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M A G A Z I N E

SEPTEMBER 2024

Weekend Friends

The Borrowed Buddies Program helps animals find forever homes

In the Kitchen With Chyree Lindsey

Also inside:
Scavenger Hunt

Crossword

Featured Business:
Torque Grill & Cantina

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Dr. Sherif Elbarnashawy "Dr. Sherif" received his undergraduate degree from the Dental School of Cairo University in Egypt. He then moved to Cleveland, OH, to earn his orthodontic residency at Case Western Reserve University after he received his orthodontic fellowship. He is an American Board of Orthodontics diplomate.

Dr. Sherif loves creating beautiful smiles and helping improve his patient's quality of life. His professional interests include interdisciplinary and orthognathic camouflage cases.

Outside of work, Dr. Sherif enjoys working out, scenic motorcycle rides and if he's near a beach, he enjoys surfing/watersports. Dr. Sherif also speaks Arabic.



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ON THE COVER



DeAnna Phillips explains how to participate in the Borrowed Buddies Program.

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Emma

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EDITOR'S NOTE

Happy Birthday!

OK, maybe it's not *your* birthday, but according to *USA Today*, *parents.com* and many other sources, nine out of 10 of the most common birthdays in the U.S. occur in September. So, the odds are pretty high that you or someone you know is celebrating a birthday this month. The odds of someone you know being born on September 9 are even higher, as that's the most popular birthday. Is that better or worse than having a birthday on an important holiday?

Growing up, I hated having a birthday so close to a holiday because so many of my friends would be traveling and would miss my party. Many times, I'd have to schedule my party on a different day, which to a 9-year-old is the second worst thing in the world! The absolute worst thing is not getting to celebrate it during the school year like all the other kids. Do you know how much extra attention summer birthday kids miss out on because they don't get to stop the entire school day to pass out cupcakes? It's not a lot, but as a kid, you empathize with the sad animals you saw in those Sarah McLachlan commercials right before your parents changed the channel.

Like those commercials, birthdays feel different as you grow older (just, opposite types of different). You might not care about throwing a big party, or even making a big deal about it. However, your friends still want to celebrate you. Even if it lands on a holiday or a popular birthday, they'll make the time to do so because they care about you.

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Weekend Friends

— By Emma McKay



Overpopulation is a near-constant problem animal shelters face. Between October 2023 and April 2024, the Burleson Animal Shelter handled 997 animals. During that time, only 391 animals were adopted, and 129 animals were returned to their owners. No matter how many adoption events the shelter can hold, with numbers this large, it is hard for adoption rates to keep up with intake rates. This leaves many adoptable animals unseen by potential adopters.

To combat this, in December 2023, the Burleson Animal Shelter launched their Borrowed Buddies Program, which allows community members to “borrow” an adoptable animal for the day, weekend (Saturday at 4:00 p.m. to Tuesday at 11:00 a.m.) or holiday weekend. By spending time outside of the shelter’s walls, these animals get a chance to be seen by potential adopters,

increasing their likelihood of finding a forever home. It also gives the animals the opportunity to socialize with humans in a comfortable setting.

"Pets at the shelter can experience stress and behavioral issues due to the confinement," said Community Services Director DeAnna Phillips. "Providing them with an opportunity to spend time in a home environment helps alleviate this." In this relaxed setting, the animals can showcase their true personalities to potential adopters. "[The program] also enables staff to gain valuable insights into the pets' behaviors in a home setting, such as their compatibility with other animals and whether they are housebroken."

In addition to benefiting the animals, this program reduces the workload of the shelter's staff, especially during holiday weekends. "Even when the shelter is closed, staff members still need to come in to clean, feed and care for the animals. By placing pets in temporary homes during holiday weekends, the shelter decreases the amount of time staff need to spend at the facility, while simultaneously providing the animals with a loving and comfortable environment."

Whether you prefer cats or dogs, any animal lover can volunteer for this program. "Before anyone can be approved to participate in the Borrowed Buddies Program, they must complete a detailed application," DeAnna explained. "This application helps the shelter assess the suitability of potential temporary caretakers and ensures that the animals will be treated fairly and responsibly while in their care."

To further guarantee the safety and well-being of the animals, human participants are required to follow certain guidelines. "This ensures the safety and well-being of the animals at all times." Participants with canine buddies are prohibited from taking their buddies to the dog park. Those who have dogs at home and are only borrowing their canine buddy for the day are asked not to bring their four-legged family member to outings with them. These rules allow the buddies, who spend most of their time surrounded by dogs, to have one-on-one time with humans.

These guidelines also helpfully instruct participants what to do if their



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buddy gets sick, runs away or bites someone. This prepares participants for the worst-case scenario, so they'll feel confident with their actions in the moment. "The guidelines ensure that the animals are cared for properly and responsibly while in a temporary home," DeAnna continued. "If a participant fails to follow these guidelines, animal services staff will promptly pick up the pet and return it to the shelter."

All participating animals in this program are up to date on their vaccinations and are spayed or neutered. Shelter staff then will match program volunteers with a suitable pet, based on its known behavior and temperament. "This ensures that each pet is placed in a suitable environment where they are likely to thrive and be comfortable. The matching process takes into account factors such as the pet's behavior around children, other people and other animals."

DeAnna encourages anyone interested in the program to take part. "By participating, people can enjoy the companionship of a pet without the long-term commitment," she explained. "It fosters a sense of community and

enables volunteers to make a direct, positive impact on the well-being of the animals. This collaboration strengthens the bond between the shelter and the community, creating a network of support for the animals."

Not only is this program free to participate in, but the shelter supplies some of the things you need to take care of your buddy. When picking up your buddy, the shelter will provide a collar, leash and, if you are borrowing a cat, a cat carrier. In addition to these things, the shelter provides food for them to eat, so they don't get sick from a diet change. "Treats are optional, so most people supply those," she added.

"Since its launch, the Borrowed Buddies Program has been incredibly popular," DeAnna expressed. "We have seen a tremendous response from our community, with many people signing up to participate. Our community members have shown exceptional enthusiasm and dedication to supporting the pets in our care, making the program a great success." As of June 2024, 12 animals have participated in the Borrowed Buddies

Program. Out of those 12 animals, 10 have found their forever homes.

In addition to participating in the Borrowed Buddies Program, the shelter holds community events throughout the year, such as adoption events and their children's summer program, Paw Pals Animal Care Academy. "These programs not only enhance the well-being of the animals but also engage and educate the public on responsible pet ownership and support for animal welfare." Community members interested in supporting the shelter are encouraged to participate in hands-on volunteering opportunities, such as fostering pets. The Bureson Animal Shelter also accepts donations and kennel sponsorships, which help improve day-to-day operations. **NOW**

Editor's Note: To volunteer for the Borrowed Buddies Program, check out buresontx.com/borrowedbuddies. To get involved in the Bureson Animal Shelter, visit buresontx.com/animalservices.

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Brenna and Eliana spend the afternoon sipping boba and playing games at Feng Cha.

Zoomed In:

By Emma McKay

Jessica Martinez and Daniel Shafer

“What sets our parks apart is the standard we keep them at. You can always rely on our parks to be clean and well-maintained,” said Deputy Director of Parks Jessica Martinez. “Our goal is to make sure the community has top notch facilities.”

Over the summer, the Burleson Parks Department renovated Cedar Ridge Park and disbursed parks surveys to the community. This fall, the parks team is improving Meadow Crest Park and installing AstroTurf on seven fields at the Chisenhall Sports Complex. “We’re intentional on having the community’s involvement on any of the projects we do,” Parks Superintendent Daniel Shafer explained. “We do surveys for what the community wants to see in a playground or a park. It helps us understand what the community wants.”



Burleson’s youth test their sea legs at The BRiCK Boat-Nanza.



The team at TotalCare helps the Burleson-Crowley area with all their medical needs.



The Anders family gets ready to work out and swim at the BRiCK.



Jed, Kitty and Nicole Maynard picnic in the park.



John Cox, at the Burleson Masonic Lodge, is visited by K9 Sonic and his handler, Officer Rachel Ayoso.



Layla Trujillo returns her summer reading, ready for her next bookish adventure.



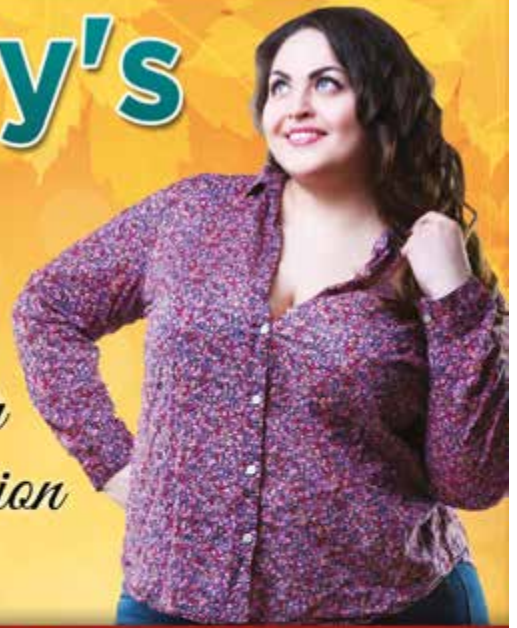
Steven Libby takes in the view at Bailey Lake.

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BusinessNOW

Torque Grill & Cantina

— By Emma McKay

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With its oil barrel tables, tire couches and appropriately themed menu, Torque Grill & Cantina is an automobile lover's dream. "Many people think it's a franchise, but it's family-owned and -operated," Owner Lyn Rivas said. On



March 11, 2021, Lyn and her family opened this authentic Mexican and American restaurant in the lot next to their car dealership to give their customers a place to eat and spend time while waiting for their banks to finalize their financing.

Lyn runs the restaurant with her daughter, Destiny Rivas. "We've been talking about [opening Torque] since I was in middle school," Destiny said. Having studied at the Culinary Institute of America in New York and working an externship at a fine dining farm-to-table restaurant in San Antonio, Destiny uses all she's learned to manage the business and work in the kitchen. "I want to serve fine dining food at a comfort level. We use quality ingredients, so people get to experience and taste that fine dining food without paying \$500."

To achieve that fine dining taste, most of Torque's menu items are made from scratch. This allows guests to customize their food depending on their dietary needs. "We roll our own taquitos, and we serve them with guacamole and queso. For the Impossible Taquitos, we serve it with vegan queso we make from scratch," Lyn stated. Their popular

jalapeño poppers, corn in a cup and all their many flavors of ranch can be made vegan and non-vegan.

Being predominantly vegan themselves, Lyn and Destiny wanted to create a place where people with different dietary needs can eat a great meal alongside their family members who don't share those same needs. In addition to serving vegan options, many of their dishes can be made gluten free or keto. "We put our heart into the food," Lyn said. "We're the ones involved in creating the dishes."

"I WANT TO SERVE FINE DINING FOOD AT A COMFORT LEVEL. WE USE QUALITY INGREDIENTS, SO PEOPLE GET TO EXPERIENCE AND TASTE THAT FINE DINING FOOD WITHOUT PAYING \$500."

Much of the menu was inspired by their loved ones. Lyn created the Rice Burner, their teriyaki chicken taco, for her son. "He likes everything Asian, so we did something with an Asian flair for him," she said. "His girlfriend's is the Biohazard Taco because it's everything keto." Destiny's boyfriend, a spicy food lover, inspired the Hot Rod, and Destiny, who adores breakfast burritos, gets the Cadillac'n. Even Lyn's mother, who passed before Torque opened, has influenced the menu. "A lot of the recipes were hers. It's like she's still here."

"People tell me that when they go to restaurants, they'll stick to just one thing they like. They don't want to try anything else and get something that they're like, *Oh, I don't know ...*" Destiny shared. "But when they come here, they say, 'I know I can order anything, and it's going to be good.' That is the *best* sentence! Many people work their way through the menu. It feels good!"

With their Trivia & Taco Tuesdays, BOGO Wings Wednesdays and their rotating events on Saturdays, there's something going on just about every day at Torque. Most recently, they have begun hosting vendor events every fourth Friday, accompanied by exclusive menu items. Be sure to check out their calendar before planning your visit! **NOW**

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CookingNOW
In the Kitchen With
CHYREE LINDSEY

— By Emma McKay

Chyree Lindsey's cooking influences are, in her words, as eclectic as her spice cabinet. "From Grandma's secret recipes to the Food Network's wildest creations, I've soaked up culinary wisdom like a sponge." Chyree treats traditional recipes as canvases, playing around with ingredients like paint until she creates her own masterpiece. "Forget bland and boring. My dishes have more personality than a reality TV star," she said.

To Chyree, cooking is about sharing love. When she first married her husband, Donnie, he had "the palate of a picky toddler." Over the years, she has taught him to expand his culinary palate and prowess. "I've turned my kitchen into a culinary classroom. Sure, I might stray from the recipe, but that's just part of the fun!" **NOW**

Chorizo and Goat Cheese Quiche

Roasted Jalapeño Pesto:

6 jalapeños, roasted and seeded

(Do not remove the blistered skin.)

1 1/2 cups cilantro leaves, tightly packed

1 clove garlic, chopped

3 Tbsp. pine nuts

Extra-virgin olive oil, to taste

1/4 cup Parmigiano-Reggiano, grated
Salt, to taste
Black pepper, freshly ground, to taste

Quiche:

1 Tbsp. canola oil

1/2 lb. Mexican chorizo, casings removed

1 1/2 cups fontina cheese, grated

1/4 cup Cotija cheese, finely grated

2-3 green onions, (dark and pale green part) thinly sliced

2 tsp. fresh thyme leaves, chopped
2 large pie shells
10 large eggs
1 3/4 cups milk
1 3/4 cups heavy cream
4 oz. soft goat cheese, frozen for 10 minutes and cut into 1/2-inch pieces

1. Preheat the oven to 375 F.
2. *For pesto:* Put the jalapeños, cilantro, garlic, pine nuts and oil in the bowl of a food processor fitted with a metal blade. Pulse until the mixture has a pesto-like consistency. Add the cheese, salt and pepper; pulse a few times to distribute the cheese.
3. *For quiche:* Heat the oil in a large sauté pan over high heat until it begins to shimmer. Add the chorizo; cook until golden brown. Remove with a slotted spoon to a plate lined with paper towels; let cool slightly.
4. Scatter the fontina, Cotija, green onions, chorizo and thyme over the empty pie shells. Whisk the eggs in a large bowl. Add the milk and cream; whisk until smooth. Pour into the pie shells; evenly distribute

the goat cheese over the top. Bake until the crust is deep golden brown, and the center is almost set but the sides are set, about 40 to 50 minutes. Let sit at room temperature for at least 20 minutes before serving. Cut into wedges; drizzle the jalapeño pesto over the top.

Pumpkin Cookies

Makes about 70 cookies.

- 2 cups sugar
- 2 cups shortening
- 1 15-oz. can pumpkin
- 2 eggs
- 2 tsp. vanilla
- 4 cups flour
- 2 tsp. baking powder
- 2 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. nutmeg
- 1/2 tsp. allspice

Icing:

- 1 stick butter, room temperature
- 8 oz. cream cheese, room temperature
- 2 cups powdered sugar
- 1 tsp. vanilla

1. Combine the sugar, shortening, pumpkin, eggs and vanilla.
2. In a separate bowl, mix the flour, baking powder, baking soda, cinnamon, nutmeg and allspice. Combine the ingredients from the first bowl into the second a little at a time.
3. Drop by the spoonful onto a greased cookie sheet.
4. Bake at 350 F for about 12-15 minutes.
5. For icing: Combine all the ingredients together; frost when the cookies have cooled.

To search for more great recipes from any of the 9 NOW Magazines publications, visit www.nowmagazines.com.

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- Virginia Woolf



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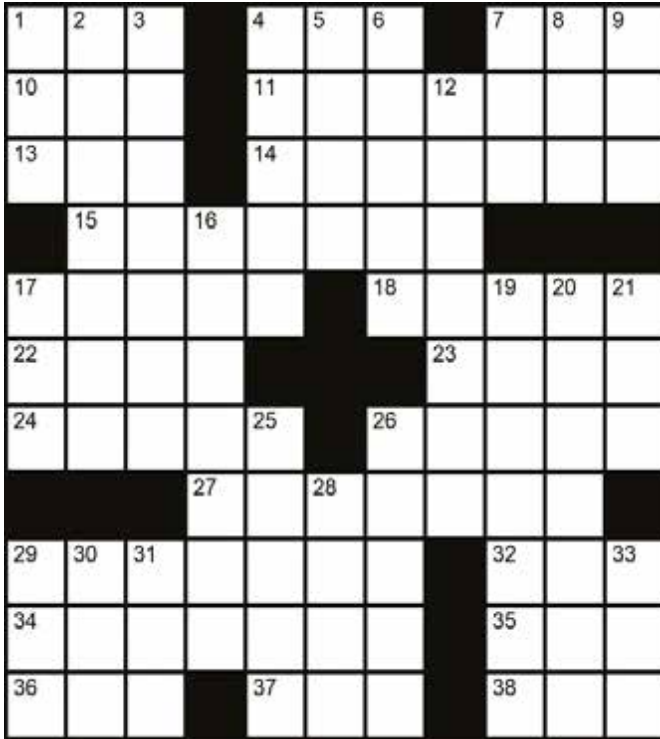
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Crossword Puzzle



Crosswordsite.com Ltd

Across

- 1 Tire measure
- 4 Amount of game killed
- 7 Untwisted fiber bundle
- 10 100 cubic feet of a ship's capacity
- 11 Flying fee
- 13 "Cakes and ---" (1930 Somerset Maugham novel)
- 14 Scoffed
- 15 Satellite
- 17 Saturn's largest moon
- 18 Personal belongings
- 22 "It's pretty, but --- Art?" (Kipling)
- 23 Showing unusual talent
- 24 "60 Minutes" reporter
- 26 Tiler's mortar
- 27 Boring mix-up outside
- 29 Supermodel Schiffer
- 32 And not
- 34 Two female Oscar winners share this surname
- 35 CSI evidence
- 36 "The Bottle ---" (R L Stevenson)
- 37 Favorite
- 38 Baste

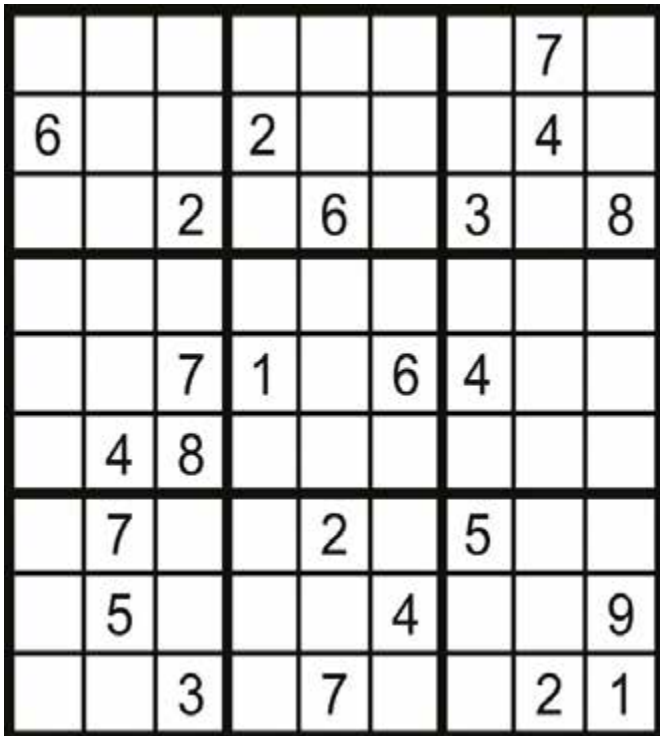
Down

- 1 Bake-sale org.
- 2 Aria singer
- 3 Sluggishness
- 4 Area drained by a river
- 5 "You --- seen nothin' yet!"
- 6 Address
- 7 Cigarette gunk
- 8 Galena, for example
- 9 Tie the knot
- 12 Mondale's 1984 running mate
- 16 Where Marat was murdered
- 17 "--- better to have loved and lost ..." (Tennyson)
- 19 Teems
- 20 "With partner" on some invitations
- 21 Fix
- 25 --- the garden (deceived)
- 26 Huge
- 28 Dreadful
- 29 Greek X
- 30 The only man-carrying Moon lander
- 31 Smartphone download
- 33 Unrefined

Online versions and solutions available at www.nowmagazines.com. From our Homepage, click on the Crossword-Sudoku tab. Click on a puzzle. Click on the See All button to view solutions.

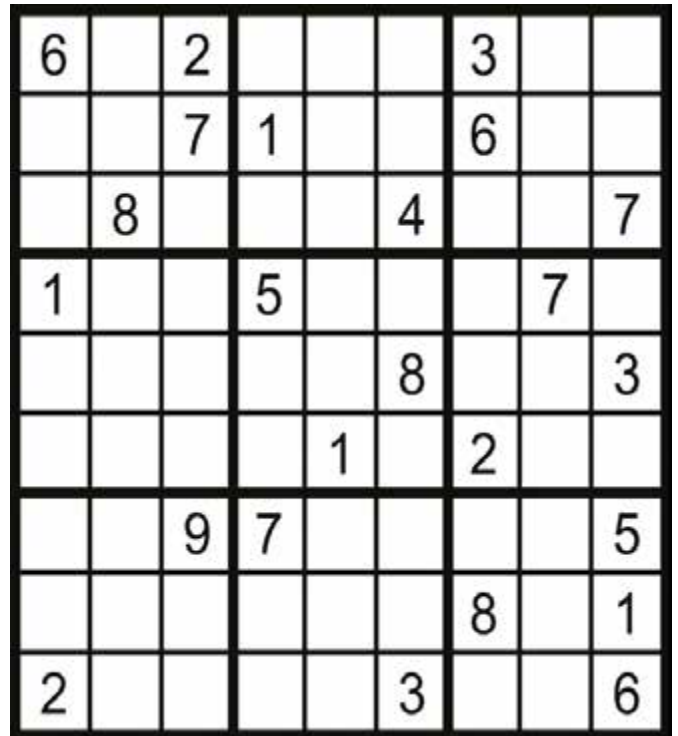
Sudoku Puzzle

Easy



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Medium



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WIN!

BurlesonNOW Scavenger Hunt



Find 5 hidden Apples

in 5 different ads in this issue (not counting the one above).

Email the page numbers and specific ads where they are found, plus your phone number, by September 15th. To ensure your Scavenger Hunt answers go in the drawing, you must use the

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IT'S GAME TIME!

SEPTEMBER

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.

9/7

Burleson Emergency Preparedness Fair:

Come and learn essential preparedness skills that will keep you and your loved ones safe in any situation. This is a free event. 9:00 a.m.-1:00 p.m., BRiCK, 550 NW Summercrest Blvd.

BTX Beats:

This fresh new concert series brings the heat this fall with the coolest local bands in town! Food trucks on-site. Come see performances by Olivia Joy Duet (4:30-5:30 p.m.), Brock Dewald (6:00-7:00 p.m.) and Dolan (formerly the Dolan Band; 7:30-9:00 p.m.), Mayor Vera Calvin Plaza, 141 W. Renfro St.

9/10

Homeschool Canning Class:

Students (ages 10-18) learn safety techniques, the canning process and take home a jar of strawberry jam! Class promotes working with others and acquiring life skills. \$30 per student. 1:00-4:00 p.m., Russell Farm Arts Center, 405 W. County Road 714. Register: burlesontx.com/Calendar.

9/14

Trash Bash:

Help Keep Burleson Beautiful by participating in a citywide cleanup event. After the cleanup, enjoy free pizza and a prize raffle. 8:00 a.m.-noon, Warren Park, 301 SW

Johnson Ave. Register by 9/10 at burlesontx.com/FormCenter or call (682) 312-2765.

9/25

Zumba Latin Nights:

Celebrate Hispanic Heritage Month by moving and grooving with Claudia Soto. Free. 7:00-8:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

9/26

2nd Annual Swingin' for ASD Pickleball Mixer:

Have fun socializing and playing pickleball all while supporting the Center for ASD. Whether you are a seasoned pickleball pro or a

first-time player, this mixer is open to players of all levels. 9:00-11:00 a.m., Southern Oaks Golf Course, 13765 Southern Oaks Dr.

9/28

Hispanic Heritage Festival:

The city invites you to try tasty eats and shop from local vendors while listening to a DJ spinning some beloved tunes. 5:00-9:00 p.m.; Claudia Soto will be leading a Zumba class from 6:30-7:30 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

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



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September LAWN TIPS

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Start lowering your mowing height to prevent heavy residue and thatch build up next spring. Cut your begonias to soil level and cover them with mulch so they survive the winter and bloom next spring.

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