

Around the Town with Denise Honeycutt

Harleyween at American Legion Post 297

Hosted by the SAL Riders from American Legion Post 297, a Harleyween trunk or treat was recently held at the facility. Hot dogs, chips and drinks were provided with several Riders who participated with their motorcycles.



SAL Rider **Rachel Rogstad** (kneeling) a Scary Witch, **Mateo Barrios, Jr.** with his parents **Diana** and **Mark Barrios, Sr.** participated at the occasion.

Pictured right: SAL Riders (l-r) **John Rogstad** and **Bill Whitmore** pass candy out to (l-r) **Hudson** and **J.T. Grijalva**.



SAL Riders **Mark Bolinger** and **Dan Hook** with **Austin Blair** a.k.a. Teddy Roosevelt.



From the City of Benbrook

Application Deadline Nov. 6 for Boards and Commissions

The Benbrook City Council is accepting applications from citizens interested in serving on various Boards and Commissions. These positions include:

- Planning and Zoning Commission
- Zoning Board of Adjustment/Appeals Commission
- Parks and Recreation Board
- Benbrook Economic Development Corporation Board of Directors

Appointed members of the Boards and Commissions serve a two-year term and must meet the following qualifications

- Be a registered voter of the City;
- Have resided in the City for one year;
- Continue residency in the City during the term of office;
- Not hold a public elective office within the State; and
- Serve without compensation.

Planning and Zoning Commission members must also own real property within the City.

Tax Increment Finance Reinvestment Zone No. 1 Board of Directors qualifications:

- Be a resident of the City or own a business within the City
- Serve without compensation

Applications and information on each board/commission is available at City Hall, 911 Winscott Rd., or on the Government page of the City's Website www.benbrook-tx.gov.

The application deadline is Nov. 6, 2023.

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Around the Town with Denise Honeycutt

VFW Post 10429

Celebrates a Birthday



Pictured are: **Lynn Toomer** and his wife, **Karen Toomer**.

Members and friends from VFW Post 10429 recently celebrated Lynn Toomer's Halloween birthday along with a Cowboy's win!

Toomer is a United States Marine Corp. veteran and has held several titles at the Post including Past Department of Texas State Commander, District 21 Commander, Quartermaster, Trustee, Jr. Vice Commander and Senior Vice Commander.

He is currently the Post Jr. Vice Commander and District 21 Jr. Vice Commander.

Toomer is running for the title of National Jr. Vice Commander-in-Chief in 2026.

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Legal Notice

Application has been made with the Texas Alcoholic Beverage Commission for a Wine and Beer retailer on Premise Permit by Keith Armand DBA Louisiana Seafood and Fish Market to be located at 1505 E. Berry, Fort Worth, Tarrant, Texas
Owner Keith Armand

Legal Notice

The White Settlement Independent School District (WSISD) is accepting proposals for BMS East Parking Lot The Request for Proposal document RFP #2324-06 can be obtained on the WSISD website, www.wsisd.com and go to: Business Services/Purchasing/Bid Information/Current Offline Bid Opportunities. Please contact Nancy Escobar at nancy.escobar@wsisd.net for inquiries. The deadline for inquiries and questions is November 14, 2023 by 2:00 pm. Proposals are due by November 16, 2023 by 2:00 pm. Proposals must be sent to: White Settlement ISD, Attn: Nancy Escobar, 8224 White Settlement Road, White Settlement, TX 76108. Faxed or e-mailed proposals are not accepted.

White Settlement ISD reserves the right to accept or reject any or all proposals.



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From the Sports Desk with John English

Western Hills To Take on Diamond Hill-Jarvis Saturday, Benbrook Football Team to Face Godley Tomorrow Night

The WHHS Cougars football team had a difficult game with Kenne-dale on Thursday night, losing by a score of 42-0.

Western Hills is currently tied for fourth place in the district 6-4A standings and will look to clinch a playoff berth against Diamond Hill-Jarvis at 11 a.m. on Saturday morning.

Over at Benbrook, the Bobcat football team came up short against Glen Rose on Friday by a score of 48-7 and will look to get things back on track in its season finale against Godley at 7 p.m. tomorrow night.

Coach Cody Slater said things looked good early on against the Tigers, but that the game got away from Benbrook.

“We played a really good first quarter and then Glen Rose out-played us for the next three quarters,” Slater said. “We were proud of how our kids battled for four quarters, but we have to fix our mistakes to have an opportunity this upcoming week.”

Slater said he expects the game with Godley to be a challenge for his team.

“Godley is a big and physical team,” Slater said. “We will have to match their physicality and fix our mistakes from this previous week to have an opportunity to be successful on Friday night.”

On the court, the Benbrook volleyball team defeated Carter-Riverside on Friday night and coach Frances Davies said, “The match against Carter-Riverside was a great way to end district play. The girls were focused and really played at their true level. We got to have fun with the lineups and try different things without the stress or fear of losing. Quick 3-0 to end a perfect 12-0 district season.”

Davies said the victory was a good all around team effort.

“They knew from the beginning they wanted to finish undefeated for the fourth year, but also wanted to have a little fun,” Davies said. “They made the decision to play hard, aggressive, and focused.”

Benbrook played Alvarado in the bi-district round of the playoffs on Monday, and reflecting on the regular season, Davies said it was another strong effort.

“I’m pleased with the overall season,” Davies said. “We had to work through replacing key pieces from last year, new faces, injuries, crazy lineups and more. The girls have truly trusted each other and the process and have shown insane growth from day one. I’m very proud of them and their accomplishments, and we’re looking forward to extending this season/playoff run as long as possible.”

From the Project Linus Blanketeers

First Monday Quilt Club - Project Linus Volunteers Needed

Come join the fun and 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 pot-luck lunch, ladies are asked to bring brunch or snack items. Their next meeting is on Monday, Nov. 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 www.projectlinus.org. For more information about the First Monday Quilt Club, call Virginia Biela at 817-244-1263.

From Suburban Newspapers Staff Writers

Did You Know...?

On this day, Nov 2:

- **1889** – North Dakota and South Dakota are admitted as the 39th and 40th U.S. states.
- **1914** – World War I: The Russian Empire declares war on the Ottoman Empire and the Dardanelles is subsequently closed.
- **1920** – In the United States, KDKA of Pittsburgh starts broadcasting as the first commercial radio station. The first broadcast is the result of the 1920 United States presidential election
- **1947** – In California, designer Howard Hughes performs the maiden (and only) flight of the Hughes H-4 Hercules (also known as the “Spruce Goose”), the largest fixed-wing aircraft ever built until Scaled Composites rolled out their Stratolaunch in May 2017.
- **2000** – Expedition 1 arrived at the International Space Station for the first long-duration stay onboard. From this day to present, a continuous human presence in space on the station remains uninterrupted.

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Benbrook Community Enjoys Local Fall Festival

A local church hosted a Halloween Fall Festival on the day! Several individuals came out to win televisions!

Hot dogs, drinks, bounce houses, photo booths, obstacle course, candy and more candy along with fun and fellowship were enjoyed by all in attendance.

The event was hosted by Pastors Lynn and Debbie Bullock.

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Melanie Fernandez made an appearance at the festival.



Kamala and Serenity Estrada smiled for candy!



Campbell Moelling came as Peter Pan.



Ryder, Eric and Tinsley Gallup arrived in "Toy Story" characters.



Dariyanna and Sambreauna Hodges pose for a photo op.



Ember Bailey (Cruella de Ville) and daughter Rayben Bailey (Dalmatian Puppy) enjoyed the festivities.



Kalani, Kardier and Kadaveon Robinson anticipate playing the several games offered.



Joining the event were the Mario Brothers with their headlights on! Pictured left are: (l-r) Stephanie Rodriguez, Oscar Rodriguez, Rosa Delgado and Julio Perez.

American Physician, Dr. Edith Irby Jones *by Dr. Ken Bridges*



that can cause life-long issues.

Irby graduated from a segregated high school in 1944. She excelled academically and earned a scholarship to Knoxville College in Tennessee, majoring in chemistry and biology. She graduated in 1948 and was determined to help others as a doctor. She applied to UAMS in Little Rock. She placed 28th out of 91 applicants in an aptitude test for admission. After the Supreme Court desegregated law schools starting with its decision in 1947, the UAMS board of regents decided to desegregate. Irby's admission made national news. She became the first African-American to attend any medical school in the South. Dr. H. Clay Chenault, the vice-chancellor of the medical school stated, "It is a physical impossibility in a medical education program to offer any measure of segregation."

In spite of the open admissions policy, Irby still faced discrimination. In 1949, she met and married Dr. James B. Jones, director of personnel and guidance at Arkansas AM&N College in Pine Bluff (what is now the University of Arkansas at Pine Bluff). They would ultimately have three children together. In 1952, she earned her medical degree. As part of a medical education, doctors enter a residency program after graduation to further learn to put their new skills into practice. The newly-minted Dr. Edith Irby Jones made history again by entering a residency program at the university hospital in Little Rock, the first African-American to serve a residency in the state.

After her residency, she set up a private practice in Hot Springs, determined to give back to the community. Though she had a thriving and popular practice, she saw a new opportunity and moved to Houston in 1959 as the first woman and first African-American internist with the Baylor College of Medicine and continued to expand her medical knowledge into cardiology. She opened a new practice in the poorest neighborhoods of Houston in 1962 to offer care to those who could not afford it. She also accepted a position as chief of cardiology at St. Elizabeth's Hospital in Houston. The next year, she became a professor for Baylor College of Medicine. Though a teacher herself, she continued to study the latest advances in medicine through courses at medical schools in West Virginia and Illinois by the mid-1960s.

She was in high demand and gave generously of her time. She volunteered throughout

the community and helped found medical clinics across Latin America. Jones was also active with Houston area schools.

In 1974, she co-founded the Association of Black Cardiologists. She also began supervising new doctors in their residencies with the University of Texas Health Science Center. In 1985, she became the first woman president of the National Medical Association, the oldest medical association for African-American doctors. In 1986, building on her years of advocacy for civil rights and access to medicine for those in need, she co-founded Physicians for Human Rights. She was named Internist of the Year by the American Society of Medicine in 1988.

The City of Houston honored her work by declaring Edith Irby Jones Day in 1986, and she received numerous honorary doctorates and awards for her work. As she moved into her sixties, she continued her work in Houston and around the world. She founded a medical clinic in Haiti in 1991 and founded another in Mexico. Both still bear her name. "It is when we give of ourselves that we truly give," she once said. "Medicine continues to be a service we can render to all."

In 2004, she was admitted into the University of Arkansas College of Medicine Hall of Fame and was one of the first women named to the Arkansas Women's Hall of Fame in 2015. She died quietly at her home in Houston in July 2019 at age 91.

The ability to heal is an ancient and respected art. The practice of medicine, from binding wounds to folk remedies for diseases, date back thousands of years.

In the 20th century, major advances were made that eliminated many diseases and eased the suffering of countless individuals.

The expansion of medical schools allowed many more people to be able to practice medicine and to spread its availability into underserved communities. With the desegregation of universities across the South, African-Americans could receive a top-rated medical education in their home states. Among these was Dr. **Edith Irby Jones**. She became the first African-American to attend a desegregated southern medical school and began a storied career as a leader in medicine in Arkansas and Texas.

She was born Edith Mae Irby in rural Central Arkansas in December 1927. Her father was a sharecropper and her mother was a maid. The family struggled during the Great Depression. In 1936, at the age of eight, her father died in an accident. Her distraught mother moved the remaining family to Hot Springs. Her older sister died not long afterward from typhoid fever, a condition preventable today with vaccinations. Irby later noted that her sister's illness was the only time in her childhood they had a doctor's appointment because they were so poor. She struggled with her own bout of rheumatic fever as a child, a disease

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Four Ways You Can Observe National Veterans and Military Family Month



When was the last time you thanked a military member or veteran for their service? November is National Veterans and Military Family Appreciation Month and an excellent time to celebrate, support and honor service members.

That’s why Points of Light, a global nonprofit organization dedicated to mobilizing people to take action that changes the world, is sharing ways you can get involved, along with the stories of former military members already doing so. From volunteering to donating and beyond, these ideas are based on the Points of Light Civic Circle®, a framework that highlights nine pathways to boosting social impact.

1. Listen and learn. Being informed about an issue can help you think more critically, make better decisions and lend stronger support. Check out two podcasts created by Military OneSource. Covering topics like deployment, casualty assistance, money management and parenting, they are designed to help military members and families thrive, and can help others understand the difficulties of military life.

2. Volunteer. Hands-on support is some of the most impactful work you can do in the nonprofit sector, and organizations rely heavily on volunteer power to carry out their missions. The American Red Cross is currently recruiting caseworkers for military

members, veterans and families. This volunteer role requires some training, but can be carried out from anywhere, and shifts are flexible. Whether you’re looking for remote or in-person volunteer opportunities, search Points of Light Engage, the world’s most comprehensive database of volunteer opportunities around the globe.

You can also get inspired by such dedicated volunteers as Navy servicewoman and Daily Point of Light Honoree Michaela White. For the past two years, she’s advocated for mental health in the military, volunteering her time with Patrol Base Abbate, a nonprofit that fosters community and purpose among service members and veterans.

3. Donate. Nonprofits and NGOs are dependent on donations to pay their staff, recruit volunteers and execute their high-impact work. This year marks Wounded Warrior Project’s 20th anniversary. You can support its mission of providing career and VA benefits counseling, mental health support, adaptive sports initiatives and more, by making a donation for National Veterans and Military Family Appreciation Month.

4. Celebrate, thank and honor veterans. Veterans and their family members are everywhere – from working alongside you to doing everyday things like grocery shopping, eating at a restaurant and more. Consider ways you can celebrate and honor military members or veterans in your community. It might be as simple as thanking a coworker for their service, writing a thank you note and dropping it off at your local VA or sending one virtually through Soldiers’ Angels. You might also attend a Veterans Day parade or event in your community or simply ask a veteran about their service. These gestures can go a long way in helping veterans and service members feel seen and appreciated.

Retired fireman, Army veteran and Daily Point of Light Honoree Tom Schneider is a great example of someone who integrates his work with causes he cares about. Since 2017, he’s extended a helping hand to those devastated by floods, fires, tornadoes, hurricanes and even plane crashes as an American Red Cross volunteer.

From volunteering your time and talent, to contributing your resources, there are many ways to honor former and current military members and their families this month.

A graphic for 'Homeschool Social' featuring various educational icons: a backpack, an open book, a globe, a microscope, and a lightbulb. The text 'November 8th 2 to 4' and 'Homeschool Social' is prominently displayed. The Benbrook Public Library logo is at the bottom right.

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The logo for the White Settlement Historical Museum, featuring a small illustration of a building.

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Mary Isham Keith Chapter, National Society Daughters of the American Revolution

Honoring Blind Veterans with the Bronze Braille Flag at DFW National Cemetery

by Rick Irving

The Mary Isham Keith Chapter of the National Society Daughters of the American Revolution (NSDAR) recently initiated a dedication of a Bronze Braille Flag at DFW National Cemetery.

The historic event took place on Saturday, Oct. 21, presided over by Charley Holler, Regent of the Mary Isham Keith Chapter, NSDAR and Texas DAR State Vice Chair of the Flag of the U.S./Braille Flags.



The presentation of the Colors was carried out by the TCU Air Force ROTC, adding a touch of military honor to the event. The highlight of the ceremony was the presence of SSGT Walt Peters, USA (ret.), the President of the American Braille Flag Project, as the guest of honor and speaker. SSGT Walt Peters served three tours in Vietnam and is legally blind. He is a remarkable advocate for blind veterans.



Images by Rick Irving

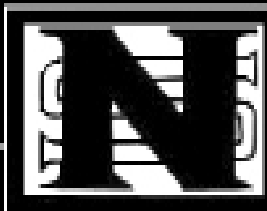
The Bronze Braille Flag is a remarkable addition to the monument section of DFW National Cemetery. It is a unique flag, quite distinct from the traditional cloth flags we are accustomed to. Made of bronze and mounted on a post in the ground, it displays the Stars and Stripes design raised on the bronze, enabling blind individuals to feel it. The Pledge of Allegiance is written in Braille as well, making it a symbol of inclusivity.

The American Braille Flag Project, is on a mission to ensure that tactile American Braille Flags are placed in VA facilities visited by blind veterans and in other memorial structures, cemeteries, schools, and libraries, allowing blind students and citizens to experience and understand the American flag through touch.

The original Flash Bronze Braille tactile flag is a testament to the dedication of this project. It serves not only blind Americans but also as a teaching aid for instructing blind students. It is a representation of the American flag that can be touched, felt, and learned from.



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Three Day Weekend Forecast



Friday, Nov. 3:

AM - Sunny, with a high near 70. South wind 5 to 15 mph, with gusts as high as 20 mph.
PM - Mostly clear, with a low around 52. South southeast wind around 15 mph, with gusts as high as 25 mph.



Saturday, Nov. 4:

AM - Mostly sunny, with a high near 73. South wind around 15 mph, with gusts as high as 25 mph..
PM - Mostly clear, with a low around 57. South wind around 15 mph, with gusts as high as 25 mph.



Sunday, Nov. 5:

AM - Mostly sunny, with a high near 76. South wind around 15 mph, with gusts as high as 25 mph.
PM - Mostly clear, with a low around 62.

[Extended Forecast Click Here](#)