

Bomber Heights



NEIGHBORHOOD ASSOCIATION

June 2011
6th Year 6th Edition

P.O. Box 123204 Fort Worth, TX 76121
www.bomberheights.org

Bomber Heights Neighborhood Association

Monday, June 20th, 2010
6:30pm Meet & Greet 7:00pm Meeting

**Agape Baptist Church, Faith Hall
3900 Southwest Blvd.**

**Safety Fair from 6pm to 8pm
In conjunction with FWPD
(See page 5 for more info)**

****Water will be available****



GED CLASSES??

Deadline - July 1st

Consideration is being given to the possibility of additional GED classes at Agape Baptist Church on Saturday mornings.

If you are interested, contact Dawn Fain at (817) 925-8022 or dawnfain@sbcglobal.net.

Required information:

- *Name
- *Address
- *Phone Number
- *Last grade in HS completed
- *English language proficiency (average to good)

Dawn's Dialogue

It's not even June 21st and summer is upon us. With the extreme temperatures comes a bit more maintenance to yourself, vehicle, pets and your home with the number 1 rule being...keep all 4 hydrated. Drink plenty of water, keep cool water available for pets (my trick is to freeze bowls of water and put into their dish to keep cool on hot summer days), make sure your car is serviced with extra water in the trunk and to water both your grass and plants but also your foundation on your home. If you have elderly or disabled neighbors please take time to help them out so they avoid costly repairs. A little time from you makes a huge difference to others.

As we continue to grow I really want the neighbor's feedback and participation. This could be for the newsletter, website, meeting programs or activities that we do. With more people each person has to do less to get the same job done. Can you imagine what we can do with participation of only ½ of our 1500 homes? The possibilities are endless! STEP UP and support YOUR neighborhood and make your opinion count. Let's work to make our community the best place to live in Fort Worth!

Your Neighbor and President,

Dawn Fain



Hometown Nazareth VBS
5:30- 8:00 pm ~ June 13-17th
~ K-6th ~

A fun-filled week of learning about God's truths through games, shops, and creative story-telling. We will go back in time and learn about Jesus as a kid in the town of Nazareth. A lite meal will be provided.

Come and preregister at a fun-filled VBS kick off party June 12! (6-8 pm)

Parents and Family are invited for a special closing ceremony Friday Night (17th). (7-8 pm.)

Register Online at www.agapebaptist.org/vbs

MAD Children's Camp

July 28- Aug 1

~Completed 3rd-6th Grade



Come and join the fun as we travel to Riverbend Retreat Center to participate in "Make A Difference" Camp. We will experience kid-friendly Bible study, games, swimming, lake-front activities, kid-friendly worship times, and so much more.



(Back to School Bash)

August 17th ~ 6:30-8:00 pm

Join in the fun as we wrap up the summer with a time of fellowship and games. We will focus on preparing for the upcoming year by reflecting on the summer and getting excited about what's to come!



(Kid Konnection)

June 21st- August 10th ~ K-6th

Tuesday Mornings ~ 9:45- 11:45

We will explore God's truths through hands-on, fun-filled, learning experiences. We will use current children's literature to connect scripture to real-life experiences. Each child will have the opportunity to learn more about God while also growing their reading and critical thinking skills.

Wednesday Nights ~ 6:30-8:00

We will continue exploring God's truths by exploring the challenges and triumphs of popular Bible Heroes. We will learn through high energy games, creative story experiences, and mind boggling puzzles. We will also reflect on God's truths through journaling exercises and kid friendly discussion times.

For more information, please contact:
Shena Smith
817.923.6800
ssmith@agapebaptist.org





Heart Healthy Recipe

Bacon, Lettuce, and Tomato Salsa Sandwich

Makes: 4 servings

Start to Finish: 25 minutes

Ingredients

- 2 large ripe tomatoes, seeded and coarsely chopped
- ¼ cup finely chopped red onion
- ¼ cup chopped fresh cilantro
- 1 tablespoon finely chopped jalapeno pepper
- 1 tablespoon lime juice
- 1/8 teaspoon kosher salt
- 8 slices turkey bacon
- ¼ cup light mayo or salad dressing
- 4 10-inch vegetable flavor or plain flour tortillas
- 2 cups fresh baby spinach

Directions:

For tomato salsa: In a medium bowl, combine tomatoes, red onion, cilantro, and jalapeno pepper. Stir in lime juice and kosher salt. Set aside.

Cook bacon according to package directions. Drain well on paper towels; cut bacon into large pieces.

To assemble sandwiches, spread mayo over tortillas; top with spinach. Using a slotted spoon, spoon tomato salsa over spinach. Top with bacon. Roll up tortillas to enclose filling. Cut each tortilla in half.

<http://my.hearthealthyonline.com>

BHNA Treasurer's Report for May 2011

Treasurer report as May 1 st	\$4,978.79
Deposits for May	\$246.00
Expenses for May	\$482.83
Ending Balance as of May 31 st	\$4741.96

BHNA Meeting Minutes, *once approved*, are available to anyone upon request from the BHNA Secretary. Email secretary@bomberheights.org or call (817) 692-0072.

Get it Done. Rent it Now!

Sunbelt Rentals has the equipment you need.

Construction, Industrial, Homeowner & Specialty Items

- Aerators
- Augers
- Bed Cultivators
- Bed Edgers
- Brush Chippers
- Carpet Extractors
- Dethatchers
- Hydroseeders
- Lawn Blowers & Vacs
- Mini-Excavators
- Pressure Washers
- Pruners
- Sewer Eels
- Skid-Steers
- Sod Cutters & Rollers
- Straw Blowers
- Stump Grinders
- Tile Saws
- Tillers
- Tractors & Attachments
- Trenchers and More



SUNBELT
RENTALS

Propane Frequent Filler Card Available

Purchase 4 fills and receive the 5th for FREE.



4001 Benbrook Hwy
Fort Worth, TX 76116
(817) 738-2111

Call **1-800 No Sweat** (667-9328) to be connected to the nearest location or visit www.sunbeltrentals.com

THE "NO SWEAT" GUARANTEE. Satisfaction • Delivery • Service • Availability • After-Hours Response

Congratulations June 2011 Yard of the Month!!!



This decorative home is located on Dilworth and features a bubbling fountain and café seating to enjoy the cool summer evenings. A swing hangs from the tree inviting its residents to enjoy the sounds of summer. The home is bordered with paving stones and lush flowers. Thank you for making your home inviting to the entire neighborhood.

Welcome Lydia Liles to Bomber Heights NA!

MY GARAGE



**"Let MY GARAGE
be your garage"**

In Business Since 1982

4916 Old Benbrook Road
Fort Worth, TX 76116
817-738-0045



*Tracy Snyder, Owner - "We'll take care of your
automotive repair needs bumper-to-bumper."*

-BNA Business Member and Advertiser-



**Tired of Crime in Your Neighborhood?
Become a COP and Sign Up TODAY!!!**

Training Dates

August 13th
November 12th

8:00 am to 4:00 pm

Contact Officer Ladd
Phone (817) 851-9627
Email brent.ladd@fortworthgov.org

See How You Can Team Up with Your Neighbors and the
Fort Worth Police Department to Deter Crime and Make the
Bad Guys Go Somewhere Else!



Are You Having Concerns About The NEWS You Are Hearing?

Attend our monthly meetings and
Get The Facts.

- *District 3 City Councilman
- *Neighborhood Patrol Officer
- *Updates from Chesapeake
- *Code Compliance
- *Other Requested Resources

*General meetings are held the 3rd
Monday of each month (except
December).*

Remaining meetings are:

- ***June 21st** Safety Fair including RAPIDS program, KID ID, Bike Rodeo, FWPD Patrol Unit and an information table
- ***July 19th** Water Conservation
- ***August 16th** School & Community
- ***September 20th** Automotive Care & Tips with Tracy Snyder (My Garage)
- ***October 18th** Bingo Dinner
- ***November 15th** Elections / Volunteer Appreciation

WANTED:



A good neighbor experienced in masonry to complete a small job, bricking the base of our community sign, as part of our Park Project.

*Materials will be provided

**Contact Audra Andrews at
(817) 763-5453 for more details**

Celebrating our 7th Year!

Family Owned and Operated Since 2004

HAYS AUTOMOTIVE

Keith Hays:

**ASE certified Master
Technician**

Ford Motor Company Senior Master Technician

**4300 Benbrook Highway
817 696 8888**



Safety Fair – Monday, June 21st

6 pm to 8pm

In conjunction with our General Meeting

Join BHNA and the FWPD for:

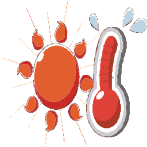
***Bike Rodeo** – have your children bring their bikes and helmets to be inspected and ride the bicycle safety course.

***RAPIDS** – get your own bar codes to safeguard your high cost items.

***KID ID**

***FWPD Patrol Unit on display**

***Information Table**



Did you know? - Water makes up more than half of your body weight?

As the mercury in the thermometer rises, so does our need to stay hydrated. Every cell, tissue and organ in your body needs water to function correctly. Here are a few ways to hydrate during the hot summer months, as well as all year long:

Cold water: Cold water hydrates, cools, and refreshes you like nothing else. If your tap water has levels of components/ contaminants that you aren't comfortable with, you can buy a filtering system (even the affordable carafe type) that can help.

Water With Natural Flavor Essence: This type of flavored water — with no calories and no alternative sweeteners — is a tasty alternative to plain water. If it tastes good to you, you'll be more likely to drink more of it -- and stay more hydrated.

Iced Green or Black Tea: Look for noncaffeinated versions if you drink tea throughout the day, and use the least amount of sweetener you can tolerate.

Iced Coffee: A great way to get the caffeine boost without the "burn," the lowest-calorie way to go is to drink it black, or add a splash or two of low-fat milk or a flavored, fat-free creamer. And you can make it even healthier by choosing decaf.

Fruit Spritzer: Don't let the word, "spritzer" throw you — this is just a half-water, half-fruit juice mixture. The fruit juice adds flavor, some nutrients (including the electrolytes sodium and potassium), an appetizing color, and even a small amount of fiber if you use a nonfiltered fruit juice.

SOURCE: Fit Fort Worth



G. Paul Baker
Baker Insurance Agency



FARMERS

4217 Benbrook Hwy
Fort Worth, TX 76116

817-737-5421 Phone 817-731-6693 Fax
pbaker@farmersagent.com

Special
insurance
discounts for
educators

 EducationAppreciation.com

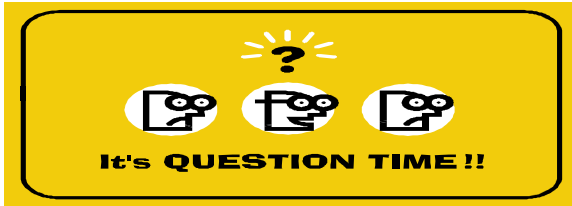
 EdHelpForParents.com

Passcode: **FORTWORTH-WESTERNHILLS**



**From the
“Green
Thumb”
Guy.....**

It finally happened. After a nice cool spring, summer is here and does it ever feel like it. Just like we are all feeling the summertime blues, our plants are as well. Watering your landscape is one of the most important tasks on your to-do list. Carefully monitor all the water needs of your green friends and you will be rewarded with vigorous, healthy plants for the rest of the summer months. Water the lawn less frequently but more deeply (equivalent to 1” of rain per week). This will promote deeper rooting and stronger shrubs and trees as well as a lawn that will keep that nice healthy green color. Be especially vigilant with flowers in containers. Remember that all the water and nutrients they are able to absorb are only available from that small little pot sitting out in the full sun. Do not be surprised if some of them need daily or even twice-daily drinks. This is the time of year that all our plants can come under attack from various insect pests. Spider Mites are taking their toll on the tomato plants and look out....here come the webworms, bagworms, chinch bugs, grubs,....aaaah the list goes on and on! There are many great pesticides available (chemical or organic) to keep the little buggers under control. If you are not sure, take a sample to a qualified professional for help and like I have said before, ALWAYS read the label directions! Next month I will pass along some helpful hints for late-summer color as well as other good plant related stuff so until then....Happy Gardening to All and by all means, keep cool!!! *Steve



May General Meeting - *Where Were You?*

Keith Wells presented KnowWhat2Do for our May General program. This informational meeting gave those in attendance information on siren locations, details on siren testing and when sirens are sounded. Residents were able to ask questions regarding their concerns during recent storm activity and get those important questions answered. As an added bonus BHNA gave away a Weather Radio to one lucky attendee, Annette Henderson. Congrats and thank you everyone that attended!



**Don't miss the next
General Meeting on
Monday, June 20th!**

BHNA Calendar of Events

June
July
August
September

October
4th – National Night Out

November
Elections

Important Numbers

BHNA City Council Member:

Zim Zimmerman District 3 (817) 392-8803

Email: district3@fortworthgov.org

Neighborhood Police Officer:

Officer Brent Ladd (817) 851-9627

Email: brent.ladd@fortworthgov.org

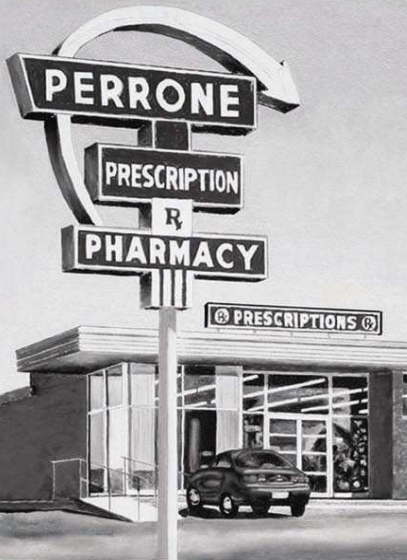
Code Enforcement Officer:

Autumn Jacobo (817) 965-6840

Email: Autumn.Jacobo@fortworthgov.org

CHEERS...to Bomber Heights neighbors that have been seen helping their neighbors with various household and yard work. As we drive through our neighborhood we've had many compliments on neighbors helping neighbors.

WAY TO GO Bomber Heights neighbors!!



PERRONE PHARMACY
SERVING FORT WORTH SINCE 1952

817.738.2135 PHONE
817.763.8784 FAX

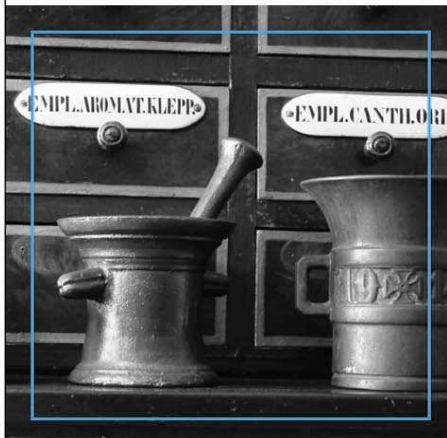
3921 Benbrook Highway
Fort Worth, Texas 76116

COMPOUNDING SPECIALISTS

Simply stated, compounds are 'recipes' for medications.

Perrone Pharmacy is established as one of the few pharmacies in Fort Worth that continue to offer this service.

We specialize in preparing dermatologic, pediatric, veterinary, and hormone replacement therapy compounds.



THE PERRONE DIFFERENCE

- Home Delivery
- Six Staff Pharmacists
- Phones Personally Answered
- Over 1000 Medications in Stock
- Pain Management Medications
- Home Care Equipment
- Nursing Home Blister Packing
- Electronic Prescriptions
- Most Insurance Plans Accepted
- U.S. Post Office Inside the Store

ADVERTISE WITH US!

THREE MONTHS

Business Card..... only \$35.00
Quarter Page..... only \$50.00
Half Page only \$75.00
Full Page..... only \$125.00

ONE YEAR

Business Card only \$110.00
Quarter Page only \$150.00
Half Page only \$260.00
Full Page..... only \$400.00

(ad sizes are approximate.)

Printing of this Publication
Generously Underwritten
by

**Ridglea
Construction
Southwest**

and Supported by the
Advertising of the Businesses
in this Newsletter.
Please Support our Advertisers.

BHNA Officers

President

Dawn Fain (817) 989-0910
dawnfain@sbcglobal.net or
president@bomberheights.org

Vice President – OPEN

vicepresident@bomberheights.org

Secretary

Zully Schultz (817) 692-0072
secretary@bomberheights.org

Treasurer - OPEN

treasurer@bomberheights.org

Volunteer Coordinator

Audra Andrews (817) 763-5453
volunteer@bomberheights.org

Hispanic Liaison

John Barcenas (817) 735-8350
liaison@bomberheights.org

Interested in Serving?

BHNA Volunteers Needed

If you are interested in volunteering for BHNA events
(see **Calendar of Events on page 7**) please email Audra
Andrews at volunteer@bomberheights.org.

***Volunteerism is highly encouraged.
Everyone has a place to serve and be a
great neighbor in our community.***

The Purpose of Bomber Heights Neighborhood Association

To provide an organized framework that
promotes, enhances and solidifies the
quality of life in the Bomber Heights
community through the active involvement
of its residents through educational and
charitable endeavors.

Check out our website!

www.bomberheights.org

Give us your feedback at newsletter@bomberheights.org