

Mary Poss makes progress with neighborhood issues

In an effort to find additional information about how to work better with the City of Dallas provided services, representatives from the Forest Hills Homeowners Association contacted our local councilperson for District 9, Mary Poss.

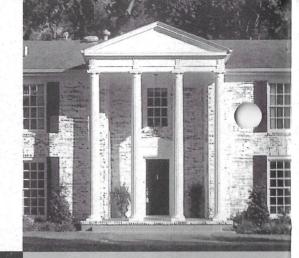
She requested and received our initial list of requests for information and problems, and then asked if our neighborhood had any other problems. We quickly set up a meeting for April 5th and met with her. By the time of our meeting, she had already resolved one problem (Code Enforcement Office's failure to return phone calls). She reviewed our list of problems and promised to continue to work on the other issues. Furthermore, she advised us that we should not wait to contact her in the future, and encouraged us to continue to bring problems from our neighborhood to her. We now have an on-going email conversation with Ms. Poss and her staffers, and are in the process of resolving all of our issues.

Issue: How do we find out about the upcoming street repairs, alley repairs, utility repairs and other City-slated maintenance to our infrastructure? We understand the disruptions but we are unable to convey their duration to Forest Hills residents.

Response: When Ms. Poss first was elected to District 9, we were literally one of the most neglected neighborhoods with a huge backlog of deferred projects. She has gone about correcting this, and our neighborhood has had many streets resurfaced and repaired. Ms. Poss writes a column published in The White Rocker, a local weekly newspaper. The information listing the upcoming years-worth of street repairs was last published in her column on November 1, 2001. You can also access this information on her web site: www.MaryPoss.com



Thanks for your Support





Harry H. Morgan Ellen Terry, Realtors



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8375	San	Fernando	Way*
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8462	San	Fernando	Way*
8508	San	Fernando	Way
8509	San	Fernando	Way

8231 Forest Hills Blvd. 8311 Forest Hills Blvd. 8319 Forest Hills Blvd. 8334 Forest Hills Blvd. 8335 Forest Hills Blvd. 8415 Forest Hills Blvd.

8415 Forest Hills Blvd. 8530 Forest Hills Blvd. 8538 Forest Hills Blvd. 8566 Forest Hills Blvd. 1417 San Rafael Drive 1425 San Rafael Drive 1430 San Rafael Drive 1457 San Rafael Drive 1465 San Rafael Drive 1523 San Rafael Drive* 1623 San Rafael Drive

8107 Santa Clara Drive 8139 Santa Clara Drive 8144 Santa Clara Drive 8215 Santa Clara Drive* 8342 Santa Clara Drive 8358 Santa Clara Drive 8417 Santa Clara Drive 8439 Santa Clara Drive

8155 San Benito Way 8170 San Benito Way* 8185 San Benito Way

8515 Santa Clara Drive

8522 Santa Clara Drive

8223 San Benito Way 8259 San Benito Way

8310 San Benito Way 8327 San Benito Way 8346 San Benito Way

8131 San Leandro Drive* 8154 San Leandro Drive

8184 San Leandro Drive 8185 San Leandro Drive

8319 San Leandro Drive

8358 San Leandro Drive 8372 San Leandro Drive

8154 San Cristobal Drive 8230 San Cristobal Drive*

8369 San Cristobal Drive

1719 Corday Street 8508 Groveland Drive

*Property sold more than once



With sincere appreciation for the support and patronage from the past and present owners of these Forest Hills homes.

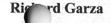
Harry H. Morgan 972.380.7707 CLLED TORRY

Greetings Neighbors! We have continued our efforts in the Beautification Campaign, dues campaign, and our postponed 2nd Annual Golf Tournament which will take place on June 28, 2002. As you know, this event was originally scheduled for May 3rd, but Mother Nature did not cooperate. If ne would still like to sign on as sponsors or would like to participate in the event, please col. t Ms. Gina Bender or myself at 214-320-9020. We are still moving full steam ahead on our beautification efforts and would like to once again thank all of you generous neighbors for supporting this effort with your pledges. As you know, we have exceeded our goals in the first year in this effort. At this time, we are identifying which part of the master plan will be implemented so that you may start seeing the fruits of your generous contributions. It is our hope that once we start realizing the impact of this project, more of our neighbors will also consider their involvement. Now, more than ever, we need to address Crime Watch. Again, we are trying to jumpstart our "volunteer patrol" program. We have attempted to generate some interest in this program from time to time, but always seem to lose steam until we have another incident in our neighborhood. Last year after the assault in our neighborhood, there seemed to be a genuine interest in doing something for the neighborhood in the area of crime watch. As time passed, neighbors forgot about it and nothing of substance was ever done.



At this time, the only way to address this problem is to generate interest in a bonafide crime watch program or somehow generate funds for the neighborhood to supplement our police presence in the neighborhood. At this time, we are working on another fundraiser that we may be able to use as a crime watch revenue source. That is the home tour which I have discussed in previous newsletters. As you probably are aware, Ms. Ann Walton has graciously agreed to coordinate the kickoff of this event.

Lastly, I would like to remind everyone of the **Fourth of July** picnic this year. Please put this neighborhood event on your calendars since it always seems to be one of the nicest events which the neighborhood hosts each year. And as always, if there is anyone who has any thoughts on how we might make our neighborhood a better place to live, please feel free to give any of us a call who are listed on the back of this newsletter.





July 4th

Forest Hills Parade and Picnic 9:30 a.m.

Forest Hills and Breezewood

Cheer your neighbors! Wave our country's flag!

Don your favorite red, white and blue

and join the march!

Then, follow the patriots to the Keller compound, and join us in celebrating our great country with our annual picnic, generously provided by Jack and Wilma Keller.



Shots heard around the neighborhood

At 3:15 a.m. May 1, a round of shots from an automatic weapon broke the silence of an otherwise quiet morning in Forest Hills. This wasn't the usual sound of gunfire we sometimes hear.

This time it was up-close and personal.

So close and personal that three bullets tore into an elderly neighbor's home hitting her refrigerator as she stood in the kitchen. An additional 12 shells were found in the street outside this neighbor's home at the northwest corner of San Rafael and San Leandro.

The Dallas police believe that this violent eruption was the work of gang members who thought they found the perfect venue for violence and mayhem, a nice, quite neighborhood with carefully tended lawns.

According to Dallas Police Corporal Ron Carpenter, who this past week addressed the Forest Hills board, the bad guys are out there looking for easy targets. He said they have a communications network that enables them to spread the word faster than shots from an M16 if a neighborhood is ripe for crime.

The gang member who came into our neighborhood sent us a message and we have to send one back. We have to tell gangs that Forest Hills is the kind of neighborhood that takes a stand against crime. We have to do it loudly. We have to do it clearly. And we have to do it now.

Our safety, our quality of life and our property values demand it.

What can you do?

1 • When you hear gunfire, call 911 immediately. Give them your best estimate as to which direction the shots are coming from. Corp. Carpenter told about a nearby neighborhood where numerous households called 911, and the police were able to use the homeowners' directions to follow the shooters and arrest them.

If you do not want the officers to come to your door as a follow-up, tell the 911 operator "Do not contact me."

- 2. An off-duty police officer is being considered to patrol our streets for the at least the next few months. This will send a strong message to these gang members and other criminals. The cost could be \$125 to \$175 per family. Obviously, the more families who participate, the lower the cost will be.
- 3 Volunteers In Patrol (VIP) group. We are also interested in forming our own. It is a non-confrontational neighborhood patrol that would roam our neighborhood, armed with cell phones to call the police at any signs of trouble. To be a VIP only takes three nights of training through the Police Department. If you are willing to donate money for an off-duty officer or become a VIP, contact Susan Farb at 214-328-1040 or mail a response to Gae Benson at 8171 San Benito Way.
- **4.** Criminal Alert Signs are being posted throughout the neighborhood. If you'd like to purchase one specifically for your yard, call Martine Buhmann at 214.327-5122.

Those shots fired weren't just heard at the corner of San Rafael and San Leandro. They were heard throughout the neighborhood. And we're going to do something about it!"

Karen Raskopf, Jay Fosha, Delores Cullivan, Bill Schadegg, Gae Benson and Andy Vracin.

- "Vacation Watch". If you are going to be out of town, you can call the Dallas Police at 214.670.4115. They put your home on "Vacation Watch" and drive by daily while you are gone *free of charge*.
- **6.** Free Home Security Check. Call Mace Granado at the DPD and ask for one. You could receive up to 20% discount off your homeowners insurance.
- Keep Outdoor Lights On! Keep your shrubs trimmed and your garage door closed. BE A NOSEY NEIGHBOR. Get to know all your neighbors and look after each other. Call 911 if you see ANYTHING suspicious. Corporal Carpenter said, "Your neighborhood doesn't have a lot of criminal activity. Don't wait until there are major problems to take action."

Inspiring birth stories expect to be published

Narratives of Faith Overcoming Fears

When Forest Hills neighbor Kalena Cook, who is 5'2", gave natural birth to an 8 lb. 4 oz. baby boy at age 39, most expressed surprise. "You gave birth naturally, on *purpose*? Without an epidural!? Why?" Her own story, *BirthQuest: Choosing a Whole Birth Approach* provides interesting answers based on in-depth research. "I wanted to avoid a cesarean. I wanted to give our newborn a drug-free start. I wanted to experience a satisfying birth which proves helpful in postpartum recovery." So, a few friends asked, "Tell me what you did and what's birth like?" She encourages healthy women with normal pregnancies, "You can do it. Creating new life is the most awesome thing you'll ever do. Get informed and make choices that support birth as a normal biological process. Begin with shopping for the right doctor or midwife." And the friends all did.



Kalena, Franklin and William Jackson

The journey began for Kalena when Dr. Wrong pronounced that she <u>must</u> get an amniocentesis test because she was over 35. She then read, *A Good Birth, A Safe Birth*.

"I learned that an amnio is invasive, dangerous and inaccurate." With angst, she prayed for a sign, a rosebud, that all was well. A card came from her aunt **seven days later**. On the cover was a beautiful red rose with a perfect little rosebud. On faith, she declines the amnio and intuitively switches to an enlightened practice that includes midwives. Susan Akin, a certified nurse-midwife, who said, "You'll do fine," became a Birth Angel. William, Kalena's husband helped obtain heat relief during labor.

Turning scared into sacred - So what's influencing other women to take a proactive approach to their births? Why are some choosing natural birth in this day of epidurals, inducements and routine surgery? How do they face their fears? What did they do to prepare for birth really, physically, emotionally and spiritually? Which comfort measures helped them most? Their advice for first-time expectant moms? Find don't take labor lying down.

As an award-winning communications professional, Kalena saw the need for positive stories and news about epidural risks. Trusting that birth is normal brings peace and helps prepare our souls. She conducted over 36 personal interviews that contain powerful testimonials to a new birth wave. The stories will become a published book, *Intuitive Birthing*. From waterbirth, hypnobirth, and VBACs to breech birth, twins and medicated first births then second natural ones, in hospitals, birth centers and at home, the women are cross-culturally main-stream. They're educated. Four doctors are included, three of whom are Obstetricians that chose not only drug-free but out-of-hospital births. Dr. Margaret Christensen, of Lakewood, contributes to the book: "Storytelling is among the most ancient forms of healing and as women living today, we need to hear more stories about the strength, power and sacredness of our bodies and the normalcy of the birth process."

Forest Hills neighbors include Linda Ortman, who had a medicalized first birth with complications and birthed her second child with a midwife. Barb Michaels, R.N., a registered nurse, found a doctor who did hypnosis in the 60's for a drug-free childbirth. Barb was a doula for her daughter's natural birth in Seattle. Michelle Witcher will tell you her birth was "exhilarating." She had an unplanned natural birth 54 minutes after admittance. Dr. Melissa Crochet, OB/Gyn, chose the Birth & Women's Center on Swiss Avenue. Dr. Larry Diana, an anesthesiologist provided current studies and an epidural needle, photographed by Neil Farris for the book.

Professionals include anthropologist Robbie Davis Floyd, author of *Birth as an American Rite of Passage* as well as Sheila Kitzinger, a British author of many books like *Pregnancy and Childbirth*. Adams Media is going to publish the Natural Birth Stories book. "Instead of success or failure, giving birth or following your dreams is all about facing our fears then acting on them. Encouragement empowers us for the next step in life. Parenting is by far a much longer and more challenging process."

Kalena Cook wrote *Packaging Nature*, a look at the whole foods industry for her Master's Thesis. She continues studies for becoming a Master Herbalist. Cook is a Member of the Writer's League of Texas and the American Herbalists Guild. kcook@airmail.net.

POSS continued

Issue: How can we resolve standing water at the intersections of alleys and streets?

Response: Apparently, after much discussion and observation, most of the standing water is due to improperly installed landscape irrigation systems that run either too long or too much. The newly implemented irrigation ordinance will help with this. We will continue to monito issue.

Issue: We are in the "Code Compliance Partner Program". While we have had good response in the past, we are now getting minimal interest from the CE office. We no longer get a monthly update or our calls returned. Where is this program going?

Response: The Code compliance office was recently reorganized, and a new enforcement officer + an assistant was assigned to our neighborhood. The city is committed to this program, and we are now getting updates on our neighborhood issues.

Issue: We would like to review our Master Plan with Ms. Poss, including the ownership for maintenance of the medians, plant material, potential grants available, etc.

Response: Ms. Poss reviewed our plans with us briefly, and will be helping us with further development, including coordinating the maintenance and possible additional funding.

Issue: The 3.5-acre parcel @ 8546 San Leandro is for sale. Under present zoning, it could be subdivided into fifteen-10, 000 S.F. parcels [3.5 acres @ 43,560 S.F. per acre = 152,460sf/ (R10 zoning of 10,000sf per unit) = 15.2] that could possibly be insensitively planned with the surrounding neighborhood. We are concerned that a potential purchaser will either attempt to change the existing zoning [R-10(a)], or plat the property unsympathetically with the surrounding neighborhood. Our neighborhood amended its setbacks (ordinance #24269 on 5/24/2000) and this property borders these setbacks. It also borders another portion of our neighborhood with unmodified R-10(A) zoning. The FHA has made the Realtor (Jenny Capritta w/ReMax) aware by letter that we would vigorously oppose any change in zoning. We are extremely concerned that the developer will not be responsive to our neighborhoods concerns, e.g. planning, setbacks, height restrictions, driveways, alley vs. street auto entrances, construction disruptions and especially complying with the existing landscape ordinance. We are concerned that the potential developer will seek relief from compliance.

Response: Ms. Poss will continue to monitor this with us.

Issue: Possible replacement of traffic light on Garland road at East Lawther Drive that was removed in approximately 1989. Replacement would allow pedestrian access from our neighborhood's considerable-wide midpoint to White Rock Lake. Our neighborhood is interested in obtaining a traffic warrant (a engineer-sanctioned traffic count) from the state and city to ascertain correct and updated traffic counts in the process of obtaining a traffic signal allowing a left turn onto the newly remodeled East Lawther. It is almost 7/8 of a mile between traffic signals (one at San Rafael and one at Lakeland), and traffic speed and volume along Garland road prohibits crossing this road at to Each Lawther, which is almost at the mid-point of our neighborhood. The State and the City had given us preliminary approval last year to reight traffic warrant, and we were waiting for the Lawther construction to finish. While this warrant/study does not guarantee the signal (they would need 60 -100 cars hour turning left from Garland onto Lawther for that), it would at least re-start the conversation with the City for other crossing help (crosswalk, signage, etc.). What problems and help can be expected with this?

Response: This item is under study by staff.

Issue: The trains that run on the AT & SF railroad that borders our neighborhood sound their horns for 2 separate at grade crossings. There are approximately 2 to 3 trains per night that sound their horn. The DART crossings are gated in such a manner that the trains do not have to sound their horn. What would have to happen to obtain one of these special crossings that would allow the trains not to sound their horns? Response: This item is under study by staff.

Issue: Are there plans to proceed with any of the recommendations from the Garland Road study (1989), the spillway study (1998), etc.? Has there been an update?

Response: Some recommendations from the study will be on an upcoming bond program.

Issue: The low-clearance railroad bridge that spans Garland and Gaston intersection keeps oversized truck traffic to a minimum, and we appreciate this. What are the plans for this bridge?

Response: Several uses for this bridge are being studied: this item is under further study by staff.

Issue: We have the Ferris Cemetery in our neighborhood which has a state historical marker on it. We are unable to determine who owns it and make responsible for its care. It is becoming very overgrown and is barely accessible. We have also located a tombstone that was "liberated" and we would like to have returned, and have the cemetery re-consecrated. We would like to see the recommendations from the attached 1986 sub-surface investigations put into place. How do we go about this?

Response: This item is under study by staff.

Issue: Obtaining a PID for obtaining money for upgraded police presence in our neighborhood: what is the process and what problems can be expected?

Response: Initially, this item was under study by staff for advising us on the process. Due to recent events, we have conveyed to the state that this item has a greater urgency and priority.

Re-Do or Not To Re-Do.

That's a good Question.

Melinda Koester Poss

There are a many issues to consider when assessing whether your house is a candidate for renovation, restoration, remodeling or demolition. Before doing anything however, you and/or your architect should determine what is allowable, legally. In Forest Hills, among other things, we have set-back requirements that vary according to lot depth, so check on your lot's set back before you dream about enclosing the front porch.

People always want to know what an addition or remodel will cost, before they take the plunge. Recently, I ran across a helpful website (www.remodeling.hw.net) that gives not only costs for various types of projects, but also estimates their resale values for various cities around the country. According to these folks, in Dallas-Ft. Worth, the most valuable remodeling project is a bathroom. According to this research, an average bathroom remodel, which costs \$11,260, brings a 121% return, if the house sells within the year. This was the only project that valued more on resale than it cost to construct. All other additions and remodels recoup less than what is put into them. For example, an additional bathroom, which costs an average of \$12,813, will recoup 80% of your outlay upon resale, one year later. A minor kitchen remodel at \$13,193 will bring you an 88% return on investment, while a major kitchen remodel, costing \$37,871, will only get you 67%. Not surprisingly, in the DFW region the least valuable remodeling project is a sunroom, but it still brings a 43% return. Other parts of the country put different values on different parts of the house.

One word of caution is needed here before you jump on the remodeling bandwagon an older house is often more v aluable if it is left in its original condition than if money is put into a low-quality update. Before you tear out that bath with the intricate tile pattern and old fixtures, or replace the original kitchen appliances with new ones, check with an expert. You might be surprised at what is considered valuable nowadays. On the other hand, don't let the economics of resale paralyze you. If you plan to live in your house a long time, the value of a good remodel or addition is hard to calculate. When it comes time to sell, if your house has been well-loved, a buyer will appear who loves it, too.

children's network

What are the Spring Socials and why are they the hottest thing going!

We have had such great response for parent's calling and wanting to host a "Kid Social" at their home. As a matter of fact, the idea is so popular that we are going to run them all throughout the summer. This ensures that you don't have to leave the neighborhood, or sign up for expensive camps just so your children can be around kids their own age. It's a hit!

If you haven't been called for your child to participate, please call Neoma Twining, 214-320-0229 or Kathy Knutson and let us know. We will make sure your child cats placed into a group. We mix the groups up all the ...ne, so everyone gets to know everyone. We hope you'll join us. Also, look for our next big event flyer, "Everything on Wheels" in July.

Introducing

Studio C The Architecture Office of Melinda Poss, AIA

1909 Abrams Parkway 214-826-2404 (Above Lakewood Arts Academy)



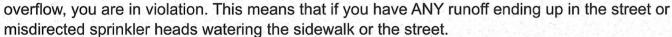
8702 Garland Rd. Dallas, Texas 75218 214-328-7589



In one of your last water bills, there was an insert on newly adopted City of Dallas water regulations. These regulations enforce conservation of water in Dallas and began on October 1, 2001 (Dallas City Code ordinance #24745[1]). The ordinance specifically is directed towards lawn irrigation systems.

Please consult the entire ordinance, but here are the condensed main points:

- 37798. Between June 1 and September 30 of each year, you may not run your irrigation system between the hours of 10AM and 6PM.
- 37799. You may not operate your irrigation system during any form of precipitation: "Any irrigation system installed before January 1, 2002 may not be operated after January 1, 2005 without being equipped with a rain sensing devices and freeze gauges..."
- **37800.** If, during the operation of your sprinkler system you allow it to run onto an impervious area (e.g. sidewalk or street), either from a direct stream or from



37801. If you have any broken or missing sprinkler heads, or if the system "has not been properly maintained in a manner that prevents the waste of water", you are in violation.

Violation of the above is subject to a penalty of not less than \$250 or more than \$2,000. Contact your local lawn irrigation company before your next maintenance and schedule compliance. These regulations are to help prevent wasting a precious natural resource[2]. Think of it as money literally down the drain if you do not comply. Consider using bubbler emitter heads or "trickle" hoses. Also, please use climate appropriate plant material: there is a reason native plant materials are already here.

[1] On September 21, 2001, the Dallas City Council approved Ordinance #24745, amending section 49-2 and adding section 49-21.1 to Chapter 49 of the Dallas City Code. It was signed by the Dallas City Attorney on September 26, 2001 and took effect on October 1, 2001. You may view all of the Dallas City Ordinances online at www.dallascityhall.org/dallas/eng/html/codes.html

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[2] Only 3% of the world's water is fresh, and most of that is located in polar ice. Only 0.003 percent (that's 3/1000 of 1%) is readily available as fresh water for human use. (G. Tyler Miller. Living in the Environment: An Introduction to Environmental Sciences, 7th Edition. Belmont California Wadsworth Publishing Company 1992, p334)

David Payne







Judy Whalen, Barbara Clay, Barbara Michaels, Delores Cullivan

First Annual Plant Sale - A Bumper Crop for the Garden Club.

The Forest Hills Garden Club successfully raised \$500 for the Forest Hill's Beautification Committee thanks to the many residents and non-residents who bought spring plants at the Garden Club's First Annual Plant Sale. The Garden Club has committed to three annual payments of \$500 to help with our

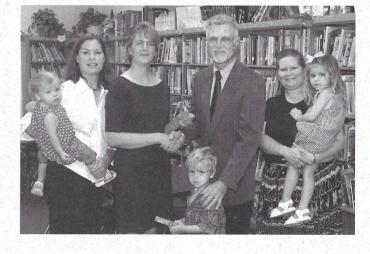
neighborhood's revitalization of boulevards and islands.

The sale was put together by the boundless energy of our Garden Club President, Delores Cullivan and members Barb Michaels, Jane Halsey, Barbara Clay, Judy Whalen, Melinda Poss, Judy Boyles, and Linda Bryant with the help of Honorary members Jerry Bryant and Rachel Bernstein. The sale was such a success that the club has already planted the seeds next year's sale that is tentatively scheduled for April 12, 2003. Like this year, the plants offered will be an assortment of professionally grown specimens from area wholesalers, and are particularly suited to our neighborhood's climate and soil conditions.

For future Garden Club activities and membership information, contact Judi Boyles (214)321-1648 or Delores Cullivan (214)328-3124. Also, look for the club's ever-popular "float" entry in the Forest Hills Fourth of July Parade. This year's theme is "We Aren't Your Mother's Garden Club."

Alex Sanger

The board of the White Rock Preschool PTA presented Dr. Larry Allen a check for \$3000 for playground equipment and a reading program from the proceeds collected at the Winter Art Fair. "Last year we doubled the size of the Winter Art Fair, and quadrupled our donation to Sanger. Next year we anticipate an even greater attendance as the caliber and quantity



of the artists continue to grow. This is such a great neighborhood to present these artists...everyone finds something to No. of the Preussel stated. Pictured are Laura Rosenthal, president; Alice Hoque, treasurer; Mary Preussel, Winter Art Fair coordinator, and Dr. Larry Allen. Children are: Gunnar and Piper Duke, and Leslie Hogue. Photographer: Neal Farris, past president of the White Rock Preschool PTA.



by the Lake



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IT'S TIME TO CHECK YOUR

 $M_{
m ycorrhizae}$ are among the beneficial micro-organisms found in healthy soil. They benefit the roots of your trees enormously by assisting in the uptake of essential moisture and nutrients.

Now is when our expert crews should freshen mulch, check irrigation systems and amend the soil to help your trees thrive during the scorching months ahead.

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Here is Lois Parrott

A note from our DISD Board of Trustees Member

As your board member from this area of Northeast Dallas, I am proud to represent you and help continue to improve our neighborhood schools. I was fortunate to shake 409 students' hands and hand them their diplomas last week at Bryan Adam's graduation ceremony and 769 graduates at Skyline High School. We are fortunate to have both exemplary and recognized schools in Northeast Dallas. In fact, we will be the first area of the city to receive the new high school which was planned for in the 1.3 billion bond program. We will also be the recipients of several elementary schools that should help alleviate some of the overcrowding. Feel free to call me at 214.328.6809 if you have any questions regarding our schools.

Here are a few things you might want to know about me...

- ong time resident of District Three
- ... Married with two children, both have attended or attend Dallas Public Schools
- ... Former teacher in Dallas Public Schools
- ... Current full-time Professor, Richland College
- ... Dallas School Board member since 1996
- ... Hold a Ph.D. in Education from Texas A&M University
- ... Member, White Rock United Methodist Church

I stand for:

- ... More local and neighborhood control over our schools
- ... More parent input into the decision making process
- ore support for our teachers in the classroom
- ... Stronger fiscal accountability in all district operations

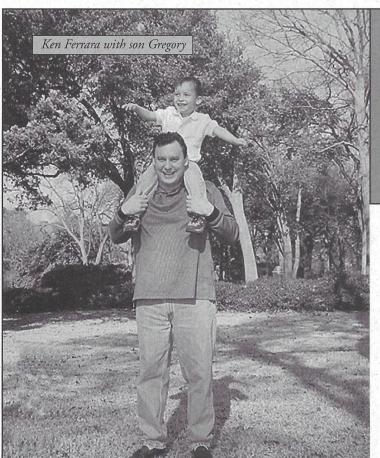
Scott Carlson Real Estate, Inc.



8531 Forest Hills Blvd.

"Agents should be a choice, not a chance."

10 years.



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YMCA at White Rock 214.328.3849

Summer Day Camps M-F 7:30am to 6pm, Ages 5 to 11 Field Trips (9am to 2pm), Archery, Canoeing, Outdoor Education, Character Development, Swimming, Group Games (T-ball, Volleyball, Kickball, etc), Traditional Camp Games. Teen Camps M-F 7:30am to 6:00pm, Ages 12 to 14 Metroplex area trips each day (9a to 3p), Service Learning Projects

Swimming Lessons

2 week sessions, M thru Th, 40 minutes; sessions start June 3, 17, July 8, 22, August 5. Parent-child, 6 months to 3 years; Preschool 3 yr to 5 yr; YMCA Youth 6 yrs to 11 yrs; Teen to Adult 12 yrs to 99. Private & group lessons. Piranha Swim Team (5yrs to 21yrs), competing with other YMCAs in the metroplex. Pool party rentals available for Saturdays & Sundays.

Personal Training available through Health & Fitness department: overall health & conditioning.

Parents Night Out: every other Friday, 6:30p to 11:00p, \$10 members/\$12 nonmembers, includes dinner. Ages 6 months to 6th grade.

ROEDER



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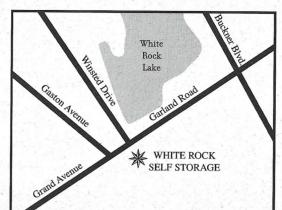
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