

SMOKE SIGNAL

VOLUME 56, ISSUE 12

Serving the Smoke Rise Community since 1968

March, 2024

www.smokesignalnews.com

Happy St. Patrick's Day from the Staff of the Smoke Signal!




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Marjorie Foster: The Extraordinary Artist

By Cheri Schneider

I could hardly wait until I met Marjorie Foster! You see, Marjorie is an artist. Now 97, she has been a Smoke Rise resident for over 50 years where she and her husband raised two children. And what a long career she has had! From her love of painting as a young child, to her start as a Fabric Designer after high school and art school, to her success as an art instructor at Georgia State, to becoming a much-awarded painter over the ensuing decades... art has been, and still is, her joy.



Ms Foster grew up in Cleveland, Ohio, and accepted a scholarship right out of High School to the Cleveland School of Art (Now the Cleveland Institute of Art). There she met a handsome man, fresh out of the army who decided to go to art school as an Illustration major on the GI bill. They fell in love and married and eventually moved to Georgia.

In the Cleveland School of Art, Marjorie took fabric design. Her first fabric design (see picture) was hand painted on paper. The samples she created were generally 24-30 inches and had to pass the 'step and repeat design' test. This line of work came in handy when she moved to Georgia in 1948.



In those days, there were many mills in southern Georgia and other small towns in the south, so she took her portfolio of designs to the mills where they printed samples out on fabric--silk screen style--to see if it passed the test. Later she had an agent Stan Cathell who did the legwork for her. It was easier this way, as by then, her boys were in High School and Stan could do

the traveling. Once or twice, she made a trip to New York City to take her portfolio to Ad Agencies related to the mills. She sold a few this way. When her sons were in High School she took advantage of degree opportunities offered by Georgia State to women with families. She started her degree program in 1982 and finished in 3 years. Later she taught Fabric Design 101 and 201 classes at Georgia State, taking classes on field trips to the mills.

Most of her fabric designs were floral and used on pillows and draperies. Buyers of her designs also required that she also develop a coordinating pattern for, say, a couch. Companies like Days Inn picked up her designs. Her son told me he once stayed in a condo in Sky Valley, NC., where he saw one of her patterns still in use on a couch. I think most of us would be thrilled to find a couch of hers. We would rejoice over the 'Mid-Century Modern pattern', Or 70s vibe which has become popular again.

Marjorie loved the artistry of fabric design, and it was something she could make some money from. This did not last, though. Because President Carter opened the door

...Continued on page 6



As the fertile earth yields
to the warming orb of light,
the life force resumes its annual rite.
It is wondrous feeling, warming, melting healing.
Buds gently revealing
the soft colors of their hearts.
Birds returning joyfully, noisily,
back from distant parts.
Chirping early in the morn
as the sun rises,
a springtime day is born.
Lying in the green grass gazing at the sky,
watching clouds go drifting by,
I can almost taste the freshness of the pleasant breeze
as it transports the fragrance from the flowering trees.
As the day grows warmer the perfumed blossoms swell,
the bees are intoxicated by their sweet, sweet smell.
Feeling one with the universe lying here,
I may just stay until all the stars appear.

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An Easter Question: Are We Redeeming?

By Joel Gilbert

Easter is happening very early this year. Unlike fixed holidays like Halloween and Christmas, Easter is considered a "moveable feast" and can fall anywhere between March 22 and April 25. It is normally closer to Passover, which this year is in late April. This is because the Jewish calendar is based upon the phase of the moon, while ours is not.

Passover celebrates the redemption of the Jews from enslavement in Egypt under Pharaoh, and Christ was crucified during the Passover celebration. Three days later, finding an empty tomb later became what Christians celebrate at Easter. Both holidays remind us to be thankful for our redemption from

...Continued on page 6



Smoke Signal

P.O. Box 1038, Tucker, GA 30085

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

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ATTENTION ADVERTISERS:



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

Classified ads and flyers are still available!

Smoke Signal Deadlines

MARCH 13

Please e-mail articles to:
staff@smokesignalnews.com

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

Deadline for classified ads is MARCH 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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www.facebook.com/SmokeSignalNews

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

Meet the Board of the Smoke Signal



Mr. Robert (Bob) W. Espy IV is a life-long resident of DeKalb County and the Smoke Rise Community where he lives with his wife Bonnie and son Bob V. He believes in giving back to his community, as demonstrated by his commitment to various non-profit boards in the Atlanta area.

Bob's passions are family, family lineage, history, real estate, his community, and venture capital opportunities to name a few.

After serving on the Smoke Signal's Board of Directors, he was asked to serve as president and to help the paper transition to having a Board focused on the business aspects of the paper and freeing the staff of editors, writers, and other volunteers to focus on content development and production each month. He hopes these and other operational changes will be appreciated by our readers as the paper moves into its 56th year of continuous service keeping our community connected.

Smoke Rise Baptist Church

Dr. Chris George: Senior Pastor
 Danny Vancil, Minister of Music & Worship
 Telephone: (770) 469-5856
SmokeRiseBaptist.org

SUNDAY

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

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

WEDNESDAY

5:00 p.m. - Attend our Wednesday Dinner

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

Eastminster Presbyterian Church

Interim Pastor ~ Jim Simpson: jims@eastminster.us
 Executive Director of Ministries ~ Jeanine Fulton: jfulton@eastminster.us
 Director of Family & Outreach Ministries ~ Mark Sauls: msauls@eastminster.us
 Director of Weekday Ministries ~ Celeste Sears: csears@eastminster.us

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

Sundays:

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

First Moravian Church

Pastor: 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

4950 Hugh Howell Rd., Stone Mountain, GA 30087

Sundays:

8:45 a.m. Worship

Mountain West Church

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

Sundays:

8:30 a.m., 10:00 a.m. and 11:30 a.m. Worship

Thursday:

10:00 a.m. Neighborhood Bible Study

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

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

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

New Utility Billing System

DeKalb County has launched a new water billing system. You may have noticed a new account number on your recent water bill. All DeKalb County water and sewer utility customers now have a new account number. That new account number allows you to register with the new "enQuesta" payment portal.

This new system offers easier access to expanded billing details and seamless water and sewer utility payments online. This new platform also allows you to make payments online – or by phone – without any extra fees! If you're already signed up for paperless billing, you'll need to sign up again with your new account number to access the new portal at: myaccount.dekalbcountyga.gov. And, if you pay your water bill through automatic deductions from your bank – make sure to notify your bank about the switch to the new payment processor, "Chas Payment Tech."

FOR MORE INFORMATION, VISIT dekalbcountyga.gov/newbilling



ART Station's 28th Annual Raising of the Green Party

March 17, 2024 6:00 PM - 10:00 PM

Tickets \$25 in Advance (online), \$30 at the door

Sample the best from many of the fine restaurants in and around Stone Mountain Village. Also, Complimentary Green Beer as well as Live & Silent Auctions. As in the past, items available will include everything from fine works of art to Tickets for an Evening out with Dinner and Theatre!

Schedule of events:

6:00 PM – Viewing of Live Auction Items & Silent Auction Bidding Begins

7:30 PM – Live Auction in the Theatre

8:30 PM – Silent Auction Bidding Continues

9:45 PM – Silent Auction Closes & Raffle Drawing for \$500!

10:00 PM – Winning Bids available for pick-up



Tucker Recreation Centre Camps

Spring Break Camp

Monday, April 1 - Friday, April 5 • 8:30 a.m. - 4:30 p.m.

Ages: 5-12 years

Lunch not included. Campers must pack 2 snacks and lunch (no peanut products allowed)

Price: \$125 per week per child

Summer Camp for ages 5-12 years

9 AM - 4 PM

Free Before and After Care: 7-9 AM & 4-6 PM

Lunch is provided

Campers may pack 2 snacks (no peanut products allowed)

Summer Camp is offered in two four-week sessions

NOTE: Camp is closed July 1-5

Price: \$500 per session per child

Stone Mountain Park's Dino Fest

(Select dates) MARCH 16 – APRIL 28, 2024

Enjoy a new festival all about dinosaurs! The paleontologist caregivers in Dinosaur Explore believe that human interaction is important for the dinosaurs, so they have decided to release some of them into the Crossroads area to roam among the guests. Be prepared for rustling in the bushes, footprints on the ground, and flying dinosaurs overhead. See new high-flying dinosaurs, dinosaurs in 4-D, a lighted dinosaur themed parade, plus a special dinosaur Drone & Light Show. Visit www.stonemountainpark.com for ticket details.

Stone Mountain Park's Easter Sunrise Service

On March 31, 2024, come experience serenity and peace as Stone Mountain Park presents two simultaneous, inter-denominational Easter services at the top of the mountain and at the base of the mountain on the Memorial Lawn. Special guests Bryant Wright and Crawford Loritts will be delivering the message at the top of the mountain. Park Gates will open at 3:00 AM and the Summit Skyride will open at 4:00 AM to begin taking guests to the summit. Services will begin at 7:00 AM. Both services will feature sign language interpreters for hearing impaired guests.

Visit www.stonemountainpark.com for pricing details.

Tucker Recreation Center

Did you know that you can go to <https://tucker.recdesk.com/Community/Calendar> to see what is happening at Tucker Recreation Center? The monthly calendars are full of fun and healthy activities to do. Examples include pickleball leagues and open gym times, open gym for basketball, pottery winter sessions, 'Tuckercise' classes, Tucker dance Studio, Age 60+ beginning pickleball, Jackie Sorensen's aerobics, watercolor classes, Richard Simmons (Silver Foxes) exercise, co-ed kickball, pre-school gymnastics, 'pop' pilates, senior outings to places like the Jimmy Carter Museum, Atlanta woodcarvers. Girls lacrosse and youth softball. You are really missing something if you do not know what is going on at Tucker Recreation Center!

PI Day Pie-K

Thursday March 14

Free Family Event

at Tucker Recreation Center

4898 Lavista Road

Tucker, GA 30084



Join us in front of Tucker Recreation Center for a 3.14K run/walk. This PI Day will include a slice of pie at the finish line. The route will be posted on Tucker Parks and Recreation events page as the event draws closer. This event is for the entire family and that includes your pets.



Rubber Ducky Scavenger Hunt

March 2, 2024

Henderson Park East - White Trail

4000 Henderson Park Road

Tucker GA 30084

2:30 p.m. - 4:30 p.m.

Get ready for a quacky adventure at the Rubber Ducky Scavenger Hunt in Henderson Park! Search high and low for hidden rubber ducks, and if you find them, you could win fabulous prizes! It's a fun-filled day of excitement, laughter, and friendly competition. So, grab your friends and family, put on your detective hats, and let's dive into the fun together!

Tucker High School Foundation (THSF) 2024 Annual Golf Tournament

Please help the students and teachers at Tucker High School by becoming a sponsor in the Foundation's annual golf tournament. THSF is a 501(c)3 non-profit corporation, EIN: 80-0697789, and all proceeds go to help the students and teachers at Tucker High School.

March 24, 2024

Lakemont Golf

Course - Stone

Mountain Park

1:00 p.m. - Shotgun

Start



Sponsorship levels begin with a \$250 donation - which can be made in monetary or in-kind donations for the prize table, or some combination of the two. All sponsors will receive:

- Placement in all golf tournament literature and advertising
- Signage at each tee box with your logo
- At event recognition

Note: Sponsors at \$1,000 or more will receive a complimentary foursome/alternate shot. Over 100 golfers projected to attend! For questions, please contact David Doan at 678-362-6657 or thsf.contact@gmail.com



Thank you for attending our Real Estate Strategies Event!

Great speakers & lots of information. We look forward to doing it again next year.

Let us know if you have questions or want to be on the list for next year.

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Smoke Rise Academy of Arts at the 2024 Junior Theater Festival Atlanta. Photo by Marcus Woollen.

Local Students Win National Theater Award at 2024 Junior Theater Festival Atlanta

Students representing Smoke Rise Academy of Arts won a Freddie G. Excellence in Music award and earned other recognition at the 2024 Junior Theater Festival Atlanta (JTF Atlanta). The monumental weekend dedicated to rewarding and celebrating excellent student-driven musical theater programs took place in January at the Cobb Convention Center in Atlanta.



Smoke Rise Academy of Arts' Jacob Kim & Eliza Schloss were named Junior Theater Festival All-Stars, a select group of outstanding performers, and Cierra Thomas and Erin Moore made it to the call-back for a yet-to-be announced special project promoting musical theater in schools.

At the festival, each group performed 15 minutes of a Broadway Junior® musical for adjudicators. Smoke Rise Academy of Arts presented Disney's Aladdin JR. to Shay Rodgers, Choreographer for educational videos produced by iTheatrics and Creator of the Academy for Theatre Under the Stars; and Robert Hindsman, Adult Programs Manager with Alliance Theatre Education.

Said Rodgers, "This piece was Broadway caliber. The world that was created right in front of our eyes was magical and unforgettable. I have truly never seen a production this amazing at JTF. I look forward to seeing what else they create the future. The group trust is amazing. The lifts that were created show so much trust within each individual."

Added Hindsman, "Smoke Rise Academy of Arts created a performance like I have never seen before. Their ingenuity and creativity on stage created moments that reinvented Aladdin. I can't imagine how many hours of rehearsal went into this performance. The lifts, stunts, and choreography were all perfectly executed and safe. They are doing some of the best work I've ever seen from young actors."

Called a "rousing celebration of theatre" by *The New York Times*, the Junior Theater Festival applauds and empowers young people and educators creating student-driven musical theater around the globe.

Smoke Rise Academy of Arts is a non-degree granting, non-profit institution offering high quality, professional instruction in music, dance, visual arts, and drama for over 30 years. Housed in the heart of the Smoke Rise community of Stone Mountain, Georgia, the Academy serves over 200 students from all over the metro Atlanta area, offering instrumental and voice lessons, dance and art classes, and theater arts to students aged 3–adult. Under the direction of Janet Chadwick and Greyson Chadwick, the drama department presents five productions each year for Young, Junior, and Teen drama students. Since 2020, a select group of auditioned students have participated in and earned trophies at the Junior Theater Festival.

Stand with Survivors Day at Georgia State Capitol

Members of the General Federation of Women's Clubs Georgia (GFWC) Stone Mountain Woman's Club attended the 23rd annual Georgia Coalition Against Domestic Violence Stand with Survivors Day. Attendees learned about human trafficking and modern-day slavery. Members joined other General Federation of Women's Clubs Georgia at the state capitol to talk to legislators about bills which will help victims of abuse and stalking. The Stand with Survivors Day brings together community constituents to speak to elected officials about legislation that affects intimate partner and sexual violence survivors, their families and communities.



Advocates addressed victim confidentiality, funding for programs, the definition of stalking and dating violence. Victims come from all walks of life and every community.

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Strands of Pearls

The Smoke Rise Elementary's Strands of Pearls Mentoring Group participated in their first community service project on January 20, 2024. The young girls prepared care packages filled with delicious treats and warm, comfortable blankets. The packages were delivered to the senior citizens at The Phoenix at Tucker Assisted Living located in Tucker, Georgia. This was a wonderful experience filled with joy and love. The Strands of Pearls Mentoring Group and the senior citizens look forward to a continued partnership next school year.



Smoke Rise Elementary's Strands of Pearls Mentoring Group



The Strands of Pearls Mentoring Group and the senior citizens look forward to a continued partnership next school year.

The Phoenix at Tucker Assisted Living

Fire at a Local Icon in Stone Mountain Village

By Barbara Luton, staff writer

For 50 years, The Village Corner German Restaurant & Bakery has filled Atlanta with authentic German flavors. This family-owned business delights guests with house brewed beers, delectable bakery items, and a warm, inviting atmosphere. From hearty schnitzels to freshly baked pretzels, The Village Corner offers a taste of Germany for all occasions.

The journey began in 1974 as Hilde's passion for baking and Claus's love for good food evolved from a hobby to a thriving commercial venture. A back room in Stone Mountain Village was rented by Claus and Hilde, where they commenced selling whole grain and sourdough breads throughout Atlanta. In those early days, they used local grains that were ground at the Grist Mill in Stone Mountain Park. Within a year, as demand grew, they relocated to a larger building in Stone Mountain, expanding their offerings to include pastries and European tortes.

To promote their breads, they initiated children's tours of the bakery. Each child was given a portion of whole wheat bread dough to knead, shape, and later bake, creating a hands-on experience to take home. This unique experience became a popular field trip for many kindergartners, including President Jimmy Carter's grandson and his kindergarten class. Their small cafe began as five tables were added to their retail space with an expanding variety of all-natural breads and desserts. The wholesale business continued to grow and expand in the greater Atlanta area and Athens.



The need for a larger space became apparent, leading to the purchase of a corner lot on James B Rivers Dr (Memorial Dr) in 1986. With the acquisition of the new space, Hilde and Claus shifted their attention to the restaurant aspect of the business. They introduced brunch and dinner services to broaden their offerings. The wholesale entity continued to thrive with area businesses reselling their breads and cakes.

Prior to the 1996 Olympics, the building underwent further improvements and expansions, featuring the addition of a tavern area with residential space above for Claus and Hilde. Simultaneously, their son, Carl, graduated with a culinary degree from Johnson & Wales University, and he took charge of the business, expanding both operating hours and the menu.

In 2013, when Carl took full control, he introduced the inaugural set of three beer tanks, providing customers with house-brewed options to complement the German cuisine. The offerings at Stone Mountain Brewery encompass tastings, growlers, and canned take-home packs.

The Village Corner was eagerly anticipating preparations for its 50th anniversary later this year. Unfortunately, a devastating fire on Sunday, February 4th has put these plans on hold until they can rebuild. Stay updated on the progress by following them on social media (IG: @thevillagecorner) and visiting the website (germanrestaurant.com). They look forward to welcoming everyone back for the grand reopening!

Heartfelt appreciation is extended to the loyal customers for their steadfast and unwavering support! Thank you to guest contributors, Hilde Friese and Kimberly Friese, for this information.



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ATTENTION GRADUATES, NEWLYWEDS, and HONOREES:


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

Email submissions to staff@smokesignalnews.com

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Easter...continued from page 1

oppression and affliction. Jesus used the Passover meal in the last supper to codify his life using what Jews call "the bread of affliction" a.k.a. matza to symbolize his life that sustains Christians on their journey to their promised land. It is beautiful symbolism and, as a Jew who has chosen to follow Jesus' teaching, is richly meaningful to me.

However, as we prepare for and commemorate these holidays, perhaps it is time to consider a slight twist on the question of whether we are redeemed? Both religious traditions emphasize we are, but the way we explain or attest to that has been steeped in ancient stories using language and metaphors that can seem strange today to some of us.

Perhaps it is time to flip the question to whether we are redeeming? Are we making a meaningful difference in the lives of those around us? Are we living with a servant's heart and living out that ancient "greatest commandment" that Jesus spoke when asked by that lawyer some 2000 years ago. Both faith traditions cherish it as they should. It comes from Deuteronomy 6 verse 4: "Love the Lord your God with all your heart and with all your soul and with all your strength." This gets extended to loving our neighbor and we have many admonitions from the sayings of Jesus that extend this to our enemies.

What is the end goal of all this? Is it just to be obedient to our calling? Perhaps this loving our neighbor offers those in our life something they otherwise might have found elusive: the sense that someone cares about them and wants them as neighbors.

The current world situations can push us to withdraw from community. Our younger generation is more depressed today than ever and suicides are up. The daily news tends to fuel fears and anxieties. We each can make a huge difference in the lives around us if we focus on how we can help, even if it is only to stop, listen, and try to better understand their situation. We are not accountable for fixing all the things that are wrong around us. We are only asked to love our God so completely that it redeems those around us with our presence.

As we enter the Easter season and in March celebrate Passover, I encourage everyone to use this time for reflection and assessment of how well we are each contributing to the betterment of our families, our neighbors, our community, our country, and world.

Sadie's Ladies at Smoke Rise Baptist Church hosts poet Victoria Crosby

Victoria Crosby entertained the Sadie's Ladies' Woman's Circle at Smoke Rise Baptist Church with her humorous and inspirational poetry. Brenda Dugger introduced Ms. Crosby whose poetry has been published in newspapers and magazines in New York, California and Georgia and read on several radio stations she hosted in New York.

After the performance, Connie Henry, who is a Deacon at the church said; "I loved all the poems you chose to read. Great job!"

Sadie's Ladies meet once a month on the first Monday at 1.30 p.m.



Victoria Crosby and Brenda Dugger

Marjorie Foster...continued from page 1



to trade with China and mills all over Georgia shut down, causing many small towns to crumble. The industry collapsed.

Ms. Marjorie second and more enduring love was painting. Painting was a joy and a comfort as a young child because her father was overseas during World War 2. She loves it now in her latter years because it still gives her purpose and pleasure. Her studio is simple but effective. She can be found there up to 5 days a week painting for hours. Much of her art work (and her husbands) is displayed on the walls of her home. Her paintings are drawn from nature, simple photos and slides. Her sons sat for life sized portraits as did other family members. A recent painting of her parents was painted from a very small photo of their wedding. Her son says she relies on a magnifying glass

to study the detail. The detail was amazing.

Ms. Marjorie told me several times that she loves the smell of oil paints. It is evident by her prolific number of paintings... all in oils. Her award wall is full of first, second, best of show and honorable mention ribbons. While she says her style has changed some over the decades, flowers, lighthouses, barns and portraits are her favorite subjects. Her full portfolio listing of paintings was eleven pages long with more than 50 paintings per page. Each painting is carefully categorized and listed, so she knows where all but two reside now. Ms. Foster remarks: "art is still alive and well-- come see my studio and smell the oil paint!"



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NEWS YOU CAN USE

By AvivA Hoffmann

QR Codes: Convenience with Caution

QR codes have become ubiquitous in our daily lives. Standing for “quick response”, these seemingly simple configurations of black and white dots and squares are akin to a barcode on steroids. Unlike traditional barcodes that encode information only horizontally, QR codes do so both horizontally and vertically, enabling them to hold more than 100 times the information!

Chances are you’ve used a QR code to access a restaurant menu, pay for parking, or gain entry to events like concerts or sporting matches. Their versatility has contributed to their widespread popularity. However, amidst their convenience lies a lurking danger: scammers are exploiting QR codes to deceive and steal personal information.

Recent news reports have highlighted instances of scammers replacing legitimate QR codes on parking meters, and other public locations, with their own malicious versions. Beware of stickers placed over original QR codes or any signs of tampering, such as misspellings or discrepancies. Exercise caution when using QR codes for payments, particularly in public areas. Always verify the website’s URL before entering payment information or seek assistance from a server, if you’re in a restaurant.

Additionally, crafty crooks may send QR codes via text or email, providing false reasons for you to scan them. Here are some common tactics scammers use:

- Fabricating stories about delivery problems and urging you to contact them to reschedule.
- Claiming issues with your account and requesting confirmation of your information.
- Alerting you to suspicious activity on your account and prompting you to change your password.

These lies are designed to instill urgency and compel you to scan the QR code without hesitation. However, doing so could lead you to a spoofed website that appears authentic but is designed to steal your information. Alternatively, the QR code may install malware on your device, compromising your data without your knowledge.

So, what can you do?

- If you see a QR code in an unexpected place, inspect the URL before opening it. Check for misspellings or altered characters that may indicate a spoofed site.
- Don’t scan a QR code in an unsolicited email or text message — especially if it pressures you to act immediately. When in doubt, use a verified phone number or website to contact the alleged sender.
- Protect your phones and accounts. Keep your phone’s Operating System (OS) up to date to thwart potential hackers. Additionally, protect your online accounts with strong passwords and multi-factor authentication.

If you’ve entered sensitive information into a fake QR code, take immediate action to protect yourself. Change passwords, secure online accounts, and consider using a password manager and enabling two-factor authentication. Set up fraud alerts and credit freezes with major credit bureaus, notify your bank and credit card company, and watch for signs of identity theft.

Scammers hide harmful links in QR codes to steal personal information

- Inspect the URL before clicking
- Keep your phone’s OS up to date
- Use strong passwords and multi-factor authentication

FEDERAL TRADE COMMISSION



This is a legitimate QR Code for Smoke Signal News:

Stop “Shoulding” Yourself & Others, Too

By Amber Voss

As I find myself awake at 4 am, my mind is consumed by the concept of “shoulding” and its recent prevalence in my life. I can’t help but reflect on the times I’ve imposed “shoulds” on others, as well as on myself. It’s a bitter pill to swallow, but discussing being “shoulded” requires acknowledging my own participation in this behavior.

“Shoulding” often masquerades as well-intentioned advice from others who believe they know what’s best for us. While their intentions are well-meaning, their unsolicited guidance often proves unhelpful, burdening the receiver with feelings of overwhelm, doubt, and a spiral of second-guessing.

It’s one thing to offer advice when asked, but unsolicited advice often fosters feelings of shame, judgment, and insecurity in those on the receiving end.

The same holds true for self-imposed “shoulds.” For instance, when we tell ourselves we “should” be productive instead of allowing ourselves the rest we crave, we undermine our own well-being. It implies a lack of self-trust and perpetuates the notion that we’re not good enough as we are. That we aren’t deserving of rest.

When we impose “shoulds” on ourselves or others, we’re not truly being helpful. Instead, we sow seeds of doubt that can spiral out of control. We second-guess our choices, wondering if we’ve made the right decision and fretting over what others might think.

Rather than imposing “shoulds,” what if we simply listened and held space for our own or others’ processing of a situation? What if we offered empathy instead of unsolicited advice?

It’s crucial to remember that we only ever see a fraction of the whole picture. We lack full insight into the countless options that others have weighed before making their choices. Trusting that they acted in their best interest and that they know themselves better than anyone else can alleviate the urge to impose our own judgments.

I often remind my yoga students of this in class: trust yourself. No one knows you better than you do. You are your own best guide and teacher. You know what is best for you.

Life is challenging enough without adding unnecessary “shoulds” to the mix. Let’s strive to listen from the heart, extend empathy, and be kind to ourselves and others by refraining from “shoulding.” Let’s liberate ourselves from the endless lists of “shoulds” and embrace the freedom of self-trust and compassion.

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HEALTH NOTES:

**Acetaminophen versus NSAIDs:
How to Use Pain Relievers**

By Patricia Baumann, MD



The title of this article should be Tylenol versus everything else. You can safely take Tylenol (acetaminophen) at the same time you take nonsteroidal anti-inflammatory drugs (NSAIDs). These two drug classes work differently in the body. There is a product out now that combines ibuprofen (Advil) and acetaminophen (Tylenol), Advil Dual Action. Acetaminophen and NSAIDs have different mechanisms of action, different side effects, and different recommended doses. If you are having trouble controlling your pain, you SHOULD take Tylenol and an NSAID at the same time. You CANNOT however take two NSAIDs together, at the same time, as you will have problems with side effects and toxicity.

Tylenol is the brand name for the generic drug acetaminophen. Tylenol is a very effective drug, and should not be underestimated. It works by blocking off pain signals in the body, and is effective for any type of pain.

It is important when using Tylenol to take it at an effective dose. Acetaminophen (Tylenol) can safely be taken at a dose of 1000 mg three times a day. That's two tablets of extra strength Tylenol three times a day. Acetaminophen is generally considered safer than other pain relievers. However, if you take more Tylenol than recommended, it can cause liver toxicity. You should not take Tylenol if you have severe liver disease.

NSAIDs are a totally different drug class from Tylenol. The drug category NSAIDs includes common nonprescription drugs such as aspirin (acetylsalicylic acid), Advil (ibuprofen), and Aleve (naproxen). Prescription NSAIDs include indomethacin (Indocin), sulindac (Clinoril), piroxicam (Feldene), and Toradol (ketorolac). There is a class of prescription NSAIDs called Coxibs, that is easier on the GI tract and kidneys. Celecoxib (Celebrex) is the only Coxib available in the US.

NSAIDs are good for pain due to inflammation and swelling, such as arthritis. NSAIDs cut down on inflammation by preventing the production of a hormone that causes inflammation. Any pain that is caused by inflammation is effectively treated by NSAIDs.

NSAIDs can cause serious stomach and kidney damage. These side effects occur especially if NSAIDs are taken at a higher dose than recommended. When using NSAIDs, be sure to get out your reading glasses to check the recommended dose. Just because a drug is over the counter does not mean you can take as much as you want! People with existing kidney or stomach problems should avoid NSAIDs. NSAIDs also inhibit platelets, which are essential for blood clotting. People on blood thinners should avoid NSAIDs. NSAIDs can increase risk of heart disease and high blood pressure. They usually do not cause liver damage.

There are also dietary supplements that can provide relief from inflammation, including arnica, turmeric, and bromelain. Don't combine turmeric with NSAIDs as it could increase the risk of bleeding.

Hidden Talents of our City Council

By Susan Gilbert, Staff Writer

In January, Merle Westbrook, Artistic Director of Tucker's Main Street Theater, contacted Tucker Mayor Frank Auman and the City Council with an unusual request: would councilmembers consider making a guest appearance in the upcoming show, Murder Mystery Dinner, Murder at the Bake Off?

While a special casting call for public speakers with dramatic flair is not something that councilmembers expect in their roles, Roger Orlando Tucker City Councilman from District 1, was quick to volunteer his theatrical talents to the February 18th performance. Given Roger is a well-known and experienced trial lawyer, he was granted just a 10-minute rehearsal as opposed to the usual 30-minute practice session required for audience members in guest roles. Playing Diego, the support parrot, Roger sat on his perch and marveled at the fine group of performers assembled around him, and as rehearsed, he delivered his lines with perfection.



Roger Orlando, Tucker City Council District 1 - Post 1 council member

If you are not familiar with the Main Street Theatre, their mission is to produce superior theatrical experiences that entertain and connect Tucker community with the arts and with each other. Their vision is to be a successful and exciting community theatre company that:

- Enhances cultural activities in and around Tucker and the surrounding communities.
- Encourages people of all ages to get involved in the arts.
- Brings the diverse community of Tucker together.
- Creates a theatrical destination outside of Atlanta.

All five February performances of the murder mystery were sold out and a fifth show added for March 3, which quickly sold out as well. However, you can stay updated about upcoming performances on their website www.tuckertheatre.com.



NETworks is a cooperative of churches in Northlake, Embury Hills, and Tucker. Learn more at Facebook.com/networkscooperative/ or Networkscoop.org.

Location: 4296 Cowan Road, Tucker, GA 30084
Hours: Wednesday, Friday, and Saturday from 10 a.m. – 1 p.m.
Phone: 770-939-6454

NETworks has Counselors; Can help those who qualify to pay rent; They have work training programs, parenting skills help, food, diapers, clothing. It is a great place to DONATE, VOLUNTEER, or send those in need of services! The facebook page has many interesting posts about housing, food insecurity and MORE.

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Out the Window *Article and Illustration by Beth Henson*

New Birdhouse

Glancing out the kitchen bay window, I laughed at the subtle swing of my busy new bird feeder hanging on the tall, black shepherd’s hook. It had been a thoughtful Christmas gift from one of my daughters who knew about my not-so-secret, obsession with birds. The lovely wood structure had two sturdy perches and a wide seed tray that would accommodate even the largest of my feathered friends. To my surprise, nestled behind the ample tray was a state of the art, tiny motion-sensor camera. With the help of our household WIFI, every bird visit was now being recorded on my phone.



The wren bird

I was amazed to see that the feeder was being visited over a hundred times every day! I soon found myself turning off the notifications noise on my phone which was constantly “dinging” with guests. My diners ranged from tiny wrens and warblers to larger, noisy woodpeckers. Mr. and Mrs. Kinglet liked to flutter in several times a day for a snack. Even the shy bluebirds were big fans but tended to eat backwards giving me a not-so-great view of their tail feathers. Yikes!

Enjoy the new feeder my lovely friends and smile, you’re on camera!

Come One, Come All, Let’s Play Pickleball!

In the United States, pickleball has seen astonishing growth over the past few years, experiencing a dramatic rise that solidifies its position as the nation’s fastest-growing sport for the third consecutive year.

Originating in the pacific north-west in 1965, this blend of ping pong, badminton, and tennis has grown to an estimated 36.5 million enthusiasts by 2023, a substantial leap from 8.9 million in 2022.



Particularly popular among younger adults (18-34 years), who form 29% of the nationwide player base, pickleball has seen an average participation growth rate of 158% over the past three years.

There are currently more than 10,000 pickleball courts in the US, with California, Florida, and Texas hosting the most locations. Right here at home, the Smoke Rise Country Club (SRCC) has converted several tennis courts for playing pickleball and invites members and the community at large to come join the fun.

Beginning on Monday March 11th, the SRCC is offering a 6-week evening round robin doubles pickleball league from 6:30 p.m-8:00 p.m. While not for beginners, it is designed for players at the 2.5 - 3.5 levels.

The cost to participate is \$60 for members, \$72 for non-members. Players will enjoy lots of matches against different players each week, and you don’t have to show up every week. Contact Jim Richards at SRCC for more information. His email is JRichards@smokerisecc.com.

The Retirement Sundial

By Joel Gilbert, Staff Writer



I have always admired the ancient simple clocks people used, to tell how the day was progressing. However, now that I have retired, I notice that another simple device has emerged as my timekeeper, a seven-day pill box.

Pill boxes remind me of a conversation I had more than 20 years ago over breakfast at my business partner’s Florida home. He and his wife, who were twenty years my seniors, had a lovely wooden bowl in the center of the kitchen table containing a menagerie of pill bottles. They used their early morning meal as their ritual time to take all their necessary medications.

He made a comment to me that someday, we would face a similar fate of having numerous prescriptions to keep up with, and he was right. Over time, one was added for this and another for that and soon, I turned to a weekly pill container to keep up with it all.

The bright spot in all of this is I am finding an unexpected collateral benefit of using this simple plastic container with the days of the week embossed on the lids. It is the surest way of knowing the day of the week. My wife, also retired now, sometimes asks, “What day is it?” I can respond with pill-box-powered confidence.

According to the adage, the first thing to go is your memory ... and I forget what comes after that!

techtalk by Susan Gilbert

Lurking Nearby: Second Leading Cause of Lung Cancer

While smoking remains the number one cause of lung cancer deaths, inhaling radon is the second! The combination of the two increases the risk of developing lung cancer by a factor of ten. Given homes in Dekalb and Gwinnett have some of the highest radon levels in the country, this topic is worth some consideration, especially for smokers.

As you can see on the UGA Extension Service Radon Map, 15% to 21% of Dekalb County homes tested exceed safe levels (4 picocuries/liter), and in Gwinnett, those numbers rise to 22% and 28% of tested homes. Several northern counties including Bartow and Jackson reach

some of the highest levels where more than 36% of homes tested were positive. The average across all tested US homes is 15%. Radon is present outdoors as well but at such low levels (.4 picocuries/liter), it is not considered a health concern.

So, what is radon? It is a colorless, odorless, radioactive gas that forms naturally from the decay of radioactive elements, such as uranium, which are found in varying amounts in soil and rock throughout the world. Radon gas in the soil and rock can move into the air and seep into our homes through cracks in floors or walls; construction joints; or gaps in foundations around pipes, wires, or pumps. Radon levels are usually highest in the basement or crawl space because they are the closest to the radon source. Therefore, people who spend much of their time in basement rooms at home or at work have a greater risk for being exposed.

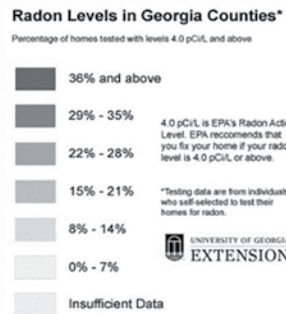
When we purchased our Kanawha home in 2016, we used a \$20 test kit from the hardware store to measure its radon level. Seeing the results in the earth-bermed lower level were higher than the 4 picocuries/liter guideline, we had a radon remediation company install a system that keeps a positive air pressure on the house, which keeps radon-laced air from entering. As long as the blue water level in the two connected cylinders are at unequal heights, the pressurization is working.



We used a company called S.W.A.T (888-286-2822). They say the typical range for a mediation system runs between \$1,200 and \$1,500. In our experience, it takes no maintenance beyond keeping an eye on the water levels to make sure the fan that creates the pressurization is running. Swat recommends getting a DIY test kit from a hardware store or online every couple of years to be sure radon levels are below the 4 picocurie/liter level.

So there you have it. One more health concern to address, especially important to anyone who smokes.

Georgia Radon Map



Georgia Iris Society Meeting
SATURDAY, MARCH 9, 2024
2:00 PM
St. Bartholomew Episcopal Church
1790 Lavista Road, NE
Atlanta, GA 30329

“Introduction to Iris and 10 Surprising Secrets to Growing Beautiful Iris” will be the presentation by Gerald Johnson, GIS member on Saturday, March 9, 2024 at 2pm at St. Bartholomew Episcopal Church, 1790 Lavista Road, NE, Atlanta, GA 30329. Join us for beautification, education and recreation. Our meetings are free to the public and all are welcome.

For more information, contact Quill Duncan (770) 414-4766.

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Mountain Mums Garden Club Updates

By Maureen Fraser

Mountain Mums Garden Club members enjoyed a “heart-themed” luncheon at the home of Marian Fetzek on Valentine’s Day. Jean Weathers shared the history of Valentine’s Day as an inspiration to open the meeting and reminded everyone that “red roses” are generally associated with Valentine’s Day because there is a link between romance and the red rose in ancient Greek mythology. The flowers were sacred to Aphrodite, the goddess of love. Since then, different colored roses have come to symbolize feelings other than love: Blue – mystery; White – innocence or purity; Black – death; Yellow – friendship/happiness; Pink – appreciation/grace and Orange – passion. There are also different meanings based on the number of roses given.

Following the inspiration, Jim Mines enlightened everyone on the subject of “Outstanding Orchids.” Jim, who is an Ornamental Pathologist/Consultant and owner of Rose Gardens of Atlanta, is one of the club member’s favorite speakers. He began his presentation informing members about “Outstanding Orchids” basics and then proceeded to



Connie Henry, hostess Marian Fetzek, Lynn Malone, Jean Weathers, Maureen Fraser and Beth Henson

answer questions about azaleas, roses, ferns, fertilizing and much more.

Everyone was reminded that the 2024 Tucker Annual Walk to Remember was postponed due to inclement weather in January to Saturday, Mar. 16 at Smoke Rise Baptist Church beginning at 9:30

am. The public is invited to participate in the walk, which is held to recognize and honor young drivers who were lost too soon in car accidents. More information is available on the Tucker Walk to Remember Facebook page.

Mountain Mums Garden Club members have chosen two members to honor this year based on their past and ongoing contributions to the club. They are Connie Henry and Jean Weathers, who will receive their Life Member pins at the DeKalb Federation of Garden Club’s Life Membership Meeting and Luncheon to be held at Callanwolde Fine Arts Center later this month.

The next meeting will be held on Mar. 13 at the home of Marsha Smudde. Contact Mary Jacobson, Membership Chair, for more information on joining or visiting a meeting at mjacob1010@gmail.com.

Smoke Rise Garden Club Updates

Our February 2024 meeting was held at the home of Usha Ramakrishnan with co-hostesses Peggy Clegg and Paula McEvoy providing the refreshments.

Our speaker was retired riverkeeper and author Sally Sierer Bethea. She was one of the first women in America to become a “riverkeeper” - a vocal defender of a specific waterway who holds polluters accountable. She discussed her memoir, *Keeping the Chattahoochee*, where she tells stories that range from joyous and funny to frustrating -- even alarming -- to illustrate what it takes to save an endangered river. The chapters in the book start with tales of the regular walks she took through a forest to the Chattahoochee during the pandemic over the course of a year. She shared with us her wildlife and horticultural finds and stories of her adventures tracking pollution to its varied sources.

For two decades, Sally worked to restore and protect the Chattahoochee, which provides our drinking water in DeKalb and other metro counties, and recreation to millions of people, habitat for wildlife, and water for industries and farms. The work continues, and Smoke Rise Garden Club is a long-time supporter of the Chattahoochee Riverkeeper. Members track environmental issues with the help of the Chattahoochee Riverkeeper and the Georgia Water Coalition. Having clean water is a basic human right and the people, wildlife and communities of the Chattahoochee watershed are better for the work, passion and commitment of Sally, the staff at Chattahoochee Riverkeeper, and its supporters.



SRGC president, Victoria Crosby, and February speaker, Sally Sierer Bethea

Our club meets on the first Monday of the month September through May at 7:00 p.m. in a member’s home. If you are interested in joining us for a meeting, please contact Gina Dilley at ginadilley@gmail.com.

Morning Glories Study Petite Floral Designs

By Quill Duncan

February’s meeting was a colorful presentation by Anna Burns of a wide variety of petite designs that will be showcased in our April 9th Small Standard Flower Show. Anna Burns is a National Garden Clubs Master Flower Show Judge and a Garden Club of Georgia Basic Design Instructor. Anna brought several designs as examples to show the club members how proportion and material interact to create a pleasing design. There are many techniques that can be utilized to draw the eye to the heart of the design and fill the allocated space. Petite designs can feature dried plant material or fresh horticulture. No artificial silk or plastic plant material is allowed for the show. Scale is critical to the petite design’s success and Anna offered several examples of how to work within the correct ratio. Her instruction was perfectly timed for our upcoming flower show.

The flower show’s theme is “It’s All About The B’s” and features a flower show schedule, horticulture, petite designs in two categories and two educational exhibits. The club will host a floral workshop in March for members to practice making petite designs and techniques



for grooming horticulture for the show. National Garden Club horticulture cards will be completed on every entry per the flower show guidelines. Club members will be participating on many levels to create this fun and exciting show.

In other club news, member Dolly Moy was honored as a Life Member of the DeKalb Federation of Garden Clubs at the February meeting at

Callanwolde. This meeting was a long tradition in the DeKalb Federation and was a way to recognize the many club members who have volunteered in many capacities during their time with their clubs. Dolly gives our horticulture reports at each meeting, volunteers at Callanwolde’s garden and volunteers at the Yellow Daisy Flower Show each year. She is always happy to help, and we are pleased to recognize her. Ten people from five clubs will be recognized at the ceremony followed by a luncheon.

Our March meeting will be the installation of our new officers and will be held at Park Springs. If you are interested in our garden club’s many activities including the upcoming flower show, please contact President Janet McGinnis at (770) 939-8878.

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

Food & Home Fixin'

by Joyce Ray

Spring is upon us! It is time to give our homes that deep clean beyond the weekly chores. It involves not only cleaning and sanitizing but also clearing out clutter in cabinets, drawers, closets, and garages. Winter coats and clothes are stored away, homes are opened wide to invite fresh air in and furniture, rugs and drapes are given a new freshening to take out stale odors and stains.

This is a great time to have carpets and rugs shampooed, HVAC ducts cleaned and especially, your clothes dryer ducts cleaned. James Davidson of Breathe E-Z Air Duct and Carpet Cleaning gave the statistic that over 15,000 fires are caused by clothes dryers each year and one-third of these are caused by lint buildup in the dryer vent system. Even though you might keep your dryer filter clean, lint particles still accumulate in the vent and prevent air flow. This causes the heating element to overheat and create a static charge that can spark a flame.

If it has been years since your upholstery was cleaned a professional cleaner can help bring new life to it. For those stains that you have lived with since football season, James Davidson offered some tips for tackling that chore:

First, you need to know the fabric content. Newer furniture will have a cleaning tag with codes that indicate how the fabric is to be treated. Natural fabrics such as cotton, linen and rayon/viscose will not react well if water is used. In fact, the water can cause a bigger stain. Synthetic fabrics like polyester, polypropylene and olefin can be cleaned with water but in limited amounts such as with a spray bottle. If a tag is missing or your furniture has been reupholstered, you can use the burn test from a tiny amount of fabric pulled from an inconspicuous place under the chair or inside a cushion. Lay the material on a fireproof area, such as a sheet of aluminum foil. Light it on fire and let it burn completely. If the fiber burns to ash, it is a natural fabric. If it melts into a plastic bead, it is a synthetic blend.

Spring is also a good time to put new batteries in your smoke detector and to go through your medicine cabinet and throw away outdated or unused medications. The Smoke Rise Morning Glories Garden club project for the year is the recycling of prescription drug bottles. The club collects and donates them to the Lifeline Animal Project Rescue Center, and they are used to dispense medications for injured or sick animals. Call me if you would like to participate in this recycling program.

As you declutter this spring, enjoy this delicious salad recipe from Amber Voss, our Smoke Signal ad coordinator. It will be a spring favorite as a compliment to your meal or served with your favorite greens for a complete meal.

Tuscan Artichoke Salad

Salad Ingredients

- 12 oz jar marinated artichokes, drained
- ½ cup roasted red peppers, drained first then diced
- 1 15 oz can of chickpeas, rinsed and drained
- 1 cup cherry tomatoes, halved
- 1/4 cup red onion, thinly sliced

Herbed Vinaigrette

- 1/3 cup olive oil
- 3 TBSP red wine vinegar
- 1-2 garlic cloves, finely chopped (or ½ TSP dried)
- 1-2 TBSP fresh basil, chopped (or 1.5 TSP dried)
- 2 TSP fresh oregano (or 1 TSP dried)
- Salt & Pepper to taste

Instructions

- Whisk dressing ingredients together and season with a generous pinch of salt and pepper. Feel free to substitute another vinegar if no red wine is available. Some prefer a sweeter dressing. You may add 2 TSP of maple syrup or honey if you prefer.
- Arrange the salad ingredients in a large ball. Drizzle and toss with vinaigrette dressing until coated. Taste and adjust seasoning if needed.



For the Love of Food

The 2024 Tucker Restaurant Week saw over twenty local restaurants participate. Food enthusiasts were treated to special prices and/or newly created menu items throughout the event. Under the theme "Eat. Drink.Support Local" the event, now in its 4th year, is hosted by the Tucker City Council, Discover DeKalb.

Beth Henson, Connie Peavy Henry, Maureen Fraser and Gaye Auman at Local 7 restaurant

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