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By Bart Vickrey

## **BIG FAT QUITTER**

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In 2018 my body went through a transformation.

For the first time in over twenty years, my abs saw the light of day.

The diet was called Flab to Abs. And it worked! Like a miracle. All I had to do was take twenty seven purple pills a day and eat exactly one pound of cabbage. From there I could eat anything I wanted.

Now before you go clicking through the Googler looking for the Flab to Abs diet - let me make a confession. I made that last paragraph up. All lies. I didn't follow any fad diet.

What I did do, eat, exercise, and think about during my weight loss and fitness journey - I'll share with you in a moment. All of which is very interesting, but not nearly as interesting as what I learned during my 2018 transformation.

What I learned during my abs journey has completely changed the course of the rest of my life. Typing these words to you right now has goosebumps dancing up and down my body. What I learned will be shared (in detail) with you.

But first, let me tell you a story.

On January 5, 1983 I was with my dad in his trailer in Portage, Indiana. Dad and mom divorced when I was young. So I didn't get to see him nearly as much as a young boy would like.

Anyhoo, so I'm in this small trailer with my dad and it's his 40th birthday. Other than just being there, the only other thing I remember from that day was a thought. A very profound thought for an eleven year old lad.

"Wow! My dad is old?"

Now, fast forward to April 9, 2011. I see the same look on the face of my three sometimes (less than 50% of the time) wonderful children.

Later that night, I sat down and bought a Porsche convertible on Cars.com and found a new friend at huzzies-R-us.org. Oh wait, that's not what happened. There was no mid-life crisis to report. But there was a midlife goal list created that very night.

(Side note: my plan is to live to 110 years old, so 40 is hardly midlife. FYI.)

**Current  
Conventional  
30 Year  
Interest Rate  
4.5%**

*Listing Spotlight*



**16287 Lakewood Street, Lowell  
\$370,000**

- \*3 Beds, 4 Baths, 3,068 Sq. Ft.
- \*Private 1.55 Acre Lot
- \*Updated Kitchen w/ Granite & Stainless Steel Appliances
- \* Large Master w/ Updated Bath
- \*Finished Basement



**2310 Hazeltine Drive, Long Beach  
\$379,900**

- \*3 Beds, 2 Baths, 1,630 Sq. Ft.
- \*Minutes to Lake Michigan
- \*Open Concept Main Level
- \*Custom Kitchen w/ Quartz Counters & Stainless Steel Appliances
- \*New Roof, New Septic Tank



**440-1 Plymouth Road, Valparaiso  
\$134,900**

- \*3 Beds, 2 Baths, 1,120 Sq. Ft.
- \*Hardwood Floors & Fresh Paint
- \*Newer Furnace, AC, Windows
- \*Roof still has 15 Year Warranty
- \*Huge Deck & Fenced-In Yard



**287 Dawn Drive, Valparaiso  
\$265,000**

- \*4 Beds, 3 Baths, 2,848 Sq. Ft.
- \*Main Level Master Suite
- \*New Carpet
- \*All Appliances Included
- \*Finished Basement w/ Possible 5<sup>th</sup> Bedroom



**1011 Kathryn Court, Chesterton  
\$238,900**

- \*4 Beds, 2.5 Baths, 2,488 Sq. Ft.
- \*Stainless Steel Appliances, w/ Open Concept to Living Room
- \*Spacious Master Bedroom
- \*Fenced In Backyard w/ Koi Pond and Cottage Shed



**558 Sequoia Court, Chesterton  
\$423,000**

- \*4 Beds, 2.5 Baths, 2,350 Sq. Ft.
- \*New Construction
- \*Open Concept Layout
- \*Magnificent Kitchen w/ Quartz Countertops
- \* Huge Master Suite



**2133 Samuelson Road, Portage  
\$394,900**

- \*5 Beds, 3.5 Baths, 4,442 Sq. Ft.
- \*Open Concept Layout w/ Hardwood Floors
- \*Large Eat-In Kitchen
- \*Finished Basement
- \*Comes with Additional Adjoining Lot



**SOLD in 3 days!**

**1718 171<sup>st</sup> Place, Hammond  
\$124,900**

- \*Restored Hardwood Floors
- \*All appliances Included
- \*Updates Include: Paint, Doors, Light Fixtures, Window Blinds, Fence & Siding



**Sold in 1 day!**

**1307 Redwing Road, Valparaiso  
\$109,900**

- \*Gorgeous Wood Ceilings
- \*Updated Kitchen w/ Stainless Steel Appliances
- \*Bamboo Flooring
- \*Cathedral Ceilings



Wonder what your home is worth?  
Find out the value instantly and painlessly at  
<http://www.nwihomesite.com/cma/property-valuation/>

### **TRIVIA QUESTION**

#### **Riddle Me This!**

**First to email me with both correct answers wins a \$25 gift card!**

- 1) What college did Forest Gump attend?**
- 2) Which 1990 movie blockbuster featured a sexy pottery scene?**

**Good luck!**

**Email your answers to:  
[Bart@BartSellsHouses.com](mailto:Bart@BartSellsHouses.com)**

### **Our Amazing Sale Team at our Annual Christmas Party!**



Here's the goal list created on the night of my 40th birthday:

Quit tobacco (Addicted to Skoal Long Cut Wintergreen for 29 years)  
Learn to Swim  
Get Straight Teeth (thanks Dr. Brenda!)  
Write a Book  
Sell the Dairy Queen  
Payoff the house by December 31st 2016  
Dance Naked at Denny's (just making sure you're still reading!)  
Bring the Abs back

By the end of 2011, I had a mouth full of metal.

By the summer of 2012, I was basically Michael Phelps in my backyard above ground swimming pool.

On February 21st 2016, the book was published. (Search Real Estate Good Life on the Amazon).

In April of 2016, ding dong the Dairy Queen's gone!

On September 30th 2016 we flipped the bird to the mortgage company!

And by February of 2018... I was still FAT!

My commentary surrounding "visible" abs became the laughing stock of the household. Keep in mind, my abdominal proclamation regarding the sexy six pack began long before the night of my 40th birthday.

I'd been telling the fam for years that "I'm bringing the abs back!"

Only to shrink back into a bag of chili cheese Fritos and a bottle of Miller Lite. Until one day... when something changed. Something inside was triggered. Once the trigger was pulled - it was no longer a matter of IF, only when.

How I did it, and what I learned, I'll share with you in the next issue of this newsletter.

I'll close with this. If you truly want to make change in your life. You **MUST** make a complete TRANSFORMATION.

You have to forsake who you are today in order to create EXACTLY who you want to be tomorrow. This is not voodoo woowoo. This is the truth. And you know what the truth will do.

Until next time my friend.

