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From the Sports Desk with John Loven

CHS Football/Volleyball Post Season Honors

As the UIL state playoffs for football and volleyball come to a close, the post season honors have been released to the public. All-district selections in team sports are selected by the head coaches of that sport in each district. The usual procedure is that head coaches can nominate their own players but are not allowed to vote for them. The Academic All-District teams are earned by an athlete maintaining a minimum of a 90 grade average during their competitive season. The Texas High School Coaches Association Academic All-State members are selected by excelling in several categories consisting of GPA, class rank, and ACT/SAT scores. Members must also be a senior with a minimum of a 92 average. Class rank and ACT/SAT scores determine which level the student/athlete is recognized at – 1st Team, 2nd Team or Honorable Mention.

The following Castleberry High School student athletes earned 2022-23 athletic honors:

2022 District 6-4A All District Football Team

A.J. Silva (Sr.)	-	1st Team Wide Receiver
Alex Veliz (Jr.)	-	1st Team Safety
Daniel Ortiz (Soph.)	-	2nd Team Wide Receiver
Miguel Arroyo (Sr.)	-	2nd Team Running Back
Saul Becerra (Soph.)	-	2nd Team Offensive Line
Diego Torres (Sr.)	-	2nd Team Kicker & Punter
Riley Bentley (Jr.)	-	Honorable Mention Linebacker
Carlos Salas (Sr.)	-	Honorable Mention Nose Tackle
Luke Fief (Sr.)	-	Honorable Mention Linebacker
Jonathan Sanchez(Sr.)	-	Honorable Mention Defensive End
Brian Guerrero (Jr.)	-	Honorable Mention Offensive Line
Victor Trevizo (Soph.)	-	Honorable Mention Offensive Line
Daniel Jasso (Sr.)	-	Honorable Mention Linebacker
Jose Coronado (Sr.)	-	Honorable Mention Linebacker
Miguel Huerta (Sr.)	-	Honorable Mention Cornerback

2022 District 8-4A All District Volleyball Team

Ana Medina - 1st Team
Daniela Benitez - 2nd Team
Elimar Mojica - 2nd Team
Alex Rivera - Honorable Mention
Haley Veliz - Honorable Mention

The following CHS student athletes earned academic honors:

Academic All-District

Football	Volleyball
Riley Bentley	Daniela Benitez
Joseph Builtron	Kimico Garcia
Ismael Cecenas	Elise Lopez
Jose Coronado	Mady Michaels
Luke Fief	Sophia Munoz
Diego Martinez	Arieth Resendez
Daniel Ortiz	Alexa Rivera
Cayden Perez	Mariana Rodriguez
Adrian Pina	
JR Ramirez	
Fernando Rodriguez	
Carlos Salinas	
AJ Silva	

Texas High School Coaches Association Academic All-State

Joseph Builtron - 2nd Team
Jose Coronado - 2nd Team
Luke Fief - 2nd Team
Ximena Gallardo - Honorable Mention/Trainer
Stephen Hunter - 2nd Team/Manager
Diego Martinez - 2nd Team
Carlos Salinas - 2nd Team
AJ Silva - 2nd Team

Congratulations to all of these student athletes and their families for being able to balance the huge time commitments of being an athlete while still excelling as a student.

Also, kudos to their coaches who stress to their team the importance of doing their very best in the classroom as well as on the field/court. Being a winner is an all the time thing.

Go Lions and Lady Lions!

Dear Friends,

We wish you a Merry Christmas and Happy New Year! May you and your loved ones have good health, success and joy in 2023. Thank you for letting us share your accomplishments, preserve your memories and promote your businesses in our newspapers. We truly could not do this without you and look forward to continuing our friendships in the new year.

Sincerely,

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From Suburban Newspapers, Inc.

Suburban Newspapers Holiday Closure

The offices of Suburban Newspapers, Inc. will be closed from Dec. 26 through Dec. 30. There will be no newspapers for the week of Dec. 29.

The deadline to appear in the Jan. 5 digital publications is Friday, Dec. 23 at noon. Offices will reopen Monday, Jan. 2 at 10 a.m.

CASTLEBERRY ISD

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Ronald McDonald House Charities of Greater North Texas

Scholarship Applications Accepted Through April 1

Ronald McDonald House Charities of Greater North Texas (RMHCNTX) announced the opening of applications for its Scholarship Program, which grants more than \$60,000 to 30 local high school seniors each year. Funded by North Texas McDonald's owner/operators and donations from the community, the annual scholarships recognize students for their outstanding academic achievements and community involvement.

Applications are open online at rmhcntx.org/scholarships and must be submitted by April 1, 2023. All students can apply regardless of race, color, creed, religion, sexual orientation, gender, disability, or national origin. To qualify for an RMHC Scholarship, students must:

- be a high school senior
- be younger than 21 years old
- be eligible to attend a two- or four-year college or university with a full course of study

• be a legal U.S. resident

- live in the geographic areas of the RMHC of Greater North Texas Chapter
- and submit a complete application and all required documentation by the deadline.

“Each year, we’re proud to support high school seniors in our community as they pursue their education,” said David Floyd, local McDonald's

Owner/Operator and Board Treasurer of RMHCNTX. “We hope this scholarship allows students to focus on their academics without having to worry about finances.”

Since the Scholarship Program was found-

ed in 1988, more than \$2.5 million has been awarded to more than 1,500 North Texas high school seniors. For more information and to apply, visit rmhcntx.org/scholarships.

About RMHC of Greater North Texas

Ronald McDonald House Charities of Greater North Texas (RMHC of Greater North Texas), a non-profit 501(c)(3) organization that creates, finds and supports programs that directly improve the health and well-being of children and their families. Our programs are grassroots-driven to enable us to offer help where children and families need it most – right in their own communities. RMHC of Greater North Texas is part of a global network of Chapters making a positive impact on the lives of children and families in 65 countries and regions around the world.

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From StatePoint

Tips to Assess Your Furnace and Save on Heating Costs

Now that cooler weather is here, homeowners are advised to evaluate their furnace to see if it needs to be serviced or replaced. By planning ahead, you can potentially save money on heating bills or dodge a breakdown in the middle of a cold snap.

According to the experts, here's what you need to know about your home's heat source:

Maintaining Your Furnace

Undue strain can shorten the lifespan of your furnace. Regularly replace the air filter as recommended by the manufacturer, as dirty, clogged filters can restrict airflow, making the furnace work harder and for longer hours.

An annual furnace tune-up from a heating and ventilation professional can also go a long way towards minimizing issues caused by dirt and debris buildup. What's more, inspections allow your contractor to monitor longer-term issues and take proactive steps to help prevent premature failure or inconvenient breakdowns during the heating season.

Keeping your home properly insulated and sealed can also help by preventing thermal loss and cold air infiltration and may reduce heating bills this winter. Finally, maintain thermostat settings at Department of Energy recommendations or try a degree or two lower.

Replacing Your Furnace

Regardless of how well the furnace is made and how well you maintain it, the day will come when it's reached the end of its usefulness. You'll know it's time to replace your furnace when you're making frequent service calls, dealing with expensive repair bills, or when your unit is blowing cold air, making unusual noises or not operating as efficiently as it once did.

In a challenging economy, it can be tempting to buy the cheapest model, however a furnace replacement is a decision

that can affect your family's comfort and energy bills for years. So how do you make a sound choice?

The first thing to know is that there are many types of heat sources for your house, including gas furnaces, electric heat pumps and newer variable refrigerant flow (VRF) systems. Your easiest, and probably least costly path, will be picking a furnace that uses the same fuel source as your current one.

If energy efficiency is a priority, you're in luck. Comparison shopping is easy today, as all furnaces sold domestically are required to display estimated annual operating costs on the energy guide label. Beyond reduced energy bills, federal tax credits for high efficiency equipment have been extended into 2023. Check with your utility company or manufacturer to see if they offer a rebate. All combustion-type furnaces are rated according to annual fuel utilization efficiency (AFUE). The minimum allowed rating for any furnace in the United States is 80 percent, however, some of the most efficient models available go well beyond that.

Another factor to consider is heating capacity. Improperly sized furnaces can result in loss of comfort, loss of efficiency and even reduce the lifespan of the furnace. Be sure to have a qualified heating and ventilation professional assess your square footage, number and quality of windows, insulation and other factors to make a recommendation.

Beyond the basics, today's furnaces offer new comfort-enhancing, energy-saving features that could help you reduce your heating costs.

No one wants to be dealing with a furnace repair or replacement when demand is high and temperatures are low. Take steps now to ensure you're set for a cozy, comfortable winter season.

ADVERTISE HERE!

From Suburban Newspapers Staff Writers

The WARM Place, a Grief Support Center for Children

How to Refer a Family to The WARM Place:

Children who are referred to The WARM Place may have experienced the death loss of: a parent, a sibling, a grandparent, an aunt, uncle, cousin, a close friend or a classmate.

Steps to follow:

- The legal guardian of the child/children contacts The WARM Place. Call any time after the death loss to schedule an intake/interview appointment.

- Families can call any time during office hours (8 a.m. to 5 p.m.) if they need to talk to someone. The family comes to The WARM Place for an in-take/interview. The intake/interview is during the day and lasts about 1-1/2 to 2 hours. All family members, including children and legal guardian(s), must be present at the intake.

The Objective of the Interview:

The family can share their death loss experience. The tour of the facility alleviates possible fears of coming to The WARM Place. The intake/interview is conducted by a counselor and time is spent with adult(s) and children separately. The family is assigned a group night based on who has died in the child's life.

Support groups for children offered at The WARM Place are:

- Parent loss — includes step-parent
- Sibling loss — biological or step-sibling
- Grandparent loss — cousin, aunt, uncle, friend, or any other

significant death loss

Each night the support groups meet, the children are divided by age: children, ages 5 to 8; preteens, ages 9 to 12 and teenagers, ages 13 to 18. The guardian(s) must attend with the children.

General Information:

Groups meet every other week. Families attend The WARM Place for as long as it is necessary to resolve death loss issues.

Additional groups are provided for Young Adults, ages 19 to 25. Groups are available for preschoolers, ages 3- 1/2 to 5.

Groups are led by facilitators who have had extensive training in the grief process and group dynamics.

There is never a fee for families to participate in The WARM Place program, located at 809 Lipscomb St. Call 817-870-2272, email to info@thewarmplace.org, or go to their website: www.thewarmplace.org for more information.

From National Crime Prevention Council

Seniors Can Stop Scoundrels and Scams

Financial fraud can be difficult to recognize. This type of fraud can include identity theft, fake check and wire transfer scams, investment and credit card fraud, and bogus online charitable solicitations. Unfortunately, only one in five of these crimes are reported.

The National Crime Prevention Council offers the following tips:

- It's shrewd, not rude to hang up on a suspicious telemarketer.
- Don't give personal information to people you don't know unless you initiated the contact.
- Don't let yourself get pressured into a verbal agreement or signing a contract.
- Be skeptical of online charitable solicitations and other online offers. If interested, ask to receive the information in the mail and check to be sure the company is legitimate.
- Never agree to pay for products or services in advance.
- Get estimates and ask for references on home repair offers and other products or services.

If you suspect fraud, contact your local law enforcement agency immediately.

To learn more about protecting yourself from financial fraud, visit the National Crime Prevention website at: www.ncpc.org.

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Christmas Around the World, Through the Years by Dr. Ken Bridges

For generations, Christmas has been a time of magic and wonder for millions. In the rush of modern America, that is sometimes forgotten in the maddening swarms of crowds at stores, mistaken orders from online retailers, and even near-riots over special discounts. Christmas is celebrated around the globe, and each corner of the Earth has its own special traditions that go along with the season. In the United States, Christmas traditions have changed steadily over the years; and millions still hold faithful to the original purpose of veneration of the birth of Christ and celebrating the message of peace and harmony.

Many American Christmas traditions are a mix of different cultures thrown in with stories and songs that have grown in adoration over the years. Some of the most famous Christmas carols are centuries old. As more immigrated from Europe to the United States, the different Christmas traditions so adored by these new families began filtering through the nation.

Early Christians celebrated Easter more with the death and resurrection of Jesus as the embodiment of Christian ideals. However, by the fourth century, the birth of Jesus also began to be noted with special church observances also. The Christmas Eve mass or communion service is still an important Christmas tradition for many American families.

By the 16th century, Christmas slowly became more than a church service. In Germany especially, the day became a celebration noted for singing, parties, feasts, and drinking. The Puritans who arrived in New England in the early 1600s were appalled by such displays, which they considered sinful. As a result, Puritan leaders banned observances of Christmas well into the 18th century.

It was knowledge of the differences by which New Englanders and Germans typically observed the day that inspired George Washington to cross the Delaware River on Christmas Night 1776 to stage a surprise attack on the Hessian outpost at Trenton, New Jersey. After a brutal series of losses that summer and fall, Washington knew he had to turn the war around. He knew the German mercenaries the British had hired to pursue them would be too distracted by their own Christmas parties to suspect an attack during winter. At dawn on Dec. 26, he surprised and overwhelmed the exhausted and hungover Hessian revelers to change the course of history.

The tradition of the Christmas tree originated in Germany in the 1500s when candles were attached to evergreen trees. It was not until the late 1700s that Christmas trees were introduced to the United States by German settlers.

But Christmas as a holiday emerged slowly. Louisiana was the first to declare Christmas a state holiday in 1837, and only a handful of states followed suit within the next few years. It did not become a federal holiday until 1870.

Even the tradition of exchanging gifts did not emerge quickly. However, the gift-giving tradition expanded rapidly in the 1820s

and 1830s, with merchants quickly looking to capitalize on the holiday.

Santa Claus went through many changes in the process. The original St. Nicholas was an early bishop from modern-day Turkey in the fourth century known for his generosity toward the poor and children.

The Catholic feast day celebrating St. Nicholas always fell on Dec. 6, but Protestants merged the holiday with Christmas over the years. Santa Claus emerged from the St. Nicholas stories in Holland before becoming part of American lore in the late 1700s.

Christmas trees began being sold in large numbers by the 1850s in the North, with decorations, almost all homemade, steadily becoming more elaborate. Though some families still used candles on trees, many opted not to do so for the obvious safety reasons of not exposing flame near a drying tree. The first electric lights were used on trees in 1882, not long after the invention of the light bulb. As electricity became more widely available in the early 20th century, colored electric lights became popular and safer alternatives. Still, most American families did not have Christmas trees in the early 1900s. In fact, the National Christmas Tree at the White House did not become an annual tradition until 1923.

Rudolph was added to the sleigh team as part of a poem written in 1939, but country singer Gene Autry popularized his story with his rendition of “*Rudolph the Red-Nosed Reindeer*” in 1949 and was followed by his equally-popular “*Frosty the Snowman*” in 1950.

Songs and stories surrounding Christmas became even more popular in the 1960s as new television specials introduced them to a new generation. A *Charlie Brown Christmas* became an instant classic in 1965 as Charlie Brown looked for the real meaning of Christmas, upset that Christmas had become way too commercialized, even in the mid-1960s. His dismissal of the aluminum trees popular at the time in favor of a real tree was connected with the collapse of the aluminum tree’s popularity by the end of the decade.

Christmas is celebrated today even in non-Christian households as the spirit of giving and peace has transcended its original religious meaning for some. Far from the shopping crowds, Christmas still has a magical place in the hearts of young and old alike. In a quiet moment, many remember that Christmas is still a time of generosity for others.

And Christmas is still a time of peace in our hearts and in the world, as we are reminded of the gift of one precious life, of brotherhood, and of the harmony for which the holiday was born.

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American Red Cross to Host Pop-Up Blood Drives

The American Red Cross of North Texas hosts more than 100 pop-up blood drives across DFW each month. Blood donations are needed as we head toward the holidays, where people historically donate at lower levels. The Red Cross also continues to look for new partners to host blood drives with. Visit RedCrossBlood.org and click on host for more information. Donors can schedule an appointment by using the Red Cross Blood Donor App, by visiting RedCrossBlood.org or by calling 1-800-RED CROSS (1-800-733-2767).

Upcoming blood donation opportunities through Dec. 31:
Allen

- 12/31/2022: 8 a.m. - 1 p.m., LDS - Allen, 1404 E. Main St., Allen, TX 75002

Dallas

- 12/27/2022: 1 p.m. - 6 p.m., Portofino at Las Colinas, 11601 W. Lago Vista, Dallas, TX 75234

Denton

- 12/29/2022: 11 a.m. - 4 p.m., Willowood Church of the Nazarene, 1513 Willowood, Denton, TX 76205

Fort Worth

- 12/27/2022: 11 a.m. - 5 p.m., Northwest YMCA Fort Worth, 5315 Boat Club Rd., Fort Worth, TX 76135

Garland

- 12/27/2022: 10 a.m. - 4 p.m., Bass Pro Shop, 5001 Bass Pro Rd., Garland, TX 75043

Granbury

- 12/24/2022: 10 a.m. - 4 p.m., American Legion Post 491, 3409 Davis Rd., Granbury, TX 76049

Keller

- 12/28/2022: 11 a.m. - 5 p.m., Lowes, 600 N. Tarrant Pkwy., Keller, TX 76248

McKinney

- 12/28/2022: 11 a.m. - 5 p.m., Adriatica Village, 6633 Virginia Pkwy., McKinney, TX 75070

Plano

- 12/23/2022: 11:30 a.m. - 5 p.m., Whisky Cake Kitchen & Bar, 3601 Dallas Pkwy., Plano, TX 75093
- 12/30/2022: 9 a.m. - 3 p.m., City of Plano, 5801 W. Parker Rd., Plano, TX 75093
- 12/30/2022: 10 a.m. - 3:30 p.m., Chick-fil-A, 6408 Plano Pkwy., Plano, TX 75093

Weatherford

- 12/29/2022: 10 a.m. - 4 p.m., VFW Post 4746, 224 Zion Hill Rd., Weatherford, TX 76088
- 12/29/2022: 11 a.m. - 5 p.m., Lowes, 118 E. Interstate 20, Weatherford, TX 76087

Blood Drive Safety

The Red Cross follows a high standard of safety and infection control. The Red Cross will continue to socially distance wherever possible at blood drives, donation centers and facilities. While donors are no longer required to wear a face mask, individuals may choose to continue to wear a mask for any reason. The Red Cross will also adhere to more stringent face mask requirements per state and/or local guidance, or at the request of blood drive sponsors. Donors are requested to schedule an appointment prior to arriving at a drive.

How to Donate Blood

Simply download the American Red Cross Blood Donor App, visit RedCrossBlood.org, call 1-800-RED CROSS (1-800-733-2767) or enable the Blood Donor Skill on any Alexa Echo device to make an appointment or for more information. All blood types are needed to ensure a reliable supply for patients. A blood donor card or driver's license or two other forms of identification are required at check-in. Individuals who are 17 years of age in most states (16 with parental consent where allowed by state law), weigh at least 110 pounds and are in generally good health may be eligible to donate blood. High school students and other donors 18 years of age and younger also must meet certain height and weight requirements.

Blood and platelet donors can save time at their next donation by using RapidPass® to complete their pre-donation reading and health history questionnaire online, on the day of their donation, before arriving at the blood drive. To get started, follow the instructions at RedCrossBlood.org/RapidPass or use the Blood Donor App.

About the American Red Cross

The American Red Cross shelters, feeds and provides comfort to victims of disasters; supplies about 40% of the nation's blood; teaches skills that save lives; distributes international humanitarian aid; and supports veterans, military members and their families. The Red Cross is a nonprofit organization that depends on volunteers and the generosity of the American public to deliver its mission. For more information, please visit redcross.org/north-texas or visit us on Twitter at @RedCrossNTX.

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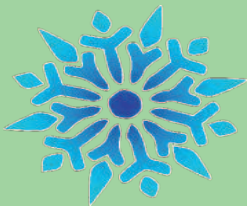


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Three Day Weekend Forecast



Friday, Dec. 23:

AM - Mostly sunny and cold; high near 25. N/NW wind 10-15mph, with gusts as high as 20mph.
PM - Mostly cloudy; low around 18. N/NW wind 5-10mph.



Saturday, Dec. 24:

AM - Mostly sunny; high near 34. N/NW wind around 5mph.
PM - Partly cloudy; low around 22. Calm wind becoming W/SW around 5mph.



Sunday, Dec. 25:

AM - Sunny; high near 45.
PM - Partly cloudy, with a low around 32.

Extended Forecast [Click Here](#)