



Serving the Cities of River Oaks and Westworth Village

River Oaks News

Established 1939 • A Publication of Suburban Newspapers, Inc.

85th Year, No. 11 • 7820 Wyatt Drive, White Settlement, Texas 76108 • suburban-newspapers.com • March 13, 2025

From the Sports Desk with John Loven

Lady Lions Victorious on Senior Night

The Castleberry High School girls soccer team entered a critical district contest on Friday, March 7.

The Lady Lions (3-8-3/2-4-3 in district) were facing a second round match against the Lady Knights from Eagle Mountain. The two teams had tied 0-0 in their first meeting on Feb. 17. The Lady Knights were sitting in fourth place in district (the last playoff position) just ahead of the Lady Lions who were in fifth place.

For two teams who did not score a single goal in their first meeting, they put on an offensive display in the first half of their second meeting, scoring four goals between them!

Fortunately the Lady Lions accounted for three of those goals. They road that first half lead all the way to the end and left W.O. Barnes Stadium with a 3-1 victory.

As the game began, the Lady Lions quickly and constantly kept the Lady Knights on defense. CHS completely dominated the first 20 minutes of the game. Junior Alexa Rivera got the first CHS

shot on goal just 4 minutes into the game (36:05) but it was defended by the Lady Knights goalie.

A few minutes later senior Joselyn Salazar's free kick just barely sailed over the net (32:30).

Four more CHS kicks on goal followed (31:46, 28:48, 26:42 and 23:42) but all just missed the mark.

Finally at the 22:41 mark the Lady Lions hit paydirt. Salazar executed a perfect header which got past the Lady Knights goalie and gave CHS a 1-0 lead.

Up to this point in the game, Eagle Mountain had not even managed a single shot on goal, against a tough CHS defense. However, in less than 30 seconds they got two. The first came on a free kick at the 19:34 mark which was wide left. But the second one at 19:08 scored and tied the score 1-1.

After this moment, it was all CHS. Seven more shots on goal by the Lady Lions took place over the next 15 minutes but none scored. Then, at the 4:13 mark, an assist by Salazar led to a score by senior Alyssa Rosales and gave CHS a 2-1 lead.

As time was winding down in the first half, Rivera was fouled. Her free kick (from well over 30 yards) sailed just over the leaping Lady Knight goalie into the back of the net. With 1:44 left until halftime, the Lady Lions led 3-1.

The second half began with CHS defending the last shot on goal the Lady Knights would get this evening. It occurred at the 31:38 mark but CHS sophomore goalie Danna Chavez made a great play to keep the ball from scoring.

The Lady Lions would go on to get seven more shots on goal but none were able find the back of the net. The game ended in a 3-1 victory for the Lady Lions.

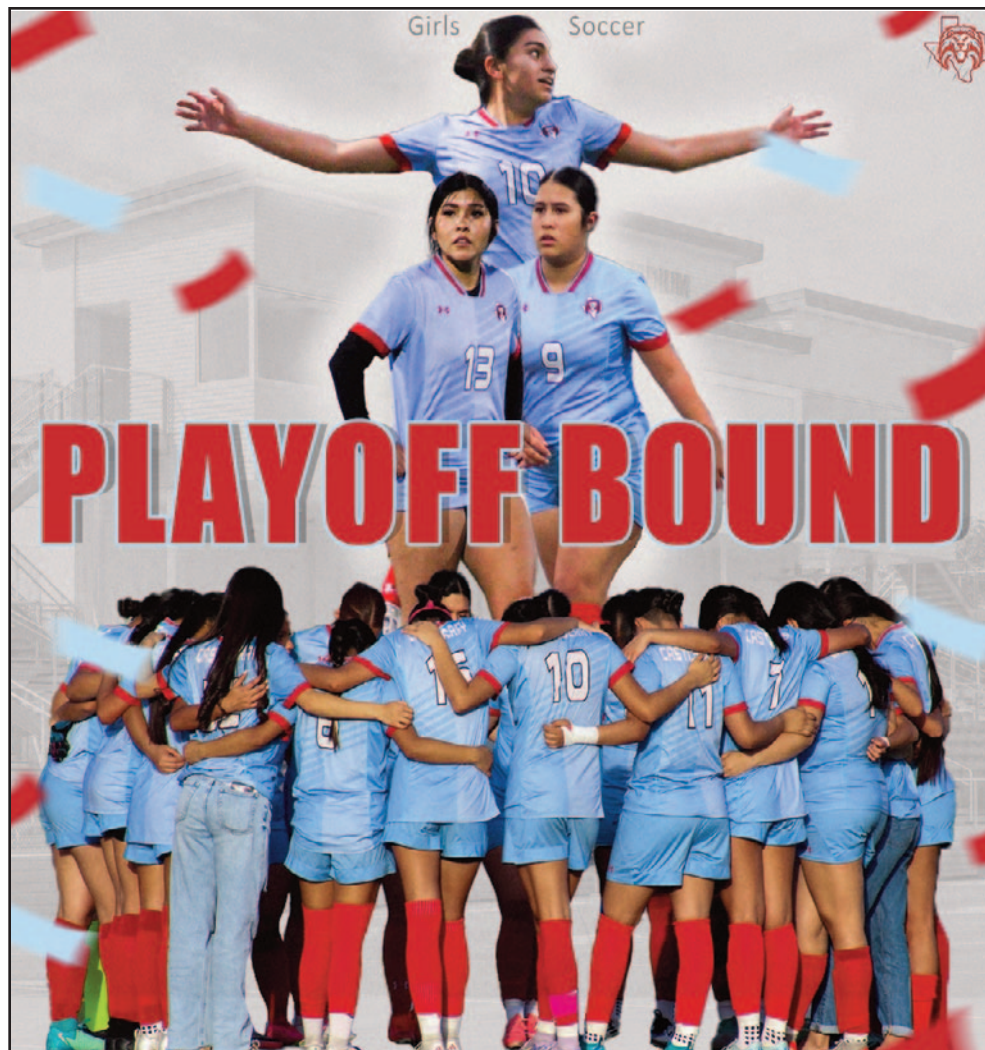
The victory pushed CHS into third place in the district standings. This means they will advance to the playoffs.

Playoff Schedule Update

The boys and girls soccer teams will play in a doubleheader first round playoff match on Friday, March 21 at W.O. Barnes Stadium. The girls kickoff at 6 p.m. and the boys follow at 8 p.m.

Come out and support your Castleberry soccer teams!

GO CASTLEBERRY LIONS AND LADY LIONS!



CLASSIFIEDS

7820 Wyatt Drive • Fort Worth, TX • 76108

AIR & HEATING

PRECISION AIRE & HEAT

“Licensed and insured for your protection” Warranty on all parts and labor • Up-front pricing. No overtime charges. Senior & Military discounts. 100% Financing available. W.A.C. • All credit cards accepted. Call **817-563-COOL(2665)** TACL26642

COMPUTER



Virus Removal & Upgrades, Office Furn. Fax & Copy Services Toner Cartridges A+, Network+ Certified call for an Appointment **817-945-comp(2667)** or 817-437-8580

CONCRETE

LEON'S CONCRETE SERVICES
Commercial, Residential, Sidewalks Slabs, Patios, Driveways, Steps Retaining Walls Brushed
817-371-8597
Licensed and Insured
leon@leonstreeservice.biz

DRAIN CLEANING

Bill Blankenship Contracting Inc.

Sewers, sinks, grease traps, camera & locating.

A+BBB Rated contractingblankenship@outlook.com
Master Plumber M8479. **817-831-4000**

ELECTRIC SERVICES

CALL MORTON ELECTRIC

For All of Your Electrical Needs & Wants! No Job is too Small! Located in White Settlement & will serve the surrounding areas. Fair Prices! TECL 25541
John Morton **817-771-6356**

HANDYMAN

HARTMAN'S HONEY DO'S

We will do the job your Honey can't or won't. Lite-electrical, plumbing and carpentry. Fences, roof, tile & sheetrock repair. Handicap grab bars & much more.
Free Est. **817-249-2028**

HOME IMPROVEMENTS

Bill Blankenship Contracting Inc.

YOUR ONE STOP REMODELING CONTRACTOR
Residential/Commercial

Kitchens, baths, showers, add-ons, custom cabinets. lic.# M8479 A+BBB Rated
contractingblankenship@outlook.com

817-831-4000

D & M SERVICES Small to Big Jobs. Repair/remodeling, painting, plumbing drains lines cleared, & Fencing, reasonable. Military & Snr. Disc. **817-233-5339**

From Suburban Newspapers Staff We Want to Hear From You!

Suburban Newspapers, Inc. publishes the *White Settlement Bomber News*, *Benbrook News*, and *River Oaks News* every Thursday.

We have a small staff and rely heavily on stories and photos submitted by readers.

- Do you know about a great volunteer opportunity or a free public event?
- Did your neighbor or child do something brag-worthy?

Submissions are published with space permitting and may be edited.

Send the full story and photos to suburbannews@sbcglobal.net.

From the City River Oaks Upcoming River Oaks Food Bank Event March 14

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 9 a.m. to get a place in line. 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.



White Settlement Historical Museum

8320 Hanon Drive

White Settlement, Texas 76108

817-246-9719

Open: Tuesday - Saturday, 10 AM to 3 PM

Closed: Sunday & Monday

<http://www.wsmuseum.com>

FREE ADMISSION - GROUPS WELCOME!



Callahan's Appliance Inc
Sales • Service • Parts

In-Home Service

Huge.....!
Appliance Sale!

WOW!
Scratch & Dent, Re-conditioned
20% to 50% Off Retail!

817-244-5404

8120 White Settlement Rd. FW 76108



**Suburban
Newspapers, Inc.**

~ Veteran Owned ~



Publishers of the

***Benbrook News, River Oaks News and
White Settlement Bomber News***

Publisher: Boyden Underwood, publisher@suburban-newspapers.com

Editor: Emily Moxley, suburbannews@sbcglobal.net

Classifieds: Vee Horn, classifieds@suburban-newspapers.com

7820 Wyatt Drive, Fort Worth, TX 76108

817-246-2473

<https://suburban-newspapers.com>

From the City of White Settlement

Atmos Energy Offers Options for Paying Natural Gas Bill

Over the past two months, many of the areas Atmos Energy serves experienced record-low temperatures. This winter weather may have increased the amount of gas used to operate your gas furnace, water heater, and other gas appliances, which may result in a higher gas bill.

Atmos Energy understands that budgets are tight, and we encourage customers to explore available resources that help you better understand and manage your winter gas bill.

What options does Atmos Energy offer to manage my natural gas bill?

- Sign up for the Budget Billing so your bill is more predictable each month.
- Enroll in an Installment Plan to spread the payment of your balance over time.
- Connect with local energy assistance agencies in your area to learn about financial assistance that is available to qualifying customers.

From your online Account Center, you can make payments, enroll in these free payment programs, and find a local energy assistance agency at your convenience. To learn more about these solutions, visit atmosenergy.com/assistance.

How can I better understand my bill?

To learn more about the terms and factors on your bill, visit atmosenergy.com/mybill. Additionally, you can use the Bill Comparison tool in your Account Center to compare your current bill with a previous bill. This will help you better understand how the weather, number of days in your billing cycle, and the amount of gas used impact your bill.

What factors impact my bill?

- The amount of natural gas used.
 - The natural gas commodity cost, which is a pass-through cost.
 - Customer and facility or delivery charges to your home or business.
 - Taxes/fees.
- Unusual or unexpected usage on your Atmos Energy bill could

mean that you have a gas leak. If you smell or suspect a natural gas leak, leave the area immediately. Then, from a safe distance, call 911 and Atmos Energy's 24/7 emergency line at 866-322-8667.

Atmos Energy is committed to the safe and reliable delivery of natural gas and continuing to provide exceptional customer service.

As always, our Customer Contact Center is available to answer any questions you may have Monday through Friday from 7 a.m. to 6 p.m. Central Time at 888-286-6700.

From Tarrant Regional Water District

Register Today for 2025 Trash Bash

Join the Tarrant Regional Water District and thousands of volunteers to remove litter throughout the community and its local waterways.

Registrants will help cleanup from 8 to 10 a.m. at Marine Creek Lake on Saturday, March 29 and at the Trinity River on Saturday, April 26. [Click here to register](#).

Trash Bash is TRWD's commitment to fostering litter prevention within the communities we serve by providing various opportunities to volunteer in organized cleanups of our waterways.

CITY OF RIVER OAKS SPRING CLEAN UP

APRIL 1ST - APRIL 30TH

Now Is Your Chance To Clean Up Your Property, House And Garage And Get Rid Of Unwanted Refuse By Placing It At The Curb For Collection On Your Regular Trash Day And Bulk Pick Up Day.

During April Clean Up Month, The City Will Pick Up: Tree Limbs, Brush, Debris, Tires, And Trash From Your Curb.

TIRES WILL BE COLLECTED MARCH 1st THROUGH APRIL 30th.
Place The Tires In A Separate Pile Next To Your Regular Trash.

For More Information Regarding River Oaks Clean Up Month, Please Contact Cassie In Public Works At 817-626-5421, Ext 332.

Ginger Brown's

Old Tyme Restaurant & Bakery
Open 7 Days a Week!

Monday thru Friday: 6 a.m. to 3 p.m.
Saturday and Sunday: 6 a.m. to 4 p.m.

6312 Jacksboro Hwy, Lake Worth, TX 76135
817-237-2114

Home of the World Famous Cinnamon Rolls!

Special Scrap Tire Campaign

Discarded tires laying around in the yard are a source of mosquito breeding. The City of River Oaks has initiated an event to collect old, discarded tires out at the street curb.

On the Wednesday Bulk Collection Day for residents, the city will pick them up and get rid of them at no charge. This offer is good through April 30, 2025.

Residents are requested to limit the number of tires to be discarded at any one time to no more than four used, discarded tires.

Where there are more than four tires, please contact the Public Works Department to schedule a special pickup at 817-626-5421, extension 332. Otherwise, residents can call for pickup, or else public works will pick up tires when placed on curb.

This free service is for residential customers only. The City will not collect tires disposed of from businesses since commercial collection is under contract with a commercial waste hauler.

For more information about unwanted mosquitoes and how to protect yourself please contact the Emergency Management Coordinator, James Myrick at 817-476-0362.



CLASSIFIEDS

7820 Wyatt Drive • Fort Worth, TX • 76108

PAINTING SERVICES

HAYWOOD PAINTING

Interior & Exterior. Remove popcorn, wallpaper, tape bed texture & exterior wood repair, Over 30yrs. exp. Ref. Free Est. Call **817-454-6489**

PLUMBING SERVICES

LONNIE BRAVO PLUMBING

Drain cleaning, slab leaks, electronic locate & repair. Sewer repair, gas test, tankless water heaters, bathroom & kitchen remodeling **817-715-6747**
M38813 Senior & Veterans discounts.

FINANCING AVAILABLE W/LOW PAYMENTS.

WWW.LONNIEBRAVOPLUMBINGLLC.COM

Bill Blankenship Contracting Inc.

Drain stoppage, water leaks, water heaters, sewers replaced, water repiping, camera sewers, faucets installed, gas lines, Repair/Replaced.

A+BBB Rated contractingblankenship@outlook.com

Master Plumber M8479. **817-831-4000**

LANDSCAPE & LAWN SERVICE

ALEX'S LAWN SERVICE

FREE Est. Trash hauls, cleanup, tree trimming leaf removal & fertilizing. No job too Big/Small Sr. Disc. **817-793-9096.**

I MOW 4 YOU



Will Do Your Mowing & Leaf Work!

Free Estimates W/Scheduled Work!

817-988-2249

TILE WORK

Bill Blankenship Contracting Inc.

Tubs, showers, floors, backsplashes etc.

A+BBB Rated, contractingblankenship@outlook.com

817-831-4000I

EMPLOYMENT AVAILABLE

HELPER NEEDED to

Mow Lawns

I Mow 4 You

817-988-2249

must leave mssg.



817.246.2473

DEADLINE: Monday at Noon.

TREE SERVICES

Rubens Tree Service

Fire Wood Special
Removal, Trimming, Pruning, Hauling off.

Call Ruben

817-513-0233

Leon's Tree Service

Expert Takedowns

- Trimming
- Hauloffs
- Stump Removal
- Fire Wood

Lic. & Insured **817-371-8597**

Chad's Tree Service

Insured For Your Protection

- Trimming • Removals • Stump Grinding

- Systematic Tree Feeding

Satisfaction Guaranteed

FREE ESTIMATES

817-246-5943 or 817-221-2201

SERVICES PROVIDED



Mr. Sweeps

Chimney Cleaning Special!

\$10 OFF

Dryer Vent or Chimney Cleaning
www.MrSweepsChimneyCleaning.com

817-692-5624

Discover your local news,
free and fresh every week!

Our publications,
supported by the small-town
businesses you can find
throughout these pages, bring
you the stories that matter
most.

From community events to
local success stories, our
80-year old publications help
you stay connected and
informed.

Support local, read local!
Subscribe today and stay in
the know!

From StatePoint

Take These Six Steps to Manage Your Blood Pressure

High blood pressure, also known as hypertension, affects nearly half of adults in the United States, and only about 1 in 4 with this condition have it under control, according to the Centers for Disease Control and Prevention (CDC). Unmanaged hypertension can be dangerous and in many cases, fatal. Medical experts say that controlling your blood pressure is possible and it starts with having the right information.

“Nearly half of all American adults have high blood pressure, and many don’t even know it. High blood pressure is a ‘silent killer,’ often having no overt symptoms, but increases the likelihood of heart attack, stroke and other serious health risks. I urge you to know your numbers and make the simple lifestyle changes that can help you control your blood pressure and live a long and healthy life,” says Jack Resneck Jr., M.D., president of the American Medical Association (AMA).

To get on the right track, consider these tips and insights from the AMA:

1. Know your numbers. Hypertension is diagnosed when your systolic blood pressure is greater than 130 mmHg or your average diastolic blood pressure is greater than 80 mmHg. Visit ManageYourBP.org to better understand your numbers.

2. Monitor blood pressure. Once you learn your blood pressure numbers, take and keep regular records using an at-home blood pressure monitor. For an accurate reading, the CDC says to sit with your back supported for five minutes before starting and wait at least 30 minutes after drinking or eating a meal. You should also avoid stimulants for at least 30 minutes beforehand, as the CDC says that smoking and drinking alcohol or caffeine can elevate your blood pressure. If you take medication for hypertension, measure your blood pressure before your dose. Share your numbers with your health care provider.

3. Eat right. Reduce your intake of processed foods, especially those with added sodium and sugar. Eat less red meat and processed meats, and add more plant-based foods, such as vegetables, fruits, nuts, seeds and olive oil to your diet. Also, reduce your consumption of sugar-sweetened beverages and drink more water instead. Drinking sugary beverages, even 100 percent fruit juices, is associated with a higher all-cause mortality risk.

4. Drink alcohol only in moderation. If consuming alcohol, do so in moderation -- up to one drink per day for women and two drinks per day for men, and only by adults of legal drinking age.

5. Be more physically active. Do at least 150 minutes a week of moderate-intensity activity, or 75 minutes a week of vigorous-intensity activity. Be sure to include a mix of cardiovascular exercise, strength training and flexibility. Obtain guidance from your doctor if you aren’t sure if it is safe for you to exercise.

6. Maintain a healthy weight. If you are overweight, losing as little as 5 to 10 pounds may help lower your blood pressure. Consult your doctor about safe ways to maintain a healthy weight.

From the Fort Worth Fire Department

Register Today for the Sensory Friendly Touch a Truck Event

The Fort Worth Fire Department is teaming up with the Fort Worth Police Department, MedStar and CareFlite to provide a free, sensory friendly Touch a Truck event on Saturday, April 26.

This event will be held on the track at the Bob Bolen Public Safety Complex, located at 505 West Felix Street. There will be vehicles ranging from fire trucks, ambulances, police cars and helicopters along with robots from the Bomb & Arson unit and horses from the FWPD mounted unit, and more!

There will also be tables with representatives from various businesses and non-profits that provide resources to children on the Autism spectrum.

The event is free but a you registration is required. Participants may [register at this link](#), so that we have an accurate count of attendees. To ensure that this remains a safe, sensory-friendly event, the number of people must be limited.

There will be two sessions offered to allow for enough people to attend. When reserving your spot, be sure to pick either the morning session from 10 a.m. to noon, or the afternoon session from 1 to 3 p.m. We look forward to seeing you out there!

If you have any questions, please reach out at 817- 392-6812 and let us know.

Texas History Minute by Dr. Ken Bridges

Texas Metal: Lithium Discovery Sparks New Era of Innovation and Investment



The soil has long provided much for Texas, from farming to oil. As technology advances, Texas turns to the soil again. Many investors and business owners are excited about the possibilities of lithium. A large amount of the light metal promises deep in the Earth to start an important new era for many areas of East Texas.

Lithium was discovered by Swedish chemist J.A. Arfwedson in 1817. With only three protons in its atomic nucleus, it is one of the lightest elements in existence. Its unusual configuration of its three electrons allows it to bind to other elements easily, making it highly flammable. In fact, dropping pure lithium in a bucket of water would cause an explosion, but pure lithium is rarely found in nature. These same properties make lithium a good conductor for electricity and heat. Lithium is also used in nuclear research and as a component in some types of nuclear weapons.

It can also be used as an additive for certain types of fuel for rockets and missiles. The largest known sources of lithium are in Chile, Australia, Bolivia, Argentina, and China. It is sometimes found in ocean water and some plants and sea plankton. In recent years, an increasingly reliable source of lithium has been isolating it from within brines.

During World War II, lithium grease was used as a lubricant for some aircraft engines because of its ability to work at high temperatures. Lithium is also used to produce certain types of ceramics and glass, particularly some types of ovenwares.

Lithium is also the primary ingredient in a common antidepressant. Because of this, lithium was an ingredient in 7-Up until the 1940s. Several cities had natural sources in lithium in their water or had lithium added, a process called lithiation. Cities with lithiated water often reported lower rates of crime and suicide. However, cities reconsidered these policies and stopped the practice in the 1940s. Since the 1950s, mental health professionals have commonly prescribed it to treat depression, bipolar disorder, and

other conditions.

Today, lithium hydroxide and lithium peroxide are used in air purification systems in outer space and in submarines. Lithium peroxide is also used for emergency oxygen candles for these as well. Because lithium burns with a red color, it is sometimes used to make red fireworks.

Its use in batteries has made lithium the subject of renewed focus. As the electric car grows in popularity, lithium demand grows with it. Its unique electron configuration makes it ideal for use in electricity and led to the creation of the lithium-ion battery. These batteries can produce more power than the traditional lead or zinc batteries and had a longer lifespan. And it makes far easier to recharge, something that was difficult for other kinds of batteries.

NASA developed the first lithium battery in 1965, but the forerunner of the modern lithium-ion battery emerged in 1974. By the 1990s, it had been perfected. It began to be used in products as simple as children's toys to cell phones and then electric cars. One Texas scientist, Dr. John B. Goodenough of the University of Texas, helped make the new battery come to life. The discovery and many uses of the lithium-ion battery led the 2019 Nobel Prize in Chemistry to be awarded to Goodenough, French scientist Rachad Yazami, and Japanese chemist Akira Yoshino.

Geologists discovered a major lithium vein curving from western Mississippi into Arkansas and across East Texas. These finds combined could yield untold riches and important business investments for the region over time. While deposits in North Carolina, Nevada, and Wyoming have gained attention, the fields across East Texas could be a billion-dollar find by itself, with the lithium available potentially as valuable as the oil fields of the region of a century before.

The soft metal had been laying quietly under the Earth for millions of years, part of the geologic landscape of the region. For its many uses, it could potentially power the future.

BENBROOK CAFE
Breakfast * Lunch * Dinner

Open 7 Days a Week!

Mon. thru Sat.:

6am to 9pm

Sunday: 6am to 3 pm

4902 US-377,

Fort Worth, TX 76116

817-244-1372

Moe's
Home
Cooking
Cafe

Open 7 Days a Week!

Mon. thru Sat.:

6am to 9pm

Sunday: 6am to 3pm

4705 River Oaks Blvd,

Fort Worth, TX 76114

817-378-9262

BUSINESS DIRECTORY



SUBURBAN NEWSPAPERS, INC.

White Settlement Bomber News • Benbrook News • River Oaks News

7820 Wyatt Drive Fort Worth, TX 76108

817-246-2473

suburban-newspapers.com

AIR & HEATING

PRECISION Aire & Heat
817-563-2665
precisionaire@sbcglobal.net

APPLIANCES

CALLAHAN'S APPLIANCE
8120 White Settlement Rd
817-439-2080

COMPUTERS

MICHAEL'S PC Repair
817-945-2667
michaelspcs@hotmail.com

CONCRETE

Leons Concrete Services
an Tree Services 817-371-8597

ELECTRIC

E-CONN ELECTRIC
817-831-2600
www.econnllc.com

FENCING

BOB YOUNG Fencing
817-495-5543
bobyoungfences@hotmail.com

HOME IMPROVEMENTS

ALPINE SERVICES PLUS
817-296-2880
.....**Bill Blankenship Contracting**
Residential/Commercial • M8479
contractingblankenship@outlook.com
817-831-4000
.....**ECE Construction LLC**
817-831-2600

REAL ESTATE

TAMMY WRIGHT, BROKER
Wright Realty Services DFW
Cell: 682-472-9041
wrightrealtyservicesdfw@gmail.com

RESTAURANTS

EGGSQUISITE CAFE
9316 Clifford St. 76108 • 7days a week
682-224-2832 eggsquisitecafe.com

PAINTING

HAYWOOD Painting
817-371-8597

LANDSCAPE/LAWNS

I MOW 4 YOU
817-988-2249
corvetteron@hotmail.com
.....**ALEX'S Lawn Care**
817-793-9096

SERVICES PROVIDED

AMERICAN LEGION Post 297
817-249-2791
alpost297@sbcglobal.net
.....**CHRIST THE KING ANGLICAN CHURCH**
3290 Lackland Rd.
Fort Worth, Tx 76116 *Every Sunday*
worship at 9:30am

TREE SERVICE

CHAD GREEN Tree Service
817-246-5943 or 817-800-6059 (cell)

PLUMBING

LONNIE BRAVO Plumbing
817-715-6747
lonniebravo@sbcglobal.net
www.lonniebravoplumbingllc.com
.....**Bill Blankenship Contracting**
Residential/Commercial • M8479
contractingblankenship@outlook.com
817-831-4000

ROOFING

ECE ROOFING LLC
817-831-2600

INSURANCE

PETER POLINSKY Insurance
817-560-9400
peter@polinsky-insurance.com
.....**HEALTH INSURANCE**
(all year/ages) Medicare & Obama-care 817-874-7569 Marilyn-Kaye.com - Online Quotes

Weekend Forecast



Friday, March 14:

AM - Sunny, with a high near 79. Windy, with a W/SW wind 20 to 25 mph increasing to 30 to 35 mph in the afternoon. Winds could gust as high as 50 mph.

PM - Mostly cloudy, with a low around 55. W/SW wind 15 to 20 mph decreasing to 10 to 15 mph after midnight. Winds could gust as high as 35 mph.



Saturday, March 15:

AM - Mostly sunny, with a high near 70. W/NW wind 10 to 15 mph, with gusts as high as 25 mph.

PM - Partly cloudy, with a low around 45. NW wind 5 to 10 mph, with gusts as high as 20 mph.



Sunday, March 16:

AM - Sunny, with a high near 70. North northwest wind around 5 mph.

PM - Mostly clear, with a low around 47.

[Extended Forecast Click Here](#)