



City of Benbrook ★ A Texas Star City

Benbrook News

Established 1939 • A Publication of Suburban Newspapers, Inc.

83rd Year, No. 19 • 7820 Wyatt Drive, White Settlement, Texas 76108 • www.suburban-newspapers.com • May 11, 2023

Benbrook Council Action by John English

May 4 Meeting Review

The Benbrook city council meeting held on May 4 was conducted as scheduled. Mayor Jason Ward called the meeting to order. An invocation was followed by the Pledge of Allegiance.

Time was then allowed for citizen comments on any agenda item, but there were none. Minutes from the previous meeting held on April 20 were then approved unanimously.

The first item of the evening was to accept nominations for the 2023-2024 North Central Texas Council of Governments Executive Board. Dr. Larry Marshall nominated council member Renee Franklin. Franklin accepted the nomination and was approved unanimously.

Time was then allowed

(continued on page 7)

From Suburban Newspapers Staff Writers

Memorial Day Ceremony

The annual Benbrook Memorial Day observance will take place at the Benbrook Cemetery located at 812 Mercedes Street at 8 a.m. on Monday, May 29.

The ceremony will be led by American Legion Post 297, supported by VFW Post 10429 and Boy Scout Troop 519.

A formal flag folding demonstration, a Flag salute and the playing of taps will highlight the program.

Complementary flags are provided for placement at every veteran's gravesite by the attending public. Coffee and doughnuts are donated by local businesses.

The public is invited to show their respect for the brave men and women who gave their all so that they can live in a free nation.

The American Legion auxiliary and Sons of the Legion will host a reception to honor the nation's fallen patriots at the Paul Mansir American Legion Post located at 8201 Old Benbrook Road following the ceremony.

From the Sports Desk with John English

Bobcats Advance to Area Round of Playoffs, Cougar Senior to Compete at State Track and Field Meet

The Benbrook baseball team defeated Hillsboro in two straight games this past weekend to advance to the area round of the playoffs where they will face Van Alstyne. The Bobcats swept the series by scores of 6-2 and 4-0, and coach Justin Chavez said this his team did a good job of executing the game plan throughout the series.

"I could not be more proud of the overall team performance," Chavez said. "We out played them offensively, defensively, and on the mound. Our pitchers were outstanding. Senior Ethan Waters had the win Friday night, when he had 9 strikeouts. Freshman Sebastian Martinez picked up the win on Saturday and had 10 strikeouts, and sophomore Maverick Mills pitched 2 scoreless innings to close out both games."1

The Bobcats will play Van Alstyne with a site and time still to be determined at the time the paper went to press. Reflecting on the regular season as a whole, Chavez said, "Overall, we asked the kids to do some things at practice all week that we have not done in the past, but they believed in us, trusted the process, and got the job done. This team has four freshman and four sophomores starting and you would not think they were that young playing at the high level that they do. A lot of people wrote us off after last season's disappointment, but we are back and ready to continue our tradition and have a great playoff run."

Over at Western Hills, senior Aaron Martin will be competing in the state track and field meet this weekend in the 100 meter dash for the Cougars.

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From StatePoint

How to Practice Self-Care on Mother's Day and All Days

While Mother's Day is an annual opportunity to be pampered by your family, you shouldn't actually wait for a special occasion to indulge in self-care.

Carving out some "me time" is not just good for your mental health, physical wellness and confidence, as many moms know, it can actually make you a better parent.

According to a survey of moms conducted by Hutchinson and Cassidy, those who had higher self-esteem had higher levels of perceived parenting confidence.

Here are three ways to celebrate yourself with some self-care this Mother's Day and beyond:

1. Get some rest: We live in a goal-oriented society where the value of rest and relaxation is not always emphasized. Whether it's a spa day with your best friend or curling up with a good book at home, be sure your Mother's Day -- and your overall schedule -- includes adequate time to recharge your batteries.

2. Take care of your smile: One of the best ways to foster self-confidence is with a clean,

healthy smile. In fact, a 2020 Cigna Dental Report found that smile satisfaction is one of the top three drivers of self confidence among U.S. adults.

3. Take care of your mind: So much of motherhood is ensuring everyone has what they need, and often, your own needs can fall by the wayside. There are many ways to take time to check in with yourself though. You could buy yourself a beautiful journal and jot thoughts down for a few minutes each evening or check out apps like Headspace, which can help get you started on a meditation practice. Even a 10 or 15 minute walk at lunchtime can be a powerful mood-booster and an opportunity to reflect. You might also consider taking up a hobby that offers the chance for self-expression, such as painting, poetry, music or crafting.

When it comes to parents and caretakers, the importance of self-care can't be overstated. Let this Mother's Day serve as the kick-off of new routines that boost your self-confidence and your well-being.



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Benbrook News, River Oaks News and
White Settlement Bomber News

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Around the Town with Denise Honeycutt

First Annual Pacific Islander Festival Draws Crowd

Revelers enjoyed **Kuana Torres Kahele's** concert.



The First Annual Pacific Islander Festival was held in Bedford on Saturday, April 29. Food trucks serving local favorites, several vendors, entertainment and prizes were available for those in attendance at this free event.

Kuana Torres Kahele (coo-ah-nah Torres kah-heh-leh) traveled from Hawaii to hold hula and lei (lay) making workshops. It was jam-packed at the facility where these workshops were held. Several individuals signed up for these courses ahead of time to secure a spot at an overwhelming capacity!

Kahele is a Hawaiian musician, vocalist, songwriter, record producer, Kumu (coo-moo) hula dancer/teacher, lei maker extraordinaire and educator from Hilo, Hawaii. He arranges traditional Hawaiian music as well, performing and recording with instruments; ukulele, guitar, ipo (ee-poe) and bass. The majority of his lyrics are written and performed in the Hawaiian language.

Born on the slopes of Pi'ihonua (pee-ee-hoe-new-ah) on the Big Island, Kahele is the second of five children. For much of his life his maternal grandmother raised him. She remains the single greatest influence in his life. He was exposed to Hawaiian music at a very early age and by the time he was 10 years old, he was performing at local events and family gatherings, and has several other people that enthralled him to become the amazing artist he is today.

Winning countless awards over his career, Kahele has performed on every continent and has captured audiences in Russia, Egypt, Spain and Iceland. He also has a hula halau (hah-lau) school in Japan that he frequents once a month called Na Pua Ihi Laumaewa (nah-poo-ah-ee-hee-lau-mah-eh-vah).

The festival drew hundreds of people from Austin, San Antonio, El Paso, Killeen,

Granbury, Benbrook, White Settlement, Arlington, the Naval Air Station Joint Reserve Base and many other areas.

Kahele taught hula at his workshops during his stay and various halau performed for spectators throughout the festival.

The audience waited until 5 p.m. for Kahele to take the stage and he sang to the delight of everyone who waited patiently.



Maray Gonzalez and Tracie Balanay at the workshop work on their lei po'o.



Individuals at the lei workshop prep flowers to create their lei.



Members from a halau get ready to perform on the stage.



Pua Garcia (left) and Kama Aiwahi wowed the audience with their performances.



Ezzy Gonzalez and Kainalu Garcia dance to a popular Hawaiian tune.



This halau (hah-lau, group) is prepared to entertain spectators at the event.

From Substance Abuse and Mental Health Services Administration

National Disaster Distress Helpline Provides Immediate Crisis Counseling

The Disaster Distress Helpline, 1-800-985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common reactions after a disaster. Call or text 1-800-985-5990 to connect with a trained crisis counselor.

Counseling Services

The Disaster Distress Helpline puts people in need of counseling on the path to recovery. Our staff members provide counseling and support before, during, and after disasters and refer people to local disaster-related resources for follow-up care and support. Since its launch in February 2012, the Disaster Distress Helpline has provided counseling and support in response to disasters such as hurricanes, wildfires and the Coronavirus pandemic.

The Disaster Distress Helpline is staffed by trained counselors from a network of crisis call centers located across the United States. These counselors provide:

- Crisis counseling for people in emotional distress related to any natural or human-caused disaster
- Information on how to recognize distress and its effects on individuals and families
- Tips for healthy coping
- Referrals to local crisis call centers for additional follow-up care and support

When you call or text, crisis counselors will listen to what's on your mind with patience and without judgment. There is no need to give any identifying information when you contact the Disaster Distress Helpline. The counselor may ask you for some basic information at the end of the call, but these questions are optional and are intended to help the Substance Abuse and Mental Health Services Administration (SAMHSA) keep track of the types of calls it receives.

Who Should Contact the Disaster Distress Helpline?

This crisis support service is for anyone experiencing emotional distress related to disasters such as: Tornadoes and Severe Storms, Hurricanes and Tropical Storms, Floods, Wildfires, Earthquakes, Drought, Incidents of Mass Violence, Anniversaries and Trigger Events.

The Disaster Distress Helpline also answers calls and texts related to infectious disease outbreaks, such as the Coronavirus pandemic, incidents of community unrest, and other traumatic events.

The impact of crises may affect people in different ways. Learn how to recognize the warning signs and risk factors for emotional distress related to natural and human-caused disasters.

The Disaster Distress Helpline is open to everyone. This includes survivors of disasters; loved ones of victims; first responders; rescue, recovery, and relief workers; clergy; and parents and caregivers. You may call for yourself or on behalf of someone else.

Call or Text

From the United States and its territories, call or text 1-800-985-5990 to connect with a trained crisis counselor, 24/7. Spanish-speakers can call the hotline and press "2" for 24/7 bilingual support.

Callers to the hotline can also connect with counselors in over 100 other languages via 3rd-party interpretation services; to connect with a counselor in your primary language, simply indicate your preferred language to the responding counselor and she/he will connect to a live interpreter (interpretation in less commonly-spoken languages may require calling back at an appointed time). Learn more and download information about the Disaster Distress Helpline in 30 of the most commonly-spoken languages in the U.S.

Standard text and data message rates will apply when texting from mobile phones. International text and data rates may apply from within U.S. territories and free association nations. SAMHSA will not sell your phone

numbers to other parties.

Other Inquiries

If you're not in immediate need of crisis counseling support and would like to contact us for other reasons, send an email or use our contact form. Contact us for:

- Technical problems. If you encountered a technical problem while trying to contact the Disaster Distress Helpline, please include your name and preferred contact information in your email if you wish to receive a reply.

- Provider inquiries. Providers with specific inquiries about technical assistance and support, requests for materials, and exploring collaborations are encouraged to send an email.

- Feedback. To provide feedback about your experience reaching out to the Disaster Distress Helpline, send an email describing your experience and SAMHSA will look into the matter. Please include your name and preferred contact information if you wish to receive a reply.

- Social media inquiries. Email us with questions about the Disaster Distress Helpline's use of social media.

- All media inquiries. Members of the media with questions about the Disaster Distress Helpline are encouraged to call the SAMHSA Media Services Team at 1-240-276-2130.

Our staff appreciate hearing from people about their experiences. SAMHSA takes feedback about our services, whether it is positive or negative, very seriously.

SAMHSA also encourages public promotion of the Disaster Distress Helpline. Anyone can use the Disaster Distress Helpline logo and telephone number on their website and link to the Disaster Distress Helpline's materials and social media properties.

Call 211 for information about disaster-related evacuations, shelters, food and clothing distribution, volunteer opportunities, and other resources and referrals. Or visit the national 211 Call Center website to find the 211 information and referral center nearest you.

Vendors Wanted for Benbrook Heritage Fest 2023

Benbrook is saddling up to host Heritage Fest on Saturday, Sept. 30 from 10 a.m. to 8 p.m. at Dutch Branch Park. This year’s event will be packed full of family-friendly fun entertainment, music performances, food, artisan vendors, a pumpkin patch, and much more!

Process

1. Submit your application and make payment. Applications are not considered complete until payment has been received by Heritage Fest Management.
2. This is a juried event. Applications will be reviewed starting June 30. Those who submitted their applications on or before June 30 will be notified of their acceptance by July 7. After June 30, applications will be reviewed weekly, and vendors will be notified 10 business days after application is turned in. If you aren't selected, you will be refunded your entire application fee in a timely manner. Heritage Fest Management reserves the right to limit the number of vendors with similar type products. This is to help all vendors succeed.
3. Booth spaces will be assigned beginning July 31. You will receive confirmation and further direction once your booth space has been assigned.

Please note that we do not offer booths for political groups/organizations, political candidates, or religious groups/organizations at Heritage Fest. In addition, Heritage Fest Management, at their sole discretion, may turn down any vendor application reserving the right to limit the type of vendors, the number of similar vendors, and the specific product(s) displayed and/or sold at a vendor's booth.

Your application will be considered complete once payment has been received. To pay by credit card, call: 817-249-6990. To pay by check, mail to: City of Benbrook, ATTN: Heritage Fest Management, 911 Winscott Rd., Benbrook, TX 76126.

[Click here to complete the online vendor application.](#)

From the Fort Worth Gem and Mineral Club

Fort Worth Gem and Mineral Club to Meet May 23

The Fort Worth Gem and Mineral Club meets monthly on the fourth Tuesday. The next meeting is May 23 at 7 p.m. Meetings are always open to the public.

This month program time will be dedicated to getting ready for the annual jewelry show. The purpose of this club is to delve into the study of geology, mineralogy, and the lapidary arts. We also strive to stimulate interest in the searching and collecting of minerals and fossils.

For more information or directions, visit the website at www.fortworthgemandmineralclub.org.

From the City of Benbrook

Summer Reading at Benbrook Public Library

Registration for the Benbrook Public Library’s 2023 Summer Reading Club will begin Saturday, June 3.

The library offers reading programs for all ages, and there are multiple options for the whole family to participate in the Summer Reading Club. Participants may play online or in person at the Library for a chance to win prizes. Players will also have opportunities to win gift cards from local businesses and library services as they play.

The Benbrook Public Library offers a multitude of summer programs that are sure to encourage family fun activities to keep you occupied through the heat of summer.

Visit benbrooklibrary.org for more information.

From Fort Worth ISD

FWISD 2023 Graduation Dates Announced

The Benbrook Middle-High School graduation ceremony will be held on Friday, June 2 at 4 p.m. and the Western Hills High School graduation ceremony will be held on at 8 a.m. on Saturday, June 3 at Dickies Arena, located at 1911 Montgomery St. in Fort Worth.

Legal Notice

White Settlement ISD will be hosting a public meeting for all private non-profit schools

- 1) Located within the WSISD boundaries; or
- 2) That have students enrolled who reside within WSISD boundaries regardless of the location of the private school (Title I Services Only).

The meeting will provide information about possible proportionate share federal funding services available to private nonprofit schools for the upcoming 2023-2024 school year.

Private schools will have the opportunity to declare their interest to participate in receiving proportionate share federal funding services. Available services include special education (IDEA B), instructional assistance for students (Title I), professional development for teachers (Title II), assistance for English language learners (Title III), and assistance for a well-rounded education, safety and secure schools (Title IV). Public meeting information:

May 24, 2023
11:00 a.m. - 12:00 p.m.
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All interested private schools may contact Ronda Wright at rwright@wsisd.net for more information prior to the meeting.

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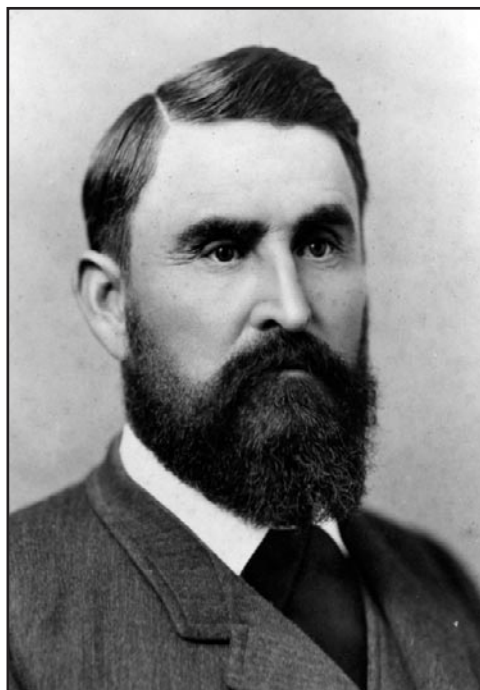
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American West Rancher, Charles Goodnight *by Dr. Ken Bridges*

In the years before oil dominated the Texas economy, farmers and ranchers made the state's reputation through the hard days of tilling the soil and driving countless herds of cattle. Of all the ranchers who poured their sweat and blood into the dust to build lives for themselves, and ultimately their communities, **Charles Goodnight** stands out. He led the creation of one of the most important cattle trails in the Southwest and became a leader in ranching for western Texas.



Goodnight was born into a farming family in Illinois in 1836. His father and namesake, Charles Goodnight, died while he was still quite young. In 1846, shortly after statehood, he moved with his mother, siblings, and stepfather to Texas. The family settled in Milam County, roughly between Georgetown and Bryan.

He took many different jobs with the emerging farms and ranches in the region. By the late 1850s, he had joined local militias in ongoing fights with the Comanche tribes. He also served briefly in the Civil War.

In 1866, now in the Weatherford area, he and his friend Oliver Loving were determined to improve their fortunes in the cattle market. The two organized a drive of hundreds of head of cattle from the Fort Belknap area in Young County to army posts in New Mexico.

By the next year, the two were also heading north into Colorado to sell cattle. However, Loving died in a fight with Comanches in 1867, but Goodnight continued to share the profits with his family afterward. Their route, which became known as the Goodnight-Loving Trail as others followed, became one of the most important cattle trails in the region, creating important new markets for Texas cattle at unprecedented profits.

Cattle prices collapsed in 1873, forcing Goodnight to find new lands. In 1876, Goodnight staked out a new ranch in the Panhandle at PaloDuro Canyon, building a homestead in what became the community of Goodnight, southeast of modern Amarillo. The JA Ranch, founded with partner John G. Adair, was one of the first in the Panhandle.

With a fortune amassed from his many adventures, he became known for his generous philanthropy. He donated endangered buffalo to zoos across the nation. He gave generously to churches, and though he had less than a year of formal education himself, ultimately established a college.

Goodnight College opened in 1898 originally as a co-ed preparatory school. The institution opened its first classes in the local

Methodist church, and Goodnight donated 340 acres to let students work off their tuition. Although it eventually expanded into a two-year college, the pressures of World War I and competition from other nearby colleges forced its closure in 1917. The site, however, continued to operate briefly as an orphanage.

His later years were met with disappointment. His wife of 56 years, Mary Ann, died in 1926, leaving him totally despondent. When the Mexican government, upset over the loss of its mining wealth to other nations, took over ownership of all foreign-owned mines in 1919, Goodnight saw all of his investments in Mexican silver mining evaporate overnight. He was forced to sell his ranch, only with the provision that he could live there for the rest of his life. He died quietly at his home in 1929.

In the years following his death, Goodnight was widely honored. Several Texas communities named streets for him, and Pueblo, Colorado, named an elementary school for him. The Panhandle-Plains Historical Museum in Canyon, which opened in 1933, includes a statue, his personal letters, and a number of his possessions.

Reportedly, famed Texas author and Archer City native Larry McMurtry based his 1985 novel *"Lonesome Dove"* on one of Goodnight's cattle drives.

Benbrook Council Action

(continued from page 1)

for informal citizen comments, and resident Terry Roach approached the podium and expressed disappointment in the council's unwillingness to discuss with him his request for body cam footage of a prior incident in which he was detained by the Benbrook Police Department.

"If you listen to the body camera video that they are refusing to release, you will hear the officers repeatedly claim that I was trespassing and that the owner's had asked them to catch trespassers," Roach said. "I knew it wasn't true. I knew the trespassing law. I knew I wasn't breaking it. I'm a law-abiding citizen. But now I know the police definitely knew that the landowner wasn't keeping people out."

Time was then allowed for council member and staff comments and Franklin reminded citizens that the Artisan market would be outside of the YMCA last Sunday.

The meeting was then adjourned.

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Three Day Weekend Forecast



Friday, May 12:

AM - A chance of showers and thunderstorms. Partly sunny; high near 84. S wind around 15mph, with gusts as high as 25mph. Chance of precipitation is 60%.
PM - A chance of showers and thunderstorms. Mostly cloudy; low around 69. S/SE wind around 15mph, with gusts as high as 25mph. Chance of precipitation is 60%.



Saturday, May 13:

AM - Showers and possibly a thunderstorm. High near 80. SE wind around 15mph, with gusts as high as 25mph. Chance of precipitation is 80%.
PM - Showers likely and possibly a thunderstorm. Cloudy; low around 68. Chance of precipitation is 70%.



Sunday, May 14:

AM - Showers likely and possibly a thunderstorm. Mostly cloudy; high near 79. Chance of precipitation is 70%.
PM - A 40% chance of showers and thunderstorms. Mostly cloudy, with a low around 65.

[Extended Forecast Click Here](#)