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JUNE 2023



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LaVerne Paulk-Brott

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The Vine Medical Center

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ON THE COVER



Becky Fowler and Wendy Lastovica-Alvey encourage curiosity through summer reading.

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EDITOR'S NOTE

Hey, June!

People claim that cold, rainy days are the best times to curl up with a good book. I disagree. I think the premier reading time occurs during the summer. Sitting outside, bare feet in the grass is seriously underrated.

In recent years, one of my favorite summer activities has been lounging on an inner tube, book in hand, letting the chemically treated waves float me across the pool. Not only is it much more refreshing than sunbathing with a paperback on the deck, but other swimmers stare at you like you're some sort of nerdy deity. It's a total power move. (Side note: If you decide to do this, too, please do not bring borrowed books into the pool. No matter how careful you are, the pages will get splashed.)

I know that I'm not the only person who enjoys summer reading. There's a whole subgenre of books called "beach reads." Entire displays at bookstores are dedicated to these colorful, breezy books that pair perfectly with salty air and sunny skies. I don't know about you, but when I see these displays, I am filled with the sense of endless possibilities. The beginning of the summer season almost feels like the beginning of a new year, when everyone sets goals for what they wish to accomplish. In June, I'll create an impossible list of all the novels I wish to complete by the end of August. Of course, like most New Year's goals, I'll never finish my list. I get distracted by other books!

Wherever you read, I hope you find a good book this summer!



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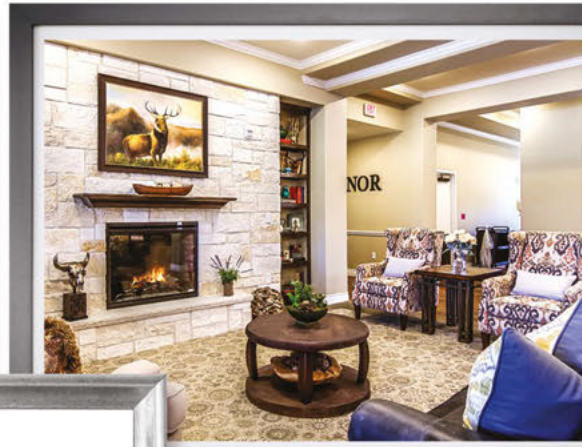
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LEARNING



The local library is a premier destination for many during the summer months — one where avid readers find the newest releases and families pass the time participating in free activities. The Summer Reading Program at the Burleson Public Library offers fun for all ages. From prizes for daily reading and chances to win themed baskets to live music and animal shows, the program provides a little something for everyone to enjoy each summer.

Becky Fowler, youth services librarian for ages 0-10, has helped grow the program over the past six years. “I love working with kids. I really love getting to connect them with books and making reading fun,” she shared.

The original goal of the program was to provide an opportunity for children to continue reading throughout the summer, so they would not fall behind before school resumes in the fall. “The real focus has turned to just having fun, free programming for kids and families throughout the summer,” Becky explained. “We’re hoping that it will encourage them to keep reading, as well.”

To keep youth interested in reading, Becky suggested finding a book they really love. “I find that it makes their world so much bigger and helps them connect with other people,” she said. “It increases their empathy.”

Anyone who participates in the Summer Reading Program, from infants to adults, will get prizes for reading throughout the months of June and July. The program previously required readers to track how many books or minutes they read, but now, younger participants and adults must only track the days they read. For every 10 days the participant reads, they get a prize. Those might include coupons from local businesses, candy and bookmarks.

Participants can also complete activities on a bingo card for a chance to win a prize basket. “The prize baskets are normally more significant,” Becky said. Prize baskets might include art-related items or board games.

Because reading often begins to wane when readers enter their teenage years, the Burleson Public Library offers an alternative for the older youth to track reading. “We’re going to have scratch-off tickets in the summer because a lot of teens don’t want to track or complete activities,” said Wendy Lastovica-Alvey, youth services librarian for ages 10-16. “Anytime they check out anything from the library, they can get a scratch-off ticket.” The ticket might be an instant prize for candy, coupons or a raffle ticket for a chance to win one of the bigger prize baskets.

IS FUN

— By Amber D. Browne



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Wendy is a former middle school art teacher and has been working at the library since December 2022. She plans to incorporate crafts, movies and cooking into program events for the teenagers to combine learning with a fun activity.

Wendy advises that teenagers borrow books about activities they find interesting, such as sports, hobbies or movies. “They all have some sort of interest, so if they like science fiction TV shows and movies, or superhero movies, then that can give you an idea of what to start with,” she said. If the teenager does not like the book, the young reader should not give up. “We don’t like everything, and that’s OK. That doesn’t mean there’s not something out there you can find that you will like.”

Although reading more throughout the summer is a goal of the program, fun activities are also a significant part. Events include musical performances; Science, Technology, Engineering and Mathematics (STEM) presentations; a bubble foam party; an animal show; movie days; and craft days. “We’re wrapping up this summer with a *Harry Potter* week, so we’re going to have crafts and movie days, and all sorts of fun activities for all ages,” Becky said.

Over the past couple of years, the Burleson Public Library has added activity kits to its collection. Kit examples include a book and an activity related to themes such as unicorns, dinosaurs, crocheting, puzzles and disc golf. One kit includes a telescope and book for stargazing, and the camping kit includes a tent. “You can try something out without going and buying all of the materials for it before you jump into a new hobby,” Wendy explained.

“We call it a Library of Things,” Becky said. “It’s not just books anymore. There are a lot more physical items that people



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may not want to buy if they're not sure they're going to use them. They can just borrow it from the library and bring it back."

A library card is not required to participate in the Summer Reading Program, but to borrow a library book or kit, one is necessary. All Burleson Independent School District students and staff, as well as residents living within city limits, get a free library card. If living outside of the city limits, the nonresident must pay an annual fee. "If it's not doable for you to pay the fee, we try to work with you," Becky said, adding the potential member can volunteer for five hours to get a free card.

The Burleson Public Library no longer charges late fees for overdue materials. "We don't want people to not come to the library because they're worried that they brought something back late, and they have fees," Becky explained. "We just want people to be reading."

Because of the library's collection development budget, new materials are added every month. The library offers books in hard copy and digital format, such as eBooks and eAudiobooks. Readers can also borrow a Playaway device with headphones to listen to books. The variety helps readers stay engaged and provides easier access.

"The community really supports us, and they are always game for the fun things we have planned. So, they make it really easy to do this job," Becky said. "We're hoping to have a good turnout for summer." **NOW**

Editor's Note: The Summer Reading Program at the Burleson Public Library runs from June 1-July 31. Participants can join at any time during the program. Visit burlesontx.com/72/Library to learn more.





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— By Sandra Walters

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Dr. Ehab Hanna's path to becoming a doctor started at medical school at Cairo University in Egypt. "I completed my residency at Mountainside Hospital in New Jersey and graduated in 2007. I worked as a physician with Texas Health Resources handling complex medical problems. Currently, I serve as an assistant professor at Texas Christian University, University of North Texas Health School and as the owner of The Vine Medical Center. My passion for learning and teaching motivates me to pursue opportunities where I can serve more people with my gifts and talents," Dr. Hanna said.

Many of his patients encouraged him to become a primary care physician because of his expertise. Patients who trusted him followed him in large numbers. He uses cutting-edge technology and specializes in providing preventive care for all of his patients. "We have the most up-to-date equipment at our facilities, so we can handle everything in one location, enabling the patient or patients to treat ailments right away."

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Baseball:

Offering: 5U T-Ball to 18U Kid Pitch

Early Bird: 5/30/23 - 6/9/23 **\$145**

Regular: 6/10/23 - 7/17/23 **\$150**

Late: 7/18/23 - 7/24/23 **\$185**

Softball:

Offering: 6U T-Ball, 8U Coach Pitch, 10U,
12U, 14U, 16U, 18U Fast Pitch

Early Bird: 5/30/23 - 6/9/23 **\$145**

Regular: 6/10/23 - 7/17/23 **\$150**

Late: 7/18/23 - 7/24/23 **\$185**

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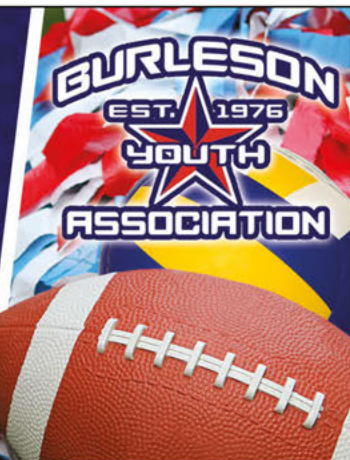
Offering: 7U to 18U Boys & Girls

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- 3 lbs. Thick Texas Bacon
- 3 lbs. Farm Sausage
- 12 - Thick Pork Chops
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Grace Zinnah shows off her handmade jewelry while her little brother, Tony, warms up for the big soccer game.

Zoomed In: The Pierrard Family

By Emma McKay

Melissa and Doug Pierrard and their 8-year-old daughters, Georgia and Ruby, recently celebrated Earth Day at Russell Farms. Melissa and her husband kept up with their daughters as they ran back and forth from the craft table to the animal exhibit. "I love the interaction," Melissa shared regarding her favorite thing about the event. "Everything is hands on."

In 1999, Melissa moved to Burleson to teach at Frazier Elementary School. "My whole class all week long have been doing Earth Day things," Melissa stated. That week, she had her students bring recyclable items to class, so they could brainstorm new ways to reuse them. "I love Earth Day," Melissa smiled. "It's been really fun doing Earth Day things."



David Hannaman and Jeri Snyder celebrate Cinco de Mayo at Torques Grill and Cantina.



Beth Lytner sells left over orchids from the Fort Worth Botanic Garden at a garden club plant sale.



Burleson seniors have a blast learning line dances at the Senior Activity Center.



Academy at Nolan Dunn teachers, Diana Crowell and Ashley Sharp, enjoy a lovely midday walk.



William and Thalia Wheeler play at the newly opened Claudia's Playground.



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In the Kitchen With

LAVERNE PAULK-BROTT

— By Becky Walker



LaVerne Paulk-Brott's cooking experience was limited before she retired from Southwestern Bell Telephone Company. "It's a good thing my husband would eat anything and everything!" she quipped. "A babysitter offered my children homemade soup for lunch. She was told, 'We only eat canned soup!'"

After retirement, LaVerne began the trial-and-error process of teaching herself to cook, scanning cookbooks for recipes to try. Today, she enjoys baking. "I'm currently perfecting a Chantilly cake and petit fours for an upcoming tea. I found that using vanilla paste has a better flavor than the extracts," she said.

A widow herself, she is a member of the bereavement committee at her church, helping provide meals for families who have lost a loved one. "I find being a part of this ministry very rewarding," she said.

She also enjoys cooking for her two lucky dogs. Included is the recipe for their homemade dog food. **NOW**

Chocolate Pie

1 cup sugar
3 Tbsp. cornstarch
1/4 tsp. salt
6 Tbsp. Ghirardelli Chocolate Cocoa
2 Tbsp. cooking oil
2 cups milk or cream

3 egg yolks, slightly beaten
2 Tbsp. butter
1 tsp. vanilla
1 9-inch pie shell, baked and cooled

Meringue:
3 egg whites
1/2 tsp. vanilla

1/2 tsp. cream of tartar
6 Tbsp. sugar

1. In a saucepan, combine the sugar, cornstarch and salt along with cocoa and oil. Gradually stir in the milk or cream. Cook and stir over medium-high heat until bubbly. Cook and stir 2 minutes; remove from heat.
2. In a small bowl, add 3 spoons of the hot chocolate mixture into the beaten egg yolks; stir. Add the yolks mixture to the hot mixture; cook an additional 2 minutes, stirring constantly.
3. Remove from heat; add the butter and vanilla. Pour into the cooled pie shell.
4. *For meringue:* Beat the egg whites with the vanilla and cream of tartar until soft peaks form. Gradually add the sugar, beating until all the sugar is dissolved and stiff peaks form.
5. Spread the meringue over the top of the pie. Bake at 350 F until the meringue is lightly browned.

Turkey Dog Food

Makes about 6 bags of food.

- 3 lbs. ground turkey
- 2 cups white or brown rice, cooked
- 1 pkg. frozen peas and carrots, microwaved 1-2 minutes

1. Sauté the turkey; add the remaining ingredients. Pour into a large bowl; mix well.
2. Portion about 1 to 1 1/2 cups of the mixture into a Ziploc bag. Remove excess air. Seal and freeze. Repeat with remaining mixture.

Mushroom Tortellini Soup

- 2 Tbsp. olive oil
- 1/2 lb. fresh mushrooms, sliced
- 4 cups vegetable or chicken broth
- 1 14.5-oz. can diced tomatoes with basil, oregano and garlic, undrained
- 1 19-oz. pkg. frozen cheese tortellini
- Pepper, to taste
- 2 cups fresh baby spinach, coarsely chopped
- Parmesan cheese, to taste

1. Add the first 6 ingredients to a stockpot. Bring to a boil; turn down to a simmer. Cook until the tortellini is tender.
2. Add the spinach; cook until wilted.
3. Serve topped with Parmesan cheese, and with a slice of warm bread.

Marinara With Pasta

- 3 Tbsp. olive oil
- 2 Tbsp. garlic, chopped
- 3 Tbsp. dried Italian seasoning
- 2 Tbsp. oregano
- 1 24-oz. jar RAO's Marinara Sauce
- 1 cup diced tomatoes
- Fresh basil, torn (to taste)
- Salt, to taste
- Pepper, to taste
- 1 1-lb. pkg. spaghetti, cooked

1. In a saucepan, add the olive oil. When heated, add the garlic, Italian seasoning and oregano. Mix until the mixture becomes fragrant and pasty.
2. Add the marinara sauce and tomatoes. Add the basil, salt and pepper. Simmer at least 1 hour. Serve over spaghetti.

Barbecue Ribs

- Handful of brown sugar
- 2 Tbsp. dry mustard
- 1 Tbsp. ginger
- 2 Tbsp., garlic, plus more to taste (divided use)
- Soy sauce, to taste
- Salt, to taste



"Four things on earth are small, yet they are extremely wise: Ants are creatures of little strength, yet they store up their food in the summer; hyraxes are creatures of little power, yet they make their home in the crags; locusts have no king, yet they advance together in ranks; a lizard can be caught with the hand, yet it is found in kings' palaces."
Proverbs 30:24-28 NIV

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Pepper, to taste

1 rack of ribs

Barbecue sauce of your choice, to taste

1. Mix the first 3 ingredients plus 2 Tbsp. of garlic powder in a small bowl. Add soy sauce until the mixture makes a paste.
2. Add salt, pepper and garlic powder to taste to the rack of ribs. Rub the rub mixture on the front and back.

3. Put the ribs in a cooking bag to marinate; refrigerate for at least 3 hours up to overnight.
4. Bake in the oven at 250 F for 2-3 hours until tender.
5. Remove from the oven. Turn off the oven. Add barbecue sauce; return to the oven to let the barbecue sauce meld into the ribs.

Grilled Pork Chops With Peach-Tomato BBQ Sauce

- 1 Tbsp. olive oil
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- 1 1-inch piece of fresh ginger, peeled and grated
- 1 1/2 cups tomato sauce
- 1/2 cup peach jam
- 2 ripe peaches, peeled and cut into chunks
- 1-2 Tbsp. sherry vinegar
- Salt, to taste
- Pepper, to taste
- 4 6- to 8-oz. pork chops

1. Heat the olive oil in a medium pan over medium heat. Add the

- onions; cook until translucent. Add the garlic and ginger; cook 2 minutes.
2. Stir in the tomato sauce, jam and peaches. Reduce heat to low; simmer until the sauce thickens, about 30 minutes.
3. Stir in the vinegar to taste; add salt and pepper to taste. Let cool.
4. Pour half of the barbecue sauce into a baggie. Add the pork chops, coating both sides.
5. Grill the pork chops on a medium-hot grill or grill pan. Baste the chops with the remaining barbecue sauce. Make sure the chops are cooked thoroughly. Remove from the grill. Let rest for 10 minutes before serving.



Chocolate Pie

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The open road. Hours spent driving along the winding paths of an unfamiliar land. Families trying to find a fun way to pass the time as beautiful landscapes disappear in the background. Summer is the time to create unforgettable road trips with family and friends, and these tips will help make these adventures a smooth ride.

FOLLOWING MAPS

In today's world, an actual paper road map is rarely considered necessary. Most people rely on navigation and map apps on their phones to direct them to their destinations. A few trustworthy map apps include Google Maps, Apple Maps and Waze.

However, what if internet service is spotty? How will drivers know where to go? Having a backup Rand McNally Road Atlas might be the answer. Or travelers can stop and ask for directions. Preferably, plan the route before heading out on a road trip, so there aren't any directional surprises.

ENJOYING SNACKS

While traveling by car for a number of hours, it is always a treat to have snacks readily available. When snacks are easily

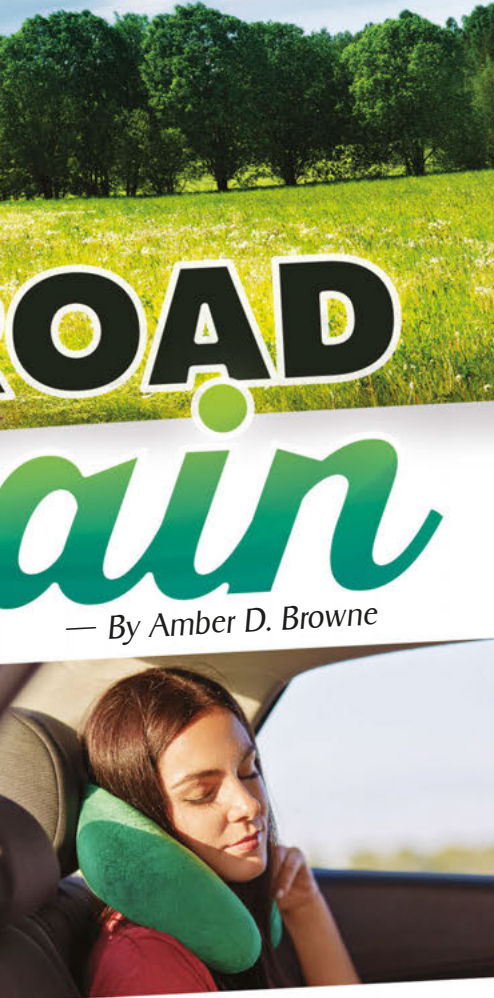
accessible to hungry travelers, it not only curbs their appetites, but it also cuts down on unnecessary stops, ultimately saving time on the trip.

A plastic snack tackle box or plastic organizer box with dividers makes the perfect carrier for bite-size snacks. A separate snack can be added to each section: Cheez-It Baked Snack Crackers, pretzels, almonds, M&M's, raisins, chocolate-covered peanuts, Goldfish Crackers, bite-size beef jerky, SKITTLES, banana chips, etc. A small cooler of iced drinks including bottled water and juice boxes will quench the thirst of travelers.

PASSING TIME

Any road trip might begin to become monotonous as travelers journey through city after city. To pass the time, road trippers can play classic games such as I Spy, in which a traveler picks an item of a certain color, and the others must guess it correctly. The License Plate Game keeps travelers on the lookout for vehicles originating from other states. Travelers can challenge others to Name That Tune to determine what song is playing on the radio, or they can listen to an audiobook or podcast.

Tablets and phones offer free gaming apps that do not require internet access, just in case you are driving through an area with bad reception. Movies can also be downloaded to devices or viewed from DVD players in the vehicle. Just do not forget the charger! And travelers can always just sit back and relax while reading a book or enjoying the scenery.



ROAD air

— By Amber D. Browne

RESTING REQUIRED

A quick nap is an added bonus to pass the time while traveling. Children and teenagers can cozy up with their favorite pillows and blankets. Co-pilots can bring along those comfy items, too, or grab a neck pillow from the store.

Drivers can pull over and rest when tired. A rest stop, park or gas station provides the perfect place to step out of the car for a few minutes until the driver is fully awake and able to resume the trip.

PLANNING ADVENTURES

The destination is the ultimate goal of any road trip. Travelers should have at least a few things in mind to pursue once they arrive. Vacations do not have to be planned out by the minute, but it is nice to arrange a couple of places to visit — museums, restaurants, amusement parks, excursions, etc.

Of course, the destination will provide unforgettable experiences, but the road trip is an adventure in itself. Enjoy every minute of it. **NOW**



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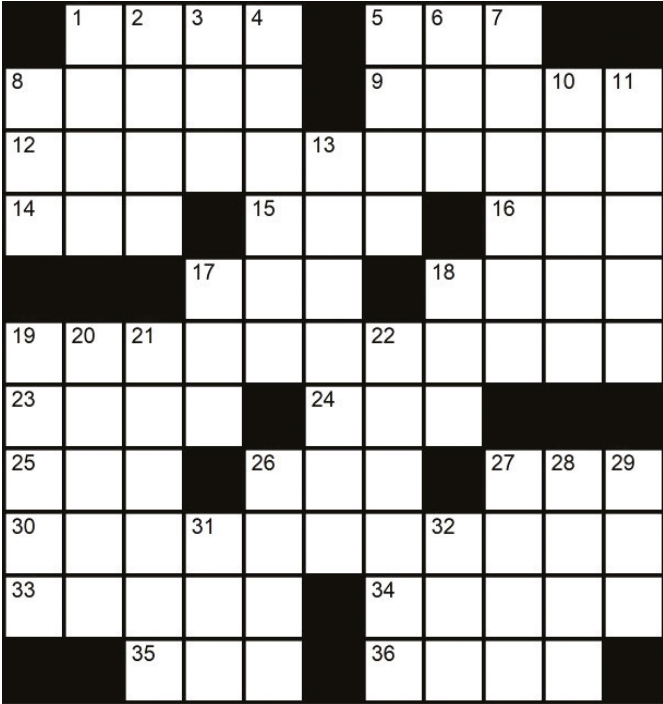
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Across

- 1 Doorframe part
- 5 Hog thigh
- 8 Vehicle on Mars or the Moon
- 9 Nearing the end?
- 12 Hell arranged scooter bash for a potential killer
- 14 --- Arbor, MI
- 15 Network which created "Cubs"
- 16 Tina's former partner
- 17 Meadow
- 18 Parade wrecker
- 19 First pair in the first garden
- 23 Comply
- 24 Anger
- 25 The mailman's busy this month
- 26 Regret
- 27 Rocky pinnacle
- 30 Blue super-soldier?
- 33 Thick slices
- 34 Classified
- 35 Cut along the grain
- 36 Spandau's last inmate

Down

- 1 Fourth Gospel
- 2 "Calling" Co.
- 3 Director --- Brooks
- 4 German city on the Weser River
- 5 Man cave centerpiece
- 6 Affirmative vote
- 7 Moses' sister
- 8 First U.S. color TV maker
- 10 Cell brand
- 11 First orbital American
- 13 Game venue
- 17 Narrative song
- 18 "Dizzy" singer Tommy ---
- 19 Operandi or vivendi
- 20 "That rings ---"
- 21 Sweet secretion of flowers
- 22 Christmas decoration
- 26 Coarse file
- 27 Waiters wait for them
- 28 They might feature in 27 Down
- 29 "Something in ---" (Lorrie Morgan hit)
- 31 A sac fly collects one
- 32 Cereal grass

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		2		1				
	8				9	7	6	
6		1	8					
5			9					
	1	9						
7	6					4	5	
	4					3	7	
3		7				8		
				2				5

Medium

				6			4	
6		7		4			5	
	1					7		
9			8	3				
	2							5
4	6		1	2		8	9	
2			3					
	8						6	1
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www.roomredux.org,
www.facebook.com/RoomReduxDFW,
 (817) 226-6764.

HUMANE SOCIETY OF NORTH TEXAS

Known for helping cats and dogs, the HSNT also places horses and other livestock, some available locally in nearby Joshua. Visit often to find your animal to love.

www.hsnt.org/equine-and-livestock,
 (817) 891-6203.

PROMISES COMMUNITY MINISTRIES

A ministry started by First Baptist Church, Burleson, the Promises organization provides food to families in need who live in Johnson County. They also assist with finding and applying for programs.

www.firstburleson.org/promises,
 (817) 295-9384.

RUSSELL FARM ART CENTER

This local farm offers a glimpse into history, but they also provide many opportunities for children and adults to spend time together. Throughout the year, they plan community events for free or low-cost, many of which occur outdoors.

www.burlesontx.com/1215/Russell-Farm,
 (817) 447-3316.

BURLESON TOASTMASTERS CLUB

Burleson Toastmasters is a local club that promotes the public speaking and leadership skills of its members in an encouraging, supportive environment.

They are affiliated with Toastmasters International. www.toastmasters.org,
www.facebook.com/BurlesonToastmasters,
 (682) 301-0084.

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HAPPY FATHER'S DAY

JUNE

Some events may have been cancelled or rescheduled while we were at press. Check with individual organizations or your city or Chamber websites to verify dates and times.

6/2-6/30

Hot Sounds of Summer Concert Series:

Join us on Friday nights for free concerts. **June 2** features The Josh Weathers Band, a country and soul artist that will get your boots tapping. 7:30 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

6/8

Parks Maintenance Rodeo:

Crews show off their skills in a variety of job-related tasks, from trailer pulling to leaf blowing and more. Come join us for a family-friendly event, and watch our parks and athletics crews compete against each other. Other games, activities and food for purchase will be available during the event. 6:00-7:30 p.m., Chisenhall Sports Complex, 500 Chisenhall Park Ln.

6/10

June Craft Fair:

Local vendors will showcase their sewn creations, art, jewelry and other handmade items. 9:00 a.m.-2:00 p.m., Senior Activity Center, 216 SW Johnson Ave. If you are interested in a booth, please contact the Burleson Senior Activity Center at (817) 295-6611.

Movie Double Feature:

Join us for a *Jumanji* Double

Feature! We'll be watching the original *Jumanji* (1995) at 1:30 p.m., then at 3:30 p.m., we'll watch *Jumanji: Welcome to the Jungle* (2017). Snacks and drinks will be provided. All ages welcome. 1:30-5:30 p.m., Burleson Public Library, 248 SW Johnson Ave.

6/12-6/17

Summer Bag of Books Bonanza:

Help the Friends of the Library raise money for summer programming! For a \$5 donation, you can receive a single use bag to fill with books, DVDs, books on CD and more! 9:00 a.m.-6:00 p.m., Burleson Public Library, 248 SW Johnson Ave.

6/13

Network@Night:

A night of networking, cocktails, appetizers and door prizes. Meet new clients, promote your business, and expand your network. 4:30-6:00 p.m., ClearWater Express Wash, 279 NW John Jones.

6/15

Emergency Preparedness and Recovery Workshop for Businesses:

Guest speakers Burleson Emergency Management Coordinator Joe Laster and Johnson County Emergency Management Director Jamie

Moore will teach how to prepare your business to respond to a disaster and how to recover from it with little to no impact. \$15 for Chamber members; \$20 for non-members. Lunch and Emergency Preparedness Guide included in registration. 11:30 a.m.-1:00 p.m., Russell Farm Art Center, 405 W. County Rd. 714. Register at business.burlesonchamber.com/events.

6/17

Father's Day Fishing Tournament:

A fishing trip as epic as dad himself. Prizes will be awarded for the biggest fish, smallest fish and biggest combination of father and child fish. Bring your own fishing gear. 9:00 a.m.-noon, Bailey Lake, 280 W. Hidden Creek Pkwy. Register at burlesontx.com/events.

Juneteenth Music, Art, Food Festival:

Come enjoy this new event which celebrates the Juneteenth holiday with cultural educational opportunities as well as cultural art, food and live entertainment. This is a free event. 7:30-9:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

Fourth Mondays

Johnson County Quilt Guild:

Monthly meeting for quilters

in Johnson County. 6:30-9:00 p.m., Crossroads Fellowship Church, 400 N. Main St. (2nd St. side entrance), Joshua. FB: Johnson County Quilt Guild. Contact Kay Fox by texting (817) 201-6222 or emailing aokntexas@gmail.com.

First and Third Wednesdays

Senior Bingo:

Have fun and win prizes twice each month. 10:00 a.m., Burleson Senior Activity Center, 216 SW Johnson. www.burlesontx.com/320/Senior-Activity-Center or (817) 295-661.

Saturdays

Burleson Farmers Market:

Open from end of March until mid-November. Experience the freshest, high-quality fruits, vegetables, meat, bread and crafts. 8:00 a.m.-noon, Mayor Vera Calvin Plaza, 141 W. Renfro St. www.burlesonfarmersmarket.com.

Submissions are welcome and published as space allows. Send your current event details to emma.mckay@nowmagazines.com.

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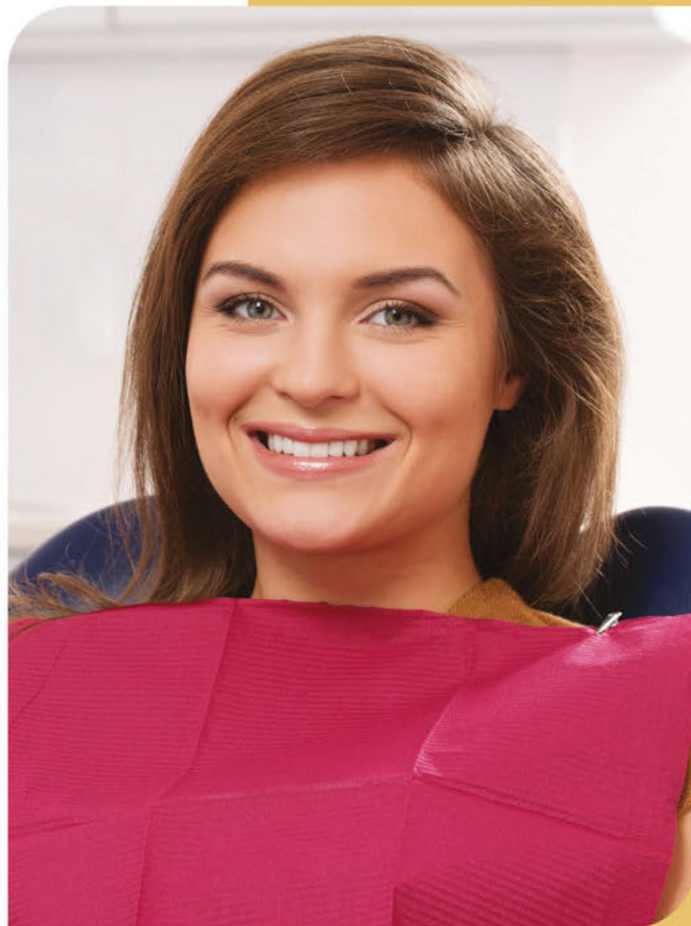


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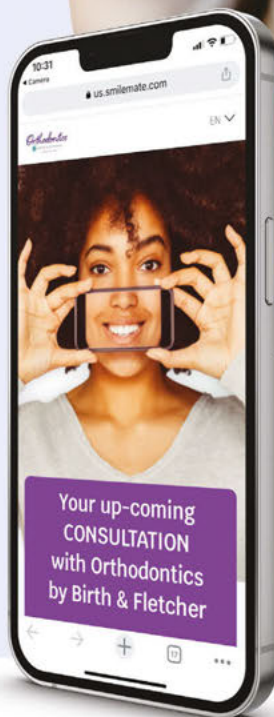
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