

# BurlesonNOW

MAGAZINE

SEPTEMBER 2025

## Rooted in Love

Doris Young grows closer to her granddaughter through gardening

In the Kitchen With  
Maria Amitha Pennington

Also inside:

Scavenger Hunt

Crossword

Featured Business:  
Stonehaven Dental  
and Orthodontics





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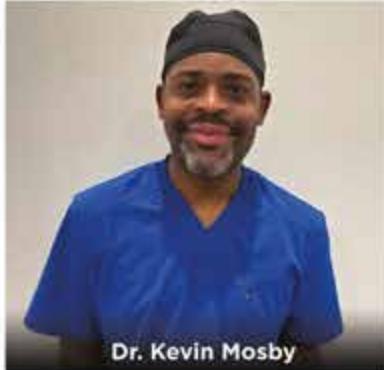


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# EDITOR'S NOTE

What do you know, September?

The other day, my best friend asked me if I knew what the Latin prefix for the number seven is. I answered “sept-,” which made me wonder why September is the ninth month, when its prefix means seven.

Our Gregorian calendar originates from the Roman calendar, which originally only had 10 months (March-December), according to almanac.com. March, a time of war and strategy, was named after Mars, the Roman god of war. April and May were named for the spring season, with April being inspired by the Latin word for “to open (bud)” and May after Maia, the goddess of growth and nurture. The Romans named June after Juno, the goddess of marriage. The final six months were less creative, with their names being their Latin numerical order. Hence the seventh month being named September.

Some time later, the Romans added January (named for Janus, the Roman god, who was the protector of gates and doorways) and February (februa, the Latin word for “to cleanse”). July and August, originally Quintilis and Sextilis, were renamed to honor Julius Caesar and Augustus Caesar, completing the names of the months we use today.

Happy seventh (ninth) month!

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## ON THE COVER



Doris Young and her granddaughter, Ashley Davis, share a passion for plants.

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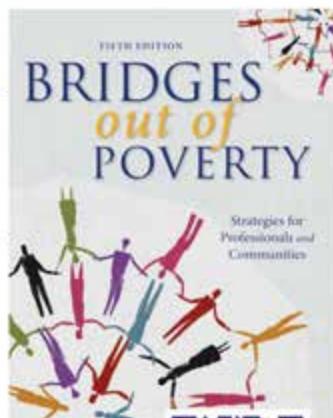
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# ROOTED in LOVE

— By Emma McKay

*"If you don't like gardening, you don't like it. But if you do like it, it comes natural to you," Doris Young stated. "And I've always loved gardening and planting things and watching stuff grow."*

Raised on a farm in Venus, Texas, Doris spent her time helping her parents tend to their vegetable and flower gardens. As a member of her local 4-H club at age 13, she was tasked with the project of raising a vegetable garden on her own. "My daddy plowed up a 50- or 100-foot spot in the front part of the property. I planted all kinds of vegetable seeds and vegetables like potato eyes. And we ate them,"



Doris said. "I kept it clean of weeds and watered when necessary." Her experience as a child blossomed into a lifelong love of gardening.

She moved to Burleson nine years ago when she married her late husband, Al Young. When her granddaughter, Ashley Davis, was a child, Doris helped her oldest son raise her. "I raised her through high school, just like my own little daughter." After Al's passing, she asked Ashley, now an adult with her own family, to move in with her. "I am so fortunate because I have my great-grandsons and great-granddaughters. We are just a big family. We all love each other and have fun. I'm so lucky that I have them," Doris said.

Doris passed her love of gardening along to Ashley, so, after she moved in, the two started doing yard work together. "Ashley says she has enjoyed growing things since she was a little girl. She has helped plant and water right alongside me." The two enjoy growing both flowers and vegetables, and they have planted them all over the front and back yards. "Ashley has an above ground, three-level vegetable and herb garden. She is growing herbs, large tomatoes and small cherry tomatoes. Also, hot pepper plants, plus a grapevine and a blueberry tree. That has always been a dream for her, and her dream came true this year," Doris continued. "I try to sneak out and get the first blueberries, strawberries or



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cherry tomatoes. But she always beats me to it. Guess I'll have to start getting up at midnight to beat her!"

Doris enjoys challenging herself to see what she can grow. "I've grown a lot of stuff from seed, like lemon trees. I even grow avocados from seed. I like to see what I can do with my hands," she said. As a girl, she enjoyed gazing at her great-grandmother's iris garden. "She had every beautiful color of iris there ever was. Black ones, white ones, deep red ones, purple ones, and she was so particular with them. She would tend to it just like it was a little baby." Inspired by her great-grandmother's love and the beauty of her garden, Doris is challenging herself to collect all the colors of irises to plant in her own garden. "I divide [iris] bulbs up, and I give them to different people, and they do the same. We trade out like that."

In addition to gardening, the grandmother and granddaughter enjoy crafting together. "I do acrylic painting, and she loves it, too. Ashley has a great imagination and impresses me with her crafts." The two enjoy finding antique iron works at different resale

stores and bringing them home to repaint with bright, beautiful colors before displaying them in their garden. "We painted an old iron bed frame hot pink, and you see it as the headboard on the flowerbed." They also enjoy repurposing broken things by turning them into planters. After one of Ashley's sons accidentally broke the firepit, the gardening duo filled it with dirt and flowers, giving it new life, literally.

When she lived in Midlothian, Doris belonged to a garden club for over a decade. "We would have competitions," she remembered. Her club traveled to an auditorium in the DFW area, where other garden clubs would compete to see who could set up the most attractive garden party. "Our group, which would consist of about 20 or 30 people, would set up the tables, the napkins, the glasses, the plates and everything with plants to go along with that."

This talent for decorating also passed on to Ashley. The two women enjoy hosting parties in their backyard garden, so they keep a blue-painted metal table, which Ashley decorated with fancy dishes and lemons, out at

all times. "It makes all the kids happy because they have a nice place to bring their friends."

"The best part of gardening is the result. And, of course, the beauty that is created. Just to watch the seeds or plants take root and begin to slowly grow. I think all the plants are beautiful. I think of them as my babies," Doris gushed. "And, yes, I do talk to my flowers and veggies!"

For those who wish to get into gardening, Doris recommends starting out small. "You can even have a garden that's in wood shelves and fill it in with dirt, like above ground gardens." While living in Midlothian, she grew flowers and vegetables in pots around her pool. "Don't get in a big hurry to overdo yourself or you'll burn yourself out. The more you work on it, the more you're going to love it," she said.

Doris has enjoyed getting to work on her garden with her granddaughter. "My big dream is to have a beautiful backyard and garden like this. And with the help of my granddaughter, she has enhanced it. She works in that yard all day long. I couldn't do without her." **NOW**

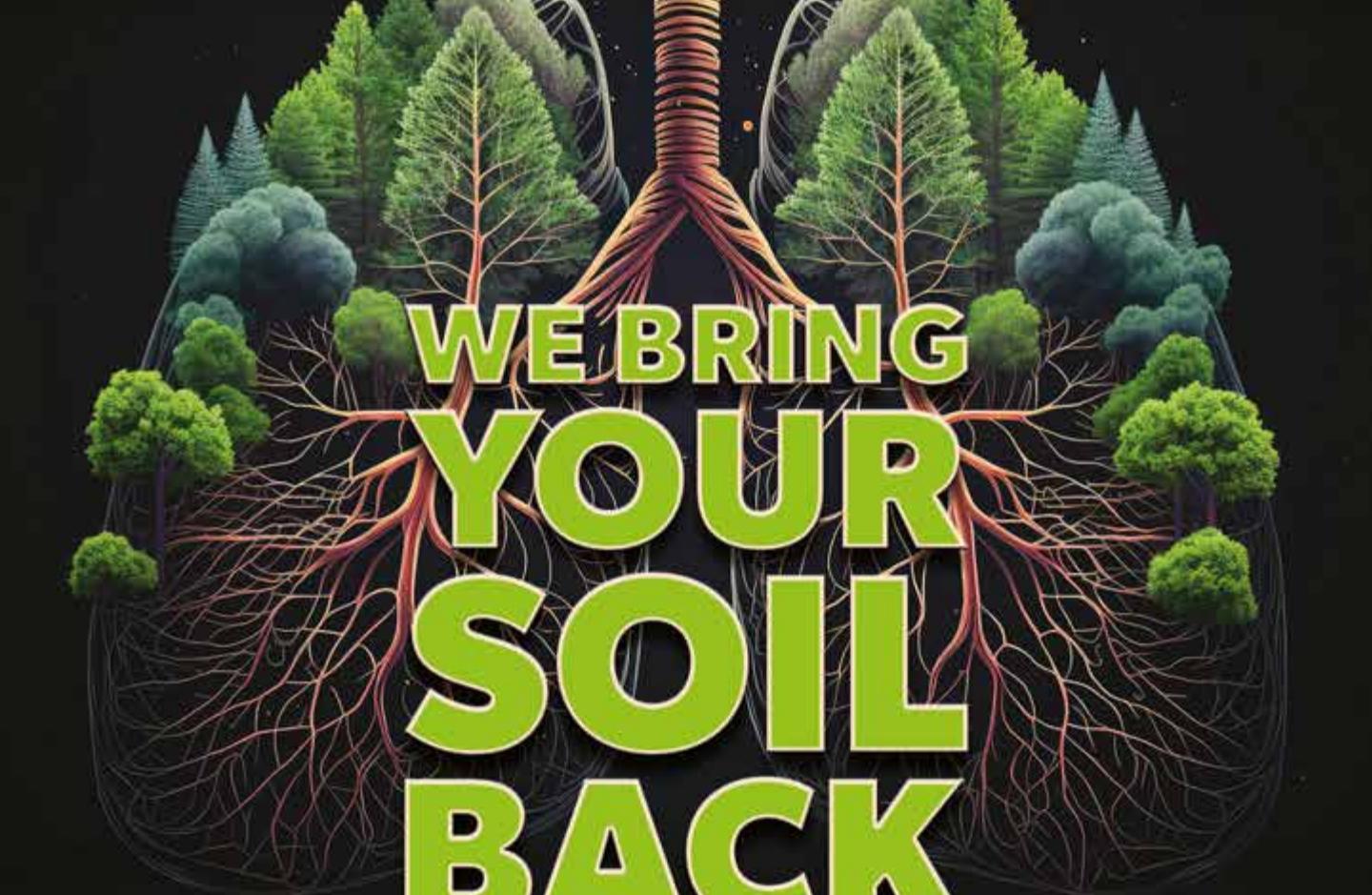


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## Zoomed In: Krystin and Daniel Trenttham

This past month, Krystin Trenttham celebrated her birthday by attending Lost Oak Winery's 1950s-themed murder mystery night. "My husband actually surprised me with it. He bought my outfit, and he even got all of my friends together."

Krystin and her husband, Daniel, have participated in a murder mystery game before, so when it came time to put on their sleuthing hats, they knew exactly how to uncover important clues. "It was hard, though," David admitted. "We were debating at the end: Who is it?"

Despite the challenge, Krystin, Daniel and their friends won the game. The couple also enjoys attending the unique events Burleson and its businesses have to offer. "Keep events like this going," Daniel continued. "We'll be here."



Summer Garcia and Sherry Abercrombie, with Next Step Women's Center, enjoy time at the Women's Health and Wellness Luncheon.



Burleson kids challenge their creativity and boat making skills at the BRiCk Boat-Nanza.



Haddlee, Madeline, Jillian and Jane Havins play together at Centennial Park.



Bikers from around Burleson cycle together at the BTX Ride Along.

# NOW



Eva and Andy Melendez reunite with their high school buddy, Luis Gonzales, and make a new friend in Kathy Downs.



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BusinessNOW

# Stonehaven Dental and Orthodontics

— By Emma McKay

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“We love what we do,” expressed Dr. Charles Town at Stonehaven Dental and Orthodontics in Burleson. “We always make sure we do what is right for the patient. We work hard, but we also like to have fun while working. It makes for a more comfortable work atmosphere.”



In 2021, after rigorous testing and a combined total of 1,500 hours of training, Dr. Town received his Mastership (MAGD) award from the Academy of General Dentistry and his Diplomate award in the American Board of Oral Implantology (DABOI award). “This is the most rigorous examination process a dentist can submit themselves to for implant dentistry,” Dr. Town shared about his DABOI award. The following year, the American Academy of Implant Dentistry (FAAID) granted him Fellowship status, the highest honor in the Academy. Through these accomplishments he has gained a deeper knowledge of dentistry, allowing him to better aid Stonehaven’s patients.

Along with providing comprehensive dentistry for the whole family, one of Stonehaven’s main focuses is oral health. “We want to make sure every patient is healthy before we perform any procedures,” Dr. Town said. Part of a patients’ oral health care involves oral cancer screenings, which help prevent the dangerous spread of cancerous cells.

For the convenience of their patients, Stonehaven strives to offer as many services in-house as possible. These services

include general dentistry; periodontal services (gum disease); root canals; crowns; implants; bridges; orthodontics (braces/Invisalign); oral surgery (extractions); custom night guards and sleep appliances; and teeth whitening.

Stonehaven Dental is fully digital with the latest technology, which allows Dr. Town to do what he loves — which is designing the perfect smile for each patient through digital technology. Dr. Town enjoys the problem solving behind digitally creating the perfect tooth to complement each patient's smile.

For patients struggling with TMJ pain, Stonehaven offers custom-made nightguards and BOTOX treatments to help relieve the stress on the muscles around the jaw area. These can both help alleviate chronic pain.

**"We always make sure we do what is right for the patient."**

Stonehaven also offers whitening services. "Patients can get custom whitening trays made and whiten their teeth to their heart's content at home," Dr. Town said. Patients who might have a special event coming up and desire faster results, can schedule a whitening appointment and get their final result within two hours.

Earlier this year, Stonehaven welcomed Dr. Kevin Mosby to the practice. "He has been a wonderful asset to the team," Dr. Town said. "Dr. Mosby is very gentle, and we have received positive feedback from our patients on his chairside manner and his gentleness when it comes to administering injections to patients.

"Here at Stonehaven we really enjoy our patients," Dr. Town said. "We get to meet a lot of different people, whether they live on a ranch, in the suburbs, in the city or have moved here from another country and everything in between. It is amazing. It is a rich melting pot of diversity. They are all down to earth and very sweet." The team at Stonehaven cherishes the relationships they have built with their patients, and they look forward to meeting and building relationships with even more of Burleson's community in the future. **NOW**

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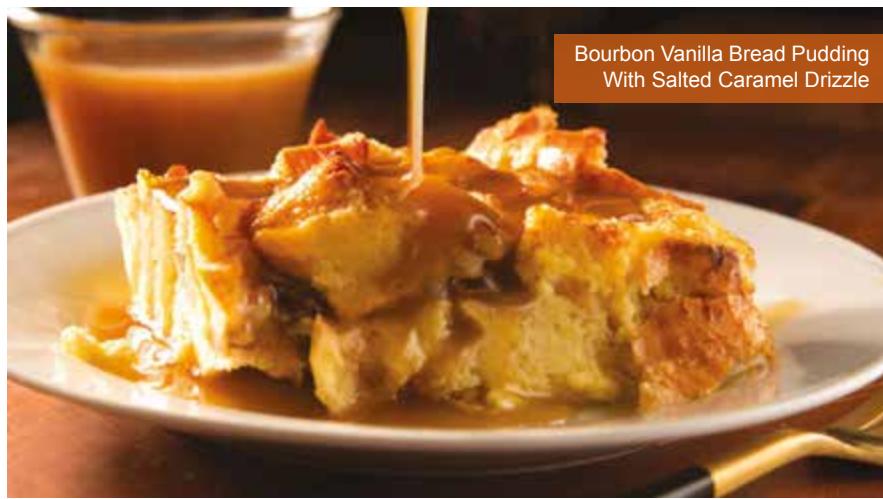
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## CookingNOW

# IN THE KITCHEN WITH MARIA AMITHA PENNINGTON

— By Emma McKay



"I grew up watching my mom make dishes that weren't common for Indian culture," explained Maria Amitha Pennington. "I think, subconsciously, I got that tiny nod to push the boundary and not follow the rules. To me, food is a canvas that everyone can make their own."

"Flavor profiles get me excited. Fusion is what gets me going." The gourmet baker has fun reworking recipes to see how one dish can be enjoyed in different ways. For her Sourdough Avocado Toast Bar, she'll add crumbled feta, olive tapenade and fresh herbs to give it a Mediterranean flare or include pickled jalapeños, cotija cheese and cilantro for a Tex-Mex feel. "It fascinates me how adding little things to a dish has the potential to completely alter the final outcome." **NOW**

## Bourbon Vanilla Bread Pudding With Salted Caramel Drizzle

*Serves 8-10.*

**8 cups** day-old sourdough bread, torn into 2-inch pieces

**Custard:**

**4 large eggs**  
**2 cups** heavy cream  
**1 cup** whole milk  
**3/4 cup** brown sugar  
**2 tsp.** vanilla extract  
**1 tsp.** bourbon (optional, but transformative)  
**1/2 tsp.** cinnamon  
**1/4 tsp.** nutmeg

**Pinch of sea salt**  
**3 Tbsp.** butter, cubed

*Salted Caramel Drizzle:*  
**1/2 cup** sugar  
**3 Tbsp.** butter  
**1/4 cup** heavy cream  
**1/2 tsp.** flaky sea salt

1. Preheat the oven to 350 F. Butter a 9x13-inch baking dish generously. This prevents sticking and adds richness.
2. Arrange the torn bread in the prepared dish. The irregular pieces create better texture than uniform cubes.
3. *For the custard:* Whisk the eggs until smooth, then gradually add the cream, milk, brown sugar, vanilla, bourbon and spices. The key is gradual mixing, which prevents

the eggs from scrambling.

4. Pour the custard over the bread, pressing the pieces gently to submerge them. Let sit for 15 minutes, since soaking time is crucial for even texture.
5. Dot with butter cubes; bake for 35-40 minutes until golden and set in the center. It should jiggle slightly when shaken. Note: *This can be assembled 24-48 hours in advance and baked 1 hour before serving.*
6. *For the caramel drizzle:* While the pudding bakes, heat the sugar in a heavy pan until it melts into amber caramel. Remove from heat, whisk in the butter, then the cream.
7. Finish with sea salt. Serve warm with caramel drizzled generously on top.
8. For chocolate lovers, fold in 1/2 cup dark chocolate chips before baking. Fruit lovers can add diced pears or fresh berries to the bread layer. If adults want to have fun, increase the bourbon in step 3 by 1 Tbsp., and add a splash of it to the caramel drizzle.

## The Ultimate Sourdough

### Avocado Toast Bar

*Serves 4.*

**4 thick slices** sourdough bread  
**2 perfectly ripe** avocados  
**2 Tbsp.** lime juice  
Sea salt, to taste  
Freshly ground black pepper, to taste  
Whipped honey spread (lavender, cinnamon or plain — each creates a different flavor story), to taste  
Cherry tomatoes, halved, to taste  
**4 soft-boiled** eggs  
Microgreens or arugula, to taste  
Everything bagel seasoning, to taste  
Red pepper flakes, to taste

1. Toast the bread until golden with slight char marks. This creates textural contrast that matters.
2. Mash the avocados with the lime juice and a generous pinch of salt and pepper. The texture should be creamy but retain some small chunks for interest.
3. Layer with intention. Spread a thin layer of whipped honey on the warm toast. Add a generous avocado layer. Arrange tomatoes artfully. Top with a soft egg that is halved to show the soft yolk. Finish with microgreens and seasonings.



# THE LOCAL TABLE

One cannot think well, love well, sleep well, if one has not dined well.  
- Virginia Woolf

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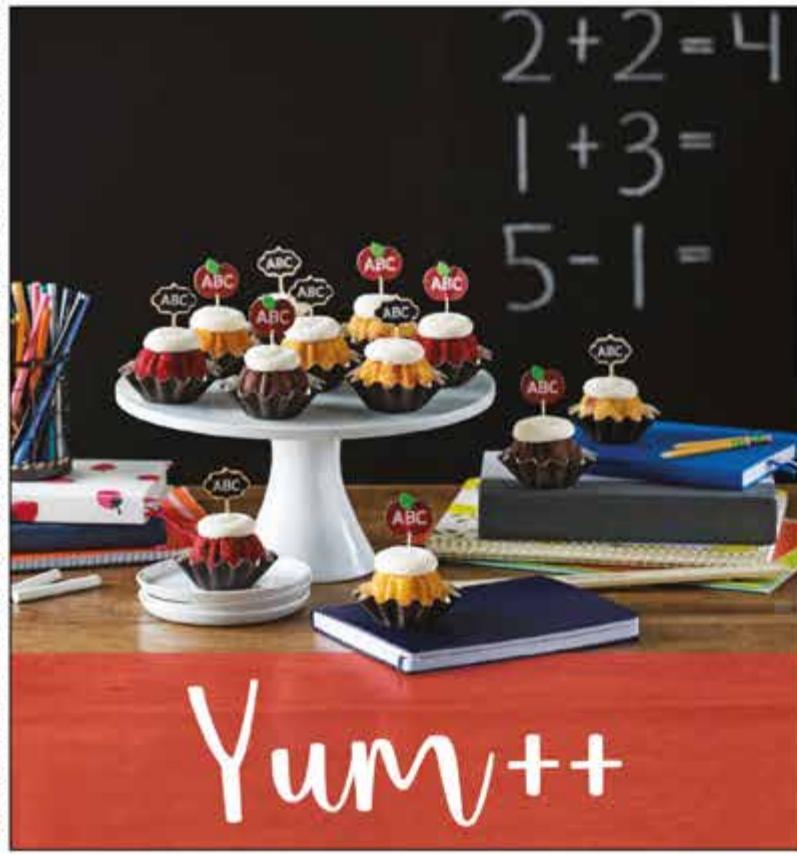
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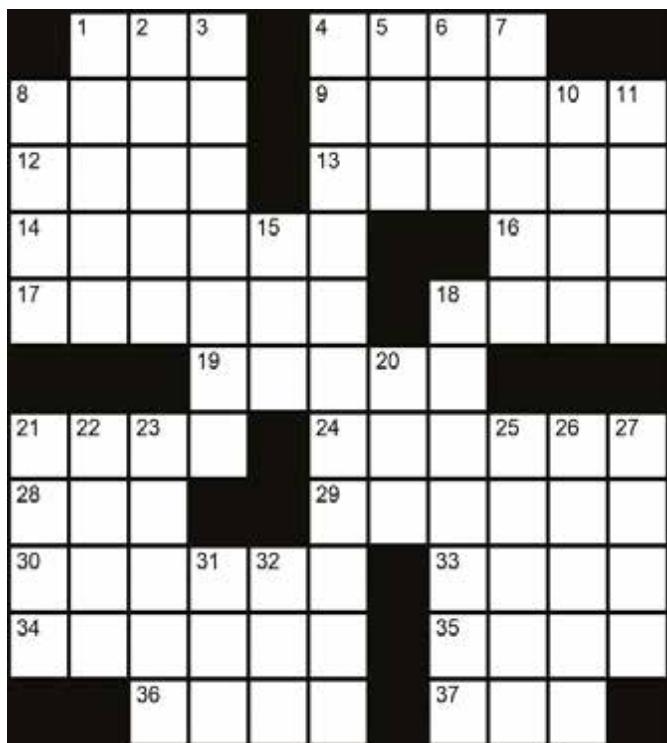
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# IT'S GAME TIME!

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.

# SEPTEMBER

**9/6-9/13**

### Bag of Books Bonanza:

Support The Friends of the Burleson Library and acquire some new favorite reads. \$5 purchases a single use bag to fill. Takes place during regular library hours. Burleson Public Library, 248 SW Johnson Ave.

**9/13**

### Emergency

### Preparedness Fair:

Come and learn essential preparedness skills that will keep you and your loved ones safe in any situation. There will be interactive booths from local organizations, emergency services and businesses,

providing valuable resources and information. Don't miss this chance to connect with your community and enhance your preparedness knowledge! Free. 9:00 a.m.-1:00 p.m., BRiCk, 550 NW Summercrest Blvd.

### Woodcarvers Showcase:

Come watch talented woodcarvers in action with live demonstrations, explore unique hand-carved items for sale and learn more about this timeless art form. 9:00 a.m.-1:00 p.m., Russell Farm Art Center, 405 W. CR 714.

**9/23**

### All the Bells and Whistles:

Ever wonder how homecoming mums became so huge in Texas? At the presentation "All the Bells and Whistles:

A supersized history of homecoming mums in Texas." Amy Schulz of Unplain Jane Studio will tell us that story and share some Texas-sized mums. The event is free to the public and sponsored by the Friends of the Burleson Library. 6:30 p.m., Burleson Public Library, 248 SW Johnson Ave.

**9/27**

### Trash Bash:

Grab your friends and family and help Keep Burleson Beautiful by participating in this citywide cleanup. After the

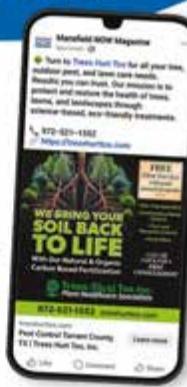
cleanup, enjoy a pizza party and a prize raffle. Free and cleanup supplies provided. 8:00 a.m.-noon, Warren Park, 301 SW Johnson Ave.

**Hispanic Heritage Festival:**  
Enjoy a day filled with delicious food trucks, a variety of vendors and performances by the Tejano Outlaw Band. 5:00-8:00 p.m., Mayor Vera Calvin Plaza, 141 W. Renfro St.

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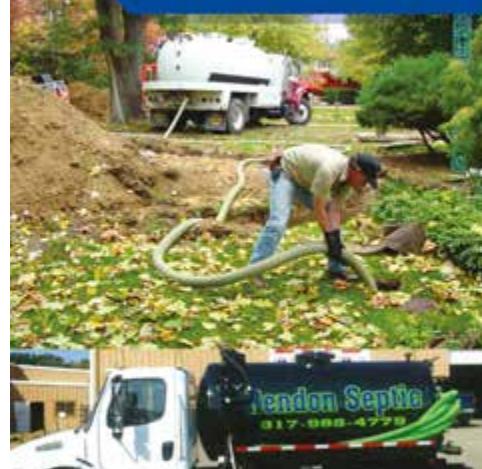
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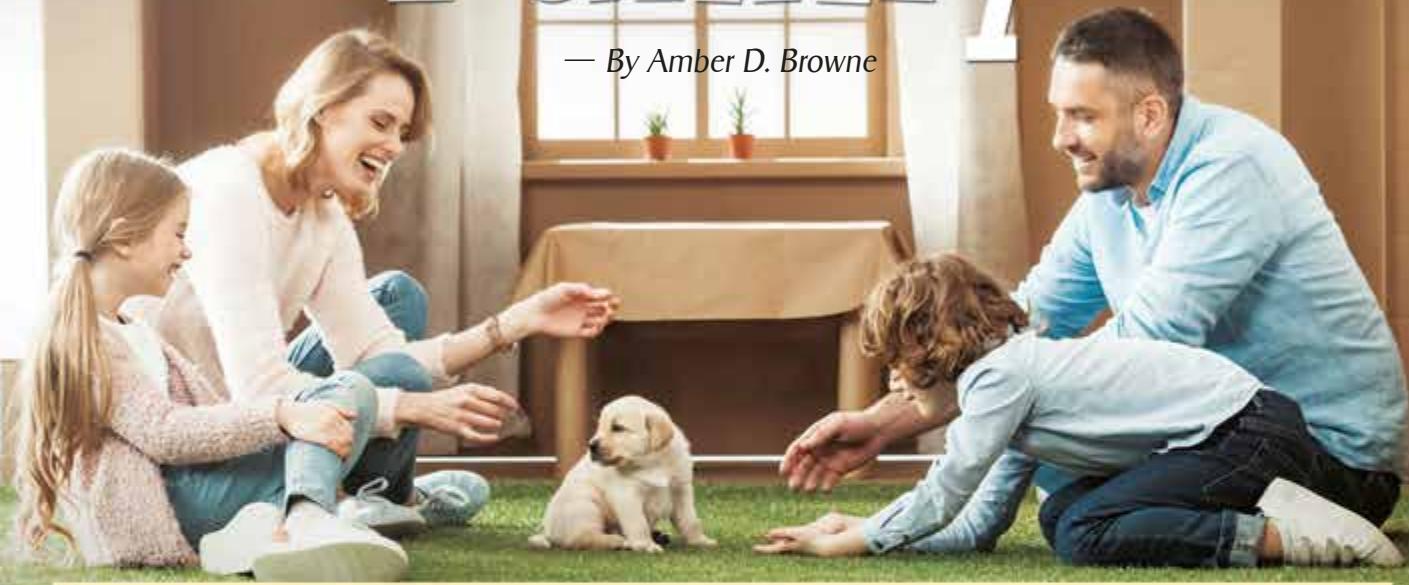
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# Fido for the Family

— By Amber D. Browne



*For most couples with little ones, a pet is a necessity. Dogs provide hours of playtime for children, teach responsibility and offer unconditional love and companionship. But which dog breeds are best for children? The answer varies for each family depending on multiple factors including yard space, allergies and the child's age, among other things.*

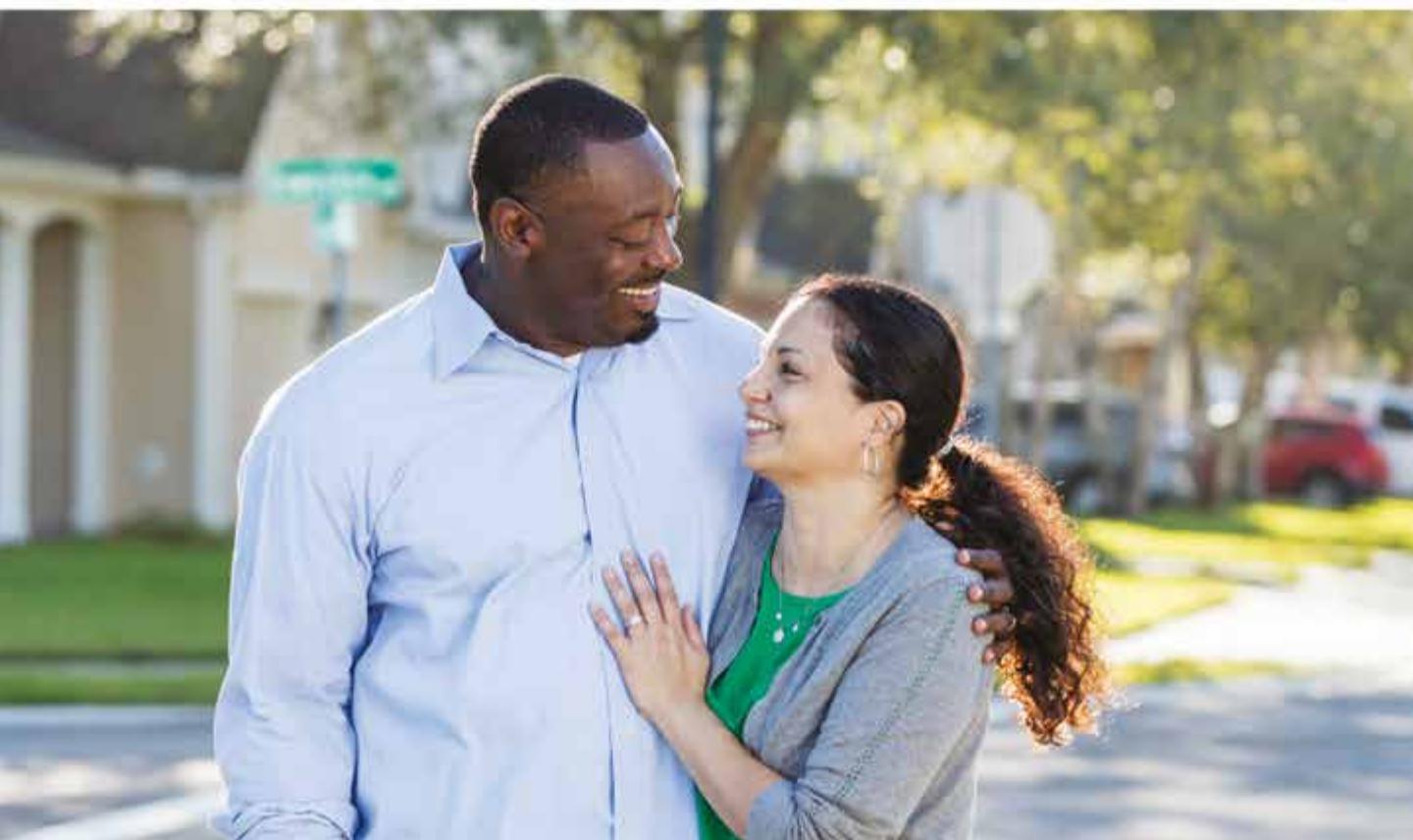
Soon-to-be dog owners with large, enclosed yards could choose more energetic breeds, since the dog has plenty of outdoor room for exercise. According to the American Kennel Club, the Labrador Retriever is friendly and active, and as America's most popular breed, fits well with families. The Golden Retriever is obedient and devoted to its owner. Because of its patience, the breed does well with young children. The Beagle is also known to be great with children. The breed enjoys companionship, and its playful demeanor will provide hours of entertainment.

Apartment renters or homeowners with limited yard space could decide to add a smaller breed to the family. Small-to medium-sized breeds include the Bulldog, which is a patient pup, and the Bull Terrier. The Bull Terrier can be mischievous, but was bred to be a companion dog and is good with older children. Another popular breed for families is the Poodle. With multiple sizes available, a miniature Poodle might be an option for families living in an apartment.

Because it is hypoallergenic, the Poodle is one breed better fit for families suffering with allergies. Another breed for allergy sufferers is the Soft Coated Wheaten Terrier, which has a happy disposition and is a devoted companion. Depending on the age of the child, parents must decide if a puppy or mature dog would be the perfect fit for the family. Puppies need to be trained, but the dog will grow and mature along with the child. An older dog will most likely have some training and can provide several years of companionship for an older child. As the child ages, he or she can take on more responsibilities when caring for the pup. Younger children can help brush, feed and water the dog. Older children can walk the dog or even bake fresh puppy treats in the kitchen.

Whether parents decide to purchase or adopt the pup, they must do their research. Most adoption or rescue agencies know the breed or have an idea of the breeds if the animal is mixed. Whatever the case, families should look for a calm and friendly temperament, how the breed might interact with other pets, research possible health problems and determine if the dog will incur grooming expenses. Although adding a furry family member to the pack is a big responsibility, the memories made with children and adults alike are unforgettable. **NOW**

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