

From the Sports Desk with John English

Player Feature: WHHS Athlete RJ Moilan

The spring season of 2022 was one of contrasts for the Western Hills baseball team.

The Cougars finished out the regular season strong to earn a playoff spot, but coach Brady Ribinskas still described it as a “rebuilding” year.

A constant in the middle of the lineup, however, was infielder **RJ Moilan**, whom Ribinskas said has an intangible quality that makes him special.

“RJ brings that competitive edge we need in a leader on the team,” Ribinskas said. “He is always trying to improve, and this year he earned first team all-district honors due to his hard work.”

Ribinskas said following a rebuilding season in 2022 the Cougars will rely on Moilan “and his senior leadership” to help take Western Hills to the next level.

“He will be a key piece in the middle of our lineup and the corner infield,” Ribinskas said.

Moilan, 17, said that, overall, he saw solid progress from his team this past year.

“Last season was a good season,” Moilan said. “We were happy we made the playoffs, but we definitely have a lot to improve. We were very young and only had one senior, so we feel like we got better as a team.”

The Cougars have eight returning starters to next year's team, and Moilan said he is optimistic Western Hills can be even better if it can get past a persistent issue from the 2022 season.

“Next year, we need to have everyone show up and give 100 percent,” Moilan said. “We need to be able to play through mistakes and stay focused. A lot of times (continued on page 6)



From the City of Benbrook

City of Benbrook's TextMyBenbrook Messaging Service

The City of Benbrook has made it easier than ever to engage with citizens when it launched the TextMyBenbrook messaging service. Residents can report non-emergency concerns such as potholes, code violations, or missed garbage pickups by sending a text with a photo and location description to TextMyBenbrook at 817-443-6249. Residents can report their concerns to TextMyBenbrook 24/7; however, text messages will be processed Monday through Friday, 8 a.m. to 5 p.m.

From the City of Benbrook

Tarrant County's Homeowner Repair Program

Tarrant County's Homeowner Repair Program is now available for those who live outside of Fort Worth while still remaining inside Tarrant County lines.

Your home must be valued under \$218,000. There are also certain income guidelines that must be carefully followed. In addition to those, you must have owned and lived in your house for at least one year, have a clear title to the property, have paid your real estate taxes, and more.

If you have any questions or need more information, please call 817-850-7940.

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From the Benbrook Public Library

Library of Things Collection Kits

The Library of Things is a collection of kits of items that facilitate a variety of educational, recreational, and practical activities.

Most kits contain books and other materials that provide instruction and guidance on the activity each kit supports.

Library of Things kits are available to Benbrook Public Library cardholders ages 18 and up and may be borrowed for a three week checkout period. Kits are limited to one per borrower.

The Library of Things contains the following kits: action camera kit, chess kit, crochet kit, croquet kit, disc golf kit, Dungeons and Dragons kit, gardening kit, keyboard kit, knitting kit, ladder toss kit, NES Classic kit, PA speaker kit,

Playstation classic kit, poker kit, projector kit, record player kit, ring light kit, SEGA Genesis mini-kit, soccer kit, telescope kit, tool kit, ukulele kit, USB microphone kit and a yoga kit.

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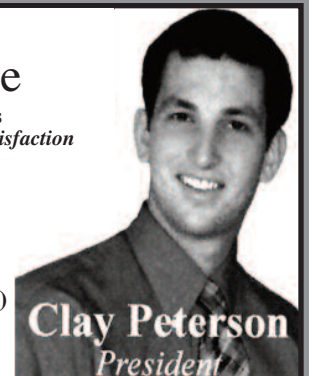
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From Fort Worth ISD

Fort Worth ISD Offers Free Summer Food Program Until July 21

Fort Worth ISD will offer free breakfasts and lunches to all children until Thursday, July 21. Meals will subsequently be distributed on Mondays-Thursdays. The program is open to all children age 18 or younger who wish to receive a free meal and does not require enrollment in any summer program.

The free meals are available at the following school sites throughout the Fort Worth District:

- 006 Eastern Hills High School
- 008 Northside High School
- 014 Southwest High School
- 015 Western Hills High School
- 044 J.P Elder Middle School
- 051 W A Meacham Middle School
- 054 Morningside Middle School
- 057 Rosemont Middle School
- 058 W C Stripling Middle School
- 061 Leonard Middle School

- 070 McClung Middle School
- 107 Burton Hill Elementary School
- 114 Manuel Jara Elementary School
- 118 Hazel Harvey Peace Elementary School
- 119 E M Daggett Elementary School
- 125 Eastern Hills Elementary School
- 126 East Handley Elementary School
- 133 W M Green Elementary School
- 134 Greenbriar Elementary School
- 135 Van Zandt Guinn Elementary School
- 143 D. McRae Elementary School
- 146 M H Moore Elementary School
- 150 Oakhurst Elementary School
- 152 Oaklawn Elementary School
- 153 A.M. Pate Elementary School
- 156 Ridglea Hills Elementary School
- 162 Sagamore Hill Elementary School
- 163 Bruce Shulkey Elementary School
- 169 Sunrise McMillan Elementary School
- 176 Waverly Park Elementary
- 171 Tanglewood Elementary School
- 184 Worth Heights Elementary School
- 188 Atwood McDonald Elementary School
- 207 Westpark Elementary School
- 220 Alice Contreras Elementary School
- 222 Clifford Davis Elementary School
- 225 Bonnie Brae Elementary School
- 227 Dolores Huerta Elementary

Serving dates and times for each campus may vary.

For more information, visit www.summerfood.org, text 304-304, or call the FWISD Child Nutrition Department at 817-814-3540 or 817-814-3500.

From Tarrant County

Dial 2-1-1 to Access Free Assistance

Just as 9-1-1 became an easy way to reach emergency medical, police and fire services, 2-1-1 is revolutionizing the way Texans get information about important non-emergency services. (This information can be reached by dialing 817-258-8100.)

Highly-trained information and referral specialists housed at Tarrant County United Way assist callers in an eight-county area. This confidential and nationally-accredited service is available 24 hours a day, 365 days a year.

The information specialists help callers find answers to questions about issues such as: Caregiver Support; Child Care; Financial Assistance; Food; Health Services; Housing; In-Home Services; Legal Assistance and. Transportation.

Tarrant County United Way is one of the Area Information Centers that make up the 2-1-1 Texas network now serving all Texas counties. 2-1-1 Texas is a program of United Way in collaboration with the Texas Health and Human Services Commission.

2-1-1 information is also accessible over the Internet at <http://www.tarrantcounty211.org>.

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Texas History Minute

University of Arkansas President, John Brown Watson

by Dr. Ken Bridges

“A good man is always learning,” is an old Latin Proverb. Sages and thinkers since the days of the first schools thousands of years ago have recognized the importance of education in shaping and informing the minds of students from their earliest lessons and throughout their lives. Leaders of schools and colleges play a special role in developing the culture of a learning community.



One such education leader, native Texan **John Brown Watson**, became an important figure in shaping colleges across the South.

John Brown Watson's parents had been born into slavery. After the end of the Civil War and the emancipation of slaves, his parents settled near Tyler. Watson himself was born in December 1869 and named after the controversial abolitionist John Brown, who had tried to spark a slave uprising in Virginia in 1859.

Like many important figures, Watson's path to success was never easy. He proved to be a very bright young man and attended school as often as he could. He faced numerous obstacles and delays in his education, but he pushed forward nevertheless. However, there were very few opportunities for any kind of education for African-Americans in East Texas at that time. In spite of his many talents, he was unable to get an education past the junior-high level.

Even though he had not even attended high school, at the age of 17 in 1887, Watson passed a proficiency test from the Smith County school board to be able to teach in the county. Though his own education was poor, Watson used his passion for learning to help others.

After two years, Watson decided to finish his own education. He enrolled at Bishop College, then a small college prep academy located in nearby Marshall. Because of his own lack of funding and his own shortcomings in his education, he did not earn a high school diploma until 1898 at the age of 28. He spent the next two years teaching to save enough money to attend a full university.

Watson enrolled at Colgate University in New York in 1900 but soon transferred to the more prestigious Brown University in Rhode Island, an Ivy-League institution. He earned his bachelors degree in 1904 and soon began work as a professor of math and science at Morehouse College in Atlanta, Georgia. After four years, he took an administrative job with the Young Men's Christian Association.

In 1923, Watson was tapped to become president of Leland College in Louisiana. The college's original campus in New Orleans had been destroyed by a hurricane in 1915, and the institution had been adrift since that time in search of a permanent home. The college relocated to the small community of Baker, not far from Baton Rouge. It was Watson's task to help Leland rebuild. Watson managed to secure a new campus for the college and rebuild enrollment. His efforts caught the attention of officials in Arkansas.

The Arkansas Agricultural, Mechanical, and Normal College in Pine Bluff (now known as the University of Arkansas at Pine Bluff) was looking for a new president as it attempted to build a new campus and expand its offerings. Trustees chose Watson to be the college's seventh president in June 1928.

The college had struggled for some time as neglect from the state level and administrative problems took their toll. As president, he oversaw the construction on the new campus and within a year, the college was expanded to become a four-year university. Watson also pushed for the education of the community as a whole, offering free night classes in everything from math and sewing to woodworking and auto repair.

While the Great Depression shuttered many colleges, Watson found new opportunities to expand. New buildings were steadily constructed, thanks in part from grants federal New Deal programs, including a dorm for teachers, a gymnasium, two student dorms, and a new library. Debate teams and acting clubs began on campus.

The first sports teams started under his leadership. By 1942, even with World War II sapping enrollment, there were nearly 500 students on campus and more than 60 people employed by the college. In 14 years, he had transformed the college from an institution flirting with closure to a vibrant leader in higher education.

Watson died at his home on the college campus in December 1942, just shy of his 73rd birthday. His influence in saving the college was not forgotten. A dorm was renamed for him in 1958, while the new library was also named for him 10 years later.

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From StatePoint

Medicaid and CHIP Give Children Access to Behavioral Health Services



Over the last two years, the mental health crisis in the United States has gotten worse. A major reason for that is the COVID-19 pandemic, which has contributed to a rise in anxiety and depression among young people. But even before the pandemic, as many as one in six children in the United States between the ages of 6 and 17 had a treatable mental health disorder, a 2019 JAMA Pediatrics study found. For parents, it's a stark reminder that mental health and support for children is crucial.

"Young people are facing unprecedented stress. Increasing access to high-quality pediatric mental health services is a critical step to addressing the youth mental health crisis," said Dr. Aditi Mallick, chief medical officer, Medicaid and the Children's Health Insurance Program (CHIP), at the Centers for Medicare & Medicaid Services. "As a physician and mother, I have seen first-hand how foundational mental health is to the overall health and well-being of our country's children, and Medicaid and CHIP can help families access the care they need."

If you think your child may need mental health services, you have health coverage options. One of those may be free or low-cost coverage through Medicaid and CHIP. Below are some frequently asked questions about these services.

What types of mental health services are covered under Medicaid and CHIP?

With Medicaid and CHIP coverage, children have access to a number of services to prevent, diagnose, and treat mental and behavioral health disorders, including:

- Autism spectrum disorder
- Attention deficit disorder
- Anxiety disorders
- Depression
- Substance use disorder

Does my child qualify for Medicaid or CHIP?

Eligibility generally depends on your income level and house-

hold size, and varies by state. You'll find that some programs offer coverage to your entire family. Medicaid and CHIP enrollment is open year-round, and the process to apply has gotten faster. Many families can apply and find out if they qualify the same day. To learn more about state-specific coverage options or to enroll, visit [InsureKidsNow.gov](https://www.insurekidsnow.gov) or call 1-877-KIDS-NOW.

Take charge of your child's mental health

Mental health care for children is an important part of their development. So, take time to explore your health coverage options, including Medicaid and CHIP. Looking for more mental health resources for children? Visit [CDC.gov](https://www.cdc.gov) to learn more about children's mental health.

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

Moilan (continued from page 1)

this year, we made a mistake and the whole inning then got really bad. It would take us the whole inning to forget about that one error. We need to get at better at this."

Moilan was also an all-district lineman on the Western Hills football team, and said he likes being both a baseball and football player.

"Playing both sports helps my leadership abilities," Moilan said. "I feel like I have worked to become a leader on both teams. Lifting and off-season footwork have helped me become a better athlete. I enjoy football better, but really like being a part of the baseball team."

Ribinskas said football has definitely helped him on the diamond.

"During the off-season, RJ will be focusing on football," Ribinskas said. "He will be bigger and stronger coming into his senior season, hopefully bringing some power to the lineup and translating to a stronger arm in the field. I'm excited to see him take the next step."

Moilan's Favorites

Favorite Athlete: Jason Witten

Favorite Sports Team: Dallas Cowboys

Favorite Food: hamburgers - especially Dutch's by TCU

Favorite Movie: *Remember the Titans*

Favorite TV Show: *Outer Banks*

Favorite Subject: Math

Book currently Reading or last book read: *"Friday Night Lights"*

Favorite Musical Group or performer: Luke Combs

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Three Day Weekend Forecast



Friday, June 17:

AM - Sunny and hot; high near 100. S/SW wind 5-10mph becoming E in the afternoon.

PM - Mostly clear; low around 76. S/SE wind 5-15mph.



Saturday, June 18:

AM - Sunny; high near 98. E/SE wind 5-15mph, gusts as high as 25mph.

PM - Partly cloudy; low around 76.



Sunday, June 19:

AM - Sunny and hot; high near 99.

PM - Mostly clear; low around 74.

[Extended Forecast Click Here](#)