



Volume 13

# LAKESIDE

Issue 2

# NEWSLETTER

## Town of Lakeside contracts with CodeRed to provide Emergency Notification Services to the community.



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 systems capabilities to send phone calls, text messages emails and social media in an effort to effectively inform residents to protect life and property. CodeRED was selected for its reliability and accuracy, as well as the system's global use.

The Town anticipates using the system to notify residents in specific locations of road closures, drinking water interruptions and other emergencies.

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 [www.lakesidetexas.us](http://www.lakesidetexas.us) and click on the CodeRED tab to enroll and provide 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.

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

**Bulk Trash Items must be out by 7AM on 2/17 collection will conclude on 2/20**

**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**

**Lakeside Town Hall 817-237-1234 Monday—Friday 7:30 am—4:30 pm**

**After Hours Dispatch / Water Emergencies 817-237-1224 Dial 0**

***Just a Reminder*** The endpoints, meters, and curb stops inside the water meter box should not be tampered with, as damage can occur. The curb stops, meters wiring, antennas and meter boxes are the property of the Town of Lakeside. Should you need to connect or disconnect the water, or have any other concern involving the meter box, please contact Town Hall for assistance at **817-237-1234**, or after hours at **817-237-1224** press **0** for dispatch. **Only the water department personnel may turn the water on/off.** The fine for tampering is \$150.00, and this charge will be added to the cost of defective equipment or parts if damage has occurred.

Each customer must notify Town Hall of any changes to the account such as billing address, phone number etc. **It is the responsibility of each customer to make sure a water bill is received.**

**If you have any further questions, you may call us at 817-237-1234 ext. 307.**

### **Lakeside Town Council Election**

The May 1, 2021 General Election applications for Council Members will be available during the filing dates Wednesday, January 13, 2021 until Friday, February 12, 2021. You can pick up the application packet at Lakeside Town Hall, 9834 Confederate Park Rd or it will be posted on the website [www.lakesidetexas.us](http://www.lakesidetexas.us). All applications MUST be completed and turned in by 5:00 PM on Friday, February 12, 2021.

#### **Council Seats up for Election**

**Mayor – Currently Patrick Jacob**

**Council Place 2 - Currently Kathy Livingston**

**Council Place 4 - Currently Amy Robinson**

The Town of Lakeside has a cellular-based meter reading system. This system allows water meters to be read remotely using cellular-based technology that will interface directly with the City's utility billing system; increasing efficiency, improving leak detection and allowing the City to provide better service to our customers.

The meters are equipped with cellular endpoints, allowing you, our utility customer, to monitor your water usage online via "EyeOnWater" a secure website and Smartphone app that allows you direct and secure access to your water usage data. With these tools, you are now able to view your hourly usage activity and gain greater understanding and control of the amount of water you use. You are also able to establish alerts-including identifying potential leaks.

To create your personalized "EyeOnWater" online account visit [www.eyeonwater.com/signup](http://www.eyeonwater.com/signup). Or download the free mobile app, "EyeOnWater" available through the App Store or Google Play Store.

You will need the following information to register for an online account

- \* Your zip code
- \* Your utility account number
- \* An email address

**February is National Heart Month** Since 1963, February has been celebrated as American Heart Month to urge Americans to join the battle against heart disease. Starting in 2004, February has been the signature month for the American Heart Association's **Go Red For Women** campaign and the message that heart disease is not only a man's problem. Heart disease kills an estimated 630,000 Americans each year. It's the number one cause of deaths for most groups, heart disease affects all ages, genders and ethnicities. Risk factors include high cholesterol, high blood pressure, smoking, diabetes and excessive alcohol use. You can take an active role in reducing your risk for heart disease by eating a healthy diet, engaging in physical activity and managing your cholesterol and blood pressure.

\* **Take up a heart-healthy habit** Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system.

\* **Educate yourself** Learn about the risk factors for heart disease, the ways you can prevent them and the lifestyle choices that can help you stay healthy.

\* **Get your cholesterol tested** If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

\* **Heart attacks can be silent** One in five heart attacks occur without the person even knowing they had one.








\* **Heart attacks affect women differently** Women may experience different symptoms than men. These include pain in the back, arm, neck or shoulder, nausea, fatigue, shortness of breath and vomiting.

\* **Young women are at higher risk than men** Women under the age of 50 are twice as likely to die of a heart attack as men in the same age group.

\* **Another reason to hate Monday** Heart attacks are more likely to occur on Monday mornings than other days of the week. Scientists attribute this to the disruption in our circadian rhythm over the weekend which leads to increased blood pressure and other changes in the nervous system.

\* **Diet soda raises heart attack risk** If you drink one or more diet sodas a day, your chances of having a heart attack are 43% higher than those who drink regular soda or none at all. Knowing the risk factors for heart disease and how to reduce them can help people lead healthier lives and diminish their risk for heart attacks.

# February 2021

SUN	MON	TUE	WED	THU	FRI	SAT
		 February 2nd	3			6
7	8	9	10	11 City Council Meeting 6:30 PM	12 Last Day to turn in Election Applications for Town Council	13
	Town Hall Closed 	16	17 Bulk Pickup	18	19	20
21	22	 <small>www.cats.org.uk/worldspayday</small>	24	25	26	27
28						