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River Oaks News

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From the City of River Oaks

Annual Christmas Parade & Tree Lighting Saturday, Dec. 9



The City of River Oaks is thrilled to bring back the Annual Christmas Parade & Tree Lighting, Santa too!

The parade will start at 6 p.m. from River Oaks Baptist Church and will go along River Oaks Blvd. (Parade Route to be published soon.)

Following the parade, the City will light up the Christmas Tree in front of City Hall where there will be hot chocolate, food trucks, and a guy in a Big Red Suit!

All are welcome to join! Anyone who wants to have a float in the parade, their old school car/one of a kind car, club/organization, or car club are encouraged to [register for the parade](#).

The parade committee is partnering with Toys for Tots. If you are able and willing, please bring a new, un-opened toy to the Christmas Tree lighting. We will have a designated area to drop off the toys.

From the City of River Oaks

Bus Service To River Oaks Ending

Fort Worth Transportation Authority will no longer be providing public bus service in River Oaks as of March 27, 2024.

The City will still continue with mobility impaired transportation service also referred to as MITS.

For more information, contact the City Manager's Office at 817-626-5421, extension 324.

CITY HALL WILL BE CLOSED ON FRIDAY,
NOVEMBER 10TH IN HONOR OF
VETERANS DAY

RESIDENTIAL GARBAGE COLLECTION WILL RUN ON
REGULAR SCHEDULE



**VETERANS
DAY**

November 11, 2023

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From the City of River Oaks

Public Hearing for Drainage Fees Scheduled for Tuesday, Nov. 28

A Public Hearing is scheduled before the River Oaks City Council on Tuesday, Nov. 28, at 6 p.m. in the City Council Chambers located at 4900 River Oaks Blvd. in River Oaks. The Council will receive citizen comments on amending the River Oaks Code of Ordinances under Chapter 13 "Utilities" by revising the stormwater utility fees as set forth in Chapter 13 "Utilities" of the River Oaks Code of Ordinances (2020) as amended, specifically in Section 13.12.012 "Storm Water Utility Fees" for Residential and Non-Residential customers.



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From Suburban Newspapers Staff Story Submission Information

Suburban Newspapers, Inc. publishes the *White Settlement Bomber News*, *Benbrook News*, and *River Oaks News* weekly. We 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 space permitting and may be edited.

Email the full story and photos with names to suburbannews@sbcglobal.net.

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Memory Screenings Encouraged This November as Part of National Alzheimer's Awareness Month

Memory screenings are an important part of a good health and wellness routine for all of us. As part of National Alzheimer's Awareness Month this November, the Alzheimer's Foundation of America (AFA) is reminding everyone to prioritize their brain health and get a memory screening. AFA offers free memory screenings every weekday through its National Memory Screening Program, with no minimum age or insurance prerequisites, through secure videoconference technology. Individuals can learn more or request a screening appointment by clicking [here](#) or contacting AFA at 866-232-8484.

"Annual screenings are important, including for our brains, which is why everyone should make getting a memory screening a priority during Alzheimer's Awareness Month and throughout the year," said Charles J. Fuschillo, Jr., AFA's President & CEO. "Just as we regularly check other facets of our health, we should all get a checkup from the neck up, regardless of whether or not we are having memory problems."

"You are never too young or too old to get a memory screening and be more proactive about your brain health," said Donna de Levante Raphael, Director of AFA's National Memory Screening Program. "Many people don't think about their cognitive health when they get their regular medical checkups. If you are 65 years or older, a memory screening is a part of your Medicare Annual Wellness Visit. It is very important to make sure you keep your mind sharp, and there are many ways to do that in order to combat cognitive decline. I always remind people that the first step is to get a screening to see if there might be any memory issues. It is better to know early rather than later."

Alzheimer's disease currently affects more than 6.2 million Americans, and the Centers for Disease Control and Prevention (CDC) estimates that number will more than double by 2060.

Memory screenings are an important first step toward early detection of memory issues. Screenings take just a few minutes and are noninvasive, consisting of a series of questions to gauge memory, language, thinking skills and other intellectual functions. Re-

sults are not a diagnosis of any particular condition, but a memory screening can suggest if someone should see a physician for a full evaluation.

People experiencing memory loss or cognitive decline may be reluctant, embarrassed or in denial about seeking help, but early detection of memory issues is essential. If the memory issues are caused by Alzheimer's disease, early detection affords greater opportunities to begin medications sooner to slow the progression of disease symptoms, participate in a clinical trial, take advantage of therapeutic programming, and have an active role in developing your care, health, legal and financial plans.

Just as important, not all memory issues are caused by Alzheimer's disease. Vitamin deficiencies, thyroid problems, urinary tract infections, sleep apnea, and depression are examples of conditions that can cause memory impairments—and all are treatable or curable—but you can't address them if you aren't aware that they exist.

To schedule a free virtual memory screening appointment, or for more information about brain health and lifestyle choices that can help promote healthy aging, visit AFA's website at www.alzfdn.org or call AFA's Helpline at 866-232-8484 (open seven days a week).

From the Fort Worth Botanic Garden Free Admission for Everyone Saturday, Nov. 11

Calling all nature lovers! Enjoy the beauty of fall at the Fort Worth Botanic Garden, located at 3220 Botanic Garden Blvd in Fort Worth, with free admission for everyone in honor of Veterans Day on Saturday, Nov. 11.

Tickets available day-of or save time in line and book your free tickets here: <https://fwbg.ticketapp.org/portal/product/197>.

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TAFB Brings Much Needed Help Going into the Holidays

Tarrant Area Food Bank’s (TAFB’s) Mega Mobile Events kick-off the Holidays in November with food distributions through Tarrant Area Food Bank in Tarrant County, TAFB West in Parker County and TAFB North in Denton County. These holiday food distributions will offer nutritious holiday meals throughout the next couple weeks and will include, in most cases, food to have a family dinner in and around Thanksgiving. All mobile events through the Tarrant Area Food Bank and their North and West facilities are open to nearby residents.

“Now more than ever, the need is great as the end of pandemic-era relief efforts, inflation and the high cost of food is making it harder for the neighbors we serve to afford basic necessities.” said Julie Butner, President and CEO of the Tarrant Area Food Bank.

Food banks across the Feeding America network continue to see high demands for critical food and nutrition resources. Recently, the U.S. Department of Agriculture (USDA) released its annual report, Household Food Security in the United States in 2022, which showed the number of people living in food insecure households in the United States in 2022 increased to 44 million (1 in 7), including 13 million children (1 in 5).

Skyrocketing costs, particularly for food, continue to bring uncertainty for many families as to where their next meal will come from.

The high cost of groceries is more than enough to stretch house-

hold budgets to the breaking point for millions of families. Thousands of our neighbors are turning to food banks for support. Further, the Tarrant Area Food Bank is preparing for increased demands for emergency food this holiday season.

TAFB is seeking volunteers to assist at these Mega Mobile distributions. Sign up to volunteer at tafb.galaxydigital.com.

The Tarrant Area Food Bank stands committed to ensuring our neighbors will not go hungry this holiday season through several food distributions.

Tarrant Area Food Bank Mobile feeding programs in November:

- Friday, Nov.17 from 8 a.m. to noon at AT&T Stadium located at 1 AT&T Way Arlington, TX 76011
- Saturday, Nov. 18 from 8 a.m. to noon at True Love Sanctuary located at 1911 Yuma Fort Worth 76104

Tarrant Area Food Bank West Mobile feeding programs in November:

- Thursday, Nov. 16 from 5 to 7 p.m. at Weatherford High School located at 2121 Bethel Road, Weatherford, 76087

Tarrant Area Food Bank North Mobile feeding programs in November:

- Tuesday, Nov. 21 from 9 to 11 a.m. at UNT Lot 20 (old Fouts Field parking lot) located at 700 North Texas Blvd. Denton 76201


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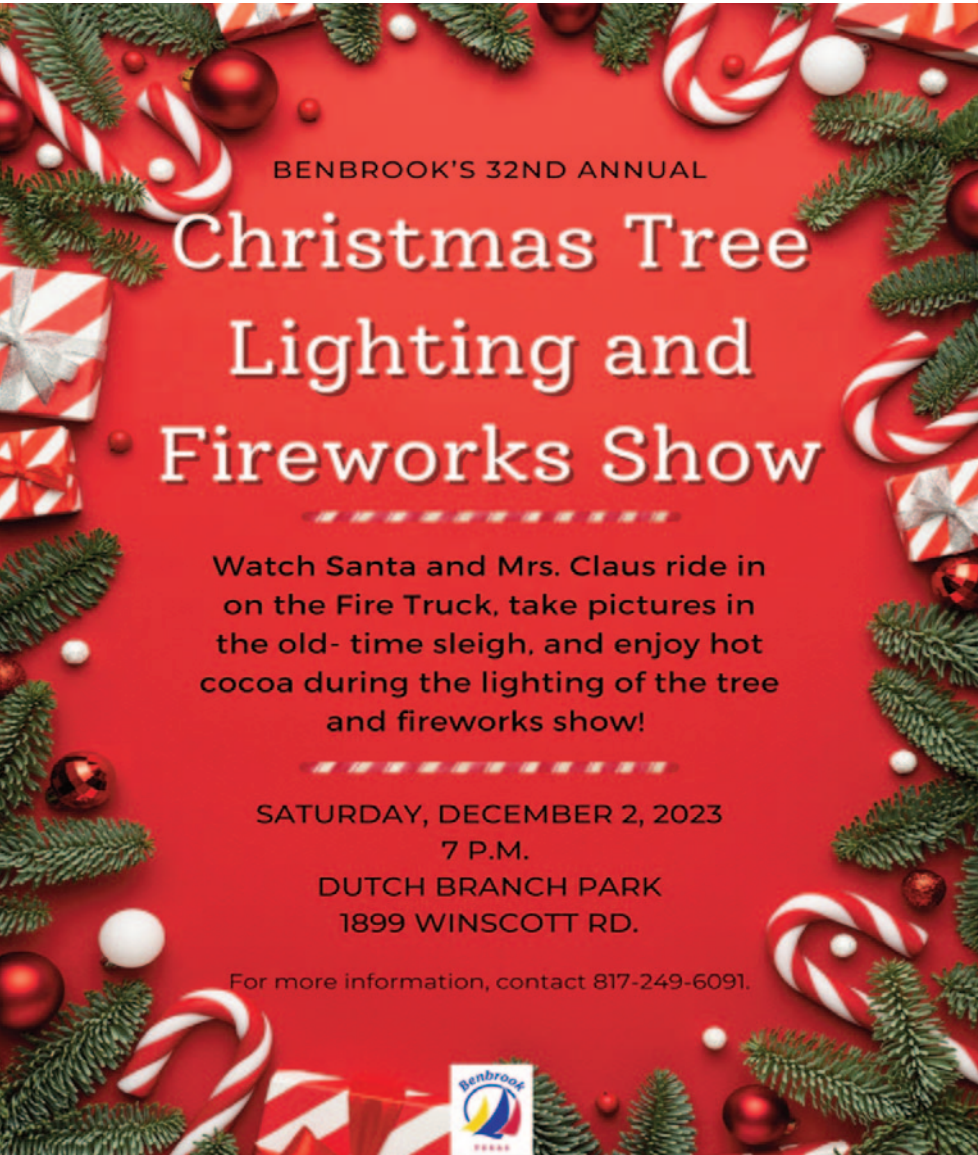
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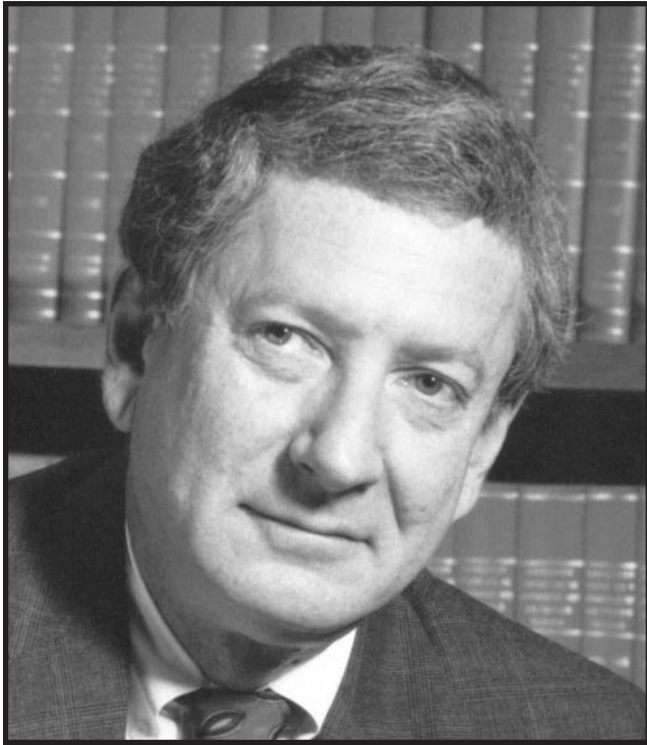
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American Pharmacologist and Biochemist, Dr. Alfred Gilman



“Always hire people who do something useful better than you do. Life will be much more interesting and you will be much more successful, if you define success as actually getting something done,” once wrote Dr. Alfred Gilman.

Gilman, a Dallas-based researcher, employed many students and scientists in his labs as he researched the innermost workings of cells in the body, work that led to the Nobel Prize. His research led to radically new understandings of how cells worked and ultimately inspired other scientists to develop new techniques in medicine and important advances in cancer research.

The future Nobel laureate was born Alfred Goodman Gilman in New Haven, Connecticut, in July 1941. His father was Dr. Alfred Zack Gilman, a Yale University professor and researcher who was respected throughout the medical community for his important writings on the study of pharmacology and early studies of chemotherapy as a cancer treatment. When he was young, the family moved to White Plains, New York, a suburb of New York City, where his father worked as a professor at Columbia University.

As a young man, he inherited his father’s fascination with science. After graduating high school, he enrolled at Yale University. He graduated with a bachelors degree in biochemistry in 1962. He entered graduate

school at Case Western Reserve University in Ohio. He was reluctant at first to get a doctorate in pharmacology, the study of drugs, their effects, and their interactions, as he wanted an identity somewhat separate from his father. He was talked into it and was swept up by the research and new discoveries unfolding before him and obtained a medical degree as well by 1969.

He worked briefly as a researcher for the National Institutes of Health. In 1971, Gilman took a position as a pharmacology professor at the University of Virginia School of Medicine where he published articles on cellular chemicals. He was hired in 1981 to become the chairman of the pharmacology department at the University of Texas Southwestern Medical Center in Dallas.

Gilman discovered what became known as a “G protein,” which helps cells “communicate” with each other on a chemical level, helping a chemical message received from one cell activate a chemical reaction within the receiving cell in response, also called a transducer. Through his research, scientists were able to better understand how cells received information from each other, processed those messages, and acted in response.

In a series of experiments in the late 1970s and early 1980s, he began working with lymphoma cells and noticed the unusual properties they had on the molecular level. In lymphoma cells, the cell itself could receive chemical signals from other cells but could not produce chemicals or enzymes in response. In the process of becoming cancerous, the cell had lost the protein that allowed it to process outside instructions. Once a G protein was re-introduced into these cells, they could process these chemicals and produce new chemicals in response. While this did not change a cancer cell back into a healthy cell, scientists better understood how cancer behaved in the body.

In other words, Gilman’s work identified how cancer cells changed on a molecular level and how cancer cells and healthy cells interacted with each other. This proved an important breakthrough as researchers began

researching new cancer treatments at the cellular and genetic levels. Once they better understood how cancer cells formed, mutated, and spread, they began to find ways to more accurately target cancer cells with chemotherapy and radiation therapy as well as developing new surgical techniques. As doctors and researchers applied these new ideas in the 1980s and 1990s, cancer survival rates began to climb significantly. Further, scientists could also develop better techniques and medications for a variety of diseases since they better understood how damaged cells worked.

The breakthrough was so important that Gilman and biochemist Dr. Martin Robdell, was awarded the Nobel Prize for Physiology or Medicine in 1994 for their discovery of the G protein and subsequent research into it. Gilman noted with some humility, “You can expect to have some good luck if you are working hard on a tractable problem and taking reasonable approaches. The trick is to recognize good luck when it happens. . .” The research by Gilman and Robdell spurred dramatic changes in medical research.

In 2004, he was promoted to dean of the medical school and eventually rose to vice-president by 2006. He retired in 2009. Gilman had long been thankful for the opportunity to learn from a number of Nobel Prize winners during his years in college and as a young researcher. In his later years, Gilman became an outspoken advocate of science education in Texas schools and condemned efforts to dilute teaching of evolution in public schools. For a scientist such as Gilman who had spent his career researching cells on the molecular level, evolution was obvious. And understanding evolution was critical to research in modern medicine and genetics.

Though he was able to help scientists answer many questions about cancer and other diseases, some cases were still beyond reach. Tragically, Gilman was one such patient. He ultimately contracted pancreatic cancer and died in December 2015 at age 74.

Fort Worth Mayor Honors Veterans

Fort Worth Mayor Mattie Parker proclaimed Nov. 11, 2023 “Honor All Veterans Day” during a recent City Council meeting. The mayor will join others at Panther Island on Saturday morning to help kick off this year’s celebration.

The 395th Army Band – The Army Band of the Southwest – from Mustang, Okla. will lead the march in Cowtown as part of the 2023 Tarrant County Veterans Day Parade.

The Soldier musicians will be “Saluting TCU Warriors” – theme of this year’s commemoration. They’ll step off at 11 a.m. Saturday from the city’s Panther Island Pavilion parking lot, march down North Forest Park Blvd. along the Clear Fork of the Trinity River, and return.

They’ll be joined by the 1st Cavalry Division’s mounted horse detachment from Fort Cavazos (formerly Fort Hood) near Killeen, Texas.

Also taking part will be junior ROTC units, high school bands, veteran groups,

businesses, and others, including a flyover by Marine Aircraft Group 41 from Naval Air Station-Fort Worth Joint Reserve Base.

This year marks Texas Christian University’s 150th anniversary. In concert with TCU’s celebration, the Tarrant County Veterans Council (TCVC) is saluting the university’s military legacy, its Army and Air Force ROTC programs, while honoring TCU alum and Medal of Honor recipient Maj. Horace S. Carswell, Jr.

“Everyone’s welcome to join in listening to the bands and saluting TCU, as well as the military veterans who have, are and will continue to make great contributions,” notes Council President Dan Zmroczek. “Simply visit our website at www.2023SaluteTCU.com where you can learn more about this year’s event.”

Limited spectator parking is available off the pavement along the Forest Park Blvd. parade route, if you arrive before the street closes at 10 a.m. Additional parking exists in Trinity Park on the northwest side of the river. The Phyllis Tilley Memorial Pedestrian Bridge is an easy crossover to Rotary Plaza and North Forrest Park Blvd. Limited parking’s also available on 11th Ave., a block east of the parade route.

Fort Worth’s Veterans Day celebrations began more than 100 years ago as an armistice procession through downtown in 1919 to honor those who had fought in World War I. The annual event is organized by TCVC and hosted by the City of Fort Worth.

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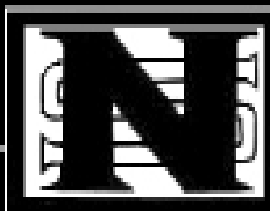
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Three Day Weekend Forecast



Friday, Nov. 10:

AM - A 20% chance of showers before noon. Mostly cloudy, with a high near 59. Northeast wind 10 to 15 mph, with gusts as high as 20 mph.
PM - Mostly cloudy, with a low around 47. Northeast wind around 10 mph.



• Veterans Day • Saturday, Nov. 11:

AM - Partly sunny, with a high near 62. East northeast wind around 10 mph.
PM - Partly cloudy, with a low around 47. East northeast wind around 5 mph.



Sunday, Nov. 12:

AM - Mostly sunny, with a high near 66. North northeast wind 5 to 10 mph.
PM - Mostly cloudy, with a low around 46.

[Extended Forecast Click Here](#)