



COMMISSIONER'S CORNER



As you all know, flu season is rampant in Tarrant County and all of North Texas. February is generally the peak month for the virus, and Tarrant County Public Health urges everyone to take precautions to

help stop the outbreak. TCPH advises the best form of protection against the flu is receiving the flu vaccine and avoiding close contact with sick people. The elderly, young children, pregnant women, and those with other underlying health conditions are at greater risk for serious complications from the flu. Visit [Tarrant County Public Health](#) for more information on how to stop the flu.

Our 9th Annual Northeast Tarrant Transportation Summit will be held on Friday, February 16th at the Hurst Conference Center from 8:00 a.m. – 1:30 p.m. Registration is now open for the event themed “The Future of Transportation is Looking Up!” This year, hear from our Keynote Speaker, Robert T. Hastings, Executive Vice President, Strategic Communications and Chief of Staff with Bell Helicopter about new and exciting innovations in air transportation. Special Guest Speaker, Don Katz, Director of Global Public Policy and North American Projects at Hyperloop One will also speak on the Jetson-like travel of the future. Also, hear progress updates from local leaders about important transportation projects in the area.

The event features presenters from archi-

itecture, planning and development firms, as well as transportation visionaries. They will discuss how innovative technologies including autonomous vehicles, Uber Elevate and Hyperloop are impacting North Texas today. Register through any of our Northeast Tarrant area chambers of commerce found on page 3.

For more information, please visit:

www.NETransportationSummit.com.

The [March 6th Republican and Democratic Primary Election](#) are a month away and early voting will begin on February 20th. You may vote at any Tarrant County polling location for early voting but will need to vote at your [precinct polling place](#) on Election Day. Important local races including Tarrant County Tax Assessor/Collector and Precinct 3 Justice of the Peace will determine the newly elected officials for these offices since the incumbents are not seeking re-election to these positions.

Check-out the remainder of the newsletter for highlights on Keller ISD Superintendent Dr. Rick Westfall, Tarrant County Maintenance Centers, Midtown Improvements in the City of Euless, Mission Central and Neuro Fitness Foundation grants, American Heart & Stroke Association, free tax preparation information and area transportation updates.

Join us this Friday, February 9th for Coffee with the Commissioner in Commissioner Fickes’ office at the Northeast Courthouse!

Also, be sure to like our [Facebook page](#) to keep up to date on happenings in Northeast Tarrant County!

Gary Fickes

We'll see you Friday!

COFFEE WITH THE COMMISSIONER

Friday, February 9, 2018

7:30 a.m. to 9:00 a.m.

Start your day with us!

Northeast Courthouse

645 Grapevine Hwy., Ste. 200
Hurst, Texas 76054



February is...

Heart & Stroke Month

See page 7

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Question of the Month



Question: WHO KNEW? SAM DID!

Sam Houston and Antonio López de Santa Anna had something in common...

(Answer on page 7)



The Quote of the Month - "I done drew the line. Just like the Alamo. You're either on one side of the line or the other. I don't want to ever leave Texas again." —Bum Phillips



Dr. Rick Westfall



**Superintendent
Keller ISD**

Keller ISD’s Board of Trustees named Dr. Rick Westfall as the District’s lone finalist for Superintendent last May.

Dr. Westfall, Deputy Superintendent of Grapevine-Colleyville ISD since 2011, was welcomed as the lone finalist by a 6-0 vote at a Special Meeting of the Board of Trustees on Monday, May 8. His first day as Superintendent of Keller ISD was August 1, 2017.

“After we reviewed feedback from our community, we knew Rick Westfall was the perfect individual to serve as Keller ISD’s next Superintendent,” said KISD Board President Craig Allen. “He is a strong leader who is dedicated to providing open and transparent communication, maintains a focus on student success while supporting the work of teachers, has a track record of success, and is familiar with our community after having spent the majority of his career in Northeast Tarrant County.”

Dr. Westfall was the Principal of Keller

High School from 2008-11, before moving into central administration with GCISD. He has 24 total years of experience in education and holds a Bachelor’s Degree from Miami University (Ohio), a Master’s Degree from Texas Christian University, and a Doctorate in Education Administration from Tarleton State University.

During his six years in Grapevine-Colleyville, Dr. Westfall led the district’s instructional division including Curriculum and Instruction, Campus leadership, Continuous Improvement and Accountability, Technology, and CTE. He was responsible for the implementation of the district’s strategic plan – LEAD 2021 – and was actively involved in the planning, design, and construction resulting from GCISD’s \$249 million 2016 bond package. In February 2017, the GCISD Council of PTAs awarded him its Friend of Children Award.

Prior to becoming Keller High’s principal, Dr. Westfall worked as a principal at Carroll High School in Southlake for four years and at other levels of Carroll ISD campus administration during the five years before that. He began his career as a Mathematics teacher in Fort Worth ISD.

“I love Keller ISD,” Dr. Westfall said. “I loved it when I was here before, and I be-

lieve this is exactly where I am supposed to be. My family and I are thrilled to have this opportunity to re-connect with this incredible community.”

“It is truly an honor and such a tremendous opportunity to serve in this role for Keller ISD – a District that enjoys one of the finest reputations in the state of Texas,” Dr. Westfall added.

Dr. Westfall’s wife Michelle is a former elementary school teacher, and their son Grant is a junior in high school this year.

On a more personal note -

What do you do for fun? *Stay involved with my family’s activities.*

Favorite Movie? *Anything related to Star Wars.*

Favorite Restaurant? *Frescos*

Favorite vacation spot? *Breckenridge, CO.*

Last book read? *Currently reading “Margin” by Richard Swenson.*

People would be surprised to know...
That I’m from Ohio, my wife, Michelle is from Texas, and we met for the first time in Colorado.

Article courtesy of Keller ISD Communications

Tarrant County - Precinct Maintenance Departments

The Commissioners Court is the general governing body of Tarrant County. The Court is made up of the County Judge and the four County Commissioners -- each elected from one of the County’s four precincts.

The four County Commissioners have both countywide and precinct responsibilities. Each commissioner is responsible for construction and maintenance of County roads and bridges within his or her precinct. Tarrant County’s four precincts each have a Maintenance Center to maintain their precinct’s county roads and bridges.

Tarrant County currently has 398.62 miles of road, and 35 bridges divided among its precincts. Some of the smaller bridges (culverts) are not included in this number due to their size and the flow of water.

So what is a county road or bridge? A county road/bridge is a public road/bridge that has been accepted for maintenance by the Commissioners Court under the standards set by the Commissioners

Court. These are roads and bridges located in the unincorporated areas of the county.

In addition to county roads/bridges, each maintenance center partners with municipalities within their precinct through Interlocal Agreements. These projects are a cooperative effort to complete needed rehabilitation and reconstruction projects on city streets. The city provides the material funding, and the county provides the labor and equipment to perform the work.

Many roads within the county that are not county-maintained roads include:

- private roads constructed in private subdivision maintained by the residents/homeowners association;
- interstate highways, U.S. highways, state highways, farm-to-market roads, spurs, and park roads maintained by the Texas Department of Transportation;
- roads within an established subdivision that have not been accepted for maintenance, therefore are still the

- responsibility of the developer; and
- roads within the incorporated limits of cities, villages, towns or other entities maintained by those entities.

In addition to the roads and bridges within the precincts, our maintenance departments also assist the Tarrant County Hospital District, Tarrant Regional Water District, Emergency Management, as well as maintaining our cemeteries that are over 100-years-old.

We appreciate the crews at the maintenance centers and all of their hard work. Please keep in mind when you are near a construction zone that your safety and the crew’s safety is very important to us. Please be patient, drive slowly, and be keenly aware of the equipment and personnel working to make these improvements for you.





9th Annual Northeast Tarrant Transportation Summit



Commissioner Gary Fickes • Tarrant County • Precinct 3

Friday, February 16, 2018 | 8:00 a.m. – 1:30 p.m.
 Hurst Conference Center | 1600 Campus Drive, Hurst, Texas

The Future of Transportation is Looking Up ↑



Robert T. Hastings, Jr., Keynote Speaker
Executive Vice President, Strategic Communications and Chief of Staff, Bell Helicopter

Dan Katz, Special Guest Speaker
Director of Global Public Policy and North American Projects, Hyperloop One

This annual summit has become one of the largest transportation events in Texas and showcases a variety of speakers discussing the future of transportation in Tarrant County, the state of Texas and the United States as a whole. The event features presenters from architecture, planning and development firms, as well as transportation visionaries. They will discuss how innovative technologies including, autonomous vehicles, Uber Elevate and Hyperloop, are impacting North Texas today. Also hear progress updates from local leaders about important transportation projects in the area. This summit promises to be the can't-miss transportation event of the year!

Sessions

- The Future of Smart Cities in America
- The Sky's the Limit... or is it?
 A discussion about Uber Elevate
- Nobody's killed the electric car...
 and now nobody's driving it either!

SPONSORS

TITLE SPONSORS



MEDIA SPONSOR



PLATINUM SPONSORS



GOLD SPONSORS



SILVER SPONSORS



BRONZE SPONSORS

Bedford Colleyville Euless Grapevine Haslet Keller
 North Richland Hills Richland Hills Southlake Watauga Westlake

RESERVATION REQUIRED: \$50 PER PERSON

Please register with the following chambers

(You are not required to be a member)

Colleyville Area
 (817) 488-7148
 colleyvillechamber.org

Grapevine
 (817) 481-1522
 grapevinechamber.org

Hurst-Euless-Bedford
 (817) 283-1521
 heb.org

Greater Keller
 (817) 431-2169
 kellerchamber.org

Northeast Tarrant
 (817) 281-9376
 netarrant.org

Northwest Metroport
 (817) 837-1000
 nwmetroportchamber.org

Southlake
 (817) 481-8200
 southlakechamber.com

For Information: www.NETransportationSummit.com or call 817-581-3600

THE CITY OF
EULESS Economic
Development

If you drive through the center of Euless along FM 157/Industrial Blvd. (between Highway 10 and Highway 183) you'll see many successful businesses including Home Depot, Taco Cabana, and NYPD Deli. Unfortunately, for too many years, you also saw three underperforming 1960's era apartments that were eyesores. Drive by today and those apartment buildings are GONE! In their place, the 56- acre mixed-use project called Founders Parc is under construction, representing a significant redevelopment opportunity that is a top priority of the Euless City Council.



Centurion American Development Group is the Master Developer. Retail and restaurants will be located along FM 157, and urban lofts constructed on the West Euless Boulevard side. A mix of single-family detached residences and townhomes will be constructed in the interior. Water features with decorative natural stone and manicured landscapes will meander throughout the development. The water detention areas are not only beautiful; they are functional and will provide necessary drainage for the development.

Significant redevelopment projects like Founders Parc can only happen when multiple parties with shared interests and goals come together. Centurion American Development Group, Tarrant County, Tarrant County College, and the City of Euless formed an effective public/private partnership. Tax Increment Reinvestment Zone #4 was created to provide funding for the construction of needed public infrastructure in the project and to



encourage private development that will yield additional tax revenue to all local taxing jurisdictions.

Located on the south side of Euless Boulevard between Cullum Drive and Dickey Drive, a senior housing project called the Gala at Oak Crest is substantially complete. Next to the Gala, Bloomfield Homes is constructing a new single-family neighborhood.

Added to the new JPS Medical Home under construction at Wilshire Drive, all of these developments represent the most significant amount of new investment that has occurred south of Airport Freeway in many years.

Article courtesy of Mike Collins, Director of Planning and Economic Development

JPS Medical Home Northeast Tarrant, a full-service clinic designed to expand access to affordable healthcare, is on track to open in the fall of 2018, with its 32,000-square-foot slab foundation in place at 3200 W. Euless Blvd. "It's so exciting to see it rising from the ground, knowing what an asset it's going to be for our patients and for the communities we serve," said Angie Morgan, Director of Construction at JPS.

The 35,000 square-foot health center will provide primary care, women's health, behavioral health, dental, optometry, laboratory, radiology and pharmacy services.

Combining services encourages coordination of care among providers and engagement by patients, who no longer need to travel to multiple locations for diagnostics such as x-rays and lab tests. For example, patients with diabetes can see a physician, get blood drawn, have their eyes checked and pick up prescriptions in the same location, increasing the likelihood for all preventative measures to be taken.

For more information, please visit: <http://www.jpshealthnet.org/news/jps-medical-home-northeast-tarrant>



JPS Medical Home Northeast Tarrant Construction Update



Photo courtesy Key Construction

Tarrant County Commissioner Gary Fickes' Community Events Benefit Area Non-Profits

Tarrant County Commissioner Gary Fickes, finds solutions by bringing people together. To fill the need for information about services for our senior population, Empowering Seniors was created in 2009. Thanks to our amazing sponsors, this one-day event is entirely free for attendees and has grown from 300 attendees in 2009 to 2,800 in 2017. The results have included an increase in seniors seeing health care providers for medical issues and a more significant familiarity with area businesses and county/non-profit resources along with numerous other benefits.

Also, with the fast growth taking place in Northeast Tarrant County, Commissioner Fickes saw another need to fill and brought community leaders, business owners, and others together to keep everyone informed about transportation construction projects, and to provide an outlet for ongoing dialogue and proposed solutions to our most pressing transportation problems. The Northeast Tarrant Transportation Summit has become one of the most significant transportation events in Texas and is scheduled for next Friday, February 16th, at the Hurst Conference Center. Every year, it showcases a variety of speakers and panels that discuss the future of transportation in Tarrant County, the state of Texas and the United States, as a whole.

What most people don't realize is for the past seven years a significant portion of the proceeds from these two events has been donated to area non-profits to supplement their funding for the transportation assistance they offer to area senior citizens, using no taxpayer dollars.

In 2017, we were also able to assist two additional area non-profits. The first is Mission Central who is using their



Pictured: Stan Cramb, Paula Jernigan, Commissioner Gary Fickes.

donation to support a new STEPS program. This program gives working individuals and families the opportunity to receive coaching that will assist them with setting goals to improve their career and employment options, maximize their use of available resources to help them improve their quality of life, and learn to manage income and resources in a way that will maximize financial stability.



Pictured: Rebecca Barksdale, Thuy Layhew, Commissioner Gary Fickes, Shelby Lauderdale, Paul Howard, and Gary Keahey.

Our second non-profit, the Neuro Fitness Foundation, serves individuals who have experienced life-changing events such as a stroke, disease, or accidents that have resulted in an impairment. Neuro Fitness Foundation provides a facility that promotes the strengthening of the mind and body through education and exercise using customized equipment and training specifically designed to help in preserving their client's independence.

For more information, please visit their websites at:

Mission Central:
www.missioncentraltx.org

Neuro Fitness Foundation:
www.neurofitnessfoundation.org

An Historical Moment in Time Dr. Zack Bobo

A certain amount of pride comes through when an Arlington resident mentions being a "Bobo Baby." In his 1931-1987 career, Dr. Zack Bobo Jr., estimated he delivered more than 4,000 babies in Arlington, including many on home kitchen tables. "He also attended several women whose husbands stood-by with lethal weapons for use should his treatment be unsuccessful." wrote Duncan Robinson in his introduction to Bobo's 1977 book, "Ramblings of a Country Doctor." Among these "Bobo Babies" are public servants, community leaders and business owners throughout Arlington, Texas and the United States.

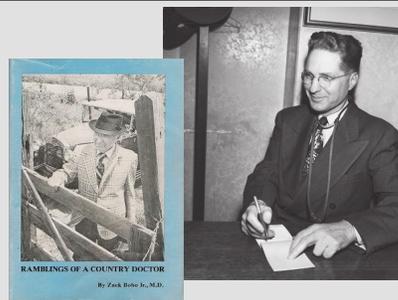
This country doctor, who often rode from home to his office on a bicycle, served as the "Dr. Welby" of his day, making frequent house calls. Shown in the photo above in 1947, Dr. Bobo was born in Wise County in 1897 and grew up in

nearby Rhome as one of 12 children.

He earned his medical degree from Baylor Medical College in 1922 and moved to Arlington in 1931. In 1936, he opened Arlington's first private hospital – Bobo Hospital – a 12-room ranch-style facility that operated for 12 years.

Dr. Bobo was known for his generosity in several areas. He donated the money that funded what was, at the time, the world's largest Baptist Student Union at Baylor University in Waco. In 1977, he endowed a scholarship program, which is still active, that has sent over 350 students from Arlington, Rhome and Mansfield to Baylor.

He made allowances for his patients based upon their ability to pay. A 1983 *Dallas Morning News* article stated that during the Great Depression, he "never did charge the farmers south of Arkansas Lane (in Arlington) anything because they didn't have anything." These patients often paid him with vegetables or live chickens.



Dr. Bobo never retired, stating, "If you quit your work or practice, you die." He was still seeing patients at his Center Street clinic until age 90, when he passed away. That office is now recreated at the historic Fielder House Museum in Arlington as a permanent exhibit.

The *Fort Worth Business Press* is honoring Dr. Bobo's legacy by presenting its first-ever posthumous award – the Legend Award – at this Thursday evening's Healthcare Heroes banquet. Dr. Bobo was the grandfather of Rebecca Barksdale, our Precinct Administrator.

NORTHEAST TRANSPORTATION AGENCIES

Transportation for Seniors, Disabled and Low-Income Citizens

NTTS provides assistance to the following transportation agencies in our area.



Call A Ride Southlake (817-798-4022)

CARS provides service for senior citizens and disabled adults who live in Southlake for non-emergency medical and dental purposes within a 25-mile radius of Southlake, and a seven-mile radius for non-medical, social, business and personal needs. Services provided by volunteers who supply their own vehicle, time and gas. Established in 2000.

To volunteer, or for more information, please visit their website at www.callaridesouthlake.org



HEB Transit (817-336-8714)

HEB Transit provides transportation for disadvantaged people in Hurst, Euless, and Bedford and access to employment destinations within those cities and the Hurst/Bell and CentrePort/DFW Airport Trinity Railway Express (TRE) Stations. Services provided by Catholic Charities. Established in 2006.

To volunteer, or for more information, please visit their website at www.ccdofw.org



Mid-Cities Care Corps (817-282-0531)

MCCC's mission is to preserve the independence of senior neighbors in Northeast Tarrant County by providing transportation (for routine medical), Helping Hands projects, and social outreach to break isolation for senior citizens age 65+. Established in 1981.

To volunteer, or for more information, please visit their website at www.midcitiescarecorps.org



Northeast Transportation Service (817-336-8714)

NETS provides transportation services to older adults (55 years of age or older) and individuals with disabilities in Northeast Tarrant County for medical, work, social service, senior centers, education, and shopping. Services provided by both the Fort Worth Transportation Authority and Catholic Charities. Established in 2002.

To volunteer, or for more information, please visit their website at www.ridenets.com



Social Transportation for Seniors (817-514-0773)

STS provides non-emergency transportation for seniors 62 years and better in North Richland Hills for leisure and social activities with the purpose of re-engaging isolated seniors back into the community. Services provided within a seven-mile radius by volunteers. Established in 2009.

To volunteer, or for more information, please visit their website at www.stsrides.org

ELECTIONS

Monday, February 5th is the **last day to register to vote** in the March Primary Election.

[Tarrant County Voter Registration Information](#)

Tarrant County Early Voting Dates & Times for the March 6th Republican & Democratic Primary Elections

[View Polling Locations & More Information](#)



Early Voting Begins February 20th for the March 6th Primary Election

February 20 - 23	Tuesday - Friday	8:00 a.m. - 5:00 p.m.
February 24	Saturday	7:00 a.m. - 7:00 p.m.
February 25	Sunday	11:00 a.m. - 4:00 p.m.
February 26 - 28	Monday - Wednesday	7:00 a.m. - 7:00 p.m.
March 1 - 2	Thursday - Friday	7:00 a.m. - 7:00 p.m.



The American Heart Association is the nation’s oldest and largest voluntary organization dedicated to fighting heart disease and stroke. Cardiovascular disease is the nation’s number one killer. Nearly 35 percent of deaths in the Tarrant County area are attributed to cardiovascular disease. The American Heart Association has a division in Tarrant County working to keep you, your loved ones, and your community safe from heart disease and stroke.

The organization funds innovative research, fights for stronger public health policies and provides critical tools and health education to save and improve lives. One education initiative impacting

students in our community is North Texas STEM (Science, Technology, Engineering & Math) Goes Red. North Texas STEM Goes Red was created to empower young men and women to take control of their health, and to consider a STEM career that could impact the health of all Americans.

Recently, eighth graders from HEB ISD attended the inaugural North Texas STEM



Goes Red Conference held at Texas Health Resources. Students participated in breakout sessions that covered a wide range of STEM topics. The American Heart Association mission was brought to life as the students were taught Hands-Only CPR and were addressed by a



congenital heart defect survivor.

February is American Heart Month and a great time to take action to promote heart health and the importance of healthy lifestyle choices. Each year the American Heart Association asks you to support the organization’s mission and get involved with annual events and initiatives including *Go Red For Women*, *Heart Walk*, and *Heart Ball*. Proceeds from these events support the American Heart Association’s life-saving mission.

Visit heart.org/tarrantcounty to learn more about upcoming events or to donate. You too can help save a life.

Justice Court System Clerk Mentor Program

Mentoring is one of the best ways to facilitate the development of employees at all stages of their careers. The Texas Justice Court Training Center has a new clerk mentoring program to provide the necessary support and resources to help justice court clerks grow professionally.

From learning one’s duties as a new clerk to dealing with complicated scenarios, the clerk mentor program is designed to bridge gaps and connect experienced individuals in the justice court system with clerks throughout the State.

Clerk mentors are volunteers who possess a Master Clerk Certification (the highest level of certification), are employed in the justice court system, and who are committed and excited to facilitate the growth and development of clerks in the justice court system.

There are a total of 22 mentors in the State of Texas; four are from Tarrant County including: Elsa Sieg, Gloria “Christie” Larriviere, Krysta Sebring, and Heather Montoya. The latter three ladies are all from Precinct Three!



Congratulations to Leta Youngblood, on her retirement after 28+ years of service to Tarrant County.

Leta held the position as Field Unit Supervisor for the CSCD Northeast Field Office.

We appreciate your dedication and service.
 We will miss you!

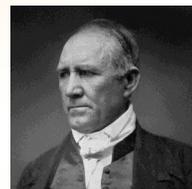


Question of the Month

Question: WHO KNEW? SAM DID!

Sam Houston and Antonio López de Santa Anna had something in common.

Answer: Santa Anna’s life was spared after he was captured and identified at San Jacinto. He was brought before Sam Houston, whose men wanted to execute him immediately. Texas historians have written that since Santa Anna and Houston were both Masons, Santa Anna gave the Masonic “distress signal” and Houston intervened to spare his life.



Sam Houston



Antonio López De Santa Anna

SENIOR NEWS



TAX PREPARATION ASSISTANCE

The American Association of Retired Persons (AARP), Volunteer Income Tax Assistance (VITA), and Tax Consulting for the Elderly (TCE) offer free tax help to people who make generally \$54,000 or less. Tax counselors will answer your questions and also assist with the preparation of your 2017 tax forms utilizing IRS-approved, professional computer programs.

Locations are in senior centers, libraries, recreation centers, community centers and some retirement homes.

For a complete list of what to bring, click on the link below:

<https://www.aarp.org/money/taxes/info-01-2011/important-tax-documents.html>

When looking for a TCE site, keep in mind that a majority of the TCE sites are operated by the AARP Foundation's Tax-Aide program.

To locate the nearest AARP Tax-Aide site, click on the following link or call 888-687-2277. [AARP TAX-AIDE LOCATOR](#)

To locate the nearest VITA or TCE site near you, click on the link below or call 800-906-9887. [Find a VITA or TCE Site Near You](#)

AARP Tax-Aide Locations 02/01/18 to 04/17/18 (Partial List)	Telephone Number
Bedford Public Library	817-952-2350
Colleyville Senior Center	817-503-1195
Eules Public Library	817-685-1489
Eules Senior Center	817-685-1671
Grapevine REC	817-410-3465
Haltom City Public Library	817-222-7786
Hurst Public Library	817-788-7300
Keller Senior Center	817-743-4370
North Richland Hills Library	817-427-6714
Richland Hills Public Library	817-616-3760
Roanoke Senior Center	817-491-6060
Saginaw Senior Center	817-230-0593
Southlake Public Library	817-748-8247
Watauga Community Center	817-514-5892

VITA Locations (Partial List)

01/16/18 to 04/14/18

Community Enrichment Center

6250 Northeast Loop 820
DROP OFF available, may require return visit
North Richland Hills, TX 76180

01/23/18 to 04/15/18

GRACE in Grapevine (Main Site)

610 Shady Brook Drive
DROP OFF available, may require return visit
Grapevine, TX 76099

Additional information:

<https://irs.treasury.gov/freetaxprep/>

*The perfect gift this Valentine's Day is the gift of heart health. Along with Valentine's Day, February marks **American Heart Month**, a great time to commit to a healthy lifestyle and make small changes that can lead to a lifetime of heart health.*

- ⇒ Schedule a visit with your doctor to talk about heart health.
- ⇒ Add exercise to your daily routine.
- ⇒ Increase healthy eating.
- ⇒ Take steps to quit smoking.
- ⇒ Take medication as prescribed.



Heart Attack Warning Signs

- Chest discomfort. Most heart attacks involve discomfort in the center of the chest that lasts more than a few minutes, or that goes away and comes back. It can feel like uncomfortable pressure, squeezing, fullness or pain.
- Discomfort in other areas of the upper body. Symptoms can include pain or discomfort in one or both arms, the back, neck, jaw or stomach.
- Shortness of breath (may occur with or without chest discomfort).
- Other signs. These may include breaking out in a cold sweat, nausea or lightheadedness.

As with men, women's most common heart attack symptom is chest pain or discomfort. But women are somewhat more likely than men to experience some of the other common symptoms, particularly shortness of breath, nausea/vomiting and back or jaw pain.

Stroke Warning Signs

- Sudden numbness or weakness of the face, arm or leg, especially on one side of the body
- Sudden confusion, or trouble speaking or understanding
- Sudden trouble seeing in one or both eyes
- Sudden trouble walking, dizziness or loss of balance or coordination
- Sudden, severe headache with no known cause

For more information:

<https://www.goredforwomen.org/fight-heart-disease-women-go-red-women-official-site/about-heart-disease-in-women/>

<https://www.cdc.gov/features/heartmonth/index.html>

Dial 9-1-1 FAST



Heart attack and stroke are life-or-death emergencies — every second counts. If you suspect you or someone you are with has any of the symptoms of heart attack or stroke, immediately call 9-1-1 or your emergency response number so an ambulance can be sent. Don't delay — get help right away!

For a stroke, also note the time when the first symptom(s) appeared. If given within 3 to 4.5 hours of the start of symptoms, a clot-busting drug may improve the chances of getting better faster.



Transportation

Northeast Tarrant County

DFW Connector Project

Hotline: 877-411-4212
www.dfwconnector.com



Sign up for e-alerts!

• Crews have opened the new northbound SH 121 and, SH 360 bridges to westbound SH 114 into temporary configurations. • We are also rebuilding the new northbound SH 121 off-ramp to William D. Tate Avenue. Commuters can temporarily access William D. Tate Avenue through the northbound SH 121 and SH 360 exits to westbound SH 114. • NorthGate is currently 80 percent complete with construction, and the team will complete construction this year!



Midtown Express

Contact us
www.drivemidtown.com



Sign up for e-alerts!

• The new managed lanes on east and westbound SH 114 from International Parkway to Riverside/Rochelle opened at the end of last year. • In 2017, the team completed eight major traffic switches and most recently switched onto the new westbound SH 183 bridges over the Trinity River last month. •

Bridge and intersection work continues at all major intersections. • Utility work is over 99% complete. • The project is 76% complete.



North Tarrant Express/ I-35W

Hotline: 888-683-2015
www.northtarrantexpress.com



Sign up for e-alerts!

• The North Tarrant Express I-35W project from I-30 to I-820 is more than 89% complete. Recently, the off-ramp from eastbound I-820 to Beach Street was reopened. In the upcoming months, motorists can expect to see restored access to Meacham Boulevard from I-820.



Highway 26
 TxDOT - N Tarrant Office
 817-399-4300
sh26project.com
www.txdot.gov



Sign up for e-alerts!

• On the SH 26 project, traffic was switched from Brown Trail to Centerpark Drive to the outer lanes for construction of the inside lanes. Northbound traffic will be on the new lanes, and southbound traffic will be on existing and temporary pavement. Construction activity throughout the rest of the project includes asphalt and concrete placement at various locations on the west side of SH 26 between Centerpark Drive and John McCain Road. • The \$38.2 million project is estimated for completion in 2019. For project information and to sign-up for e-mail alerts on construction activity, log on to SH26Project.com

• The \$38.2 million project is estimated for completion in 2019. For project information and to sign-up for e-mail alerts on construction activity, log on to SH26Project.com



FM 1938 - Phase II
 TxDOT - N Tarrant Office
 817-399-4300
www.txdot.gov
 Southlake 817-748-8098
www.cityofsouthlake.com

• Roadway reconstruction on FM 1938 from Brookforest Drive/Kingswood Drive to the south of FM 1709 has been completed, including the FM 1938/FM 1709 intersection. • Roadway reconstruction from Brookforest Drive/Kingswood Drive to Randol Mill Avenue on the north end of the project has resumed beginning with the rebuilding of drainage in that area. The project is estimated to be completed in 2018.

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Calendar of Events

- Feb 9 HEB Chamber Annual Awards Luncheon.....www.heb.org
- Feb 14 Valentine's Day.....
- Feb 16 9th Annual NE Transportation Summit.....www.netransportationsummit.com
- Feb 16 Kids Matter 2018 Charity Ball.....www.kidsmatterinternational.org
- Feb 17 Bedford Library Casino Night & Gala.....www.bedfordlibraryfoundation.org
- Feb 17 Alliance for Children - Let's Play Bingo!.....www.allianceforchildren.org
- Feb 19 President's Day.....
- Feb 21 DFW Veterans Summit Procurement Fair.....www.grapevinechamber.org
- Feb 24 Colleyville Rotary Dancing for the Stars.....www.colleyvillerotaryclub.com
- Feb 24 Community Storehouse Hope Dinner and Auction.....www.hopedinner.com
- Feb 25 Alzheimer's Association ALZ Stars.....www.alz.org
- Mar 2 Women's Empowerment Luncheon.....www.southlakechamber.com
- Mar 3 Westlake Acad. Evening at the Gallery ... www.westlakeacademyfoundation.org
- Mar 4 Natl. Charity League Generosity Tour www.southlake.nationalcharityleague.org
- Mar 7 Tarrant Area Food Bank Empty Bowls Luncheon.....www.taafb.org
- Mar 8 Keller Chamber FiredUP! Charity Dinner.....www.kellerchamber.com
- Mar 10 Clubhouse for Special Needs Dinner/Silent Auction.....www.theclubhouse.org
- Mar 11 Daylight Savings Day.....
- Mar 11-12 Keller Lions Club 69th Annual Parade.....www.kellerlionsclub.com
- Mar 12-16 Spring Break.....
- Mar 17 Saint Patrick's Day.....
- Mar 18 Alliance for Children - Annual Chili Cook-Off.....www.allianceforchildren.org
- Mar 19 MMOW Benefit Wine Dinner.....www.mealsonwheels.org
- Mar 19 Knights of Sight Charity Scramble Golf Tourn.....www.colleyvillelions.com
- Mar 22 Tarrant County MOW Chef's Table Dinner Series.....www.mealsonwheels.org
- Mar 23 A Wish With Wings Butterfly Wishes Gala.....www.awishwithwings.org
- Mar 24 Greater Keller Women's Club Fashion Show.....www.gkwc.ejoinme.org
- Mar 24 Bedford ArtsFest.....www.bedfordtx.gov
- Mar 26 Community Enrichment Center Golf Classic.....www.cecgolfclassic.com
- Mar 30 Good Friday.....
- Mar 31 Cesar Chavez Day.....
- Apr 1 Easter Sunday.....
- Apr 6 Colleyville Women's Club Lunch with the Girlz.....www.c-w-c.org
- Apr 7 NRH Mayor's 5K Run & Walk.....www.nrhtx.com
- Apr 7 Grapevine Chamber Job Fair.....www.grapevinechamber.org
- Apr 9 Metroport Meals on Wheels Golf Tournament.....www.metroportmow.ejoinme.org
- Apr 14 Victory Over Violence 5K/1K Walk/Run.....www.vovfw.org
- Apr 16 Ambuc's Benefit Golf Tournament.....www.grapevineambucs.org
- Apr 17 Tax Day.....

♥ Happy Valentines Day ♥

- Feb 9 Family Valentine's Dance.....www.roanoketexas.com
- Feb 9 Daddy/Daughter Dance.....www.ci.watauga.tx.us
- Feb 9 Night of Romance.....www.haltomcitytx.com
- Feb 10 Sweetheart Sock Hop.....www.bedfordtx.gov
- Feb 10 Daddy/Daughter Valentine's Ball.....www.hursttx.gov
- Feb 10 Daddy/Daughter Valentine's Dance.....www.eulesstx.gov
- Feb 10 Galentine's Day Brunch.....www.richlandhills.com



Senior Calendar

- Feb 8 Valentine's Dance.....www.hursttx.gov
- Feb 9 Valentine's Day Celebration.....www.colleyville.com
- Feb 12 Valentine's Dinner & Dance.....www.bedfordtx.gov
- Feb 14 Grapevine Rotary & Hilton DFW Lakes Senior Dinner & Dance 817-366-5499
- Feb 16 Southlake Women's Club Valentine's Day Lunch www.themargsouthlake.com
- Mar 10 Spring Craft Show & Market.....www.cityofkeller.com
- Apr 13 Senior Prom.....www.colleyville.com
- Apr 27 Keller Senior Health & Wellness Fair.....www.cityofkeller.com

JPS Hospital Clinics in Northeast Tarrant County

Health Clinics

Gertrude Tarpley JPS Health Center .. 817-514-5036
6601 Watauga Road, Watauga 76148

JPS Health Center Northeast 817-920-6400
837 Brown Trail, Bedford 76022

School-Based Clinics

Birdville 817-547-3046
8200 O'Brian Way, N. Richland Hills 76180

Birdville 817-759-2035
2807 Layton Avenue, Haltom City 76117

Grapevine/Colleyville 817-251-5751
3050 Timberline Drive, Grapevine 76051

HEB 817- 399-3500
3115 W. Pipeline Road #B, Euless TX 76040

Georgia Kidwell - HEB 817-399-3366
3115 W. Pipeline Road #D, Euless TX 76040

For a complete list of Health Clinics and School-Based Clinics log onto: www.jpshealthnet.org

COUNTY HOLIDAY CLOSINGS

February 19 - Presidents' Day
March 26 - Cesar Chavez Day
March 30 - Good Friday

Commissioner's Office Precinct 3

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Rebecca Barksdale, Precinct Administrator
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Devin Sanders, Community Outreach Coordinator
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Hurst, Texas 76054
817-581-3600