



Northeast Newsletter

Tarrant County Commissioner Gary Fickes - Precinct 3

Volume 16, Issue 3

"Working together for a better tomorrow"

June 2023

COMMISSIONER'S CORNER

Join us for COFFEE WITH THE COMMISSIONER

Friday, June 9, 2023
7:30 a.m. to 9:00 a.m.

Note Location
HEB Chamber
2109 Martin Drive
Bedford, Tx



As another school year ends, we want to express our gratitude to our local school district's dedicated administrators, teachers, and staff. Thanks to their hard work and commitment,

the future leaders of our community are receiving a quality education that will serve them well throughout their lives. We would also like to extend our warmest congratulations to the 2023 high school graduates, who have achieved a great milestone and are ready to embark on exciting new adventures. We wish them all the best in their future endeavors! As summer approaches, we encourage everyone to enjoy the warm weather and take advantage of all the fun activities and family vacations the season offers. However, we also want to remind everyone to be extra vigilant regarding the safety of children who are out and about in our neighborhoods.

This Friday is the **8th Annual Tarrant County Big Give Blood Drive**. Carter BloodCare will be at the Northeast Courthouse, 645 Grapevine Highway in Hurst, from 8:00 a.m. until 11:00 a.m. June 9. There is a great need, so we encourage you to donate at one of the many locations throughout Tarrant County. Please click [here](#) for location and reservation information.

Save the date for the **13th Annual Empowering Seniors Health & Wellness EXPO** on **Thursday, September 28, 2023, from 8:30 a.m. – 1:30 p.m.**, at the Hurst Conference Center! This year's theme is *"Rockin' & Rollin',"* and it's sure to be a blast! Sponsorships and Exhibitor Booths are still available – but they go fast, so don't

hesitate. Attendee registration is also open now. You can find more information on [page 6](#) or visit www.EmpoweringSeniors.com. This event is one of several initiatives our office works on each year to provide resources for our citizens to help improve their quality of life in Tarrant County.

The Texas sun is starting to warm our days for the summer months ahead. Too much heat is not safe for anyone, especially for our elderly population. Please be sure to check on family, friends and neighbors who may not have the resources to be cool in their homes. Help them plan on how to stay out of the heat on these warm afternoons. There are programs available to assist them, and Tarrant County has several Extreme Heat Cooling Centers available for residents to utilize. See [page 8](#) for more information.

This month's newsletter is full of information, including highlights on the City of Fort Worth Mayor, Mattie Parker; the Town of Westlake's Economic Development; Fort Worth's Oldest Historic Site; the City of Hurst's Senior Activities Center; Texas Silver-Haired Legislature; our upcoming Empowering Seniors Health & Wellness EXPO; tips on how to beat the heat, and more! Be sure to check the calendar ([page 10](#)) for upcoming community events.

Please join us for **Coffee with the Commissioner this Friday, June 9th**. The **HEB Chamber of Commerce** located at **2901 Martin Drive in Bedford, TX** will be hosting the event from 7:30 a.m. until 9:00 a.m. It's a great opportunity to meet and connect with others in the community while enjoying hot coffee and donuts. Everyone is welcome, so I hope to see you there!

Gary Fickes

The Quote of the Month - "Texans know the best way to while away a summer afternoon is by keeping cool as they bob along in an inner tube on a river that only sometimes rushes."

— Sophia Dembling

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COMMUNITY LEADER

Fort Worth Mayor Mattie Parker



Reelected in 2023 with 70% of the vote, Mattie Parker has served as the 45th Mayor of Fort Worth, Texas, since 2021. Parker is focused on building a safer and stronger Fort Worth, nurturing thriving families, and fostering the highest quality of life in every ZIP code of the nation’s 13th-largest city.

Launching her vision to build Fort Worth into a world-class city, Mayor Parker’s next-generation leadership includes key efforts and community partnerships to bolster Fort Worth’s

development to compete in a global economy, improve public safety, expand access to education and workforce opportunities, and preserve the city’s rich heritage with a pioneering spirit and determination to leave things better than she found them.

Mayor Parker is a licensed attorney with more than nineteen years of experience in national, state and local public affairs, including her service as the chief of staff for the Mayor and the Fort Worth City Council where she helped shape major policy decisions on a variety of complex issues. She was the founding CEO of Fort Worth Cradle to Career and the Tarrant To & Through (T3) Partnership.

She and her husband, David, are the proud parents of one daughter and two sons. She graduated from the University of Texas at Austin with a Bachelor of Arts in Government and has a law degree from Texas A&M University School of Law, where she was awarded the prestigious MacLean & Boulware Endowed Law Scholarship.

On a more personal note -

- **What do you do for fun?** *Read, do yoga, and – lately – lots of Little League games.*

- **Favorite Movie?**
“Almost Famous”

- **Favorite Restaurant?**
Tokyo Cafe

- **Favorite Vacation Spot?**
Maui

- **Last Book Read?**
“Empire of the Summer Moon: Quanah Parker and the Rise and Fall of the Comanches, the Most Powerful Indian Tribe in American History”

- **People would be surprised to know.....**
That I love live music and go to concerts as often as I can.



Article courtesy of City of Fort Worth

Tarrant County Big Give Blood Drive

Northeast Courthouse
645 Grapevine Hwy.
Hurst, Tx

June 9, 2023
8:00 a.m. - 11:00 a.m.

To schedule an appointment visit:
https://ww3.greatpartners.org/donor/schedules/drive_schedule/140365



As a thank you,
donors will
receive a cooler bag!
**While supplies last*

For more information visit:
www.Carterbloodcare.com

Question of the Month

What do the colors on the Texas flag stand for?

Answer on [page 9](#).

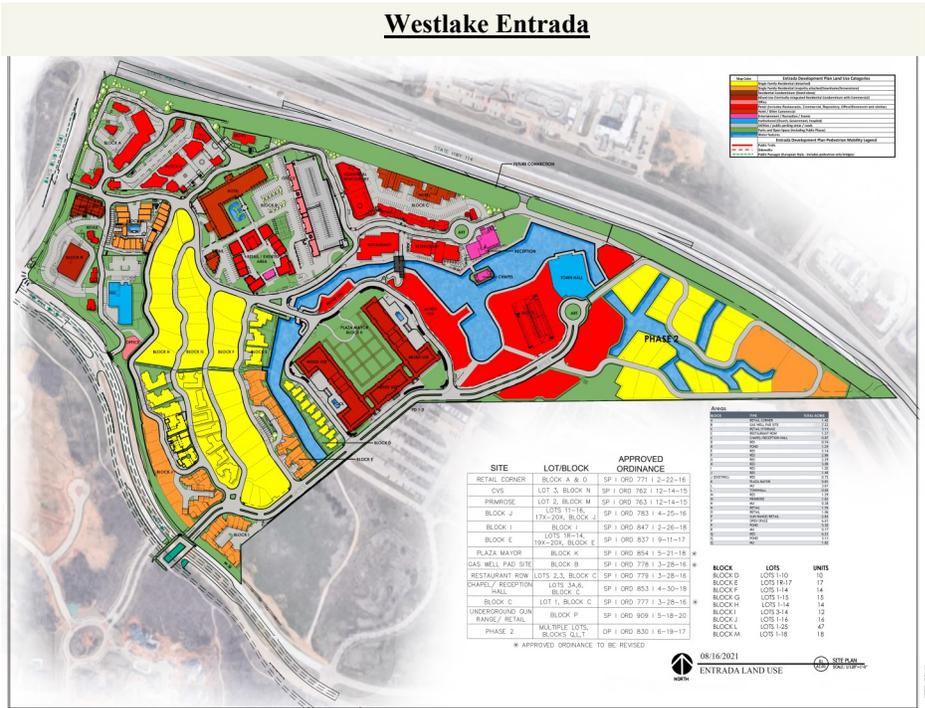


ECONOMIC DEVELOPMENT The Town of Westlake



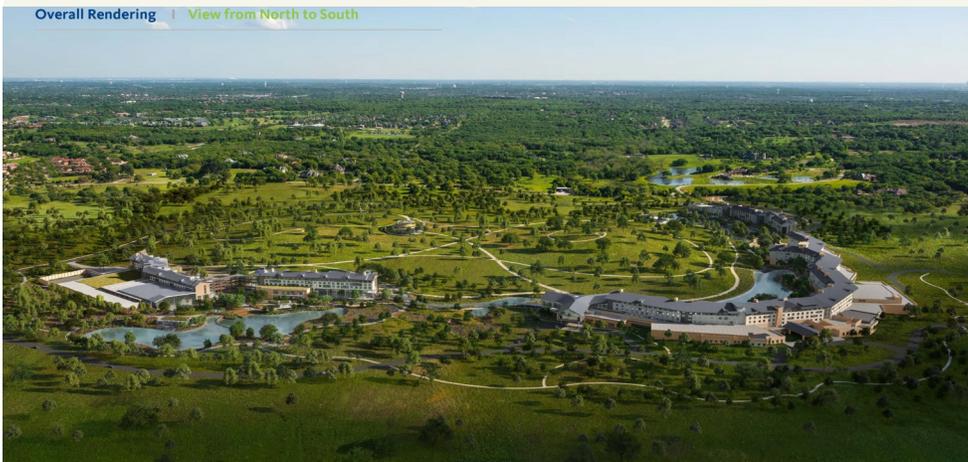
Located at the convergence of State Highway's 114 and 170, Westlake is uniquely positioned for continued world-class commercial and residential growth. Westlake's current population is at approximately 2,000 residents living in about 600 homes with an average home sales price of \$2.6 million. With an additional 1,000 residential units entitled in Westlake, the Town's population should eventually exceed 5,000 over the next 20 years. Westlake is also home to the award-winning Westlake Academy charter school, the only municipally owned and operated charter school in Texas.

Not to be outdone, Westlake is also home to superlative commercial development totaling over 4.5 million square feet, including Fidelity Investments, Deloitte University, Westlake Solana, and the corporate headquarters of Charles Schwab. With over 2,500 acres, Hillwood



Description: Mixed-use residential/retail/commercial development with a Catalonian/Spanish theme
Total Site Acreage: 107 acres
Total Residential units: 322 (single family/condominiums)
Total commercial: 1.2 million square feet (includes retail/office/hotel)
Development timeline: 5 to 10 years

Deloitte University Expansion



Description: Addition to existing Deloitte University Campus
Total Site Acreage: 226 acres
New Building Area: 655,100 square feet (700,000 square feet existing)
New Guest Rooms: 600 (800 existing)
Development timeline: Summer 2023 – Fall/Winter 2025

Development's master-planned Circle T Ranch development is poised to accommodate an additional 15 to 20 million square feet of commercial development in Westlake over the next 20 to 30 years.

Current commercial projects in Westlake include a new 109,000 square foot Life Time Fitness at the corner of Sam School Road and Solana Blvd. and a new Dutch Brothers Coffee just north of State Highway 170 on U.S. 377.

Major commercial projects (on sites exceeding 100 acres) include an expansion to the Deloitte University campus and the Westlake Entrada mixed-use development.

Article courtesy of Town of Westlake

A Historical Moment in Time “Fort Worth’s Oldest Historic Site”



This small stand of live oak trees, near the corner of Houston and Belknap downtown, dates back to the first settlement in Fort Worth in 1849.

The last remnant of the little frontier settlement on the bluff now known as Fort Worth is not a well-preserved structure in Log Cabin Village or a crumbling monument in a park setting; it is not even man-made. It is a small stand of live oak trees known as Steel’s Grove, standing lonely vigil in a concrete planter box in the shadow of the Criminal Courts and Jail. The trees are known as

Steel’s Grove because when the army moved out in 1853, and settlers took over the buildings, Lawrence Steel (usually misspelled as “Steele”) grabbed the stables for Fort Worth’s first public house, called Steel’s Tavern after its owner. They have been there since the soldiers constructed the military post in the summer of 1849. They left them standing on the northwestern edge of the parade ground near the horse stables to provide a little shade for man and beast from the merciless north Texas sun. Three of the hardy oaks survived the next 170 years of clear-cutting, urban growth, weather extremes, and arboreal diseases to receive a stay of execution finally in the form of historic designation, which came with a pledge to try to preserve them for future generations.

Steel purchased a bell that he put up in front of his hotel to announce stagecoach arrivals and departures from Fort Worth starting in 1856. Steel’s bell stood there until 1871 when it was moved to the Masonic Hall. Even in those early years, someone recognized the historical significance of the trees. About 1854, a small metal commemorative plate was nailed onto one bearing this inscription: “This historic tree First Hotel and Stagecoach Office 1853 Site of Steel’s Tavern Established by Lawrence Steel.” Today, nobody knows who our first historic preservationist was, but his work reminded us in the following decades that these trees would not be touched. Or maybe it was just luck that no one took an axe to them. Steel’s Tavern was Fort Worth’s only stage stop and hostelry for years, until 1876 when the stage stop was relocated to the new El Paso Hotel on Main. In the meantime, Lawrence Steel had sold out to Albert Andrews, who operated the place as Andrew’s Tavern. When the railroad came to town in 1876, it was renamed the Transcontinental Hotel. The little grove of trees stood bravely outside the door through all the changes. Over the years, the bluff was occupied by businesses moving in around the public square, plus an open-air market and two successive county jails. The dwindling number of empty spaces became prime real estate. In the early 20th century, the Federated Women’s Clubs of Fort Worth proposed turning the remaining vacant lot (the northwest corner of Houston and Belknap) into a park memorializing the fort. County commissioners put the kibosh on that idea when they secured title to the property for a new jail (the present Criminal Courts Building), completed in 1918.

An empty piece of land tucked between the building, the street, and the river was designated Heritage Park, which did not include the historical stand of trees, in danger of making its “last stand” at any time. The trees survived because they were not worth the trouble to cut them down. Their venerable age and historical significance had been forgotten as bark grew over the 1850s plate. History-minded Fort Worth columnists like Claire Eyrich, Mary Daggett Lake, and Duane Gage did what they could to keep Steel’s trees alive in the public consciousness. Things looked bleak until 2018, when a state historical marker commemorated Steel’s hotel. A separate marker for “Steel’s Grove” is waiting to go up nearby with funding from the Fash Foundation. (No matter how old, the state historical commission does not put up markers for trees.) Linda Fash Bush and never-say-die Tarrant County Historical Commission members have ramrodded the effort. Next time you venture downtown, take some time to view our historic trees. Park close to the intersection of Belknap and Houston, then walk down the sidewalk past the Criminal Courts building toward the river until you come to the trees on the left. Those little live oaks represent Fort Worth’s oldest historic site. Against all odds, they have witnessed 170 years of history. Who knows how many more years they will stand vigil?

City-to-City

HELLO Summer

FAMILY FUN BUCKET LIST

MAKE something MONDAY

TASTE something TUESDAY

WONDER somewhere WEDNESDAY

do something THOUGHTFUL THURSDAY

FAMILY FUN FRIDAY

BEDFORD	www.bedfordtx.gov/Facilities
COLLEYVILLE	www.colleyvilleparksandrec.com
	Guide: www.colleyvilleparksandrecreation.com
EULESS	www.eulesstx.gov
FORT WORTH	www.fortworthtexas.gov/parks
GRAPEVINE	www.gograpevine.com
	Guide: www.gograpevine-summer2023
HALTOM CITY	www.haltomcityrec.activityreg.com/ClientPage_t2.wcs
HASLET	www.haslet.org/173/Parks-Facilities
HURST	www.hursttx.gov/about-us/departments/recreation
	Guide: www.638193362279130000(hursttx.gov)
KELLER	www.cityofkeller.com/services/parks-recreation
	Guide: www.Keller Parks and Recreation - Issuu
NORTH RICHLAND HILLS ..	www.nrhtx.com/812/Things-to-Do
RICHLAND HILLS	www.thelinkrec.com/
ROANOKE	www.roanoketexas.com/183/Parks-Recreation
	Guide: www.Summer Guide (roanoketexas.com)
SOUTHLAKE	www.cityofsouthlake.com/1574/Things-to-Do
TROPHY CLUB	www.trophyclub.org/236/Parks-Recreation
WATAUGA	www.cowtx.org/915/Parks-Community-Services
WESTLAKE	www.westlake-tx.org/45/Parks-Recreation

Fun Free Activities

- Amon G. Carter, Jr. Downtown YMCA <https://ymcafw.org>
- The Bedford Center YMCA <https://ymcafw.org/locations/airport-area-ymca>
- Arts Council Masterworks Concert Series <https://www.artscouncilnortheast.org/masterworks-concert-series>



Drowning is a quick and silent killer.



6 Minutes Maximum
Kids can disappear under water in a split second... And within 6 minutes, things can change forever.

In the time it takes to:

Get a towel
10Seconds
a child can become submerged

Answer the phone
2 Minutes
a submerged child can lose consciousness

Answer the front door
4-6 Minutes
a submerged child can sustain permanent brain damage or die

Distractions can wait. A child who has slipped under the water can't.

Swim Safety Tips

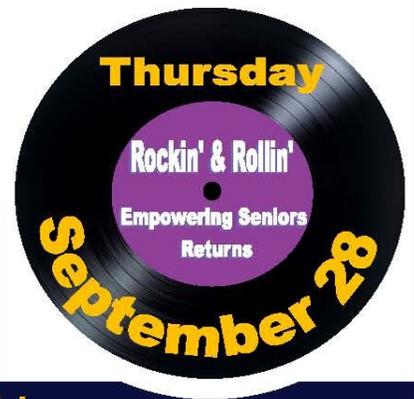


Water Safety for your Child
Texas DFPS

Scan QR code to watch video or visit <https://www.youtube.com/watch?v=DfjO2Dcg7mY>



Don't Miss the **13th Annual**
EMPOWERING Seniors
Tarrant County Commissioner Gary Fickes



Presented by
care@care
Insurance Company, Inc.

Sponsorship Opportunities Available

More information at EmpoweringSeniors.com or call 817-248-6295



- Over 2800 Attendees
- Over 135 Exhibitors
- Professional Health Screenings
- Workshops
- Entertainment & Bingo
- FREE Food
- Goody Bags, Door Prizes & More!

A Health and Wellness Expo for Caregivers, Boomers and Seniors

"It's not just an event, it's an Empowering Experience!"



Thank you to our Sponsors!

Platinum Sponsors



Specialty Sponsors



Silver Sponsors

Lift-Aides, Inc. | Metroport Meals on Wheels | My Health My Resources | United Healthcare

Attendee registration open at
<https://empoweringseniors.com/events/featured-events>

Senior News

HURST SENIOR ACTIVITIES CENTER



For those 55 years and older, the Hurst Senior Activities Center, located at 700 Heritage Circle, Hurst, TX, offers a variety of classes, special events, and amenities for you to enjoy. The Hurst Senior Activities Center empowers seniors by providing programs and services that support social interaction, life-long learning, and leisure interests.

The HSAC opened on November 9, 2009. Our 27,500-square-foot state-of-the-art facility offers various arts and crafts, educational, leisure, and fitness programs. The fitness room has ellipticals, treadmills, and a circuit series.

The café is great for enjoying fresh coffee and conversations with friends. The multipurpose room features a large, wood dance floor and seating for 300 guests. The game room is perfect for playing bridge, 42, and dominos, to name a few.

You can enjoy several special events hosted throughout the year, such as our annual Business and Health Expo, Grandparents Day, Craft and Holiday Market, and monthly social dances. We offer Zumba Gold, line dancing, Tai Chi, Yoga, Chair Volleyball, and various group fitness exercise classes. Other amenities include our computer lab, billiards room, arts and crafts studios, and library.



For more information visit: <https://www.hursttx.gov/about-us/departments/hsac>

Texas Silver-Haired Legislature



Older Texans are the fastest-growing segment of the state's population. Senate Concurrent Resolution 37, passed in 1985 by the Texas Senate, recognized that. They also acknowledged the increased need for the understanding and participation of Texas' older citizens in helping develop state policies through the legislative process.

Texas Silver-Haired Legislature (TSHL) is a "model legislative session" which enables older Texans to initiate and debate policies that affect their peers. The Senate and House concurrently support the work of a biennial Texas Silver-Haired Legislature.

The State of Texas officially recognizes TSHL's work by providing facilities, and uses our biennial Legislative Report as a resource in the law-making process. Since the inception of the TSHL, more than 200 laws have been directly influenced by TSHL Recommendations.

Our mission is to help older Texans lead healthier, safer, happier, and more independent lives. Through TSHL, you can make a difference!

For more information visit: www.tshl.org

June is
Alzheimer's &
Brain Awareness
Month



Worldwide, more than 55 million people are living with Alzheimer's or another dementia. Join the Alzheimer's Association in going purple and raising awareness this June. The more people know about Alzheimer's, the more action we inspire.

For more information visit: www.alz.org



Too much heat is not safe for anyone. It is even riskier if you are older or have health problems. Getting relief from the heat quickly is important. If not, you might begin to feel confused or faint. Your heart could become stressed and stop beating.

Being hot for too long can be a problem. It can cause several illnesses, all grouped under the name *hyperthermia*:

- ⇒ **Heat syncope** is a sudden dizziness that can happen when you are active in hot weather. If you take a heart medication called a beta blocker or are not used to hot weather, you are even more likely to feel faint. Rest in a cool place, put your legs up, and drink water to make the dizzy feeling go away.
- ⇒ **Heat cramps** are the painful tightening of muscles in your stomach, arms, or legs. Cramps can result from hard work or exercise. Though your body temperature and pulse usually stay normal during heat cramps, your skin may feel moist and cool. Find a way to cool your body down. Rest in the shade or a cool building. Drink plenty of fluids, but not those with alcohol or caffeine.
- ⇒ **Heat edema** is a swelling in your ankles and feet when you get hot. Put your legs up to help reduce swelling. If that doesn't work fairly quickly, check with your doctor.
- ⇒ **Heat exhaustion** is a warning that your body can no longer keep itself cool. You might feel thirsty, dizzy, weak, uncoordinated, and nauseous. You may sweat a lot. Your body temperature may stay normal, but your skin may feel cold and clammy. Some people with heat exhaustion have a rapid pulse. Rest in a cool place and get plenty of fluids. If you don't feel better soon, get medical care. Be careful—heat exhaustion can progress to heat stroke.

EXTREME HEAT COOLING CENTERS

Fire Station Community Center	817-392-2240	1601 Lipscomb St., Fort Worth, TX 76104	view map
Fort Worth Public Library – Golden Triangle	817-392-7210	4264 Golden Triangle Blvd., Keller, TX 76244	view map
Hillside Community Center	817-871-7660	1201 E. Maddox., Fort Worth, TX 76104	view map
Martin Luther King Community Center	817-871-5966	5565 Truman Dr., Fort Worth, TX 76112	view map
Northside Community Center	817-392-5922	1100 NW 18th St., Fort Worth, TX 76106	view map
Riverside Community Center in Sylvania Park	817-871-7640	3700 E Belknap St., Fort Worth, TX 76111	view map
Salvation Army of Tarrant County Community Center Services	817-344-1800	1855 E. Lancaster Ave., Fort Worth, TX 76103	view map
Sycamore Community Center Community Centers	817-392-7650	2525 E Rosedale St Fort Worth, TX 76105	view map

Click [here](#) for more information.



DAY OF ACTION | JUNE 21, 2023

We're collecting 100 AC units in honor of our 100th anniversary to help older adults and disabled individuals without sufficient access to air conditioning keep cool and prevent serious illness during the hot summer months.

Beat the Heat launches on the United Way of Tarrant County Day of Action on June 21.

The Beat the Heat collection drive will continue from June 22 – September 30.

For more information visit: <https://www.unitedwaytarrant.org/blog/general/beat-the-heat/>



Passport Services

The Tarrant County Clerk’s office is responsible for five passport acceptance facilities serving the citizens of North Texas. Two of those offices are located in Northeast Tarrant County.

Northeast Courthouse

645 Grapevine Hwy. Suite 210
Hurst, Texas 76054
Phone: 817-248-6080



Southlake Town Hall

1400 Main, Suite 340
Southlake, Texas 76092
Phone: 682-732-3645

Both routine and expedited services are available. Citizens may apply for the passport book and/or card. Adult and children applications are accepted at both locations. There is no charge for appointments; they are encouraged, but walk-ins are welcome. To schedule an appointment, please go to:

<https://nqa3.nemoqappointment.com/Booking/Booking/Index/tc45hyd76>

Most adult renewals can be done by mail without visiting a facility. For more information, please go to:

<https://travel.state.gov/content/travel/en/passports/have-passport/renew.html>

June is Men’s Health Month



FREE FOOD | FREE SCREENING | EARLY BIRD PRIZES | RAFFLE | DJ | GIVEAWAYS

SAVE THE DATE!

JUNE 15, 2023 // 4 P.M. - 8 P.M.

MEN’S HEALTH SUMMIT

Tarrant County College - South Campus
SSTU Dining Hall, Room 1114
5301 Campus Drive, Fort Worth TX, 76119



Juneteenth

— JUNE 19, 1865 —

Juneteenth takes place annually on June 19 and marks the true end of slavery in the United States. The holiday is officially recognized in 48 states, and last year the Juneteenth National Independence Day Act made the day a federal holiday. Today, Americans celebrate this important day in history by attending local parades and reflecting on the true meaning of freedom.

Question of the Month

Question: What do the colors on the Texas flag stand for?

Answer: The colors in the Texas flag have a special significance: red for courage, white for liberty, and blue for loyalty.



Calendar

- Jun 3 City of Keller: Big Summer Family Kickoff.....www.cityofkeller.com
- Jun 9 Coffee with the Commissioner @ HEB Chamber.....www.heb.org
- Jun 12 Darren Medlin Memorial Golf Tournament.....www.grapevinechamber.org
- Jun 13 HEB Chamber: Expo 2023.....www.heb.org
- Jun 14 Flag Day.....
- Jun 18 Father's Day.....
- Jun 19 Juneteenth Holiday.....
- Jun 21 Alzheimer's: The Longest Day.....www.act.alz.org
- Jun 23 Southlake Chamber: Annual Awards Banquet.....www.southlakechamber.com
- Jun 24 City of Bedford: Art At The Park.....www.bedfordtx.gov
- Jul 4 Independence Day.....
- Jul 7 TC Food Bank: Peaches in the Warehouse.....www.taib.org
- Jul 29 6Stones: Operation Back 2 School.....www.6stones.org
- Aug 1 National Night Out.....www.natw.org
- Aug 11-13 Sales Tax Holiday/Tax-Free Weekend.....www.comptroller.texas.gov



Fourth of July Events



- Jun 23 City of Colleyville: Stars & Guitars.....www.colleyville.com
- Jun 30 City of Haslet: Independence Day Celebration Fireworks.....www.haslet.org
- Jul 3 City of Roanoke: All American Fireworks Festivalwww.roanoketexas.com
- Jul 3 City of Southlake: Stars & Stripes.....www.visitsouthlaketexas.com
- Jul 3 City of Hurst: Hurst Stars & Stripes.....www.hursttx.gov
- Jul 3 City of Keller: Keller Lights.....www.cityofkeller.com
- Jul 3 Family 4th (on the 3rd!).....www.netarrant.org
(Haltom City, NRH, Richland Hills, Watauga & NE Tarrant Chamber)
- Jul 4 City of Fort Worth: Fort Worth's Fourth.....www.fortworthsfourth.com
- Jul 4 City of Grapevine: 4th Fireworks Extravaganza.....www.grapevinetxusa.com
- Jul 4 City of Richland Hills: Red, White & YOU!.....www.thelinkrec.com
- Jul 4 Town of Trophy Club: Fireworks Celebration.....www.trophyclub.org
- Jul 4 City of Bedford: 4th Fest.....www.bedfordtx.gov

Chambers of Commerce

- Colleyville Chamber of Commercewww.colleyvillechamber.org
- Grapevine Chamber of Commercewww.grapevinechamber.org
- HEB Chamber of Commercewww.heb.org
- Greater Keller Chamberwww.kellerchamber.com
- NE Tarrant Chamber of Commercewww.netarrant.org
- Southlake Chamber of Commerce.....www.southlakechamber.org



Centered in Care
Powered by Pride

Locations In

Health Clinics

- Gertrude Tarpley JPS Health Center 817-702-1100
6601 Watauga Road, Watauga 76148
- JPS Medical Home Northeast Tarrant.....817-702-6474
3200 W. Euless Boulevard, Euless 76040

Pediatric Clinic

- Grapevine/Colleyville817-251-5751
3050 Timberline Drive, Grapevine, 76051

For a complete list of Health Clinics visit:
www.jpshealthnet.org

COVID-19 INFORMATION

[Tarrant County \(Covid-19\) Information Page](#)

COUNTY HOLIDAY CLOSINGS



Commissioner's Office Precinct 3

Gary Fickes, Commissioner
gffickes@tarrantcountytx.gov

Theresa Parsons, Executive Administrator
Administrative & Constituent Services
tcparsons@tarrantcountytx.gov

Kathryn Rotter, Executive Administrator
Programs & Outreach
klrotter@tarrantcountytx.gov

Dee Long, Community Outreach Coordinator
sdlong@tarrantcountytx.gov

Freida Landerholm, Office Administrator
fmlanderholm@tarrantcountytx.gov

Ariana Raines, Office Administrator
acraines@tarrantcountytx.gov

Northeast Courthouse
645 Grapevine Highway, Suite 200
Hurst, Texas 76054
817-248-6295
Fax: 817-581-3603