



# NEWSLETTER

## Upcoming Events

**Thursday, August 8, 2019**

City Council Meeting @ 6:30 PM

**Back to School Roundup**

**Friday-Sunday, August 9-11, 2019**

**Sales Tax Holiday**

**Tuesday, August 13, 2019**

Municipal Court @ 5 PM

**Wednesday, August 21, 2019**

Bulk Pickup begins @ 7 AM

## Back to School Roundup

School supplies will be distributed at the 15th Back to School Roundup from **8 AM to 2 PM August 8, 2019** at the Tarrant County College South Campus, 5301 Campus Drive. To qualify for the free supplies, families must produce the following: valid photo ID, proof of Tarrant County residency (May, June or July 2019 utility bill showing applicant's name and current address), proof of income (must meet 2019 federal income poverty guidelines).

The annual Back to School Roundup is a one-stop event that offers approximately 10,000 underserved Tarrant County school-aged children, ages 3-18, free school supplies, backpacks, haircuts, health, dental and vision screenings, immunizations, health and social resources, activities and games.

## TOWN HALL HOURS

**Monday — Friday  
7:30 am to 4:30 pm**

**Bulk Trash Items must be out  
by 7AM on 8/21 collection will  
conclude on 8/24**

**MAYOR - Patrick Jacob**

## COUNCIL MEMBERS

**PLACE 1 – Don Pitts**

**PLACE 2 – Kathy Livingston**

**PLACE 3 – Wesley Hearn**

**PLACE 4 – Amy Robinson**

**PLACE 5 – Rona Gouyton**

**Water Meter Tampering**– Just a reminder, unauthorized connection or disconnection of water in the Town of Lakeside is prohibited. The water meters are Town property and should not be touched by anyone unless authorized by the Town Administrator or Water Superintendent.

If you are having plumbing repairs done or have a leak and need your water turned off please call the Town Water Department at 817-237-1234 or after hours at 817-237-1224, you will press "0" when the recording comes on.

The fee for tampering is \$150.00 per violation and there are other charges if anything is damaged.

**Meals On Wheels** of Tarrant County started in 1973 as a group of concerned citizens representing 11 faith-based congregations in Downtown Fort Worth. They saw a problem and decided to do something about it. All these years later, they are still making a life-changing impact on the lives of our most vulnerable citizens. Tens of thousands of people have been able to remain living independently due to the services provided by Meals On Wheels.

Most people are aware of the nutritious meals served, but there a number of ancillary services provided that address the problems faced most often by the elderly population. These are a few of the most popular programs:

**Friend to Friend Program** matches caring volunteers with lonely clients for friendly in-home visits each week.

**HomeMeds Program**– We review our client's medications and identify duplicate therapies and adverse drug interactions that often result in a trip to the ER.

**Safety Checks**– Our volunteers deliver more than just a meal and a friendly smile, they provide a daily safety check that gives our clients and their families an added peace of mind.

**Home Repairs**– Through the **Client Assistance Program**, we are able to address health and safety issues in a client's home when they have no other resources available to them. Assistance includes things like repairing leaking roofs, replacing broken windows, installing grab bars and wheelchair ramps, providing walkers, lift chairs, hospital beds and so much more.

**Companion Pet Meals**– Many low-income clients have difficulty adequately providing proper nutrition for their beloved pets. Consequently, we provide free dog or cat food to those in need.

Along with the life-saving meals, these programs dramatically improve the quality of life for the homebound, elderly and disabled residents of Tarrant County. For more information go to [mealsonwheels.org](http://mealsonwheels.org).

**Sales Tax Holiday August 9-11, 2019**

During this annual sales tax holiday, you can buy most clothing, footwear, school supplies and backpacks (sold for less than \$100) tax free from a Texas store or from an online or catalog seller doing business in Texas. In most cases, you do not need to give the seller an exemption certificate to buy qualifying items tax free.

**This year's sales tax holiday begins Friday, August 9 and goes through midnight Sunday, August 11.**

The sales tax exemption applies only to qualifying items you buy during the sales tax holiday. Items you buy before or after the sales tax holiday do not qualify for exemption, and there is no tax refund available.

**Has your child signed up to play a sport this season?** Don't forget to get your child a sports physical! These physicals are often a requirement in many schools and states in order to participate.

**What is a Sports Physical?** A sports physical covers the basics of your child's health. Also known as a pre-participation physical exam (PPE), a sports physical exam can help find health problems that could stop your child from competing safely.

To start, the healthcare provider may ask questions about family history, previous surgeries, allergies, past injuries, complications during exercise and any medications your child takes. Then, the healthcare provider will do a physical exam to check height and weight, blood pressure and heart rate, abdomen, heart, lungs, ears nose and throat, hearing and vision, strength, flexibility, coordination, reflexes and posture. Girls also may be asked about their menstrual cycle, or period.

# August 2019

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8 <i>City Council Meeting 6:30 PM</i>	9 <i>Sales Tax Holiday Begins</i>	10
11	12	13 <i>Municipal Court 3:30 &amp; 5 PM</i>	14	15	16	17
18	19	20	21 <i>Bulk Pickup Items must be out by 7 AM</i>	22	23	24
25	26	27	28	29	30	31