

# SMOKE SIGNAL

VOLUME 56, ISSUE 5

*Serving the Smoke Rise Community since 1968*

August, 2023

www.smokesignalnews.com

**It's Back-to-School Time!**  
Please watch for students getting on and off school buses and walking along the roads.



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(Photo from Tucker City Facebook page)

## Tucker Unveils New CATLANTA MURAL on Downtown Trail

Rory Hawkins, an Atlanta artist, who goes by the name CATLANTA got his start at Georgia State Univ as a print making artist. He is known for his vibrant colorful three-legged cat street art all over Atlanta. "Catlanta" is the most recent contributor to the fun vibe in downtown Tucker. He just put the finishing touches on a mural on the new trail segment off Lynburn Drive. This was unveiled on July 12.

Rory also incorporates small painted wooden 'kittens' that he hides for the curious to find. My Facebook investigation found that Cara Powell found Tucker's smallest 'kitten' creation. Great Job, Cara! Now Tucker is has its own cool cat art!! And Cara is the proud owner of a one-of-a-kind kitten. Meow!

Go see the trail yourself. You will be impressed. CATLANTA's Facebook page was also very entertaining to scroll through. Thanks Rory for bringing your art to Tucker!

## Men and Ships Rot in Port

*By Joel Gilbert, Staff Writer*

I don't know when I first heard this adage, and it is only recently that I have learned more about its wisdom as I work through my days easing into retirement with fewer work commitments. The parallel saying is Disuse Creates Dysfunction.

But, speaking personally as a person with many interests over my life that centered on my profession, career, and daily work, I find it confusing now to start my day without task lists, deadlines, and problems that I must solve.

While I love to fish, I only enjoy that for so much time, and as much as I like doing puzzles to start my morning, I do not find spending more than a few minutes on those refreshing or interesting. So, I pour over the things I have not finished in my life and consider the ones that might be worthy journeys.

This morning, Susan and I will run our 54' power catamaran from Thamesport Marina in New London, Connecticut, to



Mystic Seaport Marina right in that famous Museum of shipbuilding. The weather is perfect so that shouldn't be a challenge. About four days later we journey from Mystic to Greenport for ten days there, and I look forward to fishing aboard a party boat that has been part of my past. Of course, I am also thrilled to be able to show Susan and some visiting friends the area where I spent my childhood growing up on Eastern Long Island.

But these are merely steps that consume part of the days ahead. What do I do with all this time? Writing these articles and my two weekly blogs, Captain-Obvious.com and Geektheology.net, takes but a few minutes. What about all these other hours?

So, I am searching for things I can sink my teeth into ... be part of something ... make a difference. Given I am only recently retired, I have been asked countless times over recent years, "When are you going to retire?" I always gave the same answer: When I'm done.

Our voyage here to the northeast included many days with our dear friend and delivery captain, Dave Hibberd who reminded us: "life shrinks or expands in proportion to one's courage." Living life to its fullest then requires courage, and that perhaps is the reason most stop doing things.

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### Tucker City Council July Session

Mayor and Council voted 'yes' to award a contract for \$4.8 million to start fall resurfacing of 50 streets. The resurfacing list can be found at [tuckerga.gov/SPLOST](http://tuckerga.gov/SPLOST). Some of the streets listed include Silver Hill from Hugh Howell to Lilburn Stone Mtn Road and Several King's Mountain and Brentwood Subdivision streets.

A contract was awarded for the Phase 2 project at Fitzgerald Field for the remaining renovations at the park, including new turf, restrooms and concessions on Field 2, expanded parking in Fields 1, 2 and 3, and sidewalk and infrastructure upgrades. The contract was awarded to Vertical Earth for \$4.2 million.

NOTE: Tucker PARKS AND RECS have made many improvements to almost all of the Tucker parks. Please see the Parks and Recs section of [tuckerga.gov](http://tuckerga.gov).  
(from [tuckerga.gov](http://tuckerga.gov))

### Tucker Public Works

City of Tucker took over Public Works on July 1, 2023 from DeKalb County. This means that now the City of Tucker will handle a much of the urgent repair issues and deferred maintenance. The objectives according to the City website will be to first identify and prioritize deferred maintenance and key repair needs and then to reduce service delivery times by 50% or more.

Services to be included are: asphalt patching, pothole repair, right-of-way maintenance, bridge maintenance, pavement marking maintenance, sidewalk and curb repair, transportation engineering services, storm-water infrastructure and catch basin repair.

Costs to residents is included in a millage increase voted in the June 26 City Council Meeting. This added an additional 1.5 mills to fund Public Works. Tax increase for a home is dependent on value but nominal, and is around \$100 - \$200 for most Smoke Rise homes.

A 24/7 customer service line and process to log requests is already on the city website or you can report issues by calling 678.597.9040.



## 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.

Editorial Committee: \*Cheri Schneider....staff@smokesignalnews.com  
 AvivA Hoffmann...staff@smokesignalnews.com  
 Gia Anderson.....staff@smokesignalnews.com  
 \* This Issue's Editor-in-Chief

Staff Secretary.....Barbara Luton.....

Church News.....Susan Gilbert..... sgilbert@apogee.net

Health News.....Cheri Schneider, MD, Pat Baumann, MD

Recipes and Home.....Joyce Ray..... joyceray126@gmail.com

Social Media/E paper.....Pat Soltys.....pat@smokeriseagents.com  
 Rachel Caines.....rachelcaines@gmail.com

News You Can Use.....AvivA Hoffmann..staff@smokesignalnews.com

Tech Talk.....Susan Gilbert..... sgilbert@apogee.net

Out the Window.....Beth Henson.....bevans426a@gmail.com

Staff Writers:.....Victoria Crosby..... poeticvic@aol.com  
 Joel Gilbert..... jgilbert@apogee.net  
 Linda Karr..... sgilbert@apogee.net  
 Susan Gilbert..... sgilbert@apogee.net  
 Pat Soltys..... pat@smokeriseagents.com  
 Joyce Ray..... joyceray126@gmail.com  
 Pat Baumann..... pbauman@emory.edu  
 Cheri Schneider.....Mikecheri@aol.com  
 Barbara Bruschi.....(770) 934-4644  
 Barbara Luton.....(770) 491-6711

Distribution & Delivery.....Laura Smith.....(770) 934-7595

Advertisements & Classifieds..... sgilbert@apogee.net

Flyer Inserts.....Barbara Luton.....(770) 491-6711

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### 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 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

**AUGUST 13**

Please e-mail articles to:

**staff@smokesignalnews.com**

(Word documents or text file attachments preferred)

Extra copies may be picked up at  
**The Smoke Rise Community Garden on Hugh Howell Rd.**

**Deadline for classified ads is AUGUST 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:

Archives (smokesignalnews.com)

### Preferred Formats for Smoke Signal Submissions

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

### Smoke Signal Political Policy

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

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

### ATTENTION GRADUATES, NEWLYWEDS, AND HONOREES

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

Email submissions to staff@smokesignalnews.com



### 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*.

### BRING A BOOK - TAKE A BOOK

Don't forget to check out the Little Libraries near the swim clubs.



### Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor  
 Bart McNeil: Associate Pastor of Administration, Ministry Support and Congregational Care  
 Becky Caswell-Speight: Minister of Families, Faith Formation and Connection  
 Jim Smith: Pastoral Care Associate  
 Danny Vancil, Minister of Music & Worship  
 Hannah Vassar: Minister of Youth and Congregational Connection  
 Rashette Walker: Director of Weekday School  
 Denise Burcham, Director of Academy of Arts  
 Telephone: (770) 469-5856  
 SmokeRiseBaptist.org

#### SUNDAY

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

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

#### WEDNESDAY

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

### Eastminster Presbyterian Church

Pastor ~ Rev. J. Caleb Clarke III  
 Executive Director of Ministries ~ Jeanine Fulton  
 Director of Family & Outreach ~ Mark Sauls  
 Music Coordinator/Organist ~ Carole Mitchell  
 Financial Coordinator ~ Jan Zabarac  
 Director of Weekday Ministries ~ Celeste Sears  
 Office Coordinator ~ Christina Wetzel-Sizemore  
 Music Interns ~ Elizabeth Daly & Jose Azurdia

5801 Hugh Howell Road ~ Stone Mountain, GA 30087  
 770-469-4881 ~ www.eastminster.us

### MC3 Church

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

#### Sunday Schedule:

10:00 a.m. Coffee and donuts  
 10:30 a.m. Worship service (in person and online)

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

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

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

### First Moravian Church

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

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

### Incarnate Word Lutheran Church

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

### Mountain West Church

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

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

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

The Smoke Signal has a New Post Office Box!  
 Please note our new mailing address:  
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**Lecture: History of the Postcard with Robert M. Craig**

Local author Robert M. Craig will launch the publication of his new book in Arcadia's postcard history book series, entitled *Ocean City's Historic Boardwalk, Beach, and Bay: The Fisher Collection*. The new book is a companion volume to Craig's *Historic Lodgings of Ocean City: The Fisher Collection*, published in May. Illustrations are primarily drawn from the postcard collection of Robert and Kathy Fisher of Snow Hill, MD, to whom the book is dedicated. The books are part of Arcadia Press's historic postcard book series. This latest publication is the author's sixth book on Ocean City, and sixteenth book to date.

The free public talk on the "History of the Postcard" is a fascinating review of the changing styles of postcards, illustrated by postcards from Germany, Austria, and the U.S. Craig's presentation will trace the evolution of the postcard, illustrate early hand-colored postcard images printed in Germany and distributed by local pharmacies, as well as the wide range of postcards produced by the Curt Teich Company, the world's largest printer of postcards during the early and mid-20th century, as well as other postcards producers.

Mr. Craig is a historian of architecture, art, and popular culture. He taught for four decades at the architecture school of the College of Design, Georgia Tech. Craig has published two architectural histories of Georgia Tech, including his mammoth *Campus Walks*, also available at the August 22nd talk. His varied writings include monographs on Bernard Maybeck and Atlanta's Francis Palmer Smith, studies of John Portman and of Atlanta's public art (outdoor sculpture and murals), a book of memoirs of Vietnam vets, a book of short stories, a book of poetry, and a study of Atlanta's Art Deco architecture.

Join Mr. Craig on Tuesday, August 22, from 6:00-7:00 p.m. at the DeKalb History Center (located inside the Historic DeKalb Courthouse), 2nd floor, 101 E Court Square, Decatur GA. The lecture is free to the public. Drink tickets will be available for \$5 each.

**PLACES TO GO:**

**THIS GAL IS ON FIRE ART EXHIBIT**  
Sue Kellogg Library, Stone Mountain Village  
Denise Gunter:  
*Mixed Media Artist, Painter, nature/travel photographer*  
Through August

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**TUCKER FARMERS MARKET**  
THURSDAYS, 4-7 PM  
August to November  
St Andrew's Presbyterian Church  
4882 Lavista Rd., Tucker, GA  
[www.facebook.com/tuckerfarmersmarket](http://www.facebook.com/tuckerfarmersmarket)  
*Shop over 30 vendors each week for baked goods, fruits, veggies, music, food trucks, crepes...*

**LILBURN FARMERS MARKET**  
EVERY FRIDAY IN AUGUST, 4-7 PM  
Good Shepherd Presbyterian Church  
1400 Killian Hill Rd., Lilburn, GA  
[www.lilburnfarmersmarket.org](http://www.lilburnfarmersmarket.org)  
*Local honey, international foods, seasonal fruits and veggies, baked goods*

**STONE MOUNTAIN VILLAGE MARKET**  
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**THIRD THURSDAY**  
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Peters Park, 1832 Clark Dr.

**September 1**  
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**September 21**  
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Coco  
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Grab your tickets for a wild circus journey that includes a pre-show carnival, a delicious three-course meal, themed cocktails, big laughs, and great fun as we try to solve the Murder Under the Big Top!

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**Smoke Rise Prep Takes Initiative with “Math Power Hour”**

The COVID-19 pandemic caused significant issues that changed our daily lives. It has become increasingly apparent in the years since that education, math in particular, was especially affected. A recent NWEA study concluded that the average American student needs four months of math instruction to catch up to pre-pandemic level (Reuters).

Smoke Rise Preparatory School on Hugh Howell Road has taken strides to address this problem by instituting Math Power Hour, a weekly hour-long session specifically tailored to boost affected math skills. Short evaluations before and after sessions documented marked long-term improvement in the targeted areas, delighting parents and teachers alike. Students, on the other hand, were excited to discover that Math Power Hour was actually fun!

Groans at the prospect of extra math soon gave way to enthusiasm as teachers moderated competitive events involving dice, cards, Paper-Rock-Scissors, and Tic-Tac-Toe. Paint-by-number-style puzzles added an artistic element to the fun.

Math Power Hour shows that with focused attention on the learning gaps, students can quickly overcome these hurdles and get what they need to become successful.



**DeKalb Homeowners to Receive \$147 Million Property Tax Cut**

*(article submitted by DeKalb County CEO Office of Communications)*

Today, DeKalb County CEO Michael Thurmond announced the county’s Equalized Homestead Option Sales Tax (EHOST) credit for 2023 will provide \$147 million property in tax relief for homeowners who qualify for a homestead exemption.

By the end of 2023, the total savings from the EHOST will be approximately \$738 million.

“DeKalb County is the only Georgia county with a local sales tax that is 100 percent dedicated to property tax relief,” said CEO Thurmond. “Our EHOST property tax relief strategy will be especially helpful to homeowners who are struggling with skyrocketing adjustable-rate mortgage payments.”

Qualified DeKalb County homeowners will receive an Equalized Homestead Option Sales Tax (EHOST) credit that reduces or offsets property tax liability. The amount of property tax relief received by a qualified homeowner is based on the assessed value of the homestead property and sales tax revenue generated by EHOST.

On average, the hypothetical DeKalb County owner of a qualified home valued at \$375,000 would receive a \$1,438 tax credit.

The EHOST credit is not applied against taxes levied by DeKalb municipalities, school districts or tax allocation districts.

For more information, visit [www.dekalbcountyga.gov/splost/ehost](http://www.dekalbcountyga.gov/splost/ehost).



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**Home: The United Methodist Children's Home Exhibit Opening**

Thursday, August 31 • 5:30 - 7:30 pm  
DeKalb History Center

Standing as a beacon of hope for children and families for over 140 years, the United Methodist Children's Home served as a place countless people called Home. Founded in 1871 in Norcross, Georgia, the Children's Home was created to give children abandoned in the aftermath of the Civil War a place to be cared for. In 1873, the Home moved to Decatur and remained there until 2017.

Historic and contemporary photographs provide glimpses into the United Methodist Children's Home, while first hand oral histories from past residents, employees, and volunteers detail life in the "Orphan's Home" from 1943 to 2019. This fascinating history was documented through interviews and photography by Beate Sass with interview assistance from Moira Buchiarelli. Sass turned the combined work into a manuscript.

The City of Decatur purchased this property in 2017. The public can visit the grounds and see the structures, as it has been converted into Legacy Park. Many of the historic buildings still remain, including the 1906 Moore Chapel. A new nonprofit, Legacy Decatur, currently manages the 77 acres as a park and leases the buildings to other area nonprofits. Long range plans have been developed to guide future changes.

The exhibit opens with a Reception on Thursday, August 31, 2023, from 5:30-7:30 p.m. at the Historic DeKalb Courthouse.

Join us for welcoming remarks, hors d'oeuvres, a cash bar, and your first look at this new exhibit. All of our exhibits will be open that night.

**A New Pastor For a Historic Stone Mountain Church**

*By Doc Lawrence*

Stone Mountain First United Methodist Church, popularly known as "The Village Church," has been in existence for over 150 years and now has a young, energetic and highly qualified new pastor, Rev. Dr. Cynthia Jackson. The announcement of this appointment was made by Pat Sabatelle, an authorized spokesperson for the church.

"Church congregations around the country have experienced a significant decline in attendance as a result of COVID," Ms. Sabatelle observed, adding that "we've asked ourselves what we can do to bring people, especially young adults back into worshipping with other Christians. One way to inspire young adults is to have a church leader who can relate to their everyday lives and needs and our Village Church is doing just that!"

Ms. Sabatelle shared Dr. Jackson's background. "Cynthia, as she likes to be called, is no stranger to Georgia," revealing that she is a native of Athens, a University of Georgia graduate with a background that includes law enforcement service with the Georgia Bureau of Investigation, Emory University Police Department and the UGA police department.

Dr. Jackson also attended seminary at Emory University's Candler School of Theology and earned her doctorate from the Divinity School at Duke University.

An elder in full connection serving in the North Georgia Conference of the United Methodist Church, Dr. Jackson's ministerial positions have included Conyers First United Methodist Church, Ben Hill United Methodist Church and First United Methodist Church of Lawrenceville.

"We are rebuilding," said Ms. Sabatelle. "Cynthia is already getting to know our current church members, and says she wants to build relationships with our Stone Mountain community, schools, businesses and other churches. We are excited about her fresh approach."

The Village Church is located at 5312 West Mountain Street one block from Main Street in Stone Mountain Village and is a prominent historic landmark recognizable for its architectural design and construction featuring Stone Mountain granite. The church welcomes visitors. Sunday Services are at 11:00 a.m., and other information is available on the church website, [www.stonemountainfirst.org](http://www.stonemountainfirst.org).



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**SMOKE RISE FIRE!!**

My name is Rick Abt and I have lived in Smoke Rise for about 5 years now. My house is one of the best kept secrets in all of Smoke Rise, partly because of its history and relevance of the house, but also because you cannot see it clearly from Hugh Howell Road. It sits on 2.5 acres and is setback about 150 feet from the main road. It is near the intersection of Rosser Place. My house was the first of five



homes built on Hugh Howell when it was first paved in 1957. The home was actually the Smoke Rise Sales Office when first constructed. And to make that even more unique, it is a Log Cabin! This deviated from the usual course where you would build a spec or sample home reflecting the overall architectural style of the subdivision. Bill Probst, developer, had other ideas, and created something unique. Because it is so unique I love calling it my home!

That all changed on March 22 of this year when an extension cord lost its insulating casing and started a fire in the garage at 2:30 A.M. DeKalb Fire got there in record time but the home suffered severe damage in the garage and smoke damage throughout the entire house. My brother and I narrowly escaped but lost everything-- from our toothbrush and up. My cat did not make it out alive and is dearly missed. My car was partially melted and sprayed with fire retarding chemicals in the garage. The home damage was extensive but not a total loss. I have good insurance and we have started to rebuild the home.

Our 'rebuild' involves replacing the roof, rebuilding the garage and soda blasting the interior down to the studs and then sealing them. The home will never be the same as it was, but with a clean palette and new code compliance requirements I think it will be

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better than before. I just thought I would share this story with everyone. Rest assured this part of Smoke Rise history will live on. The City of Tucker Building Department assured us they would help to get us back in the home as soon as possible.

**Side by Side Brain Injury Clubhouse Gets Special Donation**

*By Terry Ingwersen, Guest Writer*

On June 13, representatives from the GFWC Stone Mountain Woman’s Club visited the Side by Side Brain Injury Clubhouse to make a special donation of funds for scholarships to assist members who attend the Clubhouse. Located in downtown Stone Mountain since 2007, Side by Side is a day center where adults with acquired brain injuries come from all over metro Atlanta. Many leave places such as the Shepherd Center and are referred to Side by Side for continuing rehabilitation and community support following their medical treatment.



*Pictured are Brenda Price, President of SMWC, Nancy Collins and Camilla Stevens, Co-chairs of SMWC Health and Wellness Program, Terry Ingwersen, Member of SMWC, and Bill Francis, retired staff member of Side by Side.*

There they receive additional help to regain their sense of self and move forward to become productive and contributing members of society.

Side by Side will host a fundraiser on August 19, 11:00 a.m.-2:00 p.m., at the Stone Mountain First United Methodist Church. It will celebrate the talents of the Side by Side Clubhouse members with a

Talent Show plus a cake auction, cookbook sale and more. For more information about how to support this worthwhile facility in our own back yard, go to [sidebysideclubhouse.org](http://sidebysideclubhouse.org).

**Smoke Rise Community Association Update**

*Michael J. Huerkamp*

The Smoke Rise Civic Association’s financial saga continues with dwindling reserves again in 2023. Experimenting to economize expenses, we elected for our spring campaign to include a flyer in the *Smoke Signal*, rather than a direct mailing, and it yielded around \$11,700 - far less than the \$32,000 required to cover the annual expenses of the SRCA. Currently, we are spending \$2,100 per month, 80% of which goes to landscaping. We also funded the shredding event and gave donations to the Smoke Rise Sharks swim team and Tucker High School Foundation golf tournament. We recently became aware that the Smoke Rise Elementary School is spending \$700 to rent a tent each time they have special events-- such as field day. The SRCA would like to purchase a sturdy, spacious tent for about \$3,000 to benefit our school, but clearly do not have the funds. The SRCA also has a substantial insurance premium payment looming ahead.

The SRCA is planning a traditional membership blanket mail campaign that should hit your mailbox before the end of August. We need and appreciate the financial support of our members, where every dollar is reinvested in our community, and hope that you will direct your fully tax-deductible charitable donation by check, Zelle or PayPal as guided. Please become a member or just give what you can to the SRCA!!

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## NEWS YOU CAN USE

by AvivA Hoffmann

### Report Fraud. Help Safeguard our Community!

Many of us have likely lost money to scams, either personally or through someone we know. Shockingly, according to the Federal Trade Commission (FTC), scammers managed to amass more than \$8 billion in fraudulent activities last year alone – a staggering increase of more than 30 percent compared to the previous year. In 2022, consumers reported losing more money to investment scams, a total of more than \$3.8 billion, surpassing any other category and doubling the reported losses in 2021. Imposter scams ranked as the second-highest reported loss, with a total of \$2.6 billion reported, up from \$2.4 billion in 2021.

To combat these alarming trends, the FTC operates the Consumer Sentinel Network (Sentinel), a secure online database exclusively accessible to law enforcement agencies. While the FTC does not intervene in individual consumer disputes, its law enforcement partners, be they local, national, or global, can utilize the information stored in Sentinel to identify questionable business practices, recognize targets, track trends, and enforce the law.

In 2022 the FTC received fraud reports from an astonishing 2.4 million consumers. Imposter scams topped the list as the most reported type, closely followed by online shopping scams. Prizes, sweepstakes, and lotteries; investment related reports; and business and job opportunities completed the top five fraud categories.

The FTC's Consumer Sentinel Network is not limited to consumer reports alone; it also accumulates information from federal, state, and local law enforcement agencies, the Better Business Bureau, industry members, and non-profit organizations. In total, 23 states contribute their data to Sentinel. In 2022, the network received more than 5.1 million reports, encompassing not only fraud reports but also identity theft reports and complaints related to various consumer issues such as credit bureau problems, banking, and lender issues. Notably, the FTC's IdentityTheft.gov website received more than 1.1 million reports of identity theft in the same year.

The reports submitted through the Sentinel network serve as a crucial foundation for numerous law enforcement investigations conducted by the FTC. Additionally, the agency shares these reports with approximately 2,800 federal, state, local, and international law enforcement professionals. Although the FTC does not mediate in individual complaints, the Sentinel reports form an integral part of the agency's mission to enforce the law.

If you come across a potential scam, don't hesitate to report it to the FTC at [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov). By doing so, you actively contribute to the fight against fraud within our community. The FTC relies on these reports to conduct investigations, initiate legal actions against fraudulent entities, and raise awareness about scams.

To report a scam, visit [ReportFraud.ftc.gov](https://ReportFraud.ftc.gov) and click on "Report Now." You have the option to provide as much or as little detail about yourself as you'd like. Upon submitting a report, you'll receive guidance on steps you can take to protect yourself or try to get your money back.

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## The Coronation of King Charles

By Victoria Crosby

As someone who grew up in England I am frequently asked about royal protocol and the monarchy. Americans seem to be fascinated by the royals, although the United States broke away from England centuries ago. The Coronation of King Charles the III on May 6 of this year led me to write this commentary on the historic event.

As millions of people watched on television around the world, the coronation of King Charles III was the 40th coronation to be held at Westminster Abbey. The first was of William the Conqueror in 1066. It has been seventy years since the king's mother Queen Elizabeth II was crowned. King Charles was only four years old. Although the traditional aspects of the coronation have remained, there were many changes in the 2023 version that the average viewer may not recognize, as most people weren't born then or were too young to remember the event.

The 2023 coronation was much smaller, with twenty-two hundred people invited compared to over eight thousand attending the Queen's coronation in 1953. Three thousand "Golden tickets" were distributed to people who had performed

public service to the country and commonwealth, and one thousand tickets to veterans. There were a hundred heads of state representing more than two hundred countries.

There were fewer carriages in use. The King and Queen rode to the Abbey in the Diamond Jubilee coach, built in Australia as a gift for the late Queen, and after the service rode back to Buckingham Palace in the Golden Coronation Coach, which although it had been adjusted with better suspension, is said to be an uncomfortable ride. There were no coronets on members of the nobility, nor ermine robes. Women didn't wear tiaras, but hats or fascinators. Women Bishops participated in the 2023 ceremony, in 1953 women were not ordained.

For the first time in history a woman, Penny Mordaunt, carried the Sword of State, as the leader of the House of Commons and lord president of the Privy Council.

The guests and participants reflected Great Britain and the Commonwealth today, with multi faith and multi-cultural representation, including a gospel choir and a Greek chant, an homage to the late Prince Philips heritage, and a hymn written by Andrew Lloyd Webber sung in Welsh by Sir Bryn Terfel CBE. In addition to world leaders, such as Justin Trudeau and his wife, First Lady Dr. Jill Biden and her daughter Ashley, there was a Papal representative from Rome. To send a representative would have been unthinkable in another era, since King Henry VIII broke away from Rome, and British Monarchs since then must swear to uphold the Protestant faith, not the Catholic faith.

The traditional part of the ceremony is almost part wedding and part baptism, as the monarch is anointed with oil and pledges to uphold the laws of the country and of the faith. Georgie Connett, a Welsh born accountant and president of the North Shore Historical Museum in Glen Cove, camped out on The Mall in London with her childhood friend who still lives in Wales, to view the coronation procession. "There were thousands of people from all over the world. When the procession began from Buckingham Palace to Westminster Abbey, and then back to the palace, (after the Coronation ceremony) the flag waving and cheering was amazing. All the armed forces, the ninety-five horses, the golden carriages, as only a monarchy could display, I will never forget. The non-stop rain from 6am to 3pm didn't dampen anyone's spirits, and the finale of the Red Arrows Royal Air Force jets display team was the perfect ending to an incredible day. Long Live the King!"



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**HEALTH NOTES:**

by Cheri Schneider, M.D.

**WATER, WATER, EVERYWHERE**

Back in my parent’s day, you never heard of making a special effort to drink water. In the summer, our parents sent us out to the garden or lawn to weed or do chores, and we did what they said. When we got hot and thirsty, we drank from the hose and went back to our weeding. Or we went inside for lemonade or Kool-Aid and a rest if we were lucky, and then went back to work. There were no plastic or fancy steel or glass water bottles to carry back to the work site.

Nowadays, I have begun to see increasing numbers of people lugging large gallon (plus) jugs of water to work. Their workspace is an air-conditioned room or office, and the work is largely sedentary. I decided to find out if there might be some new evidence-based studies that would induce me to also carry such a jug to work.

I was surprised to find that quite a few people are also searching this topic. One of the most interesting papers I read, was written in 2002 and reviewed research from hundreds of data bases. They started by researching the origin of the idea of the oft quoted wisdom to “drink eight 8-ounce glasses of water a day, not counting caffeinated beverages which can dehydrate you.” This was labeled ‘8x8’ in an article published in 2002 in the American Journal of Physiology Regulatory Integrative and Comparative Physiology. The study found no real scientific studies (you know, the double blinded, randomly selected ones) that supported the 8x8 rule of fluid intake. Instead, they found large amounts of data coming from surveys of the eating and drinking habits of Americans and Canadians. This data was almost ALL collected from sedentary healthy individuals living in a moderately temperate environment.

The most oft quoted article on how much water is ideal to drink was released by the National Academies of Sciences Engineering and Medicine in 2004. In fact, most water articles, including those from Harvard and the Mayo clinic, quote this report. The article was titled National Academies ‘Dietary Reference Intake Levels for Water, Salt, and Potassium to Maintain Health and Reduce Chronic Disease Risk.

Some of their findings: water needs depend on lifestyle and environment. Athletes in a hot environment need more than desk clerks in air conditioning.

Water intake includes food moisture. Recommended intake does not just refer to WATER-- Juices, soups, shakes, milk, coffee, tea, and anything you drink can count, along with water in fruits and vegetables. They found that about 20% of water came from foods. Their set Adequate Intake of fluids for young men (age 19-30) is 3.7 Liters per day and for women of the same age, 2.7 Liters per day. Notice: they did not set a number for those over age 30! And this includes all drinks and fluids including food moisture!

Another thing the Academies article states is that increasing your water intake does not prevent chronic disease. They also could not prove that drinking more water helped maintain health.

The average kidney can only concentrate 0.7-1 Liter of fluids per hour. Acute water intoxication can occur if you drink more than this amount of water in a short amount of time.

Urine output generally averages 1 to 2 L/day but can reach 20 L/ day in those consuming large quantities of fluid. Over drinking of water, just increases your bathroom usage and can get you in trouble.

Several other remarks about my research: Many studies had conflicting data. Many studies had small numbers of participants. One table compared five studies: Two had 9 participants, one 7, one 53 and one 24. Pretty slim research! Much of the research was based on surveys (considered low quality research). I could not tell in the most oft quoted paper how ‘scientific’ the research was. It was very easy to read but hard to determine the rigor of research.

For now, I will drink when I am thirsty and will likely drink 32-64 ounces of liquids a day—which will include my morning coffee with milk, possibly a Diet Coke, and water. I will also freely eat fruits, veggies, soup, salads and other foods that have high water content! How about you?



**Essenes Were Onto Something!**

By Susan Gilbert

Wikipedia describes the Essenes as a mystic Jewish sect that flourished from the 2nd century BCE to the 1st century CE. The Jewish historian Josephus records that Essenes existed in large numbers but fewer in number than the Pharisees and the Sadducees, the other two major sects at the time.

The Essenes lived in various cities but congregated in communal life dedicated to voluntary poverty, daily immersion, and asceticism (their priestly class practiced celibacy). The most famous one you probably know was John the Baptist who reportedly ate locusts and wild honey. We don’t know what else he ate. I would doubt this is all he ate, but he was known for being different by eating these.

It is interesting to me that we seem poised to consider doing the same these days. First, it is now a well-known fact that honey is an amazingly powerful food. And bees are essential for our plants’ survival due to their role as pollinators. Of course, insects are a key part of the diet in many parts of the world, in some cases even a delicacy. But here in the West, most cringe at the thought.

We seem to think we have risen to a higher standard of living because we can eat beef, lamb, lobster, etc. The idea of a cricket appetizer is just not likely to appear on any American restaurant menu.

Yet, the health benefits are undeniable. The ecological impacts are all beneficial. And--think of the devastation locusts produce if we don’t keep their populations under control. Plus, you simple dry them before consumption to store them and you can keep them for years without refrigeration.

No one I know eats ants or termites, but our ancestors probably did. Genetics tells us we and primates have common ancestors if you go back far enough and primates do consider ants and termites a delightful snack. Some animals consider ants as their primary food source.

Now, don’t get me wrong. I am not about to go buy cricket flour, but you can, and it gets great reviews.

But, if we are serious about a sustainable planet, why are we so afraid of new ideas that can wean us off our predisposition to eat the way we do now? Think of all the damage locusts do if we don’t harvest them? Plus, you do know that termites are a significant source of methane pollution ... much higher than all those belching cows. You detect termites in the walls using a methane sniffer!

Yes, I am playing with you to some extent, but not completely. What are we afraid of? Did you know about the prison revolt in Maine? Many years ago, no one believed you could eat lobsters. When there was a food shortage at the prison, they served lobster-- resulting in a riot. The prisoners thought they were trying to kill them. When I grew up nobody ate mussels. Perhaps with the passage of time, appetites will evolve to more sustainable food sources. I sure hope so.



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**Men and Ships...continued from page 1**

It does take courage ... I am a bit nervous about the trip to Mystic today ... it is tortuously difficult with two bridge openings in narrow channels ... but the journey is worth all that, at least to me.

So, on these standards I guess I am not retired. I am not done. I am just no longer answering others each day on things that they collectively needed me to do. I finished those. I still have the courage to press on, resting in my faith and relationships. I am not finished.

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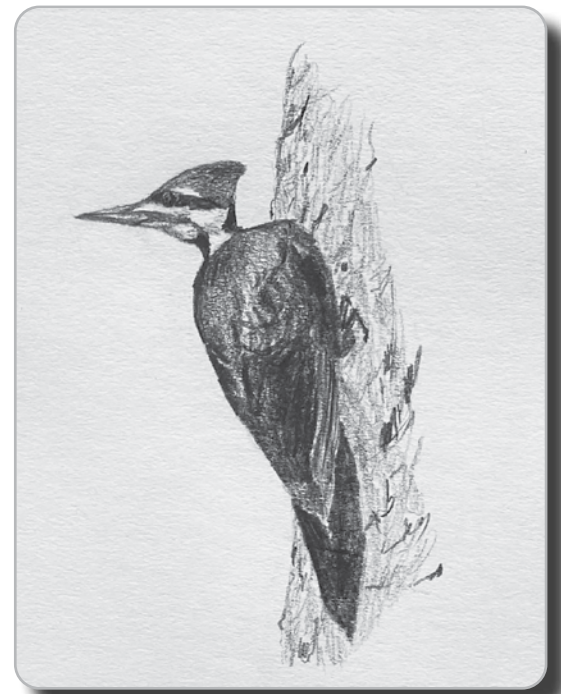
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**Out the Window**  
**Pileated Woodpecker**

*Article and Illustration*  
*by Beth Henson*



The pleasant and much cooler early summer days had given way to ninety-degree temperatures and sweltering humidity. Gazing out the window, I peered at my patiently waiting charcoal black grill. This would help keep some of the heat out of the house when preparing our impending supper.

Suddenly, movement caught my eye from the nearby dogwood that provided a nice, tasty suet block for my hungry songbirds. It was nearing dinner time for them too! I couldn't help but do a double-take when I saw

something humongous clinging to the side of the tree, checking out the feeder. Its body rivaled a full-size chicken, and the clutching feet were a good three inches long!!! The massive bird (easily eighteen inches long) quickly turned its head to me, displaying a fiery red plume proudly adorning its crown and a long, razor-sharp, and honestly, quite frightening beak. A pileated woodpecker had come to call!

Unable to get much dinner from the tiny mesh holes of the suet block, the enormous visitor decided to do a rat-a-tat-tat on the delicate dogwood, and a large spray of bark fell to the ground. The huge bird-the largest woodpecker in North America- gave a disappointed look and spread his impressive black wings, taking to the air.

Thanks for visiting, my feathered friend! Sorry we couldn't accommodate you for a appropriate dinner!

**The Benefits of Yoga** *By Amber Voss*

If you are a yoga practitioner, you may already know a few of the benefits yoga provides. For example, you may have noticed that you are a bit calmer and your body may feel more relaxed and open.

I can speak from experience that yoga is a deeply transformative practice that has shaped how I live and move through the world. Through inquiry, exploration and self-study, I have cultivated acceptance of myself. Yoga helps me be my best self. It has softened my harsh edges all while teaching me compassion and kindness so that I can extend that to others. Yoga is about so much more than touching your toes and breathing, although those are two benefits you may discover for yourself.

Here are a few of the many benefits you may experience if you practice yoga.

- 1) You may experience a greater range of motion in your joints, better mobility, flexibility and improved strength overall.
- 2) Your breathing and posture may improve.
- 3) It may help release tension held in your physical body.
- 4) The autonomic nervous system may be balanced, which also may lower heart rate, blood pressure and other bodily functions it controls.
- 5) It may improve your sense of balance and how you move through space.
- 6) It may help to calm your mind and improve mental health.
- 7) It may provide relief from stress and anxiety.
- 8) You may experience better sleep as a result of a consistent practice.
- 9) You may find relief with back pain, arthritis, and improved cardiovascular benefits.
- 10) You may have a greater sense of well-being overall and an improved quality of life. Your energy and vitality will improve too.

Yoga is an ancient tradition that works and has existed for over 5,000 years as a philosophy, science and an integrative practice that helps bring people to a sense of wholeness and vitality. Yoga is not limited to physical movement with the postures (asanas) that you do in class. Meditation and mindfulness practices are also yoga. The key is to find what works for you! Different seasons of life will require different approaches to your practice. That's one of the great things about yoga. It is ever evolving and can be adjusted to what is needed in the moment and in every season of life. Bottom line, yoga is beneficial for your overall health and wellbeing.

If you can breathe, you can do yoga. I hope this article will be the impetus for you to try and experience the many benefits first hand. Have fun exploring your own practice and learning how it benefits you.

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## Silver Back Gorilla Trek

By Patricia Baumann, MD

I decided I wanted to see the Silver Back Gorilla, and the volcanic mountains in northern Rwanda are a good place to see them. You might be familiar with Dian Fossey's work here, studying and living with these gorillas. Her book, about her work with these amazing creatures, was made into a movie, *Gorillas in the Mist*. We visited her center during our visit.

I knew little of the country of Rwanda, other than the terrible incident of Tutsi genocide, which occurred in 1994. Hundreds of thousands of the Tutsi people were murdered by their Hutu neighbors. An unthinkable government political propaganda program led to this tragedy. Today, with the help of a progressive and popular leader, Rwanda has made enormous economic and social progress. The current government has instituted programs promoting unity and economic development. An example is a program where every citizen is provided a pair of plastic shoes to wear.



But back to the gorillas... Silver Back Gorillas live in the mountains of Volcanoes National Park in northern Rwanda. To get there, you travel over a bumpy roads to a lodge with friendly, helpful staff, good food and spacious rooms. Every night after your trek you find a comforting hot water bottle in your bed! Early in the morning you go to a center where you are served a delicious cup of African coffee, receive your orientation, and are introduced to your guide. Meanwhile, trackers are in the field locating the gorillas. You are given a choice as to how far you want to trek, and we opted for the short trek! We set out armed with bug repellent clothing, walking sticks, hats, and water resistant boots with gaiters. You can promote the economy and help yourself get up the mountain by hiring a porter for \$10 dollars. They carry your backpack, assist you over difficult areas, and catch you if you stumble. Some trekkers required a porter at each arm. One intrepid trekker, who had recent leg surgery, was carried up the mountain on a litter shouldered by four porters!

Our guide Francois turned out to be a local legend. He had been in the area since the times of Dian Fossey. During the genocide, he had fled to the mountains and hidden in the jungle. Guides retire at age 65. Francois retired, but was called out of retirement to guide the Rwandan president up the mountain. He has continued to work due to popular demand.



We were blessed with good weather and minimal mud. The clouds were keeping the temperature cool, but the rains held off. Hiking up the mountain, I was starting to think that it was possible to come all this way and not see a gorilla. Then we saw them, at the edge of a potato field. The head male Silver Back was sitting on a bridge over the stone wall separating the farm land from the park. Once you see the gorillas, you must put on a face mask to protect them from human disease. A countdown clock starts, and you are only allowed one hour with them. Gradually, more gorillas came forward, including young ones and females. We excitedly took our pictures. After a few minutes, they went into the jungle, and we followed. We continued taking our pictures and were incredibly close! Suddenly the alpha Silver Back flopped down on his back, belly up, comfortable enough to take a nap. Others followed. Our hour went by way too fast. The trip I booked was a partnership between G Adventures and National Geographic. It is a more moderately priced product than National Geographic Expeditions. I would recommend it. Our trip guide was Timothy Kintu, tkintu@gceos.com.

## Random Thoughts in the Garden

By Linda Karr

During the dog days of summer, we typically see peak temperatures and humidity. It's hard to stay motivated to get the gardening chores done during this time but the days are getting shorter, and it won't be too long before the temperatures will start to cool off.

It's a busy time of year for our backyard birds. American goldfinches just recently started to nest. Some birds, however, are on their second or third broods. Many birds have started to migrate – some are starting to arrive in Atlanta (cedar waxwing, some warblers) while others are getting ready to leave in the next few weeks. They need a good food source for their flights home. Make sure you have seed in your feeders. Try different types of food to bring some different birds to your feeders. Fruit such as orange halves, grapes, cherries, and apples will attract red bellied woodpeckers, brown thrashers, rose breasted grosbeaks, bluebirds, cedar waxwings, house finch and towhees. Keep the feeders clean and free of mold to prevent our visitors from becoming ill. I know we have had a lot of rain this summer but please make sure your birdbaths are full. Our feathered friends need fresh water for drinking and bathing which helps to keep them cool.



We are starting to see more hummingbirds at the feeders, and this should continue through the fall as they get ready to migrate. You can still put feeders out if you have not done so already. Don't forget to change your hummingbird nectar out every 2-3 days – more often if it is very hot or in direct sun all day.

It is not unusual this time of year (late summer) to see birds such as cardinals, blue jays and most of the small songbirds go through a complete molt which is the process of feather replacement. The American Goldfinch will go from bright yellow to a drab brown in 6 to 8 weeks. As new feathers begin to grow in, they push out and replace the feathers that have worn out. Sometimes birds are even without a tail as the feathers grow back in. All birds molt once or twice a year to stay warm, dry, and airborne. Some will even grow in different colored feathers during different seasons to blend into their surroundings or to impress potential mates. So, if you see a baldheaded cardinal, it's not from the Jurassic era! Enjoy your gardens. Pick some flowers to place around the house. Dine on your summer vegetables and freeze or can the ones you can't use now – or share.

Why should we plant in the fall? I know we can't find as many plants nor the selection that we can find in the spring but there are reasons that fall is a wonderful time to plant. By now you've seen what your garden is like at its peak. You can tell where you need to thin out or add more or where you might want some more color or texture.

Our soil is still warm during the fall, but our temperatures are cooler. This provides a wonderful time for any plants that you put in to have time to focus on their root development which in turn will bring beautiful plants and blooms next spring. The late winter and early spring blooms will begin providing sources of pollen and nectar for the pollinators, too.

One last thought. Please, don't let your lawn service blow the yard debris in the storm drains (or in your neighbor's backyards! These drains led to small creeks that are being infiltrated (Polluted) with the mess that goes down the storm drains.

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**Counting Pollinators, Hospital Gardens and A Flower Show** *By Quill Duncan*

Smoke Rise Morning Glories will be counting pollinators for the Great Georgia Pollinator Census August 18-19. This state-wide effort is for "Citizen Scientists", gardeners, school groups and anyone who is interested in observing and recording pollinators. Rules are simple. In one fifteen minute time slot (usually midday is best) you observe and record the pollinators you see in a garden or on a container or blooming shrub. Visit <https://ggapc.org> for details on how to participate.



A recent visit in June to the Georgia Regional Hospital by club members Bonnie Pennington and Quill Duncan was a very educational and fun experience for residents and staff. Greeted by staff member and therapist Mary Cochran who is a fellow member of the Smoke Rise Morning Glories, Bonnie and Quill met with patients and therapists who shared their successes and challenges with gardening this season. Mary leads a team of therapists at the mental health facility who participate in various programs all over the 30-acre campus. The DeKalb Federation of Garden Clubs supports this effort with funding and the Garden of Georgia has also awarded grants for this special project since 2019.

Their vegetable garden features squash, cantaloupe, blueberries, strawberries, kale, Brussel sprouts, broccoli, beans, corn and scores of brightly blooming herbs and wildflowers to name of the crops in the sunny bed. Other sites around the grounds have added container gardens that feature okra, passion vine, marigolds and sweet potatoes. All the food is harvested and prepared by residents for enjoyment by the staff and patients. The staff is thrilled by the support of the DeKalb Federation of Garden Clubs and the continued engagement of their residents who have thrived just as the gardens do under this form of therapy.

Save the Date for the 50th Anniversary of the Redbud Standard Flower Show! This year's beautiful show will be held at Callanwolde September 20-21st. All the details of this show will be revealed in next month's *Smoke Signal*. It promises to be an outstanding event. It is free and open to all. Come join us!

**News from Smoke Rise Garden Club**

Eight members of the Smoke Rise Garden Club recently visited 5 Sons Farm, owned by the son of one of the members, in Talking Rock, GA, to pick blueberries. The farm also sells blueberry pies and jams, heirloom, and cherry tomatoes. Following the picking they went to lunch at Rocco's.

The DeKalb Federation of Garden Clubs recently honored "Legends," members of the garden clubs who are over 90 years of age. Mary Giordano, a SRGC member was one of the honorees, and has been a long-time active member who is now 98 years old.



**Ann Purr Wins Top Honors!**

The Mountain Mums Garden Club is thrilled to celebrate that Ann Purr was presented with the 2022 Top of the Hill Garden Club Outstanding Club Member of the Year Award at the DeKalb Federation of Garden Clubs annual awards luncheon held recently at Callanwolde Fine Arts Center. Ann's unparalleled accomplishments within our club, the DeKalb County Federation of Garden Clubs, Inc., the Redbud District, and the State Garden Club of Georgia made her an easy choice for the Federations' highest individual honor.

Ann currently serves as the Recording Secretary, Awards Chairman and DeKalb Federation Representative for the Mountain Mums. In addition to her participation in meetings and events, her home acts as a warehouse for pull tabs, purses, jewelry, underwear, Christmas cards and whatever else can be collected and distributed in accordance with the philanthropic goals of the club, Federation, District and Garden Club of Georgia.

More importantly, she has acted as a sounding board and provided much needed guidance to a fairly new group of officers and members in the world of garden clubs.

Along with other duties, Ann supports the DeKalb Federation of Garden Clubs as Treasurer, Chairman of the Finance Committee and is a member of the Life Membership, Awards, and Leading Lights planning committees. Ann also serves as the Callanwolde Garden Center Director.

Ann loves flower shows and personally submits horticulture and design entries whenever she has time. Most notably, Ann served as Clerks Chairman for the national American Daffodil Society Flower Show held in Atlanta this year.

Ann continues to hold various roles in her church and is now a very active Grandmother to two wonderful boys. Beyond all of this she tries to work in her own yard and while proud of her efforts, doubts it will ever be called a true garden.

Mountain Mums' members are enjoying a summer break so the next meeting will be held on Wednesday, August 9 at the home of Mary Jacobson. Contact Mary Jacobson, Membership Chair, for more information on joining or visiting at the next meeting at [mjacob1010@gmail.com](mailto:mjacob1010@gmail.com).



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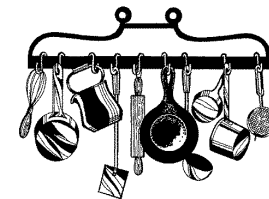
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*Amen, Let's Eat!*

by Joyce Ray

*I am sure you agree that we are very fortunate in modern times to be able to find almost any vegetable we want to serve at any time during the year. Not many generations ago cooks depended on the seasons of the year to determine what they would be serving. Home canning and preserving gave some options for vegetables and fruits at other times during the year, but if you wanted a vine ripened tomato in winter you were probably out of luck! The summer months today allow us to choose from shelves laden with the vegetables, fruits and melons that are only hours from the field. You can get corn in the winter, but nothing compares to the fresh, sweet, corn on the cob that is locally grown and still in the shucks. I hope you enjoy this month's recipes that feature some summer veggie favorites along with a luscious peach shortcake pie.*

**Stuffed Yellow Squash**

- 3-4 medium fresh yellow squash
- ¼ cup (1/2 Stick) Butter
- ½ cup breadcrumbs
- 1 beaten egg
- 3 green onions finely chopped
- ½ cup mayonnaise
- 1 teaspoon salt (or to taste)
- ½ teaspoon each: black pepper, dill weed.
- 4 slices crisp fried bacon, chopped
- ¾ cup sharp grated cheese

Bring 4 quarts of water to a boil. Add the whole yellow squash and cook for approx. 5 minutes or until tender. Drain hot water and replace it with cold water to cool the squash. Cut each squash in half lengthwise and scoop out interior into medium mixing bowl. Cut off the squash "necks" and chop and add to bowl. Place halves in a greased shallow baking dish. To the bowl with the cut squash add beaten egg, ½ cup of breadcrumbs, green onions, salt, pepper, dill weed and mayonnaise. Mix well and fill squash halves. Sprinkle the tops with cheese, then bacon. Place in 350° oven for 20-30 minutes until cheese is melted.

**Corn Pudding**

- Cut corn from 6 fresh ears
- 3 eggs, separated. Reserve egg whites
- 1 teaspoon sugar
- 2 teaspoon salt
- 1 heaping teaspoon cornstarch
- 2 cups whole milk
- 3 tablespoons melted butter

Preheat oven to 350°. Generously grease a 2-quart baking dish with butter. In a large bowl, beat the egg yolks. Add the corn, butter, sugar, cornstarch, and salt. Add milk gradually and stir until combined. Beat the egg whites until soft peaks form, then fold into corn mixture. Transfer to the greased baking dish. Place the baking dish into a larger baking dish and carefully pour in water to about 1 1/2 inches up the side of the baking dish. Bake until light golden brown, about 25 min. Allow it to cool slightly before serving.

**Peach Shortcake Pie**

You could use a regular baked pastry shell for this but the thicker crisp shortcake consistency of this one, with all the nooks and crannies where the glaze can hide, makes this extra special and well worth the short amount of time it takes to put it together.

- Crust: 1 cup baking mix – I use Bisquick  
 3 tablespoons powdered sugar  
 3 tablespoons softened butter  
 3 tablespoons ice water

Mix powdered sugar with Baking Mix. Add butter and mix with fork until well blended. Add ice water, one tablespoon at a time and stir with fork until well incorporated and mixture forms a ball.

Lightly grease one 9-inch pie plate. I use a deep-dish plate for this. Press dough evenly into pie plate and bake for 10-12 minutes until lightly browned. Remove from oven and allow to cool.

- Filling: Peel and slice 6 medium- size ripe peaches and set aside  
 Glaze: ½ pkg. (3 Tbl) peach (or white grape) gelatin (Jell-O)  
 3 Tbl corn starch  
 ¾ cup sugar  
 ¾ cup water

In 2-quart saucepan mix sugar, gelatin and cornstarch. Add water and cook on medium heat, stirring until mixture thickens. Pour peach slices into baked pie crust. Spoon gelatin mixture over top. Refrigerate until the Pie is set. (approx. 4 hours or overnight). Serve with a generous dollop of whipped cream.

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 Flyers: Barbara Luton at barluton@aol.com.

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For information on display (box) advertisements or flyer inserts, see contact information on page 2.

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

**Fried Green Tomatoes**

Southern cooks are born knowing how to make these delicacies that announce summer but just in case there are some transplanted neighbors, here is the time-tested method. You will need Green Tomatoes, Salt, Cooking Oil, Self-Rising Cornmeal Mix and paper towels for draining.

Wash and core your tomatoes. Slice into circles and set aside on plate. Salt on each side. The salt will bring out the juice of the tomato and you will need that to help the cornmeal stick to it.

Add about ½ inch of cooking oil to a skillet and heat until a pinch of cornmeal sizzles. Dredge tomatoes in cornmeal. Place in skillet. Do not crowd. Fry on each side until golden brown, turning once during cooking. Drain on paper towels. Serve as a side dish with horseradish sauce.



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