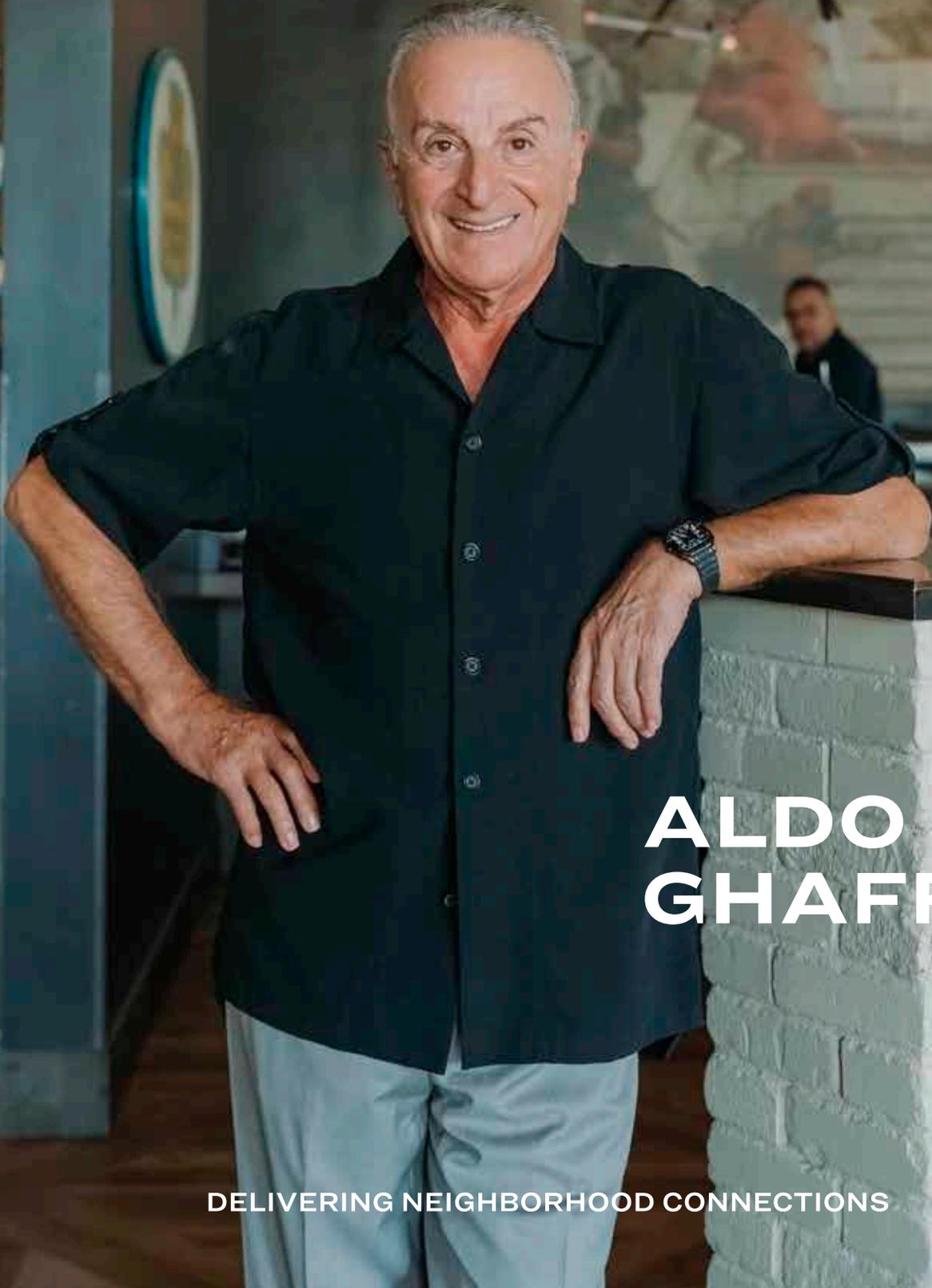


STROLL®

The Dominion



**ALDO
GHAFFARI**

DELIVERING NEIGHBORHOOD CONNECTIONS

LINDSEY MURPHY
PHOTOGRAPHS

RESIDENTIAL | RENOVATION | POOL CLEANING | SERVICE & REPAIR



MOST TRUSTED
POOL BUILDER
— FOR OVER —

40 Years!



REQUEST
A QUOTE
TODAY!

SAN ANTONIO'S #1 POOL BUILDER
17427 San Pedro Ave | 210-494-0800
KEITHZARSPOLS.COM



COMMAND THE ROAD WITH ELEGANCE



SCAN TO VIEW OUR
CURRENT INVENTORY.

NORTH PARK
LEXUS
AT DOMINION



lexusdominion.com
#LexusDominion

210.816.6000 | [HTTPS://WWW.NORTHPARKLEXUSATDOMINION.COM/](https://www.northparklexusatdominion.com/)
21531 W INTERSTATE 10 FRONTAGE RD, SAN ANTONIO, TX 78257





Active
1110 MARCHESI | THE PINNACLE
\$2,895,000



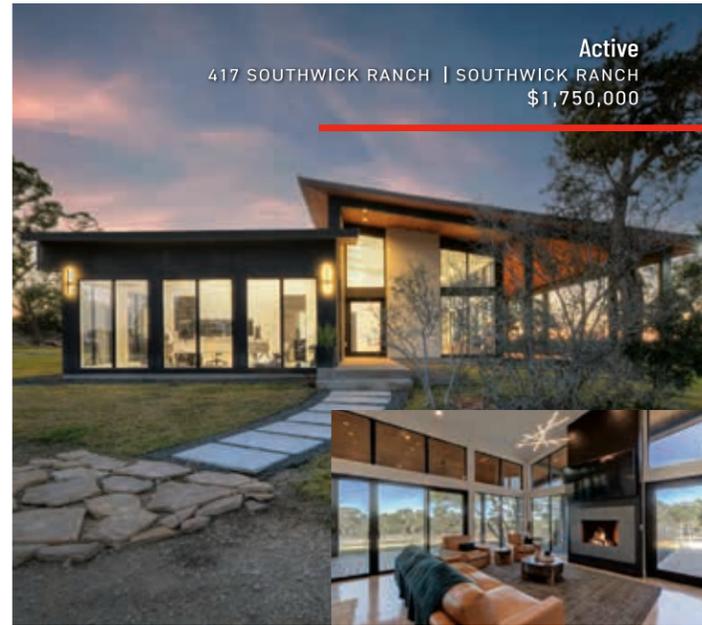
New Listing
7 KINGS TOWER | THE DOMINION
\$2,500,000



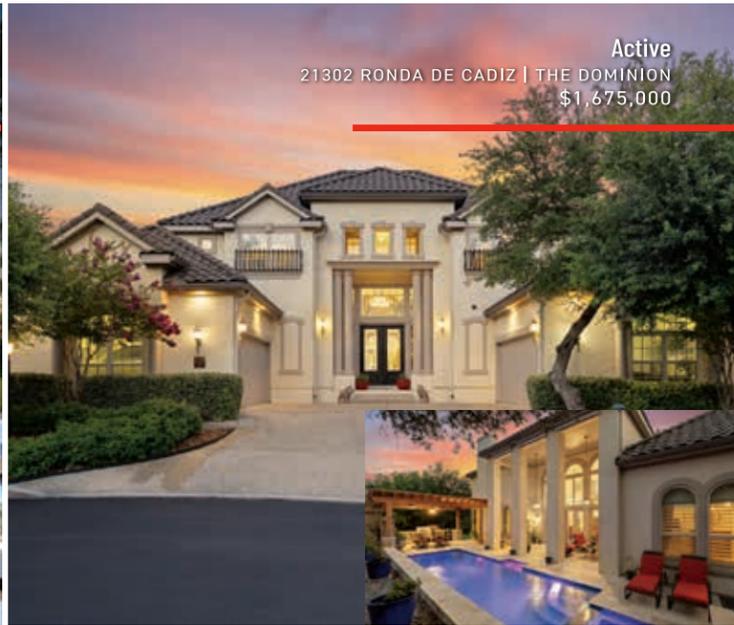
Active
25126 CLEARWATER CREEK | CLEARWATER RANCH
\$2,425,000



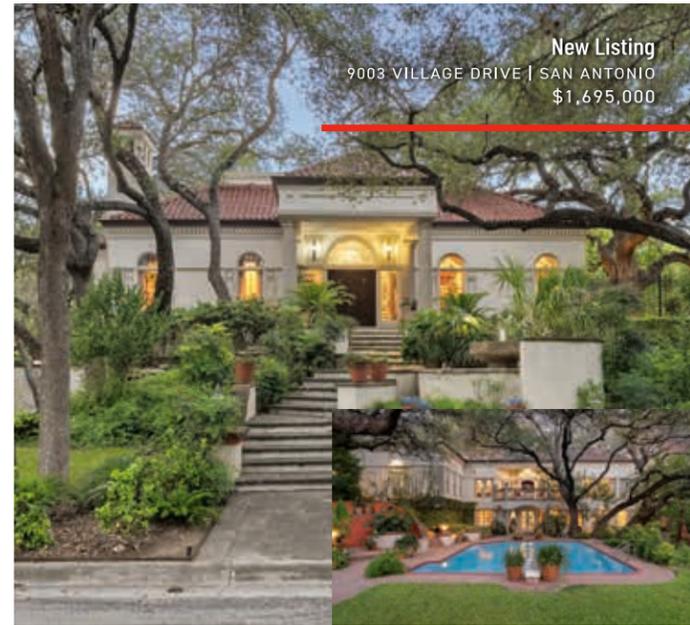
Private Listing
±7 ACRES | BREATHTAKING VIEWS OF TEXAS HILL COUNTRY
\$2,225,000



Active
417 SOUTHWICK RANCH | SOUTHWICK RANCH
\$1,750,000



Active
21302 RONDA DE CADIZ | THE DOMINION
\$1,675,000



New Listing
9003 VILLAGE DRIVE | SAN ANTONIO
\$1,695,000



SOLD
Active
118 EASY MONEY | GEORGES RANCH
\$1,645,000



Active
23611 MESSINA CANYON | THE CANYONS AT SCENIC LOOP
\$1,395,000

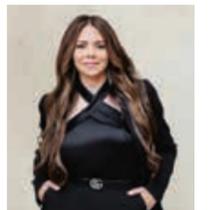


Active
24706 MOORLAND | THE DOMINION
\$815,000



MIGUEL HERRERA,
REALTOR®

Owner/Managing Partner
210.563.3660
MIGUEL.HERRERA@THEAGENCYRE.COM



ROXANNE FERNANDEZ,
REALTOR®

Sales Director, Executive Luxury Agent
210.727.3144
ROXANNE.FERNANDEZ@THEAGENCYRE.COM





Luxury,
Linked in Diamonds



Lee Michaels
FINE JEWELRY & DISTINCTIVE GIFTS

THE SHOPS AT LA CANTERA • THE QUARRY
1-800-543-4367 • SHOP ONLINE AT LMFJ.COM

Art That Speaks. A Gallery That Listens.

We have arrived in The Dominion! Thornwood Gallery represents over 50 acclaimed artists from around the world, offering a curated collection that spans abstract, impressionism, realism, and more.

Whether you're building a collection or seeking the perfect piece for your home, our full-service gallery is here to guide and inspire.

Step into the world of fine art -
Visit us today!

ThornwoodGallery.com
210.543.1545
10 Dominion Dr. STE 101
San Antonio, TX 78257



Thornwood Gallery

Fine Art

Monday - Saturday | 10am - 5pm



S A N A N T O N I O

2025 Range Rover Sport
Redefining luxury. Every drive.



Land Rover San Antonio

13660 W INTERSTATE 10, SAN ANTONIO, TX 78249

Sales: (210) 465-3014 / Website: www.LandRoverSanAntonio.com

2025 Jaguar F-PACE
The art of performance.



Jaguar San Antonio

13660 W INTERSTATE 10, SAN ANTONIO, TX 78249

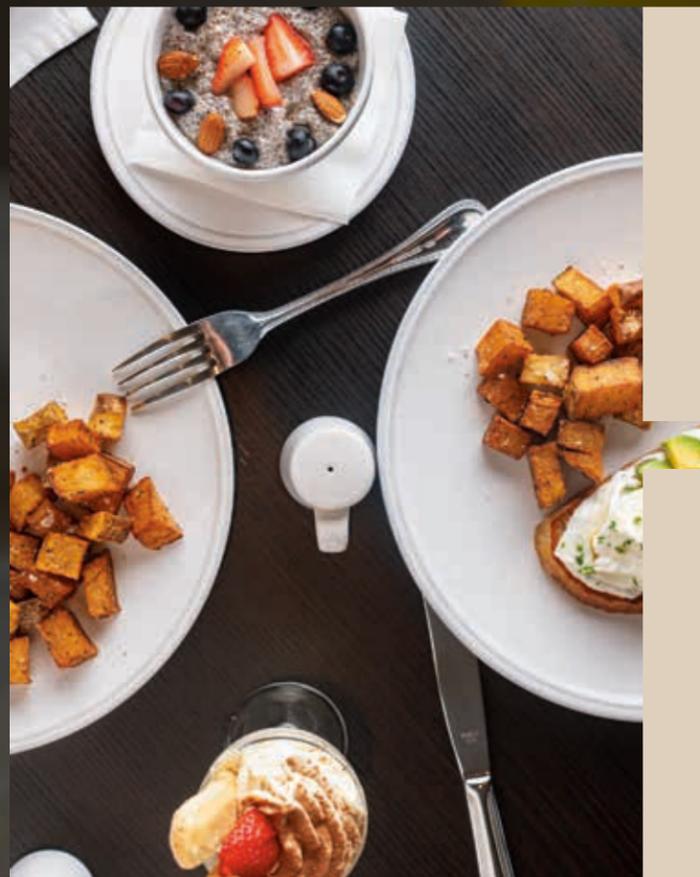
Sales: (210) 465-3014 / Website: www.JaguarSanAntonio.com



MAE DUNNE
KITCHEN & GOODS

Mae Dunne Fine Cuisine & Garrison Brothers Bourbon Pairing Dinner Feast

Fine Cuisine and Bar.



Bourbon Dinner November 15

Experience bold flavors and Southern charm featuring Garrison Brothers Bourbon, Texas first and finest legal bourbon distillery.

An Evening of Bourbon & Cuisine

Four-course Texas-inspired dinner, paired perfectly with a hand selected bourbon tasting delivered by an ambassador from the Harrison Brothers Distillery.

RSVP info@maedunne.com

*Limited Seating Available

Call for Reservations: 830-290-2529

Menu

Brie en Croute with Bourbon Pomegranate Sauce

Romaine Wedge Salad with Candied Whiskey Bacon and Roasted Corn Blistered Cherry Tomatoes, Toasted Pecans, and Pickled Red Onion Dressed with a Smoked Chipotle Buttermilk Dressing and House Made Corn Bread Croutons

Pork Chop Chicharrón with Corn Riblets and Mexican Street Corn

Star Fruit Tarte Tatin - Butter Caramelized Star Fruit on Crispy Puff Pastry with a Bourbon Vanilla Pastry Cream or Ice Cream with Honey Dew Coconut Espuma

MAEDUNNE.COM | (210) 905-0797 | 23702 I-10 SUITE 108, SAN ANTONIO, TEXAS 78257

NUBA

{ *Journeys you won't find
in any guidebook* }

For over 30 years, NUBA has been creating bespoke travel experiences that bring the world closer, in ways few have ever imagined.

Private safaris in Africa, Belmond trains across Europe, Aman retreats in Asia.

NUBA curates journeys that few ever experience.

Honored as the World's Leading Luxury Travel Agency by the World Travel Awards.

We design every trip with insider access, local expertise, and privileges reserved for the fortunate few.

And beyond leisure, NUBA Luxury Incentives transform corporate travel into extraordinary moments that inspire, reward, and connect.

Ana Zazueta / *Luxury Travel Advisor*
ana.zazueta@nuba.com
(281) 687-6789

NUMBERS YOU NEED

210.698.1232 HOA
210.698.3364 Country Club (Closed Mondays)

EMERGENCY NUMBERS:
210.698.0041 Dominion Security
210.207.7273 Police Department
210.207.7744 Fire Department
800.222.1222 Poison Control Center
911 Emergency/Fire/Police
210.225.6741 FBI

SCHOOLS
210.397.4400 Leon Springs Elementary
210.698.7171 TMI Episcopal
210.397.4900 Rawlinson Middle School
210.397.5150 Clark High School

CITY
210.207.7086 Mayor Ron Nirenberg



strollmag.com

Delivering Neighborhood Connections
 © 2025 The N2 Company, Inc.



PUBLISHER & ADVERTISING INFORMATION

Jason Smith
 210.501.3161
 jason.smith@n2co.com



PUBLICATION ASSISTANT & CONTENT COORDINATOR

Stephanie Voorkamp
 210.426.0125
 pubassistant@n2co.com



PHOTOGRAPHER

Lindsey Murphy
 lindseymurphyphoto@gmail.com

AD MANAGER

Mission City Ads
 missioncity.ads@n2co.com



CONTRIBUTORS AT LARGE

COVER WRITER

Dylan Koller



CONTRIBUTOR

Chef Elaine Perusquia

THE RESIDENTS OF THE DOMINION!

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 with your pictures, suggestions, or requests.

Life @ The
DOMINION

DISCLAIMER: This publication is also known as *Life @ The Dominion*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

We're proud to showcase businesses that share our commitment to fostering local connections. When perusing our pages, keep an eye out for the "Local Sponsor" icon to identify articles highlighting these valuable partners. Please note that businesses profiled may have provided free products and / or services for the review.



OUR
Family

TAKING
 CARE OF
 YOUR

Family

WHY RIVER CITY HOSPICE?

Providing care with dignity and compassion at end of life
 Personalized care that meets patients' needs

Available 24 hours a day, 7 days a week 🌐 Ongoing support and grief services
 Accredited by The Joint Commission



RIVER CITY
 HOSPICE

Contact us today:

210-858-9138

1-877-537-4837

rivercityhospice.org

FREE resources available online rivercityhospice.org/resources

River City Hospice has earned The Joint Commission's Gold Seal of Approval | Locally Family Owned and Operated



FREE Pick Up & Delivery

LAUNDRY
Culpepper
CLEANERS

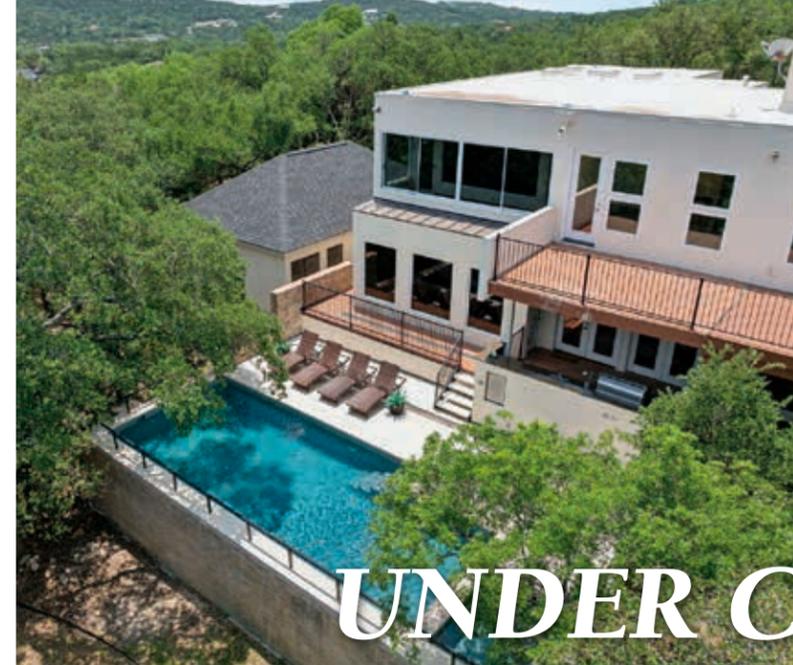
- dry cleaning
- clothing restoration
- wedding gowns
- alterations and repairs
- formal wear

2116 NW Military • **210.342.3301**
 5203 Callaghan Road • **210.684.2231**
 7730 Broadway • **210.824.5051**

Quality, a family tradition since 1911

PREFERRED PARTNERS

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!



UNDER CONTRACT



23910 N. Line Camp in Cross Mountain Ranch

ART GALLERY
Thornwood Gallery
(210) 543-1545

AUTO DEALERSHIP
Cavender Chevy
www.cavenderchevrolet.com

Land Rover
(210) 561-4900

Red McCombs Toyota
Kevin Browning
(210) 812-4667
13526 West Interstate 10
Frontage Road
San Antonio, TX 78249

AUTO DEALERSHIP/FULL SERVICE FACILITY
Mercedes Benz of Boerne
(830) 981-6000

North Park Lexus At The Dominion
(210) 816-6000

Principle Auto Group
(210) 886-8486

BUILDER/CUSTOM HOMES
Burdick Custom Homes
(210) 497-2200

COMMERCIAL REAL ESTATE
The Sabinal Group
(210) 226-3400

CONCIERGE MEDICINE
UT Health Hill Country
(210) 450-6800
uthscsa.edu

CREDIT CARD PROCESSING
D&G Merchants
(210) 385-5792

DENTIST-FAMILY, COSMETIC, RESTORATIVE
Lee Dental Centers
(210) 681-5555

Leon Springs Family Dental
(210) 698-0610
www.leonspringsfamilydental.com

DRY CLEANERS
Culpepper Cleaners
(210) 342-3301
www.culpeppercleaners.com

EYE CARE/SURGERY/LASIK
UltraVision
(210) 461-2654

FINE JEWELRY BOUTIQUE
August House Fine Jewelry Boutique
Christi Vasquez
(210) 623-0702
23718 W Interstate 10
Frontage Road Suite 101
San Antonio, TX 78257
www.augusthousejewelry.com

FIREARMS & GUN SAFES
Deluxe Arms
(361) 966-2011

FLOORING
PLC Flooring
(830) 928-1945

GOLF CARTS
Mission Golf Carts

HANDYMAN/HOME IMPROVEMENT
FourMex
(210) 825-6012

HEALTH FOOD
MycroMicro
(210) 241-6785

HOME BUILDING & DESIGN
Burdick Custom Homes
(210) 497-2200

HOME REMODELING
Charles & Co
(210) 617-0937

HOSPICE
River City Hospice
(210) 858-9138

HVAC SERVICES
Chamberlin Mechanical Services
(210) 387-9590
chamberlinmechanicalservices.com

INFRARED SAUNA SPA
Perspire Sauna Studio
(210) 764-5187

INTERIOR DESIGN
STH Interiors
(830) 660-1379

JEWELRY & FINE GIFTS
Lee Michaels Fine Jewelry
www.lmfj.com

KITCHEN / BATH / LIGHTING
Ferguson Home
(210) 806-8916

LAWN MAINTENANCE / LANDSCAPING
Expert Lawn & Landscape
(210) 690-8436

MATTRESSES & FURNITURE
Billy Bob's Beds
(210) 543-9100

MED SPA
Nevaeh Med Spa
(726) 234-6002
nevaehmedspa.com/

NANNIES AND SITTERS
Twinkle Toes Nanny Agency
(210) 990-5896

NEIGHBORHOOD REALTOR
Charo Remax North San Antonio
(210) 452-5774
www.callcharo.com

OUTDOOR LIVING
Alamo Outdoor Solutions
(210) 852-1110

French Custom Outdoor Concepts
(210) 535-2076

PAINTER
Fresh Coat Painters of Alamo Heights
(210) 665-8338
www.freshcoatpainters.com/locations/alamo-heights/

PEDIATRICIAN
Platinum Pediatrics
(830) 212-4554

PET RESORT
Wagmore Pet Resort
(830) 981-2273
wagmorepetresort.com

PLASTIC SURGERY & AESTHETICS
Amelia Aesthetics
(210) 934-1727
www.askamelia.com/

POOLS/OUTDOOR LIVING
KZP - Keith Zars Pools
(210) 494-0800

REAL ESTATE
CA & Co Realtors/
Cesar Amezcua
(210) 442-7479

REAL ESTATE - LUXURY, FARM & RANCH
Sean Gillispie
(210) 274-0837

REAL ESTATE LUXURY
Jason Glast Group
(210) 386-1833

REALTOR/LUXURY
Joslyn Burrows
(210) 240-8166

REMODELING & WINDOWS AND DOORS
Guido Replacements
(210) 308-1118
www.guidomaterials.com

REMODELING / RESTORATIONS
Structure Tex
(210) 865-9884

RESTAURANT/BAR
The Lion & Rose British Restaurant & Pub
(210) 878-0034
thelionandrose.com

RESTAURANTS
Mae Dunne
(210) 993-4893

SCHOOL - PRIVATE
TMI Episcopal
(210) 698-7171

SENIOR LIVING AND MEMORY CARE
Morningside Ministries
Menger Springs
(830) 816-4498
mmliving.org

SWIMMING POOL CONSTRUCTION & MAINTENANCE
Worthy Aquatics
(210) 760-7236

TRAVEL ADVISOR/ TRAVEL CONCIERGE
NUBA Travel
(281) 687-6789

TREE EXPERTS
Texas Tree Authority
(210) 251-4232
www.texas-tree-authority.com

VOICE TRAINING
Signature Singing
(210) 836-6614

WATER TREATMENT / SOFTENERS
Jason's Water
(254) 541-2684

WOOD FLOORING
Advanced Wood Floors
(210) 341-5241

REALTOR® & 24 YEAR DOMINION RESIDENT



PHYLLIS BROWNING CO.
REAL ESTATE



JOSLYN BURROWS
GRI, REALTOR®

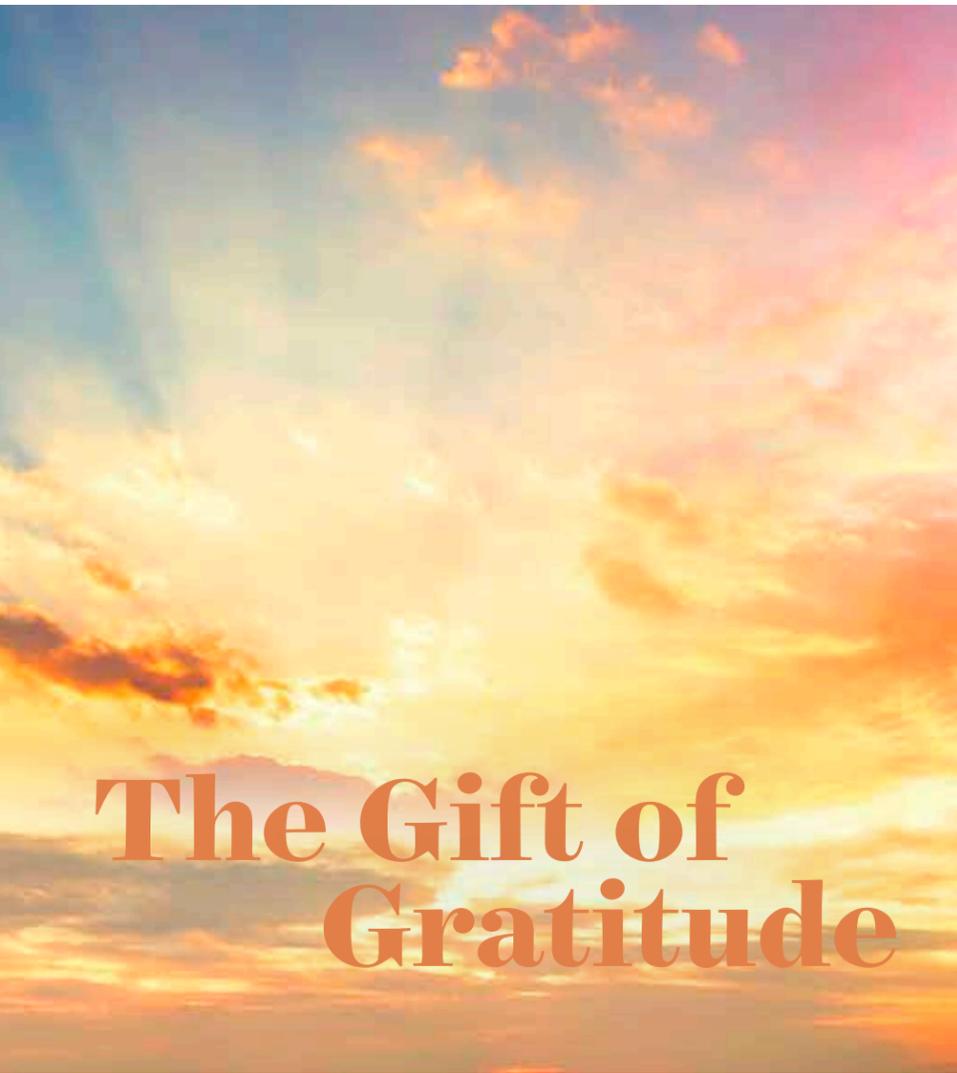
jburrows@phyllisbrowning.com

MOBILE (210) 240-8166
TELEPHONE (210) 408-2500
TOLL-FREE (800) 266-0676



PHYLLISBROWNING.COM

Joslyn has owned five homes within the Dominion!
Choose your neighbor who has the experience and knowledge to sell your residence!



The Gift of Gratitude

Hello Dominion! With Thanksgiving on the horizon, I find myself reflecting on the power of gratitude. It's more than just a polite "thank you" or a momentary acknowledgment; it is a posture of the heart, a way of living that enriches not only our own lives but the lives of those around us. One of the most powerful quotes I've ever heard is, "An attitude of gratitude makes fear disappear."

In a world that often moves too quickly, gratitude invites us to slow down and notice the small but significant blessings that surround us daily. It's found in the smile of a neighbor across the street, the laughter of children at play, the shared meal with

family, or the quiet beauty of a sunrise over The Dominion golf course.

Thanksgiving gives us a special reminder to pause and count those blessings. For many, it's a time to gather with loved ones, share stories and traditions, and enjoy the comfort of good food and family. Gratitude transforms ordinary moments into extraordinary ones because it helps us see the gift in what we already have. As Dominion resident Larry Hicks recently shared with me, "When I look at all that God has blessed me with, I look around and think, I would have settled for so much less." His words are a powerful

When I look at all that God has blessed me with, I look around and think, I would have settled for so much less."

—LARRY HICKS

reminder to appreciate the abundance right in front of us.

Here in The Dominion, gratitude is woven into the very fabric of our neighborhood. From the residents who share their stories, to the businesses who support this publication and invest in our community, to the friendships that grow through shared experiences. There is so much to be thankful for. Our magazine exists not just as a collection of pages, but as a living testimony of community, connection, and care.

This season, I encourage you to take inventory of the blessings in your life. Gratitude is not found in having everything, but in recognizing the value of what we already possess.

On behalf of the *Stroll Dominion* team, I want to extend my heartfelt thanks to you - our readers, residents, and partners. Your stories, your support, and your presence make this publication possible, and for that, we are deeply grateful.

May this Thanksgiving be filled with peace, joy, and moments that remind you of just how much there is to be thankful for.

With gratitude,

Jason Smith

Publisher, *Stroll Dominion*



Reimagining Outdoor Living

Design and Build
Immersive 3D Renderings
Deck Building Services
Patio Covers and Shade Arbors
Outdoor Kitchens
Full Backyard Transformations



210.735.9841

FrenchsCustomConcepts.com



For we are God's handiwork, created in Christ Jesus to do good works, which God prepared in advance for us to do.

Ephesians 2:10

GoSeeEd-ucation: Tax Strategies for Realtors and Real Estate Investors

Discover and Apply Tax Strategies and opportunities that save Realtors and Real Estate Investors thousands of dollars every year.

Zoom# 495 727 8373 12Noon and Replay 6pm

DATE	TOPIC
MONDAY	GoSeeEddie AI Podcast
TUESDAY	MASTERY - How to Make the Money
WEDNESDAY	MASTERY - Mastery How to Keep Your Money
THURSDAY	MASTERY - How to Build Wealth
FRIDAY	MASTERY - How to Build Legacy

Company growth is 21% per year!

Ed past speaking event includes WREIA, SABOR, PREMIER REALTY, DJE MultiFamily, Smart Wealth Investing, Money Concepts, AND OTHER EVENTS THOUGHTOUT TEXAS. Currently now with ZOOMs ---- GoSeeEducation Series now Monday-Friday over 520 Education zoom shows for clients and new clients.

AI Transformation at Guerrero CPA

Guerrero CPA uses Artificial Intelligence to automate tax preparation process, power our marketing, and enhance our education channel. Our AI-driven knowledge base gives clients fast, accurate answers to tax and financial questions. This technology fuels our 21% annual growth and ensures clients receive smarter, faster service—plus reliable education and support every step of the way.

ED GUERRERO



DELUXE ARMS P365 MAMMOTH GOLD



Discover the Deluxe Arms Custom P365 Mammoth Gold Edition, a unique pistol blending luxury and ancient history. Its 24k gold-plated slide and grip shine with opulent elegance. Custom mammoth molar grips swirl in vibrant colors, adding timeless artistry.

Experience its perfect mix of modern craftsmanship and rare materials, crafted for discerning collectors. Gold-plated controls enhance its lavish, cohesive design. Visit Deluxe Arms' VIP showroom to behold this exclusive piece and make it part of your collection today.



DELUXE ARMS

529 STATE HWY 46 E, BOERNE, TX 78006
INFO@DELUXEARMS.COM | 888-966-2011

By appointment only



BUY IT NOW

ALDO GHAFFARI

Growing up in a small town in Iran, Aldo Ghaffari never had illusions of culinary grandeur, yet for several decades now that's been his reality. The sincerity with which he approaches life has led to a journey that's been filled with as much charm as his Italian restaurant, Aldo's Ristorante Italiano. Having already left his indelible mark on San Antonio, today he thrives in the Dominion where he lives just minutes from his restaurant and has the privilege of connecting with his patrons and neighbors more than ever before.

Aldo grew up in a loving home in Hamedan, Iran. He studied engineering with the hopes of attending college in the States. As this was in the midst of the space race, the moon landing, and the height of NASA's popularity, Houston was embedded in pop culture, as well as Aldo's conscience, and he was thrilled when he was accepted into the University of Houston.

Though he didn't know a soul when he arrived, Aldo met a fellow Farsi speaker in the ESL dormitory prior to the start of the semester which helped ease his transition. Recognizing that a lot of friends and acquaintances were getting weekend jobs to help cover costs, he started gigging as a valet driver which eventually led him to Michelangelo's, a quaint Italian restaurant serving traditional dishes in a historic home. Not particularly fond of waiting around in the summer heat as a valet, he boldly asked the owner for a job inside.

Aldo started out bussing, but within a month was waiting tables every weekend. Not only was he making much better money, he was finding a mentor in the owner, Mirco, a passionate man from Venice whose love for food,



wine, and good company was infectious. Aldo was enchanted by the way Mirco described signature dishes and wine varietals, and soon that same passion began to grow within himself.

At the time Aldo was finishing his last semester at UH, Michelangelo's was undergoing a change in management and, sensing his growing passion and interest, Mirco offered Aldo the position. As just a part-timer, Aldo was honored, and gladly accepted the role.

For the following 9 years, Aldo managed Michelangelo's, but he knew the job wasn't his forever. By the mid-80s, Houston's economy was tanking, big oil wasn't doing well, and Aldo had a feeling it was time to move on. While visiting a friend in Kerrville, a suburb outside San Antonio, it was recommended to Aldo that he take a look into the smaller city. Immediately, Aldo sensed its potential and recognized its need for Italian cuisine. Once he came across Oyster Bay, a struggling seafood restaurant operating out of a charming old home similar to Michelangelo's, he knew he'd found the place. He quickly sought out the owner, made an offer in February of '85, and by May opened Aldo's. "I was blessed from the very beginning," Aldo says of the venture, "That charming, 100-year-old house had such a great ambiance and we found such great staff. Pretty soon the restaurant was labeled as the most romantic in San Antonio."

Though it stood in the middle of the Medical Center area, there was nothing sterile about Aldo's. With the scent of homemade bread, pasta, and pizza wafting, it quickly became a top lunch destination. After operating for an impressive 3+ decades, however, the UT Board that owned the property, chose to sell and repurpose it for medical offices.

Though it was bittersweet to leave the restaurant within a home that had come to feel like his actual home, Aldo knew there was promise and opportunity in this new challenge. In 2018, he found a vacant space within the Dominion Ridge Shopping Center, a great location alongside Interstate 10 and, after some remodeling, opened the second iteration of Aldo's in January of 2019. While the atmosphere is different,



having exchanged intimate rooms for high ceilings, Aldo recognizes the beauty in his new establishment and couldn't be more pleased. The feeling's been further cemented with the restaurant being recognized by Open Table and being chosen as San Antonio's best Italian restaurant by the San Antonio Express-News for two consecutive years.

What Aldo wasn't pleased about, however, was the commute. So in 2022, Aldo moved to the Dominion after being influenced by one of his wait staff who also dabbled in real estate. Besides putting him closer to the restaurant, it also put Aldo right beside the golf course and, though he'd never played a day before in his life, now has a new favorite pastime. He's also made the

adjustment of running a dinner-forward restaurant, which has significantly freed up his days. Perhaps most importantly though, Aldo now finds himself living in a community filled with those who frequent his restaurant, and getting to know them and their families on a more personal level has proven to be one of the greatest blessings of his life.

As he reflects on his journey, knowing the future is just as bright as it's always been, Aldo smiles and says, "You have to love what you do to remain as long as I have. I've been blessed with great staff, great people, and most of all, San Antonians. This city is a great, great city. The people are so nice, it's like a big family, and the restaurant is my home. Everyone is welcome in my home."



The Dominion Women's Golf Association had a fantastic turnout for the September 26th 2-Lady Shamble! The weather and course conditions made for a fun and competitive day of golf, with great play across the board.

Gross Winners

- 1st Gross: Karen Steingart & Jennifer Walker
- 2nd Gross: Loy Thompson & Mary Woodruff



Net Winners

- 1st Net: Diane Fitzgerald & Yvette Haby
- 2nd Net: Carmen Shipley & Mary Scobee

Congratulations to all of our winners and participants for making this event such a success. We look forward to seeing everyone at the next DWGA event!



MISSION GOLF CARS
EST. 1962

DRIVEN TO DELIVER

(830) 255-5800

28451 IH-10 W
BOERNE, TX 78006

EZGO

San Antonio's Veteran-Owned PAYMENT SOLUTION!

**More Savings.
More Growth.
More Freedom.**

- Next-Day Funding
- Eliminate Credit Card Processing Fees
- Personal 1:1 Support of a Husband & Wife Team
- Free Upgrade with Qualifying Merchants

Gabriel & Destini
210.291.9451
contact@servantmerchants.com
@servantmerchants

100% Disabled Veteran-Owned

D&G SOLUTIONS

THE GOLD STANDARD

IN MAGAZINE & AD DESIGN

But don't just take our word for it.

Take theirs.

THE N2 COMPANY

n2co.com

100% Natural Microgreens Delivered to Your Doorstep!

Weekly fresh microgreen deliveries. Locally grown, never processed. Specialty mushrooms coming soon!

FRESH. LOCAL. Delivered.

MM MYCOMICRO
MUSHROOMS & MICROGREENS

mycomicro.co
@mycomicro.co

Transforming Bodies, Elevating Confidence!



MOMMY MAKEOVERS |
TUMMY TUCKS |
BREAST PROCEDURES |
MEDSPA & MORE! |



Schedule a
Consultation
Today!



We make it easy to
be a patient.
Take it one step at a time!

- 1 Free High Level Online Amelia Orientations
- 2 Bustmob Academy App
- 3 Virtual and In Person Consultations

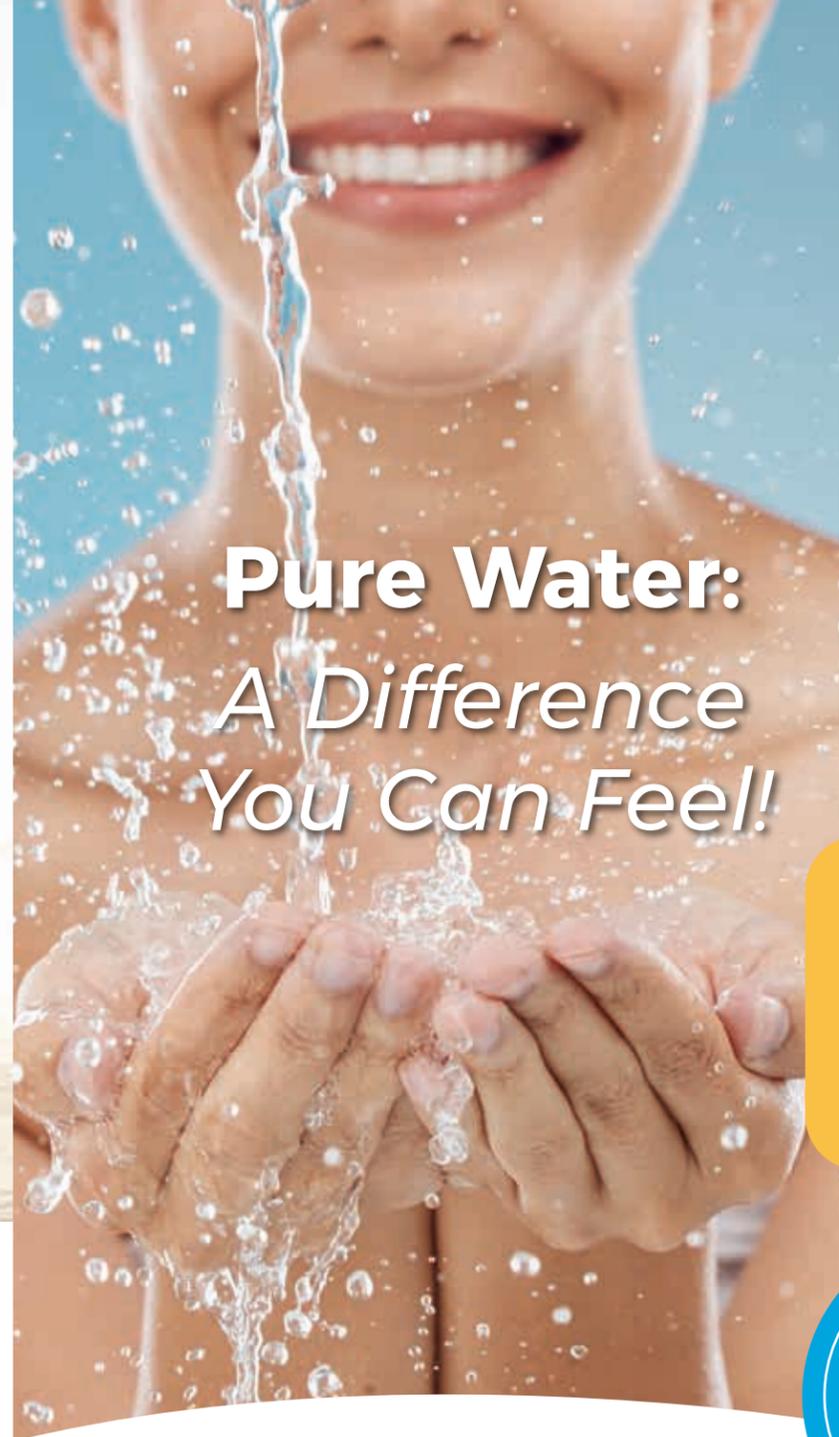
ENHANCING YOUR **NATURAL BEAUTY**

For more info, please text us at 210-934-1727

DR. MARCOS LOPEZ
PLASTIC SURGEON



AskAmelia.com • 150 E Sonterra Blvd., Suite 316, San Antonio



Pure Water: A Difference You Can Feel!

Experience The Benefits of
Cleaner, Softer Water:
Protects Your Appliances
Keeps Laundry Bright and Looking New
Softer Skin, Hair and Nails
Filters Out Damaging Substances



Discover What's In
Your Water With A
FREE
Water Test!

DISCOUNTS FOR
OUR HEROES!
Military
First Responders
Educators



3rd Generation Family Business
8603 US 281, Ste 103 | Spring Branch, TX 78070

833.966.PURE

jasonswatersofteners.com

Serving Central Texas since 1979!



Make luxury home-buying an integral part of your wealth plan

CINDY SNYDER, VICE PRESIDENT FROST



Your home is more than where you live. It's a reflection of your lifestyle, a significant asset within your broader portfolio and a key part of the generational wealth you may pass down, making mortgage decisions a critical part of your long-term wealth strategy.

When thoughtfully structured, the right financing approach can help you achieve the lifestyle you envision, while preserving your investment flexibility and supporting long-term wealth growth. Whether you're shopping for a primary residence, vacation retreat or investment property, it's wise to keep a few strategic concepts in mind early in the process to ensure your decisions align with your broader goals.

1. See the complete picture. A home purchase should fit seamlessly into your broader wealth plan. Beyond being a residence, it's a real estate investment that should align

with the rest of your portfolio's growth projections, risk tolerance, liquidity and estate plans. At the same time, it carries significant long-term costs including property taxes, insurance, maintenance, and even staffing that should be factored into your cash flow. An experienced wealth advisor or private banker can help you adjust and optimize your financial plan with your new home as an integral component.

2. Optimize your financing strategy. For many high-net-worth buyers, the decision isn't whether they can buy in cash, but whether they should, since strategic financing can help preserve capital for other opportunities. The real focus should be on structuring a mortgage to maximize flexibility, minimize opportunity cost and align with your wealth goals. While the conversation goes well beyond monthly payments, don't underestimate the power of even a slightly lower interest rate. When it comes to large-scale financing, a modest adjustment can translate into meaningful long-term savings that could be reinvested to further grow your portfolio.

3. Leverage private banking advantages. For luxury homebuyers, a private banking relationship offers flexibility and personalization that standard retail channels can't match. Working alongside your wealth advisor, CPA and real estate/mortgage team, a private banker can help you evaluate whether financing is the right move, maintain liquidity and optimize tax efficiency. They can also help you navigate the often-complex qualifying process for a jumbo or super-jumbo mortgage with more flexible underwriting, tailored terms and alternate qualification approaches that reflect the full strength of your portfolio. When approached strategically, home financing decisions can become a powerful lever in long-term wealth planning. For a well-rounded, personalized approach to the homebuying experience, reach out to Cindy Snyder at 210.220.6845 or Cindy.Snyder@frostbank.com.

Deposit and loan products are offered through Frost Bank, Member FDIC.



MEMBER FDIC

Hi!

Not many banks can pull off
CUTTING-EDGE
and
OLD-SCHOOL
at the same time.

Get the best of both worlds with online banking, mobile banking, 1,700+ ATMs and a banker who answers the phone when you call.

Visit us at the Leon Springs Financial Center at
23787 W Interstate 10, San Antonio, TX 78257
or call (210) 220-4797.

PLATINUM PEDIATRICS

Don't Panic. Call Platinum Pediatrics.

Empowering Parents to Prevent Unnecessary Emergency Room Visits!

PRIMARY PEDIATRIC CARE

Is your child sick or injured? Platinum Pediatrics offers a concierge-level pediatric care that saves you time, money, and stress.



ONLY \$150

FOR THE WHOLE FAMILY?!

UNLIMITED ACCESS
HONEST & TRANSPARENT CARE
EXPERIENCED PROVIDERS
EMPOWERED PARENTS

NO HIDDEN FEES.
JUST EXPERT PEDIATRIC CARE WHEN YOU NEED IT!

Call or Text:

830.212.4554

Platinum-Pediatrics.com

645 SOUTH SCHOOL STREET | SUITE 101, BOERNE



LOOK & FEEL
YOUR BEST!



Coolsculpting Elite
Cellenis Derma
Hydrfacial
DeRive Hair Restoration
Microneedling with PRP and EXO|E (plant based Exosomes)
Epicutis and Alastin Skincare
IV Hydration
Vitamin Injections
Facial Injections

830.446.3648
Boerne-Medspa.com
645 S SCHOOL ST. SUITE 101, BOERNE



The Surface Specialists.

- Complete Concrete Resurfacing & Restoration.
- Custom Solutions Tailored to your Lifestyle.
- Premium Materials & Professional Craftsmanship.

Discover the art of resurfacing:



www.private labelcoating.com



CONCIERGE MEDICINE

EXPERIENCE SEAMLESS, CONCIERGE CARE—ON YOUR SCHEDULE.

With 24/7 access, same-day visits, and support between appointments, all backed by the leading expertise of an academic health center.



Appointments on your time.



Undivided attention. No rushed visits.



Reach your doctor anytime.

PERSONALIZED ACCESS. ACADEMIC MEDICAL EXCELLENCE.



Learn more

PHONE: 210-450-7587



Thank You For Your Service, Dominion Veterans

Today...and everyday...
we are grateful for our military
service personnel, past and present,
and the families who support them.
With respect, honor and gratitude, we
salute you. Thank you Veterans.





Enjoy an autumn of exceptional luxury driving.

Your first-class 2025 ride awaits at Mercedes-Benz of Boerne.



2025 GLS 580



2025 EQS 550



2025 AMG GLE 63S Coupe



2025 AMG C63



Mercedes-Benz
of Boerne

31445 I-10 West, Boerne, TX 78006
Tel: 830-981-6000
MBBoerne.com

So dreamy, you'll hit snooze on real life.

Get the sweet sleep you deserve – with Nectar Memory Foam and Hybrid mattresses at Billy Bob's Beds. Shop in-store or online.



Why Nectar?

- Gel Memory Foam Comfort
- Reinforced Edge Support
- CertiPUR-US® Certified Foams
- Breathable Cooling Cover
- 365-Night Home Trial
- Forever Warranty

(210) 543-9100
7350 Tezel Rd.
San Antonio, TX 78250

Billy Bobs Beds®
SAN ANTONIO, TEXAS

See our specials, visit
billybobsbeds.com

YOU CAN DO BETTER

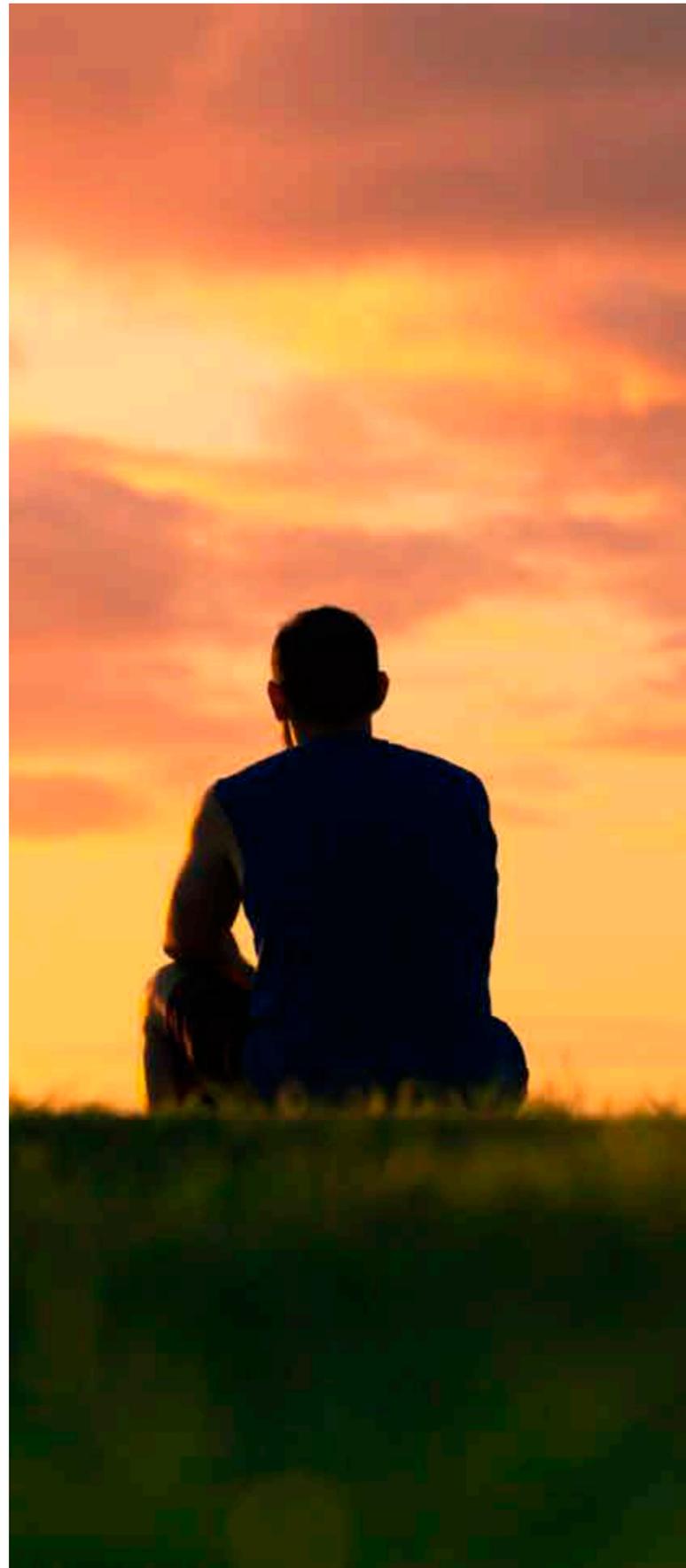


By Jacks Blue, a well-known, well-liked, and talented Dominion Resident who writes under this pseudonym

When you're abandoned and feel all alone,
Cut off from the world, and now on your own.
It's an empty feeling, with nothing to show,
Living inside your head, nobody can know.

Once loved for so long, but now that is gone,
Perhaps making moves, you know that are wrong.
Your mind is a-mix, of regret and remorse,
You'd do things better, you know that, of course.

There's love in your heart, but where to begin,
To break the ice, and start over again.
Words flow from your heart, and then up through your mouth,
That life-giving cadence, it's what it's about.
More time passes by; you can't let that occur,
Love can grow weak, and become just a blur.
So pick up yourself, and shake off the dust,
You can do better, and you bet you must!



THE AUTHORITY

In Tree Care Services





- Tree Services ✓
- Tree Pruning & Trimming ✓
- Tree Removal ✓
- Stump Grinding ✓
- Oak Wilt Treatment ✓
- Tree Health Assessment ✓
- Disease Treatment & Prevention ✓
- Tree Planting ✓

210-251-4232

Fully Insured
Call today for your free estimate
Tree Maintenance License Number TML-25-00135



PROUDLY DOMINION RESIDENT OWNED



RELIABLE. SKILLED. TRUSTED.

- PAINTING**
Fixing holes, cracks, and wear, followed by seamless painting.
- EPOXY**
Durable protective coatings designed to withstand any industry.
- PRESSURE WASH**
Restore your exterior surfaces with our power washing service.

- ✓ **Dominion Resident Owned**
- ✓ **Quality Craftsmanship**
- ✓ **Personalized Service You Can Trust**
- ✓ **Integrity**

CALL TODAY: 210-844-7215

FOURMEXTX.COM

"Your neighborhood handyman—because home should always feel complete."



Luxury Living, Expertly Sold



SOLD

\$1,550,000 | 406 Tularosa Ridge | Helotes | 5 bed | 4.5 bath | 4,562 sqft.



SOLD

\$1,350,000 | 302 Santa Domingo | Helotes | 5 bed | 4.5+ bath | 4,956 sqft.

TOP SALES PRICES IN 2024!

Charo REALTOR®

Whether You Are Buying or Selling, Call Charo Today!

210.452.5774 | CallCharo.com



ARTIFICIAL TURF INSTALLATION • LANDSCAPE DESIGN & MAINTENANCE • HARDSCAPING & OUTDOOR ENHANCEMENTS



**TRANSFORM YOUR YARD
WITH ALAMO OUTDOOR SOLUTIONS**

SCHEDULE YOUR FREE CONSULTATION TODAY! | (210) 852-1110

AUGUST HOUSE
FINE JEWELRY BOUTIQUE



- Fine Jewelry
- Women's Clothing & Accessories
- Men's Clothing
- Children's
- Gifts
- We Buy Gold
- Repairs & Appraisals
- Custom Jewelry Manufacturing

**We're
Open
now**



23718 West IH-10 Suite 101
San Antonio, Tx. 78257
210-474-0400

www.augusthousejewelry.com



Meet Oreo!



Pet's Age: 3

Family members' names:
Roy, Kara, Jake and Sophie

Type of Animal/Breed:

Pomeranian

Male or Female:

Female

Where did you get your pet?

From a breeder here in San Antonio

Explain the story behind its name:

Oreo is a Parti-Pomeranian which means she has both white and black fur. When we got her, Sophie thought she looked like an Oreo cookie and we could not dissuade her from the name Oreo.

What makes your pet unique?

Oreo has that perfect blend of sweetness and mischief—always ready to curl up with love and give us lots of kisses *OR* to ensure that she gets the most amount of treats possible.

Any funny stories?

Oreo spent the first 2 years at our house barking at the various wreaths hanging on our front door. We would have to open the door, point to the wreath, and say, "It's just a wreath." Now, when she looks at the door and then looks at us, we just say "Wreath!" and she leaves it alone.



How has your pet enriched your family?

She has added so much unconditional love and loyalty to our lives. She has taught us patience. She has taught us that having a routine is not boring and that a 10 minute walk can be an adventure. We can't imagine life without her!

ADVANCED WOOD FLOORS
Family Owned Since 1992

CONSULT . DESIGN . INSTALL . RESTORE

AdvanceWoodFloors.com
202 W. Nakoma St. San Antonio, Tx
210.405.6339



TOP 5 REALTOR OF ALL TIME IN THE DOMINION

A SAMPLE OF JASON GLAST'S PAST DOMINION SALES



4 EDEN PARK



14 DUXBURY PARK



6 COTSWOLD LANE



11 DAVENPORT LANE



29 GRANTHAM GLEN



6 HAZELWOOD COURT



21 DEVON WOOD



15 MONTIVILLERS



7 ESQUIRE

"The Dominion market often moves quietly, and the best outcomes often happen when the right buyers are reached through private channels before the market sees a listing. Whether you're planning a sale or just exploring options, I'm always available to talk through the market and what it means for you."

JASON GLAST

SALES IN THE DOMINION: 45

AVERAGE SOLD PRICE SINCE 2008: 37% HIGHER THAN AVERAGE OVERALL SOLD PRICE

HIGHEST SOLD PROPERTY: \$7,000,000



JASON GLAST
REALTOR® / ATTORNEY
210.386.1833
jglast@phyllisbrowning.com
jasonglast.com

THE DOMINION

Signed. Sealed. Delivered.

Intentional homes, intentionally handled.

210.386.1833 | JASONGLAST.COM

The Punic War

To The Winner Goes The Mediterranean Sea

BY DAN JOHNSTON, DOMINION RESIDENT



AS ROMAN ASPIRATIONS of empire matured in the third century B.C., those ambitions collided with the Phoenician influence in the Mediterranean. The Phoenicians were an ocean-going people who exerted influence in the region because of their trading network and naval strength. The principal city of the Phoenicians was Carthage, and their philosophy was characterized by the statement, “Nothing that results in profit can be called disgraceful.” The conflict over which power would dominate the Mediterranean basin resulted in a series of three wars between Rome and Carthage that lasted for over a century (264-146 B.C.). The wars were given the title “Punic” as it was Latin for “Phoenician”, with reference to Carthage. That title of the Punic Wars also followed the historical trend that wars were named after the losers; this resulted from the fact that winners write the history of wars, and knowing that their country won the war, the historians gave their defeated foes the “honor” of having the wars named for them.

The First Punic War (264-241 B.C.) revealed the significant Roman weakness of the lack of naval power. Blessed by a geography that provided arable soil for agriculture, the Italian city-states could grow the food necessary to sustain their population without the need to trade for food overseas; thus, the absence of a Roman navy and the considerable naval advantage for the Phoenicians. But the Romans, being the Romans, made up the ground in two months, building 100 battle craft with mercenary Greek engineers using the example provided by a stranded Carthaginian ship. Rome won this first war, and Carthage surrendered its control of Sicily.

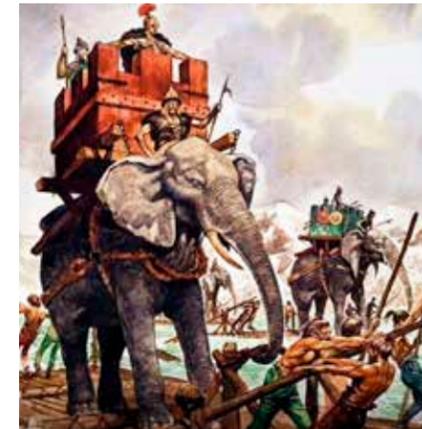
The Second Punic War (218-201 B.C.) followed two decades of relative peace, but increasing tension. It introduced to history a leader considered by many military historians to



be one of the greatest commanders of all time, Hannibal. He invaded Europe by landing on the Mediterranean coast of Gaul with a force of 46,000 soldiers and 37 elephants. Battles on his four-month advance to Italy and a 17-day winter crossing of the Italian Alps deprived Hannibal of his siege equipment, 20,000 soldiers, and 36 elephants (so the idea of using the elephants in battle in Italy never came to fruition).

Entering Italy as an invader, Hannibal would not lose a battle in 15 years of combat against the numerically superior Roman army but, because of his reduced numbers, lack of equipment, and the absence of vigorous reinforcement by Carthage, he could never seize Rome. Included in these battles was the Battle of Cannae in 216 B.C., the largest military battle in history to that point and a huge defeat for Rome. This defeat required the Roman emperor, Quintus Fabius, to adopt an attrition strategy (dubbed in the centuries that have followed as a “Fabian strategy”) against Hannibal, accepting battle not to win but to deprive Hannibal of soldiers and supplies that Hannibal could not replace. Rome ended this war by pursuing Hannibal back to Africa and defeating him at the Battle of Zama in 202 B.C. Hannibal, who had lost his father and his brother in combat to the Romans, would later commit suicide rather than submit to capture by the Romans.

When the Second Punic War ended, the treaty between Rome and Carthage placed Carthage in a client state status, required Carthage to disband its military, and imposed on Carthage the requirement to pay an indemnity to Rome. After fifty years, Carthage had satisfied the indemnity payment and began to gain the economic strength that made it the target of some neighboring colonies. To defend itself, Carthage raised a small army, a step that angered Rome and resulted in more demands against Carthage, one of which was to surrender 300 children of the noble class of Carthage to Rome as hostages



to ensure peace. When Carthage refused to submit to these demands, Rome invaded Africa and placed Carthage under a siege that lasted for three years. This Third Punic War (149-146 B.C.) ended when Carthage was burned to the ground, dismantled brick



by brick, suffered the salting of its fields, and surrendered 50,000 of its citizens to slavery.

Join us on 13 November for our next meeting of The Dominion History Club, 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.



TWINKLE TOES

NANNY AGENCY

Pediatrician Recommended Nannies and Babysitters

With our services, you get nannies with:

- ✓ Background Checks
- ✓ Insured
- ✓ CPR Certification
- ✓ Verified References

CALL US TODAY!

210.990.5896



YOUR NEIGHBORHOOD, OUR COMMITMENT!

Quality Construction by Sabinal Group.



LET'S BUILD
SOMETHING
GREAT
TOGETHER!

- Value Engineering
- Budgeting & Cost Control
- Plan Development Analysis
- Bi-Monthly Schedule Updates
- Code Compliance & Permitting
- Project Management & Scheduling

SABINAL GROUP

210.226.3400
Sabinal-Group.com
237 W. Travis, San Antonio



Embrace Your New Chapter With Confidence and Care.

Local Expertise.
Personalized Service.
Exceptional Results.

- Helping Seniors Downsize • Finding Senior-Friendly Homes
 - Assisting with 55+ Communities
- Managing Estate Sales & Inherited Properties
 - Providing Financial & Tax Guidance
- Coordinating Moving, Decluttering & other home repairs
 - Protecting Seniors from Real Estate Scams
 - Maximizing Home Value for a Top-Dollar Sale



CESAR AMEZCUA
Broker/Owner

ALHS, ABR, SFR, SRES

Contact us today! 210-442-7479

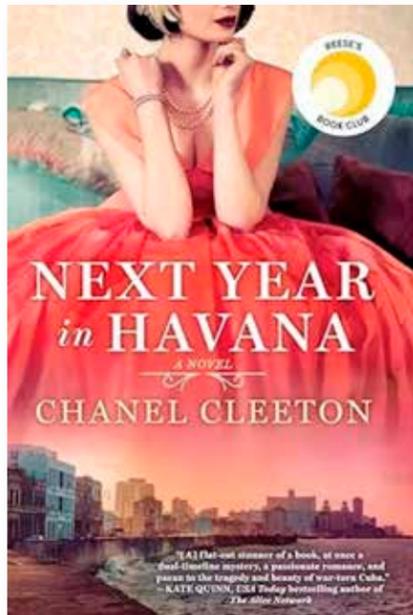


What is SRES®? A Senior Real Estate Specialist (SRES®) is a highly trained realtor dedicated to helping individuals 55+ with life-changing housing transitions. Whether downsizing, relocating, or managing estate sales, they provide expert guidance tailored to seniors' unique needs. With specialized knowledge of senior finances—like home equity and reverse mortgages—they simplify complex decisions while connecting clients to trusted professionals, including movers, contractors, and attorneys. Beyond logistics, an SRES® offers empathy and support during emotional transitions, ensuring a smooth process. Unlike traditional realtors, they focus exclusively on seniors' priorities, delivering personalized solutions that save time, reduce stress, and create better outcomes.

CA & Co. SAN ANTONIO REALTORS®

22211 IH 10 W Ste, 1206
San Antonio, TX 78257
cacompanyrealtors.com





Next Year In Havana

BY CHANEL CLEETON, REVIEWED
BY MARLENE NESLUND

The opening scene in Chanel Cleeton's *NEXT YEAR IN HAVANA* involves the fleeing of the wealthy Perez family from Cuba in 1958. The narrator is Elisa, a young sugar heiress who finds herself in the midst of Fidel Castro's revolution against the dictator Batista.

Elisa's story is alternated with that of Marisol, her granddaughter, who grew up in Florida and is a journalist. She travels to Cuba to spread her beloved grandmother's ashes in her homeland.; it is 2017. Both narratives involve strong, persistent women who find romance among revolutionaries.

Cuba can almost be considered a third main character. Descriptions of her natural beauty and historical charm claim a good part of the novel. And the political climate of the island, both in the past and in the present, motivates the inhabitants. "There is a violence to Cuban history that gets lost somewhere in the telling, buried beneath the beautiful scenery, the deceptively blue sea and sky, the palm trees swaying



placidity in the breeze. It's the sound of fire squads that echo in the wind."

Similarities and contrasts between Cuba and Miami's Cuba are frequently made. Both have the same inherent sense of pride, the determination to be successful, the hard work ethic, the entrepreneurial spirit, ingenuity and pragmatism. Yet, there is a big difference between the Cubans who stayed and those who fled. "Both sides love Cuba, they just do it in separate ways. Some love it so much, they can't leave; others love it so much, they can't stay."

During her travels around Cuba, Marisol expounds on the depth and breath of the problems facing everyday Cubans. She goes through an "emotional whiplash." Like the grandmother before her, she is in love with a passionate revolutionary who wants to stay in Cuba to fight the good fight and perhaps die in the process. Marisol wants him to escape to Miami, but thinks, "How could I explain this to my family? I can't imagine him in my life, and I certainly don't belong in his. Where does that leave me? I came here to spread my grandmother's ashes and write an article about tourist locals, and now my mind is full of policy and injustices."

But Pablo, an unknown and newly discovered relative gives her wise advice. "When you're young, life's punctuation often seems final when it's nothing more than a pause. You never know what's to come. That's the beauty of life." Ninety miles seems like an impassable distance. Cuban exiles

hope and dream of returning "next year in Havana." Chanel Cleeton's own family was exiled from Cuba. She left Florida to study politics and history in England, where she earned both a bachelor's degree and a master's degree. After returning to the United States, she earned her law degree. She is a prolific writer having published over a novel a year since 2014, many sharing a Cuban setting



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 60 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.



Scan to book
a reservation!



Giving Pets More Reasons to

Wag!

We now offer pick-up and drop-off services!

www.wagmorepetresort.com | (830) 981-2273
9440 Dietz Elkhorn Rd. | Boerne, TX 78015

BOARDING • DAYCARE • GROOMING

24419 CLIFF LINE: THE BLUFF AT THE DOMINION

Stage: Pre-Construction · Please call for Pricing & Availability



NAPA VALLEY CONTEMPORARY

Approx. 5,411 SF / 5 Bedrooms / 5.5 Baths / On .44 Acres / Master Suite with Luxurious Bath, 17X13' closet & outside access, Great Rm with wetbar, Office/Study or 5th Bdrm with walk-in closet, Game Rm with pool bath, Chef's Dream Kitchen with caterer's pantry. Upstairs features 2 bedrooms each with en-suite bath, kids lounge/game room and secondary utility room. Guest Suite with separate entry is 5th bedroom, Expansive 17X29' Outdoor Covered Patio with Summer Kitchen, 3-car Split Garage.



By choosing a Burdick Custom Home, you are assured of the Burdick standards of design, luxury, craftsmanship, and enduring value that have resulted in a virtually perfect record of customer satisfaction.

Call Tracy Harris today for additional information.



210/497-2200 • BURDICKHOMES.COM

#1 RANKED CUSTOM HOME BUILDER IN SAN ANTONIO AREA BY HOMEBUILDER DIGEST



COMFORT Starts at Home

As one of the top heating and air conditioning companies in town, we'll stop at nothing to make sure you're delighted with our work.



Family Owned
30+ Years in
the Industry

- HVAC Installations, Maintenance, Repair
- Heat Pump Services
- Air Duct Cleaning
- Boiler Services
- And more!

Act Early and Stay Comfortable
(210) 387-9590
chamberlinmechanicalservices.com



Just Lunch!

Join Us November 11th!

“Just Lunch!” is a ladies luncheon for Dominion Country Club members AND Dominion residents (who are not club members), and would enjoy the opportunity to meet and mingle with friends and neighbors while enjoying a light lunch at Albi’s Vite.

SPECIFICS

- Luncheons will be held once a month, on the second Tuesday, October through May. At this time, we are scheduled to meet at Albi’s Vite on November 11th from 11:30-1:30 pm.

- Club members and Dominion residents may invite guests. There are no meetings, programs, or dues. JUST LUNCH!
- Promotion is mostly by word of mouth, so tell your friends and neighbors! Notices and announcements will appear on ForeTees and Stroll magazine.

For more info, Contact
Lyn Hicks
210-219-9772
(Cell or text)

ULTRA VISION

See Clearly Again Without Glasses or Contacts.

THIS NOVEMBER, SEE HOW OUR PERSONALIZED VISION SOLUTIONS CAN HELP YOU SAY GOODBYE TO GLASSES AND CONTACTS—WHETHER YOU’RE READY FOR LASIK OR SEEKING ADVANCED CATARACT TREATMENT. EVERY EYE IS UNIQUE. SO IS OUR APPROACH.

Clear Vision. Shared Moments. Stories That Last a Lifetime.

CUSTOMIZED CARE FOR EVERY STAGE OF LIFE - BECAUSE YOUR EYES DESERVE MORE THAN ONE-SIZE-FITS-ALL.

- LASIK
- Cataracts
- Cornea Transplants
- Pterygium Surgery
- Clear Lens Extraction
- Eye Care Center



Call 210.308.5550 and book your customized vision consult today.



Scan to SEE our excellent Google Reviews!
[lasik2c.com](https://www.lasik2c.com)

See the ULTRA Difference

Visit San Antonio’s #1 Choice for LASIK and Cataract Surgery.



Brandon Harris, MD



#1 FDA Approved Zepto Technology for Cataract Surgery
Tomy Starck, MD

We Give Thanks

I am deeply thankful for the life God has blessed me with, surrounded by loving family and friends. Every day is a precious gift, and I am humbled with gratitude for my health and the simple joys that fill my life. May I always cherish these blessings and live with a grateful heart.

—MAGGY JONES

“Thankful: We are very thankful and blessed for our family, health, amazing friends and to live in Dominion community. We look forward to many years of sharing our love and support to our friends and neighbors.”

—JAY ROSE & KAREM TOLEDO-ROSE



Thanksgiving is my favorite holiday. Having your family and friends together to celebrate and NO pressure of gifts!

—DIANE FITZGERALD

I am thankful for all of the joy both professionally and socially experienced in my life. Life has been a stepping stone of experiences that boost happy growth in the years lived. Hopefully, the joy has impacted those around me positively.

—KARLA BROADUS

Free education through 12th grade was available, affordable higher education, and became an attorney. Met Gail my wife of going of 55 years. Have sons and 5 incredible grandchildren.

—VERNON (SCOOTER) REASER

I am thankful for my amazing family, and the birth of my 1st grandchild, Olivia Brady Newell.

—JOSYLN BURROWS

I'm grateful to be born to loving parents. My father was too old to serve in WW11, and I was too old to serve in Vietnam.

—JONAS SALK.

I am grateful for the three big “F’s”-Faith, Family and Friends

—MARLENE NESLUND



I am thankful for my parents and my siblings!

—LONDON POWELL



We are deeply grateful for the blessing of friends and family who fill our lives with love, laughter, and unwavering support through every season. Most of all, we're thankful for our faith in Jesus Christ, which anchors our hearts with hope, guides our steps with purpose, and reminds us that we are eternally loved and never alone. These relationships and our faith in Him transform ordinary moments into extraordinary gifts and give us strength to face whatever comes our way.

—THE LENFESTEY FAMILY

This Thanksgiving, we are grateful for the gift of healing hands, the joy of a son following his dreams in medical school, and the love of Rex and Velvet that make our house a true home

—ALI SEIFI • SAHAR AVESTIMEHR

The day Jesus saved me! The love I get every day from my stepson! The smiles I get from my grandson! My friends and family! My beautiful home and great neighbors who help me keep it in good repair! The great opportunity I have every day to help people in so many ways over and above what I do as a financial advisor! The fact that I can trust the Lord to provide and protect me every day!

—DIANA JORDAN

Thanksgiving is the time to stop and appreciate the true treasure of friends and family. I am grateful to live in Dominion with so many friends old and new!

—JOHNETTE LEE

I'm thankful for family traditions that bond us together - sometimes it isn't just the family we were born into, but the people that have been included along the journey.

—GINGER GAISER

“I am thankful that I found a faith in Jesus Christ, my family and my health.”

—MARK MCDOWELL

I am Thankful I get to cook. I love to cook for my family and friends.

—TERRY O'NEILL



Expert Lawn

Servicing Dominion Homes Since 1994!

Lawn & Landscape Maintenance • Landscape & Lighting Installation • Irrigation Systems & Repairs
Xeriscaping & Water Features • Retaining Walls & Pavers • Tree Trimming & Removal
Hardscaping & Outdoor Living Spaces • Fence & Stucco Repairs • Lot Cleanup & Drainage Solutions



Dominion winner for Best Landscape - San Antonio Parade of Homes 2014

Call 210-690-8436 Today! • ExpertLawnSA.com

Proudly Serving San Antonio and Surrounding Communities for 32 Years!

Kuper | Sotheby's
INTERNATIONAL REALTY



The one with
Dominion
expertise.

Sean Gillispie

Your Friend and Neighbor in The Dominion

As a dedicated luxury residential real estate advisor with over 27 years of experience in business and operations, I bring a wealth of expertise and industry knowledge to every client interaction. Throughout my career, I have honed my skills in navigating the intricate world of high-end properties, ensuring that my clients receive unparalleled guidance and support. With a deep understanding of market trends, exceptional negotiation abilities, and a commitment to delivering exceptional service, I am equipped to assist clients in achieving their real estate goals with precision and utmost professionalism. My extensive experience in business and operations enables me to provide comprehensive solutions and seamless transactions, making the process as smooth and efficient as possible for my valued clientele.

210.274.0837 | SEAN.GILLISPIE@SOTHEBYSREALTY.COM | SEANGILLISPIE.SOTHEBYSREALTY.COM

FERGUSON HOME

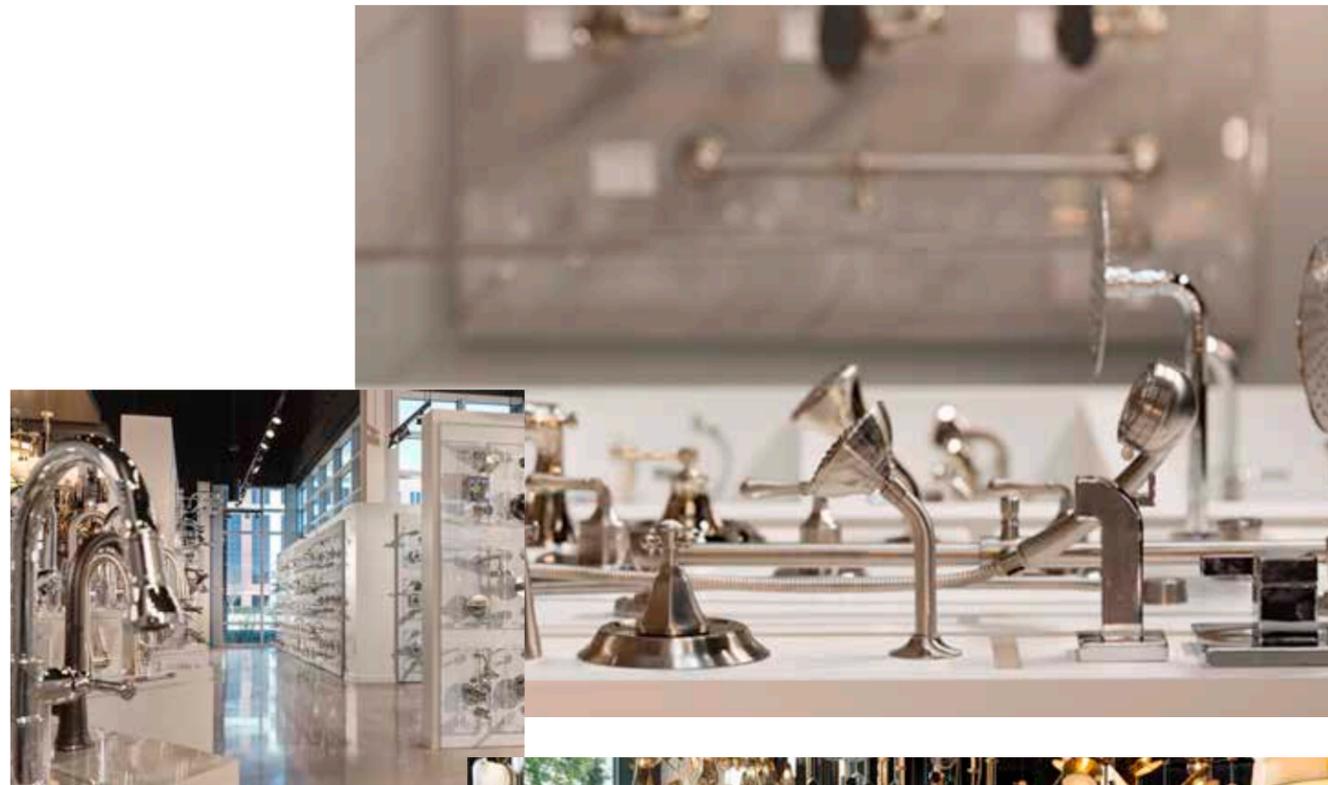
We Believe in Home



What began as a small, local distributor in 1953 is now the largest U.S. distributor of plumbing supplies. Ferguson Home, now listed on both the New York and London Stock Exchange, built its legacy by evolving into a premier home solutions provider prepared for any project “from basement to attic”. Their hands-on approach and professionalism guarantees satisfaction where it matters most, because at Ferguson- They believe in home.

Whether utilizing a virtual appointment and their online tools or stepping into a showroom, Ferguson provides a concierge level of service. In person, customers are greeted by a dedicated Customer Coordinator who takes the time to understand their project’s unique needs before connecting them with the expert consultant.

Online, Ferguson utilizes collaborative software that allows the consultant, customer, and any building or design professional they invite to access and collaborate on a project. From the basement to the attic, Ferguson caters to the entire home, whether you’re selecting a single fixture or designing the entire house. As appointment times can range from several minutes to several hours, scheduling ahead of time is highly recommended. While customers will only work directly with one point of contact to help streamline the process,



they can rest easy knowing there's an entire team supporting them.

Though known for having the largest plumbing, lighting and appliance offerings in the country, Ferguson also provides hardware, water filtration, HVAC, pipes and fittings, and many other product categories making them a one-stop shop for all industry needs. Products are sourced from around the world to ensure that only the highest quality items are supplied. Name brands carried include Miele, Signature Hardware and Thermador to name but a few.

While the quality of their products and service are a staple of the Ferguson Home experience and a factor in the company's ongoing success, it's their personal approach that's the true foundation of their longevity. As a company, they embrace the

motto- "take care of our people, take care of our customers." From the top down, Ferguson strives to empower and appreciate their associates knowing their experience with the company directly affects the customer's experience with them. "Our people care about what they're doing and how they do it," says Johnny Rice, manager of their Dominion Springs location.

It's been said that "home is where the heart is," or "home is where our story begins," well at Ferguson, they believe in home, and nothing highlights that belief more eloquently than their mission statement itself: "We believe in

a place where people gather, celebrate and play, where connections deepen and memories endure. With bathrooms that reflect routines, kitchens that satisfy appetites, lights that illuminate dreams, appliances that elevate grand designs and fixtures that accentuate the finer details in between. These are spaces for all to admire, cherish and enjoy. And we are the destination for bringing them to life. Because we believe home goes beyond where we are- it's who we are and what we can be."



Where It All Comes Together

Discover a new way to shop for your project.

Ferguson Home has the bath, kitchen and lighting products you need to bring your vision to life. Whether you're refreshing the look of a single room or building a new home, our experts are here to help every step of the way, from product selection through delivery.

Start your project or find your local showroom at [fergusonhome.com](https://www.fergusonhome.com).



A Taste of Tuscany The Heart of Italian

BY LORENE & RICHARD BOTHE, DOMINION RESIDENTS

“In Tuscany, wine isn’t just a drink—it’s a way of life.”

Everything is in the air which makes it a great time to visit nearby wineries, enjoying the cooler weather and beautiful landscapes. We belong to several wine clubs in the Fredericksburg area, and enjoy new experiences and wineries every time we go. Because we are only one hour away, it is easy to drive up for the day with our friends or family.

We recently enjoyed a wine tasting featuring wines from the Tuscany region of Italy where they explained in detail about how the different grapes make up the flavors of the wine.

Few places on earth evoke the romance of wine like Tuscany. With its many hills, storybook villages, and scenic vineyards, the region offers more than just majestic landscapes as it offers a heritage steeped in the vine. Tuscan wines are celebrated across the globe, not merely for their flavor, but for the sense of place they evoke.

Let’s take a look at some of Tuscany’s more popular wines, some you may be familiar with.

The name “Chianti” is synonymous with Tuscan red wine. Produced across a vast area between Florence and Siena, Chianti is made predominantly from Sangiovese, Italy’s timeless signature noble grape (and most planted red grape in Tuscany). The more refined Chianti Classico—marked by the iconic Gallo Nero (black rooster) emblem, has notes or flavors of cherry, violet, and spice. It’s a very versatile wine.

Brunello di Montalcino is crafted exclusively from a clone of Sangiovese known as Brunello (King of Sangiovese). These wines are powerful, long-lived,



and among Italy’s most prestigious, aged for a minimum of five years. Expect flavors of dark cherry, wild herbs, and a lingering velvety complexity.

Vino Nobile di Montepulciano is made from Prugnolo Gentile, a local strain of Sangiovese, less intense than Brunello, smooth and more structured than Chianti. It’s a hidden gem worth discovering.

“Super Tuscan” is a term used to describe red wines made up of varieties like Cabernet Sauvignon and Merlot with Sangiovese. This was brought on by a handful of maverick winemakers frustrated by longstanding regulations - DOC (Denomination Di Origine Controllata), limiting the use of Sangiovese with local grapes. Early Super Tuscan wines were rare and expensive, but can now be found at every price range.

While Tuscany is made up of 75% red wine, Vernaccia, which means “local grape”, is produced in San Gimignano and offers a bright, refreshing flavor (the white jewel of Tuscany). This white wine is crisp and aromatic, with citrus, almond, and saline notes—ideal with seafood, antipasti, or a warm summer afternoon. It is some my favorite types of wines.

Trebbiano is another white wine grape, found throughout Tuscany. The second most planted grape variety in Italy producing about a third of all white wines. An excellent pairing with antipasti or bruschetta.

Tuscany’s diverse topography—from coastal breezes, to the clay-rich slopes — makes it a winemaker’s dream. Vines are exposed to plenty of sunlight then cool down at night, and a range in soil types, which develops vibrant acidity and depth of flavor.

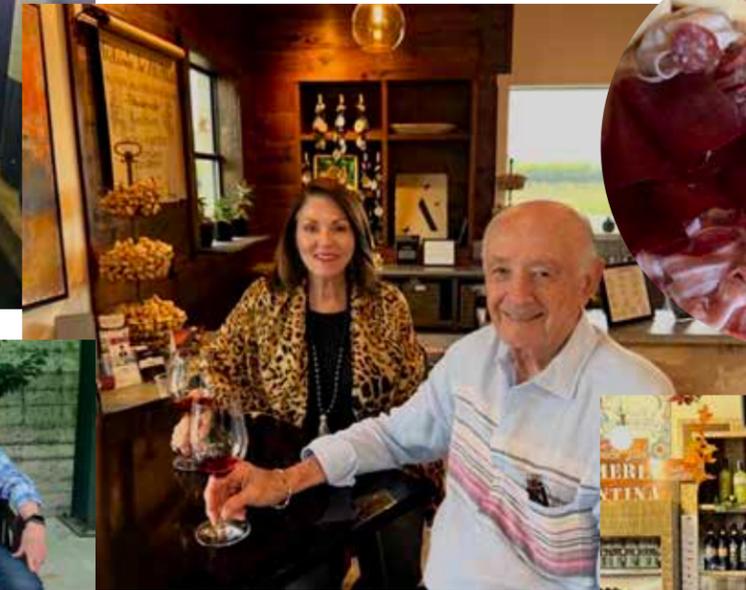
Tuscany is a wine lover’s destiny, not just to taste, but to experience. Walk leisurely through vineyards, tour medieval cellars, and dine on local fare at rustic agriturismo, some of the best foods and views of Italy. Food pairings with whatever wine you chose is memorable in and of itself, making it a true experience.

We have experienced Italy many times and especially the Tuscan region but spring and fall are ideal—expect mild weather, fewer crowds, and of course in autumn, the magical harvest season is spectacular.

Some suggested pairings:

- Chianti Classico with meatballs or steak Florentine
- Brunello di Montalcino with wild boar or beef pappardelle • Vino Nobile with aged cheeses and salami
- Super Tuscans with grilled lamb or truffle risotto
- Vernaccia with seafood linguine or pecorino-stuffed zucchini flowers

Not planning a trip to Italy? Have no fear as many of the Texas Hill Country wineries offer a number of the same Italian wines. We have enjoyed Italian white wines such as Fiano and Pinot Grigio. You will also find some great Italian reds such as Montepulciano, Barbera, Dolcetto and Sangiovese. These wines are all made from Texas grown grapes. Be sure to include in your wine ventures our wonderful access to Texas Hill Country wines. From vine to wine, you don’t have to go all the way to California to enjoy some amazing and affordable wines.



SIP, SAVOR & SOCIALIZE



Join us for lunch, 11am-3pm Mon - Sat





Happy Hour 3-7pm Daily

- \$5 eats
- \$2.50 select mugs and drink specials

Brunch Sunday 11am-3pm





www.thelionandrose.com

- Live music
- Events
- PPV events
- Watch NFL, NCAA & More

23330 W I-10, San Antonio, TX 78257



Meet Tiny

A Sweet Calico Looking for Her Forever Home

Tiny is a one-year-old beauty with a gentle spirit. She may be shy at first, but with a little patience, she quickly warms up and shows her affectionate side.

She enjoys being petted and gets along well with her foster buddy, Sarge the cat.

One of Tiny's favorite spots is the windowsill, where she loves to watch birds and lizards go by. She's also playful—her rattling toy balls and three-tier tower keep her happily entertained.

Tiny is spayed, vaccinated, and triple-tested negative, making her all ready for her forever home. If you'd like to meet this lovely calico girl, please email daagadoptions@gmail.com.

Dominion Animal Advocates Group (DAAG) is a non-profit 501(C)(3) rescue group that assists with lost and found pets, abandoned pets, and feral cats.



Cavender CHEVROLET | 

You know what's missing...You!



Come in today and start your adventure.

Together let's drive™  CHEVROLET

30700 INTERSTATE 10
WEST BOERNE, TX 78006
210-640-1089
WWW.CAVENDERCHEVROLET.COM



THE DOMINION Social Group for Singles

Join Us
November 13th!

The Dominion Social Group for Singles will be having our monthly gathering on November 13th.

We meet every second Thursday of the month at 5:30pm.

For more information on the times and locations, please contact Pravi at 832-933-2582 or Janet at 210-240-2346



KELLY WADE
JEWELERS

ESTATE EXTRAVAGANZA

THURS. NOV. 13

6414 N New Braunfels • San Antonio, TX • 78209 • 210-782-0909
www.KellyWadeJewelers.com • info@KellyWadeJewelers.com



TRANSFORM YOUR HOME WITH A FRESH COAT

Colors that Last.
Painters You Can Trust.

20 YEARS OF EXPERIENCE.

FRESHCOAT
Painting Done RIGHT!

GET A FREE QUOTE TODAY!
210-665-8338
freshcoatpainters.com

DISCOVER YOUR SIGNATURE SOUND

with Expert Voice Lessons

YOUR FIRST LESSON IS ABSOLUTELY FREE!
No pressure — just an opportunity to explore your voice and experience our approach. Get in touch today to schedule your first session and begin discovering the artist within you.

"Tim is very knowledgeable in what he does. If you have stage fright or trouble reading music he has no problem helping you through that as well. I've enjoyed every lesson and have even found new audition songs that he's recommended that suits my voice just right. 10/10 recommend" — Miza Gutierrez

Start Your Journey Today
210-836-6614
SignatureSinging.com
Locations in Leon Springs - 8500 cross mountain trail
and Alamo Ranch - 9134 Yearling St.

Timothy Birt
Lyric Tenor

OVER 20 YEARS OF PROFESSIONAL SINGING AND TEACHING EXPERIENCE

Meet Your Neighbor KEVIN BROWNING, GENERAL MANAGER AT RED MCCOMBS TOYOTA



Hello neighbors! My name is **Kevin Browning**, and I've had the pleasure of working with the McCombs Family for over 18 years. I'm the General Manager at **Red McCombs Toyota**, a President's Award-winning dealership conveniently located on I-10 at UTSA Blvd. Since opening this location in 2008, our team has been proud to serve San Antonio families with not just vehicles, but also a commitment to customer care and community service.

From Oregon to Texas

Although I wasn't born here, I like to say I got to Texas as soon as I could. I grew up in Oregon, where I went to school and played linebacker—Go Ducks! In 1984, I made the move to Texas to pursue a career in the automotive industry and was fortunate to be recruited by the McCombs Family right here in San Antonio. That decision set the course for a lifelong career doing what I love.

While I don't live in Olmos Park, I feel a strong connection to the neighborhood. Red McCombs himself lived here, and many members of the McCombs family still call it home. On top of that, a number of our loyal customers come from Olmos Park, and we cherish the relationships we've built with them.



Family and Hobbies

I'm blessed with a wonderful family. My wife, Amie, and I have four children—Trevor, Brian, Pierce, and Bliss. Trevor and Brian even work alongside me at the dealership, which makes it a true family affair. We also share our home with two lovable dogs who keep life entertaining.

When I'm not at the dealership, you'll likely find me out on the golf course or boating at the lake. I also enjoy traveling, and through my role with Toyota, I've been fortunate enough to explore many parts of the world as recognition for our dealership's achievements. Those experiences remind me how special our community here really is.

A Career Built on Service

My journey in the car business began in 1982 when I started selling cars. I quickly realized I loved helping people find the right vehicle for their needs. That passion carried me into leadership roles, and in 2007 I became General Manager at McCombs Ford West on 410. From there, I took on the same role at Universal Toyota in 2015, and in 2024 I stepped into my current position at Red McCombs Toyota. Each chapter has been an opportunity to learn, grow, and make a positive difference in the businesses I've led.

What sets Red McCombs Toyota apart is our motto: **Driven to Serve**. To us, that means doing whatever it



churches, hospitals, and universities. It's not just about writing checks—it's about showing up, giving time, and encouraging our employees to give back as well. That's the example set by Red McCombs, and it's a tradition we're proud to carry forward.

Advice for Neighbors

If you're in the market for a new vehicle, my advice is simple: take your time, do your research, and most importantly, drive the cars you're interested in. At Red McCombs Toyota, our award-winning sales team is here to guide you through your options and make sure you find the perfect fit. We've even created a page just for our Olmos Park friends: www.redmccombstoyota.com/olmospark. And don't forget about our outstanding service department—we'd love to take care of your vehicle for years to come.

Gratitude

I'm most grateful for the opportunities I've been given by the McCombs Family, and for the chance to be part of this amazing community. My success comes down to hard work, the people who have mentored me, and the belief that every day is a new chance to get better. Above all, I love seeing others succeed, whether they're employees, customers, or neighbors.

takes to help our customers, whether that's picking someone up when they need a ride or going the extra mile in customer care. I'm especially proud of how we help employees grow. One of my greatest joys is seeing people advance their careers. I've witnessed team members go from entry-level positions to General Managers—truly life-changing achievements for them and their families.

Giving Back

Community involvement is part of who we are. The McCombs Family and Red McCombs Toyota support schools, food banks, children's charities, police and military organizations,



Thanks for letting me share my story. I look forward to seeing you around the community!



Red McCombs Toyota
I-10 at UTSA Blvd
(210) 812-4667
redmccombstoyota.com

At Red McCombs Toyota,
we're turning Black Friday into

RED FRIDAY



At Red McCombs Toyota, you don't have to wait for Black Friday to get our best deals of the year. **All month, you can take advantage of unbeatable offers on our entire lineup of Toyota vehicles!**

Whether you're eyeing a rugged Tacoma, a stylish Camry, or the versatile Tundra, we've got something for everyone – at prices you won't believe! To save big this holiday season, don't wait. Get to our huge Red Friday Sale today.

The best vehicles at the best prices are waiting for you!
To save big this month, make it Red McCombs Toyota.



Scan to find your next vehicle online.

**Red McCombs
TOYOTA**

I-10 at UTSA Blvd
San Antonio, TX 78249 • 210-634-1801
RedMcCombsToyota.com



Kevin Browning
General Manager
& Dominion Resident

DOMINION EVENTS

Fun Times at the Dominion Country Club

Fun was had by all at the country club listening to the beautiful music of Lucas Romero.



Where Inner Peace Meets Outer Glow

SELF CARE MEETS FAITH AND HEALING



Schedule Your
Personalized
Consultation Now
23534 W I-10
Suite 108, San Antonio
726.234.6002
NevaehMedSpa.com

Advanced Skincare • Holistic Beauty • HydraFacial • Head Spa • IV Therapy

65 Roses Cystic Fibrosis Gala



Ginger Gaiser and Kara Ritthaler, Co-Chairs

November 6th

CONFIDENCE
Starts with a
Radiant Smile!

Comprehensive, Preventative and Restorative Care Options
Are Available Through Our Annual Benefits Plan

Conveniently located in HEB Shopping Center in Leon Springs.
(210) 698-0610 | 24165 IH 10 West Suite 210 | San Antonio, TX 78257 | leonspringsfamilydental.com

Cherie S. Kozelsky, D.D.S.
Timothy W. Kozelsky, D.D.S.

Guido
WINDOW & DOOR
REPLACEMENTS

MARVIN

Schedule a Free **Window Replacement** Evaluation at [GUIDOCO.COM](https://www.guidoco.com)


DOMINION
 WOMEN'S FORUM

07 NOV 2025
FUR FASHION
SHOW
 AT MAE DUNNE 23702 I-10, SUITE 108
 11:30-2:00PM
 SAN ANTONIO, TX 78257
 RSVP AT 1-830-217-9232



TIMING IS EVERYTHING
 Make the Most of Every Minute
Reserve Your Brand-New Terrace Home Today
 MORNINGSIDE AT MENDER SPRINGS
Reserve Your Terrace Home • Move In Spring 2026
 Morningside at Menger Springs is Boerne's best-kept secret. We've been nestled in the Hill Country for 20 years, and we continue to grow on our 42-acre campus alongside Menger Creek — which means we have space for you!
 Find out more about these luxurious Terrace Homes and what a Life Plan Community can mean for you in retirement.
830-816-4498




Morningside Ministries
 MENDER SPRINGS
 INDEPENDENT LIVING,
 PLUS THE FULL CONTINUUM OF CARE
 1100 Grand Blvd., Boerne, TX 78006
 f @ in X ♿ MMLiving.org

START YOUR DAY

THE MAE DUNNE WAY

MAE DUNNE

KITCHEN & GOODS

A San Antonio culinary experience like no other.

Located in Dominion Springs Plaza just outside The Dominion, Mae Dunne Fine Cuisine & Bar offers a refined yet inviting culinary experience rooted in bold Mexican-American flavors. Our seasonal menus highlight locally sourced ingredients, beautifully plated dishes, and handcrafted cocktails that elevate every visit. From intimate dinners to lively brunches, every detail is curated to deliver both comfort and sophistication.



BRUNCH

Monday: Closed

Tues-Fri 9am-3pm

Sat-Sun 9am-4pm

210.905.0797

maedunne.com

23702 I-10, Suite 108, San Antonio



CUSTOM-BUILT POOLS WITH DESIGNER PRECISION
WHITE-GLOVE MAINTENANCE SERVICES | PROFESSIONAL, PUNCTUAL & PASSIONATE



**WORTHEY
AQUATICS**

**LUXURY POOLS.
IMPECCABLE CARE.
YEAR-ROUND PEACE OF MIND.**



See the pools
San Antonio
Is talking about!



WortheyAquatics.com | 210.760.7236



So Sweet

BY CHEF ELAINE PERUSQUIA

Fall is in full swing, and leading into the holiday months, ingredients that can pull double (or triple) duty are in high demand. Sweet potatoes are my go-to this time of year for so many things. Nutritious, colorful, versatile, and delicious, what can't the sweet potato do? From soups to pies, sides to main dishes, this colorful root vegetable reigns supreme.

While both are native to the Americas (central and south, to be exact), sweet potatoes are not botanically related to traditional potatoes. Members of the morning glory family, sweet potatoes are starchy roots prized for their sweet flesh and bright orange color. To confuse matters even more, sweet potatoes and yams are also very different vegetables. Yams are starchier and less flavorful than sweet potatoes, and while they might be considered interchangeable in conversation, culinarily they are quite distinct. The top world producer of sweet potatoes by a large margin is China, followed by Nigeria and Tanzania. Domestically, North Carolina is the top producer of sweet potatoes, and their popularity is on the rise, due to the vegetable's health benefits and economical price tag.

Sweet potatoes are an important player on the Thanksgiving menu roster, especially in the south. I'm going to assume that we each have our own treasured family recipe for Thanksgiving sweet potatoes. If I deviated from such, let's just say my kids would riot. Thanksgiving aside, what's the best way to prepare sweet potatoes? Consider that sweet potatoes cook much quicker than traditional potatoes, so they rate high on the convenience scale. In a pinch, a sweet potato can be microwaved in just a few minutes, topped with butter and salt, and that's all you need. If you have a bit more time, roasting is my preferred cooking method. For mashed sweet potatoes, roast them skin-on until soft, scoop out the flesh and proceed with your favorite recipe. Peeled and diced, sweet potatoes develop those prized, crispy, brown edges in the oven, due to their high sugar content.

Some of my favorite sweet potato dishes include black bean and sweet potato tostadas, turkey chili topped with spicy roasted sweet potatoes, and sweet potato curry with chickpeas over rice. Mashed sweet potatoes made with coconut milk instead of butter are delicious and hit the spot for my dairy free peeps. Cooked sweet potatoes blended with chicken stock, smoked paprika, and a splash of heavy cream make a beautiful fall soup. This month's recipe for Moroccan roasted sweet potatoes pairs well with just about any protein.

This is the time of year to cozy up with friends, family, and good food. Sweet potatoes are so much more than a Thanksgiving treat, and I hope you'll use them in any and every way. Happy fall, and happy cooking everyone!

Moroccan Roasted Sweet Potatoes

- 2 large sweet potatoes, peeled and cut into 1 inch dice
- 2 tablespoons olive oil
- ½ teaspoon each: smoked paprika, ground cumin, onion powder, garlic powder, black pepper
- ¼ teaspoon each: ground coriander, ground cinnamon
- 1 teaspoon each: kosher salt, brown sugar

1. Preheat oven to 400 degrees. If you have a convection setting on your oven, it will work well to brown the sweet potatoes.
2. In a large bowl, toss the diced sweet potatoes with olive oil. In a small bowl, stir together the spices, salt, and brown sugar. Sprinkle over the sweet potatoes and toss to coat. Arrange in a single layer on parchment lined sheet pans. Use two pans if necessary, as to not crowd the potatoes.
3. Roast until the potatoes are cooked through and browned around the edges, 25-30 minutes. Sprinkle with extra kosher salt before serving, if desired. 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](#) to see what's cooking between issues.

BEYOND THE BAR

With protein everywhere from cereals to ice cream, how do you know when enough is truly enough?

BY CAROLINE PERROTT



SAVORY CHICKPEA "POPCORN" SNACK

Next time movie night comes around or you feel the hankering for a snack, reach for this recipe instead of airy popcorn to keep you full until your next meal.

Servings: 2–3

Prep Time: 5 minutes (plus 20–25 minutes roasting)

Ingredients:

1 can (15 oz) chickpeas, drained, rinsed, and patted dry, 1 tsp olive oil, ½ tsp smoked paprika, ½ tsp garlic powder, ¼ tsp cumin, Salt and pepper to taste

Instructions:

Preheat oven to 400°F (200°C). Toss chickpeas with olive oil, paprika, garlic powder, cumin, salt, and pepper. Spread evenly on a baking sheet lined with parchment paper. Roast 20–25 minutes, shaking the pan halfway through, until crispy and golden. Let cool slightly—they'll crisp more as they rest. Enjoy warm or store in an airtight container for up to 3 days.

Protein has become the darling of the wellness world, with high-protein products saturating grocery aisles and social media feeds. From protein-packed cereals to chips and ice cream, it's everywhere—and for good reason. Protein supports muscle repair, immune health, and overall vitality. In 2024, 61% of Americans increased their protein intake, and 85% plan to consume more in 2025. But with so many options, knowing how much is enough can be tricky.

How Much Do You Really Need?

Most adults meet or exceed daily protein recommendations, which generally range around 0.8 grams per kilogram of body weight (dietaryguidelines.gov), with slightly higher amounts for active or older adults. Consuming protein in balanced amounts throughout the day helps support energy, satiety, and muscle function.

Balancing Act

Protein's impact goes beyond calories—it's about quality, timing and synergy with other nutrients. For optimal absorption, combine complementary protein sources: plant-based proteins like lentils or quinoa provide a broader amino acid profile when paired with nuts, seeds, or dairy.

Daily Protein & Fiber Targets

- Adults (19–50 years): Protein ~0.8 g/kg; Fiber 25–30 g/day
- Active Adults: Protein ~1.2–1.7 g/kg; prioritize fiber from vegetables and whole grains
- Older Adults (50+): Protein ~1.0–1.2 g/kg; fiber for gut health

STH INTERIORS

TAILORED DESIGN | CUSTOM FURNITURE | SIGNATURE STAGING

TANIA VAZQUEZ

INTERIOR DESIGNER
CO-FOUNDER

JUAN LEON

CO-FOUNDER



SIGNATURE STAGING

Our **Signature Staging** service is designed for builders who want to show more than just a house — they want to show what home can feel like.

We thoughtfully furnish and style **spec homes and model homes** to help potential buyers connect emotionally with the space. From layout to final touches, we create environments that feel lived-in, warm, and inspiring — making it easier for buyers to picture themselves there.

It's not about filling rooms. It's about creating an experience — one that turns a visit into a vision of home.



sthinteriors.com

info@sthinteriors.com



830-660-1379



23611 MESSINA CANYON, THE CANYONS AT SCENIC LOOP

WHERE **VISION MEETS STRUCTURE**

STRUCTURE TEX
CONSTRUCTION SERVICES

CONTACT US TODAY
TO START BUILDING
YOUR DREAM PROJECT!
(210) 865-9884

YOUR TRUSTED PARTNER FOR RESIDENTIAL AND COMMERCIAL CONSTRUCTION

TMI EPISCOPAL

Plan your **Shadow Visit!**
Call (210) 698-7171

At TMI, our students are **cherished, known, and challenged.**
Learn how we prepare students for college and life.

Grades 6-12, Co-Ed
Next to The Dominion

#1 PRIVATE SCHOOL IN SAN ANTONIO

TMI Episcopal | www.tmi-sa.org/dominion
TMI Episcopal admits students of any race, color, and national or ethnic origin.

PERSPIRE
SAUNA STUDIO

IGNITE THE WELLNESS WITHIN

Private IR Sauna Suites with Red Light Therapy

BOOK YOUR COMPLIMENTARY FIRST SESSION – USE CODE: STROLL25

21803 W IH-10 Suite 108 | 210.764.5187

First-time guests only. One per person. No other offers valid.

LEE DENTAL CENTERS

family • cosmetic • orthodontic • implants
A Legacy of Exceptional Family Care Since 1982

NO DENTAL INSURANCE? NO PROBLEM!
Ask about our Dental Passport Discount Plan.

Scan to request an appointment!

DR. OWEN • DR. QUINTANILLA • DR. POWELL • DR. CRISTAL • DR. KOTHMANN • DR. PRUTHI

210.681.5555
LeeDentalCenters.com

Northern Hills
12175 Nacogdoches Road

Universal City
2935 Pat Booker Road

Leon Springs
24051 IH-10 West

Leon Valley
6336 Bandera Road

9151 Currency St.
Irving, TX 75063

A Publication for the Residents of The
Dominion



ADVENTURE IS CALLING LOUDER THAN EVER.

Up to three passengers can enjoy the comfort of the rear with extended legroom and luxurious upholstery for all. Visit BMW of San Antonio to speak with a Client Advisor to learn more.

BMW of San Antonio
15507 W IH-10, San Antonio, TX
BMWofSanAntonio.com
210-418-2344



Scan to See
New Inventory

Principle Auto Group. Driven by Principle™

We take the risk—never you. We value your time, respect you and the opportunity to serve you with unparalleled service, and deliver exceptional value.

© 2025 BMW of North America, LLC. The BMW trademarks are registered trademarks.