



ARLINGTON HEIGHTS

MARCH - APRIL 2014

NEIGHBORHOOD NEWS & VIEWS

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

AHNA WINS BIG AT NEIGHBORHOOD AWARDS

We already know what a special community Arlington Heights is, but it's great to receive recognition for it as we did from the City of Fort Worth in January. At this year's Annual Neighborhood Awards Dinner and Ceremony, Arlington Heights Neighborhood Association took first place in two of the six award categories.

Several hundred people turned out for the 11th annual awards ceremony that recognizes outstanding neighborhoods and their projects. Staged in the Oak Room at Fort Worth Botanic Garden, this year's event drew almost all of the Fort Worth City Council members and Mayor Betsy Price who helped to distribute the awards.



Other dignitaries in attendance included Fort Worth Chief of Police Jeff Halstead (who will be the keynote speaker at the April AHNA membership meeting--see page 3 of this newsletter for details), Angie Rush, the City of Fort Worth's human relations administrator, who is also this year's president of Neighborhoods USA, and Carlos Flores, president of the Fort Worth League of Neighborhood Associations.

More than 30 organizations nominated 60 groups and individuals for the awards. Winners were selected for being innovative, overcoming obstacles, mobilizing community resources and creating partnerships among diverse stakeholders. The city's Neighborhood Education Office partnered with the League of Neighborhoods to stage the annual awards presentation. The dinner was generously donated by Central Market.

When Mayor Price took the podium, she told the crowd, "It's an honor to be among so many dedicated folks who understand the value of community. You, more than anyone else, know the importance of engaging with your neighbors and your city to make Fort Worth safer, healthier, cleaner — a truly great place to live."

Arlington Heights Neighborhood Association received the Mayor's

AHNA President Jessica Redman, AHNA member and Fire Station 18 Birthday Party co-chair Cindy Green, Fort Worth City Councilman Dennis Shingleton, AHNA Past President Christina Patoski and Fort Worth Mayor Betsy Price (left to right) celebrate AHNA's win after receiving the Mayor's 2013 Civic Engagement and Community Collaboration award presented at the annual Neighborhood Awards Dinner and Ceremony in January. (Photo by Ricky Cotto, City of Fort Worth)

Civic Engagement and Community Collaboration Award which honors a significant partnership and creative civic engagement initiative by a neighborhood organization to define a challenge, speak out, organize fellow neighbors and work with their city, elected officials and/or other key stakeholders to find solutions that bring about positive change in their particular neighborhood and/or the city as a whole.

Joining AHNA Past President Christina Patoski to accept the award from Mayor Betsy Price was AHNA President Jessica Redman, AHNA member and Fire Station 18 Birthday Party co-chair Cindy Green, and Fort Worth City Councilman Dennis Shingleton.

AHNA was recognized for a year-long initiative that leaves no doubt that Arlington Heights has a uniquely close relationship with its neighborhood fire station and all the firefighters who live and work there. In hindsight, 2013 should be called The Year of the Firefighter in Arlington Heights.

It all started with a fully involved house fire on Hillcrest Street at 3 a.m. on

(Continued on Page 10)



AHNA EXECUTIVE BOARD

President

Jessica Redman
president@arlingtonheightsna.com
817-706-8111

Vice President

Kelly Jo Nial
vicepresident@arlingtonheightsna.com
817-798-0349

Secretary

Christina Patoski
secretary@arlingtonheightsna.com
817-738-0330

Treasurer

Dave Marshall
treasurer@arlingtonheightsna.com
817-229-9676

Directors at Large

Lisa Bashore
lisa.bashore@aol.com

Paul Hooper
roadhoop@gmail.com
615-594-3652

Pat McCready
patmccready5@gmail.com
214-235-4610

Renee Tidwell
tidwell1@charter.net

Sergio Yanes
s_yanes@hotmail.com
817-343-1018

AHNA COMMITTEES

Zoning/Board of Adjustment

Richard Chowning
rwofford@att.net
817-732-0586

Neighborhood Animal Concerns

Kelly Jo Nial
vicepresident@arlingtonheightsna.com
817-798-0349

Citizens on Patrol

Jan Bourne
jan_bourne@rocketmail.com
817-737-6019

Yard of the Month

Carol Berry
carol_berry@sbcglobal.net

New Neighbor Welcome Bags

Jim Gentry
jg76107@gmail.com
512-450-4434

Please send all correspondence to:
PO Box 470692
Fort Worth, Texas 76147

LETTER FROM THE PRESIDENT

by AHNA President Jessica Redman

Dear Neighbors,

At last, winter is beginning to fade. Thank goodness it's going, because one of my favorite seasons is spring! It's like the whole world wakes up from a very long night's sleep. It unfolds slowly and then picks up speed and before you know it, things happen faster and faster. Animals come out of hibernation into the growing light. Days get longer, so everyone can do more.

Our schedules are like that, too. The AHNA Executive Board has planned a very exciting spring for the upcoming months. This time of year everyone starts thinking about what they're going to do in our gardens. For the AHNA membership meeting on Monday March 17, ecologist Dr. Karen Hall from the Botanical Research Institute of Texas will inspire us about all things green. Be sure to wear green for St. Patrick's Day!

In April, we will focus on crime with Fort Worth Chief of Police Jeff Halstead coming to the AHNA meeting on Monday April 21 to tell us about how to keep our homes safe. Spring is the time to think about trimming back those overgrown trees and bushes, so the bad guys can't use them for cover. Same for locking our windows and doors.

Once May comes around, income tax time has come and gone. You either paid your taxes and are thinking about the best plan to get you by. Or you have a little extra money in your pocket from your refund. Financial expert Marian Ross will come to the AHNA membership meeting on Monday May 19 and give us some creative ideas about how to better plan for our financial futures.

AHNA is already planning a repeat of the great 90th birthday party we threw last year at Fire Station 18. So many people loved the event last year, we thought we'd do it again and make it even bigger and better. See page 5 of this newsletter for the details on the fire station's upcoming 91st birthday celebration.

So, pack up the faucet freeze protectors and get out and mix and mingle with your neighbors. We want to help you and yours get more in the know, so we all can grow and enjoy our beautiful neighborhood together!

Neighborhood Patrol Officer Tom McNutt

817-992-0187
thomas.mcnutt@fortworthtexas.gov

Fort Worth Police
non-emergency
number
817-335-4222

Fort Worth City Councilman Dennis Shingleton

817-392-8807
district7@fortworthtexas.gov

Code Compliance Officer

Cecilia (Ceci) Bell
817-392-2354
817-944-8256
cecilia.bell@fortworthtexas.gov

*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 west.*

BRIT ECOLOGIST TO SPEAK ON GARDENING AT MARCH MEETING

Dr. Karen C. Hall, the local Applied Ecologist with the Botanical Research Institute of Texas, will be the guest speaker at the AHNA membership meeting on Monday March 17 at 6:30 p.m. at Arlington Heights United Methodist Church, 4200 Camp Bowie Boulevard. Dr. Hall's inspiring powerpoint presentation will look at native plants in our landscape and how we all are connected to them. She is interested in the complex relationships between all of the inhabitants of the garden, from the soil all the way up to humans.

A San Antonio native, Dr. Hall spent many years in the mountains of North Carolina. After receiving her doctorate in plant physiology from Clemson University, she developed the Cherokee Worldview Garden in the South Carolina Botanical Gardens and was named the State Coordinator for the South Carolina Master Gardener Program. Her research interests include traditional knowledge of medicinal plants and how that knowledge is transferred to future generations.

ALL ABOUT CRIME AT APRIL MEETING

Fort Worth Police Chief Jeff Halstead will be the keynote speaker at the AHNA membership meeting on Monday April 21. In response to the recent uptick in property crimes in Arlington Heights, the entire meeting will be devoted to crime and include presentations about what you can do to avoid becoming a victim of crime.

If you want to know more about what's going on with the increase in crime in our neighborhood, come to this meeting where Neighborhood Patrol Officer Tom McNutt will present the latest crime figures.

It's All About Crime on Monday April 21 at 6:30 p.m. at Arlington Heights United Methodist Church, 4200 Camp Bowie Boulevard. This meeting is open to the public.

CONNECT WITH US!

Like our Facebook page

Arlington Heights Neighborhood Association

Follow us on Twitter @AHNAFW

Funds in Unrestricted Bank Account
\$4,412.00 - Balance as of 2/28/14

Funds in Restricted Bank Account
\$5,213.00 - Balance as of 2/28/14



AHNA Meeting Schedule

Monday March 17, 2014

Monday April 21, 2014

Monday May 19, 2014

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

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



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) to:

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

ADVERTISING RATES

Current circulation is 400 households bi-monthly

Business card: \$25

1/4 Page: \$50

1/2 Page: \$100

Full Page: \$200

Call 817-738-0330 or email newsletter@arlingtonheightsna.com

Bring your smile to us!

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



817-924-1111

4431 Oak Park Lane

(across from the Post Office @ Hulen)

7:40am - 5:00pm Monday through Thursday

- Cosmetic and Family Dentistry
- Bleaching
- Dental Implants
- Most Insurance accepted
- Providing quality dental health care since 1970
- New Patients Welcomed



Special Events Come In All Varieties

Indulge your love of nature with
BRIT's free family events, special
exhibits and Camp BRIT.

March 1 | First Saturday

A free family fun event featuring Bella's Story Time, Plant ID and Saturday Science: Pollen Nation.

March 1 - April 6 | Butterflies in the Garden

Featuring the Butterflies of Asia at the Fort Worth Botanic Gardens. Get your tickets now at www.fwb.org.

March 29 - May 8 | Lennox Woods: *The Ancient Forest*

This exhibit by artist Deborah Paris explores the beauty of one of the most pristine old-growth forests in Texas.

April 5 | First Saturday

A free family fun event featuring Bella's Story Time, Plant ID, Farmers Market and Saturday Science: Inspired by Nature.

May 3 | BRIT's Prairie Day

Join us in celebrating our unique bioregion, the Fort Worth Prairie, with family-friendly events and activities.

June - August | Camp BRIT™

Dig in, get dirty, and experience outdoor fun at Camp BRIT. Register today at www.brit.org.



BOTANICAL RESEARCH
INSTITUTE OF TEXAS

Plant to planet.

817.332.4441 | Follow us @BRIT_org | Facebook.com/BRITorg
1700 University Drive | Fort Worth, TX 76107-3400

BIG BIRTHDAY PARTY FOR FIRE STATION 18 SCHEDULED FOR SUNDAY MAY 18

Last year our neighborhood fire station on Carleton Avenue celebrated its 90th birthday. The oldest operating fire station in Fort Worth, Station 18 opened for business on October 16, 1923 when Arlington Heights was still a suburban outpost of the city. To honor the historic bungalow fire station, AHNA threw a big birthday party for them in June. The party turned out to be such a big success, the idea was hatched to throw a birthday party for the station every year until 2023 when the station will celebrate its centennial. Sunday May 18 is the date that AHNA and Fire Station 18 have been selected for this year's repeat event, naming it The Countdown to 100 Birthday Party.

Like last year, Carleton Avenue will be closed off to accommodate live music, clowns, and a bounce house, as well as an open house at the station house and tours of the station truck. A special kid-friendly area will be expanded this year, but will still include the Fire Safety House, plus free food and drinks courtesy of area restaurants, grocers and suppliers. There's something for everybody. Retired station old-timers, Fort Worth Fire Department Battalion chiefs, along with fire trucks and fire-fighting equipment from other stations are scheduled to be at the party. More details to follow in the coming weeks.

AHNA member Cindy Green will co-chair the event with Station 18's Lieutenant Stephen Boynton as they did last year. If you are interested in volunteering, please contact Cindy at cindynana@me.com or call her at 817-480-9528.



The remote control robot and the Fort Worth Fire Department rescue boat at last year's event were so popular with all ages that they are scheduled for a repeat appearance at this year's party on Sunday May 18. (Photo by Glen E. Ellman)

OPEN 24/7
WE NEVER CLOSE!

COMPLETE CARE CAMP BOWIE

Need Immediate Medical Care?

\$50 off
your first visit,
applies to all out
of pocket expenses

When you or someone you love needs immediate medical care or suffers a medical emergency, you shouldn't have to wait for an appointment or in the waiting room at a hospital emergency department for the medical care you need now. Here you will find a state-of-the-art emergency room with all the staff, the equipment, and the expertise ready to help you with your medical needs.

Average wait times at 15 minutes!

6006 Camp Bowie Blvd,
Fort Worth, Tx 76116
Phone: 817-984-1026
www.completeemergencycare.com/fort-worth



Fire Fighter James Clawson, Fire Fighter Matthew Goode and Lieutenant Stephen Boynton (left to right) give a young firebrand a chance to see what it takes to be a fire fighter at last year's 90th birthday party for Station 18. (Photo by Glen E. Ellman)

RECENT CRIME SPREE RESOLVED

At 4:30 a.m. on February 22, Fort Worth Police Department detectives picked up a white male pushing a cart filled with tools along Hulen Street in Arlington Heights. Despite the suspicious circumstances, police had nothing to charge the suspect with, but they took the tools to check if someone would report them missing. They did. So, police went back and arrested the suspect who is described as a long time career criminal, out on parole for burglary of buildings, according to Arlington Heights' Neighborhood Patrol Officer Tom McNutt.

The suspect was very cooperative with police. "This guy showed us all the places he had broken into and we found his stash house, too," says Officer McNutt. "He is one of your neighbors, but he is in jail now."

Police recovered bicycles, a compressor, saws and other tools. Police believe this individual is likely to be single-handedly responsible for the recent rash of break-ins of garages and backyard sheds throughout our neighborhood.

When Lance Johnson woke up on February 17, he discovered the garage door of his Hillcrest Street home had been kicked in during the night. "My guess is it was around 1:30 a.m., because my neighbors dogs started barking and it woke me up," says Lance who tallied his losses, mostly shop tools for his wood and yard projects, at around \$2,500.

Lance called the police, but after waiting for three hours for them to show up, he decided to file a report on line. He found Officer McNutt's phone

number in the AHNA newsletter and called him and left a message. Officer McNutt came by Lance's house later that day and made some suggestions of what Lance could do to better secure his property.

In almost every case, this particular suspect gained access to the properties from the alley after dark. According to Officer McNutt, a very simple defense is installing motion detection lights. Officer McNutt also highly recommends that property owners consider installing at 6 to 8 foot privacy fence along the alley. He is quick to remind that the smooth side of the fencing should be installed to face the alley, otherwise the side with stakes makes for an easy climb over from the alley. Padlocking the back fence gate is also highly recommended.

Officer McNutt also believes that an affordable wireless alarm system is worth investing in. "It only costs about \$18 a month to have it monitored 24 hours a day," he says. "And you can connect the system to your garage and storage shed."

The good news for Lance Johnson is that about half of his stolen items were recovered as a result of the arrest of the individual on Hulen Street. "I got a late night call from the detective telling me that an arrest had been made and it was likely that the arrest involved the person who had broken into my shop and that Officer McNutt would have additional information in the morning," says Lance. "I called Officer McNutt in the morning and he said yes, some of my items had been recovered and they were sorting out the details because a lot of stuff had been recovered."



Howell Home Services

Quality beyond necessary®

Renovations Additions
Repairs Maintenance

817.680.3446

EPA Lead-Safe Certified Firm NAT-93683-1
© 2011 Howell Homes, LLC

Welcome to Fort Worth Classical Pilates, LLC



WE SPECIALIZE IN:

- Private, Duet, Trio Sessions
- Group Equipment Classes
- Mat Classes

The Boland Shopping Center
3418 W 7th Street, Suite 111
Fort Worth, Texas 76107
817.533.1716

info@fortworthclassicalpilates.com
www.fortworthclassicalpilates.com

Our studio is fully equipped
with **Gratz Pilates Apparatus**
*Reformers, Cadillac, Studio Wall
Units, Barrels, Chairs, and more*

Call to schedule your appointment TODAY.
Mention this ad to get your first Mat Class FREE!



Lance went down the next day to the West Side police station to claim his stolen items. As he was loading the tools back into his car, the officer working with Officer McNutt saw that Lance had purchased some new tools that were still in the trunk. He asked Lance if he had marked the new tools with his driver's license number. "I told him 'no' because I had just purchased them," Lance says. "The officer told me a good way to do it was to use a soldering iron and burn in the number and to make it big and bold."

So, Lance has marked all of his tools, blocked his entry door to the garage, and is planning on installing a new door with hardened hinges and hardware. He is also shopping for a new security system for his home, garage and shop. He is very grateful for the excellent police work on his case and for the constructive suggestions from Officer McNutt about how to avoid becoming a victim of property crime again.

This is the second recent case of a career criminal who lives in our neighborhood and has been caught and incarcerated after committing a large number of burglaries in Arlington Heights. Officer McNutt believes part of the problem is that our prisons are full and the court system is letting out early the non-violent criminals.

A number of factors contribute to the number of property crimes that continue to plague our neighborhood. First, we live near the freeway, so there's easy in and out access. Secondly, most of our homes were built to accommodate only a single car, so many of us have to park our cars on the street. Some of us are careless about leaving items in our cars overnight. Burglars shop our neighborhood cars like we shop at the grocery store. They drive around looking into cars and as long

as they find things to steal, like I-pods, they'll keep coming back to shop our neighborhood.


Most of our car burglaries occur at night, but during the day the most frequent crime occurring in Arlington Heights is back door break-ins. Burglars stake out our alleys, looking for easy access to back doors to kick in. Police recommend privacy fences that are padlocked from the inside.

The April AHNA membership meeting will be devoted entirely to discussing crime in our neighborhood, what we can do to prevent it, and how we can keep ourselves from becoming victims of crimes. "All About Crime" will begin at 6:30 p.m. on Monday April 21 at Arlington Heights United Methodist Church, 4200 Camp Bowie Blvd.

If you would like to receive by email the neighborhood's weekly crime statistics, send your request to thomas.mcnett@fortworthtexas.gov.



After \$2,500 worth of tools were stolen out of Lance Johnson's garage workshop, he followed the suggestion of Fort Worth police who told him to use a soldering iron to burn in his license plate number on all of his tools. (Photo courtesy of Lance Johnson)



Sotheby's

INTERNATIONAL REALTY

www.williamstrew.com
 817.732.8400

Calming States



Paul Kennedy CMT
Licensed Massage Therapist

Therapeutic Massage
Deep Tissue
Medical Massage
Reflexology
Reiki and More!





5608 Malvey Ave
Suite 211
Fort Worth, TX 76107
214.417.3732

www.calmingstates.com

YARD OF THE MONTH AWARDS BEGIN IN APRIL

by Carol Berry, AHNA Yard of the Month Committee Chair

Spring is approaching and that means the AHNA Yard of the Month Committee members will be out looking for outstanding yards to recognize. I think it will be a slow start this year with all the cold we have had. My poppies are usually almost ready to bloom by now, but not this year. They are still little sprouts! But, the winter gardens that were planted will start to look really good as we warm up some more.

Do you wonder what it takes to become a Yard of the Month? It's quite simple. The committee members, many of them former YOTM winners, drive around and send in their favorites to me each month. We also encourage anyone in the neighborhood to send us their favorites, too. I compile all the nominees into a list each month, and then the committee members vote on the one they like the most.

All types of gardens and yards have won the award. Cottage gardens, native scape, desert plans, tropical-themed, evolving perennial gardens, annual color gardens all have won in the past. I was so surprised when I got the award because my yard was still in a state of becoming. But, I've finally realized that I will never be finished re-doing my garden.

We try to reward those of you who are creative and actually do your own gardening. It's not about who has the most plants in their yard--it's what you do with what you've got that makes a winner. So far, no yard has received the award more than once, even though there are a few who really deserve it. The idea is to recognize as many talented

gardeners as we can. If you have a neighbor who has a great yard or you see an interesting yard in the neighborhood, please send me a nomination for it to be voted on for Yard of the Month. And yes, you can nominate your own yard--don't be shy! Send your nominations to carol_berry@sbcglobal.net.

Each YOTM winner has the privilege of having the lovely Yard of the Month sign in their front yard for a month and also receives a \$25 gift certificate from Archie's Gardenland, courtesy of AHNA. Winners also receive a free year's membership to AHNA.

Fort Worth Piano Service

tuning - repair - regulation



682-651-7655

FortWorthPiano.net

THE LABORSHED
CREATIVE MINDS FOR HIRE
thelaborshed.com

Are you Thinking of Selling?

We asked clients about their real estate experience with Ruth... Here's a sampling of what they said:

"Ruth far exceeded our expectations"

"Open to us and listened well"

"Helpful, available and honest"

"Friendly and extremely responsive"

"Ruth went above & beyond - 110% satisfied"

"We trust her marketing skills"

You've Found Your Realtor!

(817) 992-9232

AskRuthStory@gmail.com
www.RuthStoryOnline.com



Keller Williams Real Estate
2813 S. Hulen Street, Suite 150
Fort Worth, TX 76109



Ruth Story
Broker Associate

Trusted...

Reliable...

Experienced



SPRING GARDEN HAPPENINGS AT THOMAS PLACE COMMUNITY CENTER

by Hannah Akin, AHNA Community Garden Committee Chair

The Thomas Place community garden survived the winter and we are now looking forward to warmer temperatures and longer days. This winter, our red leaf lettuces, cabbages and kale thrived, however, after the most recent surprise frosty morning temperatures and freezing rain, the spinach and bok choy took a heavy hit.

This spring, we started indoor seedlings in hopes of having stronger plants to endure the fluctuating temperatures and storms of the coming months. We plan to transplant and plant carrots, a variety of lettuces, spinach, beets, potatoes, spring garlic, onions, as well as a few new herbs. Moving into May and June, we will be planting tomatoes, fruits, berries, and other sun-loving plants.

The purpose of the garden is to engage our community, as well as to bring healthy produce to those living in or near the Arlington Heights neighborhood. Garden workdays are really fun and can be very rewarding, but require hands. Don't worry about whether you're a good gardener or not--this is a great opportunity for you to learn about plants and how to make them thrive. We will put you to work one way or another, no skills required.

If you are interested in gardening with us, please contact me at thomasplacegarden@gmail.com or by phone at 817-247-9430. We don't have a set-in-stone work calendar due to the ever-changing

weather, but we will make sure you are in the loop if interested. Most workdays are on Saturdays or Sundays.

As warmer weather approaches, our precious plants will need additional watering, so we are hoping to recruit volunteers for that specific task. Please let us know if you live near Thomas Place or enjoy morning walks through the park and can help. Any and all help is greatly appreciated.



ALBEE BROS

A DESIGN BUILD COMPANY

817-923-7815

HOME IMPROVEMENTS, ROOFING, REPAIRS, ETC.

Kitchens, Bathrooms, Garage Conversions, Room Additions

Landscapes, Waterscapes, Xeriscapes, Tree Trimming

We Do It All!

SINCE 1978 BBB Accredited TRCC #39639

ALBEE.BROS@ATT.NET

ATT HOUSE TAILORS

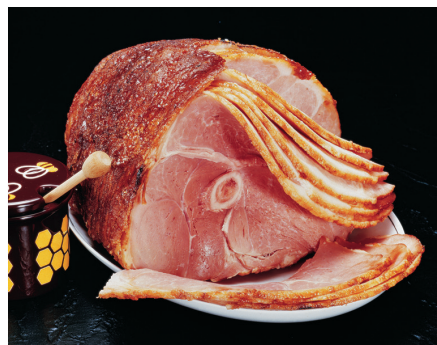
RESIDENTIAL GENERAL CONTRACTORS



Our newest kitchen project on West Magnolia Avenue.

Steve Chojnowski
Office: 817-423-1935 Cell: 682-553-3161
Email: housetailors@yahoo.com
Website: housetailors.com

Now taking orders for



HONEY CUT HAMS

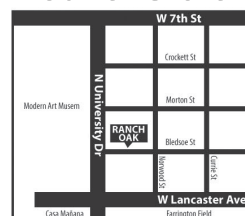
CELEBRATE EASTER
in GOOD TASTE



3005 BLEDSOE STREET, FT WORTH, TX 76107
817-877-3330
WWW.RANCHOAK.COM

Call or visit

Outlet Store



the frigid night of December 27, 2012. Neighbors watched helplessly as firefighters from our own Station 18 and other stations battled the blaze for hours. Luckily, no one was inside the home, but the house could not be saved and was a total loss. Emotions were high among the nearby neighbors who worried the fire might spread to their houses, who could do nothing to help the firefighters but get them coffee, who had great sympathy for the newlyweds who were living in the house and lost everything. House fires of this magnitude, though rare, have a tremendous impact on everyone in the nearby vicinity.

Then, just three weeks later, another house fire broke out a few blocks away on Pershing Avenue. This time, the home's security system detected the fire and alerted the Fire Department. Firefighters got there in time to contain the fire before it destroyed the home and to find the dog trapped inside.

Cindy Green who lives next door to the Hillcrest house that was destroyed wanted to do something to help her neighbors who lost everything. In response to Cindy and her nearby neighbors, AHNA created a special Hillcrest Fire Fund to benefit the young couple who were renting and had no insurance. AHNA got the word out about the fund by sending an eblast to the more than 1,000 AHNA eblast subscribers, and followed it up with two stories in the AHNA newsletter and posts on the AHNA website and facebook page.

In no time, a negative turned into a positive, as neighbors rallied to help. After watching a house on your block burn to the ground, it's hard not to be motivated to learn more about how to prevent fires and what to do if you're caught in one.

The January 2013 AHNA membership meeting was re-scheduled as a BYOB social at the Fort Worth Professional Firefighters Union Hall, located in Arlington Heights at the corner of Crestline Road and Tulsa Way, where several Battalion Chiefs addressed the crowd about house fires and provided practical fire safety tips. A hat was passed for donations to the Hillcrest Fire Fund, resulting in \$410.00 in cash being raised. An additional \$270.00 in donations was received through the mail. A total of \$680.00 was given to Charles and Veronica Dummit, the Hillcrest newlyweds who lost everything.

Prior to the two neighborhood fires, fire was already on the minds of many AHNA members. Beginning in 2012, Fort Worth firefighters Gina Bellegante and Clint Brewer started regularly attending AHNA membership meetings to present short fire safety tips. By 2013, the tips were all the more poignant and had even more impact. When the Fort Worth Citizens Fire Academy announced their spring class schedule, AHNA members Brenda Helmer and Tom Ames signed up for the 8-week course and ended up writing a story about their adventures for AHNA's newsletter.

In March 2013, Lieutenant Stephen Boynton from Fire Station 18 in Arlington Heights contacted AHNA President Christina Patoski about the possibility of working together to stage a birthday party for the fire station that would be celebrating its 90th year in the bungalow building on Camp Bowie Blvd. The AHNA Executive Board was excited to do it and asked Cindy Green to co-chair the party with Lieutenant Boynton.

It turned out to be the best party in recent neighborhood history. Live music, free food donated by area merchants, and activities for the kids attracted hundreds of well-wishers. AHNA published a special commemorative program honoring the station that included vintage photographs and historical stories about the station. The event was so successful that AHNA is doing it again this year on Sunday May 18 at the fire station. Read more about the party on Page 5 of this newsletter.

After last year's 90th birthday party, Glen E. Ellman, chief photographer for the City of Fort Worth who has been photographing fires for almost 50 years, was the guest speaker at the next AHNA membership meeting. He showed his spectacular photographs in a powerpoint presentation that included significant and historic fires in Fort Worth.

For the annual National Night Out Celebration at Thomas Place Community Center in October, Fire Station 18 firefighters brought their engine, the USS Fort Worth, and gave tours of it.

As has become the tradition, following the AHNA Thanksgiving Pot Luck Dinner in November, AHNA members took all the left over turkey and fixings to Station 18 for the men on duty to enjoy--a fitting finale to The Year of the Firefighter.

At this year's neighborhood awards banquet, AHNA was also recognized with a first prize award for its bi-monthly newsletter, Arlington Heights News & Views. The newsletter debuted in 2000 and has been published continuously every other month for 14 years.

Regular newsletter contributor Kakkie Cunningham joined AHNA President Jessica Redman and Past AHNA President and newsletter editor Christina Patoski on the dais to accept the newsletter award, which recognizes excellence in communicating news about neighborhood events and issues, as well as helping development and interest in neighborhoods. Printed and electronic newsletters from 2013 were judged on content and overall appearance. Judges considered the types of events and issues covered as well as how it's distributed. AHNA shared the honors with Berkeley Place's "Poobah" and Wedgwood South's newsletter.

This is the second award the AHNA newsletter has received. In 2011, the newsletter received the Silver Award in a national competition sponsored by Neighborhoods USA.

Previously, AHNA won the local Neighborhood of the Year award in 2007 and went on to receive an honorable mention at the Neighborhoods, USA national awards, staged in Virginia in 2008. In 2011, AHNA won the Community Collaboration Award from the City of Fort Worth for its year-long initiative focused on crime and crime prevention.

Other winners at this year's Fort Worth Neighborhood Awards included South Hemphill Heights Neighborhood Association which was named Neighborhood of the Year and was also honored with the Fort Worth Pride Award. The other winners were East Lake Worth Neighborhood Association for the Spirit of Fort Worth award, and the Village of Woodland Spring for the Mayor's Health and Wellness Award.

MY FAVORITE FAT

by Kakkie Cunningham

It turns out that fat is not a bad thing. Well, some kinds of fat are bad for you, but some fats are actually good for you, depending on their effects on our cholesterol. For many years, we've been told to avoid saturated fat because it increases our cholesterol. Recently, there is scientific evidence that indicates that certain saturated fats, specifically those high in medium-chain triglycerides (MCT), can provide healthy benefits.

MCTs don't easily store as fat in the bloodstream and research indicates that they actually bond to high chain triglycerides (HCT), which are bad saturated fats, and help carry them through the digestive system instead of going into the bloodstream where they can influence the growth of cholesterol.

Coconut oil and coconut cream are natural vegetable food sources that are high in saturated fat and are also rich in MCT. Remember the bad rap coconut oil got back a couple of decades ago when hydrogenated coconut oil was used in popcorn? Since then, it's been proven that what was bad was the hydrogenating process itself. Hydrogenating anything can change its chemical makeup, sometimes making it worse for you than the original product.

Coconut oil is expressed from ground up coconut meat. Coconut cream is made from the whole coconut, except the shell. Two tablespoons of coconut oil or cream daily is generally the suggested amount to ingest to aid in digestion and help fight the buildup of HCT. Other potential benefits include decrease in appetite, slow weight loss, more fiber going through your digestive system, change in body shape due to fat deposits slowly being reduced, and a better ratio balance of blood fats.

I started integrating coconut oil and cream into my daily diet over three years ago. Within eight months, I saw my body shape changing, including reducing the fat under my chin. After two years, I lost a size and a half, but it doesn't happen overnight.

Here's how to give it a try. Coconut oil can take the place of any oil you currently use, however it burns easily so is not recommended for anything that requires over 350 degree heat. Coconut oil tastes different from olive, canola or safflower oil, but once your taste buds adjust, there will

be no comparison. The oil has a nutty flavor that doesn't taste anything like coconut. One of my favorite meals is to slow roast fresh vegetables with plenty of garlic in coconut oil.

Start slowly by adding coconut oil to the other oils you use everyday, increasing the amount little by little. The lightest-flavored coconut oil is organic and cold pressed, sometimes termed expeller-pressed. This particular process also preserves more enzymes and electrolytes in the finished product.

Coconut cream tastes similar to coconut and can be added to baked goods, blended into smoothies, added to hot drinks, or eaten straight out of the jar. Coconut cream has the added benefit of being high in fiber and contains some trace minerals, enzymes and electrolytes. Both the cream and the oil turn to liquid when exposed to anything above 70 degrees or so. Both have long shelf lives and do not need to be refrigerated.

I use the cream to make easy to eat treats that have the consistency of fudge, but aren't too sweet. Start by gently warming the bottle of cream so that it's easy to stir the separated oil back into the solids. Place the bottle into the center of a large bowl and pour in enough heated water to cover most of the bottle. Let it stand until the water cools. Repeat the process until you can stir the contents until smooth. Do not put the bottle into the microwave. Overheating can destroy both natural enzymes and electrolytes.

Measure out 1 cup of cream and pour into a 6 1/2 x 8 1/2 inch Pyrex or similar baking dish that you line with waxed paper. (You can use a different size of baking dish, but you want to end up with 32 squares of cream.) Refrigerate for several hours or overnight until the cream is completely solid. Make sure the dish is level while it's cooling. An uneven surface is normal, depending on how quickly it cools. Remove the slab from the baking dish by using the waxed paper to lift it out. After it warms a bit, cut it into 32 squares and store in the refrigerator in an airtight container, so that it stays solid.

You can customize how many squares you eat each day once you get it into your system and determine what feels right for you. I prefer to eat a square before lunch and another before dinner. If it's easier for you to eat your daily portion at one time, that's fine. Just be consistent. Everyone processes nutrients differently, so adjust the amounts if necessary. Within just a few weeks, you will be able to better understand what works best for you.

Coconut oil is easy to find, even warehouse clubs have added it to their cooking oil sections. Coconut cream is now beginning to appear on some of the better grocery store shelves. Canned coconut cream or water from the beverage section is not the same, so don't let that confuse you.

If you have any health issues, check with your physician before drastically changing anything in your diet. Be aware that doctors are just now beginning to understand that MCTs can be beneficial. There is evidence that MCTs might also be beneficial in the treatment of Alzheimer's and certain types of dementia. Two excellent books are "Virgin Coconut Oil" by Brian and Marianita Jader Shilhavy and "The Coconut Oil Miracle" by Bruce Fife.



Precious Paws Pet Sitting of Fort Worth IN your HOME pet care

Amy Taylor Owner/Operator
www.preciouspaws-ftw.com OR (817)266-1985

Call us today or visit our website for a FREE in home evaluation.

Our job is for you to be able to go away and know your home and your precious pets are in the BEST possible care.
(Arlington Heights Residents get 50% off cost)



Who is Firemen's Curb Painting?

I have been in the fire service for 10 years. In my career I have noticed the need for home addressing and parking lot striping. Honesty, reliability, integrity, trustworthiness and commitment are common traits of a firemen. We have built Firemen's Curb Painting and Striping on these qualities. We provide a high level of customer service, integrated with an honest product and guaranteed workmanship. When it comes to your pavement marking needs you can put your trust in Firemen's Curb Painting and Striping.

Call us for a
FREE
ESTIMATE
(817) 718-2009

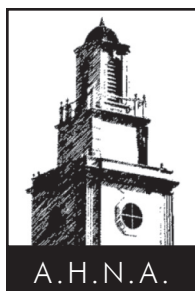


Firemen's Curb Painting and Striping provides service at homes and business throughout the **DFW Metroplex** including **Tarrant** and **Johnson County**.

We also serve the **Crowley, Rendon, Burleson, Joshua** and **Cleburne** area.



QUALITY
YOU CAN
TRUST
BY OFF-DUTY
FIREMEN



ARLINGTON HEIGHTS NEIGHBORHOOD ASSOCIATION

P.O. BOX 470692
FORT WORTH, TEXAS
76147