



INTUCKER

MARCH 2023 | VOLUME 7 | ISSUE 3



THE BUSINESS WOMEN OF TUCKER

CHANGING THE FACE OF MAIN STREET

EDITOR'S NOTE



The third annual Tucker Restaurant Week was a huge success. Thank you to our Mayor, Council and so many residents for

participating and posting on social media. We launched the inaugural Tucker Fit Week on February 27 with a ribbon cutting to celebrate the completion of the first segment of the Tucker Trail just behind Main Street.

March is the month of new growth and the start of spring. The City is excited to announce the first major step in standing up a new Public Works department with the approval of the contract with Lowe Engineering to provide management services. You can read more in 'From the Mayor' about the amazing professionals that are earmarked to stand us up right starting this month.

You may notice that this month is missing an article from our Police Liaison with DeKalb County Police Department. The recent months have been busy with reorganizing within the precinct and meeting our new leaders. We hope to have the feature return next month for official introductions. In the meantime please make sure to follow the DeKalb County Police Department on Facebook for timely updates and events like Coffee with a Cop and Major's Night Out.

As always, our back cover is dedicated to upcoming community events. This information is fed by submissions for the community calendar on our website. If you have a community event coming up please visit our website, read the submission guidelines and submit with a flyer or photograph. Tucker is a busy and charitable city and we want everyone to be able to support each other's events and growth.

See you on the Trail!

SONJA SZUBSKI
INTUCKER EDITOR

IN THIS ISSUE



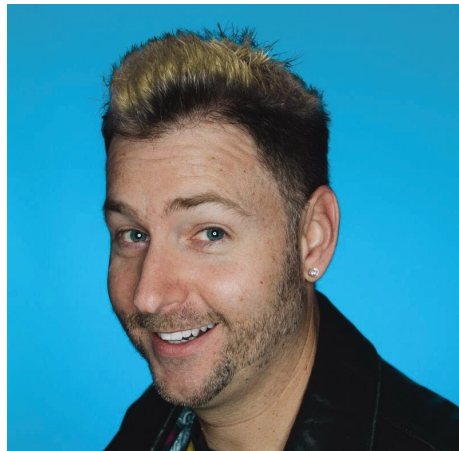
ON THE COVER

Main Street boasts seven women-owned businesses. Read in-depth about three of the newest to take a chance on Tucker on page 6.



TEAM TUCKER

Get to know one of Tucker's engineers, Jack Smith on page 10. Jack started out as an intern and we just couldn't let him go!



CITIZEN OF THE MONTH

Take a peek on page 8 to learn about a local father, sports fanatic and a passionate videographer and how he funnels his passions into good works for the community.



FIT & FUN IN TUCKER

Check out all that our amazing Parks and Recreation Department has to offer our senior community on page 14 and our upcoming community events on page 15.



INTUCKER

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From the Mayor

PUBLIC WORKS UPDATE

In November of last year, Tucker citizens voted overwhelmingly to authorize the City to assume responsibility over stormwater and road maintenance. In doing so, we also voted to allow an increase in the millage rate cap from 1 mil to 3 mils in order to pay for these services (or course, your tax bill will reflect reductions in the corresponding line items). We don't expect to use the full 3 mils, but it gives us some room in case current inflationary increases continue. The City's actual millage rate and the fee for stormwater services will be set during our budget process over the next few months. Taking on new services, taxes and fees is not something we take lightly. These are big jobs with a lot of money at stake, and we are grateful for your confidence in us.

As we covered in publications and public meetings in the months leading up to the referendum, there are multiple steps we need to take to stand up the Public Works department and I'm happy to report the first one was approved in the first Council meeting of February. The City conducted our normal bid process, this time advertising a Request for Qualifications (RFQ) to manage the new department. This kind of request allows the respondents more latitude than usual to provide guidance on how they would implement a new department instead of just pricing for a proposal we specified. To review the proposals we received, we put together a selection committee made up of two Council members, Anne Lerner and Cara Schroeder, two expert residents with extensive engineering and public works experience, our City Manager, Deputy City Manager, City Attorney, and myself. I am grateful to the committee for their dedication and time to this process. It was complex, and we took our time, spending many hours in analysis and discussion. In the end, the committee recommended the contract be awarded to Lowe Engineering and the Council approved the contract to start March 1. Lowe has named Ishri Sankar as our Public Works Director and Jeff Mueller as Deputy Director. Both bring to Tucker an incredible amount of expertise and experience in standing up a Public Works department, and we look forward to introducing them to you soon.



The Council and I also awarded another very important contract at the February meeting that we had talked about last Fall. This one is to develop an inventory and assessment of every stormwater facility we'll be inheriting. DeKalb is an old county, with lots of infrastructure in the ground, and it comes as no surprise that many of the records and maps are inaccurate or missing altogether. So, as promised, we awarded a contract to perform a Stormwater Inventory & Condition Assessment, and this one went to Atlas Engineering. This is integral to our understanding of what will be ours to maintain and provide planning guidance for the future both in maintenance and improvements. Atlas has named Alan Chapman as the project manager and he brings decades of experience in both private and public practice.

The next few months will be busy with building the new budget for July 1, which will include these services for the first time. We invite you to attend the various Council and other public meetings and hearings. We'll also do our best to keep you informed as each decision is made and implemented. You can always follow us on Facebook, Instagram, LinkedIn, Nextdoor for updates, but as always, our website is always the most complete source for all information.

**FRANK AUMAN
MAYOR**

City Council Update



DATES TO KNOW

March 1

Traffic Court

March 6

Downtown Development Authority

March 7

Zoning Board of Appeals

March 8

Traffic Court

March 13

- City Council Meeting
- University of Government Affairs Tucker

March 15

Environmental Court

March 22

Bench Trials

March 27

City Council Work Session

Tucker's Mayor and Council met for the regular scheduled meeting the second Monday of February and called to order at 7 p.m. The meeting opened with Girl Scout Troop 18523 in attendance to lead the Pledge of Allegiance. The consent agenda was amended and unanimously approved to remove and amend the minutes for the work session meeting on January 23, 2023. Two amendments to those minutes were proposed, one was approved with a 5-1 vote and the other failed with a 3-3 vote. The minutes were then approved 6-0 with the single amendment.

An update on Tucker's Downtown Development Authority was presented during Staff Reports. The new logo for the Tucker DDA was revealed.

In Old Business there was a second read and approval of an ordinance to amend the City Code Chapter 4 Alcoholic Beverages relating to Home Brew Event Permitting. The ordinance was adopted with a unanimous vote.

Following in New Business was a handful of contracts brought forth to the Council and Mayor and all approved unanimously. First was a contract award to Lowe Engineering for the management of Public Works maintenance. The second contract was to award Atlas Engineering for a Stormwater Inventory and Condition Assessment. Next up were contracts for pool maintenance and lifeguard staffing services. The last contract for the night was an award to POND for the Lawrenceville Highway Zoning Code study.

The meeting closed out with a first read for the proposed amendment to the International Building Code and design professional requirements and followed by a resolution and reappointment of two members of Planning Commission which was approved 6-0.

The meeting was adjourned at 8:13 p.m.

The Mayor and City Council meet every second and fourth Mondays of the month in the Council Chambers at City Hall, 1975 Lakeside Parkway, Suite 350B, Tucker, GA 30084.

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nextdoor

CITIZEN OF THE MONTH

SCOTT HARTMAN



One of my absolute favorite things about Tucker is the tremendous amount of community and civic involvement from our citizens. Scott Hartman's dedication to the City of Tucker and his volunteer work exemplifies his commitment to making Tucker a better place and is worthy of recognition of Citizen of the Month.

Scott grew up just down the road in the Lakeside area and spent many of his formative years in and around Tucker. After attending UGA and a short stint working and living in middle Georgia, he and his wife were looking for a place to call home and could think of no better place to put down roots and raise a family than Tucker.

When his daughter, Shelby, attended Midvale Elementary, both Scott and his wife became active in the PTA and volunteered to help with a number of school-sponsored events and activities. Sensing young Shelby had an interest in sports, Scott knew that the local rec soccer league at TYSA would be a perfect introduction to team sports. I was privileged to be Shelby's first coach in the U6 league, but I was even more privileged to have had Scott volunteer as an assistant coach once he saw how much work it took to keep a dozen five-year-olds engaged and organized on the field! Nearly 8 years later, Scott can still be found running up and down the sidelines at TYSA coaching his girls' teams and recently he was also named

the Junior Varsity coach for Tucker High School's girls soccer team. His passion for the sport is evident, but the dedication he gives to help mold young people into future leaders is admirable.

Scott has also generously donated his time and talent to Tucker's local community theatre, Main Street Theatre. Shortly after the theatre's founding, Scott helped with some promotional video work for an upcoming play. Leaning on his professional experience in video production, the numerous projects he's worked on with Main Street Theatre have helped to elevate the theatre's brand. His videos have received considerable praise from MST's patrons and fans, but they have also received national recognition, including a Telly Award for his work on a video trailer for "Sanders Family Christmas."

I'm proud to have called Scott a dear friend for many years and it's been a privilege working with him, and seeing his continued involvement as a volunteer throughout the city. Tucker is fortunate to have such a committed citizen in its corner and someone who is absolutely worthy of being the Tucker Citizen of the Month.

Nomination by Brian Chambers

BUSINESS BOOM

by Jacki Moffo, Economic Development Manager



THE WOMEN-OWNED BUSINESSES OF MAIN STREET

Every year the City of Tucker takes time to reflect on and honor Women's History Month by learning more about the women-owned businesses that call Tucker home.

This year we are highlighting some of the newest women-owned businesses of Tucker's Main Street! Tucker is proud to share that Main Street currently boasts seven women-owned businesses ranging from events centers, retail, and pet services to bakeries and wine shops.

Cakes Castle, located at 2319 Main Street, opened its doors in November 2022. Owned and operated by Patricia Martin, it is an international bakery specializing in creating different cakes from countries around the world. With humble beginnings as a home-based business, Patricia decided to look at opportunities

closer to home and fell in love with the energy and community of Tucker's Main Street. "I've always liked Tucker, I felt a sense of community here. The businesses on Main Street seemed to work together and support each other."

Cakes Castle specializes in connecting people with their native desserts and bringing tastes from home. Something that Patricia is passionate about as an immigrant from the Bahamas. Patricia's history has greatly influenced her path to today, "even as a child I would always make and sell stuff, so I knew entrepreneurship was in my blood. Growing up I remember watching my mother having several businesses – that really inspired me." As a woman-owned business, Patricia has gained specific skills that have helped her through the tough times, sharing "as women, we have a lot of other



Patricia Martin - Cakes Castle.



Veronica Dalzon - Munster Cravings

'stuff' that goes on with us – we are mothers, wives, aunts, confidants, all these things we must deal with and still run our businesses. These challenges teach us perseverance, and that the buck stops with us." For new entrepreneurs or women-owned businesses Patricia has these words of wisdom, "don't get discouraged. You will have people who will try to compare you to others and be 'nay-sayers', but you must push through and be true to yourself, and your dreams."

Munster Cravings may be new, but owner Veronica Dalzon is not a new member of our community! Veronica is a Tucker resident "since forever" and is an alumna of Henderson Elementary and Smoke Rise Middle Schools. She started Munster Cravings in 2019 at the Tucker Chili Cook-Off. Serendipitously, where her booth was then is now directly in front of her Main Street location today! "For me this is a full circle moment because I'm back in the space I want to be – I have always envisioned having my business in Tucker."

Veronica is self-taught, and her Munster Cravings specializes in handcrafted, from scratch, gourmet cookies. Opening her first location at the height of the pandemic has been Veronica's largest entrepreneurial challenge so far. To get through the hard times, Veronica shared some words of wisdom from her lead baker Cassie, "you'll never have to live this day again. Meaning, this might be the worst day you ever have but you'll never have to live it again – I keep that in the back of my mind and just keep pushing forward."

Tucker's newest wine shop and gift boutique, Wine & Whimseys promises a "collection of unique wines & finds" and we believe you will not be disappointed! Owner Bridget Elliot brings decades of wine industry experience and a tradition of women-owned entrepreneurship. "I grew up in an Italian family-owned restaurant, that my grandmother started 96 years ago and my mother still runs today." Bridget pulls from a lifetime of experiences. As her career in wine progressed, she was introduced to wine shops that focused on "the experience", shops that created a no-judgment place to focus on education as a part of the overall experience.

In a male-dominated industry, Bridget faced challenges that contrasted with what she experienced growing up but helped "toughen her up" and gave her the skills and fortitude to become her own entrepreneur. "It's all about mental toughness and self-talk," she said. "Surround yourself with the 'best of the best' and let your team's 'awesome' rub off on you." For others thinking about what is next for them, "a dream delayed is still a dream realized, and still can be a dream fulfilled, it is never too late." In her shop, she buys and inventories products to support women-owned businesses and women of color. Bridget shared that some exciting new things coming to Wine & Whimsey soon, including delivery, wine classes, and more!

Please continue to support them and the other women-owned businesses of Main Street, shared below, and throughout our community!



- **Cakes Castle**
2319 Main Street
- **Esteem Boutique**
2343 Main Street
- **Furbusters**
2346 Main Street
- **The Math Depot**
2336 Main Street
- **Munster Cravings**
2323 Main Street
- **Wine & Whimseys**
2344 Main Street
- **Yes Events**
2321 Main Street
Suite #B

WORK IN THE CITY

IN-DEPTH LOOK AT THE CITY'S BID PROCESS



One of the greatest advantages to incorporating as a municipality has been the autonomy to spend our tax dollars locally and for the full benefit of the citizens, true local control. The City's budget is the responsibility of the City Manager. Their number one role is to present and spend a balanced budget every fiscal year to the Mayor and Council for approval. Each department head creates and defends their budget requests with the guidance and the approval of the City Manager. Council has the ability to request certain projects or studies and some budget requests are guided by the Comprehensive Plan and various completed studies.

The funding of various projects is the first step for progress in the City. After the project and the budget have been approved there is a strict and tight timeline for the process to go from idea to contract to completion. The City Manager has the authority to approve projects without Council approval up to \$30,000. If a project costs over \$50,000 the bid process with the Procurement Department is triggered as a requirement. There are three main types of bid requests, Invitation to Bid (ITB), Request for Qualifications (RFQ) and Request for Proposal (RFP). ITB and RFQ are more formal and utilized when the specs of the project are already laid out and clear. The request is looking for significant

qualifications and fiduciary responsibility. If Federal funding is being used then the City is required to take the lowest bidder. With an RFP you can expect the project to be more complex and nuanced and the process may take longer to find and approve the contract winner.

The timeline for the bid process is driven by the estimated start date of the project and works backwards from there. For example, a project estimated to start in May of 2023 should have the bid request released starting in February. Development of a bid by staff members can take three to six months depending on the scale of the project so really the process could start as early as August of the previous year. The bids are advertised and requests are posted on the City of Tucker website, Georgia Procurement and Bidnet. These postings are free for the City and open to all.

The bid process is a little bit different for Public Works projects. All road projects must be advertised for two weeks in the legal organ, The Champion Newspaper, prior to bid release. Projects that are \$100,000 or more must be advertised for at least four weeks with the requirement that all projects must have a four-week span between bid release and bid deadline.



Many ask if there is room for public input in the project and bid process. The answer is both yes and no. As stated earlier, projects are discussed and decided on during the budget approval process. The budget is required to be presented to the Mayor and Council twice before voting. The proposed budget is made public in the packet that is provided to the Mayor and Council the Wednesday before the scheduled meeting. The presentations are made during the regular scheduled public meetings where there is always public comment allowed. Once the project and funding are approved it is up to staff to shepherd the bid process and make sure the project is completed with the best work for the best price. However, the City of Tucker elected officials are always available to hear from their constituents, and their email addresses can be found on the City website.

All requests for bids are listed on tuckerga.gov, and each one has a dedicated page with an introduction, bid schedule and support documents. Approved, ongoing and completed plans and studies have dedicated pages as well as each SPLOST and capital improvement project. The City website is a treasure trove of transparency and information, and all are encouraged to make tuckerga.gov the first stop with any questions.

SAMPLE TIMELINE

Feb.
20

**DEPT HEAD
SUBMITS BID
PACKET**

Feb.
27

BID RELEASE

- MAR. 06 Pre-Bid Conference
- MAR. 14 Deadline for Questions
- MAR. 16 Addendum of Responses

Mar.
27

BID DEADLINE

- MAR. 27 Procurement opens and records bids
- MAR. 28 Procurement distributes bid documents to selection committee

Apr.
08

INTERVIEWS

- APR. 08 - APR. 18 Selection committee conducts interviews and scores bidders based on bid criteria

Apr.
19

SCORING

- APR. 19 Procurement finalizes scoring
- APR. 20 Procurement creates contract/exhibits

May
08

**AWARD AT
COUNCIL
MEETING**

TEAM TUCKER *Spotlight*

JACK SMITH, CITY JUNIOR ENGINEER

How did you become interested in a career in City Engineering?

During my senior year of college, I interned at the City as a transportation engineer in training, and by the end of the summer I was ready to stay. I found that I really enjoyed not only working for the City and community that I grew up in, but also with the wonderful people at City Hall. The idea of making an impact and give back to the City that raised me was what made joining the team in Tucker one of the easiest decisions of my life.

What are the primary responsibilities of your role?

My role consists of working with the other members of the engineering staff to ensure that construction projects and various other tasks are running as smoothly as possible throughout the City. This includes assisting with project oversight, producing various design

plans for sidewalks and roadways, and participating in City Council meetings to help give a better overview of what all is happening in the City. I also help with City bids for new construction projects, as well as applications and certifications to allow the City to receive federal and state grant money.

What brought you to Tucker?

Coming to Tucker was simply coming home for me. I lived and grew up in Tucker for the first 18 years of my life, and even remember the excitement of being on Main Street the night we became an official city! Having the opportunity to come back and be part of a place that holds so many great memories for me was an opportunity that I just couldn't miss out on.

What has been the most fun about working in Tucker so far?

I would say that the most fun part about working in Tucker would have to be the staff. The team at the City is truly a tight-knit family that cares for one another and focuses on us being successful as a team while also having fun. Whether it's coming in dressed up for a Halloween costume contest or celebrating someone's birthday, there is never a dull moment with our City staff.

What has been the most challenging?

I wouldn't say that there has been a specific challenge that ranks higher than the rest. Almost every day there is something that seems to come up that requires some critical thinking and quick response. Between projects being delayed due to weather, or designs needing to be tweaked before construction, I have found that it is always best to be prepared for the unexpected.



Off the Wall

What was the last book you read?

The last book I read was Harry Potter and the Chamber of Secrets. My wife encouraged me to read through the series because it adds a lot more to the story than the movies and I now totally agree.

What is your greatest fear?

My greatest fear would have to be forgetting to show up to an important meeting or event. I try my best to be in touch with my calendar and on time for everything, so missing something completely can be a real worry of mine.

What is your "comfort binge" show?

I know this is an extremely nerdy answer, but my "comfort binge" show would have to be *World War II in Colour*. I consider myself to be a huge history buff, and I have always found the events of World War II to be the most interesting.

Where did you get "THE hat"?

THE HAT was actually snatched from my dad. I tend to get sunburned easily if I am not careful, so this past summer to prevent myself from getting scorched by the blazing sun, I asked to borrow THE HAT and the rest is history.

BUSINESS OF THE MONTH

THE MATH DEPOT

Passion for math, teaching and building community were the driving forces behind Lasha Lalana's creation of her dream job. After teaching in the DeKalb County School System and in the Tucker Cluster for 17 years and tutoring on the side, Lalana realized there was a need for dedicated full-time math tutoring. So, in 2019 she combined those three loves and created The Math Depot, a math tutoring business located in the heart of downtown Tucker.

"This is my community... I love serving in the Tucker community," Lalana said.

Lalana was familiar with the Tucker community from her time teaching at Smoke Rise Elementary School and The Math Depot owner was excited to open her business in a city she knew and loved. Lalana opened her business and knew it was the right decision for her.

Every business faces challenges in the first few years. The Math Depot opened just before the COVID-19 pandemic, creating an even larger hardship for the fledgling business.

"Unfortunately, like not even a full year of me doing that full-time, was when COVID happened," Lalana said. "So I ended up having to close for a few months."

Lalana was not willing to let The Math Depot go. She desperately wanted to serve the Tucker community along with continuing her passion for tutoring math.

"The Math Depot has been my baby so the baby was on life support, but I said there is no way I cannot open."

The Math Depot reopened, and Lalana started tutoring and even offered virtual tutoring. The former Dekalb County teacher eventually got into the full swing of things and her company grew. She has gained more students to tutor and provides summer camps for the Tucker community. Lalana said one of the main things with tutoring is building up kids'

confidence. She said that when kids are more confident they tend to perform better on their assignments and tests. Bolstering their confidence causes her students to have success stories.

Lalana shared about a time a high school student came to her for a tutoring session.

"Mom said she was struggling; she does not get it. She came to me for one session took the test and made an 80 on the test."

Helping and watching students overcome struggles is the major reward for Lalana and the reason she works so hard to make learning fun. Lalana enjoys being creative in her approach to teaching. She has a "Count the Candy" t-shirt that displays the first 100 numbers of the numerical Pi. Lalana said one of her favorite t-shirts is the "Math is not Scary" shirt because it sparks conversations due to the bad reputation Math has with the

general public. The t-shirts are for sale on Main Street and have been a great way to market and promote her growing business.

"The one thing I love is just being creative," Lalana said. "That is a big thing why I do my business because of the creative part that I have with it. So many things that I have not been able to do in school, I can do with my business."

Lalana is heavily involved in the Tucker community. Many people know who she is because she has taught students in Tucker. Many former students who are walking by drop in and say hi when she is at The Math Depot. She is also involved in Tucker Walks, Toast Masters and is a member of the Tucker Business Association. Lalana feels like she is living the dream while serving her community along with indulging in her passions. The Math Depot is located at 2336 Main St, Tucker, GA 30084.



NATIONAL SCHOOL BREAKFAST WEEK

MARCH 6-10



One of the lesser-known celebrations in March is National School Breakfast Week. This is a five-weekday event to recognize the importance of breakfast in schools. It's also a great time for us to look at the history of the program and what it does.

The National School Lunch, Breakfast, And After School Snack Programs are all federal initiatives to provide good quality food to low- and middle-income students. Families making 185% of the federal poverty line or below qualify for free or reduced breakfast, lunch, and after school snacks. The School Breakfast Program was created in 1966, 20 years after the School Lunch Program began in 1946. It started as a two-year pilot project aimed at serving children in poor areas of the United States. As the program continued and results became visible, Congress gradually expanded and adapted its reach until authorizing it permanently in 1975.

Now, school breakfasts are available to all students attending public schools in DeKalb County. Monthly menus are accessible online, so concerned parents can see all their students' school meal options. Lists of the carbohydrate counts for each option are also viewable on the DeKalb County School District's website, as are the vendors for different foods and related equipment. Any information a guardian could need about the quality of their student's diet is readily available for them to find.

The quality of school meals has been a hotly debated topic in recent years. In 2012, the Department of Agriculture released new nutritional standards for the National School Lunch and School Breakfast programs that caused a major overhaul in the nutritional value of school meals. These standards required meals to contain more fruits and vegetables, whole grains, meat or meat alternates and milk. These requirements have been made less strict in recent years, and due to pandemic shortages, some substitutions have been allowed.

Even with these later changes to nutritional standards, studies have shown that students participating in the National School Lunch Program eat better meals than those who do not utilize the program according to the Healthy Eating Index, the United States Department of Agriculture's measure of diet quality. The University of Washington School of Public Health published their findings in 2020, studying the meals eaten by low- and middle-income students and comparing them to the lunches of non-participants. National School program lunches scored higher on the Healthy Eating Index by over ten points on average.

While 21 million students receive free or reduced-price school lunches, far fewer of those students take advantage of the School Breakfast Program. According to the School Nutrition Association, the National School Breakfast Program feeds around 12 million children every day. When all students who qualify for the School Lunch Program also qualify for the Breakfast Program, this is a missed opportunity for children who may not have access to good food outside of school to enjoy another healthy meal every day.

According to the United States Department of Agriculture, benefits to eating breakfast include increased alertness and better moods in the mornings. In addition, school meals are on average healthier than the other meals children eat in a day. The No Kid Hungry organization claims that students who eat school breakfast score 17.5% higher on math test scores than students who do not. They also have fewer absences and are 20% more likely to graduate high school.

When eating breakfast is so beneficial and there is a program that makes it affordable, no student should go hungry before lunchtime. The National School Breakfast Program enables millions of children to eat more than one nutritious meal a day. That's something to celebrate.

TUCKER CLUSTER

Updates & News

IMPORTANT DATES

March 10
Independent Learner Day

March 13
Board of Education Meeting

BRAG SHEET

LIVSEY ELEMENTARY

- Over 50 families attended Livsey Elementary's Family STEM Night to experience hands-on science, technology, engineering and math activities. In addition, fifth grade students Abigail Feng, Hope Gates and Oliver Weaver advanced to the Metro Regional Social Studies Fair.

MIDVALE ELEMENTARY

- Midvale Elementary's annual Sweetheart Luncheon welcomed over 200 visitors this year! In addition, Ms. Tameka Florence, Ms. Selina Kilpatrick, and Ms. Teresa Flanagan were recognized as Teacher of the Year and Educational Support Professionals of the Year 1 and 2 respectively at the DeKalb County School District Employee of the Year Celebration.

SMOKE RISE ELEMENTARY

- Smoke Rise Elementary's STEM Night encouraged students and their families to learn about hens, roosters, and quails as well as program Dash and Dot robots and race drones. Thank you to STEM Coordinator Bernardette Cummings for her hard work on this event.

TUCKER HIGH

- Tucker High School's Reading Bowl team tied with Lakeside High as first-place winners of the DeKalb County School District's Helen Ruffin Reading Bowl Competition. During the contest they showed off their knowledge of this year's Georgia Peach Teen Book Award Nominees.



Members of the Tucker High Reading Bowl team.



FIT & FUN INTUCKER

from Tucker Parks and Recreation



Our first "Fit Week" leads us into the month of March.

We want to continue to encourage everyone to take advantage of our indoor and outdoor activity options for all ages at several facilities. There are miles of trails at several parks, our Fit Court at Church Street, workout equipment at Peters Parks and a paved track, and an exercise gym with weights and cardio equipment as well as open play basketball, volleyball, pickleball and more ways to get active at the Tucker Recreation Center. If you're interested in group classes, there are several excellent options such as Zumba, regular to high-intensity aerobics, trainers, weight training, Tai Chi, Yoga and more for adults and children alike. Sign-ups for adult sports and eSports are open as well.

Everyone knows what spring means: BASEBALL! Registration is still open, and there's time for everyone to get their spots. Baseball for kids includes pre-tee ball (co-ed for 3- and 4-year-olds), tee ball (co-ed for 5- and 6-year-olds), coach

pitch (7- and 8-year-olds) and live pitch for 9- through 12-year-olds. New this year are softball teams for girls ages 7-12. Check our website for registration details and evaluation day information.

Our 2023 Baseball Opening Day is on Saturday, April 15. This year, we'll kick off the season with a player parade and Spring Fling event with our inaugural candy roll. Make your plans to be there!

to enjoy with the community. Tuckercise attendance continues to grow with classes offered on Monday, Wednesday, and Friday mornings, and seniors of all skill levels are welcome to join. We strive to provide different fitness classes throughout the week such as our aerobics classes, Jacki Sorenson and Silver Foxes.

Along with fitness classes and social activities, we have also been coordinating monthly Lunch & Learns and outings. Our upcoming Lunch & Learns with Molly include cooking healthy appetizers and learning with Technology 101 and 201 classes about navigating technology and protecting your privacy. We have several trips planned in and around Atlanta, and we hope you can join us for excursions to the Fernbank Museum, Callaway Gardens and Wolf Mountain Winery. Though the outings do require a nominal fee for tickets and lunch, we continue to keep most of our program offerings free as we continue to engage with seniors in our community. It is our goal to keep everyone active and having fun regardless of age. There is always something for everyone to do in Tucker.

SENIOR LUNCH & LEARN Cooking with Molly

MARCH 13, 2023
11:45 a.m.-12:45 p.m.



Guacamole and Air Fryer Tortilla Chips

This month we also want to highlight opportunities for our growing senior population. We have created a variety of opportunities for our seniors to engage socially and physically.

We offer regular canasta, mahjong and bridge games on Wednesday, Thursday, and Friday respectively for participants

SENIOR OUTING FERNBANK MUSEUM

Date: March 23
Time: 10 a.m.-2 p.m.
Cost: \$19.95
General Admission Ticket

Contact Molly Martin
mmartin@tuckerga.gov

SENIOR OUTING CALLAWAY GARDENS

Date: April 20
Time: 9 a.m.-5 p.m.
Cost: \$24.95

Contact Molly Martin
mmartin@tuckerga.gov
for more information.



SENIOR OUTING WOLF MOUNTAIN VINEYARDS & WINERY

Date: May 11
Time: 10 a.m.-4 p.m.
Cost: All expenses will be on
your own at the winery

Upcoming Events

A vibrant, colorful illustration for the Spring Fling event. It features a sun with rays, a white cloud, a rainbow, a butterfly, and various flowers and ladybugs. The text 'Saturday April 15' is written in a pink, bubbly font at the top. Below it, 'Spring Fling' is written in large, white, outlined letters with colorful floral decorations. At the bottom, the website 'tuckerga.gov/parks/events' is displayed in a black font.

Saturday April 15

Spring Fling

tuckerga.gov/parks/events

TUCKER PARKS & RECREATION

ESPORTS

IN PARTNERSHIP WITH GGLEAGUES

MADDEN 22
MARIO KART 8 DELUXE
ROCKET LEAGUE
SUPER SMASH BROS ULTIMATE

REGISTER UNTIL APRIL 10	FUN FOR AGES 8 & UP	LEAGUES LAUNCH WEEK OF APRIL 17
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SATURDAY, APRIL 22
9 A.M.-NOON
CHURCH STREET GREENSPACE

TUCKERGA.GOV/PARKS/EVENTS



3/4 – Colon Cancer Awareness 5K Walk

8:30 a.m.

Church Street Greenspace
4316 Church Street

The Smile 4 New Life Colon Cancer Foundation aims to raise \$25,000 or more to support the Colorectal Cancer Alliance, a foundation that assists patients, families, caregivers and survivors. Registration and more information at smile4newlifefoundation.org.

3/11 – Original Comic Art Showcase

11 a.m.–6 p.m.

Infinite Realities: Comics, Games & More
5007 Lavista Road

Infinite Realities becomes a comic book art gallery for the day! Come see original art pages from comic book artists. See hand-drawn art that would become some of your favorite comics from Marvel, DC, and other publishers.

3/19 – Tucker High School Foundation Golf Fundraiser

1 p.m.

Stone Mountain Golf Course
1125 Stonewall Jackson Drive South

Tucker High School Foundation's annual golf fundraiser is a fun way to support Tucker High. Participate in Championship or Women's flights. All proceeds go to support academic and enrichment programs for students and teachers at Tucker High School.