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# Commissioner Staples recognizes City of Euless as new Go Texan Certified Retirement Community

AUSTIN — Agriculture Commissioner Todd Staples today announced the Texas Department of Agriculture has designated the city of Euless as a GO TEXAN Certified Retirement Community (CRC). The CRC Program helps communities attract retirees and potential retirees to make their homes in Texas. Euless is the 38th community in the state to be certified.

"I extend my most sincere congratulations to the citizens and leaders of Euless for achieving this notable certification," Commissioner Staples said. "Not only do retirees have a significant economic impact on the regions in which they reside, but they also bring a wealth of knowledge and energy to community service, employment and business."

Texas has become the No. 2 retirement state in the nation, and that ranking is paying off. Retirees spend an average \$42,500 each year in their respective communities.

"Euless is already nationally regarded as a great place to live and raise a family, and now Euless is also recognized as a great place to retire," Euless Mayor Mary Lib Saleh said. "We consider our senior population a true asset, and are honored to have been designated as a GO TEXAN Certified Retirement Community."

Local legislators believe the designation is a win for the community and the state as a whole.

"Those of us living in North Texas already know that Euless is a great place to live, and now people from around the country will be able to learn about the benefits of retiring here," Sen. Jane Nelson said. "I commend the city leaders for achieving this designation and look forward to welcoming new residents who choose Euless as the place to spend their retirement."

"As someone who chose to make Euless my home during the first half of my life, it is fabEuless that the state is officially recognizing what I already suspected - Euless is also one of the best places on earth to spend the second half," Rep. Todd Smith said. "Nancy and I look forward to the experience!"

To become a CRC, communities must complete an application and retirement desirability assessment covering a wide

range of topics, including demographics, tax structure, housing availability, safety, employment opportunities, health care services, public transportation and more. The application process also requires communities to submit a marketing plan and long-term plan for maintaining and improving desirability for retirees. An independent volunteer advisory team representing leaders in business, health care, city/state government and retirees, reviews and scores the applications.

The CRC Program is open to any Texas community that wants to showcase itself as a retirement location and tourist destination. Interested communities may contact TDA's Rural Economic Development Division toll free at (877) 428-7848 or e-mail Sherri.Gothart-Barron@TexasAgriculture.gov.

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## Euless pizza place piles on the freshness, flavor

By Joseph Daniel  
 Special to the Star-Telegram

New York Pizza and Deli, a 10-year-old pizza place in Euless, beckoned me with its promise of authenticity. Though, if the pizza is good, I care little about its origin.

Customers can order single slices (\$1.89) or whole pies (\$7.99-\$19.99). Topping choices include Canadian bacon, hamburger, jalapeños, meatballs, mushrooms, olives, onions, pepperoni, pineapple, red peppers, sausage, tomatoes and, yes, anchovies (25 to 75 cents per topping). Portions are almost overwhelming, and two slices are enough for one person.

Toppings are fresh and substantial: half-dollar-size pieces of bacon, blocks of tomatoes and chunks of sausage, all on soft and slightly crunchy dough. For something astonishing, try a slice with everything on it.

The sandwiches, like the veggie cold sub (\$6.49) and Philly cheese steak (\$6.99), are just as grand but not as satisfying.

As with the pizza toppings, sandwich ingredients are fresh. But even creamy avocado couldn't save the veggie sub's flavor



Special to the Star-Telegram/  
 Joseph Daniel

from being a total downer.

On the other hand, the Philly cheese steak's peppery meat, crunchy onions and green pepper mix was enough to silence a serious stomach grumble.

For something lighter, try the Greek salad (medium, \$2.99). Juicy cucumbers, onions, tomatoes and peppers sprinkled with feta cheese are ice-cold and perfectly crunchy.

Skip the chef salad (\$6.99) — you'll simply pick the meat off the greens. But alongside it sits a memorable basil-infused dressing that is both sweet and zesty.

And the awesomeness doesn't end with that dressing. Enter the stromboli (\$6.99): a giant dough pocket stuffed with cheese, pepperoni and

thinly sliced seasoned sausage. The dough is soft and in control; no toppings are allowed to escape before meeting a chewy demise.

My best advice is to eat the stromboli first or risk trying to block that pesky stomach signal that tells your brain that you've reached stomach capacity.

### New York Pizza and Deli

304 S. Industrial Blvd., Euless  
 817-358-9200

www.nypddeli.com

Hours: 8 a.m.-9 p.m. Monday-Saturday, 10 a.m.-7 p.m. Sunday

Signature dish: Stromboli, New York-style pizza, Philly cheese steaks

Entree cost: \$1.89 (single slice)-\$19.99 (whole pizza)

Essentials: Major credit cards; BYOB; smoke-free; wheelchair-accessible

Good to know: Breakfast is served daily; catering available.

Recommended for: Big eaters who like hearty sandwiches and substantial slices of pizza.

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## NORTHEAST CLICK

**Valentine's fun.** While Mom and Dad enjoy a date night on Valentine's week-end, what about keeping the kids entertained? Here's a great solution: Let Grandma and Grandpa in on the fun by taking the grandchildren to the Grandparents Valentine's Dance set for 7 to 9 p.m. Feb. 11.

Organizers promise a fun-filled night of dancing to the oldies. Refreshments and a keepsake photo with their favorite valentine will be provided. It all happens at the new Eulless Family Life Center, 300 W. Midway Drive. 817-685-1671.

And speaking of the new center, don't miss the grand opening from 2 to 4 p.m. Jan. 29. Tour the building and see the recreation center, fitness center and the new 22,000-square-foot senior center.

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# Cheers and Jeers

**Cheers:** To the Euless fire station on Ash Street, especially firemen Stamps, Rush and Williams, and Marilyn on the call desk. An annoying beep every 30 seconds from one of our smoke alarms meant changing batteries in our high ceilings. They were at our home in five minutes to help.

— Bun and Sherry Richardson,  
Euless

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## Self-defense class puts women in control

❶ Eules police officers teach them to resist attackers.

By Terry Evans  
 tevans@star-telegram.com

**EULESS** — Nicole Lee, 30, is afraid to walk alone from her house to her car in early-morning darkness.

Barbara Shaver, 49, just doesn't want to be a victim. Helen Voss, 65, refuses to be a target just because she's older.

Rape Aggression Defense classes were designed for them, said Eules police Cpl. James Gordon.

The women and 18 fellow Eules residents screamed and kicked at one another Tuesday in the second of four three-hour sessions. Gordon said the classes empower women to resist attackers and condition them to react loudly and aggressively to assaults.

Inaction means almost certain disaster, he said.

"We know from statistics that if you do nothing, if you're taken from the scene of an attack, you have about a 2 percent chance to survive," he said.

Gordon said that women must perceive assailants as predators, rather than as normal people.

"A normal person does not attack someone, doesn't prey on someone who is weak," he said.

After learning several ways to turn the tables on an assailant, Voss said, she feels she has some control over what happens to her.

Vicki Rodriguez, who took RAD in October, found more control in an unexpected way when she demonstrated what she learned to her 15-year-old son.

"He was just being a teenager, because he's taller than me now and thinks he's got the upper edge," Rodriguez said. "I told him 'You'd better back off me.' [Then] I showed him that size doesn't matter."

Rodriguez said getting that message across didn't



Vicki Clark demonstrates a self-defense technique on Eules police Cpl. James Gordon.  
 Star-Telegram/Terry Evans

require using a lot of force. But she knows that she could if a situation demanded it.

Gordon also tells his students that showing strength before an assault starts could stop a predator in his tracks.

"A predator won't attack someone who's going to wound them," he said.

"If you're alert and know what's going on around you, make eye contact with a predator and let them know that you see them, then you probably won't even be attacked."

Gordon and his supervisor, Senior Cpl. Kim Althouse, teach RAD classes at the Eules Police Department, 1102 W. Eules Blvd. A February class should be 7 to 10 p.m. each Wednesday.



Nicole Lee, kicks a pad held by her Rape Aggression Defense partner, Barbara Shaver.  
 Star-Telegram/Terry Evans

### Rape Aggression Defense

- Eules Police Department, 1102 W. Eules Blvd.
- February classes are 7 to 10 p.m. Wednesdays
- For women 18 and older
- Open to Eules residents and employees, as well as employees' wives and daughters
- Call Cpl. James Gordon, 817-685-1686

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## 'Power pedestals' cut idling in Euless

❶ The innovation moves the city a step closer to its goal of having a green fleet.

By Terry Evans  
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EULESS — Before paramedics Brandon Herron and Chris Sutterfield go to class, they plug in their ambulance.

The sight puts a grin on the face of Kyle McAdams, the fleet/facilities administrator for Euless. In the past, he used to look out a City Hall window during staff meetings and grimace.

The window faces the fire administration building, where ambulances and firetrucks frequently sit with engines idling. On-duty firefighters spend four to eight hours at a time in job-related classes. Some equipment on board their trucks must remain energized, so the engines have to idle.

"In the stations there are cords that come from the ceiling that power the heating and air-conditioning systems and the on-board electrical charging system," Division Chief Jeff Morris said.

McAdams knew there had to be a way to do the same thing at the administration building.

"I thought about the poles at RV parks where they plug RVs in," he said. "Why couldn't we do the same thing?"

With help from an electrician, McAdams designed a "power pedestal" and submitted it to the North Central Texas Council of Governments with a grant application. Ultimately, the council of governments responded with a diesel idle reduction grant.

"It was a new concept," McAdams said. "Nobody had proposed it before, and they called us several times to have us explain what it was."

Euless is poised to install a second power pedestal — to serve fire engines — with its second diesel idle reduction grant. McAdams said the city got \$6,040 in December.

But the green news gets better. A \$56,228 Clean Fleets North Texas grant will fund expansion of the city's alternative fuel technology.

"We'll be able to use biodiesel," McAdams said.

Betsy Deck, communications/marketing manager, said the City Council and administration are determined to build a "green fleet" that uses a range of alternative fuels.

"All of our vehicles will be low-emission, ultra-low-emission or zero-emission," Deck said.

McAdams said Euless likes to stay on the cutting edge.

"I can't wait to see what the future holds," he said.

Terry Evans, 817-390-7620