



NEWSLETTER

Upcoming Events

Monday, September 2, 2019

Town Hall Closed for Labor Day

Thursday, September 12, 2019

City Council Meeting @ 6:30 PM

Tuesday, September 17, 2019

Municipal Court @ 5 PM

Wednesday, September 18, 2019

Bulk Pickup begins @ 7 AM

Friday, September 27, 2019

Texas State Fair Opening Day

Friendly Reminder... The endpoints, meters and curbstops inside the water meter box should not be tampered with, as damage can occur. Be careful when mowing your grass in the area of the meter box and you may want to advise your lawn service to be aware and careful around the meter box. The curbstops, meters, wiring antennas and meter boxes are property of the Town of Lakeside.

*** You will be charged for damage to the equipment.



It's time for the Texas State Fair!! Opening day is September 27. The Texas State Fair, at 24 consecutive days, is the longest running and largest in the nation.

Texas heritage is strong and the state fair embodies all aspects of the Lone Star culture. The fair offers a variety of interactive exhibits focusing on agriculture and livestock. There is something for everyone, from the children's barnyard and kid's tractor pulls, to innovations in agriculture, a wine garden, live music, games and rides.

TOWN HALL HOURS

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

Bulk Trash Items must be out by 7AM on 9/18 collection will conclude on 9/21.

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

WE WILL BE CLOSED ON LABOR DAY

September 2, 2019
For Emergencies Call 9-1-1
or 817-237-1224
Press '0' when the recording comes on

What is Labor Day and what does it mean? Do you get weekends off from work? Lunch breaks? Paid vacation? An eight-hour work day? Social security? If you said "yes" to any of these questions, you can thank labor unions and the U.S. labor movement for it. Many of the most basic benefits we enjoy at our jobs today are the result of years of hard-fought battles and the legislation they inspired. On the first Monday in September, we take the day off to celebrate Labor Day and reflect on the American worker's contributions to our country.

Why we love Labor Day

We're hard workers—we deserve the day off. Statistics show that Americans work longer hours than the majority of other countries—137 more hours per year than Japan, 260 more per year than the UK and 499 more than France. Our productivity is high too—400% higher than it was in 1950 to be exact.

It's the reason we can say TGIF. Labor Day is a time to celebrate the benefits we enjoy at our jobs—including weekends off. The concept of American workers taking days off dates back to 1791, when a group of carpenters in Philadelphia went on strike to demand a shorter work week (10-hour days, to be exact). It wasn't until 1836 that workers started demanding 8-hour work days.

Add more fruits and vegetables to your life and discover the power of color! Did you know that certain fruits and vegetables have super-powers? They come in many colors and can help you maintain a healthier weight, boost your energy and add vitamins and minerals to your diet. Some may also help lower your risk of cancer, high blood pressure and other chronic diseases.

RED—HEART STRONG Red fruits and vegetables such as tomatoes, red bell peppers, radishes, rhubarb and strawberries can pack a punch when it comes to fighting colds, some cancers and heart disease. They can also aid in relieving symptoms of rheumatoid arthritis.

ORANGE/YELLOW—AIDS EYESIGHT You can have improved eyesight and a healthier heart by adding carrots, apricots, cantaloupe, papayas, peaches and sweet potatoes to your diet. They may also help prevent high blood pressure and promote healthy joints and bones.

GREEN—BOOSTS IMMUNE SYSTEM Avocados, asparagus, broccoli, greens, peas and other green fruits and vegetables can boost the immune system—potentially reducing cancer risks—and they're important for digestion too.

BLUE/PURPLE—SLOWS THE AGING PROCESS Stay young with blueberries, eggplant, plums, prunes, raisins, grapes, blackberries and other blue and purple produce, which are rich in anti-oxidants that can provide anti-inflammatory and anti-aging benefits.

WHITE—DISEASE FIGHTERS White is the good guy, especially when it comes to cauliflower, garlic, onions, turnips, white corn, mushrooms, bananas and parsnips. These can help lower blood pressure and cholesterol and reduce the probability of stomach cancer and heart disease.

Waste Connections does a monthly pickup for residents inside the city limits of Lakeside. The monthly bulk pickup starts on the third Wednesday of each month and items **must** be at the curb by 7 AM.

The earliest you can start placing your items at the curb is the Saturday before the bulk pickup begins.

It may take up to four days for all the residents bulk items to be collected. This will depend on the volume residents put out.

If your items are not collected by the Monday following the bulk item pickup please call Town Hall at 817-237-1234.



There are several Job Fairs to be held in the upcoming months.

*The first is Councilmember Carlos Flores Job Fair on **September 4, 2019** from 10 AM—2 PM at the Grapevine Convention Center. Register at floresjobfair.eventbrite.com.

*Arlington Answers Job Fair will be **October 2, 2019** from 10 AM—2 PM at Rush Creek. Avoid the lines and preregister at answersjobfair.eventbrite.com. For Job Fair tips and a list of employers attending, please visit www.workforcesolutions.net.

*Hiring Red, White & You Job Fair is **November 7, 2019** from 10AM—2 PM at Globe Life Park in Arlington. You may preregister at hrwjjobseeker.eventbrite.com. Employers are looking for qualified candidates for a variety of positions. Bring your resume. This is a great networking opportunity.



September 2019

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