



City of Benbrook ★ A Texas Star City

Benbrook News

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From the Sports Desk with John English

Basketball: Bobcat Boys Face Tough Loss

Soccer: Lady Cats Defeat Carter-Riverside

The season came to an end for the Benbrook boy's basketball team last week as the Bobcats came up short in the bi-district round against Life Waxahachie.

Coach Blake Mendez said it was a tough loss for his team.

"Life came out and they were overwhelming," Mendez said. "We knew they were quick, but in person they were a lot quicker than they looked on film. We had some calls not go our way early and it really took the wind out of us. They're a great team."

Looking back on 2023, Mendez said he is very proud of how his team competed.

"Our record doesn't show it, but we had a successful year," Mendez said. "We were very inexperienced, having only one true returner from last year. Our goal was to get this group some experience and get them to the playoffs and we did that."

Mendez said he is feeling good about the future of Benbrook boy's basketball

"We have a great pipeline at Benbrook," Mendez said. "Our freshmen group that won the city championship as eighth graders last year will be sophomores next year and we're expecting big things from them. Corbin Dilday will be a returning first-team all district senior for us and Jayden Hall will be a returning second-team sophomore."

On the pitch, the Lady Bobcats soccer team defeated Carter-Riverside by a score of 2-0 on Friday, and coach Luz Castillo said it was a close game.

"Carter-Riverside put up a great match," Castillos said. "Our defensive line did a great job of not letting a shot in."

Castillo said she had standout performances from Sydney Chavez, Campbell Cox, Shyanne Morris, Taryn King, Riley Hoyler and Brooke Moreno in the win.

Undefeated through the first half of district competition, Castillo

said she is happy with how things are shaping up for the home stretch.

"We are excited to advance into the playoffs," Castillo said. "We have a young, strong and very talented team that is highly competitive and plays each minute on the field to the best of their ability. I am so proud of the work and commitment each player puts in."

Over at Western Hills, the Cougars came up short against Benbrook on Friday, and coach Matt Colins said he attributes the loss to desire.

"The boys from Benbrook played really well," Collins said. "I think they wanted it a bit more than we did."

Collins said he did have a couple of players step up in the game.

"Hector Palomares and Wilondja Ebula are our senior captains and played really well," Collins said. "Yeshua Muhindo was controlling the match until he got hurt. He took a pretty good shot to the ribs and when we lost him, Benbrook grabbed the game."

Despite the loss, the Cougars are still in good position to earn a playoff berth.

"We are in great shape as the post season gets near," Collins said.

From the City of Benbrook

Household Hazardous Waste Collection Event April 15

This year, the City will only host one hazardous waste collection event.

This event will take place on Saturday, April 15 at Dutch Branch Park, off Winscott Road, in the rear parking lot behind Par 3 Golf (follow signs) from 9 to 11 a.m. (or until the collection trailer is full).

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American Legion Post 297 Auxiliary Unit Hosts Craft Fair; Local Hardware Store Donates Barbecue Grill



Diane Dauwalder, Kim Neighbors and Pam Woodard display their items at the Craft Fair.



Bobbie Jackson and Tom Barnicle attended their booths.



Auxiliary members (l-r) overseeing the Craft Fair are: **Christy Barnicle, Leah Bechert, Shay Kuehner and Tessie Kau.**

Pictured below: Susan Ashton poses with her home made items at the fair.



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The Ace Hardware in Benbrook donated a Genesis II EX-315 Smart Grill to VFW Post 10429 to be auctioned at their upcoming Chili Cookoff on March 11. Pictured are: (l-r) **Patty Bravo**, Sr. Vice Commander; **Lynn Toomer**, VFW State of Texas Commander; **Eddie Terry**, Post Commander; **Nola Roberts**, Ace Asst. Manager; **Mark Labadie**, Ace Owner and **Chris James**, Ace Manager.

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STEAK NIGHT!
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Saturday, March 4 • 5:30-7:30 p.m.
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Benbrook Lions Club 56th Annual Chili Supper Fundraiser
Live and Silent Auction



Saturday, March 4, 2023, at 5:30pm at
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All the chili you can eat! Adults \$6 Children \$3
Hot dogs, soft drinks, water, and desserts sold separately



Please come out and support your community!
All proceeds benefit THE BENBROOK LIONS CLUB PROGRAMS

From the Tarrant Regional Water District

TRWD Board Resolves to Preserve a Native Prairie in Tarrant County

Tarrant Regional Water District’s Board of Directors passed a resolution at its February 21 board meeting that will preserve a six-acre parcel of prairie land it owns in southern Tarrant County.

The action by the board ensures the undisturbed land, located south of Sycamore Road, will be preserved until the District needs the space for a future water supply pipeline. TRWD plans to build an additional connection to its existing infrastructure near Lake Benbrook, where it stores raw water for use by its wholesale customers.

Once water demands dictate the construction of the new pipeline, TRWD has committed to work with the community to design an area that minimizes the impact on the natural areas on the parcel and surrounding properties.

“As a board member of TRWD, I have been very supportive of the District preserving this six-acre parcel,” said TRWD Board Member Marty Leonard. “I feel it is very important that we help preserve our original, pristine Fort Worth Prairie. Jarid Manos, founder of the Great Plains Restoration

Council, has also worked tirelessly for years to preserve this prairie for future generations who perhaps have never seen authentic prairie.”

“We strive to act as stewards of the natural environment and the communities we serve,” said TRWD General Manager Dan Buhman. “Everything we do is focused on enriching communities and improving the quality of life through water supply, flood control, and recreation. This action is a perfect union of those ideas and I’m excited for the open space and environmental benefits this will provide.”

TRWD is one the largest raw water suppliers in the state, providing raw water to more than 2.3 million people in 11 North Texas counties. The District’s primary wholesale customers include the cities of Fort Worth, Arlington, Mansfield and the Trinity River Authority.

It also owns four water supply reservoirs – Bridgeport, Eagle Mountain, Cedar Creek and Richland-Chambers – and operates a system of 270 miles of pipelines connecting the District to its East Texas lakes.


TRWD also operates a wetland water reuse facility adjacent to Richland-Chambers and plans to build another facility near Cedar Creek Lake by the end of the decade.

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Take These Six Steps to Manage Your Blood Pressure

High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Unmanaged hypertension can be dangerous and in many cases, fatal. In 2020, it was a primary or contributing cause of more than 670,000 deaths nationwide. Medical experts say that controlling your blood pressure is possible and it starts with having the right information.

“Nearly half of all American adults have high blood pressure, and many don’t even know it. High blood pressure is a ‘silent killer,’ often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life,” says Jack Resneck Jr., M.D., president of the American Medical Association (AMA).

To get on the right track, consider these tips and insights from the AMA:

1. Know your numbers. Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit ManageYourBP.org to better understand your numbers.
2. Monitor blood pressure. Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for five minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

3. Eat right. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100% fruit juices, is associated with a higher all-cause mortality risk, according to a study published in JAMA Network Open.

4. Drink alcohol only in moderation. If consuming alcohol, do so in moderation as defined by the U.S. Dietary Guidelines for Americans -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

5. Be more physically active. Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren’t sure if it is safe for you to exercise.

6. Maintain a healthy weight. If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight.

From the Project Linus Blanketeers First Monday Quilt Club - Come Join the Fun!

Start the New Year in a wonderful way by joining the fun and having fellowship with the Quilt Club volunteers while you make a difference in our community and bless others by making quilts for Project Linus.

The First Monday Quilt Club meets on the first Monday of each month at Bethany Christian Church located at 1500 Meadow Park Drive in White Settlement from 10 a.m. to 1 p.m. Instead of a potluck lunch, ladies are asked to bring brunch or snack items. Their next meeting is on Monday, March 6.

Project Linus is a non-profit service organization, and the members of this group are Tarrant County Chapter Project Linus volunteers who create handmade quilts and blankets that provide love, warmth, and comfort for local children who have suffered trauma, tragedy, or illness.

Volunteers also make coverlets for veterans, nursing home residents, and the homeless. Unfortunately, the need for these blankets increases each month. They desperately need volunteers with portable sewing machines to help assemble the quilts. No experience is needed - there is a place for you. Anyone can help if you can follow instructions, sew, tie a knot, crochet a blanket, or tell a good joke. Volunteers have lots of fun and develop fantastic friendships. High school students can receive community service credits for participating. Materials (fabric, batting, thread, and yarn) are provided. Donations of fabric, yarn, thread, sewing machines, sergers, or money to purchase materials are greatly appreciated.

For more information about the mission of Project Linus, visit the website at www.project-linus.org. For more information about the First Monday Quilt Club, call Virginia Biela at 817-244-1263.

Legal Notice

Notice to Creditors and Others in the estate of Karen Jo Fronabarger Whittlesey deceased, late of Fort Worth, Texas, who died on 03/01/2020 Take notice that all persons having claims upon the estate of the above named must file with the undersigned Estate Trustee by 03/27/2023 a full statement of their claims and of securities held by them. Order granted 02/17/2023 in cause No 2020-PR01482-2 by Judge Lynn W. Kelly, Probate Court Two, Tarrant County.

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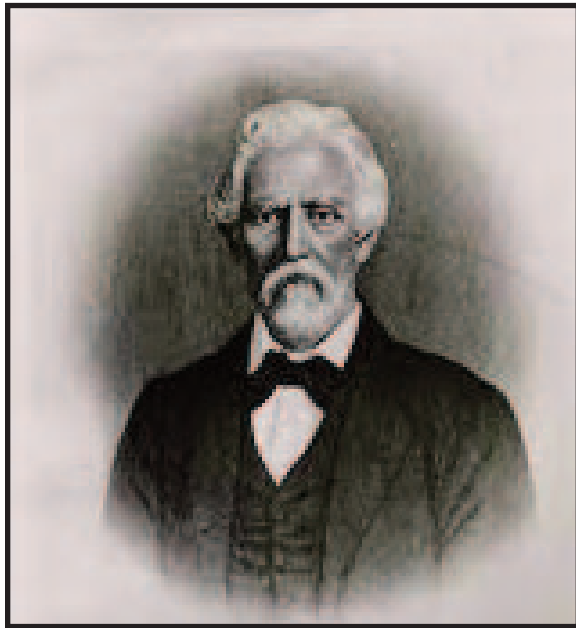
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Texas Lawyer, Politician and signer of the Texas Declaration of Independence - Samuel Augustus Maverick *by Dr. Ken Bridges*

Samuel Augustus Maverick came to Texas with a dream of making a fortune in land sales. In the process, he became one of the most memorable characters in the history of the state and an important figure in its early history. In the process, he became the original “maverick.”



Maverick was born in 1803 in South Carolina. His father was a planter and real estate speculator. The younger Maverick was educated by tutors at home and later attended Yale University, graduating in 1825.

Upon graduation, he returned to the family plantation where he inherited his father's passion for dabbling in real estate investments. He decided to become a lawyer and apprenticed himself under a Virginia judge, becoming part of the Virginia bar in 1829. He returned home once again and opened a law office. In 1830, he ran for the South Carolina House of Representatives but lost the race. Maverick was a committed Unionist in a state where secessionist sentiment was growing. Frustrated, Maverick left for Georgia in 1833 and then to Alabama in 1834.

He saw the many opportunities to be had in Texas and arrived in March 1835. When he arrived, he found a land on the brink of war. He arrived in San Antonio in October as Texas settlers began surrounding the city and laying siege to it. Gen. Martin Perfecto de Cos, commanding the 650 troops in San Antonio, did not trust the motivations of Maverick and immediately had him arrested. He was released in December, upon which Maverick immediately told the Texans to attack.

In 1847, he bought a herd of 400 cattle. Soon, Maverick became synonymous with the term “maverick,” meaning an unbranded calf. He claimed that he refused to brand his cattle because he did not want to inflict unnecessary pain on the creatures so his cattle remained unbranded. His contemporary critics claimed that it made it easier for Maverick to claim other unbranded cattle as his own though there is very little evidence of his claiming cattle that were not his own. Branding is a routine practice among ranchers to this day, with its use dating as far back as ancient Egypt thousands of years ago. It was a common practice in Spain during the Middle Ages, and the tradition was brought to the New World and used by cattlemen in what was then Spanish territories like Mexico and Texas. Maverick's defenders pointed out that his primary interest

was in real estate and not cattle. Whatever Maverick's true motivations were remain clouded, but his stubbornness on the subject became widely known. As a result, “maverick” gained another popular meaning, someone who is independent or unconventional in his thinking.

With Mexico preparing to take the Alamo with overwhelming force, Texans were attempting to organize a new, independent government. Alamo defenders decided that he should leave the garrison to represent the defenders. Maverick managed to leave the Alamo and escape the Mexican Army on March 2, just as Texas delegates were declaring independence at Washington-on-the-Brazos. He arrived on March 5 and participated in the early discussions about the future government of Texas and how it would win the fight with Mexico. The Alamo would fall on March 6, and Maverick would learn the sad fate of the defenders shortly afterward. He fell ill, which left him largely unable to participate in the remainder of the conflict.

He married just after the war in 1836. He and his wife would have 10 children together. In 1838, he built a home in San Antonio and was elected mayor. At that point, San Antonio was still a small city of around 3,000 souls, tiny compared to the modern metropolis that it has since become.

In 1850, he was elected to the state legislature. He would serve for the next 12 years. Maverick worked for an efficient justice system and for fairness for both German and Mexican residents of his district. And he worked to ensure it was easier to buy land. By 1851, he owned more than 140,000 acres; and his holdings were growing. He was already one of the largest landholders in western Texas. After doing some construction work on his property in 1852, he discovered that the retreating Mexican Army in 1836 had buried 13 out of the 21 cannons used at the Battle of the Alamo. Maverick donated them for historic preservation. Out of respect for his achievements, Maverick County was established on the Rio Grande in his honor in 1856.

When Texas considered secession in early 1861, Gov. Sam Houston was strongly opposed. Maverick supported Houston and the Union. Unionists across the state faced strong-arm tactics and death threats, including Houston. Seeing that secession was inevitable and facing intense pressure, Maverick reluctantly voted at the secession convention in favor of Texas leaving the Union.

He was elected mayor of San Antonio once again, serving a second two-year term in 1862 and 1863. San Antonio now had a population of nearly 10,000, swelling as the war progressed. During this time, Maverick also served as a judge for Bexar County.

Maverick remained active in Democratic politics in the years after the Civil War. His land holdings expanded to 300,000 acres. He died quietly at his home in 1870 at age 67. His grandson, Maury Maverick, became a congressman representing San Antonio in the 1930s and was himself a respected figure in the city.

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Three Day Weekend Forecast



Friday, March 3:

AM - Sunny; high near 59. Windy, W/NW wind 25-30mph decreasing to 15-20mph in the afternoon. Winds could gust as high as 50mph.
PM - Clear; low around 41. N/NW wind 5-10mph becoming S/SE after midnight.



Saturday, March 4:

AM - Sunny; high near 65. S wind 10-15mph becoming N/NW in the afternoon. Winds could gust as high as 25mph.
PM - Mostly clear; low around 40.



Sunday, March 5:

AM - Mostly sunny; high near 68.
PM - Partly cloudy; low around 51.

[Extended Forecast Click Here](#)