

SMOKE SIGNAL

VOLUME 54, ISSUE 1

Serving the Smoke Rise Community since 1968

April, 2021

www.smokesignalnews.com



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How I Met "Emma"

By Aviva Hoffmann



You may have seen my husband, Oliver, driving around the neighborhood in an "Old English White," right-hand drive, 1960 MGA. Originally purchased brand new by his uncle in Switzerland, Oliver imported it to Georgia about a dozen years ago, after Uncle Rolf's passing.

When we were first dating, Uncle Rolf would loan the car to Oliver on many occasions. I have vivid, three decades old memories of riding in this car with my husband-to-be. We drove all throughout Switzerland, the Alps, and over passes to Italy, Austria, and Germany.

As an MG aficionado, my husband had been dragging me and our two sons to car shows for quite a while. Eventually, he devised a plan to get me as enthused about the little British sportscars as he is.

Several months before a special birthday, Oliver and the boys started reaching out to "MG insiders" to find a car for me. The guys got in touch with a car enthusiast in Georgia willing to part with his 1963, Iris Blue, MGB. They went to inspect the car, and a handshake deal was reached - all unbeknownst to me!

With the seller traveling a lot, the guys were not able to take possession of the car prior to my birthday. So, they had to produce an IOU. They created a gift bag with an MGB hat, an appropriate key chain and a picture of a beautiful '63 Iris Blue MGB. Oliver found the picture by searching online images and printing out the most captivating one of them all. My birthday arrived, and I received the goodie bag, with the promise we would pick up the car the following week.

But... the seller got cold feet and left me with shattered dreams! In the months that followed, my husband searched high and low for an appropriate replacement. Countless hours were spent on the internet, pictures were printed, and photographs passed around of MGs'. They were red, yellow, green, white, mid 60's, early and late 70's and more. None of them looked as good as the car seared into my brain from the printed picture.

Eventually, Oliver stumbled across a car for sale in Michigan. The picture used in the ad was the very same image that he and the boys had used half a year earlier, to generate my IOU. That car was now for sale!

We traveled to Michigan to inspect the car and purchased the MG, lovingly named "Emma" by the deceased husband of the widow selling it. It was meant to be! From the moment I first saw that photograph, to the moment we stepped into the garage in Michigan, I have loved "her."

The guys' plan worked. They turned me into a lover of little British sportscars and a fan of the marque. But best off all, owning her has led to many beautiful journeys and many new friendships. So, be sure to wave "hello" when you spot us cruising through Smoke Rise on our way to a new journey - or just returning from one.

THE DENT EVENT

Do you have small door dings and dents, or hail damage?

Smoke Rise Country Club is hosting a "Dent Event" on Saturday, April 17th. It's like a Groupon® for the whole community! Local Tucker business, Autoglo will be at Smoke Rise Country Club repairing dents on Saturday, April 17th starting at 9:00 a.m. The fee is reduced by 40% off list price. Time slots will be set at 10-20 minute intervals to ensure that each customer is given proper time and attention. This event is open to the community. Reservations are needed. Autoglo is donating their time on Saturday and giving all proceeds to the Club. E-mail autoglocollision@gmail.com for appointments.

Autoglo, founded in 1997 and owned by a member of the Club, is a full-service auto collision repair and restoration facility based on a cornerstone of honest, hard work resulting in a quality repair backed by a lifetime warranty. They have an enviable Google rating of 4.9 and lots of loyal customers who rave about them there. Reserve your spot and come meet the crew on April 17th.

On April 3, staff will welcome the community to Fitzgerald Park for Tucker's largest Easter weekend Egg Hunt. Children from toddlers to 12 will be divided by age group and have the chance to hunt for 7,000 eggs across several of Fitzgerald's fields. Covid precautions will be in place. For more information, visit www.tuckerga.gov/parks.



BECOME A MEMBER of Smoke Rise Civic Association



Smoke Rise is a unique neighborhood encompassing approximately 3,600 acres in the city of Tucker and, while we border Gwinnett County, the Smoke Rise community is wholly within DeKalb County. We embrace and take pride in our natural forest setting and our homes that are as diverse as our community. Most homes here were custom designed and sited for each lot in the '60s and '70s. A true 'Goldilocks' community, we are close enough to Atlanta for a reasonable commute, but far enough to enjoy some space, slow living, clean air, bright stars, and the sights and sounds of nature on large lots. Living here is just right.

Living in Smoke Rise is one thing, but membership in our community organization is quite another. We're a stronger, better community together so please check out reasons to join your neighbors in supporting our not-for-profit organization. Go to our website: www.smokerise.org. Your dues are due now!



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!

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

Smoke Signal Deadlines

APRIL 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 APRIL 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.

"Like" us on Facebook at www.facebook.com/SmokeSignalNews
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 Link to the digital version of the *Smoke Signal* at <http://eepurl.com/pjn4v>
 or scan this QR Code with your smart phone!



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

ATTENTION GRADUATES & BRIDES

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*.

(They are no longer available on Smoke Rise Drive.)

Smoke Rise Baptist Church

Connecting in New Ways During the COVID-19 Pandemic

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
 Jeremy Colliver: Minister of Youth, Mission and Communication
 Jim Smith: Pastoral Care Associate
 Amanda Coe Burton: Ministry Director for Children and Families
 Harrison Litzell: Co-Director of Weekday School
 Stacey McNeil: Co-Director of Weekday School
 Telephone: (770) 469-5856 • SmokeRiseBaptist.org

SUNDAY

9:45 a.m. Attend Sunday School Online
 Schedule Available at SmokeRiseBaptist.org
 11:00 a.m. Attend Worship via Live Streaming
 Live Stream Available at SmokeRiseBaptist.org
 5:00 p.m. Outdoor Children and Youth Activities
 (Activities are outside with social distancing and masks)

MONDAY

5:00 p.m. Weekly Devotional Video Link at SmokeRiseBaptist.org

WEDNESDAY

6:00 p.m. Journeys Spiritual Formation and Bible Study
 Opportunities Online and In-Person
 Schedule Available at SmokeRiseBaptist.org
 (In-person events are outside with social distancing and masks)

Eastminster Presbyterian Church

Pastor ~ Rev. J. Caleb Clarke III
 Pastor of Senior Adult Ministries ~ Rev. Jeanne Simpson
 Director of Mission & Youth ~ Mark Sauls
 Office Coordinator ~ Christina Wetzel-Sizemore
 Director of Weekday Ministries ~ Celeste Sears
 Director of Respite Care Center ~ Helen Wilborn
 Financial Coordinator ~ Jan Zabarac
 Organist ~ Carole Mitchell
 Choir Director ~ Joy Chittick

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

Sundays:

9:30 a.m. Zoom Sunday School
 10:30 a.m. Live streaming of Worship service

Our Sunday service information can be found on our website at <https://www.eastminster.us/remotesundays>

MC3 Church

Senior Minister: Art Stansberry
 Worship Minister: Leslie Riley
 Student Minister: Will Tyler
 Children's Minister: Rae Tyler Caggiula
 Telephone (770) 783-1035
www.mc3.life

Sunday Worship at Parkview High School Auditorium

9:30 a.m. Coffee and donuts; adult and student c-groups; nursery and Sunday school for infants to 5th graders.

10:30 am. Worship service

C-groups throughout the week at various homes -- check out our website for more 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
 Telephone (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: Michael Shreve
 Worship Arts Pastor: Gary Robinson
 Telephone (770) 491-0228
www.mwchurch.com
 4818 Hugh Howell Rd., Stone Mountain

Easter Weekend Services:
 April 3 at 5 p.m.
 April 4, at 7:30 a.m., 9 a.m., 11 a.m.
 In Person, Online, and Outdoor Tent Seating available.

Memorial Honoring Smoke Rise Founder Bill Probst

By Susan Gilbert

For those of us who live in or near the wonderful community of Smoke Rise, you probably know that this unique, well-designed neighborhood is the fulfillment of the dream of master planner, neighbor, and friend William R. (Bill) Probst. Because of his vision, Smoke Rise and other upscale neighborhoods bearing his signature have become a hallmark of excellence in the Atlanta realty market.

While we mourned his loss in October of last year, we wish to honor his foresight and many contributions in the Smoke Rise area by creating a lasting memorial in his name.

With the consent and assistance of Mayor Frank Auman and the City of Tucker government, a group of Bill's friends, colleagues, and neighbors have found what we believe to be a most appropriate location for this memorial... within the existing Smoke Rise Park on Hugh Howell that is being renamed in his honor.



Preliminary design renderings of Park entrance signage and a new stone pavilion incorporating the well-known Smoke Rise Chimney logo as a central focus of the pavilion are being finalized. Cost estimates are underway... with construction planned for late Spring and completion in early Fall.

Anonymous donors have already committed seed money to get the project started. Friends and neighbors who wish to make a tax-deductible donation in honor of Bill and his many contributions to the SR community can do so by mailing a check made out to:

The City of Tucker and mailed to:

City of Tucker

Attn: Mr. Robert Porche, Finance Director

1975 Lakeside Parkway, Suite 350

Tucker, Georgia 30084

Please note on the memo line ... W.R. Probst Memorial Fund – PR2114

Salute to Advertiser

Bob Bailey's Appliance Co.

By Linda Karr

On March 5, 1962, a dream was born when Virginia and Bob Bailey opened a neighborhood appliance and television store at Candler and Glenwood Road in Decatur. Bob had worked for 15 years as a salesman for a TV and appliance company. It was now time to strike out on his own. Their creed when opening the business was: "Our aim is to furnish you the BEST appliances, televisions and service possible anywhere and at the LOWEST price possible. We shall offer you a place to do business that is honest, reliable, trustworthy and anxious to serve you."

Rob (Bob's grandson), his wife Cindi, brother Stephen and sister Amanda Palmer all work in the business today. Most of their employees have been with them for many years, and they're part of the family. Next year they will celebrate Bob Bailey's 60th year in business. Quite a coup for a small family business!

Bob Bailey's Appliance Co. moved to Memorial Drive in 1972 and then made the move in 1994 to their current location on Highway 78 in Stone Mountain. Their 6,000 SF showroom is filled with some of the best and most reliable appliance brands in the country including the specialty lines that the big box stores don't carry. Names such as Bosch, DCS, Electrolux, Frigidaire, GE Appliances, Jenn Air, Kitchen Aid, Maytag, Sub-Zero, Thermador, Viking, Whirlpool, and Wolf along with many others. They no longer sell televisions, but you can find all the appliances for your kitchen- both indoor and outdoor- and laundry room. The industry is constantly changing, and they are working to keep pace. Bob Baileys just opened a new warehouse in January 2021.

Bob Bailey's are the appliance experts. Customers often come in and tell them that the competition sent them to Bob Bailey's to figure out a replacement for their current appliance. In addition to retail customers, they work with a large number of contractors, designers & remodelers. Where many competitors use third party installation companies, Bob Bailey's handles the delivery and installation of the appliances they sell themselves. This provides that extra special customer service that gets it right.

After almost 60 years in business and through many industry and economic changes their philosophy remains: "We plan to offer you honest, ethical, reliable and neighborly service."

5100 Highway 78
Stone Mountain, GA 30087
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www.bobbaileys.com



Looking for a way to give back to your community? The SMOKE SIGNAL is looking for a few more writers or people with a passion for storytelling.

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NEWS FROM TUCKER!

City of Tucker Launches 2021 Road Resurfacing Program

Contractors began chipping away at the pavement on Smithsonia Drive on a Tuesday morning, in March officially kicking off the City of Tucker’s 2021 road resurfacing campaign. The \$4 million project will see 62 of the City’s most poorly conditioned roads get repaved between now and the fall. Tucker’s Mayor and City Council voted unanimously on Monday night to approve the resurfacing contract with Pittman Construction.

“This is another huge step toward creating a better quality of life for our residents,” said City Engineer Ken Hildebrandt. “You’ll see construction crews working on roads across the City for the next several months. We’ll do our very best to provide advance notice to those who will be impacted. There will be some temporary inconveniences, but we promise that in the long run it’ll be worthwhile.”

The majority of the resurfacing project will be funded through SPLOST revenue. More than \$2.1 million will be generated by the penny tax, which was approved overwhelmingly by DeKalb County voters in 2017. The tax will continue to be collected through 2024. An additional \$360,000 for the road resurfacings will come from the Georgia Department of Transportation, while the Mayor and City Council allocated \$1 million in general fund money.

On the web: https://www.tuckerga.gov/meeting_detail_T51_R509.php



City of Tucker Street Repaving SPLOST Project

The 2021 City of Tucker street repaving SPLOST project began in March. Below are the streets in the Smoke Rise community that either have been repaved or are due to be repaved:

- Bahia Mar Circle
- Millstone Lane
- Millstone Run
- Millstone Trail
- Rosser Place
- Silversmith Lane
- Skytop Drive



Smoke Rise Elementary School Commemorative Brick Campaign

Would you like to celebrate the new Smoke Rise Elementary School by purchasing a commemorative brick? Bricks will be placed at the entrance of the new school and displayed proudly for years to come!



Brick engravings may include the name of a student, family, staff member, business, organization/club. You may choose to honor someone or a loved one’s memory.

Don’t miss out on this special opportunity! Your brick will be a permanent part of the new Smoke Rise Elementary School!

Options available:

Large Granite Bench \$750 (to be placed outside)

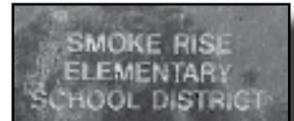
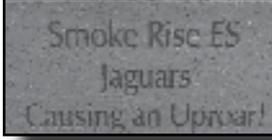
4 x 8 Clay Brick \$70 (to be placed outside)

4 x 8 Black and Brown Marble \$80 (to be placed inside)

12 x 12 Black & Brown Marble \$125 (to be placed inside)

Please use the link to purchase your brick(s). <https://www.bricksrus.com/donorsite/smokerise>

(Smoke Rise Elementary School’s PTO and school administration reserve the right to refuse engraved text based on inscription content.)



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Got Spring Break Plans? Tucker Recreation Center Does!

The City of Tucker's Parks and Recreation Department announced Monday that they will host a day camp for students over Spring Break. The camp, which will run April 5-9 during the DeKalb County School District's Spring Break, will be based at Tucker Recreation Center.

"With many of our Tucker students heading back to the classroom this month, we thought the time was

right to offer parents some support during the upcoming break from school," said Parks and Recreation Director Rip Robertson. "We've studied what the schools are doing to keep students and teachers safe and we are very familiar with the CDC recommendations and protocols. It's for those reasons that I feel confident in the safety of everyone involved in our Spring Break Camp."

The camp will be sports-based, with campers getting several hours outdoors competing in various sports each day. All campers and counselors will have their temperatures taken upon arrival, all will be required to wear a mask throughout the day and hand sanitizer will be readily available. The camp is open to students 5-12 years of age and will cost \$110 for the week. Registration is open now and can be accessed at the website below:

<https://tucker.recdesk.com/Community/Program/Detail?programId=306>

Tucker Rec Announces Summer Camp

Children will have a fun, safe place to enjoy their summer vacation in the City of Tucker this year. The Tucker Parks and Recreation Department this week opened registration for their 2021 Summer Camp program to be hosted at Tucker Recreation Center. The camp will be overseen by professional staff with decades of experience in supervising and engaging with children.

"We are excited to welcome students back to Tucker Recreation Center this summer," said Recreation Leader Jen Young. "With all the proper protocols in place, we know this is going to be the best summer we've ever had." Parks and Recreation staff have taken several important steps to ensure the safety of campers this summer. First and foremost, they reduced the camp's weekly capacity to better accommodate the need for social distancing. Additionally, there will be daily temperature checks, hand washing stations and campers will be encouraged to wear masks throughout the day. Tucker Recreation Center is also having a UV air filtration system installed to go along with a previously installed air ionization system.

"In studying the CDC guidance and talking with camp directors across the state about their protocols, I can confidently say Tucker is going to run the safest camp around," said Parks and Recreation Director Rip Robertson.

As in previous years, Tucker's Summer Camp will have a heavy focus on engaging children in STEM activities, crafts and athletics, including regular swim time at one of Tucker's public pools. The cost for the camp, which begins on June 1, will be \$125 per week, and parents may sign their children up for as many of the nine weeks as they would like. Staff will have more information on federal financial assistance opportunities for families who may qualify. Camp is open to boys and girls ages 5-12 and is not limited to residents of the City of Tucker. Families can sign their campers up at www.tuckerga.gov/parks.

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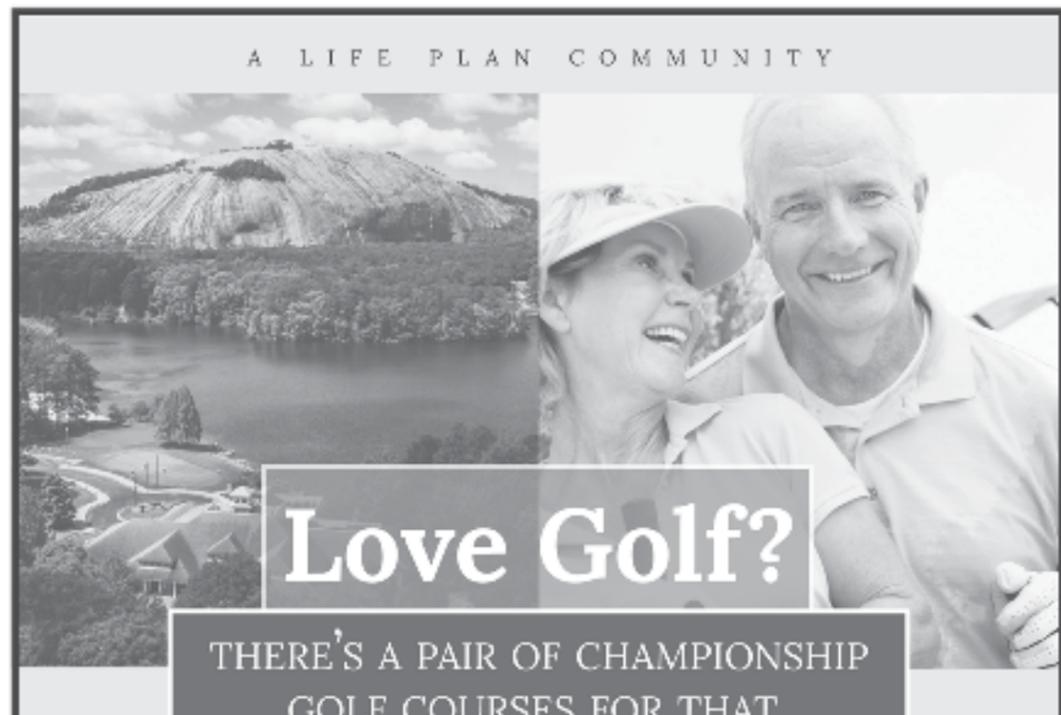
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*We'd Enjoy Connecting With
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Out the Window

By Beth Henson

The winter and early spring had so far passed with no hint of ice or snow. Would we transition smoothly into the next season, or would the harsh cold winds come back to punish us before hot weather arrived? In this part of the country, you never know. Glancing out my sunny bay windows, I could see a host of lemony yellow daffodils and tiny jonquils happily dancing in a slight breeze. The hanging basket of pansies had never been more vivid with their sweet purple and yellow faces smiling at me. A few lacy weeds were also showing their delicate white flowers near the driveway edge. I would have to address them later! Over near the side garden, a gentle cardinal couple was busily checking for their breakfast in the soft, green sprouting grass. I always enjoyed their seasonal affectionate nature and seemingly loving gestures. After finding a tasty treat, vibrant Mr. Cardinal delicately hopped over to his prospective mate and placed the morsal in her mouth with great care and pride. This practice is known in the aviary world as courtship feeding and is most prevalent in birds where the female does all the nursery work (building the nest and incubating the eggs). The male is fortifying her strength for the much needed energy she will soon expend.

Thank you, kind sir, for giving us a glimpse into your spring courtship. However, those “cardinal kisses” may not be the “amour” we envisioned!



Cardinal by Beth Henson

NEWS YOU CAN USE

By Aviva Hoffmann

A Sure Way to Reduce Taxes on Your Primary Residence

Have you heard about the “Homestead Exemption?” It excludes a certain dollar amount, or percentage of home value, from your property taxes. It’s called a “homestead” exemption because it applies to your primary residence, not a rental or investment property. You must live in the home to qualify for the tax break.

A homestead exemption is available to everyone who owns and resides in a home in DeKalb County! Now is the time to apply – even if you missed the April 1 deadline. Applications are accepted year-round. Applications received after the deadline will be processed for the following year. And, you won’t need to reapply for the homestead exemption, unless you move.

Applicants must own and occupy the home as their primary residence as of January 1 of each year to qualify for or retain an exemption, have all vehicles registered there, file taxes from the property, and not have an exemption anywhere else. For all exemptions, eligibility and document requirements, you can go online to www.dekalbtax.org/exemptions.

In addition to the basic homestead exemption available to all homeowners, special tax exemptions are also available for eligible senior citizens ages 62 and older, disabled residents, disabled veterans or surviving spouse, surviving spouse of a U.S. service member, and surviving spouse of a peace officer or firefighter. Age and income requirements must be met to qualify for all senior exemptions.

Basic homestead applications may be submitted online at dekalbtax.org/file-homestead-exemption, by mail, drop box, or in person. Applications for senior and disabled exemptions must apply in person, by mail or by drop box, and present Federal and State income tax forms, social security 1099 forms, proof of age and/or proof of 100% total and permanent disability.

The popular “Click2Skip” program now includes scheduling for property tax customers applying in person. Visit dekalbtax.org/location-and-wait-times and look for the Click2Skip Property Tax button, select an available appointment and a confirmation will be sent to the email address provided. Appointments can also be scheduled by calling (404) 298-4000.

For more information about homestead exemptions, how to apply or to schedule an appointment, visit www.dekalbtax.org/property-tax, or email proptax@dekalb-countyga.gov.

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HEALTH NOTES:

by Cheri Schneider, M.D.

A Diet Primer: The Websters Dictionary Version

Are you wanting to get healthier, or possibly lose weight and are confused by all the diet choices available? Just what is the ORNISH diet? The Keto diet or the Zone? Choosing a diet can be so confusing because there are so many choices. And all the choices come with very persuasive advertising. Today, I want to give you the 'Webster's dictionary' version of common weight loss or "healthy" diets. These are only the definitions and main claim of the diet. Perhaps later, I'll write an article on evidence versus claim.

Atkins: CLAIM: rapid weight loss without hunger. It is a high protein, high fat diet. It initially restricts carbs to 20 grams a day to produce ketosis and then gradually adds carbs back to your diet at your own personal maintenance level. This is the level at which you do not regain weight. The diet was conceived by Cardiologist Dr. Robert Atkins.

Ornish: CLAIM: Switching to their eating pattern will cause weight loss and reverse many chronic diseases. It also 'reverses the aging process at the cellular level'. It is a very low fat (10%), mainly plant based diet that allows egg whites, soy products and limited fat free milk products. (Dr. Dean Ornish- physician and researcher)

Paleo: CLAIM: Eating as our hunter-gatherer ancestors who lived 1000 years ago did is more healthy and can help you be leaner. The diet restricts processed foods, dairy, legumes and many grains. (No hunting or gathering required).

Zone: CLAIM: Eating their 30% carb, 40% protein and 30% fat diet will put your body's hormones in the 'zone' to decrease inflammation. They claim inflammation is the cause of weight gain, many diseases and aging, and claim certain foods promote this. You can check your 'zone' balance by checking your Hemoglobin A1C, Omega fat ratios and Cholesterol ratios.

Keto: CLAIM: a low carb, high fat diet can lower blood sugar and insulin levels. It causes the body to go into ketosis, which means the liver uses ketones to metabolize fats for energy, rather than metabolizing carbohydrates for energy. This means you preferentially burn fat for energy. (70% fat/20%protein/10% carbs. Or the 'high protein' keto: 60/35/5).

Some athletes add carbs around work outs and some do a 'cyclical' keto diet. The last two types are not studied as well as the standard or high protein diet.

Low Carb: CLAIM: Eating low carb will help you lose weight. The 'low carb diet' pre-dates the Keto diet, but is not specific about how few carbs you should eat. It usually emphasizes quality carbs (whole grain).

Hypoglycemic Diet: Six small meals a day. instead of 3 large meals a day will prevent hypoglycemia and keep you from feeling hungry.

Vegetarian: a vegetarian is someone who does not eat any meat, poultry, game, fish, shellfish or by-products of animal slaughter. One of the main focuses is having a minimal carbon footprint and compassion for animals and living beings.

Vegan: A vegetarian who avoids all animal and animal-derived products

Pescatarian: Vegetarian who eats fish.

Ovo-Lacto vegetarian: Vegetarian who eats eggs and dairy

Flexitarian: A parttime vegetarian

Intermittent fasting: CLAIM: You will feel better and lose weight if you fast. This is not a diet per se but is a pattern of eating. There are several variations, with the most common being 16 hours of fasting and 8 of normal eating anything you like. Or another variation is to fast 24 hours twice a week. A third variation is called 5:2. Eat normally 5 days and limit calories to 500-600 cal. the other two.

Acid-Alkaline diet: CLAIM: eating alkaline foods is better for your health and prevents cancer.

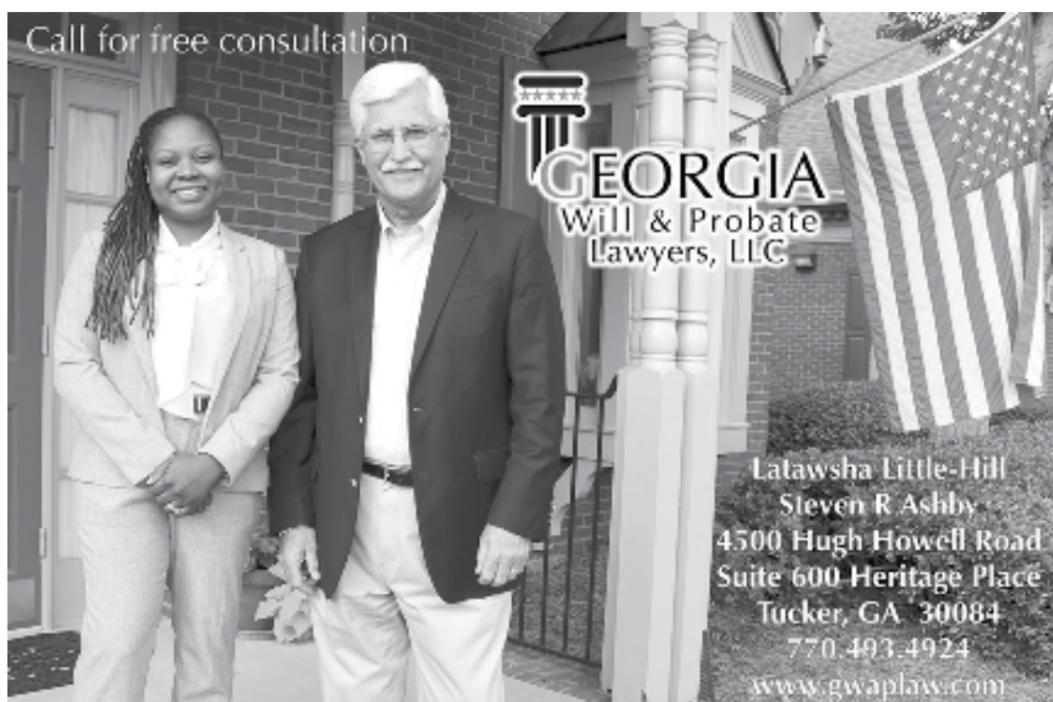
Blood type diet: CLAIM: An individual's blood type (or group) determines the optimum diet they should be on, because their blood type shows their genetic pattern from the past. Popularized by naturopath Dr. Peter D'Adamo.

SouthBeach Diet: The South Beach Diet is a lower-carb diet that emphasizes lean meats, unsaturated fats and low-glycemic-index carbohydrates. It was created by Cardiologist Dr. Arthur Agatston.

Mediterranean: Based on observations of food types eaten by those living in Italy and Greece who are notably healthier, long lived and have less heart disease. This way of eating is generally rich in healthy plant foods and relatively lower in animal foods, with a focus on fish and seafood.

More definitions to come on commercial meal plans. Then a few evidence-based studies on what works. Keep reading! HEALTHLINE has excellent, evidence-based reviews on all the diets mentioned above. If you want more information, go to Healthline.com.

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techtalk

by Susan Gilbert

Now for the WOW!**Using Your Virtual Reality System
Part 3 of 3**

Researching and writing about virtual reality (VR) intrigued me to the point I broke down and bought the starter version, the Oculus Quest 2. My son's higher-end system requires being connected to a powerful computer to drive it, which means you are restricted to the space near the computer. I like the fact that the Quest can be used anywhere. It is completely self-contained, so you simply put it on to enter the virtual universe. And what a universe it is! I have only tried the demos and a few TV shows so far but admit it is immersive and a bit addicting.

In my first hour in virtual reality, which felt like minutes, I did participate in some amazing adventures. My first was jumping from a helicopter high above the snow-covered Alps in a wingsuit and flying thousands of feet to land in the backyard of a Swiss home. Then I watched my own rocket launch for outer space and performed a spacewalk looking down on the cloud-covered blue marble we call earth. Looking for something closer to the ground, the roller coaster was thrilling, made so real by the swirling sound effects of clanking gears and screaming riders. Next, I swam with a Great White Shark off the coast of Australia, which was terrifyingly realistic. That was just about as frightening as the next demo of being processed into a Texas jail and hanging out with the prisoners for a while.

Because I have connected the Quest to our WiFi and Amazon Firestick, I can also just watch my favorite TV shows in places where there is no TV, like outside on the patio when the weather is nice. So far, I have found that touring Europe with Rick Steves is much more realistic using VR than watching him go there on TV.

Now, some advice for the serious VR users from my son, Stephen, who uses his system primarily for gaming.

VR gaming experiences can be categorized as being for stationary, or 'seated' experiences, or ones that expect you to get up and move around. Among the ones that expect the user to be seated, there is a surprising variety. Puzzles, such as "I Expect You To Die," requires quite a degree of out-of-the-box thinking that may not be available in other mediums as the player is given the ability to be far more hands-on with tasks. Flight simulations, such as "Elite Dangerous," benefit from the in-cockpit experience being amazingly true to life. The controls can be challenging to set up without a dedicated 'flight-stick'—a type of controller anyone with an interest in flight sims likely already has on hand. There are even adventure games, such as "Moss," which are designed to be experienced from a seated, 'over-head' perspective.

Anyone looking for a more active VR experience has plenty of options. "Beat Saber" was mentioned previously for its popularity not only as an enjoyable musical experience, but also as a workout routine. You will work up a sweat swinging your two sabers at cubes that fly at you at dizzying speeds. Among shooter games, the VR perspective is a huge improvement over ones played on the computer or other game systems. One of my favorites is the

...Continued on page 10



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Meet the Neighbors!

By Susan Gilbert

Robin Biro bought his Kanawha home in April 2018, relocating from Midtown. After retiring as a US Army Ranger, he was desperate for a yard again and moved here, like so many of us, drawn to the gorgeous hardwood trees and rolling hills of Smoke Rise. When he bought his 17-room home, he shared it with his cat for the first year and a half. That changed when his father, who lived in Colorado, passed away after a prolonged illness, leaving behind Robin's two half-brothers, Logan (seven years old) and Tucker (eleven years old). Robin relocated his brothers here in December 2019, and the kids now attend Smoke Rise Elementary and Tucker Middle schools, respectively.



He reports our community has done a lovely job of wrapping loving arms around them all. He has now been awarded guardianship of the boys and feels the community has been a Godsend to him as a single dad, and to the boys, easing them into their new normal here in Georgia.

They are members of the Smoke Rise Country Club, and the kids had a blast this summer at golf and tennis camp there. Having grown up in the remote Rocky Mountains, off-grid, they were used to roughing it in the Colorado wilderness with their dad, so this has been a massive change for them. But they are both absolutely thriving here in Georgia, and they are so filled with gratitude that life worked out as it has for their new family. They are comfortable and at peace knowing their dad is smiling down on them all.

Robin retired from the Army last year and works both as a commercial real estate analyst and as a political commentator for national cable news networks, having formerly served as one of Barack Obama's Campaign Directors during his first presidential campaign. Nowadays, if you do not see Robin chasing the kids around the yard or talking shop on your TV, you will likely see him out working with his hands in the dirt or working to improve our common areas in Kanawha. We hope to enlist his help with our various neighborhood improvement projects.

What a great addition to our neighborhood! We all look forward to getting to know Robin and the boys.

We Need YOU!

Smoke Rise - this is YOUR paper! The Smoke Signal began more than 50 years ago and remains, to this day, a community newspaper created, written and produced by volunteer, Smoke Rise neighbors for the entire neighborhood.

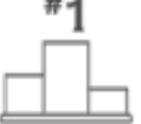
PLEASE consider becoming a contributor, editor or joining our staff. It's a rewarding way to give back to your Smoke Rise community! Contact us today. staff@smokesignalnews.com



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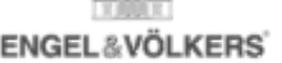
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Welcome!

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info@smokerisesummit.com

Tentative 2021 Season:
 May 28 - September 12

Guarantee a great summer by joining the Summit Swim & Tennis Club, located on Silver Hill Road, for a full season of activities.

The Summit Pool provides a refreshing place to cool off. The newly renovated, saltwater pool has a spacious area for swimming laps, wading, with a separate diving well and diving board, and covered pavilion. We also offer two tennis courts.

Social distancing guidelines are in place and families will need to reserve their time at the pool this season in order to limit the number of members at the pool. Members will receive an email with their link to our reservation system, Summit ReserveIt.

Pool Hours

Sunday - Thursday 6:00 a.m. to 8:00 p.m.
 Friday & Saturday 6:00 a.m. to 9:00 p.m.

Note: No Lifeguard on Duty before 1 p.m. Swim at Your Own Risk. Swimmers will be responsible for their own safety, sanitizing and social distancing.

- Adult Swim the last 15 minutes each hour
- Members must reserve time online.
- No walk-ins.
- No Guests.

Our daily swim sessions are listed below:
 Adult (18 y.o.+) Swim Session (2 hr max) 6 -10 am
 Family Swim Session 1 – 10:00 a.m.- 12:45 p.m.
 Family Swim Session 2 – 1:00-3:15 p.m.
 Family Swim Session 3 –3:30-5:45 p.m.
 Family Swim Session 4 – 6:00 - 8:00/9:00 p.m.

Smoke Rise Country Club is Ready to Dive into the 2021 Pool Season!

Members of Smoke Rise enjoy the many benefits the club has to offer, from golf and lighted tennis courts to dining and social events. And we cannot forget the pool! We offer so, so much more!

With five separate bodies of water, members enjoy our Junior Olympic swimming pool, slide pool, kiddie pool and water features, private adult area featuring a hot tub and wade pool complete with a cascading rock wall which offers beautiful white noise. It all adds up for the perfect concoction of sun-soaked therapy.



Smoke Rise Aqua Fitness offers members Water Fitness Aerobics beginning in May of 2021. The pool season begins in May and extends through September. Each season ends the first Sunday in October with our Annual Dog Open where people and their four-legged friends enjoy their pool closing event.

First things first! Kick off the pool season with a party as members and their guests honor and celebrate Memorial Day with our annual buffet. This year we have a special guest, member, and local DJ, Fernando Fernandez! The parties will continue across the season with luau and pool-side events, dive-in movies, Shark Swim Team, and SO much more!

Come learn more about Pool Memberships and all we have to offer. Full menu pool side food and drink service, cabanas to enjoy the shade, and an experience you will enjoy among your family, friends, and fellow members! Being a part of the Smoke Rise Country Club community offers a ton of fun in the sun and the shade!

For more information, contact the Membership Director at Smoke Rise at (770)908-2582 option 4.

2021 SUMMER SWIM LEAGUE - COMING SOON!

The Smoke Rise Sharks Board is working on our 2021 Summer Swim League Season and can't wait to see everyone! We are coordinating with the Atlanta Swim Association (ASA) and CDC guidelines to determine what the season will look like. We know it won't be exactly what it has been in the past but we are looking forward to getting the kids back in the water this summer.

We will have more details regarding the season and registration soon!

Stay safe and healthy and hope to see everyone soon! Check our Facebook page and contact us at SmokeRiseSharks@gmail.com.



Mountain Creek Swim Club is an established neighborhood pool in Smoke Rise, Georgia. You'll find fun for family members of all ages nestled between the trees providing a peaceful retreat for those sweltering Georgia summer days.

- * Members Only Pool
- * 5 lane, 25-yard pool
- * Covered pavilion with restrooms available for members to rent for private parties, meetings and events
- * Practice pool for the Smoke Rise Sharks swim team that competes in the Atlanta Swimming Association
- * Numerous summer events for the whole family! Potluck at the pool and board sponsored events for Memorial Day, 4th of July and Labor Day. We also have dive-in movie nights, live music, adults only events and kid friendly ice cream socials.



ALL MEMBERS MUST READ THE MCSC COVID-19 POLICIES AND PROCEDURES

GUEST POLICY

Guest fee is \$5 per guest per visit. Guests MUST be accompanied by a member and MUST complete the "Swim at Your Own Risk" form and COVID-19 release. Guest fee and forms are collected on the left hand side of the pool house counter.

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Virtual Reality...continued from page 7

story-driven experience in "Half-Life: Alyx," that blends the Half-Life series' famous environmental storytelling and puzzle design with the true, first-person experience that only VR can provide.

For those looking for a less mellow experience—and having especially strong stomachs—there also exists the genre of 'grapple games' such as "Jet Island," a game that uses VR to let players experience the feeling of skiing down a world-sized skate-park ramp with a jetpack and grappling hooks. If the premise of watching the world fly by while you race towards the ground at terminal velocity sounds terrifying, you'd be right, and this might not be for you. However, it's certainly an experience that cannot be found outside of virtual reality.

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Gardening: What NOT to Plant!

By Quill Duncan, Master Gardener

April is a great time to plant in Georgia! The soil is warming up and the spring rains encourage growth and the milder temperatures tempt you to get out and enjoy the day!

Please consider what you are planting because some plants are pests in the garden. This column will focus on many common invasive plants and how to control them in your yard or greenspace. We consider plants invasive when they spread or reseed too rapidly to manage effectively. Most invasive species are not native to our area.

English ivy or Hedera helix L. is very common in Smoke Rise and it is a problem plant for many reasons. It is listed as a top five invasive vine in Southern forests along with kudzu, Japanese honeysuckle, oriental bittersweet and non-native wisteria.

English ivy thrives in moist, open forests and can tolerate deep shade. That is certainly why so many gardens have ivy, as it grows where little else will grow and be evergreen. If it is properly maintained and contained, it can serve a purpose to prevent erosion. Unfortunately, it is a vigorous grower and must be managed to prevent it from climbing trees and expanding the boundary you set for it. Ivy can grow up to 90' with aerial roots. The weight of the vine can be an issue with wind storms and it amasses on diseased trees which are subject to falling or breaking under the weight.

Ivy also holds moisture and is a breeding ground for mosquitos which in turn are a health issue for us. The dense undergrowth is also home to snakes and other unwanted pests.

What is the best method for controlling ivy? The most effective way to control ivy is to hand pull it. It is labor intensive, but it works. Keep ivy from climbing your trees by cutting the vines away from the trunk of the tree. You can use a screwdriver to leverage the vine away to make the cut easier. Next you need to remove it from the ground about two feet away from the tree trunk. The vines on the tree will die eventually and fall off, but may take some time. Keeping that perimeter at the tree base clear of ivy will prevent vines from finding their way again to the tree trunks.

You can use "RoundUp" or glyphosate on the ivy when it is freshly green and growing for best results. A string trimmer is a great tool to cut the leaves up and then spray with the glyphosate for improved effectiveness. You can also mow the ivy and then cut the vines and pull them up. Do not compost ivy. Goats and sheep can be rented to consume the ivy but it should be noted that they only eat the leaves and unfortunately, the vines will re-sprout.

My best advice is to not plant it in the first place. Control it if you have it, or remove it. Good luck! Next month we will tackle privet and nandina!



Patrons of the Smoke Signal

In the interest of keeping our advertising rates low and continuing the 52-year legacy of our neighborhood paper, the all-volunteer staff who create the Smoke Signal each month would like to recognize those in our community who join us supporting the paper as Patrons making financial contributions.

These members of our community have donated to help us accomplish our mission. We hope you will consider supporting our good cause of keeping our local news flowing. Thank you!

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HOME SMART

“Morning Glories and Daffodillies” – A Spring Song?

Morning Glories member Bonnie Pennington gave the program for the March meeting via Zoom. Her topic was an overview of the Youth garden club, The Daffodillies. In 2017 the Morning Glories decided to sponsor a Youth club at the St. John Neumann Regional Catholic School in Lilburn. For the past four years, Bonnie with the help of four teachers has held twice monthly hands-on instruction to 15-17 Daffodillies. The children are in grades 1-5 and enjoy planting and harvesting vegetables, observing pollinators at work and even cooking and eating their produce!



Bonnie reviewed their many projects from planting trees and growing lettuce to learning about the value of the peanut. Bonnie, pictured here, is holding up the book that the children used to learn about Dr. Carver and his garden during the last Arbor Day activity in 2020. Due to COVID, she has not been able to be with the children since last February but they plan to hold the club meetings again this coming school year. Garden Club of Georgia Youth Chairman Trudy Rudert also attended the Zoom meeting and gave her insight

into state-wide programs for Youth including poetry, poster and sculpture contests. Youth also participate in the Redbud District sponsored Yellow Daisy Standard Flower Show held each September at Stone Mountain Park.

Additionally, Vivian Nickelsen showed club members the technique of creating plyarn from crocheting plastic bags into ropes of material which then is woven into sleeping mats for use by the homeless. The mats provide cushion, insulation, and a moisture barrier. People gather twice a week at Tucker First UMC to crochet the plyarn into mats. If you are interested in this project, please contact Vivian at vnickels@comcast.net.

The March meeting is normally an installation of new officers. Due to COVID-19, our club was unable to meet for months and then only via Zoom. All the current officers opted to remain for another year except for one office. Parliamentarian Betty Curlee chose to retire from her service in this role. Thank you, Betty, for your expert guidance and assistance to the club. Member Allison Reeves has accepted this position for the 2021-22 club year. Thank you to all the officers who serve the club so faithfully, led by President Joyce Ray.

In other garden news, The Norcross Garden Club will host a Spring Plant Sale on April 16 & 17 from 9-5 at their club house located at 33 College Street in Norcross.

SPRING is SPRINGING UP

By the Mountain Mums

About this time every year, many of you begin to get the itch to get out in the garden and plant things. You want to hurry spring along somehow. Unfortunately, frost and snow can still plague Atlanta until mid-April and restraint is your best option. One thing you CAN do is make a wish list for next year. Research what you want now. By looking at your bare bones garden now, you will be able to easily see the areas you have for planting. Plan to buy your plants next fall and determine that you will plant them by Christmas.

Many of the earliest bloomers are bulbs and will require some cold time in the soil to bloom. Daffodils (also known as Narcissus or Jonquils), Crocuses, Spanish Bluebells are in this category. There are dozens of varieties of daffodils: miniature cuties through large blossoming ones. They come in many colors too: pure white, peach, yellow and deep yellow and bicolored with dark centers. Some are double petaled and some are fragrant.

Daffodils bloom throughout spring so check when yours will come up. Most will naturalize (multiply). A trip to Gibbs Gardens in Ballground, Ga will get your creative juices running. They have a stunning display of thousands of daffodils that you can enjoy from February through late April.

Spanish bluebell bulbs also bloom early and are very easy to grow. They even like the shade/ part shade.

Snow drops are dainty white flowers that also love the shade and thrive at the edge of the wood.

Many Iris are early bloomers. Three large clumps in your landscape will bring such interest and will come back each year. Some are rebloomers.

Lenten rose could be counted as an early bloomer, though they technically bloom in late winter. They keep going until it starts to get hot in May. The leaves are ever-green, so they are a permanent part of the garden.

Marsh marigolds appear with beautiful, low to the ground mounds of yellow flowers. They disappear when it gets hot but will be back again next February.

Daphne and forsythia bushes are harbingers of spring. The Daphne odora is a bit picky, but flowers with beautifully fragrant pink flowers in February. Put it close to a pathway, in a sheltered location and everyone will ask what that fragrance is. Forsythia and quince bloom before they put out leaves.

All of the plants above are perennials. They will return each year.

Early spring is also the time that your violas and pansies will do best. While we saw them all winter, they were mainly at a standstill. From February to May they will flush out and thrive. These plants are annuals, so will need to be planted new each year.



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Amen, Let's Eat!

by Joyce Ray



Authentic Greek food is full of robust flavors with fresh ingredients that create a colorful plate for a healthy diet. Greek Cuisine incorporates vegetables, pasta, nuts, yogurt, citrus (especially lemon), cheese, and meats and wholesome hearty bread, all married together with liberal amounts of garlic, olive oil, wine, and fresh herbs.

friend, Rick Johnson, owner of Colossus Pizza located in Tucker at Tucker Plaza, offers delicious tried and true authentic Greek favorites for dine in or take out. Note the prized "banded down" dessert recipes that Rick shared with us this month. He was kind enough to pare them down from servings of 100 or more to an average family size. The Rizogalo (rice pudding) and Koulourakia (butter cookies) are traditionally served at Easter.

Stuffed Roasted Pork Loin

2 or 2 ½ pound boneless pork top loin roast
salt and Freshly ground black pepper.
1 ½ teaspoons Greek seasoning.
One 12-oz jar roasted red bell peppers, drained.
½ cup crumbled feta cheese (about ½ cup)
2 cloves minced garlic.

Butterfly pork loin by making lengthwise cut down the center of the roast, cutting to within ½ inch of the opposite side. Spread open. Make a parallel cut on each side of the original cut. Open meat to lie flat (you will have 4 sections, all joined). With meat mallet, pound each section to ½ inch thickness. Season with salt and pepper. Sprinkle Greek seasoning on pounded side of pork. Split peppers down middle to lie flat and remove seeds. Place on meat. Combine feta and garlic. Sprinkle over peppers. Starting from side of roast, roll up pork and tie with 100% cotton string at 1½ intervals. Sprinkle with additional salt and pepper. Place roast on rack in a shallow roasting pan. Insert oven thermometer in center of roast. Roast at 325° for 1 to 1½ hours or until thermometer registers 155°. Cover with foil and allow to stand for 15 minutes.

Tzatziki Sauce – serve over meat, or with salads, or vegetables.

2 cups full fat plain Greek Yogurt
½ cucumber, cut lengthwise, peeled, seeded, & shredded
1 tsp. Kosher Salt
2 Tablespoons extra virgin Olive Oil
1 ½ Tablespoons fresh lemon juice
1 Tablespoon fresh chopped dill
2 cloves fresh minced garlic.

Strain yogurt by pouring into fine mesh strainer or coffee filter and set over empty container. Shred cucumber and place on separate strainer. Let set overnight. To mix, in medium bowl, stir strained yogurt, cucumber and other ingredients. Cover and chill for 1 hour. Serve chilled. Makes 6 servings.

Rizogalo (Rice Pudding)

One-quart whole milk
¾ cup sugar
¼ cup short grain rice
1 Tablespoon grated lemon rind
2 Tablespoons butter
2 eggs, beaten.

Mix all ingredients except eggs in saucepan. Boil slowly until rice is done. Slowly add a small amount of rice mixture to eggs, beat. Return to saucepan and stir constantly over medium heat until thickened and creamy. Pour into individual serving bowls and refrigerate before serving. Serves 6.

Koulourakia (Easter Cookies)

2 cups unsalted butter
1 cup whole milk
1 ½ cups sugar
6 heaping teaspoons baking powder
6 eggs
1 tsp vanilla
4 cups sifted flour – sift more flour to add to dough as needed.

Cream butter and sugar until lemon colored. In separate bowl, beat eggs well – add to sugar and butter mixture, beating continuously. Sift baking powder with 4 cups flour. Add vanilla to milk. Add flour and milk alternately to butter mixture. Add more flour, as needed, to make a soft dough – not dry. Knead dough for 15 to 20 minutes. (KNEADING IS A VERY IMPORTANT STEP!) Pinch off walnut size portions of dough and roll into long strips – 5" long and less than ½" thick. Roll or twist into desired shapes of figure 8's, pretzel, braids or swirls. Place on cookie sheets about 1 inch apart. Bake at 350° for 25 minutes or until golden brown. Yield: 8-10 dozen cookies.

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