



City of Benbrook ★ A Texas Star City

# Benbrook News

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*From the City of Benbrook*

## Heritage Fest Saturday at Dutch Branch Park

Benbrook is saddling up to host its annual Heritage Fest on Saturday, Sept. 30 at Dutch Branch Park, located at 1899 Winscott Rd., Benbrook, 76126, from 10 a.m. to 8 p.m.

This free family-friendly event is packed full of exciting Western entertainment, musical performances, food, vendors, hayrides, and a chuckwagon dinner and street dance. and many other activities honoring our community's western heritage.

Attendees are also invited to participate in a dog costume contest, stick horse race competition.

For questions, call 817-249-6990.

*From the Sports Desk with John English*

## WHHS Cougars Open District Play with a Win

The Western Hills football team opened up district competition with a bang on Friday night, defeating Carter-Riverside by a score of 39-25.

The Cougars pulled their season record even with the win, and coach Blake Moilan said it was a nice victory for his team.

"This was a big homecoming win for the Cougars," Moilan said. "We got down by 13 to start the game and the guys just stayed the course and kept playing. We were very proud of the way that the guys kept fighting and trusted. We had an awesome crowd and appreciate that they came out to support the Cougars."

Offensively, Kyu Wilson had a great game at quarterback, rushing for 147 yards and four touchdowns and throwing a touchdown pass.

Running back Kaream Williams had another 100 yard plus game and found the end zone once as well.

Defensively, Brycen Foster and Love Willis "had huge games in helping to stop a very talented running back that Carter Riverside has."

Western Hills will play Dunbar at 7 p.m. this evening, and Moilan expects his team to have it's hands full.

"Dunbar is athletic and physical," Moilan said. "We feel like we have gotten better each

(continued on page 2)

*Benbrook Council Action by John English*

## Sept. 21 Meeting Review

The Benbrook city council meeting held on Sept. 21 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.

Next was a motion to approve the minutes of the meeting held on Sept. 7. The minutes were approved unanimously.

The first item of the evening was a report from the city manager to accept the finance report for the period ending Aug. 31. For the General Fund, revenues totaled \$979,738 for the month of August, and \$24,345,100 year-to-date, and expenditures totaled \$1,770,043 for the month of August and \$19,022,725 year-to-date. For the Economic Development Corporation, revenues for the month of August totaled \$244,174, with year-to-date revenues of \$2,247,904.

Expenditures for August totaled \$40,317 and year-to-date were \$795,436. Investments for the City of Benbrook totaled \$45,384,278 and investments for the EDC totaled \$7,521,442. The finance report was accepted unani-

(continued on page 2)

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*From the City of Benbrook*

## National Night Out Oct. 3 at Benbrook Community Center

Join the Benbrook Police and Fire Departments Tuesday, Oct. 3 as Benbrook partners with thousands of communities in Texas for the 40th Annual National Night Out crime and drug prevention event. National Night Out is designed to heighten crime and drug prevention awareness, generate support for local anti-crime efforts, and strengthen neighborhood spirit and community partnerships.

The event will be held outside the Benbrook Community Center/YMCA (1899 Winscott Rd.), from 6 p.m. to 8 p.m. There will be food trucks, music, vendors, bounce houses, and public safety equipment displays. Bring the kids and let them meet police and fire department personnel and get an up-close look at the equipment used to help keep Benbrook safe.

For questions about the event, contact Detective J. Hatton at [jhatton@benbrook-tx.gov](mailto:jhatton@benbrook-tx.gov) or 817-249-6089.

# Benbrook Council

## Action (continued from page 1)

mously.

Next up were three ordinances to the city's budget cycle and taxing and there was no staff report for any of the items, as they had all been addressed at previous meetings. The first was a motion to adopt an ordinance approving budget figures for fiscal year 2023-24. The ordinance was approved unanimously by roll call vote.

Next was a motion to adopt an ordinance fixing and levying ad valorem tax for 2023-24. The ordinance was approved unanimously by roll call vote.

Next was a proposal to ratify the property tax revenue increase reflected in the fiscal year 2023-24 budget. The ordinance was approved unanimously by roll call vote.

Ward thanked city staff for their work on the budget.

Next up was informal citizen comments, and resident Terry Roach came to the podium and voiced concerns about having to provide his home address to the council. Afterward, resident Jennifer Harper thanked the workers over at Republic for the job they do cleaning up the trash and thanked the council for their work.

Time was then allowed for council member and staff comments, and council member Renee Franklin reminded residents that Heritage Fest was set for Sept. 30 from 10 a.m. to 7 p.m. at Dutch Branch Park.

The meeting was then adjourned.

## Sports Desk (continued from page 1)

week and will need to continue to find out what we are good at and get better each week."

Over at Benbrook, the Bobcats came up just short against Breckenridge last week, losing by a score of 36-28.

Benbrook moved to 4-1 with the loss and will be in it's bye this week, before opening up district competition on at 7 p.m. on Oct. 6 at Hillsboro.

On the court, Benbrook continued it's winning ways with a 3-0 win over Diamond Hill-Jarvis on Friday night.

Coach Frances Davies the game against Diamond Hill provided her team with the

opportunity to try a couple of things.

"I think overall we played okay," Davies said. "We played around with some different lineups and kids in new places and were really able to see what worked, what could be an option and what was absolutely a no go. They had fun trying new things but still staying competitive."

Standouts performances came from Benbrook's two middles: Martha Greene and Gentry Grunden.

"We've been struggling getting the timing locked in with our setters," Davies said on Friday night. "And today they really clicked and we're able to get a lot of powerful swings. It was nice to see."

Benbrook will play Carter-Riverside tomorrow night, and Davies said she has a few expectations.

"I'm expecting us to have to force self-discipline as a whole," Davies said. "We have a tendency to not play at our true level or potential. I know Carter-Riverside is having a tougher season, but anything can happen. We're looking to speed up the offense a little and will probably use that match to see where we're at."



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## City Hall Closed for Holiday Monday, Oct. 9

Benbrook City Hall, located at 911 Winscott Road, Benbrook, TX 76126 will be closed all day on Monday, Oct. 9.

It will reopen on Tuesday, Oct. 10 during normal business hours.

For more information, contact 817-249-3000.

## Electronic Waste/Document Shredding Event Oct. 14

The City of Benbrook is hosting a free Electronic Waste/Document Shredding event at the Dutch Branch Park parking lot on Saturday, Oct. 14, from 8 a.m. to noon.

Innovative Electronics will be on-site to collect E-Waste. There will be attendants available to help unload items.

As a rule of thumb, if it can be plugged in, it can be recycled.

The following is a list of common items that citizens can bring for recycling:

- Televisions (any size)/Radios/Telephones (No CRT)
- Computers/monitors/printers (Innovative Electronics destroys the hard drive)
- Fax Machines/Copiers
- Microwave ovens/Dishwashers/Washers/Dryers/Refrigerators
- Gaming systems (Xbox, PlayStations, etc.)
- Vacuum Cleaners
- VCR's
- Smoke detectors

### Document Shredding

Sierra Shred will provide a shredding truck and will shred documents on-site. Please limit documents to a reasonable household amount (no large quantities of business documents).

Please do not place plastic materials such as credit cards or compact discs with documents to be shredded.

For more information, call Jared DeVries at 817-249-6008.

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CITY OF BENBROOK 15TH ANNUAL

# HERITAGE FEST

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- Chuckwagon Dinner and Dance
- Old West Reenactments - Heroes of the Old West
- Sallie's School of Dance
- Dog Costume Contest
- Stick Horse Race Competition
- Foot Works Performing Arts Center
- Story Time Provided By Benbrook Public Library

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- Axe Throwing
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From StatePoint

# Tips to Stay Connected During Natural Disasters

Natural disasters can occur anywhere, at any time. Having a plan to stay connected during emergencies is essential. In the midst of a natural disaster, you'll want to stay informed of local conditions and recommendations, be able to alert loved ones of your safety status, and have the peace of mind that comes with knowing you have a way to reach emergency personnel.

September is National Preparedness Month and to help ensure you stay connected during natural disasters, T-Mobile is offering the following tips to follow before and during a disaster:

## Before a Disaster

- Check NOAA's National Weather Service and the National Hurricane Center to get tips and track storms.
- Ensure your disaster kit or go bag includes a list of emergency numbers, chargers and waterproof, resealable bags.
- Stay abreast of current conditions and forecasts by downloading the Red Cross and FEMA apps and by subscribing to local authorities' text alerts and social media channels.
- Enable Wireless Emergency Alerts (WEA) on your phone. WEA is a public safety notification system that enables authorized agencies to send messages to those with capable wireless devices alerting them of emergencies in their area.

• Check the T-Mobile Newsroom for the latest information on the wireless service provider's emergency response. Companies like T-Mobile have emergency response teams working to ensure they are ready to keep communities, first responders and individuals connected when it's needed most. During a Disaster

• Be ready for power outages and other interruptions. Keep your devices fully charged and enable your phone's battery-saving mode and dark mode to conserve charge.

• Keep calls (and all device usage) to a minimum and make conversations as brief as possible. Or, consider sending text mes-

sages instead. During times of congestion, texts are more likely to go through than calls.

• Have a charged portable power bank for your phone handy as back-up.

• Ensure you have a way to make important calls should regular cellular coverage be limited or unavailable. For example, you can set up Wi-Fi calling. If calling 911 using Wi-Fi calling, give the operator your address.

Natural disasters are on the rise, making it important to be prepared. As part of your planning, be proactive about ensuring you have a way to stay informed and in touch with those who matter most to you, come what may.

From the City of Benbrook

## Apply Today for Various Boards and Commissions

The City boards and commissions are comprised of citizens interested in contributing to their community by volunteering to serve on a board or commission. The various boards and commission act as advisory boards to the City Council and, in limited instances, are the final decision making body.

Appointments to boards and commission are made annually in December. Odd-numbered places are appointed in odd-numbered years and even-numbered places are appointed in even-numbered years.

### Application Process

The City Secretary will begin receiving applications from interested citizens in mid-September of each year. The deadline for receiving applications is the first Friday in November.

City Council will receive the applications and schedule a date and time for candidate interviews at their second meeting in November. Once the interview date is established, the City Secretary will email each candidate with the date and time allotted for their interview. Applicants are encouraged to contact the City Secretary if they have not received their notice.

City Council will make the appointments to the various Boards and Commissions at their second meeting in December. The two year terms will begin on Dec. 31 of each year.

### Member Requirements

- Board and commission members must:
- Be a registered voter of the City
  - Have resided in the City for at least one year
  - Continue their residency during the term of office
  - Not hold a public elective office within the State
  - Serve without compensation

In the case of the Planning and Zoning Commission, members must own real property in the City.

### How to Apply

Applications are [available online](#), or from the City Secretary and will be kept on file for one year from the date of receipt. Completed applications can be dropped off at the City Secretary's Office, faxed, or emailed. The applications are forwarded to the City Council during the annual application process or as vacancies occur during the year.



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*From the Alzheimer's Foundation of America*

## ***Follow These 10 Steps to Be Proactive About Your Brain Health***

As part of Healthy Aging Month this September, the Alzheimer's Foundation of America (AFA) is offering ten steps to promote healthy aging and good brain health.

"Lifestyle choices are integral to healthy aging, protecting brain health, and reducing the risk of developing dementia," said Charles J. Fuschillo, Jr., AFA's president & CEO. "Healthy aging month is a great time to remind people that healthy aging is something everyone should prioritize, because it's never too soon to start."

AFA encourages individuals to take the following ten steps to promote good brain health and healthy aging:

1. **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."

2. **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.

3. **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.

4. **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.

5. **Mind Your Medication.** Medication can affect everyone differently, especially 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.

6. **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.

7. **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.

8. **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.

9. **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.

10. **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 wishing to learn more about healthy aging and promoting good brain health can contact the Alzheimer's Foundation of America's Helpline at 866-232-8484 or visit AFA's website, [www.alzfdn.org](http://www.alzfdn.org).

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*From the Project Linus Blanketeers*

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

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 will meet at Bethany Christian Church located at 1500 Meadow Park Drive in White Settlement from 10 a.m. to 1 p.m. on Monday, Oct. 2. Ladies may bring brunch or snack foods to share with others if desired.

Project Linus is a non-profit service organization. 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.

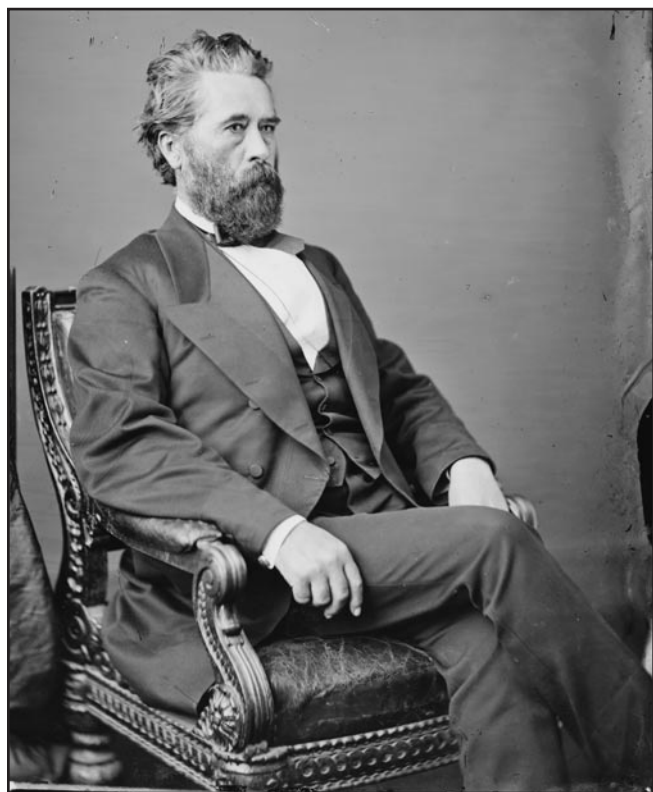
No experience is needed - there is a place for you. Anyone can help if you can follow instructions, sew, tie a knot, crochet a blanket, or tell a good joke. Volunteers have lots of fun and develop fantastic friendships. High school students can receive community service credits for participating. Materials (fabric, batting, thread, and yarn) are provided.

Donations of fabric, yarn, thread, sewing machines, sergers, or money to purchase materials are greatly appreciated.

Come join the fun and enjoy fellowship with the Quilt Club volunteers while you make a difference in our community by being a blessing to others.

For more information about the mission of Project Linus, visit [www.projectlinus.org](http://www.projectlinus.org). For more information on this group and meetings, call Virginia Biela at 817-244-1263.

# Texas Politician and Judge John Hancock *by Dr. Ken Bridges*



History knows well the story of John Hancock, the patriot from the American Revolution whose name is featured prominently on the Declaration of Independence. But there is another John Hancock who had his own adventures in war and politics. This John Hancock would travel to Texas, serve as a judge and attorney, and later become a member of Congress.

John Hancock was not related to his famous namesake. This one was born in October 1824 in Jackson County, Ala., a lightly populated area in the northeast corner of Alabama. He was the seventh of 10 children born to John and Sarah Hancock.

Hancock's oldest brother, George, was 17 years his senior. In 1835, he had left Alabama for Texas where he served in the Texas Revolution, fighting at the famed Battle of San Jacinto in 1836. He later became a respected and prosperous merchant in the Austin area. Tales of his adventures in far-off Texas inspired the younger Hancock, who began planning for his own successful career.

After spending his childhood on the family farm, he went to nearby Knoxville, where he studied at the University of East Tennessee. After graduation, he began an apprenticeship with an attorney in Winchester, Tennessee, not far from his childhood home. He studied the law and

procedures carefully before going to an Alabama judge to show his competency in the law. As a result, in 1846, not yet 22, he was admitted to the bar in Alabama.

The next year, Hancock moved to Austin and started his own law firm. It proved very successful, and his reputation grew. In 1851, at the age of 27, he was elected as a district judge. On the bench, he was well-regarded by court observers and attorneys. His proceedings were respected as efficient and fair and his rulings were sound. Though elected to a six-year term, he apparently grew bored with serving as a judge and became enticed by other opportunities. He resigned in 1855, began ranching and resumed his law practice.

As tensions between North and South flared, he was drawn back into politics. He was elected to the state legislature in fall 1859 as a Unionist Democrat determined to keep Texas in the Union. The Texas Hill Country and the Red River Valley were known for their strong Unionist stands. After the election of Abraham Lincoln as president in fall 1860, secessionists began driving southern states from the Union.

Gov. Sam Houston was also a devout Unionist, at one point declaring that Texas had shed its blood to get into the Union. Hancock stood with Houston against the forces of secession, but it soon became clear that Texas Unionists were far outnumbered among voters and legislators. Houston reluctantly called for a secession convention and a later vote. Texans voted overwhelmingly for secession, and the secession convention demanded that all officeholders swear an oath of loyalty to the Confederacy or their elected offices would be declared vacant.

For Hancock, political expediency did not matter. Principle was what was at stake. He refused to take the oath supporting the Confederacy. Like Houston, Hancock was expelled from his office by March 1861.

He remained a conscientious objector throughout the Civil War, often moving from one place to another. He still worked as an attorney, practicing only in Texas

courts and refusing to try cases in Confederate courts. After the Confederate draft was enacted, officials began looking for him to press him into the army. Hancock fled to Mexico in 1864 rather than serve, still determined to support the Union. By the spring of 1865, he was in New Orleans when he learned of the Confederate surrender and returned home.

Hancock returned to politics, serving in the 1866 State Constitutional Convention, working to make Texas part of the United States again.

In 1870, he was elected to Congress, representing most of Central Texas. Much of his work in Congress dealt with policies relating to the treatment of Native Americans. Settlers on the frontier had long been enraged with the fights between settlers seeking new lands and the tribes determined to defend their own lands. Hancock's stances toward the tribes were harsh, echoing the policies of President Ulysses S. Grant and many other westerners at the time. He supported the policy forcing tribes on the reservations, pushed legislation cutting rations provided by the federal government, and pushed laws allowing hunting parties to leave reservations only when accompanied by the army.

He was defeated for re-nomination in 1876. He returned to Congress in 1882, served one term, and declined to run again in 1884. He retired from politics altogether, but he enjoyed a lively law practice. He remained an active and popular presence in Austin courtrooms, sometimes defending the most notorious clients. He died in Austin in July 1893 at the age of 68.

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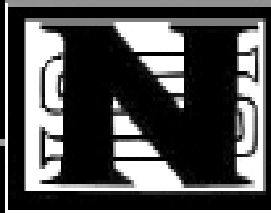
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# Three Day Weekend Forecast



## Friday, Sept. 29:

**AM** - Sunny, with a high near 95. S/SE wind 5 to 15 mph, with gusts as high as 20 mph.  
**PM** - Mostly clear, with a low around 71. SE wind 10 to 15 mph, with gusts as high as 25 mph.



## Saturday, Sept. 30:

**AM** - Sunny, with a high near 94. S/SE wind 10 to 15 mph, with gusts as high as 25 mph.  
**PM** - Mostly clear, with a low around 69. SE wind 10 to 15 mph, with gusts as high as 25 mph.



## Sunday, Oct. 1:

**AM** - Mostly sunny, with a high near 93. SE wind 5 to 15 mph, with gusts as high as 20 mph.  
**PM** - Partly cloudy, with a low around 69.

[Extended Forecast Click Here](#)