

#### 84th Year, No. 14 • 7820 Wyatt Drive, White Settlement, Texas 76108 • www.suburban-newspapers.com • April 4, 2024

# From the Sports Desk with John Loven CHS Boys Soccer Team Takes First Steps in Playoff Hunt

The first round of the UIL Soccer Playoffs began on Monday, March 25. The CHS Lions (23-3) tied for their district championship (8-4A) with Bridgeport and Decatur (with 9-2 records), but technically finished in third place due to the point scoring system in UIL soccer. This placement matched them up with the Benbrook Bobcats. The Bobcats had finished second in District 7-4A (9-3/16-7-1 overall) behind Diamond Hill. The game took place at Farrington Field. After a closer than expected first half, the Lions asserted themselves in the second half and went on to win 5-1.

The first half of this game was very close. In fact, the Lions found themselves playing more defense than offense. They did break out on top early with a somewhat lucky goal. With a crowd of players in front of the Bobcat goal, a Bobcat was trying to help defend and attempted to kick the ball out away from the net. His kick struck a teammate and ricochetted into the goal. This gave the Lions the lead 1-0 at the 33:37 mark of the first half. But after this goal most of the remaining time in the first half was spent on the Lions end of the field. They did not appear as aggressive as in past games and they had a harder than usual time of holding onto the ball.

The Bobcats kept the pressure on the Lions. As the first was approaching the 15 minute mark, they had a free kick near mid-field. With a strong north wind to their back they got a nice kick down to the front of the CHS goal. Another Bobcat was able to score with a header into the net. With 15:59 left until half, the game was tied 1-1. Each team got one more shot on goal before the half but neither scored. Halftime settled in with a 1-1 tie.

The second half was a completely different game. The highly competitive first half (with the edge going to the Bobcats), turned into a route in the second half as the Lions dominated both offensively and defensively. They re-established themselves as clearly the better team with a goal less than 7 minutes into the second half.

Junior Eddie Zapata (#23) scored at the 33:48 mark and gave the Lions a 2-1 lead. From this point on the Lions never looked back and just poured it on. Five minutes later senior Johann Castaneda (#17) added to the lead. His goal at 28:35 increased the lead to 3-1. By now the game (continued on page 5)

# Around the Town with Denise Honeycutt 51st Annual Easter Egg Hunt at Sansom Park Draws Crowd

Several individuals gathered at Sansom Park for the 51st Annual Easter Egg Hunt. Sponsored by the River Oaks Lions Club, children of all ages waited anxiously to fill their baskets. The Easter Bunny walked through the area available for photo ops that was enjoyed by everyone who attended.



Enjoying the event are: (l-r) Kevin Gansert, June Gansert and Jennifer Gansert.

> (photos continued on page 3)

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# From the City of River Oaks Crud Mobile at River Oaks City Hall Saturday

The Crud Mobile will be at the River Oaks City Hall Parking Lot located at 4900 River Oaks Blvd. on Saturday, April 6 from 9 to 11 a.m. River Oaks residents will have the opportunity to get rid of household hazardous wastes. This is free event is limited to citizens of River Oaks and a copy of your water bill is required to participate.

Items that will be accepted include: automotive fluids, batteries, household chemicals, cooking oil, lawn and pool chemicals, light bulbs and paint and painting supplies.

Items that will not be accepted are: ammunition and explosives, appliances and electronics, building materials, bulk trash and yard waste, butane/propane cylinders, medical waste and asbestos/PCBs/radioactive materials.

For questions, contact River Oaks City Hall at 817-626-5421.

Suburban Newspapers, Inc.



# Suburban Newspapers, Inc. Around the Town (continued from page 1)



Deputy Chief Perkins, Officer Choulapane, Lions Club NW Tarrant representative Michelle Greco (aka Lioness), Officer Cantù and Deputy Turna participated in the event.





Adeline York displays her filled Easter basket.

Brenda Avila and Maria Avila with the Easter Bunny.



Lily Cepeda is all smiles with the Easter Bunny in the sunshine at the egg hunt!



Oliver Woods inspects his treas-



Demetrius and Maegan Hood brought egg hunt.



Individuals collecting Easter eggs that covered the entire area.



The Escolerd family (1-r) Adrian, Jr., their son, Deklah Hood, to his first Easter Adrian, Sr., Alexa and Arleth wait for the hunt to begin.

# Suburban Newspapers, Inc. From National Day Calendar April is Autism Awareness Month

National Autism Awareness Month raises awareness for autism and Asperger's syndrome during April. Autism is a complex brain diagnosis that can inhibit a person's ability to communicate, respond to surroundings, and form relationships with others.

According to WHO, about one in 270 people in the world has Autism Spectrum Disorder (ASD). ASD is a group of developmental disabilities that causes challenges in many areas of one's life. Some of the affected areas include social, communication, and behavior. Children with ASD can be nonverbal or can have restricted or repetitive behaviors. ASD also affects people of all racial, ethnic, and socioeconomic backgrounds. The month-long observance takes place during World Autism Awareness Day (WAAD), celebrated each year on April 2. WAAD was adopted by the United Nations in 2007 to shine a bright light on autism as a growing global health crisis. WAAD activities increase world knowledge of autism and impart information about the importance of early diagnosis and early intervention. Additionally, WAAD celebrates the unique talents and skills of persons with autism around the world.

The Autism Society founded the event to increase awareness, advocate awareness, and spark change in schools, communities, medical facilities, and businesses.



# National Society Colonial Dames XVII Century, Governor Thomas Hinckley Chapter **Governor Thomas Hinckley Chapter of** the National Society Colonial Dames **XVII Century Awards Scholarship**



Pictured are: (1-r) Bryant Butler, Cecelia Van Donselaar, Breezy Butler and Shani **Butler.** 

tional Society Colonial Dames XVII Cen- Bash, volunteers at a local retirement comtury to aid in the education of the youth of munity with her Girl Scout Troup, at Kids our country, the Governor Hinckley Chapter of the National Society of Colonial High School, at Community Summer Va-Dames XVII Century announces Breezy cation Bible School and at Benbrook Com-Butler as the recipient of their 2024 Schol- munity Center YMCA. arship. Born and raised in Benbrook, Breezy attends Benbrook High School. She and house sitting and working at the is the daughter of Bryant and Shani Butler. summer volleyball camp for kids.

Breezy has maintained a high grade point average, while competing at the var- responsible, a great role model and mentor, sity level all four years of high school. She always willing to help others. Breezy's was captain of the volleyball team two years, holds the school record for her three most important attribute for success- grit. track events, is Senior Editor of the yearbook and served as Boys Soccer Manager. degree in Nursing. She has not yet made She made All State Academic this year.

Active in the community, Breanna par- tend.

In accordance with the object of the Na- ticipates in the Annual Benbrook Trash Cheer & Volleyball Camps at Benbrook

Breezy's work experience includes dog

Her teachers have described Breezy as English teacher says that she has the single Breezy plans to earn a Bachelor of Science her decision on the university she will at-

# Alzheimer's Foundation of America Six Stress Reduction Tips for Caregivers During National Stress Awareness Month in April

Stress doesn't just affect your mood—it can have long-term health impacts as well if you don't take steps to manage it constructively. For individuals who face the stressful task of caring for a family member with Alzheimer's disease or another dementiarelated illness, the Alzheimer's Foundation of America (AFA) is offering six stress reduction tips for caregivers as part of National Stress Awareness Month (April).

"Family caregivers often find it challenging to make time for themselves, but being proactive about addressing caregiver stress and self-care is not selfish; it's essential and it benefits both the caregiver and the person for whom they are caring," said Jennifer Reeder, LCSW, AFA's Director of Educational and Social Services. "Failing to manage stress increases the risks of caregiver burnout, depression, and many other mental and physical health issues. Caregivers need to take care of themselves so they can provide the best possible care for their loved ones."

Family caregivers of people with Alzheimer's and related dementias are at greater risk for anxiety, depression, and poorer quality of life than caregivers of people with other conditions, and provide care for a longer duration of time, according to the Centers for Disease Control and Prevention (CDC).

AFA offers these six stress reduction tips for family caregivers:

• Be adaptable and positive. Your attitude influences stress levels for both you and the person you're caring for. If you can "go with the flow," and avoid fighting the current, that will help you both stay relaxed—conversely, becoming aggravated or agitated will increase the chances that your person will as well. Focus on how to adjust to the situation in a constructive way.

• Deal with what you can control. Some things are totally out of your control. What is in your power to control is how you respond and react to these outside factors. Concentrating on finding solutions can help make the problem itself a little less stressful.

• Set realistic goals and go slow. Everything cannot be resolved at once, nor does it need to be. Don't hold yourself to unrealistic expectations. Prioritize, set practical goals, do your best to achieve them, and take things one day at a time.

• Mind your health. Inadequate rest, poor diet, and lack of exercise can all exacerbate stress (and cause other health problems as well). As best you can, make it a priority to get sleep, eat right, drink plenty of water and find ways to be active. You cannot provide quality care to a loved one if you don't take care of yourself.

• Clear and refresh your mind. Exercise, yoga, meditating, listening to music or even taking a few deep breaths can all help relax the mind and reduce stress. Find something that works for you and do it regularly!

• Share your feelings. Disconnecting from your support structure and staying bottled-up increases stress. Whether it's with a loved one, trusted friend or a professional, don't be reluctant to

Stress doesn't just affect your mood—it can have long-term alth impacts as well if you don't take steps to manage it conactively. For individuals who face the stressful task of caring for seven days to provide support or even just listen.

AFA's Helpline, staffed entirely by licensed social workers who are specifically trained in dementia care, can provide additional information and support for families. The Helpline is available seven days a week by phone (866-232-8484), text message (646-586-5283), and web chat (www.alzfdn.org).

# Sports Desk (continued from page 1)

was basically being played on the Bobcats end of the field. Benbrook only managed 2 shots on goal in the second half (both occurring in the first 10 minutes).

Meanwhile, the Lions, playing with passion not seen in the first half, got 16 shots on goal in the second half. Castaneda (#17) got his second consecutive goal to push the lead to 4-1 at the 18:38 mark. Senior forward Giovanni Parades (#11) closed out the scoring with his goal with 13:48 remaining. Final score 5-1 with the Lions moving on to Round Two in the UIL Soccer Playoffs.

### **Playoff Update**

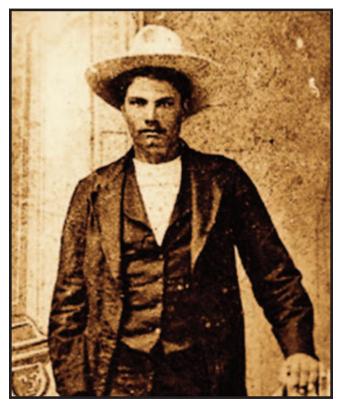
The boys got their second playoff win and continued their run in the playoffs by defeating Life Waxahachie 2-1 on March 28.

They advanced to Round Three of the 4A Playoffs.

The next playoff game was played Tuesday, April 2. They will face highly ranked Salado (23-1-1). The game took place in Alvarado at Charles Head Stadium. Go Lions!



### Suburban Newspapers, Inc. Texas History Minute with Dr. Ken Bridges **American Old West Outlaw, John Wesley Hardin**



John Wesley Hardin was one of the most violent figures of a violent age. Born in Bonham to a Methodist preacher in 1853, he quickly moved to a life of crime. By the time he was 18, he killed perhaps eight people. This was only the beginning of a bloody career as a gunfighter.

From a young age, Hardin was always in trouble of some kind. At the age of nine in 1862, he attempted to run away from home to join the Confederate Army. At the age of 14 in 1867, he got into a knife fight at his father's school, nearly killing a fellow student. His father had no choice but to expel him. The next year, at age fifteen, he killed for the first time when he shot and killed a former slave named Maje Holshousen following a fight. He soon became a gambler and killed again at age 17 in a dispute over a card game.

He escaped Texas authorities in 1871 after killing the Waco town marshal and found work on a cattle drive. According to several sources, he engaged in several gunfights with would-be cattle thieves that left maybe five men dead before arriving in Kansas.

It was August 1871 that saw one of his most notorious killings. He was in Abilene, Kansas, then a notoriously riotous trailhead town. He had fallen into a drunken stupor after a night of gambling and retired to a

room next door started snoring loudly, the noise reverberating through the thin walls. Hardin started shouting at the man about his snoring, to no avail. Still drunk, Hardin pulled out his guns and started firing in the head, killing him instantly. Hardin then jumped out of his second-story window to avoid arrest, stole a horse, and then rode back to Texas.

Two months later, he found himself in another gunfight with two Texas state policemen, killing one and wounding another. He claimed to have killed three members of a posse near Austin. After several more gunfights, he injured another state policeman near Hemphill in July 1872. In August, he was shot after an argument over a poker hand in Trinity. Once his identity was confirmed by local authorities, he was arrested but accidentally shot while in custody. After recovering from his injuries, he escaped the county jail and was on the run again.

Charles Webb in a saloon in the central Texas town of Comanche. The killing enraged townspeople, resulting in the lynching of Hardin's own brother as he escaped from Brown County to Florida. Texas authorities set a large reward for his capture. Hardin was on the run for nearly three years before Texas Rangers captured him on a train in Pensacola in August 1877. Rangers knocked him unconscious and dragged him back to Texas for trial. This time, there more than two dozen people dead. would be no escape.

He was found guilty in June 1878 and sentenced to 25 years in prison, a surprisingly light sentence for the time. He served his time at the state prison in Huntsville, and tried and failed several times to escape. In spite of his crimes, he studied law and theology and eventually ran the prison Sunda at becoming an attorney was the best fit. In February 1894, he was released for good behavior, though he still had eight years left on his sentence. He passed the bar exam

hotel room for the night. A neighbor in the and moved to Gonzales. He left shortly afterward when he shot a man over a \$5 bet. His next move was to El Paso where he spent time scrambling for money in poker games and trying to find law clients.

In August 1895, his girlfriend was arthrough the walls, shooting the snoring man rested in El Paso police officer John Selman, Jr., on a charge of possession of a firearm within the city limits. Hardin angrily confronted Selman and supposedly pistol-whipped him. The next day, Selman's father, John Selman, Sr., had his own argument with Hardin over the incident. The elder Selman had his own problems with the law and had killed a number of men in his own gunfights. Hours later, finding out that Hardin was gambling at the local Acme Saloon, Selman walked in and shot Hardin in the back of the head. He was quietly buried in El Paso the next day.

> In the end, the man who lived by the gun died by the gun. As for Selman, he escaped conviction but was killed in a gunfight with a U. S. Marshal the next year.

Since Hardin's death, many studies have In May 1874, he killed Deputy Sheriff been done on his wild career. Hardin recounted his own life in a book that was published posthumously in 1895. As in life, so many details of his career were embellished or could never be verified. The 1956 film The Lawless Breed was loosely based on Hardin's autobiography. He was also featured in Texas writer Larry McMurtry's The Streets of Laredo in 1993. More than a century after Hardin's death, he still draws fascination over a life as a gunman that left

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# Weekend Forecast



# Friday, April 5:

<u>AM</u> - Sunny, with a high near 79. South southeast wind 5 to 15 mph, with gusts as high as 20 mph. <u>PM</u> - Partly cloudy, with a low around 58. South southeast wind around 15 mph, with gusts as high as 25 mph.



# Saturday, April 6:

<u>AM</u> - Partly sunny, with a high near 77. Breezy, with a south wind 20 to 25 mph, with gusts as high as 35 mph.

**PM** - A 40 percent chance of showers and thunderstorms. Partly cloudy, with a low around 55. South wind 15 to 20 mph, with gusts as high as 30 mph.



# Sunday, April 7:

<u>AM</u> - A 20 percent chance of showers and thunderstorms before 1pm. Sunny, with a high near 77. <u>PM</u> - Mostly clear, with a low around 54.

# **Extended Forecast Click Here**