

Benbrook News

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From the Sports Desk with John English

Western Hills Cougars and Lady Cougars Compete at Venus **Tournament**



The WHHS Lady Cougars recently won the Lady Frog Classic tournament at Lake Worth High School.

The Lady Cougars competed in the Venus Tournament where they finished 2-2, and coach Monicia Gardner said, I thought we had a couple of good games in the tournament."

"The first game against Maypearl was pretty rough. We had a couple of injuries, but we bounced back with a buzzer beater against Northside. On Friday, we played Lake Worth and kept it pretty close, just couldn't ever get any momentum. We ended up winning by forfeit against Carter-Riverside (they were dealing with regarding the Texas Department of Transportation RM 2871 projsick kids and injuries). Saturday, we played Castleberry for the ect. Consolation game. We fought hard with only six girls, just came up short. We lost by one," Gardner said.

Western Hills will play Southwest tomorrow, and Gardner said, "Hopefully, it is a game we can finally put together some things ditional details.

we have been working on all year so we can enter into district play with some momentum."

The Western Hills boys basketball team also competed in the Venus Tournament this past weekend, and coach Blake Dunson said in spite of adversity, his team competed well.

"We beat Fort Worth Country Day in triple overtime and lost to Lubbock Coronado in overtime on day one," Dunson said. "On day two, we were a little short-handed due to injuries and illnesses and lost both games."

The Cougars lost to Maypearl 62-58 and then Venus 66-40 on day two of the Venus Tournament.

Western Hills will compete in the Hillsboro Tournament this coming weekend, and Dunson said he expects his team to be able to compete.

"Hillsboro will be a good test for us with some good teams," Dunson said. "I think if we are all healthy we have a chance to fair (continued on page 3) very well."

From the City of Benbrook

In-Person Hearing for RM 2871 Project Tonight

Benbrook residents have the option to attend the public hearing

The in-person public hearing is set for Thursday, Dec. 7, at High Ridge Church located at 10100 Rolling Hills Drive at 5 p.m.

Visit the TxDOT website at https://ow.ly/BIry50QeAJb for ad-

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From U.S. Army Corps of Engineers

U.S.A.C.E. Fort Worth District to Host Conference at Benbrook Lake

The United States Army Corps of Engineers' Fort Worth District will host a press conference at Benbrook Lake, on Saturday, Dec. 9, to release details of the planned suspension of planned through traffic closure between North and South Holiday Parks.

The press conference will begin at 10 a.m., at North Holiday Park, 400 Lakeview Dr, Benbrook, TX 76126.

The Fort Worth District Operations and Lake staff will also be on hand to discuss the status of the long-term project to widen the road through the parks with protected lanes for cyclists and pedestrians.

Among the Corps' partners participating

From the Benbrook Public Library

Holly Jolly Holiday Dec. 9

The Benbrook Public Library will host its 9th Annual Holly Jolly Holiday celebration Saturday, Dec. 9, from 11 a.m. to 3 p.m.

This holiday celebration is free for the entire family. It features a harpist, a reindeer photo opportunity, the Uptown Carolers performing holiday songs, balloon making, a special appearance by Mrs. Claus, and a holiday elf show.

Arts and crafts, laser engraved ornaments, hot chocolate, and other refreshments will be available throughout the day.

All ages are invited to attend and celebrate the holiday season.

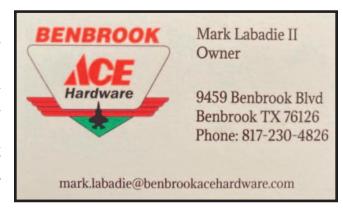
Holiday Gift Wrapping

For those who need time and space to do holiday gift wrapping away from prying eyes, the Library is offering the space to wrap! Saturday, Dec. 16, from 10 a.m. to5 p.m., and Wednesday, Dec. 20, from 4 to 7:30 p.m., the Library will provide wrapping paper, tape, scissors, and ribbon to help make your presents sparkle.

The Library provides the space; you do the wrapping!

in the press conference include former Fort Worth Mayor Betsy Price, representatives from Streams and Valleys, and leadership from local bike and community groups.

Visit the Fort Worth District Web site at: www.swf.usace.army.mil and SWF Facebook at: https://www.facebook.com/usacefortworth/





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Application has been made with the Texas Alcoholic Beverage Commission for a Wine and Malt Beverage Retailer's On-Premise Permit with Food and Beverage Certificate by Louisiana Seafood and Fish Mkt, LLC dba Louisiana Seafood and Fish Mkt, to be located at 1505 E Berry St, Fort Worth, Tarrant County, TX 76119. Officer of said LLC is Keith Armand – Manager





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Sports Desk (continued from page 1)

Over at Benbrook, the Lady Cats lost to Brook Hill on Friday, but there were extenuating circumstances.

"We were very short-handed with a few of our players back home with fine arts activities and too inexperienced for a team like Brook Hill," Lofton said. "We did fight hard an gave 100 percent effort. However, the experience from a well-rounded team won out."

Forward Sharon Mpinda and Point guard Sam Lindsey were standouts in the game for Benbrook.

The Lady Cats will play Temple Christian tomorrow night 6300. where they hope to regroup before the start of district play.

"Hopefully, we will have tweaked some weak areas due to our inexperience, and rehab injuries, and be ready to compete with Temple Christian," Lofton said.

From the City of Benbrook

Christmas Tree Disposal



For your convenience, Republic Services offers curbside Christmas tree pick-up. Simply place your tree at the curb by 7 a.m. to be picked up like normal brush collection. Please remember to remove nails, stands, plastic bags, and decorations from all trees.

Republic Services Customer Service can be reached at 817-953-7214.

Trash & Recycling Collection Dates

Republic Services is altering the trash and recycling dates during the holidays. Trash and recycling services for Christmas will move to Thursday, Dec. 28. Service normally provided on Wednesdays will shift to Thursday, Jan. 4, 2024, due to the New Years holiday.

Benbrook City Council Meeting Tonight Watch the City Council meeting live from home!

Tune in to Spectrum cable channel 190, or visit

www.benbrook-tx.gov and click the TV icon at the top of the page.

From the City of Benbrook

Senior News

The Benbrook Senior Citizen Center offers many engaging indoor events and activities for seniors. Seniors are invited to participate in daily card activities from 9 a.m. to12 p.m. Ceramics with Steve is scheduled for Tuesdays at 1 p.m.

Learn more about upcoming events and activities by visiting the Benbrook Senior Citizen Center's Facebook page at Facebook.com/BenbrookSeniorCenter.

For more information, please call the Senior Center at 817-249-

From the City of Benbrook

Winter Safety Tips for Pets

Exposure to winter weather can be dangerous to all pets. Winter walks can become life threatening if chemicals from ice-melting agents are licked off bare paws.

All pet owners should monitor weather forecasts and keep their pets inside a warm, dry, safe place when the temperature gets below 40 degrees. Longer-haired and thick-coated dog breeds are more tolerant of cold weather, but no pet should be left outside for long periods in temperatures that get close to freezing.

Follow these safety tips to prevent cold weather dangers from affecting your pet's health:

- Provide your pet with shelter from the wind and precipitation. The floor of the shelter should be off the ground to minimize heat loss. Do not use blankets or towels for bedding; they can get wet easily and attract insects. Straw or hay make good insulators.
- Make sure pets have unlimited access to fresh, non- frozen water.
- Coolant and antifreeze are lethal poisons for pets. Be sure to thoroughly clean up any spills from your vehicle.
- Make sure to have enough food, water, and any prescription medicine on hand for at least five days.

From the Benbrook Public Library

Yoga at the Library

Yoga classes at the Benbrook Public Library located at 1065 Mercedes St. in Benbrook, are taught by a professional and are for yogis of all skill levels. The 45-minute classes are free and are a great way to improve oneself both physically and mentally.

Those who have their own yoga mats are encouraged to bring them, but the library does have some mats available for those who may need them.

Yoga classes are held the second and fourth Monday of each month at 6 p.m. There are occasional exceptions, and they will be noted on the library calendar.

Texas History Minute by Dr. Ken Bridges

American Radiochemist, James Andrew Harris



problems from multiple viewpoints and de-physics. vise increasingly creative ways of uncoverelement.

Oakland, California, where he attended high half-lives make it very difficult to study. school in the late 1940s.

his honorable discharge in 1955.

the army in spite of his credentials. Eventime. tually, he landed a job at Tracerlab, a Cali-

radiation-detecting equipment. Along the German scientist Otto Hahn, who won the way, Harris married and raised five children. Nobel Prize in Chemistry in 1944 for his In 1960, he accepted a position as a nuclear discovery of nuclear fission. chemist at the Lawrence Radiation Labo-Berkeley.

Nobel Prize for Chemistry in 1908 for his Dubna, the city that housed the research lab. work in discovering the radioactive half-In science, the passion for discovery lives of elements and differentiating be- no practical use for them has been devised drives great minds to answer the great quest ween types of radiation from the decay of beyond laboratory experiments. tions about the world. The competitive at- particles and whose work is considered by

ing knowledge. This process of research with chemical properties similar to titanium doctorate for his work in 1973. and experimentation has created the scien- or zirconium. The element was difficult to James Andrew Harris was born in Waco transform itself into a different element en- with the Berkeley research team. in 1932. His parents divorced when he was tirely. Other known isotopes of Rutheryoung, leaving his mother to raise the future fordium have half-lives ranging from less 2000 at the age of 68. scientist alone. They eventually moved to than a second to 15 minutes. These short

In 1970, Harris, Ghiorso, and their team After graduation in 1949, Harris returned made another breakthrough with the producto Texas. He enrolled at Huston-Tillotson tion of yet another new element. Element College in Austin. He excelled at his studies 105, consisting of 105 protons (as opposed and graduated with a bachelors degree in to just eight protons for oxygen or two prochemistry in 1953. He enlisted in the army tons for helium) was itself very unstable, after graduation. Harris served for two and the atoms decayed quickly into other years, rising to the rank of sergeant before elements. Little is known about its nature except that it is a metal. The two elements Harris found it difficult to find work after were the largest atoms discovered up to that

The American researchers initially

fornia company that specialized in making wanted to list Element 105 as Hahnium after

A team of Russian scientists at the Joint ratory at the University of California at Institute for Nuclear Research in Dubna, Russia, claimed that they had discovered In 1969, Harris was part of a team at the both of the elements first in the 1960s. Ho-Lawrence Radiation Lab that included noted wever, other scientists pointed out that the scientist Dr. Albert Ghiorso, when they dis- Russian team had admitted altering their covered an entirely new element, one never data. Years of debates followed the competfound in nature. This element, Element 104, ing claims. The American team was ultiwas eventually named Rutherfordium in mately able to name Rutherfordium while 1997, after New Zealand native and physi- Russian scientists were allowed to give the cist Ernest Rutherford. Rutherford won the name Dubnium to Element 105, after

At this point, the elements are so rare that

Harris was praised by colleagues for his mosphere demands that scientists look at scientists to be the beginning of nuclear co-discovery and toured the country giving periodic lectures on his work. Huston-Til-Rutherfordium is an extremely rare metal lotson College awarded Harris an honorary

Harris retired in 1988. Today, 118 eletific and technological marvels of the mod- isolate. The atom itself is large and un- ments are known to exist, either in nature or ern world. Though Texas has been home to stable. Its most stable form is Ruther- in the lab. Along with Dr. Gregory Chopin, many great minds, one stands out in the field fordium-267, consisting of 104 protons and co-discoverer of the radioactive element of chemistry, James Harris (left). Harris 163 neutrons. Because it is so unstable, it is Mendelevium, Harris is one of only two was a key member of a research team that radioactive and has a radioactive half-life of Texans be credited with co-discovery of an discovered two new elements, making him around 10 minutes. That is, in 1.3 hours, element. And he is to this day the only Afone of only two Texans to help discover an half of the atoms in a sample will spray off rican-American to be responsible for the disso many subatomic particles that it will covery of any new element due to his work

Harris died at his home in California in



Tips to Lower Your Energy Costs This Winter



The U.S. Department of Energy reports that low-income households face an energy burden – the portion of income spent on home energy costs – three times higher than other households, leading to tough budgeting decisions for many Americans.

Energy efficiency is an important way to tackle home energy costs and can also support sustainability. Knowing that these issues are important to their customers and communities, Wells Fargo contributed more than \$19 million last year to nonprofits that aim to advance sustainability, including a \$500,000 grant to the Beneficial Electrification League.

Whether your motivations are economic, sustainability-related or both, Keith Dennis, president of the Beneficial Electrification League, offers these smart tips to help you curb your energy consumption this winter:

1. Give energy-efficient holiday gifts. Leverage holiday spending on items that can help you save down the line by giving energy-efficient gifts to members of your household this holiday season. Look for gas alternative products like electric lawn tools, bikes and scooters, smart devices and appliances.

Energy-efficient electric products offer good results, are often more cost efficient and support sustainability. Certain retrofits, up-

dates and upgrades may even qualify your household for additional savings via a rebate, thanks to the Inflation Reduction Act of 2022.

- **2. Request an energy audit of your home**. With a home energy audit, you can obtain your Energy Star rating, important information regarding your energy usage, and identify sources of energy loss, which you can then take actions to correct. Resources for obtaining a professional energy audit or conducting one yourself can be found at energy.gov.
- **3. Beat the peak.** Ask your utility provider about discounted rates. Some offer cheaper rates during parts of the day when general usage is down think early in the day or late at night. Strategically tackle your energy bills by doing laundry and other energy-intensive chores at off-peak times.
- **4. Take advantage of tax credits.** Making energy improvements to your home? The Inflation Reduction Act of 2022 expanded the tax credit amounts and types of qualifying expenses available. Look for tax credits on items like new energy-efficient exterior doors, windows, central air conditioners, water heaters, furnaces, boilers and heat pumps.
- **5. Utilize electric technology.** Consider installing a smart thermostat, smart switches, or smart home devices for energy-intensive household items like, lights and heating systems. Smart technology is designed to automatically adjust to your needs, helping you save energy and money.

During a long cold winter, energy-efficient technologies and updates can help you weather the season, for a cozier home and a lower-carbon future.



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Three Day Weekend Forecast



Friday, Dec. 8:

AM - Mostly sunny, with a high near 76. Breezy, with a south wind 20 to 25 mph, with gusts as high as 35 mph.

PM - Mostly clear, with a low around 53. Breezy, with a south wind 20 to 25 mph becoming west southwest after midnight. Winds could gust as high as 35 mph.



Saturday, Dec. 9:

AM - A 20 percent chance of showers. Mostly sunny, with a high near 61. West wind around 20 mph becoming north northwest in the afternoon. Winds could gust as high as 30 mph.

PM - Mostly clear, with a low around 37. Northwest wind 15-20 mph, with gusts as high as 30 mph.



Sunday, Dec. 10:

AM - Sunny, with a high near 56. Northwest wind 10 to 15 mph becoming south southwest in the afternoon. Winds could gust as high as 20 mph.

PM - Clear, with a low around 36.

Extended Forecast Click Here