



EMBRACING THE FUTURE

Volume 3 Issue 26

Medstar Citizen EMS Training

Join MedStar for an interactive, behind-the-scenes look at Emergency Medical Services & Mobile Integrated Healthcare. Topics include: The 9-1-1 dispatcher, Medicine on the Move - demonstration of equipment and procedures of EMS, Life in EMS: ride along on an ambulance, Field Operations Supervisor or Mobile Healthcare Practitioner, Hands Only CPR, Stop the Bleed, Narcan Administration Training and New Roles for



EMS in Healthcare. The course will be on Tuesday evenings from 6pm - 9pm starting on July 18th, 2023 and run for 7 consecutive weeks. The course is free, but participants will be required to pass a background check, which will cost \$50. Apply today @ www.medstar911.org/citizen-academy.

- Mayor**
Darren Houk
- City Council**
- Mayor Pro-Tem**
Place 1
John Claridge
- Place 2**
Steve Holland
- Place 3**
Leigh Ann Turner
- Place 4**
Yolie Rodriguez
- Place 5**
Brent Forester
- City Officers**
- City Manager**
Marvin Gregory
- City Secretary**
Paula Luck
- Fire Chief**
Clinton "Russell" Shelley
- Police Chief**
Charles Stewart
- Public Works**
Director
- Event Center**
Co-Directors
Shirley Bloomfield
Shirley Wheat
- Emergency Management**
Coordinator
James Myrick
- Phone**
(817) 626-5421
- Website**
www.riveroakstx.com

SAVE THE DATE



10th Annual
SENIOR SYNERGY
EXPO

Presented by
care@care
Insurance Company, Inc.

HOST
Tarrant County Judge
Tim O'Hare

Thursday, August 31, 2023
8:30 a.m. - 1:30 p.m.



FREE EXPO



You are invited to the 2023 Senior Synergy Expo. Come learn about services available in Tarrant County that will empower seniors, family members, and caregivers to live a healthier lifestyle!

FREE: Admission • Health Screenings • Workshops • Parking • Lunch

Will Rogers - Amon G. Carter Jr. Exhibits Hall
3400 Burnett-Tandy Drive
Fort Worth, TX 76107

FREE: Admission Health Screenings Workshops Parking Lunch




Troy Dungan, former Chief Meteorologist

at WFAA-TV for over 30 years will serve as the Emcee for the 10th Annual Senior Synergy Expo.

Register here:
www.tarrantcountytx.gov/en/county-judge/senior-synergy/attendee-registration.html

Questions? Call 817-884-1441



Due to the excessive summer heat, the city's residential garbage collection hours will be changing starting Wednesday, June 28th to start at 6:00 A.M. instead of the current 7:00 A.M. start time. We apologize for any inconvenience, but we have a responsibility to protect the health and safety of our employees.



THE CITY OF RIVER OAKS OFFICES ARE CLOSED ON JULY 4TH IN OBSERVANCE OF INDEPENDENCE DAY.

RESIDENTIAL GARBAGE COLLECTION WILL RUN ON THE REGULAR SCHEDULE.

RESIDENTIAL SANITATION PICK-UP

Starting
August
2nd

Tuesday & Friday

Bulk/Brush Pick-up is the 2nd & 4th Wednesday of the month

Almena	Gillham	Long	Purdue
Amherst	Glenwick	1300-1809	Roberts Cut Off
Auburn	Greenbrier	Meandering	901-229
Baylor	Hallum	Melba	Sansom
Black Oak	Hartford	Merritt 1025-1200	Shenna
5300-6000	Harvard	Montrose	Sherwood
Boston	Hillside	Nancy	Skyline
Byrd	Hilltop	Notre Dame	Stanford
Cambridge	Inspiration	Ohio Garden	St. Edwards
Castleberry Cut Off	Kessler	5000-5228	Thurston
Cody	Laura	Oxford	Tulane
Cornell	Lawther	Penrod	Westwick
Dartmouth	Lawrence	Pomona	Woodlawn
			Yale

Monday & Thursday

Bulk/Brush Pick-up is the 1st & 3rd Wednesday of the month

Andrea	Frontier	Lynda	Schieme
Arc	Gilbow	Makarwich	Schilder
Asbury	Green Oaks	Merritt	S. Schilder
Banks	Gustav	300-1004	Springer
Barbara	Harrisdale	N. Schilder	Stevens
Black Oak	Hassett	Oaklawn	Taylor
4700-5299	Hope	Ohio Garden	Thersa
Blackstone	Isbell	4500-4900	Thomas
Cahill Oval	James	Park	Troy
Carondolet	Keith Pumphrey	Red Oak	Walter
Churchill	Long	Roberts Cut Off	White Oak
Club Oak	1100-1299	309-812	Winters
Coates	Lydick	Sam Calloway	Worthview



National Postal Worker Day | July 1

#CelebrateEveryDay

NATIONAL POSTAL WORKER DAY | JULY 1

National Postal Worker Day on July 1st recognizes postal workers all across the nation and encourages us to show our appreciation. Thank the numerous men and women who work consistently and diligently to deliver all of our mail. These employees suffer some of the harshest working conditions, yet continue to persevere six days a week.

#NationalPostalWorkerDay

Across the United States, postal workers walk an average of 4 to 8 miles carrying a full load of letters and packages, delivering them promptly to each of our doorsteps. Approximately 490,000 postal workers across the United States head out each day to our residences and businesses. Regardless of the weather, postal workers deliver all week long. Even when temperatures fluctuate from extreme heat and cold, the mail arrives. In the rain, sleet and blizzards, too, the mail gets delivered.

Besides severe weather, dealing with unusual packages is also part of the job. In 1913, the postal service started delivering packages up to a maximum of 11 pounds. The most surprising package to arrive for delivery was a small child. Barely under the weight limit, James Beagle was mailed. For a cost of 15 cents, a postal worker delivered young Beagle to his grandmother just a few miles away. This practice continued for just over a year. By then, the postmaster general put regulations in place prohibiting it.

HOW TO OBSERVE NATIONAL POSTAL WORKER DAY

While celebrating the day, take time to thank your local postal worker. Encourage others to get the word out and to focus on making every postal worker's day just a little bit better. Contact the postal service and let them know how much you appreciate postal workers and the work they do.

Celebrate Independence Day Safely



NO

**FIREWORKS
GUNFIRE
DWI**

No fireworks are allowed in the City of River Oaks

In the City of River Oaks it shall be unlawful for any person or persons within the corporate limits of the city to manufacture, assemble, store, transport, receive, keep, sell, offer or have in their possession with the intent to sell, use, discharge, ignite, detonate, fire or otherwise set in action any firecrackers of any description. The presence of any firecrackers within the city in violation of this article and is hereby declared to be a public nuisance.

On July 4th, America celebrates the birth of our nation. Around the holiday, sadly, we often see an increase in impaired driving crashes. In total, 67 Americans lost their lives in alcohol-related crashes over the Fourth of July holiday last year.

Did you know that even a small amount of alcohol can impair your driving? For example, even a blood alcohol concentration of .02 can affect someone's ability to perform two tasks at one time – and that affects your ability to drive safely.

Tips to Celebrate Safely

- If you plan to drink, make a plan ahead of time for a sober ride home.
- Even if you've had only one drink, let someone who hasn't been drinking take you home. A sober driver is one who does not drink at all, not the one who's had the least to drink.
- If you're hosting a Fourth of July gathering, help the designated drivers out by making sure there are plenty of non-alcoholic beverages.
- Have a friend who is about to drive impaired? Take the keys away and make arrangements to get your friend home safely.
- If you see an impaired driver on the road, safely pull over and call 911.
- Always wear your seat belt.

COW TOWN *nutrition*

Mega Fit
Camp
Saturday
Workouts
@ 10:30AM

Family owned
small biz~
It's all about having a
healthy option for
our community!

We are your healthy
spot for a quick,
delicious, &
nutritious meal
on the go!

**MENTION THAT YOU HEARD ABOUT US IN THE
RIVER OAKS NEWSLETTER ~ \$3 OFF A SHAKE &
TEA COMBO A HEALTHY MEAL & ENERGY BOOST**

For more information follow us on:
Instagram @cowtown_nutrition or Facebook
@cowtownnutrition

Google ~ Cowtown Nutrition
To check out our menu
5430 River Oaks Blvd
River Oaks, TX 76114





Military, First Responders & Teacher Discount

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Anthony Perez, ABOC

682-266-4444

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*SINGLE VISION



THIS WEEKS YARD SALES

You may have 4 yard sales a year, with a space after the first two sales.

Yard sale permits are \$10 each.

You must be on an active water account, in good standing at the yard sale address and must provide a valid United States issued photo ID with the yard sale address on it.

- 4866 Thurston
- 933 Yale
- 5520 Sam Calloway
- 5124 Tulane
- 938 Gillham
- 1620 Woodlawn



YOU CAN REPORT UTILITY EMERGENCIES AFTER-HOURS BY CONTACTING THE POLICE DEPARTMENT DISPATCH AT 817-626-1991.



Friday	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday
30	01	02	03	04	05	06
			Staff Meeting 9:00am	City Offices closed for Independence Day Holiday		Court 5:30pm Parks Board 6:30pm