

THE BERKELEY PLACE POOBAH

THE NEWSLETTER OF THE BERKELEY PLACE ASSOCIATION, FORT WORTH, TX



PRESIDENT'S LETTER

AMY ALLIBON, BPA PRESIDENT



The sweet sound of the children playing at recess on the Lily B playground has returned, and by the time you read this perhaps our heat wave will have some glimmer of ending.

Our BPA quarterly meeting is scheduled for Wednesday, September 13 at 7:00 p.m. via Zoom. I hope you can make time to join us. Get to know your neighbors and find out what is happening in Berkeley. I am meeting with Councilperson Elizabeth Beck on September 5 and look forward to reporting what I learn about city issues. We will preview a 2024 budget that will be voted upon at our Q4 meeting on November 13 at 7:00 p.m. via Zoom.

Have you driven by the Hargrove Memorial Park on Ward Parkway recently? The plants have taken root, matured, and the park is simply magnificent. Frank Poeschel put another brick order form in the August *Poobah* issue. If you have not purchased a brick yet, consider doing so. Walk through the park and see the bricks memorializing or honoring people, pets, and special memories. The revenue from the purchase of the bricks helps support the maintenance of this beautiful space in Berkeley. I know Frank would love more help maintaining the park. Please use your new BPA directory (thank you, Tess McDonald) and contact him.

(Continued on page 2)

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NEXT MEETING OF THE BPA

Tuesday, September 13, 2023
7:00 p.m.



PRESIDENT'S LETTER (CONTINUED)

The new BPA directories will be on your doorstep soon. Many thanks to Annette Stapp Tess (ad sales) and Tess McDonald (chair) for getting these much-anticipated directories produced and delivered to all of us. Please email corrections to tessmaster55@yahoo.com.

It is not too soon to mention BPA October events. Pumpkins in the Park is set for Sunday, October 22, 3:00–4:30 p.m., with Ashley Dierker as chair. The move to a Sunday afternoon was sparked by the conflicts with the Lily B calendar on week-nights, and we hope it works better for people. This event is geared for elementary-aged children

and supervising parents. There will be light snacks, a bounce house, and crafts for children.

Finally, a hearty congratulations to the BPA treasurer and membership chair, Tess McDonald, who recently became engaged to Ric Rivera. They plan to marry in early spring of 2024. Tess has been a long-time servant to BPA as well as a wonderful human, artist, and neighbor. We wish Tess and Ric all the best.



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KENSINGTON BLOCK PARTY

BY MAGGI ARENDSEE

Wayne and Maggi Arendsee hosted a block party for the Kensington crew on July 22nd. The event was only one family shy of hundred percent attendance. Wayne prepared carnitas and a Caesar salad and everyone pitched in with an appetizer or dessert. It was an indoor affair given the heat wave which we still haven't been able to shake. After dinner many stayed for a dip in the pool which wasn't soon enough for Jeff and Katie's young sons.



BACK TO SCHOOL BASH

BY JESSICA MORRISON, LILY B. CLAYTON PTA PRESIDENT



Leaders from the five PTAs

The PTAs of five nearby schools recently came together to kick off the school year in the spirit of collaboration and support for our community. The Back to School Bash was hosted by the PTAs of Lily B. Clayton, Daggett, and De Zavala elementary schools, Daggett Montessori, and Daggett Middle School in partnership with the Fire Station Community Center.

The Bash featured a bounce house, rock climbing wall, free breakfast and lunch, school uniform swap, and fun activity tables hosted by the Fort Worth Public Library, Fort Worth Fire Department, Boy Scouts Pack 9, Academy 4, and others. Students from Paschal High School's National Honor Society pitched in as volunteers.

The event also provided each host PTA with an opportunity to share ways that attendees could support their schools. Although our five schools are within one mile of each other, our PTAs' access to money and volunteer resources varies greatly.

The PTA of our neighborhood school, Lily B. Clayton Elementary, has partnered with the school's faculty for over a hundred years, with the common goal of the betterment of all children on the school campus. Some of the ways our PTA's volunteer

efforts and donated funds support the school include supplemental curriculum materials, free yearbooks for every student, school enrichment activities like the Dads' Club Reading Buddies program, a learning garden, and an annual Cultural Arts Day supported by dozens of volunteers and presenters from our community.



Volunteers from Paschal National Honor Society

E.M. Daggett Elementary is the oldest continually operating school in Fort Worth. Founded in 1909, Daggett Elementary is committed to developing students who are grateful, resilient, optimistic, willing to learn, trustworthy, and honest. Ways their PTA supports the school include providing mini grants for classrooms, supporting student success with math, science, and literacy nights, building community spirit with Bulldog Breakfast events and a Fiesta Dance, and supporting facilities improvements.

De Zavala Elementary is the Near Southside's "small school with a big heart." A Title I school with eighty percent economically disadvantaged students, De Zavala earned an "A" rating from the TEA in 2022 due to the hard work of its students, teachers, administrators, and volunteers.

(Continued on the next page)

BACK TO SCHOOL BASH (CONTINUED)



When you join or give to DZ PTA, you are supporting DZ students' access to supplemental learning tools, events and programs that connect families and their school, and their annual "Las Posadas" program, where students and families learn about holiday traditions around the world.

Daggett Montessori was established in 1983 as the first public Montessori program in the district. Initially housed within Daggett Elementary School and Daggett Middle School, the program was moved to a separate Kindergarten through 8th grade campus in 2002. The unique campus setting consists of multiple buildings connected by

(Continued on the next page)

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BACK TO SCHOOL BASH (CONTINUED)

covered walkways. The covered picnic pavilion, greenhouse, and several gardens provide rich opportunities for outdoor learning supported by their PTA. Each Montessori classroom operates on the principle of freedom within limits.



Daggett Middle School is the smallest middle schools in the district, with 394 students and a student-teacher ratio of 11:1. Ninety percent of its students are from lower-income households. The DMS PTA supports academic achievement activities, including a book club and an up-and-coming fine arts program with recently restarted choir, band, and theater programs. In their first year competing, DMS theater advanced to the district UIL competition.

If you have a heart for public education and improving the experiences of students in our community, please consider supporting any of these school PTAs as a donor or volunteer. And if you want to get involved elsewhere within the district, be sure to sign up as a volunteer through www.fwisd.org/volunteer or reach out to any school principal to ask for the best way to help. Support for our public schools makes them more likely to produce students who will be active and productive members and leaders of our community.

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OBESITY IN PETS

BY JOHN MINNERLY, DVM,
UNIVERSITY ANIMAL HOSPITAL



Obesity is a fairly common issue with our pets as much as it is with their human counterparts. Health issues are just as problematic with our pets as they are with us.

Joint issues with older overweight dogs are more of a problem than ideal weight dogs. The simplest issue is that the joints are trying to hold up more weight and have more pressure placed on them. This makes it a downward spiral in that the pet is less likely to move around as much, adding to the weight. Cats become more of couch potatoes. Recent studies have shown that dogs with more abdominal fat produce more inflammatory products. Those inflammatory products increase the pain from osteoarthritis. Newer weight management diets include nutrients to help joint health. That helps increase activity and reverse the downward spiral.

Dogs that are overweight have more heart and breathing problems. Even though dogs don't get arteriosclerosis, the body fat does create increased blood pressure and decreased blood flow. As obesity increases, the body starts depositing fat in the chest cavity, decreasing lung space and eventually around the heart. Fat around the throat and soft palate tends to narrow the inflow at the larynx. If they are a breed prone to collapsing tracheas, this will make it happen.

Male cats that are overweight are more prone to cystitis and blockage. The fat changes the course of the urethra, making it less of a straight line. The cystitis (in females also) is thought to be associated with the increase in inflammatory products due to abdominal fat.

Overweight cats are prone to diabetes. One of the causes of obesity in cats is diets high in carbohydrates. Over time the metabolic pathways stop using the carbohydrates for energy and are unable to store anymore in the liver. Giving twice (sometimes more) daily injections to a cat is a challenge.

Fatty liver disease in cats is a potentially lethal result of obesity. Over time, the cat's body deposits extra energy in the liver. The liver cells get more and more fat stored in them. It gets to the point where the liver cells cannot perform the other functions they were designed for. The cat then becomes toxic. The cat stops eating but cannot get the energy from the liver cells. The cat then needs enough energy to get the fat from the liver cells, without getting too much where it deposits more in the cells. Often this requires a stomach tube and feeding a strict amount of food.

Watching your pet's weight is important to its long-term health.

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WALKATHON REMINDER

BY LAUREN TEER



In case you missed last month's *Poobah*, mark your calendars for the Annual Lily B. Clayton Walkathon on October 13 from 8:00 a.m. to 9:30 a.m. right here on the streets of Berkeley. The Walkathon is Lily B.'s Fall fundraiser where students ask neighbors, relatives, and friends for donations to Sweet Lily B. The fundraiser will run from September 18th through September 29th. The event will begin and end at Lily B. Clayton Elementary School located at 2000 Park Place Avenue. The students will be led by members of the Fort Worth Police Department and the Paschal High School Band. This is a great opportunity to bring your cup of coffee out to your front porch and cheer on these special students.

Our goal each year is to raise money to make school improvements like updating academic material as well as technology upgrades. Donations are also used to support faculty and host special events throughout the school year. We opt to do a walkathon fundraiser over a typical school fundraiser because a much higher percentage of the money raised goes back to the school, the students have direct involvement in supporting their school, it promotes school spirit, and we get our exercise!

The Walkathon route is attached for reference. If you have any questions, please contact laurenteer@gmail.com. You may also contact the Outdoor Event Manager for the City of Fort Worth at 817-392-7894. We have submitted our permit application

for the event to the CFW and are also required to provide the following notice: "Failure of a property owner to return written comments with ten days of this notice shall be considered in non-opposition to the proposed Special Event or Parade."



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LILY B. CLAYTON WALKATHON ROUTE

POLICE CAR (LINE UP ON BERKELEY PLACE)

STUDENTS (LINE UP IN CARPOOL LINE)



PRE-K BREAK AREA

For the safety of our students...

- * The City of Fort Worth has issued a permit for the event.
- * Police will be patrolling traffic and blocking major street crossings.
- * Every class will be with a teacher and 2-3 parent volunteers.
- * Every child will be given a free red Lily B. t-shirt for Walkathon day.
- * The map was designed to avoid busy streets and crossings.
- * The Walkathon is held during low traffic hours.
- * Cars will be separated from walkers by a street-wide Lily B. banner.
- * Water bottles will be provided for each student.
- * School Nurse and First Aid volunteers will be available.
- * A shady street will be blocked at the Warner Water Station for a Pre-K play area and turnaround station.

BPA

COMMUNITY

YARD

SALE

saturday, sept 16

8 am—12 pm

Email a.allibon@att.net

by 9/8 if participating

BERKELEY CHEERS

Give a shout-out to neighbors who have done something you appreciate! Send your cheer to judyltr@gmail.com to be included in the next issue.

Cheers to neighbors who have lent me a helping hand this past year and a half since my husband died. You're loved and appreciated so much. Thanks to Darien George, Howard Cox, Steve Smith, Darcy Sety, and Guy Riddle for helping with tasks I either needed a little more muscle or know-how than I have to get done!

—Polly Hooper



BPA BANK ACCOUNT BALANCES

BY TESS MCDONALD

Savings account \$15,032.96

Checking account \$44,898.02

Submitted 8/15/2023



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THE COLLEGE CURVEBALL

BY CRYSTAL BANE

Back to school time can be an unusual and often stressful time for families with students who have disabilities. Across social media, we see moms making posts of their student's first day back to school and everyone is commenting and giving the posts love. On the other hand, the Facebook support groups for parents of children with disabilities are inundated with frustration about poor placements, untrained staff or lack of staff, and the difficulty often of even getting a child out of the car once they've arrived at school.


In the summer of 1999, I gave birth to my first son, Hayden. There were a few complications at birth, and he was transported to Cook Children's Hospital. This is where he was diagnosed with Down syndrome and we started a different, but incredible journey than we had originally planned. We extended our little family when Gage was born in 2001, and then Parker in 2003. In May of 2005, we noticed Parker started regressing in language, eye contact, and other milestones. He

was officially diagnosed with autism spectrum disorder in August of 2005.

Although I loved Hayden and wouldn't change him for anything, I did not love the battle we were constantly facing for therapies and appropriate educational settings. When the neurologist confirmed Parker had autism, I remember breaking down and telling my husband I just couldn't deal with the educational piece again. But I did, in private and public settings and different school districts, always fighting for appropriate and safe school environments.

In the elementary school years, parents of children with disabilities are already told to be planning for the future when our kids will be adults. We put our children on Texas waitlists for services that are fourteen-plus years long. We start teaching our children skills for independence in hopes they will one day be able to live independently or with support from a sibling or service provider. With the

(Continued on the next page)



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THE COLLEGE CURVEBALL (CONTINUED)

wait for adult services, parents are often the ones who create job and living opportunities for their young adults.

When my boys were still in elementary, I had a close group of friends who had kids of similar age and we discussed creating a safe community for when our kids were adults. This community would have supported living arrangements, jobs within the community, and social activities to provide what we thought would be a fulfilling life for our adults with disabilities. No pressure there, right?!! But this plan did give us a sense of security about the future.

Come middle school, my boys started developing their own ideas of what they wanted and that DID NOT include being in a secluded safe community for people with disabilities. They wanted to get jobs, have their own families, and be a part of their community. But, oh boy, when high school came around, I was thrown a curveball!! Hayden and Parker were both very aware of what their neurotypical peers were up to, and the talk of college came up! The good news is, over the years, more college programs for young adults with intellectual disabilities have been popping up. The bad news is many of these programs are extremely competitive like getting into Harvard!

When the boys were little, I had heard about a college in New Mexico that had a program for people with disabilities. There were few programs around the US that had such a program, and I honestly didn't pay much attention as college was years away. Today, there are at least 323 postsecondary education programs for students with intellectual disability. They offer a wide range of options for different levels of independence and higher education. A good resource to learn more about the programs is the website, Think College, and the Facebook group, Families Think College.

Hayden graduated first but got cancer in his senior year of high school. He beat cancer, but his immune system wasn't great, and we were advised to keep

him close to home in case he came out of remission. He watched his little brother, Gage, leave for college while he remained at home. This was extremely tough for him. Fortunately, the adult program at Green Oaks School in Arlington decided to start their own college program in connection with Arlington Baptist University. Hayden was finally going to get his chance to attend college!



Hayden Bane, junior, Arlington Baptist University, in his new apartment.

Green Oaks Life Prep is a three-year program designed to develop personalized independence, provide vocational training, and educate contributing members of the community. Hayden moved into the dorm his first year and started on this journey. Every time he came home, we saw more maturity and improved skills in independence. His second year started job internships, and we continued to see growth. This is Hayden's third year in the program, and he moved into an apartment with a roommate last weekend! He was ecstatic and couldn't get rid of us fast enough! He has a busy life with classes and new job internships, and the only time I have heard from him was a text request for a Disney channel membership.

(Continued on the next page)

THE COLLEGE CURVEBALL (CONTINUED)

Parker graduated from Paschal High School last spring. He recently started a program at University of North Texas called ELEVAR (Empower, Learn, Excel, Envision, Advance, Rise). ELEVAR is a four-year inclusive educational program which offers a little more independence than Life Prep, but a good fit for Parker who is pretty self-disciplined. Parker will take two classes he's interested in with his general ed peers and two classes with his ELEVAR peers which will focus on gaining good, successful employment. Parker maintained a part time job at Colonial Country Club his senior year of high school, so employment isn't new, but his goal is to be able to fully support himself. ELEVAR is a great next step. He moved into the dorms last weekend, went through the Freshman First Flight week, and starts classes tomorrow!

People living with disabilities often want the same as people living without disabilities. Life throws us

curveballs, but we still swing as hard as we can and sometimes hit it out of the park!



Parker Bane, freshman, North Texas University, with suite mate and RAs.

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Recent Berkeley Market Activity

Sold Price Range: \$415,000 - \$1,350,000

Sold Price per square foot: \$240 - \$389

% of List to Sold Price: 83% - 109%

Days on market: 3 days - 166 days

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BACK TO SCHOOL PHOTOS



Jacob Burton, Senior,
Paschal High School



Anna Claire Deal, 9th
grade, Paschal High School



Stanley-Warner crew



Boston and Finley Griffin, 2nd &
5th grade, Lily B. Clayton



Elizabeth Lawson, pre-K, Lily B.
Clayton Elementary



Eva Fruge, 6th Grade,
McLean Middle School



Augie East, freshman at Paschal High School; Fischer
East, sophomore at Arlington Heights High School



Camilla de la Fuente, 1st
grade, Lily B. Clayton



Jackson, Adelaide, and Carter
Childs started 8th Grade at
McLean Middle School



Marshall Lehman, senior at Fort Worth Country Day, & Kendall Lehman, sophomore at University of Virginia



Dads of the Stanley-Warner walking school bus group.



Cosette & Camille Line, pre-school & pre-K



Finley & Harper Wilson, 4th & 5th grades, Lily B. Clayton



Oliver & Luca Garcia de Anda, 4th grade & Kindergarten, Alice Carlson



Locke and Cal Lewis, 2nd & 3rd grades, Alice Carlson Elementary



Emily Paschall, 9th grade, Paschal High School



William & Andrew Longsworth, 7th and 8th grade, McLean Middle School.



Rahan de la Fuente, 7th grade, McLean Middle School



James Hobbs, 4th grade, Lily B. Clayton Elementary



Leah and Luke McDonald, 3rd grade & kindergarten, Lily B. Clayton

BACK TO SCHOOL PHOTOS



Brynlee Dillon,
Kindergarten,
Lily B. Clayton



Knox & Wyatt Laminack,
1st & 5th grade,
Lily B. Clayton



Wynton Black,
Senior, Paschal
High School



Pearl Hunt,
6th grade, McLean
Middle School



Truett Dillon
4th grade,
Lily B. Clayton



Luke Schaal,
1st grade,
Lily B. Clayton



Gavin and Cole
Newberry, pre-K & 2nd
grade, Lily B. Clayton



The Mundt children—Elizabeth
3rd grade, Henry, Kindergarten, &
Parker, 5th grade, Lily B. Clayton



Ella Williams, freshman,
Paschal High School; Virginia
Williams, 7th Grade, McLean
Middle School; & Camden Ryon
3rd grade, Lily B. Clayton



Jacob (11th grade), Livy
(9th grade) and Wade (6th
grade) at Christian Life
Preparatory School



Maggie Hopkins, 1st grade,
Tanglewood Elementary, &
Lucie Hopkins, two-year-old
class, Spanish Schoolhouse



Wyatt Dillon,
6th grade
McLean Middle School

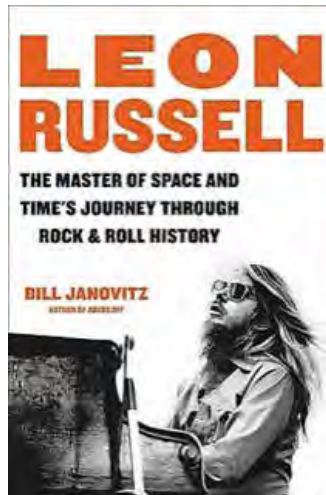


Lola & Ford Church, 3rd
grade & pre-K; Moira,
2-year-old class, First
United Methodist Church
Parents Day Out

ROSIE'S BOOK CORNER

BY DEBRA MILLION

"Surf City" by Jan & Dean, "Mr. Tambourine Man" by The Byrds, "Help Me Rhonda" by The Beach Boys, "When Somebody Loves You" by Frank Sinatra, "Bangladesh" by George Harrison, "She Came in Through the Bathroom Window" by Joe Cocker. What do these songs and scores of others have in common? They all featured the piano playing of the immensely talented Leon Russell.



A new biography by writer and musician Bill Janovitz, *Leon Russell: The Master of Space and Time's Journey Through Rock and Roll History*, tells the story of Leon's long, prolific, and influential career.

Born Claude Russell Bridges in Lawton, Oklahoma in 1942, he moved with his family to Tulsa where young Russell started piano lessons at four, began playing in Tulsa area nightclubs before he was even old enough to drink, a mere fourteen years old, and was in Los Angeles working as a musician at the slightly older age of sixteen. He was a member of the legendary Wrecking Crew, a group of studio musicians who played on practically every hit record in the '60s and '70s. A documentary called *The Wrecking Crew*, released in 2015, shares much more about this group of versatile, journeymen musicians. I can't write about Leon Russell without mentioning that my father was a disc jockey in Tulsa at KAKC Radio in the 1950s and '60s and hired a very young Russell Bridges, as he was still known, to play at the radio station-sponsored sock hops in the 1950s, before Russell left for the West Coast and eventually transformed into Leon Russell.

Leon Russell is the most influential yet underappreciated artist in modern music history. The Beatles, the Rolling Stones, Tom Petty, and Willie Nelson, are just a few artists with whom he played, wrote songs for, or produced. Once you hear his electrify-

ing style on the piano, you will recognize it on every song anytime you hear it. The way he pounds and stomps and shouts is like no one else. He was Elton John's idol. Listen to Leon, then listen to Elton. and you can hear how Elton fashioned his piano playing style after Leon's. When Leon's career had faded in 2009, Elton John paid his beloved mentor back by bringing him back into the spotlight and recording the album, "The Union" produced by Fort Worth's own T. Bone Burnett.

If you love music and music biographies, this promises to be a great one. And if you're not familiar with Leon's music, I recommend his 1970 solo album, "Leon Russell" or 1971's "Leon Russell and The Shelter People."

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2023 BPA BUDGET

INCOME	BUDGETED	YEAR TO DATE	DIFFERENTIAL
Poobah Ad Revenue	\$8,220	\$6,425	(\$1,795)
Directory Ad Revenue	\$1,000	\$1,760	\$760
Annual Dues Collection	\$20,500	\$15,515	(\$4,895)
Designated Donation July 4	\$500	\$250	(\$250)
Designated Donation October (Pumpkins in the Park)	\$500	\$0	(\$500)
Designated Donation October (Santa Park)	\$500	\$0	(\$500)
2023 INCOME	\$31,220	\$23,950	(\$7,270)

EXPENSES	BUDGETED	YEAR TO DATE	DIFFERENTIAL
BPA Board Insurance	\$744	\$698	\$46
Lily B. Auction Donation	\$750	\$750	\$0
Middle School Donation 6th Grade Campus	\$325	\$325	\$0
Middle School Donation 7-8 Grade Campus	\$325	\$325	\$0
Paschal HS Donation	\$750	\$750	\$0
Annual Due Letter Postage	\$685	\$0	\$685
Berkeley Place Events	\$4,850	\$2,887.45	\$1,962.55
SquareSpace—BPA Website	\$337.74	\$358.91	(\$21.17)
Website Management Fees (Google Workspace)	\$144	\$0	\$144
Domain Registry	\$50	\$0	\$50
BPA All Adult Dinner	\$3,000	\$1,560.15	\$1,439.85
Dropbox/PO Box	\$400	\$0	\$400
Poobah Printing	\$9,500	\$6,487.70	\$3,012.30
Zoom Membership 1 yr	\$160	\$159.20	\$0.80
Poobah Newsletter Layout	\$1,300	\$730	\$570
Printing—Directory****	\$4,500	\$3,556.27	\$943.73
Ward Parkway/Hargrove Memorial Park	\$1,000	\$0	\$1,000
Misc (new ribbons for light poles, BPA special mailers)	\$300	\$0	\$300
Block Parties	\$1,000	\$600	\$400
TOTAL	\$30,120.74	\$19,187.68	\$10,933.06

FROM BERKELEY KITCHENS

SMASH BURGER TACOS

RECIPE FROM JAIMIE SMITH

Smashburger tacos are suddenly all the rage, though no one taqueria is taking credit for inventing them. Some Mexican food purists even resent them as another example of cultural appropriation and worry that they might one day be called Big Mac Tacos or something similar. Truth is, though, that these tacos have a long history going back to the early 1900s in New Mexico, Texas, California, and Mexico where they were called hamburger tacos and Mexican hamburgers. *Texas Monthly* has an article about the history: “The Nearly Forgotten History of the Viral Smash-Burger Taco” ([texas-monthly.com](https://www.texasmonthly.com)) You can sign in as a guest.

Jaimie says when she tried this recipe, which she found in the *Fort Worth Star-Telegram*, Greg immediately said, “This is a keeper!”

MAKE THE SAUCE FIRST. MIX TOGETHER AND SET ASIDE:

- 1/2 cup mayonnaise
- 2 tablespoons sweet pickle relish
- 1 tablespoon ketchup
- 1 teaspoon hot sauce (or to taste)
- 1/2 teaspoon garlic powder
- Salt and pepper (to taste)

FOR THE TACOS:

- 1 pound ground beef, preferably 80 percent lean
- Six (6-inch) tortillas, flour or corn, but of good quality (some cooks say the corn tortillas hold up better).
- Salt and pepper
- 6 slices American or cheddar cheese
- Sliced dill pickles, shredded lettuce, diced onions, and sesame seeds, for serving

DIRECTIONS:

For six tacos, divide the meat into six equal portions. Season with salt and pepper. Press each portion onto one side of a tortilla to cover the entire surface. The patty will shrink away from the edge of the tortilla as it cooks.

Heat a large skillet until very hot. Two or three at a time, add the tortillas to the hot skillet meat side down. Do not crowd them or you'll have difficulty flipping. “Smash” with a spatula as they cook. The meat cooks quickly, so stay with it and check after two or three minutes. When the meat has a good brown crust, flip the tortillas carefully. Top each with a slice of cheese and cook until the tortillas are crisp on the bottom and the cheese has melted, about one minute.

Top with pickles, onions, lettuce, and sesame seeds. You can eat flat, like a chalupa, or folded over like a traditional taco.



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BERKELEY KIDS COMICS: SUBMISSIONS WANTED

BY LAURIE GEORGE

This summer I confronted one of my biggest challenges as a parent: life without electronics. It started the way most hard pivots in life start . . . with a mom who loses her temper: “I’ve had it! *No more electronics* this summer. Period!”

I’ll spare the details, but we spent the first few weeks of summer retraining the kids to enjoy life without devices, and it was full-time work. But here we are ten weeks later, and every single toy in our house has been played with. Books series have been read and reread, art supplies have been consumed, imaginations flourished, and the most fun, all three kids teamed up to create comics together! You may have seen them on the sidewalk selling their comics or found yourself an unsuspecting victim of their surge pricing, lol.

Potty humor seems to be a frequent topic, as well as world domination, aliens, robots, and zombies. Some of the characters make their way into several comics, and a few series have emerged as well. As a former English teacher, it’s neat to see the way comics have built up my children’s storytelling abilities. They have helped the kids recognize the elements of plot and strengthened their understanding of character development. I can’t get them to sit down and write a story, but they are happy to lie on the floor and work on a comic for an hour or more, letting their imaginations run wild.

The other day one of the kids asked if there was a way to get their comics published and an idea formed. I talked with our esteemed *Poobah* editor, and we came up with a fun new series: Berkeley Kids Comics! Here are the guidelines:

1. Berkeley Kids Comic submissions are open to any child under eighteen, living in Berkeley, or grandchild of Berkeley residents.
2. Use the template provided or create your own on using a website like Canva. Whatever you decide to do, make sure the template fits regular printer paper.
3. Encourage your kids to submit their “best

work,” whatever that means for them and their abilities. Parent writing is fine for pre-writers, as well as spelling help for any age.

4. Drawings that use color are encouraged and can be seen in the digital *Poobah*, but hard copy of the *Poobah* is printed in black and white only. Keep this in mind.
5. Submit your child’s comic to Judy Alter by the twentieth of the month in PDF or Word format. You can download a free scan app on your phone to do this.
6. One submission will be posted per month.
7. Make sure submitted comics are appropriate for all audiences.



Complimentary portfolio review.



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MAGNOLIA AVENUE WELCOMES WALLOON'S RESTAURANT

BY ERIN EAST

In the nearly twelve years since we moved to Berkeley, we have witnessed the transformation of Magnolia Avenue from seemingly forgotten empty, historic buildings, with a smattering of dive bars and Italian gem Nonna Tata into a hip, progressive, tasty destination street in our city. Yes, some favorites have shuttered (Fixture, Bentley's, Great Harvest Bread Co. to name a few) but new ones have moved to Near Southside, spoiling us with a myriad of food and drink options, a mere mile from our neighborhood.

Enter newcomer Walloon's "Southern Comfort Coastal Spirt" at the corner of Hemphill and Magnolia Avenue, which opened on July 25. Walloon's is part of the From Scratch Hospitality team that includes Provender Hall in the Stockyards, Clay Pigeon in the Foundry District, and Piatello in Waterside.

Walloon's is located in the historic La Cava Building, built in the 1920s by W.B. Cava. The tan brick corner structure was home to Modern Drug until 1997, followed by Fort Worth National Bank. The bank's safe remains, now emblazoned with a gold oyster shell above the safe's door. Our server Jonathan comically opened the door and let me look inside—it is currently empty.

We did not make reservations and hoped for a spot at the horseshoe-shaped bar; however, after just day twelve days of business the word was out about Walloon's, and we were not the only hopefuls. There were six seats at the raw oyster bar that also looked directly into the open concept kitchen. We opted to take seats at the raw bar. Per the fire code occupancy sign, Walloon's is at capacity at ninety-one, so it is not a large space and reservations are recommended.

While the menu is compact and does not boast pages of options, there is plenty to command future visits. I appreciated the simplicity of the mermaid-

adorned menu. There are a handful of starters, four salads, three sandwiches including a Chicago style Italian Beef (which made me chuckle—is this "Southern Comfort?") and just seven entrees.



We started with a dozen raw oysters, hailing from the coasts of Maine and New Brunswick. They were briny, springy, medium-sized but packed with such a punch of flavor you could pass on the horseradish and mignonette. I love garlicky, vinegary flavors and doused my half with the pink sauce. Next, we tried the Spicy Tuna Crudo, fresh tuna mixed with Dijon, melon, cucumber, Calabrian chili oil, chive, horseradish, and served with endive. Of the few foods on my "no thank you" list melon and cucumber are two of them; therefore, Christopher enjoyed the crudo solo, saying it was light and tasted like summertime.

We ordered another starter, the Louisiana BBQ Shrimp. The three large shrimp were accompanied by a thin, dark brown, heavy on the vinegar, Carolina-style BBQ sauce. The shrimp was perfectly grilled.

(Continued on the next page)

MAGNOLIA AVENUE WELCOMES WALLOON'S RESTAURANT (CONTINUED)



We did not want to spare the extra BBQ sauce and asked Jonathan if we could have a side of sourdough bread to soak up the remaining sour, acidic sauce. We received several nods of approval from servers rushing to the kitchen to grab their orders.

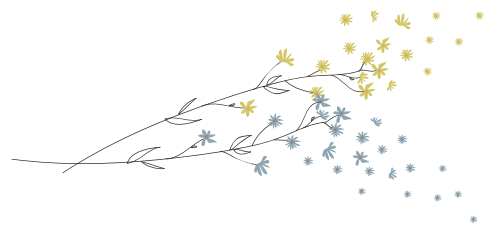
We opted to skip a salad, but if we had one, it would have been the classic wedge with bacon, iceberg lettuce, cherry tomatoes, red onion, bleu cheese and house ranch. Our next course included the Pub Burger, served on a sesame seed bun with American cheese, red onion, Dijonnaise, and pomme frites and the seafood mac and cheese; a lobster, shrimp, three-cheese concoction seasoned with breadcrumbs.

The burger did not disappoint--a medium-rare grilled classic that was delicious. While the seafood mac and cheese was under the entrées, it was more the size of a side and I could not find any shrimp, but it had plenty of lobster.

During our dinner we tried several cocktails. We

both started with the Hugo Spritz: Roku Gin, cava, violet elderflower, mint, and soda. While refreshing, the flavors were weak and not definitive. Christopher switched to the Negroni: Beefeater Gin, Campari, and Cinzano Rosso and kept with that trend, noting it was a great drink. I ventured to try one of two Walloon's signatures: their take on the Old Fashioned. Maker's Mark Private Select, simple syrup, and Aztec chocolate bitters—the latter caught me off guard, as I would have never dreamed up the chocolate bitters, but it blended nicely with the honey-inspired whiskey.

We thoroughly enjoyed the energy and commentary from our server Jonathan, but as we had hoped, a spot opened at the bar, and we switched locations for just one more . . . I guess we had spent the right amount of time at Walloon's when the general manager came over and surprised us with dessert on the house, their bread pudding. The menu doesn't provide a description. I'm not typically a fan of the texture of bread pudding, but Walloon's version is a lemon and blueberry bread topped with a crème fraiche drizzle and vanilla ice cream. It was not soggy but held its texture when the fork cut through and was quite good. We had an exceptional time from the moment we walked into Walloon's to the bonus dessert, and we highly recommend Walloon's. Let's hope those mermaids continue to lure unsuspecting diners for years to come! 701 West Magnolia Avenue, Fort Worth 76104, Open for lunch and dinner, 682-224-3230, www.walloonsrestaurant.com, Instagram @walloonsrestaurant



RAY'S CORNER STORE—A PREVIEW OF WHAT'S COMING

BY LINDA BLACKWELL SIMMONS



Many of you are familiar with our neighborhood store located on the northeast corner of 8th Avenue and Arlington (Windsor Place on the west side of 8th). Raymon and his wife, Nafisa, have owned and operated the corner store since 1991, opening November 26, Thanksgiving week. They have one assistant who has worked for Raymon for almost twenty years and who mans the store at various hours during the week.

Somehow the couple managed to keep the store open during most of the lockdown, a feat not accomplished by many other business owners. Raymon opened the kitchen in 2003, serving burgers and steak fries. For a number of reasons, he closed the kitchen a couple of years ago.

However, all that is changing in early September. The kitchen will reopen, and Raymon's enthusiasm is evident. "All my burgers are made from scratch . . . no frozen patties at my store . . . and all with special seasoning and fresh vegetables. And my potato fries are steak cut."

Raymon also hopes to offer a touch of Pakistani and Indian cuisine soon. These dishes were previously on the menu, and several Fairmount customers have told Ray they miss the international flair in his offerings.

For many in Berkeley, this little store is a step back in time and is the closest place to buy that needed loaf of bread, a carton of milk, beer, ice, and of course for some, that lottery ticket. Raymon also offers a variety of wines.



Ray's Corner Store had been part of Southside for a third of a century, and Raymon shares with me that Fairmount, Ryan Place, and other close by communities have given great support over the decades. He encourages Berkeley residents to come in and meet him and Nafisa or whomever happens to be on duty and introduce yourself. Raymon refers to his patrons as "my customers." His success depends on all the surrounding neighborhoods and continued patronage from us.

I visit the store, maybe not frequently, but not infrequently either, and each time, I am met with a smile and appreciation.

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THE ART STATION CELEBRATES 20TH ANNIVERSARY

BY PEGGY MARSHALL



This fall marks twenty years since the doors of the Art Station opened in Fort Worth, providing creative pathways to healing and growth. The vision of founder and Berkeley resident Jane Avila was to introduce art therapy to the community and make it available to everyone, especially the most vulnerable and underserved. Since that time, the nonprofit has served 42,000 clients and provided 200,000 art therapy sessions. The lives of children, teens and adults have been changed for the better.

People often ask what types of life challenges our clients bring to us. The answer is “almost every type.” Several years after successful brain surgeries, a teenage girl struggled with invisible wounds. The extended medical experience was traumatic for her family. She didn’t want to create any more worry and didn’t share her emo-



tional struggles. Surgeries left her with physical limitations which made her feel uncomfortable in social situations. She became withdrawn and depressed. Working with an art therapist, she found

(Continued on the next page)

THE ART STATION CELEBRATES 20TH ANNIVERSARY (CONTINUED)

a way to visually express her feelings and heal her invisible wounds. She re-engaged at school and socially.

Another story is about a boy in elementary school who had a rough start in life with abandonment and abuse. He was frequently in trouble and sent to the principal's office for his anger outbursts. Working with the art therapist, he created a paper mâché gigantic lava monster which visualized what his anger felt like. He explored anger visually and verbally while creating the artwork. He learned ways to recognize anger when it starts and how to manage it, so he added a set of handcuffs to his gigantic lava monster.



There are other stories about veterans dealing with depression, PTSD, and family conflict as well as teachers dealing with secondary trauma and in need of self-care . . . and many more.

As the only community-based nonprofit dedicated to providing clinical art therapy in Tarrant County, the Art Station is a rare resource locally and one of

the relatively few such organizations in the country. The education, training and licensing required to become a specialized art therapist is extensive, including an almost two-year process after a masters-level degree. There are no art therapy schools in Texas, but the Art Station is an educational facility for graduate students attending low-residency art therapy programs in other states.

The twentieth anniversary will be celebrated during the tenth Public Figures, Private Artists event on Wednesday, Oct. 4th, from 5:30 p.m. to 8:30 p.m. in the ballroom of the historic Masonic Center at 1100 Henderson. The celebration will feature an exhibit/auction of artwork created by fifty-seven business and community leaders and area artists who support the mission of the Art Station. Deborah Ferguson, NBC-5 Today Anchor, is creating artwork. So is Mike Micallef, president of Reata Restaurant. He is also serving as honorary chair of the event. Live music that evening will feature Berkeley resident Chip Christ, and food will be catered by Bonnell's. Each year over 300 people attend the fun social event. For information, tickets, or sponsorships: www.one.bidpal.net/pfpa.

EASY DISPOSAL OF CONTROLLED SUBSTANCES

BY D.D. SETY

I recently had occasion to dispose of a highly controlled medicine. I started at the pharmacy. They suggested another pharmacy, the University of North Texas Health Science Center, and Fire Station 8.

I figured the fire station at West Rosedale and 12th Avenue was my best bet. It's really fun when you ring their doorbell. I think they may not get many visitors because a lot of people answered the door. And they have the answer.

They cannot accept meds, but



they have a depository on the Rosedale side of the building that contains envelopes and a drop box. You put your meds in the envelope, seal it, and drop it in the box. It is convenient and anonymous. You can also use it to dispose of "sharps."



Many thanks to the very courteous and helpful firefighters who assisted me with this.

(Continued on the next page)



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EASY DISPOSAL OF CONTROLLED SUBSTANCES (CONTINUED)

Single Use Disposal System

Safely remove medications that are expired or no longer needed

What is a Single Use Disposal System?

The single use disposal system is a method of safely disposing of unused or expired medications in the privacy of your own home. This TakeAway Envelope allows you to mail medications that are expired or are no longer needed to an incineration plant, where they are safely destroyed.

Why do we need safe prescription disposal?

- Safely removing unused prescription medications can prevent harm from sharing prescriptions, overdoses, and accidental poisoning.
- Research has found that if medications are flushed, traces may end up polluting our drinking water. (Source: *Chem Rev* 2019; 119)
- The Environmental Protection Agency (EPA) recommends incineration and deactivation as safe methods of drug destruction, which meets the Drug Enforcement Agency's (DEA) standard.

What can be placed in the TakeAway Envelope?

ALLOWED:

- Both over the counter and prescription medications including controlled substances
- Tablets, capsules, patches, and creams
- Liquids: up to 4 ounces in a sealed plastic bag

NOT ALLOWED:

- Inhalers
- Needles
- EpiPens and other autoinjectors
- Lancets
- Chemotherapy drugs
- Hazardous materials

Frequently Asked Questions

How many bottles/pills can we fit in an envelope?

As many as you can fit. If you do not have the original bottle, please place them in a sealed baggie.

Can we mail back prescriptions like opioids?

Yes, please use the TakeAway envelope to safely destroy prescription medications.

Can I take more than one envelope?

Yes, please use them and share them with your community as well.

Can I combine my pills into one bottle?

Yes, you can combine your pills, tablets, and capsules into one bottle or seal them in a zip lock bag.

Can sharps be thrown away using the envelope?

No, the TakeAway envelopes cannot be used for needles, auto-injectors, or lancets.



POSTCARD SURVEY QUESTIONS

Please help us provide the TakeAway envelopes to you at no cost. Scan the bar code to answer a few questions about how you used the SUDS. We will not ask for personal identifying information.



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<https://ph.edu/pharmacy/your-business-and-distributors/the-people-centrecommunity-outreach/>

Ugh. Family Photos. SO. MUCH. WORK.



Need a photographer that gets the mental load of family photos?

I am a mom, and I won't tell you that family photos are easy, but I will walk along side to help you with decisions like location & wardrobe. I even provide in-home hair & makeup options because it can be hard to get you & the kids ready at the same time.

Need a photographer that makes scheduling easier?

Check out my availability online and make a reservation right away with email reminders and easy add-to-your-calendar options.

Don't miss out on capturing your family because of scheduling! Let's get you on the calendar.



Want a photographer that feels like a good neighbor & not a stranger?

My name is Brooke, and I live in the Berkeley neighborhood. I would love to get to know you and work with you!



Contact Brooke Macko
www.Macka-Photography.com
brooke@macka-photo.com

MEET SNOWY

BY KELLY LINE WELDER

Snowy is a one-year-old Pekingese weighing about ten pounds. She was found on the streets of Pleasant Grove and was at risk of going to a high-kill shelter. The Welder family on Ward Parkway stepped up to foster her through Mini Mutts Animal Rescue.

Snowy is super sweet and loves people of all ages. She loves playing fetch and running around. Snowy has never met a stranger. She will pretend to be a baby doll when you hold her in your arms. Snowy is house trained and crate trained. She would do best as an only pet and does not get along well with other dogs.

Adopters must reside in DFW metroplex or nearby areas. Some restrictions apply to Snowy: one-week home trial before adoption is final; no



apartments, no wire/chain-link fencing, no children under five.

Interested in meeting Snowy, please email mini.mutts@outlook.com

Pumpkins in the Park



Sunday, October 22 3-4:30 pm

Tillery Park

Join us for treats, bounce house, and pumpkin decorating extravaganza!

WEEKEND WARRIOR: LOST PINES RESORT AND SPA

BY ERIN EAST



Vacationing with kids and teenagers can be a mixture of creating magical core memories interrupted by constant parental barking to “get off your phone and look around!” Hyatt’s Lost Pines Resort and Spa (“Lost Pines”), just three hours from Berkeley, will please the entire family!

Lost Pines is in Texas’ Hill Country, twenty minutes from the Austin airport and thirty-five minutes from downtown. It sits on 405 acres along the lower Colorado River and is also adjacent to the McKinney Roughs Nature Park (“Nature Park”), the park managed by the Lower Color-



do River Authority. Take a short walk around the property and you will see hawks, eagles, snakes, turtles in the fishing pond, not to mention the non-wild Longhorns, pigs, goats, and miniature horses residing in the petting zoo or the horses living in the stables on the property.

If being outdoors and instilling the love of the natural world in your offspring is part of your DNA, Lost Pines will be your haven. Lost Pines partners with the Nature Park to include daily admission providing access to twenty-one hiking trails, covering 17.6 miles of nature. The bonus being all the creature comforts of a 4.5-star resort that shows off updated walk-in tile showers, soft linens, multiple restaurants and bars, a gourmet coffee shop, an adult-only spa which includes a small adult-only pool and hot tub, two family friendly pools incorporating a lazy river and an award-winning 18-hole golf course!



Lost Pines offers twenty-five amenities, including bikes to trek the property, a fishing pond, horse stables with daily rides, a basketball court along the Colorado River, tennis courts, volleyball courts, archery and axe throwing, horse-shoe and washer pits, and trap shooting.

(Continued on the next page)

WEEKEND WARRIOR: LOST PINES RESORT AND SPA

You can pick up a daily calendar of events at the information desk where your kids can plan their action-packed day, ending your evening at one of the many S'more pits scattered about the outside decks, with complimentary chocolate, marshmallows, and graham crackers!



All of this being said, I experienced Lost Pines as a guest of my husband at a work conference; and we didn't even have our teenagers with us! As I wondered about the property while Christopher attended his conference, all I could think about was planning a long weekend with our teens, inviting friends and their teens to travel back to Lost Pines. I want to be clear, and I think you can tell with the types of amenities I described, Lost Pines is family friendly! During social times when I would visit with other conference attendees, adults who flew in from New Jersey to California and many states in between, multiple folks complained that there were too many kids around! The property is spacious, and I believe if you are kid-free but want to experience Lost Pines, you could absolutely plan your time golfing, trap shooting, or embracing all the adult-only spa has to offer!

Let me also emphasize wildlife is prolific on the property and you need to be aware and conscious of sharing the space. That is of course when they don't come into your space like a pair of rowdy raccoons that decided to fight right next to one of the S'more pits or the long black water snake that surprised some attendees when they jumped in the lazy river for a night float!



A long weekend at Lost Pines will make your kids and teenagers forget all about those pesky cell phones except to take photos and videos to record all the fun Lost Pines has to offer. 512-308-1234, Hyatt Lost Pines Road, Lost Pines, Texas 78612



