

River Oaks News

Established 1939 • A Publication of Suburban Newspapers, Inc.

85th Year, No. 13 • 7820 Wyatt Drive, White Settlement, Texas 76108 • suburban-newspapers.com • March 27, 2025

From the Sports Desk with John Loven

CHS Lions Open Up Playoffs with a Big Win



The Castleberry boys soccer team advanced to the 4A UIL Playoffs as the District 8-4A Champion. Their first-round playoff opponent was Western Hills, who finished fourth in District 7-4A.

The Lions came into the game having lost only one game the entire season, sporting an impressive 17-1-3 overall record.

The Western Hills Cougars entered the game with a 9-9-2 overall record. Most first round matches that pit district champions against fourth place teams of another district are usually a bit one sided, and it certainly looked like this might be the case for this match. The game took place at W.O. Barnes Stadium on Friday, March 21 immediately followed the CHS Lady Lions first round

playoff victory (2-0) over the Lady Cougars of Western Hills.

It did not take the Lions long to make this look like a typical first round playoff game between a district champion and a 4th place team. After a couple of shots on goal in the first 5 minutes which missed their mark, the Lions found the back of the net at the 34:45 mark. With an assist from senior Jose Chairez, senior Christian Serrato's kick scored and gave CHS a 1-0 lead.

About 8 minutes later, junior Fernando Hernandez was fouled and awarded a penalty kick. His kick easily sailed past the Cougar goalie and put the Lions up 2-0 at the 26:20 mark.

Later, at the 7:54 mark, Chairez got his own goal. His score

pushed the Lions lead to 3-0, which held until halftime. The Lions domination of the first half was reflected in the fact that they had no less than 21 shots on goal to absolutely zero for the Cougars.

Besides the three Lions who scored goals in the first half, there were at least four others who also had kicks on goal. They included junior Gerardo Garcia, senior Christopher Montoya, sophomore Sebastian Garcia and senior Eddie Zapata.



(continued on page 2)

CLASSIFIEDS

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) **TACLB26642**

COMPUTERS



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 ommercial, Residential, Sidewalks Slabs, Patios, Driveways, Steps Retaining Walls Brushed

817-371-8597

Licensed and Insured leon@leonstreeservice.biz

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

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

CHRISTIAN HANDYMAN

Ceiling fans, painting, remodeling repairs. Small Jobs Ok Work Guaranteed. 817-560-1774

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

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.

Sports Desk

(continued from page 2)

back into the game were put to rest very quickly in the second half.

Less than 2 minutes in (38:25) the Lions would add to their lead. Junior Uriel Pereyra scored on an assist from Ethan Padilla. Then less than a minute later (37:35) junior Richard Montes scored to give the Lions a 5-0 lead.

Castleberry's dominance was again on display in the second half as well. The up by 8:30 a.m. to get a place in line. The Lions had 11 more shots on goal to the Cougars two, both of which were defended by CHS junior goalie Caleb Castaneda. Lions than the posted time. won 5-0.

Waxahachie (21-2-2) on Monday, March 24 in the second round.

The Lady Lions (6-9-3) played Godley (14-4) on Tuesday, March 25 in their second round match up. Reports on those scores next week. Go Lions! Go Lady Lions!

We Want to Hear From You! Send us Your Good News! suburbannews@sbcglobal.net From the City River Oaks

Upcoming River Any thoughts the Cougars had of getting $\ \it Oaks\ Food\ Bank$ Event March 28

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 supply truck often arrives early, meaning the food is given to line members earlier

Participants are requested to stay in their The Lions (18-1-3) quickly faced Life 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!



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

CLASSIFIEDS

LANDSCAPE & LAWN SERVICE

I MOW 4 YOU



Will Do Your Mowing & Leaf Work! Free Estimates W/Scheduled Work! 817-988-2249

TREE SERVICE

Rubens Tree Service Fire Wood Special Removal, Trimming, Pruning, Hauling off. Call Ruben 817-513-0233



Chad's Tree Service

Insured For Your Protection

• Trimming • Removals • Stump Grinding

• Systematic Tree Feeding



817-246-5943 or 817-221-2201

SERVICES AVAILABLE



Mr. Sweeps Chimney Cleaning Special! \$10 OFF

Dryer Vent or Chimney Cleaning www.MrSweepsChimneyCleaning.com 817-692-5624

JOBS AVAILABLE

HELPER NEEDED to Mow Lawns I Mow 4 You 817-988-2249 must leave mssg.





8120 White Settlement Rd. FW 76108

From Castleberry ISD

Full-Day Pre-Kindergarten Online Registration Begins April 1

Castleberry ISD offers free, full-day pre- Camp Courage: Where Courage Begins, kindergarten (pre-K) for all regardless of if Adventure Never Ends! the student lives within the district boundaries or not.

Online registration opens on Tuesday, four-week summer program! April 1.

year and Summer Jumpstart:

Step 1

Submit the New Student Enrollment Account Request form to generate a temporary school year. login for Skyward Family Access.

Check your email (inbox and spam Courage Summer Program. folders) email for an from administrator@castleberryisd.net.

This message will contain a link to the June 27. New Student Enrollment Application Form and your temporary login for Skyward Parent as Child's First Teacher Sessions Family Access.

Step 3

received to complete the New Student Enrollment Application Form.

Click Submit Application to the District. ing in the summer program

Step 4

Once Castleberry ISD has processed your New Student Enrollment Application, an email will be sent with your Skyward Family Access login information.

You will be prompted to change the password upon initial login.

Subscribe to receive this weekly publication for FREE! · CLICK HERE!

Help your child (and even you!) get a Jumpstart on their pre-K year during this

Through engaging activities, young Complete the following steps to to reg- learners will familiarize themselves with ister your child for the 2025-2026 school school routines, making the transition to pre-K smoother for everyone in August.

> You will register each child for Jumpstart when you register he or she for pre-K in Castleberry ISD for the 2025-2026

> Parents and guardians are encouraged to make arrangements for your pre-K child to attend Summer Jumpstart during the Camp

> Classes meet Monday through Friday from 8:30 to 11:30 a.m., May 29 through

Parents of incoming pre-K students are invited to attend Castleberry ISD's Parent as Child's First Teacher sessions each Monday Click the link provided in the email you in June. Learn fun and interactive ways to support your child's learning at home. Each session reinforces what your child is learn-

Attendees will receive a backpack with books and materials during the first Monday session and additional resources in subsequent sessions. All materials are provided free of charge. Sessions are available in English and Spanish.

Session Dates and Times

Monday, June 2 from 8:45 to 9:45 a.m. Monday, June 9 from 8:45 to 9:45 a.m. Monday, June 16 from 8:45 to 9:45 a.m. Monday, June 23 from 8:45 to 9:45 a.m.

Find us on FACEBOOK!

https://www.facebook.com/RiverOaksNews

Fourth Graders Can Get a Free Public Lands Pass

Every Kid Outdoors was created so fourth-graders and their families could discover our wildlife, resources, and history for free. The Fourth Grade Pass covers entrance or day use fees at federal recreation sites. Some fees, like camping and special tours are not covered. Private businesses that manage facilities on federal lands morials, lakeshores, seashores and more. may not honor the pass.

No matter where you live in America, you're within two hours of a federal recreation site. Plan a trip near or far. Learn about your heritage or connect with nature.

Fourth-graders were chosen because research shows that kids ages nine to 11 are beginning to learn about the world around them. They're open to new ideas, and they are likely to connect to nature and our history.

We offer the pass to fourth-graders every year. Over time, every kid can get a free pass to explore our country.

ADOPTION EVENT FRIENDS OF THE RIVER OAKS ANIMAL SHELTER HOSTED BY: FORT WORTH HARLEY LOCATION: **3025 W. LOOP 820 SOUTH** FORT WORTH, TX 76116 DATE: **MARCH 29TH 2025** TIME: 11AM - 3PM

Visit www.everykidoutdoors.gov to get your free pass and access trip-planning resources.

Where to use your pass:

National Parks: NPS.GOV - Explore 400+ historic sites, me-

National Forests: FS.USDA.GOV - Recreate in 150+ forests across nearly 200 million acres.

Wildlife Refuges: FWS.GOV - Visit 500+ refuges includeing at least one in every state and U.S. territory.

Reclamation Areas: USBR.GOV - Enjoy water-based activities reservoirs, rivers, and surrounding areas.

Conservation Areas: BLM.GOV - Explore monuments, offhighway vehicle areas, conservation areas and more.

Recreation Areas: USACE.ARMY.MIL - Enjoy sites in 43 states managed by U.S. Army Corps of Engineers.

Marine Areas: NOAA.GOV - Explore 15 national marine sanctuaries and two marine national monuments.

Free Access for One Year

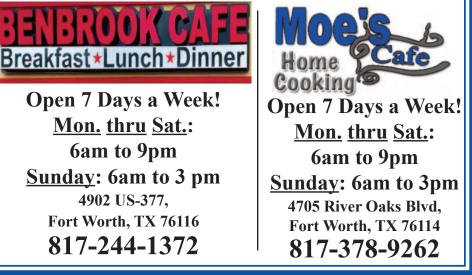
Students may obtain and use the pass Sept. 1 through Aug. 31 of their fourth grade year.

Pass dates are not dependent on your school's start and end dates, as these dates vary across the nation.

Home-schooled and free-choice learners 10 years of age may also receive the pass.







Alzheimer's Foundation of America

Six Stress Reduction Tips for Caregivers During National Stress Awareness Month in April

Stress doesn't just affect your mood, it can have long-term health impacts as well if you don't take steps to manage it constructively. For individuals who face the stressful task of caring for a family member with Alzheimer's disease or another dementia-related illness, the Alzheimer's Foundation of America (AFA) is offering six stress reduction tips for caregivers as part of National Stress Awareness Month in April.

"Family caregivers often find it challenging to make time for themselves, but being proactive about addressing caregiver stress and self-care is not selfish; it's essential and it benefits both the caregiver and the person for whom they are caring," said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. "Failing to manage stress increases the risks of caregiver burnout, depression, and many other mental and physical health issues. Caregivers need to take care of themselves so they can provide the best possible care for their loved ones."

Family caregivers of people with Alzheimer's and related dementias are at greater risk for anxiety, depression, and poorer quality of life than caregivers of people with other conditions, and provide care for a longer duration of time, according to the Centers for Disease Control and Prevention (CDC).

for family caregivers:

- Be adaptable and positive. Your attitude influences stress levels for both you and the person you're caring for. If you can "go with the flow," and avoid fighting the current, that will help you both stay relaxed—conversely, becoming aggravated or agitated will increase the chances that your person will as well. Focus on how to adjust to the situation in a constructive way.
- Deal with what you can control. Some things are totally out of your control. What is in your power to control is how you re-

spond and react to these outside factors. have noticed more wildlife in your back-Concentrating on finding solutions can help make the problem itself a little less stressful.

- Set realistic goals and go slow. Everything cannot be resolved at once, nor does it need to be. Don't hold yourself to unrealistic expectations. Prioritize, set practical goals, do your best to achieve them, and take things one day at a time.
- diet, and lack of exercise can all exacerbate stress (and cause other health problems as well). As best you can, make it a priority to get sleep, eat right, drink plenty of water and find ways to be active. You cannot protake care of yourself.
- yoga, meditating, listening to music or even taking a few deep breaths can all help relax that works for you and do it regularly!
- from your support structure and staying bottled-up increases stress. Whether it's with a loved one, trusted friend or a professional, don't be reluctant to talk about your stress, because that can actually help relieve it! AFA's Helpline has licensed social workers available for caregivers seven days to provide support or even just listen.

AFA's Helpline, staffed entirely by li-AFA offers these six stress reduction tips censed social workers who are specifically trained in dementia care, can provide additional information and support for families. The Helpline is available seven days a week by phone at 866-232-8484, text www.alzfdn.org.

MARCH 27

NATIONAL SCRIBBLE DAY!

This day, founded in 2019, encourages children to express themselves through art and kindness!

From Texas Parks & Wildlife

What to Do with Found Wildlife

With more and more people enjoying the outdoors and working from home, you may yard, neighborhood or surrounding areas.

Species including birds, deer and snakes are active this time of year and their young often stray or appear to be abandoned. But wildlife experts caution against lending a helping hand.

The deer fawning season begins in early to mid-May. A newborn fawn's mottled coat • Mind your health. Inadequate rest, poor and mother's care usually hides them from predators. But as fawns mature, they shed these coats for a more adult color which causes them to catch the eye. With mothers leaving fawns for hours at a time, you may spot one lying alone in tall grass or in a vide quality care to a loved one if you don't brushy area. Well-meaning people sometimes pick up these fawns, thinking that • Clear and refresh your mind. Exercise, they have been abandoned by their mothers and need help. This is rarely the case.

Leave all young animals alone unless it the mind and reduce stress. Find something is obviously injured or orphaned. To be sure, spend time observing the wild animal • Share your feelings. Disconnecting from a distance in order to make that determination. Staying too close may deter the mother from returning, so be sure to view safely from a distance. By interfering too soon, you may be doing more harm than good.

> The same applies to young birds, who might be out of their nests but cannot fly. If the bird's eyes are open, it has a coat of feathers and is hopping around, it is probably fine. Grounded fledglings will usually be up and flying within a few days.

If it is determined that a wild animal is sick or injured call the Texas Parks and Wildlife Department's wildlife information message at 646-586-5283, and web chat at line, 512-389-4505, during business hours for a referral to a licensed wildlife rehabilitator.

> After-hours callers can get the names of rehabilitators from TPWD's dispatch line at 512-389-4848 checking by https://tpwd.texas.gov/huntwild/wild/rehab/ list/.

Texas History Minute by Dr. Ken Bridges

Jimmy Allred: Resilient Leader Who Guided Texas Through the Great Depression and Left a Lasting Legacy

Gov. Jimmy Allred became governor of Texas in a desperate time for Texas. The Great Depression created many hardships for families and crippled state finances. Though he had met with several defeats and reverses in his life, Allred's persistence guided Texas in a difficult time and



cemented lasting changes for the state.

James V. Allred, affectionately known as Jimmy to friends and family, was born in the small Montague County community of Bowie in 1899. His childhood was uneventful, and he graduated from Bowie High School in 1917. He headed to Houston to enroll at Rice University. He ran out of money, which derailed his initial attempt at higher education, but he regrouped and pressed ahead.

The United States had entered World War I by this time, and Allred enlisted in the navy. After the war, he found a job as a law clerk in Wichita Falls. Inspired to resume his education, he enrolled at Cumberland University in Tennessee and received a law degree in 1921.

Allred returned to Wichita Falls and opened his own law firm. A respected attorney, Gov. Pat Neff appointed him as District Attorney for Archer, Wichita, and Young counties in 1923. Allred delighted in the role as a fighter for the common man, often taking on corrupt businesses and the Ku Klux Klan. He ran for attorney general, losing a close race in 1926. He rebounded, concentrated on his law firm and marrying Joe Betsy Miller of Wichita Falls in 1927, with whom he would have three children. Allred re-entered politics and became attorney general in 1930.

As the Great Depression deepened in Texas, Allred became increasingly popular for his actions taking on monopolies and corrupt business practices that hurt consumers and workers. As a result of his success, he ran for governor in 1934, seeking to replace the controversial Gov. Miriam A. Ferguson. In what became an unusual race for Texas, all three leading candidates for the Democratic nomination were from Wichita Falls: Allred, Tom F. Hunter, Charles McDonald. Allred came out on top and won the general election easily.

Allred made combating the Great Depression the focus of his administration. Unemployment was high, and farms were failing. He created the Texas Planning Board as an advisory commission

to the state legislature to help determine how federal aid through President Franklin D. Roosevelt's New Deal programs should best be utilized. Thousands of Texans were put to work through Works Progress Administration and Civilian Conservation Corps projects, building new parks, constructing schools and other public buildings, and paving streets and sidewalks. With these projects, the worst effects of the Depression were alleviated as many were able to put food on the table again.

He pushed through reforms to the state's Prohibition laws, allowing local-option alcohol elections.

He reorganized law enforcement in the state. He consolidated the Texas Rangers and the highway department into the Department of Public Safety in 1936. Because of concerns over the issuing of pardons by previous governors, a constitutional amendment required all new pardon applications be reviewed by a special board first. The state also celebrated its centennial of independence in 1936, which included not only public observances – a welcome diversion during the Depression -- but also the construction of monuments and museums across Texas. He also established the Interstate Oil Compact Commission to cooperate with other oil-producing states.

During his governorship, the family welcomed a new addition. In 1937, Joe Betsy Allred gave birth to a healthy son at the governor's mansion in the Sam Houston Bedroom in the Sam Houston Bed. He was one of the few children born in the governor's mansion. Naturally, the son was christened Sam Houston Allred.

He had been stymied by the legislature in earlier attempts to establish a pension system for the elderly, but he pushed again after the Social Security Act was passed by Congress in 1935. In 1937, Allred enacted reforms to education, which included a pension for teachers and expanded funding for schools and students. New programs for the poor and elderly were also enacted, mostly paid for through new taxes on oil, gas, and liquor.

Allred was appointed a federal judge by President Roosevelt in 1938, a position he took after his second term as governor ended. He made one more attempt at office in 1942, resigning his position as federal judge to run for U. S. Senate in a losing bid against popular Gov. W. Lee "Pappy" O'Daniel.

In 1949, President Harry S. Truman re-appointed Allred to the federal bench, and the family moved to Corpus Christi. In 1959, Allred was presiding over a trial in Laredo when he halted the proceedings, complaining he was not feeling well. A few hours later, he collapsed and died at the age of 60.

His wife returned to Wichita Falls some years later, a respected, motherly figure in the community who lived a relatively quiet life until her passing in 1993. In 1995, the state opened a new prison, the James V. Allred Unit, between Wichita Falls and Iowa Park, naming it in the governor's honor.

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 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.lonniebrayoplumbingllc.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 & Obamacare 817-874-7569 Marilyn-

Kaye.com - Online Quotes

Weekend Forecast



Friday, March 28:

<u>AM</u> - Showers and possibly a thunderstorm. High near 72. S/SE wind 10 to 15 mph, with gusts as high as 20 mph. Chance of precipitation is 80%.

PM - A 20% chance of showers and thunderstorms. Mostly cloudy, with a low around 62. S/SE wind around 10 mph.



Saturday, March 29:

<u>AM</u> - Mostly sunny, with a high near 87. South wind 10 to 15 mph, with gusts as high as 25 mph. <u>PM</u> - Partly cloudy, with a low around 66. South wind around 15 mph, with gusts as high as 20 mph.



Sunday, March 30:

AM - Mostly sunny, with a high near 85. S/SW wind 10 to 15 mph becoming West in the afternoon. Winds could gust as high as 20 mph.

PM - Mostly clear, with a low around 51. N/NE wind around 10 mph.

Extended Forecast Click Here