



Serving the Cities of River Oaks and Westworth Village

River Oaks News

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Around the Town with Denise Honeycutt

River Oaks Wraps Up Funday Mondays with Splashy Sendoff; Community Center Hosts DFW All Pro Wrestling Riot



Marlo and Jens Bench enjoyed the water slide.



Viridian Nickle participated at the function.



Matthew "IGHT" Menning won the Sterling Silver Champion Belt this past February.



Wrestlers came in full attire.



Enjoying the day was Crimson Nickle.



Aria and Remi Rogers indulged in the cool water.



Organizers (l-r) Lamont-Lou Gotti and Anthony Lil-Tony.



Commentators BreeAnn Hatfield and Trae Dhae.
(photos continued on page 4)

The River Oaks Community Center closed out its popular "Funday Mondays" summer series on July 28 with a splash, and a slide.

Dozens of kids took full advantage of the towering water slide set up outside the facility. The weekly event, hosted throughout the summer, gave local families a chance to beat the heat and enjoy some seasonal fun close to home.

River Oaks Mayor Houk joined in on the festivities, mingling with residents and enjoying the lively scene.

Parents and kids alike said goodbye to Funday Mondays with smiles, laughter, and plenty of memories, a fitting end to a summer tradition that brought joy and connection to the neighborhood.

A standing-room-only crowd packed the River Oaks Event Center on Saturday, July 26 for a high-energy night of professional wrestling, drawing fans, families, and future stars of the industry.

The event brought together a coalition of elite wrestling promotions, united in their mission to deliver top-tier entertainment. The atmosphere was electric as spectators filled every available space, eager to watch the action unfold. Attendees enjoyed more than just the matches, the evening was also a celebration of community, excitement, and shared passion for the sport.

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From the Project Linus Blanketeers

First Monday Quilt Club:

Project Linus Volunteers Needed

Come join the fun and enjoy great fellowship at the monthly meeting 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 meets on the first Monday of each month at Bethany Christian Church located at 1500 Meadow Park Drive in White Settlement from 10 a.m. to 1 p.m. Instead of a potluck lunch, ladies are asked to bring snack items. Their next meeting is on Monday, Aug. 4.

Project Linus is a non-profit service or-

ganization. The members of this group are Tarrant County Chapter Project Linus volunteers who create handmade quilts and blankets that provide warmth and comfort for local children who have suffered 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. 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 high school students can receive community service credits for participating. Materials (fabric, batting, thread, and yarn) are provided. Donations of fabric, yarn, thread, or money to purchase materials are greatly appreciated.

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.

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Around the Town (continued from page 1)



Community Center Volunteers in the Snack Bar (l-r) Ron Hanson, Shirley Bloomfield, Krystal Dorman, Maverick Romero, Dee-dee Williams and ROPD Officer T.C. Williams.



Community Center volunteers for the event included Betty Thornton, Jaimie McDonald, Danna Davis, Brittany Wheat, Kyler Wheat and Jude Morton.



Right: Hanging out with Mayor Darren Houk were Morgan Bench and Sydney Ebarb.

From Suburban Newspapers Staff Writers

As North Texas Heats Up, Staying Hydrated and Cool Becomes a Health Priority

With temperatures soaring into the triple digits across North Texas this summer, health officials are reminding residents, especially senior citizens to stay vigilant about hydration and keeping cool.

Heat-related illnesses can escalate quickly and become life-threatening, particularly for older adults, young children, and those with chronic health conditions. As the heat index climbs, even short periods of exposure can lead to heat exhaustion or heat stroke.

“Hydration is key,” said Dr. Emily Thomas, a public health physician in Fort Worth. “Once you feel thirsty, you may already be mildly dehydrated. Seniors are especially at risk because they often don’t feel thirst as acutely as younger people.”

Experts recommend drinking plenty of water throughout the day, even if you don’t feel thirsty. Avoid alcohol and caffeine, which can worsen dehydration, and opt for water-rich foods like fruits and vegetables. Signs of dehydration include dry mouth, dizziness, fatigue, and dark-colored urine.

But hydration alone isn’t enough when the sun is beating down. Staying in air-conditioned environments is critical, especially during peak hours between 1 and 7 p.m. For many in North Texas, particularly older residents on fixed incomes, access to adequate cooling can be a challenge.

Cities across the region have opened cooling stations in libraries, community centers, and recreation buildings to provide temporary relief from the heat. In Fort Worth, for example, the Northside and East Regional Libraries are designated cooling

centers, offering free, air-conditioned spaces for residents to rest during extreme heat advisories.

Local residents are encouraged to call 2-1-1 or check city websites for updated information.

Several nonprofit organizations and city departments are also stepping in to assist seniors with cooling needs at home. Meals on Wheels of Tarrant County and Community Action Partners offer programs that provide box fans or window air conditioning units to qualifying seniors and low-income households. Some programs even help with utility bill assistance to keep the power running during peak usage months.

For residents in need of help installing or repairing window units, agencies like Catholic Charities Fort Worth and Senior Source in Dallas can provide referrals or direct assistance.

“It’s not just about comfort, it’s a matter of life and death,” said Anthony Ramirez, a caseworker with Tarrant County’s Aging and Disability Resource Center. “We’ve seen too many cases of heat exhaustion in people trying to tough it out without proper cooling.”

Officials urge residents to check on elderly neighbors, friends, and relatives daily during heat waves. “Sometimes a simple phone call or visit can be the difference between life and tragedy,” Thomas added.

As the North Texas summer shows no sign of cooling down, staying hydrated, accessing cooling spaces, and knowing where to get help remain vital tools in protecting public health, especially for the region’s most vulnerable residents.

From Suburban Newspapers Staff Writers

How Today's Parents can Help Kids Navigate the Leap from Elementary to Junior High

The transition from elementary to junior high school is one of the first major shifts in a child's academic and personal development. For many families, it's a time of excitement, and anxiety. As students step into a new environment with lockers, multiple teachers, more complex social dynamics, and increased responsibilities, parents play a crucial role in easing that adjustment.

Beyond academics, this age also marks the beginning of puberty—a time when children's bodies change rapidly, often accompanied by unpredictable mood swings, new social pressures, and fluctuating confidence. Here are 10 expert-backed tips to help parents guide their children through this pivotal stage.

1. Talk Openly About Puberty and Physical Changes: One of the most important things parents can do is initiate honest, age-appropriate conversations about puberty. Kids entering junior high will begin—or continue—experiencing growth spurts, hormonal changes, and emotional fluctuations.

“Puberty can start as early as age 8 for girls and age 9 for boys, and it comes with physical and emotional shifts that may feel overwhelming,” said pediatrician Dr. Alicia Nguyen. “Open communication with a trusted adult makes a huge difference.”

Normalize these changes by discussing them early and regularly. Reinforce that moodiness, body odor, acne, and new emotions are all part of growing up—not something to be ashamed of.

2. Teach Emotional Regulation and Self-Awareness: Emerging hormones can bring emotional highs and lows. Kids might cry more easily, become easily frustrated, or feel unsure of themselves. Teaching coping skills now—like deep breathing, journaling, or talking it out—builds emotional resilience.

“Young adolescents often struggle to name their feelings,” said school counselor Maria Espinoza. “Help them build a vocabulary for emotions and let them know it's okay to feel anxious or upset.”

3. Foster Strong Routines: Junior high often comes with a heavier workload, more teachers, and more moving parts. A consistent routine can help students stay grounded. Help your child create a daily schedule that includes time for homework, rest, meals, and relaxation.

Encourage the use of planners, calendars, or digital tools to manage assignments and test dates. This early introduction to time management will serve them well throughout their academic life.

4. Promote Healthy Sleep Habits: During puberty, the body's internal clock shifts, making it harder for teens and preteens to fall asleep early. However, adequate sleep remains crucial for concentration, mood regulation, and physical development.

According to the American Academy of Pediatrics, kids aged 11 to 13 need 9 to 11 hours of sleep per night. Parents should encourage screen-free wind-down routines before bed and maintain consistent sleep and wake times, even on weekends.

5. Monitor Social Changes Without Hovering: Junior high introduces students to new social circles, peer groups, and potential peer pressure. While it's natural for kids to want more independence, parents should remain gently engaged.

Ask open-ended questions about their friends and social experiences without prying. Stay alert to sudden changes in behavior, such as withdrawal, anxiety, or anger, which can signal social or emotional struggles.

6. Support a Positive Body Image: Puberty can make kids hyper-aware of their appearance, especially as bodies develop at different rates. Some may feel embarrassed about being the first to hit puberty; others may worry they're behind.

Avoid teasing or commenting on body changes, even in jest. Focus instead on what their body can do and reinforce that everyone develops on their own timeline. Encourage healthy habits like balanced eating, physical activity, and kindness toward themselves.

7. Encourage Self-Advocacy and Problem-Solving: One of the biggest shifts in junior high is the expectation that students will take more responsibility. They may need to ask teachers for help, navigate friendship conflicts, or manage multiple class assignments.

Parents can help by role-playing scenarios, like talking to a teacher or resolving a disagreement with a friend. Praise efforts to solve problems independently, and offer support without immediately stepping in to “fix” everything.

8. Get Involved at School: Staying involved in your child's education doesn't stop after elementary school. Attend parent-teacher conferences, read school newsletters, and volunteer when possible. Knowing the school environment and staff can help you better understand your child's day-to-day experiences.

Just as importantly, model a positive attitude toward school. When parents value learning and respect teachers, kids are more likely to do the same.

9. Respect Their Growing Independence: As your child steps into adolescence, they'll crave more autonomy. It's important to find a balance between setting boundaries and allowing space for exploration.

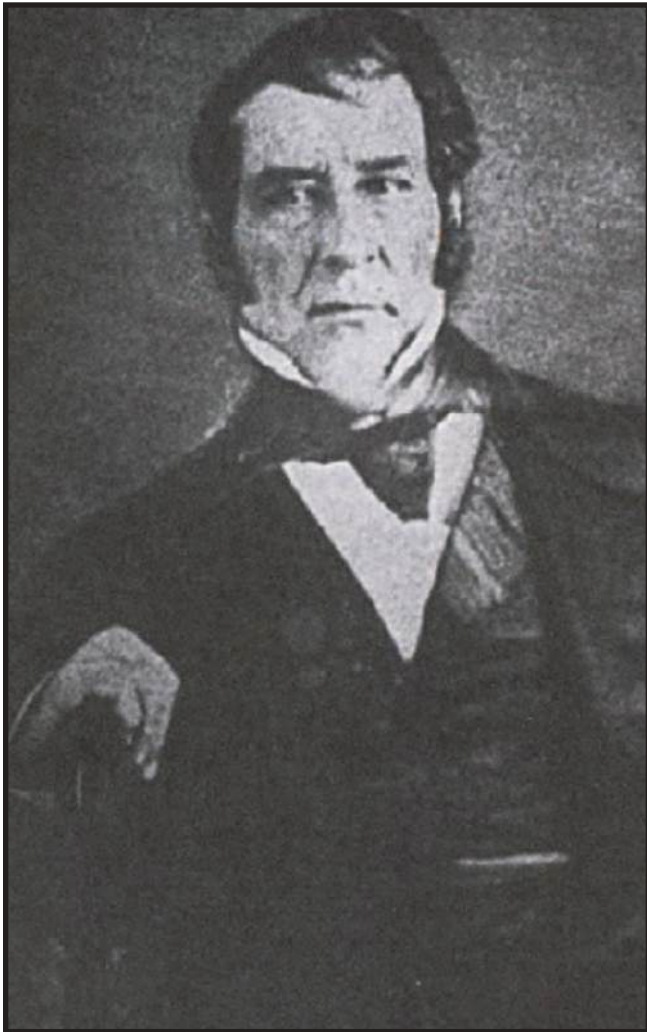
Offer choices when possible, such as which extracurriculars to try or how to organize their study space. Respect their privacy, but keep communication lines open.

10. Be Patient and Present: Perhaps the most valuable gift you can offer is your presence. This period is marked by change, some of it messy, confusing, or emotional. What kids need most is to know their parents are there, without judgment, through it all.

Transitions can be tough, but with steady support, encouragement, and understanding, students entering junior high can thrive, both academically and emotionally.

Texas History Minute by Dr. Ken Bridges

Haden Edwards and the Republic of Fredonia: The Rebellion That Foreshadowed Texas Independence



In the years after Mexico won its independence from Spain in 1821, thousands of American settlers crossed into Texas to start new lives. Among those was Haden Edwards, who became an important early empresario and sought to make a fortune in the new land. Instead, he would find disaster in one of the earliest battles between Mexico and Texas settlers.

Haden Edwards was born in Virginia in 1771. His father, Jonathan Edwards, moved the family to Kentucky in 1780 where he quickly became a wealthy landowner and a prominent citizen, eventually becoming a U. S. Senator.

Inspired by his father's success in real estate, the younger Edwards became determined to make a fortune himself. In 1820, he made his way down to Mississippi with his younger brother Benjamin and acquired a large plantation.

Not long afterward, he heard about Spain's attempts to populate its northern frontier territories in Texas by inviting in

American settlers. When Mexico won independence in 1821, it pursued the same policies. Edwards teamed up with Stephen F. Austin and others to gain large land grants that they could subdivide. In 1823, Mexico agreed to make Austin and Edwards empresarios. After negotiating terms of settlement with the government and helping finance Austin's colonization efforts, Edwards settled in the Nacogdoches area in 1825.

Nacogdoches was already a growing settlement. The community produced the first English-language newspaper in Texas. Edwards's colony was allowed to bring in 800 families, but there were already a number of land claims in the area dating back decades.

Edwards, however, grew increasingly frustrated in his role. Older land claims in the area clashed with the lands he was trying to sell to colonists while he increasingly antagonistic to Austin over loans and with competing claims from Austin's colony. As a result, Edwards decided in September that he would have the sole authority to verify land claims. He made an edict stating that if anyone could not verify their claims with a title deed. He would consider the land his and subject to sale. He quickly declared a number of old Spanish titles to be forgeries.

This immediately led to a clash with the Mexican government, which demanded Edwards honor the old claims. Divisions in the community rose quickly.

In October 1826, the Mexican government cancelled Edwards's empresario grant. Edwards and his brother gathered several supporters and decided to strike back. The situation spiraled out of control, and several Edwards supporters arrested local officials supporters by the old settlers. Edwards decided to strike back against the Mexican government and protect his land and investments. In December, he and a group of 30 supporters seized Nacogdoches and declared the area independent, forming the Republic of Fredonia. He formed an alliance with Cherokee chief Richard Fields,

put together a fighting force, and even formed a flag – a red and white banner with “Independence, Freedom and Justice” writer across the top.

Lt. Col. Mateo Ahumada gathered a strike force of 110 troops in San Antonio and headed to Nacogdoches. Austin, shocked by the actions of Edwards, decided to help the Mexican government and sent a group of 250 volunteers to assist. When Ahumada's and Austin's forces arrived, the Cherokees decided to stay out of the conflict, and Edwards's followers scattered. The Republic of Fredonia lasted only five weeks.

In response to the rebellion, Mexico briefly suspended all immigration from the United States in 1830. Edwards, however, briefly returned to the area in August 1832 when settlers clashed with Mexican authorities at the Battle of Nacogdoches. Dozens died in the bitter firefight as the Texans crushed the army detachment and took the remaining 250 prisoners to San Antonio.

Edwards again left for a short time and quietly returned to Nacogdoches in 1835 during the Texas Revolution. Now age 64, his influence had diminished, but he remained a vocal critic of Mexican authorities. After the war, he remained in Nacogdoches for the remainder of his days. He died in August 1849 at age 78.

His brother Benjamin eventually moved to Mississippi and would never return. During the Texas Revolution, he attempted to raise money and troops for the Texas cause. He died in 1837 at age 57 while running for governor of Mississippi.

For the Texans basking in their victories over Mexico, the reputation of Haden Edwards only increased in later years. In 1858, Edwards County in West Texas was named for him by the state legislature. The Edwards Plateau, the huge geologic uplift laying to the west of San Antonio and Austin and extending out to the Pecos River, is also named for him.

From Suburban Newspapers Staff Writers

Sunlight and Vitamin D:

Why Getting Outside Matters for Your Health



In an age where many spend their days indoors under artificial lighting, health experts continue to emphasize the importance of natural sunlight for one critical reason: vitamin D synthesis

Vitamin D, often called the “sunshine vitamin,” is essential for bone health, immune function, and overall well-being. Unlike most vitamins that must be obtained entirely through diet or supplements, the body produces vitamin D naturally when the skin is exposed to ultraviolet B (UVB) rays from the sun. This makes regular, moderate sunlight exposure a key component of maintaining healthy vitamin D levels.

“Vitamin D plays a vital role in calcium absorption, which is crucial for building and maintaining strong bones,” said Dr. Lauren Matthews, a family medicine physician. “Without adequate vitamin D, individuals may be at higher risk for conditions like osteoporosis, rickets in children, and general bone weakness.”

Beyond bone health, vitamin D supports immune system regulation, reducing the risk of infections and chronic diseases. Studies suggest it may help lower the incidence of certain autoimmune disorders and even reduce the severity of respiratory infections.

Despite its importance, vitamin D deficiency remains widespread. According to the Centers for Disease Control and Prevention (CDC), roughly 1 in 4 U.S. adults have insufficient levels. The issue is particularly prevalent in older adults, individuals with darker skin tones, those who live in northern latitudes, and people who spend little time outdoors.

Modern lifestyles often contribute to this problem. Office work, remote jobs, and screen-centric habits have reduced the amount of time people spend outside.

Even when outdoors, sunscreen, while essential for preventing skin cancer, can block UVB rays and hinder vitamin D production.

Experts recommend striking a balance. “We’re not advocating sunbathing for hours,” Matthews said. “But 10 to 30 minutes of midday sun exposure on arms, legs, or face, a few times a week, can be enough for many people to maintain healthy vitamin D

levels, especially during spring and summer.”

The exact amount of sun needed varies by skin tone, age, time of year, and geographic location. People with darker skin may need more sun exposure to produce the same amount of vitamin D as those with lighter skin due to higher melanin content, which reduces the skin’s ability to produce the vitamin.

In cases where sunlight exposure is limited, such as during winter months or for individuals who are homebound, dietary sources and supplements become important.

Foods like fatty fish (salmon, tuna, and mackerel), fortified dairy products, egg yolks, and mushrooms can provide vitamin D, though diet alone is often insufficient.

Vitamin D supplements are generally considered safe when taken within recommended limits. The National Institutes of Health advises 600 to 800 IU per day for most adults, though some may need more based on medical guidance.

As research continues to uncover the broad health benefits of vitamin D, the simple act of stepping outside remains a powerful and natural tool for wellness.

A short walk in the sun might do more than lift your spirits, it could be protecting your bones, boosting your immunity, and helping your body thrive.

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Weekend Forecast



Friday, Aug. 1:

AM - A 20% chance of showers and thunderstorms. Mostly sunny, with a high near 95.
NE wind around 5 mph.
PM - A 20% chance of showers and thunderstorms. Partly cloudy, with a low around 74.
NE wind around 5 mph.



Saturday, Aug. 2:

AM - A 20% chance of showers and thunderstorms. Partly sunny, with a high near 92.
E/NE wind around 5 mph.
PM - Partly cloudy, with a low around 73. E/SE wind around 5 mph.



Sunday, Aug. 3:

AM - Sunny, with a high near 96. SE wind around 5 mph.
PM - A 20% chance of showers and thunderstorms. Partly cloudy, with a low around 76.

[Extended Forecast Click Here](#)

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