



River Oaks News



84th Year, No. 51 • 7820 Wyatt Drive, White Settlement, Texas 76108 • www.suburban-newspapers.com • December 19, 2024

From the City River Oaks

River Oaks City Hall to Close Dec. 23 through Dec. 25

River Oaks City Hall and the River Oaks Event Center will close for the holiday on Monday, Dec. 23, Tuesday, Dec. 24 and Wednesday, Dec. 25. It will reopen on Thursday, Dec. 26 at 7:30 a.m.

Regularly scheduled trash pick up will run on Monday, Dec. 23 and Tuesday, Dec. 24. Extra trash routes will run on Thursday, Dec. 26.

These locations will also close on at 2 p.m. on Tuesday, Dec. 31 and all day on Wednesday, Jan. 1, 2025.

Trash pick up will run Tuesday, Dec. 31. Bulk trash will not be collected Wednesday, Jan. 1, 2025.

From the City River Oaks

Upcoming River Oaks Food Bank Event Friday, Dec. 27

The River Oaks Food Bank donation days are held on the second and fourth Fridays of each month at the River Oaks Event Center, located at 5300 Blackstone Drive in River Oaks.

Attendees are encouraged to begin lining up by 8:30 a.m. The supply truck often arrives early, meaning the food is given to line members earlier than the posted time. Participants are requested to stay in their vehicle, as the food bank is drive through.

For more information, call 817-732-5885.

From Suburban Newspapers, Inc.

Suburban Newspapers, Inc. Holiday Schedule

The offices of Suburban Newspapers, Inc. located at 7820 Wyatt Dr. in White Settlement will close Monday, Dec. 23 through Friday, Dec. 27 for Christmas, and will be closed Wednesday, Jan. 1 for New Years Day.

There will be no newspapers on Dec. 26.

The deadline to appear in the Jan. 2 digital publications is Monday, Dec. 30 at 4 p.m.

The office will reopen Monday, Dec. 30 at 10 a.m.

Dear Readers,

We wish you a Merry Christmas and Happy New Year! May you and your loved ones have good health, success and joy in 2025.

Thank you for letting us share your accomplishments, preserve your memories and promote your businesses in our newspapers. We truly could not do this without you and look forward to continuing our friendships in the new year.

**Sincerely,
Suburban Newspapers, Inc.
publishers of the
River Oaks News
White Settlement Bomber News,
and Benbrook News**



**MAY YOUR
HOLIDAYS
BE
MERRY &
BRIGHT!**

From StatePoint

Health Recommendations for the New Year

Looking to improve your health in 2025 and beyond? Check out these recommendations from the American Medical Association:

- **Make nutritional tweaks:** Reduce your intake of sugar-sweetened beverages and processed foods, especially those with added sodium and sugar. Drinking sugary beverages, even 100 percent fruit juices, is associated with a higher mortality risk, according to a study published in JAMA Network Open. Drink water and choose nutritious, whole foods including fruits, vegetables, whole grains, nuts and seeds, low-fat dairy products, and lean meats and poultry.

- **Get active:** A recent study published in JAMA found that putting down the TV remote and going for a walk can improve healthy aging, highlighting the importance of small everyday habits. Adults should get at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity.

- **Get up-to-date:** Get your vaccines in advance of respiratory virus season, including the annual flu. RSV can be dangerous for older adults. The Centers for Disease Control and Prevention recommend those 75 and older, and 60 and older at high risk for severe RSV, get vaccinated. Immunizations are also available to protect babies from getting very sick from RSV. This is important because RSV is the leading cause of infant hospitalization nationwide.

If you have questions, speak with your physician and review trusted resources, including GetMyFluShot.org. You can also reduce the spread of respiratory viruses by covering coughs and sneezes, frequently washing your hands, wearing masks, improving air quality, and staying home if you are sick.

- **Get screened:** Make an appointment for preventive care, tests and screenings to help your doctor spot certain conditions before they become more serious.

- **Know your blood pressure numbers:** Visit ManageYourBP.org to understand your blood pressure numbers and take necessary

steps to get hypertension under control. Doing so will reduce your risk of heart attack and stroke. If checking your blood pressure at home, visit ValidateBP.org to see if your device has been tested for accuracy.

- **Learn your type 2 diabetes risk:** Take a 2-minute self-screening test at DoIHavePrediabetes.org. Steps you take now can help prevent or delay the onset of type 2 diabetes, which carries a higher risk of heart disease, kidney disease and vision loss.

- **Quit tobacco and nicotine:** Ask your doctor for resources and guidance for quitting tobacco and nicotine. Declare your home and car smoke-free to eliminate secondhand smoke exposure.

- **Follow dosage instructions:** When taking prescription opioids or other medications, store them safely to prevent diversion or misuse, and properly dispose of any leftover medication. If you're prescribed antibiotics, take the full course to prevent antibiotic resistance—a serious public health problem.

- **Manage stress:** Good mental health is part of good overall health. Get sufficient sleep (at least 7.5 hours per night), exercise and ask for help from a mental health professional when you need it.

More health resources and tips can be found by visiting ama-assn.org.




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Legal Notice
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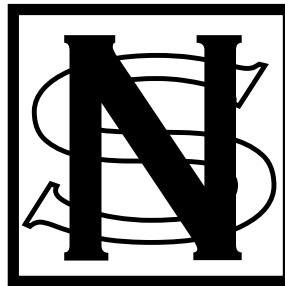
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From Texas Department of Licensing & Regulation

Christmas and New Year's Drivers Urged to Move Over or Slow Down for Tow Trucks and Other Emergency Vehicles

If you see tow trucks and other emergency vehicles stopped on the side of the road with their emergency lights activated, do you know what to do?

Texas law requires drivers to slow down at least 20 miles per hour under the posted speed limit or, if able, to change lanes when they're passing a first responder stopped on the roadside.

Large numbers of travelers are expected on Texas roads during the Christmas and New Year's holidays and chances are, they may break down, get involved in crashes or be stopped by law enforcement. Pay attention to what's happening around you and be prepared to react quickly.

TDLR regulates tow truck companies and tow truck drivers, driver education and driving safety courses, and motorcycle safety courses, and as always, the agency asks all drivers to please slow down or move over when you see emergency vehicles stopped on the side of the road.

Tow truck drivers work hard every day to help people who are stranded on the side of the road. And, like everyone else, they are anxious to return home safely each night. Holiday memories are made when family gathers. Please do your part to make that happen

for all.

Safety tips for driving this holiday season:

- Slow down and pay attention to what you're doing. If you get tired, pull over in a safe spot and walk around to re-energize.
- Don't drink and drive, even a little bit.
- Designate a (sober) driver.
- Stay off the mobile phone – this includes texting. Designate a “co-pilot” to oversee the phone while you're driving so you can concentrate on the task at hand.
- Buckle up – all occupants of the vehicle, every trip – no matter how short. Most traffic crashes happen close to home.
- Traveling by motorcycle? Wear a helmet.
- Stay weather-aware. If it's snowy or icy, you'll need to slow down significantly so you don't slide on unexpected icy spots. If it's raining heavily, turn around and don't drown if water is running across the road. Only two feet of rushing water can sweep away a vehicle.

• Leave plenty of time to get to your destination. Roadways are likely to be crowded.

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From National Society Daughters of the American Revolution

Mary Isham Keith Chapter, NSDAR Awards Vocational Nursing Scholarships

Mary Isham Keith Chapter recently presented scholarships to three vocational nursing students at Tarrant County College.

The chapter began awarding scholarships to deserving students in the Tarrant County College LVN program at the Trinity River East Campus in downtown Fort Worth in 2018.

Regent Charlsey Holler presented Briana Becerra, Jazima Alford, and Jayeda Trosclair with a \$250 scholarship and certificate.

Honorary Regent Diana Lussier presented them with gift cards. Several of the nursing faculty attended the presentation, including Dr. Nikolaos Moraros, Divisional Dean of Nursing and Dr. Karen Heard, Assistant Dean of Nursing, PCT & Vocational Nursing.

The scholarship committee includes Dr. Judith Carrier, founding president of the Southeast Campus, Dr. Linda Hines who served for 46 years at the college, and Hon-

orary Regent Joye Evetts.

DAR is a non-profit, non-political volunteer service organization and lineage society with the mission of community service, historic preservation, and education. More than 1 million women have found purpose in DAR membership.

For more information about how to find your American Revolutionary patriot or DAR and programs, email mikregent2023@gmail.com.



Pictured: Dr. Linda Hines, Jazima Alford, Briana Becerra, Jayeda Trosclair, Regent Charlsey Holler with Honorary Regents Diana Lussier and Dawn Needles.



Pictured: Regent Charlsey Holler, Briana Becerra, Dr. Nikolaos Moraros and Dr. Karen Heard.



Pictured: Regent Charlsey Holler, Jayeda Trosclair, Dr. Nikolaos Moraros and Dr. Karen Heard.



Pictured: Regent Charlsey Holler, Jazima Alford, Dr. Nikolaos Moraros and Dr. Karen Heard.

The History of Charles M. Schulz's Christmas Classic



Charles M. Schulz created a comic strip that captured the hearts of millions in the nearly 50 years that *Peanuts* ran in thousands of newspapers around the world. Schulz, an amiable and soft-spoken Minnesota native and World War II veteran, had been drawing the daily strip since 1950. Fifteen years later, he would be responsible for a Christmas story that has since become a cultural icon. But it was almost entirely by accident.

In April 1965, executives at the Coca-Cola Company contacted their advertising agency, McCann-Erickson in New York, and asked if there were any Christmas specials they could sponsor that winter, still months away. The ad agency immediately suggested an adaptation of Schulz's *Peanuts* strip even though none had even been proposed and Schulz had not even thought of the idea.

Within days, Schulz, along with producer Lee Mendelson and animator Bill Melendez, produced a story outline. Executives at CBS agreed to air the special but only gave it a budget of \$76,000 (or \$768,000 in 2024 dollars).

In spite of the special's purpose of advertising Coca-Cola, Schulz chose a storyline that was critical of crass profiteering and emphasizing the simple message of the Christmas spirit. By the early 1960s, many cultural commentators had already criticized the commercialization of Christmas and the emphasis on gifts and holiday spending. In 2023, Americans spent hundreds of billions on Christmas by one estimate, so much that many businesses depend on brisk Christmas shopping to stay afloat. The number is likely to be repeated in 2024.

In the storyline that emerged, inspired by strips that Schulz had run previously, the main character Charlie Brown was feeling disconnected and depressed as Christmas approached. Everyone around Brown made demands on receiving extravagant gifts, including his sister, Sally, asking Santa Claus in a letter to make it simple by just sending "\$10s and \$20s."

As part of directing a Christmas play, Charlie Brown and his

friend Linus, a blanket-toting theologian, attempt to buy a Christmas tree. The two find a lot filled with the aluminum Christmas trees that had become popular by the early 1960s. Thinking the aluminum trees were too superficial, Charlie Brown chose the one live tree available - a small, dilapidated sapling. Mocked by his friends about his choice of tree later, he asked what the meaning of Christmas was, prompting Linus to quote Luke 2:8-14 from the Bible, on the birth of Christ.

"And that's what Christmas is all about, Charlie Brown," Linus said to Charlie Brown, satisfied and inspired by the answer.

The network, studio executives, and advertisers were reluctant to include the monologue. The biggest question they had was whether it was in good taste to take a scriptural message so special to millions of Americans and turn it into a cartoon.

Television had only been widely available for a little over a decade by the 1960s. Television animation had been around for almost as long, but critics did not see it as very sophisticated. Schulz, however, insisted that the scene be included.

In the process, it became the first time the Bible was quoted in a television cartoon.

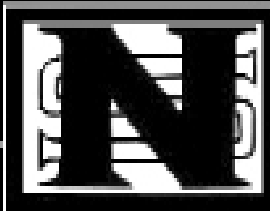
Animators worked feverishly to produce the thousands of images needed for a cartoon before the deadline. With 12 images needed each second for a 25-minute special, their work was cut out for them as each needed to be drawn and colored by hand. Children auditioned to voice the characters with 8-year-old Peter Robbins cast as Charlie Brown and Christopher Shea as Linus, who would both repeat their roles in future specials. CBS executives were uncertain how audiences would react to the cartoon, trying without success to convince Schulz, Mendelson, and Melendez to make changes to the production, already over budget.

A Charlie Brown Christmas aired on Dec. 9, 1965. More than 15.5 million households watched. It immediately became a classic. The heartwarming message that Christmas was more than about shopping became a comfortable reminder for millions. The special won an Emmy Award in 1966. It had such a profound impact on American culture that aluminum Christmas trees ceased to be made by 1968. In the following years, the special was translated into numerous other languages and broadcast in countries around the world. CBS agreed to produce more *Peanuts* cartoons, averaging about one per year into the 1990s. And a slew of other Christmas specials, inspired by the *Peanuts* success, would follow in the years afterward.

With the popularity of *A Charlie Brown Christmas*, CBS would air the special each December until 2000 when it was picked up by ABC for a few years afterward. Now, it is broadcast on digital streaming networks.

Nearly 60 years after the first airing, it is still a program enjoyed by millions of children and also parents and grandparents who grew up watching it. Its simple message criticizing the commercialization of the holiday and emphasizing the true meaning of Christmas still resonates in the twenty-first century as countless people continue to look to Christmas as a time of family and togetherness.

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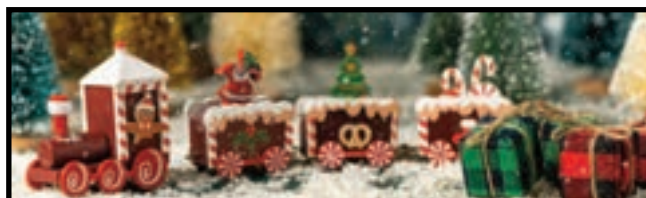


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Three Day Weekend Forecast



Friday, Dec. 20:

AM - Sunny, with a high near 57. N/NE wind 5 to 10 mph.
PM - Clear, with a low around 32. N/NE wind around 5 mph becoming calm in the evening.



Saturday, Dec. 21:

AM - Sunny, with a high near 56. Calm wind becoming S/SE around 5 mph in the morning.
PM - Mostly clear, with a low around 39. SE wind around 5 mph.



Sunday, Dec. 22:

AM - Mostly sunny, with a high near 61. S/SE wind 5 to 10 mph, with gusts as high as 20 mph.
PM - Mostly cloudy, with a low around 51. S/SE wind around 10 mph.

Extended Forecast [Click Here](#)