

White Settlement Bomber News

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From the Sports Desk with John English

Brewer Bears and Lady Bears Defeat Saginaw Rough Riders

The Brewer boys basketball team improved to 25-3 on Friday following an impressive victory over Saginaw.

The Bears improved to 8-0 in district with the win and coach Jason Porostovsky said that it was a a good victory, but that he still saw some room for improvement.

“We came out a little sluggish in the first half managing to take a 5-point lead into halftime,” Porostovsky said. “We felt like we could open it up in the quarter if we just focused more on the defensive end. Towards the end of the third quarter, we started a run and extended that into the fourth winning 57-32.”

Julian Perez had 18 points in the game for the Bears, while Tyren Mitchell had 11, Javier Espino had 10, and Carron Gibson pitched in 9 points in the game.

Porostovsky said “we had a nice balanced attack in this game,” against the Rough Riders.

With their 24th victory last Tuesday, Brewer jumped to No. 10 in the state rankings among 5A boys programs according to Max Preps.

Porostovsky said while it is a great accomplishment, he tries to keep it in perspective.

“Rankings are fun, but I just don't think our kids are too focused on that right now,” Porostovsky said. “We are really trying to close the gap and find ways to be elite at this point in the season.”

Brewer will have a bye this coming Friday, and Porostovsky said he has a couple of objectives.

“This is my first time ever having byes in district play,” Porostovsky said. “I personally love it. It gives us a chance to live

scout and prepare for the next couple of opponents. For the kids, it's about maintaining conditioning and sharpness.”

On the girl's side, Brewer won it's 13th game in a row on Friday night with a 62-53 victory over Saginaw and have improved to 9-1 in district competition.

The Lady Bears will also have a bye on Friday and will wrap up the regular season at 6:15 p.m. on Feb. 7 at Azle.

From the City of White Settlement

One Stop Recycle Drop Event with Fort Worth Crud Cruiser Saturday, Feb. 25

The City of White Settlement will host the Fort Worth Crud Cruiser on Saturday, Feb. 25 from 9 to 11 a.m. at the Municipal Complex Parking lot.

The Crud Cruiser stops by one time a year to collect the city's Household Hazardous Waste. Along with the Crud Cruiser, we will have Electronic Recycling and Paper Shredding.

Items to drop off are acids, aerosol cans, antifreeze, fertilizer, herbicides, brake fluid, oil, paint, chemicals, degreaser, batteries, electronics, computers, laptops, and private documents to shred.

Attendees must bring copy of water bill or drivers license to participate.

If you have any questions, call 817-246-4971 Ext. 859.

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The White Settlement Independent School District (WSISD) is accepting proposals for Beverage Vending Equipment & Services for the district. The Request for Proposal document RFP #2223-003 can be obtained on the WSISD website, www.wsisd.com and go to: Business Services/Purchasing/Bid Information/Current Offline Bid Opportunities. Please contact Nancy Escobar at nancy.escobar@wsisd.net for inquiries. The deadline for inquiries and questions is March 1, 2023 by 2:00 pm. Proposals are due by March 3, 2023 by 2:00 pm. Proposals must be sent to: White Settlement ISD, Attn: Nancy Escobar, 401 S. Cherry Lane, White Settlement, TX 76108. Faxed or e-mailed proposals are not accepted.

White Settlement ISD reserves the right to accept or reject any or all proposals.



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From the City of White Settlement

Keep White Settlement Beautiful Art Contest Deadline March 3

The Keep White Settlement Beautiful Art Contest opened registration Jan. 1. Artists of all ages may submit their Waterways litter prevention/Earth friendly artwork to the Recreation Center, Monday through Friday from 9 a.m. to 5 p.m. All entries must be submitted by March 3.

Artists will be judged by age groups on creativity and theme. All winners and runners-up will be showcased on the City's website and the contest will culminate with an art exhibit on March 11 at the Pecan Grove Convention Center.

All entries will be displayed at the art exhibit and winners will be announced at the event. There will be raffles and prizes, storytime, crafts and guests from the North Chapter Native Plant Society and more. For more details on the format, size, and materials of the art pieces and to register [visit the website](#).



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From the City of White Settlement

TinkerLab at the Library Feb. 3

At TinkerLab, kids of all ages will enjoy a variety of STEAM-based activities individually or in small groups (STEAM = Science | Technology | Engineering | Arts | Math).

Currently, TinkerLab is held on the first Friday of each month from 3:30 to 5:30 p.m.

This is a come-and-go event, you will not miss out if you need to arrive late!

Children under 11 must be accompanied by an adult.

The White Settlement Bomber News Supports our Brewer Bears!

From the City of White Settlement

"We Love Our Library" Community Storytime Feb. 9

February is National Library Lovers Month! Celebrate with us at a special "We Love Our Library" Community Storytime on Thursday, Feb. 9 at 4:30 p.m. at the White Settlement Public Library located at 8215 White Settlement Road.

Our Community Storytimes are held after school and include stories, activities, and crafts.

We hope to see you there!



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From the National Fire Protection Association

NFPA Urges Added Caution When Using Home Heating Equipment

The National Fire Protection Association® (NFPA®) is urging the public to use added caution when heating their homes during the winter months, when nearly half (46 percent) of all U.S. home heating equipment fires occur. Home heating equipment is the second-leading cause of U.S. home fires and home fire injuries, and the third-leading cause of home fire deaths and direct property damage.

According to the latest Home Heating Fires report from NFPA, an average of 44,210 home heating fires occurred each year between 2016 and 2020, resulting in an estimated 480 civilian deaths, 1,370 civilian injuries, and \$1 billion in direct property damage.

“During the coldest months of the year, home heating equipment kicks into high gear, so making sure it is in good working order and used properly is critical to reducing the likelihood of fire,” said Lorraine Carli, vice president of Outreach and Advocacy at NFPA. “By better understanding when and where home heating fires happen, people can take the steps to minimize associated risks and safely heat their homes.”

Home fires caused by heating equipment were less likely to occur in the overnight hours from midnight to 6 a.m. (13 percent), but they accounted for more than two out of five fatalities (43 percent), as well as disproportionate shares of injuries (22 percent) and direct property damage (20 percent).

Space heaters are most often responsible for home heating equipment fires, accounting for one-third of the fires, as well as the vast majority of associated deaths (88 percent) and injuries (80 percent).

NFPA offers these [tips and guidelines for safely heating your home](#) during the winter months:

- Heating equipment and chimneys should be cleaned and inspected every year by a qualified professional.
- Keep anything that can burn at least three feet (one meter) away from all heating equipment, including furnaces, fireplaces, wood stoves, and space heaters.
- Always use the right kind of fuel, as specified by the manufacturer, for fuel-burning space heaters.
- Create a three-foot (one meter) “kid-free zone” around open fires and space heaters.
- Make sure space heaters are in good working order and used in accordance with the manufacturer’s instructions. Turn portable heaters off when leaving the room or going to bed.
- Fireplaces should have a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container, which should be placed outside at least 10 feet away from your home.
- All fuel-burning equipment should be vented to the outside to avoid carbon monoxide (CO) poisoning.
- If you smell gas in your gas heater, do not light the appliance. Leave the home immediately and call your local fire department or gas company.
- Make sure smoke and carbon monoxide alarms are located throughout the home; test them monthly to ensure that they’re working properly.

NFPA offers a wealth of [home heating safety tips, information, and resources](#) to help better educate the public about ways to safely heat their homes. In addition, NFPA’s “Put a Freeze on Winter Fires” campaign with the U.S. Fire Administration works to promote a host of winter safety issues, including home heating.

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Protecting Individuals with Dementia from Wandering: Tips from the Alzheimer's Foundation of America

Wandering is a very common and potentially dangerous behavior among individuals living with dementia. It is of particularly great concern in areas where freezing temperatures, ice, and snow create additional safety hazards. To help families protect their loved ones living with dementia this winter, the Alzheimer's Foundation of America (AFA) is providing tips to reduce the chances of wandering, and prepare care partners to respond quickly if their loved one is missing.

"Every family care partner wants to keep their loved one safe, which is why it's important to take steps to reduce the risks associated with wandering. During the winter, it's especially important for families living in areas affected by cold weather, snow, and ice," said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. "Being proactive by understanding and addressing the reasons someone may wander, while also having a plan in place in case of an emergency, are the best ways to protect the person's safety and quality of life."

Tips for families:

- **Address the motivation for wandering.** There can be many reasons why someone with dementia wants to walk outdoors. It may provide a feeling of purposefulness, excitement, or pleasure. Wandering can also be a response to excessive stimuli, triggered by the need to get away from noises and people. It could be an expression of an unmet need (i.e., hungry, thirsty, a need to use the bathroom). Identify consistent and sustainable ways to support these experiences in a safe environment. You might try creating walking paths around the home with visual cues and stimulating objects; engaging the person in simple tasks; offering stimulating and enjoyable activities (i.e., exercise, music, crafts). Ensuring basic needs are met can reduce the chances of wandering.

- **Safeguard the home.** Facilitate safe movement by avoiding clutter and eliminating tripping hazards. Be mindful of how objects like car keys, jackets, and purses might trigger the person to leave suddenly. Install electronic chimes or doorbells on doors so someone is alerted if the individual tries to exit. Consider utilizing a smart doorbell with an app that can notify you when someone is entering or exiting the home.

- **Be aware of your loved one's patterns.** Know what times

of the day may be more activating than others, and try to provide stimulating activities during that time. Encourage healthy sleep habits to reduce the chances of the person leaving during the middle of the night. If your loved one does wander, keep a record of their patterns (frequency, duration, time of day, etc.) to help guide you in the future.

- **Develop a safety plan.** Keep a list of places the person may go (i.e., previous home or place of employment, favorite spots around town), a recent close-up photo, and medical information readily accessible to give to first responders if needed. Maintain a list of people to contact if the person goes missing and ask neighbors to call you if they see the person out on their own. See if your community has a safety program for families affected by dementia, such as Project Lifesaver, which allows you to voluntarily enroll your loved one to receive locating technology which first responders can activate if the person goes missing. To the greatest extent possible, utilize input from the person when developing the plan.

AFA's Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information about wandering prevention tips.

The Helpline is available seven days a week by phone at 866-232-8484, text message at 646-586-5283, and web chat at www.alzfdn.org.

About Alzheimer's Foundation of America (AFA)

The Alzheimer's Foundation of America is a non-profit organization whose mission is to provide support, services and education to individuals, families and caregivers affected by Alzheimer's disease and related dementias nationwide and to fund research for better treatment and a cure. Its services include a National Toll-Free Helpline 866-232-8484 staffed by licensed social workers, the National Memory Screening Program, educational conferences and materials, and "AFA Partners in Care" dementia care training for healthcare professionals.

For more information about AFA, call 866-232-8484, visit www.alzfdn.org, follow us on Twitter or connect with us on Facebook, Instagram or LinkedIn. AFA holds Charity Navigator's top 4-star rating.

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American Virologist and Medical Researcher, Dr. Jonas Salk

by Dr. Ken Bridges



“There’s no such thing as failure; there’s just giving up too soon,” once said Dr. Jonas Salk.

In the early 20th century, polio devastated many communities around the world, including Texas, prompting closures and quarantines connected to outbreaks, gripping communities in terror. A determined team of scientists led by Salk ended this nightmare for the nation and the world with the development of a polio vaccine.

Salk was born in New York City in October 1914. His father, the son of Jewish immigrants, was a garment worker. His mother was a Russian immigrant. He had two younger brothers, one of whom became a veterinarian and the other became a psychologist. The future physician was extremely bright and extremely curious about the world as a youth and was enrolled in an academically gifted high school program at age 13.

Friends and colleagues described him as a perfectionist in his studies and his research with a disciplined focus on his work. He was a voracious reader, but he was almost always described as warm, optimistic, devoutly moral, and compassionate.

Upon graduation from high school at age 15, Salk entered City College of New York. He briefly considered a career as a lawyer, but his mother convinced him to go into a career in medicine instead. With this career change in mind, he earned a bachelors degree in chemistry at age 19 in 1933. Salk then enrolled at New York University’s school of medicine. Money caused a lot of problems with his studies initially, forcing him to work a series of jobs ranging from camp counselor to lab technician while his parents borrowed money to help him continue his studies. He worked as a teacher and researcher for a year. Eventually, he was able to get a series of scholarships to help him afford to complete his education. Salk graduated from medical school in 1939.

He accepted a position at the University of Pittsburgh School of Medicine in 1947. In the meantime, polio, a viral infection that caused death or paralysis, continued to haunt the world. An outbreak in the Texas Panhandle infected more than 1,200 in 1943. A Houston outbreak infected 313 in 1948.

Rehabilitation centers were established in the state to help

those partially paralyzed. Because it often struck children, it was sometimes called infantile paralysis. The disease struck thousands of people, including President Franklin D. Roosevelt in his younger years.

In 1948, officials with the National Foundation for Infantile Paralysis (later the March of Dimes) approached Salk to research the disease. After pulling together a team of researchers and finding further private grants to fund his research, Salk produced a vaccine derived from dead viruses by early 1952 and began testing. The initial results were promising. That same year, the nation’s worst polio epidemic ever erupted, prompting the closures of public swimming pools and many other public facilities. More than 58,000 people were infected, resulting in 3,145 dead and more than 21,000 paralyzed. Salk and his team then used the vaccine on themselves and their families.

In 1954, based on this initial success, a nationwide test began, with more than 1.8 million volunteers, with the vaccine approved in 1955.

By 1961, a disease that once struck more than 20,000 annually was reduced to 161 cases. In the meantime, Salk became a household name. He received numerous awards and honorary degrees and was routinely sought by reporters for his insights into medicine and science.

The value of the Salk vaccine in dollar terms has been estimated at nearly \$8 billion in today’s currency; but for Salk, the value in human terms was beyond measure. He refused to patent the vaccine and made the research materials available to doctors around the globe. He gave up the money in order to save lives. The cure, Salk said, belonged to the people of the world. Once questioned why he did not patent the vaccine, Salk replied, “Can you patent the Sun?”

He founded the Salk Institute in California in 1960 as a center for research into infectious diseases to develop vaccines and treatments. It has included several Nobel Prize winners among its ranks of researchers.

In the 1980s, prompted by the growing AIDS epidemic, he began working on an AIDS vaccine. While his efforts did not produce a workable vaccine, he was able to develop a number of promising immune system therapies. “I have had dreams, and I have had nightmares; but I conquered my nightmares because of my dreams,” once said Salk. He died at age 80 in 1995.

The last case of polio occurred in the United States in 1979. The entire western hemisphere was declared free of polio by 1994. Because of aggressive vaccination efforts through medical organizations and private volunteers, including civic groups such as local Rotary Clubs, polio outbreaks have been eliminated in all but two nations, Pakistan and Afghanistan.

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Three Day Weekend Forecast



Friday, Feb. 3:

AM - Sunny; high near 55. N/NW wind 5-10mph becoming E in the afternoon.
PM - Partly cloudy; low around 35. E wind 5-10mph becoming S after midnight.



Saturday, Feb. 4:

AM - Partly sunny; high near 58. S wind 10-15mph, with gusts as high as 25mph.
PM - Mostly clear; low around 41.



Sunday, Feb. 5:

AM - Sunny; high near 63.
PM - Mostly clear; low around 44.

[Extended Forecast Click Here](#)