

SMOKE SIGNAL

VOLUME 48, ISSUE 10

Serving the Smoke Rise Community Since 1968

January, 2016

www.smokesignalnews.com



THE STAFF OF THE
SMOKE SIGNAL WISHES YOU
A SAFE AND SPECTACULAR
NEW YEAR!



5th Annual "WALK TO REMEMBER"

By Elaine Taylor

On Saturday, January 23, the annual "Walk to Remember" will be held starting at 9:30 a.m. at Smoke Rise Baptist Church. The Mountain Mums Garden Club began the WTR in 2012 on the 5th anniversary of the planting of Japanese magnolia trees at the Hugh Howell triangle, at Hugh Howell Rd. and Highway 78. This area is now known as the Memorial Triangle of Trees. These spring flowering trees were planted to commemorate seven, beautiful, young, lives lost in automobile accidents: Mandi Smith, Brandon Stovall, Matt Taylor, Charlie Wellman, Brandon Hubbard, Julian Carter and Ben Lokies. The seven trees are planted in a circle, and in the center of the ring is a tree that signifies HOPE.

Family, friends, neighbors, and members of the community are invited to come join in the WTR. It will start in the upper parking lot of Smoke Rise Baptist Church, with a short time of reflection to show support for the families and the Mountain Mums commitment to the Memorial Triangle. Then, all that wish, can take off on the brisk walk through the neighborhood and Smoke Rise green spaces. As every year, there will be DeKalb Police escorts for the approximate three-mile, casual walk on sidewalks. Also, as in the past, the SRCA is paying for the DeKalb County officers. Many thanks to Kroger for once again providing drinks and snacks.

There will be a \$10.00 entry fee that helps support maintenance for the Triangle and for Taggart Driving School gift certificates for deserving Tucker High students.

As the mother of Matt Taylor, one of the seven, I am extremely moved by this outpouring of compassion. We hope for another great turn out for the 2016 "Walk to Remember," to remember the seven neighbors who died too young. And, remember to drive safely!

Look inside for...

Help for those who help others	pg 2
Mark Twain at ART Station	pg 4
Cutting Cable Costs.....	pg 7
Sleepless in Atlanta.....	pg 9
Tips for Online Shopping.....	pg 10



Penny Stovall and Elaine Taylor by the Tulip planting.

Running for Office

By Pat Soltys

On November 3, 2015, Smoke Rise became an incorporated part of the new City of Tucker with a strong 74% vote for cityhood with the Smoke Rise precincts showing an even higher percentage of voters wanting cityhood. Elections for a mayor and six city council seats will be held on March 1, 2016.

Smoke Rise will be electing two council persons and a mayor. Qualifying for the ballot on December 11, were three candidates for mayor; Frank Auman, Loren Cheek and Bruce Jackson. District 1 (Smoke Rise) Post 1 - Honey Van de Kreke and for Post 2 - Jon Carr and William (Bill) Rosenfeld. These are non-partisan elections, and none of these candidates have held office before.

Frank Auman

5468 Pheasant Run, Smoke Rise. Moved to DeKalb County in 1974, graduated from South DeKalb High School and University of Georgia with a degree in Finance. Owner of Pin-Centives, Tucker.



Lorne Cheek

2135 Shady Lane, Tucker. Lived in Tucker since 2001. Education is in pastoral studies and public speaking. Server/Catering Coordinator at Joey D's Oak Room, Atlanta.



Bruce Jackson

1915 Princewill Drive, Smoke Rise. Moved to Smoke Rise in 2014. Graduate of Ball State University, Telecommunications. Divisional Vice President, AutoTrader.com, Atlanta.



Honey Van de Kreke

1885 Mountain Creek Drive, Smoke Rise. Lifelong Tucker resident. Moved to Smoke Rise in 1993. Corporate Secretary-Treasurer of Elrep Sales, Tucker.



Jon Carr

5035 Patriot Drive, Smoke Rise. Lived in Tucker and Smoke Rise most of his life. Graduated from Mercer University degrees in PharmD and an MBA. President of Palliative Pharmacy Solutions Inc., Tucker.



William "Bill" Rosenfeld

5439 Leather Stocking, Smoke Rise. Has lived in DeKalb County for 25 years. Guilford Technical Community College, Paramedic/Medical. Owner of Rosenfeld Jewelry LTD, Tucker.



On page 5, the candidates introduce themselves to Smoke Rise "in their own words."

News from the Smoke Rise Community Association (SRCA)

Electronics Recycling Event in Smoke Rise on Hold

In a meeting with IMS Electronics Recycling reps, SRCA's traditional electronics recycler, the company disclosed to SRCA president, Mike Huerkamp that it has discontinued small community events, due to lack of profitability. As such, the SRCA plan is to approach the city of Tucker to organize a larger event sometime after incorporation.

In the meantime, residents with electronics recycling needs are encouraged to take items to IMS Electronics Recycling, Inc. at 5235 Snapfinger Woods Dr., Decatur, GA 30035; (770) 776-4210; imselectronics.com).

While most items are recycled free-of-charge, there are some charges for environmentally-hazardous items disposal, most notably cathode ray tube TVs (\$10) and CRT computer monitors (\$5).

SRCA Dues: If you haven't done so, please send your dues to the Smoke Rise Community Association (SRCA). This is your neighborhood association! SRCA helps monitor and protect our community. Your family's \$35 helps us have a say in issues like: potential adult entertainment establishments, cell towers on Smoke Rise Charter Elementary School property, annexations filed, and more. Dues also help fund common grounds maintenance and mowing, sign toppers, movies on the green, and more! Send check to: SRCA, P.O. Box 870793, Stone Mountain, GA 30087 or go to the SRCA website at: <http://www.smokerise.org/>.



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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January Calendar of Events

- 1 Happy New Year!
- 2 Mountain Shadow Garden Club (MSGC)
 Eastminster Presbyterian Church, Founders Hall, 7:30 p.m.
- 6 *Smoke Signal* meeting at home of Pat Soltys, 9:30 a.m.
- 13-17 *Tonight: Mark Twain*, Featuring Bill Oberst, Jr.
 ART Station Theatre, 5384 Manor Drive, Stone Mountain
 Wednesday – Saturday at 8:00 p.m., & Sunday at 3:00 p.m.
- 18 Dr. Martin Luther King Jr. Day
- 13 Mountain Mums meeting at home of Lucy White, 9:45 a.m.
- 23 Walk to Remember
 Smoke Rise Baptist Church, Front parking lot, 9:30 a.m.
- 24 International Powers, Music Concert, 3:00 p.m.
 Eastminster Presbyterian Church, 5801 Hugh Howell Rd.
- 26 Smoke Rise Camera Club
 Smoke Rise Baptist Church, Rm. #223, 7:00 p.m.

Smoke Signal Deadlines

JANUARY 13

Please e-mail articles to:
smoke-signal@earthlink.net

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

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

Deadline for classified ads is JANUARY 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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 Link to the digital version of the *Smoke Signal*
 at <http://eepurl.com/pjn4v>
 or scan this QR Code with your smart phone!



Free Workshop for Those Who Care for Mentally Ill Relatives

The grassroots organization, National Alliance on Mental Illness (NAMI DeKalb), will sponsor the NAMI Family-to-Family Education Program specifically for family caregivers of individuals diagnosed with serious mental health conditions. The course is taught by trained family members and focuses on several disorders. The FREE 12-week series of classes will start on Thursday, February 11, 2016 from 5:45 p.m. - 7:45 p.m., in Decatur GA. The course will cover information about schizophrenia, the mood disorders (bipolar disorder and major depression), panic disorder and obsessive compulsive disorder; coping skills such as handling crisis and relapse; basic information about medications; listening and communication techniques; problem-solving skills; recovery and rehabilitation; and self-care around worry and stress. The curriculum was created by a mental health professional and will be taught by Cynthia Moorer, NAMI DeKalb Co-President.

"This course is a wonderful experience," says instructor Cynthia Moorer. "It balances basic psycho-education and skill-training with emotional support, self-care and empowerment. We hope families with relatives who have a serious mental illness will take advantage of this unique opportunity."

The course is designed specifically for parents, siblings, spouses, teen-age and adult children and significant others of persons with severe and persistent mental illness. The course is not appropriate for individuals who themselves suffer from one of the major mental illnesses.

The NAMI Family-to-Family Education Course is free. For more information or to register, call Janice Ross at (404) 625-6730 or contact her at janice@namidekalb.com.

Smoke Rise Baptist Church

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

Sundays:
 9:00 a.m. Worship in the Chapel
 9:45 a.m. Sunday school
 11:00 a.m. Worship in the Sanctuary

Communion: Second Sunday of each month
 1st Tuesdays: 11:30 a.m. Prime Time
 Wednesdays:
 5:00-5:45 Fellowship Dinner
 6:00-7:00 Programs for children, youth and adults
 7:00-8:30 Sanctuary choir
 Nursery provided

Eastminster Presbyterian Church

Pastor: Rev. J. Caleb Clarke III
 Director of Mission & Youth: Mark Sauls
 Director of Music Ministries: Andrew Meade
 Director of Preschool: Stacey Moura
 Director of School Age Program: Celeste Sears
 Director of Christian Education: Mardee Rightmyer
 Pastor to Senior Adult Ministries: Rev. Jeanne Simpson
 Telephone (770) 469-4881
www.eastminster.us

Sundays:
 9:45 a.m. Sunday School
 11:00 a.m. Worship
 Wednesdays:
 5:45 p.m. Fellowship Dinner
 6:30 p.m. Adult and Children's Program
 7:30 p.m. Chancel Choir Rehearsal

Mount Carmel Christian Church

Senior Minister: Art Stansberry
 Worship Leader: Leslie Riley
 Director of Students and Kids Ministries: Vicki Tyler
 Telephone (770) 279-8437
www.mountcarmelcc.org

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

First Moravian Church

Interim Pastor: Stephen Weisz
 Congregational Acolyte: Bill Hitz
 Telephone (770) 491-7250
www.gamoravian.org

Sundays:
 10:00 a.m. Sunday School-Adults & Children
 11:00 a.m. Worship
 12:00 p.m. Fellowship Time
 Thursdays:
 7:00 p.m. Adult Study Group

Incarnate Word Lutheran Church

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

Mountain West Church

Pastor: Michael Shreve
 Telephone (770) 491-0228
www.mountainwestchurch.com
 4818 Hugh Howell Rd., Stone Mountain
 Service Times 9:30 a.m., 11:30 a.m.



FREE NEIGHBORHOOD PET LOST AND FOUND

Please call Kay McKenzie at (770) 491-6784 if you have lost or found a pet.

The *Smoke Signal* is posted to www.smokesignalnews.com the first of each month. Go to the "Smoke Signal Digital" link. You'll also find the link posted to the *Smoke Signal* News Facebook page each month with posting of pictures and stories throughout the month. For questions, contact Pat Soltys at pat@smokeriseagents.com.

Smoke Rise Baptist Church
Journeys: Session 5
January 6 – February 3, 2016
Wednesdays from 6:00 - 6:45 p.m.

Pastor Chris' Bible Study

Martin Luther wrote, "St. James' epistle is really an epistle of straw...for it has nothing of the nature of the gospel about it." Luther (and many others) believed that the Book of James had too much emphasis on good works and left too little room for grace. In this study, we will explore together this controversial little letter and draw our own conclusions. Along the way, I believe we will discover a new perspective on this journey called faith.

January 6, 13, 20 and 27 in the Fellowship Hall

What the Bible Teaches About the Afterlife

Most every person, especially Christians, have asked the question, "What happens after death?" What is heaven like, what is hell and where is it? The Bible says more about heaven than it does about hell. Jesus centers his teachings on this present life and speaks sparingly about the afterlife. This study will focus on the biblical materials starting with the Old Testament and the Jewish view of afterlife. Next, the teachings of John, Paul and Matthew will be examined. Led by R. Page Fulgham.

January 6, 13, 20, 27 and February 3 in room 223

Mothers and Friends

Moms, do you sometimes find building relationships with fellow moms intimidating? Let's strip down the awkwardness with a funny approach to 'momlationships' using excerpts from Melanie Dale's "Women are Scary: The Totally Awkward Adventure of Finding Mom Friends." We'll take time to talk about our journey together as mothers and friends, and we'll focus on how to build each other up and bless each other along the way. Join us for meaningful conversation and lots of laughs! Led by Kelly Jowers.

January 6, 13, 20 and 27 in room 124

Eastminster Presbyterian Church Concert

The Eastminster Presbyterian Church in Stone Mountain announces a concert of Slavic, Spanish, and American music presented by soprano Samantha Burke on Sunday, January 24 at 3:00 p.m. The selections will feature works by Rachmaninoff, Larsen, Heggie, Esparanza and more! Suggested donation \$10.00. Proceeds to benefit the Eastminster Presbyterian music program. A reception will follow. The Eastminster Presbyterian Church is located at 5801 Hugh Howell Road, Stone Mountain, GA.

Local Respite Care Center Opens

Beginning January 5, the Joe Evans Respite Care Center will open. This is part of Eastminster Presbyterian Church's Ministry to Senior Adults in the Smoke Rise, Stone Mountain, Tucker, and surrounding communities.

The respite care program is designed to provide a safe, caring place for caregivers to bring frail senior adults while they run errands, keep appointments, or just have some time alone to rest. It is estimated that 30% of the elderly who require care at home in the U.S. receive it from family members. This can be stressful and exhausting.

The Joe Evans Respite Care Center will be open from 10:00 a.m. until 3:00 p.m. Tuesday through Thursdays each week. Senior adults who are mobile and able to feed themselves can come for one to three days and receive a snack in the morning and a hot lunch. The daily schedule will include daily devotions, games, chair exercises, singing, and other stimulating activities. The fee will be \$30 per day.

Application packets for the Care Center can be obtained in the church office.

Contact information: Rev. Jeanne Simpson, (770) 469-4881 ext. 222
 Helen Wilborn, (770) 469-4881 ext. 232
 Eastminster Presbyterian Church
 5801 Hugh Howell Rd
 Stone Mountain, GA 30087

Incarnate Word Lutheran Church

Happy New Year! As members of the Incarnate World Lutheran Church begin a new year, they look to it as another chance to reach their goals. As with any new attempt, members have learned, it is wise to look back and think about lessons learned from past experiences. As they look back, church members are grateful for the blessings they have received in the past and for those to come in the New Year.

The church invites you to join members in celebrating a new year and a new beginning at Incarnate Word Lutheran Church. Worship service takes place every Sunday at 8:45 a.m. at the First Monrovia Church at 4950 Hugh Howell Rd., Stone Mountain, GA 30087.

Stone Mountain SDA Church Hosts Community Events

The Stone Mountain Seventh-Day Adventist Church invites the Smoke Rise Community to events sponsored by the church. These include a CPR certification class and a Diabetes Education class.

The CPR class is being offered Sunday, January 17 at 10:00 a.m. and will be taught by certified instructors. The cost will be \$30.00/person, and certification cards will be issued on completion of the course. The Diabetes Education class is a six-week course, beginning January 14 from 11:00 a.m. - 1:00 p.m. that educates on the complications of this disease and its optimal management. This class is designed to empower each individual with diabetes to take control of their illness for life. It will be taught by a trained diabetes educator with the Alliant Group.

To register for either of these upcoming programs, contact the church office at (770) 469-0111. The Church address is: 1350 Silver Hill Road, Stone Mountain, GA. 30087. Please contact Ruthia Dorsey at (678) 371-2483, if further information is required.

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There are some questions the internet just can't answer!



**Smoke Rise
Arts & Craft Festival**

Susan Gilbert, Staff Writer

This year's annual "Holiday in Smoke Rise" arts and crafts festival again created quite a buzz around our Smoke Rise Elementary Charter School on December 5, as shoppers walked a ways or used the shuttle service to get to and from the packed event. In its 30th year, "Holiday in Smoke Rise" is the longest-running school fundraiser in DeKalb County.



The show attracts more than 100 artists and craft vendors from all over the Southeast. This year's event had woodcrafters, chefs, weavers, seamstresses, glass makers, jewelry makers, and so much more. My family did some early Christmas shopping and enjoyed chatting with the artists, many of whom shared their techniques and stories while we visited. We always get an added good feeling from knowing our purchases not only help our community school but keep our dollars local by supporting the talents of our neighbors.

Pictured here is Smoke Rise resident, Karen Cook (left), who visited with Jackie Kaluzne, one of the vendors at the fair. Jackie and her husband run The Kid's Watch Company and have been in the gift industry for more than eight years. While they offer an assortment of other children's items, their real passion is for kids' fun watches, which they design and import for sale to retail stores and sell to the public at craft fairs like this one.



**ART Station Presents
Tonight: Mark Twain, Featuring Bill Oberst, Jr.
January 13-17**

Twain often said, "I wonder if God invented man because he was disappointed in the monkey." Bill Oberst, Jr. has performed as humorist Mark Twain more than 1,500 times. His Twain is irreverent, caustic, funny, and a slice of pure Americana. The evening's selections are pulled from the deep well of Sam Clemens' life in the public eye: the books, the speeches, the ludicrous stories of miraculous adventures, and the biting observations on humanity. Twain said, "I like a good story well told, so I am forced to tell them myself." And so he does!



Performances are Wednesday – Saturday at 8:00 p.m., & Sunday at 3:00 p.m. Visit the ART Station website, www.artstation.org. Ticket prices: \$23.00 Senior (60+)/Student, \$27.00 Adult. To purchase tickets, call the Box Office at (770) 469-1105 or go online: www.artstation.org.

All performances are in the ART Station Theatre located at 5384 Manor Drive in Historic Stone Mountain Village. The Village of Stone Mountain is located in the City of Stone Mountain one exit prior to Stone Mountain Park.

Local Club: International Outreach

Operation Christmas Child/Samaritan's Purse is one of the projects of the International Outreach Program of the GFWC Stone Mountain Woman's Club. Each year, club members fill boxes for children at Christmas to be sent throughout the world and here in the United States.



During December, a group of club members worked at the distribution center for Samaritan's Purse checking boxes and preparing them for shipment. This year, the club donated more than 200 filled boxes to the charity.

Smoke Rise residents, Barb and Dave Hess, Marty Bryan, and Mary Jenkins, were among the 13 members who worked at the distribution center. Samaritan's Purse is a nondenominational evangelical Christian organization that helps hurting people around the world. Operation Christmas Child is one area of this organization.

The General Federation of Women's Clubs is an international women's organization dedicated to community improvement by enhancing the lives of others through volunteer service.

More News from GFWC

The Art Program of the GFWC Stone Mountain Woman's Club presented two framed pieces of art, a water color and a photograph, depicting scenes of the historic depot on Main Street in the village of Stone Mountain in December. Mayor Pat Wheeler accepted on behalf of the city. The artworks will be placed in the new city hall. The depot is under renovation to house a museum, the village welcome center and conference rooms.



Pictured above are Glenda Willett, Nelda Lunsford, Mayor Pat Wheeler and Miriam Boone

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The Smoke Rise Country Club's senior tennis team celebrated a successful fall season with an "end of season" party at the home of Barb Hess. Terry Ingwersen was the captain and led the team to playoffs.

Pictured are: Vickie Carpenter, Mary Warshaw, Ellen Heffner, Betsy Johnson, Jan Madeley, Barb Hess, Julie Olson, Judy Coyle and Terry Ingwersen. Shari Carter and Debbie Torbush were not able to attend.

Running for Office...continued from page 1

Pat Soltys reached out to each Tucker candidate and asked about their involvement in Tucker (Smoke Rise) Community:

Auman – Supporting and/or participating - SRCA (Smoke Rise Community Association) clean-up days; Smoke Rise Sharks Swim Team; Walk to Remember and many other events. Smoke Rise Country Club, Chairman of the DeKalb Republican Party 2009-2013, ran for State Senate (2006), Coverdale Leadership Institute, and Leadership DeKalb's Economic Development Fellowship, Tucker Together, Tucker 2014 & 2015, Vice Chair of Georgia's Department of Human Services, Chairman of two non-profits – PD Ministries and Heart of a Champion.

Cheek – Supports individuals in time of need, Habitat for Humanity, Susan G. Komen, Volunteer Vocalist, founding of a charter school in Clarkston.

Jackson – Newer resident looking forward to being involved in the community.

Van De Kreke – Led, sponsored and participated in Main Street Tucker Alliance (co-manager), Tucker Livable Community Initiative, Tucker Overlay District, renovation of the streetscapes on Main Street, Tucker Community Improvement District, Tucker Together, Tucker 2014 & 2015.

Carr – Smoke Rise Country Club, Youth Sports, Net Pantry (indigent pharmacy provider), Chairman of the board of Christian Medical Supplies (Healthcare for the needy), former Deacon, moderator and supporter of Tucker Baptist Church. Mercer Alumni Association, Crossroads Hospice.

Rosenfeld – Led, participated and/or supported - Smoke Rise Bath and Racquet Club, Smoke Rise Country Club, Tucker Northlake Community Improvement District, Stone Mountain Rotary, Tucker Business Association, Tucker Civic Association, Tucker Day, Main Street Tucker Alliance, Art Station, Council of Quality Growth (DeKalb), FODAC (Friends of Disabled Adults and Children) volunteer, Georgia Jewelers Association and many other boards.

Why have you decided to run?

Auman – "I am now asking for your vote so that I may continue the work we have begun and help to fulfill its promise. Tucker needs to get off to the right start in its tone, its character and its mission. There will be lots of work to do in negotiating dozens of agreements with the county, vendors and contractors. But, the most important thing will be to lay the groundwork for Tucker's many years ahead as a healthy, successful city, where its citizens will live, work, play, pray, and prosper as a close-knit community."

Cheek – "I am a patriot of my country as well as a patriot of my vicinity. Representing the interest of the entire community and establishing the structure of the city will affect my future and the future of the community. I am vested in that community, interested in its success, and desirous to be the instrument of that success."

Jackson – "I view running for this office as an honor, as I see so much potential in the newly formed City of Tucker and feel it is all of our responsibility to make our city a tremendous place to live, work and fellowship with each other."

Van de Kreke - "In short, I believe in smart growth and small government. To position Tucker for these values to take root and blossom for future generations. I would appreciate your support and your vote on March 1."

Carr – "I believe there should be a good mix of people on the City Council. I agree with economic change and I want to represent the many generations who have had the insight and philanthropy to allow Tucker to thrive. I can serve the people of Tucker with my vast business experience. Cities need City Council members with an extensive business background such as myself."

Rosenfeld – "I decided to run for Tucker City Council, because I have a lot to offer that can be beneficial to the startup of the new city of Tucker. Not just 'talking the talk,' but walking the talk. My dedication to business and many organizations brings a lot of knowledge and experience to the table. My involvement with Tucker Together and Tucker 2015 was instrumental in forming the new city of Tucker. I want to protect the quality of life we presently enjoy in Tucker, and work toward resilient and sustainable growth - protecting the community from toxic growth that could negatively impact our future."

What do you feel is most important to be accomplished by the first City of Tucker government?

Auman – Establish the foundation and contractual relationships with the county, vendors and contractors who will provide necessary services.

Cheek – Set the budget, hire staff, establish a solvent community and create a sense of pride.

Jackson – Create a community that is safe, self-sustained and business friendly.

Van de Kreke – Foundation for the future of Tucker for smart growth.

Carr – Public safety and financial responsibility.

Rosenfeld – Make sure the government is qualified, transparent and honest as the new city is built.

Over the next couple of months, there will be many opportunities to meet these candidates and learn about their qualifications, objectives and understand their approach to governance. Your vote will be important, so learn all you can.

Smoke Rise Preferred Contractor's List

If you are looking for reliable people to build decks, paint, do electrical, plumbing, interior design and many other services, then request a copy of this list as a potential starting point. We maintain a free listing of contractors and other service providers that your neighbors have used successfully. If you want a copy of this list, please email Jim Farmer at: jimfarmer812@earthlink.net or call him at (770) 939-8949. We also ask for your feedback. Tell us about a contractor or service provider that you have used with opinions about their work. This information will be useful for future revisions of the list.




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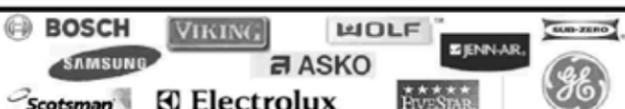


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SMOKE RISE ELEMENTARY NEWS

Science & Engineering Fair

On December 1 and 2, Smoke Rise Elementary hosted its first annual Science & Engineering Fair. The first day was dedicated to judging, and the second day for viewing. Parents visited Wednesday night and viewed more than 100 projects from grades 3-5! The students and parents were thrilled to view all of the hard work students put into their projects. Students were able to showcase their knowledge of the engineering design process and scientific method.



The Science & Engineering Fair is part of Smoke Rise's efforts to become a STEM certified school (Science, Technology, Engineering, and Math). Ms. Cummings, the school's STEM coordinator, says next year's fair will be even bigger and better.

Congratulations to all of the participants and competition winners! Two SRES students are moving on to the DeKalb County Regional Science Fair at Arabian Mountain High School on January 23.

Donations Needed: Ties & Handkerchiefs

Members of "Men of Smoke Rise Elementary" are forming a mentoring group called Distinguished Gents for male students in grades 4 and 5. The Chair-Mentors are Mr. Caldwell and Mr. Davis; other men in the community are welcomed and encouraged to join. The goal of this effort is to teach young boys how to become positive, successful and "distinguished" young men. The men are asking for support from the community by way of donations of ties and handkerchiefs. In the near future, members of this group will be permitted to wear dress suits and ties in lieu of the SRE uniform, one assigned day each week.



'Tis the Season for Giving!

Smoke Rise Elementary is delighted to have several community members assisting their less fortunate this holiday season. To take part in giving back, the Beta Club students partnered with Communities in Schools to organize a school wide food drive. They are excited to announce that they exceeded their collection goal. Also, for the second year in a row, the counseling department collected and hung winter accessories on the festive "Giving Tree"

located in the entrance foyer. Students, staff, and families donated more than 50 new hats, gloves, scarves, and socks for families in need. Smoke Rise has been fortunate to have a number of helping hands to make this holiday season special for so many families. The school would like to recognize Incarnate Word for donating food baskets and toys, Eastminster Presbyterian Church for donating clothing and toys, along with Tucker Christian Church and Tucker Starbucks for sponsoring a Smoke Rise Elementary family. The staff and families truly appreciate the support and generosity from the community.

Smoke Rise Elementary Scheduled to Rebuild

On November 6, 2015, DCSD Superintendent, Dr. R. Stephen Green, announced his executive decision to remove Smoke Rise Elementary from the Avondale Middle School swing space site. The Smoke Rise Elementary School's Administration and Executive Council have been partnering with the Superintendent, and key executives from the DCSD Operations Department to explore the feasibility of a community based swing space for Smoke Rise Elementary. SRE is in the beginning phase of this process and looks forward to providing additional updates soon. Community-wide meetings will also be held, as soon as the initial vetting process is complete, to give the greater community an opportunity to hear firsthand what the future plans are for SRE and to gather critical feedback.

SRE is excited about the opportunity to stay within its community and looks forward to completing this process in a timely manner that will allow it to stay on track for the school rebuild starting in June 2016.

GRADUATE

GILLEN HEISLER

Gillen Heisler, son of Pam and Keel Heisler of the Summit, graduated with highest honors from Georgia Institute of Technology on December 12, 2015 receiving a Bachelor of Science in two degrees: Business Administration and International Affairs. Gillen completed his minor in Mandarin Chinese while studying at Shanghai Jiaotong University in China.



Active in student government as class representative every year at Tech, Gillen served as GT senior class president and as president of Sigma Iota Rho International Affairs Honor Society. He also served as a Georgia Tech Student Ambassador, where he helped to host guests such as President Obama, President Juan Carlos Varela of Panama, and the First Lady of Rwanda.

Gillen attended the Harvard Business School Summer Venture in Management Program in 2015. During his academic career, he has worked at KPMG Strategy, The Home Depot corporate offices, Georgia Department of Economic Development, and the GTRI Office of Policy Analysis and Research. His team won first place at the Accenture Innovation Challenge, proposing organizational and operational changes for Ashoka organization. He is both a published author and public speaker.

Following graduation, Gillen has accepted a post to the White House National Economic Council for the Spring, 2016 term. He will subsequently be employed by Deloitte Consulting as a strategy and operations business analyst.

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**Winter Safety Tips from DeKalb Fire Rescue
Home Heating Safety**

Space heaters, whether portable or stationary, account for 33% of home heating fires and 81% of home heating fire deaths.

- Don't place space heaters near things that can burn, such as upholstered furniture, clothing, mattress, or bedding.

Carbon Monoxide Gas/Poisoning

Carbon monoxide, also known as CO, is called the "Invisible Killer," because it's a colorless, odorless, poisonous gas.

- Keep all gas-powered generators outdoors
- Be sure all gas-operated appliances, when not used, are shut off
- Make sure chimney flues are open, if you decide to utilize your fireplace

Because CO is odorless, colorless, and otherwise undetectable to the human senses, people may not know when they are being exposed. The initial symptoms of low to moderate CO poisoning are similar to the flu (but without the fever). They include headache, fatigue, shortness of breath, nausea, and dizziness.

High-level CO poisoning results in progressively more severe symptoms, including:

- Mental confusion
- Vomiting
- Loss of muscular coordination
- Loss of consciousness
- Ultimately death

Emergency Supply Kit

When putting together an emergency supply kit, the following items should be included:

- A flashlight with extra batteries
- Water
- Non-perishable food items, (i.e. crackers, canned goods)
- A fully charged cell phone
- A weather radio
- Emergency numbers of family members or close friends

techtalk Cutting Cable Costs
by Susan Gilbert

As technology races ahead, so do the options available to us to get TV programming for less money, or even free. From my research, I learned that the average pay-TV customer in the US spends a whopping \$123 per month for service, which is almost \$1,500 annually. That's up from \$86/month in 2011, an increase of 9.4 percent annually during four years. For perspective, the Consumer Price Index increased 1.6 percent annually during that time, which calls into question the survivability of a business model that is charging customers at six times the rate of inflation. Especially when you investigate what is available at no cost.

You might be interested to know that with cable, you are probably paying for local TV channels and getting only half of the signal. Cable companies "down sample" the signal so it doesn't require as much bandwidth to deliver channels to you. You can purchase an Over The Air (OTA) antenna for your TV for about \$50 and see what you have been missing... it is stunning! We did a side-by-side comparison on some TVs in our office, where we have access to both cable and an antenna, and the difference is similar to what you experienced when you first saw high definition TV. The cable looks fuzzy by comparison to what you can get for free over the air. Now, this only works for local channels. But if that is mostly what you watch, you might like it better and save some money.

If you subscribe to cable, you are likely paying for bundles of channels, most of which are never watched. You can get almost all of this content on demand (what you want, when you want it). This can be a little complicated, so I will break it down into some major options:

1. If you are an Amazon Prime member (which I recommend, because the cost is justified by free shipping on Amazon orders), you get a huge array of free content that can be broadcast to any modern TV, if you have wireless at home. The device is called Amazon Fire and there are several versions. You will probably want to go for the full strength version around \$100. There are no monthly fees for the basic service, but if you are an Amazon Prime member, the selection is enormous from thousands of movies and a huge catalogue of music.
2. If you are a big laptop-computer user at home, take a look at Chromecast. It takes what is playing on your computer and broadcasts it to your TV. You can often watch news and local TV recordings this way for free.
3. If you are interested in recording OTA broadcasts, take a close look at the Tablo. This is a DVR that offers a reasonably good set of services. It is a bit clunky compared to your cable box, but you will not be saddled with large monthly fees. There is a small fee for the schedule, but you can prepay that for your lifetime for \$150.
4. If you have a spouse who sleeps while you watch TV, check out the ROKU since the remote comes with a great little earphone with volume control. It is very similar to the Amazon Fire and works perfectly with the Tablo.



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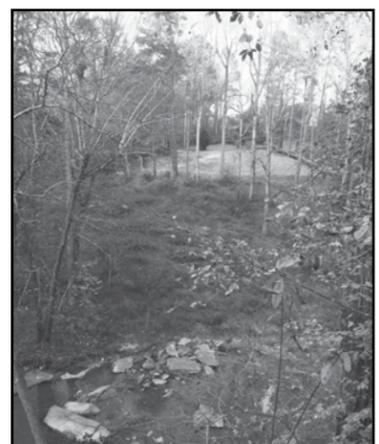
New neighbors to Kanawha purchased the dilapidated, foreclosed home on Mountain Shadow Court bordering their property with the intention of having it demolished. That happened in November, creating new green space for our community. More importantly, the demolition removed a safety hazard and eye sore blighting the otherwise pristine cul-de-sac. The home was built by Mr. Patterson, one of the early builders in Smoke Rise, and was his residence prior to his move to Florida a few years ago.



Dilapidated house in Kanawha



Demolition of the abandoned home



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Of Note to the Community...
(formerly Alerts & Watches)

by **Cedric Ross**

Smoke Rise Community is a jewel, and as keepers of a rare prize, we have a duty to safeguard it. The world has changed, and we must be vigilant. If you don't know your neighbor, take time to say, "Hello." Each month, we will take a look at security for your home and when we are away from home. Enjoy life and be safe all day long. May your days be filled with joy at the wonders in your own back yard of life.

Safety thoughts for the month

- When you are walking, if you see a car that is not familiar, record the license plate number, time of day and the location. (You can record it on a piece of paper or even a smart phone.)
- Consider adding cameras to the outside, inside of your home or even in the doorbell. (The cameras can be viewed on your smart phone. Yes, even the doorbell one, too.)
- If you are leaving town for a few days, arrange to have mail and/or newspapers picked up.
- Use timers to turn lights on and off at set times.
- When you valet your car, only give the ignition key and not the full set of keys.
- Check any area a workman may have been, to make sure all areas remain secure.
- New credit cards now have chips for security; make sure you get your PIN number for it.
- If it has a lock, use it, your safety is priceless.
- If you have children in the home, or visiting, remember gun safety.

- 12/07/2015 - Theft/Larceny -1600 BLOCK BARRINGTON VIEW
- 12/10/2015 - Theft/Larceny - 2300 BLOCK DEER RIDGE DR
- 12/09/2015 - Vehicle Break-In/Theft - 5000 BLOCK CHEDWORTH DR
- 12/04/2015 - Burglary FORCED ENTRY – RESIDENCE - 5200 BLOCK ROSSER RD
- 12/02/2015 – Burglary - 5300 BLOCK HUGH HOWELL RD
- 11/22/2015 – Burglary - 1700 BLOCK TILLING WAY

Good link to have:
<http://www.crimemapping.com:80/subscriptions/subscribe.aspx>

If you are a victim of a crime, please email details to smoke-signal@earthlink.net so we can let your neighborhood know what's going on by publishing it in the *Smoke Signal*.

Remember, if you don't inform the police, the police don't know what's happening in your neighborhood.

Troop 876 Paddles the Okefenokee Swamp

Troop 876 spent the weekend before Thanksgiving in the Okefenokee Swamp. Participants paddled in about nine miles, and camped the night, on Floyd's Island and then paddled back out the next morning. The troop saw lots of alligators, deer and herons. Everyone agreed the trip was fun but a tough one. The fun part was paddling with friends and others in the area. The tough part, was at the end of the up current paddle going in, the path narrowed, the bushes got thick and the troop kept getting stuck. A couple of boys did fall out, but there were no gator incidents.





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DeKalb County Utility Customer Operations Center Relocated

The DeKalb County Utility Customer Operations Center began operating out of a new location on December 7, 2015 at 774 Jordan Lane, Decatur, GA 30033. As a result, the Utility Customer Operations Center, formerly located at 1300 Commerce Drive, is now closed.

Hours of operation for the new location are Monday through Friday, 8:00 a.m. – 5:00 p.m. The drive-thru and drop box payment options are no longer available at the new location. The DeKalb County Utility Customer Operations Center encourages residents to take advantage of the 70 plus walk-in sites, which include Kroger, Walmart, and other convenient locations throughout the county, authorized to process payments.

DeKalb officials initiated the move in a continuation of their efforts to provide best-in-class service by uniting the Utility Customer Operations Center and combining multiple divisions at one location. The new location ensures employees have the tools and resources necessary to better ensure optimal delivery of customer service.

For more information, visit the DeKalb County Department of Watershed Management website at <http://www.dekalbwatershed.com/> or call (404) 378-4475.

PAYMENT CHECKLIST:

DeKalb County offers several ways to pay your water/sewer service bill.

ACH Recurring Payment

For an Authorization Form, go online: http://www.dekalbwatershed.com/PDF/ACH_form.pdf

Pay By Phone

24 Hours a Day, 7 Days a Week
(404) 371-6294

Walk-In Lobby

774 Jordan Lane
Suite 200
Decatur, GA 30033
Lobby Hours - 8:00 a.m. - 5:00 p.m.
Monday - Friday
(Please Note: There is no more night depository.)

Alternative Walk-In Locations

DeKalb water/sewer billing payments are accepted at a variety of neighborhood locations. For a map and complete list of locations, go online: http://www.dekalbwatershed.com/PDF/authorized_payment_locations.pdf

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HEALTH NOTES:

by Cheri Schneider, M.D.



Sleepless in Atlanta: Restless Leg Syndrome and Nocturnal Leg Cramps

All across Atlanta tonight, there will be tossing and turning, as the city tries to go to sleep. In fact, more than half of adults will experience nocturnal leg cramps (NLC) as they begin to drift off. Twenty percent of those with NLC have these symptoms every single night. Then there are the 10 percent of the population with Restless Leg Syndrome (RLS) who are tossing and turning too. If you are one of these people, you might want to keep reading.

Nocturnal Leg Cramps occur by definition at night. They are painful cramps or spasms in the muscles of the calf, hip, thigh and occasionally the feet. These “charley horse” pains last an average of nine minutes and can recur off and on for several hours. They can be quite painful! No one knows what causes them, although muscle fatigue may play a part. Electrolyte disturbances, dehydration and other chemical imbalances, such as zinc, calcium or magnesium abnormalities have not been found to be causative. Nocturnal Leg Cramps are more common in patients with neurologic diseases such as Parkinson’s Disease, the elderly and in women.

Diagnosis of Nocturnal Leg Cramps is mainly by history. Cramps that occur only at night clinch the diagnosis. Red Flag symptoms include exercise related cramps or a history of kidney disease, cancer or other chronic diseases. A careful medication history should be taken.

There is no treatment for NLC, other than stretching and massaging cramping muscles during an episode. Some patients report that doing gentle stretching and resistance exercises before bedtime helps. Avoidance of over-exercising can help too.

Restless Leg Syndrome is characterized by an irresistible urge to move the legs, often accompanied by an unpleasant sensation in the feet or legs. There is no pain. RLS can lead to insomnia and tiredness the next day, and is often associated with anxiety and depression. Movement relieves the symptoms of RLS.

Diagnosis of RLS is based on a history of unpleasant sensations such as crawling or burning in the feet accompanied by motor restlessness that occurs between 10:00 p.m. and 2:00 a.m. This causes tossing and turning in bed and short bursts of leg movements (jerking, kicking, twitching).

Several conditions can mimic RLS such as low iron levels, diabetic neuropathy and kidney disease. Treating these conditions can relieve these symptoms. RLS is also quite common in the last two trimesters of pregnancy and goes away after delivery.

Periodic Limb Movement Disorder (PLMD) is similar to Restless Leg Syndrome, but is often not recognized by the patient, because they are asleep when the symptoms occur. The patient’s bed partner often gives a history of repetitive, non-painful jerking or twitching of the patient’s toes, knees and hips, lasting a few seconds and then recurring every few seconds to minutes. Patients later experience daytime fatigue and wonder why. There is no screening test for PLMD, although Polysomnography (done in a sleep disorder lab) can record the events.

Treatment of Restless Leg Syndrome and PLMD include several drugs used in Parkinson’s disease, gabipentin and rarely opioids. Quinine is no longer used for this diagnosis. Sleep disorder experts are still investigating the benefit of certain exercises and cognitive therapy. Some patients report that massage and resistance exercises help. Eliminating medications that seem to worsen RLS like caffeine, antihistamines, lithium, and certain antidepressants is reasonable.

If you have daytime leg cramps that are brought on by exercise and relieved by rest, see your doctor. You may have a circulatory problem.

If you have deep aching in your muscles, weakness and burning, see you doctor, especially if you are on a statin for high cholesterol.

If you are diabetic and have numbness, tingling and electrical zings, with or without leg cramps, you may have neuropathy. Keep your diabetes in control and regularly see a doctor or podiatrist for a check of your feet.

Meanwhile, get regular exercise, develop a sleep routine and talk to your doctor if you find yourself tossing and turning every night--you might have Restless Leg Syndrome.

Thank You Smoke Rise!

2015 was a wonderful and challenging year in which we were able to work with buyers and sellers, families and singles, to realize their real estate dreams. It was a year of hard work and changing mortgage laws. We challenged ourselves in many ways with ambitious goals, new marketing and technology initiatives. We met and exceeded our goals and are the number one team for Smoke Rise real estate. We thank all of our clients and customers for their business and trust.

2016 promises to be an excellent year! We have a great inventory of listings, we will bring new neighbors to Smoke Rise. Our services will be the best in real estate, setting the bar for great marketing, caring service and successful closings. We are ready to work for you.

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*Pat Softys, Dianne Dougherty,
Mile Dougherty & DeeDee Wilson*



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Calling all Camera Enthusiasts

The Smoke Rise Camera Club welcomes anyone interested in photography to join the club at its meetings, which are held on the fourth Tuesday of most months at 7:00 p.m. at Smoke Rise Baptist Church, room 223. The January meeting is Tuesday, January 26 and will feature member Chuck Tankersley discussing the software program “Qimage.” Members will also critique images from the holidays. So, bring your pictures and join the fun learning together!

Last fall, the group took a field trip to Dr. Jim and Janet Granade’s farm in Washington, Georgia. The group, pictured, were treated to a BBQ lunch and a hayride through the farm to see a cemetery dating back to the Civil War, three lakes, antique farm equipment and three beautifully renovated homes. The history of this farm that has been in the Granade family since the eighteen hundreds was very personally shared by Dr. Granade.



(Top row, L to R) Janet Granade, Lou Tankersley, Jenny Brannan, Karen Bates, Denny Goodenow, Kathy Goodenow, Mary Helen Brannan. (Bottom row, L to R) Dr. Jim Granade, Dick Brannan, Wendell Tudor and Chuck Tankersley.

NEWS YOU CAN USE

By AvivA Hoffmann

Don’t Get into Virtual Trouble, Tips for Online Shopping

Now that the New Year is here, some of you may be on the hunt for a bargain. (That is – if you didn’t have enough shopping in December to last you all this year!) Still, some people undoubtedly received gift cards and/or cold, hard, cash for the holidays... and it’s burning a proverbial hole in their pockets.

If that’s you, go ahead, get online, and shop ‘til your fingers drop. But, make sure to use some strategy, and caution, to ensure you get the best possible deals, safely.



More Bang for your Buck:

1. Don’t forget to check out coupon sites. Anything you want to buy could have coupons or discount codes. Before buying, always do a quick search. You may even want to consider bookmarking some coupon sites to have ready when you buy.
2. Research the online store’s return policy. These policies can be different than the “brick and mortar” versions of the same store. Sometimes when you make online purchases, items are unable to be returned. Know the policy before you submit the payment.
3. Read reviews. Try finding the same product on different sites to read as many reviews as possible. Reading many reviews gives you a more general notion of the product and if it meets high standards of quality.
4. Be aware who you’re buying from. When you’re buying at an online auction site, only order from people that have positive feedback. On other sites, look to see if it’s a reputable company by searching the Internet for reviews on the seller.
5. Use caution. There are many crooks out there in cyberspace. It can be difficult to detect if a company is legit – or not - but there are a few clues. If the address does not make sense or the design seems off, go to a different site. Additionally, if a bunch of pop-up windows begin appearing, close them out and move on. You may also want to clean out your “cookies” to make a clean break from the suspect webpage.

Online shopping can be fun, but always have your guard up. Also, be wary of any site claiming you can get a hot item for “free” or available at a very low price. If you notice an online advertisement about the newest tech gadget, at a ridiculously low cost, it is most likely a scam to trap users into clicking on the ad. Sometimes a refundable deposit is requested, other times, direct access to your social media accounts is requested. These are scams intending to victimize you and your friends.

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There are several Internet sites that help debunk scams. The Federal Trade Commission has a great website devoted to sharing information on scams. Go to: <https://www.consumer.ftc.gov/scam-alerts> and check it out. Also, whenever I get an email warning about a new theft ring, or a free offer, I go to the Urban Legends Reference Pages to investigate. You can find the site online at <http://www.snopes.com>.
Happy online shopping in the New Year!

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Learn about Composting with Mountain Shadow Garden Club

The January 11 meeting of the Mountain Shadow Garden Club (MSGC) will feature a program called "Composting: Turning Garbage into Gold," presented by Master Gardener Kate Pittman, a Lilburn area resident.

Composting is an easy way to transform landscape waste and kitchen scraps into a dark, crumbly, sweet-smelling soil amendment, effectively "turning garbage into black gold," Ms. Pittman explains. The compost you make in your own backyard (or in a bucket under your kitchen sink) can be used as a mulch or a soil amendment to improve the quality of your soil and promote healthy plants. Composting saves landfill space, conserves natural resources, and improves soil quality.



Speaker, Kate Pittman

Ms. Pittman has degrees in Geology and Geological Engineering. Now retired, she had served as superintendent of a working mine and later as a consultant on environmental regulatory compliance and nuclear waste repository design. In recent years, she

has taught both Environmental Science and Geology at Georgia Perimeter College. She has been a volunteer with the Gwinnett County Master Gardener Program for 11 years and has completed Master Composter training.

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

Christmas Cheers for Morning Glories

The Morning Glories Garden Club gathered at the historic 1870 Wells-Brown House in Stone Mountain to enjoy brunch and appreciate the period-correct holiday decorations created by club members. In early December, Committee Chair Glendolyn Hallman led a team of members in two decorating workshops. The group made wreaths, hung a swag across the Juliet balcony, decorated mantles and the lamp post and entrance gate, hung garland down the staircase and studded fresh oranges with cloves for a lovely long-lasting scent. Participants shared their experiences of working with fresh greenery and gave tips on best practices for using floral Oasis for keeping arrangements fresh. Special thanks go to Don Hallman and to Mike Shipman for their help in raising swags and decorating lamp posts!



Hostesses Marsha Pittard, Judi Crutchfield, Nancy Hudgins and Peggy Youngblood, with some special additions from Susan Morrison,

created a sumptuous array of special Christmas foods for everyone's enjoyment. MaryAnne Anderson crafted a lovely conical shaped centerpiece for the dining room table, using a wide array of greenery, fresh fruits and cinnamon sticks tied with red bows. During the holiday season, the house will be hosting a number of events for the Stone Mountain Historic Society and other groups. The club hopes visitors will enjoy the interior decorations. You can also see the exterior creations when you drive by the stately home on Ridge Avenue.

Mountain Mums Garden Club

The Mountain Mums held its annual holiday luncheon and "Dirty Santa" gift exchange at the beautifully decorated Smoke Rise Country Club (SRCC) on December 9. Thanks to Mary Lou Still & Gaye Auman for coordinating this event. The SRCC menu consisted of butternut squash soup, mixed green salad and creamy chicken risotto. Desserts were provided by Debra Adams, Mary Lou Still and Ann Purr.



Mountain Mums Garden Club, Christmas Luncheon at Smoke Rise Golf and Country Club, December 9, 2015

Canned goods, Walmart gift cards, diapers and personal care items were collected and donated to NETWorks Cooperative Ministry in Tucker.

The January 13 meeting will be held at the home of Lucy White and will feature guest speaker Sara Henderson who is currently Director of Gardens for the Historic Oakland Foundation. The program is entitled "Hydrangeas." In addition to this program, the Mountain Mums support the annual Walk to Remember on Saturday, January 23 at 9:30 a.m. The event begins in the front parking lot of Smoke Rise Baptist Church and is approximately a three mile walk. Proceeds will benefit student drivers in the area. For more information, see the front page article by Elaine Taylor in this issue. For more information on upcoming programs, or to join the Mountain Mums please contact Gaye Auman at gauman@mindspring.com.

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HODGE PODGE



By Jenny Hall-Busch

Are you sick of eating yet? Me either. Sorry, but I am not one bit tired of holiday food, even though I realize that it is a New Year and I am supposed to actually want to get healthy. I sort of want that, but somehow I would be much happier with a situation where I was model-thin and just moderately healthy. If some genie said, "Hey, I'm going to give you awful hangnails and dry brittle nails, but you can be slender – or you can have gorgeous nails and fabulous hands that will be the envy of all, but you have to be plump," I'd choose hangnails every time. I'm a little bit tired of having to suck my stomach in to snap my jeans, but food is so delicious. I'm going to be really jealous if you start the year off being all healthy and slim and diligent, so I'm going to tempt you with a few really delicious, hearty meals so your jeans won't quite fit either. That is one of the basic foundations of my friendship code.

Cajun Rice with Andouille Sausage

My daughter made this as an extra side for Thanksgiving and everyone just loved it. You can make the roux with gluten-free flour, but it will darken much more quickly than regular flour - so watch it carefully.

- 1/4 cup vegetable oil
- 1/4 cup flour (or gluten free flour mix – not self-rising!)
- 2 cups chopped onion
- 2 cups chopped celery
- 2 cups chopped green pepper
- 2 cups chopped andouille sausage
- 1 Tablespoon Cajun seasoning like Tony Chachere®
- 2 1/2 cups chicken broth
- 1/2 cup chopped scallions
- 8 cups cooked white rice (don't overcook rice – get it al dente)

Cook oil and flour in skillet over low heat, stirring, til dark brown, about 40 minutes. Take your time and don't let the roux burn. Add onions, celery, pepper and sausage and the seasoning. Cook 10 minutes. Add chicken broth and boil 10 minutes. Add the chopped scallions and rice. Transfer to a buttered baking dish and drizzle with about 1/4 cup more chicken broth and dot with butter. Cover and bake at 375° for 50 minutes. Fabulous with a simple salad and fresh bread for a full meal. Or serve with boiled shrimp and corn.

For Hanukkah we always make this, and for the life of me I can't understand why we don't make it year-round. Easy and just amazingly delicious on hash browns with a dollop of sour cream. It can be made spicier with hot sauce and is also great with cream cheese and crackers or to doll up a turkey or ham sandwich.

Tomato Chutney

- 28 ounces canned, whole tomatoes, un-drained. Chop tomatoes up in the can some.
- 1 cup brown sugar
- 1 diced green pepper
- 1 diced medium onion
- 2 tablespoons ketchup
- 6-10 drops hot sauce
- 1/2 teaspoon pepper

Cook green pepper and onion in a little water until tender. Add rest of ingredients and cook over medium heat, stirring occasionally, until thick. This might take an hour or more. Just stir once in a while and add more hot sauce to taste.

Pan Roasted Brussels Sprouts

- 3-4 pieces of bacon, cut into small pieces
- 1 medium onion, diced
- 1 pound of small, fresh Brussels sprouts, ends trimmed and larger ones cut in half
- 1 Tablespoon olive oil
- 1-2 tablespoons balsamic vinegar
- 1/2 cup chicken stock

First, put the Brussels sprouts in a microwave safe dish with about 2 tablespoons water, cover and nuke until tender (5-7 minutes, so test them). Drain if needed. I like to cook them first, because they never get done enough for me if just roasted or pan sautéed. I do not want to blow up, guys. If you get my drift.

Cook bacon until it starts to render fat. Add olive oil and onion and sauté until clear and bacon starts to get crisp. Add sprouts to pan and cook for about 5-8 minutes, or until they are really tender and getting a little brown here and there. Add chicken stock and vinegar and stir and scrape pan. Sauté til sprouts are glazed and really tender, covering pan if needed. Salt and pepper heavily.

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Stone Mountain Rotary Club

by L.A. Dison

Stone Mountain Rotarians Celebrate the Holidays

The month of December was filled with holiday events for the Rotary Club of Stone Mountain. The festivities actually kicked off after Thanksgiving, with the City of Stone Mountain Holiday Parade on Friday, November 27. The Stone Mountain Rotarians sponsored a float filled with members dressed as elves; several other club members walked in the parade giving candy to the children lined up along the mile and a half parade route.

The club also participated in The Salvation Army Angel Tree Program, filling dozens of bags with toys, books, clothes and other gift items to brighten Christmas morning for children less fortunate. This is an annual effort for the club, which enjoys a close relationship with The Salvation Army. In addition to Angel Tree support, the members each year also volunteer for bell-ringing at Northlake Mall; this year, the club added a second location and will also be seen with the red kettle at Sam's Club in Tucker.

The club held its annual holiday party at the Smoke Rise home of members Ron and Nelda Lunsford on Saturday, December 5; about 30 members and guests attended.

The Stone Mountain club meets every Tuesday for noon lunch at Smoke Rise Country Club; visitors and those interested in learning more about Rotary are welcome to attend. To learn more about the club and its upcoming programs, go to www.stonemountainrotary.org.



Stone Mountain club members enjoy riding in the City of Stone Mountain Holiday Parade. Riding in the back row dressed as elves are Chris Brand, immediate past president, Laura Brand, and Stone Mountain Rotary President Donna Jensen. In the middle row are club members Dora Jackson (left) and Vilma Weekes.