Western Hills High School is mourning the death of Principal James Wellman, who died unexpectedly Thursday, Jan. 5. A longtime administrator with FWISD, Wellman, 47, has been the principal at WHHS since 2009.

“Jamie Wellman was respected by students, families and colleagues. He will be mourned as a great and caring leader who developed deep, personal relationships with everyone in the Western Hills High School family,” said Superintendent Kent P. Scribner.

“He was always eager and proud to share the achievements of students and staff. Our thoughts and our prayers are with his wife, son, and entire family,” stated Scribner.

Counselors were available at WHHS to offer support for students when school resumed Tuesday.

Wellman joined the Fort Worth ISD in 2000 as a special education teacher at Carter-Riverside High School. He worked in that capacity at South Hills High School before transferring to Western Hills High School more than 10 years ago, in 2005.

Wellman graduated with a BA in safety and health education from West Virginia State College and earned his master's in education administration from Texas Christian University.

He is survived by his wife, Stephanie, and a son, Payne, as well as his parents, Bob and Carole Wellman, and his father-in-law and mother-in-law, Herb and Kathy Stephens.

**Funeral Service**

A funeral service will be held Thursday, Jan. 12, at the University Christian Church at 4:30 p.m.

**Candlelight Vigil**

The students, faculty and staff will hold a candlelight vigil for Wellman on Friday, Jan. 13 at 6 p.m. on the WHHS Football Field. Friends, family and community partners are invited to attend. The service will be broadcast via Facebook and WH Cougar Radio for those who cannot attend.

**Cadets Honor Veterans During Pearl Harbor Recognition**

*by Russell Malesky, Col., USAF (Retired)*

Thirty-seven Western Hills High School JROTC Cadets honored America’s Greatest Generation in commemoration of the 75th anniversary of Pearl Harbor and America’s entry into World War II on Dec. 7 at Birchman Baptist Church.

There were over 350 attendees at this event, 150 of whom were veterans of WWII, Korea, Vietnam and the more recent Gulf Wars. There were 60 WWII veterans alone ranging in ages of 92 to 101; five of them were present at Pearl Harbor when it was attacked on Dec. 7, 1941, and an additional one lost his brother on the U.S.S. Arizona when it went down on the day the U.S. was brought into the second world war.

The cadets were moved as much as the veterans who walked through their welcoming gauntlet (pictured right) as they were saluted and thanked for being who they are and helping make us who we are today.

(additional photos on page 8)
Daughters of the Republic of Texas Meeting

Frances Cooke Van Zandt Chapter Daughters of the Republic of Texas will meet Monday, Jan. 23 at 1 p.m. at the Fort Worth Botanic Garden Center, 3200 Botanic Garden Blvd. in Fort Worth.

The program will be “The Fort Worth Herd” presented by Kristin Jaworski. Come and listen to the Old West come to life.

Daughters of the Republic of Texas are descendants of men and women who lived in and/or fought for Texas Independence from Mexico in the Republic period 1835-1845.

For more information, call 817-559-0019.

West Side Crochet Corner Meeting

The West Side Crochet Corner completed another successful year by distributing over 100 afghans to a local nursing home.

Members will start the new year at the regular monthly meeting on Thursday, Jan. 12 at 7 p.m. in the Benbrook YMCA.

The group welcomes new members who desire to learn how to crochet.

Help is provided for newcomers.

Yarn donations are used to make afghans to be given to residents of a nursing home during December 2017.

Southwest Fort Worth Chapter AARP Meeting Notice

The Southwest Fort Worth Chapter of AARP will meet Wednesday, Jan. 18 at Genesis United Methodist Church located at 7635 South Hulen Street, Fort Worth.

Coffee will be served at 10 a.m. with the program to begin at 10:30. Columnist and blogger, Teresa McUsic, will be the guest speaker.

For additional information, visit the website at www.fortworthaarp.org or call 817-921-6717.

West Side AARP Meeting Notice

The West Side AARP will meet at 10 a.m. at Brookdale at Westover Hills, 6201 Plaza Parkway, 3rd Floor, Fort Worth, TX 76116.

The speaker will be from the Fort Worth Library, and will discuss using the library to trace your ancestry.

For directions, call 817-989-1174; para información en español call 817-732-3439.

Tarrant County Health Department Still Encouraging Flu Shots and Precautions

The Tarrant County Health Department recommends that you continue practicing the following six ways to fight the flu:

• Keep your hands clean
• Cover your cough or sneeze with a tissue or sleeve and avoid touching your eyes, nose or mouth
• Avoid close contact with those that are sick
• Stay at home when you are sick
• Avoid doing errands, going to school or work and get vaccinated.
• With the peak of the flu season just ahead, there is still time for everyone who hasn’t had a flu shot to get one.

Flu Shots are available in many locations. Tarrant County Public Health is offering flu shots at local community public health centers.

For more details, call 817-321-4700.

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For more details, call 817-321-4700.

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Join us every Sun. at 9:30 a.m. for Seekers Sunday School & 11 a.m. for Worship, Bible Study every Wed. at 10 a.m. & 7 p.m.
Find us on Facebook, email us at email: bcc1951@att.net
~ Rev. Gabe Pfefer, Minister ~
Music Director, Violinist: Ryan Brewer  Pianist: Melody Rader
Prime Time is quickly coming to town with the legendary Fort Worth Stock Show and Rodeo returning Jan. 13 through Feb. 4. Nothing symbolizes the essence of Cowtown like the Stock Show as the city and region comes together for action-packed rodeo, livestock and horse shows, carnival midway, the hottest music acts and a shopping experience that’s second to none.

With roots almost as old as the city itself, the Stock Show dates to 1896 when it was first held on the city’s Northside. Today more than 29,000 animals are entered in what many exhibitors say is the most prestigious event of its kind, held in the heart of the Cultural District at the Will Rogers Memorial Center.

Rodeo is another celebrated Stock Show institution. Thirty-six performances provide ample opportunities for the public to experience the “signature event” that makes Fort Worth the most unique city in Texas. Between the Best of the West Ranch Rodeo, Best of Mexico Celebracion, Cowboys of Color Rodeo, Bulls Night Out Extreme Bull Riding, Fort Worth Super Shootout® Rodeo and the legendary World’s Original Indoor Rodeo® you’ll want to return time and again. All promise thrills, spills and good old fashioned fun.

Regardless of style or taste, there’s something for everyone at the Stock Show. Children and adults alike can enjoy activities, events and exhibits related to livestock, agriculture and the food industry. Hot regional music acts entertain crowds and the carnival midway is a blast not only for kids but the kids at heart. Of course, with approximately 200,000 square feet of shopping, there’s something for everyone in the Stock Show’s exhibit halls.

So get your tickets for Prime Time today and enjoy a fun-filled western heritage experience. For more information, or to purchase tickets visit the website online at www.fwssr.com. Ordering tickets is also made easy by calling 817-877-2420. Get ready for Prime Time, get out to the legendary Fort Worth Stock Show and Rodeo.
Stress-Relieving Tips to Help get Through Grief

It’s normal to experience extreme stress after losing someone you love, whether it was expected or sudden, and the death of a loved one is never easy.

The loss of someone close can create tremendous amounts of stress for those affected, causing feelings such as numbness, guilt and anger. But though it may be difficult to manage your feelings after tragedy, there are ways that you can cope.

The following stress-relieving tips will help you get through your time of grief:

• Take time to mourn. Even though it may be difficult, talk with friends and family about your loved one and about the emotions you’re feeling. Participate in memorials to not only honor the deceased, but also to help give you closure and accept the loss.

• Don’t turn to bad health habits for comfort. Drinking alcohol, overeating or not eating at all will not give your body the nutrients it needs to stay mentally balanced. Besides maintaining a nutritious diet and staying active, some doctors recommend taking a supplement formulated to reduce stress.

• Get it out on paper. Write a letter to your loved one who passed away, explaining how you’re feeling and the characteristics and moments that you’ll never forget about the person.

• Take steps to help others. Selfless actions, such as giving blood, can help give you a sense of purpose at a time when things seem out of your control.

• Believe that you will get through your loss. By taking things one day at a time, you will begin to heal knowing that, though a special person has passed, your love for the person will live on.

Raymond Alfred (Ray) Gilley, passed away Thursday, Jan. 5, 2017 in Fort Worth.

Funeral services were held Wednesday, Jan 11 at Lane Prairie. Interment with Navy honors took place at Holly Hills Memorial Gardens in Granbury.

Born August 11, 1926 in San Antonio to the late H.R. and Rachel Gilley, Ray served his country in the U.S. Navy. Upon moving to the Fort Worth area, Ray worked as an aircraft electrician for Convair, later General Dynamics, and retired from Lockheed Martin.

Ray and his wife, Maggie, resided in Benbrook for almost 30 years, and were faithful members of the Benbrook Church of Christ, where they raised their children. They moved to Granbury in 1986. After Maggie’s death, Ray was blessed to find love and companionship with Robbie. They had 26 happy years together in Joshua, and were members of Lane Prairie Baptist Church.

Ray is predeceased by his parents; wife, and mother of his children, Maggie; and his brother, Ralph.

He leaves to cherish many wonderful memories: his wife, Robbie; of Joshua; son, Ronny of Itasca; daughter, Lynda of Benbrook; step-daughters, Tami Calloway and husband Barry; and Laura Valdez and husband Genaro. He also leaves six grandchildren, five great-grandchildren, four-grand dogs, and a host of family and friends.

Raymond Alfred (Ray) Gilley

Katie went to heaven on Nov. 30, 2016. She is the beloved daughter of Rob and Penny Wilkinson. Katie leaves behind three charming daughters, Kelsie Grace (12) Kaylie Marie (5) and Karlie Rae (3). These girls were the focus of her life.

A Celebration of life was held Wednesday, Dec. 7, 2016.

Donations in Katie’s honor can be made to the: Triple K College Fund, 10104 Wandering Way Benbook, TX 76126.

Katie was born Nov. 7, 1980 in Kailua, Hawaii. She was first born child to Rob and Penny. Katie spent a year in Washington where the family welcomed her sister Kristen. In 1985 the family moved to Benbrook where Katie’s younger brother James was born. Katie attended Westpark Elementary, Monnig Middle School, and graduated from Western Hills High School in 1999. After high school, Katie worked various jobs before becoming employed at Cracker Barrel where she was a customer favorite. This is also where she met her husband Chip Johnson.

Katie had taken piano lessens as a child and enjoyed playing for family and friends. She was certified as a pharmacy technician. She was a great cook and a big sports fan but spent most of her time wrangling the three girls. Katie was treasured by all who knew her.

Katie is survived by: her husband, Chip Johnson; their three daughters; parents, Rob and Penny Wilkinson; her siblings, Kristen Wilkinson and James, (Natalee), Wilkinson. She also leaves behind many dearly loved aunts, uncles, nieces, nephews, and in-laws including her much loved mother-in-law, Del.

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The Early Life of Dwight D. Eisenhower

by Dr. Ken Bridges

Dwight D. Eisenhower was a man who rose to great heights, but he was always a man of modesty. Like so many figures who excelled in America, his rise to prominence was far from certain, but a background of faith, hard work and education pushed the odds in his favor. Though his time in Texas was short, his impact on the world was profound.

He was born on Oct. 14, 1890, in Denison. His given name was David Dwight Eisenhower, after his father. However, the name was later switched to Dwight David Eisenhower, reportedly to avoid confusion over having two Davids in the family. Reports conflict whether it was his idea or his mother’s insistence.

He was the third of seven boys. His father, David Eisenhower, had attended Lane University to study engineering and had later opened a general store in the tiny farming community of Hope, Kansas.

However, the business failed within three years because of the financial crises crippling farmers at the time, forcing the Eisenhowers to move. In 1889, his father found work in Denison as an engine wiper for the Cotton Belt Railroad for $10 per week.

The growing family scraped by, but faith and education were a must in the Eisenhower household. The future president’s grandfather had been a preacher, and his father insisted on daily prayers and Bible readings.

His mother, Ida, was a devout and determined woman whose family had escaped the violence of Civil War Virginia and became a pacifist as a result. She had even attended college, where she persevered and graduated in 1909.

Her nickname was David Dwight Eisenhower, after his father. However, the name was later switched to Dwight. Though his mother discouraged the use of nicknames, the “Ike” moniker stuck with him the rest of his life.

After the hard years in Denison, the Eisenhowers moved to Abilene, Kansas, in 1892. Eisenhower’s father picked up work as a mechanic at a creamery, and their fortunes steadily improved.

As a child, Eisenhower was adventurous and athletic, exploring the outdoors and playing sports. He was very competitive with his older brothers, and his mother had once called him her “most troublesome boy.”

Interestingly enough, his mother had taught him to cook, which he took to enthusiastically. A younger brother died at the age of four, but the family pushed on, relying on their faith to endure hard times. In fact, the Eisenhowers held Bible classes in their home for many years.

Eisenhower was a star football player at Abilene High School. He had to repeat his freshman year because of a debilitating injury, but he recovered and graduated in 1915 in a class in which 59 graduates would eventually become generals.

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In 1911, he won an appointment to the U.S. Military Academy at West Point. Eisenhower considered it a practical way to get a free education. His mother, however, was disappointed at his choice for a military life, but she did not stand in his way. He graduated in 1915 in a class in which 59 graduates would eventually become generals.

Eisenhower would have a long career of service to the nation. He rose to become Allied Supreme Commander in World War II, helping to secure the Allied victory against the Nazis. After World War II, he became the first Supreme Commander of NATO. In 1952, he became the first native-born Texan elected president, widely supported by state residents.

Today, his birthplace is a state historic landmark in Denison, marking the beginning of what became an extraordinary life.
Hawaiian Equestrian Unit to Participate in the Fort Worth Stock Show and Rodeo Parade  

by Denise Honeycutt

Leiala Cook is the Pa'u Queen for this appearance.

For the first time in 121 years, a Hawaiian Pa'u (pah-oo) Unit will be participating in the Fort Worth Stock Show and Rodeo Parade. The horses will be adorned with colorful fresh flowers from the islands and the riders will be dressed in traditional outfits representing each island and their island flower/shells. It will be a memorable time for those in attendance.

The Hawaiian Pa'u Riders Equestrian Unit from Waimanalo, Oahu, Hawaii, is under the direction of Leiala Cook, and is the Pa'u Queen for this appearance.

The history of the Pa'u riding tradition began after Capt. Richard J. Cleveland introduced horses to Hawaii in 1803. King Kamehameha disliked the animals, partially on account of the amount of food they required. The Western sailors began riding them along the beaches to demonstrate their capabilities. Hawaiian men and women quickly took to riding, establishing a long equestrian tradition that also included the "paniolo" (pah-nee-oh-low), the Hawaiian cowboy. Originally, the long-draped fabric, the Pa'u, on the horses protected the women while traveling and riding from dirt, dust, etc. Over time, as the riders took part in performances and displays, their outfits became more elaborate and elegant.

As the Hawaiian kingdom declined, so did this tradition. Attempts were made by the monarchy to revive the custom, but were unsuccessful. In 1906, a woman named Lizzie Puahi organized the first association of women riders for a floral auto parade.

Queen Leiala and her unique equestrian unit will showcase the "Aloha Spirit" and strive to always share the "Aloha Spirit" and they look forward to this amazing event.

She began the Pa'u Rider's Club from her home in Waikiki where she recruited other women while traveling and riding from dirt, dust, etc. The women while traveling and riding from dirt, dust, etc. Over time, as the riders took part in performances and displays, their outfits became more elaborate and elegant.

The Hawaiian Pa'u riders will be participating in the Fort Worth Stock Show and Rodeo Parade this year.

Benbrook Area Veterans Memorial

The Hispanic Veterans Display donated the Benbrook Veterans Memorial to honor area veterans. The city was given a diagram of a barrier the organization was having built to restrain children from climbing on the memorial. It was 21 inches high so as to not restrict photos of this beautiful memorial.

Mr. Alex Busken from the city informed me after our barrier was complete and paid for that the city would take care of it. We as veterans, in the making of the barrier, considered the feelings of our MIA/POW families and our veterans wanting pictures with the memorial.

Here is the completed memorial after the City of Benbrook completed the barrier. 37 inches high will keep any stray long-horn out with bars to remind MIA/POW veterans and families of their loved ones. As if this wasn't enough, while I was looking for a place to put the memorial, I stumbled across a dishonorable Veterans memorial at Benbrook Cemetery, donated and approved by the City of Benbrook. It is honoring American veterans and Merchant Marines on the same memorial. The Merchant Marines are not veterans; they are civilians!

I am going to meet with veterans organizations to seek their support and meet with the city to remove that memorial and replace it with an honorable veterans memorial at the cemetery.

I just wanted to let the community know. Support your veterans.

Paid for by Jose Alvarado
Five Tips For Choosing Your Next Travel Destination

Your Boston vacation was great, especially that side trip to Salem to learn all about witch trials. The Grand Canyon lived up to its name and orca watching off the San Juan Islands was breathtaking. That was all in the past, though. Now it’s time to plan the next big excursion.

But with so many places to visit, how do you choose the right one?

A world-traveling chef who has visited more than 30 countries, says her advice is to leave nothing to chance, which is the approach she takes for her own travels. “It would be fun to say I just close my eyes and throw a dart at a map,” says Trettenero.

“But there’s a lot of planning and research that goes into every vacation.”

When pondering where to go next, she recommends:

• Pick five possible places you want to see. These could be in the United States, such as Las Vegas, New York City, New Orleans, Miami and San Francisco. Or they could be foreign destinations, such as London, Paris, Tokyo, Madrid and Venice. Then decide when you want to go, how long you want to stay and what you want to budget for flights and accommodations.

• Compare flights to every city. The internet makes this easy to do. Check the prices and the times that flights are available. If you’re on a tight budget, this is when crucial differences might begin to emerge.

• Check out potential accommodations. Some cities are more expensive than others. Look into all the options, such as hotels, hostels, bed and breakfasts, and other possibilities. Could you save a substantial amount of money if you stayed just outside the city you want to visit?

• Find out about surrounding cities or countries. You don’t want to stay in one place the whole time, but you also don’t want to spend a lot of time traveling. Research how to get from one place to another, such as a bus, train, ferry or rental car.

“Want you to know this ahead of time,” Trettenero says. “In the Greek Islands, I made the mistake of not looking up the ferry schedule. Because of that, I missed visiting one island altogether.”

• Stalk social media and the internet. Hashtags can help you find what others are saying about your destination choices on social media. Travel blogs are a great source, too. You can also just Google the places and find statistics, photographs and points of interest.

Once you’ve gathered the information it’s time to make your choice and your reservations.

“It’s worth pointing out that there isn’t really one right choice,” Trettenero says. “If you have a blast and come home with great memories, then that destination was the right one.”

Pet Adoptions This Weekend

Benbrook 4 PAWS will be at the Hulen Petsmart this weekend with dogs available for adoption. Hours are 11 a.m. to 3 p.m. on Saturday, Jan. 14 and 12:30 to 4 p.m. on Sunday, Jan. 15. Everyone interested in adopting a pet is welcome to come meet the dogs and visit with volunteers.

Benbrook 4 PAWS is a local nonprofit animal rescue group that finds forever homes for unclaimed cats and dogs located at the Benbrook Animal Shelter. The group is run entirely by volunteers and can always use additional help. They have meetings at the Benbrook Dairy Queen on the fourth Thursday of each month. For more information visit 4pawsinc.org or find them on Facebook.

Group Meetings at Benbrook Library

Second Friday Poetry will meet at Benbrook Public Library on Friday, Jan. 13. The meeting will feature the poets in the recent anthology, “Cattlemen and Cadillacs.” Free refreshments will be provided, and there will be a drawing for door prizes. Mixing and mingling will begin at 6:30 p.m., and the program will start at 7 p.m.

The Extension Education Group will meet Thursday, Jan. 26 at 1 p.m. at the library. All ages are welcome to come and discuss intelligent topics. For more information, contact county agent Marian Ross at 817-884-1294.

Problem Gambling

The National Council on Problem Gambling is the national advocate for programs and services to assist problem gamblers and their families. To learn more or to find help, call toll free 800-522-4700 or visit www.ncpgambling.org.
Veterans Honored at Pearl Harbor Recognition (continued from page 1)

One hundred fifty attendees at this event were veterans of WWII, Korea, Vietnam and the more recent Gulf Wars.


The cadets formed lines welcoming the veterans, saluting them and thanking them.

Your ads & stories reach 24,000 homes and businesses each Thursday. Call 817-246-2473 today.
January Happenings at Benbrook Public Library by Benbrook Public Library Staff

The library offers weekly computer classes every Wednesday at 5 p.m. Each class is paced for beginners and is intended to teach attendees basic skills with a specific computer application. No prior knowledge of the topic being taught is necessary, though attendees should know the fundamentals of operating a computer (i.e., how to use a keyboard and mouse). The classes are free, and no registration is required. We’ll cover Microsoft Intro to Apps on Jan. 18, and will have an open lab for your specific computer-related questions on Jan. 25.

On Friday, Jan. 13 at 10:30 a.m., kids are invited to make fun arts and crafts at our Art Time program. The crafts are intended for ages 3 to 6, but all ages are welcome.

If you need help with an e-reader, smartphone, tablet or another device, come to our Tech with a Librarian program on Friday, Jan. 13. Drop in anytime between 2 and 4 p.m.

Maker Monday, our new program that offers arts and science projects for Elementary-age children ages 8 to 12, will meet Monday, Jan. 16 at 4 p.m. All supplies will be provided.

LEGO Club will meet on Tuesday, Jan. 17 at 4 p.m. Kids ages 6 to 15 are invited to come in and build with other young LEGO fans.

On Tuesday, Jan. 17 at 6:30 p.m., local author Mike Baldwin will give a presentation on enhancing your creativity through neuroscience. Those interested in writing are encouraged to attend. The presentation will be followed by a meeting of the library’s writing critique group, which offers writers the opportunity to share their work with their peers and get feedback in a constructive setting. Writers (ages 18 and up) of all genres and experience levels are welcome.

Bring your preschool-age children to our Music, Movement, and Me program on Friday, Jan. 20. A professional instructor will teach kids about music through vocal recognition and awareness, rhyming, dancing and more. There will be a session at 10:30 a.m. and another at 11:15 a.m. Space is limited, so plan to arrive early.

Avid readers are invited to attend Different Pages, the library’s adult book club for those who would like to share what they’ve been reading recently with other book lovers, on Tuesday, Jan. 24 at 11 a.m. There will be light snacks to enjoy while you talk books and socialize.

On Tuesday, Jan. 24 at 6:30 p.m. at Tinker Tuesday, our program that provides instruction on our MakerSpace equipment, our project will be creating and decorating picture frames. We will be teaching basic Corel Draw skills and will work through the entire process, start to finish, on using the engraver.

On Friday, Jan. 27, at 10:30 a.m., the Benbrook Fire Department will be at the library to teach kids about fire safety and give them a chance to see and touch a real fire truck.

Board game lovers of all ages are encouraged to attend Family Game Night on Saturday, Jan. 28 from 6 to 8:30 p.m. Attendees are welcome to bring in food to share at this potluck gathering, and we greatly appreciate anything you choose to contribute. The library will provide drinks.

Teens, join us on Tuesday, Jan. 31 at 4:30 p.m. for Anime Club. All teens who enjoy Japanese comics and animation are welcome.

For more information about programs or anything else, call us at 817-249-6632, visit our website at www.benbrooklibrary.org, like us on Facebook, follow us on Twitter, download our mobile app, or come in and talk with our staff.

Local Scouting Troop Recruiting Boys and Leaders

Scouting is a year-round program. The Boy Scouts of America offer two programs, Cub Scouting for boys age 7 through 11 and the Boy Scout Program for boys 11 through 17.

The programs offer activities that promote character development and physical fitness.

Both programs involve interaction between parents, leaders and friends.

Boys learn citizenship, compassion, leadership and courage.

Cub Scouting is a program with an emphasis on the family while the Boy Scouts is an outdoor-oriented program that emphasizes leadership development.

Benbrook United Methodist Church sponsors both programs with Cub Scout Pack 95 and Boy Scout Troop 95.

Both programs are currently conducting a recruiting drive for boys and adult leaders.

For more information, contact Don Riedel at 817-244-3810 or Raymond Switlik at 817-249-2803.

Meals On Wheels Needs Volunteers in Benbrook

Meals On Wheels, Inc. of Tarrant County needs more volunteers in the Benbrook area. Weekly delivery routes are open, and substitute/on-call volunteers are always needed. Volunteers may donate one lunch time a week, Monday through Friday. Volunteers will serve lunch to 10 to 15 people in your neighborhood. Volunteers provide their own transportation.

For more information, contact Nedra Cutler, CVA, at 817-258-6426 or nedra@mealsonwheels.org or visit the website, www.mealsonwheels.org.

Tell a Soldier how much you appreciate them Protecting our Country.
**Tips for Alzheimers Caregivers Who Need to Take a Break** by Mayo Clinic Staff

Comments over the past couple of weeks have been filled with useful and practical strategies for managing day to day caregiving. More importantly, many ideas and strategies arise from the ingenious creativity that only caregivers can offer.

For example, one commenter bought an executive desk chair with wheels for her husband (she says it makes him look like the former bank executive that he was) and now she can easily wheel him into the bedroom or wherever needed.

Another reader offered that he requests a booth rather than a table when eating in a restaurant so he doesn’t have to worry about his wife standing up, potentially falling, or wandering off.

Despite the useful caregiving strategies many share, clearly the stress of caregiving is the most consistent theme in recent comments. One of the most significant ways caregivers cope is by taking regular breaks. Most would agree that respite care (hired or volunteer help) is a good idea and is important for caregiver survival. Yet, for numerous reasons, there’s often a great deal of reluctance around accepting help.

Bringing a stranger into the home can seem like a big gamble. One may fear that no one else can do it like we can, or that they may not be sensitive to loved one’s needs or cares.

Another reader shared an all too common concern that her husband with dementia doesn’t want anyone else involved in his care. Some wrote that the person with dementia would feel miserable, anxious, angry or uncomfortable with someone new. And most caregivers would put guilt at the top of the list as reasons not to consider respite care services.

In addition, obtaining in-home (or an adult day) respite services competes with denial. Caregivers often feel that their person with dementia isn’t at the point where they need someone watching them. Using respite services requires a level of acceptance about the progressive nature of the disease. The decision to use respite care can be emotionally rough. And, of course, there can be a financial barrier.

So, while I do have a sense of what keeps readers from using respite, here are a few strategies to consider.

- Believe that earlier is better; establish respite care early, well before it becomes necessary. This way the risks are low if the person doesn’t work out and someone else can be tried. In the early stages of a dementia, the respite caregiver is more of a companion and there’s a greater opportunity for the two to create a meaningful connection; it feels less like a "sitter" to the person with dementia. As the disease progresses, the respite caregiver begins a subtle transition into a more direct caregiving role.

- Don’t ask for permission from your person with dementia. A person with dementia generally lacks the ability to understand their own needs and limitations, much less yours. This is a decision only the caregiver can, and should make.

- Frame the arrival of a respite caregiver in a way that makes sense to the person with dementia. If it were said, "A caregiver will be coming to stay with you when I leave," you’ll likely be faced with a great deal of resistance. Nobody wants to feel like they need a babysitter or that they’re giving up personal control. In addition, persons with Alzheimer’s feel a great deal of anxiety around the anticipation of new people, new situations or a change in routine.

Instead, consider saying something like, "I really need some help, so Martha is coming to spend a little time at the house." Or, "There’s a college student who really wants to hear about your hobby, or career as a ________ (fill in the blank); I’m so excited to have him meet you."

Some caregivers have said it’s best not to say anything in advance and when the new caregiver arrives, they simply invite them in, have lunch, get acquainted, and then after a bit, casually mention you need to run an errand.

- Accept guilt as normal and ever present. One reason, among many, for guilt is unreasonably high standards that are set. Yet it’s not practical to think that all feelings of guilt should be eliminated. Simply accept that guilt comes with loving.

Call the Alzheimer’s Association toll free Helpline to locate respite care in your area at 1-800-272-3900.

**Deadline for display ads, classifieds and stories is Friday at 4 p.m. for the following Thursday’s paper.**

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**Legal Notice**

**NOTICE OF PUBLIC HEARING**

The Benbrook City Council will hold a public hearing on **Thursday, January 19, 2017**, at 7:30 p.m., in the Council Chambers of City Hall located at 911 Winscott Road to consider update of Section 17, Capital Improvements Program of the Comprehensive Plan.

All interested citizens are invited to attend.
SALSA Legal Line Available at the Women’s Center of Tarrant County

The Sexual Assault Legal Services and Assistance program, also known as SALSA, is a legal line for sexual assault victims at The Women’s Center of Tarrant County in Fort Worth. SALSA is a free and confidential legal line that was established to address the over-looked ramifications of sexual assault and to ensure that a victim’s legal needs are recognized and met.

“Legal services and resources are available and accessible to help restore a victim’s life after an attack, whether it happened two days ago or two years ago, all they have to do is call the legal line,” said Torie Camp, Deputy Director of the Texas Association Against Sexual Assault (TAASA).

“Both the legal line, 1-888-343-4414, and website at www.hopelaws.org are up and running. We are open for business Monday through Friday, 8 a.m. until 5 p.m., and we’re ready to take more calls.”

CEO of The Women’s Center, Laura Hilgart, said, “Every year, The Women’s Center of Tarrant County helps hundreds of sexual assault survivors through its crisis and counseling programs.

An act of sexual violence can be devastating and impacts multiple aspects of a survivor’s life, safety, privacy, finances, education, employment, housing, and more, often requiring legal assistance. The Sexual Assault Legal Services and Assistance program, SALSA, will address those unmet legal needs.”

Founded by a federal grant from the United States Department of Justice’s Office on Violence Against Women, SALSA is a project of the Texas Association Against Sexual Assault and the Texas Legal Services Center, both based in Austin.

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Self-mastery provides opportunities for personal growth and development. Like a road under construction, self-mastery is a progressive state of improvement, not an end to be reached. You have the ability to change your direction in life, to shape your perceptions, and to make things work for or against you. Excellence is a pathway paved with time invested, hard work, and perseverance. Whether you succeed or fail is determined by behavior choices you make, not conditions you encounter.

Take a look at how you approach new opportunities. Do you act in your own self-interests? Are you self-assured, energetic, adaptable, and ambitious? Do you try to preserve things as they are, avoiding conflicts and tension? Any or all of these behaviors can create suffering, endurance, character, and hope.

The “message” referencing these four factors is illustrated in Romans, Chapter 5. “Not only so, but we also rejoice in our sufferings, because we know that suffering produces endurance; endurance, character, and character, hope.”

“But why do I have to suffer so much?” Suffering is viewed as negative, something bad, especially when it takes you from your comfort zone and presents options. These new options increase interest levels, offer decision-making opportunities, and create new situations for suffering.

Suffering varies by intensity. Light suffering requires minor adjustments to your normal routine. If you are requested to work overtime, for example, your immediate plans might have to be changed or adjusted. The suffering created by this situation is eased when financial benefits of the overtime are realized.

You experience a moderate level of suffering when your comfort zone is threatened, and self-esteem and self-confidence are challenged. Questions that test these factors include: “Am I capable of doing this task?” “Is this relationship healthy for me?” “Will they accept me?” Moderate suffering is an internal battle punctuated and perpetrated by self-doubt.

Heavy suffering is created by direct or perceived assaults to your well-being. These assaults extract a great deal of energy. If your inability to accomplish a task blocks accomplishment, or criticism of your behavior focuses on a lack of appreciation or acknowledgement of your efforts, suffering is the result. You experience a sense of failure, focusing your thoughts on the perceived impact of the event. Your thoughts, rather than the event, intensify your suffering. To lessen the impact of any upsetting event, learn to focus by asking, “What can I do right now?” However major or minor the action might be, do it and do it to the best of your ability. You’ll receive rewards, perhaps indeed very small, but rewards. Recognize them as such and your attitude toward difficulties change, encouraging continued efforts toward your goal. Try it; you’ll like what you experience.

Endurance, like suffering, can have varying levels and intensities. People with excessively high endurance are totally devoted to their jobs, outside interests, or hobbies, and are deterred neither by family demands, a need for rest, nor a yearning to have a good time or relax. Moderate levels of endurance are exhibited by people who work hard, plan, and when necessary, endure hardships to get what they feel is deserved. They devote energy to achieve goals, work hard to reach top positions, and stay there. Those exhibiting lower endurance levels tend to find themselves needing to please others. They become offended when criticized and feel personally responsible when things go wrong. This lower level endurance likely increases suffering, negatively impacting performance. Failure and disappointment encourages the losing battle to rage on!

Endurance helps to build character. When one commits to and works at a job or relationship, loyalty, involvement, and value as a teammate or partner shapes character. With these emerging characteristics one is seen as a person who strives to fulfill directives and goals, forms relationships, and becomes devoted to others. Endurance and character formation are influenced by desires and efforts to achieve. Finding a balance to avoid extremes is a worthy goal.

Balance requires an active awareness of endurance and character development. A good starting point is self-esteem development. This involves believing in oneself, and investing time and energy to develop personal skills, career, and spiritual life assets. Self-control is a character strength that allows one to take full responsibility for actions and behavior. Use this strength wisely and you will increase your motivation and desire to succeed. Taking control will be a challenge when presented with difficult tasks, competitive situations, unique assignment, and desirable positions. By understanding the concepts of suffering, endurance, and character, awareness of increasing suffering is created by the challenge.

By focusing on balancing endurance qualities, and taking positive action based on character strengths, managing toward productive results becomes a realistic path.

Suffering, endurance, and character manifest themselves in hope. Hope provides incentive to develop new opportunities. Then the process continues opening new opportunities to take you out of your comfort zone, creating suffering; suffering that leads to endurance, enabling you to manage; endurance develops character for today’s and future battles; and character leads you back to hope. Life goes on in a wonderful and wonder filled world of challenges.

Just remember: “Fear can hold you prisoner, but faith, hope, and love sets you free.”

Dr. Mike
Michael S. Haro, Ph.D.
Hennessey Electrical Solutions, LLC

Hennessey Electrical Solutions, LLC is a family-owned company located in Benbrook, Texas. Owners Zack and Jennifer Hennessey are longtime Benbrook residents. Zack is a Master Electrician licensed through the State of Texas, with over 20 years of experience in the electrical business. Hennessey prides themselves in quality, service and value.

At Hennessey Electrical Solutions, they work hard to make sure their customers are completely satisfied. No job is too small or too big for them to handle.

Hennessey Electrical Solutions employees work hard to make sure that they are reliable and affordable for everyone.

At Hennessey Electrical Solutions, they’re happy to offer any electrical service that you might need. Feel free to contact them with any electrical request you might have.

They can be reached at 817-773-6625 or by email at zhennessey@att.net.

Expert Shares Five Dog Myths That Can Lead to Tragedy

by Melissa Berryman, Founder of Dog Owner Education and Community Safety Council

Below are five common misperceptions people have about dog and human behaviors – and how you can change to prevent catastrophes?

1. Myth: When greeting a new dog, you should extend your hand for it to sniff. Fact: Dogs don't sniff each other's paws when greeting and like us, prefer to be asked before being touched by a stranger. Instead, ask the owner and then also ask the dog by tapping your hand on your thigh simulating a wagging tail and act friendly. The dog will relax and nuzzle you, need to sniff more to get to know you or will stay away.

2. Myth: Breed dictates temperament. Fact: Dogs, first and foremost, are predatory canines that live in groups. Breeds are generalizations that enable breeders to better market the product they sell. What dictates temperament is their pack position, the role you, the human, play in the group and the rank of group members. Dogs have superior/inferior interrelationships and command and defer accordingly. And just as siblings in a family have the same parents yet are very different, one cannot purchase behavior by buying a dog of a certain breed.

3. Myth: When a dog charges, there is nothing you can do. Fact: When a dog charges you, it's trying to decide if you are friend, foe or prey. Their eyesight is poor so hats, sunglasses and other objects you may push or carry can scare them. Act like a friend and pretend you are not afraid. Stand facing the dog with relaxed body language, tap your thigh with your hand and use a high-pitched voice for a friendly greeting like "good girl." Fake it if you are afraid.

4. Myth: Posting a "Beware of Dog" sign will protect you from liability if your dog injures someone on your property. Fact: Dogs can only read body language. These signs make people react to your dog in a fearful manner, which is more likely to cause a dog to consider visitors prey and bite them. Use No Trespassing and Dog At Play signs instead.

5. Myth: Only bad dogs owned by bad people bite. Fact: Even responsible dog owners operate under the same false beliefs about human and canine behavior. They are also encouraged to take a passive role concerning their dog. Any dog can bite, especially when it feels personally threatened, is exposed to prey behavior or thinks that someone lower in rank threatens its resources, such as food, toys, bedding and the attention of its owner.
Benbrook Middle-High School continues construction updates to the old Westpark Elementary building. The new entrance to the middle school building (Building B) that faces the main building (Building A) has been completed, allowing students to travel directly between the two without circling the buildings. This should be a great benefit to students who have classes in both buildings and must travel across the campus between periods.

Additionally, Principal Penland has announced that many of the middle school classes that were held in Building A last semester will be moving to Building B in the coming weeks. New schedules will be printed for affected students when this change is made to ensure students are aware of the new room numbers.

Free Legal Advice Hotline

The Tarrant County Bar Association is sponsoring a LegalLine phone-in service on the second and fourth Thursday of each month from 6 to 8 p.m. Lawyers will answer callers' legal questions in the areas of business and finance, consumer information, criminal and traffic situations, employment, family law, insurance, landlord and tenant, taxes, immigration and wills and probate. Spanish speaking lawyers are also available.

LegalLine is a public service and is free to all callers. Callers and lawyers remain anonymous.

Call 817-335-1239 between the hours of 6 and 8 p.m. for this free service. Callers may be referred to other local community resources for help.

The Tarrant County Bar Association's Senior Citizens Liaison Committee has produced an Elder Law Handbook and it is available for free by calling 817-338-4092. The book explains and defines in layman’s terms, many of the issues senior citizens may encounter. Call for a handbook to be mailed at no cost.

Register for CodeRED Weather Warning Notifications

The City of Benbrook contracts with Emergency Communications Network Inc. for the CodeRED Emergency Notification System, an ultra high-speed telephone communication service designed to automatically call subscribers when emergency situations threaten the area. Emergency Communications Network has developed a system called the CodeRED Weather Warning (CRWW) notification system. The CRWW feature was designed to automatically deliver targeted severe weather, flash flood and tornado warning alerts moments after being issued by the National Weather Service. The calls often arrive prior to any other public notifications, providing citizens extra time to prepare.

Citizens must be registered with the CodeRED Emergency Notification System to utilize the Weather Warning feature. Benbrook citizens who are currently registered for the CodeRED Emergency Notification System and wish to include this weather feature, must re-register with CodeRED. Submitting your registration with CodeRED automatically registers you for the Weather Warning feature, unless you manually uncheck this feature in the Weather Warning box.

To register, go to the City of Benbrook website, www.benbrook-tx.gov, click the ‘I Want To’ tab at right, then choose ‘Sign Up & Register,’ then select ‘Code Red Emergency Notifications.’ For more information or for assistance in registering, call 817-249-6085.

Benbrook Senior Center Activities

The Benbrook Senior Center, located at 1010 Mercedes St., offers many activities for seniors. Seniors are encouraged to join in the activities at the Benbrook Senior Center.

The center offers a variety of activities from 8 a.m. to 2 p.m., Monday through Friday, then extends the hours until 4 p.m. on Tuesdays and Thursdays.

Thursday, Jan. 12 - Canasta will be played at 9 a.m. National Mah Jongg will be played at 10:30 a.m. Mexican train will be played at 1 p.m. Senior computer class will be at 1 p.m.

Friday, Jan. 13 - Seniors will play “42” at 9 a.m. Line dancing practice will be from 12:30 to 1:30 p.m. and dance night is from 7 to 9 p.m.

Monday, Jan. 16 - The Senior Center is closed.

Tuesday, Jan. 17 - “42” will be played at 9 a.m. and Chair Chi will be from 12:30 to 1:30 p.m.

Wednesday, Jan. 18 - Seniors will have a luncheon at 11:30 a.m. and will play charity bingo at 12:30 p.m.

Thursday, Jan. 19 - Canasta will be played at 9 a.m. National Mah Jongg will be played at 10:30 a.m. Mexican train will be played at 1 p.m. Senior computer class will be at 1 p.m.

Friday, Jan. 20 - Seniors will play “42” at 9 a.m. Line dancing practice will be from 12:30 to 1:30 p.m.

Call the Senior Center at 817-249-6300 for more information on activities or see them on Facebook.