found the perfect boat: a 3-stateroom power catamaran, and our dream

Captain Susan Gilbert assisted by professional delivery and friend, Captain Dave Hibberd.

became a reality.

As I wrote this, we were on Day 13 of what was originally a planned 10-day trip from Sarasota, Florida to Mystic, Connecticut. Several intense storms over the Atlantic delayed us, including one tornado that struck as we passed Stewart, Florida, and another just 15 miles from our Norfolk marina damaging 100+ homes. We missed two "bullets" on these events. It was a bit unnerving when at one point the delivery captain accompanying us insisted we go to the upper deck and get life vests on!

Additionally, two unexpected mechanical problems cost us a day

here and there, but we had allowed time for delays. The list of harbors we stopped at included Ft. Pierce FL, St. Augustine FL, Beaufort SC, Waca Wachee SC, Wrightsville Beach NC, Oriental NC, Coinjock NC, two days in Norfolk due to weather, followed by two days in Ocean City, Maryland, then to New York City near the Statue of Liberty, and finally to New London until our slip was available in Mystic, CT.

Our plan is to leave the boat docked there over the summer and fly up when we can get away for trips to Martha's Vineyard, Nantucket, Block Island, and other interesting places.

Our captain who accompanied us on this maiden, shakedown, cruise had this to share with us, which we found profound, inspirational, and complimentary!

"There is a great saying that "life shrinks or expands in proportion to one's courage"....so it takes a big effort and courage on your part to do this venture.... WELL DONE to you both!!!"

-- Captain Dave Hibberd



Susan and Joel Gilbert at the marina in Manhattan





"The Fabulous Fox"- Olivia Thomason **Paints the Legacy**

By Doc Lawrence

It's more than a performance venue. "The Fabulous Fox," as the landmark theater is widely known, is a combination of architectural design, aesthetic beauty, and enough history to fill volumes. Sitting proudly facing Atlanta's fabled



Peachtree Street, the Fox has hosted countless premieres, shows, movies and celebrities for more than 90 years, beginning with the introduction of Mickey Mouse in a Walt Disney cartoon in 1929.

Now, Stone Mountain artist and long-time Fox supporter Olivia Thomason has painted a tribute to the theater, a whimsical retrospective incorporating memorable appearances over the years. "I saw Elvis there in 1956," she said, denying, however, she was screaming during his performance. Over the years, the award-winning artist enjoyed Broadway productions like "The Phantom of the Opera," and others like "West Side Story." One of the most memorable, she recalled, was Liberace. "Toss in 'The Nutcracker,' and you have just a glimpse of my Fox experience."

The painting is an interior view of the stage with memorable performers on the stage. Above are the words of Rock and Roll legends Lynyrd Skynyrd-who performed a benefit to save the Fox from the wrecking ball-that began with the words, "Play it Pretty for Atlanta." I didn't realize how important this message was to the Fox legacy until my son, who worked on Fox concert productions for Elton John and others told me that this is permanently written above the main stage entrance."

The Fabulous Fox continues to entertain and is one place where you might just see a famous face. "Bob Dylan's last Atlanta concert was at the Fox. Jimmy and Rosalynn Carter were there. Two Nobel Prize winners-close friends-under the same star-studded indigo ceiling."

Olivia Thomason's popular Decatur art gallery "The Primitive Eye," was a center of arts activity for many years and named "Gallery of the Year" on multiple occasions. Ms. Thomason's children's book, "The Great American Pie Contest," (Austin Macauley Publishing USA, 2022), features 28 original paintings and her next book, "The Dinosaur Grocery Store," is scheduled for publication soon.

An active citizen, Ms. Thomason belongs to the Stone Mountain Women's Club, the Stone Mountain First United Methodist Church and paints from her home studio in Stone Mountain Historic Village.

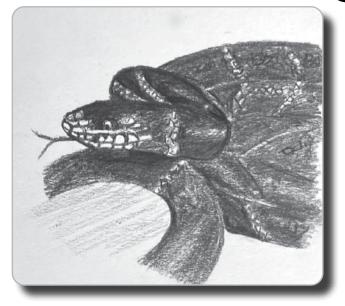


Out the Window

by Beth Henson

King Snake

The warm, summer Sunday afternoon was quietly calling me outdoors. I happily anticipated a much needed day of rest. No artwork, music practice or dreaded housework would cross my path. On the other hand, an afternoon of gardening would be a pleasure, not a chore.



Glancing out the back

window, I saw my other half cheerfully humming a tune and meandering up the sidewalk with an oversized bale of pine straw on his shoulder. He didn't particularly enjoy working in the yard, but was a willing helper purchasing and helping me distribute all my heavier garden sundries. What a blessing!

Popping out the door to greet him (and quite frankly give unwanted directions) an involuntary scream erupted from deep in my body. Stretched across the garden's white-washed ledge, a long, thin, sleek black snake was languidly enjoying an afternoon sunbath. Bright sparkling yellow-gold bands adorned his body and his regal oval head raised at my outburst.

A quick search on my cell phone let me know this unexpected visitor was none other than Mr. King Snake. A "good snake" according to other gardeners. Their diet of rodents and other venomous snakes makes them an important part of our ecosystem and great to have around.

Thank you for gracing us with your presence, your royal highness, but I would prefer you to proceed to one of your other kingdoms.

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GARDENING: Are you feeling that itch?

By Linda Karr

Think the plantings in front of your house are looking old and drab? Is it time to renovate your foundation plantings? Our foundation plants make a statement and provide curb appeal. They are the entryway to our home and generally very visible to others. Does yours welcome your guests? Maybe, it's time for a change. It might seem overwhelming to take on this kind of project. You could hire a landscape designer or, if you are more adventuresome, take it on yourself. It can be fun and rewarding – and a little hard work! However, it is the focal point of your home, so well worth the effort.

Whether you hire someone or do it yourself, you need an idea of what you want it to look like. Take a good look at what you have now. Do you want to keep any of it or change the whole look? Is the area in full sun, shade, or a mixture? This will make a difference on what you can plant. Looking through magazines or on the internet (by searching foundation garden plans) for ideas is certainly a way to go. You can also take some leisurely drives through neighborhoods and see what you like. You'll see that many houses have traditional evergreen shrubs that were probably planted with the building of the house. As with designing a garden in any area of your yard, adding different plants, foliage colors, textures, and contrasts may make it more appealing. Adding plants that provide four seasons of interest will be a joy to look at year-round. Take your time, draw out a plan.

Think about how you now use this area. Is it rarely used, or is it a place to hang out? Do you want to change how you use it? This will reflect on what kind of plantings you might consider. If it's going to be a gathering place you might even want to think about adding a water feature, making sure you buy fragrant plants, and add areas for seating.

Other details you want to consider include the type of appearance you want. Do you want a formal look or a more casual cottage style design? Will that look be in harmony with your house? What colors do you like? Think about breaking up monotone plantings (like all green shrubbery) with contrasting colors. Have a colorful front door? Include some plants of the same color to a little pop to the garden. Add different heights and textures to soften the hard lines of the house. Use a mixture of trees, flowers, shrubs, (evergreen and deciduous) to create visual interest. Do you have a bare wall? Think about planting a small tree, large shrub, vine-covered trellis to fill in the space. Make sure not to block windows or gutters. Plant for the ultimate size of what you want at maturity not for what the size of the plant is now. Planting dwarfs will help to keep pruning at a minimum and provide a more maintenance free landscape. Don't plant too close to the foundation. Don't overplant in your haste to make it look wonderful. Give it time to fill in. Add more annuals or containers to help fill the spaces as the shrubs and perennials mature.

Think outside the box – beyond just the evergreen shrubs you see so much of. There are many options – azaleas, rhododendrons, dogwoods, Japanese maples, hydrangeas, roses, dwarf lilacs, peonies, ornamental grasses, spirea, weigela, lilies, hosta, ferns, phlox, and the list goes on.

If you're interested in pursuing this type of renovation project, take your time, do your research, make notes about what types of plants you like, colors, etc. and explore! It's easy for me to go to a nursery and indulge! Buy what interests me and come home and find a place to put it. However, a plan for your foundation garden will provide you with a cohesive look and should last you until you get another itch to try something different!

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garden clubs

Teas and Tisanes or Is It Tea for Two?

By Quill Duncan

May's Smoke Rise Morning Glories meeting was all about tea! As most of you know, tea is made from leaves of the Camellia sinensis bush. Native to Asia, it has a long and storied history. In fact, it is said that the first tea was consumed in



May's Presenter: Brandon Brendis

2737BC when the Chinese Emperor happened to have a cup of hot water that a tea leaf fell into. He delighted in the taste and an industry was formed. White tea, green tea and black tea are all made from the same plant. It is the method of preparation of the raw tea leaves that distinguishes each variety. The Camellia sinensis grows in Zones 7-9, is evergreen and has a small white bloom in September. The leaves are much smaller than the Camellia Sasanqua or Japonica but the light and soil requirements are the same for all varieties. I have two in my garden in Smoke Rise.

Tisanes are beverages made from plant material other than tea such as herbal teas. The most common are mint, basil, thyme and chamomile. Our speaker, Brandon Brenis, works at the Atlanta Botanical Garden with Mo Hemmings who is the Outreach Community Coordinator for the garden. Brandon's lively and fascinating talk entertained the crowd of appreciative tea drinkers.

In club news, the Morning Glories celebrated winning many awards at the annual DeKalb Federation April awards meeting and happily won several Garden Club of Georgia awards at the April convention held at the Evergreen Resort. Some of these awards come with cash prizes that will be used to fund our many projects in the community. May's meeting was the last gathering until our September meeting.

Over the summer, club members will be participating in various garden club meetings sponsored by Redbud District and Garden Club of Georgia. We will be gardening in the DeKalb Federation headquarters grounds at Callanwolde all summer long. If you want to get your hands in the dirt, please contact Quill Duncan at 770 414-4766. For information on our club's many activities, please contact President Janet McGinnis at 770 939-8878. Happy summer, all!

Georgia Iris Society Meeting

Saturday, July 8, 2023, at 2 p.m. at St. Bartholomew Episcopal Church 1790 Lavista Road, NE, Atlanta, GA 30329.

GIS member, Donita McDonald will present "All Things Iris."

Our meetings are free to the public and all are welcome.

Join us for education, beautification, and recreation.

Bring a light snack to share.

For more information, contact Quill Duncan at (770) 414-4766

MOUNTAIN MUMS MAY MEETING RECAP

by Maureen Fraser

The Mountain Mum's May meeting was held around the outside garden of Kelly Samaras' home – a perfect setting for the featured topic of "Floral Designs Outside Your Windows." Kathy Rhinehart provided an inspiration with a reminder that everyone has trials and tribulations they are facing in their everyday life and that we should always be kind and cognizant of each other's needs.

During the business meeting, Co-Presidents Gaye Auman and Rita Maloof announced the club awards received at the recent DeKalb Federation of Garden Clubs Awards Luncheon, at which eight members were in attendance. They thanked all members for the part they played in helping the club to realize these accomplishments.



Beth Henson demonstrates flower arranging at the home of Kelley Samaras

The DeKalb Federation honored the club with:

- First Place Mary Jane Shearer Pull-A-Tab Large
- Third Place Valley Hill Garden Club Calyx Chapter Attendance
- Third Place Tucker Garden Club Program
- 100% Attendance
- Certificate for Standard of Excellence

Personal awards were presented to:

- Kelley Samaras First Place Betty Pothier Horticulture
- Lynn Malone Third Place Betty Pothier Horticulture
- Ann Purr Top of the Hill Garden Club Outstanding Club Member of the Year
- Ann Purr Certificate of Recognition for Outstanding Service to The DeKalb Federation of Garden Clubs' Garden Center

In addition, the Mountain Mums were presented with a Garden Club of Georgia, Redbud District award:

 First Place – Power Point Presentation Award AE – A big thank you to Beth Henson!!

The meeting concluded with club member Beth Henson providing a lesson on designing center or accent pieces with cuttings from your garden. She created fall and holiday-themed centerpieces, as well as a more whimsical birdhouse accent piece. Recommendations for flowers that can be grown in home gardens that are good for arrangements include Aster, Cosmos, Dahlias, Rudbeckias, Snapdragons, Statices, Strawflowers, Zinnias and Chrysanthemums. The finished pieces also included greenery such as Magnolias, Boxwoods, Evergreens, Nandinas (miniature), Rosemary/Lavender, Hollies, Abelias and Loropetalums.



Her tips also include adding final touches like bows, pinecones, butterflies, or anything that adds to the dimension and interest of the arrangement.

The next meeting will be held on Wednesday, Aug. 9 at the home of Mary Jacobson. Contact Mary Jacobson, Membership Chair, for more information on joining or visiting at the next meeting at mjacob1010@gmail.com.

Mountain Mums at DeKalb Federation of Garden Clubs Awards Luncheon (L to R) Beth Henson, Marsha Smudde, Ann Purr, Connie Henry, Rita Maloof, Mary Jacobson, Lucy White & Lynn Malone



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Swimming: Smoke Rise Sharks Schedule

The Smoke Rise Sharks have been practicing at the Summit and have now moved to Smoke Rise Country Club and Mountain Creek swimming pools.

Schedule of meets:

6/6 @SRCC vs. Malo Aquatics/Westhampton

6/13 @ SRCC vs.HLHK Sharks

6/20 @ SRCC vs. Avon Tidal Waves

6/26 @ Decatur Gators

The schedule for the Divisional Meet at Georgia Tech, in which the Smoke Rise Sharks were runners up last year, is yet to be released.

Mini meets for the Mini Sharks happen on Friday mornings at Mountain Creek. Check out the website: https://smokerisesharks.swimtopia.com/ for more updates.



Amen, Let's Eat! by Joyce Ray



Happy Father's Day to all you dads. Whether or not you enjoy cooking, this month is all about your favorite foods and sharing some of our favorite food from the men in our lives. Frank Luten cooks this meal for his family when they are at the beach together and can get fresh shrimp. The entire family loves it, so I think we will, too!

Shrimp Feta

2 cups chopped onion

2 Tbsp. butter

4 cups chopped, peeled and seeded tomatoes

1 tsp. dry mustard

½ cup chopped parsley

½ tsp. pepper

½ cup white wine

2 cloves garlic, minced

2 Tbsp. olive oil 1 tsp. dill weed

1 tsp. basil

1 tsp. sugar

1 tsp. salt

2 lb. large shrimp, peeled and deveined

½ lb. feta cheese, crumbled

In a large skillet with cover, sauté onion and garlic in butter and oil until golden. Stir in tomatoes, dill, basil, mustard, sugar, parsley, salt, and pepper. Simmer for 5 minutes. Add shrimp and wine. Continue stirring and simmering for about 3 minutes or until the shrimp has cooked through. Turn off heat. Sprinkle with cheese, cover with lid and let sit for 2 minutes or until cheese is slightly melted. Serve over rice with toasted bread.

When you have a conversation with a man who cooks, it is usually all about the "method" rather than the item by item and step by step recipe that women who cook often describe. I think that is why men do better at mastering cooking on the grill. Here is Joel Gilbert's description of how to cook tuna on the grill as described by him in the June 2021 edition of Smoke Signal.

"The absolute best fish for first-time grillers is tuna because you can treat it just like a steak. Marinate it the same way you would any other piece of meat and be sure to coat it with olive oil before you put it on the grill (which should be wiped carefully with rag and olive oil) before you fire it up and just before you put any fish on the grill. Be careful here that oil does not drip on the coals, or it can flare up and burn you. Grill until the amount of rare center section is to your liking. (115-125°F) for rare and 125°F for medium rare. Do not cook tuna all the way through unless you really like it that way; the longer it cooks, the more moisture and flavor it loses."

Mississippi Mud Cake

My husband, Gene, has won more than one blue ribbon for this special dessert at our church's Men's Bake-Off competition. It is a classic recipe and sure crowd pleaser. Someone once asked Gene how long it takes to bake this. He said, "You go in your kitchen at about 2:00 on Sunday afternoon and you should be done by around 4:30." (Actually, allow 45 minutes for the cake to bake at 350°).

2 cups sugar

1 cup shortening

4 eggs

1/2 cup cocoa

¼ tsp. salt

1 cup chopped pecans (optional)

3 tsp vanilla extract

With electric mixer, cream sugar and shortening. Add eggs. Sift dry ingredients and add to mixture. Add Vanilla and nuts. Pour into a greased 13x9 inch baking bap. Bake at 350° for 45 minutes.

1st icing layer: 1 small bag of miniature marshmallows. Remove cake from oven and immediately add marshmallows on top of cake. Return to oven and melt for about 10 minutes, watching carefully to not let them burn. Cool slightly.

2nd icing layer: 1 box confectioners' sugar (3 ½ cups) ½ cup cocoa, ½ stick softened butter, ½ cup evaporated milk, 1 teaspoon vanilla extract, 1 cup chopped pecans.

Sift together the powdered sugar and cocoa. Slowly add the canned milk and butter and beat with electric mixer until it becomes smooth. Add vanilla and pecans. Pour over marshmallow layer and allow to cool before cutting.