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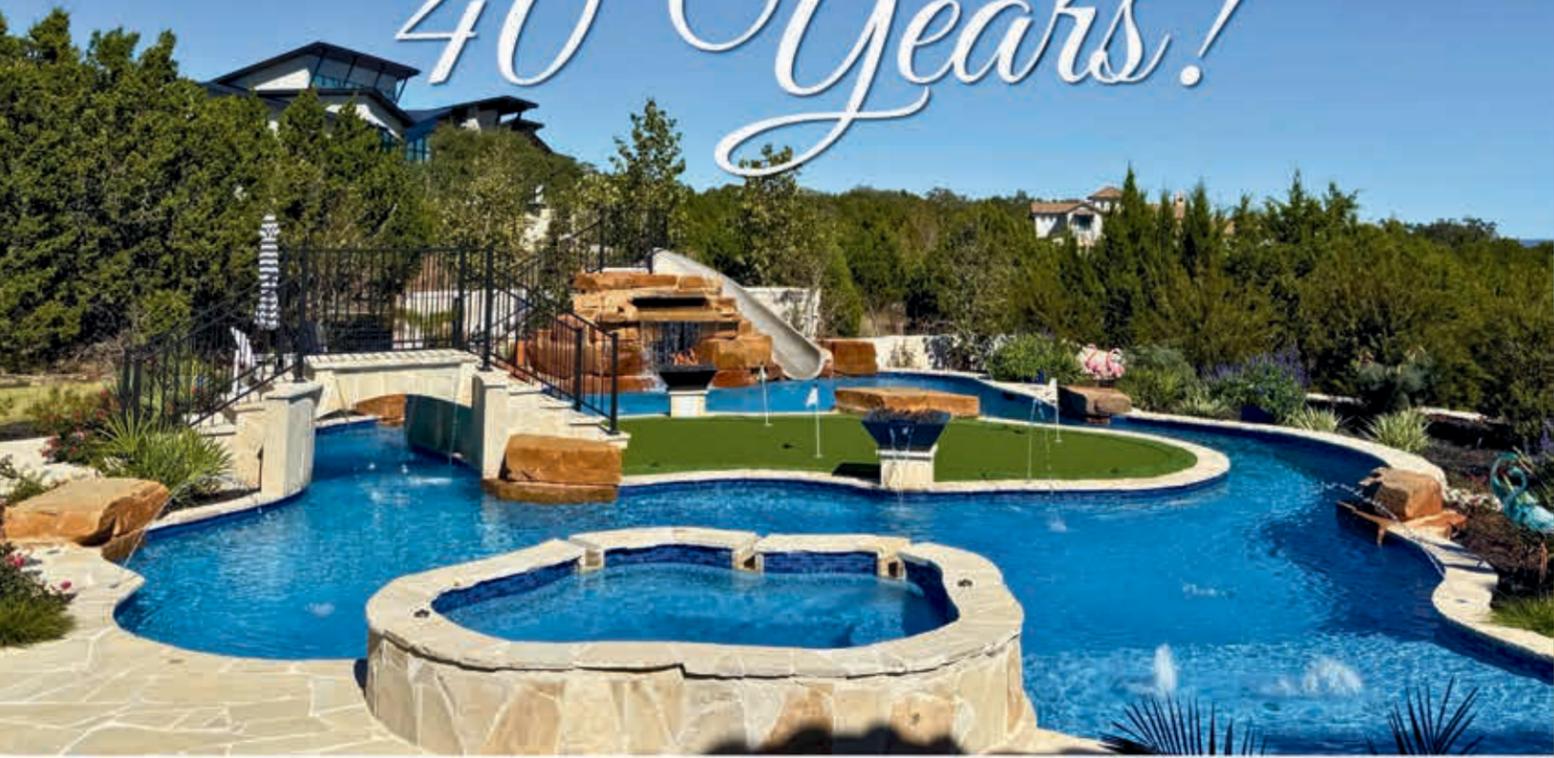
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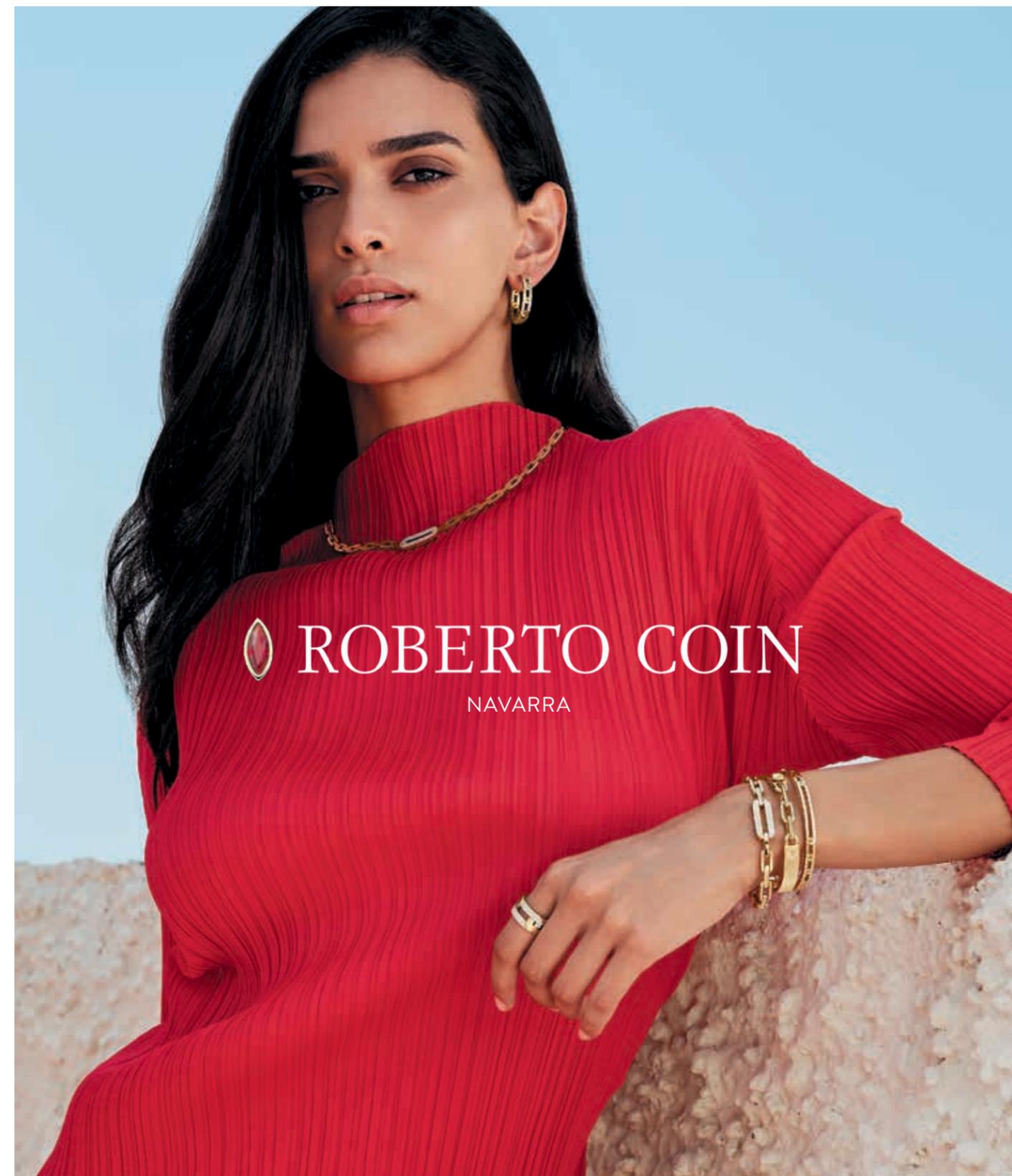
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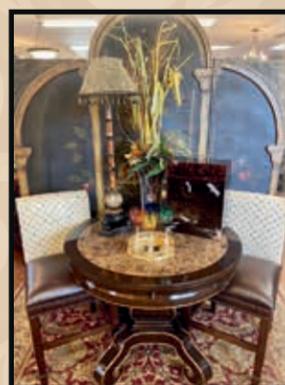
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**PUBLISHER** Jason Smith  
210.501.3161  
jason.smith@n2co.com



**ADVERTISING INFORMATION** Jason Smith  
210.501.3161  
jason.smith@n2pub.com

**PUBLICATION ASSISTANT & CONTENT COORDINATOR** Stephanie Voorkamp  
210.426.0125  
pubassistant@n2co.com



**AD MANAGER** Mission City Ads  
missioncity.ads@n2co.com

**CONTRIBUTORS AT LARGE COVER WRITER** Dylan Koller



**CONTRIBUTOR** Chef Elaine Perusquia



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We are always looking for residents to feature in the magazine, find great stories and send us ideas. Let's celebrate the great things happening in our community! No contribution is too small. Please email [jason.smith@n2pub.com](mailto:jason.smith@n2pub.com) with your pictures, suggestions, or requests.

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# HELLO DOMINION!

It's a joy to welcome you to this month's issue of *Stroll The Dominion*—your one-stop source for all things local, personal, and vibrant in our community. In an era where digital platforms dominate our lives, we like to think of this magazine as Facebook on paper. It's a tangible connection to the heart of our neighborhood, where the stories, faces, and events that make our community unique come to life.

As I reflect on what makes our magazine special, it's clear that it's not just the stories—it's the people. Our pages are filled with snapshots of the lives unfolding around us: the family who just moved in, the local kids chasing their dreams, the loyal pets who brighten our days, and the community events that bring us together. Every month, we're reminded that life is most beautiful when it's shared.

As you flip through these pages, we invite you to pause and reflect on the incredible community we're all part of. In a world that sometimes feels too fast and too distant, there's something deeply grounding about knowing the names and stories of the people around you. It's in these shared

experiences that we find a sense of belonging—and that's what this magazine is all about.

Finally, I want to thank you, our readers, for being the soul of this publication. Your stories, submissions, and enthusiasm make this endeavor meaningful and rewarding. If you have a family story, a neighborhood hero, or even a recipe that you'd like to share, we'd love to hear from you. This is your magazine, and your voice matters. I also want to thank our business partners who make this magazine possible. As you're reading this issue, please pay attention to who supports you and support them with your business.

All the best,  
*Jason Smith*



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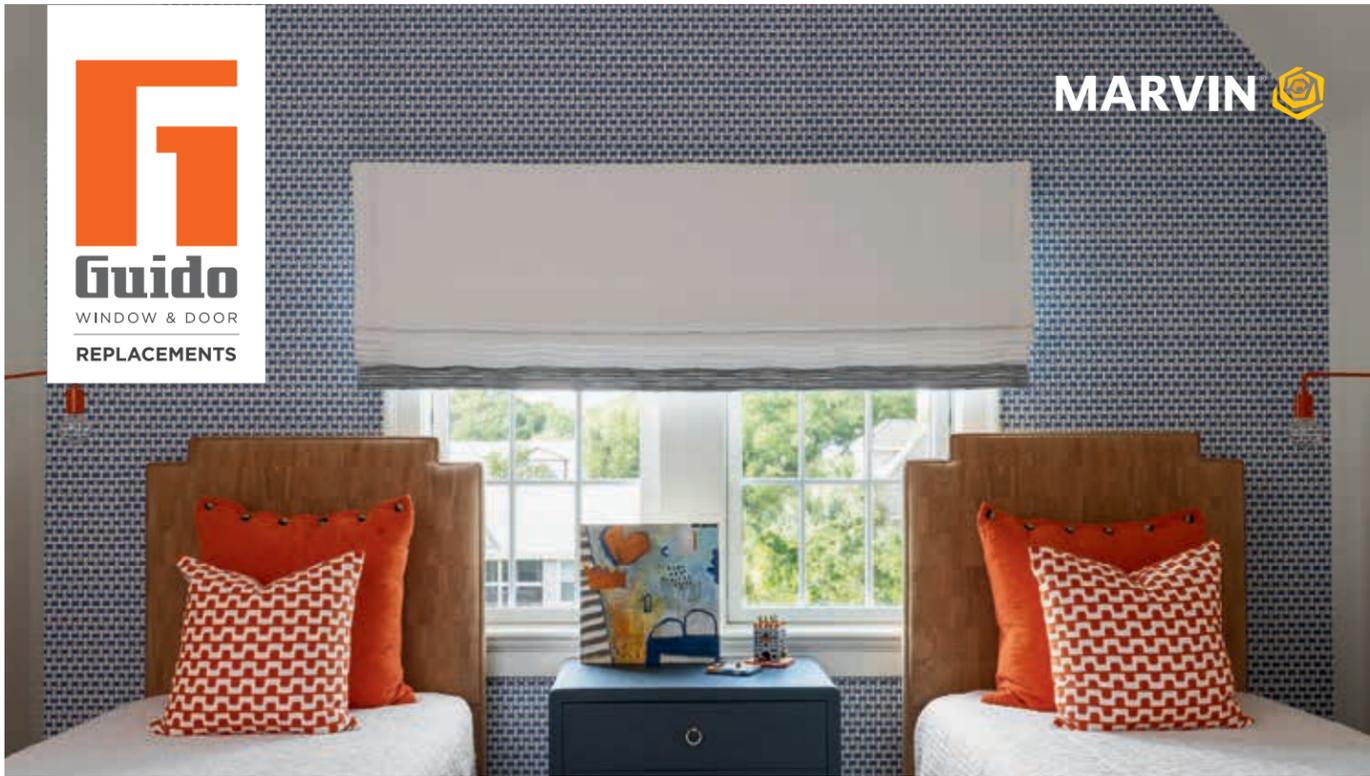
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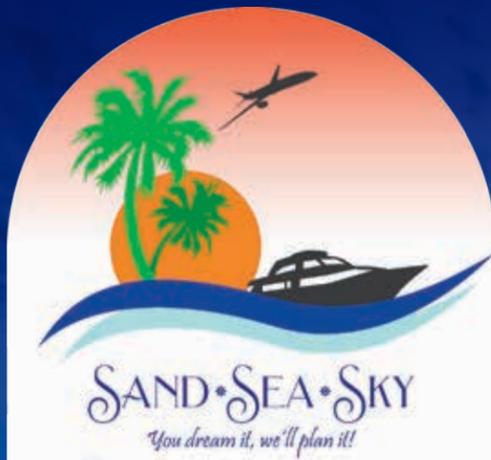
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several years with HP, he joined Kurt Salmon, a consulting firm that saw him overseeing their various projects globally. In 2005, he was asked to help oversee the development of a major textile manufacturing plant in Nicaragua, which is when he met Iris.

Their first counter, however, was far from love at first sight. Invited by a mutual friend, Sergio ended up crashing Iris's birthday party and neither were pleased with the situation. Thankfully, their shared friend group continued to meet up and quickly thereafter the pair began to form a bond. Within a matter of weeks, Sergio and Iris were seeing one another daily, and just three months after their initial (though unpleasant) introduction, they were engaged and began traveling the world as a couple.

They were married in 2006 at a wonderfully multicultural ceremony in Antigua, Guatemala. Friends from across the world attended the event and Sergio's family alone took up an entire plane traveling from Mexico. It was a beautiful and global celebration.

# the MARTINEZ family

The Martinez family is truly international, their roots spanning the globe. They've traveled, explored, indulged and relocated countless times, taking the most idyllic bits of every culture they've entered with them. Their experiences have formed their outlooks, as well as their hearts, and though they've left footprints across the world, today, there's no place they'd rather be than home with one another.

Iris was born in Guatemala City, Guatemala. The daughter of a diplomat, an Ambassador, she was technically raised in six different countries, and though she may have started out shy, necessity demanded she break out of her shell. For Iris, family values were everything as that was the most stable part of her ever changing environment. Whenever it was time to relocate, it was her parents, her grandmother, her sister and her that unified throughout every transition. After graduating from high school in Belize, her father was sent to California where Iris studied graphic design at Platt College in Los Angeles. After working for several advertising and marketing agencies in

the U.S. and Guatemala, Iris rejoined her parents, this time in Nicaragua, where she worked for a multinational agency and where she met Sergio.

Sergio was born and raised in Saltillo, Mexico, the capital of Coahuila, and often referred to as "the Detroit of Mexico" for its relationship with the car manufacturing industry. His father was a mechanical engineer whose work ethic was second to none, and though Sergio thought he would follow in his father's footsteps, once his education began he decided industrial engineering was the path for himself. While simultaneously working part time and attending Tec de Monterrey, one of the most challenging and well respected colleges in Mexico, he received a scholarship from the French government to attend INP de Grenoble where he went on to earn his Masters in Industrial Engineering and Management.

While in France, he shifted into a position with Hewlett Packard, overseeing all the technical support of laser printers for Europe, the Middle East, and Africa. After





After living in nine countries and sharing countless memorable experiences, Iris and Sergio decided to establish roots in the United States to prepare for the birth of their daughter, Gracie. They settled in Atlanta in 2008 and the following year, Gracie was born. Two short years later, they welcomed their second, Camila, to the family.

In 2014, the Martinez family relocated to San Antonio, right when the girls were at the beginning of truly getting into the mix with school and friendships. They chose San Antonio because of its embrace of all cultures, as well as its distance to Saltillo, making it just a half day's drive to visit Sergio's parents. Though they didn't immediately land in the Dominion, they did become club members soon after their arrival. For Sergio and Iris, a large portion of their closest friendship circle



has always been based at the Dominion Country Club. Finally, in the midst of the pandemic, recognizing that the Dominion was where their friends were, where they liked to eat and socialize, and where they played their sports, it just made sense to make the move. So in 2021, they settled into their current residence, a beautiful home built in 1985, a home they felt chose them.

Today, their lives are just as invigorating though certainly more centralized. Both girls attend TMI and simply "can't live without each other." Gracie is 15 and one could say with Gracie the apple didn't fall far from the tree. Focused and driven, she's taken a liking to mechanical engineering, as well as an appreciation for golf, often giving her father a run for his money on the fairway. Camila is a free spirit and has always wanted to be a veterinarian. Though recognized as the family's "animal whisperer", she also has a love and a natural gift for athletics.

Five years ago, Iris pursued a longtime dream of becoming a realtor and obtained her license. With an extensive understanding of what it's like to move and the strains of feeling unsettled, she has an unbridled passion for helping families find the sense of establishment that she often lacked throughout her adolescence. It's rewarding, engaging work that's only deepened her appreciation for San Antonio. Two years ago, Sergio founded VEscape Labs, a software company where he primarily focuses on business development and partnerships. Beyond the company's success, the most rewarding part of the venture has been the ability to manage his own time, allowing more time with his family.

Though Iris and Sergio have lived all over and have traveled extensively with their daughters, the truth is there's no place they'd rather be than home. Whether getting creative in the kitchen while cooking and baking together or getting cuddly on the couch to binge a series, they value one another's company more than anything. Their travels have shown them the best qualities of life, and it's those same qualities they've come to find in one another- filled with the same joy, the same splendor, the same love. And so life is for the Martinez family as it's always been- wonderful.

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## Stretch Your Body, Strengthen Your Bond

Partner stretching is a gentle reminder to slow down, stay present and nurture your bond while honoring your body's need for movement.

BY SHAUNA OSBORNE, NATIONAL EDITOR



**P**artner stretching is more than just a way to improve flexibility — it's a practice that deepens connection while nurturing your body. This shared ritual invites you to pause, tune into each other, and create space for both movement and mindfulness. Whether paired with your partner, a close friend or a family member, these stretches blend wellness with togetherness, leaving you feeling aligned in more ways than one.

### MOVES TO CONNECT

**Seated Forward Fold:** Sit facing your partner with legs extended in a “V” shape. Press the soles of your feet together and hold hands. Gently pull each other forward, alternating to give and receive the stretch. This posture opens the hamstrings and lower back while cultivating trust.

**Back-to-Back Twist:** Sit back-to-back with legs crossed. Reach your right hand to your partner's left knee and your left hand to their right knee. Twist gently, releasing tension in the spine and shoulders. After a few breaths, switch sides for balance.

**Assisted Shoulder Opener:** Stand facing each other and hold hands. Lean back slightly, extending your arms and feeling the stretch across your shoulders and upper back. This move helps release tightness built up from stress or screen time.

### ELEVATE THE EXPERIENCE

Transform this simple practice into a mini retreat by creating an inviting space. Lay down soft rugs or yoga mats, dim the lights, and add candles or essential oils for ambiance. Keep water on hand to stay hydrated. Play quiet, meditative music to deepen the relaxation. Most importantly, focus on breathing together — inhaling and exhaling in harmony enhances both the physical benefits and emotional connection.

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# PASSING DOWN THE FAMILY VACATION HOME? LEAVE THE HAPPINESS, NOT THE BURDEN

BY CINDY SNYDER, VICE PRESIDENT FROST

The transfer of substantial wealth to heirs is rarely a simple process. And when a family vacation home is among the assets, new layers of complexity emerge. Deciding what will become of your family's cherished getaway is often fraught with emotion and conflict. Finding a fair and sensible way to pass down ownership may not be easy but it's worth the effort, both to optimize your financial legacy and preserve the peace among family members.

For starters, you'll want to consult your wealth advisor and estate planning attorney. And consider these tips as the discussion unfolds:

### 1. ASK YOUR HEIRS.

Their input may surprise you. While you may envision the vacation home staying in the family for generations, it's essential to be open to their perspectives – even if that means accepting that they prefer to sell the property and put the proceeds toward other interests. Preparing yourself for these conversations can lead to more productive discussions. After all, how you address these diverging agendas in your estate plan could impact the family long after you're gone.

### 2. DON'T GIVE TOO SOON.

It may be tempting to transfer the home to your heirs while you're still around to help them sort out the details, but that could saddle them with massive capital gains taxes if or when they choose to sell it. Alternatively, if the home transfers to your heirs upon your death, they receive a step-up in cost basis to the current value, sparing them the tax liability upon a sale.

### 3. USE THE RIGHT TOOLS.

Rarely is a simple will the best way to pass down a vacation home. Most families would benefit from placing the home in a trust (there are various types to consider), a Limited Liability Corporation (LLC) or a combination. These legal entities can help you avoid probate, minimize taxes and shield the home from creditors, with specific rules for how ownership will be structured and how and when the property should be used or sold.

### 4. INCLUDE AN ENDOWMENT.

However enjoyable they may be, vacation homes also come with ongoing responsibilities: maintenance, utilities, insurance and property taxes, among others. You can relieve future owners of this burden by establishing an endowment fund, an investment account in the trust or LLC designed to pay for these expenses in perpetuity.

Ultimately, passing down your vacation home should be about maximizing the happiness of the loved ones who will inherit it. From that perspective, thoughtful estate planning may be nearly as valuable as the home itself.



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# Pickleball Players of the Month Finley & Nixon McDowell



**Name:**  
Finley McDowell

**How long have you been playing pickleball?**  
I have been playing Pickelball 8 months

**Why do you love pickleball?**  
I love Pickelball because it keeps me active and I've met a lot of people playing the game.

**When did you first learn to play? Who taught you?**  
I first learned to play in in 2020 because my uncle had a court in his back yard. No one taught me, I just started playing and fell in love with the game.

**Do you prefer to play doubles or singles? Why?**  
I prefer to play doubles. Why? Because it's a little easier and I can laugh and have fun playing with more people.

**Do you prefer indoor or outdoor courts?**  
I prefer indoor courts for sure, because the temperature it controlled and there is no wind.

**If you could change one thing to make it more fun, what would it be?**  
To make it more fun I'd allow a serve to be able to enter the kitchen.

**Are you in a league? Where is your favorite place to play?**  
No I'm not in a league and my favorite place to play is Lifetime gym

**Any fun memories while playing pickleball?**  
Yes, playing Pickelball by the ocean in Newport California? Also winning king of the court with my dad, and winning my first tournament.

**Do you have any advice to someone that wants to learn to play?**  
Stay consistent with the game to get better. Be a good loser when it comes to attitude, because it's more important than winning.

**Name:**  
Nixon McDowell

**How long have you been playing pickleball?**  
I have been playing Pickelball for 8 months

**Why do you love pickleball?**  
I love Pickelball because it's a good workout, you can meet new people, and I love to compete.

**When did you first learn to play? Who taught you?**  
In 2020, I learned to play on my uncles court that he had at his house. No one taught me to play, I learned by playing.

**Do you prefer to play doubles or singles? Why?**  
I prefer to play singles because it's a better workout, and it's more competitive.

**Do you prefer indoor or outdoor courts?**  
I prefer indoor courts because you don't have to worry about the sun or the wind.

**If you could change one thing to make it more fun, what would it be?**  
I would change getting rid of the kitchen.

**Are you in a league? Where is your favorite place to play?**  
No I'm not in a league. My favorite place to play is Lifetime gym because it's indoors and I've met so many good people there.

**Any fun memories while playing pickleball?**  
Yes good memories: teaching new people how to play the game. I also enjoyed the memory of hitting my first ATP ( around the post) shot.

**Do you have any advice to someone that wants to learn to play?**  
My advice would be practice drop shots and dinks, because that's what the game is all about when it comes to winning consistently.



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# The Door

You stepped through the door,  
Softly, quietly, then no more.  
No creak of hinge, no whispered bye,  
I call your name, there's no reply.

The frame I stare, the space you stood,  
I know you'd answer if you could.  
But not a sound, nor one quick sigh,  
I'd like to hear a short goodbye.

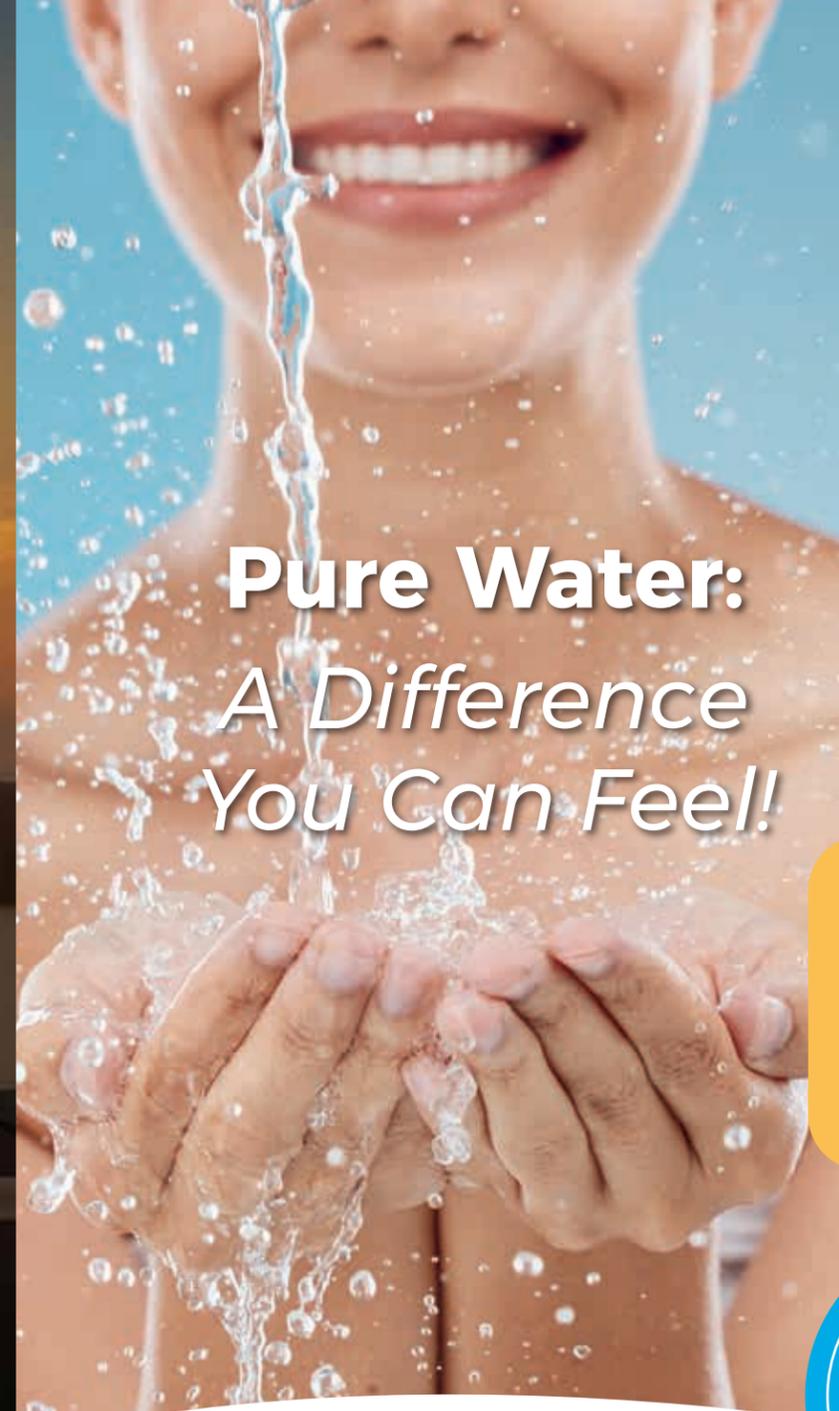
What's past the door, what can't I see,  
I can't go in, don't have the key.  
I hope you're safe, I pray your warm,  
I'm told your body will transform.

Into a wondrous angel light,  
Ever enduring, oh, so bright.  
So press I must upon the wood,  
It's cool, unyielding, I just stood.

This door I stare into my vain,  
And happy that you feel no pain.  
The door's a thief, it stole your life,  
It stole your laugh, and left my strife.

One day, the knob I'm sure I'll turn,  
Then I'll step through and you'll return,  
But until then, I remain here,  
And in my heart, I'll hold you dear.

By Jacks Blue, a well-known, well-liked, and talented  
Dominion Resident who writes under this pseudonym



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**Pet's Name:**  
Bruno

**Pet's Age:**  
3 years

**Breed:**  
Pomeranian

**Male or Female:**  
Male

**Where did you get your pet?**  
Breeder in El Paso, TX

**Explain the story behind its name:**  
We had just watched the movie Luca.

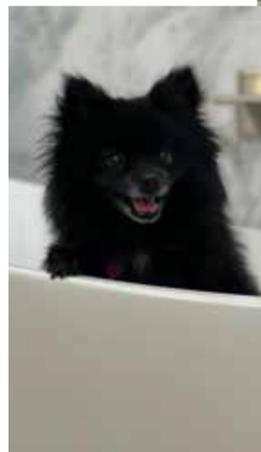
**What makes your pet unique?**  
He's a little fluff ball.

**Any funny stories?**  
We named him Bruno so we could say "silencio Bruno" like in the movie and he doesn't bark.

**How has your pet enriched your family?**  
He's the sweetest real life teddy bear.



## Meet The Martinez Pomeranians!



**Family members' names:**  
Sergio, Iris, Gracie & Camila

**Pet's Name:**  
Luna

**Pet's Age:**  
7 years

**Breed:**  
Pomeranian

**Male or Female:**  
Female

**Where did you get your pet?**  
Saltillo, Mexico (a cousin's dog had puppies)

**Explain the story behind her name:**  
She's all black and has a white mark shaped like a moon)

**What makes your pet unique?**  
She's very princess like, loves to cuddle.

**Any funny stories?**  
She talks like a gremlin when she's kissed.

**How has your pet enriched your family?**  
She's a real companion.



**Pet's Name:**  
Chocolata

**Pet's Age:**  
3 years

**Breed:**  
Pomeranian

**Male or Female:**  
Female

**Where did you get your pet?**  
Saltillo, Mexico (a friend's dog had puppies)

**Explain the story behind its name:**  
She was given that name at the house where she was born and we liked it.

**What makes your pet unique?**  
She's a little crazy, loves to lick.

**Any funny stories?**  
She's scared of cars and will crawl up on you when you walk her.

**How has your pet enriched your family?**  
She is the most loving of all 3.

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DOWN THE MIDDLE!

## DRIVE FOR SHOW. PUTT FOR DOUGH!



### 1. GET A BETTER READ

#### Focus on the last part of your putt

Green-reading is tricky, no doubt. There's more to it than judging slope speed determines the line as much as anything. But if you haven't got a clue about how to read greens, go back to the ultimate basic: where would water drain off if it had accumulated on the putting surface? Course designers don't build bowls in the middle of greens, they want water to drain off as quickly as possible, and not into an adjacent bunker. Check for drains around the green. Lakes and ponds are other good clues. These are natural runoff areas, and good indicators that the green slope favors that direction.

Once you figure out which way a putt breaks, give it another look from the low side. A lot of people do this, but they do it from the middle of the putt. The first third of a putt has almost zero to do with break since the ball is moving so fast. What's important is the last third. This is where the ball will be slowing down and turning the most and this is from where you need to make your secondary read.

### 2. GET A ROUTINE

#### Treat putts like drives

When you don't have a routine, which starts from the moment you crouch behind the ball to the moment you finish your stroke, you're lost. A routine the same type of structure you give your "important" full-swing shots is critical for putting success. Without structure, your mind will race and you won't be comfortable.

### 3. SEE THE LINE

#### ... and then never take your eyes off it

Make your read, step in and putt. You don't need a practice stroke. Think about it this way: Do you make practice strokes next to the cue ball when you're shooting pool? Of course not, and pool is the most-hand-eye-coordination-intense game in the world. The easiest way to get the best view of your line is to "highway it." From your crouch, trace an imaginary four-inch-wide strip over what you think will be the putt's path. Don't just draw it to the high point, draw it from start to finish, then pick a spot one inch in front of the ball and keep your eyes on that spot as you stroke through the ball. If you roll the ball over that one-inch spot, you should consider your putt a success.

### 4. STROKE, DON'T HIT

#### Putt like you're holding a paintbrush

Good putts are the ones that begin rolling end-over-end as soon as you make contact, and you can't get this kind of roll if you're slapping it, jabbing it or even hitting it. Your putting stroke should be more like a paintbrush stroke, not a flat-out hit. As soon as you start thinking, "hit," the more likely you'll be to stop your stroke once you make contact. Bad news. Putting strokes need follow-throughs, too.

### 5. DON'T TRY TO MAKE IT

#### It's not a white flag, it's a battle cry

The more you "try" to make a putt, the less likely you are to sink it. Golf is such a subconscious sport. You play your best when your mind is on autopilot when you just do it. If you've practiced your technique, gone through your routine and feel good about your read, then there shouldn't be any need to try. Just putt and see what happens. There's not a single thing you can do with your stroke that will make up for a bad read or a bad routine, so forget about it.

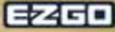


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Ephesians 2:10



# Twinkle Toes Nanny Agency



A good business model is one that benefits both the business and the customer. A brilliant business model also benefits the employee. Through personal experience, Kristy Bickmeyer came to understand both sides of a very specific equation; parents with young children looking for quality childcare, and qualified nannies looking for work. This insight, combined with Kristy's tenacity and entrepreneurial spirit, led to her founding of Twinkle Toes Nanny Agency.

While attending the University of Florida, Kristy worked as a full-time nanny to help pay her way through school. As a young college student, she found herself having to negotiate her own contract with a family of attorneys or physicians, which is intimidating, to say the least. Having to hammer out terms such as hourly rate, time off, sick days, etc. Sure, the contract allowed for sick days and personal days, but when it came time to use those days, they could only be used if convenient for the family. After all, a surgeon cannot cancel a day full of scheduled surgeries

because his or her nanny is sick. "I went to work with the flu, I missed family vacations..." Kristy recalls with disappointment.

Once having a child of her own, Kristy quickly came to understand the other side of that coin. Finding someone reliable that you trust in your home and with your children isn't easy, it takes some searching. In fact, Kristy found that it was a full-time job that took up a good portion of her maternity leave. And in terms of the sick day dilemma, Kristy then had to consider what she would do if her nanny got sick or couldn't come to work for another reason. "I didn't want to put my 3 month old in daycare, but I also didn't want to put all my eggs in one basket and risk the nanny not showing up, which would require that I miss work," she said. It's an unfortunate real world conundrum where neither party wins. So, with that in mind, Kristy began to conceptualize a nanny agency that would cover all bases, keeping both nannies and families happy.

While simultaneously working a corporate job, Kristy

Dahm Family - This is the last family I nannied for, the two surgeons I mentioned in the interview. We visited them in Minnesota in 2020. We are still friends.



PLD Gala- franchisee photo before the Phoebe Louise Dooley Foundation Gala that we sponsor. This year was a Disney theme, so we're all Disney characters.

started working on the foundation of her version. It began with creating custom software. It began as a part-time gig with no plans for growth, but once the physician community in Gainesville, Florida, caught wind of this brilliant, reliable childcare concept, the growth was inevitable. This soon left Kristy with a decision: remain in the safety and comfort of the corporate world and slow down on the agency, or jump full-time into Twinkle Toes. When the corporate job required her to work on her very first Mother's Day, the decision was easy. Krist chose Twinkle Toes and boy, is she glad she did.

Like so many entrepreneurs do, Kristy learned as she went, solving problems that arose and while creating a company that families would love and nannies would love working for. After not being able to find what she needed on the market, Kristy created custom software for Twinkle Toes, which solves so many of the challenges seamlessly. This software allows families to be connected with nannies, but more importantly, contains a live calendar



Kristy and her family

so that there are no gaps in scheduled service. If a nanny needs to cancel a shift for any reason, the software allows for the shift to be immediately covered by another nanny in the network. The system also communicates with the families and nannies so that everyone is looped in on these schedule changes. Not only does the software handle scheduling, but it allows families to make payments, keep records, download required tax forms, and it even pays the nannies each week. All of these things would be squarely on the family's plate should they hire any nanny other than a Twinkle Toes nanny.

The name Twinkle Toes came from Kristy's appreciation for the cute, juxtaposed idea of a large clumsy animal dancing ballet; an image we can all appreciate. With a business model that made perfect sense, the company grew rapidly. Kristy opened the first in Gainesville, Florida, and within just a few years a second was opened in Jacksonville. When one of her original nannies from Gainesville moved to Tampa, Kristy opened a 3rd in Tampa for her to manage. Today, that nanny is now the COO of Twinkle Toes.

For parents looking for a nanny they can trust and rely on, the search is made easy. Every nanny that belongs to the Twinkle Toes agency goes through an extensive vetting process that begins with a face-to-face interview, and each applicant has to have a minimum of two years' experience along with verified

references. If the candidate seems like a fit, criminal and civil background checks are initiated. This process ensures that only the highest quality of character is hired and that, no matter which nanny is available, your children and your home are in good hands.

Another benefit is that parents only pay the agency for the time they use the nanny. There are no upfront costs and no application or placement fees. Whereas so many childcare facilities or afterschool programs charge a flat monthly rate regardless of how often your child attends or if holidays cut the month short, at Twinkle Toes you only pay for the time you use. If you go on vacation for two weeks, you're not stuck paying for those two weeks. Because of the proprietary scheduling software, your nanny is able to pick up shifts with other families for those two weeks so that they don't lose the income. Each Twinkle Toes location sets its rates based on the market in that location.

In 2017, recognizing the desire for the agency to expand its locations, Kristy chose to franchise. With all the kinks of the model completely ironed out, Twinkle Toes Nanny Agency is now a great opportunity for any entrepreneur and currently boasts 21 locations that span the country from Florida to Idaho. There is a low start-up cost, almost no overhead, and a breakeven of under 8 months for the franchisees.

Through her work, Kristy has reduced the stress of countless families by connecting them with caring and highly qualified childcare professionals, while simultaneously making the process more convenient, simple, and stress-free for nannies looking for families. It's a brilliant model with brilliant results.



**Kristy Bickmeyer**  
Twinkle Toes Nanny Agency  
210.990.5896  
352.538.2012



PLD Gala - Justin and I went to the gala as Mary Poppins and Bert the chimney sweep.



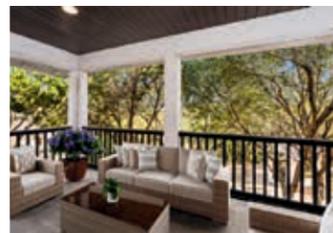
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# CHICKEN 101

BY CHEF ELAINE PERUSQUIA

Whether it's a whole bird, boneless skinless breasts, or ground poultry, knowing how to treat chicken is an expertise any cook can easily master. Chicken can be flavorful, versatile, and upscale, or it can be dry, bland, and boring. Chicken is one of the culinary world's great

blank canvases, and it's probably the most popular answer to the question, "What's for dinner?" Here's how to make that yard bird be all it can be.

When it comes to purchasing chicken, opt for birds that are organic and air-chilled whenever possible. To maintain food safety, the USDA

requires poultry to be chilled to 40 degrees within four hours of slaughter. Most commercial operations in the US rely upon water chilling, which involves submerging chicken carcasses in vats of cold water. This can cause the chicken to absorb up to 12% water by weight, mostly in the skin. Not only

## CHEF'S SELECTION

are you paying for the extra water weight by the pound, but added water tends to render the meat dry and tasteless, and the skin less crispy when cooked. Air chilling foregoes the water bath, and instead utilizes a series of cold air chambers to cool chicken to safe temperatures. While it's a longer and more expensive process, the flavor payoff is worth it.

Boneless, skinless chicken pieces cook more quickly than their bone-in counterparts and are perfect for higher heat preparations that take less time. Grilling, kebabs, stir-frys, and pan-frying come to mind. The single most useful prep step before grilling chicken is to pound the meat to an even thickness to ensure uniform cooking. Who hasn't cooked a chicken breast only to find one end dry and tasteless, while the other end is still undercooked? Pound your chicken, people. To avoid wearing bits of raw chicken, place plastic wrap over top or pound poultry inside a zip loc bag.

For basic grilled chicken useful in any number of recipes during the week, I like to season with kosher salt, black pepper, and olive oil (a little garlic powder is great, too). Heat a grill pan over medium-high heat, then grill the chicken, letting it develop nice marks on both sides. Let it cook undisturbed until it's ready to turn; the edges will become opaque. Boneless, skinless thighs are more forgiving when it comes to overcooking and can withstand longer stays over high heat. That being said, cook boneless chicken until it's just done, then rest it for 8-10 minutes before slicing or serving. When properly cooked, even white meat should be juicy and tender. If you're unsure whether chicken is done, use an instant read thermometer inserted into the thickest part of the meat. The minimum safe internal temperature for poultry is 165 degrees F.

When it comes to dealing with a whole bird or bone-in pieces, roasting is my cooking method of choice. While roasting a whole chicken looks great, white meat can often overcook before dark meat is done. I get around this by cutting the chicken into pieces or by buying a certain cut, such as bone-in thighs. If I am really dedicated to serving a whole chicken, spatchcocking the bird not only looks impressive, but ensures more even cooking. To spatchcock your chicken, simply remove the backbone with a chef's knife or kitchen shears, crack the breastbone, and flatten. Voila! You have a whole chicken that cooks much more evenly.

For this month's recipe I used bone-in, skin-on chicken thighs. It's important to take the time to slowly brown the skin in a heavy skillet before roasting. This accomplishes two things: it gives a much-needed head start in browning the skin, and it creates great flavor. Is there anything in the world more glorious than crispy chicken skin? With any skin-on preparation, crispy and golden brown is the ultimate goal.

Ground chicken is very low in fat and can be tricky to cook well. I like to add fat, either in the form of a few tablespoons of olive oil or by adding a little ground pork or ground pork sausage. Ground poultry needs a lot of help in the flavor department, too. Grated onion, citrus zest, garlic, dried spices, and fresh herbs can all add much-needed flavor to ground chicken.

When I'm short on time, a prepared rotisserie chicken from the grocery store is a lifesaver. I cook for a living, and I am the first to sing the praises of those tender time-savers!

My favorite uses for rotisserie chickens are casseroles, soups, enchiladas, chicken salad, or just about anything for which I need cooked chicken in a hurry. Plain rotisserie chickens are more versatile in recipes, so I usually opt for them over the lemon pepper, BBQ or Italian flavors. Be sure to freeze any unflavored chicken carcasses for making homemade chicken stock.

Versatile, economical, and readily available, chicken is always a winner, winner. Whole chicken or stir fry, breaded or roasted, chicken is universally delicious. Yard bird reigns supreme, happy cooking everyone!

### CITRUS ROASTED CHICKEN WITH HONEY GARLIC BUTTER

- 8 chicken thighs, bone-in and skin-on
- 2 tablespoons olive oil
- Kosher salt and black pepper
- 1 lemon
- 1 small navel orange
- Fresh thyme sprigs

### FOR THE HONEY GARLIC BUTTER:

- ½ stick unsalted butter, melted
- 2 tablespoons olive oil
- 1 tablespoon honey
- Juice of ½ lemon
- Juice of ½ orange
- 2 cloves garlic, grated
- Pinch kosher salt

1. Preheat oven to 375 degrees. To make the honey garlic butter, combine all ingredients in a small bowl and stir well. Set aside. Cut the juiced and unjuiced citrus into sections.
2. Pat the chicken thighs very dry using paper towels, and season liberally on both sides with kosher salt and black pepper. Heat the olive oil in a heavy oven-proof skillet or enameled braiser over medium heat. Working in two batches, brown the chicken well on both sides, turning once (about 8-10 minutes per side). If the skin begins to brown too quickly, reduce the heat. Patience is rewarded here. The skin of the chicken should be deep golden brown. Remove browned pieces to a plate while you brown the second batch.
3. Return all the browned chicken pieces to the skillet or braiser. Tuck the citrus sections and thyme sprigs in with the chicken. Roast at 375 degrees for about 45 minutes, basting every fifteen minutes or so with the honey garlic butter, until the chicken is caramelized and cooked through.
4. This dish is incredibly tasty and showcases one of my favorite winter crops: citrus! Serve with mashed potatoes and pan juices or steamed veggies. Serves 4-6.



*Chef Elaine Perusquia is the mother of two and a graduate of The Culinary Institute of America. A long-time food enthusiast, she is a private chef, food writer, and culinary expert for the Skillr app for iPhone. Follow her on Instagram at [chefelaine.culinarycrossroads](https://www.instagram.com/chefelaine.culinarycrossroads) to see what's cooking between issues.*

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# THE HEAVEN & EARTH GROCERY STORE

BY JAMES MCBRIDE  
REVIEWED BY MARLENE NESLUND

James McBride's *THE HEAVEN & EARTH GROCERY STORE* is a story of life in Chicken Hill, PA, in 1936. This is where the Heaven & Earth Grocery Store serves the poor European immigrants and blacks and is owned and operated by kind Chona Ludlow. Her Romanian-born husband Moshe owns the local theater and integrated the town's first dance hall.

It may be easier to read this novel than to listen to it due to the many characters. The strength of this tale lies in its full array of characters, all rendered with poignant precision and colorful detail. Chona, the tiny woman with the bad foot, is all soul. "To her, the world was not a china cabinet where you admire this and don't touch that. Rather, she saw it as a place where every act of living was a chance to improve th world." Addie, Chona's colored neighbor and friend, is "A thin, pretty woman with dark eyes that shine brightly, giving her face the innocence of a child-eyes full of surprise, glowing, expectant." She is married to Nate who is, "Easy going, quiet, deft, slow-moving, with a wide smile and hands that gripped hammers tightly and eyes that gazed at you dead-on."

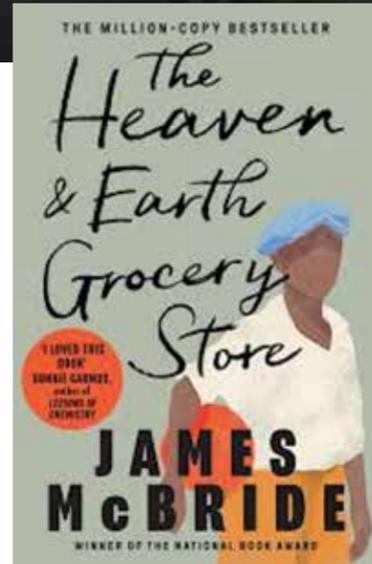
And to juxtapose these lovely folks, McBride includes some nasty figures, such as lustful and deceitful Doc Roberts—a bigot and racist not to be outdone. As evil as Doc is, he is no match for the attendant at the institution of Pennhurst, Son of Man. "Thick arms and shoulders filled his white attendant's uniform and his broad chest roared out from beneath it. His deep-set eyes were calm but behind them was a muted wildness and thirst."

The action of this novel picks up when the state is after a deaf colored boy, Dodo. He is orphaned and hidden from state custody by Chona. She recognizes that Dodo is smart and sensitive and she loves him as her own.

McBride's negative themes of racism, antisemitism, sexual assault and pedophilia are balanced with positive themes of inclusiveness, forgiveness and hopefulness. Basically this is a tale of love, care and support in a community that is looking for justice. And the bad guys get theirs in the end.

The author skillfully sprinkles humor throughout his novel. On Memorial Day, after the Society's Cornet Marching Band played, "Breakfast was served with German beer and

GOOD READS



sausages because the Germans had to be thrown in there somewhere since they owned practically everything in town." The band, composed of forty-five souls, wasn't very talented. "It sounded like a cross between a crank engine trying to start on a cold October morning and a dying African silverback gorilla howling out its last."

James McBride is an award-winning author, musician and screenwriter. An all time favorite, *THE COLOR OF WATER*, published in 1996, was written in honor of his Jewish mother. *THE GOOD LORD BIRD*, 2013, won him the National Book Award for Fiction and was made into a Showtime series. In 2015, he was awarded the National Humanities Medal by President Obama for, "Humanizing the complexities of discussing race in America."



*Born in a northern suburb of Chicago, Marlene obtained her BA from Lewis University and did graduate work at Northwestern University and the University of Illinois. Married for 59 years to Robert, she was a "trailing spouse" for fifteen times (non-military).*

*During those moves, she taught high school Honors English, operated and taught a Montessori school, became certified and taught yoga, and recently taught mahjong to some lovely Dominion ladies. Marlene and Bob have been blessed with four children and seven grandchildren, half of which live in Texas. Marlene enjoys activities with her church, Saint Elizabeth Ann Seton, Bible Study, yoga, walking, aqua aerobics, bridge, book club, mahjong and, of course, reading.*



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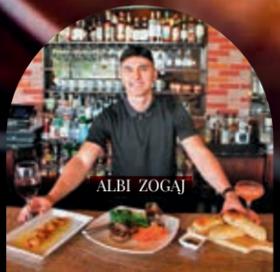


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# I Cannot Believe You Said That

Classic insults in history

BY DAN JOHNSTON, DOMINION RESIDENT



In recent history some of the great names of our time have offered insults that carry a pointed message in words that are often poetic and always entertaining. Read some of them here and enjoy.

- In an exchange between Lady Astor (first female member of the British Parliament) and Winston Churchill, she said, "Winston, if you were my husband, I would offer you poison." He responded, "Madam, if you were my wife, I would take it."
- In a separate exchange with Parliamentarian Bessie Braddock, she said, "Winston, you're drunk!" To that Churchill said, "You're right Bessie, and you're ugly. But tomorrow morning, I will be sober."
- In still another Churchillian exchange with Irish playwright George Bernard Shaw, Shaw said, "I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." To which Churchill replied, "Cannot possibly attend the first night, but will attend the second night, if there is one."
- A member of the British Parliament to English Prime Minister Disraeli, "Sir, you will either die on the gallows or of some unspeakable disease." Disraeli's response, "That depends, Sir, on whether I embrace your policies or your mistress."
- Renown lawyer Clarence Darrow: "I have never killed a man, but I have read many obituaries with great pleasure."
- Author and historian Moses Hadas: "Thank you for sending me a copy of your book. I will waste no time in reading it."
- President Abraham Lincoln: "He can compress the most words into the smallest idea of any man that I know."
- Author Mark Twain: "I did not attend the funeral, but I sent a nice letter saying that I approved of it."
- Playwright and poet Oscar Wilde: "He has no enemies, but he is intensely disliked by his friends."
- Wilde, again: "Some cause happiness wherever they go, others, whenever they go."
- Songwriter Stephen Bishop: "I feel so miserable without you. It is almost like having you here."
- British statesman John Bright: "He is a self-made man who worships his creator."

- Author Irvin S. Cobb: "I have just learned of his illness. Let us hope that it is nothing trivial."
- Comedian Groucho Marx: "I have had a perfectly wonderful evening, but this was not it."
- English author Samuel Johnson: "He is not only dull himself, he is the cause of dullness in others."
- Actor Forrest Tucker: "He loves nature in spite of what it did to him."
- Actress Mae West: "His mother should have thrown him away and kept the stork."
- Screenwriter and filmmaker Billy Wilder: "He has Van Gogh's ear for music."
- Comedian Jack E. Leonard: "There is nothing wrong with you that reincarnation will not cure."
- Writer Walter Kerr: "He had delusions of adequacy."
- A Texas legislator: "If stupidity ever goes to \$40 bucks a barrel, I want drilling rights on that man's head!"
- English King Edward VIII: "The thing that impresses me most about America is the way parents obey their children."
- President John Adams: "In my many years, I have come to the conclusion that one useless man is a shame, two useless men are a law firm, and three or more useless men are a congress."

We look forward to the resumption of the History Club meetings when the renovations at the club are completed, where history is fun.



Colonel Dan Johnston was a career Army officer of 25 years service and a combat veteran of the Vietnam War. Following retirement from the service, he taught World History to high school sophomores for 15 years. He and his wife of over 50 years, Pam, are blessed with four children and ten grandchildren.

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