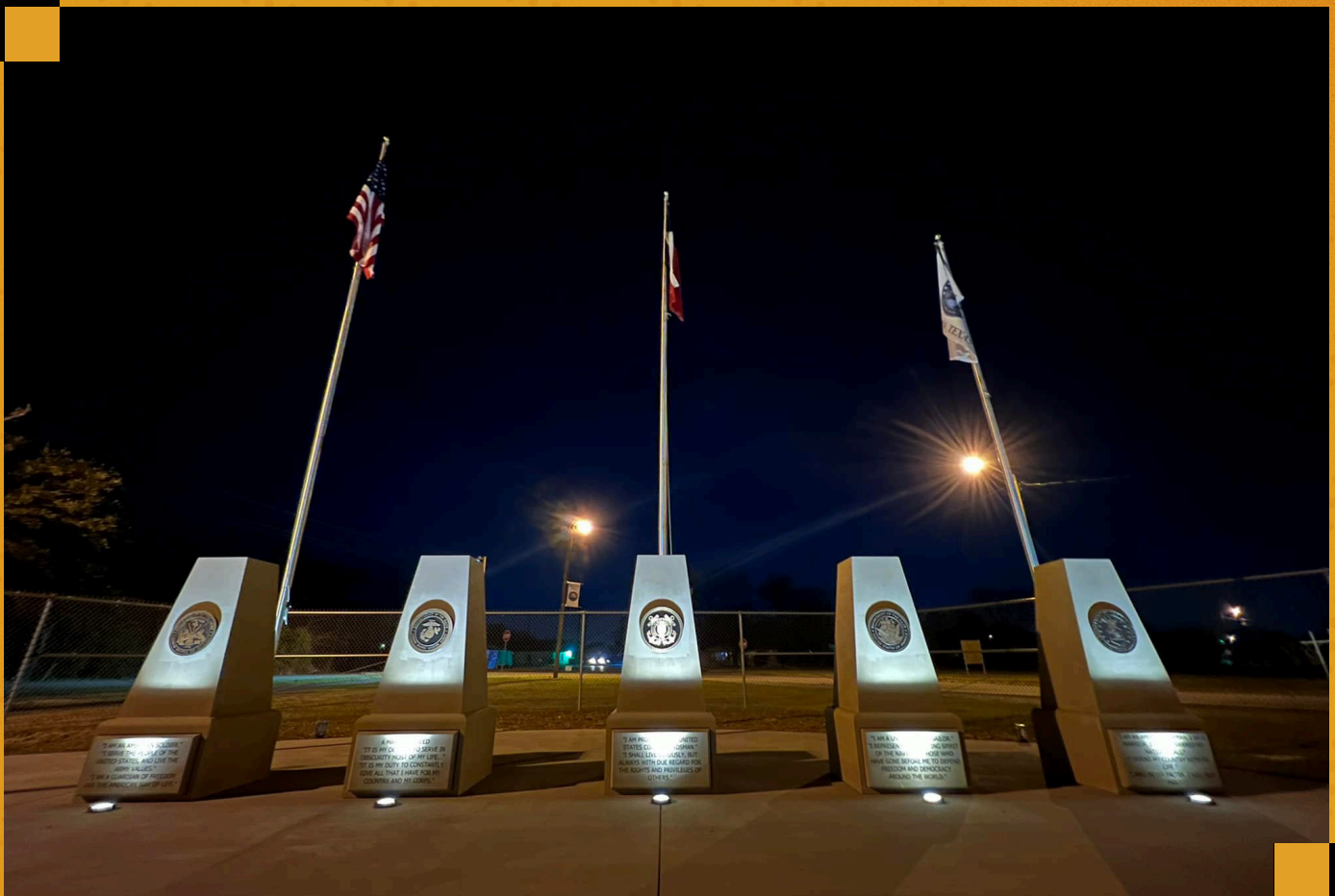


# Miles

SUMMER 2026

# EXPRESS



# Greetings

## Friends and Neighbors,

As summer settles in across Tarrant County, I want to take a moment to reflect on the past several months in Precinct One a season defined by meaningful gatherings, community-driven progress, and the steady work of building a healthier, more connected Tarrant County.

In early May, our office hosted the Inaugural Trauma & Resiliency Symposium at TCC Trinity River Campus a full day of learning, healing, and honest conversation about how trauma touches individuals, families, and entire communities. We brought together residents, clinicians, educators, faith leaders, and frontline practitioners to share the tools and strategies that make resilience possible. The response was extraordinary: attendees reported measurable gains in knowledge, and more than nine in ten participants told us they want to see this event return. That feedback is a clear mandate, and our office is already preparing for next year.

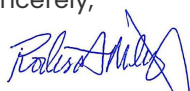
The symposium reflects something I believe deeply: that government works best when it meets people where they are with empathy, with information, and with practical pathways to support. That same principle has guided our other work this season, from advancing critical infrastructure projects across the precinct to honoring community pillars celebrating Dr. Gwendolyn Caldwell Morrison's fifty years of service to the Tarrant County College Board of Trustees. Honoring the passing of community leaders Dr. TA Sims and Jill Darden whose impact shaped generations in our community.

As we turn toward summer, our focus shifts to the young people of Precinct One. School is out, but opportunity should never take a break. Throughout June, July, and August, our team is partnering with community organizations to bring you a robust slate of free youth programming including Crowley Fun Fridays, Girls Inc, College Fo Kids & Additional Needs Swim Days at the Ryan Family YMCA, the Tarrant County Round-up and Camp Star. Every event is designed to keep our kids active, connected, and supported and to put practical resources directly into the hands of families, at no cost.

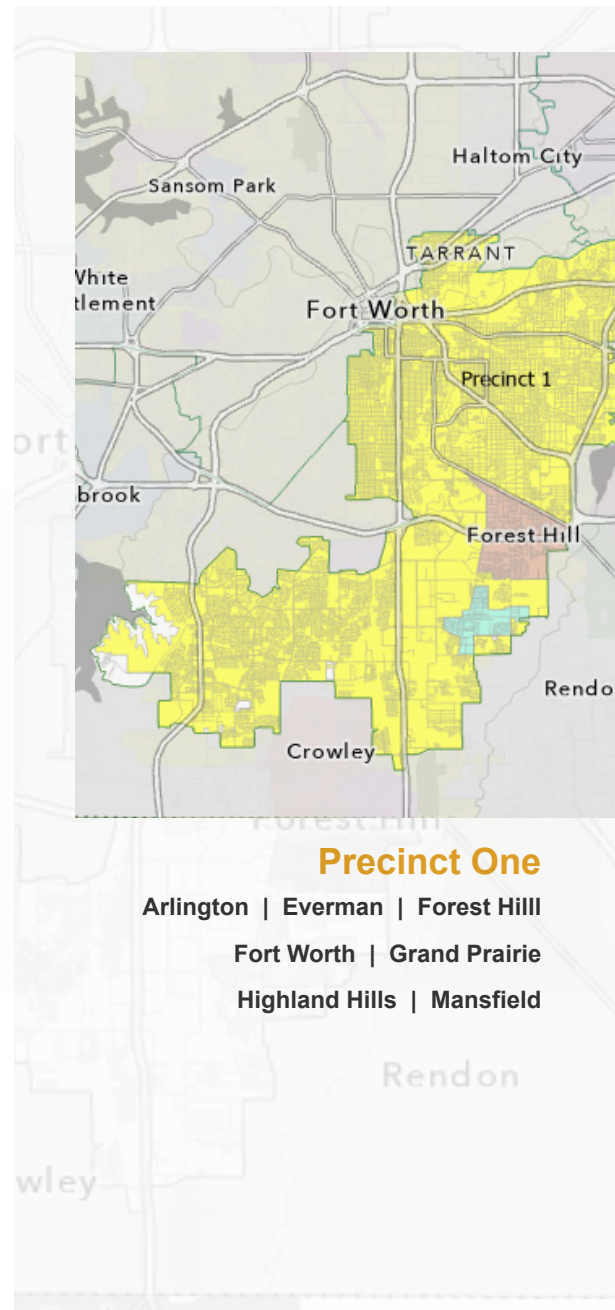
These programs only succeed because of partners, parents, and neighbors who show up. To everyone who has volunteered, sponsored, attended, or simply shared the word thank you. Your engagement is what makes this work possible.

As always, our office is just a call or email away. Whether you have a question, a concern, or an idea for how we can better serve your neighborhood, we want to hear from you. Precinct One is growing, and so is what we can accomplish together.

Sincerely,



Roderick Miles, Jr.  
Commissioner  
Tarrant County, Texas | Precinct 1



### Precinct One

Arlington | Everman | Forest Hill

Fort Worth | Grand Prairie

Highland Hills | Mansfield

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## A VISION FOR EXCELLENCE IN PUBLIC SERVICE

### Our Vision

To be a beacon of innovation and excellence in public service. We will cultivate an environment where creativity thrives, and we empower ourselves to deliver exceptional programs, opportunities, and services that truly address the diverse needs of our residents.

### Our Guiding Principles

We are a people-centered organization. Every interaction, both internal and external, will be guided by the principles of:

- Seen
- Heard
- Valued

### Our Core Values

- Trust & Integrity
- Timeless Commitment
- Effective Communication
- Exceptional Interpersonal Skills

Again, thank you for your continued support of our activities in Tarrant County Precinct 1 and if you are interested in submitting an article or subscribing to our newsletter, please email us at [pct1@tarrantcountytx.gov](mailto:pct1@tarrantcountytx.gov). We would love to share your event or news with our readers.



**Precinct 1**



# INAUGURAL TRAUMA & RESILIENCY SYMPOSIUM

By the Number

**152**

Registered attendees

**6**

Knowledge Areas covered



**100%**

believe healing and resilience are possible post event



**91%**

learned a new tool or strategy they planned to apply immediately.

“Inaugural Trauma & Resiliency Symposium was a powerful Day for Tarrant County”





On May 2, 2026, Commissioner Roderick F. Miles, Jr. convened the Inaugural Trauma & Resiliency Symposium at TCC Trinity River Campus a full day dedicated to understanding, healing, and equipping our community. The event drew 152 registered attendees representing community leaders, healthcare professionals, educators, social workers, and residents from across Tarrant County, all gathered around a shared belief that resilience can be built, taught, and passed on.

The impact reached far beyond the room. Across all six knowledge areas measured before and after the symposium, attendees reported meaningful growth with the most significant gains in identifying trauma-related behaviors in youth (3.51 → 4.36), applying emotional regulation strategies (3.14 → 4.27), and feeling equipped to respond to those affected by trauma (3.37 → 4.18). Attendees also reported being more aware of community resources, more familiar with ACEs and PCEs, and more confident in their understanding of trauma overall.

Just as telling were the commitments attendees carried out of the building:

- 100% believe healing and resilience are possible
- 91% learned a new tool or strategy they planned to apply immediately
- 91% committed to sharing what they learned with others
- 91% reported a deepened commitment to building trauma-informed communities
- 91% asked us to bring this event back

The symposium reaffirmed the heart of this work: Understanding Trauma. Cultivating Resilience. Restoring Hope. With overwhelming support to return, planning is already underway for next year with attendees specifically requesting an Adult Trauma Track, expanded CEU coverage, and TBRI® Certification.

**Together, we are healing our communities from the inside out.**



# Small Business

## SPOTLIGHT



**Tucked along Magnolia Avenue**, Bread and Better Life Café is a place where nourishment meets nurture. Fresh pastries, warm coffee, and cold smoothies are only part of the story. The real heartbeat of this café is its mission: to nourish body and soul, and to build a stronger, more connected community in the process.

Inside, a comfortable social room welcomes neighbors to gather, while a dedicated community room hosts free life-enrichment classes — including Mad Marriage, Mindful Mondays, The Grief Sessions, Financial Peace University, and Relationship Goals for young adults. Each one is designed to strengthen a different part of everyday life, from financial wellness to emotional resilience.

Our office recently experienced their hospitality firsthand when the Fort Worth Health Coalition was hosted at the café. The team was gracious, accommodating, and fully invested in making every guest feel at home — a reflection of the welcoming spirit that defines the space. If you are searching for a place that feeds you in every sense of the word, stop in and see why this Magnolia Avenue café is becoming a treasured community fixture.

## Bread & Better Life Café

1010 W. Magnolia

Fort Worth TX, 76104

(682) 224-3339

[breadandbetterlife.com](http://breadandbetterlife.com)

# Transportation Updates

## Wichita Street Widening Project

A long-awaited corridor improvement is officially funded and ready to break ground. The Wichita Street Widening Project a major Tarrant County Department of Engineering Services initiative running through the heart of Precinct One will transform one of southwest Fort Worth's busiest connectors into a modern, multi-lane corridor designed to keep our communities moving safely.

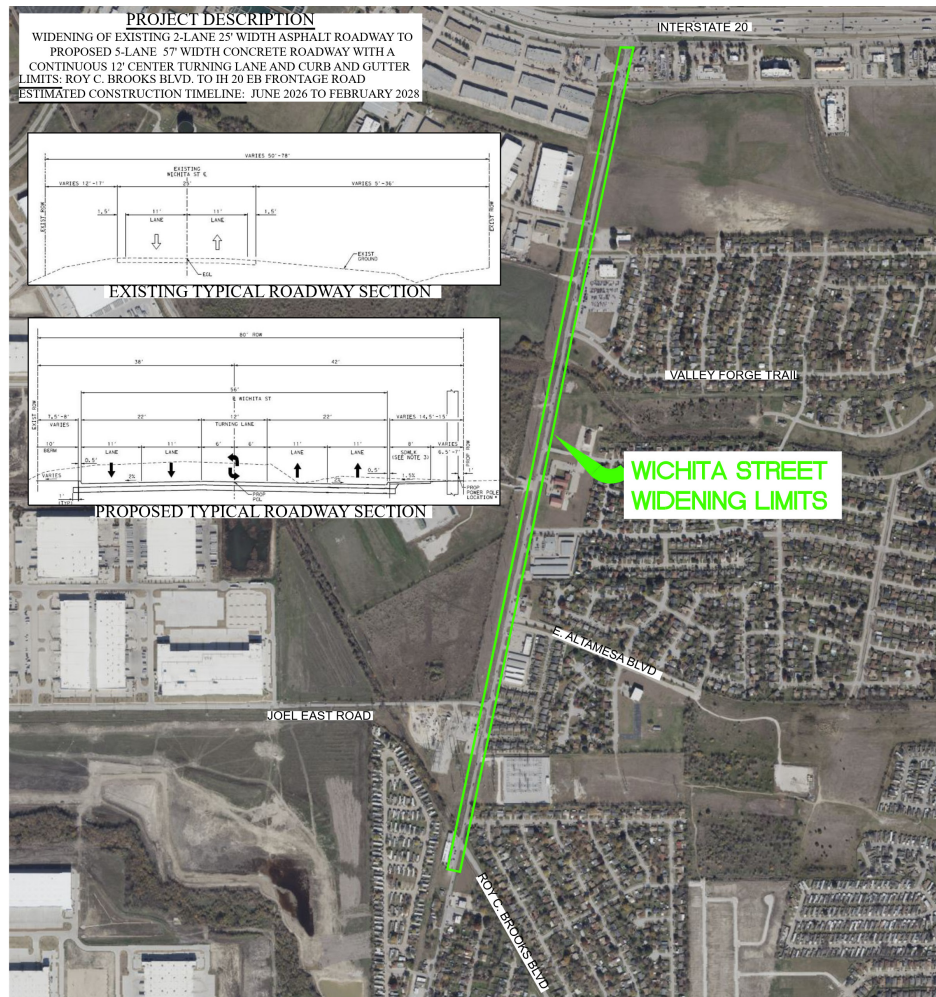
The project will widen the existing two-lane, 25-foot asphalt roadway into a five-lane, 57-foot concrete roadway with a continuous 12-foot center turning lane, full curb and gutter, and new sidewalk infrastructure. The improvements span from Roy C. Brooks Boulevard on the south end to the IH-20 eastbound frontage road on the north — a vital stretch linking residential neighborhoods, schools, and commercial centers directly to the interstate.

## What to Expect

Crews will mobilize this summer with phased work along the corridor. Residents and commuters can expect periodic lane shifts and brief detours throughout the build, particularly near the I-20 frontage road and the Roy C. Brooks Boulevard intersection. Our office will share regular updates as work progresses, and detailed traffic advisories will be posted to the Commissioner's social channels and at [linktr.ee/commishmiles](https://linktr.ee/commishmiles).

## Stay Connected

For questions, concerns, or direct project updates, contact the Office of Commissioner Roderick F. Miles, Jr., Precinct One, at (817) 370-4500 or [pct1@tarrantcountytx.gov](mailto:pct1@tarrantcountytx.gov).



## Wichita Street Widening Project PROJECT AT GLANCE

<b>Limits:</b>	Roy C. Brooks Boulevard to IH-20 EB Frontage Road
<b>Existing:</b>	2 lanes, 25 feet wide, asphalt
<b>Proposed:</b>	5 lanes, 57 feet wide, concrete with continuous 12-foot center turning lane
<b>New Features:</b>	Curb and gutter, sidewalks, modernized drainage
<b>Lead Agency:</b>	Tarrant County Department of Engineering Services
<b>Construction Window :</b>	June 2026 – February 2028

# Miles Across the County



**Ground Breaking  
of the  
Expansion of  
JPS Hospital  
Towers**



**NACO Legislative  
Conference,  
Washington, DC**



**Inaugural Trauma  
& Resiliency  
Symposium**

Keynote Speaker:  
Timmeka Perkins



Recognition of Trustee  
**Dr. Gwen  
Morrison's**  
50 years of service  
to Tarrant County  
College



**Grand Opening  
Rise Child Care**



**FWMBCC  
Business  
and Breakfast  
featuring  
Sharon Douglas**



# SAVE THE DATE

**11<sup>th</sup> ANNUAL**

HEALTHY LIVES MATTER

# ALZHEIMER'S EDUCATION SEMINAR

**AUGUST 2026** **22** **SATURDAY**  
9 A.M. - 2 P.M.

TCC TRINITY RIVER CAMPUS  
300 TRINITY CAMPUS CIRCLE, FORT WORTH, TX 76102

*Questions? Call (817) 370-4500 or (817) 531-5600*

# Men's Wellness Day

Saturday, June 13 | 10 a.m. - 2 p.m.

JPS Medical Home Southwest Tarrant  
5001 Mesa Springs Drive, Fort Worth, TX 76123



Join us for a day of screenings, expert health advice,  
and community resources built for men.

## Health Screenings

10 a.m. - 1:30 p.m.

- Prostate health screening
- STD testing
- Colorectal cancer screening (stool kits provided)
- Blood pressure checks

## Stop the Bleed Training 11

a.m. - Noon | 1 - 2 p.m.

Learn simple, life-saving techniques to help control severe bleeding during an emergency.

## Men's Mental Health

10 - 11 a.m.

Strategies for stress management and emotional wellness.

## Taking Charge of Your Health Q&A

Noon - 1 p.m.

With Dr. Razaq Badamosi, JPS Chief Quality Officer.  
*Boxed Lunch Provided*

## Wellness and Community Activities:

Free Food • Giveaways • Massages • Care Kits • Community Resources



Scan the QR code to learn more and register.



**Roderick Miles Jr.**  
County Commissioner  
*Precinct No. 1*

# Milestones & Achievements

CELEBRATING, STUDENT SUCCESS

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## Congratulations!

Congratulations to 20 scholars at Paul Laurence Dunbar Young Men's Leadership Academy (YMLA) who graduate with their associate degree from Tarrant County College.

These young men are college graduates before they will be high school graduates, what a powerful accomplishment!



# Summer

## FOOD PROGRAMS



### Fort Worth ISD Free Summer Meals

Fort Worth ISD is offering FREE breakfast and lunch to all children 18 and under from June 3 to July 3, Monday through Thursday. No registration or proof of income is required; just show up and enjoy a nutritious meal.

Find a school near you and get all the details at [fwisd.org/summerfoods](http://fwisd.org/summerfoods)

*No service on June 19 (holiday).*



### CISD Free Summer Meals Program

Crowley ISD is offering FREE breakfast and lunch to all children 18 and under (or up to age 21 if disabled) from May 27 to August 1. Additional enrollment in a Crowley ISD summer program is not required to participate.

Free meals are available at the following Crowley ISD sites: [Summer Meals Program](#)

For additional community sites, call 211 or visit [summerfood.org](http://summerfood.org).



### Fort Worth Summer Food Program

The City of Fort Worth is offering FREE lunch to all children ages 1 to 18. Children do not have to be enrolled in a program to qualify. There are a total of 21 locations across the city with hours that vary.

Find a community center near you and get all the details at [fortworthtexas.gov](http://fortworthtexas.gov).



### Grand Prairie ISD Summer Food Program

Grand Prairie ISD is offering FREE breakfast and lunch to all children 18 and under (or enrolled students up to age 21 if disabled) from May 27 to August 1. There are a total of 9 locations with dates that vary.

Find a school near you and get all the details at [Grand Prairie Summer Feeding Program](#).

# Upcoming

## PROGRAMS

# FREEDOM Vibes

**JUNE 14 - 20**

**JUNE 14 • POTTER'S HOUSE FORT WORTH**  
**CELEBRATION OF CHOIRS**  
 HOSTED BY KIRK FRANKLIN

**JUNE 18 • BASS HALL**  
**TEMPTATIONS • FOUR TOPS**

**JUNE 19 • FT. WORTH CONVENTION CENTER**  
**S.O.S. BAND • FREDDIE JACKSON**  
**MIDNIGHT STAR • ANGELA WINBUSH**  
**GLENN JONES**

**JUNE 20 • FT. WORTH CONVENTION CENTER**  
**BLACKSTREET • CARL THOMAS**  
**STOKLEY OF MINT CONDITION**  
**NEXT • CASE**

## RETHINKING JUVENILE JUSTICE IN TARRANT COUNTY

DATE: 27TH MAY  
 TIME: 7:00 PM  
 Location: BlankSpace Fort Worth  
 6609 E Lancaster Ave,  
 Fort Worth, Tx 76112

### COMMUNITY FORUM

COMM FRONTLINE

Instagram, Facebook, Twitter, Email icons

# Momming & Mental Health 2026



**Loving Your Children Starts With Loving Yourself**

**Saturday, May 30, 2026**

**9:30 AM - 2:00 PM**

**SAVE THE DATE**

**MORE INFORMATION COMING SOON!**

AN INTENTIONAL COLLABORATION



<https://www.intentionalheartsc.com/shopihcc/p/momming26>



Literacy Roundup is Celebrating America's Birthday

### Three Ways to Learn, Share, & Take Action

#### A Youth Oratory Contest

**Your Voice. Your Story. Your 250 Words.**

Students ages 7-18 are invited to take the 250-Word Challenge:

- ★ What would you thank America for?
- ★ What do you hope for in the next 250 years?



Record your speech



Submit your 250 words



Win \$250

*Deadline: July 4 (First 100 applicants per age group only, so act fast!)*

#### Dyslexia Simulation Experience

Join us for a hands-on dyslexia simulation that helps adults experience what the most common learning difference actually feels like.

- ★ Come learn, reflect, and walk away with a deeper understanding of how to support struggling readers.

**Location:** Fort Worth STEAM Academy, 300 E. Loop 820, Fort Worth, TX 76112

**Date:** July 14

**Time:** 5:30-7:30 p.m.

**Scan to Register:**



*Childcare will be provided with a reservation.*

#### 250 Students Screened by July 4

As part of this campaign, Literacy Roundup is working to screen 250 children for dyslexia by July 4—helping families identify learning needs early and connect them with the support.

- ★ Because every child deserves the chance to read, learn, and thrive.



*Learn more, sign up, or participate:*

Our Partners:



Go BEYOND Grades



# Youth

## PROGRAMS



### Rising Star Baptist Camp Star

Ages 4 - 14

More Info: [campstar@risingstarbc.org](mailto:campstar@risingstarbc.org)



### City of For Worth Ages 13 - 17

Fort Worth Rec Centers



### Girls Inc.

Girl Boss Summer Camp  
3rd - 12th Grade  
[girlsinctarrant.org](http://girlsinctarrant.org)



### Everything 4H

Horse Therapy  
Youth 12 - 14 Yrs  
5500 Norris St.  
Fort Worth, TX 76119



### Tarrant County 4H Photography Contest

Contact Jordan Peldyak  
Email: [Jordan.Peldyak@tamu.edu](mailto:Jordan.Peldyak@tamu.edu)



### Freedom School 2026 Ages 6- 15

[abchrist.org](http://abchrist.org)

# Summer Camps



**Tarrant Aread Food Bank  
Youth Programs**

[Click for More Information](#)



**Boys & Girls Clubs of Greater  
Tarrant County  
Summer Camp**

[Click for More Information](#)



**YMCA Fort Worth  
Summer Camps**  
*Day, Teen & Youth*

[Click for More Information](#)



**Camp Bloom**

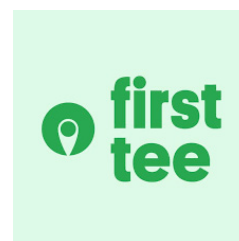
**July 9 - 11**  
**6:00 P.M. - 9:00 P.M.**  
Ages 6 - 10

Registration June 24 at 6pm  
To enroll call: 817-355-4673



**Camp Fire  
Summer Camp**  
*Day, Overnight*

[Click for More Information](#)



**Youth Golf  
Summer Camp**

[Click for More Information](#)



August 7th

Registration Required  
backtoschoolroundup.org

Arlington Summer Camps

Multiple Locations



TCC College for Kids  
Grades 3-9

www.tccd.edu

The summer school is  
**FREE** for ALL 1-8 grade  
Everman ISD students



## Fort Worth Mobile Tool Shed Program

The Fort Worth Mobile Tool Shed is a complimentary initiative funded by the city, designed to deliver lawn and yard tools right to the homes of residents, facilitating property maintenance and adherence to codes.

Residents have the opportunity to borrow:

- Lawn Mowers
- Weed Eaters & Edgers
- Leaf Blowers, Loppers, Rakes, and more

Currently, this program is accessible exclusively to residents in Fairhaven, Seminary South, and Worth Heights.



# PRECINCT 1

==== **County Commissioner** ====  
Roderick Miles, Jr.

## Outreach Team

**Dr. Jamal Williams**  
Chief of Staff  
Programs & Outreach

**Amanda Applon**  
Community Outreach  
Coordinator

**Stephanie Thompson**  
Assistant Precinct Administrator

**Leon Polk**  
Community Outreach  
Coordinator

## Maintenance Facility Team

**Joe Trammel**  
Field Operations Director

**Richard Hatcher**  
Assistant  
Field Operations Director

**Jessica Philips**  
Business Manager

## Contact Us

**DPB Southwest  
Sub-Courthouse**  
6551 Granbury Road  
Fort Worth, TX 76133  
817-370-4500  
Monday - Friday  
8:00 A.M. - 4:30 P.M.

**Miller Avenue  
Government Center**  
Administrative Building  
3500 Miller Avenue  
Fort Worth, TX 76119  
817-531-4600  
Monday - Friday  
8:00 A.M. - 4:30 P.M.

**Maintenance  
Facility**  
800 E Rendon-Crowley Road  
Burleson, TX 76029  
817-615-4050  
Monday - Friday  
8:00 A.M. - 5:00 P.M.

[www.tarrantcountytx.gov/commissionerprecinct1](http://www.tarrantcountytx.gov/commissionerprecinct1)  
[pct1@tarrantcountytx.gov](mailto:pct1@tarrantcountytx.gov)

