

EULESS

T ★ O ★ D ★ A ★ Y



Dear Citizens,
Whew! October is a busy month. There is something going on to suit every personality. You can read about all of the events taking place this month starting on page 3. Most of these events will be staffed by our wonderful Volunteers. We couldn't do it without you!

The RAD Class is taught by our own Corporal Gordon and he really takes a beating. He's happy to do it as long as it keeps our resident's safe.

One of our most popular events is the Fire and Police Open House where educational displays are featured plus lots of activities and the hot dogs are pretty good too.

Join in the Family Fitness Run and read all about it then challenge your family and enjoy the tasks. Good Luck!

Next drive over to the Heritage Park and enjoy an afternoon of Euleless history taught by our knowledgeable docents.

What a great way to enjoy your October Saturdays in our FabEuleless city. Together We Are Building a Better Tomorrow and Remembering our Past.

Mary Lib Saleh

★ **The Euleless City Council** ★

- | | |
|-------------------|---------------|
| Mary Lib Saleh | Mayor |
| Tim Stinnford | Place 1 |
| Leon Hogg | Mayor Pro Tem |
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| Linda Martin | Place 3 |
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| Glenn Porterfield | Place 5 |
| Perry Bynum | Place 6 |

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

Self-Defense Class for Women

By Kathy A. Goolsby, Special Contributor

Women tend to beat up on Euleless Police Corporal James Gordon a lot these days, but he's okay with that. In fact, he encourages it.

Taking a few licks is a necessary part of the Rape Aggression Defense (RAD) System he teaches every other month at the Euleless Police Department. The free 12-hour course trains women to recognize and defend themselves against attackers.

"This is about easy-to-retain and easy-to-use defense techniques," Cpl. Gordon explained during a recent session. "You won't be a martial arts expert, but you will know how to punch and kick and be responsive to an ongoing or imminent threat."

About 250 women have taken the course since Cpl. Gordon began teaching it after becoming certified in 2010 by the national RAD organization in Louisiana. During some of the four sessions he suits up in protective gear so participants can practice those kicks and punches. But he also spends part of the class teaching ways to avoid risky situations in the first place.



"Evil likes to be done late at night," he said. "Do you really need to fill up your gas tank on your way home at 11 o'clock at night when you could do it in the morning?"

That's a lesson Carolyn Marshall now takes to heart after going through the course several years ago. She remembers parking in an isolated area at a mall and coming out to find a man lurking in the parking lot. She went back inside until a couple went out the door and she asked if she could walk with them.

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201 N. Ector Dr. ♦ Euleless, TX 76039 ♦ 817-685-1400 ♦ eulelessinfo@eulesstx.gov ♦ Euleless Cable Channel 16 ♦ www.EulelessTx.gov/MyEuleless



Not long after, she signed up for RAD training. She now pays more attention to her surroundings and her decisions.

"I changed my behavior because of the class," said Ms. Marshall, who heads the City of Euless' Human Resources Department. "It made me much more aware of things like not looking at my phone or texting while I'm walking to my car."

Helen Voss of Euless used to think no one would bother her because she's older, but she came to realize that's not always true. She took the course after several friends convinced her she could apply much of the lessons to her own life.

"People will bother an older person just for the fun of hurting them, and I don't want to become prey for someone," she said. "This class helps you learn to hurt them enough or stun them enough to get away."

Getting away is a key component of the class, Cpl. Gordon said. Even though predators tend to be men who usually are stronger than women, it is possible to escape using aggressive techniques.

"This class is about getting women in the right mindset where they know how to use those techniques," he said. "This is one of the things we do that dramatically impacts our citizens. This isn't show and tell, it's teaching women how to be safe."

The RAD course is open to women ages 18 and older, with the next four-week session scheduled to begin October 9. For more information or to sign up, call 817-685-1686.



HazMat Day

Oct. 12, 9 - 11 a.m.

City Hall Complex, 201 N. Ector Dr.

Bring your crud to the Crud Cruiser. Be prepared to show proof of Euless residency with a water bill or driver's license. Space is limited. The mobile collection unit can accept material from approximately 125 households. If the unit reaches its capacity before you arrive, you may deliver your materials to the Environmental Collection Center (ECC) in east Fort Worth. You may also bring any small electrical appliance you would like to recycle such as computers, monitors, radios, VCRs, stereos and office equipment. For a complete list of what the Crud Cruiser and the ECC will accept, please call 817-685-1410 or visit www.eulesstx.gov/hazmat.

CPR Blitz

Oct. 18 - 19, 8 a.m.

6 Stones Campus

209 N. Industrial in Bedford

Last spring, hundreds of volunteers helped repair homes in one weekend, and now we are inviting you to help us do it again! Please join our growing CPR family of volunteers and sponsors as we attempt to help more struggling families make needed repairs to their homes.

Please register online and fill out a volunteer waiver ahead of time to bring with you to registration. Lunch will be provided at each of the homes. Please bring gloves, ladders, rakes, shovels and push brooms if you have them. Thank you again for your commitment to CPR! We're changing lives, one house at a time. To sign up as a volunteer visit www.6stones.org/cpr.



National Night Out

Oct. 1, 7 p.m.

Turn on your outside lights, lock your doors, and spend the evening outside with 35 million people in more than 11,000 communities.



Each year on National Night out, Euless residents proactively deter crime by organizing a variety of special events within their neighborhoods. Get your neighborhood involved in National Night Out to promote police/community partnerships, and learn about violence and drug prevention while building neighborhood unity. Send a message to criminals letting them know your neighborhood is organized, involved, and fighting back.

The Euless Police and Fire Departments invite all neighborhoods in Euless to meet in their neighborhood parks and join with the police and the nation to "take a bite out of crime." You can request a visit by representatives of the Fire Department at 817-685-1600 or the Police Department at 817-685-1536.

Child Safety Seat Checkpoint

Oct. 2, 10 a.m. – 2 p.m.

Campus West, 209 N. Industrial in Bedford

The Child Safety Seat Task Force will provide a free test that will ensure your child safety seat is installed correctly and securely in your car. The National Highway Traffic Safety Administration reports that as many as 80 percent of all car seats are improperly installed. Many Euless Police officers are certified in the Child Safety Seat restraint system and will provide free checks throughout the year by appointment. Please call (817) 685-1686 to make an appointment. If you can't attend the Euless event, please try to attend another scheduled event:

Sept. 21, 9 a.m. – 3 p.m.

*Grapevine Mills Mall, Parking lot 1C
(behind Steak and Shake)*

Oct. 14, 10 a.m. – 2 p.m.

Walmart in Colleyville

Oct. 24, 10 a.m. – 2 p.m.

Northeast Mall in front of Rave Theater

Public Safety Open Houses

Oct. 5, 10 a.m. – 2 p.m.

Police & Courts, 1102 W. Euless Blvd.

Fire Station #3, 202 S. Main St.

Join the Euless Police and Fire Departments as they both host Open Houses. Take advantage of this rare opportunity to tour the facility, climb in and out of police cars and fire trucks and ask questions about the facilities. There will be many activities for children, including bounce houses and safety demonstrations along with members of the Citizen Emergency Response Team, Citizen's Fire and Police Academy Alumni and Citizens on Patrol. Plus, visit with clowns from the S.A.F.E.T.Y. Troop. These events are free and everyone is invited!

Star Story Time

October 5, 2 p.m.

Euless Library, 201 N. Ector Dr.

Join us for an out of this world story time paired with an astronomical craft and planetary snack. Kids of all ages are welcome to join our solar system.

Stars Over Euless

Oct. 5, 8 - 9:30 p.m.

Bob Eden Park, 901 W. Mid-Cities

In partnership with the Noble Planetarium. Join the Euless Parks and Community Services Department and staff of the world-renowned Noble Planetarium as we teach area residents about the stars and planets. Planetarium staff will give a presentation on different elements in the nighttime sky. Astronomers will bring out powerful telescopes so kids can gaze into outer space and learn about the order and function of stars and planets in the sky. Bring out a blanket for the entire family and enjoy a great evening of educational fun. Free refreshments are available for all participants. Call 817-685-1666 for more information.



Eules Fitness Fun Run

October 12, 2013, 9:30 & 10:30 a.m.

Bob Eden Park, 901 W Mid Cities Blvd

The City of Eules is hosting our family fitness event at Bob Eden Park. Whether you choose to walk, jog or sprint this awesome 5K fitness course, we guarantee a good time. All participants will journey through a series of ten fitness activities throughout the park trail. You will get dirty and you will sweat. All participants will receive a completion ribbon at the end of the course.

The first (9:30 a.m.) flight is an individual run ages 14 to adult. The second (10:30 a.m.) flight is a team of two (adult and child, must be at least 6 years old). During the team flight, fitness tasks can be split up between parent and child. For instance, at the 25 push up station - a parent can perform 15 push-ups and child can perform the last 10 or vice versa.

Kids, challenge your parents. Families, challenge your neighbors. Register by e-mailing Jerry at jpoteet@eulesstx.gov or by calling him at 817-685-1449 with the information below:

Individual Registration (14+ years old)

1. Name
2. Birth date

Team Registration (must be at least 6 years old)

1. Parent name
2. Parent birth date
3. Child name
4. Child birth date

Heritage Park Museum

Oct. 12, 1-5 p.m.

Free tours of historic Heritage Park are offered on the second Saturday of every month between 1 – 5 p.m. Visit the all-new Eules Heritage Museum at the Ruth Millican Center, as well as the Himes Log House, the Fuller House and the McCormick Barn. Come see "HOW WE LIVED." Contact Mary at ofaiva-siale@eulesstx.gov or 817-685-1649. Group tours are available on different days depending on staff availability.



Write Night – The Lost Art of Letter Writing

October 14, 6 p.m.

Eules Library, 201 N. Ector Dr.

The Lost art of letter writing reminds writers of the days before email, social media and even phones. Write a letter to a loved one and really take the time to make it sing. The Write Night series will provide families with an entertaining look at the writing process. Plus, learn valuable tips and tools to improve your personal writing skills.

Safely Dispose of Unwanted Medication

Oct. 26, 10 a.m. – 2 p.m.

Eules Police Department

1102 W. Eules Blvd

Do you have old medicine taking up space in your cabinets? Has it been there for years because you don't know what to do with it? The National Take Back Initiative is a joint effort of the DEA and Eules Police Department that is focused on removing potentially dangerous substances from our medicine cabinets. Medication should never be flushed down the drain. This event will provide an opportunity for the public to surrender all expired, unwanted or unused medications to police officers for destruction. Participants dropping off medicine will be able to do so anonymously. Intra-venous solutions, injectibles, and syringes will not be accepted due to potential hazard posed by blood-borne pathogens. For additional questions, please call Cpl. James Gordon at 817-685-1686.



Steak Dinner with your Eules Firefighters

Saturday, Oct. 26

4:30 – 8 p.m.

Fire Station #3, 202 S. Main St.

\$14 per person

Support your Eules Firefighters by attending a unique dining experience held inside your Eules fire station. Eules Firefighters will serve you a catered dinner by Outback Steakhouse complete with steak, baked potato, green beans, salad, rolls, and dessert.

For more information and/or tickets contact the Eules Citizen's Fire Academy Alumni Association by calling 817-323-0718 or emailing eulescfa@gmail.com. The deadline to purchase tickets is Oct. 11.



Halloween Trunk or Treat

Oct. 31, 5:30 - 8:30 p.m.

Eules Family Life Center

301 W. Midway Dr.

Join us as local businesses, Police and Fire Departments take a parking spot outside of the Aquatic Center and hand candy and other goodies to the kids. Fun will be available everywhere you turn with bounce houses, face painters, arts and crafts, and concessions.



October Special Events

Senior Center special events are for Eules Family Life Senior Center members.

You must be over the age of 60 to become a member.

3	Flu Shots*		9 a.m. - noon
	Diabetic Footwear by appt. only*		10 a.m. - noon
4	Dallas Arboretum Pumpkin Patch*	\$10	9 a.m.
5	Empowering Seniors Campus West*		9 a.m.
7	How to Prevent Falls*		10:30 a.m.
8 & 22	Elevation Health		10 a.m. - noon
9	State Fair of Texas*	3 cans of food and \$2	9 a.m.
11	Best Chili in Eules*		11:00 a.m.
16	Mystery Lunch*	\$10-\$20	12:30 p.m.
18	AARP Driving Class*	\$12-\$14	9 a.m. - 1 p.m.
21	Dining Out*		5 p.m.
22	Living With Arthritis		10 a.m.
25	Fort Worth Stockyard Ghost Tour*	\$15	TBA
31	Halloween Costume Contest*		10 a.m.

**Registration is required for these activities one week prior! Don't wait to register at the last minute. If we do not have enough to make the class or event, we may have to cancel. Some activities have limited space available as well. Sign up today for the activities you are interested in. You may miss out if you wait too long!*



CALENDAR & CLASSES

817-685-1666

www.eulesstx.gov/eulesstoday

OCTOBER 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: 1 - 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>
Mommy & Me Gymnastics	110181-02	10/5	18-30m	S	10-10:45am	4/\$52
Fun Time for Learners	110002-02	9/30	3-5	M/W	9am-1pm	4/\$127
Terrific Tuesday & Thursday	110003-02	10/1	3-5	T/TH	9am-1pm	4/\$127
Fun Fridays Pre-School	110010-02	10/4	3-5	F	9am-1pm	4/\$62
Just 4 Flips Pre-K Gymnastics	110210-03	10/5	3-5	S	11-11:45am	4/\$52
Just 4 Flips Pre-K Gymnastics	110210-04	10/7	3-5	M	5-5:45pm	4/\$52
Prince & Princess Camp	110001-02	10/8	3-6	TH	9-10am	4/\$55
Just 4 Flips Cheerleading	110215-02	10/7	3-7	M	7-7:45pm	4/\$52
Morning Zumbatomic	110355-02	10/1	4-7	T/TH	9-10am	4/\$50

YOUTH/TEEN ACTIVITIES

Young Rembrandts Drawing	110000-02	10/3	5-12	TH	6-7pm	4/\$48
You Can Paint Youth	110815-02	10/17	5-13	TH	4-5:30pm	1/\$22
Just 4 Flips Gymnastics	110220-02	10/7	6-9	M	6-6:45pm	4/\$52
Zumbatomic	110316-02	10/7	7-12	M/W	7-8pm	3/\$32
Young Spartans Boot Camp	110510-02	10/2	8-12	W	6-7pm	4/\$22

ADULT ACTIVITIES

Boot Camp Cardio	110315-02	9/30	13+	M/TH	6-6:45pm	4/\$37
Zumba	110300-02	10/7	13+	M/W	7-8pm	4/\$42
Get Fit Boot Camp Tues-Fri	110310-02	10/8	13+	T-F	5:30-6:15pm	5/\$82
Get Fit Boot Camp M/W/F	110572-02	10/7	13+	M/W	8-8:45pm	5/\$62
				F	7-7:45pm	
Get Fit Boot Camp Outdoor	110610-02	10/7	13+	M/W	6:45-7:30pm	5/\$42
Morning Zumba	110400-02	9/30	13+	MWF	6-7am	4/\$50
You Can Oil Paint	110810-02	10/17	14+	TH	6-9pm	1/\$37
Power Yoga	110571-02	10/5	15+	S	8:30-9:30am	4/\$42
Boot Camp	110350-02	10/1	16+	T/TH/F	5:45-6:45am	4/\$62
Hatha Yoga	110330-02	10/8	16+	T/TH	7-8pm	3/\$42
Pilates Fitness	110320-02	10/7	16+	M/W	6-7pm	3/\$32
Zumba Toning	110325-02	10/7	16+	M/W	5-6pm	3/\$32
Tai Chi Beginners	110305-02	10/1	18+	T	6-7pm	4/\$40
Tai Chi Advanced	110306-02	10/1	18+	T	7-8pm	4/\$40
Numerology	110705-02	10/14	18+	M	7-8pm	3/\$27
Roll It, Take It, Leave It	111002-02	10/31	18+	TH	10-11am	1/FREE
Social Security: Questions	111004-02	10/8	18+	T	10-11am	FREE

DR PEPPER STARCENTER

Tot Ice Skating	111161-02	10/5	3-4	S	11:15-11:45am	2/\$30
Skate Like A Star	111162-03	10/1	5-13	T	6:45-7:15pm	2/\$30
Skate Like A Star	111162-04	10/5	5-13	S	11:15-11:45am	2/\$30
Adult Ice Skating	111165-02	10/1	14+	T	6:45-7:15pm	2/\$30

SIMMONS ACTIVITY CENTER

Hapkido	110133-02	10/7	13+	M	7:30-9pm	4/\$25
Urban Boot Camp	110340-02	9/30	16+	M/W	5:30-6:30am	4/\$62
				S	7:30-8:30am	

AMERICAN RED CROSS SWIMMING LESSONS All Classes held at HEB Rehab Center, 251 Westpark Way Eules, 76039

Water Tots	120000-03	10/1	1-3	T/TH	6:30-7pm	HEB	3/\$85
Level 1	120001-07	10/1	4+	T/TH	6:30-7pm	HEB	3/\$85
Level 1	120001-08	10/1	4+	T/TH	7-7:30pm	HEB	3/\$85
Level 1	120001-09	10/1	4+	T/TH	7:30-8pm	HEB	3/\$85
Level 2	120002-07	10/1	4+	T/TH	6:30-7pm	HEB	3/\$85
Level 2	120002-08	10/1	4+	T/TH	7-7:30pm	HEB	3/\$85
Level 2	120002-09	10/1	4+	T/TH	7:30-8pm	HEB	3/\$85
Level 3	120003-05	10/1	4+	T/TH	7-7:30pm	HEB	3/\$85
Level 3	120003-06	10/1	4+	T/TH	7:30-8pm	HEB	3/\$85
Strokes & Turns	120004-05	10/1	4+	T/TH	7:30-8pm	HEB	3/\$85
Strokes & Turns	120004-06	10/1	4+	T/TH	8-8:30pm	HEB	3/\$85
Teen Adult	120008-03	10/1	4+	T/TH	8-8:30pm	HEB	3/\$85