



# NEWSLETTER

### TOWN HALL FOOD DRIVE & TOYS FOR TOTS DONATIONS

We had extremely generous donations for our food and toy drive this year. Collection started October 1st this year with people dropping off canned goods, non-perishable food items and new toys.

On December 9th James McDonald our Assistant Director of Public Works and members of our Water Department delivered the donated food to the Tarrant County Food Bank.

They also delivered a large amount of new toys to Toys For Tots.

*Thank you Lakeside residents for your kindness and generosity!*



### Upcoming Events

**Wednesday, January 1, 2020**

Town Hall Closed for *New Years Day*

**Thursday, January 9, 2020**

City Council Meeting @ 6:30

**Wednesday, January 15, 2020**

Bulk Pickup begins @ 7AM

**Monday, January 20, 2020**

Town Hall Closed for *Martin Luther King Day*

### TOWN HALL HOURS

Monday — Friday  
7:30 am to 4:30 pm

Bulk Trash Items must be out by 7AM on 1/15 collection will conclude on 1/18

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

**CHRISTMAS TREES:** Town Hall will not have a roll off container for trees this year. You can put your tree at the curb for regular trash pickup. The trees will not be recycled and do not have to be clean.

### TARRANT COUNTY PUBLIC HEALTH

The holidays are here and Tarrant County Public Health is gearing up for what could possibly be a serious flu season. Flu activity is widespread across Tarrant County and Texas. You may have heard or seen news reports about the increase in flu cases. **Tarrant County already has had one child die from flu-related causes.** That is one too many.

Flu tracking is an ongoing process, and includes reviewing reports from hospitals and doctor's regarding the number of patients they see with influenza-like illnesses, as well as school absentee reports and test results from the North Texas Regional Laboratory. **The weekly flu reports are published that anyone can follow.**

**There are ways to fight and stop the flu.** We take this seriously because flu can kill.

The best advice: practice good hygiene, which includes frequent hand washing, and get a flu shot as soon as you can. Remember that keeping yourself protected also protects those around you. The flu vaccine isn't perfect but it does offer some protection.

More information is available on the Tarrant County website: <https://www.tarrantcounty.com/en/public-health/public-health-administration/director-s-blog/december-10-2019.html>



**April 4, 2020 from 10 AM—noon** will be the Lakeside Spring Event. We will have low cost animal vaccination clinic and electronic recycling. More information will follow in upcoming newsletters.

**Ways to have a happy, healthy, long life.** There is an incredible amount of scientific evidence that points to one simple answer: Relationships. But why? What do we really need to do on a regular basis to see the benefits? Here are four insights from the research. **Relationships=Health** Being surrounded by people who care about you is a fantastic way to stay healthy. How healthy? Add 15 years to your life. Increase your odds of beating cancer, staving off dementia, recovering from heart attacks and a lot more. Feeling lonely exaggerates the inflammation and reactivity to stress that are linked to heart disease while interfering with our ability to retain facts and solve problems.

**Online Relationships Don't Count** Research shows you can have a zillion Facebook friends and still feel lonely. Emotional closeness declines by 15% for every year you don't see them face to face.

**You Need A Community** "Weak ties" help you find jobs. But they don't help you through the tough times. To be happy and live longer you want strong bonds to a community of like-minded people who understand and care about you.

**Relationships At Work Matter Too** Face-to-face encounters promote more trust than email, phone or IM. And that increases your productivity. All evidence points to social contact lowering stress among colleagues and making a team more cohesive.





### Prevent the Spread!

- Stay at home when you are sick
- Cover your mouth and nose with a tissue when you cough or sneeze
- Cough or sneeze into your upper sleeve, *not* your hand
- Put used tissues in the waste basket

Door-to-doors salespeople have become more frequent in neighborhoods across Tarrant County. Some salespeople may be legitimate, but others may use deceptive tactics to take advantage of trusting consumers. People who answer the door for a salesperson should protect themselves. **All salespeople must get an Itinerant Merchant permit to go door-to-door in the Town of Lakeside.** \* **ITINERANT MERCHANT** Any person who sells or takes orders from house to house or from place to place in the town or who sells out of a vehicle parked on premises where there is no related business building. **Be Alert for Scams and Rip-offs.** Some door-to-door salespeople are selling real products and services, but quite a few are pushing scams. The most important thing to remember is that, when a person comes to your door selling something, you don't know who the person is or where you would be able to find them if the deal goes wrong. ALWAYS ask for a physical address and for references, and then take the time to check the information. Businesses are required to register with the Secretary of State. You can check with SOS for a physical address or the registered agent of a business. You can also check with the Better Business Bureau. Remember, anytime you get a "once in a lifetime" or "today only" offer, you should be suspicious. **Right to Cancel** Remember that Texans have the right to cancel a sale within three business days. Do not sign a contract with any blank spaces or that is undated, and always keep copies of anything signed or initialed. Texans who think they are the victim of a scam can file a complaint with the Office of the Attorney General online at [www.texasattorneygeneral.gov](http://www.texasattorneygeneral.gov).  
**\*\* If unpermitted salespeople come to your door please call Lake Worth Police dispatch 817-237-1224 and press "0".**

# January 2020

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