

# River Oaks News

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Local Events with Denise Honeycutt

## First Annual Pacific Islander Festival Draws Crowd

Revelers enjoyed Kuana Torres Kahele's concert.



The First Annual Pacific Islander Festival was held in Bedford on Saturday, April 29. Food trucks serving local favorites, several vendors, entertainment and prizes were available for those in attendance at this free event.

Kuana Torres Kahele (coo-ah-nah Torres kah-heh-leh) traveled from Hawaii to hold hula and lei (lay) making workshops. It was jampacked at the facility where these workshops were held. Several individuals signed up for these courses ahead of time to secure a spot at an overwhelming capacity!



Members from a halau get ready to perform on the stage.

songwriter, record producer, Kumu (coo-moo) hula dancer/teacher, lei maker extraordinaire and educator from Hilo, Hawaii. He arranges traditional Hawaiian music as well, performing and recording with instruments; ukulele, guitar, ipo (ee-poe) and bass. The majority of his to take the stage and he sang to the delight of lyrics are written and performed in the Hawaiian language.

Born on the slopes of Pi'ihonua (pee-eehoe-new-ah) on the Big Island, Kahele is the second of five children. For much of his life his maternal grandmother raised him. He was exposed to Hawaiian music at a very early age and by the time he was 10 years old, he was performing at local events and family gatherings, and has several other people that enthralled him to become the amazing artist he is today.

Winning countless awards over his career, Kahele has performed on every continent and has captured audiences in Russia, Egypt, Spain and Iceland. He also has a hula halau (hah-lau) school in Japan that he frequents once a month called Na Pua Ihi Laumaewa (nah-poo-ah-eehee-lau-mah-eh-vah).

The festival drew hundreds of people from Austin, San Antonio, El Paso, Killeen, Granbury, Benbrook, White Settlement, Arlington,



Individuals at the lei workshop prep flowers to create their lei.

Kahele is a Hawaiian musician, vocalist, the Naval Air Station Joint Reserve Base and many other areas.

> Kahele taught hula at his workshops during his stay and various halau performed for spectators throughout the festival.

> The audience waited until 5 p.m. for Kahele everyone who waited patiently.





Pua Garcia (left) and Kama Aiwohi wowed the audience with their performances.



Ezzy Gonzalez and Kainalu Garcia dance to a popular Hawaiian tune.

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From StatePoint

## **How to Practice Self-Care on** Mother's Day and All Days

shouldn't actually wait for a special occasion to indulge in self-care.

Carving out some "me time" is not just actually make you a better parent.

by Hutchinson and Cassidy, those who had higher self-esteem had higher levels of perceived parenting confidence.

beyond:

- is not always emphasized. Whether it's a spa day with your best friend or curling up with a crafting. good book at home, be sure your Mother's adequate time to recharge your batteries.
- ways to foster self-confidence is with a clean.

While Mother's Day is an annual opportu- healthy smile. In fact, a 2020 Cigna Dental Renity to be pampered by your family, you port found that smile satisfaction is one of the top three drivers of self confidence among U.S.

3. Take care of your mind: So much of good for your mental health, physical wellness motherhood is ensuring everyone has what and confidence, as many moms know, it can they need, and often, your own needs can fall by the wayside. There are many ways to take According to a survey of moms conducted time to check in with yourself though. You could buy yourself a beautiful journal and jot thoughts down for a few minutes each evening or check out apps like Headspace, which can Here are three ways to celebrate yourself help get you started on a meditation practice. with some self-care this Mother's Day and Even a 10 or 15 minute walk at lunchtime can be a powerful mood-booster and an opportu-1. Get some rest: We live in a goal-oriented nity to reflect. You might also consider taking society where the value of rest and relaxation up a hobby that offers the chance for self-expression, such as painting, poetry, music or

When it comes to parents and caretakers, Day -- and your overall schedule -- includes the importance of self-care can't be overstated. Let this Mother's Day serve as the kick-off of 2. Take care of your smile: One of the best new routines that boost your self-confidence and your well-being.



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## **Balloons vs. Nature**

honoring a loved one, it is never a good idea to release balloons. They might say eco-friendly but could take up to seven years to biodegrade.

Mylar balloons are composed of synthetic nylon with metallic coating. They are not biodegradable and can cause power outages or fires when they get twisted with electrical lines. When you release them it might look majestic ple remember the fatal consequences for wildand you might wonder how far it will go but where it really ends up is terrible.

Balloons, usually bright with color, attract properly dispose of them.

Whether you are having a party or you are wildlife and marine life and get easily mistaken for foliage or food. Devouring balloons can cause them their life, not to mention being tangled up in the balloon string can cause suffocation. Helium for balloons, also used for fiber optics, infant breathing ventilators and MRI's, is a finite source and we cannot manufacture it.

> The next time you want to use this party stalife and marine life. If you have to have balloons, weigh them down, pop them and



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From Suburban Newspapers Staff Writers

## **Unofficial Election Results**

City of River Oaks Mayor (Vote For 1)		2000
Precincts Reporting 100%	Percentage	Vote
Darren Houk	78.78%	21
Dan Dagel	21.22%	5
		27
City of River Oaks Council Member Place 5 (Vote For 1)		N (
Precincts Reporting 100%	Percentage	Vote
Brent C. Forester	52.50%	14
Dan Chisholm	47.50%	13
		28
City of River Oaks Proposition A (Vote For 1)		N (
Precincts Reporting 100%	Percentage	Vote
For	44.41%	12
Against	55.59%	15
		28
★ Castleberry Independent School District Trustee, Place 1 (Vote For 1)		N C
Precincts Reporting 100%	Percentage	Vote
Dewey Taliaferro	100.00%	500
		500
★ Castleberry Independent School District Trustee, Place 2 (Vote For 1)		NI (
Precincts Reporting 100%	Percentage	Vote
Tracy Gallman	55.77‰	31
Sarah Kelty	44.23ጜ	25
		572

From Substance Abuse and Mental Health Services Administration

## National Disaster Distress Helpline Provides Immediate Crisis **Counseling**

The Disaster Distress Helpline, 1-800- Who Should Contact the Disaster Distress numbers to other parties. 985-5990, is a 24/7, 365-day-a-year, national hotline dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster. This toll-free, multilingual, and confidential crisis support service is available to all residents in the United States and its territories. Stress, anxiety, and other depression-like symptoms are common 985-5990 to connect with a trained crisis counselor.

#### **Counseling Services**

The Disaster Distress Helpline puts people in need of counseling on the path to recovery. Our staff members provide counseling and support before, during, and after disand refer people to disaster-related resources for follow-up care and support. Since its launch in February 2012, the Disaster Distress Helpline has provided counseling and support in response to disasters such as hurricanes, wildfires and the Coronavirus pandemic.

The Disaster Distress Helpline is staffed Call or Text by trained counselors from a network of crisis These counselors provide:

- Crisis counseling for people in emotional distress related to any natural or human-caused disaster
- Information on how to recognize distress and its effects on individuals and families
  - Tips for healthy coping
- Referrals to local crisis call centers for additional follow-up care and support

When you call or text, crisis counselors will listen to what's on your mind with patience and without judgment. There is no need to give any identifying information when you contact the Disaster Distress Helpline. The counselor may ask you for some basic information at the end of the call, but these questions are optional and are intended to help the Substance Abuse and Mental Health Services Administration (SAMHSA) keep track of the types of calls it receives.

## Helpline?

This crisis support service is for anyone **Other Inquiries** experiencing emotional distress related to dis-Wildfires, Earthquakes, Drought, Incidents of contact form. Contact us for: Mass Violence, Anniversaries and Trigger Events.

reactions after a disaster. Call or text 1-800- swers calls and texts related to infectious disease outbreaks, such as the Coronavirus pandemic, incidents of community unrest, and other traumatic events.

> warning signs and risk factors for emotional distress related to natural and human-caused disasters.

everyone. This includes survivors of disasters; your experience and SAMHSA will look into loved ones of victims; first responders; rescue, the matter. Please include your name and prerecovery, and relief workers; clergy; and par- ferred contact information if you wish to reents and caregivers. You may call for yourself ceive a reply. or on behalf of someone else.

From the United States and its territories. 24/7 bilingual support.

Callers to the hotline can also connect with counselors in over 100 other languages via about their experiences. SAMHSA takes feedwith a counselor in your primary language, simply indicate your preferred language to the to a live interpreter (interpretation in less commonly-spoken languages may require caland download information about the Disaster rials and social media properties. Distress Helpline in 30 of the most commonly-spoken languages in the U.S.

apply when texting from mobile phones. In- other resources and referrals. Or visit the nawithin U.S. territories and free association na- information and referral center nearest you. tions. SAMHSA will not sell your phone

If you're not in immediate need of crisis asters such as: Tornadoes and Severe Storms, counseling support and would like to contact Hurricanes and Tropical Storms, Floods, us for other reasons, send an email or use our

- Technical problems. If you encountered a technical problem while trying to contact the The Disaster Distress Helpline also an- Disaster Distress Helpline, please include your name and preferred contact information in your email if you wish to receive a reply.
- Provider inquiries. Providers with specific inquiries about technical assistance and The impact of crises may affect people in support, requests for materials, and exploring different ways. Learn how to recognize the collaborations are encouraged to send an
  - Feedback. To provide feedback about your experience reaching out to the Disaster The Disaster Distress Helpline is open to Distress Helpline, send an email describing
    - · Social media inquiries. Email us with questions about the Disaster Distress Helpline's use of social media.
- All media inquiries. Members of the call centers located across the United States. call or text 1-800-985-5990 to connect with a media with questions about the Disaster Distrained crisis counselor, 24/7. Spanish- tress Helpline are encouraged to call the speakers can call the hotline and press "2" for SAMHSA Media Services Team at 1-240-276-2130.

Our staff appreciate hearing from people 3rd-party interpretation services; to connect back about our services, whether it is positive or negative, very seriously.

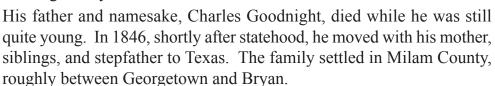
SAMHSA also encourages public promoresponding counselor and she/he will connect tion of the Disaster Distress Helpline. Anyone can use the Disaster Distress Helpline logo and telephone number on their website and ling back at an appointed time). Learn more link to the Disaster Distress Helpline's mate-

Call 211 for information about disaster-related evacuations, shelters, food and clothing Standard text and data message rates will distribution, volunteer opportunities, and ternational text and data rates may apply from tional 211 Call Center website to find the 211

## American West Rancher, Charles Goodnight by Dr. Ken Bridges

In the years before oil dominated the Texas economy, farmers and ranchers made the state's reputation through the hard days of tilling the soil and driving countless herds of cattle. Of all the ranchers who poured their sweat and blood into the dust to build lives for themselves, and ultimately their communities, **Charles Goodnight** stands out. He led the creation of one of the most important cattle trails in the Southwest and became a leader in ranching for western Texas.

Goodnight was born into a farming family in Illinois in 1836.



He took many different jobs with the emerging farms and ranches in the region. By the late 1850s, he had joined local militias in ongoing fights with the Comanche tribes. He also served briefly in the Civil War.

In 1866, now in the Weatherford area, he and his friend Oliver Loving were determined to improve their fortunes in the cattle market. The two organized a drive of hundreds of head of cattle from the Fort Belknap area in Young County to army posts in New Mexico.

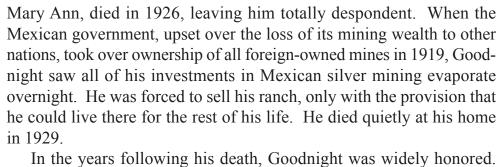
By the next year, the two were also heading north into Colorado to sell cattle. However, Loving died in a fight with Comanches in 1867, but Goodnight continued to share the profits with his family afterward. Their route, which became known as the Goodnight-Loving Trail as others followed, became one of the most important cattle trails in the region, creating important new markets for Texas cattle at unprecedented profits.

Cattle prices collapsed in 1873, forcing Goodnight to find new lands. In 1876, Goodnight staked out a new ranch in the Panhandle at PaloDuro Canyon, building a homestead in what became the community of Goodnight, southeast of modern Amarillo. The JA Ranch, founded with partner John G. Adair, was one of the first in the Panhandle.

With a fortune amassed from his many adventures, he became known for his generous philanthropy. He donated endangered buffalo to zoos across the nation. He gave generously to churches, and though he had less than a year of formal education himself, ultimately established a college.

Goodnight College opened in 1898 originally as a co-ed preparatory school. The institution opened its first classes in the local Methodist church, and Goodnight donated 340 acres to let students work off their tuition. Although it eventually expanded into a two-year college, the pressures of World War I and competition from other nearby colleges forced its closure in 1917. The site, however, continued to operate briefly as an orphanage.

His later years were met with disappointment. His wife of 56 years,



In the years following his death, Goodnight was widely honored. Several Texas communities named streets for him, and Pueblo, Colorado, named an elementary school for him. The Panhandle-Plains Historical Museum in Canyon, which opened in 1933, includes a statue, his personal letters, and a number of his possessions.

Reportedly, famed Texas author and Archer City native Larry McMurtry based his 1985 novel "Lonesome Dove" on one of Goodnight's cattle drives.

From the Fort Worth Gem and Mineral Club

# Fort Worth Gem and Mineral Club to Meet May 23

The Fort Worth Gem and Mineral Club meets monthly on the fourth Tuesday. The next meeting is May 23 at 7 p.m. Meetings are always open to the public.

This month program time will be dedicated to getting ready for the annual jewelry show. The purpose of this club is to delve into the study of geology, mineralogy, and the lapidary arts. We also strive to stimulate interest in the searching and collecting of minerals and fossils.

For more information or directions, visit the website at www.fort-worthgemandmineralclub.org.

#### **Legal Notice**

White Settlement ISD will be hosting a public meeting for all private non-profit schools

1) Located within the WSISD boundaries; or

2) That have students enrolled who reside within WSISD boundaries regardless of the location of the private school (Title I Services Only).

The meeting will provide information about possible proportionate share federal funding services available to private nonprofit schools for the upcoming 2023-2024 school year.

Private schools will have the opportunity to declare their interest to participate in receiving proportionate share federal funding services. Available services include special education (IDEA B), instructional assistance for students (Title I), professional development for teachers (Title II), assistance for English language

learners (Title III), and assistance for a well-rounded education, safety and secure schools (Title IV). Public meeting information:

May 24, 2023
11:00 a.m. - 12:00 p.m.
8224 White Settlement Rd.
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All interested private schools
may contact Ronda Wright at rwright@wsisd.net
for more information prior to the meeting.

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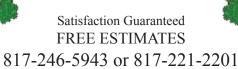


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# Three Day Weekend Forecast



## Friday, May 12:

<u>AM</u> - A chance of showers and thunderstorms. Partly sunny; high near 84. S wind around 15mph, with gusts as high as 25mph. Chance of precipitation is 60%.

**PM** - A chance of showers and thunderstorms. Mostly cloudy; low around 69. S/SE wind around 15mph, with gusts as high as 25mph. Chance of precipitation is 60%.



### Saturday, May 13:

<u>AM</u> - Showers and possibly a thunderstorm. High near 80. SE wind around 15mph, with gusts as high as 25mph. Chance of precipitation is 80%.

**PM** - Showers likely and possibly a thunderstorm. Cloudy; low around 68. Chance of precipitation is 70%.



## Sunday, May 14:

<u>AM</u> - Showers likely and possibly a thunderstorm. Mostly cloudy; high near 79. Chance of precipitation is 70%.

PM - A 40% chance of showers and thunderstorms. Mostly cloudy, with a low around 65.

## **Extended Forecast Click Here**