



FUN & FIT IN THE PARK... FEATURING HEART OF HEATH 5K, FAMILY RUN & FUN FITNESS ACTIVITIES FOR ALL!

**EASTER SATURDAY, APRIL 4, 8-11 A.M., RAIN OR SHINE
TOWN CENTER PARK, BEHIND HEATH CITY HALL**

Run proceeds benefit Heath Parks and Trails

EVENT SCHEDULE

Friday, April 3

1 – 5 p.m. Packet Pickup/Registration
Rockwall Running Center, 539 East Interstate 30, Rockwall

Saturday, April 4

- 7:30 A.M. Packet Pickup/Onsite Registration
- 8:00 A.M. Runner's Warm Up, Deidre' Bramlett, Studio M Dance
- 8:15 A.M. Family Run
- 8:30 A.M. 5k Run
- 9:15 A.M. Taekwondo Class Demo, Robert Powell, Rockwall Black Belt Academy
- 9:30 A.M. 5K Runner Awards/Prize Drawings for 5K & Family Run Participants
Healthy Refreshments, including complimentary beverages by Smoothie King and Juice It Up
- 10:00 A.M. Piyo Class Demo, Deidre' Bramlett, Studio M Dance
- 10:15 A.M. Zumba/Cardio Dance Class Demo, Raina McIlwain, Eclipse, Results and Urban Air Fitness
- 10:30 A.M. Yoga Class Demo, Gracie Wheeler, YMCA, Eclipse, and Urban Air

8 A.M.-11 A.M. Fun & Fitness Activities including...

- Giant-Size Games - Chess, Checkers, Jenga and Connect 4
- Easter Craft for Children, Artstream Mobile Studio
- Soccer Drills/Skills Obstacle Course, Lil' Kickers Soccer Program/RISE
- Tadpole and Junior Sailing Program Exploration, Rush Creek Yacht Club
- Croquet and Bocce



SPONSORED BY...



Business Spotlight:

A SHOUT OUT TO A HOMETOWN BUSINESS!



When the owners of CB Therapy Services wanted to extend their reach into the Eastern D/FW Metroplex, Heath was selected as the perfect place for this business expansion!

Located at 6740 Horizon Road, CB Therapy Services is among the growing list of healthcare related businesses serving the community.

With a focus on ensuring an exceptional customer experience, CB Therapy Services provides qualified physical therapists, occupational therapists, master social workers and speech therapists to home health agencies across the entire Dallas- Ft. Worth Metro area, including Rockwall County.

"We care about our home health agency clients, our clinicians, and most of all, the patients and their families," says General Manager Caroline Guerra. Learn more about this Heath business at www.cbtherapyservices.com.

May 9 City of Heath General Election Canceled

The City of Heath General Election scheduled for May 9 was canceled at the March 10 City Council meeting when the unopposed candidates for City Council Places 1, 2, 4 and 6 were declared elected.

Household Hazardous Waste Collection Day is April 18

The City of Heath will join the City of Rockwall to host the 15th Annual Household Hazardous Waste Collection Day rain or shine on April 18 from 9 a.m. to 3 p.m. at Rockwall's Service Center at 1600 Airport Road in Rockwall.

The event is open to City of Heath residents, who must obtain a free voucher to deliver items to the collection site. If you would like to volunteer as your neighborhood coordinator or need a participation voucher, please drop by City Hall or call 972-771-6228.

WHAT WILL BE ACCEPTED?

Household quantities of pesticides, paint products, household cleaners, herbicides, motor oil, automotive chemicals, swimming pool products, and tires with no rims will be accepted. Document shredding and recycling of electronics will also be available.

Citizens Ask about Water Runoff along FM 740 Median...

During the recent snow and ice days, citizens expressed concern about water runoff along the FM 740 median that froze and increased driving hazards.

You may be interested to know that the City not only turns off the sprinkler systems at each median during the winter, but staff also shuts off the water supply to the medians. The water runoff in the winter is 100 percent from rainfall, snow and sleet and may drain out of the medians several days after the precipitation has occurred, depending upon the saturation of the soil.

Please drive extra carefully during extreme weather incidents, including heavy spring rain showers!

Town Hall Meeting Video Now Online

Did you miss the Town Hall Meeting held on February 19 about the drought, Lake Ray Hubbard conditions and long-term water delivery plans? For your convenience a video of the program presented by City of Dallas representatives is now available online at www.heathtx.com.

Water Conservation Updates

For current water usage restrictions visit www.heathtx.com.



★ 2015 ★
WEST POINT TO DALLAS

Heath DPS Participates in Carry the Load

The Heath Department of Public Safety is participating in Carry the Load for the fourth consecutive year this Memorial Day weekend. Carry the Load is a national event that brings meaning to Memorial Day by honoring the sacrifices made by members of the military, law enforcement officers, firefighters and their families.

"Team Heath DPS is part of The Rockwall County First Responders Company, which includes various public safety teams from Rowlett, Rockwall, Roysse City and Fate," explains Heath DPS officer Cody Whaley. "Heath was a top 10 fundraising team last year, raising over \$16,000 to benefit our heroes needing assistance, and we hope for the same success this year."

Carry The Load's National Relay Team will begin their journey by foot at West Point, New York on April 28. The team will begin their walk through Rockwall County at 12:01 a.m., stopping for a ceremony at the Rockwall County Courthouse at 3:30 a.m. on Sunday, May 25, and then continue to a final ceremony at Reverchon Park in Dallas.

Heath DPS will join the National Relay Team during the Rockwall walk as well as the Dallas event, where they will walk 20 hours and 15 minutes to symbolize the sacrifices made on our behalf. Anyone wanting to join the walk at any point is encouraged to participate. For more information, contact Officer Cody Whaley or Brian Burton at 972-961-4900.

City Continues Mosquito Surveillance/Abatement Program

The mosquito breeding season is here, and the City will launch its 2015 Mosquito Management program April 1. Mosquito traps will be placed in multiple locations throughout the community weekly. The trapped mosquitoes will be sent for arboviral testing and species identification. The results will be reported on the City's website at www.heathtx.com.

Additionally, the City will apply larvicide to target stagnant water areas such as public storm drain inlets, culverts and slowing moving streams. Adult mosquito control will be conducted on an as-needed basis, based upon the surveillance data received. However, protecting yourself and your loved ones is the best way to prevent the contraction of mosquito transmitted diseases such as the West Nile Virus.

REMEMBER THE 4 D'S AS RECOMMENDED BY THE CDC:

- Drain - Standing water around you home and property.
- Deet - Use insect repellent on skin and clothing; Picaridin, IR3535 and Oil of Lemon Eucalyptus are also options.
- Dress - Wear long sleeves and pants to protect yourself.
- Dusk to Dawn - Avoid being outdoors during the early morning hours and the evening hours when mosquitoes are most active.

For more information about mosquito bite prevention, visit: www.cdc.gov.