

A SMALL  
PART  
OF A  
BIGGER  
STORY

# TidBits

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## THE CINCO DE MAYO RUN, WALK & ROLL IS BACK!

Cinco de Mayo Run, Walk & Roll is Back! On May 4, 2019, Run, Walk or Roll with us to help raise money for people in our community living with spinal cord injuries and disabilities. The event benefits Neuro Assistance Foundation. Packet pickup and race will begin from Playtri Store McKinney, 7951 Collin McKinney Parkway, Suite 1500, McKinney 75070. The 1K Run/Walk/Roll will begin at 7:45am, the 5K Run starts at 8:10am, and the 10K Run/Walk/Roll: 8:05am. Wheelchairs are welcome to compete in the 1K and we will have a hand cycle category for the 5K and 10K race. Handcycles will start 1 minute before their official distance start listed above. Neuro Assistance Foundation is dedicated to assisting spinal cord injured and disabled individuals in the Dallas/Fort Worth & Lubbock areas to achieve self-sufficiency and mobility through assistive vehicles, equipment, technology and home modifications. NAF will strive to ensure that every spinal cord injured or disabled person in our community has the equipment necessary to be mobile and independent. According to a recently released study, 1 in 50 Americans are living with paralysis. This is over 1 million more people than previously estimated. Nationwide, 5.6 million people are paralyzed and 1.3 million have a spinal cord injury. Many need NAF to help them now more than ever!

visit: [neuroassistance.org](http://neuroassistance.org)

## 20TH ANNUAL ART IN THE SQUARE JOINING TOGETHER, HAVING FUN, HELPING OTHERS

Art in the Square celebrates its 20th anniversary from April 26-28 at Southlake Town Square. Over the years the Southlake Women's Club's primary goal has been two-fold: to give back to the community and provide a quality juried art festival. The 20th will not disappoint you. Art is in abundance! Over 160 juried professional, six emerging and 100 high artists will be displaying their artwork. New for the 20th is a "Featured Artists Alley" located on Main Street recognizing artists for their participation for at least 15 of the 20 years. All artists bring outstanding 2D or 3D artwork for the patrons to enjoy and purchase. Also take the time to sit down enjoy local and professional entertainers on one of the two stages. Both the Friday and Saturday night headliners will be performing on the Methodist Southlake Hospital Stage in Le Bistro at 8:30pm. Friday Night's Headliner, "Walton Stout Band" performs musical sounds that encourages dancing in the street. Saturday Night's Headliner, "A Thousand Horses" will entertain the crowd with their southern rock and contemporary country sounds. Food and beverages can be purchased in the Le Bistro and around the festival. Kids Korner offers hands on children's art experiences. The Zone thrills children with the zip line, bungee and rock climbing. For the less adventurous there are inflatables and more. Tickets are required for food and children's activities, but admission and parking are free. Attendance helps charities that serve women, children and families in Northeast Tarrant County. Mark your calendar to attend Art in the Square, a nationally ranked art festival. Be a part of the celebration for culture and community. No where else can you experience art, entertainment and family fun all while helping others in the community.

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

