



# SMOKE SIGNAL

VOLUME 55, ISSUE 4

Serving the Smoke Rise Community since 1968

July, 2022

www.smokesignalnews.com

## July 4th Celebrate American Freedom!

### Lord Park

By Michael J. Huerkamp (President, SRCA)

It was in 2010 that neighbor Georgia Lord first approached the Smoke Rise Community Association Board and President, Allan Diamonti, with her plan to sell the property at 5520 Smoke Rise Drive to DeKalb County with intent for preservation as legacy greenspace in memory of her parents, Ruth and Charlie Lord, and to perpetuate and share their spirit of the enjoyment of nature. The SRCA board was enthusiastically supportive and Georgia gave us a tour on September 19 of that year. At that time, Georgia and her husband Lin resided on the property, but subsequently relocated and the house-in-the-woods was razed. As a product of the formation of our city, Tucker acquired the undeveloped 27.72-acre site from the county. Those of us that walk the area know it for the terrain gently sloping from north-to-south with higher ground thickets on the site of former pasture to the north and mature woodlands, featuring the pachyderm pine and goalpost tree, to the south with Little Stone Mountain Creek, a tributary of the Yellow River, coursing through the southern extreme and the draw for much wildlife activity.

On June 9, 2022, the city held a meeting at the Tucker Rec Center to reveal the master plan for this citywide park. The meeting had greater than 50 attendees which Tucker Mayor and dues-paying SRCA member, Frank Auman, observed was one of the better attended community meetings of late. Michael Kidd and Andrea Greco of Root Design Studios, assisted by city parks and recreation director Rip Robertson, walked attendees through the plan (see provided image). The focus was disclosed as an 18-hole disc

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### Raise the Star Spangled Banner up High in Honor of the 4th of July

By Barbara Bruschi

The 4th of July symbolizes the patriotic and free spirit of the United States of America and is being celebrated from “... the mountains, to the prairies, to the oceans...” throughout this amazing country.

We commemorate the Declaration of Independence of the United States, ratified by the Second Continental Congress on July 4, 1776. On this historical day, the 13 colonies of the USA adopted the Declaration of Independence from Great Britain, thus the birth of the USA was hailed “the land of the free.” We must always defend this land with honor and courage whenever called for.

Fireworks and entertainment reign supremely to showcase our pride and patriotism. A few ideas on how to celebrate the holiday: Start the day with the Peach Tree Road Race in Atlanta. It started in 1970 with 110 finishers and has grown to an international event with 60,000 athletes participating. For more information, visit [www.atlantatrackclub.org](http://www.atlantatrackclub.org).

The City of Tucker is hosting fabulous fireworks, fun and games on July 3. A rolling shut down of Main Street starts at noon, closing Main Street fully at 5:00 p.m. Food trucks will open at 5:30 p.m. and Kid Zone activities are offered from 6:00 p.m.–8:30 p.m. DJ and live bands perform from 6:00 p.m.–9:15 p.m., followed by fireworks around 9:15 p.m. The event is sponsored by Jacobs, Discover DeKalb, Emory Healthcare and the City of Tucker.

A Fantastic Fourth Celebration is scheduled at Stone Mountain Park. The adventure for the family includes entertainment. Park attractions will open at 10:30 a.m., July 3-4. The spectacular Mountainvision Laser Show starts at 9:30 p.m. Reservation are required. Arrive early, because traffic is heavy. Decatur, Ga. sponsors the Pied Piper Parade, concert and fireworks (beginning at dark).

Centennial Olympic Park and Turner Field light up the skies over downtown Atlanta each year. There is a galaxy of events waiting for you. The Braves will take on the St. Louis Cardinals at Atlanta at 7:20 p.m., Truist Park, Atlanta.

The Atlanta Aquarium invites those over 21 to the “Red, White and Brew in the spirit of the holiday,” along with the beauty of some of the most majestic marine life. For tickets, call (404) 581-4000.

Lilburn “Sparkle in the Park” has another great celebration, live band, kid’s activities, food trucks and lots of fun.

You can find more at websites like [atlantaparent.com](http://atlantaparent.com). We pay tribute to our military service members around the world defending our freedom. Our thoughts are united with the Ukrainian people who are enduring enormous sacrifices to defend their freedom from a ruthless despot who wants to inflict an authoritarian government upon them. Freedom is never obtained without each one of us being a guardian and assuming the responsibility to defend our democracy and its values.

### Rosenfeld Park Playground Now Open!



Tucker’s newest playground opened at Rosenfeld Park on Glacier Drive. Participants in the ribbon cutting included: L-R, Assistant City Manager John McHenry, City Council member Cara Schroeder, Parks and Recreation Director Rip Robertson, Gaye Auman, Mayor Frank Auman, Carmen Rosenfeld, city Council member Virginia Reece, Parks and Recreation Assistant Director, Jason Collins. The new playground includes a slide, swings and multiple climbing structures appropriate for ages 2-5, and 5-12. Rosenfeld Park also has a pool, a covered picnic pavilion, & lighted tennis & pickleball courts.







Smoke Signal

P.O. Box 763, Tucker, GA 30085

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

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Preferred Formats  
for Smoke Signal Submissions

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

Digital copies of the *Smoke Signal* are posted to the archives at [www.smokesignalnews.com](http://www.smokesignalnews.com).

You can also visit our Facebook page at [www.facebook.com/SmokeSignalNews](http://www.facebook.com/SmokeSignalNews) to view postings of newsletter pictures and stories throughout the month.

Smoke Signal Deadlines

JULY 13

Please e-mail articles to:

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(Word documents or text file attachments preferred)  
PLEASE DO NOT SEND CLASSIFIED ADS  
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Extra copies may be picked up at  
The Smoke Rise Community Garden on Hugh Howell Rd.

Deadline for classified ads is JULY 10

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Cost: \$150 by check to *Smoke Signal*  
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Contact Barbara Luton, (770) 491-6711 by 15th of month.

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<https://www.stone-mountainwomansclub.org>

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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  
Rashette Walker: Director of Weekday School  
Telephone: (770) 469-5856  
[SmokeRiseBaptist.org](http://SmokeRiseBaptist.org)

SUNDAY

9:45 a.m. Attend Sunday School through Zoom or In-Person  
Schedule Available at [smokerisebaptist.org/streamingatsmokerise/](http://smokerisebaptist.org/streamingatsmokerise/)  
11:00 a.m. Attend Worship via Live Stream or In-Person  
Live Stream Available at [smokerisebaptist.org/streamingatsmokerise/](http://smokerisebaptist.org/streamingatsmokerise/)

MONDAY

7:00 p.m. Journeys Racial Justice Study Group  
Zoom or In-Person  
Schedule Available at [smokerisebaptist.org/journeys/](http://smokerisebaptist.org/journeys/)

Live Stream at [smokerisebaptist.org/wednesday-evening-activities/](http://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

5801 Hugh Howell Road ~ Stone Mountain, GA 30087  
770-469-4881 ~ [www.eastminster.us](http://www.eastminster.us)

Sunday Schedule:

10:30 a.m. In-Person and Live streaming of Worship service  
Will not have adult or children’s Sunday school in July.  
Sunday school will resume in August.

MC3 Church

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

Sunday Schedule\*:

8:30 a.m. Coffee and donuts  
9:00 am. Worship service (in person and online)  
\*Worship time will move to 10 a.m. beginning on Sundays in March.

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](http://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](http://www.mwchurch.com)  
4818 Hugh Howell Rd., Stone Mountain

Sunday Services: 9:00 a.m. and 11:00 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](http://mwchurch.com)

Looking for a way to give back  
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THE SMOKE SIGNAL  
is looking for a few more writers  
or people with a passion for storytelling.  
Contact: [staff@smokesignalnews.com](mailto:staff@smokesignalnews.com)



Floating Bliss By Rachel Caines

Twelve years ago in San Francisco, after a particularly hard day of work, I asked my co-worker where I should go for a massage. Without hesitation they said, “Oh, a massage isn’t what you need – you should try a sensory deprivation float!” It was a strange suggestion and to me it sounded scary, but after a brief explanation I was minutes away from my first float. It turns out, floats are not scary at all – they are warm and welcoming, and extremely beneficial to your mind and body. This is my perspective on floating as a

Smoke Rise resident, not as a physician or masseuse. You might have heard floating referred to as sensory deprivation tanks, isolation tanks, float pods, floatation therapy, and just simply “floating.” The concept is this: your body relaxes, floating in a small tank or a large tub containing enough warm Epsom salt water to imitate the Dead Sea in an enclosed environment where the air temperature and water temperature closely match your body temperature. Floating in this way eliminates gravitational pull and helps

disperse body weight in a safe, dark, and quiet space. You may begin to lose sense of where the water ends, and the air begins. You’ll typically spend an hour floating, allowing time for every single muscle to relax, and the result is an overall release of tension in both body and mind. The aches and pains you feel after a long week are greatly decreased or eliminated within one hour. Anxieties subside and now fresh ideas can emerge. These are just a few known benefits of an hour-long float:

- Decreased blood pressure and a decrease in the stress-signaling hormone cortisol.
- Increased endorphins.
- Pain relief and help with muscle recovery as lactic acid is released.
- Rejuvenation of the skin and hair as magnesium is absorbed, which also helps with rosacea and eczema.
- Help switching the brain waves from alpha/beta to theta, the same effect as REM sleep.
- Increased mental clarity, creativity, and serenity.

Float therapy was first introduced in the 1950’s by Dr. John C. Lilly. In 1984 Michael Hutchison wrote “The Book of Floating: Exploring the Private Sea” to explain Dr. Lilly’s research. More recently, research has been conducted under the term Flotation-REST (reduced environmental stimulation therapy) to pivot from the term “deprivation” because it doesn’t accurately describe the benefits of the practice. Leading the research on Float-REST is Clinical Neuropsychologist Dr. Justin Feinstein, who specifically studies floating to relieve symptoms of nervous system disorders, PTSD, pain, and to help our brains recover from the effects of 24/7 connectivity created by technology such as smart phones. Dr. Feinstein is the President and Director of the Float Research Collective, a non-profit organization working to establish float therapy as a more widely accepted medical treatment. Once additional research has been conducted on the effects of floating, insurance companies may begin to cover the therapy, which would help increase access to patients who could truly benefit from floating. Researchers have also studied the effects of floating for depression, fibromyalgia, sleep disorders, tendonitis, inflammation, osteoarthritis, and rheumatoid. Lois Thibodeau, local owner of Float Atlanta in Decatur ([www.floatatlanta.com](http://www.floatatlanta.com)), has been a massage therapist since 1989 and an avid floater since 1992. She told me that floating is “absolutely nothing... and it’s everything.” According to Thibodeau, everything that happens in a massage also happens in a float. She says her clients consider floating a “fountain of youth” for older bodies, a place for students to find focus, and a way to help athletes achieve optimal rest for peak performance. In fact, athletes have been talking about floating for decades, including Carl Lewis, Tom Brady, and the 2022 NBA Finals MVP, Steph Curry. Because Float Atlanta opened at the beginning of the Pandemic, great lengths have been taken to ensure safety and sanitation, including the addition of UV lights to the rooms. Sometimes while floating my mind races but often it goes blank. Sometimes my body twitches like I’m waking from a deep sleep and other times I stretch out. There are modifications for those who find quiet, dark, or small enclosures intimidating – you can add lighting, turn on some music, open the pod door, or consider a float “tub” which is basically a large bathroom with a large tub. Over the years manufacturing has increased and design has improved, so it is also possible to float from the privacy of your own home.



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GRADUATE



Claudia Baxter of Brentwood is proud to announce the graduation of her daughter, Virginia Abigail Baxter, on May 7, 2022 from the Honors College of Western Carolina University in Cullowhee NC. Abigail received her Bachelor of Science in Nursing (magna cum laude). In August, Abigail will begin her nursing career at Novant Health in Charlotte NC. Her grandparents are Clyde and Mary Baxter of Smoke Rise and her aunt is Ginger Baxter of Kings Mountain.

Smoke Rise Community Association Report

By Michael J. Huerkamp, President

The Smoke Rise Community Association board did not conduct official business in May, as we did not achieve quorum for our scheduled May 16 meeting. However, and of late, we have been following the plan for development of the 27+ acre Lord property at 5520 Smoke Rise Drive and contribute an article elsewhere in this the edition. The SRCA continues to experience a slowly degrading financial situation and so includes a membership appeal insert with this edition of the *Smoke Signal* in the optimism that those who did not respond to our annual winter membership drive will make a 100% tax-deductible donation now. The insert includes an account of our activities and investment of your donations and should be of interest to many.

The SRCA works hard for the benefit of the community - taking care of the chimneys, public right of ways, hosting community events and meetings and keeping on top of things that will impact the community. [www.smokerise.org](http://www.smokerise.org)

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You Are What You Eat By Joel Gilbert

Do you remember that phrase? It was coined by...well...we don't know for sure...but it became the idiom advising healthy eating. What is unhealthy eating? We all know: fatty foods, salty snacks...just about everything we think is tasty.

Well, we are about to see another dimension to this. You are what you eat and drink. Are you buying, drinking and disposing of bottled water? Do you still eat a lot of red meat...you just don't eat it with the bun (after all it has gluten in it)? Have you moved towards a plant based diet even slightly?

For those of you who are fixated on saving the planet, you might ask first whether we can feed those we have on the planet? And, you might really want to ask whether you should and how you could change all those "underprivileged" people who are now eating crickets, ants, and even scorpions? Do you really want them to become modern and eat chicken, pigs, and beef just because you think that is better?

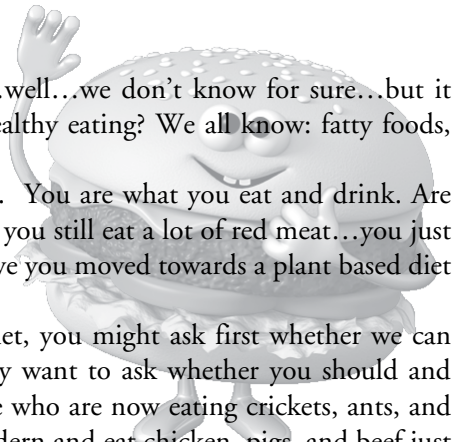
The latest research all points to the fact that insect-based protein is better for us in every regard. But, go ahead and try to have a conversation about this to the American burger-crazed public. When President Biden suggested we might all do well to eat one or two fewer burgers in a year you would have thought he was asking us all to go on a 40-day fast.

We live in a tangled web of culture-based and biased food chains. When people tried to stop the burning of the Amazon to clear land for raising beef they were killed by powerful groups who profit from doing exactly that. Now Brazil wants us to pay them to reduce the rate of destruction...billions of dollars each year...kind of another crop subsidy.

Our native American brethren lived gently on our land. We do need kinder and gentler eating and drinking. Ah, but all those who profit from our eating and drinking will object.

Can we educate the average person to truly understand what is going on?

Perhaps we need a modern day "tearful Indian" to prick our conscience? Sadly, we truly are what we eat.



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*Pictured: Richard & Kate Graham, Patty & Chris Geltz, Marian & John Fetzek, Jean & Ronnie Weathers, Eddie & Mary Lou Still, Brenda & Andy Alexander, Rita & Allen Maloof, and Keith & Amber Leazenbee Not Pictured: Marsha & Jeff Kelley and Dave & Barbara Stahura*

**Golf is Growing at the Club**  
By Susan Gilbert

The million+ dollar renovation is underway at the Smoke Rise Country Club, meaning you can count on your home values staying elevated as we are assured of having an amazing 18-hole golf, tennis, swim, social and dining facility in our midst for years to come.

Tennis is exploding in popularity, and with the addition of Pickle Ball, most anyone can participate. It's our fastest-growing area of activity. Additionally, some discovered that in May, the club completely renovated the fitness center at the clubhouse. We now have all brand new, state-of-the art equipment and a refreshed workout area with personal trainers, yoga, and exercise classes.

Golf is going strong too. Pictured are the 10 teams of players from the Sunday afternoon Couples Golf event that is held weekly. It's a fun, social nine-hole golf scramble, followed by drinks in the Turnstand. No handicaps are required, as everyone from beginners to our most expert players join in the fun. Tee times start around 3:00 p.m., and we usually say goodbye around 7:00 p.m.

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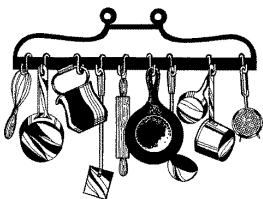
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by Joyce Ray



Gluten Free Snacks

In her June column of Health Notes, Dr. Cheri Schneider presented the pros and cons of eating a Gluten Free diet. “Gluten is the protein found in grains like wheat, barley and rye. It causes bread to be elastic and hold its shape.” One in 750 people have Celiac disease (allergic to gluten). Others are gluten sensitive or want to reduce the amount of gluten in their diet. Whether or not you fall into one of these categories, we have all noticed the expanded number of products available that are marketed as GF (gluten free). You have probably also noticed that the price of these products is many times higher than their gluten-containing shelf buddies. My recipes this month are GF snacks, and other than the GF flour, they contain ingredients that are probably already on your pantry shelf. They are easy to pack for trips or just keep on hand for a summer treat.

Basic Gluten Free Cookie

*I made this recipe with white chocolate chips and walnuts. You can add your own favorites, like chocolate chips, or make them plain with a little sugar sprinkled on top before baking for a simple sugar cookie. This is a crisp cookie. The recipe makes about 3 dozen 3-inch cookies.*

- |  |                        |
|--|------------------------|
| 2 ½ cups GF all purpose flour          | ¾ cup granulated sugar |
| ¾ cup brown sugar (packed)             | 2 eggs                 |
| 1 tsp baking soda                      | 1 tsp salt             |
| 2 sticks (1 cup) softened butter       | 1 tsp vanilla          |
| 1 cup each of baking chips and/or nuts |                        |

Mix flour and sugars with salt and baking soda. Add eggs, butter, vanilla. Stir to form a dough. Add nuts or baking chips.

I mixed it by hand, and it only took a few minutes. Drop by tablespoons onto ungreased baking sheet about 2 inches apart. Bake at 350°F for 15-20 minutes, or until light brown on top.

Gluten Free/Flour Free Chocolate Cookie  
from Barbara Luton

- |   |              |
|---|--------------|
| 3 cups powdered sugar                           | ¾ cups cocoa |
| ½ tsp. kosher salt (or regular salt)            |              |
| 2 large eggs                                    |              |
| 1 tsp. vanilla                                  |              |
| 1 cup nuts chopped (pecans or walnuts)          |              |
| ½ cup dark chocolate chips (I used semi sweet.) |              |

350°F oven. Line two baking sheets with parchment paper and lightly coat with cooking spray.

Whisk together sugar, cocoa powder and salt. In large bowl, whisk eggs and vanilla. Add sugar mixture and mix to combine. Fold in nuts and chocolate chips.

Spoon about 1 ½ tablespoons batter onto baking sheets, spacing them 2 inches apart. Bake until cookies are puffed, and tops begin to crack—12-14 minutes.

Monitor closely, as these could burn on the bottom. Let cookies cool on the baking sheet for 5 minutes and then slide the parchment and cookies onto wire racks to cool completely.

Homemade Caramel Corn (with or without nuts)

- |  |
|--|
| 20 cups popped popcorn (about 4 standard bags plain microwave popcorn) |
| 2 cups firmly packed brown sugar                                       |
| 1 cup (2 sticks) butter  |
| ½ cup dark corn syrup  |
| ½ teaspoon salt  |
| ½ tsp. baking soda   |
| 1 cup mixed salted nuts or peanuts                                     |

Heat oven to 200°F. Place popcorn in a large ungreased roasting pan. Combine brown sugar, butter, corn syrup and salt in 2-quart saucepan. Cook over medium heat, stirring occasionally 12-14 minutes or until mixture comes to a full boil. Continue cooking, stirring occasionally 4-6 minutes or until candy thermometer reaches 238°F or small amount of mixture dropped into ice water forms a soft ball. Remove from heat; stir in baking soda. Mixture will foam slightly. *Carefully pour hot mixture over popcorn.* Quickly pour nuts over caramel mixture. Stir until popcorn and nuts are coated. Bake 45 minutes, stirring every 20 minutes. Remove from heat and immediately place popcorn on waxed paper. Cool completely. Break into pieces. Store in airtight container.

Neighbors Enjoy the Garden Tour in Smoke Rise

By Barbara Luton

Six gardens in Smoke Rise were the highlight of the GFWC Stone Mountain Woman’s Club “Art of Nature” Garden Tour. The gardens of Susan and Joel Gilbert, Stanley Harper/Michael Eurey, Stephen Harvey/Randal Hudson, Linda and John Karr, Claudia Marcinak and Pat Soltys were featured on the tour. Unique plants, koi ponds, waterfalls, garden structures, pools and steams were viewed by more than 200 visitors.



Susan Gilbert, Ron and Nelda Lunsford, Marty Bryan, Woman’s Club Members

Thank you to all of the community members and guests who supported this fund raiser for the Woman’s Club. The proceeds fund projects for the Ronald McDonald house, local schools, libraries, Art Station, Wellspring Living, Side by Side Club House for Brain Injured Adults, Tunes by the Tracks in Stone Mountain, Operation Smile, and the community gardens.



Nelda Lunsford, Barbara Luton, Kim Sekulow, Marty Bryan, Jolene Davis (SR neighbors)

If you missed the outstanding tour this year, be on the lookout next May for a return of the garden tour in our area.



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techtalk by Susan Gilbert

What's up with Electric Vehicles?

We are facing some alarming prices at the gas pump! This is driving people to consider an electric vehicle (EV). Electric utility companies are of course happy about this increased use of their product and are offering incentives, rebates, adding more charging stations, and assistance upgrading your home to charge them.

Electric vehicles cost much less to drive per mile than using gasoline or diesel, and even less if you charge them during the new off-peak charging periods (usually during the overnight hours). Here is a website that will do the math for you. Select the EV you are interested in, new or used, and pull its image into the evaluation box to see instantly if it will meet your driving range needs and what it will save.

Piedmont EMC has a nice calculator on its website that computes for you the cost and savings of lots of different EVs. This link will take you there:  
<https://pemc.coop/save-energy-money/tools/>.

We have owned an EV for about seven years now, and there are some huge advantages.

- There is almost nothing to service. No engine oil, sparkplugs, carburetor, or catalytic converter (which are now being stolen all over the country for their rare-earth metals). As EVs become more prevalent, mechanics and car dealerships who depend heavily on service work to make the financials work, will all go away, sort of the way BlockBuster did when we started streaming the movies over the internet rather than renting them in a storefront.
- We were given an eight-year guarantee on our battery. That seemed good enough for us. It has been eight years, and it has only lost a few percent of its capabilities. We can report that in seven years, it has gone from 228 mile range down to 210. So, if this trend continues, it's got many more years of service.
- There is an enormous amount of interior space. Our EV looks like a sleek sports car but could seat eight, if we put in the back row of rear-facing seating that is possible. There is leg room, because there is no gas tank. And, the "Frunk" that surprises people when we toss our groceries in where the engine would be is nice additional space. The EV has more storage space than the hybrid SUV we use for long trips.
- The best part is the driving experience. We call it the Zip-Zip car, because that is what it does. Touch the accelerator (not the gas pedal), and it zips to 60 mph in about three seconds. That's a neck jerker! But it sure is nice when you need to accelerate into another lane or merge into a line of traffic.

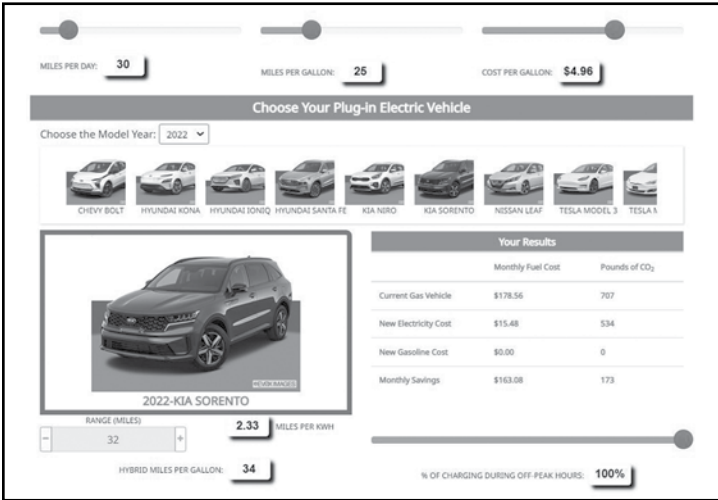
• There are Federal tax credits up to \$7,500, but remember that you have to owe more than that amount in taxes to get the advantage of the full amount. For example, if you only owe \$4,000 in Federal taxes, you are only eligible to claim \$3,500 of the available tax credit. The credit also depends on the vehicle you purchase, so check with your dealer.

• Computer upgrades come as overnight downloads of a new software package with added features, functionality, and sometimes a brand-new dashboard display. It is Christmas several times a year. An early upgrade was the self-driving feature. We used to purchase a new car for some new attractive features. That day is gone.

Some Other Considerations

- It does take longer to drive long distances with the EV, because you must stop for a 30 to 45-minute recharge before the battery runs too low. That means rather than averaging 70 mph on a long trip, it's more like 50 to 55. And, you must be aware of charging station locations and possibly wait, if all the chargers are in use.
- You will also probably be surprised to learn your vehicle registration costs more, because you are not paying the roughly \$.30 per gallon road tax with gas purchases. Ours for the EV went up by a factor of 10, from about \$20.00/year to more than \$200.00.
- Range anxiety is real. Missing a charging station could mean being stuck at the side of the road for hours and then having to be hauled to the nearest charging station, which might not be a high-speed charge of 30 to 45 minutes, but a full day to achieve a charge sufficient to get you to the range you need to make your next destination.

So, EVs are not for everyone, despite what you hear from politicians and other proponents. There is always more to an issue. If this interests you, I encourage you to watch the free 90-minute documentary Planet of the Humans on Amazon Prime. It sums up the future adoption of this and other renewable, allegedly "green" technologies. It points out that EVs and many of our other green ideas do use precious and limited rare earth metals and the production of these does pollute the planet.



  
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HEALTH NOTES:

by Cheri Schneider, M.D.

How to Prevent Drowning

Every summer, I think of the near drowning of my son at a local Smoke Rise pool. As the mother of four children who are very close in age, it was a real job to watch them at the pool when they were young, even when a lifeguard was present. One time, after swim team practice, we were the last of the younger group to leave. The older kids were already gathered around the deep end with the coach for their lesson. I almost went ahead to open the car for my other three kids. Instead, I let them wait for me while I escorted my son out. As I walked ahead, along the shallow end of the pool, I saw a towel floating out of the corner of my eye. My three-year-old was submerged underneath the towel and was trying unsuccessfully to get to the edge. He just stepped into the pool and couldn't get out! Even though he was on a swim team, he couldn't swim alone yet. If I had gone ahead to open the car door, my son would have drowned! No one even noticed me jump in and pull him out. It happened fast and it was quiet!

The CDC reports that "more children ages one to four die from drowning than any other cause of death except birth defects." In the US, almost 4,000 fatal drownings -in all ages- occurred between 2010 and 2019. There were 8,000 non-fatal drownings in the same time frame, many of these leaving permanent sequela. Since we are in the middle of POOL season, it would be wise for us all to be alert when we visit the pool.

Drowning occurs in six stages: Struggle (to keep water out of the airway); Submersion and breath holding; Aspiration of water; Unconsciousness; Cardiopulmonary arrest and death or the inability to revive. The Struggle phase can be as short as 20-60 seconds in non-swimmers (think of my sweet boy!). In strong swimmers, unless it is in cold water, the struggle phase can last as long as the person can keep swimming. Waving of arms and flailing about rarely happens like it does in the movies. After the exhausted victim can no longer keep holding his breath, most will give up, relax, and aspirate water. This, in survivors, is often described as at first painful, then peaceful. Unconsciousness occurs when the body's oxygen level falls from 100% to 50-60%. The time this takes depends to some degree on how hard the person has been struggling.

The SOONER a drowning victim is found, the better the outcome. Many studies support the idea that drownings less than 5-10 minutes have a better outcome. Virtually no one survives after being submerged in the water for more than 25 minutes.

Here are some simple ways to prevent drowning:

- Tub drownings: Most drownings in those less than one year of age occur in the bathtub. Plastic tub seats are not enough. Many drownings occur when the seats tip over, or a child tries to crawl into the seat when the tub is filling and they get trapped in the seat. Do not leave your child unattended even for a moment! Nothing is as important as direct supervision of a baby in the tub.
- ALL home and public pools should have a pool fence with a gate that is not easy to open by young children.
- TEACH your kids to swim and know how to swim yourself! For non-swimmers, you should be always less than an arm-length away. Take extra precautions such as having these children wear swim vests and life preservers while in the pool. We used these a lot until our children were very proficient swimmers. We also got in the pool with the kids until they learned to swim.
- Stay alert!! Even if you are at a pool with a lifeguard, you should keep your eye on your children. Tag team with other parents, if you need a break. Most drowning is silent and quick!
- Teach your children about the danger of horseplay in the pool and enforce pool rules. No exceptions!
- On a body of water: Most drownings in those older than age 15 occur in lakes, rivers and the ocean.
- WEAR A LIFE JACKET! 86% of those who drown in large bodies of water did not wear a life jacket. Swimming won't help, if you are in the middle of the lake, it is nighttime, or if you have had too much to drink.
- Do not boat and drink alcohol! 70% of drownings during water recreation are alcohol related.
- Do not use drugs or prescription drugs that could impair your mental capacity or cause you to take more risks than usual.
- Have emergency life preservers/floatation cushions available on your boat.
- LASTLY: Know CPR! The sooner it is started, the better the outcome. Have someone call 911 while you start CPR. And PLEASE STAY VIGILANT at the pool!

NEWS YOU CAN USE by AvivA Hoffmann

We're Dining Out Again – Yay!

With summer here and COVID-19 becoming more manageable for many of us, there are more opportunities to return to one of the 2,000+ permitted food service establishments in DeKalb. County inspectors are charged with providing periodic, regulatory inspections that include educating the food service operator on the importance of food safety practices. That covers restaurants, school and hospital cafeterias, nursing homes, mobile units, correctional institutions, theaters, bars and lounges. But, do you know how to find out if the place is likely to leave a bad taste in your mouth – or keep you coming back for more?

Most facilities are inspected at least twice a year, and the reports are available to the public! The DeKalb County Board of Health offers free access, via the internet, to health inspections and sanitation grades for all of its food service inspections in the county. Scores range from 1 to 100. (The lower the number, the poorer the performance.) The discovery of a code violation during an inspection results in points being taken away from a perfect score of 100. Violations in red are considered CRITICAL – meaning there are potential risks if the condition is not corrected. Establishments are required to correct critical violations immediately. If a place receives a low enough grade, it is shut down until corrections (and a new inspection with a passing score) are complete.

To look up an inspection rating, go to [www.dekalbhealth.net](http://www.dekalbhealth.net) and look for the "Environmental Health" dropdown link, then "Food Safety," then click on "Inspection Scores," which will take you to the Georgia Department of Public Health Inspection Portal. Or, you can search for "inspection scores" in the search window at the top right of the DeKalb County Board of Health homepage. Once you get to the Inspection Score webpage, you can search a business by name, address, city, or ZIP code. It's also fun to scroll through and get some inspiration about the establishment you might want to visit next.

A direct online link to the Inspection Scores can be found at: <https://ga.healthinspections.us/stateofgeorgia/#home>

If you don't find your favorite eatery, keep in mind new inspections are continually being added into the system. Also, all inspected establishments are required to prominently post their health inspection scores on site. So, be sure to look at the report before you place your order.

To register a complaint regarding health or safety concerns at a DeKalb County restaurant, you can call the DeKalb County Board of Health at (404) 508-7900.

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Interest Rates are Rising – Oh My!  
By Pat Soltys

To say that the past three years have been crazy would be an understatement. We have had a long-sustained market of increasing prices, low inventory and high demand - in spite of being in the pandemic.

Now we have rapidly rising gas prices at a very high level, spurred by world events and shortages in goods and workers in almost every sector. All of these things have certainly been a contributor to the highest inflation rate since 1981 at 8.6%, and now interest rates are rising, too, with more increases to come.

A month ago, there was not concern that interest rates would get above 5% this year. We are now past 6%, with more increases coming as the Feds try to control inflation with interest rates.

What does this mean for Smoke Rise real estate? We are already seeing some slow down in the velocity of the market. Great houses are still selling quickly and at price. More traditional homes without “in demand” features are seeing the greatest slowdowns. Buyers are looking for homes that do not need work or bargains. We do still have a good market, and even though inventory is still light with only 16 homes on the market, it is an increase.

Asking prices are still aggressive and reflective of the stronger market averaging \$198.48 per above grade square foot. Homes under contract, pending closing, are at \$186.20 without properties with more than five acres. Closed prices on non-distressed properties 2022 year-to-date average \$180.24. The rate of sales is a little behind last year with 46 homes sold in Smoke Rise, approximately 44% of last year’s sales. Average days on the market are now 40.75 days and expected to increase during the summer.

There has never been a market where nothing sells, but there are definite changes occurring as rising interest rates and buyer spending power decreases impact the market.

Crickets: The new polite way of expressing ambivalence!

By Joel Gilbert

I grew up with the admonition to “eat your spinach!” Popeye cartoons even tried to convince me it would make me strong. You probably also may remember when President Bush was asked about broccoli, and he said he hated it. Lawsuits erupted from the broccoli industry!

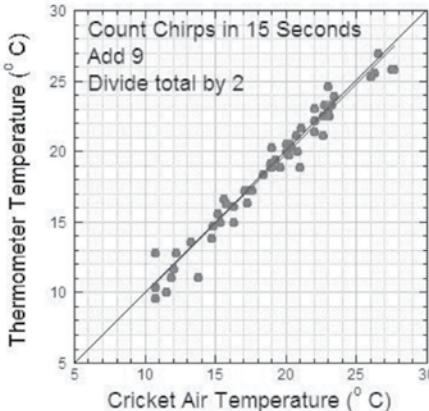
I thought it was my choice whether I ate certain vegetables. One of our friends says “we didn’t evolve to the top of the food chain to eat grass” ...meaning he hated salad.

If I asked people in a meeting what they want for lunch, I would expect responses. Some might like a salad, others might want pizza or a nice sandwich. Anyone who doesn’t speak up will get what the rest of the vocal people wanted.

The last few years has produced a new style of response in corporate meetings: no response at all. People seem prone to blend into the background and not indicate preference. Perhaps they don’t want to be criticized for their position. Maybe they hope nothing is decided so they can go back to business as usual. Perhaps they listened to Abraham Lincoln’s advice, “Better to remain silent and be thought a fool than to speak and to remove all doubt.”



This is so common now that it has been given a name... it is now called crickets. I wish we at least heard a chirp here or there to measure the temperature of the conversation in the room. As the graph here indicates, there is a very strong correlation between the chirps per minute and the outside air temperature. Similarly, people talking, contributing their ideas, working together to shape the best answer is a strong indication of the energy going into shaping any decision.



In too many meetings these days, you hear crickets. Silence. Deafening silence. Not a peep out of anyone. Not even a gratuitous response like: “Thanks for giving us something to think about.” And that silence announces to everyone in the room, “You confuse us with someone who cares; we don’t give a damn about what you are saying.”

Anyone who has studied sales or how to influence people will acknowledge that on the emotional spectrum, where love and hate are at opposite ends with ambivalence in the middle, ambivalence is the worst condition to face. It is much better to have someone engaged, even in disagreement ...that gives you something to work with to hear their perspective and seek better understanding.

Yet, with all of today’s polarization and people seeking shelter in their favorite corners of life, we get crickets in all too many meetings. No seeking to better understand, no considering alternatives, and no attempt at seeking higher callings. The lesson I share from this observation is that each of us should take responsibility for why we are called to be in any meeting. Someone believed you brought something of value to the table or you wouldn’t be there.

Keep it up and you may not be invited back. Maybe today, the better variation on Lincoln’s quote is, “Better speak up and demonstrate you bring value to the discussion.”



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### Out the Window

by Beth Henson

#### Holiday Garden

Glancing out the kitchen bay window I couldn't help but notice the heavy, indigo hydrangea blossoms weighing the bushes that flanked the eastern side of the house. The previous week of welcome rain had brought the shrubs into their full summer glory. The cherry red hummingbird feeder located at the center of the window's vista, bustled with activity; its tiny green patrons vying for their turn at the syrupy elixir.

Below the feeder, a large collection of previously potted plants displayed their variety of interesting stems and leaves. I had come to call this my Holiday Garden because it consisted of special occasion gifts from my family and friends. Currently a fragrant, snowy white Easter lily was bursting into bloom. Last month two velvety red Christmas amaryllises were the main attraction. Later, a vibrant, speckled tiger lily would take center stage (my April birthday present!). The variety of showy hydrangeas had also been Mother's Day gifts but were more in season than the rest of the cacophony. You may not be my prettiest garden, but you definitely contain the best lovely memories.



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### The Music of the Flowers

by Victoria R. Crosby

Listen to the music of the flowers.  
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Summer, like youth, is a state of mind.  
Look around and you will find,  
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fluffy clouds, azure skies,  
fragrant breeze, summer kiss.  
Ah, the bliss of summer.

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Morning Glories Support Smoke Rise Elementary STEM

By Quill Duncan

For many years, the Smoke Rise Morning Glories found ways to support our local elementary school. Members planted and maintained plantings on the grounds and in the two atriums. We added benches and native plants and even built a pergola and added water features. When the beautiful new school was built, we waited a bit to let them settle in before offering to help again. Happily, Ms. Cummings, the STEM teacher, contacted our member, Gloria Cooke, and told us she was ready for us to get involved. A committee was formed in the fall of 2021 to meet with Ms. Cummings at the school, and we identified an ideal location to construct raised beds for an outdoor classroom for the students. This area has access to water and electricity and is easily accessed from the parking lot and is on level ground.

The committee of Kim Fair, Quill Duncan, Melodie Janin and Dolly Moy created a landscape plan to construct four separate raised beds made of pressure treated lumber with concrete corners. Each bed is 18 square feet and easy for children to maintain. The materials for the beds were purchased using grants from the Morning Glories and the DeKalb Federation of Garden Clubs. On May 12, the committee, with help from Ruben Fair, Steve Duncan and Wayne Moy, installed the four beds and added gravel in their bases. When the school year begins in mid-August, we will set a date to add the layers of cardboard, mulch and soil to fill the beds and prepare them for plantings. Ms. Cummings and her students will select the seeds and plants, and our team will purchase them with our donated funds. The students will plant, water and maintain the garden and enjoy watching and perhaps even sample the harvest. We will also be adding blueberry shrubs and other low growing flowering shrubs along the perimeter of the space to attract pollinators and add to the beauty and educational aspects of the garden.

And for those of you in Smoke Rise who have white oaks on your property, this year has been the perfect year for oak leaf miner infestation. The miners are larvae of the Cameraria moth. The leaves look like they are burnished and almost cream colored. This is the result of the leaf miners eating the cell structure of the leaves. Nothing to do about it and let it run its course. The tree will eventually drop the infested leaves and new leaves will emerge. It was noted that you could pick up the infested leaves and throw them away without composting. That would be billions of leaves in my property so that is not happening!

One last tip for deer prevention that really does work is the product “Liquid Fence.” It is sold in a concentrate and must be sprayed every few weeks on those plants that are deer candy such as hosta, daylilies and many other annuals and perennials. I was sick of looking at green sticks as in the case of my daylily destruction of the last few years and a dear friend recommended this remedy. It smells like Limburger cheese but way worth it if you want to enjoy your colorful array of beautiful blooms.



l to r: Quill Duncan, Melodie Janin, Kim Fair, Steve Duncan, Reuben Fair and Wayne Moy

Opportunities in the Garden for July

By Linda Karr

It’s hot and humid, so do your garden chores early and stay hydrated! It can help to take more frequent breaks, whether sitting in the shade or air conditioning. Take care of yourselves out there!

- Pick tomatoes, squash, cucumbers, and okra frequently. If you leave ripe vegetables on the vine, it stops bloom production.
- To prevent growth cracks around the stem end of tomatoes, make sure the soil is consistently moist and mulch the plants.
- You can still plant the following vegetables to harvest before frost arrives: tomatoes, okra, corn, pole beans, lima beans, cucumbers, squash, and snap beans. Want a pumpkin for Halloween? Plant it now.
- Prevent disease buildup by cleaning up your garden as crops are harvested.
- Start your cool season crops such as collards, cabbage, broccoli, and onions.
- Interspersing flowers such as zinnias with your vegetables attracts pollinators and beneficial insects.
- Plant marigold, zinnias, cosmos, cleome, and dwarf sunflower seeds for a late summer/early fall display of color.
- Fertilize flower beds and azaleas by the end of the month, if you haven’t done it yet.
- Cut back basil, oregano, and mint to half their size, to produce more leaves and keep them from producing seed.
- Take cuttings from your favorite geraniums, for some indoor blooms during the winter.
- Take cuttings from azaleas, daphne, camellias and forsythia to propagate.
- Prune climbing roses, hydrangeas, and gardenias after blooming.
- Divide and transplant bearded iris.
- Having a tree cut down? Use the chips to mulch.
- Keep your garden and lawn adequately watered. Water in the early morning or early evening. You might try using soaker hoses for your vegetable or flower beds. Water only what you need to. Make sure your sprinklers are not watering the street or your driveway!
- Enjoy your garden!



Some Smoke Rise Garden Club Members at Plant Sale

Smoke Rise Garden Club News

The first in-person meeting of the Smoke Rise Garden Club was in April of this year, at the home of Denise Finley on Antelope Lane. The speaker was Janice Gummorsol, who gave a demonstration on repotting and the care of orchids. Some of the members toured her garden and greenhouse in Lilburn the following month.

A group of members attended the Avondale Garden club plant sale and at the Wylde Center in April. The May meeting was held at the home of Amy McNabb Carubba on Deer Ridge Drive, and the speaker was Stephanie Van Parys, Executive Director of the Wylde Center in Decatur, who demonstrated how to sow seeds in plastic jugs, at any time of the year, by creating a mini greenhouse.

A very successful plant sale was held at the home of Alice Norton’s on Antelope Lane on Saturday May 7.

In June, the members held a tasty barbeque, inviting members’ husbands, at 5 Sons Farm, owned by club member Jane Culbertson’s son and his family. The organic farm grows blueberries and heritage tomatoes, along with other produce.

New members are Victoria Crosby, Margo Collin and Nikki Bridges. Membership is open to ladies who live in Smoke Rise. For further information, contact Deb Halley at debhalley5880@yahoo.com or Denice Finley at 2finleys@bellsouth.net.

**GEORGIA IRIS SOCIETY MEETING**  
Saturday, July 9, 2022, 2:00 p.m.  
**ST. BARTHOLOMEW EPISCOPAL CHURCH**  
1790 LAVISTA ROAD, NE  
ATLANTA, GA. 30329

Georgia Iris Society Member, Treasurer, and Iris Enthusiast, Donita McDonald, will present “Historic Iris—Propagation and Preservation of their enduring beauty”—fun facts and interesting lore about some famous iris.

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For more information,  
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Lord Park....continued from page 1



(Frisbee) golf course winding under the conserved canopy. While thickets and invasive plants will most assuredly be removed, the mature trees will remain, and there will be unobtrusive improvements to ensure controlled and proper water run-off. Disc golf is purported to be a sporting activity with low environmental impact, per the devotees in attendance, and with players acclaimed to be good stewards of nature. The location will also feature a one-way circular road with entry and exit at Smoke Rise Drive and about 40 gravel parking spots situated among trees and an emergency, gated entry/egress at Militia Drive. The other features of the plan are self-explanatory upon quick study of the plot, but will include walking trails, a playground, woodland challenge course, restrooms, a 20'x40' reservable covered pavilion, and three or so 10'x10' picnic pavilions. Residences immediately abutting the park will be protected by a 75' deep undisturbed plant buffer.

I was one of the attendees on June 9 that believed I heard the plan was not finalized, the city remained open to input, and that there was the prospect of one or more future meetings with the community. However, this may be in some dispute and as of press time for the July *Smoke Signal* edition, there were no meetings on the subject of the development of the Lord Park on the city calendar. Readers are encouraged to obtain information from the city and to be wary of sensationalistic and unsubstantiated claims on social media. As such, persons with ideas, concerns, or wishing to express support for the plan to develop this gem of Smoke Rise should communicate to our city council representatives, Virginia Rece and Roger Orlando.



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