



City of Benbrook ★ A Texas Star City

# Benbrook News

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*From the Sports Desk with John English*

## ***Western Hills and Benbrook MHS Basketball Teams Compete in Winter Break Tournaments***

The Western Hills girls' basketball team lost a tough one to Wilmer-Hutchins last week, and coach Monica Gardner said it was a challenging game.

"They were a really good opponent," Gardner said. "I don't think we played to the level we are capable of. We gave up too many rebounds, and didn't play very good defense."

The Hutchins loss came after the Lady Cougars had rattled off five straight victories to improve to 11-10 on the season and 3-0 in district competition.

Gardner said despite the recent success, there is still room for improvement.

"I think we have been kind of up and down," Gardner said. "I think if we play together and do the things we are capable of doing, we can be a really competitive team. When we play together, work hard and rebound, we are a really fun team to watch. Hopefully, we can bounce back from the Wilmer-Hutchins game and be competitive in district."

Over at Benbrook, the Lady Cats competed in the Castleberry Tournament over the holiday break.

"After giving the team the UIL-warranted five days off, we entered the first game in the tournament versus Arlington High very rusty," coach Leta Lofton said. "The second game was played much better against a very disciplined team in Country Day. Although Country Day won out, we made it a very competitive game. The last game was against the home team, Castleberry, in which we won. We were 1-2 in the tournament."

Lofton said forward Sharon Mpinda had a strong tournament.

"She was an offensive threat in all games with her rebounding, steals, and attack to the bucket," Lofton said.

Benbrook plays Diamond Hill-Jarvis tomorrow evening.

On the boy's side, Western Hills competed in the Bridgeport Tournament this past week.

"We went 1-3 in the Bridgeport tournament and lost to the eventual tournament champion, Burkburnett," coach Blake Dunson said. "It gave us an opportunity to face good competition and iron some things out before we get into district play."

Dunson said Junior Stefon Holman earned all-tournament team for his performance.

"He led us in scoring and rebounding while coming off the bench," Dunson said.

Western Hills plays Dunbar tomorrow night, and Dunson said his team will have its work cut out.

"Dunbar will be athletic and very active on defense," Dunson said. "We will have to take care of the bas- (continued on page 4)"

*From City of Benbrook*

## **City Council Meeting Tonight; City Hall Closed Jan. 15**

The Benbrook City Council will meet on Thursday, Jan. 4 in Council Chambers, located at 911 Winscott Rd, Benbrook, TX at 7:15 p.m. for a pre-council work session, and the regular council meeting at 7:30 p.m. You may access the streamed meeting video feed online [at this link](#).

The Jan. 4 agenda may be found on the [city's website](#).

Benbrook City Hall will be closed all day on Monday, Jan. 15. It will reopen on Tuesday, Jan. 16 at 8 a.m.

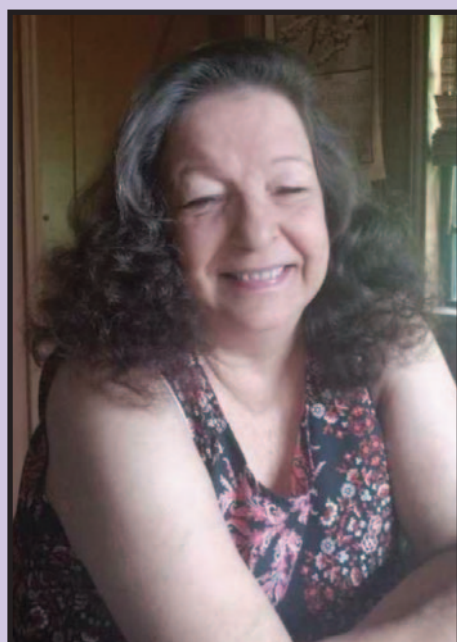
For questions or more information, contact Benbrook City Hall at 817-249-3000.

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# Obituary



**Billie Hammack**

Billie Hammack, 64, of Nacogdoches, Texas, passed away December 15, 2023, in Nacogdoches.

Billie was born in Seymour, Texas to Billy Gene and Marie Antionett (Anderson) Horn on March 21, 1959.

She graduated from Joshua High in Joshua, Texas. She met her husband, Jeffrey Hammack in Fort Worth, Texas and on July 7, 2001, they got married and have had 22 wonderful years together. Billie lived life to the fullest. Riding bulls in the rodeo, bowling, plants, beading, art, and playing games were her favorite hobbies.

She is preceded in death by: her parents, Billy and Marie; brother, David Horn; and sister, Lois Hulsey.

Billie is survived by: her husband, Jeffrey; her daughters, Jennifer Naslund and husband, Carl, Lauren Weber, and Brianna Lehr; her son, David Wells, and wife Kezia; sister, Venita Horn; grandchildren, Bjorn "Teddy Bear" Naslund, Elliot Hammack, Jaedyn Fortner, Trent Fortner, Calista McKerral, Lilly Wells, and one on the way; great-grandchildren, Violet Hammack and Wesson McKerral, niece, Wendy Thomas, nephew, Les Hulsey and great-nephew, Ricky Cody Pope.

## From Benbrook Public Library Library Closed Tuesday, Jan. 9

The Benbrook Public Library, located at 1065 Mercedes St., will be closed all day on Tuesday, Jan. 9 for staff training. It will reopen Wednesday, Jan. 10 at 8 a.m.

For more information, contact the library at 817-249-6632, by email at [reference@benbrooklibrary.org](mailto:reference@benbrooklibrary.org) or visit the [website online](http://www.benbrooklibrary.org).

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## Public Input Opportunity Open to Residents

The North Central Texas Council of Governments is closing the year with an online public input opportunity. North Texans can provide feedback on the end of 2023 ozone season, the Dallas-Fort Worth Clean Cities Fleet Recognition Awards and Annual Survey results, and the National Drive Electric Week recap. Information will be posted online at [www.publicinput.com/nctcogDec23](http://www.publicinput.com/nctcogDec23) for public review and comment through Jan. 9.

Ozone season concluded Nov. 30 for the 10-county Dallas-Fort Worth nonattainment area. As the region continues to work toward compliance of the 2008 and 2015 ozone standards, staff has been tracking the exceedance days at various monitors and will provide a summary of the 2023 ozone season data. Staff will also provide comparative data from previous ozone seasons and a snapshot for the 2024 ozone season.

Each year, DFW Clean Cities surveys local fleets about alternative fuel use and other fuel saving activities. Staff will present the 2022 Annual Survey results and details of the 2023 Dallas-Fort Worth Clean Cities Fleet Recognition Awards.

National Drive Electric Week is a celebration used to educate people about the benefits of owning an electric vehicle. The

Clean Cities Coalition has hosted a regional NDEW event annually since 2011. Staff will provide a summary of the 2023 event, held in October in Fort Worth.

Information and resources about Map Your Experience, the Regional Smoking Vehicle Program (RSVP), vehicle incentive and funding opportunities and Try Parking It will also be made available.

For special accommodation due to a disability, language interpretation or to request printed copies of the information, contact Jackie Castillo at 817-695-9255 or [jcastillo@nctcog.org](mailto:jcastillo@nctcog.org).

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Around the Town with Denise Honeycutt

# Planned Suspension for Cyclists and Pedestrians at Lake Benbrook

The United States Army Corps of Engineers (USACE) Fort Worth District held a press conference at Lake Benbrook recently to release details of the planned suspension/traffic closure between the north and south Holiday Parks.

Operations and Lake staff were 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 partners participating were former Fort Worth Mayor Betsy Price, representatives from Streams & Valleys and leadership from local bike and community groups.

After the event, several cyclists gathered at the VFW Post 10429 for a luncheon.



VFW Canteen Hostess Lori Barta (center) with Brad Mouland and Tim Colley from a local bike club.



Pictured left: Cyclists gathered at VFW Post 10429 where members, volunteers and officers hosted a luncheon at the facility.



Pictured (l-r) are: Sue Shields, Rickey Wilson, VFW Service Officer Jerry Grantland and Keith Nelson.



Betsy Price speaks to the crowd of cyclists at the press conference.

## Sports Desk

(continued from page 1)

ketball and limit turnovers in order to be successful Friday night.”

Over at Benbrook, coach Blake Mendez rested his team over much of the holiday and said he feels that the time off served it's purpose.

“The break has been great for us,” Mendez said. “We’ve had an opportunity to get rested up coming off three straight tournament weekends, and we’ve been able to get a lot of extra practice time in.”

Benbrook did play Eastern Hills on Dec. 19, however, and Mendez said it was a tough game, as the Bobcats lost 72-31.

“We aren’t satisfied with the result of the Eastern Hills game, but those guys are ranked No. 1 for a reason,” Mendez said. “We definitely think we have a chance to go on a run here in district and compete for a playoff spot.”

Benbrook will play Diamond Hill-Jarvis tomorrow night, and Mendez said it should be an interesting game.

“Diamond Hill has a bit of a new look this year,” Mendez said. “They’ve got a new coach, and they’ve experienced some success this year, so we know they’re going to come out looking to win. We just have to play our brand of basketball and hopefully come out on top at home.”

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# American Aviator - Wiley Hardeman Post

For the adventurers and dreamers of the world, there are no limits. Wiley Hardeman Post was born on his parents' cotton farm near Canton in November 1898. He was born on a farm with no electricity in a time when airplanes were still just a dream, but within a few years, he would become one of the most famous pilots in the world.



Like many farm families of the time, the Post family often struggled and moved often. When he was three, the family left Van Zandt County and moved to a farm near Abilene. In 1907, the family moved to Oklahoma.

Post's education was limited, and Post was never a very good student. He never attended high school, which was not unusual for the time period. He saw his first airplane when he and his family attended a county fair in Lawton, Oklahoma, in 1913. He immediately fell in love with aviation. Post soon enrolled at the Sweeney Automobile and Aviation School in Kansas City, Missouri, where he learned to fly. After a few months of study, he returned to Oklahoma, but he was unable to make a living as a pilot, and his dream of aviation had to wait. He worked various jobs in construction and in the oil fields for the next few years.

In 1918, during World War I, he enlisted in the Army Air Corps and trained as a pilot and radio technician. However, the war ended before he saw active service and was discharged.

Post returned to the oilfields, and in 1924, joined an air show called Burrell Tibbs and His Topnotch Texas Flyers. He thrilled audiences as a parachutist, at a time when jumping from an airplane was still very new, and as a pilot. The pay, however, was unsteady, and he had to return to working the oil fields. In 1926, an oil rig accident in Oklahoma injured his left eye, and he later lost all vision in that eye after an infection set in. He won a worker's compensation award of \$1,700 (or about \$25,800 in 2021 dollars) and bought his first airplane. He made a steady living flying a passenger at a time from one location to the next. It was during this time that he met Will Rogers, a popular comedian, movie star, and performer. In 1930, Post became the personal pilot to two prominent Oklahoma oilmen and bought his next plane, a Lockheed Vega he named Winnie Mae after his daughter.

He gained national fame when he won the National Air Race Derby in this plane in August 1930. He flew from Los Angeles to Chicago in a record nine hours and eight minutes. The next

year, he took on his next big challenge: to become the first to fly around the world in a fixed-wing aircraft. Joined by his navigator, Harold Gatty of Australia, he left Long Island, New York, in the Winnie Mae in July 1931, and with stops along the way, they flew more than 15,400 miles in eight days, 15 hours. Afterward, they were given a ticker-tape parade in New York City and published a book on the flight called *Around the World in Eight Days*. In 1932, he was honored by Congress with the award of the Distinguished Flying Cross for his exploits.

He took it a step further in July 1933 to embark on a solo flight around the world. He modified his plane with experimental autopilot and radio directional finders and flew east from New York City. His trip was even faster this time. With stops, he completed his trip in seven days, 18 hours.

Post was inspired to fly higher and further than ever. Working with engineer Russell S. Colley, he developed one of the first pressure suits for high-altitude flights. Using what he jokingly called his "Man From Mars" suit, he reached an altitude of 40,000 feet in this pressure suit in September 1934. In another flight shortly afterward, he reached an altitude of 50,000 feet, well into the stratosphere. He noticed on these high-altitude flights eastward that his ground speed was often faster than his air speed. In doing so, he was the first pilot to confirm the proposed existence of what was later called the jet stream, which is still an important part of timing air flights and predicting the weather.

By 1935, he was trying to develop passenger and air mail routes from the Pacific Coast to Russia. At the time, he was building his own aircraft from parts scavenged from other aircraft. His friend Will Rogers asked to fly with him when they left in August 1935. Rogers wrote about the trip for his newspaper column, and the two celebrities created a stir with each stop in Washington and Alaska. On August 15, they left Fairbanks for Point Barrow on the Arctic Ocean. Along the way, they became lost in the vast and unmarked territory. They landed near a lagoon to ask for directions. The plane crashed shortly after its next takeoff, and both men were killed. The cause of the crash was never fully established.

After his death, several airports were named after him. Wiley Post Airport is a municipal airport in Oklahoma City. Barrow, Alaska (now Utqiagvik), and Renton, Washington, both have airports named in honor of both Post and Will Rogers. In 1936, the Smithsonian bought his airplane Winnie Mae, which is now on display at the National Air and Space Museum in Washington, DC. His insights into the jet stream and pressure suits are still an important part of aviation today.

# Why You Shouldn't Brush Off the Dentist This Year



When scheduling annual physicals, screenings, vaccinations and other preventive care, don't forget about another critical part of overall health that gets neglected all too often: dental care.

A recent study from the National Library of Medicine revealed that nearly half of American adults postponed their scheduled dental visits during the pandemic. Even prior to the public health emergency, at least one-third of U.S. adults didn't see their dentist annually.

"Now is a great time to schedule an appointment with your dentist," says Dr. Cary Sun, chief dental officer, Cigna Healthcare. "Brushing off dental care can have serious implications for your health and wellness. Even forgoing recommended teeth cleanings can lead to gingivitis, gum disease and cavities. This can also escalate into bigger problems, like the need for root canals or crowns, or even tooth loss."

Even with dental insurance, extensive treatments can amount to thousands of dollars in out-of-pocket expenses, compared to little or no out-of-pocket expense for preventive care, such as exams and cleanings. A recent study found that high out-of-pocket costs are the top reason people delay dental care – a good rea-

son to see the dentist for an annual checkup sooner rather than later.

Studies also show that oral health has connections to overall health, including an impact on cardiovascular health. Research links gum disease to inflammation that can come before heart attacks, strokes and sudden vascular events, according to Penn Medicine.

With all this in mind, review your dental plan for available benefits. Don't have dental insurance? Dental plans can be purchased year-round and there are many affordable options. If you have a comprehensive plan through your job, it may cover care such as exams and cleanings, and other necessary treatments like crowns, root canals, gum therapy, extractions and orthodontics (braces).

If you are between jobs or self-employed and are in need of a dental plan, online tools can help you comparison shop, and brokers can help you purchase an individual dental plan. You can also contact insurers directly to learn more about their options for individuals.

Finally, if you are afraid to see a dentist – which millions of Americans are – there are plenty of ways to address that, too. Many dentists accommodate fearful patients, offering headphones, sunglasses

and other items to soothe anxieties. There are also new approaches, such as teledentistry, that allow you to see a dentist at home through imaging and communication technologies. This doesn't replace in-person care, but can help allay dental fears.

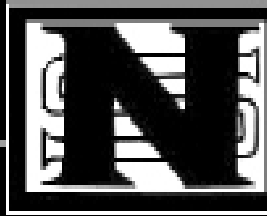
"It's a perfect time to take control of your oral health. Innovations in dental care make it easier than ever to gain peace of mind from a checkup, or to catch the little problems before they become major, painful and expensive ones," says Dr. Sun.

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Weekend Forecast



Friday, Jan. 5:

AM - A 30% chance of showers before noon. Partly sunny, with a high near 55. SE wind around 10 mph.  
PM - Partly cloudy, with a low around 37. E wind 5 to 10 mph becoming W/NW in the evening.



Saturday, Jan. 6:

AM - Mostly sunny, with a high near 54. NW wind around 10 mph.  
PM - Partly cloudy, with a low around 35. N/NW wind 5 to 10 mph becoming W after midnight.



Sunday, Jan. 7:

AM - Sunny, with a high near 58. W wind 5 to 15 mph becoming south in the afternoon. Winds could gust as high as 20 mph.  
PM - Partly cloudy, with a low around 44.

Extended Forecast Click Here