

# THE CALL

EAST POINT FIRE DEPARTMENT QUARTERLY GAZETTE

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Photo Credit: Firefighter Anthony Lee





# City of East Point Fire Department Command Staff



FIRE CHIEF COREY THORNTON



DEPUTY CHIEF WILLIAM TATE



DEPUTY CHIEF MARCUS ANDERSON



CHIEF CHARLES KENDRICK



CHIEF TIMOTHY EVANS



Image Credit: Suju-Foto from Pixabay



## A MESSAGE FROM THE CHIEF

*by Fire Chief Corey Thornton*

Summer cookouts and barbecues are in full swing as people flock outdoors to fire up the grill. However, while you are enjoying your favorite grilled meal, there are precautions that need to be taken. According to the National Fire Protection Association (NFPA) an estimated 10,600 home grill fires occur each year resulting in serious fire burn injuries, and in some cases deaths. With this being the peak of the outdoor cooking season, in this issue of THE CALL we discuss Grilling Safety, and provide you with some tips as well to help keep your barbecues free of hazards and worries.

We all know the benefits that exercise and a well-balanced diet can have on staying physically fit. What some may not know is the correlation between sleep and fitness. According to the National Heart, Lung, and Blood Institute about 50-to-70 million Americans have sleep disorders, and 1 in 3 adults do not regularly get the recommended amount of uninterrupted sleep they need to protect their health. In this issue we look at how a good night's rest can add mileage to your workouts.

Art is one of those pleasures of life that stirs the imagination, captivates emotions and adds beauty to the world around us. Here within the City of East Point, is a renowned Artist whose work has been lauded for its originality, creativity and expressive designs. That individual is Maceo Rogers, Director of Economic Development for the City of East Point, who also is a colleague of mine. Rogers, whose creations were recently featured in the Spring 2021 issue of ATL magazine, is also a martial arts instructor who holds a 4th degree black belt. In this issue of THE CALL, we talk art with Rogers and we discover what inspires him to create. We also discuss with him the health benefits of martial arts.

Enjoy this issue of THE CALL.

Honored to Serve,

*Chief Corey Thornton*



# WINNER OF THE COVETED HERMES GOLD AWARD

FOR THE 2ND CONSECUTIVE YEAR



For the second consecutive year, The East Point Fire Department's Newsletter **THE CALL**, has won the prestigious 2021 Gold Hermes Creative Award. The Hermes Creative Awards is one of the oldest and largest competitions of creative work in the marketing and communications industry. Winners range from individuals, to media conglomerates to Fortune 500 companies.

Judges are industry professionals who look for companies and individuals whose talents exceed a high standard of excellence, and whose work serves as a benchmark for the industry. Approximately, 6,500 entries were judged in the 2021 competition from submissions throughout the United States and dozens of other countries.

In this international competition, entries are evaluated by the Association of Marketing and Communication Professionals (AMCP) in the areas of marketing, communication, advertising, public relations and digital production, with professionals being awarded based on excellence in writing, content, creativity and design.

This year's winning entry was The East Point Fire Department's 2020 First Quarter Special Edition of **THE CALL**, which provided in-depth news and information on the Coronavirus as well as other reports and stories of interest. The writer and creator of **THE CALL** is Public Information Officer Renita Shelton, who has consistently promoted the Fire Department to not only the local community, but on national and international fronts as well.



# GRILLING SAFETY

by P.I.O. Renita T. Shelton

One of the great pleasures of summer is putting food on the grill and enjoying a tasty meal. According to a 2020 report on "Home Grill Fires," by the National Fire Protection Association (NFPA), 84% of the grills involved in home fires were fueled by gas, while 12% used charcoal or another type of solid fuel during the period of 2014-2018.

It was determined that grill fires commonly occurred when cooking items, combustible liquids, flammable items or gas ignited, and that the main area of origin where these fires occurred was on an open porch or an outdoor balcony. These fires can quickly spread to an exterior wall and make their way into a concealed space then run the length and depth of a structure.

Irrespective of the type of grill used (gas or charcoal), all such devices can cause fires as well as serious injuries. The following are some safety measures you should use when grilling and preparing to grill.



Photo Credit: Rudy and Peter Skitterians for Pixabay









# Grilling Safety Tips






As recommended by the  
National Fire Protection Association



## SAFETY TIPS

-  Propane and charcoal BBQ grills should be used outdoors.
-  The grill should be placed well away from the home, deck railings, and out from under eaves and overhanging branches.
-  Keep children and pets at least three feet away from the grill area.
-  Keep your grill clean by removing grease or fat buildup from the grills and in trays below the grill.
-  Never leave your grill unattended.
-  Always make sure your gas grill lid is open before lighting it.

## CHARCOAL GRILLS

-  There are several ways to get the charcoal ready to use. Charcoal chimney starters allow you to start the charcoal using newspaper as a fuel.
-  If you use a starter fluid, use only charcoal starter fluid. Never add charcoal fluid or any other flammable liquids to the fire.
-  Keep charcoal fluid out of the reach of children and away from heat sources.
-  There are also electric charcoal starters, which do not use fire. Be sure to use an extension cord for outdoor use.
-  When you finished grilling, let the coals completely cool before disposing of in a metal container.





## City of East Point Code on Barbecue Grills in Multi-Family Dwellings

Sec. 6-2039. - Barbecue grills in multi-family dwellings.

Georgia Law provides that no charcoal or liquefied petroleum gas or liquid fueled burners shall be kindled or maintained on balconies/patios or within ten (10) feet of combustible patios on ground floors. No grills may be used or stored in breezeways, balconies/patios, stairways, or exit access areas. The city further prohibits the use of grills, pits, or outside fireplaces on balconies or patios within ten (10) feet of patios or balconies in multifamily dwellings.

(Code 1959, § 10-6; Ord. No. 001-07, § 19, 1-16-07)

As recommended by the  
National Fire Protection Association

### Grilling Safety Tips Continued

#### PROPANE Grills

Check the gas tank hose for leaks before using it for the first time each year.

Apply a light soap and water solution to the hose. A propane leak will release bubbles. If your grill has a gas leak, by smell or the soapy bubble test, and there is no flame, turn off both the gas tank and the grill.

If the leak stops, get the grill serviced by a professional before using it again. If the leak does not stop, call the Fire Department.

**If you smell gas while cooking, immediately get away from the grill and call the Fire Department.**

Do not move the grill.

If the flame **goes out**, turn the grill and gas off and wait at least **5 minutes** before re-lighting it.



#### Regarding Electric Grills

The NFPA 2006 Code reads as follows: 10.11.7 For other than one-and-two-family dwellings, no hibachi, gas-fired grill, charcoal grill or other similar devices used for cooking, heating or any other purpose, shall be used or kindled on any balcony or under any overhanging portion or within 10 feet (3m) of any structure. Listed electric ranges, grills, or similar electrical apparatus shall be permitted.





*" I am inspired by my imagination to see things differently. Not in a negative way, but a good and pleasing way."*

varied as the mediums he creates and is engaged in. As Rogers shares, art is an expression of the conscious and soul of its creator, that captures the thoughts, feelings and past experiences of the artist. Therefore, it is a statement in visual form that demands to be released.

Rogers recently talked to us about his works of art; as well as the physical and mental benefits derived from engaging in the martial arts.

**PIO Shelton:** At what age did you discover you had artistic

## THE ARTISTRY OF MACEO ROGERS

From canvas to the martial arts, how this multi-talented man is making an impact in two realms

By P.I.O. Renita T. Shelton

While many know Maceo Rogers as the Director of Economic Development for the City of East Point, he's also known by many for his artistic abilities and mastery in Martial Arts.

If you were to ask Rogers what inspires his interest in the arts, his answer would be as





**P.I.O. Shelton (continued):** abilities?

**Maceo Rogers:** I was in the fourth grade, at my desk during recess, with nothing to do. I opened my notebook, got my pencil and miraculously began to draw. I couldn't believe it was happening. I was both stunned and excited, because until that time, I always depended on others to help me draw. I drew cartoon characters, people, cars, animals and anything I could think of until I ran out of paper. It was as if in that moment, my talents were unlocked. I thought it was a fluke, but realized the next time I sat down to draw it was fate, and that I had something special.

**P.I.O. Shelton:** What did your parents think of your new found talent?

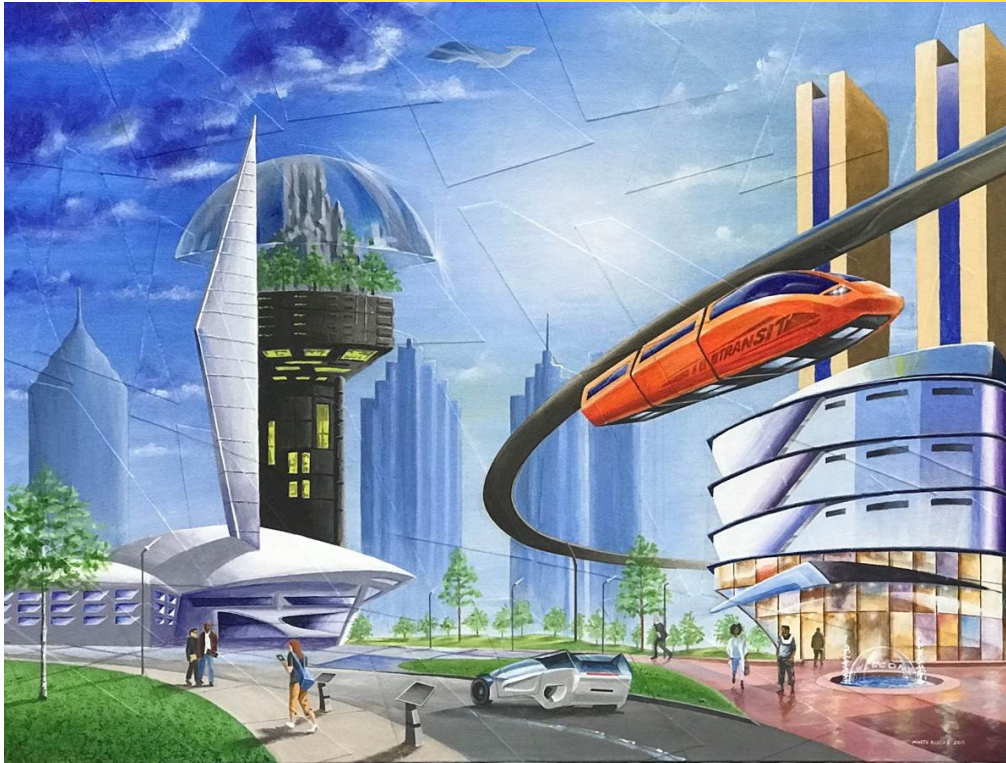
**Maceo Rogers:** They were equally astonished. However, I will say my Mother was not pleased with me using as drawing paper the notebook paper she purchased for me to complete homework. As a result, the great outdoors became my studio, and my yard became my canvass, as I began carving images in the ground.

**P.I.O. Shelton:** Where did you receive formal training as an artist?

**Maceo Rogers:** I attended the Atlanta College of Art, which today is the Savannah

College of Art and Design (SCAD). Prior to that, I was nominated to attend The Governor's Honor Program at North Georgia College in Dahlonega, Georgia. There I was exposed to an immense amount of information, technology, art experiences and peers of various disciplines. At the end of the six-week program, I flew to Europe where I spent five weeks touring world renown museums, cathedrals, palaces and plazas in England, the Netherlands, Italy, France, Austria, Switzerland and Liechtenstein. This broadened my perspective of those places and things I'd only heard and read about. It also deepened my appreciation for the richness of art history.





**P.I.O. Shelton:** What stimulates you to create?

**Maceo Rogers:** I'm inspired by my imagination to see things differently, not in a negative way, but a good and pleasing way. I grew up in Cuthbert, a rural community in southwest Georgia. During the sixties, there were few opportunities for people of color and resources weren't available. Politics were steeped into everything, just as today. While I was too young to understand the greater dynamics, I was aware that things were not equal. So my imagination allowed me to see things in a way that pleased me, thereby allowing me to express myself creatively. It may sound a bit cliché, but it motivated me.

**P.I.O. Shelton:** What is your favorite art form and why?

**Maceo Rogers:** My favorite form or medium of art is painting. I work with a variety of paint media such as watercolor, acrylic, oil, gouache, ink and even dirt. I like to express my creativity through use of color and composition regarding subject matter.

**P.I.O. Shelton:** You are a man of many talents, not only on canvas, but also in the Martial Arts, where you've earned a 4th degree Black Belt. What drew you to that discipline?

**Maceo Rogers:** As a kid I was fascinated by the skills and discipline displayed by martial

artists such as Bruce Lee, and desired to learn that skill. A college buddy of mine and I stumbled upon a style of Martial Arts we decided to enroll in. Initially I viewed it as a way to get in shape, but as time went on, I found there was more to it regarding the combined mental, physical and spiritual attributes. It also allowed me to discover more about myself. After five years of training I received my Black Belt, and I continue to train in and teach Cuong Nhu today.

**P.I.O. Shelton:** What is the philosophy behind Cuong Nhu?

**Maceo Rogers:** Cuong Nhu means hard/soft, and the philosophy behind it stresses the harmony or balance of



**Maceo Rogers (continued):**

the two extremes, the hard and soft. Karate for example is one extreme (hard style).

Cuong Nhu consists of Judo, Aikido, Shotokan, Vovinam, Wing Chun, Tai Chi Chuan and Boxing.

**P.I.O. Shelton:** What are some of the health benefit of Martial Arts?

**Maceo Rogers:** Martial Arts provides physical, mental and spiritual strengthening. The goal is to not only build better Martial Artists, but better people. Martial Arts is excellent for cardiovascular health because of the movements involved, and it improves one's coordination, mobility, agility, muscle mass and tone.

**P.I.O. Shelton:** It's important as Firefighters that we find a healthy balance of eating right, working out and pursuing a fit lifestyle, which it sounds like Martial Arts can help one to achieve.

**Maceo Rogers:** Definitely. The discipline provides a repetition of workouts that enhance cardiovascular strength and endurance. There are drills that not only improve fitness, but the exercise can help refine one's blood pressure. Furthermore, reflexes are enhanced through learning moves that will cause a person to have a swifter reaction time, all of which would be beneficial to not only Firefighters, but others desiring to learn the discipline regardless of age. Techniques in deep breathing, and meditation contribute to enhancing the person's mental health, all of which work toward the release of endorphins which create a happier, healthier and more relaxed state of mind and overall good feeling. The physical demands of Martial Arts, naturally places an emphasis on pursuing a healthy diet and lifestyle. Martial Arts is something I would encourage everyone to try.





Maceo Rogers' artistic works will be on display in the Spring of 2022 at the Arts Xchange located at 2148 Newnan Street, East Point, GA. 30344. For more information call (404) 624-4211.

For information on Martial Arts training at the Atlanta Chapter of Cuong Nhu Martial Arts call (404) 525-4707.

## The Connection Between Sleep and Fitness



Photo Credit: Freepik

Many people are aware of the need to forfeit fattening snacks and sugary drinks in exchange for a more balanced and healthy diet of lean meats, proteins, and veggies. What some may not realize however, is the role sleep plays in weight loss and gaining optimum fitness.

The American Academy of Sleep Medicine (AASM), recommends that Adults ages 18 years and older get 7-8 hours of sleep a day. It's reported that sleep that is lost adds up, and while naps may provide a quick boost in alertness and performance, they do not provide the body with the same benefits that a longer night-time sleep does. Therefore, you cannot make up for sleep that is lost.

Health experts say that a lack of sleep can negatively impact weight. According to a study by the American Journal of Clinical Nutrition, individuals who are sleep deprived, tend to snack more, and lean toward high carb-nibbles to satisfy food cravings which can contribute to weight gain. Researchers also recognized that persons who are sleep deprived tend to lean toward snacks with twice as much fat in comparison to persons who got a minimum 8 hours of sleep. It was reported that when people are tired their impulse control is weakened, and when seeking a quick energy boost making healthy snack and food choices often is a challenge. Sleep deprivation also throws the body in overdrive producing the hunger hormones leptin and ghrelin, which are significant players when it comes to regulating appetite, food intake, and weight.

Getting the right amount of rest is key to fueling workouts and maximizing the benefits that a well rested body can produce. Fitness experts indicate that muscle building does not occur while working out, but while the body is at rest sleeping. It is during this time that muscle fibers are being repaired and grown.

Do your body good by starting a regular routine of lights out and spending more time in bed to get the much needed rest your body requires. You will appreciate the difference it can make in your diet, weight and workouts,



# Happy BIRTHDAY

The East Point Fire Department extends best wishes to the following personnel who celebrated Birthdays, and we thank you for your dedicated service to the Department and Community.

*Firefighter Damien Jones*

*Firefighter George Sheffield*

*Lieutenant Kenneth Rucker*

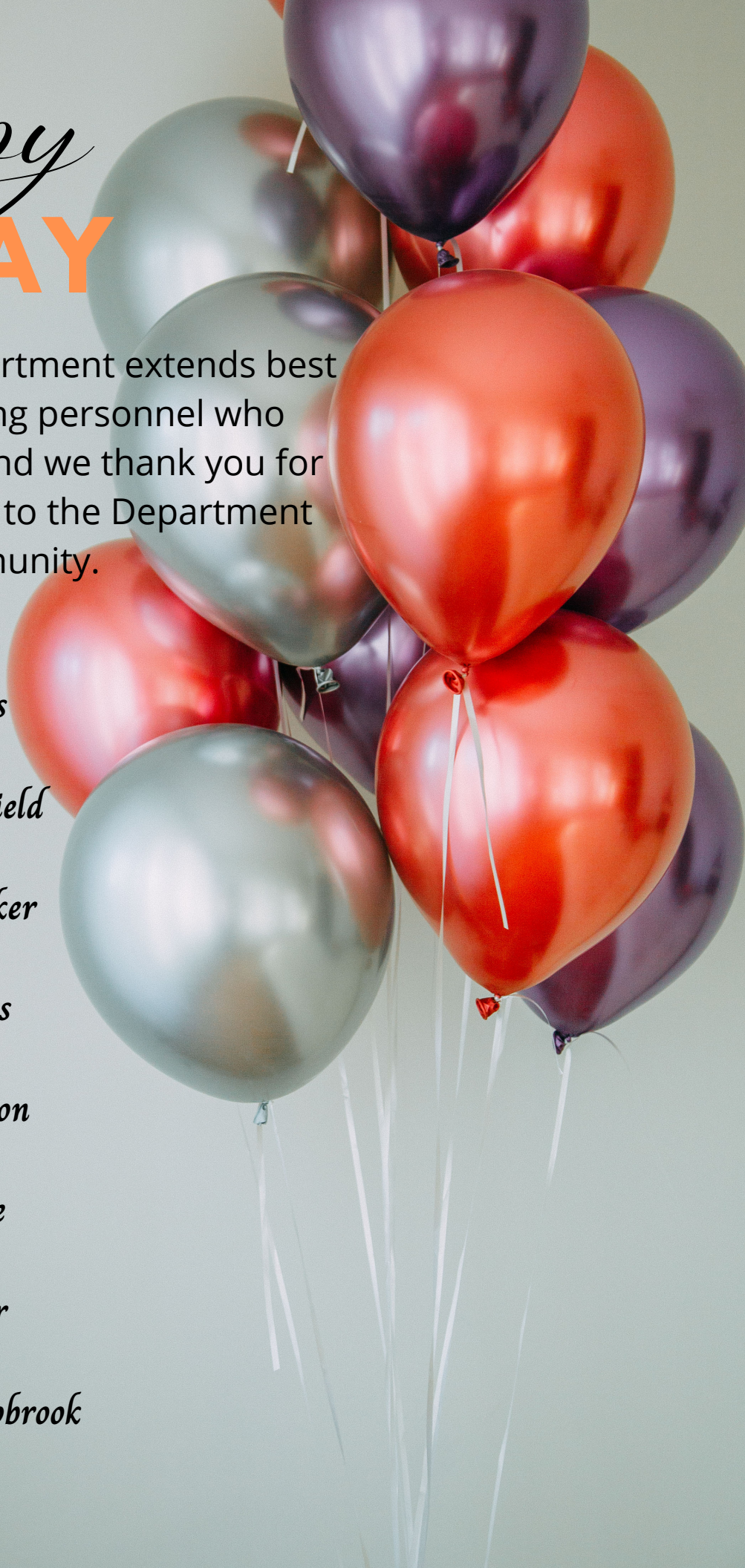
*Firefighter Kenyon Willis*

*Firefighter Kristin Shelton*

*Firefighter Isiah Mugabe*

*Firefighter Victor Taylor*

*Firefighter Shameka Alsobrook*





# IT'S ALL ABOUT COMMUNITY



## Local Church Donates \$1,000 to Fire Department in Appreciation of Services

First Apostolic Ministries International of East Point recently donated \$1,000 to the East Point Fire Department for its response efforts during Covid-19, and to further support the commitment the Department has shown the community over the years through its various programs such as Be Cool About Fire Safety and The Santa Ride Along.

Church Pastor, Bishop J.D. Guthrie, said the monies raised were a united effort of his congregants and members of the community. "Our Ushers and Greeters coordinated what we termed the Body, Spirit & Soul Walk which encouraged members and community friends to seek sponsorships and walk 36 miles within two weeks. As a result of this initiative, we proudly were able to donate the proceeds of \$1,000 to the East Point Fire Department to say thank you for your service."

Fire Chief Corey Thornton said the money will be used to support the Fire Department's Annual Santa Ride Along. During this much anticipated event, Santa rides a Fire Truck through the streets of East Point spreading holiday cheer and greeting children throughout the area with toys before Christmas.



Photo Credit: Firefighter Anthony Lee

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At the end of the day, I would like to believe we made a difference, whether great or small in the community at large or in the life of a single individual, be it an adult or child. This is what it is to answer the call to a life of service.

**Fire Chief Corey Thornton**