



Did you know: Euleess Heritage Museum, 201 Cullum Drive, has free tours on the second Saturday of every month from 1 - 5 p.m.

EULESS

T ★ O ★ D ★ A ★ Y



Dear Citizens,
With the unusually wet spring, it's easy to forget that at this time

last year, we were under severe water restrictions due to drought. Keep in mind that the water supplies we depend on are not an endless resource. For one thing, drought conditions are a part of life here in North Texas. In addition, the number of people living in our region is expected to double in the next 50 years. That means the demand for water will certainly rise.

Read about the Don't Die of Doubt campaign. It's critically important to remember that time is muscle, so every minute matters in a cardiac event. Care begins the moment you dial 911, and continues from ambulance arrival to hospital delivery and every moment in between.

Linda Martin

The Euleess City Council

- Linda Martin *Mayor*
- Tim Stinneford *Mayor Pro Tem*
- Jeremy Tompkins *Place 1*
- Eddie Price *Place 2*
- Linda Eilenfeldt *Place 3*
- Harry Zimmer *Place 4*
- Perry Bynum *Place 5*

COMMUNITY NEWS 817-685-1400 www.eulesstx.gov



Glade Parks Opening

If you've traveled up Hwy 121 recently, you've noticed the beautiful Glade Parks complex is progressing quite rapidly. Located West of Hwy 121 and South of Glade Road, Glade Parks is a mixed-use development, meaning it will contain retail, restaurants and residential neighborhoods. DICK's Sporting Goods and Dave and Buster's recently opened and the department store Belk announced they will be opening a 95,000 square foot store. There are currently several restaurants and shops already open, so we encourage you to visit.

Twice a Week Watering Restrictions Lifted

The City of Euleess lifted Stage 1 Watering Restrictions on June 10. However, we strongly encourage residents to continue voluntary twice a week watering. Watering twice a week is both sufficient and beneficial for most lawns in North Texas. Watering is still prohibited between 10 a.m. - 6 p.m.

Even with the record rains, water levels cannot be predicted from one year to the next and water conservation is essential. We will monitor lake levels and urge residents to maintain conservation practices. Euleess has a tiered water rate that encourages water conservation and we will continue to educate our residents on ways to reduce water consumption indoors and outdoors.

Euleess Today is published by the City of Euleess.

201 N. Ector Dr. ♦ Euleess, TX 76039 ♦ 817-685-1400 ♦ euleessinfo@eulesstx.gov ♦ Uverse Ch. 99 ♦ Euleess Cable Channel 16 ♦ www.EuleessTx.gov/MyEuleess



2015 Mission: Lifeline® EMS Bronze Level Recognition Award

The Eules Fire Department has received the American Heart Association's Mission: Lifeline® EMS Bronze Award for implementing quality improvement measures for the treatment of patients who experience severe heart attacks.

Every year, more than 250,000 people experience a STEMI, or ST Elevation Myocardial Infarction, a type of heart attack caused by a complete blockage of blood flow to the heart that requires timely treatment. To prevent death, it's critical to restore blood flow as quickly as possible, either by surgically opening the blocked vessel or by giving clot-busting medication. Unfortunately, a significant number don't receive prompt reperfusion therapy, which is critical in restoring blood flow. Mission: Lifeline seeks to save lives by closing the gaps that separate STEMI patients from timely access to appropriate treatments. Mission: Lifeline's EMS recognition program recognizes those emergency responders for their efforts in improving STEMI systems of care and improving the quality of life for these patients.

For the past ten years it's been a high priority of the Eules Fire Department to shorten the time it takes when a patient calls 911 to the time he or she is at the hospital having the artery reopened. The Eules Fire Department typically responds to 200-300 chest pain calls per year. In 2014, ten of those calls were classified as a STEMI and were treated with the faster life-saving procedures. Assistant Fire Chief Jeff Morris deals with many of the city's EMS issues, "It has been proven that the faster you recognize the symptoms of a heart attack, the faster you call 911 and the faster you get to a hospital and get the artery reopened, the less damage you develop. The longer you take increases the damage to the heart muscle resulting in congestive heart failure or damage to the heart muscle that can't be repaired."

"The Eules Fire Department is dedicated to making our EMS unit among the best in the country, and the

American Heart Association's Mission: Lifeline program is helping us accomplish that by implementing processes for improving STEMI systems of care with the goal of improving the quality of care for all STEMI patients," said Jeff Morris. "We are pleased to be recognized for our dedication and achievements in emergency medical care for STEMI patients."

Don't Die of Doubt

Most common heart attack symptoms for men and women:

- Discomfort, tightness, uncomfortable pressure, fullness, squeezing in the center of the chest lasting more than a few minutes, or comes and goes
- Crushing chest pain
- Pressure or pain that spreads to the shoulders, neck, upper back, jaw, or arms
- Dizziness or nausea
- Clammy sweats, heart flutters, or paleness
- Unexplained feelings of anxiety, fatigue or weakness - especially with exertion
- Stomach or abdominal pain
- Shortness of breath and difficulty breathing

Heart attack symptoms found to be more common in women:

- Pain in the arm (especially left arm), back, neck, abdomen or shoulder blades
- Jaw pain
- Nausea and vomiting
- Overwhelming and unusual fatigue, sometimes with shortness of breath
- Light headedness or sweating

In January 2015, the American Heart Association launched "Don't Die Of Doubt," a community awareness, media campaign in North Texas, thanks to continued support of the W.W. Caruth, Jr. Foundation at Communities Foundation of Texas.



This comprehensive initiative focuses on building trust in the 911 system and why you should not hesitate to call 911 if you think you might be having a heart attack.

So why aren't people calling 911? Let's debunk the myths about calling 911:

I don't know if my symptoms are serious enough to warrant a call to 911. I don't want to waste their time or worse, get in trouble for a "false alarm."

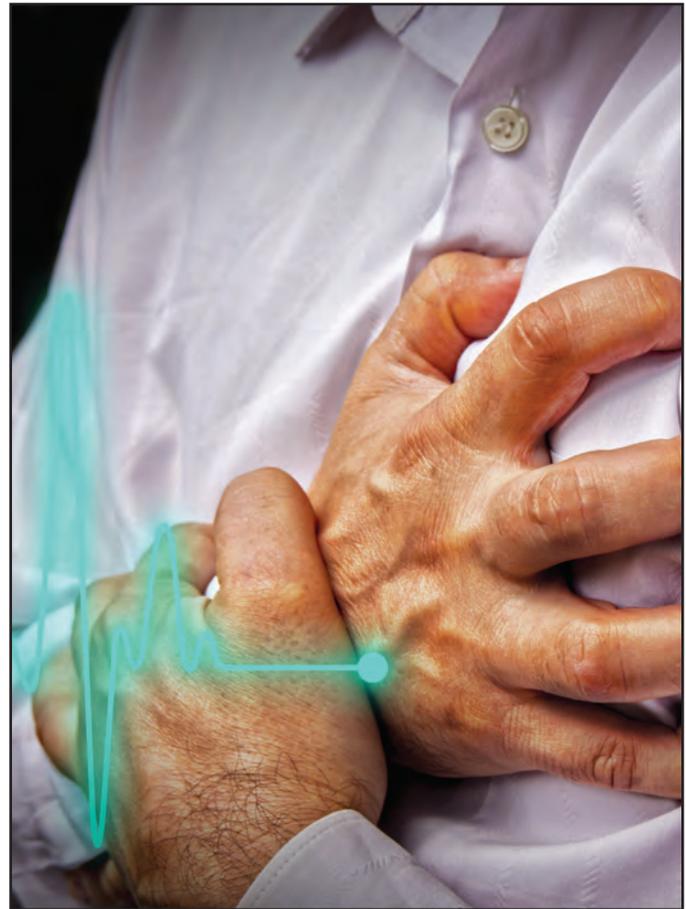
Knowing the symptoms of a heart attack is a great place to start: Chest discomfort (pressure, squeezing, fullness, pain), jaw, neck, back or arm pain, shortness of breath, nausea and cold sweats are all common symptoms of a heart attack. The emergency medical team is here to help you. Cardiovascular diseases are the number one killer of all Americans, so don't worry about being embarrassed, worry about staying alive. Make the call.

What's the point of calling an ambulance, it's not like EMT's are doctors.

Don't underestimate the skills and abilities of paramedics. Paramedics are not just taxi-drivers. Did you know that a paramedic will have over 1000 hours of clinical and coursework training on Advanced Life Support including expertise in conducting CPR and using a defibrillator when needed to revive a patient's heart? They are trained medical professionals and are here to save lives. Don't be afraid to use them! Trust 911.

I just live a couple of blocks from the hospital, it's faster if I drive myself there.

Calling 911 is the best and fastest way to ensure quick treatment. Care begins the moment you dial 911 and continues seamlessly when the ambulance arrives. If you are having a heart attack, EMS will transmit your data to the hospital, which means time saved upon arrival and faster treatment. EMS will also determine the closest, most appropriate hospital for your care and that may not be the hospital down the street. Your heart will thank you. Don't die of doubt.



It's way too expensive to call 911 and have an ambulance come, I could never afford it and I'm pretty sure my insurance won't cover it.

Can you really put a price tag on what your life is worth? When it comes to a heart attack, every minute matters - so every minute delayed is a delay in treatment time, deterioration of heart muscle and the risk for a potentially fatal outcome. The ambulance is not an expensive taxi ride. Don't let the potential costs deter you from taking action that can save your life. Minutes matter.

It's critically important to remember that time is muscle, so every minute matters in a cardiac event. Care begins the moment you dial 911, and continues from ambulance arrival to hospital delivery and every moment in between.

Make the call. Trust 911. Don't Die Of Doubt.

We invite you to learn more and hear directly from heart attack survivors at www.dontdieofdoubt.com. #DontDieOfDoubt



Summer Reading Club The Pipdillys

Aug. 1, 2 p.m.

Mary Lib Saleh Eules Public Library

Join us for our final Summer Reading Club Superstar when The Pipdillys perform. The Pipdillys combine original songs, magic, juggling and audience interaction with important messages for the whole family.



Seasons of Sounds - Me & My Monkey

August 21, 7 p.m.

*The Leon Hogg Amphitheater
1951 Bear Creek Parkway*

Arts Council Northeast and the City of Eules are thrilled to welcome Me & My Monkey for a free concert. Me and My Monkey is a classic Beatles Tribute Band. They are locally based, but have traveled extensively across the US and abroad perfecting a World Class Tribute to the Beatles. Visit www.meandmymonkey.com for more information. Bring the entire family; you won't want to miss this one! Concessions will be available for purchase. Free admission for everyone!



Collegiate Players Tour

August 3 - 6

*Texas Star Golf Course
1400 Texas Star Pkwy*

The final stop on The Collegiate Players Tour (CPT) this year is at Texas Star Golf Course. In its 22nd season, the CPT is open to any college player, age 17 to 24. Texas Star will host the CPT National Championship, an invitation only event, for the top 3-6 finishers of the 2015 season's tournaments. Former CPT players include Bo Van Pelt, John Rollins and Hank Kuehne. If you are interested in volunteering, contact Glenda Hartsell-Shelton at 817-685-1859.

Community Emergency Response Team

During large scale emergencies, requests for police and fire assistance can overwhelm the system. The Community Emergency Response Team (CERT) initiative prepares citizens to care for themselves and their families in case of a disaster.

This free, nine week course teaches citizens basic emergency response skills such as fire safety, light search and rescue and disaster medical operations. Using the training learned in this class, CERT members can assist others in their neighborhood or workplace until first responders can respond. The class begins in August and applications for CERT are now being accepted. Call 817-685-1600 to register or download an application from the city website.



Aquatics

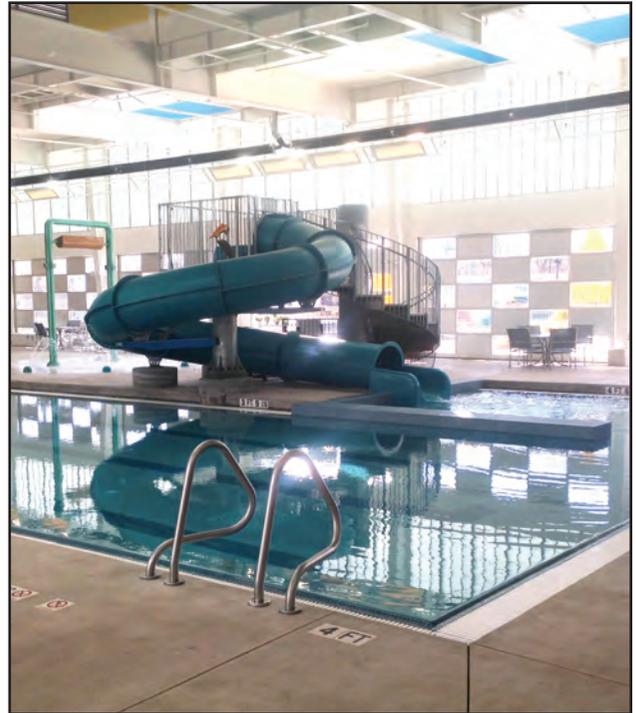
Eules Family Life Center
300 W. Midway Dr. 817-685-1666

For a full listing of swim lessons, please visit www.playeules.com or pick up a copy of the Summer Eules Playbook magazine.

Classes for August include:

Swim Lessons: Water Tots, Parent & Tot, Level 1, Level 2, Level 3, Level 4 *plus* Arthritic Aerobics, Water Conditioning, Water Toning, Cardio by Aqua, Hydro-Resistance, Aqua Agility, Aqua Fitness, Deep Water Aerobics, Splash Zumba, Aqua Cross Training, Wilshire Fit Zumba, Hydro-Dynamic Deep Aerobics, Tabata 101, Power Tabata, Private Lessons

- Seniors: \$30 / month unlimited classes
(must be an Aquatic Member)
- Under 60: \$45 / month unlimited classes
(must be an Aquatic Member)
- Register for an individual class
- Punch Pass and drop in classes also available.



Summer Natatorium Open Swim Hours

| | |
|-------------|---------------------|
| Mon. - Fri. | 11:40 a.m. – 5 p.m. |
| Sat. | 10:30 a.m. – 3 p.m. |
| Sun. | Noon – 3 p.m. |

August Happenings at the Senior Center

The Eules Family Life Senior Center requires that all participants become a member. It's SIMPLY FabEules to join. Complete a membership form, have your picture made and the ADVENTURE begins. Memberships are open to the 60+ population. Please contact the center at 817-685-1671 for membership fees. The center offers a variety of activities for the 60+ members. Some of the ADVENTURES you may experience ...

- **Health and Wellness Classes:** Tai Chi 16 Form, Gentle Yoga, TLC Yoga, Senior Abs, Quiet Yoga, Chair Training, Core and Stretch, Tai Chi 49 Form, Simple Somatics, Afternoon Yoga, Aerobic Strength and Zumba.
- **Arts and Crafts Classes:** Weave Me Alone-Basket Class, Card Making, Crochet, Oil Painting with Joan, and Quilting.
- **Social:** Mystery Lunch, Dining Out and Thursday Night Social.
- **Games and Such:** Billiards, Bunco, variety of card games and Domino games, Party Bridge, Texas Hold'em and Mah Jongg.
- **Music:** Jammers
- **Health Screening and Seminars:** Lunch and Learn and Medicare Q and A.
- **Special Interest:** Genealogy and "Hey Whatcha Reading" Book Club.
- **What's Happening:** Tap Dancing, Line Dancing, Cooking classes and Essential Oils classes.

For more information please call or stop by the center to get your SIMPLY FabEules Adventure started.



CALENDAR & CLASSES

817-685-1666

www.eulesstx.gov/eulesstoday

AUGUST CLASSES / Eules Family Life Center, 300 W. Midway Dr.

For complete descriptions, visit www.eulesstx.gov/eflc or on Facebook "Eules Parks & Community Services."

EFLC HOURS: M-TH: 5:30 a.m. - 9 p.m. ♦ FRI: 5:30 a.m. - 8 p.m. ♦ SAT: 8 a.m. - 6 p.m. ♦ SUN: Noon - 6 p.m.

| <u>CHILD DEVELOPMENT</u> | <u>CLASS#</u> | <u>BEG</u> | <u>AGE</u> | <u>DAY</u> | <u>TIME</u> | <u>#WKS/\$</u> |
|--------------------------|---------------|------------|------------|------------|-------------|----------------|
| Pre-School Dance | 310200-02 | 8/5 | 2-3 | W | 10-10:45am | 4/\$62 |
| Pre-School Tap & Ballet | 310207-02 | 8/5 | 3-4 | W | 11am-12pm | 4/\$67 |
| Preschool Dance 3-4 | 310208-02 | 8/6 | 3-4 | TH | 4:30-5:30pm | 4/\$67 |
| Preschool Dance 4-5 | 310209-02 | 8/4 | 4-5 | T | 4:30-5:30pm | 4/\$67 |
| Princess Tea Party | 311160-03 | 8/8 | 3-7 | S | 10-11am | 4/\$42 |
| Tap, Ballet, & Jazz 5-6 | 310210-02 | 8/6 | 5-6 | TH | 6-7pm | 4/\$67 |
| Tap/Jazz | 310220-02 | 8/4 | 6-8 | T | 5:30-7pm | 4/\$77 |
| Ballet I & II | 310225-02 | 8/6 | 6-12 | TH | 5:30-6:30pm | 4/\$67 |
| Tap, Ballet, Jazz 6-8 | 310230-02 | 8/6 | 6-8 | TH | 4:30-5:30pm | 4/\$67 |
| Hip Hop Beginner | 310216-02 | 8/6 | 6-8 | TH | 6:30-7:30pm | 4/\$67 |

YOUTH/TEEN ACTIVITIES

| | | | | | | |
|---------------------|-----------|-----|-------|----|-----------|--------|
| Tap/Jazz | 310232-01 | 8/6 | 9-12 | TH | 7-8:30pm | 4/\$77 |
| Intro to Guitar | 310705-03 | 8/3 | 9+ | M | 6-7:30pm | 4/\$82 |
| Hip Hop | 310215-02 | 8/4 | 9-12 | T | 6-7pm | 4/\$67 |
| Hip Hop | 310217-02 | 8/4 | 12-17 | T | 7-8pm | 4/\$67 |
| Advanced Tap | 310260-02 | 8/4 | 12-17 | T | 8-9pm | 4/\$62 |
| Summer Swing Series | 310135-03 | 8/4 | 11-16 | T | 12:30-2pm | 4/\$48 |
| Latin Dance Party | 310181-03 | 8/4 | 11-16 | T | 2:30-4pm | 4/\$48 |

ADULT ACTIVITIES

| | | | | | | |
|-------------------------|-----------|------|-----|------|-------------|---------|
| Zumba & Zumba Toning | 310300-03 | 8/3 | 13+ | M/W | 7-8pm | 4/\$42 |
| Get Fit Boot Camp PM | 310610-03 | 8/5 | 13+ | F/S | 5:15-6pm | 4/\$70 |
| MMA | 310140-03 | 8/10 | 14+ | M-TH | 7-8pm | 4/\$80 |
| You Can Paint | 310810-02 | 8/6 | 14+ | TH | 6-9pm | 1/\$37 |
| Kickboxing | 310316-03 | 8/3 | 15+ | M/W | 7-8pm | 3/\$32 |
| Pilates Fitness | 310320-03 | 8/3 | 15+ | M/W | 6-7pm | 3/\$32 |
| Yoga | 310325-03 | 8/3 | 15+ | M/W | 5-6pm | 3/\$32 |
| Spin & Sweat | 310343-03 | 8/5 | 16+ | W | 6-6:45pm | 4/\$26 |
| Tai Chi Beginners | 310305-03 | 8/4 | 16+ | T | 6-7pm | 4/\$40 |
| Tai Chi Advanced | 310305-03 | 8/4 | 16+ | T | 7-8pm | 4/\$40 |
| Digital Photography | 310830-05 | 8/3 | 16+ | M | 6:30-8pm | 2/\$50 |
| Digital Photography | 310830-06 | 8/22 | 16+ | S | 9am-12pm | 1/\$50 |
| Latin Dance Party | 310235-03 | 8/4 | 17+ | T | 7:50-9pm | 4/\$38 |
| Summer Swing | 310240-03 | 8/3 | 17+ | M/W | 6:30-7:30pm | 3/\$48 |
| Ballroom Basics | 310231-03 | 8/3 | 17+ | M/W | 7:45-8:45pm | 3/\$48 |
| Adult Tap | 310245-02 | 8/4 | 18+ | T | 7-8pm | 4/\$62 |
| Wedding Dance Workshop | 310301-03 | 8/4 | 18+ | T | 6:15-7:45pm | 4/\$120 |
| Retirement Plan Options | 311002-03 | 8/20 | 18+ | TH | 10-11am | 1/FREE |
| Rules of the Road | 311004-03 | 8/6 | 18+ | T | 10-11am | 1/FREE |

SIMMONS ACTIVITY CENTER 508 Simmons Dr., 76040

| | | | | | | |
|---------|-----------|-----|-----|---|----------|--------|
| Hapkido | 310133-03 | 8/3 | 13+ | M | 7:30-9pm | 4/\$25 |
|---------|-----------|-----|-----|---|----------|--------|

DR PEPPER STARCENTER 1400 S. Pipeline 76040 / 817-267-4233

| | | | | | | |
|-------------------|-----------|-----|------|---|---------------|--------|
| Tot Ice Skating | 311161-05 | 8/4 | 3-4 | T | 6:15-6:45pm | 2/\$30 |
| Tot Ice Skating | 311161-06 | 8/8 | 3-4 | S | 10:15-10:45am | 2/\$30 |
| Skate Like a Star | 311162-05 | 8/4 | 5-13 | T | 6:45-7:15pm | 2/\$30 |
| Skate Like a Star | 311162-06 | 8/8 | 5-13 | S | 11:15-11:45am | 2/\$30 |
| Adult Ice Skating | 311165-05 | 8/4 | 13+ | T | 6:15-6:45pm | 2/\$30 |
| Adult Ice Skating | 311165-06 | 8/8 | 13+ | S | 10:15-10:45am | 2/\$30 |

SUMMER CAMPS

| | | | | | | |
|-------------------------|-----------|------|------|------|---------|--------|
| Fun Time Adventure Camp | 311110-09 | 8/3 | 4-6 | M-TH | 9am-2pm | 1/\$82 |
| Sun Time Fridays | 311114-09 | 8/7 | 4-6 | F | 9am-2pm | 1/\$22 |
| Basketball Camp | 311180-03 | 8/3 | 5-12 | M-TH | 9-11am | 1/\$50 |
| Extreme Sports Week | 311140-01 | 8/10 | 6-12 | M-TH | 9-11am | 1/\$50 |
| Cool Crafts Camp | 311117-01 | 8/3 | 8-1 | M-TH | 3-4pm | 1/\$50 |