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M A G A Z I N E

AUGUST 2023

Triumph After Tragedy

An accident
changed the
trajectory of Kailey
Tesdaahl's life

In the Kitchen With
Fran Brown

Also inside:
Scavenger Hunt

Crossword

Featured Business:
Harvest House

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Dr. Bill Luu

Born and raised in Midland, Texas, Dr. Bill Luu earned his Bachelor of Science in Biomedical Engineering from The University of Texas at Austin and then enrolled in the Texas A&M University Baylor College of Dentistry. After dental school, he received further education and training in orthodontics at the University of Connecticut Health Center, where he earned his certificate in orthodontics and Master of Science in Dentistry. Dr. Luu believes in providing quality, compassionate, patient-centered care by treating his patients as he would his own family and working with them to create beautiful smiles tailored to their individual needs. Dr. Luu looks forward to taking care of your orthodontic needs.



Dr. Kelsey Greene

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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ON THE COVER



Kailey Tesdahl expresses her gratitude for the kindness and support of others during her recovery.

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EDITOR'S NOTE

Oh, August.

If you were to ask me what my least favorite month is, I'd probably say August. This will be my first year since toddlerhood that I won't be returning to school for the fall, so I'm not quite removed from the dread of summer ending and the academic year beginning. The time until winter break always seemed insurmountable in August, especially with the Texas heat. Note: If you're about to embark on a summer camp in these final few weeks before school, please be careful and stay hydrated!

Despite its Hades-heat and academic dread, August reminds us that we can make it through the toughest of seasons. Sure, our cars feel like furnaces whenever we try to go somewhere, but the autumn candles freshly placed on store shelves remind us that in a few months, the breeze will become crisp, and the trees will transform into gorgeous multicolored bouquets. Besides, even with classes returning, pool/sprinkler/snow cone season remains.

When you are in the thick of hard times, it is difficult to see beyond the present. Whenever I'm overwhelmed by life, all I want to do is read fiction and forget my troubles. However, humans are resilient. We keep going on because we always find something bright to look forward to. Maybe it's a future you know is within your grasp or a fun event you'll be attending in a month or even getting to light a pumpkin candle when the weather is cooler. There is something that can keep you looking to the future.

Find your hope this August!



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A young woman with long, wavy blonde hair and glasses is smiling and looking towards the camera. She is wearing a short-sleeved, button-down dress with a small floral pattern in shades of red, orange, and green. She is standing outdoors on a paved path, with lush green trees and foliage in the background. The lighting is bright and natural, suggesting a sunny day.

TRIUMPH AFTER TRAGEDY

— By Emma McKay

On June 5, 2017, Kailey Tesdahl and her older sister, Ashley, were struck by a car on their way to Kailey's graduation from Centennial High School. While Ashley walked away from the crash with mild whiplash, Kailey suffered from diffuse axonal brain injury, a broken collar bone, eight broken ribs, a cervical spine fracture and a lacerated kidney and liver.

"The first couple of days were really bad," Kailey's mom, Stephanie, shared, remembering the eight days Kailey was in a coma. "The doctor told us Kailey only had a 10 percent chance of waking up." Despite the pain this news caused, Kailey's family remained strong. "We were not giving up! We just said, 'Only God knows, and we are putting all our faith in Him.' We did a lot of praying, and there were so many people in Burleson praying for us, too." She did wake up, but for nearly the rest of 2017 she was nonverbal and unable to walk.

After a six-week hospital stay, Kailey spent the next year bouncing around to different rehabilitation clinics. She had to go through speech therapy, educational therapy, occupational therapy and physical therapy to regain her autonomy. "I remember thinking, *I don't want to be here.* It was like a school day," Kailey recalled.

However, it wasn't all drudgery. There was one session she enjoyed attending. "I liked speech therapy because I always got to eat. I thought, *This is the life,*" Kailey said, dreamily remembering the snacks and the well-deserved breaks those sessions provided. "Speech wasn't just about my voice. It was about if I could swallow. It was like an umbrella [of oral related functions]." It was still work, but it was pleasant work.

Even though many of her therapy appointments were long and challenging, she adored her therapists. "My counselor, her name was Courtney, was like my best friend. She and my educational therapist, Beth, and then my physical therapist, Whitney, were all awesome," Kailey said with a smile. "Whitney was closer to my age. She was like my sister. So, I always gave her a hard time, and she would always give me a hard time."

In August 2018, a little over a year after the accident, Kailey began taking classes at Hill College, so she could get her associate degree. So far, her college experience has been manageable, due to her ability to take things at her own pace and the aid of her professors. "I've been blessed with all my professors because they've been so understanding and helpful," she



said. Her professors have gone above and beyond with their support to help her succeed. Kailey recounted feeling lost in a college algebra class one day. “After class, I went up to my professor and said, ‘I know you just taught the whole class, but could you teach it to me again, one on one?’ So, she sat down with me for an hour, answering any questions I had. She didn’t have to do that, but she did. It was so awesome of her!”

Kailey only has 15 credit hours left until she acquires her liberal arts associate degree and transfers to a larger college to pursue a degree in social work and counseling. “I want to be a social worker/counselor for brain injury trauma,” she explained.

Since high school, Kailey has been interested in becoming a social worker. “I wanted to help kids get adopted. I wanted to find them good homes.” Her heart ached for the kids whose foster placements were not working

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her faith, Kailey holds no resentment toward the driver who caused the wreck. In fact, she sees the incident as a nudge from God, showing her the path she must follow. "I think God wanted me to get into the wreck, to say, 'This is what you're supposed to do. This is your journey.'"

Over the years, the Tesdahl family has become great friends with Patti Foster and Dr. Deana Adams, creators of the nonprofit, Hope After Brain Injury. "Patti and Deana took me under their wings when they found out about me," Kailey said. Like Kailey, Patti had been in an accident that left her with severe brain injury. "When Patti met me, I was nonverbal and angry all the time because I didn't know what was going on, and I couldn't express my feelings. She leaned down by my wheelchair and started singing, 'You Are My Sunshine,' and I started singing with her. We connected." Through their interactions, Kailey had a realization that would aid her in her future career plans. "I feel like everyone with a brain

injury understands each other. [Patti] can say something, and I'll understand. We're on the same wavelength."

After Kailey graduated rehab, she and her family began attending Brain Injury Awareness walks that Hope After Brain Injury hosted outside of Burleson. "I decided I wanted to do a brain injury walk to spread awareness. So [my family] talked to Patti and Deana, and they were like, 'That would be so awesome!'" With Patti and Dr. Deana's help, the Tesdahls were able to host the Striding for Hope After Brain Injury walk in Burleson in 2021. The Tesdahls were blown away by the 108 people in attendance that day.

Over the past six years, Kailey has been able to recover, make new friends and find her calling through her own strength, faith and the kindness of the people around her. "We had so many [people] supporting Kailey and our family. I just want everyone to know how much we appreciate them," Stephanie gushed. "We could not ask for better family, friends and town!" **NOW**

out. After the accident, Kailey decided to focus on counselling children with brain injuries because she understands firsthand the emotional toll having a disability such as that can bring. "I want to tell them, 'It's OK. I've been through it. You're going to make it out. You'll be OK, I promise.'"

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Zoomed In: Kim Peckler

By Emma McKay

Since childhood, Kim Peckler has been involved with animal services. “My mother was the manager of the Humane Society of North Texas, so that’s where I went instead of a babysitter,” she remarked. At age 16, Kim started working with animals across different cities. Kim has been Burleson’s Animal Control Manager for the past 13 years. “This is by far my favorite city I’ve ever worked for.”

Her four-legged co-workers, Harry Potter and Clifford the Big Red Dog, work hard at the shelter. “We use them to introduce animals to see if they are good with other dogs,” Kim explained. While both dogs enjoy watching over the many animals brought into the shelter, they hope their wards will find their forever homes soon.



Karter Lewis plays in the bubbles at the Burleson Public Library’s Big Time Bubbles party.



Dr. Greene, Dr. Town and Kendall Frank at Stonehaven Dental and Orthodontics brighten Burleson residents’ smiles.



Burleson Lions Club hosts their 19th Annual Independence Day Parade.



Burleson youth show up to volunteer at Center for ASD’s summer camp.



Burleson business professionals putt and network at the BACC Annual Golf Classic.



Tamara Campbell of 4 Black Cats Designs and her husband, Craig, show off her designs at the Burleson Senior Activity Center's Craft Fair.



Xaviera Porter exhibits her artwork at Burleson's Juneteenth celebration.

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— By Emma McKay

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Harvest House was founded in 1984 by the Burleson Ministerial Alliance. In 2012, it achieved status as an independent nonprofit organization, but it's kept its ties to church support. "We're faith based, but we serve everybody," said Executive Director Jennifer Woods.

Harvest House aids the community through its food pantry, financial aid services and clothing vouchers for its resale store. "We make sure people have their basic needs met," Jennifer explained. "Once you know where your food is coming from, or that you're not going to lose your home, you can start rebuilding your life."

They serve a wide range of clientele, but families tend to reach out for help the most. "Normally, one parent works and the other doesn't because they can't afford child care," Jennifer stated. With the rise of inflation, Harvest House has seen more middle-class families who do not qualify for government assistance walk through their doors. Their food pantry helps cut down on grocery bills. "We try to have healthy, good quality foods. We want our clients to feel like they are grocery

shopping.” Through financial assistance, Harvest House strives to keep clients housed and their water and electricity running. “Once you’re homeless, it’s hard to get back on your feet,” Jennifer explained.

In addition to providing basic needs, Harvest House hosts several different programs to improve their clients’ quality of life. “It’s not just food or clothing that brings people here. Sometimes, it’s about finding hope that there’s somebody who cares about you.” With their new construction project completed on the original office space, Harvest House will begin to hold education courses for topics such as ESL, financial literacy and stress management. For long-term clients, there are the Little Red Schoolhouse and Holiday Friends programs, which provide back-to-school supplies and Christmas gifts for kids. They’ve even partnered with Texas Health Huguley Hospital in their Faith Community Initiative to provide mental health resources for all clientele.

Jennifer considers the community service program one of their most successful programs. “We have people here who are on probation or who’ve had run-ins with the law. People make mistakes, and they need a chance to start over.” Jennifer revealed that some members of their staff came from this program. “We’ve had many people who have turned their lives around by coming through community service.” The program is also open to churches, Texas Workforce’s different abilities programs, the National Honor Society and the general public. The goal is for no one to be able to tell who is doing community service, and who is simply volunteering.

Adamant about treating their clients with dignity, they have policies in place to prevent discrimination against anyone seeking services. “If we can take away our prejudices and preconceived notions of what somebody coming here looks like or what their experience is, we will ultimately have a better community.”

Harvest House appreciates the community’s help. “Monthly donors are really the foundation of what we do,” Jennifer said. “Even \$30 a month helps us feed a family.” Harvest House is also always eager for volunteers, even if they can only participate in one-day events. To donate or to volunteer, visit YourHarvestHouse.org. **NOW**

A graphic for Harvest House featuring various clothing items like skirts, shorts, shirts, and jackets arranged around a central logo. The logo consists of a stylized 'H' with a red door and the text 'HARVEST HOUSE' above 'FEED • CLOTHE • RESTORE'.

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CookingNOW *In the Kitchen With* FRAN BROWN — By Emma McKay

Fran Brown grew up in the country, watching her mother cook all the meals for their large family from scratch. “I began cooking probably at 17. Whoever cooked at home didn’t have to wash the dishes, so I didn’t mind cooking at all,” Fran joked. These days, when she isn’t cooking for herself and her husband, she prepares food for church funerals and family gatherings. “I have over 70 cousins, so all of our get-togethers are focused on family, and, of course, good food.”

During the pandemic, Fran and her siblings compiled all their favorite recipes into a cookbook to share with the family. Whether they’re from magazines, cooking classes or online, Fran loves finding and improving new recipes. **NOW**

Chicken Enchiladas With Creamy Green Chili Sauce

Canola oil spray
2 Tbsp. vegetable oil
12 corn tortillas
3 cups chicken breast, cooked and shredded
12 oz. Monterrey Jack cheese, shredded (divided use)

3/4 cup onion, chopped
1/4 cup butter
1/4 cup flour
2 cups low-sodium chicken broth
1 4-oz. can chopped green chilies, drained
1 cup less fat sour cream
1/2 cup green onions, chopped
1/2 cup cilantro, minced

1. Preheat the oven to 375 F. Spray a 9x13-inch baking dish with canola oil.

2. Heat the vegetable oil in a skillet over high heat. Fry the tortillas, one at a time, to soften. Drain between paper towels; keep warm. Or, to cut down on calories, microwave the tortillas in a damp paper towel instead of frying them.

3. Divide the chicken, 10 ounces of the Monterrey Jack cheese and the onions between the 12 tortillas. Roll each one; place seam side down in the prepared pan.

4. Melt the butter; add the flour. Whisk together until the mixture boils. Slowly add the chicken broth; cook till thickened. Mix in the green chilies and the sour cream; heat thoroughly, but do not boil. Pour over the enchiladas.

5. Bake for 20 minutes until bubbly. Top with the remaining 2 oz. cheese; bake 5 more minutes.

6. Garnish with green onions and cilantro.

Colonial Carrot Cake

1 1/4 cups oil
2 cups sugar

- 2 cups flour
- 2 tsp. baking powder
- 1 tsp. baking soda
- 1 tsp. cinnamon
- 1 tsp. salt
- 4 eggs, room temperature
- 3 cups carrots, finely shredded
- 1 cup pecans, chopped

Icing:

- 1 stick butter, room temperature
- 1 8-oz. pkg. cream cheese, room temperature
- 1 cup pecans, chopped
- 3 1/2 cups powdered sugar, sifted
- 1 tsp. vanilla

1. Preheat the oven to 325 F
2. Beat the oil and sugar well. Sift the dry ingredients together. Add half of the dry ingredients to the oil mixture; beat well.
3. Alternate the remaining dry ingredients with the eggs, beating well after each addition. Add the carrots and pecans.
4. Pour the batter into 3 greased and floured round cake pans. Bake 25-30 minutes.
5. *For the icing:* Beat all the icing ingredients with a mixer.
6. Wait until the cake has cooled before icing it.

Jalapeño Corn Bread (Gluten Free)

- 1 cup cornmeal
- 1 cup buttermilk
- 2 eggs, beaten
- 1/2 cup canola oil
- 1/2 tsp. salt
- 3/4 tsp. baking soda
- 1 medium onion, chopped
- 1-2 jalapeño peppers, chopped (to taste)
- 1/2 can cream style corn (Low-sodium is good.)
- 1/2 lb. cheddar cheese, grated

1. Preheat the oven to 400 F
2. Mix all the ingredients together. Spray either a cast-iron skillet or a 9x9-inch Pyrex baking dish with oil.
3. Pour the mixture into the prepared pan. Bake until golden brown.

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9 NOW Magazines
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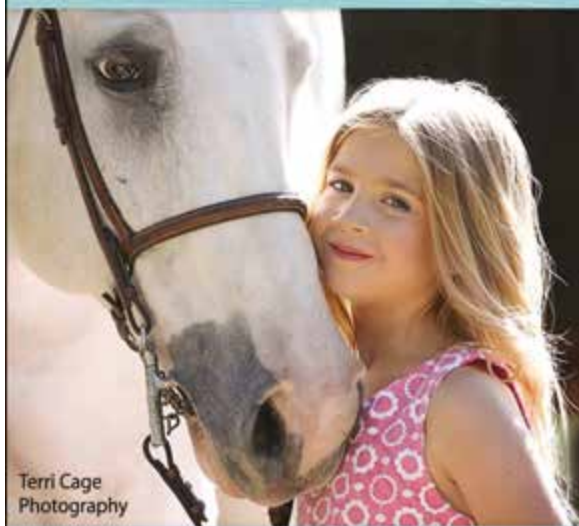
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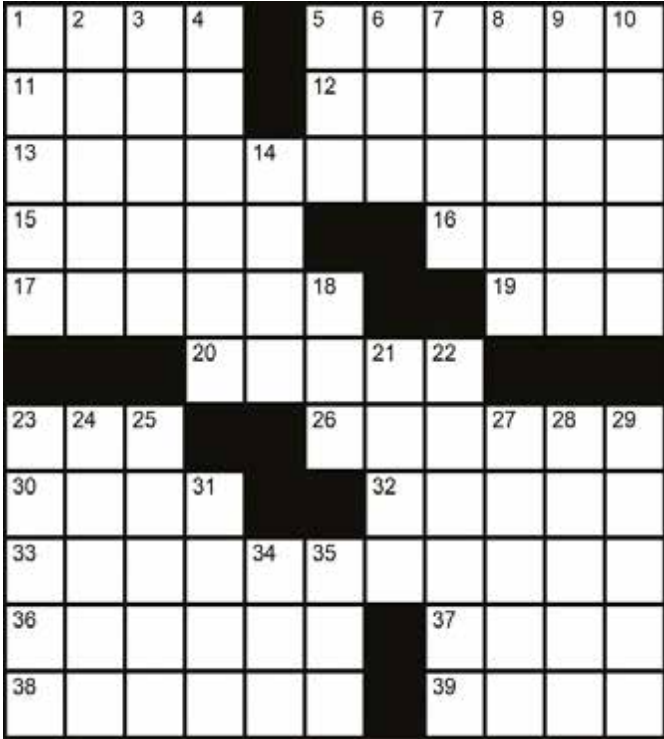
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Across

- 1 Preceded by E, it can cause illness
5 Wields the gavel
11 Undoing
12 Elton's collaborator
13 Currently
15 Lieu
16 Drop the ball
17 Early screen Jean
19 Salt Lake City letters
20 Soft tissue
23 Old Ford model
26 Shakes led Sue astray
30 "Bearded" bloom
32 Overhead
33 Its occupants look for a catch

- 36 Site of a famous "galloping" bridge
37 Bring to naught
38 Mushy
39 Complaint

Down

- 1 Collide
2 "I Think I'm --- Here" (Carroll O'Connor, autobiography)
3 A quart, and then some
4 Right down the middle
5 It owns Simon and Schuster
6 "--- So Fine" (The Chiffons' hit)
7 Skills
8 As a whole

- 9 Inflexible
10 Oozes
14 Image of a deity
18 Itsy-bitsy
21 Smelting by-product
22 Racket
23 Boosts
24 Experiment
25 "Saturday Night Fever" genre
27 Blackmore's Lorna
28 Dodge
29 Play by a different --- rules
31 Hit the mall
34 Little terror
35 Dissenting vote

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Revelation 7:16-17 NIV

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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.

AUGUST

8/8

Teen Simple Cooking:

Teens ages 10 and up can join to learn simple recipes for on-the-go lunches.

This is a free event, but space and supplies are limited.

4:00-5:30 p.m., Burleson Public Library,
248 SW Johnson.

8/12

BTX Back to School Bash:

Bring the kiddos out to enjoy water slides, frozen treats and a deejay! Free. 4:00-7:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

8/17

BTX 817 Day:

This is a day to celebrate the community in your own way. Visit parks; do something nice for a neighbor; shop local — celebrate your unique BTX experience! All day, citywide.

8/18

Summer Luau Dance:

Celebrate a fun night for individuals with special needs and disabilities, ages 12 and up. Free event, registration required.

6:00-8:00 p.m.,
Center for ASD, 640 NW
Tarrant Ave. Register at
burlesontx.com/events.

8/19

Splish Splash Doggie Bash:

Let your furry, four-legged friend take a swim in the pool. Visit with dog-friendly vendors. Win some prizes, and have fun. \$5 per dog. Limit 2 dogs per human. Humans are free. 10:00 a.m.-2:00 p.m., BRiCk outdoor pool, 550 NW Summercrest Blvd. Register at burlesontx.com/events.

8/29

Business Over Breakfast:

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7:30-9:00 a.m., Russell Farm Art Center, 405 W. CR 714. Register at business.
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*Must mention offer to receive discount. Valid for new patients only. Offer expires 30 days after receipt. May not be combined with any other offer, discount, or reduced-fee program. Discount for insurance patients may vary. Not valid on previous treatment or treatment already in process. Free consultation included (\$150 value). ADA 0150, 8080, 8090, 9310. 2/22