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Benbrook News

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From the City of Benbrook

33rd Annual Christmas Tree Lighting and Fireworks Show Rescheduled for Dec. 14

Due to possible rain, the Benbrook 33rd Annual Christmas Tree Lighting and Fireworks Show has been postponed until Saturday, Dec. 14 at 7 p.m., at Dutch Branch Park.

From the City of Benbrook

My Benbrook Mile

The City of Benbrook invites individuals and groups to participate in the Adopt-a-Mile program and make a positive impact on the community. By adopting a city roadway or park area, you can help keep streets clean and beautiful.

To participate, [register on the City of Benbrook's website](#). Registered individuals and groups are responsible for organizing clean-up events and requesting supplies from the City, such as trash bags, latex gloves, and reflective vests. Clean-up events can be scheduled monthly, quarterly, or as the area dictates. Together, we can create a cleaner, healthier Benbrook for everyone to enjoy.

For more information, contact Cecilia Ventura at 817-249-6008.

From the Benbrook Water Authority

Conserve Now, Save Later

Benbrook resident's water consumption from November to March influence sewer charges for the entire year. The Winter Quarter Average (WQA) billing method means you will incur the same monthly fee for wastewater services, calculated based on the average water usage over the winter months. WQA is applicable only to residential customers.

For more information, call the Benbrook Water Authority at 817-249-1250.

From the Sports Desk with John English

Benbrook MHS and Western Hills HS Basketball Teams Looking for Wins

The Benbrook boys basketball team lost to Eagle Mountain before the Thanksgiving Holiday by a score of 52-46.

Coach Blake Mendez said that overall he was very pleased with how his team competed and said there were a lot of positive things to take away from the game.

"This was a really competitive game that went back and forth for four quarters," Mendez said. "We felt like we played well enough to win, but Eagle Mountain did a great job beating us on the glass. We gave up way too many offensive rebounds and when you play good defense but you let the other team have second and third opportunities to score, it's hard to win close games. I was proud of our fight, but we feel like we let that one get away from us."

Mendez said he did have a couple of stand out performances in the game for Benbrook.

"Jayden Hall had a great day on both ends," Mendez said. "He ended with 17 points. Peyton Henderson and Jacorey Head also played well, ending with 11 and 10 points respectively."

Over at Western Hills, the Cougars lost a close one to O.D. Wyatt just before the break by a score of 48-42.

On the girl's side, Benbrook lost to Lake Worth by a score of 52-32 before Thanksgiving, and coach Leta Lofton said, "Going into the Lake Worth game we were 8-3 with three of our starters under the weather... Our team captain Grace Klaerner led the game with 11 points." The Lady Bobcats will take on Boyd on Tuesday hoping to get back on the winning track.

Over at Western Hills, the Lady Cougars lost to Sunset just before the Thanksgiving holiday.

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Tips for a Warmer, More Efficient Home

As the temperature drops, it's important to ensure your home is energy efficient to stay warm and comfortable while reducing your energy bills. Here are some tips to help you save energy and money this winter.

- Seal up drafts: Check your windows and doors for drafts and seal them with weatherstripping or caulk.
- Program your thermostat: Set your thermostat to a lower temperature at night and when you're away from home. Consider using a programmable thermostat to automate this process.
- Use energy-efficient appliances: When replacing appliances, choose energy-efficient models with ENERGY STAR certification.

From the Benbrook Public Library

Operating Hours Change

After analyzing the hourly traffic of the library and with staff recommendation, the Board of Trustees approved a pilot program to explore changing the hours of the library.

The pilot program began on Monday Dec. 2 and will end on March 31.

The hours during this pilot program will be Monday through Thursday, 9 a.m. to 7 p.m., Friday and Saturday, 10 a.m. to 5 p.m.

Patrons may provide any input on this change of hours on [this survey](#). The Library values your input in our decision making process!

Legal Notice

Application has been made with the Texas Alcohol Beverage Commission for a BG Wine and Malt Beverage Retail Dealers on-premise by Family Pho Restaurant LLC dba Pho House Asian Kitchen, to be located at 9400 Clifford St. Suite 130, Fort Worth, TX 76108 - Tarrant County Texas. Officers of said corporation Family Pho Restaurant LLC are Ky Lam - Owner.



STEAK NIGHT!
Public Welcome

Saturday, Dec. 7 • 5:30-7:30 p.m.

Steak Dinner or Pork Chop Dinner

Meal includes:

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- Unplug electronics: Even when turned off, electronics can consume energy. Unplug them when not in use.
- Maintain your HVAC system: Regular maintenance, including cleaning and tune-ups, can help your HVAC system operate more efficiently.

For more information, visit energy.gov.

From the Benbrook Public Library

10th Annual Holly Jolly Celebration Dec. 14

You are cordially invited to the 10th annual Holly Jolly celebration at the Library on Saturday, Dec. 14 from 10:30 a.m. to 3 p.m. Experience a variety of winter entertainment, sip hot cocoa, connect with your community, and create memories with your family at this free event!



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Around the Town with Denise Honeycutt

Local Veterans Receive Quilts of Valor

The mission of Quilts of Valor (QOV) Foundation is to provide comforting and healing quilts to veterans and service members who have been affected by war. The quilts are a token of appreciation for their service, sacrifice and valor. This foundation was started in 2003 by Catherine Roberts, a Blue Star Mom, after her son was

deployed to Iraq. She was inspired to start this foundation after having a dream about her son wrapped in a quilt, which transformed his demeanor from despair to hope.

Hundreds of quilters across our nation make these quilts with love and gratitude and over 401,000 have been presented. On Nov. 19, nine veterans received their quilts from Cecilia Burkholz, QOV Group Leader Texas and the Fort Worth Quilt Guild, at Westside Church of Christ. Recipients also received a Proclamation from President Biden. Family relatives and friends enjoyed light refreshments after the ceremony that was enjoyed by everyone who participated.



Quilt of Valor recipients: (front, l-r) Raven Whitehawk, USMC; Raul Sanchez, Army; David Cowley, Army and Yvonne Madison, Army. (back l-r) Anthony Darr, USMC; Alonzo Johnson, Army; John Berry, USMC; Art Boone, Army and Jerry Grantland, USMC.



Pictured (l-r) are: VFW Post 10429 Auxiliary President Shawn Terry, VFW Post 10429 Auxiliary Jr. Vice President Judy Grantland, QOV Recipient Jerry Grantland and VFW Post 10429 Commander Troy Colum.

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QOV Group Leader Texas Cecilia Buckholz (right) with QOV Recipient John Berry, USMC.



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From General Edward H. Tarrant Chapter of the National Society United States Daughters of 1812

Lineage Societies Come Together for Fall Meeting

The joint meeting of the Honorable Philip Livingston Chapter, Daughters of the American Colonists and the General Edward Tarrant Chapter, United States Daughters of 1812 was held Nov. 14 at Ridglea Country Club.

Dr. Linda Hines introduced the guest speaker, Gary Foreman, who presented the program *Finding One's Self in History*. Foreman is an Emmy nominated director whose documentary, *First Invasion: The War of 1812*, was produced by the History Channel and first aired on Nov. 9, 2004. He was also a field producer and historical consultant for the A&E production of *The American Revolution* which started the programming for The History Channel. Since then, he has produced and directed dozens of historical programs about America's early beginnings for several networks.

DAC HPL Regent Gwen Boyd presented Foreman with a certificate and a donation in his honor to the American Indian Scholarship fund through the RAIN Program.

The National Society Daughters of the American Colonists provides scholarship monies to the RAIN (Recruitment/Retention of American Indians into Nursing) Program in the Nursing and Professional Disciplines at the University of North Dakota. The RAIN

Program was initiated in 2013 and was designed to increase the number of nurses prepared to provide health care to Indian people. A total of 240 nurses have graduated with a Bachelors of Science in nursing. Of that 70 have received their Masters of Science and two have become Nurse Practitioners.

The joint gathering concluded with a United States Daughters of 1812 induction ceremony, where 1812 President Lori Duhon and Registrar Lisa Kight-Alcala welcomed new members Trish Bowen, Kathy Nobles and Connie Brawley.

The Daughters of the American Colonists and the U. S. Daughters of 1812 are non-profit, non-political volunteer service organizations and lineage societies.

For more information about how to find ancestors or information about these programs, please email gdboyd7@yahoo.com for Daughters of the American Colonists, and lineagesocieties@att.net for Daughters of 1812.

Prospective members are always welcome in either society.



Chapter Registrar Lisa Kight-Alcala, new members Trish Bowen, Kathy Nobles and Connie Brawley, Chapter President Lori Duhon.



Gary Foreman, Dr. Linda Hines and Regent Gwen Boyd

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Obituary

Buckley Harden Rue

Buckley Harden Rue, son and only child of Carroll and Debra Harden Rue, was born Oct. 29, 1990 in New York City and left this world from Ponca City, Okla. to make music with the angels on Sept. 10, 2024.

Buckley was talented in many areas and had many interests. He started playing baseball at the age of 4, gained several belts in karate and took piano lessons. He attended Waverly Park Elementary School through Fort Worth Public Schools and attended Fort Worth Academy where he played football and acquired his taste for acting playing Snoopy in “*You’re A Good Man, Charlie Brown.*” Buckley was baptized and grew up in the Western Hills United Methodist Church where he sang in the Children’s Choir and was a vital participant in the WHUMC and Benbrook Methodist Church youth groups.

He attended Western Hills High School in Fort Worth where he played baseball and appeared in theatrical productions which went to Texas UIL State competitions. He was a Vice President of the Cougar Choir and still holds the Fort Worth record of receiving Superior ratings at Texas District and State Vocal Solo competitions as well as qualifying and performing in Texas Music Educators Honor Choirs all four years in high school. His high school and another Fort Worth high school had teamed up to perform musicals every summer. They were selected from three finalists in a national competition by the Disney Corporation to perform the first staged production of *High School Musical*. Buckley portrayed the leading male character, Troy. He also appeared in the accompanying filmed documentary which aired on the Disney Channel’s, *The Music in You!*

Buckley was Vice President of his senior class and planned their recent 15 year reunion. He also served on the Fort Worth Mayor’s Youth Advisory Board and was a member of the National Honor Society, a Texas Music Scholar and an All American Scholar. He graduated in the top ten of his class with honors in 2009.

Buckley was proud to be a Texas Longhorn and graduated from the University of Texas in Austin 2014 with a Bachelor of Arts degree in Religious Studies and a minor in Psychology. He was a member of Sigma Pi fraternity and helped organize the yearly “Shattered Dreams” project, a street performance showcasing the dangers of drunk driving.

As a writer Buckley had published two novels and was working on a third. He loved to research and was an avid reader. He entertained as a DJ of electronic music, wrote reviews of major music festivals across the country and was invited to speak at seminars on various topics.

Predeceased are both sets of grandparents Buck and Clara Rue, Ernest and Betty Harden, Uncle Dennis Harden, Aunt Joyce Rue Green and his faithful cocker spaniel, Rosie.

Those remaining to cherish memories are his parents; best friend, Bree Lerner of Austin; God Sisters Julia Ward of Dallas, and Simone Carreon; God Daughter Zoe Gonzalez of Austin; with a host of family and friends across the country.

A Celebration of Life organized by festival administrators was held on Oct.17, 2024 at the Astronox Music Festival located in the Valkyrie Ranch outside Austin, TX which was attended by family and friends.



From Tarrant County

Financial Assistance Options in Tarrant County

Community Action Partners may offer the most assistance for residents of Tarrant County. They offer free government grant money for hardships, job placement, gas cards for work and other support. The goal is to offer short-term, immediate financial help.

Rent/mortgage assistance for qualified people to help them stay in their home or apartment. The non-profit will provide help with paying rent or a mortgage for Tarrant County residents.

Comprehensive Energy Assistance Program (known as CEAP) provides grants and financial assistance with utility bills: electric, gas, and heating bill fuel assistance. In addition, the CEAP program will also repair or replace an existing heater, propane tank, air conditioner, or central air unit.

Atmos Energy “Share the Warmth” aids Atmos Energy customers whose income is at or below 200% of Federal Income Guidelines or with extenuating circumstances. Assistance from Atmos is limited to once per year.

Tarrant County Department Of Human Services, a government agency, includes assistance with paying mortgage, emergency rent and utilities.

Another financial assistance program called SUAP (Special Utility Assistance Program) has limited cash grants that can be used to provide electric and gas service assistance to eligible households up to three times a year from January through August.

Cash aid and Temporary Assistance for Needy Families are also available.

For more information, call Tarrant County Human Services at 817-531-5620; the Community Enrichment Center at 817-281-1164; or Cornerstone Assistance Network at 817-632-6000

Safe Haven of Tarrant County is only for women facing/fleeing violence. Safe Haven can be reached at 817-535-6462 or 817-535-6040.

Texas History Minute, by Dr. Ken Bridges

American Pharmacologist and Biochemist Dr. Alfred Gilman

“Always hire people who do something useful better than you do . . . Life will be much more interesting and you will be much more successful, if you define success as actually getting something done,” once wrote Dr. Alfred Gilman.



Gilman, a Dallas-based researcher, employed many students and scientists in his

labs as he researched the innermost workings of cells in the body, work that led to the Nobel Prize. His research led to radically new understandings of how cells worked and ultimately inspired other scientists to develop new techniques in medicine and important advances in cancer research.

The future Nobel laureate was born Alfred Goodman Gilman in Connecticut in July 1941. His father was Dr. Alfred Zack Gilman, a Yale University professor and researcher who was respected throughout the medical community for his important writings on the study of pharmacology and early studies of chemotherapy as a cancer treatment. When he was young, the family moved to White Plains, New York, a suburb of New York City, where his father worked as a professor at Columbia University.

As a young man, he inherited his father’s fascination with science. After graduating high school, he enrolled at Yale University. He graduated with a bachelors degree in biochemistry in 1962. He entered graduate school at Case Western Reserve University in Ohio. He was reluctant at first to get a doctorate in pharmacology, the study of drugs, their effects, and their interactions, as he wanted an identity somewhat separate from his father. He was talked into it and was swept up by the research and new discoveries unfolding before him and obtained a medical degree as well by 1969.

He worked briefly as a researcher for the National Institutes of Health. In 1971, Gilman took a position as a pharmacology professor at the University of Virginia School of Medicine where he published articles on cellular chemicals. He was hired in 1981 to become the chairman of the pharmacology department at the University of Texas Southwestern Medical Center in Dallas.

Gilman discovered what became known as a “G protein,” which helps cells “communicate” with each other on a chemical level, helping a chemical message received from one cell activate a chemical reaction within the receiving cell in response, also called a transducer. Through his research, scientists were able to better understand how cells received information from each other, processed those messages, and acted in response.

In a series of experiments in the late 1970s and early 1980s, he began working with lymphoma cells and noticed the unusual properties they had on the molecular level. In lymphoma cells, the cell itself could receive chemical signals from other cells but could not produce chemicals or enzymes in response. In the process of becoming cancerous, the cell had lost the protein that allowed it to process outside instructions. Once a G protein was re-introduced into these cells, they could process these chemicals and produce new chemicals in response. While this did not change a cancer cell back into a healthy cell, scientists better understood how cancer behaved in the body.

In other words, Gilman’s work identified how cancer cells changed on a molecular level and how cancer cells and healthy cells interacted. This proved an important breakthrough as researchers began researching new cancer treatments at the cellular and genetic levels.

Once they better understood how cancer cells formed, mutated, and spread, they began to find ways to more accurately target cancer cells with chemotherapy and radiation therapy as well as developing new surgical techniques. As doctors and researchers applied these new ideas in the 1980s and 1990s, cancer survival rates began to climb significantly. Further, scientists could also develop better techniques and medications for a variety of diseases since they better understood how damaged cells worked.

The breakthrough was so important that Gilman and biochemist Dr. Martin Robdell, was awarded the Nobel Prize for Physiology or Medicine in 1994 for their discovery of the G protein and subsequent research into it. Gilman noted with some humility, “You can expect to have some good luck if you are working hard on a tractable problem and taking reasonable approaches. The trick is to recognize good luck when it happens. . .” The research by Gilman and Robdell spurred dramatic changes in medical research.

In 2004, he was promoted to dean of the medical school and eventually rose to vice-president by 2006. He retired in 2009. Gilman had long been thankful for the opportunity to learn from a number of Nobel Prize winners during his years in college and as a young researcher. In his later years, Gilman became an outspoken advocate of science education in Texas schools and condemned efforts to dilute teaching of evolution in public schools. For a scientist such as Gilman who had spent his career researching cells on the molecular level, evolution was obvious. And understanding evolution was critical to research in modern medicine and genetics. He died in 2015 at age 74.

Research has allowed medicine to cure many diseases that were once death sentences. As medicine progresses, the most important element in any treatment or vaccine is hope.

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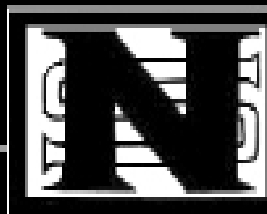
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Weekend Forecast



Friday, Dec. 6:

AM - A 20% chance of showers after noon. Partly sunny, with a high near 49.
East wind around 5 mph.

PM - A 40% chance of showers. Mostly cloudy, with a low around 39.
East wind around 5 mph becoming calm.



Saturday, Dec. 7:

AM - A 40% chance of showers. Cloudy, with a high near 49. Calm wind becoming southeast around 5 mph in the afternoon.

PM - A chance of showers, with thunderstorms also possible after midnight. Mostly cloudy, with a low around 44. South southeast wind around 5 mph. Chance of precipitation is 50%.



Sunday, Dec. 8:

AM - A 50% chance of showers and thunderstorms. Partly sunny, with a high near 62. South wind 5 to 10 mph, with gusts as high as 20 mph.

PM - Partly cloudy, with a low around 48.

Extended Forecast [Click Here](#)