



River Oaks News

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From the Sports Desk with John Loven

CHS Athletes Stay Busy as Basketball, Soccer Seasons Continue



Boys Basketball

The boys began their season winning two of their first three games. They beat Trimble Tech 34-30 on Nov. 18 and North Side 65-54 on Nov. 29. Since then, it has been a struggle for our boys. They have lost several close games, including most recently to Springtown 50-42 on Jan. 9. Currently the Lions stand 3-16 and 0-3 in district play. Their next game is Jan. 16 at arch rival Lake Worth at 7:30 p.m. Lions fans are encouraged to make the short drive and go support these athletes!

Girls Basketball

The girls basketball season began with consecutive victories. They began with wins over Diamond-Hill 76-9 on Nov. 7 and Western Hills 50-18 on Nov. 11. The girls have managed six more victories since then. Currently the Lady Lions are 8-16 and 0-5 in

district. Their next game is at Lake Worth on Jan. 16 at 6:15 p.m.

Boys Soccer

The traditional stellar boys soccer team is coming off a season in which they played for the 4A State Championship. Unfortunately, they lost that heart breaker of a game and finished as the State Runner-Up. This year they have played a very challenging schedule and have an uncharacteristic 2-5 record to start the season. They will travel to Grapevine for a tournament beginning on Jan. 15.

Girls Soccer

The girls soccer team began the season with three straight wins, a 6-1 victory over North Side, followed by victories over YWLA 8-0 and Polytechnic 6-0. The Lady Lions currently stand 4-3. They will travel to Decatur on Jan. 16, game time is 7:30 p.m.

GO LIONS & LADY LIONS!

From Castleberry ISD

Candidate Filing Window is Open for May 2 CISD Regular School Board Trustee Election

The Castleberry Independent School District Regular School Board Trustee Election will be held Saturday, May 2, 2026. Two seats on the district's School Board, Place 1 and Place 2, are up for election.

The Castleberry ISD School Board consists of seven at-large trustees who serve staggered three-year terms, with a portion of the seats up for election each year.

(continued on page 5)

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Legal Notice

In the matter of the marriage of Elizabeth Ann Marie Zimmerman (Previously Elizabeth Drake) and Andrew Brett Ortloff, case number 2025DN21, filed in Mercer County Illinois.

To Andrew Brett Ortloff,

You are hereby notified that a divorce action has been filed against you. If you do not respond by 02/19/2026 the court may proceed in your absence and grant a divorce.

Elizabeth Zimmerman
Elizabethdrake96@yahoo.com

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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. Payment for advertising is due by 10 a.m. Monday.

From the Texas State Library

Local Students Encouraged to Participate in Letters About Literature Texas Competition

The Texas Center for the Book is accepting submissions to its 2025-2026 *Letters About Literature* Texas writing contest until 6 p.m. on Monday, Jan 26. Texas fourth through 12th graders are invited to participate in this annual competition. Students select a book, book series, essay, play, poem, short story or speech and write a letter to an author, living or dead, explaining how his or her work changed their view of themselves or the world.

There are three categories of competition: grades 4-6, grades 7-8 and grades 9-12. The contest is open to all Texas students, including public, private and homeschool. First-place winners receive \$300, second-place winners receive \$200, and third-place winners receive \$100. Additionally, the Center will give \$300 grants to the school libraries of each first-place winner (or for homeschoolers, their public library.) First-place winners will also receive a travel



stipend (\$400) to go towards travel to the Texas Library Association Annual Conference in Houston in March 2026. The winning students will be recognized in a ceremony at the conference.

The [online submission portal](#) is open. If you have not entered before, you will need to create a free Submittable account in order to apply. The deadline is 6 p.m. Central time on Monday, Jan. 26, 2026. Applications are accepted only through the portal. Students younger than age 13 must also submit a signed permission form in order to enter the contest.

To learn more about Letters About Literature Texas 2025-2026, including full rules and submission instructions, visit www tsl.texas.gov/lettersaboutliterature. The site includes an Official Rules page and information about prizes.

The Letters About Literature Texas program is made possible with generous support from the Texas Library and Archives Foundation.

One of 50 state centers affiliated with the Center for the Book in the Library of Congress, the Texas Center for the Book is under the direction of the Texas State Library and Archives Commission.

For more information contact Michele Chan Santos at mcsantos@tsl.texas.gov or visit tsl.texas.gov/centerforthebook.

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From Statepoint.net

Five Sugar Intake Tips to Prevent Cavities in 2026



Holiday celebrations often feature lots of great food and drinks, including sweet treats to indulge in. But too much sugar in your diet can weaken your teeth, leaving your smile vulnerable to cavities. After a sweet holiday season, follow these five sugar intake tips so you can prevent cavities and improve your oral and overall health in 2026.

• Restore the balance. If your holiday season was filled with candies, cocoa and cookies, now is the time to revive a balanced diet with a variety of healthy foods from each of the five major food groups. Fill your plate with whole grains, fruits, vegetables, lean proteins and low-fat dairy foods.

Sugary beverages like soda and juice should be served sparingly, as healthier options like water and plain milk have far more nutritional value. "Water is the best beverage for your teeth," said American Dental Association (ADA) dentist, Mirissa Price, D.M.D. "Not only does water help wash away cavity-causing bacteria and weaken the acids in your mouth, but water with optimal levels of fluoride strengthens your teeth against cavities.

• Be picky if it's sticky, and watch out for starch. You might think dried fruit is a healthy choice, but raisins and dried cranberries often stick to your teeth, giving the bacteria in your mouth more time to feast

on the natural sugars. Meanwhile, starchy foods like chips and cakes often get trapped between your teeth where cavities also form. "If you choose these foods, pair them with water, and make sure to brush and floss thoroughly," said Dr. Price.

- Resolve to maintain your dental routine. Speaking of brushing and flossing, it's important to keep up with your dental care routine no matter what your diet looks like. That means brushing your teeth twice daily with fluoride toothpaste and cleaning between your teeth once a day. Choose dental products with the ADA Seal of Acceptance and see your dentist regularly for valuable checkups. Appointments can fill up fast after the holidays, so schedule them far in advance to avoid delays.

- Timing matters. Instead of eating sweets on their own, pair them with meals or eat them shortly after mealtimes. During a meal, your mouth releases more saliva, which is another tool in the fight against tooth decay, canceling out acids and washing away food from teeth and gums. Saliva also contains minerals to repair weakened teeth. For snacks between meals, choose a healthy option like fruit, vegetables or cheese. "If you find yourself enjoying a sweet treat apart from a meal, chewing sugar-free gum with the ADA Seal of Acceptance after can increase saliva and may help counter acidity," said Dr. Price.

- Set a good example. It's no surprise that most kids also want to enjoy a sweet treat now and then, but remember that cav-

ities are the most common chronic childhood disease. Provide children with foods and drinks that are healthy and low in sugar, remind them about regular at-home dental care, and set a good example by modeling all the tips above.

To learn more about how nutrition affects your teeth, visit MouthHealthy.org/nutritionimpact. For help keeping your child's dental routine on track, visit MouthHealthy.org/calendar to download a free 12-month brushing and flossing calendar.

"Making choices to keep your mouth healthy doesn't stop you from enjoying good food," said Dr. Price. "Finding a balance is key, and the start of a new year is a great time to focus on healthy behaviors to benefit your dental and overall health."



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From the River Oaks Police Department

River Oaks Police Department Crime Report

River Oaks police responded to a range of incidents in late December and early January, including multiple arrests for narcotics, driving while intoxicated and criminal trespass, according to department reports.

On Dec. 22, officers made an arrest for criminal trespass in the 2601 block of Jacksboro Highway. Later that day, police investigated a violation of a protective order in the 4700 block of Hope Street and made a narcotics-related arrest in the 2100 block of Jacksboro Highway.

On Dec. 23, officers responded to a vehicle burglary involving the theft of a firearm in the 4800 block of Lawther Drive. A separate theft was reported in the 4800 block of River Oaks Boulevard.

Police made an arrest involving narcotics and firearms on Dec. 25 in the 5100 block of Ohio Garden Road.

On Dec. 27, an arrest for driving while intoxicated was made in the 800 block of Churchill Road. Three additional DWI arrests followed on Dec. 28 in the 4300 block of River Oaks Boulevard and the 6100 block of Westworth Boulevard.

Also on Dec. 28, officers made an arrest for theft and narcotics in the 4800 block of River Oaks Boulevard.

Suburban Newspapers, Inc. Reader Submission

Lockheed Martin Retirees Invited to Monthly Meetings

Retirees who worked at the General Dynamics or Lockheed Martin Fort Worth plant are invited to join the Lockheed Martin Association of Retirees, which meets at noon on the third Tuesday of each month at VFW Post 5617, 580 S. Cherry Lane.

The group gathers to renew acquaintances and hear programs and guest speakers.

In addition, a related group, ROMEO (Retired Old Members Eating Out), meets for breakfast at 8 a.m. on the last Monday of each month at the Dixie House Cafe, 5401 S. Hulen St.

For more information, visit lmarfw.com or contact Mike Golas at fastjet@att.net.

On Dec. 29, a runaway was reported and later recovered in the 5500 block of Taylor Road. That same day, police investigated an assault in the 800 block of South Schilder Drive.

On Dec. 30, officers arrested a suspect in connection with a residential burglary in the 5300 block of Auburn Street.

On Dec. 31, police investigated a credit or debit card abuse case in the 2601 block of Jacksboro Highway.

On Jan. 1, officers responded to an assault in the 4800 block of Stevens Street and an aggravated assault with a deadly weapon in the 1200 block of Greenbriar Drive.

The most recent incident in the report occurred Jan. 4, when police made another arrest for criminal trespass in the 2601 block of Jacksboro Highway.

All cases remain under investigation or have been referred to the appropriate court, according to police. Charges are allegations, and suspects are presumed innocent unless proven guilty in court.

Castleberry ISD Candidate Filing Window

(continued from page 1)

Residents who live within Castleberry ISD boundaries and are interested in running for a place on the School Board may file a candidate application packet with the district's election filing officer through 5 p.m. Friday, Feb. 13, 2026.

Candidate packets may be submitted in person during regular business hours, 7:30 a.m. to 4:30 p.m., Monday through Friday, at the Castleberry ISD Administration Building:

Castleberry Independent School District

Gary S. Jones Administration Building

5228 Ohio Garden Road

Fort Worth, TX 76114

Election Filing Officer:

Angela Branch

Email: brancha@castleberryisd.net

Fax: 817-252-2097

Alternatively, candidates may submit a signed, sworn, and notarized scanned application by fax or email.

There is no filing fee to run for a position on the Castleberry ISD Board of Trustees.

Additional information, including candidate qualifications and election documents, is available on the [Castleberry ISD Board Elections webpage](#).

Early voting for the May 2026 general election will take place April 20 through April 28, 2026.

The deadline to register to vote in this election is Thursday, April 2, 2026.

Information on voter registration and voting locations in Tarrant County is available through the [Tarrant County Elections website](#).



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Texas History Minute by Dr. Ken Bridges

William Emory's Maps Helped Define U.S., Texas Borders and the American Southwest

The borders of the United States have expanded considerably since independence was declared. As the nation grew, newer and more detailed maps were needed so the country could plan ahead and utilize the landscape and resources available. Gen. William Emory, an army cartographer, was a vital part of this process. Emory's diligent studies and attention to detail not only shaped the borders of the United States but also shaped the borders of Texas and revealed the great wonders of the Upper Rio Grande..

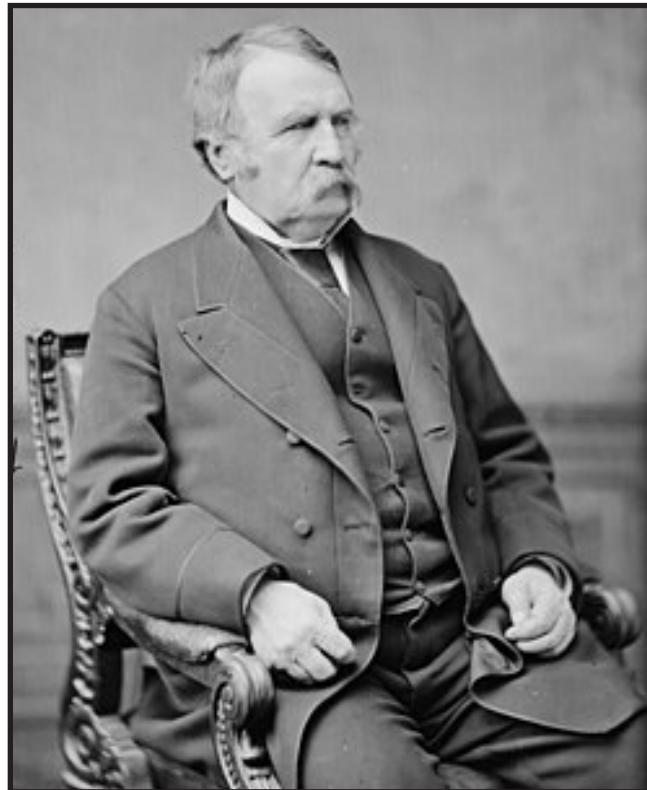
William Hemsley Emory was born in September 1811 in Eastern Maryland. He was extremely bright and as a young man earned an appointment to the United States Military Academy at West Point, New York.

He graduated from West Point in 1831 as a lieutenant and was assigned to an artillery unit.

Looking for other opportunities to satisfy his curiosity and imagination, he resigned from the service in 1836 to pursue civil engineering. The army, however, lured him back two years later with a unique new program, the Corps of Topographical Engineers. This new unit was in charge of surveying resources and infrastructure for both potential military use and civilian development. He spent the next few years engaged in careful surveys of harbors and rivers on the East Coast. Also in 1838, he married Matilda Bache in Philadelphia. Bache was the great-granddaughter of Benjamin Franklin and the daughter of later Texas State Senator Richard Bache, Jr.

In 1844, Emory arrived in Texas. Though Texas was still independent, Texas was working with the United States in pursuit of annexation and invited the Corps of Topographical Engineers into the republic to examine what Texas had to offer. He spent months studying the Upper Rio Grande Valley, producing maps that were invaluable to American forces during the Mexican War two years later and much more accurate than had been produced up to that point. His survey of the American-Canadian border between 1844 and 1846 were also a valuable part of the negotiations over the resolution of the Oregon Country dispute and helped finalize the border between the two nations.

When war erupted against Mexico in 1846, he was assigned to join



Col. Stephen Kearney in his trek from Kansas to New Mexico and then to California to strip the lightly populated and almost undefended area away from Mexico. The mission was a tremendous success, and the northern third of Mexico was in American hand in a matter of months.

Along the way, Emory continued to make careful surveys and notes of the regions the army marched through. In the course of the war, Mexican troops never again entered Texas. When the war was won in 1848, the Texas border at the Rio Grande was unquestioned, thanks to Emory's maps.

His efforts would reap huge dividends again in 1853 when the United States finalized the Gadsden Purchase from Mexico. The United States had won what is now the southwestern quarter of the country as a result of the Treaty of Guadalupe-Hidalgo in 1848. Mexico surrendered the lands from the Rio Grande in central New Mexico (what was then West Texas) across to California and the Pacific.

Because of Emory's surveys, federal officials realized some of the unique features of the area. Just south of the Gila River was a break in the Rocky Mountains, an area where the land was relatively smooth. The area was ideal for railroad construction as the concept and ultimate route of the transcontinental railroad began to be discussed. As a result, Ambassador James Gadsden negotiated a new treaty with Mexico, paying \$10 million for the land that became the southern edges of Arizona and New Mexico. Emory's correspondence with U.S. Senator Thomas Rusk of Texas helped secure the treaty ratification in the Senate.

In 1855, Emory was named head of the International Boundary Commission. His reputation as a scientist and a mapmaker was growing. His two major reports on the geography and wildlife of the Southwest, *Notes of a Military Reconnaissance from Fort Leavenworth to San Diego* (1846) and *Report of the United States and Mexico Boundary Commission* (1859) were major foundations in the later scientific study of the area.

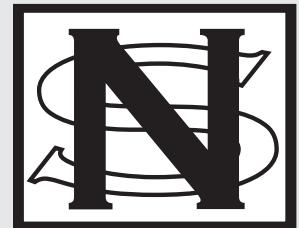
During the Civil War, Emory served with distinction, rising to the rank of general and taking command of the Nineteenth Corps during the Shenandoah Campaign of 1864. He commanded the Department of the Gulf during Reconstruction, which served in Louisiana, Arkansas, and Mississippi. In 1874, as the terroristic White League overthrew the elected government of Louisiana, Emory resorted to diplomacy to convince the coup plotters to restore the elected government and to peacefully disband. What could easily have escalated ended without further bloodshed.

Emory retired from the army in 1876 and moved east. He died in Washington, DC, in 1887 at age 76. He continued to be widely respected by geographers and cartographers in the years after his passing.

Emory Peak in the Big Bend area was named in his honor as well as New Mexico's Emory Pass. Astronauts also named a crater on the Moon after him during the 1972 Apollo 17 mission.

In the end, his years of study and calculations had an impact that shaped the United States and touched the heavens.

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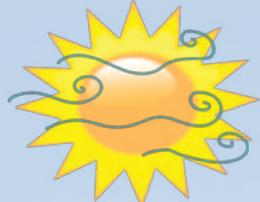
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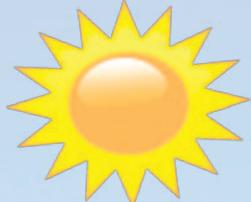
Weekend Forecast



Friday, Jan. 16:

AM - Sunny, with a high near 60. W/SW wind 5 to 15 mph becoming N/NE in the afternoon.
Winds could gust as high as 25 mph.

PM - Mostly clear, with a low around 34. N/NW wind 5 to 10 mph.



Saturday, Jan. 17:

AM - Mostly sunny, with a high near 54. North northeast wind 5 to 10 mph.
PM - Clear, with a low around 30. West wind around 5 mph.



Sunday, Jan. 18:

AM - Sunny, with a high near 58. North wind 5 to 10 mph becoming south in the afternoon.
PM - Mostly clear, with a low around 36.

Extended Forecast Click Here