BurlesonNOW

IULY 2022

Growing Up With Canines

Ellie Dicke shows dogs better than some adults

In the Kitchen With Amy Wooten Also inside: Scavenger Hunt

Crossword

Featured Business: Christ Chapel Bible Church — South Campus

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Bobbie C., Arlington

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Dr. Peter Sutton, DMD, MSD

Dr. Sutton graduated #1 in his class from University of Kentucky and completed his orthodontic residency at one of the top programs in the country, University of Texas Health Science Center. Dr. Sutton has been practicing orthodontics in Texas for 7 years. Dr. Sutton wants orthodontics to be fun and engaging for his patients. He is skilled in many different treatment options from metal braces, clear braces to Invisalign Clear Aligners. His ultimate goal is to get each patient a great result and have fun during the process.



Dr. Kelsey Greene, DDS

Dr. Kelsey Greene, DDS completed her undergraduate degree in biochemistry with a minor in biology at Roanoke College. She graduated from VCU School of Dentistry in 2018 and went on to do additional training in general dentistry at the Washington DC Veterans Affairs Hospital. Dr. Greene enjoys practicing all areas of restorative and cosmetic dentistry. She is focused on keeping up with the latest dental technology and practices, and she continues to exceed the hours of continuing education each year. During her free time, Dr. Greene enjoys volunteering at dental service projects, cooking and spending time with family. She looks forward to meeting you!

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July 2022 Volume 16, Issue 7

ON THE COVER



Ellie Dicke and her dog friends love spending time together.

Photo by Lori Baur.

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Lisa Bell BurlesonNOW Editor lisa.bell@nowmagazines.com (817) 269-9066

EDITOR'S NOTE

Ever try something new — and fail?

Welcome to life 101. We all face defeat sometimes. Thomas Edison said, "I have not failed. I've just found 10,000 ways that won't work." Perhaps his attitude explains his lifetime of incredible inventions. Best known for the incandescent light bulb, phonograph and the motion picture, these three represent only a fraction of his total achievements. He didn't give up when initial attempts fell to the ground, shattering into a million pieces. In everything, we achieve a degree of success, even if the outcome looks different than expected.

I recently created a website for writing groups I lead. Pleased with the overall look, I have a considerable amount of work left to finish before I call it complete. Unfortunately, people said, "I can't get into the site." Missing security, I spent days, weeks, working to fix that problem. I was finally prepared to celebrate, but the home page didn't look right. After hours of online research to figure out the issue, it's fixed. I hope.

I could give up when I run into issues or challenges. Tempting. But how blessed are we with the ability to search online and get instructions on how to do most anything we want? True, I may fail at first, but if I try again, maybe multiple times, eventually, I will succeed. Then again, we can always find someone who knows how to do what we can't, and many love teaching their skills to an enthusiastic learner. Before you give up, reject the words, "I can't," and figure out a way that works.

Enjoy a successful July!





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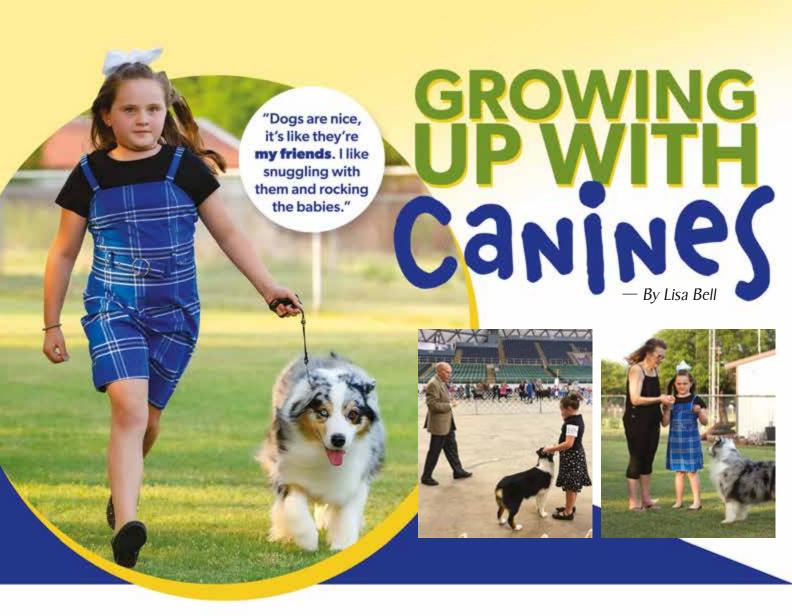
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On Staff



Finishing first grade at Holy Cross Academy, Ellie Dicke knows nothing of life without dogs. Since infancy, she spent time with her grandmother, Maggie Pryor, better known as Mae-Mae. As a professional handler, Maggie has an abundance of dogs Ellie learned to love early in life, although she admits Rio's her favorite. After all, they literally grew up together. Alongside Mae-Mae, Ellie enjoys caring for and showing Australian Shepherds. At only 6 years old, the young handler proves she can show dogs with the best and win doing it.

Mae-Mae began raising and showing dogs 40 years ago through the American Kennel Club, Australian Shepherd Club of America and United Kennel Club. Ellie shared, "I want to be a professional dog handler when I grow up, but I want a pink and yellow, sparkly kennel." Because of the time she spends with her grandmother, she fully understands the work involved with caring for and showing dogs. Beyond the washing, blow drying, brushing and other tasks involved, they spend time training the dogs, with learning daily all about the breed.

"Dogs are nice," Ellie said. "It's like they're my friends. I like snuggling with them and rocking the babies." Her best friend, Skyla Reed, lives across the street from Mae-Mae, and the two girls enjoy pretending to show dogs at a competition. Although Ellie has a Jack Russell Terrier named Jax, she looks forward to one of Mae-Mae's dogs, Blossom, eventually coming to live with her. In the meantime, she also plays with Cheetah and Miata. When born, Cheetah had spots and reminded Ellie of a wild cheetah. She chose his name.

With her grandmother's assistance, Ellie entered her first shows in 2020 with first Willow, then River and finally Evie. Showing 5-month-old Evie, Ellie won best of breed, first place in the herding group and best in show against all entries. She was the only child in the show. Her mom, Sara Dicke, admitted, "Her daddy and I are very proud of her accomplishments."

During the school year, Ellie only attends one or two competitions, but this summer, she'll travel with Mae-Mae to several shows and compete with River. As a junior handler,

Ellie must know her dog — name, breed, number of teeth (he should have 42) and the basic anatomy. She's still learning the anatomy part. In addition, she must be able to give commands such as "go around, stack it up, down and back and free stack" while River responds correctly. For juniors, the competitions involve the shower's abilities. As owners get older, it becomes all about the dogs — their structure, confirmation and breed.

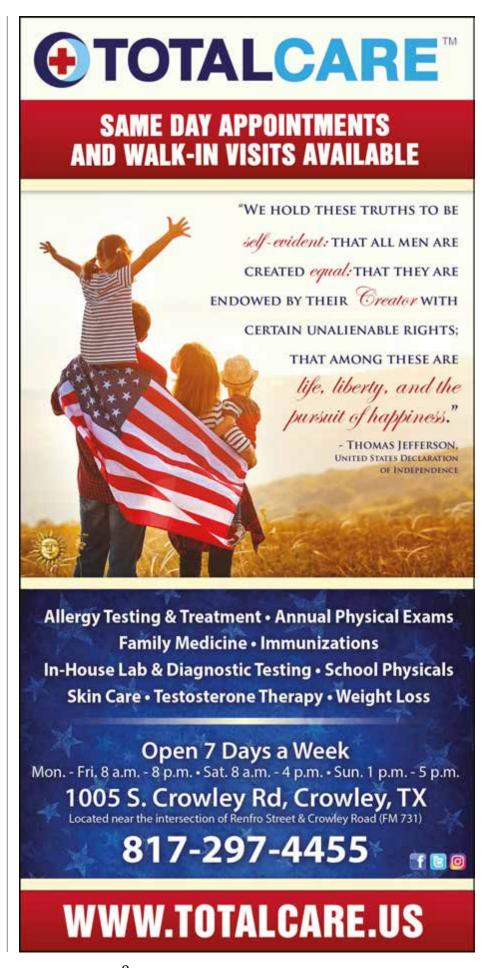
Setting her sights high, Ellie dreams of winning best of show at the prestigious Westminster Dog Show and Royal Canin National Championship. To reach these goals, she must train and work hard, proving herself and her dog as part of the top dogs in the nation. Despite the amount of work involved, she loves the practice and playtime with her furry friends.

Most Australian Shepherds have short or no tails at birth. As a dog bred for herding livestock, they don't need a tail that gets caught in fences, briers or cacti. Ellie likes to watch for signs of happiness when the dogs wiggle their entire backside instead of a tail.

When not with the dogs, Ellie enjoys walks and time with Mae-Mae, play dates and sleepovers. She adores taking the dogs to the park and teaching them to slide. She also likes going to the lake and fishing with her daddy and visits with her grandmother, JoJo, who lives in Florida. Dolls and stuffed animals top her list of favorite toys.

"I have a guinea pig and a fish, too," she interjected. "I like most animals, but not bears. And I have lots of cousins and friends." In school, she does well, but she admitted, "Recess is my favorite." She enjoys going to chapel at school, where they learn and practice sign language, a skill which translates well to working with dogs. Blossom follows hand signals.

As Ellie and Mae-Mae plan for summer competitions, they work on obedience and practice with the dogs. But training also includes going over questions repeatedly. The young shower knows most of the answers, and what she doesn't know, she must learn. With confidence, Ellie has no doubt she can win and follow in her grandmother's footsteps.











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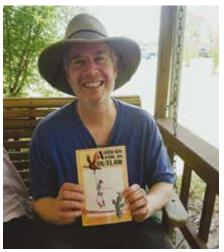




Around Town



Runningwater and Michael Rose share heritage during the Texas Heritage Festival.



Author Jonathan Eaton spends a week as resident artist in Burleson, learning from Russell Farm.

Zoomed In: Xiomara Gilliam

Despite being born blind and then abandoned as an infant, Xiomara Gilliam desperately wanted to read like other children in the orphanage. Adoptive mom, Deborah Gilliam (not pictured) prayed for God to protect her unknown future child. A few years later, Deborah learned of Xiomara while talking to a friend who worked at the orphanage where Xiomara lived. As a Braille teacher, Deborah knew she could help the little girl. She and husband, Rusty Gilliam, adopted Xiomara without hesitation. Now she reads and writes using special equipment.

"I mostly write short stories," Xiomara shared. Many of the stories include her and friends or cousins. She writes with vivid descriptions and imagination fueled by experience and Deborah's explanations. With an infectious smile and constant willingness to talk, Xiomara shared memories of early childhood and asked, "Wanna hear another story?"



The Burleson community moves to the music.



Longhorn Chuckwagon Ministries cooks up old-fashioned food that tastes yummy.

By Lisa Bell



Ken Richardson produces art appropriate for man caves.



Master Gardener Angel Rimbach demonstrates growing plants in grow bags.



Not exacly music under the stars, The Western Flyers please a Friday night crowd in Russell Farm's hay barn.



Taking a break from sketching, Emily Broussard enjoys sharing her skills.





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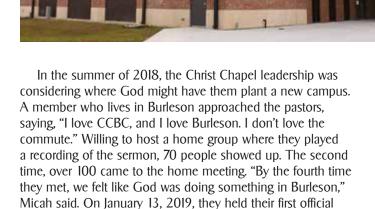
Christ Chapel Bible Church -South Campus

- By Lisa Bell

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Hours: Monday, Wednesday and Thursday: 8:30 a.m.-5:00 p.m. Services: Sundays: 9:15 a.m. and 11:00 a.m.

In 1980, Dr. Ted Kitchens began as the first pastor of Christ Chapel Bible Church in Fort Worth. Today, Dr. Cody McQueen serves as the lead pastor for the church, with satellite campuses in Willow Park and Burleson. Each campus has its own pastor, and Micah Barnum serves at the South Campus in Burleson.



When the pandemic closed the opportunity to meet at CHS, the South Campus began worshiping in their office building but initiated preparations to build a permanent location. On February 6, 2022, they moved to the current location with space for children's classes, youth gatherings and a larger sanctuary. "We want to be a light to the community," Micah shared. Currently, they partner with the Academy at Nola Dunn

church service at Centennial High School.

and look forward to connecting with other schools, helping where they can.

At Christ Chapel, they emphasize teaching the Bible and talking about Jesus. They also focus on grace-based relationships and strive for excellence in everything. "We work hard to create a worship service where Christ is exalted, the Scriptures are taught, and people can focus on meeting with Him," the pastor explained. Although the South Campus offers a contemporary worship style, Micah shared that the worship minister grew up with hymns and blends them into worship.

"WE WANT TO BE A LIGHT TO THE **COMMUNITY.**"

"We have a wonderful team with women's ministry, four full-time staff members for our student ministry, a children's ministry staff and more. Lots of great opportunities to connect," he added.

A pastor for more than 20 years, Micah started his career at Christ Chapel when he moved to Fort Worth for seminary. Over the years, he has served in a variety of roles: student ministry, local outreach and pastor to young families. Being in one place for a number of years allows for "each chapter to build on the relationships from the previous ones."

Excited to come to work each day, Micah enjoys watching people over time. "As we follow God's way, it leads to good places. Seeing our church grow and seeing people follow Him — that's a joy," he stated.

CCBC wants to see people coming but also going into the community. They support Harvest House and Next Step Women's Center. As a pro-life church, they also want to support moms in every way.

Micah suggests spending time on a church's website to understand what they believe, which drives everything. When visiting, ask if the people care, if the worship is warm and whether they teach the Bible. NOW











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For Amy Wooten, cooking provides healthy eating habits for her family. She also influences local moms. Amy was not always at home in the kitchen. "Once I married my husband, it quickly became obvious I had no idea how to cook. I'm not sure what I ate before being married!"

Amy refined Pinterest recipes for her husband, Kody, and their three children. She is proud of Chelsey, Charlie and Harris for trying healthy options. "I try to cook their favorite meals and always put something they love on the dinner plate," she shared.

Amy owns FIT4MOM Burleson-Crowley, helping others develop healthy cooking and eating habits. "My passion for cooking and eating foods that nurture my body for energy and strength are fueled by my love for helping women!" Now

Sweet Potato Egg Bake

- 1 Tbsp. coconut oil or extra-virgin olive oil
- 2 large sweet potatoes, peeled
- 2 cups of your favorite vegetable, cut into small pieces
- 12 eggs
- 1/4 cup milk or water

- 1/2 tsp. salt 1/2 tsp. pepper
- 1/2 tsp. garlic powder
- **1.** Preheat the oven to 400 F. Spread the coconut oil or olive oil on the bottom and sides of an 11x13-inch baking dish.
- **2.** Slice the sweet potatoes into 1/2-inch

circles. Place them on the bottom of the dish; layer if needed. Bake at 400 F for 25 minutes.

- **3.** While the dish is baking, sauté the vegetables in a skillet.
- **4.** In a large bowl, crack the eggs; whisk together with milk or water. Add the salt, pepper and garlic powder; whisk together.
- **5.** Once the sweet potatoes are baked, remove from the oven; add a layer of sautéed vegetables. Pour the whisked eggs on top; bake another 25 minutes at 350 F.

Oatmeal Pancakes

- 2 cups oats
- 2 ripe bananas
- 3 eggs
- I cup milk
- 1 tsp. cinnamon
- Olive oil
- **I.** In a large blender, combine the oats and the next 4 ingredients; blend well.
- 2. Heat a griddle or skillet on medium heat;

coat it with oil. Pour the batter onto the griddle or skillet. Cook one side until bubbly; flip. Cook until done.

Homemade Fruit Oatmeal

1 Tbsp. water

1 ripe banana

2 cups oats

1/4 cup nut butter of choice

1 Tbsp. maple syrup

1 tsp. vanilla

1 tsp. cinnamon

Blueberries, to taste

Strawberries, to taste

1. In a large skillet over medium heat, add the water and banana. Mash the banana and heat. **2.** In a large pot, cook the oats according to package directions. As they begin to cook, add the banana mixture, nut butter, maple syrup, vanilla and cinnamon. Stir well until the oatmeal is fully cooked. Serve topped with blueberries and sliced strawberries.

Salmon Burgers

12 oz. wild-caught salmon

1/4 cup breadcrumbs or almond meal (divided use)

1 Tbsp. Dijon mustard

1 egg

1 avocado

I tsp. dried dill

I tsp. garlic powder

I tsp. onion powder

1/4 tsp. salt

1/4 tsp. pepper

Choose one: I 8-inch whole-wheat tortilla, 2 small corn tortillas, 4 purple cabbage leaves or 4 Romaine lettuce leaves

- **1.** Preheat the oven to 450 F. Line a sheet pan with parchment paper; cook the salmon according to package directions.
- **2.** Set aside 2 Tbsp. of breadcrumbs or almond meal. In a large bowl, combine the cooked salmon, remaining breadcrumbs or almond meal, Dijon mustard, and the next 7 ingredients; mix well.
- **3.** Form the salmon mixture into 4 patties; coat with the remaining 2 Tbsp. of breadcrumbs or almond meal. Bake for 12-15 minutes at 450 F. Serve in your choice of tortilla, cabbage or Romaine leaves.

Zucchini Boats

4 zucchini squash
1/4 cup water
1 Tbsp. olive oil or coconut oil
1 white onion, chopped







I red bell pepper, chopped
 I lb. ground turkey
 28-oz. can tomato sauce
 8-oz. can chopped mushrooms
 Breadcrumbs, to taste
 Mozzarella cheese, to taste

- **I.** Preheat the oven to 425 F Cut the ends off the zucchini. Slice the zucchini in half, lengthwise. Carefully scoop out the seeds to make a "boat" in each zucchini. Set the seeded insides to the side. Place the boats into an 11x13-inch baking dish. Pour water over the zucchini boats; bake at 425 F for 25 minutes, or until soft.
- **2.** While the zucchini is baking, heat a skillet on medium. Add oil and onions;

sauté until translucent. Add the bell peppers, zucchini seeds and ground turkey; cook until the turkey is browned and the vegetables are tender. Add the tomato sauce and mushrooms; mix well and heat.

3. Once the zucchini has baked, scoop the turkey sauce into each boat. Top with breadcrumbs; bake for 20 minutes. Remove from the oven; top with mozzarella cheese. Broil for 2 to 3 minutes.

Sweet Potato Square Side

- 3-4 large sweet potatoes, peeled and cut into 1/2-inch cubes 1/2 cup olive oil or coconut oil
- 1/2 cup olive oil or coconut oil 1 tsp. cinnamon
- **1.** Preheat the oven to 400 F. Place sweet potato cubes on a sheet pan lined with parchment paper. Drizzle with oil; sprinkle the cinnamon over the potatoes; toss until well-coated.
- **2.** Bake at 400 F for 20 minutes; toss. Bake for another 15 minutes, or until they reach desired crispiness.

No Bake Oatmeal Bites

I cup dry oatmeal
I cup toasted coconut flakes

- 1/2 cup carob or mini chocolate chips
- 1/2 cup peanut butter
- 1/2 cup ground flax seed
- 1/3 cup honey
- 1 tsp. vanilla
- **1.** In a medium-sized bowl, add all ingredients; stir until thoroughly mixed. Chill in the refrigerator for 30 minutes.
- **2.** Roll the mixture into balls, about 1 inch in diameter. Store in an airtight container in the refrigerator for up to 1 week; they can also be frozen.

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Crossword Puzzle

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Across

- 1 "Let's get goin'!"
- 5 Barflies
- 10 Recently deceased
- 11 As a matter ---, ...
- 13 Pine
- 14 Graven image
- 15 Drops
- 17 Joshes
- 18 Omen
- 21 Devour
- 22 Ottawa chief
- 24 Malt beverage
- 26 Capricorn
- 29 Ocho ---, Jamaican resort
- 31 Mecca man, for example
- 32 To an extent
- 35 Walked
- 36 California racetrack
- 37 Bring on board
- 38 Thin
- 39 Top guns

Down

- 1 Embrace
- 2 Rambo-like
- 3 Hell is ---, (Jean-Paul Sartre)
- 4 Must
- 5 "Maydayl"
- 6 Many times
- 7 At a distance
- 8 Has hosted TV shows on all the Big Three networks
- 9 Diving gear
- 12 Dry run
- 16 Mailed
- 19 Ultimate degree
- 20 Even scores
- 23 An aunt of Bertie Wooster
- 24 Desiccated
- 25 Challenge for a shortstop
- 27 Worship
- 28 Beach cleaners?
- 30 Identical
- 33 Wicked
- 34 Endeavor

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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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JULY

7/4

Independence Day Parade: Join the community for the 18th Annual Fourth of July Parade. 9:00 a.m., Old Town Burleson.

Concert & Fireworks:

Concert features Petty Theft. Free event. Gates open: 5:00 p.m.; fireworks: 9:20 p.m., Chisenhall Sports Complex, 500 Chisenhall Park Ln. www.burlesontx.com.

7/6, 7/10, 7/19, 7/25

Adoption/Fostering Online Sessions:

Hosted by Presbyterian Children's Homes and Services, join any of the sessions to learn more. **7/6, 7/19 and 7/25:** 8:00 p.m.; **7/10:** 3:00 p.m. For a link, call (512) 212-5700 or email FosterAdopt@pchas.org.

7/10

Golf Tournament:

Benefits the Burleson
Opportunity Fund. Check-in:
7:00 a.m.; shotgun start:
8:00 a.m., Southern Oaks
Golf & Tennis Club, 13765
Southern Oaks Dr. For details
visit, www.burlesonoppfund.com
or email
kayla.hoffman@cierabank.com.

7/13

Family Game Night:

Spend time with family or friends, playing games. We have the games. You bring your family. 6:00-7:30 p.m., Burleson Public Library, 248 SW Johnson. For more information, visit www.burlesontx.com.

7/23

Canning Class – Corn Relish:

Learn to make homemade com relish. Class includes all ingredients, lesson and a jar and recipe to take home. \$25. 10:00 a.m.-noon, Russell Farm, 405 W. County Rd. 714. Register online at www.burlesontx.com/2402/ Culinary-Classes.

7/24

"Howdy Party" Scholarship Fundraiser:

\$25. 6:00-10:00 p.m., Shep's, 202 Fort Worth Hwy., Weatherford 76086. Tickets online, www.parkercomoms. aggienetwork.com.

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

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