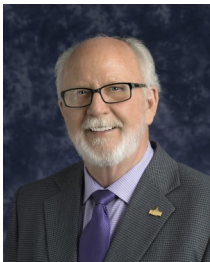




COMMISSIONER'S CORNER



Summer is here, and this is a fun time of the year in our office working on many initiatives to provide services to our citizens. It's also a time to brush up on some safety reminders since

students are out of school, and more kids will be out and about in public places during the day. Please be mindful of children in your community playing in the neighborhood or walking across parking lots, and slow down while driving. Also, summer brings swim season, so practice water safety by making sure there is active adult supervision of any kiddos while they are in or around water. See page 4 for water safety tips, or visit www.nrhws365.com.

Come and cool off with Precinct 3 during our United Way Summer Fun Backyard Barbecue on Friday, June 21st from 10:30 a.m. to 2 p.m. at the Northeast Courthouse. Join us for a barbecue brisket sandwich or smoked turkey sandwich, coleslaw, beans dessert & drink! Enjoy conversation and networking with other Tarrant County offices and community members, and you may be the lucky winner of a door prize! Thank you to Tarrant County's Credit Union, who is our event sponsor.

Mark your calendars for Friday, October 4th for the 11th annual Empowering Seniors Health and Lifestyle Expo at CrossCity Church - Campus West (formerly known as First Eules). Join us for informative workshops, critical healthcare screenings, free food, entertainment and more! We cannot wait for the surprises in store! Event registration will open on Friday, June 14th, and sponsorships are now available at

www.empoweringseniors.com, or call 817-581-3600. Stay tuned for more information in a future newsletter and e-blasts.

A reminder that Tarrant County Public Health and the Immunization Collaboration of Tarrant County will be offering back to school immunizations across Tarrant County this summer. The locations are open through the end of July to help meet your child's vaccine needs. An phone line is available so you can make an appointment at any Public Health center by calling (817) 248-6066. To see a list of locations, hours of operation, vaccine recommendations by age, and other information visit shots.tarrantcounty.com.

Read on in this edition of the Northeast Newsletter to find information about Tarrant County Tax Assessor/Collector Wendy Burgess, Tarrant County Historical Commission, Precinct 3's Summer Fun Backyard Barbecue, City of Hurst Economic Development, ACH Child and Family Services, senior updates, transportation updates, and more!

I look forward to seeing you this Friday, June 14th for Coffee with the Commissioner in my office at the Northeast Courthouse. Join my team and me for coffee, donuts, and good conversation while visiting with others in our community. Remember –we will have coffee this Friday, June 14th and then our United Way luncheon the following Friday, June 21st—two opportunities for you to join us this month!

Gary Fickes

We'll see you Friday! COFFEE WITH THE COMMISSIONER

Friday, June 14th, 2019

7:30 a.m. to 9:00 a.m.

Start your day with us!

Northeast Courthouse
Commissioner's Office
645 Grapevine Hwy., Ste. 200
Hurst, Texas 76054



JUNE

Alzheimer's & Brain
Awareness Month



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Question of the Month

Question: What Texas radio station set the country music standard in 1923?

(Answer on page 4)

The Quote of the Month - "Texas is still a last frontier. It's the part of the United States where the traditional virtues are still operating. In short, a piece of living history."

— John C. B. Richmond





Wendy Burgess



**Tarrant County
Tax Assessor/
Collector**

Wendy, a native Texan, has been a resident of Tarrant County for forty years. Her parents taught her the value of good, honest hard work. It is those principles and values that would go on to shape her career as a business owner and community leader.

Burgess demonstrated an understanding of personal responsibility and business savvy early in the banking industry that propelled her into a career in business administration and consulting. As owner and operator of an auto repair business for 16 years, Burgess was able to hone her skills and develop a philosophy that

mirrored her belief of personal accountability. Later, she ventured into the IT field, as a consultant and business manager for a large firm, and then as owner of her own firm.

Also, Burgess has a strong passion for community service. In 2011, as a member of the Mansfield City Council, she was a proud team member working to provide quality services to all citizens. During her tenure, Mansfield was ranked as one of America's "Best Places to Live," "Safest Places to Live," "Best Park System in Texas," and awarded TML Best Municipal Utility. Before City Council, she served nine years on the Mansfield Chamber of Commerce Board. Two years as Chairman of the Board and Past Chairman promoting local businesses and economic development.

Burgess was elected as Tax Assessor/Collector in November 2018. She brings 20 years of experience and an understanding of the complexities of leading a staff of 200 employees in 8 offices with a budget of \$15.9 million dollars. Her office collects

\$4.6 billion dollars through property taxes, motor vehicle sales tax and registrations. Every employee is committed to serving the citizens in a manner that is as pleasant and efficient as possible.

On a more personal note -

What do you do for fun? *Drive sports cars.*

Favorite Movie? *"Mamma Mia"*

Favorite Restaurant? *"Uncle Julio's Mexican Restaurant"*

Favorite vacation spot? *Atlantis Paradise Island in the Bahamas or Canada*

Last book read? *"Texas Property Tax Code."*

People would be surprised to know...
We just welcomed our 20th Longhorn into our herd this past month.

TARRANT COUNTY HISTORICAL COMMISSION

All Texas county historical commissions are established under Chapter 318 of the State of Texas' Local Government Code.

Each local County Commissioner's Court appoints members to the County Historical Commission to preserve the county's historic cultural resources. To accomplish this, the Tarrant County Historical Commission members have two primary functions; resource identification and education.

Resource identification consists of three parts.

1) A continuing survey of the county to determine the existence of historic buildings and other historical and archeological sites, private archeological collections, important endangered properties, or other historical features within the county.

2) The commission should develop and maintain its inventory of surveyed individual properties and districts.

3) The commission should establish a system for the periodic review and assessment of the condition of designated properties in the county.

For the Education component, the commission should strive to create county-wide awareness and appreciation of historic preservation and its benefits and uses.

These directives are accomplished

through committees that oversee various aspects of the TCHC's work.

The TCHC committees are:

- Archeology & Endangered Properties Committee
- Archives Committee
- Cemetery Committee
- Community Outreach Committee
- Executive Committee
- Finance and Budget Committee
- Heritage Tourism Committee
- Historic Courthouse Committee
- Historical Marker Committee
- History Appreciation, Education, and Awards Committee

There is an education component to each of these committees while the bulk of the survey work is done through the Archeology & Endangered Properties Committee.

Each of these committees has set goals for this year and beyond that will help it accomplish these directives. For instance, a county survey of historical buildings, landmarks, etc. had not been done since the 1980s. Although a study of this type along with collecting other pertinent surveys and documents, may take a year or

more, at least the process has been started.

From an educational standpoint, the TCHC has been conducting a variety of programs and is set to do even more from a community outreach viewpoint. Exhibits are available on several county history subjects that can be borrowed for a display to the public. The State Historical Markers program is well established and active in the county. We have plans for historical interpretive signage in cemeteries. Also, 12,000 people visit our Tarrant County Courthouse each year and we are putting plans together to enhance those visitor's experiences while at the courthouse and encourage school field trips to visit the *1895 Room* exhibits.

You can learn more about the Tarrant County Historical Commission on Facebook and our website.

<http://www.tarrantcounty.com/en/tarrant-county-historical-commission.html>

<https://www.facebook.com/tchistoricalcommission/>

For more information, contact the TCHC Chairman, Jim Hodgson at jhodgosn@ftwaviation.com.

Door Prizes!

Precinct 3's Summer Fun Backyard Barbecue

Benefiting:



Join us...

Friday, June 21st

11:00 a.m. to 2:00 p.m.

for our special United Way Summer Fun Backyard Barbecue! Relax on the patio or in the nice cool community room!

Barbecue Brisket Sandwich or Smoked Turkey Sandwich

All for only \$10.00

Coleslaw
Beans

Dessert & Drink



Bring your team and your Best Game!

Call to register your team TODAY - 817-581-3600

A special thank you to Tarrant County's Credit Union for their sponsorship of our United Way Fundraiser!



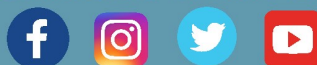
Serving All of Tarrant County

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- Savings & Checking Products for All Ages
- Mobile, Online & Personal Banking
- Financial & Retirement Planning

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Northeast Tarrant County / City-by-City



BEDFORD.....	https://www.bedfordtx.gov/Facilities
COLLEYVILLE.....	http://www.colleyvilleparksandrec.com
EULESS.....	http://www.eulesstx.gov
FORT WORTH.....	http://fortworthtexas.gov/parks
GRAPEVINE.....	https://gograpevine.com
HALTOM CITY.....	https://www.activityreg.com/ClientPage_t1.wcs?clientid=HALTOMTX&siteid=1
HASLET.....	http://www.haslet.org/173/Parks-Facilities
HURST.....	http://www.hursttx.gov/about-us/departments/recreation
KELLER.....	https://www.cityofkeller.com/services/parks-recreation
NORTH RICHLAND HILLS.....	https://www.nrhtx.com/812/Things-to-Do
RICHLAND HILLS.....	http://www.thelinkrec.com/
ROANOKE.....	https://www.roanoketexas.com/183/Parks-Recreation
SOUTHLAKE.....	https://www.cityofsouthlake.com/1574/Things-to-Do
TROPHY CLUB.....	https://www.trophyclub.org/236/Parks-Recreation
WATAUGA.....	https://www.cowtx.org/915/Parks-Community-Services
WESTLAKE.....	https://www.westlake-tx.org/45/Parks-Recreation



- Amon G. Carter, Jr. Downtown YMCA
..... <https://ymcafw.org>
- Airport Area YMCA
..... <https://ymcafw.org/locations/airport-area-ymca>
- Arts Council Masterworks Concert Series
..... <https://www.artscouncilnortheast.org/masterworks-concert-series>
- Free Outdoor Movies
..... <https://sundancesquare.com>



The ABC's of Drowning Prevention:

Active Adult Supervision

Kids should never be alone around water

Barriers to Prevent Access

Gates and fences prevent access to water

CPR & Lessons

Even the best swimmers can benefit from swim lessons

Devices

Use life vests and keep pool noodles nearby

Every Day

Practice Prevention through Attention 365 days a year

Before your kids jump in the pool...

Practice **Prevention through Attention** this swim season by making sure there is **active adult supervision** of your kids while they are in or around the water. And be sure to teach your kids **NEVER** to go in or around the water **without a grownup.**

Make sure you're there with them.



nrhws365.com
North Richland Hills Water Safety Program

Northeast Tarrant County Senior Centers

- Bedford Senior Center** (817) 952-2325
www.ci.bedford.tx.us
- Colleyville Senior Center** (817) 503-1195
www.colleyville.com
- Eules Family Life Sr. Center**..... (817) 685-1670
www.eulesstx.gov
- Grapevine Active Adults at The REC** (817) 410-3465
www.gograpevine.com
- Haltom City Sr. Citizens Center**..... (817) 834-8021
www.haltomcitytx.com
- Hurst Sr. Citizens Activities Center** (817) 788-7710
www.ci.hurst.tx.us
- Keller Senior Activities Center**..... (817) 431-8727
www.cityofkeller.com
- N. Richland Hills Senior Center** (817) 427-6620
www.nrhtx.com
- Richland Hills Sr. Activities Center** (817) 616-3820
www.richlandhills.com
- Southlake Senior Activity Center** ... (817) 748-8398
www.ci.southlake.tx.us
- Watauga Senior Center** (817) 514-5892
www.ci.watauga.tx.us

Swimming Safety Tips Video



Question of the Month

Question: What Texas radio station set the country music standard in 1923?

Answer: WBAP in Fort Worth that was owned by Amon Carter. The show aired Eck Robertson of Amarillo's barn dance piece, officially welcoming this genre to the public.



Economic Development - City of Hurst

It all started in 1909 when William Letchworth Hurst made a deal with the Rock Island Railroad where he would donate his land on Highway 10 to them for tracks to be used for the first rail cars to connect Fort Worth and Dallas. His only demand was that they would use his namesake at the train stop. The popular fiddle playing entertainer was known as Uncle Billy, and he made history that year with the area being designated as Hurst, and it was eventually incorporated some 40 years later as a city. What Mr. Hurst and our original founding fathers diligently worked at was creating a framework of goods and services that allowed residents to thrive as they made history.

As Economic Development has progressed over the years, many new businesses and buildings have been built and are permanent to the Hurst landscape. In Uncle Billy's wildest imagination, he could not have predicted what a retail hub the city would become.

The third largest shopping center in the State of Texas opened in 1971 when the country's largest shopping center developer, Simon Property Group, opened North East Mall at one of Tarrant County's busiest highway intersections where Airport Freeway meets Interstate 820. Its success mounted over the years, and an expansion and full renovation occurred in 2000 with the addition of Dillard's, Macy's, and Nordstrom. This caused a "velcro" effect as new retail opened all around it and today the west Pipeline Corridor is the city's busiest. In 2014, the nearby highways, 121/183 were expanded and now carry over 230k cars per day. The shopping center stays nearly 100% occupied each year and aids greatly in the regional draw for the area.

Cities thrive on Economic Development. It is a good year when many new businesses choose your city to open a new location. Over the last ten years, the City of Hurst has averaged the opening of



125 new businesses per year occupying 350k. sq.ft. Of that group that opened over the last 12 months, 19 of them have been restaurants. Food service establishments represent the most popular merchandise category amongst citizens and also help to extend shopping visits. They are also popular with landlords and Hurst has been fortunate to experience the opening of several new shopping centers that enjoy new restaurant offerings that have added to their immediate popularity. Examples include Chicken Salad Chick, Burning Rice Korean BBQ, Rusty Taco, Ono Poke, Tropical Smoothie Café, Tiff's Treats, and Corner Bakery. These four new shopping centers have enhanced the retail mix and selection and have aided the City in enjoying 95% occupancy of the 6.6M.S.F. of retail properties.

The Hurst Conference Center continues to be a strong economic development generator since its opening in 2010 and averages 360 events per year. This past year the new Hilton Garden Inn which is attached to the Conference Center opened and has complimented the 61,000 event attendees nicely as they can now enjoy any one of four business hotels in the Hurst Town Center. Candlewood Suites is also under construction now in Town Center and will open after the first of the year. For more information on the City of Hurst, please visit <https://www.hursttx.gov> or visit <http://www.hursted.com>.



Article courtesy of Steve Bowden, Director Economic Development, City of Hurst

Congratulations!



Eulogio Rivas
25+ Years

*Thank you
for your years
of service to
Tarrant County.*



Becky Farris
12+ Years

*We wish you
all the
best on your
Retirement!*



Belinda McLeod
46+ Years

**Precinct 3
Maintenance Center News
June 2019**



Our construction season schedule is busting at the seams. We have a record number of Tarrant County and Interlocal Projects completed, in progress and planned for the FY 2019 year.

After completion of two large projects on Cheek-Sparger Road in Colleyville last fall, we took on a couple of significant projects over the winter months. In December, we partnered with Northwest Independent School District, TxDOT, and the City of Fort Worth to construct a plan to extend the southbound US 287 frontage road and relocate the southbound entrance ramp near V.R. Eaton High School. The new frontage road extension and ramp opened in March and has greatly improved traffic operations in the area.

The other winter project was the construction of a new county roadway, Wagley Robertson (extension). This new roadway is on the City of Fort Worth Master Thoroughfare Plan and will help meet the traffic needs of the developing area.

Other Interlocal and County Projects we have completed, in progress or scheduled include:

Interlocal Projects

Interlocal Projects are a cooperative effort between the county and cities to complete needed resurfacing and rehabilitation on selected city streets. The city provides material funding, and the county provides the labor and equipment to perform the work. Projects we have completed or scheduled for this spring/summer include:

- Cheek-Sparger Road (East) (Colleyville) - Rehabilitation (Completed Nov 2018)
- Cheek-Sparger Road (West) (Colleyville) - Rehabilitation (Completed Dec 2018)
- Dove Loop Road (Grapevine) – Overlay (Completed March 2019)
- Boyd Drive (Grapevine) – Overlay (Completed March 2019)
- Commerce Street (Euless) – Overlay (Completed March 2019)
- Bayless Road (Euless) – Overlay

- (Completed March 2019)
- Rambling Lane (Euless) – Overlay (Completed March 2019)
- Atkerson Lane (S) (Euless) – Overlay (Completed March 2019)
- Hilton Drive (Euless) – Overlay (Completed March 2019)
- Northcliff Drive (Euless) – Overlay (Completed March 2019)
- Doc McGinnis Drive (Euless) – Overlay (Completed March 2019)
- Crane Drive (Euless) – Overlay (Completed March 2019)
- Huffman Road (Euless) – Overlay (Completed March 2019)
- Del Paso Street (Euless) – Overlay (Completed March 2019)
- Canyon Ridge Drive (Euless) – Overlay (Completed March 2019)
- West Mills Drive (Euless) – Overlay (Completed March 2019)
- US 287 Frontage Road (TXDOT/NISD) – New Construction (Completed April 2019)
- L Don Dodson Drive (Bedford) – Overlay (Completed April 2019)
- Harwood Road (Bedford) – Overlay (Completed April 2019)
- Roanoke Haslet Road (Fort Worth) – Rehab (Completed April 2019)
- Hospital Parkway (Bedford) – Overlay (Completed April 2019)
- Blue Mound Road (Fort Worth) – Rehab (Completed May 2019)
- Knox Road (Keller) – Rehab (Completed May 2019)
- Ottinger Road (Keller) – Rehab (Completed May 2019)
- Rapp Road (Keller) – Rehab (Completed May 2019)
- School House Road (Haslet) – Overlay (Completed June 2019)
- East Continental Boulevard (Southlake) – Overlay (Scheduled June 2019)
- Willow Springs Road (Fort Worth) – Rehab (Under Construction June 2019)
- Precinct Line Road (1) (Hurst) – Overlay (Scheduled June 2019)
- Precinct Line Road (2) (Hurst) – Overlay (Scheduled June 2019)
- Precinct Line Road (3) (Hurst) – Overlay (Scheduled July 2019)
- McDonwell School Road West (Colleyville) – Rehab (Scheduled July 2019)
- Alta Vista (Fort Worth) – Rehab (Scheduled July 2019)
- Bransford Road (Colleyville) – Rehab (Scheduled Aug 2019)
- North Park (Watauga) – Rehab (Scheduled Aug 2019)
- White Drive (Colleyville) – Rehab (Scheduled Aug 2019)
- Euless South Main (Fort Worth) – Rehab (Scheduled Sep 2019)
- Tarrant Main Road (Fort Worth) – Rehab (Scheduled Sep 2019)

- Maplewood Avenue (North Richland Hills) - Rehab (Scheduled Sep 2019)
- Meadow Road (North Richland Hills) – Rehab (Scheduled Sep 2019)
- Curtis Road (Colleyville) – Rehab (Scheduled Oct 2019)
- Herbert Road (Colleyville) – Rehab (Scheduled Oct 2019)

Additionally, we have issued a call for projects to the cities within Precinct 3 to start the budgeting and planning process for the fiscal year 2020.

Precinct 3 Tarrant County Projects

Precinct 3 Tarrant County Projects are roadways or segments of roadway completed in unincorporated Tarrant County.

- Wagley Robertson Road (Extension) – New Construction (Completed Mar 2019)
- Copper Canyon Drive – Microsurface (Completed Apr 2019)
- Hickory Creek Drive – Microsurface (Completed Apr 2019)
- Keller Creek Drive – Microsurface (Completed Apr 2019)
- Blue Sky – Microsurface (Completed Apr 2019)
- White Cloud Court – Microsurface (Completed Apr 2019)
- Saw Tooth Court – Microsurface (Completed Apr 2019)
- Alpine Court – Microsurface (Completed Apr 2019)
- Roanoke Haslet Road – Rehabilitation (Completed Apr 2019)
- Drover Drive – Rehabilitation (Completed May 2019)
- Rancho Drive – Rehabilitation (Completed May 2019)
- Corral Drive – Rehabilitation (Completed May 2019)
- Smithfield Cemetery Roads – Rehab & Seal Coat (Scheduled Summer 2019)

Your safety and the safety of our crews are of utmost importance. Please be patient, drive slowly through the construction zone, and be keenly aware of the large equipment and personnel working to make these improvements for you.



*Article courtesy of Richard Schiller,
Director of Field Operations*



For more than a century, ACH Child and Family Services have provided needed resources and skills to children and families struggling with life's challenges. ACH offers a wide range of services including foster care, adoption, Emergency Shelter Care, services to homeless youth, and free Crisis Counseling. In 2014, ACH was asked by state leaders to launch Community-Based Care in seven North Texas counties, a program designed to improve foster care services in Texas.

Now, as the coordinator of services for over 2,400 youth in foster care annually, ACH is clear on what services are needed to help youth heal from the trauma they have experienced. ACH has identified a significant lack of programs for teenagers with more challenging behavior problems.

These youth—with trauma so unimaginable—are at high risk of hurting themselves and others, abusing drugs, and running away. However, by helping them understand that they are safe, that some adults can be trusted, and that they can relax and not worry about protecting themselves from an abuser, ACH can help heal their trauma.

That's why we're just weeks away from introducing an innovative new program. Tarrant and the other counties we serve will now have a secure facility staffed by treatment teams who will put our highest-needs teenagers on an *accelerated* path to success. With this kind of help, these youth can make amazing strides in their development. ACH will then connect them to a

support system with the vision of eventually living successfully in a family—the best setting to continue to develop and learn to be an independent, contributing member of society.

Because ACH knows our community is counting on us, we're opening our facility as soon as possible. The need for services is just too great to wait, and we are seeking donations to help finalize the building construction and furnishings. For more information, please visit:

achservices.org

817-335-4673

Mailing Address:
ACH Child and Family Services
 3712 Wichita Street
 Fort Worth, Texas 76119

*Article courtesy of Chuck Burton,
 Marketing Director*

➤ Youth who age out of the foster system without help face a **bleak** future

- **25%** in the criminal justice system by age 22
- **25%** experience homelessness by age 22
- **51%** of girls will be pregnant by age 19

...and only 3% complete college



CROSSCITY
 CHURCH | CAMPUS WEST
 205 N. Industrial Blvd., Bedford, TX

Award-Winning 11th Annual
EMPOWERING Seniors



Friday, October 4, 2019

Health and Lifestyle Expo for Caregivers, Boomers and Seniors



Welcome to our series “Northeast Tarrant County Cities” where we’ll share information about one of the cities located in Precinct 3 in each newsletter. It’s impossible to share everything on one page that makes a city great, but we hope to scratch the surface on what makes each city a great place to live, work, and play.

Northeast Tarrant County is home to 16 municipalities in one of the most urbanized regions in the State of Texas. Commissioner Fickes, along with Tarrant County, partners with many entities, including our cities. With these partnerships, our communities continue to thrive via road projects, economic development, public health services, public safety, and emergency management.

Southlake balances sophisticated living with a neighborly community spirit. The City’s premier urban planning and attention to the smallest details make Southlake perfectly enjoyable.

Home to more than 27,000 residents nestled within 22.5 square miles, Southlake is located in North Tarrant County, just a few minutes away from DFW International Airport.

In the heart of the city, you’ll find the picturesque Southlake Town Hall, home to both City and Tarrant County offices, located in Southlake Town Square whose signature shady awnings, live oak trees, fountains and parks, provide the perfect backdrop for a day of shopping and dining.

Get inspired at the Apple Store, gather your latest wardrobe additions at Johnny Was, or ham up your party look at The Impeccable Pig, where you’ll leave looking anything but piggish. With over 260 retail venues, Southlake puts the perfect spin on shopping.

After a day around town, treat yourself to one of Southlake’s local eateries. Southlake caters to many tastes, boasting more than 130 restaurants, breezy patios, casual bars and upscale eateries. Sample globally-inspired dishes and specialty cocktails at Trufire or satisfy your sweet tooth with artisan ice cream from Milwaukee Joe’s. Go to VisitSouthlakeTexas.com or download our Visit Southlake App and plan your perfect trip. You can access the app from the website or by visiting the app stores on iOS or Android smartphone devices.

Brand new to Southlake is the Champions Club at The Marq, which is a state-of-the-art fitness and aquatic facility. Whether you are looking to get into shape, find an exciting class, learn a new skill, or relax by the pool, Champions Club has you covered. The Marq is also home to Legends Hall, which was designed and built for the event of your dreams, from simple to elaborate, traditional or contemporary, and indoor or outdoor. Learn more at TheMarqSouthlake.com.

Thanks to Southlake DPS’ high levels of accreditation, Southlake is considered one of the safest places to live in the country. The Southlake Fire Department has been an accredited agency through the Commission on Fire Accreditation International since 2000 and is currently one of only eight accredited municipalities in Texas. Since 2015, the Police Department has held the highest award of re-accreditation from the Commission on Accreditation for Law Enforcement Agencies with their Gold Standard accreditation.

Southlake is also home to Carroll ISD. The K-12 school system consists of 11 schools, serving more than 7,800 students with more than 1,100 employees. Dragon Pride runs strong in Southlake!

Article provided by the City of Southlake



Southlake Town Hall
 1400 Main Street, Southlake, TX 76092
 817-748-8400

- Animal Services & Adoptions 817-743-4710
- Champions Club 817-748-8955
- Human Resources 817-748-8064
- Library 817-748-8243
- Parks & Recreation 817-748-8019
- Senior Activity Center 817-748-8315
- The Marq 817-748-8900
- **Emergency** **9-1-1**
- Police Non-Emergency 24-Hour Dispatch 817-743-4522
- Police Department 817-748-8914
- Fire Department 817-748-8106

SENIOR NEWS



It's Time to Chill!

Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. It is important to get relief from the heat quickly. If not, you might begin to feel confused or faint. [Your heart](#) could become stressed and stop beating.

Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name *hyperthermia*:

- ⇒ **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and [drink water](#) to make the dizzy feeling go away.
- ⇒ **Heat cramps** are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Find a way to cool your body down. Rest in the shade or a cool building. Drink plenty of fluids, but not those with [alcohol](#) or caffeine.
- ⇒ **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, [check with your doctor](#).
- ⇒ **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseated. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

Heat Stroke—A Medical Emergency If you have heat stroke, you need to get medical help right away. Older people living in homes or apartments without air conditioning or fans are at most risk. People who become dehydrated or those with chronic diseases or alcoholism are also at most risk. Signs of heat stroke are:

- Fainting (possibly the first sign) or becoming unconscious
- A change in behavior—confusion, agitation, staggering, being grouchy, or acting strangely
- Body temperature over 104°F (40°C)
- Dry, flushed skin and a strong, rapid pulse or a slow, weak pulse

For more information: <https://www.nia.nih.gov/health/hot-weather-safety-older-adults>

EXTREME HEAT COOLING CENTERS

Fire Station Community Center	817-924-9971	1601 Lipscomb St., Fort Worth, TX 76104	view map
Hillside Community Center	817-871-7660	1201 E. Maddox., Fort Worth, TX 76104	view map
Martin Luther King Community Center	817-871-5960	5565 Truman Dr., Fort Worth, TX 76112	view map
Northside Community Center	817-871-5820	1100 NW 18th St., Fort Worth, TX 76106	view map
Riverside Community Center in Sylvania Park	817-871-7640	3700 E Belknap St., Fort Worth, TX 76111	view map
Salvation Army Arlington Family Life Center Family Life Center and Youth Education Town	817-860-1836	712 W Abram St., Arlington, TX 76013	view map
Salvation Army Northside Corps Northside Community Center Services	817-624-3111	3023 NW 24th St., Fort Worth, TX 76106	view map
Salvation Army of Tarrant County Community Center Services	817-344-1800	1855 E. Lancaster Ave., Fort Worth, TX 76103	view map
Sycamore Community Center Community Centers	817-871-7675	2525 E Rosedale St Fort Worth, TX 76105	view map

You may also consider visiting your local library or recreation center. Please visit www.211texas.org/ and www.tarrantcares.org for newly listed extreme heat cooling centers in your area.

CALENDAR

- Jun 21 Haltom Senior Center - Father's Day Cookout <https://www.haltomcitytx.com/departments/senior-center>
- Oct 4 Empowering Seniors www.empoweringseniors.com



<https://health.gov/news/blog-bayw/2018/06/june-is-mens-health-month/>



Transportation

Northeast Tarrant County

DFW Connector Project

Hotline: 877-411-4212

www.dfwconnector.com



Sign up for e-alerts!

• NorthGate will open three new bridges this summer – the northbound SH 26 off-ramp to northbound SH 121, eastbound Bass Pro Drive and southbound SH 121 off-ramp to I-635. Opening these bridges will allow crews to move to new work areas on the project.



- Once the new bridges are open to traffic, crews will begin demolishing the old structures. This will require full weekend highway closures to accommodate this work safely. We encourage everyone to check the website for up-to-date lane closure information.
- Utility, drainage, grading, and paving work will continue on the project throughout the summer.

Highway 26

TxDOT - N Tarrant Office

817-399-4300

sh26project.com

www.txdot.gov



Sign up for e-alerts!

• Construction activity on the east side of SH 26 continues with concrete placement of driveways, sidewalks, and lighting foundations from John McCain Road to Pleasant Run Creek. Construction of the remaining segments of the side streets that tie into SH



26 from the east side is ongoing. Work on the west side of SH 26 also continues from north of Little Bear Creek bridge to north of Centerpark Drive with concrete pavement placement and driveway and sidewalk installation as well as the reconstruction of Centerpark Drive west of SH 26. Project completion is estimated for Late 2019.

FM 1938 - Phase II

TxDOT - N Tarrant Office

817-399-4300

www.txdot.gov

Southlake 817-748-8098

www.cityofsouthlake.com

• FM 1938 construction activity on the north end of the project continues with the construction of the new southbound lanes from near Brook Forest Drive north to Randol Mill Avenue and the reconstruction of Fawkes Lane at FM 1938. Future construction activity on the north end includes installation of the remaining irrigation, landscaping, and lighting. On the south end of the project, the screen wall construction on the east side of FM 1938 is progressing. Project completion is estimated for Summer 2019.



FHWA Work Zone Facts and Statistics

Work zones play a key role in maintaining and upgrading our nation's roadways. Unfortunately, daily changes in traffic patterns narrowed rights-of-way, and other construction activities often create a combination of factors resulting in crashes, injuries, and fatalities. These crashes also cause excessive delays, especially given the constrained driving environment.

- ⇒ **Work Zone Exposure.** In the US, one work zone fatality occurs for every 4 billion vehicle-miles of travel.
- ⇒ **Work Zone Fatalities.** Between 2016 and 2017, fatal crashes in work zones increased by 3 percent while fatal crashes outside of work zones decreased by 1.5 percent.



For additional data visit the [National Work Zone Safety Information Clearinghouse](http://NationalWorkZoneSafetyInformationClearinghouse).

Calendar of Events

- Jun – Jul Summer Arts Camp for Kidswww.artscouncilnortheast.org
- Jun 14 Flag Day
- Jun 16 Father's Day
- Jun 20 Tarrant County Area Food Bank Empty Bowls Chef Serieswww.tafb.org
- Jun 21 Precinct 3 Summer Fun Backyard BBQ - United Way Fundraiser (817) 581-3600
- Jun 21 Clean Air Action Daywww.airnorthtexas.org
- Jun 21 Southlake: 2019 Annual Awards Banquetwww.southlakechamber.com
- Jun 22 Watauga's Longest Day Alzheimer's Walk www.cowtx.org
- Jun 27 Colleyville Empowering Womenwww.colleyvillechamber.org
- Jul 4 Independence Day
- Jul 27 National Day of The American Cowboywww.fortworth.com
- Aug 6 National Night Outwww.natw.org
- Aug 9-11 Texas Tax Free Weekend www.freetaxweekend.com
- Aug 16 Grapevine Chamber Casino Nightwww.grapevinechamber.org
- Aug 19 First Day of School
- Aug 21 Senior Citizen's Day
- Sept 19 Community Enrichment Center Love & Hope Galawww.thecec.org

JPS Hospital Clinics in Northeast Tarrant County

Health Clinics

- Gertrude Tarpley JPS Health Center .. 817-514-5036**
6601 Watauga Road, Watauga 76148
- JPS Medical Home Northeast Tarrant 817-702-1100**
3200 W. Euless Boulevard, Euless 76040

School-Based Clinics

- Birdville** 817-547-3046
8200 O'Brian Way, N. Richland Hills 76180
- Birdville** 817-759-2035
2807 Layton Avenue, Haltom City 76117
- Grapevine/Colleyville** 817-251-5751
3050 Timberline Drive, Grapevine 76051
- HEB** 817- 399-3500
3115 W. Pipeline Road #B, Euless TX 76040
- Georgia Kidwell - HEB** 817-399-3366
3115 W. Pipeline Road #D, Euless TX 76040

For a complete list of Health Clinics and School-Based Clinics log onto: www.jpshealthnet.org

COUNTY HOLIDAY CLOSINGS

- July 4 - Independence Day**
- September 2 - Labor Day**



- Jun 21 Colleyville Stars and Guitarswww.colleyville.com
- Jun 28 Haslet Independence Day Parade & Fireworks Celebrationwww.haslet.org
- Jul 3 Roanoke's 3rd of July Independence Day Celebration www.roanoketexas.com
- Jul 3 Southlake Stars & Stripeswww.visitsouthlaketexas.com
- Jul 4 Bedford July 4th Fest Celebration www.bedfordtx.gov
- Jul 4 Keller 4th of July Bike Parade.....www.cityofkeller.com
- Jul 4 Richland Hills Red, White & YOU! www.richlandhills.com
- Jul 4 Grapevine Annual Fireworks Extravaganzawww.grapevinetexasusa.com
- Jul 4 Town of Trophy Club 4th of July Celebrationwww.trophyclub.org
- Jul 4 Hurst Stars & Stripes 2019www.hursttx.gov
- Jul 4 Fort Worth 4th of July Celebrate Freedomwww.fortworthsfourth.com
- Jul 4 NE Chamber Family 4th Celebration & Fireworks Show..... www.netarrant.org
(Haltom City, NRH, Richland Hills, Watauga & NE Tarrant Chamber)



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