

83rd Year No. 39 • 7820 Wyatt Drive, White Settlement, Texas 76108 • www.suburban-newspapers.com • September 28, 2023

From Castleberry ISD Castleberry Homecoming Parade Route

The Castleberry Homecoming Parade will be held on Thursday, Oct. 12.

The Parade route is as follows:

Parade will commence at Castleberry High School (W.O. Barnes Stadium parking lot) at 4801 Blackstone Drive.

It will travel westbound on Blackstone Drive and up to the intersection of Frontier Road and Blackstone Drive.

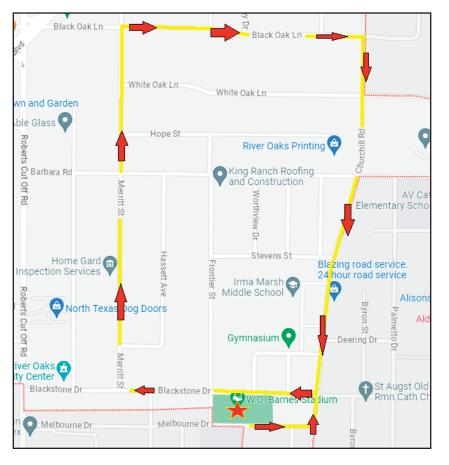
Parade will continue to travel westbound on Blackstone Drive up to the intersection of Blackstone Drive and Merritt Street.

It will turn right on Merritt Street, and travel northbound up to the intersection of Merritt Street and Black Oak Lane.

The Parade will turn right on Black Oak Lane, and travel eastbound up to the intersection of Black Oak Lane and Churchill Road.

It will turn right, and travel southbound on Churchill Road up to the intersection of Churchill Road and Barbara Road.

Parade will continue straight on Churchill Road and conclude at Castleberry High School.



From the City of River Oaks YMCA Camp Carter to Celebrate 75 Years on Saturday

Come one, come all!

Join us Saturday, Sept. 30 at YMCA Camp Carter located at 6200 Sand Springs Rd., Fort Worth, Texas 76114 from 11 a.m. to 4 p.m. for a 75th Anniversary Community Day!

Registration is not required, but if you register at this link to let us know you're coming, you'll receive a free prize at the event!



Suburban Newspapers, Inc. From StatePoint **Stay Connected During Natural Disasters**

any time. Having a plan to stay connected and during a disaster: during emergencies is essential. In the midst Before a Disaster of a natural disaster, you'll want to stay informed of local conditions and recommen- ice and the National Hurricane Center to get charged and enable your phone's batterydations, be able to alert loved ones of your tips and track storms. safety status, and have the peace of mind that comes with knowing you have a way to reach emergency personnel.

September is National Preparedness Month and to help ensure you stay connected during natural disasters, T-Mobile is







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• Ensure your disaster kit or go bag in- charge. cludes a list of emergency numbers, chargers and waterproof, resealable bags.

thorities' text alerts and social media chan- calls. nels.

• Enable Wireless Emergency Alerts for your phone handy as back-up. (WEA) on your phone. WEA is a public safety notification system that enables au- tant calls should regular cellular coverage be thorized agencies to send messages to those limited or unavailable. For example, you can with capable wireless devices alerting them set up Wi-Fi calling. If calling 911 using Wiof emergencies in their area.

• Check the T-Mobile Newsroom for the keep communities, first responders and in- what may.

Natural disasters can occur anywhere, at offering the following tips to follow before dividuals connected when it's needed most. During a Disaster

• Be ready for power outages and other • Check NOAA's National Weather Serv- interruptions. Keep your devices fully saving mode and dark mode to conserve

• Keep calls (and all device usage) to a minimum and make conversations as brief • Stay abreast of current conditions and as possible. Or, consider sending text mesforecasts by downloading the Red Cross and sages instead. During times of congestion, FEMA apps and by subscribing to local au- texts are more likely to go through than

• Have a charged portable power bank

• Ensure you have a way to make impor-Fi calling, give the operator your address.

Natural disasters are on the rise, making latest information on the wireless service it important to be prepared. As part of your provider's emergency response. Companies planning, be proactive about ensuring you like T-Mobile have emergency response have a way to stay informed and in touch teams working to ensure they are ready to with those who matter most to you, come



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Suburban Newspapers, Inc. From the City of Benbrook Heritage Fest Saturday at Dutch Branch Park

Benbrook is saddling up to host its annual Heritage Fest on Saturday, Sept. 30 at Dutch Branch Park, located at 1899 Winscott Rd., Benbrook, 76126, from 10 a.m. to 8 p.m.

This free family-friendly event is packed full of exciting Western entertainment, musical performances, food, vendors, hayrides, and a chuckwagon dinner and street dance. and many other activities honoring our community's western heritage.

From Suburban Newspapers Staff We Want to Hear From You!

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

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

• Do you know about a great volunteer opportunity or a free public event?

• Did your neighbor or child do something brag-worthy?

Submissions are published with space permitting and may be edited.

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



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Suburban Newspapers, Inc.

From the Alzheimer's Foundation of America Follow These 10 Steps to Be Proactive About Your Brain Health

As part of Healthy Aging Month this September, the Alzheimer's Foundation of America (AFA) is offering ten steps to just as other parts of our bodies do. Memory screenings are quick, promote healthy aging and good brain health.

"Lifestyle choices are integral to healthy aging, protecting brain health, and reducing the risk of developing dementia," said Charles J. Fuschillo, Jr., AFA's president & CEO. "Healthy aging month is a great time to remind people that healthy aging is something evervone should prioritize, because it's never too soon to start."

promote good brain health and healthy aging:

1. Eat Well. Adopt a low-fat diet high on fruits and veggies, like strawberries, blueberries, and broccoli. Take daily vitamins. Limit intake of red meats, fried and processed foods, salt, and sugar. In general, foods that are "heart healthy" are also "brain healthy."

2. Stay Active. Physical activity increases blood flow to the brain and can also help improve mood and overall wellbeing. Brisk walking benefits brain health, while aerobics can boost your heart **Project Linus Needs Volunteers** rate, and weight training builds strength and flexibility.

3. Learn New Things. Challenge your brain by starting a new hobby like playing tennis, learning to speak a foreign language, trying a cooking class, or something you have not done before. Even something as simple as brushing your teeth with your nondominant hand stimulates the brain by forcing it to think outside of its normal routine.

4. Get Enough Sleep. Getting a consistent sleep every night is key; at least seven to nine hours is ideal. Having a good sleep environment is also helpful. Insomnia or sleep apnea can have serious physical effects and negatively affect memory and thinking.

5. Mind Your Medication. Medication can affect everyone differently, especially as you age. When getting a new medication or something you have not taken in a while (whether over the counter or prescription), talk to your doctor or local pharmacist.

6. Stop Smoking and Limit Alcohol. Smoking can increase the risk of other serious illnesses, while too much alcohol can impair judgment and cause accidents, including falls, broken bones, and car crashes.

7. Stay Connected. Social interaction and maintaining an active social life are very important for brain health, cognitive stimulation and mood. Invite friends and family over for a meal, board games, or just to hang out. Engaging in your community and participating in group activities is also beneficial.

8. Know Your Blood Pressure. Blood pressure can impact your cognitive functioning. Visit your physician regularly to check your blood pressure and make sure it is in normal range.

9. See Your Doctor. Maintain checkups. Health screenings are key to managing chronic illnesses, such as diabetes, cardiovascular disease, and obesity, all of which can impact brain health. Speak with your physician about any concerns or questions you have about your health.

10. Get a Memory Screening. Our brains need regular checkups, noninvasive exams for our brains. AFA offers free virtual memory screenings every weekday-visit www.alzfdn.org or call AFA at 866-232-8484 to learn more about getting a free virtual memory screening. You can also talk to your doctor about getting a screening as part of your annual wellness exam.

Individuals wishing to learn more about healthy aging and pro-AFA encourages individuals to take the following ten steps to moting good brain health can contact the Alzheimer's Foundation of America's Helpline at 866-232-8484 or visit AFA's website, www.alzfdn.org.

From the Project Linus Blanketeers First Monday Quilt Club -

Come join the fun and fellowship with the Quilt Club volunteers while you make a difference in our community and bless others by making quilts for Project Linus.

The First Monday Quilt Club will meet at Bethany Christian Church located at 1500 Meadow Park Drive in White Settlement from 10 a.m. to 1 p.m. on Monday, Oct. 2. Ladies may bring brunch or snack foods to share with others if desired.

Project Linus is a non-profit service organization. The members of this group are Tarrant County Chapter Project Linus volunteers who create handmade quilts and blankets that provide love, warmth, and comfort for local children who have suffered trauma, tragedy, or illness. Volunteers also make coverlets for veterans, nursing home residents, and the homeless. Unfortunately, the need for these blankets increases each month. They desperately need volunteers with portable sewing machines to help assemble the quilts.

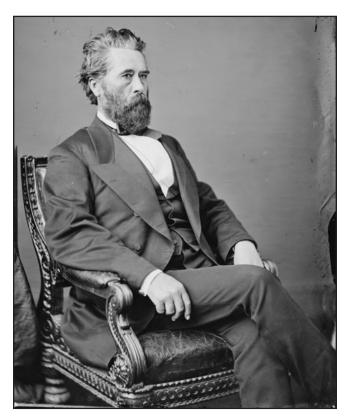
No experience is needed - there is a place for you. Anyone can help if you can follow instructions, sew, tie a knot, crochet a blanket, or tell a good joke. Volunteers have lots of fun and develop fantastic friendships. High school students can receive community service credits for participating. Materials (fabric, batting, thread, and yarn) are provided.

Donations of fabric, yarn, thread, sewing machines, sergers, or money to purchase materials are greatly appreciated.

Come join the fun and enjoy fellowship with the Quilt Club volunteers while you make a difference in our community by being a blessing to others.

For more information about the mission of Project Linus, visit www.projectlinus.org. For more information on this group and meetings, call Virginia Biela at 817-244-1263.

Suburban Newspapers, Inc. **Texas History Minute** Texas Politician and Judge John Hancock by Dr. Ken Bridges



History knows well the story of John Hancock, the patriot from the American Revolution whose name is featured prominently on the Declaration of Independence. But there is another John Hancock who had his own adventures in war and politics. This John Hancock would travel to Texas, serve as a judge and attorney, and later become a president in fall 1860, secessionists began provided by the federal government, and member of Congress.

John Hancock was not related to his famous namesake. This one was born in October 1824 in Jackson County, Ala., a lightly populated area in the northeast corner of Alabama. He was the seventh of 10 children born to John and Sarah Hancock.

Hancock's oldest brother, George, was 17 vears his senior. In 1835, he had left Alabama for Texas where he served in the Texas Revolution, fighting at the famed Battle of San Jacinto in 1836. He later became a respected and prosperous merchant in the Austin area. Tales of his adventures in far-off Texas inspired the younger Hancock, who began planning for his own successful career.

family farm, he went to nearby Knoxville, where he studied at the University of East pelled from his office by March 1861. Tennessee. After graduation, he began an apprenticeship with an attorney in Winchester. Tennessee, not far from his childhood home. He studied the law and

admitted to the bar in Alabama.

and started his own law firm. It proved very of 1865, he was in New Orleans when he successful, and his reputation grew. In learned of the Confederate surrender and re-1851, at the age of 27, he was elected as a turned home. district judge. On the bench, he was welland fair and his rulings were sound. Though elected to a six-year term, he apparently came enticed by other opportunities. He resigned in 1855, began ranching and resumed lating to the treatment of Native Americans. his law practice.

flared, he was drawn back into politics. He ing new lands and the tribes determined to was elected to the state legislature in fall 1859 as a Unionist Democrat determined to toward the tribes were harsh, echoing the keep Texas in the Union. The Texas Hill policies of President Ulysses S. Grant and Country and the Red River Valley were many other westerners at the time. He supknown for their strong Unionist stands. ported the policy forcing tribes on the reser-After the election of Abraham Lincoln as vations, pushed legislation cutting rations driving southern states from the Union.

Unionist, at one point declaring that Texas by the army. had shed its blood to get into the Union. Hancock stood with Houston against the 1876. He returned to Congress in 1882, forces of secession, but it soon became clear served one term, and declined to run again that Texas Unionists were far outnumbered in 1884. He retired from politics altogether, among voters and legislators. Houston reluctantly called for a secession convention mained an active and popular presence in and a later vote. Texans voted overwhelmingly for secession, and the secession convention demanded that all officeholders swear an oath of loyalty to the Confederacy or their elected offices would be declared vacant.

For Hancock, political expediency did not matter. Principle was what as stake. He After spending his childhood on the refused to take the oath supporting the Confederacy. Like Houston, Hancock was ex-

> He remained a conscientious objector throughout the Civil War, often moving from one place to another. He still worked as an attorney, practicing only in Texas courts and refusing to try cases in Confed-

procedures carefully before going to an Al- erate courts. After the Confederate draft was abama judge to show his competency in the enacted, officials began looking for him to law. As a result, in 1846, not yet 22, he was press him into the army. Hancock fled to Mexico in 1864 rather than serve, still deter-The next year, Hancock moved to Austin mined to support the Union. By the spring

Hancock returned to politics, serving in regarded by court observers and attorneys. the 1866 State Constitutional Convention, His proceedings were respected as efficient working to make Texas part of the United States again.

In 1870, he was elected to Congress, repgrew bored with serving as a judge and be- resenting most of Central Texas. Much of his work in Congress dealt with policies re-Settlers on the frontier had long been en-As tensions between North and South raged with the fights between settlers seekdefend their own lands. Hancock's stances pushed laws allowing hunting parties to Gov. Sam Houston was also a devout leave reservations only when accompanied

> He was defeated for re-nomination in but he enjoyed a lively law practice. He re-Austin courtrooms, sometimes defending the most notorious clients. He died in Austin in July 1893 at the age of 68.



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Three Day Weekend Forecast



Friday, Sept. 29:

<u>AM</u> - Sunny, with a high near 95. S/SE wind 5 to 15 mph, with gusts as high as 20 mph. <u>PM</u> - Mostly clear, with a low around 71. SE wind 10 to 15 mph, with gusts as high as 25 mph.



Saturday, Sept. 30:

<u>AM</u> - Sunny, with a high near 94. S/SE wind 10 to 15 mph, with gusts as high as 25 mph. <u>PM</u> - Mostly clear, with a low around 69. SE wind 10 to 15 mph, with gusts as high as 25 mph.



Sunday, Oct. 1:

<u>AM</u> - Mostly sunny, with a high near 93. SE wind 5 to 15 mph, with gusts as high as 20 mph. <u>PM</u> - Partly cloudy, with a low around 69.

Extended Forecast Click Here