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From the Sports Desk with John English

Student Athlete Spotlight: Lady Bear Kailee Carr



Pictured above: Brewer Lady Bear Track and Field athletes, Chania Price, Kailee Carr, Aolani Woldai and Ki Rendon.

Kailee Carr is a coach's dream and the true embodiment of a student athlete.

The Brewer High School senior has been an important cog in the Lady Bears' cross country and track and field team's post-season accomplishments throughout her high school career, and coach Kathi Olson said she expects more of the same in her senior year.

"I am so proud of Kailee every season," Olson said. "She is such a worker and so competitive. I love her ability to bring out the best in herself as well as her teammates."

Carr was on the varsity girls' cross country team that advanced to the Region I-5A meet last season and helped the team place the highest ever as a program.

She was also on the 4x400 relay in track that was able to advance to the Region I-5A meet for the first time in over a decade.

Olson said that Carr brings a lot to the team.

"Kailee is an extremely caring, (continued on page 2)

From the City of White Settlement

Beat the Heat This Summer: Free Community Events

Movies at the White Settlement Public Library

Take a break from the heat this summer with family-friendly movies at the Library!

Movies will be shown each Monday at 1 p.m. through July 31. Seats are available on a first-come, first-served basis and are open to the whole community - no sign-up required!

Raymond Spray Park

The Raymond Spray Park located at 8503 Raymond Avenue in White Settlement is operative everyday from 11 a.m. to 7 p.m. until Sunday, Sept. 24.

The free spray pad is open seasonally, and will close after Labor Day. Remember to activate the water you have to push the button on the pole. Then you will have four minutes of fresh (not recycled) water fun!

Summer Shows at the WS Recreation Center

Our Summer Shows are completely free and open to the whole community. They run every Friday through Aug. 4 at 1 p.m., except where otherwise noted.

Don't forget to download the READsquared app to earn points for coming to Library events over the Summer!

- July 7: Pirates, Parrots, and Piece of Eight
- July 14: Fort Worth Nature Reserve
- July 21: All About Animals (at 1:30 pm*)
- July 28: Discovery Lab on Wheels
- Aug. 4: Creature Teacher

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$Sports\ Desk\ ({\it continued from page\ 1})$

loyal, and very tough athlete who loves her nament." teammates and puts them as a top priority," Olson said. "She is also very funny, honest, focus on a couple of areas this off season. and holds everyone accountable. Whether it is a game of Uno or one of our races, she ing on that when we start the season will be supports everyone."

Carr, 17, said 2022-23 was a great season for both the cross country and track and field programs.

country unfolded as we got third in district and competed at regionals at a high level of and track & field." intensity and competition," Carr said. "I was also very proud to see our 4x4 go past district and area to compete at regionals for the first time in a long time."

Carr excels academically, ranked 20th out of 571 students with a grade point average of 3.9, saying "school is my top priority because it is the foundation to the rest of my life."

The incoming senior said she has a major goal before the start of her senior year.

"One of my main objectives for next season is to prioritize self-care, meaning to go to the necessary recovery and maintaining a healthier diet," Olson said.

Carr who also plays basketball and works as a life guard, said her favorite memory from this past season came during one of the meets.

"When we went to Texas relays and all of the laughter and the positive energy that you could feel as soon as you walked into the room," Carr said. "One of the best things was when I got to see how competitive Coach Olsen was in our corn hole tour-



Olson said she would like to see Carr

"Working on her base mileage and buildkey," Olson said. "And I agree with Kailee, that self-care or proactive recovery is key this season. The athletes have one of the top training staffs and facilities in the state led "I was really happy with the way cross by our Head Athletic Trainer Kyle Tribble who is our athletic trainer for cross country

Carr's Favorites

Favorite Athlete: Stephen curry Favorite Sports team: LSU Women's Basketball Favorite Food: chicken alfredo pasta Favorite Movie: The Lion King Favorite TV Show: Grey's Anatomy Book Currently Reading or Last Book Read: "Ugly Love" by Colleen Hoover Favorite Musical Group or Performer: TLC and Jhené Aiko

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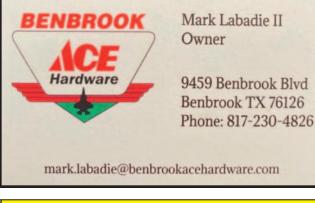
Consider these suggestions to conserve My Yard? energy during extreme heat conditions.

- 1. Consider LED Lightning
- 2. Turn off all non-essential lighting / unplug all non essential devices.
- 3. Close all blinds and shades. Consider buying black out curtains.
- 4. Lower your water heater cost/ and temperature.
 - 5. Avoid using the oven.
- 6. Use fans instead of turning down thermostat.
 - 7. Wash clothes in cold water.
 - 8. Dine out.
 - 9. Use a Smart thermostat.
- 10. Clean your AC Unit/change filter and vacuum vents.
- 11. Use dryer early in the morning or later at night.
- 12. Check your central cooling duct system for leaks.

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From City of White Settlement

Tips to Beat the Heat Water Conservation: When May I Water

In 2014, City Council limited outdoor Exceptions watering to twice a week as a year-round efficiency measure.

This restriction pertains to sprinklers systems.

When May I Water My Yard?

- numbers water on Wednesday and Saturday
- numbers water on Sunday and Thursday
- All other locations (apartments/busi- ground. nesses/etcetera) water on Tuesday and Friday
- No watering between 10 a.m. and 6 been installed, a variance is required. p.m. on any day

Other Restrictions

- Watering with a soaker hose, drip irrigation or by hand-held hose is allowed at any time.
 - No watering hard surfaces.
 - No watering during precipitation.
- sing, misaligned, or broken sprinkler heads.

- Hand watering and watering with a soaker hose is allowed anytime
- Water may not run off a lawn or yard (automatic and attachment), and irrigation more than 50 feet. Supervised testing, repair or maintenance of an irrigation system is an exception.
 - Foundations may be watered up to two • Residential addresses ending in even hours on any day using a handheld hose, soaker hose or drip irrigation system placed • Residential addresses ending in odd within 24 inches of the foundation that does not produce a spray of water above the
 - Establishing new turf is discouraged. If hydromulch, grass sod, or grass seed has
 - Washing of any motorized vehicle is limited to the use of a hand-held bucket or a hand-held hose equipped with a positivepressure shut off nozzle for quick rinses.
 - Hosing of paved areas is discouraged except to alleviate an immediate health or safety hazard.
 - No hosing of buildings or other struc-• No water waste through runoff, mis- tures for purposes other than fire protection or surface preparation prior to painting.

From City of White Settlement

Register Today for the Second Annual **Cardboard Boat** Race

Registration is now open for the second annual Rock the Boat Cardboard Boat Race Event to be held Saturday, Sept. 9 from 9 a.m. to 1 p.m. at Splash Dayz Waterpark, located at 405 N Las Vegas Tr. in White Settlement

Contestants will build a cardboard boat day from 9 a.m. to 1 p.m. and race to the end of the wave pool. This free event is sure to be a ton of fun!

For more information, call 817-246-5012 or email kwsb@wstx.us.

Register today at www.wstx.us/recdesk.

From City of White Settlement

Seniors are Invited to Join the White Settlement Senior Center

Are you 60 and better and like to have fun? Join the White Settlement Senior Center today for classes, health screenings, information and referrals, meals, recreation and more!

The Center is open Monday through Fri-

For more information, call 817-246-6619.

From White Settlement ISD

Five Ways to Live Your Best Travel Life This Summer



Summer travel is heating up despite packed airports, crowded destinations and rising prices. In fact, 80% of Americans are planning to travel as much or more than they did last summer, according to a new Harris Poll survey from T-Mobile.

No matter where you're going, here's how to watch your wallet while making the most of your adventures.

• Plan Ahead: With international travel restrictions lifted, global bookings have surged by over 200 percent compared to last year, according to AAA. And some of the most popular destinations searched for on Google Flights for this summer are London, Cancun, Paris and Rome.

If you're planning to travel internationally and need a passport, estimated processing times are 11 to 13 weeks instead of the usual 8 to 10 due to an uptick in applications and demand. So, get going!

- **Be Flexible**: If you can avoid traveling during peak summer travel season from mid-June through August, try booking during the "shoulder season," which is the time just before and after. For this summer, travel experts recommend booking travel in September to reduce cost.
- Stay Connected: Reliable wireless when traveling is no longer a luxury, but an absolute necessity, with 95 percent of American travelers in the T-Mobile survey saying it's a travel essential. Some phone plans give customers built-in travel benefits and coverage that works the minute you arrive. Some have free in-flight Wi-Fi and free high-speed data in more than 215 countries the journey is seamless from start to finish and all included in the price of your

monthly plan.

- Pack Smart: An estimated 2.2 million bags were lost or mishandled on U.S. airlines in 2022, an increase from 1.4 million in 2021, according to the 2022 Air Travel Consumer Report. If you're nervous about checking your luggage, place an Apple AirTag in your bag or luggage to know where it is at all times. Some bags, like T-Mobile's limited edition Un-carrier On, even come packed with the tech you need to ensure a smooth trip, including a power bank and smart tag device.
- Use Points: According to T-Mobile's Harris Poll survey, nearly half (47 percent) of summer travelers used miles, points or rewards to book their summer travel this year and nearly two-thirds of all travelers (66 percent) rely on discounts and deals when booking travel accommodations. Certain credit cards give you points or miles to use for future travel when you sign up. If you're a T-Mobile customer, you can save up to 40 percent on select hotels and car rentals by booking through T-Mobile travel from Priceline. Most bookings come with free, flexible cancellations so you can plan with peace of mind.

Americans are eager to travel this summer, and with a little planning, nothing should get in the way of some much-deserved R&R.



Free Breakfast and Lunch for Children July 10-27

WSISD will offer free breakfast and lunch for children ages 18 and younger and individuals 21 and under enrolled in a school program for the mentally or physically disabled as well as individuals under 21 enrolled in an RCCI.56.

Meals will be offered at Liberty Elementary located at 7976 Whitney Drive, and Brewer High School located at 1025 W. Loop 820 N. Monday through Thursday from July 10 through July 27.

Breakfast is served from 7:30 to 9:30 a.m. at each participating campus, and lunch is served from 11:30 a.m. to 1 p.m. at Liberty Elementary and from 11:30 a.m. to 1:30 p.m. at Brewer High School.

Find more information on the district's website or call 817-367-1310; or call 211 for additional sites.

From Carter BloodCare

Carter Blood Drive at Grace Baptist Church July 9

Carter BloodCare will be in the gymnasium at Grace Baptist Church, located at 1501 Jim Wright Freeway, Fort Worth, 76108 on Sunday, July 9 from 9 a.m. to noon

Registration is required to donate. Visit the Carter BloodCare website to register and choose an available time slot.

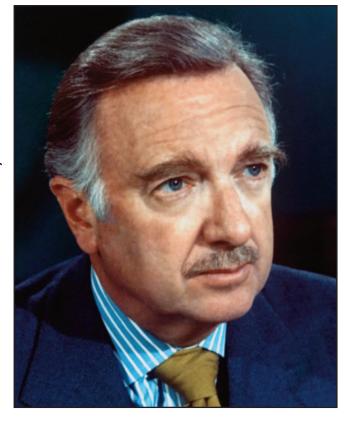
The Primary Blood Drive Coordinator is Pastor Justin Rhymes. For more information or question, reach out to justin@gbcfortworth.com or call 817-246-6646.

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American Broadcast Journalist, Walter Cronkite by Dr. Ken Bridges

For years, he was considered to be the most trusted man in America.

Texan Walter Cronkite became the face of the news millions Americans as television news began to make its appearance and to make an impact on the nation's consciousness. As one of the most wellknown journalists in the nation, Cronkite helped guide television viewers through



the some of the most important news events of the 1960s and 1970s.

Cronkite was born in St. Joseph, Missouri, in 1916. His father was a dentist. He was interested in the news at an early age. While the family lived in Kansas City for a time, he had a job delivering newspapers. The family moved to Houston in 1926 where Cronkite had an active childhood with school and as a member of the Boy Scouts. His interest in journalism expanded while at San Jacinto High School when he became editor of the school newspaper.

In 1933, he enrolled at the University of Texas. He was very active at *The Daily Texan*, the university's own newspaper. At the same time, he also wrote part-time with *The Houston Post*.

In 1935, he left UT to take a full-time job writing for a wire service and for the now-defunct *Houston Press*. Shortly afterward, he became a radio announcer in Kansas City; and by 1937, he landed a job with the United Press wire service.

During World War II, he reported Nazi air raids over London, Allied invasions, and the progress of troops on the ground. After the war, he covered the Nuremberg war crimes trials. In 1950, famed journalist Edward R. Murrow convinced him to work for CBS News.

On April 9, 1962, Cronkite became the anchor for the 15-minute nightly news report by CBS, called simply Walter Cronkite with the News. In September 1963, the newscast was expanded to 30 minutes, the first to do so, and was rechristened the CBS Evening News. Cronkite marked the occasion with an interview with President John F. Kennedy on the broadcast. The nation grew to enjoy Cronkite's distinctive voice and broadcast style as he signed off each night's broadcast by declaring, "And that's the way it is."

He covered many tragedies. He later recalled how difficult it was to maintain his composure when reporting the death of President Kennedy in 1963. However, he was criticized for a 1968 report in which he stated that the U.S. should end the war in Vietnam.

Many advances in technology came during Cronkite's tenure. In 1965, the CBS Evening News first broadcast in color, a move that became permanent in 1966.

By the late 1960s, live interviews and reports from across the globe were broadcast by satellite. He was known for his attention to detail and his intense curiosity. He was widely respected by his colleagues and became a mentor of sorts for two other rising journalists and fellow Texans at CBS News, Dan Rather and Bob Schieffer.

He was overwhelmed by the developments in the American space program and excitedly reported the achievements of the space program and the Apollo moon landings. In appreciation for his support, NASA gave Cronkite a moon rock sample, which he in turn donated to the University of Texas.

In 1980, he announced he was stepping down as anchor of the CBS Evening News as CBS had a mandatory retirement age of 65 at that time. His final broadcast was in March 1981.

Though 65, Cronkite was far from ready to retire. Over the next two decades, he continued to host documentaries and programs for CBS and other networks. He wrote voraciously on current events with a nationally-syndicated column. He was an outspoken supporter of civil liberties issues as well as press freedom issues. In 1997, he published his autobiography, "A Reporter's Life."

Cronkite died in 2009 at age 92, celebrated across the nation for his achievements in journalism as a respected voice for unfolding world events.



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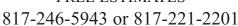
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Three Day Weekend Forecast



Friday, July 7:

<u>AM</u> - Sunny, with a high near 98. South wind 10 to 15 mph, with gusts as high as 20 mph. <u>PM</u> - Mostly clear, with a low around 78. South wind around 15 mph, with gusts as high as 25 mph.



Saturday, July 8:

<u>AM</u> - Sunny and hot, with a high near 99. South/Southwest wind around 15 mph, with gusts as high as 20 mph.

PM - Mostly clear, with a low around 80. South wind around 15 mph, with gusts as high as 25 mph.



Sunday, July 9:

<u>AM</u> - Sunny and hot, with a high near 101. South southwest wind around 15 mph, with gusts as high as 25 mph.

PM - Mostly clear, with a low around 81.

Extended Forecast Click Here