



City of Benbrook ★ A Texas Star City

# Benbrook News

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*From the Sports Desk with John English*

## Bobcats Still in Playoff Hunt; Lady Bobcats Defeat Diamond Hill-Jarvis

When the Benbrook MHS boy's basketball team came up short against Eastern Hills on Jan. 24, it appeared as if their playoff hopes may be over.

The Bobcats were sitting at 2-5 in district competition and had lost three of their last four games at the time.

But with back to back victories over Western Hills and Diamond Hill-Jarvis, the Bobcats have thrust themselves back into the playoff hunt, and coach Blake Mendez said his team still controls their own destiny.

"There are a lot of scenarios that can still play out," Mendez said on Saturday. "Obviously beating YMLA on Monday and Carter-Riverside on Tuesday will put us in a really good position to get in. Luckily, right now, we don't need any help to get into the playoffs, we just have to take care of business on our end."

The Bobcats defeated Diamond Hill-Jarvis on Saturday afternoon by a score of 43-16, and Mendez said his team showed signs of the layoff due to inclement weather.

"We thought there would be some rust coming off of five days of being iced in and not really having any practice time," Mendez said. "And we were right. We didn't shoot as well as we have been, but our defense was outstanding."

Over at Western Hills, the Cougars came up short against Dunbar this past weekend, and coach Blake Dunson said his team had a hard time getting going early on.

"The game against Dunbar was a tale of two halves," Dunson said. "We struggled to get going early and most of the first half. We were getting decent looks

(continued on page 3)

*From the Tarrant County Criminal District Attorney's Office*

## Spring 2023 Citizen Prosecutor Academy Now Taking Applications

The Citizen Prosecutor Academy (CPA) is a 12-week program designed to give citizens an in-depth understanding of the criminal justice system in Tarrant County. We are now taking applications for our 2023 Spring Academy classes. The Spring Academy begins March 9 and graduation will be May 18. You can find applications [here](#).

With our Assistant Criminal District Attorneys and Investigators as instructors, participants review each step of the prosecutorial process to gain an insider's perspective on how the system works. Classes are held on Thursdays from 6 to 8 p.m. Graduation will be hosted upon completion of the Academy program.

The topics of the past academy classes have included: Adult Sexual Assault; The Civil Division; Conviction Integrity; Digital Forensic and Technical Services; Diversion Programs; Felony: An Overview; Gang Unit; Grand Jury; Intake; Intimate Partner Violence; Intoxication Manslaughter, DWI and No Refusal; Introduction to a Trial; Introduction to the Criminal Justice System/Criminal District Attorney's Office; The Juvenile System; Mental Health & Protective Orders; Misdemeanor Crimes; Special Victims Unit; Victim Advocates and White Collar/Public Integrity Crimes.

*The mission of the Office of Criminal District Attorney of Tarrant County is to enhance public safety through rigorous enforcement of criminal and civil laws in an ethical, honest and just manner; to encourage rehabilitation for deserving offenders; to earn the public's trust by setting an example of transparency in our dealings; and to assist and educate victims of crime and other members of the public.*

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## From the Fort Worth Decorative Painters FWDP Monthly Meeting Feb. 20

The Fort Worth Decorative Painters meet on the third Monday of each month, September through May.

The next monthly meeting will be held on Monday, Feb. 20 at the Fort Worth Botanic Garden Center, 3220 Botanic Garden Blvd in Fort Worth.

Louise Smith will instruct a Snowman project.

For more information contact Suzane at 817-269-2821 or visit the website at [www.fwdecorativepainters.com](http://www.fwdecorativepainters.com).

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Sports Desk (continued from page 1)

offensively and doing some things defensively that gave us opportunities to score, but were unable to capitalize. We played with a more aggressive mentality in the second half and it showed. Dunbar played well and deserved to win.”

Dunson said that “Kemarius Mayes played very well with several steals and set the tone on offense with his ability to get in the paint.”

Keyon Butler added 10 points and grabbed several rebounds for the Cougars as well.

Western Hills will play Diamond Hill-Jarvis, and Dunson said his team needs a victory.

“At this point, we need to try and win our remaining three games to get to six wins and see where we stand,” Dunson said on Saturday. “It's a competitive district and it will probably come down to the final game of district play.”

On the girl's side, the Lady Cats defeated Diamond Hill-Jarvis by a score of 52-39 last week, and coach Leta Lofton said her team got some help from an unexpected source.

“We were successful and the four days off did not appear to affect us too much,” Lofton said. “Because of the weather cancellation of the JV games, I was able to bring up the first five athletes from our JV team. They were very helpful in spelling our starters in times of exhaustion...the JV

team was able to bond quickly to ensure us victory.”

Lofton said to reach the post-season her team will need to win it's remaining district games.

“We are in a good position going into the playoffs,” Lofton said. “But we must take one game at a time and try not to look ahead before taking care of business. The team is the most important component in advancing into the playoffs.”

In the pool, Nils Marsk qualified for the state swimming and diving meet in the 200 yard freestyle for Western Hills, and Yhandiell Ortiz Hernandez qualified for the Cougars in the 500 free. The state meet will run tomorrow and Saturday.

From the Lockheed Martin Association of Retirees

Lockheed Martin Retirees to Meet

The Lockheed Martin Association of Retirees meets at noon, on the third Tuesday of each month, to renew acquaintances and enjoy interesting programs.

The year is filled with guest speakers on various and interesting topics. Meetings are held in the IAM union auditorium located at 7711 Clifford Street in White Settlement. For more information, visit [lmarfw.com](http://lmarfw.com) or contact Scott Sadler at [jscottsadler@aol.com](mailto:jscottsadler@aol.com).

Legal Notice

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](http://www.wsisd.com) and go to: Business Services/Purchasing/Bid Information/Current Offline Bid Opportunities. Please contact Nancy Escobar at [nancy.escobar@wsisd.net](mailto: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.

Legal Notice

NOTICE OF PUBLIC MEETING TO REVIEW WHITE SETTLEMENT ISD'S

Spending plan for the  
2022-2025 School Safety Standards Formula Grant  
Federal Funds

White Settlement ISD will hold a public meeting at 5:30 pm, February 20, 2023 at the Administration Building located at 401 S Cherry Lane, White Settlement, Texas 76108. The purpose of the meeting is to review and allow for public comment regarding the plan for spending the School Safety Standards Formula Grant Federal Funds.

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From StatePoint

Spice Up Superbowl Sunday with Mouthwatering Recipes



It's Superbowl time and there's only one thing to make game day a bigger win: delicious game day food!

Looking to add some kick to kick-off? Whether you're tailgating or hosting from home, Frank's RedHot Original Cayenne Pepper Hot Sauce, made with a premium blend of aged cayenne peppers, is a must-have ingredient.

Classic Buffalo Chicken Wings

If you're someone who agrees that no tailgate or watch party is complete without wings, you're in good company. According to Chef Jordan Carfagno of Frank's RedHot, chicken wings are the brand's most searched recipe during football season. Anyone looking to kick their wings up a notch can try this mouthwatering recipe for a classic take on wings, and it can be made in the oven at home, or in an air fryer if you're tailgating.

Ingredients:

- 1/3 cup butter, melted
- 1/2 cup Frank's RedHot Original Cayenne Pepper Hot Sauce
- 2 and 1/2 pounds chicken wing pieces

Directions:

1. Preheat oven to 450 degrees F. Mix butter and RedHot Sauce in medium bowl; set aside.
2. Arrange wings on large foil-lined pan. Bake on lowest oven rack for 30 minutes or until crispy, turning once.
3. Toss wings in sauce mixture until well coated. Serve with blue cheese and celery, if desired.

Buffalo Chicken Dip

Chef Carfagno says dip recipes are gaining popularity this year, and this spicy creamy Buffalo chicken dip is the MVP of them all. Make it in the oven at home or plug in an instant pot or slow cooker for on-the-go prep.

Ingredients:

- 2 cups shredded cooked chicken
- 1 package (8 ounces) cream cheese, softened
- 1/2 cups Frank's RedHot Original Cayenne Pepper Hot Sauce
- 1/2 cup ranch dressing
- 1/2 cup blue cheese crumbles

Directions:

1. Preheat oven to 350 degrees F. Mix all ingredients in a large bowl. Spoon into a shallow 1-quart baking dish.
2. Bake 20 minutes or until mixture is heated through; stir. Sprinkle with green onions, if desired, and serve with chips, crackers and cut up veggies.

Check out [frankredhot.com](http://frankredhot.com) for more game-day recipes and inspiration.

This football season, bring your A-game to your tailgate spread by adding the perfect blend of flavor and heat to classic fan favorites.

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From the North Central Texas Council of Governments

# DART, TRE Survey to Gauge Demand, Meet Needs

The next phase of a regionwide transit survey will begin in early February. This time, data will be gathered from Dallas Area Rapid Transit (DART) and Trinity Railway Express riders, helping planners determine demand on the system and potential improvements. If you use one of these providers, you may be asked to participate.

Funded through a partnership between the North Central Texas Council of Governments (NCTCOG), DART, the Denton County Transportation Authority (DCTA) and Trinity Metro, this is the final phase of a regionwide transit survey that began last fall. This phase will run through Memorial Day.

The 2023 survey will operate the same as the first phase last fall, with on-to-off and questionnaire components. The two types of transit surveys will seek to determine how riders are using the expanding public transportation network and indicate what changes could be made to better accommodate the needs of the growing region.

“The regional transit travel survey began with DCTA, Trinity Metro and Arlington Via last fall and will continue in spring 2023, this time including TRE and DART, as well as its GoLink on-demand services, trolley, streetcar and shuttles,” said Arash Mirzaei, NCTCOG senior program manager, model and data development. “This voluntary survey will help the transit agencies understand how riders are using the transit system after the height of the COVID-19 pandemic, as well as provide a clear depiction of socioeconomic characteristics of transit users.

“Transit agencies can use this data to offer service enhancements to their customers both now and in the future.”

The on-to-off survey will attempt to measure demand and passenger trip patterns. Upon boarding a bus, riders will be handed cards by surveyors wearing blue vests and asked to return the cards when they disembark. On the region’s participating rail lines, passengers will simply be asked at what station they will get off.

The questionnaire survey will involve surveyors asking randomly selected passengers about their current trip and their socioeconomic characteristics. Some riders will be asked to fill out paper questionnaires instead of participating in interviews. Both survey questionnaire formats (electronic and paper) will contain the same questions.

Participation in the spring surveys is voluntary, and answers will be kept confidential. The goal is to collect data from a random sample of 10 percent of transit riders.

Dallas-Fort Worth is the fourth-largest region in the nation, with a population of approximately 8 million people. As North Texas attracts thousands of new residents each year on the way to a projected population of 11 million by 2045, transit will play a significant role in ensuring the transportation system remains reliable and continues to improve into the future.

For more information about the survey, email [transitsurvey@nctcog.org](mailto:transitsurvey@nctcog.org) or visit <https://nctcog.org/transitsurvey>.

## From the Regional Transportation Council Regional Transportation Council Meeting Feb. 9

The next business meeting of the Regional Transportation Council (RTC) will convene at 1 p.m. on Thursday, Feb. 9, on the First Floor at the North Central Texas Council of Governments (NCTCOG), located at 616 Six Flags Dr., Arlington, TX, 76011.

You may also view a livestream of the RTC meeting remotely at [www.nctcog.org/video](http://www.nctcog.org/video) under the “live” tab.

The meeting agenda and supporting items can be accessed through the internet at NCTCOG's Transportation Department RTC home page. The address is [www.nctcog.org/rtc](http://www.nctcog.org/rtc).

*The Regional Transportation Council of the North Central Texas Council of Governments has served as the Metropolitan Planning Organization (MPO) for regional transportation planning in the Dallas-Fort Worth area since 1974. The MPO works in cooperation with the region’s transportation providers to address the complex transportation needs of the rapidly growing metropolitan area. The Dallas-Fort Worth Metropolitan Area includes Collin, Dallas, Denton, Ellis, Hood, Hunt, Johnson, Kaufman, Parker, Rockwall, Tarrant and Wise counties. The RTC includes local elected or appointed officials from the metropolitan area and representatives from each of the area’s transportation providers. More information can be found at [www.nctcog.org](http://www.nctcog.org).*



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# American Legion Post 297 Auxiliary Unit Hosts Valentine's Event; Red Hatters Spotted; Resident Girl Scout Sells Cookies



Pictured are: (l-r) **Lynda Sutton, Claudia Acuna, Shay Kuehner, Teresa Byers and Donna Patterson.**

Members of American Legion Auxiliary Unit 297 in Benbrook sponsored a Valentine's Craft Day for military children at NASJRB on Saturday, Feb. 4.

Coloring pages, Fruit Loop necklaces, and M&M butterflies were created by children of all ages.

The Auxiliary joins the BX staff several times a month for holiday activities, crafts, back to school projects and more.

The mission of the American Legion Auxiliary is to provide services to Veterans, military families, and the community.



The Ruby Belles of Lake Worth made an appearance at a local restaurant recently.

Donned in their distinguished purple and red ensembles are: (standing) "Queen" **Delaine Godwin, Deborah Smith, Glinda Smith, Laura Saxton, Cathy Brotherton, Janet Latham and Glenda Long.**

This group began in 1997 with individuals ranging from 50+ to 76 years old, and meet once a month for fun, fellowship and food, of course!

## From the City of Benbrook City Hall to be Closed Monday, Feb. 20

Benbrook City Hall, located at 911 Winscott Rd., will be closed on Monday, Feb. 20 in observance of Presidents Day.

## On This Day in History: Feb. 9

- **1778** – Rhode Island becomes the fourth US state to ratify the Articles of Confederation.
- **1825** – After no candidate receives a majority of electoral votes in the US presidential election of 1824, the United States House of Representatives elects John Quincy Adams as sixth President of the United States in a contingent election.
- **1942** – Year-round Daylight saving time (aka War Time) is reinstated in the United States as a wartime measure to help conserve energy resources



Pictured left: Benbrook resident **Sophia J.** sells Girl Scout cookies in the community. She is a sixth-grader at BMHS and belongs to Troop 2504.

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# American Civil Rights Activist, Heman Marion Sweatt

by Dr. Ken Bridges



What is the cost of changing the world? For those who dare, it can everything in their life, for good or ill. **Heman Sweatt** put everything on the line for his bid to desegregate the University of Texas law school, an effort that changed civil rights laws forever.

Heman Marion Sweatt was born in Houston in December 1912. He was the fourth of seven children, and his parents were active and respected members of the community. His father, who had moved to Houston from Waxahachie in 1900 to work as a railroad mail clerk, encouraged his children to pursue an education. Ultimately, the six surviving children would all graduate from college. From an early age, Sweatt was idealistic and passionate about the cause of civil rights. He began attending meetings of the civil rights organization NAACP while still a youth. He attended segregated schools in Houston, as was the law at the time, and graduated high school in 1930.

He enrolled at Wiley College in Marshall and graduated with a bachelors degree in 1934. In 1936, he began teaching at a segregated school in Cleburne and even served as principal for a time. In 1937, he enrolled at the University of Michigan to study medicine. However, after a year, he returned to Houston where he worked for the post office. He married in 1940.

In 1946, he decided to go to law school, choosing the University of Texas because of its reputation. He easily met all the requirements. However, UT President Theophilus Painter consulted with Attorney General Grover Sellers about Sweatt's admission. Sellers ordered that he be rejected because of his race. Sweatt and his attorneys sued in May 1946, arguing that the state was not protecting his equal rights under law as there were no law schools for African-Americans in Texas at the time. Courts ordered a new segregated law school be opened for African-Americans (at what ultimately became Texas Southern University), but Sweatt refused.

The new law school had none of the advantages of UT and was not even accredited. Sweatt and his attorneys argued that the law school experience was more than just a building. The experience, prestige, and level of education from some of the most prominent legal minds in Texas could not be replicated. The only way he could receive an equal education was to enroll in the white law school.

In the months after his first attempt to register and the endless court hearings, Sweatt was the victim of death threats and harassment daily. Phone calls, letters, and strangers on the street poured on him like a tidal wave. The pressures grew, and the stress began taking a toll on his health and his marriage. Despite the dangers and the personal cost, he realized that too much was at stake – not just for him but for all that followed him. The fight dragged on for years.

In 1950, the Supreme Court ruled in *Sweatt vs. Painter* that he had the right to enroll at the UT law school. He began classes in 1950. But the pressures had been too much. His health was poor, and he missed several weeks for an operation. And he and his wife divorced.

He dropped out of the law school in 1952. However, his personal sacrifices permanently opened the law for other minority students. It also helped set the legal precedent used to overturn segregation in all public schools in the *Brown vs. Board of Education* case two years later.

But leaving law school and the divorce was not the end of the journey for him. Life often shows that when times seem the bleakest, a new chapter is about to begin. And so it was for Sweatt.

He moved forward, now going to Georgia where he enrolled in the Atlanta University Graduate School for Social Work, earning a masters degree by 1954. He began working for the Urban League, organizing voter registration drives and also with poverty and employment programs. Sweatt also became a professor, teaching classes at Atlanta University while working with the Urban League.

He remarried in 1963, a happy union that produced two daughters. He retired from the Urban League in 1977. He died at his home in Atlanta in 1982 at age 69.

In the years after his death, scholars and jurists began to appreciate the importance of Sweatt's stand. Today, African Americans and members of all races can enter the law school without harassment and enjoy careers in law. In 1987, the University of Texas began the Heman Sweatt Symposium in Civil Rights, an annual conference specializing in civil rights issues held in his honor. In 2005, Travis County renamed the courts building where his initial hearings took place after Sweatt. A scholarship for UT law students was also established in his memory.

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## Three Day Weekend Forecast



### Friday, Feb. 10:

AM - Sunny; high near 50. N/NW wind 15-20mph, with gusts as high as 30mph.  
PM - Clear; low around 30. N/NW wind 5-15mph, becoming west after midnight.  
Winds could gust as high as 20 mph.



### Saturday, Feb. 11:

AM - Sunny; high near 57. West wind 5-10mph becoming S/SE in the afternoon.  
PM - Mostly clear; low around 36.



### Sunday, Feb. 12:

AM - Mostly cloudy; high near 59.  
PM - A 20% chance of showers. Mostly cloudy; low around 49.

[Extended Forecast Click Here](#)