

SMOKE SIGNAL

VOLUME 57, ISSUE 5

Serving the Smoke Rise Community since 1968

September, 2025

www.smokesignalnews.com

The Smoke Signal Staff  
wishes all of our  
hard-working neighbors  
a **HAPPY LABOR DAY!**



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Mayor of the City of Tucker Speaks Out on Crime:  
And it is Not ‘All Bark, No Bite!’

By Cheri Schneider, Staff Writer

After a rash of crimes effecting Tucker, and especially Main Street Tucker, Frank Auman got to work. In a Press Conference, he laid out a plan to lay down the law. Here are excerpts of his speech and an overview of a long-term plan formed between the City, its business owners and concerned citizens to stop crime in Tucker. On August 8, 2025, Frank Auman Addressed Atlanta about Crime in Tucker. Here are his two main messages:

1. “We are not content to stand by and accept some level of crime as part of our normal existence. We know some crime will occur, but we will not accept any of it as normal or routine.” “We will use every tool at our disposal to prevent and solve every crime committed upon our people.” said the Mayor.
2. His message to those who have and are considering committing crimes: “We will find you, we will apprehend you and make your life miserable, we will prosecute you and we will put you in jail for however long the law will allow.”

Frank Auman and the City council, Tucker business partners, Dekalb county Police Precinct officers are teaming up to make Tucker a very undesirable place to commit crimes. The recent Tucker business break-ins are part of a series of break-ins that are occurring across the area and into Gwinnett County. The police think the crimes are committed by an organized group that use pre-teens and teens to execute the robberies. In this way, the child would not be handled by adult courts or go to jail. The crimes target one thing: the cash register! No other items are taken. A \$10,000 reward is being offered for information leading to the arrest and conviction of the ‘kingpin’ of the criminal gang.

The Mayor has also issued a challenge to business owners and a promise of help. Each Tucker business that installs (or continue to operate) qualifying security or alarm system, will be eligible for a 75% match of the cost of other security measures they take -such as shatter or break-proof glass, glass break detection devices. The Downtown Development Authority with match these costs up to a set amount.

In August, several meetings included presentations on security devices and a provided a chance for business owners to discuss these issues.

Additionally, Dekalb Commissioner Robert Patrick awarded the Tucker-Northlake CID \$100,000 to hire more off duty cops for the area. This CID covers parts of Tucker, Northlake and Lawrenceville Highway area. Those funds are earmarked for unincorporated Dekalb County. The CID the matched this with \$100,000 of their own funds to address security and crime in the CID area in general- including the City of Tucker.

Finally, The City of Tucker swore in three full-time Marshalls. In the future, 3 more part-time Marshalls will be hired. While Marshalls are not policemen, they will help the police in many areas relating to code enforcement, transporting criminals and courtroom proceedings.



IF YOU SEE SUSPICIOUS ACTIVITY CALL 911

**SECURE**  
YOUR BELONGINGS

**CHECK**  
FOR CHILDREN

**TAKE**  
YOUR KEYS

**LOCK**  
YOUR VEHICLE

**DeKalb County Police**  
Call 911

Qualifying Candidates for the General Municipal Election  
for the City of Tucker • November 4, 2025

Office of Mayor: Noelle Monferdini, Anne Lerner, Beverly E. Williams  
Council District 1 Post 1: Incumbent Roger W. Orlando, Candidate Karen Peters  
Council District 2: Post 1: Incumbent Cara B Schroeder, Candidate Patrice Cosby  
Council District 3: Post 1: Incumbent Alexis Jane Weaver, Candidate Samuel Ulrich

Look for position statements in the *Smoke Signal* in our OCTOBER ISSUE

Tucker’s New Office of the City Marshal

On July 14, 2025, a new ordinance was passed establishing the Office of the City Marshal. William Crowell, Haaziq Red and Gregory Fryson (pictured below, left to right) were sworn in as the first fulltime Marshals. The Marshals are not police officers but are hired by the City of Tucker. They will help in the protection and safety of Tucker and among their duties and responsibilities: an officer of the marshal’s office has “the power of arrest in the enforcement of all ordinances of the City of Tucker and laws of the State of Georgia.”

Among fifteen stated duties and responsibilities approved in Ordinance O2025-06-15 are the ability of a Marshal to: Enforce ordinances including those that involve alcohol, building codes and guidelines, subdivision regulations, zoning and planning and roads and bridges. Marshals can issue warnings, notices of violations, summons, citations and investigate and collect evidence of violations. They can assist the municipal court with security, and coordinate with law enforcement and can work with the City Attorney’s office. To read the entire ordinance go to [Tuckerga.gov](https://tuckerga.gov) and look under Ordinance O2025-06-15.

Notice: The Office of the City Marshal is not the police department. We are still serviced by Dekalb County Police. We are very fortunate to have a Dekalb County Police Precinct in Tucker near Cofer Crossing. We also house the Dekalb Public Safety Complex in Tucker.

Women of Empowerment Scholarship

The General Federation of Women’s Clubs’ Stone Mountain Woman’s Club will be awarding a \$500 scholarship this fall. It will go to a deserving woman who is currently enrolled in a college, technical school or training program to complete her education or one who is returning to school to complete her education. If you are interested in applying or if you know of someone who would be interested, please request an application from Kathy Gallo, [kgallo@gsu.edu](mailto:kgallo@gsu.edu).

The deadline for applying is September 30, 2025.





# Smoke Signal

P.O. Box 1038, Tucker, GA 30085

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

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The *Smoke Signal* is enhancing some of its issues with **COLOR!**  
Find out how to become a Patron or sponsor a color edition at [Staff@smokesignalnews.com](mailto:Staff@smokesignalnews.com).

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*Special Thanks to our 2025 Color Sponsors:*  
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**Susan & Joel Gilbert - July**

## ATTENTION ADVERTISERS:

The *Smoke Signal* has reached its ad-space limit and we are now keeping a waiting list for future advertisements. Please send your ad requests to [staff@smokesignalnews.com](mailto:staff@smokesignalnews.com) and you will be contacted as space becomes available, in the order requests are received. Classified ads and flyers are still available!



## Smoke Signal Deadlines

### SEPTEMBER 13


Please e-mail articles to:  
**[staff@smokesignalnews.com](mailto:staff@smokesignalnews.com)**

Articles and photos should be sent in .doc or .docx format. Articles sent in .pdf format cannot be edited. Photos and graphics should be submitted in .jpg or .pdf format.

**Deadline for classified ads is SEPTEMBER 10**

“Like” us on Facebook at  
**[www.facebook.com/SmokeSignalNews](http://www.facebook.com/SmokeSignalNews)**

You can also visit our Facebook page to view postings of newsletter pictures and stories throughout the month.



## TUCKER FARMERS MARKET

THURSDAYS 4-7 p.m.  
at St. Andrews Presbyterian Church  
4882 Lavista Rd., Tucker until October.  
Shop from 25+ vendors providing local fruits, veggies, baked goods, and more!

[www.tuckerfarmersmarket.com](http://www.tuckerfarmersmarket.com)

### WALK TO REMEMBER

Driving Scholarship Applications needed. The Mountain Mums Walk to Remember awards scholarships every year to Taggart's Driving School. Apply by going to the Tucker Walk to Remember facebook page and clicking on the SIGN UP button for the application.



### DID YOUR PAPER GET WET?

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

### Smoke Rise Baptist Church

5901 Hugh Howell Road  
Senior Pastor: Dr. Chris George, [cgeorge@smokerisebaptist.org](mailto:cgeorge@smokerisebaptist.org)  
Phone: 770-469-5856    [SmokeRiseBaptist.org](http://SmokeRiseBaptist.org)

SUNDAY  
9:45 a.m. - Attend Sunday School through Zoom or In-Person  
11:00 a.m. - Attend Worship via Live Stream or In-Person

WEDNESDAY  
5:00 p.m. - Attend our Wednesday Dinner  
6:00 p.m. - Followed by activities and Bible Study for all ages

### Eastminster Presbyterian Church

5801 Hugh Howell Road  
Rev. Jeanine Fulton, Pastor  
Phone: 770-469-4881    Website: [Eastminster.us](http://Eastminster.us)

SUNDAY  
9:15 a.m.    Adult & Children's Sunday School  
10:30 a.m.    In-Person and Live streaming of Worship service

### First Moravian Church

Pastor: Reverend Elroy Christopher  
(770) 491-7250  
Website: [Gamoravian.org](http://Gamoravian.org)

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

### Mountain West Church

4818 Hugh Howell Road  
Pastor: Mo Huggins  
770-491-0228    [Mwchurch.com](http://Mwchurch.com)

SUNDAY    9:00 a.m., 10:30 a.m., and 11:55 a.m. Worship  
MONDAY    7:00 p.m.

In-person and streaming online on Facebook and [mwchurch.com](http://mwchurch.com)

Is your neighbor known for being an avid cyclist, a holiday decorations fanatic, an author, or the fastest dog-walker on the block? The *Smoke Signal* encourages folks in Smoke Rise to submit stories about how neighbors became friends. Submissions should be 300-500 words.

### OUR FLYER POLICY HAS CHANGED:

Reservation Required:  
Call Barbara Luton 404-697-5404 by the 15th of the month.

Cost \$150 by check to the Smoke Signal:  
P.O. Box 1038, Tucker, GA. 30085

ALL PRINTING is now done by Greater Georgia Printers, Inc.  
Send Flyer Ready Artwork (8 1/2 x 11 size) to [Staff@SmokeSignalNews.com](mailto:Staff@SmokeSignalNews.com) and [bobby@georgiaprinters.com](mailto:bobby@georgiaprinters.com) will contact you directly.



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**Upcoming: A Tour of Southern Ghosts**  
*Atlanta's favorite family Halloween event will be presented for the 40th year by ART Station at the Historic Square in Georgia's Stone Mountain Park.*

A Tour of Southern Ghosts is a storytelling festival that showcases the best ghost stories from the South. For 6 nights this fall, some 10,000 visitors will be guided on a lantern-lit tour of yesteryear vividly brought to life through the grand tradition of Southern storytelling.

The guided tours take place from 7:00-9:30 PM on Thursdays, Fridays and Saturdays for two weekends: October 16, 17 & 18 and October 23, 24 & 25. The 45-minute Tours start approximately every ten minutes. Tickets are \$8 for children under 12 and \$17 for adults. Discounted \$13 adult pre-sale tickets are available on our website, by phone at 770-469-1105 or in-person at ART Station, 5384 Manor Drive, Stone Mountain Village. Please note: vehicle entry to Stone Mountain Park requires a parking permit of \$20 per car. "One Day All Attraction Passes" and "Mountain Memberships" are not valid for A Tour of Southern Ghosts.

This event features fun and spooky ghost stories from the Antebellum South. It's great fun for young and young at heart, and of course, a perfect family outing. It's for those who believe and for those who don't, and for those who just want to have a good time. On the tour you'll meet six professional storytellers as they spin tales of Southern ghosts along the lantern lit paths of the South's most authentic and spookiest location. Join us for this Atlanta family tradition. This year's tour is sponsored by Discover Dekalb, Stone Mountain Park, & the Stone Mountain Woman's Club.

For additional information visit the ART Station website at [artstation.org](http://artstation.org), or [atourofsouthernghosts.com](http://atourofsouthernghosts.com).

TUCKER REC WORKSHOP

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WORKSHOP



CARNIVOROUS PLANTS WORKSHOP

SEPT. 6

10 a.m.-12:30 p.m.



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Join us for a FREE hands-on workshop where you'll discover the incredible science behind these bug-eating wonders.

Led by a local microbiologist and scientist, this exciting workshop will feature:

- Interactive trivia games with awesome prizes
- A carnivorous plant cutting giveaway — learn how to propagate and care for your own plant
- Expert demonstrations and tips on cultivating these unique plants at home

SPACE IS LIMITED, SO REGISTER TODAY TO SECURE YOUR SPOT!



**Gwinnett Tucker Toastmasters Club 833**  
**Open House**

Friday, September 19 • 7:30 am to 8:45 am  
Matthews Cafeteria back room, Main Street Tucker

The Gwinnett Tucker Toastmasters Club 833 is one of the oldest Toastmasters clubs in Georgia. It was founded in 1973. We are a close knit, fun, yet organized club with members of all ages. Our club website is [gwinnetttoastmastersclub833.toastmastersclubs.org](http://gwinnetttoastmastersclub833.toastmastersclubs.org).

Toastmasters is about developing confidence in your communication and leadership skills. See more information on Toastmasters at [www.toastmasters.org](http://www.toastmasters.org).

The OPEN HOUSE will be a chance for anyone interested in checking out or joining Toastmasters to do so.

**Smoke Rise Country Club Open House – September 13**  
**Experience the Best of Smoke Rise – A Day of Fun, Food, and Festivities!**

Join us for an exclusive Open House at Smoke Rise Country Club on Saturday, September 13, 2025, from 1:00 PM to 5:00 PM. This is your chance to explore everything our beautiful club has to offer, from championship golf and world-class tennis to family-friendly events and a warm, welcoming community.

Whether you're an avid golfer, a tennis enthusiast, or simply looking for a vibrant social atmosphere, this is your opportunity to find your place at Smoke Rise.

What to Expect:

- Golf Instruction – Meet our golf pro and get a taste of our pristine course and teaching programs.
- Tennis Information – Learn more about our vibrant tennis community and facilities. (We have 8 lighted courts, some clay)
- Membership Details – Discover the benefits of becoming part of the Smoke Rise family.
- Event Highlights – See how we host unforgettable weddings, private parties, and club events.
- Games & Fun – Enjoy lawn games, corn hole, and activities for all ages.
- Delicious Food – Savor chef-prepared bites and refreshments throughout the afternoon.

RSVP today to reserve your invitation. Spots are limited, so RSVP is required to attend. Don't miss out on this special event designed to showcase the heart of our club!

For questions or to RSVP, please contact Sydney Hurst at [shurst@smokeriseccl.com](mailto:shurst@smokeriseccl.com) or 770-908-2582, ext. 4. For questions regarding membership, contact Kourtney Nealy, Sales Director at 770-908-2582, ext. 2. We look forward to welcoming you!

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~ 3 ~



# Singing, Strings, and Smiles: Eastminster Kicks Off a Season of Music, Ministry, and Community

There’s something in the air this fall at Eastminster Presbyterian Church, and it’s more than just crisp autumn breezes. It’s the joyful sound of children’s voices, the rich tones of harp music, and the buzz of a new season filled with purpose, praise, and harmony.

**A Joyful Noise:** Join the Eastminster Community Children’s Choir  
Rolling registration is now open for the Fall 2025 season of the Eastminster Community Children’s Choir (ECCC)! Rehearsals are held on Thursday afternoon. All children and youth ages 3 through 12th grade are invited to be part of this vibrant musical ministry. Whether your child is a seasoned performer or simply loves to sing in the car, ECCC is a welcoming space for every voice. No prior experience, or even church membership is required.

ECCC is more than music. It’s a place where children grow in confidence and faith while learning excellent choral technique and music reading skills. Through worship, spiritual development, and community performances, participants experience the power of music to connect hearts, inspire joy, and express God’s love. Learn more or register at [eastminster.us/childrenschoir](http://eastminster.us/childrenschoir).

**Strings of Hope: 2025–2026 Concert Series Begins**  
Mark your calendar for Saturday, September 13 at 3:00 p.m. as Eastminster kicks off its 2025–2026 Concert Series with a special performance by the Urban Youth Harp Ensemble. This inspiring group has brought the beauty of harp music to hundreds of students across Metro Atlanta, and the concert will feature talented soloists and small ensembles from grades 7–12.

The concert series will continue throughout the year with a variety of performances showcasing musical talents from both within and beyond the Eastminster community. From classical to contemporary, each event will celebrate the transformative power of music to uplift the spirit and bring people together. For details, visit [eastminster.us/events](http://eastminster.us/events).

**After School with Heart: ESAP Registration Now Open**  
Need after-school care that nurtures more than just homework help? Look no further than Eastminster School Age Program (ESAP). Serving children ages 3 through 5th grade, ESAP is a trusted ministry of Eastminster Presbyterian Church offering safe, engaging, and faith-filled care for the 2025–2026 school year. Tours and enrollment are now available.

Call 770-469-9489, email [csears@eastminster.us](mailto:csears@eastminster.us), or visit [eastminster.us/afterschool](http://eastminster.us/afterschool) to learn more.

Whether you’re raising a young singer, looking for enriching care, or simply love live music, there’s a place for you at Eastminster this season. Come for the concerts—stay for the community.

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Dr. Del Anderson and his family celebrate the ribbon cutting on August 8 for the new Heart and Soul Veterinarian Clinic on Main Street, Tucker. Dr. Del is a graduate of Auburn University College of Veterinary Medicine.





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SNELLVILLE OFFICE-2330 SCENIC HIGHWAY, SNELLVILLE GA 30078  
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Smoke Rise Elementary Staff Have a Caffeinated Welcome

By Sherrie Adams, Smoke Rise Teacher

The first day for teachers at Smoke Rise Elementary School was extremely special! Teachers were greeted with refreshing iced coffee, thoughtfully served by community supporters. Special thanks to Dee Wilson and her daughter, whose kindness and cheerful service made every teacher feel welcome and appreciated as they began the new school year. This simple gesture brought excitement to the day, showing once again the heart and hospitality that define our school family.

For our new teachers, it was a sweet introduction to the generosity and neighborly spirit that make Smoke Rise Elementary School a unique place to work, learn and grow. This collaboration between our school and community will indeed spark ongoing achievement that will lead to a brighter future for our students.

On behalf of our principal, Dr. Kryste Tatum, faculty and staff, we extend a sincere thanks to Dee and Tyler Wilson for establishing a positive tone for the 2025-2026 school year. We are confident that Smoke Rise Elementary School will be filled with great teaching and learning, and a strong sense of togetherness – one school, one family, one community!



Tucker Brewing Wins Silver Medal

TSCID Member Tucker Brewing Company Won the Silver Medal for Southern Heaven Hefeweizen at the 2025 U.S. Open Beer Championship. One of the first beers the company brewed, Southern Heaven Hefeweizen, won the award over thousands of entries for 2025. Founded in 2017, Tucker Brewing has become known for its traditional German-style lagers and wheat beers, making Tucker one of Georgia’s craft beer brewing destinations. Tucker Brewing has an 8,500 square foot outdoor beer garden that is the largest in Georgia. According to their website, Tucker Brewing was named the #4 top beer garden in the US by USA Today. Thank you Tucker Brewing for boosting local traffic!

Morseberger Receives Leadership DeKalb Alumni Award

Tucker Summit CID is proud to share that President Emory Morsberger has been selected as the recipient of the 2025 Distinguished Alumni Award from Leadership DeKalb! This prestigious honor recognizes Emory’s exemplary service, leadership and lasting contributions to the DeKalb community.

Presented by the Leadership DeKalb Board of Directors, the award celebrates alumni who have created a meaningful and enduring impact through civic engagement and professional excellence. Emory will be formally recognized at the Leadership DeKalb Annual Dinner on Thursday, August 21, at the Fernbank Museum. Congratulations, Emory, on this well-deserved recognition!



Dekalb Recycles These TWO  
Recycle Plastic Codes

By Noelle Joy, Smoke Rise Resident

We all are familiar with our blue recycling bins and most of us want to recycle as much as we can. Inevitably, you will have an item to throw away and you might think it SHOULD be recyclable, but is it? It’s an important distinction, because adding something to a recycle bin that isn’t recyclable can cause problems for the whole system down the line. Statistics vary as to the rates of what actually gets recycled, but I think it’s safe to say that following basic recycle rules will greatly enhance the chances your efforts come to fruition.

In Smoke Rise we have comingled, or single-stream recycling, picked up by DeKalb County once a week at the curb. Comingled means we don’t have to both-er separating our recyclables, and while this is a huge convenience, it’s important that we only put in what they say they recycle. Dekalb County recently reduced what is accepted at the curb, and this could prove to be a good thing for simplicity and for actually getting things recycled. Currently Dekalb County accepts only the following items for curbside pickup: cardboard, paper containers and cups, frozen food boxes, soda and beer cans, metal and aluminum food and beverage cans, food and beverage cartons, mixed paper and plastics 1 and 2. Plastic is very specific, and only plastics with the recycle code of 1 or 2 can be accepted. Please note that no glass or plastic bags of any kind can be put at the curb.

If you want to make a bigger impact with recycling, there are other options in the area. For example, The Center for Hard to Recycle Materials (CHaRM) recently opened a location in Decatur near Columbia Dr. and Memorial Dr. This community resource offers recycling of other plastics, glass, chemicals and paint, electronics and Styrofoam, just to name a few. Appointments are required, and while it’s mostly free, they do charge a nominal fee for certain items. For more information and to schedule an appointment for drop off, visit their website [livethrive.org/charm/](http://livethrive.org/charm/).

On final note: The world seems made of plastic these days, so be sure you check before assuming a plas-tic item is recyclable. If there is no recycle code on it (except plastic bags and plastic film, which can be recy-cled at CHaRM), it’s trash. Check to ensure your plastic is accepted, rinse it out and get that thing recycled.

CYCLE OF SUCCESS  
by Victoria Crosby

To change your life, change your attitude,  
it’s all in the way the problem is viewed.  
Success is a cycle, and what your life will be  
depends on your reality.

Your attitude and your belief  
determine your happiness or grief.  
Your potential you can fulfil  
only if you think you will.

You set in motion a self-fulfilling prophecy,  
a wheel of fortune or despondency.  
Your actions will be doomed to fail  
when your pessimistic thoughts prevail.

When you choose the path of negativity  
what do you think your results will be?  
Your actions and results will always prove  
that you have made the appropriate move.

Remember the story of the little train,  
he didn’t sit on the tracks and complain,  
he puffed and said “I know I will  
make it to the top of the hill.”

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# Meet Dietre Ffrench

YOUR SMOKERISE NEIGHBOR & REALTOR®

As a resident of the Smoke Rise community, I'm deeply connected to the people and businesses that make this neighborhood unique. With over 20 years of experience, I help my clients realize the full potential of their homes. Thinking of selling? Let's connect and turn your real estate dreams into reality, together.

**Dietre Ffrench**  
NEIGHBOR | REALTOR®

m. 404.663.9701 o. 404.237.5000  
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techtalk By Susan Gilbert

Developments in Detergents

We all know technology is evolving. Clocks went from sundials to pendulum-driven clocks, then spring wound, and on to smart watches or phones. Music went from phonographs, to radio, to vinyl records, to cassettes, to CD, to iPods and now streaming apps with smart speakers. Much of this occurred in my lifetime. Today, I am intrigued by the evolution of something seemingly simple: Laundry Detergents.

My first memory of laundry detergents was in the 70s when they were powder you would scoop from a container or pour from a box. They were messy and sometimes left clumps of congealed power on your clothes. The 80s brought liquid formulas prized for their ability to dissolve quickly and remove grease stains.

However, that popularity came with a cost: large plastic packaging and heavy bottles made them less than ideal for storage, transportation, or the environment. I remember lugging the heavy jug to the basement of our dorm where the washers were located. Maybe the benefit was some good exercise, but it did not contribute to a good laundry day experience. Nor did carting the hefty plastic jugs home from the grocery store.

An '80's Amway advertisement for their detergent piqued my interest. It claimed that other liquid laundry detergents contained enormous amounts of water to make you feel you were getting more for your money, while theirs had little water. Therefore, you could use less, extending your value and lightening your load. I never knew if the claims were true, but they made sense.

Around 2010, pods began revolutionizing detergents, offering convenience, single-use, mess-free, lightweight, and easy storage. The premeasured doses in dissolvable films eliminated the guesswork on how much to use. However, they were not perfect – early safety concerns arose as children were attracted to the candy-like appearance of the colorful pods. However, over time, packaging and public awareness have improved, and pods have become a staple in many homes.

This year, I discovered the latest evolution in laundry: lightweight, eco-friendly detergent sheets. These thin, biodegradable sheets resembling paper napkins contain concentrated detergent and completely dissolve in water during the wash cycle. Being lightweight with minimal cardboard packaging, no plastic-bottle waste, and a significantly smaller carbon footprint, they are environmentally friendly. They're also ideal for small spaces, travel, or for anyone who doesn't enjoy carrying heavy plastic jugs. Currently, you may have to search the shelves to find the small packages of sheets, but I believe over time, they will take over the detergent section and free up a lot of space currently devoted to bulky jugs of laundry detergent.

As sustainability, simplicity, convenience, and effectiveness take center stage in household products, we can expect to see even more innovations in detergents. But for now, laundry sheets represent the latest chapter in a long story of soapy ingenuity.



Living with Arthritis in the Hips

Linda Karr, Staff Writer

In this fifth article in the series on living with arthritis, we'll talk about hips. Our hips are critical to so many things we take for granted such as walking, bending, turning, squatting, and climbing stairs. They also provide stability and help to maintain balance. If you have arthritis in your hips here are some things you can do to help.

Maintaining a healthy weight can be difficult but every pound of excess body weight you carry increases the pressure on your hips (and knees) by 4-6 lbs. It may not seem like a lot, but it makes a difference. Tight muscles can cause increased force on the hip joint that will increase pain and further deteriorate the joint space. Daily stretching of hip flexors, piriformis, hamstrings, IT band and the quadriceps can help. Work on strengthening the glutes, core, hamstrings, and adductors. These are the most important muscle groups to improve strength and decrease pain associated with hip osteoarthritis.

Consistent low impact exercises performed 5-6 days per week for 30-60 minutes can also help. This might include swimming, water aerobics, tai chi, yoga, stationary biking, or walking. You might want to consider modifying your activities, too. Avoid prolonged periods of sitting or standing. Avoid deep squats or stooping and avoid lifting or carrying too much weight. Use walking aids like a cane, walker, or hiking poles during flare ups.

For pain management use ice for inflammation or heat for stiffness. A TENS units can be beneficial for reducing pain and can be worn while doing activities. NSAIDs (nonsteroidal anti-inflammatory drugs) reduce both inflammation and pain.

It may be time to see a physical therapist when you experience morning stiffness lasting longer than 30 minutes, if you experience clicking or locking in the joint, if you are limping consistently, or if flare ups last longer than 7 days.

Next month we'll explore arthritis in the back. Stay tuned.

Do you know of other tools that help you manage your arthritis, please share with me (lskarr50@gmail.com) and I will add them into another article.

Written in collaboration with Blake Hampton, PT, DPT

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Meet Your Neighbors!  
The Coopers of Barrington View

By Cheri Schneider, staff writer

The attractive Barrington View home in Smoke Rise smelled of bacon and pot roast when the door opened. Sunday dinner! “Just as it should be on Sunday!” I thought. I was there to interview Joy Moseri-Cooper and her husband Eric and their adorable son Mason for the *Smoke Signal*. This young couple was a delight to meet. I hope you will all agree.

Joy and Eric Cooper moved from a loft apartment in the city to Smoke Rise four years ago, during the Covid pandemic. Prior to the move, they had been planning a September 2020 wedding at the FOX, but due to the shut-down of the city, they decided to look for a house that, if necessary, would accommodate a small wedding ceremony and celebration. Just like they found each other— they just ‘knew’ when they met – they also ‘knew’ they found their home when they walked in the front door on Barrington View. The seller was so shocked at how quickly they put down an offer on the house that they questioned the Coopers about this. Joy wrote a letter to the seller, and the house was theirs!

Mason, their two-and-a-half-year-old, was born in 2023 after multiple miscarriages and is a miracle of, as Joy says, “223 needles” (in-vitro fertilization and all the injections required). This little guy is a delight! He is smart, extroverted (no surprise here) and inquisitive. And very well loved.

Eric and Joy are both involved in the healthcare field and entrepreneurial at heart. Together they have started several other businesses. Eric is a Life Coach and corporate Trainer for a biotechnical company.

He is also a writer and has been writing since the age of eight! When Eric’s only brother died suddenly at age 40, Eric began to write about his brother and the story of his life in



what he titled “Trumpet Man.” You see, his brother was one of those special human beings who lived many years with the diagnosis of epilepsy and was considered “neuro-divergent.” He came alive when he played an instrument. His brother’s special ability to connect in this way led the Coopers to ponder the little moments, the sacred moments, we have with other humans. How they can be so brief, yet so important and lasting.

Mason, of course, is one of those important human beings in the Coopers’ life that I am talking about. As Eric spent more daddy-son time with Mason, he started listening to his son’s simple questions. Questions such as: “What is that noise?” This question led Eric to want to see the world through his son’s eyes. As he said, “I wanted to be curious, as he is curious.” He and Joy decided to be intentional about this. “After all, my son will have 17 years to be a child and after that his whole life to be an

adult.” Eric said. One thing led to another, and his first children’s book titled *Daddy, What’s That Sound?* was published. More books are planned in this series.

Joy Moseri-Cooper has multiple degrees—with a doctorate in business and is a Licensed Professional Counselor with specialization in addiction counseling. Born in Nigeria, she moved with her family to Atlanta at the age of 13. Her father, Dr. John Moseri, also a Smoke Rise resident, was a general surgeon educated in Benin, Nigeria. He wanted to further his education by becoming a neurosurgeon. Once in the US, he decided instead to train at Moorehouse School of Psychiatry and became a Psychiatrist, and later became board certified in Addiction Medicine. He and his daughter Joy started the Newport Integrated Behavioral

Health Center in Decatur where she is the Chief Operations Officer and Clinical Director.

The Coopers love Smoke Rise, our community and the proximity to nature, like the sound of the frogs in their salt-water pool. They love living near Stone Mountain Park where they can run and play. Their only ‘wish’? Great DATE NIGHT restaurants so they do not have to go downtown to have a special date.



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HEALTH NOTES:

Alzheimer’s Update *By Patricia Baumann, M.D.*

The bad news is that more than 7 million Americans have Alzheimer’s disease. The good news is that there has been more progress in making early diagnosis possible: the Food and Drug Administration (FDA) has approved a blood test for Alzheimer’s. This column has previously reported the development of a blood test for Alzheimer’s, but approval of a blood test specifically by the FDA will assist in the process of obtaining insurance coverage for testing. The test’s manufacturer has not yet put a price on the test

The blood test, known as Lumipulse, can be used to test for abnormal clumps of protein in the brain. These abnormal clumps of protein, which are called amyloid or amyloid plaques, disrupt brain function, and are a hallmark of Alzheimer’s.

Without a blood test, doctors use PET scans and spinal fluid to find the plaques that forecast the disease. These procedures are expensive, and in the case of spinal tests, are physically invasive. Lumipulse requires only a blood draw from the patients age 55 or older who are showing signs or symptoms of the disease. Lumipulse, measures two proteins in blood plasma that correlate to the presence or absence of amyloid plaques in the brain

Quest diagnostics has also developed a new laboratory blood test to confirm Amyloid brain plaques in the brain in patients with mild cognitive impairment or dementia. Quest’s new test, named AD-Detect A beta 43/30 and p-tau217 Evaluation. The blood test results are used to produce an AD/ Detect Likelihood Score. The test helps doctors assess the risk of Alzheimer’s rather than confirm the likelihood of amyloid pathology due to Alzheimer’s.

As the population ages, and as new therapies emerge, the new blood tests will help fill the need for access to affordable and less invasive evaluation of Alzheimer’s. Doctors can use the results of neurological exams and cognitive tests to make the decision to order blood tests to confirm the diagnosis of Alzheimer’s. The appropriate treatment can start after diagnosis is made.

In recent years, the FDA has approved two medications for treating Alzheimer’s: Kisunla (donanabab) and Leqembi (lecanemab). These medications, given by infusion, don’t cure the disease but can help slow the rate of decline.

New advances are being made on a regular basis. Hopefully in the near future, new therapies will transform Alzheimer’s into a chronic manageable disease.

*The Georgia National Guard had their ribbon cutting in August and are now located on Main Street Tucker next door to Ford’s Barbecue.*





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Does it Really Matter? *By Joel Gilbert, Staff Writer*

The following story about a taxi driver and his last ride of the day may be fictitious, but I don’t believe that matters. We all have moments each day that parallel this. Consider it carefully for yourself:

I arrived at the address and honked the horn. After waiting a few minutes, I honked again. Since this was going to be my last ride of the day, I considered just driving away, but instead, I put the car in park, went to the door, and knocked... “Just a minute,” answered a frail, elderly voice. I could hear something being dragged across the floor.

After a long pause, the door opened. A small woman in her 90’s stood before me. She was wearing a print dress and a pillbox hat with a veil pinned on it, like somebody out of a 1940’s movie. By her side was a small nylon suitcase. The apartment looked as if no one had lived in it for years. All the furniture was covered with sheets. There were no clocks on the walls, no knickknacks or utensils on the counters. In the corner was a cardboard box filled with photos and glassware.

“Would you carry my bag to the car,” she asked. I took the suitcase to the cab, then returned to assist her. She took my arm, and we walked slowly toward the curb. She kept thanking me for my kindness. “It’s nothing,” I told her... “I just try to treat my passengers the way I would want my mother to be treated.” “Oh, you’re such a good boy, your mother would be proud,” she said. When we got in the cab, she gave me an address and then asked, “Could you drive through downtown?”

“It’s not the shortest way,” I answered quickly. “Oh, I don’t mind,” she said. “I’m in no hurry. I’m on my way to a hospice.” I looked in the rear-view mirror. Her eyes were glistening. “I don’t have any family left,” she continued in a soft voice. “The doctor says I don’t have very long.” I quietly reached over and shut off the meter.

“What route would you like me to take?” I asked. For the next two hours, we drove through the city. She showed me the building where she had once worked as an elevator operator. We drove through the neighborhood where she and her husband had lived when they were newlyweds. She had me pull up in front of a furniture warehouse that had once been a ballroom where she had gone dancing as a girl.

Sometimes she’d ask me to slow in front of a particular building or corner and would sit staring into the darkness, saying nothing. The hours flew by and she suddenly said, “I’m tired. Let’s go now.”

We drove in silence to the address she had given me. It was a low building, like a small convalescent home, with a driveway that passed under a portico. Two orderlies came out to the cab as soon as we pulled up. They were caring and intent, watching her every move. They must have been expecting her. I opened the trunk and took the small suitcase to the door. The woman was already seated in a wheelchair.

“How much do I owe you?” she asked, reaching into her purse. “Nothing,” I said. “You have to make a living,” she answered. “There are other passengers,” I responded. Almost without thinking, I bent and hugged her. She held onto me tightly.

“You gave an old woman a little moment of joy,” she said. “Thank you.” I squeezed her hand and then walked back to the cab as the sun was beginning to rise. Behind me, a door shut. It was the sound of the closing of a life.

I didn’t pick up any passengers that day. I drove aimlessly, lost in thought. For the rest of that day, I could hardly talk. What if that woman had gotten an angry driver, or one who was impatient to end his shift? What if I had refused to take the run, or had honked once, then driven away?

On a quick review, I don’t think that I have done anything more important in my life. We’re conditioned to believe that our lives revolve around great moments. But great moments often catch us unaware-beautifully wrapped in what others may consider a small one.

Truth or fiction, the story serves as a moving reminder that people may not remember exactly what you did or what you said, but they will never forget how you made them feel.



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What to Do After an Auto Accident: A Step-by-Step Guide

Be Prepared. This guide was submitted by Smoke Signal advertiser, Thele Moore, Owner/Agent with American Family Insurance

1. Prioritize Safety

The immediate aftermath of an auto accident can be disorienting and stressful. Your first priority should always be safety for you and other motorists.



Check for Injuries: Assess yourself, passengers, and others involved for any injuries. If someone is hurt, call emergency services immediately. Do not attempt to move seriously injured individuals unless there is an immediate danger (such as a fire).

Move to a Safe Location: If the accident is minor and your vehicle is drivable, move it to a safe spot out of traffic, such as the shoulder of the road or a parking lot. Turn on your hazard lights to alert other drivers.

2. Stay Calm and Avoid Conflict

It's natural to feel a surge of adrenaline and emotion after an accident. Avoid arguing or assigning blame or apologizing at the scene. Instead, focus on the facts and the steps you need to take.

3. Call the Authorities

Do not apologize and don't agree to any arrangements of exchanging money with the other parties involved in lieu of filing an accident report. Cooperate with Officers and provide honest and factual information, but do not speculate or admit fault. Even for minor accidents, having an official report can be invaluable for insurance claims and future legal considerations.

Under Georgia law you do have the right to refuse a field sobriety test but not a breathalyzer exam if alcohol is suspected.

4. Exchange Information

Gathering accurate information from all parties involved is essential for insurance and legal processes. Names, contact information, insurance details, vehicle information such as make and model of the car and license plate number of all vehicles involved should be obtained.. If anyone witnessed the accident, ask for their contact information and a brief statement.

5. Document the Scene

Take Photos: Capture images of all vehicles, damage, license plates, the accident scene, road conditions, skid marks, traffic signs, and any visible injuries. Record the time and weather conditions when the accident occurred.

6. Notify Your Insurance Company

Contact your insurer as soon as possible to report the accident. Provide them with all necessary information and documentation. Do not admit fault. Let them know if you were issued a ticket. Follow their guidance on next steps, such as arranging for vehicle repairs or medical evaluations. Be honest and thorough and provide accurate descriptions and documentation. Misrepresenting facts can affect your coverage. Ask about rental cars, towing, medical payments, or other benefits included in your policy.

7. Seek Medical Attention

Some injuries, like whiplash or concussions, may not present symptoms immediately. If you do not go directly to the hospital, go to an urgent care or other medical provider within the first 24 hours. This establishes that the accident did cause damage to you or your passengers.

8. Keep Records and Stay Organized

Maintaining a comprehensive file of all documents related to the accident can help streamline claims or legal processes. This includes police/ accident reports, Insurance correspondence, medical bills and repair estimates and receipts. Also keep Legal or other communication related to the wreck.

9. Be Mindful When Communicating

Do not discuss the accident on social media or with anyone other than your insurance company, legal counsel, or law enforcement. Public comments can be misconstrued or used against you later.

10. Consider Legal Counsel

If injuries are significant, liability is disputed, or you face legal action, it may be wise to consult an attorney. They can help protect your rights, negotiate with insurers, and guide you through the legal process. If you don't have an attorney, don't rush to engage the first one who shows up at the scene or calls you right away. Do your own research and ask trusted advisers for help in choosing legal counsel.

Conclusion

An accident can be a traumatic and life-changing event but knowing what to do in the aftermath can make a significant difference. By prioritizing safety, gathering accurate information, seeking medical care, and staying organized, you can protect yourself and others—both physically and legally. Copy this document and keep it handy in your glove compartment.

NEWS YOU CAN USE

BY AVIVA HOFFMANN, STAFF WRITER

Paint, Pottery, & Play: Discover Your Inner Artist!

I have to admit, I had zero pottery experience and wasn't even looking to try it, but a neighborhood friend suggested I might enjoy it – and she was right! If you want to try pottery, painting, or explore your creative side, Tucker Rec Arts may be the hidden gem you've been looking for.

Located inside the Tucker Recreation Center on Lavista Road, Tucker Rec Arts offers a wide range of art classes for all ages and skill levels. The quarterly, nine-week, sessions include pottery, ceramics, watercolor, oil, acrylic painting, weekend workshops, open studio time, and even Saturday classes.



Tucker's Parks & Recreation Department aims to enhance quality-of-life by providing safe, welcoming spaces and programs where community members of all ages can learn new skills, pursue fitness, and enjoy play. And, you don't need any prior experience to join. Whether you're a complete beginner or an experienced artist looking to sharpen your skills, the atmosphere is welcoming, supportive, and designed to help you grow.

I took the "All Levels Handbuilding" Ceramics class on the urging of that neighbor - and loved it! For those 2.5 hours each week, the stress of work, chores, and everyday life simply melted away. The class was fun and immersive, allowing me to fully dive into creativity. Our instructor was kind, informative, and incredibly helpful, making the experience both enjoyable and rewarding.

I even talked my husband into joining me this fall for a pottery class! I expect it'll offer a fun way to try something new together. Of course, some classes do require you to bring your own materials, so it's worth checking the supply list before you begin. But don't let that deter you - the investment is well worth the creative return.

If you've ever felt the itch to try something new - or get back into a creative rhythm - you might want to see what's happening at Tucker Rec Arts this fall. Your next favorite hobby could be right around the corner.

For more information or to sign up for upcoming classes, visit tuckerrecarts.com or stop by the Tucker Recreation Center at 4898 Lavista Road, Tucker, GA 30084.

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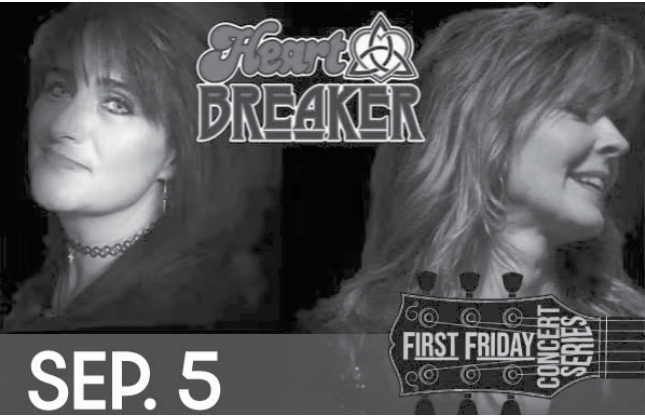
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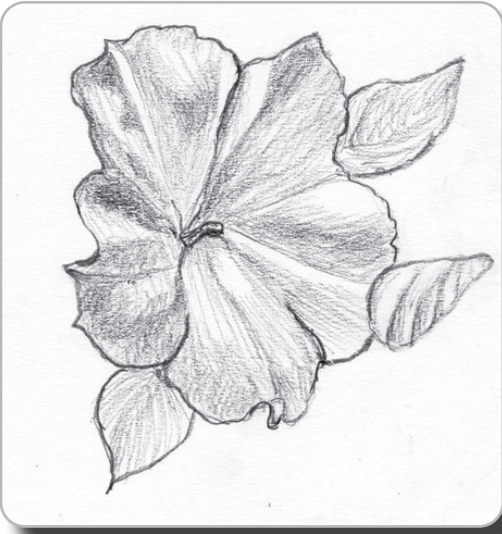
Out the Window *Article and illustration by Beth Henson, Staff Writer*

Moonflower

Glancing out the living room window, I couldn’t help but notice the sprawling tower of deep green leaves reaching toward the sky in my terrace garden. The happy vines were dotted with cone-shaped white buds, each one reminding me of a delicate seashell.

Earlier this summer, I’d been thrilled when my daughter gave me a lovely obelisk to grow my favorite vine, moonflowers. In the evening, the iridescent trumpet-shaped blooms would slowly unfurl, opening just in time to greet the night. Some would stretch nearly six inches across, releasing a sweet fragrance that drifted through the warm air. By morning, they would be gone, leaving only the scent of a dream behind.

Watching them now, I realized the moonflowers were more than just plants, they were little reminders that beauty often blooms quietly, in its own time, and under its own light.



Outdoor Lights & Migrating Birds Don’t Mix

By Alex Helton, Smoke Rise Resident & Bird Fanatic

Birdsong in the morning brightens my day and I never get tired of watching birds in my yard. So it made me sad to learn that Atlanta is one of the most dangerous cities for these magical creatures to pass through during migration.

Twice a year, billions of birds fly long distances, mainly at night, using the sun and stars as navigation. Light beams trigger deadly collisions with buildings and can cause fatal exhaustion by sending them off course.

I called Melanie Furr with Wild Nest Bird Rehab to find out more. She was Education Director for Birds Georgia and now works as an independent bird education speaker. Melanie told me that homeowners can make migration so much safer quite easily. Here’s what Lights Out Georgia suggests:

- During migration periods, we should turn off outdoor lighting between midnight and 6am. (Migration occurs August 15 to November 15 and March 15 through May 31.)
- If you insist on retaining security lighting, install motion sensors and use bulbs that are 3,000 Kelvins or lower.
- Close drapes and blinds, especially on upper floors.
- In your home, opt for task lights to reduce light spilling to the outdoors.

Lights Out Georgia promotes these small changes because they actually work. Programs like theirs have successfully reduced the number of bird-to-building collisions in other major cities.

I signed the Homeowner’s Pledge at [www.birdsgeorgia.org/lights-out-georgia](http://www.birdsgeorgia.org/lights-out-georgia) and registered for their “Lights Out Alerts,” so I’ll get notified when high migration activity is anticipated.

I hope you’ll take steps to help our beautiful, feathered pals find safer passage through Smoke Rise.



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Smoke Rise Garden Club Enjoys a Sip and Stroll

By Victoria Crosby President SRGC

Members of the Smoke Rise Garden Club recently visited the beautiful gardens of Liam O’Marah and Tim Miller for a delightful “sip and stroll” through their more than two acre property.

SRGC members sipped mimosas and punch as they viewed the various plantings around the swimming pool, hot tub and the surrounding gardens.

SRGC meetings are every month on Monday evenings at 7:00 p.m., with speakers on a variety of garden related topics. Special events are planned throughout the year.

If you are interested in attending a meeting or joining, contact membership chairman Marisa Fernandez at marisa.fernandez0212@gmail.com. SRGC is a member of the Red Bud District of the DeKalb Federation of Garden Clubs. [www.smokerisegardenclub.com](http://www.smokerisegardenclub.com).



Mountain Mums Garden Club Meet for Fun

By Cheri Schneider, staff writer and club member

The Mountain Mums first Meet and Greet was held at member Mary Jacobson’s house. We had a fantastic turn out and interest by several to join our club. This year the Mums will be starting out volunteering at the Cruisin’ with Daisy Flower Show. Previously this has been held at Stone Mountain Park on the same weekend as the Yellow Daisy Festival. This we love to do! This year’s show it will be free to park and very nearby! ON September 12 and 13 (SEE FLYER ON THIS PAGE). The Redbud District Flower show will be held at the First United Methodist Church Family Activity Center on 4315 Church Street, Tucker. Come to admire fall blooming plants, arrangements and this year a photography contest featuring landscapes, flowers and \_\_\_\_ You can also admire the cars at Tucker Main Street Cruise In.

The Mountain Mums have a lot of plans this year. We have great speakers lined up and are still planning several great field trips (with lunch of course). We have monthly craft sessions with our wonderful friends at Atria on Lawrenceville Highway. This year you may also see us at Tucker Farmers Market in October selling Christmas wreaths and crafts. We have completed a Tucker Precinct landscaping project and most of what we planted survived our heat this summer. Walk to Remember will occur in the spring this year again.



L-R: Connie Henry, Debra Jones, Kathy rhinehart, Pamela Schuyler and Mary Jacobson host Mountain Mums Luncheon



The flowers say it all for the Mountain Mums

If you are looking for a place to plug in with other Smoke Rise residents who love all things plants and gardens, email Mary Jacobson at [mjacob1010@gmail.com](mailto:mjacob1010@gmail.com). We still have a FEW spots left!

Morning Glories Invite you to Meet Daisy September 12-13!

By Quill Duncan, Smokerise resident and Morning Glories President

Exciting News for Tucker and Smoke Rise Flower Lovers! This year’s Daisy Redbud 52nd Standard Flower Show will be presented at the First United Methodist of Tucker Family Activity Center September 12-13, 2025. Tucker Mayor Frank Auman and First Lady Gaye Auman are the Honorary Chairmen for the event entitled “Cruisin’ With Daisy”.

The show opens at 1:00 p.m. on Friday September 12th with a ribbon cutting. We would love to have you all attend and enjoy the beautiful floral designs and over 500 species of horticulture donated by garden club members and friends from our Redbud District of the Garden Club of Georgia, Inc. In addition to the floral displays there will be a new photography exhibition featuring photos of flowers, landscapes, historic properties and markers. The juried show is open until 5:00 p.m. on September 12th and is open September 13th from 9:00 a.m.–4:00 p.m. All the Smoke Rise Garden Clubs are volunteering, bringing designs, or horticulture or photographs for the show.

Tucker’s Cruise-In on Main Street is on September 13th at 10:00 a.m. Tucker Cruise-In is a non-profit, old-fashioned town meet and greet car show located on Main Street. There will be a wide variety of cars, ranging from antiques to street rods, motorcycles to imports. Come see vintage and unique vehicles and then add to the fun when you come see the flower show right down the street at 4315 Church Street.

The Daisy show is free and open to the public and there is plenty of parking available. Hope to see you all there! For questions or more information, please contact Quill Duncan at 770 414-4766 or [quillduncan@msn.com](mailto:quillduncan@msn.com).

AN NGC STANDARD FLOWER SHOW

The 52nd Redbud District Standard Flower Show

PRESENTED BY REDBUD DISTRICT VII

First United Methodist Church of Tucker Family Activity Center

4315 Church Street, Tucker, GA 30084

Friday, September 12, 2025 from 1:00 to 5:00 p.m.

Saturday, September 13, 2025 from 9:00 a.m. to 4:00 p.m.

Cruisin' with Daisy

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

**Escovitchez Caribbean/Jamaican Cuisine Restaurant** opened recently at 4800 Briarcliff Rd NE, Suite 2510 in the Northlake area of Tucker.



Major Hardin, owner and chef makes lunch special for the mayor and First Lady of Tucker.



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Food & Home Fixin’s

By Joyce Ray, Staff Writer

Comfortable T-shirts and jeans are my favorites for working around the house and running errands. I have struggled with the grease stains on the dark colors that never seem to come out in the wash. I recently tried a new method for that, and I want to share it with you. You will need baking soda, an old toothbrush, and Tide Oxi-stain detergent. Make a paste with the Tide and baking soda. Lay the shirt flat and identify all the stains. Use the toothbrush to gently scrub it into each stain on both sides and let it set for about an hour before washing in hot water. Some of my stains had to have a 2nd application but it worked. I also tried Dawn dish detergent in place of the Tide, and it didn’t clean as well.

The fall season puts me in mind of apples and, hopefully, a trip to North Georgia orchards. What is the best apple for cooking or baking? I would choose the ones that hold their shape when they are cooked like Granny Smith, Honey Crisp or Gala, all of which are readily available in supermarkets. For apple pies, a mixture of at least two of these will give you a full flavor and good blend between tart and sweet. The recipe for **Caramel Apple Tort** is one of my favorites and makes a lovely presentation. Note: this caramel sauce recipe makes more than you need for this one dessert. It stays fresh in the refrigerator for up to a month and will be delicious warmed and served on other desserts, ice cream or for dipping apples as a treat.

- Crust layer: ½ cup butter  
1/3 cup sugar  
¼ tsp Vanilla  
1 cup plain flour
- Cheese layer: 1 (8oz) pkg Cream Cheese  
1 egg  
½ tsp vanilla  
¼ cup sugar
- Apple Layer: 1/3 c. Sugar  
½ tsp, cinnamon  
4 cups peeled & sliced Granny Smith apples  
¼ cup sliced almonds
- Caramel Sauce: 1 stick of butter  
2 cups of brown sugar  
1 cup light corn syrup  
1 can sweetened condensed milk  
2 T. water  
1 T vanilla extract

In medium saucepan melt butter, add sugar and other ingredients. Heat, stirring constantly until it is melted and smoothly. Cream butter, sugar and vanilla. Blend in flour. Press into bottom and sides of 9-in. spring form pan. Mix softened cream cheese and sugar, add eggs and vanilla, mix well and pour on top of pastry. Combine sugar and cinnamon and toss in apples. Lay apples slices over cream cheese layer and sprinkle with almonds. Bake at 450° for 10 minutes. Reduce heat to 400° and continue baking for 25 minutes. Cool before removing rim from pan. Drizzle with caramel sauce when cool.

Most recipes are calculated to serve 6-8 people. If you need a quick recipe for two, try this easy **Spinach/Feta Chicken**.

- 8 oz. fresh spinach  
1 ½ tsp cider vinegar  
½ tsp sugar  
1/8 tsp. pepper  
2 boneless chicken thighs (or substitute chicken breasts)  
½ tsp poultry seasoning  
3 T crumbled feta cheese  
1 tsp olive oil  
¾ cup reduced sodium chicken broth  
1 tsp melted butter

Preheat oven to 375°. In a large skillet cook and stir spinach over med-high heat until wilted. Stir in seasonings, vinegar and sugar. Cool slightly

Pound chicken with a meat mallet to flatten slightly. Top chicken with spinach mixture and feta cheese. Roll up chicken from a long side and tie securely with kitchen string or use skewers to hold together. In an ovenproof skillet heat oil and brown chicken on all sides. Transfer to oven and roast until thermometer reads 170°– about 15 minutes. Remove chicken from pan and add butter to drippings in skillet. Bring to boil, stirring to loosen browned bits. Cook until slightly thickened , about 3-5 minutes. Serve with chicken.