



*Serving the City of River Oaks*

# River Oaks News

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*From the Sports Desk with John Loven*

## Lions Roll Past Rams

The Castleberry Lions boys basketball team hosted the Mineral Wells Rams on Tuesday, Dec. 6. The Lions had begun the season very optimistically, sporting a 6-2 record as they entered the contest against the 3-5 Rams. The way the game began, a spectator might have guessed Mineral Wells was the team with the much better record as they raced out to 7-0 lead barely two minutes into the game. It was a hotly contested match in which the Rams led at the end of the first quarter and at halftime. But the Lions stormed back quickly in the third quarter and took the lead and never gave it up. They eventually earned the hard-fought victory by the score of 56-51.

The Rams took advantage of four CHS turnovers in the first two minutes of the game to streak out to the 7-0 lead. But the Lions scored 8 unanswered points, all by senior Eddie Hernandez (#1), to take an 8-7 lead. This was followed by the Rams ripping off 7 straight points to retake the lead 14-7. The Lions closed on a 5-0 run to get within 1 point, trailing 14-13 at the end of the first quarter. Hernandez (#1) scored 11 of the Lions 13 points.

Senior Amin Ba-Ahmad (#23) hit a pair of free throws and later added a bucket to give the Lions the lead again (17-14). But Mineral Wells responded with a 5-0 run to retake the lead 19-17. This game seesawed back and forth in the first half with 7 lead changes and four ties. The Lions went stone cold in the second quarter from the 3-point line. After shooting 50 percent in the first quarter from downtown, making three of six, they went 0-5 in the second quarter. The Rams eased into a 29-24 lead at halftime.

The third quarter began with Hernandez (#1) hitting a quick basket. Sophomore Demetrius Valadez (#3) followed with another and was fouled – and made the free throw to tie the game 29-29. After another CHS bucket made it a 7-0 run to start the second half, to give the Lions a 31-29 lead, the Rams called time out with 5:05 left in the third quarter. Mineral Wells came out of the time out to tie it back up 31-31.

Sophomore Everitt Arellano's (#12) bucket at 4:26 in the 3rd put the Lions up to stay. After Ba-Ahmad (#23) got a put back bucket off his (continued on page 2)

*From Tarrant Area Food Bank*

## Remaining December Mega Mobile Events

Tarrant Area Food Bank (TAFB) and TAFB West announce the continuation of the Happy Healthy Holiday season with Mega Mobile Market events scheduled throughout the month of December.

Remaining Holiday Mobile events include:

- **Monday, Dec. 19:** Herman Clark Memorial Stadium, 5201 CA Roberson Blvd, Fort Worth 76119 from 10 a.m. to noon

- **Thursday, Dec. 22:** TAFB West Holiday Mobile Event at Weatherford High School, 2121 Bethel Road, Weatherford 76087 from 5:30 to 7:30 p.m.

Mega Mobile Markets are designed to serve all residents in Tarrant Area Food Bank's service area who need food assistance.

No identification or documentation is required. All are welcome to receive food at these Happy Healthy Holiday markets.

CASTLEBERRY ISD  
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EARLY RELEASE | FRIDAY, DEC. 16 IMMS 1:24 PM | ALC, AVC, CE, JJA 1:30 PM | CHS 1:46 PM

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# Sports Desk

(continued from page 1)

own miss and Arellano (#12) with another basket (off a nice assist from Valadez), the Lions built their largest lead of the quarter, 37-31. However, the Rams out-scored the Lions 7-4 in the final three minutes of the third quarter to close within 3 points (41-38).

Mineral Wells immediately pulled within 1 point with a bucket to start the final quarter. This would be the closest the Rams would get as the Lions slowly began to pull away.

Ba-Ahmad's (#23) bucket with 5:14 left in the game gave the Lions a 7-point lead, 49-42. Valadez's (#3) basket gave CHS their largest lead of the game 56-47, with 1:42 left to play. The Rams scored the last 4 points of the game but it was obviously not enough and the Lions won 56-51.

The Lions were led by Hernandez's (#1) 25 points, followed by Ba-Ahmad (#23) with 10 points. Valadez (#3) put up 9 points with Arellano (#12) and senior Miguel Huerta (#21) both getting 6 points. Go Lions!

From White Settlement Public Library

# Christmas Community Storytime Today

Celebrate the season at the library with stories, songs, and activities on Thursday, Dec. 15 at 4:30 p.m. Pajamas are encouraged! Community Storytimes are free events open to all ages, so gather the family and join us for holiday fun!



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Around the Town with Denise Honeycutt

Christmas Makeovers at the NASJRB

Members from the American Legion Post 297 Auxiliary Unit provided holiday makeovers for women at the Naval Air Station Joint Reserve Base (NASJRB) recently.

Several cosmetic technicians were available to individuals who attended the

event.  
An array of party snacks, drinks and goody bags were provided for all those in attendance along with several drawings filled with amazing gifts.

This fun-filled gathering was enjoyed by all that participated.



Members of the Auxiliary Unit who organized the event include: (l-r) **Loretta Black, Donna Patterson, Christine Willisen, Lynda Sutton, Elaine Flores** and **Theresa Byers**.



A cosmetic technician applies moisturizer on **Kimberly Black**.

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White Settlement ISD (WSISD), a Pre-K through 12th grade Texas school district, is soliciting requests for competitive sealed proposals (RFCSP) for E-Rate Category Two Campus Network Firewall Equipment.

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Deadline for submission of proposals online is 2:00 P.M. CST,  
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It is the responsibility of the submitting entity to ensure that the proposal is received in a timely manner. Proposals received after the deadline will not be considered for award, regardless of whether the delay was outside the control of the submitting firm.

Submit bids online to the Questions and Bid submission site prior to the deadline.

Questions may be submitted online to the Questions and Bid submission site on or before Tuesday, December 20, 2022, by 2:00 PM CST.



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From StatePoint

Flu and the Holiday Season:  
What You Need to Know

December through March is typically peak influenza (flu) season, though this season is off to an earlier start, with high activity currently across the country. While common, flu is a potentially serious and highly contagious respiratory illness.

In time for holiday travel and festivities, a new American Lung Association campaign aims to educate Americans about the flu and steps they can take to protect themselves and others from severe flu illness. Here's what to know:

- Who is impacted by flu?
- When should I see a doctor?

Flu can affect anyone, however, certain communities are at higher risk of severe illness and complications, such as those living with chronic medical conditions including chronic lung disease, heart disease and diabetes.

During past flu seasons, approximately 90 percent of flu-related hospitalizations were among adults with at least one underlying medical condition.

During the 2021-22 flu season, approximately 30 percent of hospitalizations were among adults with chronic lung disease. People from certain racial and ethnic minority groups are also at higher risk for being hospitalized with flu compared to non-Hispanic white adults.

- What will this year's flu season look like?

Flu activity was relatively low the last two flu seasons, but it causes a significant burden every winter. Seasonal influenza activity is already elevated and continues to increase across the country. The Centers for Disease Control and Prevention estimates that as of early December, there have been at least 8.7 million illnesses and 78,000 hospitalizations.

- How can I protect myself?

While covering your cough, washing your hands frequently and staying home when you're sick can help stop the spread of flu, the very best way to protect yourself, your loved ones, and your community is with vaccination. The flu shot is recommended on an annual basis for everyone six months of age and older and can be given at the same time as COVID-19 vaccination. Flu vaccination is especially important for people with chronic lung disease and other chronic health conditions. Speak with your healthcare provider to learn more about influenza and annual vaccination.

If you do get sick, call your doctor as soon as possible for diagnosis and treatment, especially if you're at high risk for complications. You should also consult your doctor if you have complications such as difficulty breathing, chest pains or a cough persisting for weeks or months after other symptoms go away.

To learn more, visit [Lung.org/prevent-flu](https://lung.org/prevent-flu).

Before you gather with loved ones for the holidays, take steps to protect them from flu. Practice good health habits and get your annual vaccination as early as possible.

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From the National Fire Protection Association

# NFPA Urges Added Caution this Holiday Season, as Christmas Day and Christmas Eve Among Leading Days for U.S. Home Fires

Many hallmarks of the holiday season, including Christmas trees, holiday decorations, and festive meals present potential fire hazards that contribute to an annual increase in U.S. home fires at this time of year. According to the National Fire Protection Association (NFPA), Christmas Day and Christmas Eve are among the leading days of the year for home fires.

“December is a leading month for home fires, in large part because many of the activities we engage in during the holiday season reflect leading causes of home fires year-round,” said Lorraine Carli, NFPA vice president of Outreach and Advocacy. “Plus, as colder temperatures impact much of the country, use of heating equipment increases significantly.”

Fortunately, Carli notes, the majority of winter fires can be prevented with a little added awareness and planning.

“By knowing where potential fire hazards exist and taking some basic safety precautions to prevent them, people can enjoy a festive, fire-free holiday season,” said Carli.

The [NFPA Winter Holidays page](#) offers a wide variety of tips and resources to reduce the risk of fires, while the latest NFPA statistics underscore the increased risk of fire during the holiday season and beyond:

## Christmas Trees

- An estimated average of 160 home fires involving Christmas trees caused two civilian deaths, 11 civilian injuries, and \$12 million in direct property damage per year between 2016 and 2020.
- Some type of electrical distribution or lighting equipment, including decorative lights, was involved in more than two of five (44 percent) of home Christmas tree fires. Nearly one in five Christmas tree fires (19 percent) were started by decorative lights.
- The majority (74 percent) of Christmas tree fires occur in December and January.

## Decorations

- An estimated average of 790 home fires that began when decorations (other than Christmas trees) caught fire caused an average of one civilian death, 26 civilian injuries and \$13 million in direct property damage per year between 2015 and 2019.
- One in five home decoration fires occurred in December.
- Year-round, 35 percent of home decoration fires began with candles; in December, the number jumped to 45 percent.
- In more than two of every five fires (44 percent) involving decorations, the decoration was too close to a heat source such as a candle, cooking or heating equipment.

## Candles

- An estimated average of 7,400 home fires (2 percent) started by candles caused an average of 90 civilian deaths (three percent), 670 civilian injuries (6 percent), and \$291 million (4 percent) in direct property damage per year between 2015 and 2019.
- Candle fires peak in December and January with 11 percent of candle fires in each of these months.
- In three of every five candle fires, the candle was too close to something that could catch fire.
- Christmas is the peak day for candle fires with roughly 2.5 times the daily average; Christmas Eve ranked second.
- Falling asleep was a factor in 10 percent of the home candle fires and 12 percent of the associated deaths.

## Cooking

- Cooking is the leading cause of reported home fires (49 percent) and home fire injuries and the second-leading cause of home fire deaths.
- Unattended cooking is the leading cause of home cooking fires.
- Thanksgiving is the peak day for home cooking fires, followed by Christmas Day and Christmas Eve.

Fires caused by heating equipment, the second-leading cause of U.S. home fires year-round, peak during the winter months, when temperatures drop and more people use heating equipment to keep their homes warm. Put a Freeze on Winter Fires, an annual NFPA campaign with the U.S. Fire Administration (USFA), works to educate the public about ways to stay safe during the colder months, offering tip sheets and other resources to help reduce the risk of heating fires and other winter hazards.

About the National Fire Protection Association® (NFPA®)

*Founded in 1896, NFPA is a global self-funded nonprofit organization devoted to eliminating death, injury, property and economic loss due to fire, electrical and related hazards. The association delivers information and knowledge through more than 300 consensus codes and standards, research, training, education, outreach and advocacy; and by partnering with others who share an interest in furthering the NFPA mission. For more information, visit [www.nfpa.org](http://www.nfpa.org). All NFPA codes and standards can be viewed online for free at [www.nfpa.org/freeaccess](http://www.nfpa.org/freeaccess).*



# Cardiovascular Surgeon, Scientist and Medical Educator,

## Dr. Michael DeBakey by Dr. Ken Bridges

For generations, doctors were often reluctant to perform any type of operation involving the heart. The lack of a clear understanding about the heart made treating many conditions difficult.

Texas surgeon Dr. **Michael DeBakey** spent decades researching and developing new techniques that have completely changed the understanding of the heart and heart disease.

Throughout his career, DeBakey became world-renowned for not only life-saving surgical breakthroughs but also for his innovation in health care.

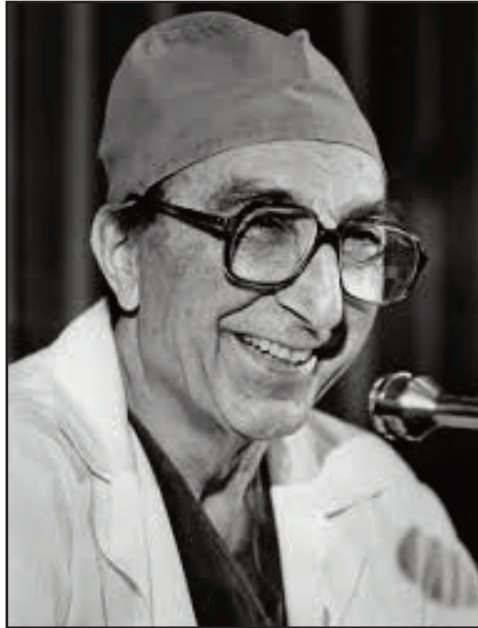
Michael Ellis DeBakey was born in September 1908 in the Southeast Louisiana city of Lake Charles. His parents were both Lebanese immigrants and were determined to give their children the best education possible, with both sons becoming respected surgeons.

DeBakey completed his undergraduate studies at the prestigious Tulane University in New Orleans, where he also graduated medical school in 1932. He worked hard during medical school and even began experimenting with new devices to aid in surgery. One, a peristaltic pump, or roller pump, became a key component in heart-lung machines developed later. He completed his residency in New Orleans and traveled the world studying with the most respected surgeons of the day.

Early in his career, he developed a reputation for carefully researching all sorts of medical questions and becoming a problem-solver. In 1939, his research led him to conclude that smoking was a leading cause of lung cancer, a find that was confirmed by other researchers and ultimately became one factor in the Surgeon General's report warning of tobacco's dangers decades later.

He served as an army surgeon during World War II. DeBakey advocated stationing surgeons closer to the front lines to reduce transport time and thus give patients more of the life-saving minutes they needed to survive. Survival rates increased to the point that the army was inspired to create the famed Mobile Army Surgical Hospitals (MASH units) during the Korean War. He also advocated developing a system of veterans medical research centers to help with the special needs of wounded veterans.

DeBakey was hired by the Baylor College of Medicine in Houston in 1948 where he continued his research into the heart. In the 1950s, he developed grafting techniques to repair broken blood vessels and arteries. He also developed bypass surgeries, operations where surgeons bypass a clogged artery with arteries taken from



another part of the body, allowing normal blood flow. The technique is a standard tool in modern heart surgery.

He also worked with the development of the artificial heart. Teams of doctors around the world were researching artificial pumps and hearts to aid surgeries and even one day replace diseased hearts.

DeBakey and Dr. Domingo Liotta in 1966 successfully implanted a ventricular assist device, a device that aided blood circulation, in what became one of the first procedures of its kind.

In the 1960s, DeBakey made another innovation by having surgeries filmed so medical students could further study different life-saving techniques. He was a revered figure on the Baylor campus, serving as president of the college from 1969 to 1979 and then as chancellor until 1996.

In addition to serving on numerous health commissions, he wrote several books to educate the public on new understandings of the heart. These books included *"The Living Heart"* (1977) and *"The Living Heart Diet"* (1984). Millions of people began thinking about the health of their hearts because of these books, inspiring them to exercise more and move to healthier diets.

In 2005, he suffered a rare aortic dissection, a tear in one of the layers of the main artery leading from the heart. DeBakey initially declined surgery, but after he fell unconscious, doctors performed the life-saving procedure that DeBakey himself developed. The 97-year-old was the oldest person in history to undergo the operation. The total cost of the operation and his recovery reportedly cost more than \$1 million.

After the operation, he continued to work in medicine. He attended the groundbreaking ceremonies for the new DeBakey Library and Museum at the Baylor College of Medicine. He continued to advise his fellow surgeons and researchers until his death in July 2008, just two months before his 100th birthday.

He was honored by dozens of organizations for his work during his lifetime and afterward. It was estimated by biographers that DeBakey operated on as many as 60,000 people in his 75-year career, equivalent to the entire populations of Anderson or Wise counties.

DeBakey saved untold numbers by his own hands or through research that fundamentally transformed medicine. Because of his work, heart conditions of most types are now treatable and even preventable.

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## Three Day Weekend Forecast



### Friday, Dec. 16:

AM - Mostly sunny, high near 50. N/NW wind around 5mph.  
PM - Partly cloudy, low around 33. NW wind around 5mph.



### Saturday, Dec. 17:

AM - Mostly sunny, high near 47. NW wind around 5mph becoming S in the afternoon.  
PM - Partly cloudy, low around 34.



### Sunday, Dec. 18:

AM - Partly sunny, high near 51.  
PM - A 20% chance of showers. Mostly cloudy, ow around 40.

[Extended Forecast Click Here](#)