



Serving the Cities of River Oaks and Westworth Village

River Oaks News

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From the Sports Desk with John Loven

UIL Realignment Sets New Districts for Castleberry Athletics

After much anticipation, Castleberry coaches finally have clarity.

Every two years, the University Interscholastic League, the governing body for Texas high school athletics, realigns schools across the state. The process reclassifies programs based on enrollment changes, ensuring schools compete at the appropriate level, from Class 6A down to 1A.

Until realignment is announced, coaches are left in limbo. They cannot finalize schedules without knowing their classification and, more importantly, their district assignments. District placement determines how many district games a team will play, which in turn dictates how many non-district games are needed to complete the 10-game regular-season schedule in football and the full slate in other sports.

In years past, a school competed in the same district across all sports. That is no longer the case. Today, schools may compete in different districts depending on the sport, creating unique competitive landscapes for each program.

For the 2026-27 school years, Castleberry High School will compete in Class 4A and has been assigned new districts in both football and basketball.

Football - Region 1/District 4

Castleberry joins a competitive eight-team district that includes five playoff teams from last season, including the Lions. The returning records from last year are listed below:

Alvarado (12-1) – Playoffs

Aubrey (3-7)

Carrollton Ranchview (3-6)

Decatur (8-4) – Playoffs

Godley (5-6) – Playoffs

Lake Dallas (4-6)

River Oaks Castleberry (6-5) – Playoffs

Springtown (12-1) – Playoffs

The district features two teams that finished 12-1 last season, signaling a challenging road ahead.

(continued on page 3)

From the River Oaks Event Center

River Oaks Event Center Food Bank Distribution Dates

The City of River Oaks hosts Food Bank distribution days on the second and fourth Fridays of each month at the River Oaks Event Center, located at 5300 Blackstone Drive.

Food Bank distribution dates for the month of February include Friday, Feb. 13 and Friday, Feb. 27. Participants are asked not to line up before 8:30 a.m. and to [follow the new designated traffic route](#). Drivers should remain in their vehicles throughout the process and avoid blocking residential driveways or cross streets to ensure access for police and emergency services.

For additional information, residents may call 817-732-5885.

From the City of River Oaks

River Oaks to Host Citywide Yard Sale March 27–29

River Oaks residents will have the opportunity to buy, sell and browse during the city's annual Citywide Yard Sale, scheduled for March 27–29, weather permitting.

The event is free to participate in, and no permit is required. Residents who wish to be included on the official Yard Sale List must register their address at City Hall no later than 4 p.m. March 19. The list will be published on the city's Facebook page, in the city newsletter and on the city website the week before the event.

Participants who register by the deadline will receive two free yard sale signs from City Hall. Personal signs are allowed but may only be displayed on the seller's own property.

According to city ordinance, participants must be listed on the water account for the property and provide a valid ID with a matching address when registering. Signs may not be placed on boulevards, street signs, stop signs, utility poles or any structure owned by the city.

All yard sale signs must be removed within 24 hours after the event concludes.

City officials encourage residents planning to participate to register early to ensure inclusion on the published list and to pick up their free signs before the deadline.

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Legal Notice

Application has been made with the Texas Alcoholic Beverage Commission for a Mixed Beverage Restaurant Permit with Food and Beverage Certificate by Naomi Group LLC dba Nyomi Sushi & Bloom , to be located at 4040 N Collins St Suite 150 , Arlington, Tarrant County, Texas 76005.
The Officer of the Naomi Group LLC is Sandeep Kumar Shahi, President.

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**Publishers of the Benbrook News, River Oaks News and
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The publisher/editor reserves the right to reject or edit all copy submitted for publication. Advertising and Letters to the Editor do not necessarily reflect the opinions, editorial policies or beliefs of the Publisher, Managing Editor or staff of Suburban Newspapers, Inc.

• **All Letters to the Editor** must not be over 250 words, and include the author’s name, address and phone number. *Only the name will be included.*

• **Engagement Announcements** must be published four weeks prior to the wedding. **Wedding Announcements** have a 350 word limit. **Anniversaries** are limited to 150 words. • **Obituaries** are limited to 250 words and cost \$100.

Mistakes in stories or ads must be reported by Friday at 4 p.m. following Thursday’s edition for corrections. Advertising payments are due by 10 a.m. Monday.

How Valentine’s Day Became a Celebration of Love



Valentine’s Day, celebrated annually on Feb. 14, is widely associated with romantic cards, flowers and candy. Its origins, however, trace back centuries and combine elements of ancient Roman tradition, early Christian history and medieval literature.

The holiday is named for St. Valentine, though historical records indicate there may have been more than one Christian martyr with that name. According to Catholic tradition, Valentine was a priest, or possibly a bishop, who lived in Rome during the third century under the reign of Emperor Claudius II.

One of the most enduring legends holds that Claudius II banned marriages for young men, believing unmarried soldiers fought better in battle. Valentine is said to have defied the order by secretly performing Christian marriages. When discovered, he was imprisoned and later executed around A.D. 269. His feast day was established by the Catholic Church to honor his martyrdom.

Another account suggests Valentine was killed for helping persecuted Christians escape Roman prisons. Some legends also claim that while imprisoned, Valentine healed the blind daughter of his jailer and left her a farewell note signed “from your Valentine,” a phrase often cited as the origin of modern Valentine messages.

While these stories are difficult to verify historically, Valentine’s association with love and devotion persisted. In A.D. 496, Pope Gelasius I officially declared Feb. 14 as St. Valentine’s Day, replacing earlier pagan festivals held around the same time.

One such festival was Lupercalia, a Roman celebration observed in mid-February that involved fertility rites and matchmaking rituals. As Christianity spread, many pagan traditions were absorbed or reinterpreted within the Christian calendar, and Valentine’s Day gradually took on a more symbolic meaning centered on love.

The romantic connection to Valentine’s Day strengthened during the Middle Ages. English poet Geoffrey Chaucer is often credited with linking the holiday to romance in his 14th-century poem “*Parliament of Fowls*,” which describes birds choosing their mates on St. Valentine’s Day. This literary association helped cement the idea of Feb. 14 as a day for courtship.

By the 18th century, exchanging handwritten notes and tokens of affection had become common in England. The practice spread to the American colonies, and by the 19th century, mass-produced Valentine’s Day cards made the tradition more accessible to the public.

Today, Valentine’s Day is celebrated in many countries and has expanded beyond romantic relationships to include expressions of affection among friends, family members and classmates.

While its modern customs have evolved, the holiday’s roots remain grounded in centuries-old traditions that blend history, legend and cultural change.

Though the true details of St. Valentine’s life may never be fully known, his name continues to be linked to acts of love, sacrifice and devotion, themes that still define Valentine’s Day more than 1,700 years later.

Sports Desk (continued from page 1)

Basketball - Region 1/District 7

Castleberry’s basketball program will compete in a seven-team district. Because the current season is still underway, records listed reflect this year’s results to date:

- Bridgeport (15-16)
- Burkburnett (26-5)
- Decatur (9-19)
- Iowa Park (15-11)
- Lake Worth (9-16)
- River Oaks Castleberry (3-25)
- Springtown (6-22)

With realignment finalized, Castleberry coaches can now begin the work of building schedules and preparing for a new era of district competition. For Lion fans, the countdown to 2026-27 just became a lot more interesting.

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Early Garden Cleanup Could Harm Pollinators



- Butterflies and moths: Many species overwinter as chrysalises attached to dried stems, tucked under loose bark or hidden in leaf litter. These can resemble dead leaves or small bumps on plants.

Letting gardens rest a little longer may not look tidy at first, but it plays a key role in supporting the ecosystems that keep North Texas landscapes thriving.



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From Suburban Newspapers Staff Writers

Free Collectible Evaluations Offered in Benbrook Feb. 17–21

Residents looking to learn the value of coins, jewelry and collectibles will have an opportunity later this month when Premier Gold, Silver & Coin hosts a free evaluation event in Benbrook.

The event will be held Tuesday through Saturday, Feb. 17–21, at the Hyatt Place, 5900 Cityview Blvd. in Fort Worth. No appointment is required, and all evaluations will be conducted in person by company experts to ensure accurate and fair assessments

Hours for the event are 10 a.m. to 6 p.m. Tuesday through Friday and 10 a.m. to 3 p.m. Saturday.

Items of interest include U.S. paper currency printed before 1934, graded coins and commemoratives, gold coins, scrap gold, sterling flatware and tea sets, and gold, silver and platinum jewelry. The company will also evaluate broken or unwanted jewelry, watches, running or broken, sports memorabilia, pop culture collectibles, comics, guitars and amplifiers, war memorabilia, pocket knives, Zippo lighters and vintage toys.

A wide range of U.S. coins will be accepted for evaluation, including Morgan dollars, Walking Liberty half dollars, Franklin half dollars, Kennedy half dollars, Mercury dimes, Washington quarters, Buffalo nickels, Liberty nickels, Wheat pennies, Barber coins and pre-1964 Roosevelt dimes, according to event materials

Pricing information is not provided by phone or online, and all items must be evaluated in person.

Premier Gold, Silver & Coin is a registered business regulated by the Texas Office of Consumer Credit Commissioner under Registration No. 230721.



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We're unable to provide pricing by phone or online. All items are evaluated in person by our experts to ensure an accurate and fair assessment.

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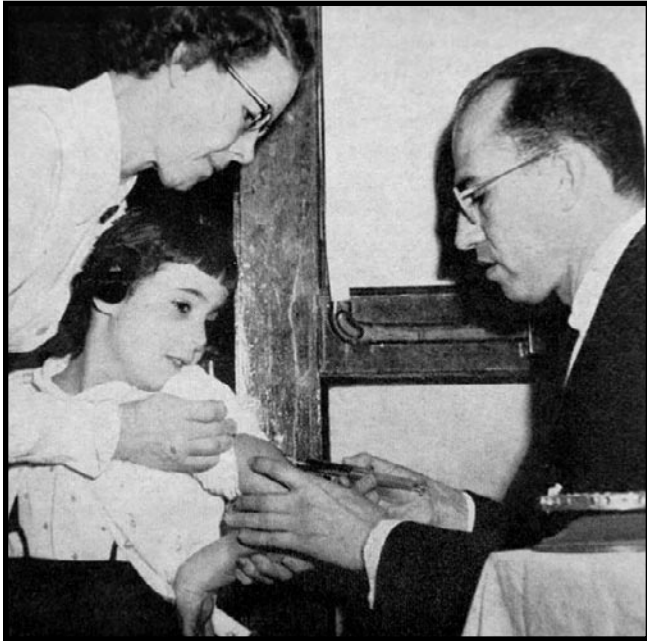
Tuesday 10am - 6pm	Wednesday 10am - 6pm	Thursday 10am - 6pm	Friday 10am - 6pm	Saturday 10am - 3pm
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Texas History Minute by Dr. Ken Bridges

Dr. Jonas Salk and the Vaccine that Changed Modern Medicine



“There’s no such thing as failure; there’s just giving up too soon,” once said Dr. Jonas Salk.

In the early 20th century, polio devastated many communities around the world, including Texas, prompting closures and quarantines connected to outbreaks, gripping communities in terror. A determined team of scientists led by Salk ended this nightmare for the nation and the world with the development of a polio vaccine.

Salk was born in New York City in October 1914. His father, the son of Jewish immigrants, was a garment worker. His mother was a Russian immigrant. He had two younger brothers, one of whom became a veterinarian and the other became a psychologist. The future physician was extremely bright and extremely curious about the world as a youth and was enrolled in an academically gifted high school program at age 13.

Friends and colleagues described him as a perfectionist in his studies and his research with a disciplined focus on his work. He was a voracious reader, but he was almost always described as warm, optimistic, devoutly moral, and compassionate.

Upon graduation from high school at age 15, Salk entered City College of New York. He briefly considered a career as a lawyer, but his mother convinced him to go into a career in medicine instead. With this career change in mind, he earned a bachelors degree in chemistry at age 19 in 1933. Salk

then enrolled at New York University’s school of medicine. Money caused a lot of problems with his studies initially, forcing him to work a series of jobs ranging from camp counselor to lab technician while his parents borrowed money to help him continue his studies. He worked as a teacher and researcher for a year. Eventually, he was able to get a series of scholarships to help him afford to complete his education. Salk graduated from medical school in 1939.

He accepted a position at the University of Pittsburgh School of Medicine in 1947. In the meantime, polio, a viral infection that caused death or paralysis, continued to haunt the world. An outbreak in the Texas Panhandle infected more than 1,200 in 1943. A Houston outbreak infected 313 in 1948.

Rehabilitation centers were established in the state to help those partially paralyzed. Because it often struck children, it was sometimes called infantile paralysis. The disease struck thousands of people, including President Franklin D. Roosevelt in his younger years.

In 1948, officials with the National Foundation for Infantile Paralysis (later the March of Dimes) approached Salk to research the disease. After pulling together a team of researchers and finding further private grants to fund his research, Salk produced a vaccine derived from dead viruses by early 1952 and began testing. The initial results were promising.

That same year, the nation’s worst polio epidemic ever erupted, prompting the closures of public swimming pools and many other public facilities. More than 58,000 people were infected, resulting in 3,145 dead and more than 21,000 paralyzed. Salk and his team then used the vaccine on themselves and their families.

In 1954, based on this initial success, a nationwide test began, with more than 1.8 million volunteers, with the vaccine approved in 1955.

By 1961, a disease that once struck more than 20,000 annually was reduced to 161 cases. In the meantime, Salk became a household name. He received numerous

awards and honorary degrees and was routinely sought by reporters for his insights into medicine and science.

The value of the Salk vaccine in dollar terms has been estimated at nearly \$8 billion in today’s currency; but for Salk, the value in human terms was beyond measure.

He refused to patent the vaccine and made the research materials available to doctors around the globe. He gave up the money in order to save lives.

The cure, Salk said, belonged to the people of the world. Once questioned why he did not patent the vaccine, Salk replied, “Can you patent the Sun?”

He founded the Salk Institute in California in 1960 as a center for research into infectious diseases to develop vaccines and treatments. It has included several Nobel Prize winners among its ranks of researchers.

In the 1980s, prompted by the growing AIDS epidemic, he began working on an AIDS vaccine. While his efforts did not produce a workable vaccine, he was able to develop a number of promising immune system therapies.

“I have had dreams, and I have had nightmares; but I conquered my nightmares because of my dreams,” once said Salk. He died at age 80 in 1995.

The last case of polio occurred in the United States in 1979. The entire western hemisphere was declared free of polio by 1994. Because of aggressive vaccination efforts through medical organizations and private volunteers, including civic groups such as local Rotary Clubs, polio outbreaks have been eliminated in all but two nations, Pakistan and Afghanistan.

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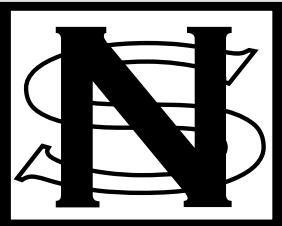
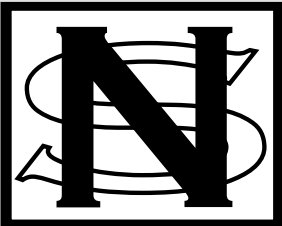
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Weekend Forecast



Friday, Feb. 13:

AM - Partly sunny, with a high near 78. South wind 5 to 10 mph.
PM - Showers, with thunderstorms also possible after 3am. Low around 60.
S/SE wind around 10 mph. Chance of precipitation is 80%.



Saturday, Feb. 14:

AM - Showers and thunderstorms. High near 72. South wind 10-15 mph becoming west in the afternoon. Winds could gust as high as 20 mph. Chance of precipitation 90%.
PM - A 40 percent chance of showers before midnight. Partly cloudy, with a low around 51. West northwest wind 10 to 15 mph, with gusts as high as 20 mph.



Sunday, Feb. 15:

AM - Sunny, with a high near 68. North wind 5 to 15 mph, with gusts as high as 20 mph.
PM - Mostly clear, with a low around 46. North wind around 5 mph becoming south after midnight.

[Extended Forecast Click Here](#)