

White Settlement Bomber News

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From the Sports Desk with John English

Ki Rendon Makes Brewer Bear History Finishing 13th at State Cross Country Meet; Bear Basketball to Begin



Ki Rendon finished 13th at the state cross country meet this past week, and coach Kathi Olson said Rendon executed the game plan to perfection.

“Wow, what a great meet,” Olson said. “She did everything we talked about before the race and placed 13th overall out of 151 runners. She made school history by placing 13th and running a 18:24.20 (no one has run faster or placed higher; previous record was placing 22nd and a time of 18:46). Can’t ask for more than that.”

Reflecting on the season as whole, her team should be proud of what it accomplished.

“They did great,” Olson said. “We worked hard starting last summer building

our base and for the third straight year the team advanced to the Region meet.”

Olson said the program will be hit pretty hard by graduation, and her younger runners will need to step up.

“We are losing eight seniors from the girls and boys cross country teams,” Olson said. “Those are some big shoes to fill. This is my fourth year here, so this group is my first to have 9th to 12th/graduation at Brewer, they are very special to me. The returners and incoming freshmen will need to continue the standard and foundation set by the group before them.”

With basketball season about to get underway, the Brewer boys and girls programs have much to be excited about in 2023-24.

Both programs reached the post-season last year, and boy's coach Jason Porostovsky, who is entering his 16th year at the helm for Brewer, said he is feeling optimistic about his team's chances this season.

“We are looking to complete a four-peat as district championships,” Porostovsky said. “We have a team full of seniors ready to make a run this year.”

The Bears went 30-4 overall in 2022-23 with a 12-0 mark in district competition and won a bi-district championship.

Returning starters for Brewer include Julian Perez and Warren King, two players who should lead the way this season, and also keep an eye on Tyren Mitchell, Rayanne Lomboto and JJ Johnson.

On the girl's side, Brewer finished 28-4 overall last season, and coach Teranie Lewis said she has been impressed by what she has seen from her team early on.

“Things are shaping up pretty well for this season,” Lewis said. “We are excited for the year and ready to be back better than before.”

The Lady Bears went 11-1 in district competition and won a district championship.

Returning starters include Eryn McKinzie, Chania Price, Aolani Woldai, and Julie Kasonga and another player to watch is Jayla Jackson-Allen.

Lewis, who enters her third season as head coach for Brewer, led the Lady Bears to a regional quarter final appearance last year and is feeling pretty good about her team's chances this season.

“I believe we have the tools necessary to compete for a playoff spot. We have strong players in each position and some good players off the bench. We returned four out of five of our (continued on page 2)

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Sports Desk

(continued from page 1)

starters and we're blessed with another strong guard joining our team. If we work hard every day, do the details, stay focused and healthy then we should be competing in the playoffs."

In football, the Bears lost to Aledo in their season finale to finish the season with a 3-7 overall record and 3-5 mark in district competition.

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The White Settlement Independent School District (WSISD) is accepting proposals for Districtwide Exterior Doors. The Request for Proposal - RFP #2324-02A can be accessed and submitted online at <https://wsisdebid.ionwave.net/Login.aspx>. A paper copy of the bid can be obtained on the WSISD website, www.wsisd.com, by visiting the Purchasing link found on the Business Services Department page. If assistance is needed, please contact Nancy Escobar at nancy.escobar@wsisd.net. The deadline for questions is Thursday, November 30, 2023, at 2:00 pm and proposals are due by Thursday, December 7, 2023, at 2:00 pm. It is preferred that proposals be submitted online at <https://wsisdebid.ionwave.net/Login.aspx>. If preferred, hard copy proposals should be sent to White Settlement ISD, Attn: Nancy Escobar, 8224 White Settlement Road, White Settlement, TX 76108. Faxed or e-mailed proposals will not be accepted. White Settlement ISD reserves the right to accept or reject any or all proposals.

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From White Settlement Public Library Food for Fines

If you have outstanding late fees at the White Settlement Public Library, the Food for Fines program is a great way to get them cleared while supporting the community as we head into the holiday season.

From Nov. 6 through 20, bring unexpired, unopened canned or dry goods to the Library in exchange for current late fees. Each item will cover \$2 in late fees. This food drive will benefit the White Settlement Senior Center and Tarrant Area Food Bank. Click this link for full guidelines: <https://www.wstx.us/1558/Food-for-Fines>

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From Keep White Settlement Beautiful Toiletries Drive

Keep White Settlement Beautiful will be collecting toiletries to make gift bags for the Seniors at the White Settlement Senior Center.

Last year, the City donated over 457 cans of food for the Senior Food Drive and 89 coats for the Coat Drive. This year we decided to mix it up a little and provide them toiletries, which are in high demand.

Here is a list of common items needed: any wipes, adult diapers, body wash, shampoo, bar soap, toothbrushes, denture glue, deodorant and powder. Every donation will go directly to the Seniors.

If you would like to make donation or if you have any questions, contact Maureen at 817-246-5012, ext. 859.



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From Alzheimer's Foundation of America

Memory Screenings Encouraged This November as Part of National Alzheimer's Awareness Month

Memory screenings are an important part of a good health and wellness routine for all of us. As part of National Alzheimer's Awareness Month this November, the Alzheimer's Foundation of America (AFA) is reminding everyone to prioritize their brain health and get a memory screening. AFA offers free memory screenings every weekday through its National Memory Screening Program, with no minimum age or insurance prerequisites, through secure videoconference technology. Individuals can learn more or request a screening appointment by clicking [here](#) or contacting AFA at 866-232-8484.

"Annual screenings are important, including for our brains, which is why everyone should make getting a memory screening a priority during Alzheimer's Awareness Month and throughout the year," said Charles J. Fuschillo, Jr., AFA's President & CEO. "Just as we regularly check other facets of our health, we should all get a checkup from the neck up, regardless of whether or not we are having memory problems."

"You are never too young or too old to get a memory screening and be more proactive about your brain health," said Donna de Levante Raphael, Director of AFA's National Memory Screening Program. "Many people don't think about their cognitive health when they get their regular medical checkups. If you are 65 years or older, a memory screening is a part of your Medicare Annual Wellness Visit. It is very important to make sure you keep your mind sharp, and there are many ways to do that in order to combat cognitive decline. I always remind people that the first step is to get a screening to see if there might be any memory issues. It is better to know early rather than later."

Alzheimer's disease currently affects more than 6.2 million Americans, and the Centers for Disease Control and Prevention (CDC) estimates that number will more than double by 2060.

Memory screenings are an important first step toward early detection of memory issues. Screenings take just a few minutes and are noninvasive, consisting of a series of questions to gauge memory, language, thinking skills and other intellectual functions. Re-

sults are not a diagnosis of any particular condition, but a memory screening can suggest if someone should see a physician for a full evaluation.

People experiencing memory loss or cognitive decline may be reluctant, embarrassed or in denial about seeking help, but early detection of memory issues is essential. If the memory issues are caused by Alzheimer's disease, early detection affords greater opportunities to begin medications sooner to slow the progression of disease symptoms, participate in a clinical trial, take advantage of therapeutic programming, and have an active role in developing your care, health, legal and financial plans.

Just as important, not all memory issues are caused by Alzheimer's disease. Vitamin deficiencies, thyroid problems, urinary tract infections, sleep apnea, and depression are examples of conditions that can cause memory impairments—and all are treatable or curable—but you can't address them if you aren't aware that they exist.

To schedule a free virtual memory screening appointment, or for more information about brain health and lifestyle choices that can help promote healthy aging, visit AFA's website at www.alzfdn.org or call AFA's Helpline at 866-232-8484 (open seven days a week).

From the Fort Worth Botanic Garden

Free Admission for Everyone Saturday, Nov. 11

Calling all nature lovers! Enjoy the beauty of fall at the Fort Worth Botanic Garden, located at 3220 Botanic Garden Blvd in Fort Worth, with free admission for everyone in honor of Veterans Day on Saturday, Nov. 11.

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Dart Tournament Held at VFW Post 5617

A Dart Tournament was held at the facility recently that drew several entrants. Individuals gathered at 9 a.m. to compete in a multitude of events throughout the day.

The event was enjoyed by everyone in attendance who participated.



Kris Swift and Andrea Taylor won the Male and Female award for the Singles 501 event and the Mixed Doubles.



The Men's Doubles winners (l-r) Kris Swift and Sowder Cody.



Competitors take a break and anticipate the next challenge.



The Ladies Doubles winners (l-r) Shelly Ragland and Andrea Taylor.



At the registration table, Tournament Directors Linda Buckingham and Courtney Lauti organized the successful event.



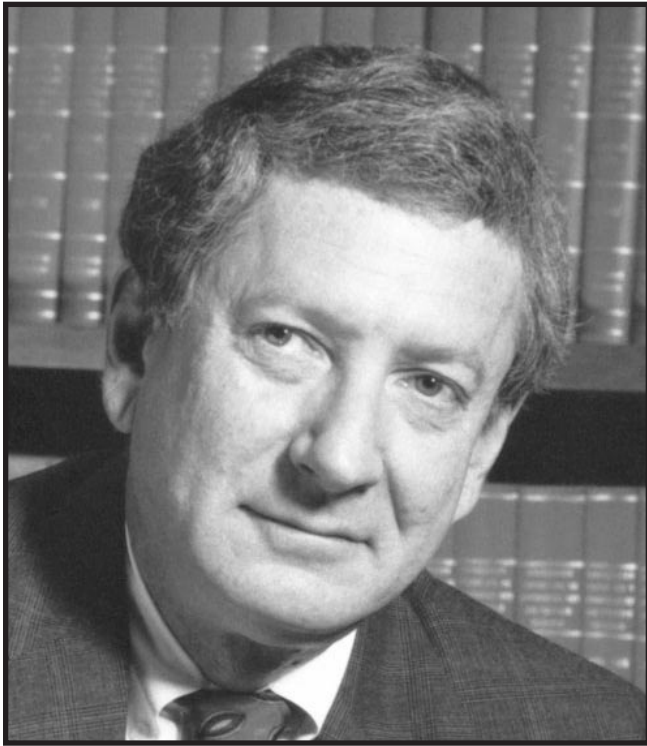
Representing Red River Darts are members (l-r) Stephanie Humberd, Erika Humberd, Lance Stone and Donna Stone.



The Old School Darts made an appearance at the tournament. (l-r) Sully Paluscio, Moody Pina and Paulie Pina. The men placed in the top 4 in the 501 Singles.

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American Pharmacologist and Biochemist, Dr. Alfred Gilman



“Always hire people who do something useful better than you do. Life will be much more interesting and you will be much more successful, if you define success as actually getting something done,” once wrote Dr. Alfred Gilman.

Gilman, a Dallas-based researcher, employed many students and scientists in his labs as he researched the innermost workings of cells in the body, work that led to the Nobel Prize. His research led to radically new understandings of how cells worked and ultimately inspired other scientists to develop new techniques in medicine and important advances in cancer research.

The future Nobel laureate was born Alfred Goodman Gilman in New Haven, Connecticut, in July 1941. His father was Dr. Alfred Zack Gilman, a Yale University professor and researcher who was respected throughout the medical community for his important writings on the study of pharmacology and early studies of chemotherapy as a cancer treatment. When he was young, the family moved to White Plains, New York, a suburb of New York City, where his father worked as a professor at Columbia University.

As a young man, he inherited his father’s fascination with science. After graduating high school, he enrolled at Yale University. He graduated with a bachelors degree in biochemistry in 1962. He entered graduate

school at Case Western Reserve University in Ohio. He was reluctant at first to get a doctorate in pharmacology, the study of drugs, their effects, and their interactions, as he wanted an identity somewhat separate from his father. He was talked into it and was swept up by the research and new discoveries unfolding before him and obtained a medical degree as well by 1969.

He worked briefly as a researcher for the National Institutes of Health. In 1971, Gilman took a position as a pharmacology professor at the University of Virginia School of Medicine where he published articles on cellular chemicals. He was hired in 1981 to become the chairman of the pharmacology department at the University of Texas Southwestern Medical Center in Dallas.

Gilman discovered what became known as a “G protein,” which helps cells “communicate” with each other on a chemical level, helping a chemical message received from one cell activate a chemical reaction within the receiving cell in response, also called a transducer. Through his research, scientists were able to better understand how cells received information from each other, processed those messages, and acted in response.

In a series of experiments in the late 1970s and early 1980s, he began working with lymphoma cells and noticed the unusual properties they had on the molecular level. In lymphoma cells, the cell itself could receive chemical signals from other cells but could not produce chemicals or enzymes in response. In the process of becoming cancerous, the cell had lost the protein that allowed it to process outside instructions. Once a G protein was re-introduced into these cells, they could process these chemicals and produce new chemicals in response. While this did not change a cancer cell back into a healthy cell, scientists better understood how cancer behaved in the body.

In other words, Gilman’s work identified how cancer cells changed on a molecular level and how cancer cells and healthy cells interacted with each other. This proved an important breakthrough as researchers began

researching new cancer treatments at the cellular and genetic levels. Once they better understood how cancer cells formed, mutated, and spread, they began to find ways to more accurately target cancer cells with chemotherapy and radiation therapy as well as developing new surgical techniques. As doctors and researchers applied these new ideas in the 1980s and 1990s, cancer survival rates began to climb significantly. Further, scientists could also develop better techniques and medications for a variety of diseases since they better understood how damaged cells worked.

The breakthrough was so important that Gilman and biochemist Dr. Martin Robdell, was awarded the Nobel Prize for Physiology or Medicine in 1994 for their discovery of the G protein and subsequent research into it. Gilman noted with some humility, “You can expect to have some good luck if you are working hard on a tractable problem and taking reasonable approaches. The trick is to recognize good luck when it happens. . .” The research by Gilman and Robdell spurred dramatic changes in medical research.

In 2004, he was promoted to dean of the medical school and eventually rose to vice-president by 2006. He retired in 2009. Gilman had long been thankful for the opportunity to learn from a number of Nobel Prize winners during his years in college and as a young researcher. In his later years, Gilman became an outspoken advocate of science education in Texas schools and condemned efforts to dilute teaching of evolution in public schools. For a scientist such as Gilman who had spent his career researching cells on the molecular level, evolution was obvious. And understanding evolution was critical to research in modern medicine and genetics.

Though he was able to help scientists answer many questions about cancer and other diseases, some cases were still beyond reach. Tragically, Gilman was one such patient. He ultimately contracted pancreatic cancer and died in December 2015 at age 74.

Fort Worth Mayor Honors Veterans

Fort Worth Mayor Mattie Parker proclaimed Nov. 11, 2023 “Honor All Veterans Day” during a recent City Council meeting. The mayor will join others at Panther Island on Saturday morning to help kick off this year’s celebration.

The 395th Army Band – The Army Band of the Southwest – from Mustang, Okla. will lead the march in Cowtown as part of the 2023 Tarrant County Veterans Day Parade.

The Soldier musicians will be “Saluting TCU Warriors” – theme of this year’s commemoration. They’ll step off at 11 a.m. Saturday from the city’s Panther Island Pavilion parking lot, march down North Forest Park Blvd. along the Clear Fork of the Trinity River, and return.

They’ll be joined by the 1st Cavalry Division’s mounted horse detachment from Fort Cavazos (formerly Fort Hood) near Killeen, Texas.

Also taking part will be junior ROTC units, high school bands, veteran groups,

businesses, and others, including a flyover by Marine Aircraft Group 41 from Naval Air Station-Fort Worth Joint Reserve Base.

This year marks Texas Christian University’s 150th anniversary. In concert with TCU’s celebration, the Tarrant County Veterans Council (TCVC) is saluting the university’s military legacy, its Army and Air Force ROTC programs, while honoring TCU alum and Medal of Honor recipient Maj. Horace S. Carswell, Jr.

“Everyone’s welcome to join in listening to the bands and saluting TCU, as well as the military veterans who have, are and will continue to make great contributions,” notes Council President Dan Zmroczek. “Simply visit our website at www.2023SaluteTCU.com where you can learn more about this year’s event.”

Limited spectator parking is available off the pavement along the Forest Park Blvd. parade route, if you arrive before the street closes at 10 a.m. Additional parking exists in Trinity Park on the northwest side of the river. The Phyllis Tilley Memorial Pedestrian Bridge is an easy crossover to Rotary Plaza and North Forrest Park Blvd. Limited parking’s also available on 11th Ave., a block east of the parade route.

Fort Worth’s Veterans Day celebrations began more than 100 years ago as an armistice procession through downtown in 1919 to honor those who had fought in World War I. The annual event is organized by TCVC and hosted by the City of Fort Worth.

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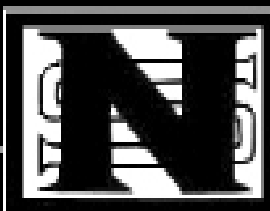
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Three Day Weekend Forecast



Friday, Nov. 10:

AM - A 20% chance of showers before noon. Mostly cloudy, with a high near 59. Northeast wind 10 to 15 mph, with gusts as high as 20 mph.
PM - Mostly cloudy, with a low around 47. Northeast wind around 10 mph.



• Veterans Day • Saturday, Nov. 11:

AM - Partly sunny, with a high near 62. East northeast wind around 10 mph.
PM - Partly cloudy, with a low around 47. East northeast wind around 5 mph.



Sunday, Nov. 12:

AM - Mostly sunny, with a high near 66. North northeast wind 5 to 10 mph.
PM - Mostly cloudy, with a low around 46.

[Extended Forecast Click Here](#)