



# Municipal Munchies

## Macaroni Salad with Barbecue Chicken

### Ingredients:

- Kosher salt
- 8 ounces elbow macaroni
- 1/3 cup mayonnaise
- 1/3 cup sour cream
- 1/3 cup barbecue sauce
- 2 tablespoons relish
- 1 tablespoon yellow mustard
- 1 teaspoon sugar
- 2 cups cubed barbecue rotisserie chicken
- 1 red bell pepper, diced
- 3 stalks celery, chopped
- 1/2 red onion, diced
- 1/4 cup chopped fresh parsley
- Freshly ground pepper



### Directions:

Bring a medium pot of salted water to a boil. Add the macaroni and cook as the label directs. Drain and rinse under cold water; shake off the excess.

Whisk the mayonnaise, sour cream, barbecue sauce, relish, mustard, and sugar in a large bowl. Add the macaroni, chicken, red bell pepper, celery, red onion, and parsley. Season with salt and pepper and toss to coat.

Chill before serving.

### City Calendar

*Council meets the 3rd Tuesday of each month at 6:30pm.*

*Planning & Zoning meets the 2nd Tuesday of each month at 5:30pm. As needed.*

*Board of Adjustment meets the 1st Tuesday of each month at 6:30pm. As needed.*

### Bulk pick-up



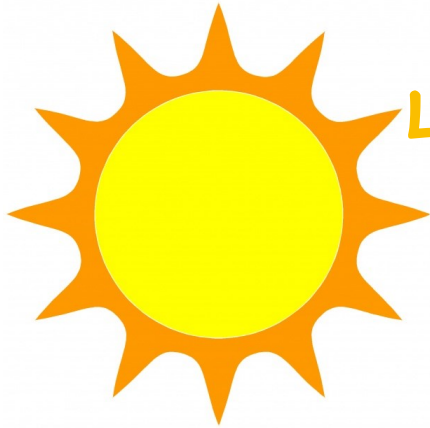
- July 25-29
- August 22-26

### City Holidays

- ♦ July 4th

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# L.O. Bud Irby Lake Worth Senior Center

## July/ August Activities

7005 Charbonneau

Lake Worth, TX 76135

(817) 237-3281 | lakeworthtx.org

### Monthly Craft

**July 5th | 1:00 PM**

Led by Maureen Hogan Lake and Barbara Becknell, create a fun craft to take home! July's craft will be painted mason jars.

### Paint & Snack

**July 19th | 12:30 PM**

Create a work of art with the help of an instructor and enjoy complimentary snacks! All materials provided.

### Trivia Time!

**July 20th**

**1:00 PM**



Enjoy a friendly game of trivia with refreshments!

Sponsored by Care N' Care.

### National Senior Citizen's Day Celebration

**August 19th | 12:00 PM**

Get ready for a day to celebrate seniors! Live music, lunch, and giveaways sponsored by various senior services.

### Ice Cream Party

**August 26th | 11:00 AM**



Visit the center for a refreshing summer treat! Sponsored by Care N' Care.

### Senior Self-Defense Dates:

July 26th - 12:30 PM

August 30th - 12:30 PM



All program space is limited.  
Please RSVP by contacting the center.



# Mary Lou Reddick Public Library

7005 CHARBONNEAU | 817-237-9681  
WWW.LAKEWORTH TX.ORG/LIBRARY

## Be a Biologist at the Library July 12th at 10:00 AM

Children entering grades 2-6 are invited to play the role of professional biologist at this program presented by educators from the Fort Worth Museum of Science and History. Space is limited! Call the library to register at 817-237-9681 *no later than July 8th.*



## Thursdays at 3:30 PM

- July 7—Ocean Sensory Boxes
- July 14—Paint & Snack
- July 21—Pizza & Board Games
- July 28—TBA
- August 4—Lego Lab (starts at 3PM)
- August 11—Paper Bag Alien
- August 18—Seahorse Craft
- August 25—Sunburst Painting



## Wednesdays at 10:30 AM

- July 6—Birdies
- July 13—Under the Sea
- July 20—Discover Bugs
- July 27—Explore Space
- August 3—Unicorns
- August 10—Robots
- August 17—Barnyard Fun
- August 24—Colors

## SUMMER READING FUN!

Hey Kids! Log your reading this summer to earn fun prizes from the Library. Read more, earn more! Pick up logs through July 30.



# Summer is here and...



Remember these tips for staying safe in extreme heat:

**H**ydrate. Whether you feel thirsty or not, drink plenty of water to avoid becoming dehydrated, *especially* when you're working or exercising outside.

**E**ducate yourself. Keep up with the latest temperature and heat index forecasts and current readings (take actions to stay cool and safe when the temperatures hits 85 degrees or the heat index hits 90 degrees). Know the warning signs of a heat illness, and how you can stay cool.

**A**ct quickly when a heat illness is suspected. Seek medical attention immediately for any of these warning signs: cramping, rapid pulse, heavy sweating, hot red skin, dizziness, confusion, nausea, vomiting.

**T**ake it easy. Anyone working or exercising outdoors should avoid overexertion, especially between the hours of 11 am and 6 pm. Take breaks in the shade or in air conditioning.

# THE IMPORTANCE OF HYDRATION

## FACTS AND TIPS FOR STAYING HYDRATED





**FACT**

IF YOU FEEL THIRSTY YOU ARE ALREADY DEHYDRATED. STAYING HYDRATED HAS MULTIPLE BENEFITS, INCLUDING ENERGY, IMPROVED DIGESTION, HELP FIGHT AGAINST UTIS, AND REDUCE DRY SKIN.

**THE BODY IS MADE UP OF APPROXIMATELY 2/3'S WATER.**

- BLOOD = 93%**
- MUSCLE = 73%**
- BODY FAT = 10%**

**RECOMMENDED WATER INTAKE**  
(PER DAY)



INCREASE TOTALS BASED ON HEAT, SWEAT, ACTIVITY

### SOURCES OF WATER FOR DAILY HYDRATION



**SPORTS DRINKS**

- CARBOHYDRATES FOR ENERGY
- SODIUM AND POTASSIUM TO REPLACE LOST MINERALS FROM SWEAT

**FOOD**



LETTUCE = 96% WATER  
TOMATO = 95% WATER



BROCCOLI = 89% WATER  
OATMEAL = 84% WATER

**TIP**

HYDRATE BEFORE, DURING, AND AFTER EXERCISE OR PHYSICAL ACTIVITY TO AVOID DEHYDRATION.

# SYMPTOMS OF DEHYDRATION



**MUSCLE CRAMPS**



**HEADACHE**



**THIRST**



**TIREDDNESS**



**CHILLS**



**DIZZINESS**



**NAUSEA**

**FACT**



THE BODY PRODUCES APPROXIMATELY 2 CUPS OF WATER PER DAY (8 OZ / 250 ML)

**Join us for a FREE Workshop on  
Thursday, July 21 or Tuesday, July 26 from 6-7pm**

"De-Risk Your Retirement" focuses on 4 important topics proven to resonate with retirees and those transitioning to retirement:

- The possibility of not having enough income in retirement
- The risk of the market and our current economy
- The damaging impact of taxes on your retirement outlook
- The impact of unexpected healthcare costs on your portfolio

**Location:** Lake Worth Multipurpose Facility at: 7005 Charbonneau Lake Worth, TX 76135

For more information please contact:

*Crissman Crombie*

Ruddell Financial Services

817-754-8860

**Lake Worth Municipal Court**

Municipal Court Texting

If you receive a citation from a Lake Worth Police Officer and provide your cell phone number, the Municipal Court will send out reminders regarding your citation, so you don't miss any important dates. If you have received a citation and want to update your phone number please contact the Municipal Court at 817-255-7910 and a clerk can assist you.



**Lake Worth Municipal Court**

Safe Harbor Initiative

Anyone who has outstanding warrants with the Lake Worth Municipal Court is urged to appear at the court office to resolve their outstanding charges. Defendants that appear in the court office will not be arrested for outstanding warrants issued by the Lake Worth Municipal Court. You may be eligible for alternative ways to payment, such as community service or a reduction in the fine amount. Your warrants will be recalled, and you will be scheduled to see the Judge to discuss your situation. Please contact the Lake Worth Municipal Court at 817-255-7910 to see if you have any outstanding charges that need to be resolved or if you have any questions.



*Summer is here and that means not only rising temperatures, but also increased water usage.*

*Below are some tips for how to conserve water and save on your water bill.*

### **Outside the home:**

- We're more likely to notice leaky faucets inside, but don't forget to check outdoor faucets, pipes and hoses for leaks.
- Irrigation systems should be checked for leaks, broken sprinkler heads or blocked lines. Also check setting after power outages. Some systems revert to manufacturer's setting after an interruption in power, going off overnight, unbeknownst to you.
- Adjust your lawn mower to a height of 1.5 to 2 inches. Taller grass shades roots and holds soil moisture better than short grass.
- Use drip irrigation for shrubs and trees to apply water directly to the roots. Spread a layer of mulch to retain moisture.
- Cover the pool. If you have a pool, make sure water stays in instead of evaporating.

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### **Inside the home:**

- Only run your dishwasher when it is full. When washing clothes, make sure to adjust the water level to match the load size. Have a water saving cycle on either machine? Use it!
- One-fifth of all water used inside the home comes from the showers we take. For maximum efficiency, install water-efficient shower heads with a flow rate of 2.5gpm or less. The two basic types of low flow showerheads are Aerating and Laminar flow. Aeration types mix air with water, forming a mist spray to make the flow feel more substantial. Laminar flow showerheads form individual streams of water instead and create less steam and moisture, a plus for humid regions. They also are better at maintaining the water temperature than the aerating.
- How old is your home's toilet? Toilets manufactured between 1980 and 1992 use between 2.5 to 3.6 gpf- averaging 18.8 gallons daily. Today's standards use as little as 1.28gpf.
- Toilet flappers deteriorate over time, as a result of in-tank cleaning products, or even from manufacturing defects. The flapper is a rubber mechanism in your toilet tank, a moving part of the flush valve, that should be checked periodically to ensure it is fitting tightly over the flush tube.

## Utility Billing Department

Payment options are to pay in person, by mail, or by making a payment through nCourt online or by telephone for an additional fee. All payments received prior to 5:00 pm on a business day will be posted the same day.



www.ThePaymentGroup.com

PH: 888-744-0584

You **must** have your account number and amount due to pay.

If you have any questions, please call the Utility Billing Department at 817-255-7900.

**Watering restrictions are YEAR-ROUND: No watering between the hours of 10:00 AM to 6:00 PM.**

### KNOW YOUR WATERING SCHEDULE

#### MONDAY

No watering with sprinklers or irrigation systems

#### TUESDAY & FRIDAY

Non-residential sites (apartments, businesses, parks, common areas)

#### WEDNESDAY & SATURDAY

Residential addresses ending in 0, 2, 4, 6, 8

#### THURSDAY & SUNDAY

Residential addresses ending in 1, 3, 5, 7, 9

It's easy to join our mailing list!

Just send your email address by text message:

Text

**LAKEWORTH**

to **22828** to get started.

Message and data rates may apply.



### Numbers to Remember



City Hall	817-237-1211
Public Works	817-237-7210
Library	817-237-9681
Senior Center	817-237-3281
Police	817-237-1224
Property/Evidence	817-237-1224 x 313
Animal Control	817-238-8738
Code Compliance	817-237-1211 x 120
Fire	817-237-7461
Tarrant Co. Tax	817-238-4438
<b>(Property Tax &amp; Car Registration)</b>	
DPS (Drivers License)	817-238-9197
County Clerk	817-238-4420
Health Dept.	817-238-4441
LW Post Office	817-237-5128
Waste Connections	817-222-2221

#### Lake Worth Museum

7001 Charbonneau Rd

Hours:

Thursday – Saturday

10:00 a.m. – 2:00 p.m.

Annual Membership

Dues:

Individual.....\$10

Family.....\$15



City Holiday



Water bill due



Late water bill due



Bulk pick up days



1st day to set out bulk items



Last day to set out Bulk

### July '22

S	M	T	W	T	F	S
					1	2
3	★	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

31 \*Independence Day-4

### August '22

S	M	T	W	T	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			