



City of Benbrook ★ A Texas Star City

# Benbrook News

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From the Sports Desk with John English

## Benbrook MHS Bobcats and Lady Cats Defeat Diamond Hill-Jarvis Eagles

The Benbrook boy's basketball team improved to 2-1 in district competition on Friday night with a 55-37 victory over Diamond Hill-Jarvis.

Coach Blake Mendez said his team had a strong all around effort against the Eagles.

"This was probably one of our most complete games we played this season," Mendez said. "Diamond Hill is much improved from years past, but we were able to stifle them when they looked like they might gain some momentum. Both ends of the floor were solid for us."

Mendez said he had a couple of strong performances in the game.

"Jaeden Powell and Jaeden Hall were great for us offensively," Mendez said. "Both ended with double digit points. TJ Johnson came in and gave us a defensive boost that really broke the game open."

Benbrook will play Carter-Riverside tomorrow night, and Mendez said he anticipates a good game.

"Playing at Riverside is always tough," Mendez said. "It's a small gym and can get really loud in there so we have to make sure we're focused and technically sound. We lost over there last year, so I know our guys will be looking to get that one back."

On the girl's side, Benbrook defeated Diamond Hill-Jarvis on Friday, and coach Leta Lofton said her team competed well as a unit.

(continued on page 5)

Benbrook Council Action by John English

## Benbrook City Council's First Meeting of 2024

The Benbrook City Council meeting held on Jan. 4 was conducted as scheduled. Mayor Pro Tem Larry Marshall called the meeting to order. An invocation was followed by the Pledge of Allegiance. Time was then allowed for citizen comments on any agenda item, but there were none.

Marshall then acknowledged a boy scout who was earning a badge in communication that night and then minutes from the previous meeting held on Dec. 21 were

(continued on page 2)

Around the Town with Denise Honeycutt

## VFW Post 10429 Presents Check to One Tribe Foundation



Pictured are: (l-r) Race Director **Karen Toomer**, Community Relations Chairman **Jamie Bengford**, One Tribe Program Director **Buck Kern**, Community Outreach Coordinator **Adrian Joel** and VFW Post 10429 Commander **Troy Collum**.

In September 2023, the VFW Post 10429 hosted the third Annual 5K Walk/Run/Ruck around Lake Benbrook. A \$4,000 donation was presented to the nonprofit organization One Tribe Foundation (OTF) on Jan. 4.

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# Council Action (continued from page 1)

approved unanimously.

The next order of business was to adopt an ordinance regarding plat application checklists and an engineering plan review. According to the agenda, the proposed ordinance adopts the City's existing plat application checklists, which may be administratively amended from time to time to conform with applicable state law. The checklists are published on the City's website. The ordinance was adopted unanimously.

The next item was a motion to approve an interlocal agreement with Tarrant County for a fiscal year 2023-24 Asphalt Overlay Program. According to the agreement, the city pays for asphalt, Tarrant County provides the equipment and labor and there is a separate contract for the milling operation. The agreement was approved unanimously.

Next was a proposal to award the milling contract to TexOp Construction, LP. The

contract would allow for the removal of the deteriorated asphalt as the first step in the overlaying process. The top two inches would be removed, and the milled asphalt would be transported to the asphalt plant to be recycled into new asphalt. The contract was approved unanimously at a cost of \$106,946.56.

Time was then allowed for informal citizen comments, and White Settlement resident Daniel Bennett approached the podium to discuss the Tarrant County Appraisal District board of directors election. Bennett reminded the council members that Gloria Pena received the most votes for the board, but said that there was contention on her vote count and that some of her votes may be disqualified because procedures were not followed. Bennett then encouraged the council members to join him in supporting a resolution to get Gary Losada, whom received the second largest number of votes, appointed to the board.

Time was then allowed for council member and staff comments, but there were. The meeting was then adjourned.

# Check Presentation

(continued from page 1)

OTF's mission is to create awareness and combat suicide by empowering Veterans, first responders, medical frontline workers and their families through various forms of therapy.

In 2022, more than 49,000 people in the United States died by suicide; in 2023 those numbers surpassed 50,000 suicide deaths. Mental health officials say it's the highest rate our Nation has ever seen. OTF and the VFW Post 10429 have partnered together for the past three years to implement continued success in this endeavor and look forward to the September 2024 event.

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# 10 Doctor-Recommended Health Resolutions for 2024

The New Year is the perfect time to hit the reset button on your health and wellness. Not sure where to start? Doctors say you can make the biggest impact with small, incremental tweaks to your routine.

“It is quite common after the holidays to think about all you’ve eaten or your reduced physical activity and get discouraged,” says Jesse M. Ehrenfeld, M.D., MPH, president of the American Medical Association (AMA). “But the good news is you don’t have to make major health changes in one fell swoop. You can make small, positive health choices right now that can have long-lasting effects.”

Want to get started today? Here are the 10 resolutions the AMA recommends top your list this year:

1. Get moving. Exercise is essential for your physical and mental health. The American Heart Association recommends that adults get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Just can’t get to the gym? No problem: start off by going for a family walk, taking the stairs at work or parking a little farther away from the mall entrance when you’re making those post-holiday gift returns.
2. Tweak your diet to include more water and less sugar-sweetened beverages. Replace processed foods -- especially those with added sodium and sugar -- with nutritious, whole foods. Stock your fridge and pantry with fruits, vegetables, whole grains, nuts and

- seeds, low-fat dairy products, and lean meats and poultry.
3. A number of respiratory viruses circulating this winter can be serious and even life-threatening. Get up to date on your vaccines to protect yourself and your family. These include the annual flu shot and the updated COVID-19 vaccine. Vaccines are also available to protect older adults from severe RSV. New tools to protect infants during RSV season include maternal vaccination and monoclonal antibody immunization. If you have questions, speak with your physician and review trusted resources, including [getvaccineanswers.org](https://getvaccineanswers.org).
  4. Get screened. Estimates based on statistical models show that since April 2020, millions of screenings for breast, colorectal and prostate cancer may have been missed due to pandemic-related care disruptions. Check in with your physician. If you’re due for preventive care, tests or screenings, make an appointment. These measures are designed to keep you healthy and help your doctor spot certain conditions before they become more serious.
  5. High blood pressure, often referred to as hypertension, can increase your risk of heart attack or stroke, and it affects millions of Americans. Visit [ManageYourBP.org](https://ManageYourBP.org) to understand what your blood pressure numbers mean and what you can do to get your blood pressure under control.
  6. One in three American adults has prediabetes, a condition that can lead to Type 2 Diabetes if left unmanaged. However, healthy eating and exercise can help delay or even prevent the onset of Type 2 Diabetes. Learn your risk by taking a simple 2-minute self-screening test at [DoIHavePrediabetes.org](https://DoIHavePrediabetes.org). This resource also features helpful lifestyle tips that can help you reverse prediabetes.
  7. If consuming alcohol, drink only in moderation. The U.S. Dietary Guidelines for Americans defines that as up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.
  8. Your health care provider can offer resources and guidance for quitting tobacco and nicotine. Declare your home and car smoke-free to eliminate secondhand smoke exposure.
  9. Follow your doctor’s instructions when taking prescription drugs – especially opioids. Always store and dispose of medications safely to prevent misuse. Whenever prescribed antibiotics, take them exactly as directed. Not taking the full course can lead to antibiotic resistance, a serious public health problem, and will not make you feel better if you have a virus, such as a cold or flu.
  10. Good mental health is part of good overall health. Manage your stress, get sufficient sleep, exercise and seek help from a mental health professional when you need it.
- If you don’t have health insurance, the AMA encourages you to sign up for coverage because those with coverage live healthier and longer. [Healthcare.gov](https://Healthcare.gov) has new, affordable insurance options. The enrollment deadline for 2024 coverage is Jan. 15, 2024. Find more health resources at [ama-assn.org](https://ama-assn.org).
- For a healthy 2024 and beyond, invest in your wellness with these doctor-recommended New Year’s resolutions.

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# First Woman on the Supreme Court - Sandra Day O'Connor



The Supreme Court of the United States is the highest court in the land and the last word on the authority and meaning of the Constitution short of an amendment. The court has handed down many decisions affecting American life and law. The justices who preside over the court sometimes become household names. Texas has produced a number of noted legal minds to serve on the court, including the nation's first woman justice, Sandra Day O'Connor.

Sandra Day was born in March 1930 in El Paso, the oldest of three children to ranchers Harry and Ada Day. The family also acquired a huge ranch in Arizona, so the future justice spent a lot of her childhood going back and forth between Arizona and Texas. Years later, she and her brother would compile some of their memorable childhood exploits in the book *"Lazy B: Growing Up on a Cattle Ranch in the American Southwest."*

At school, she excelled. Fellow students remembered her as extremely intelligent and very kind. She graduated from El Paso's Austin High School in 1946 at the age of 16. She quickly enrolled at Stanford University in California. She graduated with high honors in 1950, earning a degree in economics. Wanting to go further, she applied for and was accepted into Stanford Law School.

The law would change her life. At Stanford, she met and briefly dated future Chief Justice William Rehnquist. Rehnquist even went so far as to propose to her in 1951, but she declined. She soon began dating fellow student John Jay O'Connor of California while the two worked on the school's law journal. After she graduated in 1952, the two married.

In spite of graduating from one of the nation's most prestigious law schools, she found it difficult to find a job as an attorney because she was a woman. No private firm would hire her, and even state and local prosecutors were reluctant to hire her. Eventually, she talked her way into a position with the San Mateo County prosecuting attorney's office as a deputy county attorney. She would receive no salary and would not even have her own office. Nevertheless, she worked hard to show her skill. Eventually, she was given a modest salary and given more responsibilities.

Her husband was drafted into the army in 1954. O'Connor went to Germany with him and worked as a civilian attorney with the army's Quartermaster Corps until her husband's honorable discharge in 1956. The two then moved to the Phoenix area where her husband had received a position with a noted local law firm. They would soon have the first of their three sons. For the time being, she stayed home with their growing family.

While she was raising her young sons, she began getting active in Arizona politics. Arizona's Sen. Barry Goldwater was the Republican nominee for president in 1964, and O'Connor volunteered for his campaign. Though Goldwater lost, in 1965, Democratic Gov. Samuel Pearson Goddard appointed her as Arizona's assistant attorney general. In 1969, Gov. Jack Williams, a Republican, appointed her to an opening in the state senate. She worked well with the senators of both parties, gaining a reputation as a moderate and an able negotiator and legislator. In 1973, she was named Senate Majority Leader, becoming the first woman in the country to head any state legislative chamber.

In 1974, she returned to the law and was appointed as judge for the Maricopa County Superior Court, a prestigious position on the highest court in the state's largest county. In 1978, she was elected to the Arizona Court of Appeals.

In July 1981, Supreme Court Justice Potter Stewart announced his retirement. President Ronald Reagan narrowed down a list of choices and decided to nominate O'Connor to fill the vacancy. She later reported she was surprised by the nomination and did not know she was a finalist for the position. By September, she was confirmed by the U. S. Senate to become the nation's first woman justice on the Supreme Court where she would serve for the next 24 years.

## Part II

Sandra Day O'Connor had already made a mark on history by the time she was in her forties. In 1973, the Texas native became the first woman to head a state legislative chamber when she became Senate Majority Leader in the Arizona state senate. On August 19, 1981, the announcement of a woman nominee to the U. S. Supreme Court made headlines around the world in a time when rights for women were advancing across the globe.

El Paso native Sandra Day O'Connor would make history again.

Conservatives who had supported Ronald Reagan's election as president were initially concerned about (continued on page 5)



# Texas History Minute (continued from page 4)

her record as a moderate in the Arizona legislature. O'Connor, however, calmly won over her critics. In spite of their initial misgivings, her nomination was nevertheless approved by the Senate unanimously on Sept. 21. She was sworn in four days later.

Judicial independence was a recurring theme in her career on the bench. O'Connor did not take an ideological approach. Instead, she looked at each case individually, which often made it difficult to predict how she would decide a question before the court. Throughout her long career, her decisions both thrilled and frustrated both liberals and conservatives. In the end, she earned the respect of Americans across the political spectrum.

She tended to side with conservatives on the bench, including her old friend from Stanford Law School, William Rehnquist, who himself would become chief justice by 1986. O'Connor remarked that she felt a great deal of pressure being the first woman on the court. In the early 1980s, there were still very few women serving as judges, and she knew it would be difficult to name another woman to the court if she faltered and recognized her position as a role model for women looking to careers in the law. She often said, "It's wonderful to be the first at something, but I don't want to be the last."

Though she was still the newest member of the court, she quickly took a leadership role in deciding the culture of the court. Getting people to work together was a skill she brought to the Arizona legislature, and she began a Supreme Court tradition of the justices having lunch together to promote a sense of teamwork.

Questions surrounding religion, firearms, civil rights, and abortion routinely came before the court. In 1983, she ruled with the majority in *United States v. Place*, declaring that it was not unconstitutional for drug-sniffing dogs to sniff luggage and property in a public place, but it was unconstitutional to hold such luggage until a police dog arrived.

In 1986, in *Webster v. Reproductive Health Services*, four of the conservative justices were ready to overrule the controversial *Roe v. Wade* decision of 1973 that legalized abortion. O'Connor's vote in the Pennsylvania case was decisive in which she upheld the *Roe* decision but allowed limitations to be enacted. She was a skeptic in affirmative action cases before the court, but she often discussed the need for racial equality in education.

As her time on the court continued, she began becoming more of a swing vote on close decisions that divided the court. In 1993, she warmly welcomed Ruth Bader Ginsburg as the second woman on the Supreme Court, and the two developed a respected working relationship though they disagreed on many decisions. As early as 2000, O'Connor began expressing a desire to retire from the court. Her husband's health was uppermost in her mind as he slowly succumbed to Alzheimer's Disease.

In *Bush v. Gore*, she was part of the majority in the controversial decision that ordered the State of Florida to end recounts in the 2000 presidential election, a contest that came down to the results in that state. In the years afterward, she often wondered whether

the court should have intervened at all. In 2003, she wrote the decision in *Lockyer v. Andrade* that upheld California's "three strikes law" mandating life sentences for individuals convicted of their third felony.

In 2005, she announced her retirement from the court and was succeeded by Justice Samuel Alito. She soon became the chancellor at the College of William and Mary in Virginia. She would still sit in on cases as a visiting judge on occasion. In 2009, President Barack Obama awarded her the Presidential Medal of Freedom in honor of her work on the Supreme Court. In 2009, John O'Connor, her husband of 57 years, died. In 2013, she wrote a book on some of the interesting episodes in the history of the Supreme Court called "*Out of Order*."

In her later years, her brilliant mind began to fade. Alzheimer's Disease struck and began to take its toll. She began to get more forgetful, and her physical health was declining. In 2018, she announced her retirement from public life, discussing her health issues. She spent her last few years in a nursing home in Phoenix, with her family and friends protecting her privacy and dignity.

The nation's ninety-first Supreme Court justice died quietly in December 2023 at age 93.

## Sports Desk (continued from page 1)

"Diamond hill game was a successful game," Lofton said. "The team performed as a team. All gave their best effort in the win."

Benbrook will play Carter-Riverside on Friday and Lofton said it should be a tough game that the Lady Cats will play with an eye toward another second half opponent.

"Looking forward to once again playing a game without turn-overs and executing in every aspect of the game as we prepare for second round versus Dunbar," Lofton said.

Over at Western Hills, the Cougars lost Dunbar on Friday night and coach Blake Dunson said he was pleased with the way his team competed.

"We gained some valuable experience versus Dunbar last night," Dunson said on Saturday. "The game didn't go how we wanted it to, but I was proud of how we battled against a big, physical and skilled team. Our guys never stopped fighting and that's all you can ask for as a coach versus a good opponent."

Western Hills has it's bye this week, and Dunson said he will use the off day with a specific purpose in mind.

"During the bye week, we will prep for Diamond Hill and YMLA, which are two wins we need to have to finish first round of district," Dunson said.

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# Emergency Blood Shortage May Delay Medical Procedures; Upcoming Donation Opportunities

The American Red Cross is experiencing an emergency blood shortage as the nation faces the lowest number of people giving blood in 20 years. The Red Cross blood supply has fallen to critically low levels across the country, and blood and platelet donors are urged to make a donation appointment to help alleviate the shortage and help ensure lifesaving medical procedures are not put on hold.

Over the last 20 years, the number of people donating blood to the Red Cross has fallen by about 40%. When fewer people donate blood, even small disruptions to blood donations – such as the nearly 7,000-unit shortfall in blood donations the Red Cross experienced between Christmas and New Year’s Day alone – can have a huge impact on the availability of blood products and dramatic consequences for those in need of emergency blood transfusion. Blood products are currently going to hospitals faster than blood donations are coming in, and in recent weeks, the Red Cross has had to limit distributions of type O blood products – among the most transfused blood types – to hospitals.

“Small changes in blood donor turnout can have a huge impact on the availability of blood products and dramatic consequences for those in need of an emergency blood transfusion,” said Dr. Eric Gehrie, executive physician director for the Red Cross. “More challenges may lie ahead as the potential for severe winter weather and seasonal illness may compound the dire blood supply situation. Donors of all types – especially those with type O blood and those giving platelets – are urged to give now.”

Don’t wait – to make an appointment, download the Red Cross Blood Donor App, visit [RedCrossBlood.org](https://RedCrossBlood.org) or call 1-800-RED CROSS (1-800-733-2767).

The Red Cross and the National Football League (NFL) are partnering this January, during National Blood Donor Month, to urge individuals to give blood or platelets and help tackle the emergency blood shortage. Those who come to give blood, platelets or plasma in January will automatically be entered for a chance to win a trip for two to Super Bowl LVIII in Las Vegas. For details, visit [RedCrossBlood.org/Super Bowl](https://RedCrossBlood.org/SuperBowl).

### Who donations help

North Texas Red Crosser Alison Heidle, who works to find blood drive hosts and donors, knows firsthand how vital a readily available blood supply is. At 18 years old, two weeks from going to college, Heidle was involved in a car crash. Heidle's injuries required 25 units of blood and immediate surgery to save her life.

"Giving blood is such a compassionate human thing and a gift. You can't manufacture it or buy it in a store. You must rely on the goodness of other people. It binds us all together," Heidle said as she shared the importance of donating blood. After three months in the ICU, she left stronger.

- Upcoming blood donation opportunities Jan. 8 – 31:
- Tarrant County**
- Friday, Jan. 12: 11 a.m. to 5 p.m., American Red Cross Fort Worth Office, 6000 Western Place #6000, Fort Worth, TX, 76107
  - Saturday, Jan. 13: 11 a.m. to 4 p.m., Los Corazones Carmesi - Central YMCA, 2200 S. Davis Drive, Arlington, TX, 76013
  - Thursday, Jan. 18: 12 p.m. to 6 p.m., The Parks Mall at Arlington, 3811 S Cooper St, Arlington, TX, 76015
- Hood County**
- Friday, Jan. 19: 11:30 a.m. to 5 p.m., Hood County YMCA, 1475 James Road, Granbury, TX, 76049

## Suburban Newspapers Staff Writers Lunar Events in 2024: Full Moon Schedule

- January 25 - Wolf Moon
- February 24 - Snow Moon
- March 25 - Worm Moon
- April 23 - Pink Moon
- May 23 - Flower Moon
- June 22 - Strawberry Moon
- July 21 - Buck Moon
- August 19 - Sturgeon Moon
- September 17 - Harvest Moon
- October 17 - Hunter’s Moon
- November 15 - Beaver Moon
- December 15 - Cold Moon



The phases of the Moon are caused by the relative positions of the Moon, Sun and Earth.

Because the Moon produces no visible light of its own, we can only see the parts of the Moon that are lit up by other objects. A small amount of light comes from distant stars and the reflection of light from the Earth. However the main source of light for the Moon is the Sun.



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# Weekend Forecast



## Friday, Jan. 12:

**AM** - A 20% chance of showers before 7am. Sunny, with a high near 47. Windy, with a W/NW wind 25 to 30 mph decreasing to 15 to 20 mph in the afternoon. Winds could gust as high as 45 mph.  
**PM** - Clear, with a low around 30. W/NW wind 5 to 10 mph becoming SW after midnight. Winds could gust as high as 20 mph.



## Saturday, Jan. 13:

**AM** - Sunny, with a high near 56. South wind 10 to 15 mph, with gusts as high as 20 mph.  
**PM** - Mostly clear, with a low around 26. South wind around 15 mph, with gusts as high as 25 mph.



## Sunday, Jan. 14:

**AM** - Partly sunny, with a high near 36. South wind around 15 mph becoming north in the afternoon. Winds could gust as high as 25 mph.  
**PM** - Mostly cloudy, with a low around 9. North wind 15 to 20 mph, with gusts as high as 30 mph.

[Extended Forecast Click Here](#)