

# BurlesonNOW

M A G A Z I N E

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

\*\*\*\*\*EGRWSS EDDM\*\*\*\*  
Postal Customer  
PERMIT 85450  
DALLAS TX  
MAIL  
U.S. POSTAGE  
FIRST CLASS





# DIET SOLUTION

## WEIGHT LOSS CENTERS

Dr. Alan M Taylor II

### Charles H., Rice, TX

I've lost 105.6 lbs. due to the support of Diet Solution Center and my family, and I lost it all in 8 months. I went to the doctor and was diagnosed with some heart issues, and I basically had to take charge of my life. Since I've lost the weight, I'm no longer on blood pressure and cholesterol medicine. I feel a whole lot better, and hopefully, I'll be able to live a little bit longer by taking care of myself. Thanks to Diet Solution because I could not have done it without them. Thanks to Kelli and Mika. They've been very supportive. I appreciate all the help I got.



**AFTER**



**BEFORE**

**Charles lost  
105.6 lbs.\***

\*Individual results  
may vary.

**MANSFIELD • BURLESON • WAXAHACHIE**

**817-453-3438**

[www.dietsolutioncenters.com](http://www.dietsolutioncenters.com)



# WE BELIEVE IN LIVING FOR A LIVING.

Our advanced heart services are designed to keep you doing what you love, with the people you love. From preventive care to life-saving procedures, our team of skilled physicians and latest technology is here for every beat of your journey.

That's the Huguley difference.

[TexasHealthHuguley.org/Heart](https://TexasHealthHuguley.org/Heart)





# STONEHAVEN DENTAL & ORTHODONTICS

Because every  
smile in Burleson  
matters to us.



## WE OFFER Implants

**Braces for the Entire Family**

**Implant Dentures**

**Cosmetic Dentistry**

**(Hollywood Smile Makeovers)**

**Crowns, Root Canals, Cleanings,  
Perio Disease Removal, Fillings**

**817-259-1828**

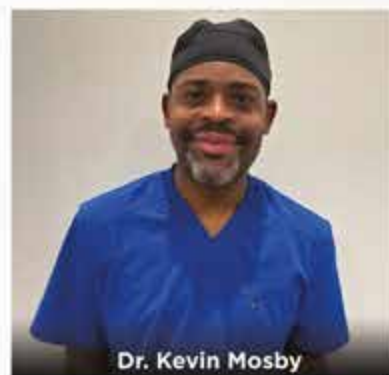
*Dental Care for the Whole Family*

**Payment Plans & 0%  
Interest for up to 2 years**

**We Accept ALL PPO Insurance.**



Charles Town  
DDS, MAGD, DABOI/ID, FAAID



Dr. Kevin Mosby

**817-259-1828 • THESTONEHAVENDENTAL.COM**  
**225 East Renfro Street, Suite 109, Burleson, Texas 76028**

**Complimentary Exam and X-rays to all  
New Patients that mention *BurlesonNOW*.**



# Your place, your pace.

Wilshire gives you the freedom and confidence to live at your own speed.

Our perfect blend of tranquility and activity provides the ideal catalyst for building your lifestyle. Enjoy a private apartment, socialize in our communal spaces, and explore Wilshire at your leisure. We are dedicated to providing exceptional senior living experiences for those seeking the best in life.

We understand that a fulfilling life revolves around community, activity, engagement, and choice. Wilshire offers opportunities for you or your loved ones to live an exciting, adventurous, social, and enriching lifestyle with top-of-the-line amenities and services to accommodate our residents' lifestyles. Indulge in on-site dining, a fitness center, a salon, and weekly housekeeping. The more we do for you, the more free time you have to enjoy everything our community offers. Come visit us and experience it for yourself!

**\$750 off first month's rent when you mention this ad!\***

\*Deposit must be made by October 31, 2025.

*W***ILSHIRE**  
SENIOR LIVING

**817.252.4007**

[WilshireSeniorLiving.com](http://WilshireSeniorLiving.com)



1600 Greenridge Drive | Burleson, TX 76028





Emma

Emma McKay  
BurlesonNOW Editor  
emma.mckay@nowmagazines.com  
(682) 239-0010

# 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!*

September 2025  
Volume 19, Issue 9

## ON THE COVER



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

**Photo by**  
Lori Baur.

*Publisher, Connie Poirier  
General Manager, Rick Hensley*

### EDITORIAL

*Managing Editor, Becky Walker  
Burleson Editor, Emma McKay  
Office Assistant, Kristin Bato  
Editors/Proofreaders, Rachel Rich  
Virginia Riddle*

### GRAPHICS AND DESIGN

*Creative Director, Chris McCalla  
Artists, Kristin Bato . Beth Davis  
Martha Macias . Anthony Sarmienta*

### PHOTOGRAPHY

*Photography Director, Chris McCalla  
Photographer, Lori Baur*

### ADVERTISING

*Advertising Representatives,  
Karen Schaefer . Bryan Frye  
Dustin Dauenhauer . Kelsea Locke  
Linda Moffett . Linda Roberson  
Nathaniel Standifer . Jeremy Young*

*Billing Manager, Angela Mixon*

BurlesonNOW is a NOW Magazines, L.L.C. publication. Copyright © 2025. All rights reserved. BurlesonNOW is published monthly and individually mailed free of charge to homes and businesses in the Burleson ZIP codes.

Subscriptions are available at the rate of \$35 per year or \$3.50 per issue. Subscriptions should be sent to: NOW Magazines, P.O. Box 1071, Waxahachie, TX 75168. For advertising rates or editorial correspondence, call (817) 477-0990 or visit [www.nowmagazines.com](http://www.nowmagazines.com).

## Why don't poor people just work harder?!

We've all heard the question, but poverty isn't that simple.

It's not just about money.  
It's about limited tools and lost hope.

**Bridges Out of Poverty**  
*is a powerful one-day seminar that helps community leaders, educators, nonprofits, employers, faith leaders, and caring citizens understand poverty and respond with compassion and strategy.*

**Tuesday, September 23**  
**8:30-3:30 in Burleson**  
**Free registration**  
**Includes book and lunch**

**Brought to you by aha! Process Inc. and the Baker Foundation of Burleson**



# GET TO THE HEAD OF THE CLASS

The A+ Choice for Your  
Favorite Senior



neighborhood living



all-inclusive rates



peace of mind

**SAVE  
\$500**

on community  
fee with ad  
mention



We're on the honor roll for care and comfort. Schedule your tour today!

Call/text 817-205-3772 • 1155 NW John Jones Drive • [www.mce.care](http://www.mce.care)

Facility ID 106615

## EXTREME TACTICS AND TRAINING SOLUTIONS

Your premier outdoor shooting range in North Texas



OPEN TO THE PUBLIC 9AM-5PM

**972-268-2485**



**MEMBERSHIPS AVAILABLE**





# FULL CIRCLE WOMEN'S *Conference*

*September 26th*  
**8AM-3PM - PATHWAY CHURCH**

Get ready for an energizing day of inspiration, real talk, and connection. We've got a powerhouse keynote, hands-on breakout sessions, a no-filter entrepreneur panel, and plenty of chances to network. Open to women of all ages, stages, and backgrounds.

**KEYNOTE SPEAKER: CHARLA CORN**

**KEYNOTE TITLE:**

**STYLE A PERSONAL BRAND THAT STANDS OUT, SELLS OUT, AND STAYS BOOKED...  
EVEN IF YOU DON'T FEEL CONFIDENT AND NO ONE KNOWS WHO YOU ARE.**

*Scan here to register.  
Find breakout speakers & more.*



**Texas Health**  
Huguley Hospital  
FORT WORTH SOUTH



**Baylor Scott & White**  
ALL SAINTS MEDICAL CENTER

**H3 HAVINS**

**H-E-B**



**AREA CHAMBER OF COMMERCE**  
FOUNDED 1918 • 100% WOMEN  
*The Power of Her*



THE CITY OF  
**BURLESON**  
TEXAS





## LIVE BUTCHERS ON PREMISES

# Fall Holiday Sale

Now Open 7 Days A Week  
Hours: Thurs, Fri, Sat until 8:00 PM  
Mon to Wed 9am - 6pm, Thurs to Sat 9am - 8pm,  
Sun 12pm - 5pm

## CALL TO PLACE ORDER 817-964-3255

901 A EAST HIGHWAY 377, GRANBURY, TX 76049 /RANCHERSFEDBEEF

**5%**  
MILITARY  
DISCOUNT  
MUST SHOW ID

SEE MORE HERE



VISA, MASTERCARD,  
AMEX, DISCOVER  
WE ACCEPT E.B.T.

### FOR THOSE WHO LIKE TO SAVE MONEY AND EAT GOOD

**1/2 Beef ONLY \$1500.00**

Steaks, Roast, Ground Beef,  
Ribs, Brisket, Soup Cuts,  
All Your Cuts  
30 lb. Pork & Chicken FREE  
Avg. Weight 275 lbs.

\*Available in Prime Choice Also

### SPLIT 1/2 BEEF

**\$850.00**

FREEZER WRAPPED / CUT FREE

### All The Beef Cuts

15 lb. Pork & Poultry FREE

### FAMILY SAVERS

8 lb. Ground Beef	5 lb. Rib Steaks
3 lb. Rib Eyes	4 lb. Sirloins
3 lb. T-Bones	4 lb. Thick Bacon
6 lb. Chuck Pot Roast	
6 lb. Short or BQ Ribs	
6 lb. Whole Chicken	
3 lb. Farm Sausage	
4 lb. Country Pork Ribs	
3 lb. Chicken Breasts	
5 lb. Tenderized Round Steak	

**60 LBS.**  
**ALL FOR ONLY**  
**\$379.95**

### FREE WITH PURCHASE OF FAMILY SAVER:

10 CENTER CUT PORK CHOPS

### THE CATTLEMAN'S PACKAGE

Texas Grass-Fed Grain-Finished Beef

AVAILABLE TEXAS PRIME

CHOICE CERTIFIED CORN-FED BEEF

• 8 - 8 oz. Tenderloin Steaks (Filet Mignon)  
• 6 - 16 oz. Bone-in Ribeyes (Cowboy Cut)  
• 6 - 16 oz. T-Bone Steaks  
• 8 - 10 oz. Sirloin Steaks  
• 4 - 24 oz. Full Cut Tenderized Round Steak (Chicken Fried)  
• 6 - 20 oz. Chuck Eye Steaks (Delmonico)  
• 2 - 24 oz. Porterhouse Steaks (King Cut)  
• 5 lbs. Seasoned Skirt Fajitas (3 packages)  
• 12 - Ground Chuck Patties (approx. 8 oz. each)  
• 6 - 1 lb. Packs, Ground Chuck (BS/15)  
• 1 - 10 lb. Smoker Ready Brisket  
• 1 - 7 lb. Pork Shoulder (for Pulled Pork)  
• 3 lbs. Beef Short Ribs (Great for Smoker)  
• 3 lbs. Thick Texas Bacon  
• 3 lbs. Farm Sausage  
• 12 - Thick Pork Chops  
• 2 - Racks St. Louis Pork Ribs  
• 3 Whole Chickens (Great for Smoker)



**ALL FOR**  
**\$799.95**  
ALL ORDERS CUT FRESH

TASTE THE DIFFERENCE  
100% GUARANTEED  
FREEZER WRAPPED FREE  
CUT OUT THE MIDDLEMAN  
and eat the best meats at  
HUGE SAVINGS!

## WHY SHOP WITH US!

- Freshest Beef in Texas
- Local Texas Beef
- We Handle All Grades of Beef
- All Beef Cut Fresh on Premises
- Military Discounts
- Up To 50% Off Grocery Store Prices
- Full Line Seafood
- Full Line Bison, Elk, Venison
- Famous Custom-made Sausage Links
- Full Line Lamb, Veal
- Full Line Fresh Poultry Products
- We Deliver
- No Hormones or Antibiotics All Natural
- Gift Certificates

### RIB EYES

10 One Pounders

**\$129.95**

16 oz. cut, Grass Fed  
and Grain Finished

### TEXAS FILETS

20 8 oz. Steaks

**ONLY \$159.95**

### PURE, NO ADDITIVES GROUND BEEF

**\$5.99/LB. (NO LIMIT)**

### SAMPLER ASSORTMENT

4 - Pork Chops	4 - Rib Eyes
4 - T-Bones (10 oz.)	4 - NY Strips
4 - Filet Mignons (8 oz.)	4 - Top Sirloins
2 - Beef Roasts	
3 lb. Spare Ribs	
4 - Chicken Fried Steaks	
2 lb. Pork Sausage	
2 lb. Bacon	
12 - Ground Beef Patties	
2 lb. pkgs. of Ground Beef	



**\$219.95**

## OLD FASHION BUTCHER BLOCK

- ★ 2 Bacon-Wrapped 8 oz. Filet Mignon - \$17.50
- ★ Pure Ground Chuck (No Additives, 80/20) - \$5.99/lb
- ★ Custom Homemade Sausages: German, Italian, Polish, Cajun, Sicilian, Bratwurst - \$6.99/lb
- ★ Butcher Shop Chicken Salad (Made Fresh on Premises Daily) - \$4.99/container
- ★ Beef Tamales - \$10/dozen
- ★ Custom Cut Tri-Tips & Picanha
- ★ Organic Chicken Breasts Available

## Holidays are Coming Soon!

### ORDER YOUR:

- PRIME RIBS
- BRISKETS
- HAMS
- FRESH TURKEYS
- WHOLE BEEF TENDERLOINS
- LAMB, VEAL
- PORK CROWN ROAST
- TRI-TIP

**GIFT CERTIFICATES**  
*Available*

**WE SELL PREMIUM TALLOW AND TALLOW BODY BUTTER.**





# 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

# **TOTALCARE**™

## **WALK-IN VISITS AND APPOINTMENTS AVAILABLE**



**Allergy Testing & Treatment • Annual Physical Exams  
Family Medicine • Immunizations  
In-House Lab & Diagnostic Testing • School Physicals  
Skin Care • Testosterone Therapy • Weight Loss  
Cosmetic Services: BOTOX® and Lip Filler**

**Open 6 Days a Week**

Mon. - Fri. 8 a.m. - 8 p.m. • Sat. 8 a.m. - 6 p.m. • Sun. Closed

**1005 S. Crowley Rd, Crowley, TX**

Located near the intersection of Renfro Street & Crowley Road (FM 731)

## **817-297-4455**



## **WWW.TOTALCARE.US**



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**

# DIVORCE *Care*®



Scan the QR code for more information and to register.

**DivorceCare is a 13-week, video-based support group program designed to help people find healing and hope after divorce and separation. It offers a safe space where individuals can find comfort, guidance, and practical tools to navigate the emotional and practical challenges of divorce.**

**We are hosting DivorceCare at the Burleson Church of Christ starting Wednesday evening, September 17. We will meet each Wednesday until December 17 from 6:30-8:00 p.m. Get more information and sign up at [burlesoncoc.com](http://burlesoncoc.com).**





# WE BRING YOUR SOIL BACK TO LIFE

With Our Natural & Organic  
Carbon Based Fertilization

**SAVE 50%  
OR MORE ON  
WATERING**

- Sick Tree Specialist
- Weed Control  
(that won't hurt your trees)
- Tree & Shrub Fertilization
- Disease Management
- Lawn Fertilization
- Grub Control
- Fire Ant Control
- Flea and Tick Control
- Perimeter Pest Control
- Borer Treatments
- Mosquito Control

Veteran Owned



Licensed & Insured  
Over 20 Years Experience



**Trees Hurt Too Inc.**  
Plant Healthcare Specialists



On Staff

**FREE**  
Tree  
Consultation  
(\$200 Value)

9/30/25

**FREE**  
First Service  
with paid  
annual program

9/30/25

**972-521-1552**  
treeshurttoo.com

**CALL NOW AND SCHEDULE  
A FREE CONSULTATION!**





# AFFORDABLE MEDICARE PLANS

Get a second opinion on your current benefits!

## TURNING 65 OR OLDER?

It's never too early to start planning!

(817) 300-3031



Scan for  
more info.



**BEACH INSURANCE GROUP, LLC.**  
*"insuring everything under the sun"*

**Local Medicare Benefit Specialist**  
*"The Right Plan For Your Needs"*

We do not offer every plan available in your area. Any information we provide is limited to those plans we do offer in your area. Please contact Medicare.gov or 1-800-MEDICARE to get information on all of your options.

**CALL YOUR LOCAL MEDICARE BENEFIT SPECIALIST**

**FREE CONSULTATIONS & HOUSE CALLS**

**New To Medicare Guidance** - Information • Plan Options  
Answers To All Your Questions • Enrollment Assistance & Professional Advisor

**Already On Medicare** - FREE Medicare Benefit Review • Second Opinion  
If You Have "The Right Plan For Your Needs" Plans Change Each Year!

**47TH ANNIVERSARY**

**240 E RENFRO ST., SUITE 205, BURLESON, TX 76028**



# FOUNDERS DAY



OCTOBER 11 • 10 A.M. TO 3 P.M.



THE CITY OF  
**BURLESON**  
TEXAS

**FREE EVENT**

**MAYOR VERA CALVIN PLAZA  
141 W RENFRO ST**





**Zoomed In:** Krystin and Daniel Trenttham

By Emma McKay

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.





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



The Cade family starts off their evening with dinner at Twisted Sisters.



Sharon and Larry Jacobs and Kristy and Thomas Kamp have a fun-filled night at the winery.

DESIGN  
MEASURE  
INSTALL  
ENJOY

**BUDGET<sup>®</sup> BLINDS**

SHUTTERS - SHADES - MOTORIZATION - AND MORE

**20% OFF**  
Select Custom Window Coverings  
OFFER ENDS 9/30/25

You work hard;  
let us take over for a while.

“We take pride in providing style and service for every budget.”  
- JOSEPH AND RAQUEL ELDER, OWNERS

**Call 817.539.0155 for Your FREE In-Home Consultation Today!**

**ROOTS**  
GARDEN CENTER  
& LANDSCAPING

**ROOTS GARDEN CENTER  
TEXAS CERTIFIED  
NURSERY PROFESSIONALS**

With continuing education through the Texas Nursery & Landscaping Association and Texas A&M AgriLife extension service, we are now proud to employ Texas Certified Nursery Professionals at Roots Garden Center.

**FOR OUR CUSTOMERS  
THIS MEANS:**

- Industry backed knowledge of horticultural practices
- Top tips on water conservation, plant & weed identification, pest management, lawn care, and more
- Knowledge of various landscape design styles, including cottage, xeriscaping, modern, southern, perennial gardens and low maintenance gardens
- Proper plant care and plant selection for our region

**SCAN HERE TO SEE MORE!**

**IF YOU HAVE QUESTIONS, WE HAVE ANSWERS.**

**817-312-2890**  
2117 E. Renfro St.  
Burleson, TX 76028

Tue.-Sun. 8 AM-5 PM

Find us on [facebook.com/RootsGardenCenter](https://facebook.com/RootsGardenCenter)



**"OPENING  
DOORS IN  
BURLESON  
SINCE 1986"**

**TEXAS**   
**OVERHEAD DOOR**

**817-295-0216**  
[www.txohd.com](http://www.txohd.com)

**REPAIR,  
SERVICE  
& NEW  
GARAGE  
DOORS**

Garage Door Tune-Up  
**\$75.00**

PARTS EXTRA • LIMITED AREA • CALL AHEAD

For regular business hours M-F 8-5 only.  
May not be combined with other offers.  
Call for details. Expires: 9-30-2025

Must Mention "BurlesonNOW Coupon"

**122 N.W.  
Hillery St.,  
Burleson**



**Gymnastics • Tumbling  
Preschool/Mommy and Me  
NinjaKour • MMA • Boxing  
Adult Gymnastics**



**817-295-1029**  
3437 CR 807  
2.4 miles off I-35 Exit 917  
**LucasGymnastics.com**  
[lucasgymnastics@gmail.com](mailto:lucasgymnastics@gmail.com)



**Choose Freedom: PPO Plans Beat  
Marketplace HMO's — COMPARE NOW!**

Find out if you qualify for Comprehensive  
Affordable coverage accessing Broad  
PPO National Networks!  
• Cigna PPO • PHCS PPO

**DON'T HAVE TO WAIT!  
THESE PLANS CAN START ON  
THE 1ST OF ANY MONTH**



**QUALIFY AT**  
**[1enrollment.com/index.cfm?id=855743](http://1enrollment.com/index.cfm?id=855743)**

**OR SCAN**



**NBI & Associates**  
**Burleson's Benefit Advisors**  
240 E Renfro, Suite #207, Burleson, TX 76028

**HELP HOTLINE: 817-631-3867**

*Employer Group & Individual Plan Specialists Since 1986*

**Burleson Office: 817-339-8977 [www.nbiandassociates.com](http://www.nbiandassociates.com)**





**\$600 OFF**  
**Braces or**  
**Clear Aligners**

Not to be used with any other discounts.

# Orthodontics



**BIRTH & FLETCHER**

— BSFORTHO.COM —

*Embrace the future of orthodontics*

- Advanced technology for your smile
- Non-extraction options
- Free 2nd opinion

Schedule a **FREE**  
consultation  
to learn more!

**(817) 546-0770**

**BSFORTHO.COM**

## SCAVENGER HUNT WINNER!



Paula Weber, winner of the  
\$50 cash prize from  
NOW Magazines, said,  
"My husband and I love the  
challenge of playing the  
scavenger hunt game."

**HBS | HAVINS**  
BUSINESS SERVICES

### TAKING YOUR BUSINESS JOURNEY FROM LAUNCH TO LEGACY

WHETHER YOU'RE LAUNCHING YOUR  
FIRST BUSINESS OR READY TO GROW,  
OUR TEAM IS HERE TO SUPPORT YOU  
AT EVERY STAGE.

#### Our Services Include

- Consulting Services
- Training
- Business Formation
- Bookkeeping
- Tax Preparation

#### CONTACT US TODAY

- 📞 817-769-4032
- ✉ info@havinsconsulting.com
- 🌐 www.havinsconsulting.com

**Location: 295 E Renfro St., Suite #300, Burleson, Tx 76028**





BusinessNOW

# Stonehaven Dental and Orthodontics

— By Emma McKay

**Stonehaven Dental and Orthodontics**  
 225 E. Renfro St., Ste. 109  
 Burleson, TX 76028  
 (817) 717-9086  
[thestonehavendental.com](http://thestonehavendental.com)  
 Facebook: Stonehaven Dental – Burleson  
 Instagram: @stonehavenburleson

**Hours:** Monday-Thursday: 8:00 a.m.-5:00 p.m.  
 Friday: 8:00 a.m.-1:00 p.m.

“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**



# Mansfield Glass & Windows

Proud Member of  
The Good Contractor List



Financing available.  
A+ BBB Rating. Free Estimates.

**Call TODAY and ask about our current DEALS!**

- ✔ Frameless Showers
- ✔ Replacement Windows
- ✔ Foggy Glass Replacement
- ✔ Mirrors
- ✔ Commercial

Competitively Priced - Fully Insured  
Professionally Staffed



**OVER 150 5-STAR REVIEWS!**  
**CALL TODAY FOR A FREE ESTIMATE!**

CELEBRATING 25 Years

7489 Rendon Bloodworth Road, Mansfield | (817) 473-3909 | [www.mansfieldglass.com](http://www.mansfieldglass.com)

# Fancy's

**Sizes 1X - 5X**  
**Plus Size Resale Shop**



*Shop Our Fall Fashion Finds!*

**Buy • Sell • Consign**

We also carry shoes, cruise wear, purses, jewelry & accessories.

**220 E. Renfro, Burleson, TX**  
**817-426-4944 • Tues - Sat 10 am - 5 pm**





# Heritage

— PLACE —  
SENIOR LIVING



Assisted Living & Memory Care

**817.813.8376**

**HeritagePlaceLife.com**

621 Old Highway 1187  
Burleson, TX 76028



Independent Living

**817.373.5664**

**HeritagePlaceLife.com**

300 Huguley Blvd.  
Burleson, TX 76028

## Experience the *Art of Living*

For nearly a decade, Heritage Place Senior Living has been a trusted choice for seniors and their families in the Burleson area. With dedicated, experienced team members and thoughtfully designed lifestyle amenities, our community empowers residents to embrace the art of living. We offer Independent Living, Assisted Living, and Memory Care, all within a welcoming and refined environment.

**Discover how Heritage Place supports you every step of the way. Tour our resident-first community today!**





Serving our local community for 25+ years, Cables Plumbing is here to help with **ANY AND ALL PLUMBING REPAIRS.**

#### SERVICES INCLUDE:

- Leaky Faucets
- Clogged toilets
- Traditional and tankless water heater installation and maintenance
- Slab water leak/sewer leak detection and correction
- Gas leak detection and repairs
- Cast Iron Pipe replacement
- Bath remodels



For fast, reliable service, call us today at  
**817-517-9185**  
3916 Heritage Ct.  
Burleson  
[www.cablesplumbing.com](http://www.cablesplumbing.com)



Frank Jircik, MD  
Internal Medicine



Jessica Nelson, INP-BC  
Nurse Practitioner  
Home Visits Only



Precious Marquart, MD  
Family Medicine  
Accepting New Patients



Cari Naukkarinen, INP-BC  
Nurse Practitioner  
Accepting New Patients



Brenna Young, INP-C  
Nurse Practitioner  
Accepting New Patients

## JIRCIK MEDICAL GROUP

[WWW.DRJIRCIK.NET](http://WWW.DRJIRCIK.NET)

Our Providers offer multi-levels of care:

- Chronic Disease Management
  - Routine School Physicals
  - Routine Wellness Exams/Physicals
  - HOME VISITS

**817-551-5400**

12001 South Fwy Suite #304  
Burleson, TX 76028



**HAPPY  
LABOR  
DAY**

**10% OFF**  
Full Roof  
Replacement

Please call for details.  
Expires 9/30/25



**TOMORROW  
ROOFING**

**(682) 255-7040**  
[www.tomorrowr.com](http://www.tomorrowr.com)  
LOCALLY & VETERAN OWNED







Bourbon Vanilla Bread Pudding  
With Salted Caramel Drizzle

# 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*

# Free Cookie

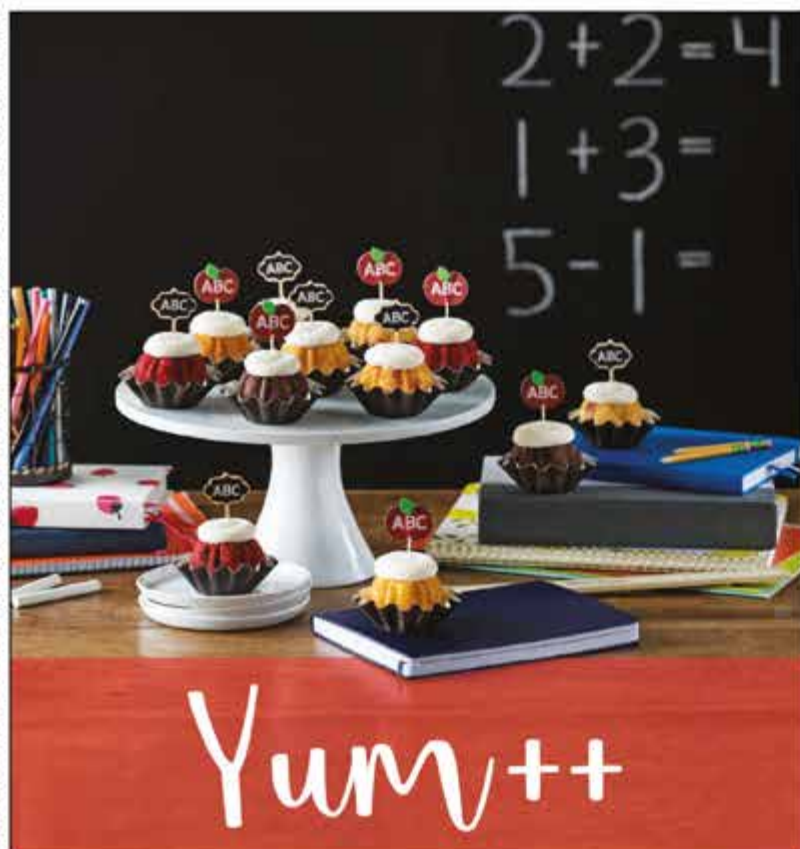
**WITH PURCHASE  
OF A 4-PACK**

**At Crumbl - Burleson**

Limit one cookie per person per coupon.  
140 NW John Jones Drive, Ste. 108  
Expires 9/30/2025

Limited Time Offerings not included as an available  
"Free Cookie" redemption

**crumbl**



NOTHING bundt CAKES®

# \$2 Off

a dozen Bundtinis®

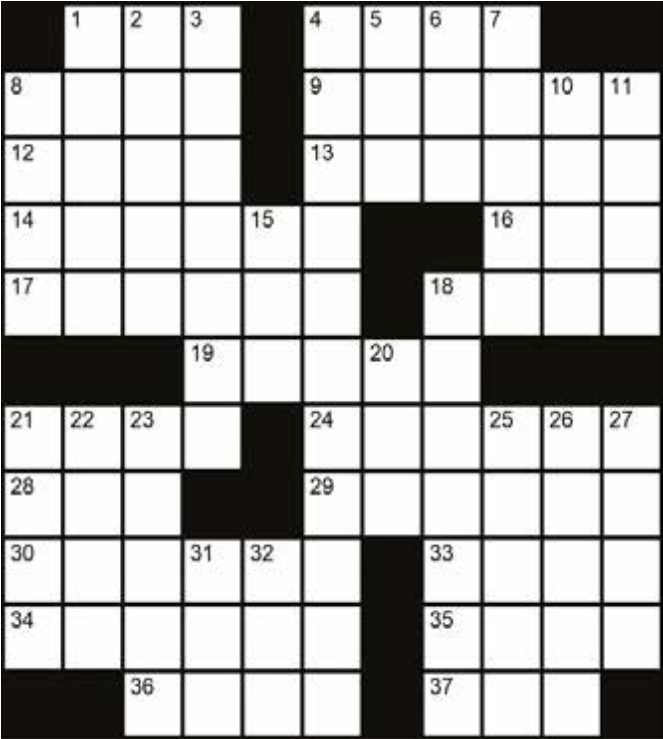
Burleson, TX  
140 NW John Jones Drive  
Burleson, TX 76028  
(817) 426-4565

NothingBundtCakes.com

Expires 9/30/2025. Limit one (1) coupon per guest. Coupon must be presented at time of purchase. Valid only at the bakery(ies) listed. No cash value. Valid only on baked goods; not valid on retail items. Coupon may not be reproduced, transferred or sold. Internet distribution strictly prohibited. Must be claimed in bakery during normal business hours. Not valid for online orders. Not valid with any other offer. Discounts applied before tax.



# Crossword Puzzle



Crosswordsite.com Ltd

## Across


- 1 Part of formerly Portuguese India
- 4 "Boy, it's hot!"
- 8 Ireland's --- Fein
- 9 Funeral speech
- 12 "--- calling!"
- 13 Texas border town
- 14 Bucks back
- 16 Teetotal
- 17 Adventurous expedition
- 18 In Norway, it used to be Christiania
- 19 Pressure-washer maker
- 21 Ornerly guy
- 24 NYC
- 28 Exclamation of disgust
- 29 End of existence
- 30 It's in the blood
- 33 Omar --- of "House"
- 34 Sweet
- 35 Imitates
- 36 Corny or pony, maybe
- 37 Old horror actor --- Chaney

## Down

- 1 "--- man a fish and you feed him for a day ..."
- 2 Kind of switch
- 3 Certain flowers
- 4 When single lives come to an end
- 5 Tint
- 6 90° bend
- 7 Bent sword leads to argument
- 8 COVID-19 predecessor
- 10 Peripatetic Ipanema resident?
- 11 Spool-like toy
- 15 F D R's short-lived Blue Eagle agency
- 18 Breakfast mush
- 20 She may be fawning
- 21 Stanley and Ryder
- 22 Ominous
- 23 Expert swindler
- 25 River horse
- 26 Trembling poplar
- 27 Military refectory
- 31 Not a good boy's name, according to Johnny Cash
- 32 Car economy statistic

Online versions and solutions available at [www.nowmagazines.com](http://www.nowmagazines.com). From our Homepage, click on the Features tab. Click on the Crossword-Sudoku tab. Click on a puzzle to view solutions.

**COOKING PASSION?**  
**GET FEATURED!**



Passionate about Cooking or Baking?  
Share your culinary journey with us and get featured!

**NOW**  
MAGAZINES

REACH OUT TO US TODAY!  
**972-937-8447**

SPECIAL FINANCING AVAILABLE!



UPGRADE YOUR PROPERTY WITH  
**STAND STRONG FENCING**



**TOP QUALITY WOOD FENCES**

**TOP QUALITY ORNAMENTAL FENCES**



CALL OR SCAN FOR A FREE CUSTOM QUOTE  
**(817) 767-3034**

Copyright © 2025 Stand Strong Fencing® All Rights Reserved. Independently owned and operated.

**StandStrongFencing.com/fort-worth-tx**





## EMPLOYERS...

Is your Health Insurance coming up for Renewal? Do the best choices always include rate increases? Explore missing options & **LOWER COST STRATEGIES WITH ALL YOUR BENEFITS!**

- We help **STREAMLINE** employees' **BENEFIT SELECTION** & HR teams' **BENEFIT ADMIN**. Our world-class technologies Not only **SOLVE HR** Day-to-day **CHALLENGES** But automate processes that **IMPROVE HR EFFICIENCY!**

- **DISCOVER** our complimentary **ON-LINE BENEFITS** administration **PORTAL**—offering **WEB BASED** enrollment, payroll integration, turnkey **COBRA** administration, carrier **BILLING**, **HR COMPLIANCE**, in-house support staff, & **MORE**. **SIMPLIFY YOUR BENEFITS TODAY!**



**NBI & Associates**  
**Burleson's Benefit Advisors**

240 E Renfro, Suite #207  
Burleson, TX 76028

**CALL US TODAY.**  
**817-631-3867**

[www.nbiandassociates.com](http://www.nbiandassociates.com)

*Employer Group & Individual Plan  
Specialists Since 1986*



## BurlesonNOW Scavenger Hunt



Find 5 hidden  
**Acorns**

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

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

**Scavenger Hunt Email**

[scavenger.bur@nowmagazines.com](mailto:scavenger.bur@nowmagazines.com)

One entry per person.

**WIN!**

**\$50 Cash Prize**

Courtesy of:  
**NOW Magazines**

[scavenger.bur@nowmagazines.com](mailto:scavenger.bur@nowmagazines.com)

Winner must pick up their prize  
within 30 days of drawing.

Backpacks were found on  
pages 2, 9, 16, 21 & 23.

August winner is:

Susan Waller -

**\$50 Cash from NOW Magazines**

[scavenger.bur@nowmagazines.com](mailto:scavenger.bur@nowmagazines.com)



**Honest  
Foundation  
Repair  
of the  
HIGHEST  
QUALITY.**

*Your home is a  
big investment.  
Our family is here  
to help you fix  
your foundation  
the RIGHT way.*



*Family owned and  
operated since 1958.*

**817-478-1181**

[www.atlasfoundationinc.com](http://www.atlasfoundationinc.com)

CELEBRATING 67 YEARS  
OF SERVING OUR LOCAL  
COMMUNITIES





# 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.

Submissions are welcome and published as space allows. Send your current event details to [emma.mckay@nowmagazines.com](mailto:emma.mckay@nowmagazines.com).

Ask us about our NEW -

## Social Media Add-On

Proven Results!

**15,000+ Views,  
100s of Clicks**

+ Your print ad will be posted to Facebook & Instagram.

+ Create a 2nd wave of exposure after homes receive our magazine.

+ We will **BOOST** your post as a Facebook Ad for 10 days to maximize reach & drive customers to your website.



Reach out at [nowmagazines.com/advertising](http://nowmagazines.com/advertising)



817-295-2700  
**MAMASPIZZAS.NET**  
721 SW WILSHIRE BLVD., BURLESON, TX 76028

*VIP DISCOUNT*

<b>\$4.00 OFF</b> 20" MAMA'S SIZE (One Coupon Per Visit)	<b>\$3.00 OFF</b> 16" LRG. SIZE (One Coupon Per Visit)	<b>\$2.00 OFF</b> 13" MED. SIZE (One Coupon Per Visit)
--	--	--



**MOUNTAIN VALLEY STUDIOS**

Preschool Music Classes  
Private & Group Piano Lessons  
Private & Group Voice Lessons

817-297-7756  
[WWW.MOUNTAINVALLEYSTUDIOS.COM](http://WWW.MOUNTAINVALLEYSTUDIOS.COM)  
509 SW WILSHIRE BLVD., STE. G  
BURLESON, TX 76028



CHECK OUT OUR  
*Favorite Recipes*  
**NEW!**  
[www.nowmagazines.com](http://www.nowmagazines.com)  
Searchable Recipes from the NOW Magazines Archives.  
**TRY IT TODAY!**  
**NOW**  
MAGAZINES



**LSIA**  
**LONE STAR**  
 INSURANCE AGENCY  
 Serving Burleson Since 2002



- ★ AUTO
- ★ HOME
- ★ BUSINESS
- ★ LIFE
- ★ INVESTMENTS
- ★ BONDS
- ★ & MUCH MORE!

Get a quote and receive a  
**\$10 Gift Card**  
 when you bring in this ad, or  
 call and mention this coupon.  
 (For new customers only.)

240 NW Newton Drive  
 Burleson, TX 76028  
 (Off of Wilshire Blvd. behind Title Max)  
**817-426-2886**  
 Business Hours: Mon.-Fri. 9am-5pm  
 Saturday by Appointment  
**LSIATX.COM**

## SEPTIC BACKING UP?

We prioritize customer care by delivering comprehensive septic cleaning services.



**\$20  
 OFF  
 SERVICE CALL**



## Rendon Septic Service

817-988-4779 • RENDONSEPTICTX.COM

## FAMOUS PANCAKES



GERMAN  
 PANCAKE



**\$5 OFF  
 ENTIRE CHECK**

With this ad,  
 Monday-Friday,  
 Offer expires 9/30/25.

**OL' SOUTH**  
**PANCAKE HOUSE**  
 FORT WORTH ★ BURLESON  
 EST. 1962

HOURS: 6am - 3pm  
 7 Days a Week

**817-989-9090**

225 E. Renfro St. • Burleson

Scan for  
 Menu





# 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**



# THE HEART OF OUR MISSION? **KEEPING YOU HEALTHY.**



Joseph Ortenberg, M.D.



Soniya Rabadia, M.D.

## **Advanced heart and vascular care starts here.**

Need some help keeping up with your heart health? The physicians at Texas Health Heart & Vascular Specialists are here to customize care plans around your unique needs and give you a healthier future. From proactive prevention to diagnostics, discover our wide range of compassionate care options and see how we can help. Schedule your in-person or virtual visit today.



Find your specialist today.  
**866-906-5645**  
[THPG.org/Heart](https://www.thpg.org/Heart)



**Texas Health**  
Heart & Vascular Specialists



# FREE

## RABIES VACCINE\*

NO EXAM FEE

\*With the purchase of a basic set of vaccines for a cat or dog. Limit one per household. Cannot be combined with any other TCAP coupons, specials, discounts, or offers.

Coupon Code: NOW



### BASIC VACCINE PRICES\*

**TCAP**  
**\$25**

**LOCAL PROVIDER**  
**\$196\*\***

\*Rabies, DAPPv & Bordetella

\*\* Figures based on a survey of vet clinics in Denton County



“  
THE STAFF AND THE SERVICE HERE IS  
AMAZING. WE DEFINITELY HAD A  
GREAT EXPERIENCE WITH THEM. THEY  
TOOK CARE OF OUR ANIMALS LIKE  
THEY WERE THEIR OWN. DEFINITELY  
RECOMMEND THIS PLACE.

– ERIK SILVEY



106 Conveyor Dr. Suite 100 | Joshua, TX 76058  
texasforthem.org | 940-566-5551