



City of Benbrook ★ A Texas Star City

# Benbrook News

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*From the Sports Desk with John English*

## Cougar and Bobcat Soccer, Softball and Baseball Seasons Going Strong

The Western Hills boys soccer team opened up the post-season with a victory over Decatur last week and coach Matt Collins said it was a good win.

“Decatur was good,” Collins said. “Very good. We played hard and matched their effort. We won, so I was obviously proud of the whole team's effort.”

Collins said he had a couple of stand out performances in the game.

“Anthony Medina was out of his mind all night,” Collins said. “He was on a different level. Emmanuel Nshimiyimana is our money man and was great. Anthony Perez was given the defensive assignment to stop their best player and was outstanding as well.”

Western Hills played Life Waxahachie on Tuesday in the area round after the paper had gone to press.

Over at Benbrook, the Lady Cats also advanced to area after beating Castleberry 8-0 in the bi-district round.

“The team played a great game, communicated well, and stepped up to the plate,” coach Luz Castillo said. “They played with so much heart and left it all on the field. They showed they truly wanted the win and had some amazing plays. With only a minute left on the clock, Campbell Cox kicked a free kick and crossed the ball to Vivian Carpenter who headed the final goal in.”

Castillo said she had several players step up in the game.

“There were several outstanding performances from the following players: Campbell Cox had a hat trick plus three assists, Vivian Carpenter had two headers, Sydney Chavez had two goals and an assist and Carley Couch had a goal and an assist,” Castillo said. “Goalie Caydence Johnston and our defensive line Taryn King, Brooke Moreno, Riley Hoyler and Jessica Anzaldúa kept the game at shutout.”

Benbrook played Brownwood on Tuesday after the paper had gone to press.

On the diamond, the Western Hills softball team came up short against Benbrook on Friday, losing in the final game of the first round of district competition.

Coach Austin Valdez said Lauren Beckham “pitched really well and gave us a chance to win. On the offense the big hit of the night goes to freshmen Taylor Torres. She hit her first home run last and it was a no doubter.”

With the first round of district under their belt, the Western Hills, Valdez said his is pretty pleased with where his team sits.

“We are a strong team that has a lot of potential,” Valdez said. “We have played some good softball and I’m proud of the course we are on right now. Sitting in second we know where we need to improve, and I think this second round we are going to really start to hit our stride.”

Over at Benbrook, the Bobcats baseball team swept Carter-Riverside last week with two straight shutouts and coach Justin Chavez said his team had two strong outings.

“I feel like our pitchers did a good job of setting the tone early,” Chavez said. “They threw a lot of strikes and only allowed three hits in total for both games. Freshman Hudson Stockton got the win on Tuesday 9-0 and senior Ethan Waters got the win on Friday 17-0.”

Freshman Fabian Ortega had also had 5 Hits, 5 RBIs, and 5 Runs scored and Sebastian Martinez hit .571 on the week.

Benbrook came up short against Brock on Saturday and plays Eastern Hills in a series this week.

“We just need to get everyone 1-2 innings on the mound, and do our job at the plate,” Chavez said.

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From the National Society Daughters of the American Revolution

# Community Service Award Presented at State Conference



Fort Worth Chapter members of the National Society Daughters of the American Revolution at the State Conference in Dallas.



Western Hills High School alumni present at the conference.

Western Hills High School alumna and co-founder of the Cougar Pride Alliance **Patty Pressley** was recently recognized with a Community Service Award by the Texas Society Daughters of the American Revolution at the society's State Conference in Dallas.

The mission of the Cougar Pride Alliance, formerly the WHHS Cougar Pride Foundation, is to "deploy human and financial resources to provide support to students at WHHS to make their participation in school sustainable and their outlook on future opportunities brighter." More information, including opportunities to help, is available online by joining the Cougar Pride Alliance group on Facebook. The organization works to support students in the WHHS pyramid.

Pressley was nominated for recognition by the Fort Worth Chapter, NSDAR. Chapter Regent Sarah Fezio said, "Being a WHHS graduate myself and a member of the Cougar Pride Alliance Facebook group, I

have watched Patty's hard work and effort over the past several years. I was very happy to nominate her and am thrilled that Patty's nomination was chosen for recognition at the state level!"

DAR Community Service Awards provide a non-competitive recognition to worthy individuals and organizations for outstanding voluntary service. The awards are non-competitive and each DAR chapter can recognize two individuals or group per year.

Any woman 18 years or older, regardless of race, religion or ethnic background, who can prove lineal descent from a Patriot of the American Revolution is eligible for membership in the National Society Daughters of the American Revolution.

If you are interested in finding your patriot and pursuing membership in DAR, please email [fortworthchaptersndar@gmail.com](mailto:fortworthchaptersndar@gmail.com) or go to <https://bit.ly/FWCMembership>.

From the Tarrant Regional Water District

## TRWD's Spring Trash Bash Litter Cleanup April 22

The Tarrant Regional Water District (TRWD) will host two litter cleanups on April 22 aimed at removing trash and debris from the Trinity River in Fort Worth, as well as Marine Creek Lake in northwest Tarrant County.

The Trinity River Spring Trash Bash, held between 8 a.m. and 1 p.m., will feature nine cleanup locations along the Clear and West Forks of the river throughout Fort Worth. Prior to the event, volunteers will be provided trash bags and gloves in order to safely collect the trash.

Participants can pick up trash throughout

the morning, and then attend the Trash Bash Volunteer After-Party located at Coyote Drive-In located at 223 NE Fourth Street, Fort Worth 76164.

The Marine Creek Trash Bash will also be held from 8 a.m. to 1 p.m. on April 22, and will have two suggested pickup locations: Marine Creek Trailhead and Ten Mile Bridge Trailhead. Participants at Marine Creek Lake will also be

provided gloves and trash bags, and be treated to an after-party at Marine Creek Trailhead from 10 a.m. to 2 p.m.

To find out more information about registration and cleanup locations for both events, as well as information on the respective after-parties, visit [www.trwd.com/trashbash](http://www.trwd.com/trashbash).

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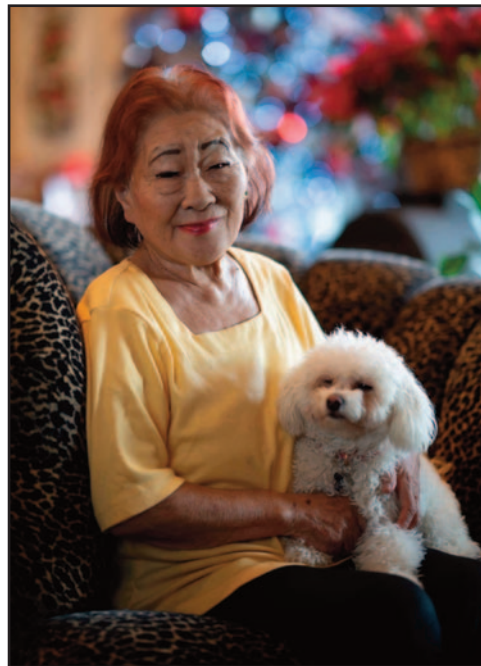
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## Obituary



**Emiko Sato Coffey**

Emiko Sato Coffey, born Oct. 15, 1934, passed away on March 3, 2023 at home in Fort Worth, Texas. She was surrounded by family and friends who were celebrating her amazing life with stories of her unending kindness, relentless support of family members' and friends' pursuits, and her witty sense of humor.

Funeral services were held March 16, 2023 at Greenwood Funeral Home.

Born to Kikutaro and Toyo Sato in Rumoi, Japan, a fishing village in the country's northern island of Hokkaido, Emiko was one of 10 brothers and sisters: Hiroichi, Sogo, Kikuji, Gungi, Kazutoyo, Kiyoko, Miyako, Fukiko and Toshiya. At a young age, she dreamed of coming to the United States. At 18, she hitchhiked to the American Army Base in Chitose, Japan. She relished her time working everything from the bowling alley to the cafeteria servicing American GIs.

Emiko came to America in 1968 and settled in White Settlement, where she had two children, Elizabeth "Mimi" Minako Coffey and Joseph Lawrence Coffey. She was proud to earn her naturalized U.S. citizenship shortly thereafter. Both children were active in school and local activities, championed by Emiko, who had a constant presence at school and community events. The family was also actively involved in the fellowship of Ridglea West Baptist Church, where Emiko, who was also known as "Amy," made many friends for life. Mimi graduated Salutatorian of Brewer High School in 1987, just before the family moved to The Hague, Holland.

Emiko embraced the excitement of living abroad. She enjoyed learning Dutch culture and visiting market shops daily in her family's Scheveningen neighborhood. Walks along the beach and the Scheveningen Strand Pier produced many memories she would speak fondly of the rest of her life. Joseph graduated from the American School of the Hague in 1989.

Emiko played a pivotal role in Mimi's life after Mimi graduated from Baylor. Emiko lived with Mimi shortly after she started law school at Texas Tech and helped her raise her four children. "Mima," as Emiko became known, was a constant presence in her grandchildren's lives, providing unwavering support at school activities and a

watchful eye as they developed into upstanding citizens.

All four of Mimi's children would graduate as Valedictorian or Salutatorian of Brewer High School. Mima's role as family matriarch involved the constant care and feeding of her grandchildren's friends, extended support for their activities, and a steady stream of relationship pointers, career advice, and general wisdom. Mima's emphasis on academic success, high levels of achievement, and being kind to others are the hallmark of her tireless positive influence that will be felt for generations.

When asked about her greatest accomplishments, she would quickly rattle off the achievements of her children and grandchildren:

Her daughter, Mimi, earned degrees from Baylor and Texas Tech School of Law. Mimi's oldest son, Charles "Kiki" Kikutaro Crawford, earned degrees from the University of Texas and the University of California, Davis, where he will soon earn his doctorate. Mimi's son Spartacus "Sparky" Gungi Crawford earned degrees from Baylor and Vanderbilt. Mimi's son Spencer Toshi Crawford earned degrees from the University of Texas and Cornell School of Law. Mimi's daughter Mimi Ann Coffey will soon earn a degree from the University of Texas. Willy Goelz became a de facto grandson of Mima during his time as a foreign exchange student at Brewer, living with the family under Mima's tutelage and watchful eye – he remains extremely close to the family to this day. He earned degrees from the University of Amsterdam and Cambridge.

Emiko's son, Joseph, earned degrees from Baylor and the University of Iowa. Joseph's oldest daughter, Emiko, earned a degree from Columbia College in Chicago. His youngest daughter, Miyako, is a sophomore at Hope College in Holland, MI.

Mima's twilight years involved cherished visits from friends and family, and looking forward to the next graduation ceremony. She became very close with Mimi's husband, Tony Mancil, and enjoyed planning future family outings with him. Mima enjoyed annual trips to South Padre Island, cooking Japanese food and '80s pop and country music. She was a devoted Mavericks and Cowboys fan. Friends in the White Settlement community will miss her three-hour trips to Wal-Mart for social visits and exercise.

Thank you so much for being kind to Emiko and bringing happiness into this dynamic hero's life.

In lieu of flowers, donations may be made to the Emiko Coffey Endowed Scholarship at Texas Tech School of Law. Online donations may be made at [donate.law.ttu.edu](http://donate.law.ttu.edu) or checks made out to Texas Tech Law School Foundation may be mailed to the Texas Tech Law School Foundation, Attn. Foundation Office, 3311 18th Street, Lubbock, TX 79409.

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## Texas Born Film and Television Actor - Fess Parker *by Dr. Ken Bridges*

The 1950s and 1960s introduced Americans to television and riveted audiences with tales of the frontier. One of the most noted actors of the era was Texan **Fess Parker**. He became one of the most popular actors of the time, giving life to legendary American figures such as Davy Crockett and Daniel Boone in his portrayals.

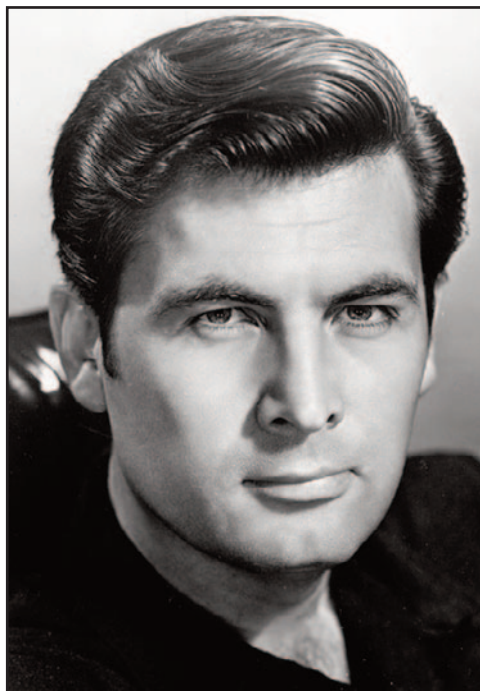
Fess Elisha Parker, Jr., was born in Fort Worth in 1924. At a young age, his family moved to a farm outside San Angelo where he grew up. His childhood was largely uneventful, but this soon changed. When World War II erupted, he enlisted in the navy. He was too tall to become a pilot as he had hoped, and he eventually served as a radio operator in the Marines.

After his discharge from the service, he enrolled at Hardin-Simmons University in Abilene in 1946 through the G.I. Bill. His interest in acting developed, and he appeared in a number of student plays. The next year, he transferred to the University of Texas where he majored in history. He earned a history degree from UT in 1950 and transferred to the University of Southern California in Los Angeles to study theater history. He quickly found work as an actor, albeit a small role. In what became his first film role, he had an uncredited appearance in the classic 1950 comedy *Harvey* as a limousine driver.

Parker appeared in various student plays at USC while working on his outside acting career. He would ultimately appear in 40 films and television shows. He appeared in several westerns and television shows in the early 1950s. One movie included a role in the science-fiction film *"Them!"* (1954) about a race of mutated, Texas-sized ants.

In 1954, the Walt Disney Company offered him a film contract and signed him to play the legendary Texas hero Davy Crockett in a series of one-hour televised features. He appeared in all seven episodes between 1954 and 1956, forever making Parker and Crockett synonymous with the coonskin cap. Just as television was capturing the imagination of American viewers, Fess Parker became a hero to countless children and families across the nation.

In 1957, he appeared in another Disney classic, *"Old Yeller"*, portraying the father of a young boy who found and befriended a yellow dog. Frustrated that the roles that Disney offered were all variations on a theme, Parker left in 1958 to find other roles. He found work in several movies, including westerns such as *"The Hangman"* (1959) and war movies such as *"Hell is for Heroes"* (1962).



In 1962, he also starred in a short-lived series *"Mr. Smith Goes to Washington"*, a television version of the classic 1939 film.

Shortly afterward, he won the role of another legendary frontier figure, this time playing famed Kentucky frontiersman Daniel Boone. The show lasted for six years on NBC. After *Daniel Boone* left the air in 1970, Parker had only two more screen appearances.

In spite of the many fans he had after his iconic roles playing Davy Crockett and Daniel Boone, Parker grew frustrated with the few parts he was otherwise offered.

After 1974, he largely retired from acting. He began a successful winery operation in California. His wines are known for having a coonskin cap on the labels, and his family still operates the company today.

Parker died quietly at his home in California in 2010, leaving behind his wife of 50 years, two children, and a generation of fans.

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*From the Project Linus Blanketeers*

### *First Monday Quilt Club - Project Linus Volunteers Needed*

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, April 3.

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.projectlinus.org](http://www.projectlinus.org).

For more information about the First Monday Quilt Club, call Virginia Biela at 817-244-1263.

From the Alzheimer's Foundation of America

## Ten Steps for Healthy Aging

It's never too soon to practice healthy aging; the things we do to keep body and heart healthy—nutritious diet, physical activity, and social connections – also can help promote brain health and wellness. To help individuals be proactive about protecting their brain health, the Alzheimer's Foundation of America (AFA) is providing these 10 steps for successful aging.

“Lifestyle choices play a vital role in healthy aging and brain health, and it's never too soon to start,” said Charles J. Fuschillo, Jr., AFA's President & CEO. “Eating right, exercising the body and mind, getting proper sleep, and being socially active all contribute to healthy aging and good brain health, and can potentially reduce the risk of developing a dementia-related illness.”

AFA offers the following 10 steps for healthy aging:

- **Eat Well:** Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries, and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt, and sugar. In general, foods that are “heart healthy” are also “brain healthy.”
- **Stay Active:** Physical activity increases blood flow to the brain and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart rate, and weight training builds strength and flexibility.
- **Learn New Things:** Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you have not done before. Even something as simple as brushing your teeth with your non-dominant hand stimulates the brain by forcing it to think outside of its normal routine.
- **Get Enough Sleep:** Getting a consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.
- **Mind Your Meds:** Medication can affect everyone differently, espe-

cially as you age. When getting a new medication or something you have not taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

- **Stop Smoking and Limit Alcohol:** Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

- **Stay Connected:** Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal, board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

- **Know Your Blood Pressure:** Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

- **See Your Doctor:** Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak with your physician about any concerns or questions you have about your health.

- **Get a Memory Screening:** Our brains need regular checkups, just as other parts of our bodies do. Memory screenings are quick, noninvasive exams for our brains. AFA offers free virtual memory screenings every weekday—visit [www.alzfdn.org](http://www.alzfdn.org) or call AFA at 866-232-8484 to learn more about getting a free virtual memory screening. You can also talk to your doctor about getting a screening as part of your annual wellness exam.

Individuals who would like to learn more about healthy aging, brain health, or memory screenings can contact the Alzheimer's Foundation of America's Helpline by phone (866-232-8484), web chat ([www.alzfdn.org](http://www.alzfdn.org)), or text message (646-586-5283) seven days a week, or visit [www.alzfdn.org](http://www.alzfdn.org).

From National Day Calendar

## April is Autism Awareness Month

National Autism Awareness Month raises awareness for autism and Asperger's syndrome during April. Autism is a complex brain diagnosis that can inhibit a person's ability to communicate, respond to surroundings, and form relationships with others.

According to WHO, about one in 270 people in the world has Autism Spectrum Disorder (ASD). ASD is a group of developmental disabilities that causes challenges in many areas of one's life. Some of the affected areas include social, communication, and behavior. Children with ASD can be nonverbal or can have restricted or repetitive behaviors. ASD also affects people of all racial, ethnic, and socioeconomic backgrounds.

The month-long observance takes place during World Autism Awareness Day (WAAD), celebrated each year on April 2. WAAD was adopted by the United Nations in 2007 to shine a bright light on autism as a growing global health crisis. WAAD activities increase world knowledge of autism and impart information about the importance of early diagnosis and early intervention. Additionally, WAAD celebrates the unique talents and skills of persons with autism around the world.

National Autism Awareness Month began in 1972 as National Au-

tistic Children's Week.

The Autism Society founded the event to increase awareness, advocate awareness, and spark change in schools, communities, medical facilities, and businesses.



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# Three Day Weekend Forecast



## Friday, March 31:

**AM** - A 40% chance of showers and thunderstorms. Mostly sunny; high near 79. Breezy, with a S wind 20-25mph becoming west in the afternoon. Winds could gust as high as 40mph.  
**PM** - Mostly clear; low around 49. W/SW wind 10-20mph, with gusts as high as 25mph.



## Saturday, April 1:

**AM** - Sunny; high near 73. NW wind around 10mph becoming E in the afternoon. Winds could gust as high as 20mph.  
**PM** - Partly cloudy; low around 53. E/SE wind around 10mph.



## Sunday, April 2:

**AM** - A 30% chance of showers and thunderstorms. Mostly sunny; high near 77. S wind 10-15mph, with gusts as high as 25mph.  
**PM** - A 20% chance of showers and thunderstorms. Partly cloudy; low around 63.

**Extended Forecast [Click Here](#)**