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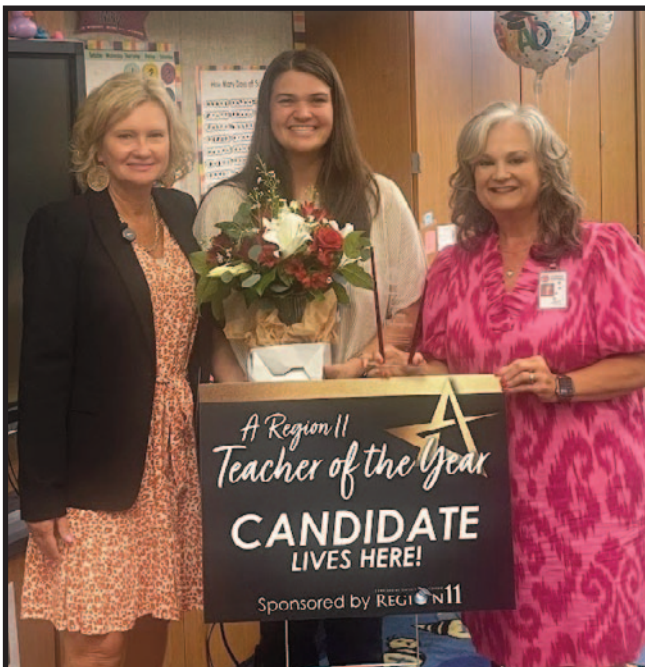
River Oaks News

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From Castleberry ISD

Castleberry ISD Selects 2025 Elementary Teacher of the Year & Secondary Teacher of the Year



Remy McLaughlin - CISD's 2025 Elementary Teacher of the Year.

Remy McLaughlin was selected as Castleberry ISD's 2025 Elementary Teacher of the Year, and Christina Wyatt is Castleberry ISD's 2025 Secondary Teacher of the Year!

Remy McLaughlin, a kindergarten teacher and team lead at A.V. Cato Elementary has been named Castleberry ISD's 2025 Elementary Teacher of the Year. With five years of experience in education—including prior service as a special education teacher in the district—McLaughlin brings a unique blend of creativity, structure, and heart to her classroom. As Castleberry ISD's Elementary Teacher of the Year, she will advance to the regional level, where one elementary teacher in Region XI will be selected as the Region XI Elementary Teacher of the Year.



Christina Wyatt - CISD's 2025 Secondary Teacher of the Year.

In her classroom, learning is rooted in intentional routines, high expectations, and a culture of emotional safety. McLaughlin believes children thrive when they are seen, heard, and empowered—and her approach reflects that belief daily. Through engaging content, consistent systems, and a strong sense of community, she fosters both academic and personal growth.

One example of her creative approach is “Space Station Cato,” an immersive science unit in which her students explored concepts of space, engineering, and teamwork through hands-on discovery. By infusing joy, imagination, and real-world application into her lessons, McLaughlin helps students build deep connections with their learning—and with one another.

“I want every student who walks into my room to know they are important, capable and loved,” McLaughlin says. “When students feel safe and valued, they’re more willing to take risks, explore ideas and grow in ways that go beyond academics.”

Her classroom culture is not the result of theme days or occasional projects, it's built through consistent planning, care, and intention. McLaughlin designs learning experiences that are inclusive and differentiated, ensuring that each student can access content in ways that feel personal and empowering. Her background in special education informs this approach, allowing her to meet a wide range of needs with flexibility and compassion.

As team lead, McLaughlin extends that same intentionality to her colleagues, supporting campus-wide planning, mentoring peers, and helping (story continued on page 3)

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Obituary



Joan B. Opheim


Joan B. Opheim of Fort Worth, Texas passed away at Heart to Heart Hospice House in Fort Worth, Texas on June 12, 2025, surrounded by her children.
Visitation will be held at 10 a.m. on Friday, June 27, 2025, followed by funeral services at 11 a.m. at First United Methodist Church in Emmetsburg, IA.
Joan was born on April 15, 1940, to Archie and Edna (O’Clair) Halstead in Emmetsburg, IA, She passed away on June 12, 2025, in Fort Worth, TX.
She is survived by her children Michele Opheim and Doug (Laurie) Opheim; sisters Patricia (Brian) Rike and Carmen Kaneer; and daughter-in-law Becky Opheim.

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7820 Wyatt Drive, Fort Worth, TX 76108
817-246-2473
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From Castleberry ISD

School Board Meetings Live Streamed

Castleberry Independent School District (CISD) has a [YouTube Channel](#) where the CISD Board of Educaiton scheduled meetings are live streamed, and the recordings remain available for playback. The meeting agendas are available [online](#) prior to the meetings.

The district maintains an official district affiliated presence on the following social networks: Facebook, X, Instagram, LinkedIn, and YouTube. Each campus also maintains an official campus affiliated presence on same social networks.

[Click here](#) for a complete list of official district and campus social pages.

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Legal Notice

Application has been made with the Texas Alcoholic Beverage Commission for a TABC license: Package Store Permit BQ - by Golden Brentwood Inc., DBA Golden Brent Mart to be located at 5400 Brentwood Stair Road, Fort Worth, Texas, 76112. Manager of business: Kamak Sadeghi

Legal Notice

Application has been made with the Texas Alcoholic Beverage Commission for a TABC license: Package Store Permit BQ - Golden Everman Inc., DBA Golden Everman Mart to be located at 1500 Everman Parkway, Fort Worth, Texas, 76140. Manager of business: Kamak Sadeghi



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Teacher of the Year (continued from page 1)

shape a positive school culture. Her leadership is marked by collaboration and a passion for elevating student voice.

Remy McLaughlin’s work reminds us that kindergarten is more than the beginning of school, it’s the foundation of a child’s identity as a learner. And at A.V. Cato Elementary, that foundation is strong, thanks to a teacher who shows up each day with vision, joy, and an unshakable belief in her students.

Christina Wyatt, a sixth- through eighth-grade special education teacher at Irma Marsh Middle School, is Castleberry ISD’s 2025 Secondary Teacher of the Year. With five years of experience in education, Wyatt is already making a lasting impact through her purposeful teaching practices and unwavering commitment to student inclusion and independence. As Castleberry ISD’s Secondary Teacher of the Year, she will advance to the regional level, where one secondary teacher in Region XI will be selected as the Region XI Secondary Teacher of the Year.

Wyatt teaches in a self-contained life skills classroom, where her instruction focuses on equipping students with real-world knowledge and the confidence they need to thrive both in school and beyond. Her classroom is built on a foundation of purposeful instruction, individualized support, and deep respect for student dignity.

One way Wyatt does this is through a unit she calls Life Skills and Community Access. In her classroom, skills like budgeting, grocery shopping, ordering from a menu, and using public transportation aren’t just lessons, they’re life-changers. They mark the difference between dependence and independence, isolation and participation. The unit follows the Universal Design for Learning (UDL) framework, using hands-on tasks, differentiated materials, and adaptive tools to ensure every student can access and apply the content in ways that build real-world independence.

“I don’t teach just for academic gains—I teach for independence, inclusion, and empowerment,” Wyatt says. “Every student deserves access to meaningful learning that reflects their strengths, goals, and dignity.”

She also launched the Job Skills and Campus Connections Program at Irma Marsh, giving her students the opportunity to take on real responsibilities around campus, such as delivering supplies, organizing materials, and assisting staff. These roles help her students practice communication, develop confidence, and build strong relationships across the school community. The program has become a vital part of Irma Marsh Middle School, transforming not only her students’ experiences but also the campus culture.

“I’ve seen staff who were once hesitant to interact with our students become some of their biggest supporters,” Wyatt says. “I’ve seen students who used to avoid eye contact now confidently deliver items and initiate greetings. Inclusion becomes a living, breathing part of the school, not a theory or one-time training.”

One of the most meaningful markers of success in special education is when students are able to transition into general education classrooms and thrive. For Wyatt, that success is rooted in strong advocacy, careful planning, and belief in her students’ potential. Through close collaboration with families and general education teachers, she has helped several students move from self-contained settings into inclusive environments, where they’ve flourished both academically and socially.

Wyatt’s passion for inclusive education, creative approach to instruction, and unwavering advocacy for her students are helping shape a more equitable future for all learners. Through relationship-driven teaching and a commitment to building truly inclusive school communities, she is making a lasting impact, one meaningful connection at a time.

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Summer Safety: Designate a Water Watcher

In a group setting, tragedies often occur because people assume someone else is supervising children in the water. Along with close and active supervision by parents or caregivers, designate a water watcher whose sole responsibility it is to supervise children during any in-water activity until the next person takes over.

An appropriate water watcher:

- Is at least 16 years of age (adults preferred).
- Has the skills, knowledge and the ability to recognize and rescue someone in distress or can immediately alert someone nearby who does or can.
- Knows CPR or can immediately alert someone nearby who can.
- Has a working phone to call for emergency help, which is typically 9-1-1.
- Has a floatation device and/or reaching object that can be used in a rescue.
- Is ALERT and not under the influence of drugs or alcohol, or distracted by texting, telephone, or talking to others or reading.

Make your own water watcher card to ensure that your water watcher is clearly identifiable to all. Rotate water watchers in designated periods of time, such as every 15 minutes. As water watchers rotate, pass the card to the new water watcher.

Go to redcross.org/waterwatchercard to make your own water watcher card.

Chain of Drowning Survival

A person who is drowning has the greatest chance of survival if these steps are followed:

- Recognize the signs of someone in trouble and shout for help.
- Rescue and remove the person from the water (without putting yourself in danger).
- Ask someone to call Emergency Medical Services (EMS). If alone, give 2 minutes of care, then call EMS.
- Begin rescue breathing and CPR.
- Use an AED if available and transfer care to advanced life support.

Instructions

1. Print this page on white card stock.
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4. Protect the card by laminating it or inserting it in a plastic sleeve.
5. Punch a hole on the circle at the top of the card.
6. Attach a lanyard or tie yarn or a ribbon through the hole so it can be worn around the neck.
7. Ensure that the designated water watcher wears the card so they are clearly identifiable to all.
 - Rotate water watchers in designated periods of time, such as every 15 minutes.
 - The water watcher should not stop watching the activity in the water until the card has been passed to the next water watcher.

Water Watcher on Duty

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- Watch in-water activity without distraction.
- Stop dangerous activity.
- Respond to emergencies.

In an emergency, I will:



Shout for help!



Rescue and remove the person using a reaching or throwing assist.



Call emergency medical services (EMS).



Provide rescue breathing and CPR until EMS arrives.

Learn more at [redcross.org/watersafety](https://www.redcross.org/watersafety)



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Backyard Science: Easy Experiments for Curious Kids

With school out and energy high, summer presents the perfect opportunity for kids to get outside and get curious. For families looking to balance fun with learning, backyard science experiments offer a simple, affordable way to keep young minds engaged, no screens or complicated equipment required.

Children are natural scientists. They ask questions, they explore, they test things. All you have to do is provide the space and the opportunity.

Here are five easy experiments parents and grandparents can do with kids using materials already found around the house or bought for just a few dollars. Each experiment focuses on a basic scientific principle, all while getting a little fresh air and sunshine.

Rainbow in a Jar

What You Need:

- Clear jar or drinking glass
- Water
- Sugar
- Food coloring
- Spoon

What to Do: Fill four small cups with warm water. Add increasing amounts of sugar to each (for example, 2 tablespoon, 4 tablespoon, 6 tablespoon, 8 tablespoon). Stir until dissolved, and color each cup a different color using food coloring.

Using a spoon, gently layer the most sugary water in the jar first, followed by the next most sugary, and so on. Pour slowly and carefully to keep the colors from mixing.

What They Learn: This teaches about density, the more sugar, the denser the liquid, which helps keep the layers separate.

DIY Volcano

What You Need:

- Baking soda
- Vinegar
- Dish soap
- Food coloring (optional)
- Small plastic container or paper cup

What to Do: Place a small container on the ground or inside a mound of dirt for a more dramatic look. Add 2 tbsp baking soda, a squirt of dish soap, and a few drops of food coloring. Pour in ½ cup vinegar and step back!

What They Learn: This simple chemical reaction creates carbon dioxide gas, showing kids what happens when an acid and a base combine.

Insect Investigators

What You Need:

- Notebook and pencil
- Magnifying glass (optional)
- Curiosity

What to Do: Spend 15 to 30 minutes quietly observing a small area of the yard. Have kids write down or draw every bug they see. Are the insects crawling, flying, hiding under leaves?

Older kids can take it a step further by researching their finds online

or creating a “Field Guide to My Backyard.”

What They Learn: Observation skills, insect identification, and the basics of entomology, the study of insects.

Solar Oven S’mores

What You Need:

- Pizza box or shoebox
- Aluminum foil
- Plastic wrap or clear plastic lid
- Tape
- Graham crackers, chocolate, marshmallows

What to Do: Line the inside of the box with foil, creating a flap on the lid to reflect sunlight inward. Place the s’mores ingredients on a foil “tray” inside the box, cover with plastic, and angle toward the sun. After 30–60 minutes in direct sunlight, the chocolate and marshmallow should melt.

What They Learn: This experiment teaches solar energy concepts and insulation techniques.

Water Walk

What You Need:

- Six clear cups
- Paper towels
- Food coloring
- Water

What to Do: Line up six cups. Fill cups 1, 3, and 5 halfway with water and add food coloring (red, yellow, blue). Leave cups 2, 4, and 6 empty. Fold paper towels into strips and connect them between each pair of cups. Over the next few hours, the water “walks” up the paper towels and mixes to form new colors in the empty cups.

What They Learn: Kids observe capillary action and color mixing, great for teaching both science and art.

And while these experiments are educational, they’re also just plain fun, a chance to get messy, make predictions, and even eat a few gooey s’mores along the way.

Parents are encouraged to supervise and join in the fun. After all, a little curiosity and a backyard is all you need to spark a love of learning.

We’d love to see your backyard science fun! Share them with us on our Facebook, or email them to suburbannews@sbcglobal.net!

Heat Exhaustion

ACT FAST

- Move to a cooler area
- Loosen clothing
- Sip cool water
- Seek medical help if symptoms don't improve

Dizziness

Thirst

Heavy Sweating

Nausea

Weakness

Heat Stroke

Confusion

Dizziness

Becomes Unconscious

ACT FAST

CALL 911

- Move person to a cooler area
- Loosen clothing and remove extra layers
- Cool with water or ice

Heat exhaustion can lead to heat stroke.

Heat stroke can cause death or permanent disability if emergency treatment is not given.

Texas History Minute by Dr. Ken Bridges

Rienzi Johnston: Civil War Drummer, Influential Editor, and Texas Senator with One of the Shortest U.S. Senate Terms



Rienzi Johnston was the powerful editor of *The Houston Post*, one of the state's most influential newspapers. Though mostly forgotten today, he was at one time one of the most widely read men in the state, and his words could make or break political careers. He led a life that brought him from a modest background in Georgia who ran away as a child to fight in the Civil War to becoming editor of one of the most influential newspapers in Texas. Along the way, he also embarked on one of the most unusual careers in the United States Senate.

Rienzi Melville Johnston was born in eastern Georgia in 1849 or 1850, but the records are not clear, and birth certificates were unheard of at the time. He was the oldest of four children, and his father was a printer. Johnston's family had deep roots in Georgia, including a great-grandfather who had fought in the American Revolution. He learned about printing at his father's side and became involved in the newspaper business from his earliest years.

When the Civil War erupted, he was still a child. At the age of 12 in 1862, he ran away from home and tried to enlist in the Confederate Army. Though officially the Confederacy would only take men over the age of 18, Civil War historians note that thousands of troops on both sides were underage. Realizing his young age, the army made him a drummer instead of putting him in the infantry or sending him home. He served for a year, was discharged, and then re-enlisted in 1864 for the remainder of the war. At the age of 14, he was already on his second tour of duty.

After his return to civilian life, he resumed his newspaper work. In 1870, Johnston moved to the busy port city of Savannah and became the city editor for the *Savannah Morning News*. In 1878, Johnston moved to Texas and secured a position as editor of the small *Crockett Patron*. His skills were in demand, and he moved

to Corsicana the next year to serve as editor of the *Corsicana Observer*.

He soon branched out and started his own paper, the *Independent*. In 1880, he moved to Austin, where he secured a position with the *Austin Statesman*.

Meanwhile in Houston, a group of investors were attempting to revive the short-lived *Houston Post*. Johnston had already established a great reputation among Texas journalists, and he was hired as editor when it restarted in 1885. *The Post* soon became one of the most important papers in the state, mostly because of Johnston's writing and management of his newsroom. Johnston's editorials were routinely run in papers across the nation and quoted by politicians and businessmen. He often wrote impassioned defenses of the freedom of speech and freedom of the press as well as opinions of current events. In 1898, Texas Democrats offered to nominate him for lieutenant governor, but he declined.

In September 1912, Sen. Joe Bailey of Gainesville, wounded by accusations of corruption, announced his resignation from the Senate, effective Jan. 3, 1913. Gov. Oscar Colquitt appointed Johnston to fill out the remainder of the term, even though it would be only a few weeks. Johnston accepted and headed to Washington. There was very little activity in the Senate, and Johnston's term was largely uneventful.

His service ended on Jan. 29, replaced by the newly-elected Morris Sheppard of Texarkana, a popular congressman who would serve 28 years in the U.S. Senate.

Johnston's 25 days in the Senate was almost the shortest tenure of any Senator up to that time, certainly of any Texan. However, on Jan. 3, Sen. Jeff Davis of Arkansas died suddenly. Not to be outdone (or underdone), John Heiskell was appointed by the Arkansas governor to fill the position on Jan. 6. Heiskell, an influential newspaper editor like Johnston, also ended his service on Jan. 29, giving him 23 days in the Senate. Both men, however, far exceeded the ultimate record-holder on the shortest term: the 87-year-old Sen. Rebecca Latimer Felton of Georgia who served only one day in November 1922, becoming the first woman to serve in the Senate and the oldest person ever appointed to the position.

Johnston was not content exit politics entirely. In 1916, he was elected to the Texas State Senate, representing Harris County. He was elected as president pro tempore of the Senate in 1918, the highest-ranking member of the legislative body, second only to the lieutenant governor. He fully retired from *The Houston Post* in 1919, and in 1920, Gov. William P. Hobby appointed him to serve as head of the Texas Prison Commission. He continued to serve until his death in February 1926.

Decades later, the Houston Museum of Fine Arts named one of its buildings after him. *The Houston Post*, however, fell victim to the fierce competition of the *Houston Chronicle* and closed in 1995.

From Suburban Newspapers Staff Writers

Internet Tips for Seniors: Staying Safe in a Digital World

From online banking to telehealth appointments, the internet has become an everyday tool for many North Texas seniors. But as digital access increases, so do the risks, with older adults frequently targeted by online scams, phishing attempts, and identity theft.

“Cybercriminals prey on trust, and unfortunately, our older population is often the most trusting,” said Officer Lisa Ramirez of the Fort Worth Police Department’s Cyber Crimes Unit. “We see cases weekly of seniors being defrauded out of hundreds or thousands of dollars.”

In 2023 alone, the FBI’s Internet Crime Complaint Center (IC3) reported over \$3.4 billion in losses from online scams targeting Americans over the age of 60 — a staggering 84% increase from just five years ago. North Texas law enforcement and community groups are urging local seniors and their families to stay informed and take preventative steps.

Common Threats Facing Older Adults

Among the most common internet threats facing seniors are:

- **Phishing Emails:** These appear to be from trusted sources like banks, Medicare, or even family members. They often contain urgent messages asking the user to click a link or provide sensitive information.

- **Tech Support Scams:** A pop-up or phone call warns that the computer has a virus. The scammer convinces the victim to grant remote access or pay for fake services.

- **Romance Scams:** Targeting widowed or divorced seniors through social media or dating sites, scammers build emotional relationships before asking for money.

- **Government Impersonation:** Scammers pose as IRS, Social Security, or law enforcement officials, claiming overdue payments or legal trouble.

Practical Safety Tips

To combat rising threats, tech experts and local law enforcement recommend the following tips for seniors using the internet:

- **Never Share Personal Information** via email, text, or over the phone unless you are absolutely certain of the recipient’s identity.

- **Be Skeptical of Urgency,** real companies and government agencies will not pressure you into immediate payment or action.

- **Use Strong, Unique Passwords** and change them regularly. Consider writing them down in a secure place or using a password manager.

Enable Two-Factor Authentication when available, especially for online banking, email, and shopping accounts.

- **Hang Up on Suspicious Calls** and never give remote access to your device unless you initiated the call with a trusted tech support provider.

- **Keep Software Updated** and install updates for your browser, computer, and mobile apps to protect against the latest threats.

Resources in the Community

North Texas seniors aren’t alone in navigating online safety. Several area programs offer free classes, workshops, and one-on-one tech help:

White Settlement Senior Center hosts “Tech Tuesdays,” where volunteers assist with devices and internet safety questions.

Tarrant County College offers free digital literacy courses for adults age 55 and up.

AARP Texas provides online webinars and printed guides specifically geared toward avoiding fraud and scams.

“We want seniors to feel empowered, not afraid,” said Cross. “It’s about building confidence. You don’t have to be a computer expert to be safe online.”

Families also play a crucial role in supporting older relatives. Experts suggest checking in regularly about unfamiliar emails or messages and encouraging open conversation without judgment.

Reporting Suspicious Activity

If you or a loved one suspects an online scam or fraud attempt, local authorities urge you to report it immediately: Fort Worth Police Non-Emergency Line: 817-392-4222 • Texas Attorney General’s Consumer Protection Hotline: 1-800-621-0508 • FBI Internet Crime Complaint Center (IC3): www.ic3.gov.

For more internet safety resources, visit your local library or contact the Tarrant County Office on Aging at 817-531-5620.

From 4PAWS & Benbrook Animal Shelter

Steve is Waiting for a Home

This is Steve, the cutest three-month old and 13 pound Staffi mix. He is eager to learn all that you have to teach him so that he can be a great member of his new forever family!

He is currently available for adoption at the Benbrook Animal Shelter, located at 469 Winscott Road.

Adoption hours are Tuesday, Wednesday, and Friday from 10 a.m. to 3 p.m., 10 a.m. to 2 p.m. on Saturday, and 11 a.m. to 3 p.m. on Sunday. Visit www.4pawsinc.org or call 4 PAWS volunteers Ursula at 817-262-3086, or Lynda at 682-279-0760 to set up a meet-and-greet or to get more information about any of the dogs available.



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Weekend Forecast



Friday, June 27:

AM - Mostly sunny, with a high near 94. South wind 5 to 10 mph.
PM - Mostly clear, with a low around 76. South southeast wind around 10 mph.



Saturday, June 28:

AM - Sunny, with a high near 96. South wind 5 to 10 mph.
PM - Mostly clear, with a low around 77. South southeast wind around 10 mph.



Sunday, June 29:

AM - Sunny, with a high near 98. South wind 5 to 10 mph.
PM - Mostly clear, with a low around 77.

Extended Forecast [Click Here](#)