



City of Benbrook ★ A Texas Star City

Benbrook News

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From the Sports Desk with John English

Player Feature: BMHS Girls Basketball's Zoey Smothermon

The Benbrook Middle-High School girls' basketball team clinched a playoff berth in 2022, and Zoey Smothermon was a big part of the reason why.

The junior power forward averaged 12 points per game, 6 rebounds, 4 blocks and 4 steals per game for the Lady Cats this past season, and coach Leta Lofton said she brings a lot to the table.

"Zoey is a very versatile athlete," Lofton said. "She has great size and leaping ability, which allows her to block shots and generate our offense through her pressure defense and blocked shots. She's very talented on the offensive end as well. Zoey has been working extremely hard to get better in each facet of the game. We are looking forward to seeing her display her hard work and newfound skills on the 2022-23 basketball court."

Despite reaching the post-season this past year, Smothermon, 17, said her feelings about last season are a bit mixed.

"Being a part of a team is equivalent to another family," Smothermon said. "You're supposed to lift each other up and help each other. The team I had last season lifted each other up at times, but also tore each other down, and for that reason, that cost us some games. If one person is down, the whole team is down, because you're only as good as your team. But there were countless moments where we had fun and played like a team."

The incoming senior said she is excited for next season because she "can't wait to play with my team and can't wait to build a solid foundation for upcoming players,"

joining the program.

"Individually and as a team, we have to do everything we can during practice like showing up on time and putting in the work to make ourselves and each other better," Smothermon said. "I would like to go further than what we have done in past seasons during the playoffs, but we have to work for it."

Smothermon said she hopes to set a good example for the younger players this coming season and be remembered as someone who gave everything she had.

She does also hope to play at the next level.

"I would like for my legacy at Benbrook to be that I worked hard, practiced hard, and played hard no matter what the scoreboard showed," Smothermon said. "I always did anything and everything I could to benefit my team. I would like to play in college, but I'm not completely sure if and where I'd like to attend. I'd just have to see what the future and God has in store for me."

Lofton said she would like to see a couple of things for Smothermon this season.

"Our goal for Zoey is to be a smart and confident leader (continued on page 2)

Benbrook Council Action

Oncor Requests Residential and Street Lighting Rate Increases by John English

The Benbrook city council meeting on June 2 was conducted as scheduled. Mayor Jason Ward called the meeting to order. An invocation was followed by the Pledge of Allegiance.

Ward allowed an opportunity for citizen comments on any agenda item for up to three minutes, but there were none.

Minutes for the meeting held on May 19 were then approved unanimously with council member Keith Tiner abstaining.

The first item of the evening was a motion to approve a resolution to suspend Oncor's rate filing.

According to the meeting agenda, Oncor Electric Delivery Company filed an application on or about May 13, 2022 with cities retaining original jurisdiction seeking to increase system-wide transmission and distribution rates by about \$251 million or approximately 4.5 percent over present revenues.

Oncor asked the City to approve an 11.2 percent increase in residential rates and a 1.6 percent (continued on page 4)

From Suburban Newspapers Staff Writers

Free Community Block Party Saturday

Agape Baptist Church and the Bomber the church parking lots located at 3900 Heights Neighborhood Association will Southwest Blvd. There will be hot dogs, host a free community block party on door prizes, and free children's books will Saturday, June 11 from 11 a.m. to 2 p.m. in be given out.

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Sports Desk

(continued from page 1)

for our team," Lofton said. "I am confident that she will once again be our leader in scoring and rebounding and increasing her numbers in both areas. Another goal is academically for Zoey to graduate at the top of her class, continue to work extremely hard on her craft and take her talents to the next level and enter a college where she can thrive and be successful both academically and athletically."

Smothermon's Favorites

Favorite Athlete: Steph Curry

Favorite Sports Team: Dallas Mavericks

Favorite Food: tacos

Favorite Movie: *Uncharted*

Favorite TV Show: *Pretty Little Liars*

Favorite Subject: Math

Book currently reading or last book read:

"Fahrenheit 451"

Favorite musical group or performer:

Polo G

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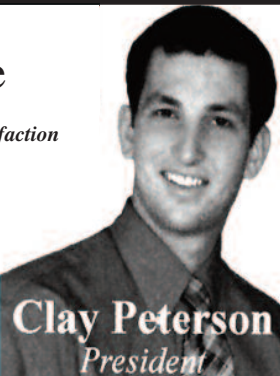
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City Council Action (continued from page 1)

increase in street lighting rates.

If approved, a residential customer using 1,300 kWh per month would see a bill increase of about \$6.02 per month.

The resolution would suspend the June 17, 2022 effective date of the company's rate increase for the maximum period permitted by law to allow the City of Benbrook to evaluate the filing, determine whether the filing complies with law, and if lawful, to determine what further strategy to pursue. The motion carried unanimously.

Next up was a motion to approve a mutual aid agreement with the Benbrook Water Authority for emergency response services. Key elements of the agreement include activation by a declaration of a local state of disaster, a finding of a state of civil emergency and a request by the governing body in anticipation of a local state of disaster. The agreement is open-ended and may be terminated by either party with a 90-day written notice. There is also no cost to participate. The agreement was approved unanimously.

The next item was a proposal to approve Amendment #1 with Tarrant County Emergency Services District #1 for reimbursement toward the replacement of two ambulances, all associated equipment, and firefighting personal protective equipment and SCBA bottles.

The Tarrant County Commissioner's Court approved an Interlocal Agreement between the Tarrant County Emergency Services District (ESD) and Tarrant County on August 24, 2021 allocating initial program funding to the ESD through the American Rescue Plan Act (ARPA).

Funds allotted to the ESD are used for aid and support municipal and volunteer emergency services providers that serve Tarrant County's unincorporated areas by meeting equipment replacement needs, personal protective equipment, and related expenses. The Benbrook City Council approved an agreement with Tarrant County on Dec. 16, 2021 for the purchase of an ambulance (replacing the City's 2014 ambulance) and associated equipment.

The agreement was the first of four member or staff comments, and council multi-year agreements programed with the member Renee Franklin thanked everyone ESD for the replacement of four ambulances in the Benbrook Fire Department's Memorial Day services and congratulated those graduating from Benbrook Middle School and Western Hills High School.

Time was then allowed for informal citizen comments, but there were none.

Time was then allowed for council The meeting was then adjourned.

From Friendship Force Fort Worth

FFFW Entertains Harrisburg Pennsylvania Ambassadors



Friendship Force Fort Worth hosted 10 to Dallas. members from Greater Harrisburg Molly the Trolley took us to Sundance Friendship Force for a seven day visit. Square and the attractions in the heart of

The ambassadors were home-hosted Fort Worth. The visit to the Sid Richardson while they were here to build a stronger Museum and the striking architecture of understanding of Texas life and to experience the Bass Performance Hall received many positive comments.

One day they were taken to downtown Fort Worth proper to visit local attractions. Following these visits to so many attractions in Fort Worth, part of the slogan We started at the Water Garden, a very "Cowboys and Culture" made sense. interesting part of Fort Worth history. Next For more information about Friendship was a stop at the JFK memorial. None of Force Fort Worth, visit the web page at the visitors remembered that he stayed in FFFW.org or email Fort Worth the night before his tragic trip Membership@FFFW.org.

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From Tarrant Area Food Bank

Tarrant Area Food Bank Faces Critical Shortage of Volunteers

Food insecurity is still an issue that many families in the Tarrant area are facing. As inflation rises and thus the cost of food, fuel and housing increase, TAFB continues the need in the number of families who relied on food bank services for the first time. TAFB continues to step up and assist by providing access to nutritious food to families in need to ensure a healthy, hunger-free summer for kids and families.

The Tarrant Area Food Bank's (TAFB's) Mega Mobile Market will continue to distribute nutritious meals at Herman Clark Stadium from 6:30 to 8:30 p.m. Wednesday evenings, beginning June 8 and running through the end of the month. Families can expect to receive a variety of nutritious food that is kid friendly, though the specific contents what each family receives depends on TAFB's product availability.

TAFB is also facing a critical shortage of volunteers to assist at their Distribution Center sorting and packing boxes for events like our Mega Mobiles, as well as volunteers at the events themselves. Without the necessary amount of volunteers, the food bank cannot continue to hold these events. It is critical that the community step up and sign up to volunteer. Sign up to volunteer at tafb.galaxy-digital.com.

Herman Clark Stadium is located at 5201 CA Roberson Blvd, Fort Worth, TX 76119.

Tarrant Area Food Bank will celebrate all Dads, just ahead of Father's Day with a special "Dinner for Dads" mega mobile event at Dickies Arena on Thursday, June 16 from 6:30 to 8:30 p.m. in the Yellow Lot, 3434 Trail Drive Fort Worth, 76107. There will be special items given out that will allow Dad to enjoy some of his favorite meals, cooked by his family.

American Revolution Physician, Dr. Hugh Williamson

by Dr. Ken Bridges

In medicine, small details and small actions make the difference between life and death. Doctors and nurses work tirelessly to save lives and often go unnamed or unappreciated. Dr. Hugh Williamson is a figure largely unknown in modern times, but he was praised as one of the best medical minds in the young United States. His actions during the American Revolution saved countless lives and advanced military medicine to begin saving more in the future.

Hugh Williamson was born in a small farm town in Southeast Pennsylvania in 1735. His parents, both Irish immigrants, worked as clothes makers and merchants. His health was very bad when he was young, pushing him in a different direction.

In 1754, he enrolled in the new College of Philadelphia (the modern University of Pennsylvania). He graduated in 1757 and began working as a Latin tutor at the college. He had developed a strong aversion to slavery at a young age. He considered a career as a minister – and was even ordained as a Presbyterian minister -- but was repelled by church divisions. In 1763, after a stint as a math professor at the college, he turned to medicine. Williamson traveled to Scotland and to Holland to study medicine, where he earned a medical degree in 1764. He set up a practice in the colonies and earned respect for his academic writings.

In 1777, he attempted to enlist in the Continental Army as a surgeon, but he was rejected on the grounds that there were no openings available. Instead, he returned to North Carolina and began secretly working with merchants in the Bahamas to import medicines into America, breaking the British blockade. His actions provided the colonies with an important avenue of medical supplies. From 1779 to 1782, he served as the Surgeon General of the North Carolina Militia.

He also proved to be an able diplomat. In 1780, with the blessing of his superiors, Williamson convinced the British to allow him to treat wounded prisoners and to inspect the conditions of prisoner of war camps in South Carolina. He was shocked by the poor conditions of the camps and feared a deadly smallpox epidemic was about to lay waste to the camps. He urged an immediate sanitation program to avert disaster. The British commanders were impressed by his pleas and respected his knowledge and agreed. The epidemic was averted. Williamson accomplished this generations before the Geneva Convention afforded any kind of protections or rights to prisoners of war.

Williamson's work with the Continental Army became crucial as the British tried to move into North Carolina. American forces were secluded in the Dismal Swamp near Wilmington to pin down the British. He insisted on a program of strict hygiene for troops to avoid outbreaks of disease, including training new recruits in the importance of cleanliness. Disease often devastated combat units. More soldiers died from disease and campborne epidemics than from battlefield injuries in the wars of this

time period. Where the swamp could have become an even deadlier foe than the Redcoats, Williamson's thinking prevented any deaths from disease among the troops, an almost unheard-of accomplishment at the time. His standards were soon adopted throughout the army. His efforts saved hundreds of lives.

After the American Revolution, he served briefly in the North Carolina legislature. In 1787, he was elected as a delegate to the Constitutional Convention in Philadelphia. Williamson railed against slavery at the convention and pushed for a fair system of representation in Congress similar to what resulted. However, he recognized that forces were working against him too much and the question would not be settled there. He supported the Constitution's ability to ban slave importation after twenty years, the limit of the document's possible restrictions on slavery at that point. He was one of only three North Carolina delegates to sign the Constitution that resulted.

He was elected as part of North Carolina's first congressional delegation. He took his seat in 1790 at Philadelphia, which was the nation's capital at the time. He was re-elected in 1791. He declined to run for a third term and retired from politics in 1793. No political parties existed yet, but Williamson often found himself opposing many of the policies proposed by President George Washington, particularly on issues such as the national debt and possible protective tariffs.

Williamson settled in New York City after his retirement. He largely faded from the public eye and contented himself with scientific and medical research. He wrote many articles for scientific journals on a variety of topics, from lightning rods to biology. He still kept his connections to North Carolina, serving as one of the first trustees of the University of North Carolina. His sharp mind, intelligence, and curiosity about so many subjects led many contemporaries to compare him to Benjamin Franklin.

He died in New York City in 1819 at age 83. Though largely forgotten, counties in Illinois and Tennessee are named for him.

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From the White Settlement Public Library

Knitting and Crochet Group Meets Weekly at the Library

The Knitty Gritty, a knitting and crochet group, meets weekly on Tuesdays at the White Settlement Public Library.

No experience is necessary and all ages are welcome! Bring your own yarn and knitting needles or crochet hook.

The next meeting will be held on Tuesday, June 14 from 4 to 5 p.m. at the library located at 8215 White Settlement Road in White Settlement.

The Mental Health Crisis of Moms: What You Need to Know



A new survey reveals that the mental health of American moms is going largely unattended, with many living under a near-constant state of stress and few seeking support to ease the burden.

The research, commissioned by MDLIVE, an Evernorth company and leading provider of virtual care services in the United States, finds that 33% of mothers feel stressed or overwhelmed by their responsibilities as a mom at least five days a week. Drivers of their stress and anxiety may include financial concerns, ripple effects of the pandemic, including the mental health crisis among teens, work responsibilities and being a caregiver simultaneously to both children and aging parents.

Yet, for many moms, the prospect of managing their mental health has become a source of stress in and of itself. For 37% of moms, concerns about their own mental health are among their biggest stressors, second only to finances (40%).

Possibly even more concerning is that 70% of moms admit to holding back their feelings and not telling their partner or family when they’re stressed, and 61% feel that they have no one to turn to or confide in for help.

“Our research shows that many moms are suffering in silence and not getting the support they need,” says Dr. Shakira Espada-Campos, who brings more than two decades of direct practice experience to her role as behavioral health medical director at MDLIVE. “I cannot stress enough how important it is for them to prioritize their own well-being.”

To help moms manage their mental health, MDLIVE offers the following tips:

1. **Prioritize self-care:** Recognize that practicing self-care is not selfish. In addition to things like eating well, exercising, practicing good hygiene, getting enough sleep, and seeing a health care professional routinely for preventive screenings and other care, self-care also means taking time to pursue hobbies or personal interests that bring you pleasure or fulfillment or offer you a way to relax and unwind – activities you may have abandoned

after having kids because it would mean time away from family responsibilities. Practicing self-care puts one in a better position to help care for others because your own well-being is in check.

2. **Make time to cultivate relationships:** Connecting with people who are important to you is essential to mental health. Make it a priority to spend time with partners, family, friends, colleagues, or anyone else who may be important to you, away from the house and kids, even if it’s just for a short period of time.

3. **Seek help when struggling to manage stress and anxiety:** If your emotional state is interfering with your daily life – if you’re having difficulty controlling your mood, withdrawing from loved ones, feeling fatigued, having trouble sleeping, lacking motivation, or frequently “zoning out” – it’s definitely time to seek professional help.

Acknowledging the importance of mental healthcare, many health plans and employers have expanded the resources available to their members and employers in recent years. New options include digital tools that can help with tracking mood, support meditation, help build life skills, and provide self-care advice. Additionally, telehealth visits with behavioral health professionals offer private, convenient, quality care quickly.

“You should never feel like you’re alone in your mental health journey or that you need to suffer in silence,” Dr. Espada-Campos.



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Three Day Weekend Forecast



Friday, June 10:

AM - Mostly sunny and hot; high near 100. SW wind 10-15mph, with gusts as high as 20mph.
PM - Partly cloudy; low around 75. East wind 5-10mph.



Saturday, June 11:

AM - Mostly sunny; high near 95. NE wind 10-15 mph, with gusts as high as 20mph.
PM - Partly cloudy; low around 74.



Sunday, June 12:

AM - Sunny and hot; high near 99.
PM - Mostly clear; low around 78.

[Extended Forecast Click Here](#)