

River Oaks News

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From the Tarrant County Back to School Roundup

Pre-Register Now for Tarrant County Back to School Roundup Aug. 6



Families with qualifying pre-kindergarten through 12th grade students can get free school supplies and more by **pre-registering online** for the Tarrant County Back to School Roundup.

Families will receive an email confirmation that they will present the day of the event to gain admission into the event.

The person who pre-registers is not required to attend Roundup. In fact, the email confirmation can be sent with any person to pick up the school supplies.

Families must show three documents along with their completed registration form to qualify for school supplies. A picture ID, proof of Tarrant County residency

and proof they meet the 2021 Federal Income - families applying for free school Poverty Guidelines.

Income - families applying for free school supplies must meet 2021 Federal Income

Examples of what can be used for Picture ID (you may use any one of the following):

- Texas state driver's license
- Texas state identification card
- Military identification card
- Foreign consulate-issued identification (i.e. Matricula Consular)
- School, Employer work identification card
 - Church ID card

Examples of what can used for Proof of Tarrant County Residency (you may use any one of the following):

- May, June, or July 2021 utility bill (electricity, water, phone or gas) showing applicant name and current address.
- ent to gain admission into the event.

 Mail sent to applicant showing applicant sh
 - Letter from landlord or apartment management company, on company letterhead, indicating proof of residency during May, June, or July 2021

Examples of what can used for Proof of

Income - families applying for free school supplies must meet 2021 Federal Income HHS Poverty Guidelines (you may present any of the following):

- Paycheck stubs from May, June, or July 2021
- Letter dated in May, June, or July 2021 on agency or company letterhead from an employer, welfare office, caseworker, or Social Security Administration Office indicating annual income and signed by an agent of the company or agency. Letter must include contact phone number for verification
- Letter or card showing participation or enrollment in Medicaid, SNAP, unemployment, disability or school free lunch program.

From the City of River Oaks

River Oaks City Council Meeting July 13

The City Council of River Oaks meets on the second and fourth Tuesday night of each month.

Agendas for the meetings are available as soon as they are posted on the City's website, 72 hours prior to each meeting.

Minutes of each meeting will also be available once they are completed and posted.

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From Suburban Newspapers Staff Writers

Western Hills Class of 1971 50th Reunion

The Western Hills High School classreunion this fall.

Thursday, Sept. 30 from 5:30 to 8:30 p.m. make a plan, build a kit. with a fajita buffet.

Friday, Oct. 1 from 6 to 10 p.m. at the you and your household have what you Ridglea Country Club located at 3700 need to survive on your own for at least at least three days with things like food that Bernie Anderson Ave in Fort Worth.

The cost is \$150 per person if paid by July 31, and \$170 if paid by Sept. 7 (last purchase date).

Western Hills Class of 1971 50 Year er strikes the state. Reunion; and mail to: PO Box 1621, Fort Be Informed Worth, TX 76097.

From the City of White Settlement

Drive-Thru COVID-19 Vaccine Site

A drive-thru COVID-19 vaccine site is now available in White Settlement in the Splash Dayz parking lot area located at 405 N. Las Vegas Trail. Hours of operation are Fridays from 3 to 7 p.m. and on Saturdays from 9 a.m. to 1 p.m. The Pfizer vaccine, dose 1 or dose 2 will be available by appointment.

Make your appointment by going to this site, scrolling down to the "White Settlement" location.

Funday Mondays are back at the River Oaks **Event Center!** 11 a.m. to 2 p.m. 5300 Blackstone Dr.

From Texas Health and Human Services

Get "Texas Ready" for Natural and **Manmade Disasters**

The Texas Department of State Health Services is urging everyone to get ahead of mates of 1971 are having their 50th class natural and manmade disasters. The new preparedness effort highlights the impor-There will be an icebreaker event on tance of three simple steps: be informed,

With summer and hurricane season There will be a dinner and dance on heating up, now is the time to make sure three days and know where you'll go if you need to evacuate.

No matter the threat, planning and preparation will help ensure that you, your Make check or money order payable to: community and Texas can weather whatev-

Be aware of the possible hazards that could affect your area. Stay in tune with weather watches and warnings. Monitor reputable sources of information. Heed the advice of local and state leaders in an emergency.

Make a Plan

Gather the members of your household what's ahead by being Texas Ready for to create a plan together. Decide what you'll do if you need to shelter in your home and where you'll go and how to get there in case of an evacuation. Know how you'll stay in contact. Don't forget to plan for pets. Write it all down and practice.

Build a Kit

Create a disaster supply kit that will last doesn't require cooking, one gallon of water per person per day, a battery or crank-powered radio, backup batteries, a first aid kit, and any necessary medical, baby or pet supplies. Store copies of important documents in a water-proof container you can take with you, including identification, medications and copies of prescriptions, vehicle titles, and insurance and bank information.

Find additional tips, an emergency plan template, disaster kit checklist and other resources at www.txready.org.



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Tarrant Area Food Bank to hold Mega Mobile Market Friday

The Tarrant Area Food Bank (TAFB) TAFB's most consistent distribution loca- COVID-19. tions of the past year.

Mega Mobile Markets are designed to serve all residents of the Tarrant area who are in need of food assistance, as well as anyone whose access to nutritious food has been affected by hardships, such as the COVID-19 pandemic.

TAFB will hold the Mega Mobile Markets on the following Fridays, from 9 a.m. to noon at Herman Clark Stadium-5201 CA Roberson Blvd, Fort Worth, TX 76119 on the following dates: July 9, July 16, July 23, July 30, Aug. 6, Aug. 13, **Aug. 20** and **Aug. 27**.

Food insecurity is still an issue that has extended their agreement with Fort many families in the Tarrant area are fac-Worth ISD to hold Mega Mobile Markets ing. During the pandemic, TAFB saw a 60 at Herman Clark Stadium through the percent increase in the number of families month of August. This will allow Tarrant who relied on food bank services for the Retirees meets at noon, on the third area families to continually receive food first time. Because of this, many families assistance from this location, one of are still recovering from the effects of



As a board-certified internal medicine physician, Dr. Rubia Sadiq has served the Benbrook community since 2014. Dr. Sadiq and the staff at Texas Health Adult Care provide a broad range of health services, specializing in primary care, pulmonary health, cosmetic dermatology, sleep medicine and wound care. Schedule an appointment for:

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Retirees

Lockheed Martin Association of Retirees to Meet

From the Lockheed Martin Association of

The Lockheed Martin Association of Tuesday of each month, to renew acquaintances and enjoy interesting programs. The year is filled with guest speakers on various and interesting topics.

Meetings are held in the IAM union auditorium located at 7711 Clifford Street in White Settlement.

For more information, visit lmarfw.com contact Scott Sadler jscottsadler@aol.com.

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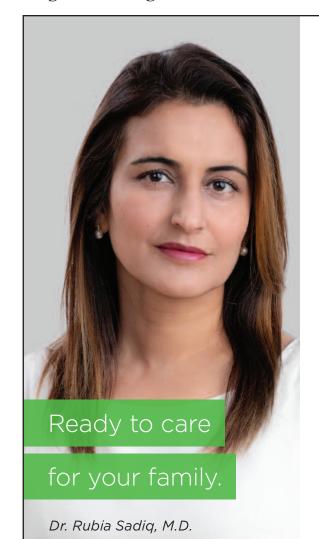
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Extreme Heat Guidelines

Extreme heat often results in the highest number of annual deaths among all weather-related hazards. In most of the United States, extreme heat is defined as a long period (two to three days) of high heat-related illness. heat and humidity with temperatures above 90 degrees. In extreme heat, evaporation is slowed and the body must work extra hard to maintain a normal temperature. This can lead to death by overwork- and the ways to respond to it: ing the human body.

Remember that:

- Extreme heat can occur quickly and without warning.
- greater risk from extreme heat.
- Humidity increases the feeling of heat as measured by a heat index.

If you are under an extreme heat warning:

- Find air conditioning.
- Avoid strenuous activities.
- Watch for heat illness.
- Wear light clothing.
- Check on family members and neighbors.
- Drink plenty of fluids.
- Watch for heat cramps, heat exhaustion and heat stroke. Never pulse; dizziness; con-fusion; or unconsciousness leave people or pets in a closed car.

How to stay safe when extreme heat threatens: prepare now. Find arrives. places in your community where you can go to get cool.

Keep your home cool by doing the following:

- Cover windows with drapes or shades.
- Weather-strip doors and windows.
- Use window reflectors, such as aluminum foil-covered cardboard, to reflect heat back outside.
 - Add insulation to keep the heat out.
 - Use attic fans to clear hot air.
 - Install window air conditioners and insulate around them.
 - Learn to recognize the signs of heat-related illness.

Be safe during the extreme heat event:

- Never leave a child, adult or animal alone inside a vehicle on a warm day.
- Find places with air conditioning. Libraries, shopping malls, and community centers can provide a cool place to take a break from the heat.
- If you're outside, find shade. Wear a hat wide enough to protect your face.
 - Wear loose, lightweight, light-colored clothing.
- Drink plenty of fluids to stay hydrated. If you or someone you care for is on a special diet, ask a doctor how best to accommodate it.
- Do not use electric fans when the temperature outside is more than 95 degrees, as this could increase the risk of heat-related illness. Fans create air flow and a false sense of comfort, but do not reduce body temperature.

- Avoid high-energy activities.
- Check yourself, family members, and neighbors for signs of

Recognize and respond - Know the signs of heat-related illness

- Heat cramps:
- Signs: Muscle pains or spasms in the stomach, arms or legs
- Actions: Go to a cooler location. Remove excess clothing. Take • Older adults, children, and sick or overweight individuals are at sips of cool sports drinks with salt and sugar. Get medical help if cramps last more than an hour.
 - Heat exhaustion:
 - Signs: Heavy sweating, paleness, muscle cramps, tiredness, weakness, dizziness, headache, nausea or vomiting, or fainting.
 - Actions: Go to an air-conditioned place and lie down. Loosen or remove clothing. Take a cool bath. Take sips of cool sports drinks with salt and sugar. Get medical help if symptoms get worse or last more than an hour.
 - Heat stroke:
 - Signs: Extremely high body temperature (above 103 degrees) taken orally; red, hot, and dry skin with no sweat; rapid, strong
 - Actions: Call 911 or get the person to a hospital immediately. Cool down with whatever methods are available until medical help



Your health and safety are our top priority. To ensure

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Texas History Minute

Texas Politician, Henry B. Gonzalez by Dr. Ken Bridges

Texas politician. He was the first Hispanic elected to Congress from investigative techniques, committee procedures, and even from Texas and was never afraid to speak his mind on the issues. the budget.

Gonzalez was born to immigrant parents in San Antonio in Mexican Revolution. His father rose to become an editor of a committee within a few months, while the committee ultimately local Spanish-language newspaper and started a successful trans- concluded that no conspiracy was apparent with the murders. lation service.

together.

Austin where he also earned a law degree by 1943.

quickly rising to lead the Bexar County office. He also worked as a teacher for a short period.

defender of civil rights as he filibustered a bill that would have allowed the state to close schools that faced any disturbances related to racial integration and defeated other bills attempting to enforce segregation.

In 1958, Gonzalez ran for governor, losing the primary but winning re-election to the state senate in 1960. In 1961, after Lyndon B. Johnson became vice-president, Gonzalez ran for his open U. S. Senate seat. In a field of 50 candidates, he placed sixth statewide with 9 percent of the vote, carrying Bexar County.

Later that year, San Antonio's longtime congressman, Paul Kilday, resigned in order to take a position on the Court of Military Appeals. Gonzalez quickly jumped into the race to fill the remainder of the term. In a hard-fought election, Gonzalez prevailed with 55 percent of the vote.

He went to work immediately. On the same day he was sworn into office, he filed a bill banning the poll tax, through which many states required citizens to pay to exercise their right to vote. The poll tax was banned by the Twenty-Fourth Amendment, which was ratified in 1964. He continued to be an outspoken advocate of the civil rights acts of the 1960s as well as federal funding for education and anti-poverty programs.

One of his most well-publicized actions was his service as chairman of the Select Committee on Assassination in 1977. This committee was pushed by Gonzalez in 1976 to study the assassinations of President John F. Kennedy, Sen. Robert F. Kennedy, and the Rev. Martin Luther King, Jr. Behind the scenes, the com-

Henry B. Gonzalez had a long and controversial career as a mittee quickly erupted into acrimony over disputes stemming

Gonzalez himself had been in the motorcade in Dallas in 1963 1916. His parents arrived in Texas, fleeing the violence of the when President Kennedy was assassinated. He resigned from the

His harsh criticisms of political opponents did not win him Gonzalez graduated from San Antonio Junior College in 1937 many allies at the Capitol, but he eventually became the chairman and briefly attended the University of Texas. While he attended of the House Banking, Finance, and Urban Affairs Committee in college, he married Bertha Cuellar, and the two had eight children 1989. Here, he advocated banking reforms to make it easier for the working poor to afford their own homes. He criticized dereg-He completed his bachelors degree at St. Mary's University in ulation attempts that resulted in the collapse of the savings and loan industry in the late 1980s which ultimately cost taxpayers After graduation, he briefly worked as a probation officer, more than \$1 trillion. He chaired the committee until 1994.

In 1998, as his health failed, he announced his retirement. His son, Charlie Gonzalez, won the race to succeed him. He died on In 1952, he was elected to the San Antonio city council where November 8, 2000, but has since been widely honored for his he pushed to end segregation at city parks and swimming pools. service to Texas and the nation as the convention center in San He soon aimed for higher office. In 1956, he was elected to Antonio was named for him in addition to four different elementhe state senate. While a state senator, he became an outspoken tary schools across the state, including in Dallas and Eagle Pass.



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Three Day Weekend Forecast



Friday, July 9:

<u>AM</u> - Sunny; high near 91. South wind 5-15mph, with gusts as high as 25mph. <u>PM</u> - Mostly clear; low around 75. South wind 10-15mph, with gusts as high as 20mph.



Saturday, July 10:

AM - 20% chance of thunderstorms after 1pm. Mostly sunny; high near 91. South wind 10-15mph, gusts as high as 20mph.

PM - 30% chance of thunderstorms, mainly after 1am. Partly cloudy; low around 75.



Sunday, July 11:

<u>AM</u> - A 40% chance of thunderstorms. Mostly cloudy; high near 89. <u>PM</u> - A 30% chance of thunderstorms. Mostly cloudy; low around 74.

Extended Forecast Click Here