

SMOKE SIGNAL

School's Open!

Please drive carefully
and watch for kids.



Look inside for...

Music, Comedy, and Books	pg 3
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Password Protection	pg 10

TUCKER JOINS AMERICA WALKS PROJECT

This past year Tucker became part of the America Walks project. It is a national program that is leading the way in advancing walkable, equitable, connected, and accessible places in every community across the U.S. for people to safely walk and move.

The kick-off was held on July 23rd at the Church St Greenspace (where the old Tucker Library was located) at 9:30 am.

It isn't how fast or how slow you walk-- it's getting out there to walk and socialize. And we will have a group of crawlers (slow but steady). Mt. Moriah Church will open its gym a couple of mornings a week for the indoor walks. You can also walk at Tucker First Baptist gym and Northlake Mall.



Main Street Tucker Fireworks Celebration

The 2022 July 3 Main Street Tucker fireworks celebration was the best yet! Hundreds of people came to celebrate, picnic and spend time together. The fireworks display was launched from the Church Street Greenspace. Previously launched from the Tucker High School fields, the presence of Astro Turf now prohibits the display from that site.



Remember to come early next year and set up your chairs on Main Street so you are facing the Greenspace.



Smoke Rise Civic Association News

Michael Heurkamp, President of Board

While we are still in need of ongoing community involvement and participation in our annual dues, we have some exciting news to share!

In July, in response to our mid-year membership appeal, an anonymous donor stepped-up and offered to match any donations during the remainder of this calendar year dollar-for-dollar up to a maximum of \$5,000. This is a great opportunity to double the impact of your always tax-deductible donations. If you would like to give a donation and take advantage of this match, you can do so by mailing a check to:

Smoke Rise Civic Association
P.O. Box 870793, Stone Mountain, GA 30087
or going to the website:
<https://smokeriseorg.wildapricot.org>
and donating online or following instructions for ZELLE.



Other Smoke Rise Civic Association News

- The Georgia Department of Transportation was to give the landscaping on the Hugh Howell North slope a safety hair cut in mid-July.
- Inquiries periodically come in about our shredding event which is a service that has provided great value to many neighbors over the years. To date, SRCA has not been able to find a suitable and allowable location for such an event as the 'red tape' from the Dekalb County School system has made it almost impossible to hold it at the old school location.
- Lastly, neighbors with thoughts about the development of the Lord property into a city park still are encouraged to provide input to our city council representatives, Virginia Rece and Roger Orlando.

NOW OPEN at Hugh Howell Marketplace:

- Scenthound
- Bite of Korea (opening in August)
- First Watch
- Wild Wings Cafe

Opening Soon:

- Antico Pizza
- Gusto

Soon to OPENing their second location nearby:

- Pontoon Brewing, 4720 Stone Drive
See their Facebook page Pontoon Brewing or visit www.pontoonbrewing.com/
<https://www.instagram.com/pontoonbrewing>



Smoke Signal

P.O. Box 763, Tucker, GA 30085

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

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Preferred Formats for Smoke Signal Submissions

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

Digital copies of the *Smoke Signal* are posted to the archives at www.smokesignalnews.com.

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

Smoke Signal Deadlines

AUGUST 13

Please e-mail articles to:

staff@smokesignalnews.com

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

Extra copies may be picked up at
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)

GFWC *Stone Mountain* *Woman's Club*

salutes its
members for their
dedication to
community service:

13,069 volunteer hours
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goods donated

In support of
organizations and
individuals in Stone
Mountain, Tucker, and the
greater East Metro area.

[https://www.stone-](https://www.stone-mountainwomansclub.org)
[mountainwomansclub.org](https://www.stone-mountainwomansclub.org)

ATTENTION GRADUATES, NEWLYWEDS, AND HONOREES

Please send in your
picture and a brief arti-
cle for publication in
the
Smoke Signal.
Email submissions to
staff@smokesignalnews.com

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Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor
Bart 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
Rashette Walker: Director of Weekday School
Danny Vancil, Minister of Music & Worship
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/
Live Stream at smokerisebaptist.org/wednesday-evening-activities/

Eastminster Presbyterian Church

Pastor ~ Rev. J. Caleb Clarke III
Director of Spiritual Formation ~ Jeanine Fulton
Director of Family & Outreach ~ Mark Sauls
Interim Director of Music/Organist ~ Carole Mitchell
Financial Coordinator ~ Jan Zabarak
Director of Weekday Ministries ~ Celeste Sears
Office Coordinator ~ Christina Wetzel-Sizemore
5801 Hugh Howell Road ~ Stone Mountain, GA 30087
770-469-4881 ~ www.eastminster.us

Sunday Schedule:

10:30 a.m. In-Person and Live streaming of Worship service
Adult and Children's Sunday school will resume on
August 14th.

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*:

8:30 a.m. Coffee and donuts
9:00 am. Worship service (in person and online)

*Worship time will move to 10 a.m. beginning on Sundays in March.

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

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

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

First Moravian Church

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

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: 9:00 a.m. and 11:00 a.m.
Thursday Neighborhood Bible Study with Pastor Mo: 10:00 a.m.
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Main Street Theatre to Present ‘Smoke on the Mountain Homecoming,’ a Popular Comedy with Music, in August

The Tucker Recreation Center stage will once again be transformed into the sanctuary of Mount Pleasant Baptist Church when Tucker’s Main Street Theatre presents its next play, “Smoke on the Mountain Homecoming,” the weekends of Aug. 12-14, 19-21 and 26-27. The Tucker Recreation Center is located at 4898 LaVista Rd., Tucker.

Written by Connie Ray and Alan Bailey, “Smoke on the Mountain Homecoming” takes place on Saturday night, Oct. 6, 1945. The traveling gospel vocal group Sanders Family Singers are back together again for the Rev. Mervin Oglethorpe’s final sermon at Mount Pleasant before he moves on to a preaching assignment in Texas with his conspicuously pregnant wife, the former June Sanders, and a brand-new 10-gallon hat. In the morning, young Dennis Sanders will begin his stewardship of the small, rural North Carolina church.

The play features hilarious, often poignant, stories by members of the Sanders family as they share their memories with the congregation and in the process impart important lessons about life, love and family. The show includes 25 traditional gospel songs performed by local bluegrass musicians.

Main Street Theatre presented the first two Sanders family plays, “Smoke on the Mountain” and “Sanders Family Christmas,” before packed houses in 2017 and 2018, respectively.

Audience members will fully enjoy “Smoke on the Mountain Homecoming” even if they hadn’t seen the previous Sanders family productions.

The cast is comprised of Craig Coleman (Burl Sanders), Beth Odom (Vera Sanders), Walter Stark (Stanley Sanders), Carrie Harris (June Sanders Oglethorpe), Will Hiltman (Mervin Oglethorpe), Evan Greene (Dennis Sanders), Lillian Shaw (Denise Sanders Culpepper), Dawn Hines (Miss Maude) and Athena Jones (Miss Myrtle). The Sanders family musicians are Kim Fair, Reuben Fair, Kathy Ray, Pam Woodson, Jeff Bergmann and Stephen Honeychurch. Jonn McDaniel serves as music director. Merle Westbrook and Maria Karres-Williams are co-directing the production.

Tickets are \$15 for adults, \$12 for seniors and students, and \$10 for children. Friday and Saturday performances begin at 7:30 p.m., and Sunday shows start at 2:30 p.m.

Masks are optional, subject to CDC guidelines. Seating capacity has been reduced to 100 audience members per show to facilitate social distancing. Concessions will be available.

For tickets and more information, please visit www.mainstreettheatre.org.




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Stone Mountain/Sue Kellogg Library
952 Leon St., Stone Mountain 30083

August 27, 2022
10:00 a.m.- 4:00 p.m.

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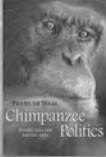
PRESENTS

**Politics, morality, gender,
you name it,
other primates have it too.**

Wednesday, August 10th
5:30 PM

Smoke Rise hosted by Smoke Rise Baptist Church in Fellowship Hall

A limited number of books will be available for a Book Signing following the presentation. Or you are welcome to bring your own.



World Renowned Author and Primatologist to Speak at Smoke Rise Baptist Church

Susan Gilbert, Staff Writer

Mark your calendars and come early to get a seat at this block buster event organized by Smoke Rise Country Club. Due to the expected size of the audience, it will be held in the fellowship hall of Smoke Rise Baptist Church on Wednesday, August 10th at 5:30 p.m.

Dr. Frans B. M. de Waal is a Dutch/American biologist and primatologist known for his work on the behavior and social intelligence of primates. His first book, *Chimpanzee Politics* published in 1982, compared the schmoozing and scheming of chimpanzees involved in power struggles with that of human politicians. When Newt Gingrich was Speaker of the House, he made the book required reading for incoming members of Congress.

Since that time, Frans de Waal has drawn parallels between primate and human behavior, from peacemaking behavior to morality and culture. His scientific work has been published in hundreds of technical articles in journals such as *Science*, *Nature*, *Scientific American*, and outlets specialized in animal behavior.

His latest research concerns empathy and cooperation, inequity aversion and social cognition in chimpanzees, bonobos, and other species. In 2007, Frans was selected by *Time Magazine* as one of The Worlds’ 100 Most Influential People Today. In 2011 he was named by *Discover* as one of 47 (all time) Great Minds of Science. He has been elected to the (US) National Academy of Sciences, the American Academy of Arts and Sciences, and the Royal Dutch Academy of Sciences.

His popular books include *Are We Smart Enough to Know How Smart Animals Are*, and *Mama’s Last Hug*. Translated into twenty languages, these books have made him one of the world’s most visible primatologists.

Frans retired in 2019 as a Professor in Emory’s Psychology Department and from Directing the Living Links Center at the Yerkes National Primate Research Center. He is currently Professor Emeritus at both Utrecht University (The Netherlands) and Emory.

When he isn’t traveling internationally for speaking engagements, he makes his home right here in Smoke Rise!





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LETTER TO THE EDITOR:
Smoke Rise Public Parks

I am writing out of a concern for the future of two public properties in Smoke Rise: the old Smoke Rise Elementary school and Lord Park. As a resident of The Summit, I have a particular interest in the future of the school property that borders my neighborhood. The idea of demolishing the building and developing an active park seems to be favored among residents, but the meeting with the now-former Superintendent suggested that a public promise made by her predecessor that the building will be demolished may not be honored by the new leadership. To most of the residents who have tolerated septic tank fumes for years, any plan that does not eliminate the septic system would not be acceptable. I am concerned that if the decision is made without our input, the wishes of residents will be ignored. Our City Council representatives and SRCA Board ought to meet with the residents and promote solutions that will benefit our community.

The proposed plan for Lord Park has already raised concerns of the residents. The City of Tucker Parks and Recreation Master Plan described Lord Park with the following words. “No hike is more rustic and natural than one at Lord Park in the Smoke Rise area. Twenty-seven acres of mostly undeveloped parkland is the perfect spot for a quiet jaunt through nature.” And yet, the Plan contradicts this statement by proposing to develop two access roads with a parking lot, a playground, and restrooms within the park. Had these facilities been planned at the periphery there would be no need to disrupt the quiet nature of the park. The effort should be on developing walking trails, maintaining the health of the forest, and controlling invasive species, not bringing cars into the park. Everything that is planned should stay outside the Park’s boundary or on the periphery. The current proposal would much better fit the old Smoke Rise Elementary property where the parking lot, basketball courts, playground, and fields already exist, and where the places for sports, picnics, concerts, and public gatherings would not require alteration or reduction of green space. With the installation of chemical restrooms, this could be a perfect spot.

The study commissioned by the City of Tucker Park and Recreation department identified several important points that the current proposal for the Lord Park ignores. It states that “Departments should actively seek to understand the recreational needs and interests of their constituency...not only to ensure an effective (and ethical) use of taxpayer dollars but also help to make sure that programs perform well and are valued by residents. “ Tucker’s large population of older residents who responded to the survey identified walking and hiking as a much higher priority than youth activities and active sports. This needs to be respected when developing parks in the Smoke Rise community which is demographically older.

For residents who are grateful to Lord’s family for loving, guarding, and saving their woods from development and for passing it on to our community, the current proposal, I believe, violates the spirit in which this gift was given. Consulting the genius of the place has guided wise developments of many private and public landscapes ever since Alexander Pope famously wrote:

*To build, to plant, whatever you intend...
In all, let Nature never be forgot.
Consult the Genius of the Place in all...*

In the case of Lord Park, Genius Loci speaks loudly to those who look and listen, to intervene carefully and only when it is necessary.

—Spomenka Newman

Happy Birthday, Harriet!

Harriet Krause, who lives in Tucker, just celebrated a landmark birthday. On July 6 of this year she turned 107 years old! Ms Krause was born in Sheboygan, Wisconsin. In her lifetime she met numerous presidents, including Ronald Reagan; Richard Nixon, Gerald Ford, Jimmy Carter and both George H.W and George W. Bush. She has three daughters, eight grandchildren and thirteen great-grandchildren.



Ms. Krause moved to Atria Park of Tucker in 2018 and celebrated her last 5 birthdays there. When asked what her secret to life is she said: “Trust in the Lord. “

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The Pin-Up Girls

by James Hindman and Jeffrey Lodin

Starring: Meredith Bennett, JoAnna Johnson, Layne MacPherson and Katie Patterson


JULY 28 THROUGH AUGUST 14

A MUSICAL LOVE LETTER

U.S. POST OFFICE SPECIAL

USA POST

PRIORITY MAIL



ART Station Theatre Presents *The Pin-Up Girls*
by James Hindman and Jeffrey Lodin

From The Andrews Sisters to hip-hop! From World War I to Afghanistan. *The Pin Up Girls* sing a cavalcade of hits inspired by letters home from our troops overseas. While singing at their local VFW hall, Leanne and her friends stumble upon a huge stash of letters that go back a hundred years. Inspired by what they find – funny, romantic, heartbreaking and...sexy- the “ladies” put on a show that celebrates the guys and gals who defend our country.

The Pin-Up Girls features Meredith Bennett, JoAnna Johnson, Layne MacPherson & Katie Patterson; Direction/ Musical Direction by Patrick Hutchison and Artistic Director, David Thomas. *The Pin-Up Girls* will have performances July 28 – August 14, Thursdays - Saturdays, @ 8:00 pm, & Sunday matinees @ 3:00 pm. All performances will be in the ART Station Theatre located at 5384 Manor Drive in the historic village of Stone Mountain 770-469-1105. Ticket prices are \$29 for adults, \$25 for seniors & \$20 for students and Military personnel. An additional matinee is scheduled for Wednesday morning, August 10, at 10:30 (reduced-priced tickets).

Current COVID Protocols (subject to change): Face masks are recommended.



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Left to Right: George Ann Hoffman, Linda Smith (Smoke Rise resident), Brenda Price, Robbie Cole, Sheila Hortman, Kathy Gallo (Smoke Rise resident), Mary Eubanks.

Stone Mountain Woman’s Club
Elects New Officers

The GFWC Stone Mountain Woman’s Club elected new officers to serve from 2022-2024. The new officers are Robbie Cole/Brenda Price--Co-Presidents, Kathy Gallo/Sheila Hortman—Co-Vice Presidents, Mary Eubanks—Treasurer, Linda Smith—Secretary, Shari Carter/George Ann Hoffman—Co Parliamentary Advisors. Kathy Gallo and Linda Smith are Smoke Rise residents. The club takes a summer break from meetings, but work continues on health kits for the homeless, prayer shawls for those with health issues, sewing items for Operation Smile, supporting a cancer walk and “Back to School” events. Members will attend GFWC Georgia Women’s Clubs Institute in Athens in August to get ready for the new administration through new ideas and new projects. If you might be interested in a women’s service group, please visit www.stonemountainwomansclub.org. It is a great way to meet new friends and give back to the community.



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Ladies of Smoke Rise Country Club Raise over \$9,000
for Children’s Hospital of Atlanta


Ladies of Smoke Rise Country Club, recently gathered with their children in the parking area of Gravity Mortgage on Hugh Howell Road to sell lemonade and cookies to benefit Friends of CHOA, the Children’s Healthcare of Atlanta. Some of the moms and daughters were wearing dresses with lemons to celebrate the theme, which was repeated on table coverings, tea towels and even some of the donated cookies!

The lemonade and cookies were generously donated by Hot Betty’s Breakfast Bar in Tucker, and some were donated by the participating families. Children and their families in many other areas were selling lemonade to raise funds for the hospital.

Fundraising efforts are year-round and include simple lemonade stand as well as formal black-tie events and holiday parties block parties.

According to US News and World Report Children’s Healthcare of Atlanta is rated among the top children’s hospitals of 2022-2023, with four specialties ranked in the top ten and eight in the top twenty.

Friends of CHOA is a community volunteer organization with a mission to support CHOA by raising funds for the Never Settle Campaign, which includes the new nineteen story Arthur M. Blank Hospital on the North Druid Hills Campus. The new building will have 75% of the rooms with garden views, which will reduce stress and may decrease pain and lower blood pressure. There will be 72% more pediatric cancer beds in the AFLAC Cancer and Blood Disorder center. This expansion will help handle the rising cancer rates in children--17% over the past five years. CHOA is a non-profit organization and is the only freestanding pediatric healthcare system in Atlanta.



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LUNCHEON AT SMOKE RISE COUNTRY CLUB

Living With & Treating
Parkinson’s & Dementia



Our in-house Gerontologist, Dr. Footman, will discuss dementia care at Park Springs including our Assisted Living household for those with mild cognitive decline. Dr. Lazarus, Neurologist and Movement Disorder Specialist, will share insights on Parkinson’s disease and steps to take to live a healthier life.



Smoke Rise Country Club (RSVP Required)

4900 Chedworth Drive, Stone Mountain, GA 30087

Wednesday, August 10 | 11:30am to 1:00pm

 Visit ParkSprings.com/RSVP or RSVP to Kasey Partus at 404.973.4239 

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~ 6 ~

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The Eastminster School Age Program (ESAP) is an Outreach Ministry of Eastminster Presbyterian Church. After school childcare is available during in session school calendar days. Full day childcare is available on the days when school is closed (holidays, etc). We service children in pre-K3 through 5th grade. We offer pickup from the local elementary schools. (Smoke Rise Elementary, Mountain Park Elementary, Arcado Elementary, Smoke Rise Prep, Camp Creek Elementary, Smoke Rise Baptist Preschool, Mountain Park Baptist Preschool and Mountain Park Methodist Preschool). Our goal is to provide an outstanding childcare program emphasizing the individual child’s developmental needs. We strive to help the child in his or her mental, emotional, social, physical and spiritual development, and to provide peace of mind to parents with the knowledge that their children are well supervised and lovingly cared for while they are away. We provide afternoon snack, homework help, arts and crafts, weekly Chapel, music, gym time and so much more.

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L to R: Frank Luton, Advertising; Barbara Luton, Flyers & Local News; John Karr, Susan Gilbert, Secretary & Staff Writer; Joel Gilbert, Staff Writer; Cheri Schneider, Editor; Pat Baumann, Health Notes; Linda Karr, Staff Writer & Garden News; Victoria Crosby, Poetry.

Book Signing at The Vibrary

The Vibrary Wine and Book Bar, one of Stone Mountain’s newest businesses, hosted a public book signing party for Georgia artist and children’s book author Olivia Thomason. Her new book, “The Great American Pie Contest (Austin Macauley USA 2022) combines a story with 28 original paintings. Attendees enjoyed fine wines with jazz classics provided by virtuoso guitarist Phil Townes. Pictured (from left) are co-host Virginia Townes, Vibrary owner Candace Walker, Olivia Thomason and co-host Sara Abrams. *Photo by Doc Lawrence*




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HEALTH NOTES:

by Cheri Schneider, M.D.
Dementia or Not?

Have you ever found yourself standing in the middle of the kitchen wondering what you were there to get? Have you drawn a blank or had a ‘brain freeze’ in the middle of a sentence? Or have you ever forgotten a word?

Is this dementia? Or just a normal memory pause? The following article may help you decide whether your’ brain freezes’ are normal or whether they are more serious and need to be evaluated by your physician.

Risk factors for dementia show that dementia and cardiovascular health are closely linked. Coronary heart disease, stroke, brain hemorrhage or any conditions that cause narrowing or blockage of your arterial system increase your risk of dementia. So do increasing age (over 65), smoking, obesity, diabetes, high cholesterol, and high blood pressure. Other diseases such as Downs syndrome are strongly linked to dementia, with over 60% of Down’s patients developing dementia prior to age 60. Most Alzheimer’s disease is not directly hereditary, although some early age onset types have a stronger link. Parkinsonism, ALS and other neurodegenerative diseases can also have a high rate of dementia.

Memory events that can be considered typical memory faux pas and are very common include:

- Forgetting names, birthdates, appointments and remembering them later
- Making occasional errors managing the budget, money, bills (ex. missing a bill because you forgot the deadline).
- Occasional trouble word finding/calling up a common word.
- Occasionally ‘losing’ or misplacing keys, glasses, coffee cup, but later finding it by retracing your steps.
- Occasional disinterest in family or social obligations
- Forgetting which day of the week it is and remembering or reorienting quickly.
- Occasionally needing help with devices like programming remote controls, tv recording devices, using a new microwave, phone or etc.

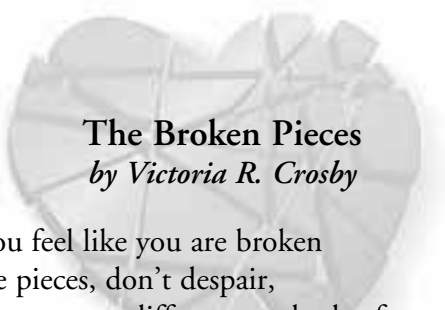
These are not typical or usual memory changes:

- Confusion over the season, month of year or year
- Issues driving or operating the car or getting lost while driving a familiar route
- Trouble following a conversation or contributing to it
- Repeating the same sentence or thought over and over (ex. “I feel hungry, when is dinner?”--after just having eaten dinner),
- Asking the same question over and over “what was your name?” What do we do next?
- Misplacing or putting things in an unusual place: ex. putting vitamins in the microwave or refrigerator. Making accusations about intruders or family members and friends stealing objects that have been lost or moved and forgotten.
- Self-neglect of hygiene, food intake; neglect of home, car and pets
- Inability to remember steps to retrace them
- Personality changes, suspicion, anger, anxiety, depression
- Difficulty remembering the sequence of events of the past or confusion about timeline events: where lived/where significant events occurred, forgetting someone is dead, remembering an adult as if they were still a child, etc.

If you feel your memory changes or the changes you see in a loved one are not typical, a trip to the doctor may help you sort it out. The three word memory test and ‘draw the clock’ are called the MINI-COG exam. It takes less than 5 min to administer. There are several more advanced screening tests that can be used if the mini-cog is failed. Most of these screens are readily available and may already be loaded in your doctor’s electronic medical record system. The Mini Mental Status Exam or the Montreal Cognitive Assessment are two common ones.

While there are many other more extensive tests, these are not always necessary. Scanning of the brain can be done but does not always give specific answers. Also: a specific diagnosis (what type of dementia) does not always but can guide therapy.

At some other time, I plan to write about the three main types of dementia and the treatments available, Including a new drug for Alzheimer’s Disease.



The Broken Pieces
by Victoria R. Crosby

When you feel like you are broken into little pieces, don’t despair, for there are many different methods of repair. A mosaic is made from many shards of broken china, which are put together to make art so unique that is even finer than the broken dishes of which I speak.

It is our friends who are the glue that help us to mend the broken pieces.

This is a story I’ve been told, the Japanese put broken things together and cover the cracks with precious gold, then the broken item is more valuable than before. So when life sends you reeling to the floor remember this, and remember too that something far more precious than gold, is you.

It is our families who are the glue to help us to mend the broken pieces.

So don’t blame yourself when life breaks your heart, don’t fall apart, but put those pieces together like a mirrored disco ball, and shimmer and shine until life returns the favor, and treats you just fine!

It is our faith that is the glue that helps us to mend the broken pieces.

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NEWS YOU CAN USE by Aviva Hoffmann

Tucker’s Burn Ban

As the hot summer continues, it’s important to note the City of Tucker has a ban on “open burning.” In fact, it’s prohibited throughout all of DeKalb County! In Georgia, there’s an annual ban that prohibits people and businesses from burning yard and land-clearing debris during the summer ozone season. The season runs from May 1 through September 30 in select counties.

You might ask, “What exactly is ‘open burning?’” It refers to burning materials where “products of combustion are emitted directly into the ambient air without passing through a stack or chimney from an enclosed chamber.” (City of Tucker Website: TuckerGA.gov) That includes burning items in a barrel or a metal drum and burning garbage or rubbish. That doesn’t include road flares, smudge pots or similar devices associated with safety of occupational uses typically considered open flames, recreational fires, or a portable outdoor fireplace.

There are a few allowed exceptions for open burning – but – they require a permit. You can start your permit process by contacting the DeKalb County Fire Marshal at (404) 371-2776. Fires that are allowed without a permit include: fires for the purpose of cooking food for immediate human consumption, an outdoor fireplace, chimney, fire bowl, or other similar device that burns logs or clean wood. These types of fires must be set at least 25 feet from any structure, occur between 10:00 a.m. and 10:30 p.m., and be monitored at all times by an adult within 100 feet - with a water-charged hose.

You might ask, “What about a summer bonfire?” These kinds of fires must be pre-approved by the DeKalb County Fire Marshal. They can’t be taller than two feet and no wider than three feet. Also, they must be set at least 50 feet from any structure and at least 100 feet from a property line. And, you guessed it... they must be attended by an adult with a water-charged hose who stays within 100 feet at all times.

Opportunities in the Garden for August by Linda Karr

- Dine on your summer vegetables and herbs. Freeze (or dry herbs) or can the ones you can’t use now – or share.
- Outdoor pots can dry out quickly in the heat. Make sure you’re saturating the soil. Frequent watering will wash the nutrients from the soil so fertilize them weekly with a liquid fertilizer according to the label directions.
- Prepare your garden soil for the fall plantings. Make sure you clean up any debris, including diseased plants. You can chop up your summer vegetable garden with your lawn mower and add them back into the soil with your tiller or put them in the compost bin. Mix in some compost or fertilizer.
- Start your fall and winter seeds such as beets, lettuce, spinach, radishes, carrots, cauliflower, arugula, broccoli, peas, beans, Bok choy, cabbage, kale, Swiss chard, collards, turnips, leeks, and onions. Check out the UGA recommendations come from UGA’s Vegetable Planting Chart. Dill, chives, cilantro, fennel, and chervil also like the cooler weather. To get them through the rest of the heat of summer, you can plant the seeds in good potting mix in containers or flats and then transplant them in September. And don’t forget to plant your perennial seeds now such as coreopsis, larkspur, alyssum, hollyhock, foxglove, butterfly flower, bachelor’s button, delphinium, echinacea, hyssop lavender, and gaura for a beautiful display next spring and summer. Make sure you keep your seedlings watered.
- Plant fall vegetable/flower containers to have for easy access to the kitchen and for extra fall color. You might use a mix of kale or lettuces or beets with chrysanthemums, red leaf lettuce or mustard with broccoli and throw in some herbs such as parsley, rosemary, thyme, lavender, or cilantro. Or mix violas in with your vegetables. Fertilize when you plant.
- Collect seeds from your vegetables and perennials such as hosta and iris for planting or sharing next spring.
- Continue to deadhead for more blooms.
- Fertilize chrysanthemums, asters, and salvia for fall blooms.
- Flowers last longer in the vase if you pick them in the morning.
- Dry the summer blooms that you might want to use in your holiday decorations.
- If you moved houseplants outdoors for the summer, continue to fertilize every 2 weeks with a liquid fertilizer. Prune your tropical bougainvillea, mandevilla, hibiscus and Boston fern to a manageable size so that you can bring them in this fall.
- Clean out your chicken coop and compost now to use next spring.
- Spring flowering perennials can be divided now. Do this in the cooler part of the day and make sure you water the transplants well. Dividing overgrown plants helps to keep them vigorous and blooming. You know it’s time to do it if the center of the plant is dying out, if the plant has gotten too big for its space and if the flowers have become smaller or non-existent.
- Cut back annuals by half, fertilize and water to get fall blooms. They’ll look a lot better!
- Fertilize and prune roses for early fall blooms.
- Cut out the dead stems of clematis to tidy them up.
- Plant fall blooming bulbs such as fall crocus.
- Are the leaves on your azaleas, roses, marigolds, or butterfly bushes yellowed and stippled? Hot, dry weather of August is prime time for spider mites. Check on the underside of the leaves and, if found, spray with the hose, insecticidal soap, or horticultural oil.
- Are your backyard birds devouring the seeds from your sunflowers? Wrap the heads in cheesecloth. When the back has turned brown or the petals start to lose their color, they are ready to harvest. Wash the seeds thoroughly and allow them to dry before eating.
- It might help to elevate your fall ripening veggies on rocks to prevent rot on the bottom.
- Composting? It’s August – and hot – so that compost cooks fast. Start another pile now. Cover your compost piles so that rain doesn’t leach out the nutrients.
- Weeding, of course, is an activity we can do every month. Remember that the weeds compete with our plants for moisture and nutrition.
- Mow regularly. It’s one of your best defenses against weeds.
- Replenish mulch to hold in moisture during our hot August days and reduce weeds.



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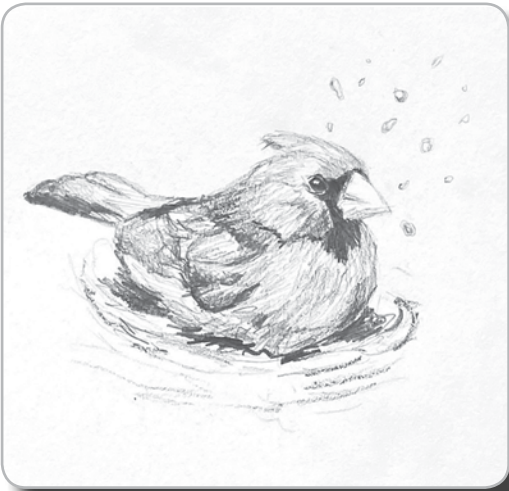
by Beth Henson

Ugh! There it was again, that unsightly and somewhat murky puddle at the end of my driveway. I had first noticed it when peering out my window in early summer. The weather turned scorching hot much too early, forcing me to employ my reliable sprinkler system. The end result was a relieved lawn but also the ever-returning puddle.

At the beginning of its reign, I would march down the driveway with my trusty red-handled stiff broom and whisk the water down the sloping curb. After several days, I grew tired of the extra chore and just tried to ignore the mud-laden pool.

Suddenly, I noticed a quite chipper lady cardinal jump into the stand of water. With great exuberance she flapped her wings and showered a spray of water into the air. She was shortly joined by her enthusiastic scarlet mate, frolicking and taking great pleasure in their morning bath. As soon as they were done and retreated into the nearby leafy dogwood, three tiny house sparrows, who had been observing the show, also jumped in for a bit of fun.

OK Mr. Puddle, I have obviously misjudged you. Thank you for providing a cool oasis for my sweet feathered friends. You're safe for now!



techtalk

by Susan Gilbert

Password Protection

Wouldn't it be nice to never have to remember another password? We know we aren't supposed to write them down or save them in a spreadsheet for fear they will be stolen. But everything now seems to require a password, and you aren't supposed to use the same one over and over. The solution? Software to the rescue!

Password management software helps you create strong passwords for all your online accounts and alerts you of potential threats. There are two primary types, one runs locally on the user's personal computer or mobile device and the other is a web-based service that stores your passwords in the cloud. To some extent, a local password manager is more secure, but may not be as convenient and functional as an online one.



Online password managers securely store your login details on a server in the cloud. The advantages of online password managers over desktop-based versions are:

1. Their portability, the fact they can generally be used on any computer with a web browser and a network connection, without having to install software,
2. A reduced risk of losing passwords through theft from or damage to a single computer or mobile device.

The major disadvantages of online password managers are the requirements that the user trusts the hosting site and that there is no keylogger on the computer they are using. The best way to avoid these is to NEVER click on suspicious emails, especially those with attached documents. A good local antivirus software is essential here.

PC Magazine did a review of the available password managers and rated them in an article updated June 8, 2022 and available on the web by Googling: The Best Password Managers for 2022. Names rated there include LastPass (Rated Excellent and best for ease of use), Keeper (Rated Outstanding), ZOH0 (Rated Outstanding and best for sharing features), Bitwarden (Rated Excellent), and 1Password (Also Rated Excellent).

In the article, you can also click on the various options to see their pricing. Most offer a free version and two or three others with more features called Family, Premium or Business. Prices for the upgraded versions run a couple of dollars a month billed annually. Licenses for an entire business run two or three times that much, more like \$4 to \$6 per user per month billed annually.

I have been using Last Pass through my business for a decade and love it. To use it, you have just one master password to remember. Once you are logged into it, every site you visit that requires your password auto-fills the Username and Password for you. It saves a lot of time not having to open a spreadsheet to locate the correct password and type it into the log-in box, and it will create strong ones for you if you let it.

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Morning Glories Volunteer at Callanwolde Fine Arts Center

Smoke Rise Morning Glories enjoy volunteering and participating in a wide variety of activities all year long. Some of the projects are service oriented like the ground mats for the homeless or donating toys to Well Root. And we do some actual gardening for the school and also at the DeKalb Federation of Garden Clubs headquarters at Callanwolde Fine Arts Center. In fact, the current Federation President is member Glenndolyn Hallman. Five of our members serve on the Federation Board and seven serve on the Redbud District board which is one of seven districts in the Garden Club of Georgia. Pictured are members

Joy Abrams, Kim Fair, Dolly Moy and Quill Duncan who are joined by members of two other Dekalb Federation Clubs: Shenandoah Rose and Lullwater. There are twenty clubs in DeKalb Federation and many of the clubs enjoy projects and joint activities like working on the grounds around the headquarters. Recently, the county provided Callanwolde with a fresh application of free county mulch which was blown in by an experienced crew. Using a unique apparatus, the huge trailer was loaded with the processed mulch collected from residential landscape trash. Then using what looked like huge vacuum hoses,

the crew sprayed the mulch over the grounds. The finished effect is impressive and so much more efficient than bringing in truckloads of mulch to be hand-distributed via wheelbarrow! Two big activities are planned for September. We will resume our monthly club meetings on September 13th at the Smoke Rise Country Club at 10 a.m.. The meeting will feature a speaker, a buffet luncheon, and time for fellowship. If you would like to join us, please contact our President Janet McGinnis at jmcgi@bell-south.net. We are also very pleased to announce that the Redbud District Standard Flower Show “What’s Cookin’ Daisy?” will be held at Callanwolde this year. The dates are



left to right: Kim Fair, Deanna McFarlan, Renie Faulkenberry, Joy Abrams, Dolly Moy and Quill Duncan

September 21st 2-6 p.m. and September 22nd 10 a.m. to 5 p.m. The event is free and the parking is free! More details will follow in the next issue of the *Smoke Signal*. We hope that many of you will come see the show and enjoy

the beautiful floral designs and horticulture from both adults and youth in our area. It is always a fun way to spend an afternoon! Happy Gardening and may the rains continue to grace our forests and flowers!

The Mountain Mums First Garden Club Meeting of the Year will be at the home of Mary Jacobson on August 10 at 9:45 a.m. The meeting is a chance to reconnect and catch up after our summer break, so there will be no program and the business meeting will be brief. If you have been considering joining the club, this is an ideal meeting to come to. We have a great group of ladies and have planned some great programs on gardening, environment and horticulture. We cannot wait to show you what our yearly project will be. Call Mary Jacobson 770-316-3225 for directions to the meeting



Mountain Mums Thank Tucker Precinct

This past June, the Mountain Mums Garden Club delivered Beautifully handmade and hand-written floral “Thank You” cards to over 100 police officers at the nearby Tucker Precinct. The plan was masterminded by our Horticultural Therapist Kelley Samaris, who came up with the idea when she attended “Coffee with a Cop” at the Corner Cup in Tucker. She designed the cards with pictures from her Garden magazines, laminated them, and added a very sentimental note to complete the cards. We gathered again at the Corner Cup to write the notes and address them to each officer personally. A few days later we hand delivered them to the Precinct.



Rita Maloof and Kelley Samaris

What a welcome we received when we entered the Precinct--they were DELIGHTED!!! It was so heartwarming for all! I asked if I could bake them a rum cake or two--they were ALL so NICE! But the Major said they couldn’t accept any home baked goods since COVID hit. SHOOT! Anyway, after our quick tour, we said our goodbyes. As we were leaving, Commander Medlin asked us if we could possibly help them with some gardening around the building--they needed some “sprucing up” since they had just had a large tree cut down by their entrance. We Garden Girls said--“Well SURE--that could be our next horticulture therapy task!”

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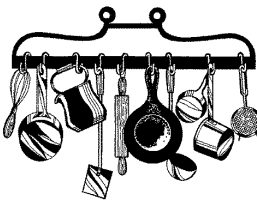
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Amen, Let's Eat!
by Joyce Ray



I have never really understood the bias against eating leftovers. Actually, I have found that the flavors are enhanced in many dishes when given the chance to develop in the refrigerator for a day or two. Soups, stews, chili and spaghetti sauce are some that quickly come to mind. This era of rising food prices is a good time to get creative about ways to avoid tossing food leftovers that can be incorporated into new and delicious entrees. The freezer is your best friend when you find there is more stew in the pot than your family is likely to eat. Just make sure you don't wait too late to freeze it. In fact, if you are "cooking for the freezer", take the portion you are not likely to eat in one meal and freeze it right away for a good surprise on a night when you just don't have time to cook.

Using leftover bread offers many recipe options like dried breadcrumbs, homemade croutons or one of my favorite recipes, Praline Bread pudding, recipe below.

Homemade croutons are the best! Cut bread into ½ inch cubes and add to medium mixing bowl. Mix approximately ½ cup olive oil with your favorite spices: oregano, garlic powder, basil, etc. Pour evenly over bread and mix to coat. Put one layer on cookie sheet and place in oven at 350°. Stir often and bake to light brown toast. Remove from heat and sprinkle with ½ cup finely grated parmesan cheese if desired. Store in air-tight container.

Praline Bread Pudding

You can use any type of lighter texture or white bread or a variety for this classic dessert. It's ok to leave some crust on it for texture. Yield: 16 servings

- ½ cup softened butter
- 2 cups half & half
- 2 cups milk
- 1 lb (4-5 cups) soft French or leftover bread, or buns
- 3 eggs, lightly beaten
- 2 ½ cups white sugar
- 4 tsp. vanilla extract
- 1 ½ tsp ground cinnamon

Preheat oven 325°F. Coat 9x13 baking pan with ½ cup softened butter. Tear bread into thumb sized pieces and spread into pan in one thick layer. Mix half & half, milk, beaten eggs, sugar, vanilla and cinnamon in medium mixing bowl. Pour on top of bread in pan. Using spoon, press down until bread is thoroughly soaked. Bake in preheated oven until bread mixture is firm and pudding-like – about 50 minutes.

Praline Sauce:

Slowly melt 2 sticks butter to lukewarm in heavy saucepan. Add 1 cup heavy cream and 1 cup brown sugar. Bring to a boil. Reduce heat to low, stirring constantly. Simmer until the sugar is dissolved and the sauce thickens. Add ½ cup toasted chopped pecans. While warm, pour over warm bread pudding to serve. Leftover praline sauce will keep in refrigerator for a great addition to ice cream sundaes! Just warm it up for a real treat!

A reader shared with me a website that I have really enjoyed browsing for popular favorite recipes. https://copykat.com has recipes that are inspired by some of your favorite restaurant foods. Note: They are not THE originals but, in most cases, are a good imitation. We especially liked their version of Houston's Spinach Artichoke dip and are sharing it with you. Check out the website for more of your favorites.

Spinach Artichoke Dip

Ingredients: 6.25 ounce jar marinated artichoke hearts 10 ounces spinach, frozen, chopped and drained ½ tsp minced garlic ⅓ cup freshly grated Romano cheese ¼ cup grated parmesan cheese 1 cup shredded mozzarella cheese ⅓ cup heavy cream or half & half ½ cup sour cream Instructions In food processor blend artichokes, Romano cheese, garlic and Parmesan cheese for about 1–1½ minutes. Artichokes and cheeses should be minced but should not be pasty. In a mixing bowl add drained spinach, cream, sour cream, mozzarella, stir well. Spoon mixture from food processor into it. Blend all ingredients. Mixture should have a medium thick consistency. Spray an oven proof shallow serving dish – approx. 8x8 inches. Pour artichoke mixture into baking dish and bake for 20–25 minutes at 350°. Artichoke dip should be a little bubbly and cheese melted through. Remove from oven and serve with your favorite heated tortilla chips, sour cream and salsa. Enjoy!



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