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River Oaks News

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From the Sports Desk with John Loven

CHS Baseball Season Ends in Playoff Loss

The Castleberry High School boys baseball season came to an end. The Lions had advanced to the UIL playoffs by their third place finish in District 7-4A, and placed them in a bi-district series against Diamond Hill. The Lions had already defeated the Eagles three times in the regular season. On Feb. 27 the Lions romped over the Eagles by the score of 10-0. Then on Feb. 28 they did it again by same score. Later, on March 7, the Lions won a much closer game, defeating Diamond Hill 3-1. Of course, all that means little when the playoffs roll around.

The best two-out-of-three playoff series began on May 1. The Lions took the opening game of the series in a slugfest, winning 11-8. On May 2 the teams squared off again with Diamond Hill facing a must win situation. However, the Lions continued their dominance at the plate, and continued to put runs on the board against the Eagles. This

time they won 12-5, eliminated Diamond Hill and advanced to round two of the playoffs.

A week later CHS faced Graham. The Steers got the better of our Lions in game one and came out on top by the score of 7-3. The Lions hopes then rode on winning game two and forcing a winner take all in a game three.

However, unfortunately that did not happen. The Steers were able to completely silence the Lions' bats. Castleberry had only been held scoreless once during the entire season, back on April 11 in a 4-0 loss to Eagle Mountain. But the Steers were able to shut out the Lions, 1-0, and win game two and the second-round playoff series.

Castleberry finished the season with an excellent 19-10-1 record.

Congratulations to the players and coaching staff and especially the 2025 seniors! Go Lions!



From Castleberry ISD

Camp Courage Summer Learning Program



Castleberry ISD's Camp Courage summer learning and enrichment program meets Monday through Friday, from 8:15 a.m. to 2:15 p.m., starting on Thursday, May 29, and ending on Friday, June 29.

A free breakfast is served from 7:45 to 8:10 a.m.

The Camp Courage summer learning program is designed to accelerate student learning with a focus on the knowledge and skills all students need to be successful in the upcoming grade level in a fun and enriching summer environment.

In addition to daily enrichment activities and clubs, students will leave campus for a field trip this summer! Field trip dates vary by grade level and will be communicated to parents directly from the campus.

Pre-K through 12th grade students who are registered to attend Castleberry ISD for the 2025-2026 school year are invited to participate in the program at no cost!

Complete the online registration forms in Skyward Family Access. Once you log in to Skyward Family Access, click Summer Program and select the name of the student you wish to register and complete all pages of the registration.

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From Tarrant County Public Health

First Positive West Nile Mosquito Sample Confirmed

Tarrant County Public Health has confirmed the first mosquito sample to test positive for West Nile Virus (WNV) in Tarrant County this year. The sample was collected during routine mosquito surveillance and marks the beginning of the 2025 West Nile season.

West Nile Virus activity typically increases from May through October as warmer weather leads to heightened mosquito activity. WNV is most commonly spread to humans through the bite of an infected mosquito.

While most people infected show no symptoms, about 1 in 5 may develop fever, headache, body aches, or joint pain. In rare cases, the virus can cause serious illness affecting the brain or nervous system.

TCPH urges residents to take simple, proactive steps to prevent mosquito bites and eliminate breeding sites around their homes.

These steps include:

- Applying EPA-approved insect repellent when outdoors.
- Wearing loose fitting long sleeves and pants, especially during dawn and dusk when

mosquitoes are most active.

- Removing or treating standing water around your home or property. Mosquitoes only need a teaspoon of water to reproduce.

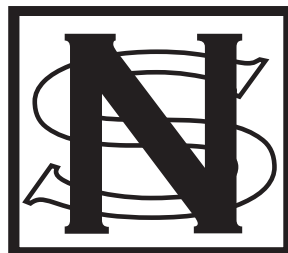
- Staying indoors during peak mosquito activity hours, like dawn and dusk.



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From Mental Health First Aid

Mental Health First Aid June 2025 Training



Mental Health First Aid teaches participants to recognize the signs and symptoms that suggest a potential mental health challenge.

Become a Mental Health First Aider

Mental Health First Aid is a skills-based training course that teaches participants about mental health and substance-use issues. Just as CPR helps you assist an individual having a heart attack, Mental Health First Aid helps you assist someone experiencing a mental health or substance use-related crisis. Mental Health First Aid teaches about recovery and resiliency – the belief that individuals experiencing these challenges can and do get better. This course is for anyone who wants to help others and have a positive impact on mental health in our community, regardless of background or degree.

What's Involved

- This is a one-day, interactive and fast-paced training course presented via Zoom. The course is 5.5 hours, including breaks.

From North Central Texas Council of Governments

Pedal Power: May is National Bike Month

NCTCOG is gearing up to celebrate National Bike Month. Created by the League of American Bicyclists, this annual observance promotes the numerous perks of cycling. From physical activity to reducing traffic congestion, bicycling offers significant benefits for both your personal well-being and the environment.

Bicycling has long been known as an excellent form of exercise. It's a low-impact activity, gentle on your joints while still providing a comprehensive workout. Regular bicycling strengthens your heart and lungs, improving blood circulation and reducing the risk of cardiovascular disorders, such as high-blood pressure and heart disease, and also helps with weight management, improved muscle strength and mental well-being.

North Texans of all ages can participate in a variety of activities this month, including National Bike to Work Week May 12-18.

Read more about how you can enjoy bicycling in North Texas in the Topic of the Month webpage and at Air North Texas.

- You will be required to complete some course pre-work (approximately one hour) prior to the training session. Pre-work should be completed at least one week prior to training day.

- Once you have successfully completed the training, you will be a certified Mental Health First Aider. You will then be in our network of First Aiders and will receive occasional resources and information relating to mental health in our area and nationally.

- There is no cost to participate in this program, only your commitment. Training is underwritten by North Texas Healthy Communities, the nonprofit outreach arm of Texas Health Resources that facilitates community well-being improvement initiatives and supports Blue Zones Project in Fort Worth.

The Mental Health First Aid & "ALGEE"

Mental Health First Aid is designed to take the fear and hesitation out of starting conversations about mental health and substance use problems. The training is not designed to be a substitute for professional intervention and treatment, but a way to support to someone in crisis. Participants learn about potential risk factors and warning signs, strategies for supporting someone in both crisis and non-crisis situations, and where to turn for help using the 5-step "ALGEE" action plan:

Assess for risk of suicide or harm

Listen nonjudgmentally

Give reassurance and information

Encourage appropriate professional help

Encourage self-help and other support strategies

Registration

Registration closes on Monday, June 23 or when class is filled. Following registration, you will be contacted by the organizers for additional information. You are not confirmed for training until you receive notification from Mental Health First Aid. If you have registered and do not receive notification, contact Ruby Brown-Herring at ruby@rbhwellness.com.

If you are interested in Mental Health First Aid group training for employees or an organization, please email stephaniejackson@texashealth.org.



From North Central Texas Emergency Communications District

Understanding the Differences Between 9-8-8 and 9-1-1

In times of crisis, knowing where to turn for help can make all the difference. While many are familiar with 9-1-1 as the emergency number for immediate assistance, fewer are aware of the new 9-8-8 hotline dedicated to mental health crises.

During Mental Health Awareness Month, let's explore the differences between these two critical services and how they can support those in need.

9-1-1: Emergency Assistance for Immediate Response

9-1-1 is the familiar emergency number that connects callers with Emergency Medical Services (EMS), fire, and law enforcement as needed. It is accessible via call or text (in some areas of the United States, available across the NCT9-1-1 service area), providing a vital lifeline in urgent situations. When you contact 9-1-1, you reach a trained 9-1-1 telecommunicator and public safety dispatch workers, not licensed mental health professionals. These professionals answer the phone, listen to the caller, understand how their problem is affecting them, provide support, and share resources if needed.

In situations involving an individual with a mental health condition or someone experiencing a mental health crisis, a


trained officer from a crisis intervention team, who has received basic training in handling mental health crises, may be accessible through the 9-1-1 call center.

9-8-8: Support for Mental Health Crises

9-8-8 is the new 24/7 hotline dedicated to mental health crises. It offers call, text, and chat access to trained crisis counselors who can help people experiencing suicidal, substance use, and/or mental health crises, or any other kind of emotional distress. Unlike 9-1-1, which focuses on immediate emergencies, 9-8-8 provides a compassionate and understanding ear for those facing mental health challenges.





Both 9-1-1 and 9-8-8 are free and available 24 hours a day, 7 days a week, 365 days a year. If you are experiencing an emergency, do not hesitate to reach out for help. By spreading awareness for Mental Health Awareness Month, we can ensure that more people know about these vital resources and can access the support they need in times of crisis.

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 LOCK IT Ensure your car doors, as well as residence doors and windows are locked.	 CLOSE IT Close overhead garage doors.
 HIDE IT Hide or remove valuables from your vehicle.	 LIGHT IT Keep exterior residence lights on or use motion detecting lights.



MEMORIAL DAY

RIVER OAKS CITY HALL AND THE EVENT CENTER WILL BE CLOSED ON MONDAY, MAY 26TH 2025 FOR MEMORIAL DAY.

REGULAR TRASH ROUTES WILL NOT BE PICKED UP ON MONDAY, MAY 26TH.

Journalist, Teacher and Political Activist - Jovita Idar by Dr. Ken Bridges

Sometimes one person in a community can have an impact that continues to be felt for years afterward. **Jovita Idar**, a woman armed only with a pen and passion for helping those in need, would have an impact felt across Texas in her lifetime. She would run several newspapers, found a school, and volunteer as a nurse in time of disaster.



Jovita Idar was born in Laredo in September 1885, one of eight children. Her parents were active members of the community, and the importance of helping others became an important part of her upbringing. They emphasized helping those in need and speaking out against injustice and discrimination. Unlike many Hispanics in Laredo at the time, she and her siblings had access to education, and her parents emphasized all the children going to school.

By the time she turned 18 in 1903, she had earned a teaching certificate and began teaching at the segregated Hispanic schools in the Laredo area. She and her fellow teachers struggled with inadequate supplies such as paper and pencils and how there were never enough desks or chairs for them.

Her father, Nicasio Idar, began a Spanish-language newspaper in Laredo, *La Cronica* (The Chronicle), shortly after the eruption of the Mexican Revolution in 1910. She joined her father and two of her brothers in writing articles and editing the small paper. She became an outspoken proponent of the poor immigrant families living along the border. She called for equal rights for Hispanics and better educational opportunities. The paper also highlighted poetry and literature emerging in the Spanish-language community and the economic concerns of Hispanics across Texas and the Southwest. She also wrote a number of editorials calling for giving women the right to vote.

In part because of the efforts of the Idar Family, Hispanics in Laredo organized to improve their community. In 1911, the League of Mexican Women was formed and named Idar its first president and worked to provide free education for all the Hispanic children of Laredo, whose families were mostly from Mexico. The League also called for civil rights, labor rights, and an end to the lynchings of Mexican immigrants. They also collected food and clothing for the victims of the war. Idar would later be active in the "Primer Congreso Mexicanista" (First Mexican Congress), which worked with Hispanic groups in many communities to promote civil rights.

As the Mexican Revolution wore on and the bloodshed increased, more refugees streamed across the border from Mexico into Texas. Eventually, more than one million people would die

in the decade-long civil war.

In 1913, a fierce battle erupted in Nuevo Laredo, just across the border. Many civilians were killed and injured, with many more fleeing for safety in the United States. Idar and others went into Mexico to help with the wounded. Though she had no formal medical training, she volunteered as a nurse through the Mexican White Cross, an organization founded in Laredo to help the wounded and the refugees. She would continue to work with the organization periodically throughout the fighting.

In 1914, she began writing for *El Progreso* (The Progress). When President Woodrow Wilson ordered troops to the border and discussed possible intervention in the war, Idar wrote a scathing editorial in the Spanish-language journal opposing the move. When Texas Rangers got word of the editorial, they attempted to shut down the paper. Idar stood in the doorway to prevent their entry. Texas Rangers returned several days later when she was not present and destroyed the printing press, ending the run of *El Progreso*.

She returned to *La Cronica*. After her father died later in 1914, she continued to serve as editor in a time when few women could even get jobs working for newspapers. In 1916, Idar, started a new paper, *Evolution*. Her brother Edouardo, who had also worked with their father on *La Cronica*, helped with writing and editing. Idar continued her strident calls for women's rights and civil rights for Hispanics. In the meantime, she married Batrolo Juarez in 1917. The paper would run for four years until it shut down in 1920.

Shortly afterward, Idar and her husband moved to San Antonio. She served as a translator at the local hospital and founded a free kindergarten for Hispanic children, continuing her passion for education.

In 1940, she began editing *El Heraldo Cristiano* (The Christian Herald), a Spanish-language newspaper run by the Methodist Church in South Texas.

Idar's health declined in the 1940s after she contracted tuberculosis. She died at her home in San Antonio in June 1946 at age 60. Since her death, her work has been studied extensively by scholars and has been a part of the National Women's History Museum.

In 2023, she will be included in the U.S. Mint's American Women quarter series, on the reverse side of George Washington. She will join such figures as astronaut Sally Ride, First Lady Eleanor Roosevelt, and fellow Texan and African-American aviation pioneer Bessie Coleman.

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Walk Through History Event at the WSH Museum *by Denise Honeycutt*

The White Settlement Historical Museum hosted their second annual Walk Through History event on Saturday, May 10.

There were re-enactments, live demonstrations, interactive exhibits, live music, black powder rifle demonstrations and campfire cooking.

A parade was led by the White Settlement Police Color Guard and the U.S. Scouts Crew 1872. Mayor Faron Young City Council Members, Fire Department personnel and the community joined in the festivities that was enjoyed by everyone.



Representing Crew 1872

Kelsey Wiersema donned Boy Scout Venture is Ian Wiersema.

Wiersema.

Jim Anderson demonstrated his blacksmithing.



Ron Lane from the Fort Worth Military Museum with a WWII Willy's Jeep.



At the water well are Ron King and Thomas Dixon.



Jan Napier brought her homemade preserves.



Suzy and Tracy Houpt demonstrate how to clean cotton.



Council Members Alan Price, Mayor Faron Young, Officer Hale, Officer Gregory, Sergeant Tibbit, Officer Ramirez, Council Member Kandace Espinosa and Chief Cook.

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Weekend Forecast



Friday, May 16:
AM - Mostly cloudy, with a high near 93. Heat index values as high as 97. South southwest wind around 10 mph, with gusts as high as 20 mph.
PM - Mostly cloudy, with a low around 72. South wind 5 to 10 mph.



Saturday, May 17:
AM - A 30 percent chance of showers and thunderstorms after 1pm. Partly sunny, with a high near 90. South wind 5 to 10 mph.
PM - A 30 percent chance of showers and thunderstorms before 1am. Mostly cloudy, with a low around 71. Southeast wind around 10 mph.



Sunday, May 18:
AM - A 30 percent chance of showers and thunderstorms after 1pm. Mostly cloudy, with a high near 91. South wind 10 to 15 mph, with gusts as high as 25 mph.
PM - A 20 percent chance of showers and thunderstorms before 1am. Mostly cloudy, with a low around 72. South southeast wind 10 to 15 mph, with gusts as high as 20 mph.

Extended Forecast [Click Here](#)