



NEWSLETTER

Are you looking for a job? Virtual Job Fairs will allow you to discover who is hiring and what they are looking for. An online virtual event utilizes chat and video interviewing to help you land your dream job. Dress in your best professional clothes, go online and give your best first impression at a virtual job fair. You will have the opportunity to meet top employers and to interview for several positions during the course of the day, meeting the people who actually make the hiring decisions. When you log into the Virtual Job Fair you will have the opportunity to interview with each company from the comfort of your home.

You will be able to have many short interviews with members of HR teams and submit your resume. You can also make some inquiries about their standard online recruitment procedures and interviews. In this way you can gain an advantage over those who have not attended the job fair. Remember that many of the people you will interact with may be very difficult to see when they return to their corporate offices.

Types of Industries that hire at Virtual Job Fairs: Accounting, Banking, Computer, Communications, Construction, Education, Electronics, Fashion, Financial Services, Food & Beverage, Health, Information Technology, Legal Services, Manufacturing, Music, Pharmaceutical, Publishing, Retail, Sports, Technology, Tourism, Travel, Utilities, Web Services and many others.

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

**Bulk Trash Items must be out
by 7AM on 9/16 collection will
conclude on 9/19**

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

A Guide to help us stay healthy.

The US Department of Health and Human Services and the US Department of Agriculture has published the Dietary Guidelines for Americans for 2015-2020. These guidelines are based on the most current medical and scientific knowledge. Although our society has less nutrient deficiencies and less infectious disease than we did in the past, our rate of chronic diseases has increased. Many of these illnesses are related to lack of physical activity and a poor quality diet. These diseases include * Overweight * Obesity * Type 2 Diabetes * Cardiovascular Disease.

The purpose of these guidelines is to help families consume a healthy diet with adequate nutrients. In the past, the main focus was primarily food groups and nutrients. Now the new set of guidelines offers five comprehensive recommendations.

1. Follow a healthy eating pattern across your lifespan. A healthy eating pattern includes eating fruits, grains (make at least 1/2 whole grains), a variety of vegetables, fat free or low fat dairy, a variety of protein foods, and oils. A healthy eating pattern also limits saturated fats, trans fats, added sugars and sodium.

2. Focus on variety, nutrient density and amount. Choose a variety of nutrient dense foods within calorie limits. Make sure your choices include foods from all the food groups.

3. Limit calories from added sugars and saturated fats and reduce sodium intake. The recommended eating pattern must be low in added sugars, sodium and saturated fats. Consuming a diet with a lot of sugar increases your risk for Type 2 Diabetes, heart disease and can lead to obesity.

4. Shift to healthier food and beverage choices. Replace less healthy choices with nutrient rich foods. Nutrient rich foods provide necessary nutrients with little or no added fat, sodium or sugar.

5. Support healthy patterns for all. In addition to these Dietary Guidelines, Americans are advised to follow the Physical Activity Guidelines for Americans. These guidelines encourage all ages to be more active. Any amount of physical activity has health benefits.

The guidelines for children ages 6-17 recommend 1 hour or more of physical activity per day.

The guideline for adults suggests doing one of the following: 150 minutes per week of moderate activity such as brisk walking or tennis or 75 minutes per week of vigorous activity such as jogging or swimming.



Following an extensive and thorough evaluation and review of alerting systems, the Town of Lakeside has implemented the **CodeRED** system, a high-speed emergency notification service provided by Ormond Beach, FL-based Emergency Communications Network.

The **CodeRED** system will serve as the backbone of the Town’s emergency planning and communications outreach to both citizens and City personnel by using the system capabilities to send telephone calls, text messages, emails and social media in an effort to effectively inform residents to protect life and property. **CodeRED**, among other notification systems available, was selected for its unrivaled reliability and accuracy, as well as the system’s global use.

“**CodeRED’s** robust system will provide city officials with a reliable, easy-to-use interface to quickly disseminate critical information to our citizens during emergencies. We are very eager to use this technology to enhance our emergency preparedness plans,” said Mayor Pat Jacob. The Town anticipates using the system to notify residents in specific geographic locations of road closures, drinking water interruptions and other emergencies.

The Town has been provided an initial database of residential and business telephone numbers, however all residents living within the Town of Lakeside and those customers of the Town of Lakeside water system living outside the town limits are encouraged to visit the Town’s website at lakesidetexas.us and click on the **CodeRED** logo to enroll additional contact information including cell phone numbers, text and email addresses.

Public safety officials across the United States have credited **CodeRED** notifications for many successful events including locating missing children, apprehending wanted criminals and issuing timely evacuations.

September 2020

SUN	MON	TUE	WED	THU	FRI	SAT
		1	2	3		5
6		8	9	10 <i>City Council Meeting 6:30 PM</i>	11	12
	14	15	16 <i>Bulk Pickup Items must be out by 7 AM</i>	17	18	19
20			23	24	25	
27	28		30			