



Serving the City of River Oaks

River Oaks News

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May 28, 2020

Around the Town with Melody Dennis

Animals Can Help Reduce Pandemic Stress and Anxiety

Medical science has known for a long while that animals are good for our lives. Hospitals, care facilities and mental health programs have been bringing in dogs, cats and other animals as part of treatment and therapy for both physical and emotional healing, and patients show great improvements, not to mention fun and happiness, when animals are part of their recovery plan.

If you have a pet you love dearly, then you certainly don't need science to tell you the many positives of living with a four-legged friend. If you don't have a pet, all you need to do is watch a ten-year-old playing with their dog in the backyard, or see a smiling dog along with his or her owner out for a walk to realize animals bring a unique joy to our lives.

During this strange new social isolation brought on by the Coronavirus, having a pet to share your home with has been literally a lifesaver for many people. Elderly people, people who live alone, and people who suddenly been taken out of a busy work place to work at home, have especially benefitted from canine and feline companionship.

This past week I read an article from Sharp Health News, which highlighted the benefits of a pets during a pandemic such as COVID-19. The article cited The Centers for Disease Control, and how their researchers are hearing feedback from people who have relied on their pets to help them cope with the pandemic. Five specific ways the article listed in which pets can help us during this pandemic are listed below.

1. Talk to the hound (or hare, hamster or hermit crab). Many pets are able to pick up on your emotions and can sense stress or sadness. They are great listeners — no unwelcome advice is given — and sometimes, just saying things aloud can offer relief or help you work through troubling thoughts.

2. Look to them for comedy relief. Pets are funny, often without any effort at all. Whether

chasing their tail (or each other if there are two or more in your home), hiding their toys, falling off their exercise wheel or swimming in circles, pets are often good for at least a chuckle, and laughter is an excellent way to relieve stress.

3. Take Fido, Fluffy or Feathers for a walk. Whether on a leash, in a stroller or on your shoulder, some pets are more than happy to accompany you on a walk, which is currently an excellent way to get much-needed exercise, breathe some fresh air and greet your neighbors from afar.

4. Settle in for a snuggle. While we may not be able to touch other humans outside our homes during social isolation, our pets are safe for a cuddle if you're healthy. Hugging your pet feels great, reduces depression and releases feel-good hormones. It can also help you relax, ease tension and even relieve physical pain.

5. Share the sweetness. When the news and social media seem to be filled with nothing more than sobering updates about COVID-19, a photo of your four-legged — or otherwise feathered, finned, scaled or furry — friend can bring joy to your loved ones and acquaintances. Whether you share them via text, email, video chat or on your social media platform, there's nothing like a funny pet picture or video to create a connection with others and bring a smile to their faces.

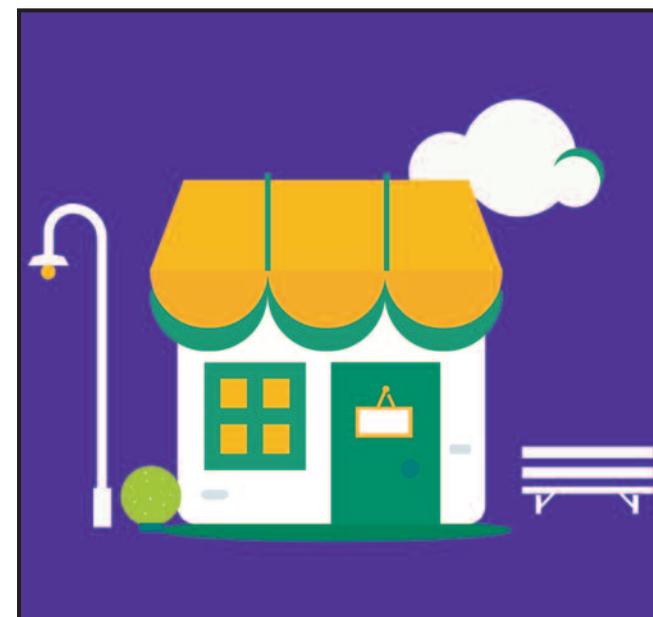
If you do not have a pet, this might be a great time to foster an animal from a shelter. If you find you simply cannot live without your new "foster fur baby" then fantastic, you now just adopt him or her! You get to save a shelter animals life, and you get to experience the unconditional love and all the other benefits pointed out in this article.

As this pandemic continues, please help others, check on your neighbors, say safe, keep hope alive, and give a special treat to your dog, cat, bird, hamster, lizard, bunny, pot-bellied pig, llama, turtle, horse, guinea pig, gold fish, ferret, snake, etc.

See you next week!

From the City of River Oaks

Do You Need Help Paying Your Utility Bill?



For health and safety reasons due to COVID-19, the city has put a ban on disconnecting water service for non-payment.

If you have been impacted and can't pay your bill, we are offering installment payment plans designed to help our customers manage their account that will spread out the payment of your balance over time.

We are here to help; give us a call today at 817-626-5421. Atmos Energy, likewise, is offering assistance with your natural gas bill, login to the Account Center at <https://atmosenergy.com>.

Sign up to have the free digital edition of the River Oaks News sent to your inbox weekly!

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From Tarrant County Public Health

Drive-Thru COVID-19 Testing Now Open in Tarrant County

Drive-thru COVID-19 testing sites are now open in Arlington and Fort Worth by appointment only, Monday through Friday. Each individual age 18 and old must have an appointment; for children under 18, contact their healthcare provider.

The testing is free to the public. If you have insurance, TCPH will bill the insurance company. There is no cost to the uninsured. Test results take 4-5 days and isolation is recommended.

Testing is available to any Tarrant County residents who meet any of the following qualifications:

- are employed as a healthcare or essential worker
- are over 65
- have chronic health conditions
- have COVID-19 symptoms including fever, cough, and shortness of breath

To learn more about how to utilize these drive-thru COVID-19 testing sites and to go through the pre-screening portion to schedule a test, visit <https://covidtesting.tarrantcounty.com>. People who need assistance can also call the Tarrant County Public Health information line at 817-248-6299.

From Suburban Newspapers Staff Writers

COVID By the Numbers: A Look at Local Cases

Per the Tarrant County Public Health Department public coronavirus records, as of Tuesday, May 26 at 1:00 p.m. these are the local confirmed COVID-19 cases in our immediate areas:

- Benbrook:** 52 positive, 9 recovered, 5 deaths
- Lake Worth:** 7 positive, 1 recovered, 0 deaths
- River Oaks:** 11 positive, 2 recovered, 1 death
- Sansom Park:** 15 positive, 7 recovered, 1 death

Westworth Village: 3 positive, 1 recovered, 0 deaths

White Settlement: 28 positive, 8 recovered, 0 deaths

Tarrant County Totals: 5,039 positive, 1912 recovered, 144 deaths

Included on the Tarrant County Health Department website, <http://www.tarrantcounty.com>.

Around the Town BINGO

Practice social distance and have fun doing it by playing Around the Town Bingo!

Snap a photo of your family completing one of the squares and submit it to suburban-news@sbcglobal.net.

Complete a bingo by getting five in a row. Submit a bingo card with two bingos by July 31 to be included on our list of winners!

(Free space can be used twice.)

B I N G O				
Go for a walk.	Snap a photo in bluebonnets or wildflowers.	Read an ebook from the library.	Pick up dinner to go from a local restaurant.	Tell a teacher how much you appreciate them!
Complete a newspaper word search.	Exercise at home.	Read a book about local history.	Repurpose a newspaper.	Write a letter.
Give a handmade gift on Mother's Day.	Decorate the driveway or sidewalk with chalk.	Free Space 	Show support for a high school senior.	Read a book to your pet.
Virtually attend a City Council meeting.	Feed ducks at the park.	Thank an essential worker.	Salute our heroes on a patriotic holiday.	Do a random act of kindness.
Play a game.	Learn about local history at wsmuseum.com .	Attend a virtual story time.	Go fishing.	Watch a keeper chat at the FW Zoo on Facebook.

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Fri., May 29: 6pm - 9 pm

Sat., May 30 & Sun. May 31: 10am - 5pm

Easter has been packed and stored until next year! But there's still LOTS of never seen furniture and accessories! Hundreds of American coins have dominated the collectible area, including: Indian Head Pennies, Mercury Dimes, Buffalo Nickels, Washington Quarters, Jefferson and Franklin Halfs, plus silver and clad Kennedy Halfs and more. (All American coins are priced at half of the 2020 Coin Book.)

There's also vintage Native American jewelry: rings, fabulous watch bands, etc. Great pieces of Wave Crest and more.

Winnie the Pooh has taken the entire blue room with thousands of items of every description.

There's great antique and more recent furniture and furnishings. But you'll just have to visit our website to see pictures of it all. There's not room here for everything. It's amazing!

<https://www.millchell.com>

From the North Central Texas Council of Governments

White Settlement Historical Society Meeting Change of Venue

The White Settlement Historical Society will gather, with social distancing much in mind and in practice, for their delayed Annual Meeting on Saturday, June 6 at 1:30 p.m. in the White Settlement Splash Dayz Convention Center.

The agenda and guest program remains the same - election of new officers, scholarship announcement and a program by Dwayne Lee, Southern Flair Photography, on "Revisiting the D-Day Beaches" of World War II, Normandy, France. Members, their family and the public are invited. All attending are encouraged to wear face coverings. Extra masks and hand sanitizer will be available. Light refreshments will be provided.

Visit the Society website at <http://www.wsmuseum.com/WSHS> or call 817-246-9719 for questions or concerns.

From the North Central Texas Council of Governments

NCTCOG Requests Input on Funding Initiatives Through June 9

The North Central Texas Council of Governments (NCTCOG) is conducting an online input opportunity to give residents the chance to comment on a series of transportation initiatives in the Dallas-Fort Worth area. North Texans are encouraged to provide their input through June 9 at <https://www.nctcog.org/trans/involve/meetings>.

NCTCOG staff will present an update to the 10-Year Plan, which includes a draft list of projects through Fiscal Year 2030. This is an annual update to the original 10-Year Plan the Regional Transportation Council approved in 2016, which identified major projects to be implemented in the region by FY 2026.

NCTCOG has introduced an interactive tool allowing North Texans to provide input to help planners better serve their transportation needs. With "Map Your Experience," users of the transportation system can post comments about what they encounter or ideas that could help other users of the system. This tool, available at <https://www.nctcog.org/trans/plan/mtp/map-your-experience>, will be highlighted as part of the online input opportunity.

Staff will also discuss the current Metropolitan Transportation Plan (MTP), Mobility 2045, impacts from COVID-19 on the transportation system, upcoming fleet data collection projects for natural gas and electric vehicles, and an overview of the recently updated Air Quality Handbook.

To request printed copies of the information presented, call 817-608-2365 or email cbaylor@nctcog.org.



White Settlement Historical Museum

**8320 Hanon Drive
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<http://www.wsmuseum.com>

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Published with Permission from the Obama Foundation

Graduate Together: America Honors the High School Class of 2020

On Saturday, May 16, President Barack Obama spoke during Graduate Together: America Honors the High School Class of 2020. He encouraged young people to be brave, do the right thing, and build community. He also acknowledged what we as a community have already seen - the Class of 2020 is full of amazing leaders, creative minds, and hardworking individuals who are already on the right path.

The address can be viewed online at <https://www.obama.org/updates/president-obamas-graduation-message-class-2020/>.

A transcript of his address follows:

I couldn't be prouder of all of you in the graduating Class of 2020 – as well as the teachers, coaches, and most of all, parents and family who guided you along the way.

Now, graduating is a big achievement under any circumstances. Some of you have had to overcome serious obstacles along the way, whether it was an illness, or a parent losing a job, or living in a neighborhood where people too often count you out. Along with the usual challenges of growing up, all of you have had to deal with the added pressures of social media, reports of school shootings, and the specter of climate change. And then, just as you're about to celebrate having made it through, just as you've been looking forward to proms and senior nights, graduation ceremonies – and, let's face it, a whole bunch of parties – the world is turned upside down by a global pandemic. And as much as I'm sure you love your parents, I'll bet that being stuck at home with them and playing board games or watching Tiger King on TV is not exactly how you envisioned the last few months of your senior year.

Now I'll be honest with you – the disappointments of missing a live graduation, those will pass pretty quick. I don't remember much of my own high school graduation. I know that not having to sit there and listen to a commencement speaker isn't all bad – mine usually go on way too long. Also, not that many people look great in those caps, especially if you have big ears like me. And you'll have plenty of time to catch up with your friends once the immediate public health crisis is over.

But what remains true is that your graduation

marks your passage into adulthood – the time when you begin to take charge of your own life. It's when you get to decide what's important to you: the kind of career you want to pursue. Who you want to build a family with. The values you want to live by. And given the current state of the world, that may be kind of scary.

If you'd planned on going away for college, getting dropped off at campus in the fall, that's no longer a given. If you were planning to work while going to school, finding that first job is going to be tougher. Even families that are relatively well-off are dealing with massive uncertainty. Those who were struggling before, they're hanging on by a thread.

All of which means that you're going to have to grow up faster than some generations. This pandemic has shaken up the status quo and laid bare a lot of our country's deep-seated problems – from massive economic inequality to on-going racial disparities to a lack of basic health care for people who need it. It's woken a lot of young people up to the fact that the old ways of doing things just don't work; that it doesn't matter how much money you make if everyone around you is hungry and sick; and that our society and our democracy only work when we think not just about ourselves, but about each other.

It's also pulled the curtain back on another hard truth, something that we all have to eventually accept once our childhood comes to an end. All those adults that you used to think were in charge and knew what they were doing? It turns out they don't have all the answers. A lot of them aren't even asking the right questions. So, if the world's going to get better, it's going to be up to you.

That realization may be kind of intimidating. But I hope it's also inspiring. With all the challenges this country faces right now, nobody can tell you “no, you're too young to understand” or “this is how it's always been done.” Because with so much uncertainty, with everything suddenly up for grabs, this is your generation's world to shape.

Since I'm one of the old guys, I won't tell you what to do with this power that rests in your hands. But I'll leave you with three quick pieces of advice.

First, don't be afraid. America's gone through tough times before – slavery, civil war, famine, disease, the Great Depression and 9/11. And each time we came out stronger, usually because a new generation—young people like you—learned from past mistakes and figured out how to make things better.

Second, do what you think is right. Doing what feels good, what's convenient, what's easy – that's how little kids think. Unfortunately, a lot of so-called grown-ups, including some with fancy titles and important jobs, still think that way – which is why things are so screwed up. I hope that instead, you decide to ground yourself in values that last, like honesty, hard work, responsibility, fairness, generosity, respect for others. You won't get it right every time, you'll make mistakes like we all do. But if you listen to the truth that's inside yourself, even when it's hard, even when it's inconvenient, people will notice. They'll gravitate towards you. And you'll be part of the solution instead of part of the problem.

Finally, build a community. No one does big things by themselves. Right now, when people are scared, it's easy to be cynical and say let me just look out for myself, or my family, or people who look or think or pray like me. But if we're going to get through these difficult times; if we're going to create a world where everybody has the opportunity to find a job, and afford college; if we're going to save the environment and defeat future pandemics, then we're going to have to do it together.

So be alive to one another's struggles. Stand up for one another's rights. Leave behind all the old ways of thinking that divide us – sexism, racial prejudice, status, greed – and set the world on a different path.

When you need help, Michelle and I have made it the mission of our Foundation to give young people like you the skills and support to lead in your own communities, and to connect you with other young leaders around the country and around the globe.

But the truth is you don't need us to tell you what to do.

Because in so many ways, you've already started to lead.

Congratulations, Class of 2020. Keep making us proud.



Congratulations Class of 2020!

U.S. Army Physician, Major Walter Reed, M.D. *by Dr. Ken Bridges*

Perhaps one of the most recognizable names in American medicine is that of Dr. **Walter Reed**. Reed would become a symbol of army medicine in the years after his death with the naming of the military hospital in Bethesda, Maryland, in his honor. Before that, his work resulted in important advances in patient care and taming one of the most feared diseases of the time, yellow fever.

Reed was born in eastern Virginia in 1851. He was the youngest of five children. His father was a Methodist minister, which required him to travel away from the family home often to preach the gospel at far-flung rural churches. Reed was a brilliant child, and he was part of a family of high achievers, including an older brother who later became a judge and another who also became a preacher. Their education was through a series of private schools and tutors. Their mother died while the children were still young, and the family moved to North Carolina where the children's maternal grandparents cared for them while their father continued his work for the church.

In 1865, their father remarried, and the family moved back to Virginia. At the age of 15, Reed enrolled at the University of Virginia with his oldest brothers. He devoured books, sometimes only sleeping three or four hours each night as a result. Showing such immense intellect, he breezed through his courses of study. After two years, he convinced a board of professors to let him take his oral exams early. Surprising the board, he aced the tests and earned his medical degree. At the age of 17, he became the youngest doctor in the history of the university.

Much of any new physician's work is learning to apply knowledge from books and the lab into practical work, what is today called a residency. Though he had an extensive education, there were no hospitals nearby for apply these new skills. Reed traveled to New York City and continued his studies at the Bellevue Hospital Medical College, earning a second medical degree within a year. Reed began working at several different hospitals, studying pediatric medicine as well as internal medicine and observing up close the effects of deep poverty on the health of the people in the city's worst boroughs. To see such suffering on such a large scale greatly distressed the young doctor -- still a teenager. Worse still, he saw how little some of his own colleagues knew about medicine or how to treat patients.

By the early 1870s, he was working with the New York Board of Health, which increased his own appreciation of the importance of educating the public about medical issues. He was also courting Emilie Lawrence, the daughter of a North Carolina planter. These experiences prompted him to change how he approached medicine. He knew he wanted to work as a surgeon and as a researcher while still having a steady income. In 1874, at the age of 23, he enlisted in the army.

Reed quickly passed the army's qualifying exams and was commissioned as a lieutenant. He married in 1876 as he was sent to a post in the Arizona Territory. They would have two children and adopt a Native American orphan. Reed made sanitation a priority at army posts and on the reservations to stop



the spread of disease. He became a popular physician at army forts, on reservations, and made house calls to frontier residents.

In 1880, Reed was promoted to captain and reassigned to Baltimore. There, Reed began working with one of the foremost minds in public health and the study of microbes and epidemics, Dr. William H. Welch. Welch was one of the co-founders of the prestigious Johns Hopkins Medical School and was its first dean. Reed began conducting research into outbreaks of typhoid fever and yellow fever, both serious problems in cities and army camps across America.

Reed returned to Baltimore after another series of tours at frontier outposts in 1892. After completing a new round of medical studies at Johns Hopkins, in 1893, Reed was promoted to major and appointed as professor in the new fields bacteriology and clinical microscopy at the Army Medical School in Washington, DC, and also began working as a professor at the medical school at Columbian University (which is now George Washington University). The army also made him curator of the Army Medical Museum, an important collection of artifacts and records on advances in medicine.

Now secure in his positions as a professor, he worked to educate doctors in the new science of germs and prevention of epidemics as well as advances in other medical fields. He was shaping the minds of a new generation of physicians while finally having the time and resources to conduct the research he had long dreamt to do. Over the next several years, he published dozens of important articles, leading to new insights into infectious disease.

By the time of the Spanish-American War in 1898, Reed was already recognized as a leading figure in the study of bacteria and epidemics. His expertise would be crucial in the next few years in his groundbreaking studies into yellow fever, studies that would come to save thousands of lives.

Part II

Walter Reed had earned a medical degree by age 17 and joined the army as a surgeon at age 23. Reed had spent nearly 18 years at various western forts by the time he arrived at his post as curator of the Army Medical Museum in 1893, also working as a professor at the Army Medical School and at what is now George Washington University. As the 1890s started seeing important advances in medicine, Reed quickly moved to lead the charge against infectious disease, most notably yellow fever.

Yellow fever had been a horrible scourge in the United States for generations. The virus initially causes headaches, nausea, fever, fatigue, and muscle aches. Over the next two days, the fever spikes, causing delirium and seizures. It can also cause liver and kidney failure, leading to death within a couple of days. The yellowing of the skin and the eyes in this final stage is caused by the severe damage to the liver and is where the disease gets its name.

Outbreaks terrified communities. A yellow fever outbreak in Philadelphia in 1793 left more than 3,000 dead. The disease often travelled along the steamboat routes up and down the Mississippi River and along the Ohio and Missouri Rivers, for reasons that mystified doctors in the 1800s. The "Yellow Jack," as it was called, killed thousands in outbreaks in New Orleans and Memphis and reached across the Gulf and Atlantic coasts. An 1878 outbreak left nearly 20,000 people had died in the Memphis area, and the city government and economy had collapsed.

The mystery of diseases like yellow fever prompted Reed to want to learn more and immerse himself in the latest studies in the field. Colleagues were quick to point out that Reed's time in the field had actually sharpened his medical skills. Reed had learned to be a careful observer, a strict disciplinarian when it came to hygiene and research, and developed a compassionate bedside manner. Often, he begged his wife to allow him to bring his youngest patients, the young children of frontier settlers and Native Americans from reservations, to convalesce in their home.

He would end up writing dozens of articles for medical journals. In 1895, he began calling for cities to develop their own supplies of medications like the new diphtheria antitoxin and insisted that testing of new medicines should be completed by neutral scientists without any monetary (continued on page 6)

Texas History Minute (continued from page 5)

interest.

During the Spanish-American War of 1898, most American deaths were from disease rather than gunfire. Reed was appointed chairman of a committee to study an outbreak of typhoid fever among troops during the war. The two-volume study that resulted was considered groundbreaking at the time.

In 1900, Reed was named chairman of the Yellow Fever Commission to study outbreaks of the disease in Cuba during the war and across the US. The previous research of Cuban physicians such as Dr. Juan Guiteras and Dr. Carlos Finlay proved indispensable to Reed and the Yellow Fever Commission, suggesting that microorganisms from mosquitoes were responsible for its spread.



VIRTUAL SUMMER SCHOOL

ELEMENTARY
Pre-K and Kinder: June 1 - June 26
Monday - Friday

SECONDARY
1st - 12th Grade: June 2 - June 25
Monday - Thursday

CISD

Three Day Weekend Forecast



Friday, May 29:

AM - Mostly sunny, with a high near 83; North wind 10 to 15mph.

PM - Mostly clear, with a low around 63; North/northeast wind 5 to 10mph.



Saturday, May 30:

AM - Mostly sunny, with a high near 84. Northeast wind around 10mph.

PM - Mostly clear, with a low around 64.



Sunday, May 31:

AM - Sunny, with a high near 86.

PM - Mostly clear, with a low around 65.

Extended Forecast Click Here:

<https://forecast.weather.gov>

Though many doubted the mosquito theory, Reed was convinced and organized a series of experiments. Two volunteers, including a commission doctor, agreed to be bitten by the mosquitoes to see whether they spread the disease. They both developed yellow fever. Two dozen other men volunteered for a series of experiments to test it further, proving that mosquitoes carried the virus. Immediately, mosquito eradication became a priority across the South and in Cuba. Reed's experiments made him a hero across the country.

In November 1902, however, his appendix ruptured. Reed died at the age of 51.

Reed continued to be a revered figure across the nation in the years after his death. Yellow fever rapidly receded, with the America's last city-wide outbreak occurring in New Orleans in 1905; and a vaccine was developed in 1937. His fellow physicians pushed for a new army hospital to be built and named after him as a testament to his work. The first building of what was then Walter Reed General Hospital opened in May 1909 at a cost of \$192,000 (or \$5.7 million in 2020 dollars). It steadily grew into a complex of buildings. In 1923, the Army Medical School was moved to the Walter Reed complex. Over the years, thousands of veteran service members and many prominent politicians received treatment, from minor ailments to complex surgeries and lengthy rehabilitation for injured troops, at Walter Reed in its decades of service at its original location.

Reed's own son, Walter Lawrence Reed, embarked on an army career, rising to the rank of major general. General Reed died in 1956 at the age of 78 in the hospital that bore his father's name.

Perhaps the most fitting legacy was in the years after his death, yellow fever was effectively eliminated in the United States, and communities across the nation no longer had to live in fear of the dreaded epidemic. A century later, the disease is almost unheard of in the United States.

River Oaks Police Department Crime Report *by Police Chief Christopher Spieldenner*

Wednesday, May 20

Officers from the River Oaks Police Department were dispatched to a business in the 5300 block of River Oaks Blvd. in reference to an unknown disturbance. Upon arrival officers determined that a female at the location was in need of assistance. After speaking with this individual, officers determined that she was having a mental health crisis and was a danger to both herself and the public at large. This individual was taken into custody, transported to a local hospital, and released into their custody for a mental evaluation.

Friday, May 22

Officers were dispatched to a residence in the 5000 block of Langley Road in reference to a call of criminal mischief. Upon arrival, officers spoke with the complainant who directed them to the back door of her residence. Officers noted that someone had attempted to break into the residence by forcing open this back door causing damage to the door frame. No entry was made into the residence. Officers completed an offense report to document this incident. If anyone saw a suspicious person in the area around this time period, let us know.

Sunday, May 24

Officers were dispatched to a residence in the 1700 block of Melba to speak with a victim in reference to identity theft. Upon arrival, officers were informed that someone had accessed the victim's Apple iPhone gaining access to their bank account, and several credit card accounts. Additionally the victim's phone number had been transferred from AT&T cellular service to Metro PCS cellular service. Officers completed a report for this incident, and detectives will be attempting to track down this offender.

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