

White Settlement Bomber News

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From the Sports Desk with John English

Brewer Bears to Take on Weatherford 'Roos

The Brewer boy's basketball team defeated Krum on Friday night by a score of 64-37 to improve to 12-2 on the season and rebound from a tough loss to Keller Central last Tuesday.

Coach Jason Porostovsky said it was a bit of a mixed bag for the Bears on Friday night, but overall, felt his team competed pretty well.

"In the first half, I thought offensively we were pretty good," Porostovsky said. "But on defense, I thought we lacked that sense of urgency. During the third quarter that defensive energy picked up, allowing us to open the game up ultimately holding them to 10 second half points."

Julian Perez had 27 points in the game for Brewer, while Carron Gibson added 20.

The Bears will take on Weatherford tomorrow night at 8 p.m. in Weatherford, and Porostovsky said his team will have their hands full as they move closer to the start of district play.

"Weatherford is a 6A team that has size, so we are expecting another tough road game," Porostovsky said.

(continued on page 2)

From the City of White Settlement

City Council Votes to Approve New Waste Collection Contract



White Settlement City Council voted to approve a new waste collection contract on Tuesday, Dec. 6 with Frontier Waste Solutions. The new provider will collect once a week curbside trash pickup with a 95 gallon cart, once a week curbside recycling pickup with a 65 gallon cart, and every other month seven yard bulk pick up.

Frontier Waste Solutions will begin services on Monday, May 1, 2023 and has several new service amenities to offer residents. These include a customer friendly engagement app, called "ezTrac" that makes it easy and convenient to report any issues and track trash service information from your phone using their GPS truck technology. They also offer a large customer service center team readily available

to answer and assist with any questions and/or issues that you may have.

In addition, Frontier offers a "side cart service" for qualified individuals with limited mobility and seniors that require assistance with rolling the trash cart from the side of the house to the curb and back again. Be on the lookout for many more trash related communications over the coming months as we prepare for a new transition in trash services with Frontier Waste Solutions.

From the City of White Settlement

Fitness Court Installation at Veterans Park

The City of White Settlement was recently the recipient of a 2022 funding cycle grant from the National Fitness Campaign and Blue Cross Blue Shield of Texas.

(continued on page 3)

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WINTER BREAK

DEC. 19 - JAN. 3

STAFF DEVELOPMENT (NO SCHOOL)

JAN. 4, 5 & 6

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Sports Desk

(continued from page 1)

On the girls side, Brewer defeated Keller Fossil Ridge by a score of 46-33 last Tuesday night, and coach Teranie Lewis said it took a little while for her team to get things going.

"Fossil Ridge was a good game for us to work on some things that we really needed to work on against someone else," Lewis said. "We started out slow, but eventually turned it on."

Lewis said that Brewer did not have any standout performances this game against the Lady Panthers.

The Lady Bears improved to 11-2 on the season with the victory over Fossil Ridge and will host Wichita Falls Rider at 6:15 tomorrow evening.



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From White Settlement Public Library

Christmas Community Storytime Today

Celebrate the season at the library with stories, songs, and activities on Thursday, Dec. 15 at 4:30 p.m. Pajamas are encouraged! Community Storytimes are free events open to all ages, so gather the family and join us for holiday fun!



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From Tarrant Area Food Bank

Remaining Mega Mobile Events

Tarrant Area Food Bank (TAFB) and TAFB West announce the continuation of the Happy Healthy Holiday season with Mega Mobile Market events scheduled throughout the month of December.

Remaining Holiday Mobile events include:

• **Monday, Dec. 19:** Herman Clark Memorial Stadium, 5201 CA Roberson Blvd, Fort Worth 76119 from 10 a.m. to noon

• **Thursday, Dec. 22:** TAFB West Holiday Mobile Event at Weatherford High School, 2121 Bethel Road, Weatherford 76087 from 5:30 to 7:30 p.m.

Mega Mobile Markets are designed to serve all residents in Tarrant Area Food Bank's service area who need food assistance. No identification or documentation is required. All are welcome to receive food at these Happy Healthy Holiday markets.

From the City of White Settlement

Community Clean Up Dec. 17 & 18

Cleaning out the garage, shed, or house and need a place to take the items?

We will have dumpsters available from 8 a.m. to 5 p.m. on Saturday and Sunday Dec. 17 and 18 for White Settlement residents only. A copy of the most recent water bill is required for participation.

The dumpsters will be located at the Chamber of Commerce parking lot (corner of E. Melrose and Meadow Park).

We cannot accept hazardous materials, electronics, or tires.

Fitness Court

(continued from page 1)

This \$50,000 grant was to be used toward an outdoor fitness court. Plans for the fitness court got underway in October, and construction is in finalization stages at Veterans Park.

The fitness court is a free-to-use, total-body exercise solution that will provide a great way for park visitors to get in a workout. It features seven stations that focus on different core fitness movements.

There's also a free app that contains exercise routines you can follow along with that will help you utilize all of the equipment at the fitness court to get a full body workout.

The fitness court is located near the entrance of the park. The court's high quality and high durability construction makes a great addition to Veterans Park and will be a highlight of the park for years to come.



The offices of Suburban Newspapers, Inc. will be closed Monday, Dec. 26 through Friday, Dec. 30. Deadline for the Jan. 5 newspapers is Friday, Dec. 23 at noon. Offices will reopen Monday, Jan. 2 at 10 a.m.

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From StatePoint

Flu and the Holiday Season:
What You Need to Know

December through March is typically peak influenza (flu) season, though this season is off to an earlier start, with high activity currently across the country. While common, flu is a potentially serious and highly contagious respiratory illness.

In time for holiday travel and festivities, a new American Lung Association campaign aims to educate Americans about the flu and steps they can take to protect themselves and others from severe flu illness. Here's what to know:

- Who is impacted by flu?

Flu can affect anyone, however, certain communities are at higher risk of severe illness and complications, such as those living with chronic medical conditions including chronic lung disease, heart disease and diabetes.

During past flu seasons, approximately 90 percent of flu-related hospitalizations were among adults with at least one underlying medical condition.

During the 2021-22 flu season, approximately 30 percent of hospitalizations were among adults with chronic lung disease. People from certain racial and ethnic minority groups are also at higher risk for being hospitalized with flu compared to non-Hispanic white adults.

- What will this year's flu season look like?

Flu activity was relatively low the last two flu seasons, but it causes a significant burden every winter. Seasonal influenza activity is already elevated and continues to increase across the country. The Centers for Disease Control and Prevention estimates that as of early December, there have been at least 8.7 million illnesses and 78,000 hospitalizations.

- How can I protect myself?

While covering your cough, washing your hands frequently and staying home

when you're sick can help stop the spread of flu, the very best way to protect yourself, your loved ones, and your community is with vaccination. The flu shot is recommended on an annual basis for everyone six months of age and older and can be given at the same time as COVID-19 vaccination. Flu vaccination is especially important for people with chronic lung disease and other chronic health conditions. Speak with your healthcare provider to learn more about influenza and annual vaccination.

- When should I see a doctor?

If you do get sick, call your doctor as soon as possible for diagnosis and treatment, especially if you're at high risk for complications. You should also consult your doctor if you have complications such as difficulty breathing, chest pains or a cough persisting for weeks or months after other symptoms go away.

To learn more, visit [Lung.org/prevent-flu](https://lung.org/prevent-flu).

Before you gather with loved ones for the holidays, take steps to protect them from flu. Practice good health habits and get your annual vaccination as early as possible.

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From the White Settlement Police Department

New Crime Fighting and Intelligence Sharing Mobile App

The City of White Settlement Police Department has entered into an agreement with Evertel to license their leading cross-agency collaboration platform for public safety. Evertel is a web-based portal and mobile telephone application for smartphones that serves as a law enforcement agency’s “all-in-one” public safety collaboration tool. Through information sharing technology, the White Settlement Police Department is now able to collaborate with other police departments and federal agencies through real-time updates and organized intelligence.

“We are excited about sharing intelligence to create safer communities through connecting with other law enforcement agencies across the region, state and even the country,” said Chief of Police Christopher Cook. “Evertel allows our team to bring criminal investigations together into one space within seconds of sharing time-sensitive intelligence that our police officers need, while also elevating officer safety.”

Evertel’s law enforcement collaboration platform is compliant with Criminal Justice Information Services (CJIS) policies and Freedom of Information Act retention laws.

To see Evertel in action and how it is being deployed to share intelligence and fight crime, contact Chief Cook to set up a demonstration time at the police department.

From White Settlement ISD

Second Annual Brewer Bear Barn Bonanza



Brewer FFA students recently competed in the second annual Brewer Bear Barn Bonanza, showcasing their livestock. Students exhibited their animals in front of judges and received feedback to prepare for stock show season.

A few students loaned their pigs to Superintendent Frank Molinar and Principal Daryl Porter who got to experience what this hard working group of kids does to prepare for competition season. Counselor Lisa Bradley won the event!

Winners included:

• **Swine Show**

- Grand Champion - Abby Jones
- Reserve Champion - Joe Hollingsworth

• **Dairy Goat Show**

- Grand Champion - Lila Strickland
- Reserve Champion - Bryannie Young

• **Boer Goat Show**

- Grand Champion - Mason Caraveau
- Reserve Champion - Aracelli Alvarez

• **Lamb Show**

- Grand Champion - Jax Blassingame
- Reserve Champion - Sarah Elders

• **Showmanship**

- Swine - Abby Jones
- Goats/Lambs - Ashley Gutierrez
- Dairy Goats - Jonathan Gamez
- Adult/Alumni - Camryn Wilson
- Administrator - Counselor Lisa Bradley
- Chili Cook Off Winner - Juanita Hernandez

Instructors are Kason Peterson, Cassidy Steenbock, Erica Vanderslice and Jolie Fulp.

White Settlement Residents: search your smart phone app store for “City of White Settlement” to download the city’s free app!

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REQUEST FOR BID White Settlement ISD

White Settlement ISD (WSISD), a Pre-K through 12th grade Texas school district, is soliciting requests for competitive sealed proposals (RFCSP) for E-Rate Category Two Campus Network Firewall Equipment.

E-Rate 2023 Category 2 Firewall Equipment 470# 230007005

Questions and Bid Submission Site:
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FCC Forms 470 are available online:
<https://data.usac.org/publicreports/Forms/Form470Rfp/Index>

Deadline for submission of proposals online is 2:00 P.M. CST,
Wednesday, January 25, 2023, no later than 2:00 PM CST.

It is the responsibility of the submitting entity to ensure that the proposal is received in a timely manner. Proposals received after the deadline will not be considered for award, regardless of whether the delay was outside the control of the submitting firm.

Submit bids online to the Questions and Bid submission site prior to the deadline.

Questions may be submitted online to the Questions and Bid submission site on or before Tuesday, December 20, 2022, by 2:00 PM CST.

Cardiovascular Surgeon, Scientist and Medical Educator,

Dr. Michael DeBakey by Dr. Ken Bridges

For generations, doctors were often reluctant to perform any type of operation involving the heart. The lack of a clear understanding about the heart made treating many conditions difficult.

Texas surgeon Dr. **Michael DeBakey** spent decades researching and developing new techniques that have completely changed the understanding of the heart and heart disease.

Throughout his career, DeBakey became world-renowned for not only life-saving surgical breakthroughs but also for his innovation in health care.

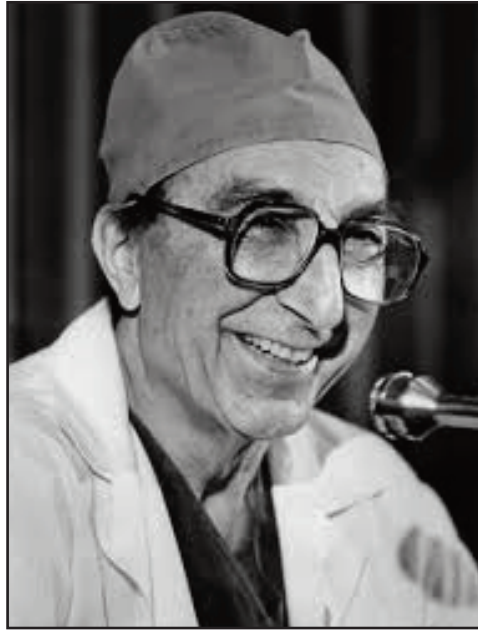
Michael Ellis DeBakey was born in September 1908 in the Southeast Louisiana city of Lake Charles. His parents were both Lebanese immigrants and were determined to give their children the best education possible, with both sons becoming respected surgeons.

DeBakey completed his undergraduate studies at the prestigious Tulane University in New Orleans, where he also graduated medical school in 1932. He worked hard during medical school and even began experimenting with new devices to aid in surgery. One, a peristaltic pump, or roller pump, became a key component in heart-lung machines developed later. He completed his residency in New Orleans and traveled the world studying with the most respected surgeons of the day.

Early in his career, he developed a reputation for carefully researching all sorts of medical questions and becoming a problem-solver. In 1939, his research led him to conclude that smoking was a leading cause of lung cancer, a find that was confirmed by other researchers and ultimately became one factor in the Surgeon General's report warning of tobacco's dangers decades later.

He served as an army surgeon during World War II. DeBakey advocated stationing surgeons closer to the front lines to reduce transport time and thus give patients more of the life-saving minutes they needed to survive. Survival rates increased to the point that the army was inspired to create the famed Mobile Army Surgical Hospitals (MASH units) during the Korean War. He also advocated developing a system of veterans medical research centers to help with the special needs of wounded veterans.

DeBakey was hired by the Baylor College of Medicine in Houston in 1948 where he continued his research into the heart. In the 1950s, he developed grafting techniques to repair broken blood vessels and arteries. He also developed bypass surgeries, operations where surgeons bypass a clogged artery with arteries taken from



another part of the body, allowing normal blood flow. The technique is a standard tool in modern heart surgery.

He also worked with the development of the artificial heart. Teams of doctors around the world were researching artificial pumps and hearts to aid surgeries and even one day replace diseased hearts.

DeBakey and Dr. Domingo Liotta in 1966 successfully implanted a ventricular assist device, a device that aided blood circulation, in what became one of the first procedures of its kind.

In the 1960s, DeBakey made another innovation by having surgeries filmed so medical students could further study different life-saving techniques. He was a revered figure on the Baylor campus, serving as president of the college from 1969 to 1979 and then as chancellor until 1996.

In addition to serving on numerous health commissions, he wrote several books to educate the public on new understandings of the heart. These books included *"The Living Heart"* (1977) and *"The Living Heart Diet"* (1984). Millions of people began thinking about the health of their hearts because of these books, inspiring them to exercise more and move to healthier diets.

In 2005, he suffered a rare aortic dissection, a tear in one of the layers of the main artery leading from the heart. DeBakey initially declined surgery, but after he fell unconscious, doctors performed the life-saving procedure that DeBakey himself developed. The 97-year-old was the oldest person in history to undergo the operation. The total cost of the operation and his recovery reportedly cost more than \$1 million.

After the operation, he continued to work in medicine. He attended the groundbreaking ceremonies for the new DeBakey Library and Museum at the Baylor College of Medicine. He continued to advise his fellow surgeons and researchers until his death in July 2008, just two months before his 100th birthday.

He was honored by dozens of organizations for his work during his lifetime and afterward. It was estimated by biographers that DeBakey operated on as many as 60,000 people in his 75-year career, equivalent to the entire populations of Anderson or Wise counties.

DeBakey saved untold numbers by his own hands or through research that fundamentally transformed medicine. Because of his work, heart conditions of most types are now treatable and even preventable.

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From the National Fire Protection Association

NFPA Urges Added Caution this Holiday Season, as Christmas Day and Christmas Eve Among Leading Days for U.S. Home Fires

Many hallmarks of the holiday season, including Christmas trees, holiday decorations, and festive meals present potential fire hazards that contribute to an annual increase in U.S. home fires at this time of year. According to the National Fire Protection Association (NFPA), Christmas Day and Christmas Eve are among the leading days of the year for home fires.

“December is a leading month for home fires, in large part because many of the activities we engage in during the holiday season reflect leading causes of home fires year-round,” said Lorraine Carli, NFPA vice president of Outreach and Advocacy. “Plus, as colder temperatures impact much of the country, use of heating equipment increases significantly.”

Fortunately, Carli notes, the majority of winter fires can be prevented with a little added awareness and planning.

“By knowing where potential fire hazards exist and taking some basic safety precautions to prevent them, people can enjoy a festive, fire-free holiday season,” said Carli.

The [NFPA Winter Holidays page](#) offers a wide variety of tips and resources to reduce the risk of fires, while the latest NFPA statistics underscore the increased risk of fire during the holiday season and beyond:

Christmas Trees

- An estimated average of 160 home fires involving Christmas trees caused two civilian deaths, 11 civilian injuries, and \$12 million in direct property damage per year between 2016 and 2020.
- Some type of electrical distribution or lighting equipment, including decorative lights, was involved in more than two of five (44 percent) of home Christmas tree fires. Nearly one in five Christmas tree fires (19 percent) were started by decorative lights.
- The majority (74 percent) of Christmas tree fires occur in December and January.

Decorations

- An estimated average of 790 home fires that began when decorations (other than Christmas trees) caught fire caused an average of one civilian death, 26 civilian injuries and \$13 million in direct property damage per year between 2015 and 2019.
- One in five home decoration fires occurred in December.
- Year-round, 35 percent of home decoration fires began with candles; in December, the number jumped to 45 percent.
- In more than two of every five fires (44 percent) involving decorations, the decoration was too close to a heat source such as a candle, cooking or heating equipment.

Candles

- An estimated average of 7,400 home fires (2 percent) started by candles caused an average of 90 civilian deaths (three percent), 670 civilian injuries (6 percent), and \$291 million (4 percent) in direct property damage per year between 2015 and 2019.
- Candle fires peak in December and January with 11 percent of candle fires in each of these months.
- In three of every five candle fires, the candle was too close to something that could catch fire.
- Christmas is the peak day for candle fires with roughly 2.5 times the daily average; Christmas Eve ranked second.
- Falling asleep was a factor in 10 percent of the home candle fires and 12 percent of the associated deaths.

Cooking

- Cooking is the leading cause of reported home fires (49 percent) and home fire injuries and the second-leading cause of home fire deaths.
- Unattended cooking is the leading cause of home cooking fires.
- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

Fires caused by heating equipment, the second-leading cause of U.S. home fires year-round, peak during the winter months, when temperatures drop and more people use heating equipment to keep their homes warm. Put a Freeze on Winter Fires, an annual NFPA campaign with the U.S. Fire Administration (USFA), works to educate the public about ways to stay safe during the colder months, offering tip sheets and other resources to help reduce the risk of heating fires and other winter hazards.

About the National Fire Protection Association® (NFPA®)

Founded in 1896, NFPA is a global self-funded nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The association delivers information and knowledge through more than 300 consensus codes and standards, research, training, education, outreach and advocacy; and by partnering with others who share an interest in furthering the NFPA mission. For more information, visit www.nfpa.org. All NFPA codes and standards can be viewed online for free at www.nfpa.org/freeaccess.

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Three Day Weekend Forecast



Friday, Dec. 16:

AM - Mostly sunny, high near 50. N/NW wind around 5mph.
PM - Partly cloudy, low around 33. NW wind around 5mph.



Saturday, Dec. 17:

AM - Mostly sunny, high near 47. NW wind around 5mph becoming S in the afternoon.
PM - Partly cloudy, low around 34.



Sunday, Dec. 18:

AM - Partly sunny, high near 51.
PM - A 20% chance of showers. Mostly cloudy, ow around 40.

[Extended Forecast Click Here](#)