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# Benbrook News

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*From the Sports Desk with John English*

## ***Benbrook Bobcats Defeat Sanger Indians; Western Hills Cougars Fall to Maypearl Panthers***

The Benbrook football team opened the season with a bang last week, defeating Sanger by a score of 49-27 to avenge its loss from last year to the Indians.

Coach Cody Slater said it was a good victory and a great way to start the season.

"I'm incredibly proud of how our kids handled the week, adjusting to practice times due to the heat, and their fantastic effort throughout the game against Sanger," Slater said. "They played with great effort and determination all night."

Quarterback Collin Thompson had an impressive night, going 9-13 passing for 234 yards and four touchdowns, along with 31 rushing yards and a rushing touchdown.

Running back Brady Gordon had 13 carries for 119 yards and running back Chris Harris had nine carries for 66 yards and two touchdowns.

Receivers Kade Cross caught four passes for 75 yards and a touchdown.

"Jake Lindsey led us with 13 tackles and Safety Jax Stockton had a strong showing with numerous tackles," Slater said.

Also defensively, TJ Johnson had three tackles and an interception. Jax Stockton had eight tackles and two tackles-for-loss, Christian Gleason had six tackles and 1.5 sacks, and Jayce Donart finished with five tackles, two tackles-for-loss and a fumble caused.

Benbrook will host Iowa Park this evening at 7 p.m. and Slater said his team will have its hands full.

"Iowa Park is a formidable football team known for their size and physicality," Slater said. "To succeed against them, we'll need to match their intensity on the field."

Over at Western Hills, the Cougars football team came up short in its season opener against Maypearl on Friday night, and coach Blake Moilan said he saw improvement from his team throughout the game.

"We expected some growing pains with several new guys playing in new positions," Moilan said. "We gave up a lot of points quickly, which is hard to bounce back from. We got better as the game went on, but we can't start slow and expect to be successful. We made a lot of early mistakes, but we saw a lot of growth as the game went on. It was a great non-district game for us to get great work."

Moilan said he did have some solid individual performances in the game.

Quarterback Kyu Wilson was 15 of 21 with a touchdown pass. "We were happy with the way he managed the game and made decisions," Moilan said.

Brycen Foster and Love Willis led the defense in tackles. "Both played great games from their outside linebacker positions," Moilan said.

Western Hills will travel to Mineral Wells at 7:30 p.m. tomorrow evening, and Moilan said he expects a tough game.

"Mineral Wells has a new coach and they had a big win over Castleberry," Moilan said. "They will be physical and will play tough. We need to come out and clean up mistakes and match their physical play. It will be another great game to get us ready for district play."

*From the City of Benbrook*

## **Benbrook Trash Bash Sept. 16**

The 31st Annual Benbrook Trash Bash cleanup event is Saturday, Sept. 16 at Dutch Branch Park. Registration opens at 8:30 a.m., and cleanup begins at 9 a.m. A free hotdog lunch is provided to all volunteers. Participants will gather at the pavilion located behind the concession stand in the rear parking lot.

The City will be providing giveaway items and prizes. Advance registration is requested.

To register, call Jared DeVries at 817-249-6008.

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From Texas Department of Licensing Regulation

# Texans Can Apply to be a Volunteer Member of the New Mold Assessment and Remediation Advisory Board

Texans interested in serving as volunteer members of the new Texas Department of Licensing Regulation (TDLR) Mold Assessment and Remediation Advisory Board have until September 22 to apply for one of 11 slots on the board. Members will serve staggered six-year terms.

Senate Bill 1213 (88th Legislature, Regular Session) created the board and requires that members be appointed no later than Dec. 1, 2023. The board will provide technical knowledge and industry expertise to TDLR and the Texas Commission of Licensing and Regulation.

Members of the new advisory board will include:

- Three members who are licensed and engaged in mold assessment as consultants;
- Three members who are licensed and engaged in mold remediation as contractors;
- Two members who are building contractors principally engaged in home construction and who are members of a statewide building trade association;
- One member who is a representative of the insurance industry;
- One member who is a representative of an accredited mold training provider; and
- One member who represents the public.

Board members will be appointed by the Chair of the Texas Commission of Licensing and Regulation and approved by members of the Commission.

As volunteers, members of the board are not compensated; they must cover their own expenses if they need to travel to Austin as part of their duties. Most TDLR advisory boards and commissions meet via video-conference, so any travel may be limited.

Anyone interested in serving as a member of the board can [submit an application online](#). TDLR will respond to all applicants.

## About TDLR

TDLR provides regulatory oversight for a broad range of occupations, businesses, facilities, and equipment in Texas. The agency protects the health and safety of Texans by ensuring they are served by qualified, licensed professionals. Inspections of individuals, businesses, and equipment are done on a regular basis to safeguard the public. Currently, the agency regulates 38 business and occupational licensing programs with almost 1,000,000 licensees across the state.

Visit TDLR's website for more information and resources. You can search the TDLR licensee database, and also find past violations in which a final order was issued against companies or individuals.

TDLR's Customer Service line is available anytime between 7 a.m. until 6 p.m., Monday through Friday, at 1-800-803-9202.

TDLR representatives are fluent in English, Spanish and Vietnamese.

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Around the Town with Denise Honeycutt

## Benbrook Senior Center Hosts Monthly Events

Each month the Benbrook Senior Center hosts several events. Plan a visit and see what they have to offer, including Canasta, Bridge and dancing.

Local seniors are invited to join in on the happenings and meet several other seniors from the community for food, fun and fellowship.



Marilyn and Mike Tonn participated at a recent dance.

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Judy Stephens, Colleen Lindgron, Steve Cowden and Jan Enochian enjoy a card game at the center.



Jim Atkins, Carl White, Joy Key and Judy Hancock enjoy a chat at the center.

From the Project Linus Blanketeers

## First Monday Quilt Club - Project Linus Volunteers Needed

Come join the fun and fellowship with the Quilt Club volunteers while you make a difference in our community and bless others by making quilts for Project Linus.

The First Monday Quilt Club will meet at Bethany Christian Church located at 1500 Meadow Park Drive in White Settlement from 10 a.m. to 1 p.m. on Monday, Sept. 4. Ladies may bring brunch or snack foods to share with others if desired.

Project Linus is a non-profit service organization. The members of this group are Tarrant County Chapter Project Linus volunteers who create handmade quilts and blankets that provide love, warmth, and comfort for local children who have suffered trauma, tragedy, or illness. Volunteers also make coverlets for veterans, nursing home residents, and the homeless. Unfortunately, the need for these blankets increases each month. They desperately need volunteers with portable sewing machines to help assemble the

quilts.

No experience is needed - there is a place for you. Anyone can help if you can follow instructions, sew, tie a knot, crochet a blanket, or tell a good joke. Volunteers have lots of fun and develop fantastic friendships. High school students can receive community service credits for participating. Materials (fabric, batting, thread, and yarn) are provided.

Donations of fabric, yarn, thread, sewing machines, sergers, or money to purchase materials are greatly appreciated.

Come join the fun and enjoy fellowship with the Quilt Club volunteers while you make a difference in our community by being a blessing to others.

For more information about the mission of Project Linus, visit [www.projectlinus.org](http://www.projectlinus.org). For more information on this group and meetings, call Virginia Biela at 817-244-1263.



# This Fall, Older Adults Should Protect Their Health

With cold and flu season upon us, it’s time to protect yourself, not only from those seasonal threats, but also from other health risks.

“During the holidays, our lives get very busy with family and friends,” said Dr. J.B. Sobel, chief medical officer for Cigna Health-care’s Medicare business. “Before then, please take time to ensure you get the preventive care you need to stay healthy.”

Preventive care is critical for everybody, but particularly for older adults, and especially in fall when risks can increase, Sobel said. Recommendations vary based on age, gender and health status, but the following are some of the most common for seniors, according to Sobel.

## Vaccinations

There are a number of vaccines older adults need to consider to protect themselves. Flu and pneumonia, for example, are among some of the most common causes of senior deaths. There is no “one-size-fits-all” approach to vaccination. Timing and frequency vary, depending on your health history. Ask your health care provider which vaccines are appropriate for you.

- Flu. This vaccine is administered annually, generally before the end of October, and is designed to match the latest circulating flu strains.
- Pneumonia. Administration varies based on health history. If you’re 65 or older and you’ve never had the vaccine before, then you’ll likely need two shots, which are administered a year apart.
- Shingles. The Centers for Disease Control and Prevention (CDC) recommends two doses of the shingles vaccine for healthy adults aged 50 and older, spaced two to six months apart, to prevent shingles and related complications.
- COVID-19. Ask your doctors about current recommendations for prevention of COVID-19 infections.
- RSV. Earlier this year, the Federal Drug Administration approved two separate vaccines to address respiratory syncytial virus (RSV) in older adults. RSV, a common respiratory infection, usually causes mild, cold-like symptoms, but can be more severe in older adults and children. Talk to your doctor about whether you should get an RSV vaccine.

## Health Screenings

The following health screenings are commonly recommended for older adults.

- Mammogram. Breast cancer is the second leading cause of cancer death in women in the United States, according to the CDC. Every woman is at risk, and risk increases with age. Fortunately, breast cancer can often be treated successfully when found early. The U.S. Preventive

Services Task Force (USPSTF) recommends women 50 to 74-years-old at average risk get a mammogram every two years.

- Colorectal screening. Colorectal cancer risk increases with age. Screenings can find precancerous polyps early, so they can be removed before they turn into cancer. The USPSTF recommends colorectal cancer screening for adults age 45 to 75. Though colonoscopy is the most comprehensive test, there are other options you may consider with the help of your provider.
- Bone density scan. USPSTF recommends women aged 65 and older, and women 60 and older at increased risk, be routinely screened for osteoporosis, a disease in which bones become weak and brittle. Screening may facilitate treatment that helps prevent fractures.
- Eye exam. Routine eye exams can identify early signs of eye disease that are more likely as people age. People with diabetes in particular are prone to retinopathy, which leads to vision loss. It’s recommended that people with diabetes have annual retinal screenings.
- Mental health checkup. Many people experience seasonal depression during fall. Mental health is strongly linked to physical health. Talk to your health care provider about both, including your personal and family history. They can connect you with additional mental health resources.

To prevent unpleasant surprises, Sobel suggests talking with your health care provider, pharmacist or insurer about preventive care costs. Fortunately, costs are often covered fully by Medicare or Medicare Advantage, he said.

*The information contained in this article is not intended to be a substitute for professional medical advice, diagnosis, or treatment. Always seek the advice of your physician or other qualified health care provider with any questions you may have regarding a medical condition or treatment and before undertaking a new health care regimen.*

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## American Gunfighter - King Fisher by Dr. Ken Bridges

The days of the old frontier produced men whose legend grew bigger than the dusty plains. In those wild years where the West was still growing, who was in the right in the eyes of the law was often decided by who had the fastest gun.



One of the most notorious figures of South Texas in this era was **King Fisher**, a man who crowned himself the head of a cattle-theft ring and eventually became a lawman himself.

John King Fisher was born on his parents' farm in Collin County in 1854. He knew much loss early in his life. His mother died when he was only two years old, and his stepmother died only a few years after that. The hardships of the years after the Civil War forced the family to move to Williamson County, just north of Austin, where his father still had family.

By the time he was 15, he ran afoul of the law. In two separate incidents just weeks apart, he was arrested on charges of horse theft. In 1870, he was convicted and sentenced to two years in prison but only served four months.

After his release, he fell into a gang of cattle rustlers and gunslingers in the Rio Grande Valley. He learned their ways quickly and began dressing in flamboyant outfits and going by the name "King."

He soon took over his own gang, killing three Mexican men leading their own horse theft ring in the area. He soon built a network of hundreds of men dealing a brisk trade in stolen livestock. Before long, he owned his own ranch and routinely traded with such men as future Mexican President Porfirio Diaz in trading stolen cattle and gunning down anyone who stood in his way.

Fisher was known for his ruthlessness and his quick draw. Reportedly, he once said, "Fair play is a jewel. And I don't care for jewelry." Texas Rangers attempted to break up his criminal empire in 1876 and 1877, but local sheriffs refused to cooperate, making legal cases all but impossible.

By 1877, he had been indicted for murder six times and for horse theft twice. Each charge was ultimately dismissed.

He married in 1876 and soon had four daughters. His life shifted dramatically as a result. By 1881, Uvalde County officials were anxious to get the area under control and hired him as a deputy. In spite of his shady reputation and previous criminal conviction, Fisher was respected and popular in the area. And the thinking was that there was no one better to out-think or out-shoot a criminal than Fisher himself. He was noted for his efficiency and dedication.

By 1883, he was acting sheriff and looked to run for the position in the 1884 election.

On March 11, 1884, he went to a vaudeville theater in San Antonio with his friend Ben Thompson. Thompson himself had a notorious reputation. He had previously served as the city marshal of Austin until an incident in San Antonio in 1882. An argument over a card game with Jack Harris, who owned the vaudeville theater, erupted into a gunfight in which Thompson shot and killed Harris. Thompson resigned and was acquitted of murder.

Now the two gunmen strolled into the theater. Presumably the two were there to enjoy the show, but San Antonio was far from home for both. They had both made enemies in the city, but the two were skilled enough with the gun that enemies were never a problem for long. The two went to find their seats in a balcony section with one of the owners, a former partner of Harris, Joe Foster, and a local law officer, Jacob Coy. But trouble found them first.

As they went to sit, Fisher and Thompson were shot down in a blaze of gunfire from another balcony section. Fisher was hit by 13 bullets. Fisher pulled his gun and shot Coy, severely wounding him. As Fisher fired with his dying strength, Simms pulled his own gun and shot himself in the leg, dying days later. Fisher and Thompson died at the scene.

In the aftermath, a Bexar County coroner's jury ruled that the deaths of Fisher and Thompson were a result of self-defense.

The entire details of the ambush were never made clear, and San Antonio police were anxious to drop the matter. Fisher has been portrayed in television and movies in the years since. Like many characters of the Old West who lived by their wits and the speed of the draw, he left behind little and faded into legend.



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From Mary Isham Keith Chapter Daughters of the American Revolution

# Mary Isham Keith Chapter's 125th Anniversary Celebration

Mary Isham Keith Chapter Daughters of the American Revolution celebrated its 125th Anniversary with a luncheon at Ridglea Country Club on Aug. 5, attended by about 150 members and guests.



“Mary Isham Keith Chapter, Providing 125 Years of Service Across Three Centuries” was the theme of the celebration which opened with a pageant depicting “The Past”- flags of the five founding Chapters of the Texas Society DAR on the back row; “The Present” Honorary President General Lynn Forney Young (left) and Chapter Regent Charlsey Holler (right) on the center row; and “The Future” - children of the American Revolution members who participated in the pageant appear on the front row.



President General Pamela Rouse Wright awarded the prestigious NSDAR Founders Medal for Education to Honorary Chapter Regent Dr. Judith J. Carrier, whose long career in education and community leadership includes her service as founding president of the Tarrant County College District's Arlington Campus as well as her selection as the first woman to serve as president of the Downtown Rotary Club of Fort Worth.



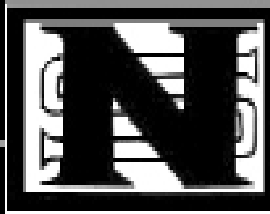
Keynote speaker Honorary President General NSDAR Lynn Forney Young's remarks after lunch told of Mary Isham Keith Chapter's history of service to God, Home and Country.



A memorial service at nearby Oakwood Cemetery Chapel following the luncheon. Chapter Regent Charlsey Holler and Chapter Honorary Regent Gwen Boyd conducted wreath ceremonies at the graves of Chapter Founding Regent Elizabeth Douglas Bell and Chapter Real Daughter Susan Spratt Polk Rayner.



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## Three Day Weekend Forecast



### Friday, Sept. 1:

AM - Sunny, with a high near 98. Southeast wind around 10 mph.  
PM - Clear, with a low around 71. East wind around 10 mph.



### Saturday, Sept. 2:

AM - Sunny and hot, with a high near 100. South wind around 10 mph.  
PM - Clear, with a low around 72.



### Sunday, Sept. 3:

AM - Sunny and hot, with a high near 99.  
PM - Clear, with a low around 75.

[Extended Forecast Click Here](#)