

# EULESS

## T O D A Y



Did you know...? You can see in action Lucas, an amazing, automated CPR device that saves lives. Watch the video at [www.eulesstx.gov/fire](http://www.eulesstx.gov/fire).



Dear Citizens,

What if you saw somebody collapse and stop breathing? Would you be able to

administer CPR? According to our City's paramedics, administering CPR immediately is the most important thing you can do to save a person's life.

In fact, chances of a complete recovery after a medical emergency increase greatly with bystander-initiated CPR after calling 911.

Chest compressions increase the likelihood of survival because they keep the blood flowing until medical personnel arrive and take over. Mouth-to-mouth contact isn't necessary. If CPR can be the life-saving difference for someone, don't you think it's a valuable skill to learn?

Many places such as the American Red Cross teach CPR to individuals, schools or workplaces. I encourage you to enroll in a CPR class today.

*Linda Martin*

The Euleess City Council

- Linda Martin Mayor
- Tim Stinneford Place 1
- Jeremy Tompkins Mayor Pro Tem
- Eddie Price Place 2
- Perry Bynum Place 3
- Harry Zimmer Place 4
- Salman Bhojani Place 5
- Place 6

## COMMUNITY NEWS 817-685-1400 [www.eulesstx.gov](http://www.eulesstx.gov)

### *Become Certified in CPR and Save a Life*

Have you ever wondered if something as small as three letters could be the one thing that determines if someone lives or dies? Cardiopulmonary Resuscitation, or CPR for short, is probably something you have heard of but never given much more thought than that.

George Grim, EMS/Coordinator, along with the Euleess Fire Department know all too well how important CPR is to someone's survival.



For the last four years, members of the Euleess Fire Department have been making use of the Lund University Cardiopulmonary Assist System (LUCAS), a mechanical CPR device that has helped them improve their work performance in many ways.

"Crew safety is one of them, we no longer have to stand up in the back of an ambulance going down the road holding on with one hand," Grim said.

Unlike people, the machine doesn't get tired and can give continuous chest compressions for about 30 minutes (allowing time to get individuals into emergency care).

However, when LUCAS is not available, traditional CPR can also be life saving.

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At a local basketball court, a 19-year-old went into cardiac arrest and was saved thanks to a bystander who performed CPR until emergency medical personnel took over. The teen was released from the hospital a few days later.

According to Grim, "We have had at least five calls in the past seven months, where bystander CPR was started and 911 was called, and they all ended up walking out of the hospital."

A common concern most people have about performing CPR on someone is the infamous two breaths recommended along with chest compressions. For those who are hesitant about giving breaths to another, Grim's advice is to "focus on compressions and don't worry about the breaths."

Another lifesaving tool is the Automated External Defibrillators (AED) that are located in the City of Euless buildings. An AED can be just as valuable as CPR. However, don't stop performing CPR to retrieve an AED. Ask someone else to get it. Two minutes of non-blood flow to the brain is all it takes for damage to start to set in.

When doing compressions, don't go too fast, make sure you let the chest recoil and try to get 100 compressions per minute.

Those working in emergency services know that properly performing CPR can be life saving. But you don't have to be trained in emergency medicine to learn how to aid others. Many cities and organizations offer classes to teach everyday people how they too can learn how to save a life.

"You want to begin chest compression prior to five minutes of the incident," Grim said. "It's the one thing that's actually going to make a difference."

For those interested in getting CPR certified, the American Red Cross has a search engine to find certification classes in your area at <https://www.redcross.org/take-a-class/cpr>.

## *A Rock Around the Park Concert*

### *Suzy & the Sissies*

*Friday, September 6, 7 - 9 p.m.*

*Texas Star Pavilion*

*1400 Texas Star Parkway*



Join us Friday night for a free concert by cover band, Suzy and the Sissies. From Blues to Rock, Country to Americana, these four established DFW musicians put their own stamp on classic staples from artists

like Bonnie Raitt, Tom Petty, Fleetwood Mac, CCR, Linda Ronstadt, Lucinda Williams, The Pretenders and more.

Bring your entire family to this free concert. Concessions and drinks are available for purchase. Call 817-685-1666 for information.



## September 11 Ceremony

*Wednesday, September 11, 9 a.m.  
9/11 Memorial, Fire Administration  
201 N. Ector Drive*

Please join us for a ceremony to remember the lives of the heroes who were lost during the attack on our nation. The City of Eules is the proud owner of an artifact from the World Trade Center. The artifact is a 12-foot-long, 6,000-pound steel beam from the September 11, 2001, terrorist attacks. This memorial sits in front of the Eules Fire Administration Building as a memorial to the thousands killed that tragic day.



## ECPAAA BBQ Fundraiser

*Saturday, September 28, 6 - 8:30 p.m.  
Eules Senior Center  
300 W. Midway Drive*

The Eules Citizens Police Academy Alumni Association (ECPAAA) is hosting a fundraising event to benefit the Eules Police Department. The event will be a BBQ Dinner, Mini Live Auction, Dine 'N Dash, Pick 'N Play and a 50/50 Event. Ticket Prices: \$15 – Ages 11 to Adult; \$5 – Ages 5 to 10; Free – Under 5.

Tickets are available for purchase at Stitch N Tyme Embroidery, 706 South Main Street between the hours of 10 a.m. and 4 p.m., Monday through Friday. Tickets are also available from ECPAAA members. The deadline to purchase tickets is September 18. Come out for delicious food, great prizes and to support your Eules Police Department!





## *Eules Library Foundation Annual Meeting*

*Sunday, September 15, 3:30 - 5:30 p.m.  
Texas Star Conference Centre  
1400 Texas Star Parkway*



Support your library and join us for food and fun! All are welcome. Our featured speaker is Tim Madigan, author of *I'm Proud of You: My Friendship with Fred Rogers*.

Tim Madigan is an award-winning newspaper journalist and is also the author of *See No Evil: Blind Devotion and Bloodshed in David Koresh's Holy War* and *The Burning: Massacre, Destruction, and the Tulsa Race Riot of 1921*. Signed copies of Mr. Madigan's books will be available for purchase.

## *Basic Garde Manger*

*Wednesday, September 25, 7 p.m.  
Eules City Hall  
201 N. Ector Dr.*

Yes, we spelled that correctly. Garde Manger is a practice that focuses on the preparation of food for future storage. Have you thought about all the food being wasted after preparing a meal? Food waste is a serious issue in the U.S., but the team at Turn Compost is combating this issue by encouraging people to start composting and recycling their food.

Wes Fitch from Turn Compost will teach you how to start canning and dehydrating food to promote less waste in the kitchen.



## *Trinity GAP Club's Petpawlooza*

*Saturday, September 28, 11 a.m. - 2 p.m.  
Glade Parks Plaza  
300 Block of Chisholm Trail*

The Trinity High School GAP Club will host its first Petpawlooza to support the Eules Animal Shelter. Petpawlooza will replace the fall pet fair that the club has hosted previously. This event will feature pet adoptions, a raffle, microchipping and concessions. In addition, attendees will be able to buy pet items at the bazaar to support the shelter.

The Texas Coalition for Animal Protection will also be offering low-cost vaccinations at the event from 12-2 p.m.

Come support our animal shelter and the medical needs of its pets by bringing your family and friends to Petpawlooza! T-shirts created for the event are available to pre-order now.

For more information, please call 817-689-4740.



# September Aquatics

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

OPEN SWIM: Monday & Wednesday, 12:20-5 p.m., 7:20-8:30 p.m. / Tuesday & Thursday 12:20-5:30 p.m., 7:30-8:30 p.m. / Friday 12:20-5 p.m. / Saturday 10:30-3:30 p.m. / Sunday noon-3:30 p.m.

Note: Below are the swim lessons available at the time of this publication. For more detailed information on swim lessons for the Summer please pick up a copy of the Summer 2019 Playbook or look for it online at [www.eulesstx.gov/pacs](http://www.eulesstx.gov/pacs). To register for Summer classes visit the Eules Family Life Center or register online at [www.eulesstx.gov/pacs](http://www.eulesstx.gov/pacs). Registration for September swim lessons opens August 29th for residents.

## NATATORIUM SWIM LESSONS

|                | <u>DAY</u> | <u>DATES</u> | <u>AGE</u> | <u>TIME</u> | <u>\$R/NR</u> |
|----------------|------------|--------------|------------|-------------|---------------|
| PARENT & TOT   | M/W        | 9/9-10/2     | 6mo-2      | 6:15-6:45pm | \$65/\$75     |
| WATER TOTS     | M/W        | 9/9-10/2     | 2-4        | 5:40-6:10pm | \$65/\$75     |
| WATER TOTS     | M/W        | 9/9-10/2     | 2-4        | 6:15-6:45pm | \$65/\$75     |
| LEVEL 1        | M/W        | 9/9-10/2     | 4-9        | 5:05-5:35pm | \$65/\$75     |
| LEVEL 1        | M/W        | 9/9-10/2     | 4-9        | 5:40-6:10pm | \$65/\$75     |
| LEVEL 1        | M/W        | 9/9-10/2     | 4-9        | 6:15-6:45pm | \$65/\$75     |
| LEVEL 1        | M/W        | 9/9-10/2     | 4-9        | 6:50-7:20pm | \$65/\$75     |
| LEVEL 2        | M/W        | 9/9-10/2     | 4-9        | 5:05-5:35pm | \$65/\$75     |
| LEVEL 2        | M/W        | 9/9-10/2     | 4-9        | 5:40-6:10pm | \$65/\$75     |
| LEVEL 2        | M/W        | 9/9-10/2     | 4-9        | 5:40-6:10pm | \$65/\$75     |
| LEVEL 3        | M/W        | 9/9-10/2     | 5-15       | 5:05-5:35pm | \$65/\$75     |
| LEVEL 3        | M/W        | 9/9-10/2     | 5-15       | 6:50-7:20pm | \$65/\$75     |
| LEVEL 4        | M/W        | 9/9-10/2     | 5-15       | 5:05-5:35pm | \$65/\$75     |
| LEVEL 4        | M/W        | 9/9-10/2     | 5-15       | 6:50-7:20pm | \$65/\$75     |
| ADULT          | M/W        | 9/9-10/2     | 15+        | 6:50-7:20pm | \$65/\$75     |
| SWIM TEAM PREP | M/W        | 9/9-10/2     | 5-15       | 6:15-6:45pm | \$65/\$75     |



## September Senior Happenings

| <u>ACTIVITIES</u>   | <u>DAY</u> | <u>DATE</u> | <u>TIME</u> | <u>LOC</u> | <u>\$</u>                   |
|---------------------|------------|-------------|-------------|------------|-----------------------------|
| TRIVIA              | TU         | 9/3         | 12PM        | SEN        | FREE                        |
| BINGO               | W          | 9/4         | 1PM         | SEN        | \$1 A CARD                  |
| BUNCO               | F          | 9/13        | 9AM         | SEN        | \$3                         |
| NATIONAL PEANUT DAY |            |             |             |            |                             |
| FREE PEANUTS        | F          | 9/13        | 11:30AM     | SEN        | FREE                        |
| DINING OUT          | M          | 9/16        | 5PM         | OFF        | PAY OWN MEAL (REG REQUIRED) |
| TAXES IN RETIREMENT | W          | 9/18        | 10AM        | SEN        | FREE (REG REQUIRED)         |
| MYSTERY LUNCH       | W          | 9/18        | 12:30PM     | OFF        | PAY OWN MEAL (REG REQUIRED) |
| \$1 BAKED POTATO    | W          | 9/25        | 11:30AM     | GAME ROOM  | \$1                         |
| FAB-EULESS FINDS    | F          | 9/27        | 9:30AM      | OFF        | \$5 (REG REQUIRED)          |

ALL ATTENDEES MUST BE SENIOR CENTER MEMBERS AND 60+  
THE SENIOR CENTER WILL BE CLOSED ON LABOR DAY



# CALENDAR & CLASSES

817-685-1666

[www.eulesstx.gov/eulesstoday](http://www.eulesstx.gov/eulesstoday)

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

For complete descriptions, visit [www.eulesstx.gov/eflc](http://www.eulesstx.gov/eflc) or on Facebook "Eules Parks & Community Services."

EFLC HOURS: M-TH: 5 A.M. - 9 P.M. • FRI: 5 A.M. - 8 P.M. • SAT: 8 A.M. - 6 P.M. • SUN: NOON - 6 P.M.

EFLC: EULESS FAMILY LIFE CENTER, SEN: EULESS FAMILY LIFE SENIOR CENTER, BEP: BOB EDEN PARK,

SIM: SIMMONS CENTER, MPE: MIDWAY PARK ELEMENTARY

| ACTIVITIES   | DAY  | DATES     | AGE           | TIME          | LOC     | \$   |
|--|------|-----------|---------------|---------------|---------|--|
| <b><u>PRESCHOOL</u></b>  |      |           |               |               |         |  |
| TWO'S TIME   | T-TH | 9/3-9/26  | 1.5-3         | 9AM-12PM      | EFLC    | \$87   |
| YOLANDA'S LITTLE LEARNERS (CHOOSE FROM 2, 3 OR 4 DAYS)   | M-TH | 9/3-9/26  | 3-5           | 9AM-2PM       | EFLC    | 2 DAYS \$202<br>3 DAYS \$292<br>4 DAYS \$377 |
| <b><u>PRESCHOOL DANCE</u></b>  |      |           |               |               |         |  |
| SHINING STARS  | T    | 9/3-9/24  | 3-4           | 4:30-5:30PM   | REC     | \$67   |
| TINY DANCERS   | W    | 9/4-9/25  | 2-3           | 10-10:45AM    | REC     | \$64   |
| TWINKLE TOES   | W    | 9/4-9/25  | 3-4           | 11AM-12PM     | REC     | \$67   |
| PINK TUTUS   | W    | 9/4-9/25  | 4-5           | 12-1PM        | REC     | \$67   |
| <b><u>DANCE</u></b>  |      |           |               |               |         |  |
| SOUL STEPPERS  | T    | 9/3-9/24  | 4-6           | 5:30-6:30PM   | REC     | \$67   |
| CONTEMPORARY   | TH   | 9/5-9/26  | 11+           | 7:30-8:30PM   | REC     | \$67   |
| SHOW STOPPERS  | M    | 9/2-9/23  | 4-6           | 4-5PM         | REC     | \$67   |
| TAP/BALLET/JAZZ/HIP HOP  | TH   | 9/5-9/26  | 8-10          | 6:30-7:30PM   | REC     | \$67   |
| TAP/JAZZ LEVEL 1   | T    | 9/3-9/24  | 8-10          | 4-5PM         | REC     | \$67   |
| TAP/JAZZ LEVEL 2   | TH   | 9/5-9/26  | 10-11         | 4-5:30PM      | REC     | \$77   |
| TAP/JAZZ LEVEL 3   | T    | 9/3-9/26  | 12-14         | 5-6:30PM      | REC     | \$77   |
| TAP/JAZZ LEVEL 4   | T    | 9/3-9/24  | 14-18         | 7:30-9PM      | REC     | \$77   |
| HIP HOP  | TH   | 9/5-9/26  | 8-13          | 5:30-6:30PM   | REC     | \$67   |
| INTRO TO BALLET  | TH   | 9/5-9/26  | 5-7           | 5-6PM         | REC     | \$67   |
| BALLET 1   | TH   | 9/5-9/26  | 7-9           | 6-7PM         | REC     | \$67   |
| BALLET 2   | TH   | 9/5-9/26  | 10+           | 7-8PM         | REC     | \$67   |
| <b><u>YOUTH</u></b>  |      |           |               |               |         |  |
| TOT/PRE SOCCER   | SAT  | 9/21-11/9 | 3.5-5         | 9:40-10:15AM  | BEP     | \$95   |
| MOMMY/DADDY & ME   | SAT  | 9/21-11/9 | 2-3.5         | 9-9:30AM      | BEP     | \$95   |
| SOCCER 1   | SAT  | 9/21-11/9 | 5-6           | 10:15-11AM    | BEP     | \$95   |
| SOCCER 2   | SAT  | 9/21-11/9 | 7-10          | 11-11:45AM    | BEP     | \$95   |
| ELEMENTARY YOGA  | W    | 9/4-9/25  | 5-10          | 4-4:40PM      | EFLC    | \$50   |
| MIDDLE SCHOOL YOGA   | W    | 9/4-9/25  | 11-15         | 4:45-5:30PM   | EFLC    | \$50   |
| TIGERKUBS  | M    | 9/9-10/14 | 5-8           | 6-6:45PM      | SEN     | \$35   |
| TAEKWON-DO BEGINNER  | M/TU | 9/3-10/15 | 9-15          | 6-7:15PM      | SEN     | \$75   |
| TAEKWON-DO ADVANCED  | M/TH | 9/5-10/17 | 9-15          | 6-7:15PM      | SEN/SIM | \$75   |
| INC TUTORING (K-5TH)   | W    | 9/4-9/25  | K-5TH GRADE   | 5-7PM         | EFLC    | \$200  |
| INC TUTORING (6TH-8TH)   | SAT  | 9/7-9/28  | 6TH-8TH GRADE | 1-3PM         | EFLC    | \$200  |
| <b><u>ART</u></b>  |      |           |               |               |         |  |
| WORKING WITH ACRYLICS  | T    | 9/10      | 6+            | 6:30-8:30PM   | SEN     | \$39   |
| CHARCOAL, PASTEL, & MORE   | T    | 9/17      | 6+            | 6:30-8:30PM   | SEN     | \$39   |
| ART FOR THERAPY  | W    | 9/4-9/25  | 16+           | 7-8:30PM      | SEN     | \$39   |
| <b><u>ADULT</u></b>  |      |           |               |               |         |  |
| TAEKWON-DO ADULT   | T/TH | 9/3-10/17 | 16+           | 7:30-9PM      | SEN/SIM | \$97   |
| TAI CHI BEGINNERS  | T    | 9/3-9/24  | 16+           | 6-7PM         | SEN     | \$40   |
| TAI CHI INTERMEDIATE   | T    | 9/3-9/24  | 16+           | 7-8PM         | SEN     | \$40   |
| YIN YOGA   | SU   | 9/1-9/29  | 16+           | 4-5PM         | EFLC    | \$32   |
| BACK TO BASICS YOGA  | T    | 9/3-9/24  | 16+           | 7-8PM         | EFLC    | \$26   |
| FIT 4 YOU & STRONG ZUMBA   | MWF  | 9/4-9/30  | 16+           | 5-6AM         | EFLC    | \$40   |
| LUNCHTIME BOOTCAMP   | TWTH | 9/3-9/26  | 16+           | 12-1PM        | EFLC    | \$5/DAY                                      |
| AFROBEATS  | SAT  | 9/4-9/28  | 16+           | 7-8PM/10-11AM | EFLC    | \$30   |
| ADULT TAP  | T    | 9/3-9/24  | 16+           | 6:30-7:30PM   | REC     | \$62   |
| INTRO TO FITNESS (M-F: 5:15-6:15AM, 8:30-9:30AM MON AND THURS: 6:30-7:30PM 8 SESSIONS: \$71 RES/\$76 NON-RES, 12 SESSIONS: \$91 RES/\$96 NON-RES, UNLIMITED SESSIONS: \$102 RES/\$107 NON-RES) |      |           |               |               |         |  |

