



NEWSLETTER

TOWN HALL FOOD DRIVE & TOYS FOR TOTS DONATIONS

The Town of Lakeside started the annual food drive for the Tarrant Area Food Bank and collecting new toys for Toys For Tots. Collection began on Tuesday, October 1st.

One of the most important parts of the holiday season is giving to those in need. Here in Tarrant County, there are thousands of underprivileged families, children, veterans and homeless that need your help to make it through another year. It's only through the compassion and goodwill of local citizens that keep these organizations going strong and helps put smiles on the faces of the less-fortunate.

If you want to spread some holiday joy to those in need you can bring your donations to Lakeside Town Hall. Lakeside will be collecting non-perishable food items, canned food and new toy items during Town Hall business hours, Monday—Friday, 7:30 AM—4:30 PM. Collection began on October 1st and will end on Friday, December 6th.

Last year we had very generous donations to Tarrant County Food Bank. Let's see if we can collect even more this year.



TOWN HALL HOURS
Monday — Friday
7:30 am to 4:30 pm

**Bulk Trash Items must be out
by 7AM on 11/20 collection will
conclude on 11/23**

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

Holiday Party Survival Tips: The average person gains about a pound each holiday season, between Thanksgiving and New Year's Day, and some research indicates weight gained during the holidays is generally not lost later in the year, adding up over the years. Here are some tips to prevent holiday parties from derailing your health goals and causing weight gain.

Before the party: * Try to avoid exhaustion. Generally, people who are not well-rested tend to over-consume, in any environment.

* If you are unsure what's on the menu, offer to bring a dish to help the hostess and to ensure at least one dish will be healthy.

* Don't skip meals early in the day to prepare yourself for a feast in the evening. Skipping meals can cause you to overeat to compensate for your hunger.

* You can try to limit portions to reasonable sizes and eat lighter foods throughout the day, but do try to avoid going to the party ravenous.

During the party: * When you first arrive at a party, don't immediately start filling your plate. Take a trip around the buffet and make your choices after you have seen what is available.

* If given choices, choose a smaller plate, like a dessert or salad plate. Serving yourself on a smaller plate may help you eat less and feel more satisfied.

* Generally, if you eat lower calorie foods early on— like fresh fruits and vegetables— you eat fewer calories over the course of the party.

* Take your time. Eating more slowly lets your brain recognize signals from your body that you are full, which can take up to 20 minutes.

* Use vegetables instead of crackers or chips to scoop dips. Choose small portions of richer foods, like dips or desserts.

* Choose beverages wisely; try to drink water or sparkling water with a splash of fruit juice. Coffee or unsweetened tea may also be wise choices.

* When you are full, chew a piece of gum or eat a mint to cleanse your palate and prevent further eating. Try to socialize away from the food to avoid absent-minded eating.

* Don't accept offers to take leftovers, unless they are fruit, vegetables or other light foods.

What to do if you overindulge: * Don't be discouraged. Do not use your previous choices as an excuse to overeat or eat heavy foods.

* Don't starve yourself, which can increase the likelihood of overeating later in the day.

* Plan meals and snacks to provide adequate fruits, vegetables, and whole grains.

* Continue your regular exercise regiment, or simply make an effort to be more active throughout the day.

* Spend time with your family or friends throughout the holiday season being active. Speed walk while shopping or just walk and talk to socialize with each other.

thanksgiving
gather
thankful family
blessed grateful
together blessings
november

TO ENSURE A WORRY-FREE HOLIDAY, HERE ARE SOME SAFETY TIPS TO KEEP YOUR FAMILY AND HOME SAFE FOR THE HOLIDAYS

- * Remove objects that might allow access to your home. For example, ladders for cleaning out gutters.
- * Don't post travel plans on Social Media letting people know you will be out of town.
- * Make sure you have all mail, newspapers and deliveries stopped or picked up by a friend or neighbor.
- * Never leave a key hidden outside. Burglars know all the best hiding places.
- * Secure all windows, including those upstairs and reduce the chance of easy entry by cutting tree limbs away from second story windows.
- * Have a friend move your car occasionally if it is parked in the driveway.
- * Use timers to operate lights.
- * Review your answering machine message to be sure it does not imply that you are away.
- * Fill out a House Watch Form and submit it to Town Hall for the Lakeside Police Department for extra patrols around your house. House Watch Forms are available at Town Hall or on our website.



November 2019

SUN	MON	TUE	WED	THU	FRI	SAT
					1	2
	4	5	6	7	8	9
10		12 <i>Municipal Court</i> 5 PM	13	14 <i>City Council Meeting</i> 6:30 PM	15	16
17	18	19	20 <i>Bulk Pickup</i> Items must be out by 7 AM	21	22	23
24	25	26	27		29 <i>Town Hall Closed</i>	30