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# Benbrook News

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*From the Sports Desk with John English*

## ***Big Cat Match Up - Bobcats Best Cougars; Lady Cougars and Lady Bobcats Looking for Wins***

The Benbrook boys basketball team avenged an earlier loss to Western Hills on Saturday, defeating the Cougars in a rare Saturday afternoon district game.

“We could not have asked for more from our guys today,” Coach Blake Mendez said Saturday evening. “We repped a very specific game plan all week in practice and they came out and executed everything we asked them to. After they beat us a few weeks ago, we felt like we had something to prove. I’m very proud of our guys.”

Corbin Dilday had 20 points for the Bobcats against Western Hills, and Mendez took notice.

“When he gets going, he’s hard to stop,” Mendez said. “He shot with a ton of confidence today.”

Benbrook is still in the playoff hunt, and will have their work cut out for them when they host the Young Men's Leadership Academy at 7:30 p.m. tomorrow night.

“Last time we played them it came down to the fourth quarter, and they were able to make a few more plays than we were,” Mendez said. “I don’t think it is going to be a blow out either way. We’re going to be in a dog fight.”

Over at Western Hills, coach Blake Dunson said, “We struggled early offensively versus Benbrook and it continued throughout most of the game,” Dunson said. “We didn’t do the little things it takes to be successful and the results showed that. Give Benbrook credit, they played well.”

Western Hills will be in for a serious challenge, as well, as they get set to take on Eastern Hills tomorrow evening.

“Eastern Hills is a top 25 team in the state, and we know it will be a tough environment playing at their place,” Dunson said. “We

will have to do a better job rebounding and not allowing them second chance opportunities for us to be successful.”

On the girl's side, Benbrook lost to Eastern Hills on Friday night, but coach Leta Lofton said she was pleased with the effort the Lady Cats gave.

“The team performed well versus an Eastern Hills team that is well-rounded at every position,” Lofton said. “Even in defeat, our team continues to put their best foot forward. It was a very competitive game that brought the competition to within single digits at times in the second quarter. We are proud of the efforts that were put into the game.”

Over at Western Hills, the Lady Cougars lost to Carter-Riverside on Friday and coach Avante Smith said there were a couple of issues for the Lady Cougars.

“I just felt our girls were a little out of sorts during the second half after, only being down five at halftime,” Smith said. “Foul trouble also got us by the end of the game, having our leading scorer and best defender both foul out.”

*From the City of Benbrook*

## **2023 Benbrook Business & Community Showcase**

The Benbrook Economic Development Corporation (BEDC), and the Benbrook Area Chamber of Commerce (BACC) are gearing up for the 2023 Benbrook Business & Community Showcase (BBCS), which will highlight local businesses and organizations, connect the community, and provide (continued on page 3)

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From the City of Benbrook

## City Council Meeting Tonight

The Benbrook City Council meets the first and third Thursday of each month at 7:30 p.m. (with a pre-meeting work session at 7 p.m.) in the City Hall Council Chambers, located at 911 Winscott Road in Benbrook, 76126.

The Feb. 2 agenda is available to view [here](#).

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Benbrook Business & Community Showcase

(continued from page 1)

plenty of family fun.

This year's event will be held at the Benbrook Middle-High School located at 201 Overcrest Dr., Benbrook, TX 76126, on Tuesday, March 14 from 3 to 8 p.m. and will feature free food samples, prizes, exhibits, and much more.

The Benbrook Business & Community Showcase is dedicated to assisting business owners, start-ups, and entrepreneurs in taking their business to the next level. Reinvigorate your entrepreneurial spirit at Benbrook's biggest business showcase networking event of the year! To appeal to a wider audience, this year's BBCS event will allow businesses from the Benbrook area to sell products as well.

families of Benbrook. The Title Sponsor for this year's BBCS is Benbrook Middle-High School. You too can provide support by becoming a sponsor. Contact Cynthia D. Williams, Benbrook Economic Development Corporation (BEDC) at 817-249-6090 or cwilliams@benbrook-tx.gov for more information.

The Benbrook Business & Community Showcase (BBCS) is completely free to attend! The public is welcome to learn more about local goods and services, interact with local business owners and service organizations, enter to win prizes, and sample free food from neighborhood restaurants.

Shop N Drop Benbrook

Coming back this year is BEDC's Shop N Drop. Shoppers who spend at least \$50 at Benbrook businesses can bring their paper receipts to the Benbrook City Hall Visitor's Center, 911 Winscott Rd., now through Tuesday, Feb. 28. Simply deposit receipts at the Shop N Drop display (with contact information on the back), from 8 a.m. to 5 p.m., Monday through Friday to be eligible for prize drawings at the BBCS event.

Registration

If you are interested in being an Exhibitor at the BBCS, visit the Benbrook Area Chamber of Commerce's website (<https://benbrookchamber.chambermaster.com/eventregistration/register/10214>) to apply. Exhibitor applications are due by 5 p.m. on Tuesday, Feb. 17. Please keep in mind that applying does not guarantee that you will be selected as an exhibitor. All applicants will be advised of their status by Friday, March 3.

Sponsorship

Community sponsors are one of the primary sources of funding for this event and allows us to provide free activities for the

From Fort Worth ISD

Remaining Dates for FWISD Saturday Learning Quest

Saturday Learning Quest (SLQ) is targeted, accelerated learning that gets results. Every SLQ is a day of rigorous, active instruction in literacy and math designed around engaging themes. Young learners also enjoy enrichment classes in art and music, physical activities, and more. Free transportation is available, and students receive breakfast and lunch each Saturday. You'll want to add the seven remaining spring semester SLQ dates to your calendar: Saturday, Feb. 11, Saturday, Feb. 25, Saturday, March 4, Saturday, April 1, Saturday, April 22 and Saturday, May 6. For more information, including times and locations, visit [www.fwisd.org/SLQ](http://www.fwisd.org/SLQ).

"When I was a boy and I would see scary things in the news, my mother would say to me, 'Look for the helpers. You will always find people who are helping.'"

-Mr. Rogers

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Ronald McDonald House Charities of Greater North Texas

Scholarship Applications Accepted Through April 1

Ronald McDonald House Charities of Greater North Texas (RMHCNTX) announced the opening of applications for its Scholarship Program, which grants more than \$60,000 to 30 local high school seniors each year.

Since the Scholarship Program was founded in 1988, more than \$2.5 million has been awarded to more than 1,500 North Texas high school seniors.

For more information and to apply, visit [rmhcntx.org/scholarships](http://rmhcntx.org/scholarships).

Funded by North Texas McDonald's owner/operators and donations from the community, the annual scholarships recognize students for their outstanding academic achievements and community involvement.

Applications are open online at [rmhcntx.org/scholarships](http://rmhcntx.org/scholarships) and must be submitted by April 1, 2023.

All students can apply regardless of race, color, creed, religion, sexual orientation, gender, disability, or national origin.

To qualify for an RMHC Scholarship, students must:

- be a high school senior
- be younger than 21 years old
- be eligible to attend a two- or four-year college or university with a full course of study
- be a legal U.S. resident
- live in the geographic areas of the RMHC of Greater North Texas Chapter
- and submit a complete application and all required documentation by the deadline.

“Each year, we’re proud to support high school seniors in our community as they pursue their education,” said David Floyd, local McDonald’s Owner/Operator and Board Treasurer of RMHCNTX. “We hope this scholarship allows students to focus on their academics without having to worry about finances.”

About RMHC of Greater North Texas

Ronald McDonald House Charities of Greater North Texas (RMHC of Greater North Texas), a non-profit 501(c)(3) organization that creates, finds and supports programs that directly improve the health and well-being of children and their families. Our programs are grassroots-driven to enable us to offer help where children and families need it most – right in their own communities. RMHC of Greater North Texas is part of a global network of Chapters making a positive impact on the lives of children and families in 65 countries and regions around the world.

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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](http://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](http://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](#)