

SPRING ISSUE 2025 • MARCH/APRIL/MAY

# THE MAINSTREAM

The official publication of  
Mainstreet Community Services Association, Inc.



5001 MAINSTREET PARK DRIVE, STONE MTN., GA 30088  
[WWW.MAINSTREETCOMMUNITY.ORG](http://WWW.MAINSTREETCOMMUNITY.ORG)



## MESSAGE FROM THE PRESIDENT

As we approach the 5-year anniversary of a COVID lockdown, people have evolved in various ways, and it is showing. The fatigue is evident everywhere we go, and unfortunately, this frustration has trickled down to our neighborhood and community.

The number of collections actions, lawsuits, and noncompliance violations continue to rise, and it costs money - LOTS of money. The cost of doing business is on a steep uphill trajectory nationwide. But one of the ways we can slow the increase is by simply following the rules of our community.

I would like to explain the compliance process. First, notifications go out electronically and/or via U.S. postal service. Usually, that is all it takes to rectify a situation. We really do understand that things sometimes happen, and we get behind on maintenance or projects. No big deal. But when residents ignore our repeated requests, the compliance or collections cycle is escalated; and it gets difficult and expensive. When a homeowner mentions legal action, we can no longer talk to him or her. We must notify our attorney and insurance company immediately. A long, arduous and expensive process has just begun. These are costs shared by ALL homeowners.

So, I am asking, please open your emails. Please open your regular mail. Please keep your contact information up to date. Please read our governing documents (which are posted on our website at [www.mainstreetcommunity.org](http://www.mainstreetcommunity.org) under the 'Governance' tab). Finally, please be a good neighbor and an asset to the community by maintaining your property. Please take care of your house. Let us work together to resolve these minor issues before they become big issues.

Remember that Mainstreet has a preapproved exterior paint color scheme and community design standard, which is muted pastels and rustic colors. All exterior modifications require an approved Architectural Review Board (ARB) Request Form prior to work being started. This includes: painting, roofing, windows, gutters, decks, fencing, paving, major landscape changes, and tree removal/pruning.

A big thank you to all residents who have made improvements to their property and enhanced their curb appeal. Take a drive through the neighborhood to see the difference!

Feel free to reach out to the onsite administrative office. Our team is always ready and willing to assist you with any issues or questions you may have.

*"SPRING: A lovely reminder of how beautiful change can truly be." - Anonymous*

## *This Issue:*

Message from Association Manager  
PAGE 02

Probate & How to Avoid It  
PAGE 03

OYS' 2025 Youth Business Builders Course  
PAGE 04

Special Landscaping Tribute  
PAGE 05

Residential Bulky Items & Special Collections Pickup  
PAGE 06

Spring Forward Checklist  
PAGE 07

Eye On Crime: Protect Yourself Against Identity Fraud  
PAGE 08

Message from Office Associate  
PAGE 09

Heart & Healthy Corner  
PAGE 10

Spring-tacular Jokes  
PAGE 11

Did You Know?  
PAGES 12

Pet Corner  
PAGE 13

Calendar of Events  
PAGES 14 - 16

Spring is the time of year where we plan for new projects, purge, get ready for future events, and make plans for improvement, organization, and beautification. Life is a calendar of events, so here's information to encourage everyone to make valuable plans for your future. There are four documents that every person needs to keep their house in order and firmly planted for the future:

## Message from Association Manager Nadine Rivers-Johnson

### Spring Into Action & Let Your Colors Show



**Document #1 - Living Will:** What is a Living Will? It's a legal document that states your medical treatment preferences if you are unable to make your own decisions. It's also known as an advance directive, medical directive, or personal directive. What's in a living will?

- A list of treatments you want or don't want
- Your preferences for pain management
- Your preferences for organ donation
- Your choice of a health care agent to make decisions for you

When does a living will take effect?

- When you are terminally ill or at the end of your life
- When you are no longer able to communicate your wishes

**Document #2 - Healthcare Proxy:** What's in a Healthcare Proxy? It designates another person to make medical decisions should you be unable to do so. It differs slightly from a Living Will but is recognized in all 50 states. Health care providers and facilities are bound to follow your Agent's decisions as if they were your own. The Proxy becomes effective when your doctor determines that you are unable to make or communicate health care decisions. Your doctor then must record in the chart the cause and nature of your incapacity as well as its extent and probable duration.

**Document #3 - Power of Attorney:** A POA is an abbreviation for "Power of Attorney," a legal document that gives someone the authority to act on another person's behalf. It allows someone else to handle your day-to-day affairs should you become temporarily or permanently incapacitated. A POA can be used to give the agent authority that's limited to a specific task, like selling a home, or for more general functions. It can also be temporary or permanent.

**Document #4 - Will:** A Will, also known as a Last Will and Testament, is a legal document that outlines how a person's assets and possessions should be distributed after their death. It can also specify who will manage the property until it's distributed. A Will can include: asset distribution; specifying who receives what property and how much; and Guardianship Designation - guardians for children, dependents, or pets.

Other helpful documents to have in place are:

**Pay On Death Form (POD):** POD stands for "Payable On Death". It's a beneficiary form that allows you to name a person or people of your choice (Beneficiaries) who will receive the funds in your checking, savings, and/or CD accounts upon your passing and without going through probate court. If a loved one transitions without a POD Form attached to the account(s), it will be frozen by the financial institution upon death notification until a probated will or other court document is presented.

How POD accounts work:

- You can designate a beneficiary for checking, savings, and certificate of deposit (CD) accounts.
- You can continue to manage the account while you're alive.
- When you die, the assets in the account are automatically transferred to the beneficiary with the POD form.

Benefits of POD accounts:

- It avoids the probate process and frozen bank accounts.
- It can be simple to implement. Simply visit your financial institution and fill out the applicable form.
- The POD can provide beneficiaries of your choice with immediate access to cash.
- The POD bypasses the probate process.

**Transfer On Death (Conveyance) Deed:** A Transfer On Death (TOD) Deed is a document that allows you to specify who will receive your property or assets after you die. It's also known as a beneficiary deed and bypasses Probate Court.

How it works

- You name one or more beneficiaries.
- The beneficiaries can receive real estate, vehicles, land, mineral rights, or drilling rights.
- The executor can distribute assets to the beneficiaries without going through probate.

Benefits

- Avoids the complicated, and expensive, probate process
- Can be an alternative to a will or trust

Cons:

- TOD Deeds can also disinherit heirs you intended to provide for in a will
- The TOD can result in unnecessary taxes
- Can complicate matters for a surviving spouse, or cause other negative ripple effects
- Once recorded, the deed is very difficult to undo

**Revocable Living Trust:** A revocable living trust is an arrangement set up through a legal document. The document gives someone the power to make decisions about another person's money or property that's held in the trust. People use trusts to keep control of their money and property and to designate who receives money and property once they die.

Benefits:

- To avoid the probate process after death
- Probate is a public process, and it can be expensive and lengthy.
- Allows a person to continue using the assets transferred to the trust (for example, living in a house or spending money from investments).

Cons:

- Set up can be very expensive
- Doesn't have direct tax benefits
- Does not protect against creditors

So Neighbors, as we plan for home improvements, or a trip, or other temporary life benefits, let's put ourselves first by planning for more permanent life changes. Let's fertilize our own gardens!

# Estate Planning: Probate & *How to Avoid It*

Probate is the process where a court oversees the distribution of property formerly belonging to a deceased individual. Unfortunately, there is nothing short and simple about probate—it's a process you want to help your heirs avoid entirely.

It is often a special court called a probate court that will oversee the equitable and legal distribution of property and other assets after death. This probate court will designate an appointee to make sure all debts are paid, and that what remains is transferred to the proper parties according to the beneficiaries listed in their will.

On average, the probate process can last from six months to two years. It will also cost various filing fees, publication charges, and attorney fees...and if probate drags on, these fees will continue to go up. In some states, the probate process can eat up as much as 5% of the estate's value, or more. So, for example, a decedent who leaves behind real estate and retirement accounts adding up to \$1 million might leave heirs with \$50,000 or more in probate costs.

After you, or your loved one has transitioned, the probate process can cause your estate to be partitioned in a way that actually goes against your will—not necessarily the literal document, but the way you hope for your assets to be partitioned after death. If you want to avoid unpleasant surprises for loved ones after your eventual death, you will want to avoid or limit the probate process as much as possible. There can be fewer things more difficult than having to cope with the loss of a loved one, and then having to go through prolonged court proceedings, and possibly legal feuding, in order to partition the assets of the deceased in an equitable way.

If you're wondering how to avoid probate, there is an easier option - ensure you have a life insurance policy with a death benefit in place for your loved ones. A death benefit (DB) is a payout to the beneficiary of a life insurance policy, annuity, or pension when the insured person or annuitant passes away. Beneficiaries must submit proof of death and proof of the deceased's coverage to the insurer to receive the benefit.

With life insurance, the amount of the death benefit is set in the terms of the contract and is chosen by the policyholder, who makes regular premium payments. The amount of the premium payments will increase as the amount of the death benefit increases. Generally, the younger and healthier you are, the lower your premiums.

## Term Vs. Cash Value Life Insurance

Term policies provide life insurance coverage for a specified period of time. If you die during the policy period, whoever you name as your beneficiary will receive the policy death benefit, typically income-tax free.

However, if you don't die during the specified term of coverage, your beneficiary will receive nothing. At the end of the specified policy term, term-life insurance coverage simply ends.

Term life insurance is usually the "cheapest" way to provide temporary protection for your dependents.

While the lower monthly out-of-pocket costs associated with term life insurance may seem to make it the best choice, you get what you pay for.

Term life insurance carries a smaller monthly premium precisely because it lacks many of the benefits and features of it's cash-value counterpart.

This is an important point overlooked by many life insurance shoppers and ignored by many financial commentators.

However, there are at least two general situations where term life insurance is the obvious choice for the insurance shopper:

1. Those with dependents and with limited resources.
2. Those with a specific need for temporary coverage.

Cash-value life insurance combines the power of a tax-free death benefit with a unique cash accumulation component.

As you pay your premiums, a portion of each payment accumulates as cash value. The insurance company invests the cash value, which continues to grow tax deferred as long as the policy is in force.

If you continue paying your premiums, cash value life insurance continues throughout your life.

You can borrow against the cash value and, in some cases, may be able to withdraw a portion of the cash value.

However, keep in mind that policy loans and withdrawals will reduce the death benefit and obviously, the cash value.

There are many different types of cash value life insurance, such as whole life, variable life, and universal life.

Cash value life insurance is more expensive than term insurance during your younger years. However, because the premiums for term insurance become more expensive as you get older, cash value insurance, which has level premiums, may be the more economical option if you want coverage throughout your life

One good strategy is to buy a combination of permanent insurance and term insurance. Why? Because when the big financial obligations like replacing an income, paying off a mortgage comes to an end, you can simply drop the term insurance part of your policy and keep the permanent insurance for your final expenses.

Cliff Owens-Leech  
Mainstreet Community



# OYS' 2025 YEP Business Builders Course

Greetings Mainstreet residents!

The Office of Youth Services is excited to announce the upcoming 2025 YEP Business Builders Course, a 4-week entrepreneurship program designed to guide you through every step of your business journey—from idea generation to business expansion. Plus, you'll have the opportunity to showcase your business ideas at our Youth Vendor Market event!

Here's what you can expect from the program:

- 4 Weeks of Business Training: We'll cover everything you need to know to launch and grow your business, from the ground up.
- Youth Vendor Market Event: After completing the course, you'll have the chance to present your business at our one-day Youth Vendor Market, where you can showcase your talents and connect with the community.

Class Details:

- Dates: April 19th, 26th, May 3rd, and May 10th
- Time: 10:00 AM to 12:00 PM
- Location: Tobie Grant Recreation Center

Please note: All participants must attend the 4-week Business Builders Course before participating in the Youth Vendor Market event. This is an amazing opportunity to kick-start your entrepreneurial dreams and connect with like-minded young entrepreneurs. Accepting applications from ages 0-24.



# FROM START-UP TO SUCCESS!



SCAN  
QR CODE  
TO REGISTER

## 4-WEEK BUSINESS BUILDERS COURSE. IN ADDITION TO A ONE DAY YOUTH VENDOR MARKET!

The program will guide participants through every step of their entrepreneurial journey.

From idea generation to business expansion, culminating in a one-day Youth Vendor Market, where participants will showcase their business ideas and talents.

COME JOIN US AT

593 Parkdale Drive | Scottdale, GA



Human Services  
DEKALB COUNTY GOVERNMENT

@DeKalby\_oy

@DeKalbOYS

The Source of  
HOPE  
Helping Other People Thrive

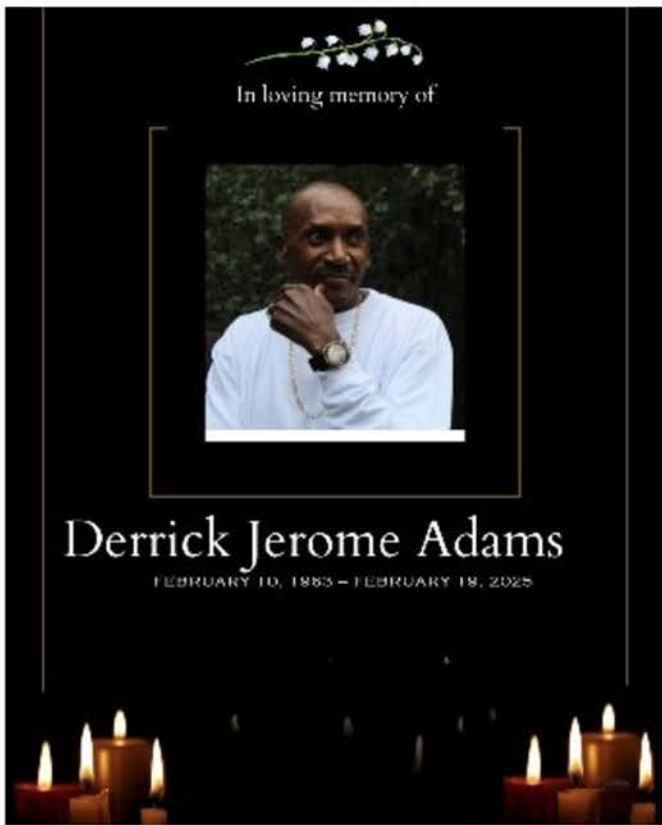


To sign up, simply click the attachment and use your phone to scan the QR code.

We look forward to seeing you at the course and the Youth Vendor Market!



## Special Tribute to Derrick J. Adams



His unique eye for detail and impact transformed the association's entrances and Mainstreet Park Drive, making the community an envy to the surrounding subdivisions. He will be sorely missed!

In Loving Memory to Derrick J. Adams, of The Adams Landscape Group, who unexpectedly transitioned at age 62, on Wednesday, February 19, 2025.

Derrick was a mainstay in the landscape maintenance and care of Mainstreet Community's common areas for over 10 years. For the past 5 years, he redesigned and installed grounds improvements and beautification to the front and back entrances of the community.



## Residential Bulky Items & Special Collections Pickup



### Special Collection Fees:

- General special collection pile:

\$100 minimum fee

\$225 per truckload

- Tree parts greater than a three-inch diameter:

\$200 minimum fee

\$450 per truckload

- Commingled piles (tree parts and garbage, etc.):

\$200 minimum fee

\$450 per truck load

### Collection Timeline

Items must be placed neatly at the curb without blocking mailboxes, driveways, sidewalks, drainage systems, roadways, and utilities. The average collection time is within 10 business days after the request has been submitted (no fee requests); or within 10 business days after payments have been made and verified (special collections).



**We collect tree parts for a special collection fee. To potentially reduce costs, we highly recommend that residents use the same hired contractor to cut the tree and haul away the tree parts.**

Bulky items are collected by special collection vehicles and are included in residents' annual sanitation assessment fees. Bulking items include furniture, mattresses and box springs, household appliances, playground equipment, lawn mowers, hand tools, accessories etc., and other items not collected on residents' normally scheduled sanitation service day. When it comes to large household items, we also suggest recycling your bulky items through charitable organizations, thrift stores, and exchange apps/groups.

Residents are required to call 404-294-2900 to request a bulky item collection as soon as items have been placed at the curb. Once a request has been submitted, a collection assessment will be completed. Some requests may require a prepaid fee prior to collection. The collection period is, on average, within 10 business days after the request has been submitted.

### Bulky Items (No Fee) Includes:

Toilets.

Furniture.

Mattresses & box springs.

Household appliances (must be empty and all doors removed.)

### Special Collection Items (Prepaid Fee) Includes:

- Rocks and dirt.
- Commingled piles.
- Landlord evictions.
- Excess garbage bags.
- Wood, metal fences, decking.
- Improperly prepared yard trimmings.
- Logs/limbs too large or improperly cut.
- Tree parts greater than a 3-inch diameter.
- Large volumes of garbage or yard trimmings.
- Tree limbs cut by hired/professional contractors.
- Construction AND demolition materials (no concrete).
- Any number of unflattened cardboard boxes and over 10 flattened boxes.
- Large volume contractor and customer-provided bags (NO Bagster bags).

Any requests submitted as a 'no-fee collection request' but are later determined to contain commingled/mixed-in special collection items will be categorized as a special collection and will require a prepaid fee prior to the collection

Tires are no longer serviced as a curbside special collection item and can be recycled at the Seminole Road Landfill for a nominal fee. Please visit the DeKalb Sanitation's Frequently Asked Questions webpage for additional information on how to responsibly dispose of tires.

# SPRING FORWARD CHECKLIST



Spring often feels like a fresh start — the ideal time to tackle cleaning and organizing projects you've been overlooking all year. Cleaning the entire house isn't easy, but you don't have to do everything at once. Rather than stress over where to begin, follow our spring cleaning checklist, which includes detailed instructions for every room and what must be done throughout the house.

Before you deep clean individual rooms, consider what should be done throughout the house — think dusty baseboards, dirty walls and dull windows in every room. You may choose to divide your to-do list by room or start by tackling these tasks one by one.

- **Clean baseboards:** Vacuum baseboards with the brush attachment. If needed, follow with a wet microfiber cloth (use water or all-purpose cleaner).
- **Dust ceilings, vents, fans and light fixtures:** Use a soft cloth lightly dampened with water to wipe away dust.
- **Clean walls:** Your walls might be dusty or dirty (think food splatters in the kitchen). Dust walls with a dry floor mop and tackle grime with a mixture of dish soap and water.
- **Wipe down mirrors:** Try a glass cleaner and microfiber cloth.
- **Wash windows and window treatments:** Before cleaning windows with glass cleaner, wipe down the screens and frames. Dust window treatments or clean them in the washing machine if the care label permits.
- **Vacuum and mop floors:** Use a vacuum to pick up dust, dirt and debris (using attachments to tackle corners and moldings). Use a damp mop to clean floors — don't forget a cleaner that is safe for your flooring.

## Whole House

- Clean baseboards
- Dust ceilings, vents and fans
- Wipe down mirrors and light fixtures
- Wash windows
- Vacuum and mop floors
- Wipe walls
- Launder or deep clean area rugs
- Clean or dust window treatments

## Bathrooms

- Deep clean shower and tub
- Clean the toilet, sink and countertop
- Wash bath mats
- Wash towels and linens
- Replace or wash shower liner

## Living Room

- Dust furniture
- Clean TV screen
- Wash throw blankets and pillows
- Deep clean couch and upholstered furniture

## Kitchen

- Clean out the fridge and freezer
- Deep clean the oven
- Organize cabinets and drawers
- Clean garbage cans
- Wipe down cabinet fronts
- De-grease vent hood over the cooktop
- Deep clean the dishwasher
- Shine-up stainless steel appliances

## Bedrooms

- Wash all bedding, including pillows and comforters
- Clean the mattress
- Organize closets and dresser drawers
- Dust furniture

## Outdoor

- Clear out gutters
- Pressure wash deck, patio and siding
- Wash outdoor furniture
- Clean and organize the garage

\*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM GOOD HOUSEKEEPING WEBSITE





# ON Crime Protect Yourself From Identity Fraud

Identity fraud is one of the fastest growing crimes, affecting millions of Americans each year. Typically, scammers steal Social Security numbers and other personal information from the Internet, the mail, or the trash and use it to commit various types of fraud. In many instances, a person only notices the fraud once their credit score is damaged.

According to the Federal Trade Commission (FTC), in 2023, there were over 1 million reported cases of identity theft; this also included over 2.6 million related fraud cases totaling more than \$10.3 billion in losses. Once your personal information is in the hands of a scammer, your good credit rating, and your overall financial health suffers.

Share these tips to protect yourself and others against identity fraud:

## Never share personal information

Don't give your personal identifying information such as name, date of birth, Social Security number, mother's maiden name, credit card number, or bank PIN code with someone you don't know and don't trust.

## Deposit outgoing mail before collection time

Deposit outgoing mail into special collection boxes before the last collection time or at your local post office.

## Sign credit cards immediately

Sign new credit cards right when you get them - before someone else does. If you applied for a card and didn't receive it when expected, call the financial institution.

## Monitor credit card expiration dates

Closely monitor the expiration dates on your credit cards and contact the issuer if you don't receive a replacement prior to the expiration date.

## Review credit reports

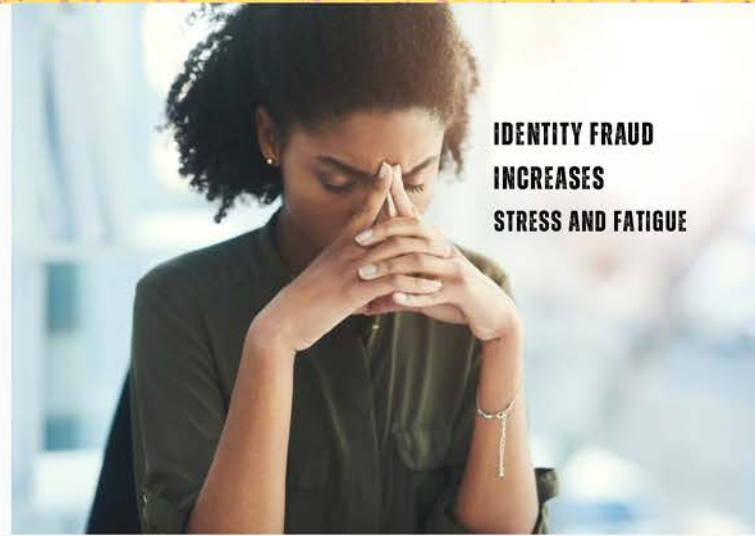
Keep track of your credit and check your credit reports annually.

## Don't share personal information over-the-phone or by text

Never give personal information over -the-phone, text or Internet unless you initiated the contact, and you are sure the company is legitimate.

## Leave your Social Security card at home

Never carry your Social Security card or birth certificate with you.



**IDENTITY FRAUD  
INCREASES  
STRESS AND FATIGUE**



\*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM THE UNITED STATES POSTAL INSPECTION SERVICE'S WEBSITE

“Ships don’t sink because of the water around them; ships sink because of the water that gets in them. Don’t let what’s happening around you get inside and weigh you down.”

## Message from Office Associate Velvet Loyal

### Continue to BE Resilient in Uncertain Times



Life is often like a vast ocean, and people, like ships, are prone to navigate through its unpredictable waters. Just as a ship faces adversaries like towering waves, turbulent weather, and various obstacles on its voyage, so too do we as individuals encounter numerous ups and downs in the journey of life. However, the resolute spirit of both the ship and the individual, as they strive to overcome challenges, stands as a testament to the innate drive and determination that allow us to push through obstacles and thrive. One of the ways to do this is to embrace civic engagement and duty.

Civic duty refers to the responsibilities that individuals have as members of a community or a nation. These duties are designed to ensure that society operates efficiently and equitably. Civic duties often include participating in democratic processes, adhering to laws, paying taxes, and contributing to community well-being. They reflect a citizen’s commitment to the public good and their role in maintaining the social contract.

Civic duty is a cornerstone of a functioning society, acting as the invisible thread that binds communities together. It represents the responsibilities citizens have toward their nation and fellow residents. In modern society, civic duty is more crucial than ever, as it shapes governance, promotes social harmony, and fosters collective progress.

Here are the core aspects of public duty that remain vital today:

#### 1. Participation in Democracy

Active participation in democratic processes, such as voting, is one of the most fundamental civic duties. Voting allows citizens to voice their opinions on leadership and policy decisions, ensuring that governance reflects the will of the people.

#### Why Voting Matters

- It legitimizes government authority.
- It provides citizens with a platform to influence policy.
- It ensures representation of diverse viewpoints.

Failing to participate in elections undermines democracy and can lead to governance that does not reflect the population’s needs.

#### 2. Adherence to Laws

Laws are the foundation of any orderly society. Following the rules ensures fairness, security, and the protection of individual rights. Adhering to laws also signifies respect for societal norms and collective agreements.

#### 3. Tax Contribution

Paying taxes is another critical aspect of public duty. Taxes fund essential public services like education, healthcare, infrastructure, and defense. Without tax contributions, governments cannot effectively serve their citizens or maintain social stability.

#### 4. Community Engagement

Engaging with and contributing to the local community fosters social cohesion and mutual support. Community service, volunteering, and participating in local initiatives strengthen the social fabric and create a sense of shared purpose.

#### 5. Environmental Responsibility

In the 21st century, environmental stewardship has become a significant part of public duty. Actions like recycling, reducing carbon footprints, and advocating for sustainable policies are crucial for preserving natural resources for future generations.

#### 6. Digital Citizenship

As society becomes increasingly digitized, responsible online behavior is now a component of civic duty. This includes respecting digital privacy, combating misinformation, and using technology ethically.

Civic duty is not just about fulfilling obligations; it plays a critical role in shaping a harmonious and progressive society. Here’s why it matters:

1. Promotes Social Stability
2. Fosters Collective Progress
3. Strengthens Democracy
4. Builds Trust and Cooperation

KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM  
CULTURE MOSAIC’S CIVIC VOICES ARTICLE

## Reminder

**REMEMBER:** Association fees are due the 1st of each month and late after the 15th of each month. Any payments received after the 15th will result in a late fee. We are committed to working with homeowners and offer payment plans tailored to your financial needs. Homeowners with delinquent accounts are encouraged to contact the Mainstreet administrative office in order to discuss payment options. **WE WILL MAKE EVERY EFFORT TO WORK OUT SUITABLE TERMS.**

## Cherry Tomato Pasta with Avocado Sauce



**Prep Time | Cook Time | Yield**  
 15 min      10 min      4 servings

### Ingredients

- 1 cup plain Greek yogurt or sour cream
- 1/4 cup minced fresh cilantro
- 3 tablespoons lemon juice
- 2 tablespoons lime juice
- 1/8 teaspoon plus 1/4 teaspoon salt, divided
- 2 tablespoons olive oil
- 2 medium green pepper, chopped
- 4 fresh green chiles, such as Hatch or Anaheim, seeded and chopped
- 1/2 cup chopped red onion
- 1 pound uncooked shrimp (31-40 per pound), peeled and deveined
- 4 garlic cloves, minced
- 1 teaspoon ground cumin
- 8 corn tortillas (6 inches), warmed
- 2 cups torn lettuce

### Directions

1. In a small bowl, combine yogurt, cilantro, lemon juice, lime juice and 1/8 teaspoon salt; set aside. In a large skillet, heat oil over medium-high heat. Add peppers, chiles and onion; cook and stir until crisp-tender, 4-5 minutes. Add shrimp, garlic, cumin and remaining 1/4 teaspoon salt. Cook and stir until shrimp turn pink, 2-3 minutes. Remove from heat; serve in tortillas with lettuce, yogurt sauce and, if desired, lime wedges.

### Nutrition Facts

2 tacos: 359 calories, 16g fat (5g saturated fat), 153mg cholesterol, 422mg sodium, 32g carbohydrate (6g sugars, 5g fiber), 24g protein. Diabetic Exchanges: 3 lean meat, 3 fat, 2 starch.

## Prep Time | Cook Time | Yield

15 min

15 min

10 servings

### Ingredients

- 1 package (14-1/2 ounces) protein-enriched rotini (about 3-1/2 cups uncooked)
- 2 medium ripe avocados, peeled and pitted
- 1 cup fresh spinach
- 1/4 cup loosely packed basil leaves
- 2 garlic cloves, halved
- 2 tablespoons lime juice
- 1/2 teaspoon kosher salt
- 1/4 teaspoon coarsely ground pepper
- 1/3 cup olive oil
- 1 cup assorted cherry tomatoes, halved
- 1/2 cup pine nuts
- Optional: Shredded Parmesan cheese, shredded mozzarella cheese and grated lime zest

### Directions

1. Cook rotini according to package directions for al dente. Meanwhile, place avocados, spinach, basil, garlic, lime juice, salt and pepper in a food processor; pulse until chopped. Continue processing while gradually adding oil in a steady stream.
1. Drain rotini; transfer to a large bowl. Add avocado mixture and tomatoes; toss to coat. Sprinkle with pine nuts, and add toppings as desired.

### Nutrition Facts

3/4 cup: 314 calories, 18g fat (2g saturated fat), 0 cholesterol, 125mg sodium, 32g carbohydrate (2g sugars, 5g fiber), 9g protein.

## Easy Shrimp Tacos



\*KNOWLEDGE IN THIS ARTICLE WAS PARTIALLY OBTAINED FROM TASTE OF HOME WEBSITE

HA HA  
HA!

Lettuce Turnip the Beet with  
these Spring-tacular Jokes

HA HA  
HA!

**Why was the  
strawberry sad?**  
His mom was in a jam!



**It's allergy season  
again?! You've got  
to be pollen my leg.**



HOW DO BRAND NEW SPRING  
FLOWERS GREET EACH OTHER?

HA HA  
HA!



"HEY, BUD!"

WHAT DID THE SPRING RAIN  
SAY TO THE FLOWER?



"KEEP IT UP AND YOU'LL GROW  
INTO SOMETHING BEAUTIFUL!"



## Ways to Contact the Board

Need to speak to the Board of Directors? Our board meetings are public meetings open to association members for the purpose of conducting board business on behalf of the association. During the Q&A segment of the agenda, after the conclusion of the board meeting, homeowners/residents are welcome to either submit a questions in advance to: [info@mainstreetcommunity.org](mailto:info@mainstreetcommunity.org) or submit a question in the 'Chat' of the online Zoom board meeting. All questions that can be answered within the 15-minute Q&A will be addressed.

Join the board meetings, held virtually via Zoom for homeowner convenience. Notification of upcoming meetings are sent electronically via email eblast, so be sure that your contact information is kept up to date. To change or update homeowner contact information, contact the onsite administration office at 770-469-7238 during normal business hours: Tuesdays-Fridays from 9am-6pm and Saturdays from 9am-3pm. The onsite office is closed on Sundays and Mondays.



PAYMENTS ARE DUE ON THE 1ST OF THE MONTH, LATE AFTER THE 15TH. A 10% LATE FEE OF \$7 APPLIES AND 10% INTEREST ACCRUES ON PAYMENTS NOT POSTED BY THE 16TH. CONTACT THE CLUBHOUSE ADMINISTRATIVE OFFICE TO UPDATE BILLING, EMAIL OR TELEPHONE NUMBER INFORMATION TO YOUR HOMEOWNER ACCOUNT.

**OFFICE HOURS:**

TUE — FRI 9:00AM—6:00PM  
 SATURDAY 9:00AM—3:00PM  
 PHONE NUMBER: (770) 469-7238  
[www.mainstreetcommunity.org](http://www.mainstreetcommunity.org)

Mail Payments to:  
 Mainstreet Community  
 c/o CMA  
 P. O. Box 65851  
 Phoenix, AZ 85082-5851

# Mainstreet Pet Corner

## FREE Pet Care Services Paw Your Furry Friends

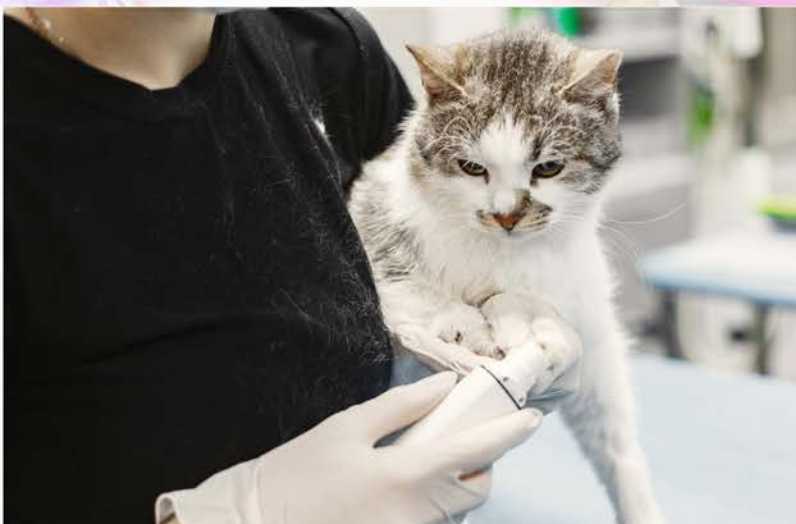
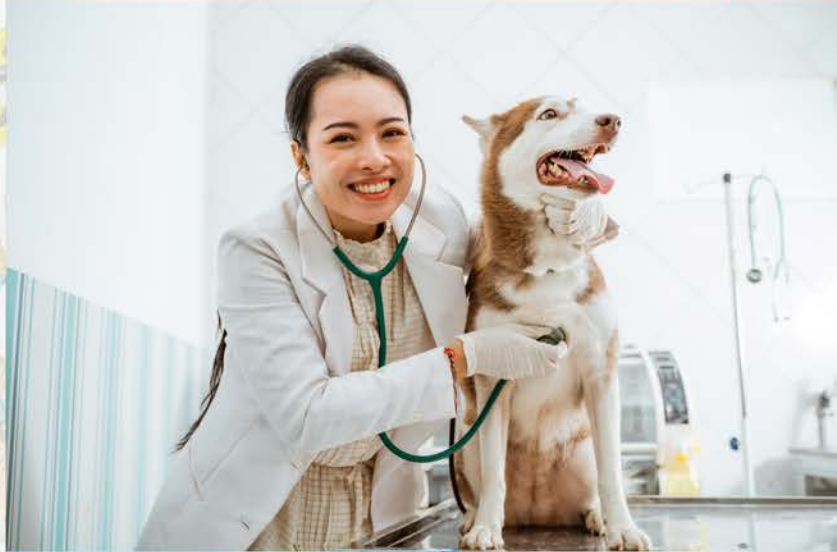
Looking for low-cost pet care services? Well, look no further! LifeLine Animal Project has a number of vet care resources to share with our community and help keep your pets happy and healthy.

Most services are affordable, if not free, and offered year-round! Thanks to a partnership with DeKalb County, free vet care services are available for DeKalb County residents who own cats or dogs and cannot afford to pay through LifeLine's other low-cost vet care options.

Free vaccines (for up to 2 pets) are offered through LifeLine's Mobile Clinic once a week in different locations throughout DeKalb County. Vaccines include DHPP for dogs, FVRCP for cats and Rabies for both dogs and cats. Your pet can receive a free health exam and microchip, too!

Clinics will be hosted every Tuesday in January, February and March of the 2025 calendar year. Please select the location nearest to you when choosing a date during appointment registration.

For more information, please visit either DeKalb County Animal Services or your nearest Lifeline Animal Project location.



March 17

St. Patrick's Day



March 18th

**GLOBAL**  
RECYCLING DAY

**REDUCE  
REUSE  
RECYCLE**



*First Day*  
**OF SPRING**  
March 20



March 22th

**WORLD  
WATER DAY**



*Celebrate*  
**WOMEN'S  
HISTORY  
MONTH**  
*March*

April 7

WORLD

# HEALTH DAY



April 18

# Good Friday

Earth Day  
April 22







---

# MEMORIAL DAY

---

REMEMBER AND HONOR





# Mainstreet...A Caring Community

Phone: 770-469-7238  
Fax: 770-498-5138

The Mainstream  
The Voice of Mainstreet  
Community Services  
Association, Inc.

To place an ad, call 770-469-7238 or email  
[nadine@mainstreetcommunity.org](mailto:nadine@mainstreetcommunity.org)

THE MAINSTREAM NEWSLETTER Spring 2025 Edition.  
Homeowners are encouraged to submit articles of interest to the editor of The Mainstream.  
Nadine Rivers-Johnson at [nadine@mainstreetcommunity.org](mailto:nadine@mainstreetcommunity.org).

(Editorial licensing strictly enforced.)

The Mainstream is the quarterly newsletter for Mainstreet Community Services Association. Comments are always welcome.

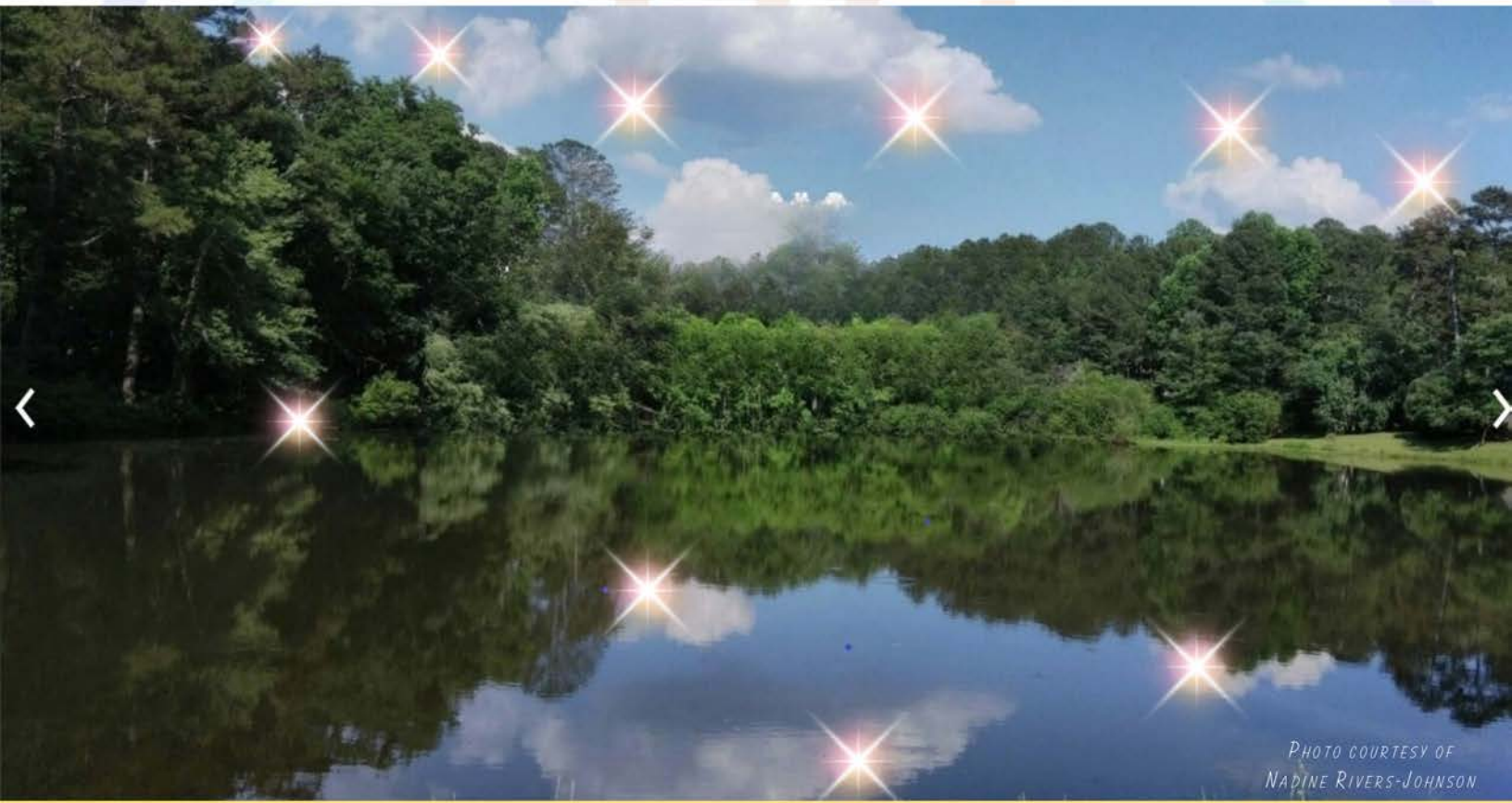


PHOTO COURTESY OF  
NADINE RIVERS-JOHNSON

5001 MAINSTREET PARK DRIVE, STONE MTN., GA 30088  
[WWW.MAINSTREETCOMMUNITY.ORG](http://WWW.MAINSTREETCOMMUNITY.ORG)