

NRH Supports American Heart Month

Heart disease is the leading cause of death for men and women in the United States, causing 1 in 4 deaths each year. February is American Heart Month — a month dedicated to raising awareness about heart disease and its associated risk factors.

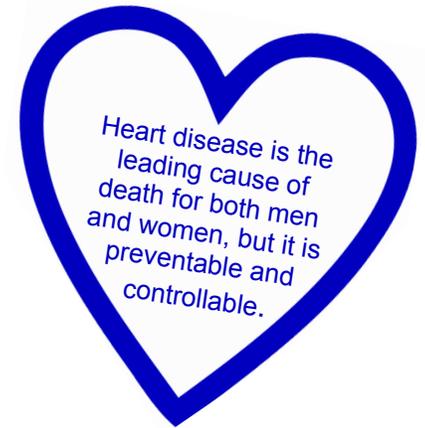
The good news? Heart disease can often be prevented when people make healthy choices and manage their health conditions. Communities, health professionals, and families can work together to create opportunities for people to make healthier choices.

Here in our community, the City of North Richland Hills wants to help spread the word about strategies for preventing heart disease and encourage people to live heart healthy lives.

You can make healthy changes to lower your risk of developing heart disease. Tips for taking the path to better heart health include:

- Watch your weight.
- Quit smoking and stay away from secondhand smoke.
- Control your cholesterol and blood pressure.
- If you drink alcohol, drink only in moderation.
- Get active and eat healthy.

- Utilize over 30 miles of trails in NRH to take a walk.
- Visit one of our city parks.
- Use the indoor walking track at the NRH Centre during the cold months.
- Get involved with group fitness classes at the NRH Centre.
- Swim in the indoor aquatic facility at the NRH Centre.



Every journey begins with one step, whether it's climbing a mountain or preventing heart disease. This American Heart Month, let the NRH Centre help you get a great start to a healthy heart. Stop by the NRH Centre at 6000 Hawk Ave. for Heart Healthy promotions during the month of February.

Take your first step on the road to a healthy heart with the City of NRH. For more information, visit www.nrhcenre.com or call 817-427-6600.

New Business Spotlight

Arby's

8241 Precinct Line Rd., 817-770-0900
www.arbys.com

Grandpa's Popcorn

8528 Davis Blvd. #210, 817-576-4055
www.grandpaspopcorn.com

Wingstop

5342 Rufe Snow Dr., 817-581-4800
www.wingstop.com

***Support local businesses.
Shop NRH first!***

Did You Know?

The Grand Hall at the NRH Centre was recently named one of the 10 best wedding venues in Texas on www.wedding-spot.com.

The Grand Hall offers 9,500 square feet of flexible, state-of-the-art space that can be spacious one minute and intimate the next. Large or small, casual or formal, the Grand Hall can be transformed to accommodate the look and feel of your special day. The hall's outdoor plaza features beautiful landscaping and is ideal for a romantic ceremony or large open-air reception.

The dedicated staff is happy to assist you in planning your special day and will ensure that the smallest details will not be overlooked. Call 817-427-6640 today to schedule a tour.

Be A Responsible Pet Owner

Pet ownership is very rewarding, but it also comes with responsibilities. Following are some things you should remember as a responsible pet owner:

- **Spaying / Neutering** - Having your pet spayed or neutered helps reduce pet over population and the number of unwanted animals that end up in animal shelters.
- **Rabies Vaccination** - State law and city ordinance require all pets to be current on their rabies vaccination. If your pet is ever involved in a bite and its rabies vaccination is not current, it will be quarantined at the animal shelter or a veterinary clinic.
- **Pet License** - Residents are required to license their pets with the city each year. Licenses may be obtained online at www.nrhtx.com/petlicense or at the Animal Adoption & Rescue Center, 7301 Iron Horse Blvd. The cost is \$10 for pets that have been spayed or neutered. This fee is waived for citizens 65 and older. The fee for unaltered pets is \$30.
- **Leash Law** - Dogs should be kept on leashes while at parks, on walking trails and in neighborhoods. While most dogs are friendly and nice, some residents may be scared if they are approached by a dog they do not know. With your dogs on a leash, you will have better control over where they go and who they approach so that others will not be fearful or possibly get hurt. Cats should remain indoors.
- **Pooper Scooper Law** - Animal owners are responsible for the removal of pet waste on public walks, recreation areas, or private property. Not only does this keep the odor down and the areas clean, but it also helps keep disease from being spread and reduces the number of rodents attracted to the area.
- **Barking Nuisance** - Barking is a natural dog behavior and most people want their dogs to bark to alert them to potential danger. However, owners who permit their dogs to bark excessively are permitting a public nuisance to occur and can be issued citations. There are many reasons dogs bark. They may be lonely, bored, protective, territorial or uncomfortable being outside for long periods of time. Pay attention when your dog is barking to determine why and take steps to address it. Work cooperatively with neighbors to look for patterns of excessive barking to help determine the cause. Talk to your neighbors and show them that you are aware of the problem and that you are taking responsibility.

For more information, please contact the Animal Adoption & Rescue Center at 817-427-6570.

Upcoming Events

Behind the Book: Joanne Fluke

Author Joanne Fluke will visit the NRH Library on Saturday March 4 to release her newest book "Banana Cream Pie Murder," the latest in the "Hannah Swensen" mystery series. A paid reception will be held at noon and a free speaking engagement will take place at 1:00 p.m. A book signing will immediately follow. The Library is located at 9015 Grand Ave. Please visit library.nrhtx.com/BehindtheBook or call 817-427-6800 for more information.

Year of the Book Reading Challenge

The NRH Library invites you to join the Year of the Book Reading Challenge. This online program encourages readers of all ages to complete literacy activities and log reading throughout 2017 for the chance to win prizes! Activities will aim to improve reading skills in young children and challenge teens and adults to step outside of their reading comfort zones. Visit library.nrhtx.com/challenge to register.

Monthly Reader's Advisory

Tune into the Library's Facebook page on the second Friday of each month for live reading recommendations from Library staff. Each month they will recommend books with different themes. March's theme is "Spring Cleaning." Visit facebook.com/NRHLibrary at 3 p.m. on March 10 to see which cooking, gardening and home décor books the library staff recommends.

Learn CPR & Save A Life

The North Richland Hills Fire Department conducts CPR classes each month for the community. Classes are American Heart Association approved and each participant receives a book and course completion card. Upcoming classes are scheduled:

- Thursday, March 9, 6 p.m. - 10 p.m.;
- Saturday, April 15, 9 a.m. - 1 p.m.;
- Thursday, May 11, 6 p.m. - 10 p.m.;
- Saturday, June 17, 9 a.m. - 1 p.m.;
- Thursday, July 13, 6 p.m. - 10 p.m.;
- Saturday, August 12, 9 a.m. - 1 p.m.

For more information, please go online to www.nrhtx.com/CPR or call David Smith at 817-427-6913.