

Bomber Heights



NEIGHBORHOOD ASSOCIATION

November 2009
4th Year, 11th Edition

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



November Meeting **Executive Board Election**

Make your voice heard as you vote for you neighborhood Executive Board!

JOIN US!

Monday, November 16th, 2009 at
Agape Baptist Church Faith Hall
Doors Open/Meet & Greet 6:30 p.m.
Meeting Begins at 7:00 p.m.

*Thank you to Agape Baptist Church for
allowing us to use your facilities each month.
Your contribution to our community brings us
together!*



Holiday Lawns!

BHNA is sponsoring a "Holiday Lawn Decorations Contest."

So start planning your holiday decorations now
as the holidays are approaching fast.

See page 6 for more details.



EARLY **NEIGHBORHOOD** **HISTORY** **MARY'S CREEK** **AREA**

By Bob Adolph

The following information comes mostly from 2 sources: "The Handbook of Texas Online (A project of the Texas State Historical Association)" and Richard F. Selcar's book "Hell's Half Acre".

While there were numerous robberies of both stage & mail lines as well as trains (increasing) most beginning in the late 1870's we will only cover those in the Mary's Creek area (13 miles west of Fort Worth). The Fort Worth to Fort Yuma stagecoach was robbed twice in 3 days by two masked gunmen at Westland, Mary's Creek (Oct. 29th and 31st, 1878). During the second hold-up a "J.B.A. Ross" shot one of the robbers whose body was found about 2 miles away. Part owner of the stage (Col. "J.D." or "J.T.") Chidester collected the \$250 bounty for the dead robber. There was no record as to how much loot the surviving robber got. The stage lines slowly went out of business and the trains became the mail target.

On June 4, 1887 a gang struck (probably the Rube and James Burrows gang) the eastbound Texas & Pacific from El Paso was stopped and boarded. The holdup men stopped the train on a high trestle over Mary's Creek so that only the engine, coal car and express car were off the trestle. All the passengers sat high and dry over the bridge thus preventing passengers and crew from interfering with the robbery in progress. After pilfering the safe and mail bags, four robbers made off with \$2500. A couple of years later (in Denver) Burrows told a newspaper reporter that he pulled off a couple of robberies at "Bend Brooke". He estimated his take at \$4000 and \$400 having apparently used the above tactic twice not the once. The Burrows gang moved eastward out of the area.

(Watch for our next installment in December's edition.)



Heart Healthy Recipe

Apple & Granola Breakfast Crisp

Makes: 4 servings

Start to Finish: 35 minutes

Ingredients

- 1 tablespoon butter
- 2 medium apples cored & quartered
- 1 tablespoon packed brown sugar
- 1/4 teaspoon ground ginger
- Dash of cinnamon
- 1 6 oz fat free plain yogurt
- 1 teaspoon finely shredded lemon peel
- 4 teaspoons honey
- 1/4 cup low fat granola

Directions

In medium skillet, heat butter over medium heat. Add apples and cook about 5 minutes or until apples are golden brown, turning occasionally. Reduce heat to medium-low. Stir in brown sugar, ginger and cinnamon. Cook and stir 5 minutes or until apples are nearly tender. Remove skillet from heat. Cover and let stand 10 minutes until apples are tender.

Meanwhile, combine yogurt with lemon peel. Divide cooked apples among individual serving bowls. Top with yogurt. Drizzle with honey. Sprinkle with granola.

<http://my.hearthealthyonline.com>



Meal Ticket

You've heard that breakfast is the most important meal of the day, but did you know it's also the most important meal of your diet?

A new study shows that skipping the first meal tricks your brain into thinking you want higher-calories foods later in the day.

Researchers used functional magnetic resonance imaging (fMRI) to look at how feeding behaviors affected the brain's reward center. They studied 20 healthy non-obese people who skipped breakfast before an fMRI. While showing them pictures of high-calorie foods such as pizza, and pictures of low-calorie foods, such as salad, the participants' reward centers became more active when they saw the high-calorie foods. When people in the study did eat breakfast, their brains' reward center did not show any greater activity when looking at photos of the pizza.

Source: The Endocrine Society 2009 Annual Meeting

Congratulations November 2009 Yard of the Month!!!



The bright colors of Fall burst from the beautiful green lawn of this home. Neighbors are sure to reap the rewards of the resident's efforts in displaying beautiful beds of seasonal plants and tropicals, trimmed with brick edging. A combination of colorful blooms and native plants line the front, rounding the corner with large elephant ears. An inviting wishing well, encircled by shades of green, completes the scene.

**We applaud you for taking pride and enhancing
our neighborhood!**

West Side CAFE

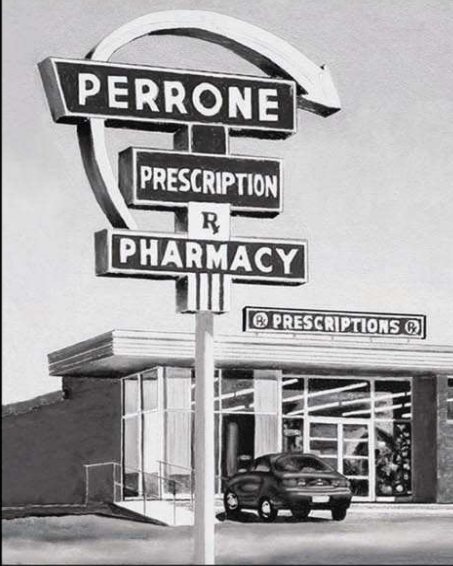
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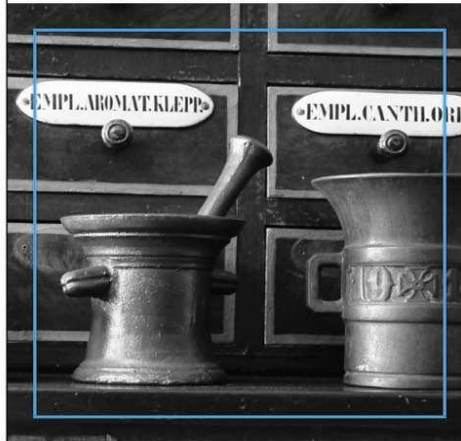
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Email brent.ladd@fortworthgov.org

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!

HELPING BUILD MORE PLAYFUL PARKS.

TOGETHER, WE ALL WIN.



As the nation's largest independent producer of natural gas, Chesapeake knows the importance of providing a beautiful place where children of all ages can play. That's why we are proud to have sponsored the Bomber Heights Neighborhood Association in its efforts to revitalize South Z Boaz Park. When we have clean and pleasant parks, children win. Parents win. *Together, we all win.*

Chesapeake Energy is proud to have sponsored the Boaz Park improvement project. To learn more about natural gas and Chesapeake's role in the Barnett Shale, visit www.AskChesapeake.com.



NYSE:CHK • Fort Worth, Texas • 817-502-5000 • AskChesapeake.com

Crime Statistics Summary: October 2009

Burglary of Habitation
7200 Block Overhill Rd

Burglary of Motor Vehicle
6900 Block Tumbling Trail

Aggravated Assault
7400 Block Mohawk Ave



Dear Neighbors and Friends,

It is hard to believe 2009 is almost a memory. While it has been a challenging year from most perspectives, we continue to press on towards the goals and good we all want in our neighborhood and lives. With persistence, a little patience and our community really working together we will achieve those aspirations for our community here in Bomber Heights.

A few highlights of this year are the South Z Boaz Park Dedication, National Night Out and Non-Profit Recognition.

We had a wonderful showing of people and community collaboration to celebrate our park dedication with our mayor, city departments, local businesses, school groups and of course our very own members in April.

National Night Out was moved to South Z Boaz Park this year since we now have a community area to have events with the improvements to the park. We believe that National Night Out will be a major event in the coming years for the neighborhood and will get better each year. Keep it in mind as next October comes along.

BHNA received designation as a 501c3 nonprofit organization this year which will make it easier for our association to do more good. Businesses and individuals may now make tax deductible contributions to BHNA!

I encourage you to **attend November's meeting** as it is our **General Election Meeting**. You will have the opportunity to choose the leadership in the neighborhood with your **vote** that will represent you before the city council and make important decisions that affect your life in Bomber Heights. If you would like to serve on the 2010 BHNA Executive Board please contact our Nominating Committee Chair, Stephanie Busby, at 817-501-1819.

Thank you to all of you who make BHNA a great place to live. It has been my honor to serve as your president this year.

Sincerely,

Jarrod Roecker

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Greeting Cards & Magazines
A proud supporter of the
Bomber Heights
Neighborhood Association



SCHOOL NEWS!

Leonard Middle School
"Home of the Longhorns"
New Phone Number 817-815-6200

Points of Pride:

- 8th Grade Volleyball Team recently named "District Champs"
- Largest Number of Band Students named "All District"
- Junior Cadet Core (JCC) will participate in local Veteran's Day Parade

December 7 & 8 – International Baccalaureate (IB)
Authorization Visit "Only school in FWISD to be an IB World
School once authorized!"

FWISD Bond Program funds at work: Electrical and A/C
Upgrades currently in progress

Western Hills High School
"Home of the Cougars"
New Phone Number 817-815-6000

REMINDER

Upcoming School Holidays

Thanksgiving Break
November 23rd through 27th

Winter Break
December 21st through January 4th

CHEERS!!!

To Agape Baptist Church for
generously allowing Bomber
Heights NA to hold our general
meetings in Faith Hall!

Holiday Lawn Decorations Contest

Bomber Heights NA will host our first annual "Holiday Lawn Decorations Contest".

Judging will begin the week of December 13th, 2009

All homes in Bomber Heights are eligible for this contest. Prizes will be awarded for 1st Place and Honorable Mention.

We look forward to seeing how festive Bomber Height's neighbors are.



Helping Others!

Bomber Heights NA is helping out a neighbor in need this holiday season.

Donations are needed to allow this family a wonderful Christmas Dinner.

Items needed:
Canned Food
Dry Goods
Monetary Donations

If you would like to donate please contact Audra Andrews at (817) 763-5453.

Don R. Walker

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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

Email: Autumn.Jacobo@fortworthgov.org

BHNA Meeting Minutes, once approved, are available to anyone upon request from the BHNA Secretary. Email update@bomberheights.org or call (817) 731-2228

BHNA Treasurer's Report for October 2009

Balance as of October 1st.....	\$5,288.44
Deposits for October	\$ 131.60
Expenses for October	\$ 355.31
Ending Balance as of October 31 st	\$5,064.73

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(ad sizes are approximate.)



What If 10% Give Back Program

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There isn't one! Hawk will do all the work for you. Hawk will even pay your cancellation fees from your current cell phone provider and match any discounts you're already receiving! Sounds like a no brainer!

Organization Spotlight **Bomber  Heights**



www.WhatIf10.com

BHNA Officers

President

Jarrod Roecker (817) 731-2228
president@bomberheights.org

Vice President

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

Secretary

Velma Martin
secretary@bomberheights.org

Treasurer

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

Volunteer Coordinator

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

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.