

TARRANT COUNTY

NEWS & INFORMATION



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www.tarrantcounty.com

FREE Courthouse Tours Today!

Come listen to tales of gamblers, murders, trials, escapes and of the many Fort Worth eccentrics as the Tarrant County Historical Commission offers FREE tours of the historic 1895 Tarrant County Courthouse today from 1 to 4 p.m.

While at the Courthouse, the public is invited to visit the 1895 Room, our County history museum and the location of a diorama depicting the original Fort Worth. A person portraying the fort's first commander, Major Ripley Arnold, will be present to tell stories about what life was like, and how the area was gradually secured for new settlers – and maybe a few stories about his life as well.

Members of the Tarrant County Historical Commission will lead groups of visitors through the building, guiding them through the magnificent corridors, expansive stair cases, open courtrooms and perhaps even the law library, showing off the building from top to bottom. Tour guides may also, as their memories permit, tell stories that made this building what it is today.

Tarrant County extends a hearty welcome and our open hospitality to all visitors. All are welcomed to our magnificent "House of the People."



County Clerk Offices Open An Extra Half Hour Daily

All 10 Tarrant County Clerk offices are now open a half hour later for the convenience of customers needing birth certificates, property deeds, court documents and a multitude of other vital personal and commercial records.

The new hours are 8 a.m. to 5 p.m. Monday through Friday at six county sub-courthouses and the downtown Tarrant County Plaza Building. Three other downtown county clerk offices open at 7:30 a.m. and close at 5 p.m. All previously closed at 4:30 p.m.

The extra half hour gives more customers an opportunity to come in after work. The County Clerk's office wants to deliver the kind of customer service taxpayers deserve by making records more easily available to individuals and businesses.

Offices are in Fort Worth, Arlington, Southlake, Mansfield, Hurst and Lake Worth. For addresses, phone numbers and other information about vital records go to the Internet at www.TarrantCounty.com. Click on Departments, then County Clerk and Locations.

February is Heart Health Month Learn more about heart healthy strategies

More than \$286 billion was spent in 2009 on heart-disease-related costs such as wages, lost productivity and disease management. These expenditures can be decreased by following five medication-free strategies that help prevent heart disease.

1. Regular health screenings: High blood pressure, high cholesterol and diabetes are often silent diseases that can damage your heart and blood vessels. Regular screenings let you know when to take action to help prevent disease development.
2. Be active: Exercising at least 30 minutes most days of the week can help reduce your risk of heart disease.
3. A heart-healthy diet: Eat lots of whole grains, fresh fruits and vegetables as well as foods with omega-3 fatty acids. Limit foods with saturated fats and trans fats.
4. Maintain a healthy weight: Keep your waist circumference in a heart-healthy range, less than 35 inches for women and less than 40 inches for men. Maintain a body mass index less than 25.
5. Stop smoking or using tobacco: Chemicals in tobacco make the heart and lungs work harder by causing the blood vessels to narrow, increasing blood pressure and heart rates.

Get your free heart score at: www.heart.org/mylifecheck. For more information and heart-healthy recipes, check out: www.americanheart.org and www.liveamorecolorfullife.org.

For one-on-one information, attend one of Tarrant County Public Health's Chronic Disease Prevention classes to learn more about heart disease and other chronic conditions. Information is also available on our Web site: <http://health.tarrantcounty.com>

2011 Public Health Week Poster Contest theme:

*"Safety is No Accident:
Live Injury-Free"*

Tarrant County Public Health (TCPH) is looking for 1st – 8th grade artists to participate in the 2011 Public Health Week Poster Contest during National Public Health Week, April 4th – 10th. This year's theme is "Safety is No Accident: Live Injury-Free."

As students research the theme to create their artwork, they will learn more about the importance of creating a safer, healthier community. A winner will be chosen from each grade level.

The winners, along with their artwork, also will be recognized by the Tarrant County Commissioners Court. Each winner will receive not only a \$50 U.S. Savings Bond and a colorful award certificate, but also a set of color greeting cards and a stack of coloring pages featuring their artwork.

The winners' artwork will be permanently showcased as part of the Public Health Week Poster Contest Gallery, located in TCPH building at 1101 S. Main Street in Fort Worth. It will also be featured on Public Health's Web site and Facebook page.

TCPH is excited to bring this opportunity to Tarrant County elementary and middle school students, which provides the opportunity to help teach today's youth about the important role that they play in making their neighborhoods safer and healthier.

For more details about the poster contest, visit the TCPH web site (<http://health.tarrantcounty.com>), go to the TCPH Facebook page or call 817-321-5313.