



City of Benbrook ★ A Texas Star City

# Benbrook News

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*From the Sports Desk with John English*

## WHHS Cougar Boys Basketball and Soccer Teams Claim Wins

The Western Hills boy's basketball team won its fifth straight game on Saturday afternoon, defeating Benbrook by a score of 52-46 to avenge a loss to the Bobcats in the district opener.

Coach Blake Dunson said his team played well from the get-go.

"We got off to a fast start and built a big lead going into the second half," Dunson said. "Benbrook battled back and made some big shots to pull it to 7 points late. We were able to finish the game at the free throw line and earn the big district win."

Dunson said he had a couple of standout performances in the game.

"Junior Jaylen James led us in scoring with 16 points," Dunson said. "Junior Brandon Hawkins also tossed in 14 points in the win."

Western Hills moved to 5-3 in district with the victory over Benbrook and into third place in the 9-4A standings.

The Cougars will have their hands full on Friday when they play Eastern Hills, and Dunson his team will need to be on point.

"Eastern Hills is the number one team in the state for a reason," Dunson said. "They have great team athleticism, and skill, and are playing very well right now. We will have to cause some disruption with our defense and have a good shooting night to pull off a major upset."

On the pitch, the Western Hills soccer team opened up district competition with a 1-0 victory over Eastern Hills on Friday, and coach Matt Collins said it was a good start to district competition.

"Eastern Hills is never easy," Collins said. "We got a score early, which took the pressure off us a bit. Winning any district game is important."

Collins said Midfielder Andrew Pena, defender John Ramirez

and goalkeeper Landon Whittaker "all played great," in the win over the Highlanders.

Western Hills and Benbrook square off this Friday, and Collins said he expects another tough contest.

"Benbrook is off to a great start," Collins said. "We have been even with them for years. We will have to play well to win."

On the girl's side, Benbrook also won its district opener on Friday with an impressive victory over Carter-Riverside, and coach Luz Castillo said a number of players stepped up.

"The Benbrook Lady Cats had a great game and team win to kick off district play," Castillo said. "In the first half, the team was up 2-0 with an assist from sophomore, Sydney Chavez to senior Campbell Cox. The second goal was made on an assist from Rande Slater to Sydney Chavez."

In the second half, Cox scored her second goal off a penalty kick, and freshman Lexie Garcia had an assist to freshman Lily Chavez.

"Cox returned an assist to Sydney Chavez, and the final goal was scored in the last 20 seconds of the game with an assist from Garcia to junior Shyanne Morris," Castillo said. "This brought the final score to 6-0, with a shutout from our defense Brooke Moreno, Kira Cleveland, Sophia Tucker and keepers, Avery Bates and Arianna Labue."

Benbrook will play Western Hills on Friday, and Castillo said it should be a good game.

"We expect to have a great match against our rivals Western Hills next Friday, as they also beat their opponent Eastern Hills this past Friday with a 6-0 win," Castillo said.

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# Pet Registration Facts and Fees

## Registration Facts

- All dogs and cats three months of age or older must be currently registered with Animal Control.
- A current metal registration tag, issued by Animal Control or a veterinarian office authorized by Animal Control, must be attached to the animal at all times.
- No dog or cat may be registered until it has a current rabies vaccination.
- Registration and/or vaccination tags are valid only for the animal for which they were originally issued.
- The registration period is from Jan. 1 to Dec. 31.

## Fees

Registration fee is \$5 and must be renewed annually. Duplicate tags are \$1. Reg-

istration can be renewed at City Hall, 911 Winscott Road.

## New Ownership

If ownership of a dog or cat changes, the new owner must apply with Animal Control, in person or in writing, to transfer registration. There is no charge for the transfer.

## Animal Transfer

A fee of \$20 per animal is required for Benbrook residents to relinquish ownership of a dog or cat and grant the City sole authority regarding its disposition. Transfer of two or more animals that are three months of age or younger and from the same litter, shall not exceed \$40.

## Legal Notice

**REQUEST FOR PROPOSAL  
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FCC FORM 470 # 240013210  
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NETWORK EQUIPMENT**

## APPLICANT

White Settlement Independent School  
District (BEN: 140890)  
8224 White Settlement Road,  
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**Submit Questions no later than:  
Thursday, February 1, 2024**

Questions must be submitted online no later than 2:00 pm Central Time on the due date listed above.

**DUE DATE: Friday, February 23, 2024**  
Proposals must be submitted online no later than 2:00 pm Central Time on the due date listed above.

All questions and proposals must be submitted via bonfire.  
Proposals received after the proposal deadline, spam, and/or automated responses via email will not be considered valid proposal responses and will be disqualified from consideration.  
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 **STEAK NIGHT!**  
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# Snapology for Kids Feb. 10

Calling all gamers! Do you like to build with Legos? Kids ages six through 12 can have a blast learning how to code while building robotic games to test the code.

Students will learn about sequencing commands, value and sensor inputs, and loops on Saturday, Feb. 10 from 2 to 3 p.m. at the Benbrook Public Library, located at 1065 Mercedes St.

Registration is required for this event.

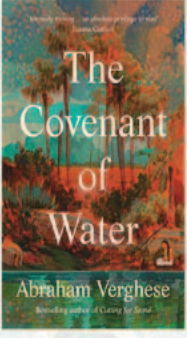
With the robotic ring toss, your child is sure to have fun building, learning, and playing.

### February Book Club Meetings

The Covenant of Water by Abraham Verghese

Coffee Break

Wednesday  
February 7  
11:00 am



Bent Corners

Thursday  
February 1  
6:30 pm

You can also attend our book club meetings on Zoom!

# Free Medication Disposal Program

The Benbrook Fire Department employs a free Single Use Disposal System (SUDS) program for Benbrook citizens. Single Use Disposal Systems are a convenient and environmentally-friendly way to properly dispose of unused or expired prescription medications, by providing a ‘Take Away Envelope’ that can be mailed from the privacy of your own home. The envelopes are then incinerated unopened, keeping personal information confidential, and avoiding contaminating our landfills and drinking water.

To safely dispose of unused or expired prescription medications, simply follow the three-step process:

1. Visit the Benbrook Fire Station at 528 Mercedes Street, Benbrook to pick up a ‘Take Away Envelope’ (pre-paid postage included). The box of envelopes is available just outside the fire station on the Fire Administration side of the building, accessible to the public 24-hours a day. There is no cost to the citizen.
2. Place unused medications in the envelope and seal it.
3. Drop-off the postage-paid envelope at a post office. The Benbrook Post Office is located at 9415 Benbrook Boulevard. The envelope is then delivered for safe destruction.

For questions, contact Chief Jackie Hartman with Benbrook Fire Department at the non-emergency number, 817-249-1727.

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### FRIDAY, MAY 17

 **BOULEVARD HEIGHTS**  
Boulevard Gym,  
1:00 p.m.

### WEDNESDAY, MAY 22

 **TRANSITION CENTER**  
Arlington Heights HS Auditorium,  
7:00 p.m.

### WEDNESDAY, MAY 29

 **O.D. WYATT HIGH SCHOOL**  
TCU, 8:00 p.m.

### THURSDAY, MAY 30

 **TCC SOUTH/FWISD COLLEGIATE HIGH SCHOOL**  
Wilkerson-Greines,  
8:00 a.m.

 **MARINE CREEK COLLEGIATE HIGH SCHOOL**  
Wilkerson-Greines,  
Noon

 **TEXAS ACADEMY OF BIOMEDICAL SCIENCES**  
Wilkerson-Greines,  
4:00 p.m.

 **SOUTH HILLS HIGH SCHOOL**  
TCU, 8:00 p.m.

 **DUNBAR HIGH SCHOOL**  
Wilkerson-Greines,  
8:00 p.m.

### FRIDAY, MAY 31

 **YOUNG WOMEN'S LEADERSHIP ACADEMY**  
Wilkerson-Greines,  
8:00 a.m.

 **I.M. TERRELL ACADEMY FOR STEM & VPA**  
Wilkerson-Greines,  
Noon

 **JO KELLY SCHOOL**  
Jo Kelly Gym,  
1:00 p.m.

 **WORLD LANGUAGES INSTITUTE**  
Wilkerson-Greines,  
4:00 p.m.

 **PASCHAL HIGH SCHOOL**  
TCU, 8:00 p.m.

 **BENBROOK MIDDLE-HIGH SCHOOL**  
Wilkerson-Greines,  
8:00 p.m.

### SATURDAY, JUNE 1

 **TRIMBLE TECHNICAL HIGH SCHOOL**  
TCU, 8:00 a.m.

 **SUCCESS HIGH SCHOOL**  
Wilkerson-Greines,  
9:00 a.m.

 **SOUTHWEST HIGH SCHOOL**  
TCU, Noon

 **YOUNG MEN'S LEADERSHIP ACADEMY**  
Wilkerson-Greines,  
1:00 p.m.

 **EASTERN HILLS HIGH SCHOOL**  
TCU, 4:00 p.m.

 **DIAMOND HILL-JARVIS HIGH SCHOOL**  
Wilkerson-Greines,  
5:00 p.m.

 **NORTH SIDE HIGH SCHOOL**  
TCU, 8:00 p.m.

### SUNDAY, JUNE 2

 **POLYTECHNIC HIGH SCHOOL**  
TCU, 8:00 a.m.

 **AMON CARTER-RIVERSIDE HIGH SCHOOL**  
TCU, Noon

 **WESTERN HILLS HIGH SCHOOL**  
TCU, 4:00 p.m.

 **ARLINGTON HEIGHTS HIGH SCHOOL**  
TCU, 8:00 p.m.

Wilkerson-Greines Activity Center  
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TCU Schollmaier Arena  
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From the Project Linus Blanketeers

# First Monday Quilt Club: Come Join the Fun with Project Linus

Start the New Year in a wonderful way by joining the fun and having 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 meets on the first Monday of each month at Bethany Christian Church, located at 1500 Meadow Park Drive in White Settlement from 10 a.m. to 1 p.m. Instead of a pot-luck lunch, ladies are asked to bring brunch or snack items. Their next meeting is on Monday, Feb. 5.

Project Linus is a non-profit service organization, and 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.

For more information about the mission of Project Linus, visit [www.projectlinus.org](http://www.projectlinus.org).

For more information about the First Monday Quilt Club, call Virginia Biela at 817-244-1263.

## DUNGEONS & DRAGONS CLUB



**Tuesday, February 6**  
**5 - 7 pm**

Your adventure awaits! Dungeon Master Jordan will take you on a quest of hunting monsters, solving puzzles and exploring dangerous realms. Materials will be provided. All levels welcome.

**Ages 12 - 17**  
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# Texas Railroad Commissioner Ernest O. Thompson



Not everyone is destined to win all the races they race or the fights that they fight. And on some special select occasions, some of those daring souls are recognized for what they do achieve and the importance of the work to which they dedicate their lives. One of those figures is one-time Amarillo mayor Ernest O. Thompson. Thompson was denied his attempt to become governor decades ago, but his impact as a Railroad Commissioner still has a strong impact on modern Texas.

Thompson was born in Alvord, a small community in Wise County, in 1892. In 1902, the family moved to Amarillo, where his father ran a drug store. As a youth, he was considered bright and hard-working. And he always had an eye for opportunity, cleverly coming up with ways to find work or talk his way into a job.

He graduated from the University of Texas with a law degree in 1917. He joined the army in the midst of World War I, serving in the infantry. In 1918, Thompson was cited for his innovative techniques with mass, coordinated machine gun fire and promoted to lieutenant colonel. He returned to Amarillo in 1919 to practice law. Thompson was one of the organizers of the American Legion, a group of veterans dedicated to helping veterans.

In 1928, he ran for mayor, pledging to cut utility rates and won easily. In 1932, Gov. Ross Sterling appointed Thompson to the Texas Railroad Commission.

The role of the Railroad Commission steadily expanded from railroad hauling rates to regulating oil pipelines and oil and gas produc-

tion by World War I. It expanded to other forms of energy and transportation in the 1920s. The wild East Texas oil field was producing a fortune, but waste and reckless drilling threatened its long-term stability. Drilling too much too quickly for too long had ruined the production yield in oil fields in other parts of the country, even though the oil was still available. Overproduction had caused East Texas oil prices to drop 90%.

Thompson introduced a series of measures that limited production and oversaw safety measures, all designed in a way that protected the interests of smaller producers and still protected the interests of corporations. In a short time, prices stabilized, safety began to improve, and production remained sustainable. In appreciation for his efforts, Gov. James V. Allred of Wichita Falls appointed Thompson colonel in the Texas National Guard in 1936. Though Thompson was not a producer himself, he was recognized globally as an expert on oil production. In 1937, President Franklin D. Roosevelt sent him as the American delegate to the World Petroleum Conference in France.

In 1938, he decided to run for governor. Thompson started the primary season as the prohibitive favorite to succeed Gov. Allred. Initially, his biggest opponent for the Democratic nomination was William McCraw, the state attorney general and a former Dallas prosecutor, and corporate attorney Tom Hunter of Wichita Falls. A slew of other candidates joined in, with most of the debate centered on the lingering effects of the Great Depression and calls for aid to schools and the poor and a state teacher's pension.

That spring, W. Lee "Pappy" O'Daniel, a popular Fort Worth-based radio broadcaster whose noon broadcasts of popular country music and his homespun humor won him thousands of fans, jumped into the race. A master showman, Pappy O'Daniel drew huge crowds to his campaign rallies with his wit and free concerts performed by his Light Crust Doughboys band. Few polls were conducted, but it was clear who had the advantage. Thompson held onto hopes that he could enter the usual runoff. But O'Daniel won the July primary with 51% of the vote, with Thompson finishing a distant second with only 21%. O'Daniel then went on to win the general election with an astounding 97% of the vote.


Thompson was still on the Railroad Commission but decided for a re-match against

O'Daniel in 1940. The result was about the same, with O'Daniel winning 54% of the vote to 21.6% for the runner-up Thompson.

When World War II erupted, Thompson, now nearing 50, rejoined the army. As the Allies needed a steady supply of fuel as much as they needed troops in the field, Thompson was sent back home to his duties on the Railroad Commission to ensure a steady flow of oil and natural gas to the military. Texas was a key part of this effort.

Thompson was elected to three more terms on the Railroad Commission after the war. Gov. Allan Shivers appointed Thompson as general of the National Guard in 1952.

As the years advanced and his health started to decline, Thompson decided to retire. In January 1965, he formally stepped down from the commission. He built a steady list of honors for his work. Amarillo had named a park in his honor, and Alvord placed a historical marker in the community. And to further honor of his years of service, the State of Texas renamed the old Austin Daily Tribune Building after Thompson later in 1965. He died just 18 months later at age 74. His 33 years on the Railroad Commission is still the longest in state history. The 11-story building named for him is today home to the Texas Department of Licensing and Regulation.



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From Statepoint

Suicide Prevention: Recognize the Signs

Children and teens can be moody, but when signs of mental health troubles last for weeks, don't assume it's just a passing mood.

Suicide is a leading cause of death among U.S. children, teens and young adults ages 10-24, and rates have been on the rise. The American Academy of Pediatrics recommends that all teens be screened for suicide risk starting at age 12.

While no single cause has been identified, suicide is often preceded by depression that is undiagnosed or untreated. Most youth show some warning signs or behavior changes in advance. Families and their doctors can work together to identify if a child or teen is struggling with depression, anxiety or substance use, all of which increase the risk of suicide.

Don't be afraid to ask your child or teen to talk about their mental health or if they're contemplating suicide. Asking directly is the best way to know what your child is thinking. Studies show that it is safe to ask about suicide risk and that asking the question will not put the idea into their head. Note that your child may initially turn away or be silent, but actions may speak louder than words. Watch for major changes in your child's sleep patterns, appetite and social activities. Self-isolation, especially for kids who usually enjoy hanging out with friends or participating in activities, can signal serious difficulties.

If your child says something like "I want to die" or "I don't care anymore," some suggested responses are:

- "I'm sorry you are feeling this way—can you share a bit more?"
- "It sounds like you're in tremendous pain and you can't see a way out."
- "Maybe you're wondering how life got

this complicated and difficult."

- "Right now, you're not sure of the answers to the problems you're facing."
- "You must really, really be hurting inside to consider ending your life."

Common causes of stress that increase the risk of suicide include major life-changing events, including the loss of a loved one to death, divorce, deployment or incarceration. Bullying, discrimination, racism and stigma surrounding mental health or suicide can also increase risks. Children who have witnessed or are suffering violence or domestic abuse, engage in self-harming behavior or experienced a suicide in their school or friend group are also at higher risk of suicide.

Research has shown there are protective factors that help reduce the risk of suicide, including ready access to health care. Maintaining close connections to family, friends and one's community is also important.

Parents and guardians should limit access to lethal means, such as removing firearms and locking up medications or other potential poisons or weapons in the home. Half of youth suicides occur with firearms—and suicide attempts with firearms are almost always fatal. Teens and adolescents who attempt suicide with a firearm almost always use a gun found in their house, studies find.

"Suicide is often impulsive and a moment of crisis can escalate quickly," said Janet Lee, MD, FAAP. "If your child is considering suicide, call or text 988 or chat on 988lifeline.org right away. The Lifeline provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources."

For more information, visit [HealthyChildren.org](http://HealthyChildren.org).

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# Weekend Forecast



## Friday, Feb. 2:

**AM** - Cloudy, with a high near 68. South wind 10 to 15 mph, with gusts as high as 25 mph. Chance of precipitation is 20%.

**PM** - Showers and possibly a thunderstorm. Low around 54. South southeast wind around 15 mph, with gusts as high as 25 mph. Chance of precipitation is 90%.



## Saturday, Feb. 3:

**AM** - Partly sunny, with a high near 65. Southwest wind 10 to 15 mph, with gusts as high as 20 mph. Chance of precipitation is 50%.

**PM** - Mostly clear, with a low around 45. South southwest wind around 10 mph.



## Sunday, Feb. 4:

**AM** - A 20% chance of showers after noon. Sunny, with a high near 63. West wind 10 to 15 mph becoming north northwest in the afternoon. Winds could gust as high as 25 mph.

**PM** - Partly cloudy, with a low around 46. North northwest wind 15 to 20 mph, with gusts as high as 30 mph.

[Extended Forecast Click Here](#)