

# Bring your smile to us!

Otice Z. Helmer, Jr., D.D.S.



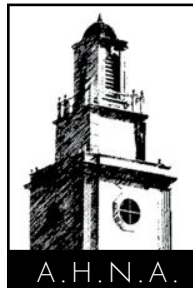
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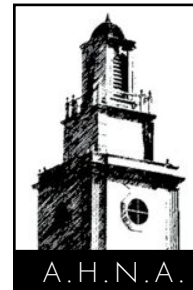
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A.H.N.A.



JANUARY - FEBRUARY 2010  
ARLINGTON HEIGHTS

NEIGHBORHOOD NEWS & VIEWS

NEWSLETTER OF THE ARLINGTON HEIGHTS NEIGHBORHOOD ASSOCIATION • WWW.ARLINGTONHEIGHTSNA.COM

## Citizens Police Academy . . . Class #41

by Brenda Helmer, Arlington Heights Resident

Fort Worth ... Panther City ... Cowtown  
... Paris of the Plains ... Last Civilized  
Stop

We are unique in Fort Worth to have an outstanding police force and presence in our community with the PANTHER on the on the Fort Worth Police Department (FWPD) badge representing the longest running badge in the United States ... the envy of the nation!

I have just completed a 12-week training program (36 hours) with the Citizens Police Academy, Class #41. Our class represented a cross-section of Fort Worth citizens including professional business people, realtors, retirees, and neighborhood watch members. While we are not commissioned officers, I can tell you the training was AWESOME and I now have a greater respect and understanding of the operations of the Fort Worth Police Department including a deeper knowledge of the problems, challenges and citizen solutions facing them. This training included "hands on instruction" from the "best of the best" uniformed officers in the use of firearms and deadly force options, criminal investigative skills, crime scene search, cold case, robbery, hostage negotiation, traffic enforcement, victim assistance, Special Weapons and Tactics (S.W.A.T.), communications, narcotics, gang activities, the K9 unit and other tactical operations.

Some pearls that I learned: Fort Worth has a Victim Assistance Program for the benefit of innocent victims of violent, personal crime whose presence remains with the victim's case to its final disposition through the maze of court hearings. The Crimes Against Children Unit was the most heart wrenching. There should be an 11th Commandment ... HONOR THY CHILDREN. More than 5,500 child abuse cases were reported in Tarrant County last year with 6-7 fatalities being reported EACH MONTH ... it shouldn't hurt to be a child.

The Fort Worth police officers take an oath to "serve mankind, to safeguard lives and property ... to respect the Constitutional

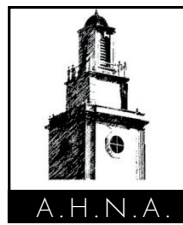


Arlington Heights resident Brenda Helmer proudly backs the badge by completing an extensive 12-week training program with the Citizens Police Academy, Class #41. Way to go Brenda!

rights of all men to liberty, equality and justice ... to keep their private lives unsullied as an example to all ... with no compromise for crime and with the relentless prosecution of criminals ... enforcing the law courteously ... and recognizing the badge ... as a symbol of public faith ... dedicating self before God to their chosen profession ... law enforcement".

We, as graduates of the Citizens Police Academy are "force multipliers" to the "boots on the ground" of our Fort Worth Police Department. We are advocates for and have enough information now to dispel any suspicions and misconceptions about the law enforcement role of our FWPD in our criminal justice system. I have come back from the training with a greater appreciation for the FWPD. As an aside, regarding firearms training, the FWPD must meet an 85% accuracy rate to become an officer with the STATE requirement being only 70% ... (FWPD "hit ratio" is 88%) ... the national average is 17% ... way to GO, GO ... FWPD!!

Our duty as Fort Worth citizens is to "back the badge", supporting the FWPD whose lives are in harm's way, every day, making COWTOWN safer for our sake!



## AHNA EXECUTIVE COMMITTEE

### President

Makenzie Carpenter  
president@arlingtonheightsna.com  
817.386.3366

### Vice President

Kelly Jo Nial  
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### Secretary

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### Neighborhood Animal Concerns

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### Citizens on Patrol

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817-737-6019

### Please send all correspondence to:

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Fort Worth, Texas 76147

# Letter from the President

by Makenzie Carpenter

What an exciting year 2009 was for the Arlington Heights neighborhood – we were awarded one of just two Community ID: Public Art in Neighborhoods (CID) grants from Fort Worth Art Commission, we added several block captains to the neighborhood, we welcomed Officer Teri Majors as our new Neighborhood Patrol Officer, and we began the steps necessary to appropriately rezone our beautiful neighborhood. I expect 2010 to be just as eventful as we work to finalize the rezoning effort, create a community garden, and push to make major strides with the median along Western Avenue.

Sounds exciting! And what better time to get involved; here are some simple steps:

**Join the Arlington Heights neighborhood association.** You and your family are invited to join us as we address the issues that concern us here in Arlington Heights. The only requirement is that you reside within the boundaries of Arlington Heights. Residential membership dues are \$15 per year per household; Seniors are just \$10. Business members are welcome to join at \$25. Please make checks payable to The Arlington Heights Neighborhood Association. After you join, please consider joining one of our committees, we have everything from zoning/development, crime, historical, traffic to beautification and block captains.

**Attend an AHNA General Membership Meeting.** The Arlington Heights NA General Membership Meetings are held on the third Monday of every month at 6:30 p.m. at Arlington Heights United Methodist Church. Come celebrate our neighborhood by participating in events that build and maintain our vibrant neighborhood.

**Join the Arlington Heights group email.** Simply send an email to president@arlingtonheightsna.com and we will do the rest. Although your email is necessary for registering, it will not show up in the AHNA group messages.

What will the AHNA group email system do for you? Besides providing a reminder of neighborhood events and meetings, it will inform you of important city meetings and newsworthy current events as they pertain to Arlington Heights and our immediate surrounding area. These emails are sent out no more than once a week unless important information warrants more frequent contact.

**Send us story ideas / meeting topics.** AHNA is always looking for great articles for the newsletter – we are also on the lookout for general membership meeting topics. Do you have a pet story or picture you would like to share? How about a neighbor that you would like recognized? Are there issues you believe should be of importance to AHNA? Let us know by sending an email to president@arlingtonheightsna.com or by calling 817-386-3366.

To all our Arlington Heights neighbors— I wish you all a joyful and fulfilling new year.

**Fort Worth Police  
non-emergency number:  
817.335.4222**

**City Councilman Carter Burdette:  
817.392.8807  
carter.burdette@fortworthgov.org**

**Neighborhood Patrol Officer  
Teri Majors:  
817.992-0187 (cell)  
teri.majors@fortworthgov.org**

**Code Compliance Officer  
Gina Cabbage:  
817.709.7439  
gina.cabbage@fortworthgov.org**

### NEWSLETTER SUBMISSIONS

Do you have some news you would like to see listed in our newsletter? Please submit it to: PO Box 470692, Fort Worth 76147 or president@arlingtonheightsna.com. Please include your name, address, phone, and e-mail address. Deadline for submissions is the 1st of each month. The editors have the right to refuse any submission they deem inappropriate to the newsletter. We may also edit for content and length. Views and opinions expressed in the newsletter are not necessarily those of AHNA or of its members.

### ADVERTISING RATES

Current circulation is 450 households bi-monthly.  
Business card: \$25, 1/4 page: \$50,  
1/2 page: \$100, Full page: \$200  
Call 817.386.3366

# Woof? Meow? Continued from Page 8

public roadway if the animal is NOT confined or restrained. ie: a dog riding in the bed of a pick-up truck. Violation of these laws could result in a fine up to \$2,000 (Class C Misdemeanor).

3. Cats, Dogs and Ferrets must be licensed by 4 months of age. The license is good for the duration of their rabies vaccination and can be renewed upon the revaccination for rabies. You get a break in cost If you pet is micro-chipped and registered with a national database/pet recovery. You can get your pet's rabies vaccination, microchip and license at the FW Animal Control and Care Center (4900 Martin St, Fort Worth). Most veterinarians will also microchip and provide a city license along with your pet's rabies vaccination. You must ask about the availability and fees as they vary. Why all the licensing and micro-chipping? This is your pet's ticket home should they get lost. If you find a wandering dog or cat and they should be so lucky to have a collar on with tags, those ID numbers on the tags will trace back to the owner. Call the vet office listed on the tag, or Animal Care and Control. No collar? Take the animal to a

veterinarian or Fort Worth Animal Care and Control and have them scan for a microchip.

The answers to many questions are not as "black and white" as you would hope. Age, breed and health status influence decisions made for animals. Consult with your veterinarian to determine what is best for your pet and you. Ultimately, the one with "DVM" after his or her name is the expert and should have the final say on appropriating all medical decisions.

For more information on the pet laws, contact FW Animal Care and Control at (817) 392-PAWS (7297) or www.fortworthgov.com/animals

VACCINATIONS, what do those letters stand for?

\* **DHLPP** = Distemper, Hepatitis, Leptospirosis, Parainfluenzae, Parvovirus Bordatella for Kennel Cough

\*\* **FVRCP** = Feline Viral, Rhinotracheitis, Calicivirus, Panleukopenia **FeIV** = Feline Leukemia Virus

## Community Garden

By Tatiana Wicke, AHNA Board of Directors

Do you love gardening? Do you enjoy exchanging gardening knowledge with peers or sharing your knowledge in a teaching capacity? Are you interested in contributing further to your direct community or just meeting others in your neighborhood? Maybe you just need a private place to garden?

Arlington Heights is officially starting a community garden at the Thomas Place Community Center!

This is an opportunity to get involved at the 'ground level' in a rewarding community project which you will literally be able to watch grow! And when I say 'ground level' I mean it, since we are building the gardens from scratch!

I have drawn up the initial plans for the gardens to get things rolling, but it won't be a Community Garden without YOU: the COMMUNITY! I would love to hear from you regarding how you would like to be involved. Any level of involvement is fine. If you love to build things – great we need that! If you just want a garden plot of your own to tend to – we can do that too! Maybe you need to separate some plants this spring / summer and want to donate them – how nice of you!

We have a lot to do this coming year and with spring right around the corner, we need to get busy. So please contact me to get involved in this exciting new project for our wonderful neighborhood. I look forward to working alongside you in the dirt!



A community garden is a great way of bringing a community together—we hope you'll want to be a part of the Arlington Heights Community Garden. Photo taken at Mitre in Burlington, Mass.

# Arlington Heights Rezoning Update

Most property owners in our neighborhood are not aware that many of the single family homes in Arlington Heights are zoned to allow for duplex construction which makes our neighborhood a target for teardowns by speculative builders. Additionally, misaligned zoning adversely compromises the integrity of our valuable community and hinders your property rights and your neighbor's rights.

The goal for us all is simple: protect the integrity of Arlington Heights by aligning on-ground zoning with current uses. We are striving to protect our neighborhood and ensure that the investments our property owners have made in their homes are protected. Specifically, AHNA is working with the City to ensure the following:

- Blocks that are primarily used as single family should be zoned A5/Single Family
- Blocks that are primarily used for duplexes should be zoned B/Duplex.
- Areas where we have apartment complexes should be properly zoned C/Multifamily.

The impact this rezoning has on your property, on OUR neighborhood, is a positive impact. You are not losing your rights to your property, but simply GAINING the rights that many of you thought you had already. Living in a neighborhood of single family homes, not a neighborhood that will be encroached on by developers looking to maximize every inch of space on a lot or subdividing those lots further to build even more housing units on them.

We have heard it time and time again, residents asking why the single family house next door to them was allowed to be redeveloped as a multi-family dwelling. Sometimes the impact is minimal, but other times residents wonder where their morning sun has gone. We have been asked if zoning impacts property values – according to the City's Zoning Department, zoning does not impact property values. In fact, neighborhoods north of Camp Bowie (and other areas throughout Fort Worth) that have undergone Council-initiated

rezoning have seen a dramatic increase in property values and many of them credit proper zoning for this increase stating that it helped to limit incongruent speculative development, protected the aging infrastructure, and encouraged homeownership. All of this naturally promotes more desirable, livable communities.

Thanks to countless residents and nearly 10 years of experience in block-by-block rezoning Arlington Heights has successfully rezoned more than half of our nonconforming properties. We learned in our 2009 Roundtable and Online Poll that preserving our current single-family housing stock was high on the list of neighborhood concerns.

The AHNA Executive Committee as well as the AHNA Zoning Committee believes that this rezoning is a proactive approach to rectify land use issues our neighborhood has confronted for years. This initiative will allow our residents, with the help of the City's Zoning Department, to correct the remainder of misaligned zoning within our boundaries.

If you have any questions about this petition, or to see if your home is impacted, please call the City's Zoning department at 817-392-8028 and reference ZC-09-116. You are also welcome to contact Dave Marshall, AHNA zoning chair, at zoning@arlingtonheightsna.com to discuss the rezoning effort as it impacts the Arlington Heights neighborhood.

AHNA is also asking that residents please express your support for our dynamic, single family neighborhood by contacting the following:

- Councilman Carter Burdette: District7@fortworthgov.org and 817-392-8807
- City Zoning Department 817-392-8028
- Beth Knight: Beth.Knight@fortworthgov.org
- Stephen Murray: Stephen.Murray@fortworthgov.org

## January General Membership Meeting

Join us in January for a discussion on neighborhood topics: crime, zoning, neighborhood news, future plans and more.

**The boundaries of Arlington Heights Neighborhood Association are the triangle of Camp Bowie Boulevard on the north, Montgomery Street on the east, and Interstate Highway 30 on the south and the west.**

## & Become a member

receive your newsletter six times a year!

Please check:  New member  Renewing member

Household \$15  Senior \$10  Business \$25

Name \_\_\_\_\_

Address \_\_\_\_\_

Phone \_\_\_\_\_

E-mail \_\_\_\_\_

What are your concerns/interests? \_\_\_\_\_

Would you like to join a committee? \_\_\_\_\_

Please mail annual dues (\$15 for household, \$25 for business):

**AHNA, PO Box 470692, Fort Worth, TX 76147-0692**

JANUARY • FEBRUARY 2010 Membership Form



## AHNA Meeting Schedule

**Monday January 18, 2010**  
**Monday, February 15, 2010**  
**Monday, March 15, 2010**

6:30pm-7:30pm  
 Every 3rd Monday

**Arlington Heights United Methodist Church**  
 4200 Camp Bowie Blvd. (enter on Hillcrest)

## AHNA FINANCIAL REPORT

Balance as of 1/01/09 .....	\$11,090.36
<b>ACCOUNTS RECEIVABLE</b>	
Advertising .....	\$3,950.00
Business memberships .....	\$175.00
Individual memberships .....	\$2,610.00
Interest Income .....	\$211.33
Donation for Feral Cats .....	\$650.00
Donation to National Night Out .....	\$1,185.00
Donations .....	\$100.00
<b>TOTAL ACCOUNT RECEIVABLE .....</b>	<b>\$8,881.33</b>
<b>ACCOUNTS PAYABLE</b>	
League of Neighborhoods .....	\$35.00
Office .....	\$8.00
Postage .....	\$746.44
Newsletter .....	\$5,303.96
Feral Cat .....	\$812.00
Texans Against Crime .....	\$1,175.00
Western Blvd. Trees .....	\$190.00
Yard of the Month .....	\$232.45
Meeting Expenses .....	\$239.52
Zoning Cases .....	\$102.13
Web .....	\$500.00
Miscellaneous .....	\$60.00
<b>TOTAL ACCOUNTS PAYABLE .....</b>	<b>\$10,121.41</b>
<b>BALANCE AS OF 06/30/09 .....</b>	<b>\$9,850.28</b>

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# Neighborhood and City of Fort Worth News

## Resolve to volunteer this New Year

The City's Parks and Community Services Department (PACS) is seeking volunteers to help with everything from helping horticulturists plant roses at the Botanic Garden to assisting with after school activities at any of the community centers around town. Last year, over 26,000 volunteers spent 277,774 hours teaching classes, coaching teams, refereeing sporting events, working in the Fort Worth Nature Center and Refuge and much more. To learn more, call 817-392-5778.

## Taking Crime Stoppers to the web

The City of Fort Worth Police Department, the Arlington Police Department and the Tarrant County Sheriff's office have joined forces with the Safe City Commission's Crime Stoppers to launch a new web-based crime-fighting tool. Residents can now submit a Crime Stopper tip through an anonymous live web chat by clicking the "chat" button on the Safe City commission Crime Stoppers website. Law enforcement professionals believe the ability to carry out a two-way web communication with the tipster will enhance the collection of accurate information needed to assist officers in preventing and investigating crimes. The secure service assigns the tipster an alias allowing complete anonymity.

The new system hopefully will entice more tipsters to come forward as more people turn to the Internet as a favored means of communication. Safe City Crime Stoppers will continue other methods of gathering anonymous tips including the hotline, 817-469-TIPS; a website [www.469tips.com](http://www.469tips.com); and text messaging to "tip117 plus your message" to CRIMES (274637).

## Water, wastewater rates change Jan. 1; new fees in effect

The Fort Worth City Council has approved the 2010 water rates, wastewater rates and miscellaneous charges. The changes take effect Jan. 1. The increases raise the typical residential customer's water and wastewater charges by \$1.10 monthly. The actual charges are based on the size of the water meter — the larger the water meter, the higher the monthly increase.

In addition, the City Council approved adding a 5 percent late fee for payments made three days after the due date and increased three other charges — activation, restoration and transfer — from \$10 each to \$20 each.



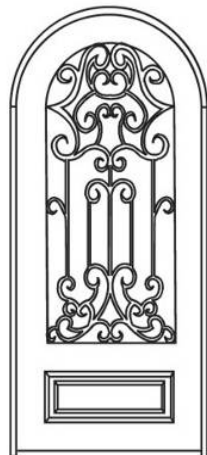
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## WILLS & ESTATE PLANNING CLINIC

Saturday, January 30, 2010, 9:00 am – 5:00 pm

No Appointment necessary – Staff Attorneys and paralegals will be on site to assist you in Estate planning and preparation of Last Wills and Testaments.

Simple Wills	---	\$125.00
Simple Trusts	---	\$225.00
Power of Attorneys	---	\$ 75.00
Living Wills	---	\$ 75.00

\* Additional Charges may apply for complex documents

# Woof? Meow?

Most Common Questions and Most Needed Answers for You and your Pets  
By Kelly Jo Nial & Lisa Bashore, Animal Concerns

It's a given that questions galore regarding all four-legged furballs come our way by being active volunteers in the animal rescue and education "business". Interestingly, both of us have full-time careers in HUMAN health care that includes a lot of letters after our names, but once anyone finds out our passion and participation in the vast world of animal welfare, the conversations quickly turn away from our own health-care (or lack thereof) to spirited stories and a barrage of questions about the whisker-wielding ones.

Many people are simply unaware of the laws, facts and medical guidelines that apply to our pets, but a few do overlook them. Either the case, here are the answers...

- **Rabies** vaccination: Required by Texas state law for each domestic dog or cat (and ferrets in the city of Fort Worth) by 4 months of age. A booster must be administered within 12 months following the initial vaccination. Then the animal must receive a vaccination within 36 months thereafter assuming a triennial vaccine is being administered. Some veterinarians may use an annual rabies vaccine, or prefer that you have your pet vaccinated annually for rabies. Check with your veterinarian.

- **Other "standard" vaccinations-DOG** (4 rounds initially): DHPP (6-8wks), DHLPP (10-12wks), DHLPP & Bordetella (16 wks), DHLPP (20wks), and annual DHLPP & Bordetella thereafter.\*

- **Other "standard" vaccinations-CAT** (3 rounds initially): FVRCP(6-8wks), FVRCP & FeLV (10-12wks), FVRCP & FeLV (16wks), and annual FVRCP & FeLV thereafter.\*\*

- **SPAY & NEUTER!** SPAY & NEUTER! SPAY & NEUTER! SPAY & NEUTER! 4 Reasons WHY:

1. For your pet. Spaying reduces the risk of breast cancer and eliminates the risk of uterine and ovarian cancer. Neutering reduces the risk of prostate cancer and eliminates the risk of testicular cancer. Yes, they get breast (mammary), prostate and testicular cancer, just like us.

2. For yourself. Behavior is greatly influenced, in a positive way, by spaying and neutering. Generally speaking, pets are more calm and affectionate. Aggression likely reduced. "Spraying" (urine) and marking territory GREATLY reduced by cats, especially if they are neutered before the habit begins. Yowling, crying, nervous behavior and bleeding associated with "being in heat" eliminated. Instinct to mate drives unaltered pets to escape, roam, fight which can result in injury, losing



Molley's tags provide vital information about vaccinations and ownership in the event that she gets lost.

your pet, or even death.

3. For the community. Shelters, rescue organizations, and fosters are typically full with homeless animals. A shocking number of cats and dogs are euthanized daily. Overpopulation is the result of not spaying and neutering. Millions of dollars are spent trying to control the overpopulation of dogs, cats, and other companion animals in communities around the world.

4. It's the LAW in Fort Worth. Female dogs and cats are required to be spayed by 6 months of age. Males neutered by 8 months. Exceptions to this law require owners to obtain an "Intact Pet Permit"

- Other Basic Pet Laws in Fort Worth:

1. Dogs must be enclosed or confined on the owner's property. Tethering with chains, ropes, leashes, or cables is prohibited. There are rare circumstances where it is temporarily allowable, contact FW Animal Care and Control for clarification.

2. When walking your dog off your property, the dog must always be accompanied by the owner and on a leash. Also, it is unlawful to transport an animal on a

Continued on Page 11

# Fort Worth Professional Firefighters' Association

By Sherman Dedrick, Public Relations Director, Fort Worth Professional Firefighters Association

The Fort Worth Professional Firefighters' Association was founded on August 20, 1935 as Local # 440 of the International Association of Fire Fighters with only 15 members. That membership has since grown to nearly 900 members, all who are Firefighters for the Fort Worth Fire Department. Our mission is to protect and advance the wages, benefits, working conditions, and rights of all members: past, present, and future. The association is lead by our President, Jim Tate.

Our membership consists of men and women of various backgrounds. We meet twice a month to discuss job related issues facing our members. Our former office was located at 417 N. Retta in Fort Worth. As you can tell from the growth of our membership, we outgrew our building of approximately 3,000 square feet. We needed more office space and a larger assembly area for meetings. The former Medical Arts Building was perfect with its abundant office space, assembly area, and conference room totaling nearly 9,000 square feet. Of course we have been working hard to give the building a bit of a facelift. We have put a new roof on the building and installed more efficient AC / Heating units. In addition, we have been painting and remodeling the interior. Nevertheless, the building has been all that we hoped for and our membership is proud of the new purchase.

Our executive board uses the building as office space during the day. Since we are all active firefighters and work regular shifts, the office is not always open. Typically someone is here from 8am until noon most days during the week. If there is a car parked out front and the front door is open, please feel free to stop by and say hello. If you have any questions or concerns, please feel free to contact our



In late 2009, the Fort Worth Professional Firefighters Association completed their move into the former Medical Arts Building at 3855 Tulsa Way.

Public Relations Director, Sherman Dedrick, at (817) 831-0406.

We love the amenities of the Cultural District and all it has to offer. We frequent many of the restaurants in the surrounding community, and have been long time friends of Charlie Geren, State Representative and owner of Railhead BBQ.

This organization has always been a neighborhood friendly group. We have worked with various entities and allowed the Riverside Alliance to use our former building to conduct their meetings. Tarrant County also used our facility as a polling location. We hope to share the same friendly relationship with the Arlington Heights Neighborhood Association, of which we are now proud members.

Once renovations are complete, we hope to have our open house in the near future, perhaps February. We plan to have refreshments and a line-up of prominent political leaders from the local region and the state. As soon as the date is set, we will be sending out an invitation.

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## Arlington Heights Christian Church



4629 Bryce Ave. at Camp Bowie Blvd  
817.738.4789

We are a church in your neighborhood dedicated to serving our neighborhood, our community and our members.

**Sunday Services**  
9:30 AM Sunday School  
10:50 AM Worship Service

**Parents Day Out**  
Tuesday and Thursday 9:00 AM to 2:00 PM

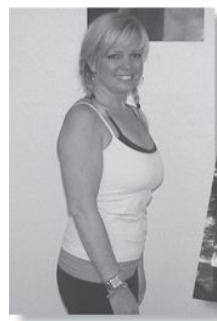
First Saturday Christian Women's Fellowship  
Second Wednesday Union Gospel Mission Volunteers  
Third Sunday Sandwiches to Presbyterian Night Shelter

**A Place to Call Home**

# They All Laughed When I Said I Would Guarantee Their Weight Loss Results or Their Money Back. But Not When People Lined Up to Join My Program!

**Guaranteed to Quickly Sculpt, Tone and Melt Pounds off Your Body... and Get You Back into Your Skinny Jeans...or You Don't Pay a Dime!**

- Lose 8-12 lbs of unwanted weight
- Burn off 3-6% of your bodyfat
- Lose 2-4 inches in your waist
- Look & feel better than you have in years
- In 4 weeks or less!
- Results Guaranteed or Your Money Back



**"I lost 18 inches and 8 lbs in 10 weeks! I love it. I get excited just thinking about it. I'm just happier!"**

Tina Spence, 37  
Hairstylist, Bedford

**Try The Body Firm's Rapid Results Boot Camp and discover:**

- How to fire up your metabolism with 3 simple

SECRETS. (The weight loss industry doesn't want you to know!)

- How to sculpt a leaner, tighter body that you can be proud of. (Throw away your "big" clothes because you won't be going back!)
- The best way to exercise to lose pounds and inches and revitalize your body. (It's not what the media would have you believe.)
- How too much cardiovascular exercise can actually make you fatter. (Not to mention . . . B O R I N G!)
- Why eating less and exercising more is a prescription for failure. ("Yo-Yo Dieting" comes from this.)

You will have a great time and you'll reap the benefits of this 4-week fitness boot camp.

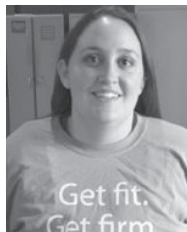
If you're ready to start reshaping your body in a Fun, No-Judgment, Non-Threatening, Supportive Environment – we're ready to help!

**Come join us for lots of R-E-S-U-L-T-S!**



**"I dropped 7 lbs of bodyfat and 7 total inches in only 3 weeks. I kick the covers and jump out of bed now!"**

Casie Babineaux, 25  
Oil and Gas Researcher,  
Fort Worth



**"I've lost 13 lbs and 7 inches in less than 4 weeks!"**

Pam Musslewhite, 24  
Forensic Graduate Student, Fort Worth

**"I've lost 10 lbs of bodyfat, 7 lbs on the scale and several inches all over. My clothes are fitting better. It's been wonderful!"**

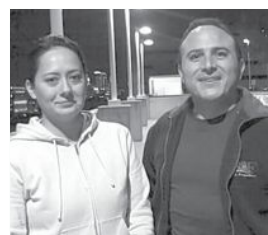
Kim Speairs, 32  
Advertising and Public  
Relations, Fort Worth



**For less than \$50 per week, you'll get:**

- Unlimited, Cutting-Edge, Fat-Incinerating Workouts (\$420 Value)
- Full Before and After Body Diagnostics (\$99 Value)
- Monthly One-on-One Consult with Dave to Troubleshoot/ Accelerate Your Results (\$99 value)
- Nutrition Crash Course – Diet Myths Destroyed! (\$129 value)
- Done-For-You Fat Loss Meal Plans with Grocery Lists (\$79 value)
- Max Results What to Do on My Off Days Calendar! (\$49 value)
- Max Results HIIT Guide to replace Lame, Ineffective and Boring Cardio (\$39 value)
- Members-Only Website wth Proprietary Fitness Tools (\$39 value)
- Members-Only Newsletter (\$11 value)

\$964/Month Value for Less Than \$50/week is The Best Get-You-Results Bargain you'll ever see!



**"I was so sick of the monotony of going to the gym and gaining weight steadily. With Rapid Results I've lost 5 lbs and 1 inch in my waist in 21 days. I'm impressed!"**

Kristina Vasquez, 32  
Construction, Fort Worth

**"I lost 5 lbs while tripling my strength in 21 days! After 20 minutes I knew I was in the right place."**

Tony Vasquez, 32, Real Estate, Fort Worth

**What do I do next?**

Hurry, space is limited to the first 20 registrants!  
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and join NOW!

**Not quite ready?**

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## Steps to a Fitness Resolution that Sticks

By Dave Fannin, Owner/Trainer of The Body Firm

Here are 7 steps to help you get the body you want in 2010. Give yourself 1 hour to do this. You'll have 5840 waking hours available in the next year. This 1 hour can make all the difference in the other 5839. Remember a good plan today beats a perfect plan tomorrow.

- 1. Decide Exactly what you want to accomplish.** Do you want to go from a size 14 to a 10? Lose 10, 20 or 100 pounds? Get back into a certain pair of skinny jeans? The choice is all yours. But do pick one or two goals and make them measurable. "Lose weight" isn't a goal. "Lose 10 pounds" is a measurable goal.
- 2. Write it down.** Yes. Physically write it down... Before this it's just a wish. Writing it down makes it real and concrete. Study after study has proven the positive connection between writing down a goal and it is accomplishment.
- 3. Set a Deadline.** This is a forcing mechanism to get you into action. And more importantly KEEP you in action. Lots of people set a start time but leave the finish time open ended. Set this and hold yourself to it. Even if your goal is 15lbs in 4 weeks and you dump 11lbs in that time period. You're still on target. And that's a win in my book.

- 4. Make a list.** Write down everything you could possibly do to get to your goal. This is a brain dump and it should be fast.. Ex. 1. Clear pantry of junk food. 2. write down everything I eat this week 3. Exercise for a minimum of 30 min per day. Keep going until you are empty.
- 5. Organize the list.** This is your plan. Don't try to it all in one week. Change one habit per week. Over a short amount of time you will see the effect of compound interest from your habit changes. The 80/20 Rule is in effect here. 80% of your results will come from 20% of this list.
- 6. Take Action Now.** Motion beats meditation here. Get Started! Wake up re-write your goal and choose one thing from your plan to implement. Then do it. You have now started.
- 7. Do Something Everyday.** If it's important Do it Every Day! I've seen more weight loss success with food journaling than any other system. And I believe it's the "do it every day" factor. Little investments everyday add up quick over the weeks and months.



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