

From the Sports Desk with John English

Athlete Spotlight: Lady Cougar Lauren Beckham

Lauren Beckham helped the Western Hills softball team to a playoff berth this past season and certainly did her part to get the Lady Cougars there.

Selected as the district Co-MVP in 2023, the Cougars pitcher's biggest asset was the experience she brought to the team.

Coach Austin Valdez said Beckham and his other two seniors played a major role in what Western Hills was able to accomplish.

"This was the best finish for the program and these seniors were a big piece of that success," Valdez said.

Beckham, 18, said she is pleased with how the 2023 season unfolded for the Cougars.

"I'm happy with how the season ended," Beckham said. "My goals coming into the season were to do better than last season and have fun. I would say I accomplished my goals pretty well."

The Western Hills graduate said that reaching the post-season was a great achievement for her team, but added that she was hoping her team would have gone farther in the playoffs.

"It meant a lot to get second in district," Beckham said. "Even though it wasn't first, it still felt good because we had gotten third for the past two years and it felt great to make the playoffs again. I just wish we would have performed better."

Beckham plans are to attend Ottawa University in Kansas where she will continue to play softball and to get her degree in exercise science.

The Western Hills graduate was also (continued on page 3)



From StatePoint

Medicaid and CHIP Help Families Access Mental Health Services for Kids

The state of mental health among youth continues to be of public concern. According to the latest Centers for Disease Control and Prevention Youth Risk Behavior Survey, youth mental health problems have increased significantly over the past decade, reaching an all-time high.

For instance, from 2011 to 2021, the rate of female high school students saying they feel sad or hopeless increased from 36 percent to 57 percent; for male students this rate increased from 21 percent to 29 percent.

Stressors at school, home or elsewhere can cause mental health disorders to arise, leading to negative impacts on how children learn and build relationships with others. If your child may need mental health support and doesn't currently have health coverage, you have options. Free or low-cost coverage through Medicaid and the Children's Health Insurance Program (CHIP) offers many benefits, including doctor's visits, prescriptions, emergencies and the coverage of behavioral health services, including mental health services through pediatricians, mental health professionals, local community providers and organizations, as well as school systems. People who are pregnant or postpartum may also be eligible for this health coverage and mental and behavioral health services.

- Who qualifies for Medicaid or CHIP? Eligibility varies by state and is determined by how many people are in a household and household income. For instance, in most states, a family of four with household income up to \$60,000 per year may qualify for Medicaid, CHIP or both. To learn more about state-specific options, visit InsureKidsNow.gov or call 1-877-KIDS-NOW. Enrollment is open year-round.

- What if my child currently has Medicaid or CHIP coverage? Medicaid and CHIP coverage must be renewed annually. If you or your children have Medicaid or CHIP, it's time to pay attention to your health coverage. Keep an eye on the mail for renewal information from your state. When it comes, complete the forms and send them back right away. Failure or delay in responding can result in you losing coverage, even if you are eligible for Medicaid and CHIP. If you have lost coverage, go (continued on page 3)

Castleberry Chapter Installs New Officers

Castleberry Chapter #1028 Order of The Eastern Star installed 16 new officers on Saturday, June 17 for the 2023-2024 term.

Nancy Brown was installed as the Worthy Matron, and **Mario Rivas** as the Worthy Patron.

Brown is a Past Grand Matron for the Grand Chapter of Texas.

Pictured with Brown are: **Tina Stevens**

Installing Officer (and Brown's daughter) **Nannette Brown-Riley**.

Brown's son, **Darren Brown**, and granddaughter, **Chloe Brown**, performed gospel hymns for the newly installed officers and guests. (pictured below)

Also pictured with Darren are: **Lou Lewis** and **Virginia Strong**, long-time residents of River Oaks.



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Benbrook City Council Candidate Election Filing Period to Begin July 24

The City of Benbrook General Election is scheduled for Tuesday, Nov. 7, to elect members of the Council for Mayor, Place 1 and Council Member Places 3, 5 and 7.

Candidate packets, information and calendars for the Nov. 7 election will be available from the City Secretary's Office and by download on the [City's website](#).

Applications for a place on the ballot will be accepted from July 24 through 5 p.m. on Aug. 21.

The deadline to file an application for declared write-in candidate is 5 p.m. on Aug. 25.

The Benbrook Library District Board of Trustees and the Benbrook Water Authority Board of Directors are separate entities from the City of Benbrook.

Contact those entities for information on their General Elections.

To file for candidacy, you must meet the following qualifications:

- shall be a citizen of the United States;
- shall be 18 years of age or older on the first day of the term to be filled at the election;
- shall not have been determined mentally incompetent by a final judgment of a court;

• shall not have been finally convicted of a felony from which you have not been pardoned or had your civil rights restored by other official action;

• have resided continuously in the State of Texas for 12 months and in the City for 12 months immediately preceding the date of the election;

• be a registered voter of the City of Benbrook, Texas.

Sports Desk

(continued from page 1)

and academic all-district selection and said reflecting back on her time with the Cougars softball team, one thing stands out in particular.

"My fondest memory at WHHS would probably have to be the Easter Egg Hunt we did this year," Beckham said. "It felt like a family Easter Egg Hunt and it felt good to see everyone having fun."

Beckham's Favorites

Favorite Athlete: Mary Iakopo

Favorite Sports team: Texas

Favorite Food: Pasta

Favorite Movie:

Nightmare Before Christmas

Favorite TV Show:

American Horror Story

Favorite Musical Group or Performer:

Mac Miller, Tame Impala, Frank Ocean

Mental Health Services for Kids

(continued from page 1)

to HealthCare.gov to find quality plans and help paying costs.

• What types of services are covered through Medicaid and CHIP? To help care for all parts of a child's health, Medicaid and CHIP also cover routine health care visits, like preventive care, dental and vision checkups, specialist visits, physical, speech and occupational therapies, and emergency services. These programs also cover a wide range of mental health and substance use services such as counseling, peer support services, inpatient psychiatric services and case management services for needed medical, educational and social services. Services are covered through Medicaid for children and teens up to age 21 and through CHIP up to age 19.

States have flexibility to determine if services may be delivered using telehealth. These services are necessary to prevent, diagnose and treat a broad range of mental health symptoms and disorders, as well as substance use disorders.

Caring for mental health is caring for overall health. Early detection and intervention of mental health and substance use issues is crucial to the overall health of kids, teens and people during and after pregnancy, and may reduce or eliminate the effects of a condition if detected and treated early. Take the time today to explore coverage options through Medicaid and CHIP.

Information provided by the U.S. Department of Health & Human Services

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Five Ways to Live Your Best Travel Life This Summer



Summer travel is heating up despite packed airports, crowded destinations and rising prices. In fact, 80% of Americans are planning to travel as much or more than they did last summer, according to a new Harris Poll survey from T-Mobile.

No matter where you're going, here's how to watch your wallet while making the most of your adventures.

• **Plan Ahead:** With international travel restrictions lifted, global bookings have surged by over 200 percent compared to last year, according to AAA. And some of the most popular destinations searched for on Google Flights for this summer are London, Cancun, Paris and Rome.

If you're planning to travel internationally and need a passport, estimated processing times are 11 to 13 weeks instead of the usual 8 to 10 due to an uptick in applications and demand. So, get going!

• **Be Flexible:** If you can avoid traveling during peak summer travel season from mid-June through August, try booking during the "shoulder season," which is the time just before and after. For this summer, travel experts recommend booking travel in September to reduce cost.

• **Stay Connected:** Reliable wireless when traveling is no longer a luxury, but an absolute necessity, with 95 percent of American travelers in the T-Mobile survey saying it's a travel essential. Some phone plans give customers built-in travel benefits and coverage that works the minute you arrive. Some have free in-flight Wi-Fi and free high-speed data in more than 215 countries – the journey is seamless from start to finish and all included in the price of your

monthly plan.

• **Pack Smart:** An estimated 2.2 million bags were lost or mishandled on U.S. airlines in 2022, an increase from 1.4 million in 2021, according to the 2022 Air Travel Consumer Report. If you're nervous about checking your luggage, place an Apple AirTag in your bag or luggage to know where it is at all times. Some bags, like T-Mobile's limited edition Un-carrier On, even come packed with the tech you need to ensure a smooth trip, including a power bank and smart tag device.

• **Use Points:** According to T-Mobile's Harris Poll survey, nearly half (47 percent) of summer travelers used miles, points or rewards to book their summer travel this year and nearly two-thirds of all travelers (66 percent) rely on discounts and deals when booking travel accommodations. Certain credit cards give you points or miles to use for future travel when you sign up. If you're a T-Mobile customer, you can save up to 40 percent on select hotels and car rentals by booking through T-Mobile travel from Priceline. Most bookings come with free, flexible cancellations so you can plan with peace of mind.

Americans are eager to travel this summer, and with a little planning, nothing should get in the way of some much-deserved R&R.



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Carter Blood Drive at Grace Baptist Church July 9

Carter BloodCare will be in the gymnasium at Grace Baptist Church, located at 1501 Jim Wright Freeway, Fort Worth, 76108 on Sunday, July 9 from 9 a.m. to noon.

Registration is required to donate. Visit the [Carter BloodCare website](https://www.carterbloodcare.org) to register and choose an available time slot.

The Primary Blood Drive Coordinator is Pastor Justin Rhymes. For more information or question, reach out to justin@gbcfortworth.com or call 817-246-6646.

Tips to Beat the Heat

Consider these suggestions to conserve energy during extreme heat conditions.

1. Consider LED Lighting
2. Turn off all non-essential lighting / unplug all non essential devices.
3. Close all blinds and shades. Consider buying black out curtains.
4. Lower your water heater cost/ and temperature.
5. Avoid using the oven.
6. Use fans instead of turning down thermostat.
7. Wash clothes in cold water.
8. Dine out.
9. Use a Smart thermostat.
10. Clean your AC Unit/change filter and vacuum vents.
11. Use dryer early in the morning or later at night.
12. Check your central cooling duct system for leaks.

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American Broadcast Journalist, Walter Cronkite by Dr. Ken Bridges

For years, he was considered to be the most trusted man in America.

Texan **Walter Cronkite** became the face of the news for millions of Americans as television news began to make its appearance and to make an impact on the nation's consciousness. As one of the most well-known journalists in the nation, Cronkite helped guide television viewers through some of the most important news events of the 1960s and 1970s.

Cronkite was born in St. Joseph, Missouri, in 1916. His father was a dentist. He was interested in the news at an early age. While the family lived in Kansas City for a time, he had a job delivering newspapers. The family moved to Houston in 1926 where Cronkite had an active childhood with school and as a member of the Boy Scouts. His interest in journalism expanded while at San Jacinto High School when he became editor of the school newspaper.

In 1933, he enrolled at the University of Texas. He was very active at *The Daily Texan*, the university's own newspaper. At the same time, he also wrote part-time with *The Houston Post*.

In 1935, he left UT to take a full-time job writing for a wire service and for the now-defunct *Houston Press*. Shortly afterward, he became a radio announcer in Kansas City; and by 1937, he landed a job with the United Press wire service.

During World War II, he reported Nazi air raids over London, Allied invasions, and the progress of troops on the ground. After the war, he covered the Nuremberg war crimes trials. In 1950, famed journalist Edward R. Murrow convinced him to work for CBS News.

On April 9, 1962, Cronkite became the anchor for the 15-minute nightly news report by CBS, called simply Walter Cronkite with the News. In September 1963, the newscast was expanded to 30 minutes, the first to do so, and was rechristened the CBS Evening News. Cronkite marked the occasion with an interview with President John F. Kennedy on the broadcast. The nation grew to enjoy Cronkite's distinctive voice and broadcast style as he signed off each night's broadcast by declaring, "And that's the way it is."

He covered many tragedies. He later recalled how difficult it was to maintain his composure when reporting the death of Pres-



ident Kennedy in 1963. However, he was criticized for a 1968 report in which he stated that the U.S. should end the war in Vietnam.

Many advances in technology came during Cronkite's tenure. In 1965, the CBS Evening News first broadcast in color, a move that became permanent in 1966.

By the late 1960s, live interviews and reports from across the globe were broadcast by satellite. He was known for his attention to detail and his intense curiosity. He was widely respected by his colleagues and became a mentor of sorts for two other rising journalists and fellow Texans at CBS News, Dan Rather and Bob Schieffer.

He was overwhelmed by the developments in the American space program and excitedly reported the achievements of the space program and the Apollo moon landings. In appreciation for his support, NASA gave Cronkite a moon rock sample, which he in turn donated to the University of Texas.

In 1980, he announced he was stepping down as anchor of the CBS Evening News as CBS had a mandatory retirement age of 65 at that time. His final broadcast was in March 1981.

Though 65, Cronkite was far from ready to retire. Over the next two decades, he continued to host documentaries and programs for CBS and other networks. He wrote voraciously on current events with a nationally-syndicated column. He was an outspoken supporter of civil liberties issues as well as press freedom issues. In 1997, he published his autobiography, "*A Reporter's Life*."

Cronkite died in 2009 at age 92, celebrated across the nation for his achievements in journalism as a respected voice for unfolding world events.



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Three Day Weekend Forecast



Friday, July 7:

AM - Sunny, with a high near 98. South wind 10 to 15 mph, with gusts as high as 20 mph.
PM - Mostly clear, with a low around 78. South wind around 15 mph, with gusts as high as 25 mph.



Saturday, July 8:

AM - Sunny and hot, with a high near 99. South/Southwest wind around 15 mph, with gusts as high as 20 mph.
PM - Mostly clear, with a low around 80. South wind around 15 mph, with gusts as high as 25 mph.



Sunday, July 9:

AM - Sunny and hot, with a high near 101. South southwest wind around 15 mph, with gusts as high as 25 mph.
PM - Mostly clear, with a low around 81.

[Extended Forecast Click Here](#)