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**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](mailto:jason.smith@n2pub.com) with your pictures, suggestions, or requests.

*Life @ The*  
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# CELEBRATING 11 YEARS OF STROLL DOMINION

This month marks the 11-year anniversary of Stroll Dominion. What started as a vision to create a true neighborhood magazine has grown into something so much more. A trusted platform that connects neighbors, celebrates families, and highlights the businesses that serve our community.

Over the past decade, we've had the privilege of telling hundreds of stories: stories of neighbors doing extraordinary things, stories of generosity, faith, achievement, and connection. With

every issue, our mission has remained the same: to strengthen the ties that make The Dominion such a special place to live.

This milestone is not just about the magazine. It's about the people. It's about you, our readers, families, advertisers, and community partners, who have made this journey possible. Without your support, your stories, and your participation, Stroll Dominion would simply be paper and ink. Instead, it has become something

alive, a reflection of the spirit of this neighborhood.

As we look ahead, our commitment is stronger than ever: to continue bringing you the right content and the right connections. Thank you for being part of this journey for the past 11 years. Here's to the next chapter together.

With gratitude,

*Jason Smith*  
Publisher, Stroll Dominion



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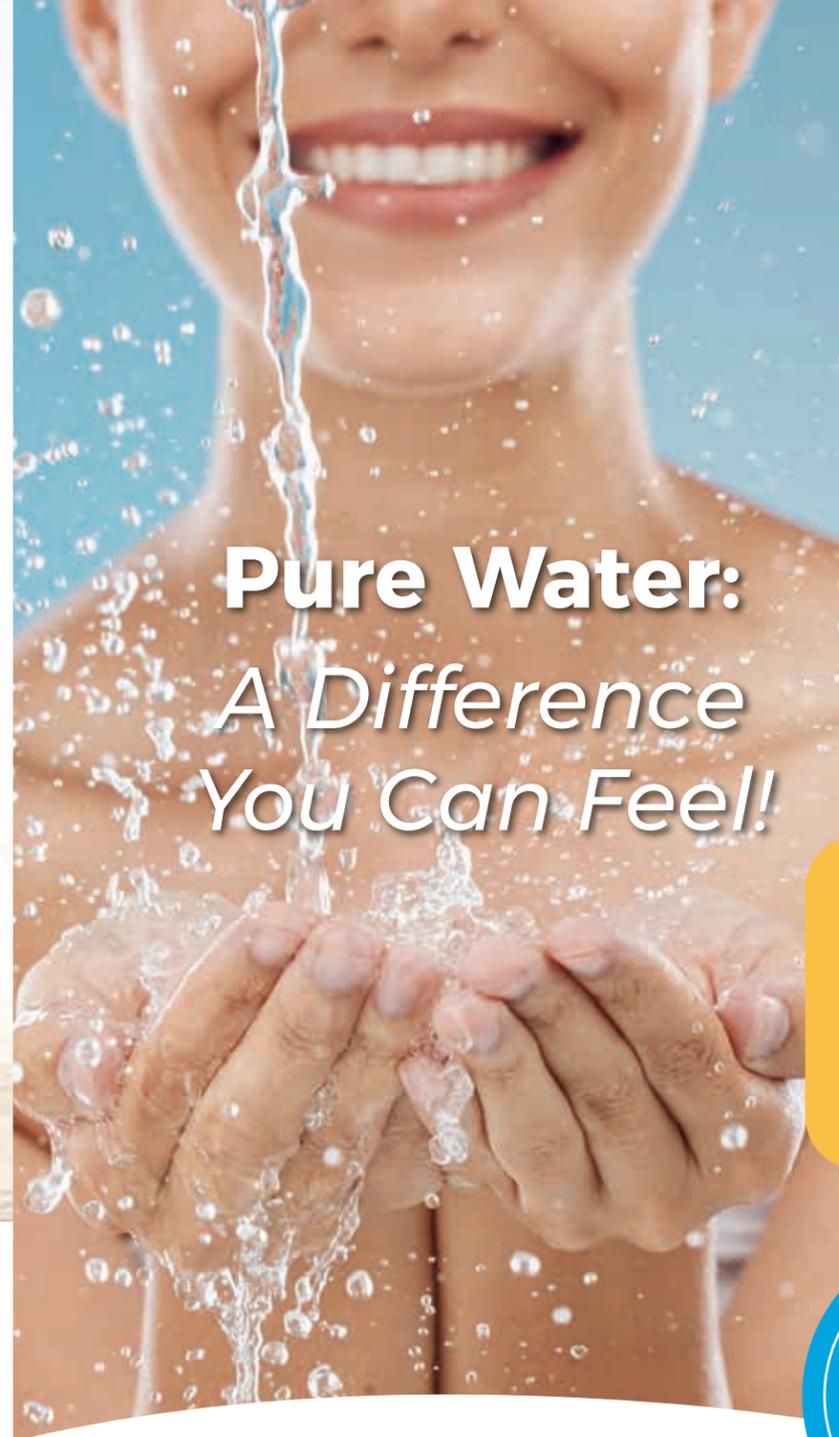
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# Richard Lorene

## BOTHE

**IT WAS 1985** and Lorene was looking to change banking institutions. On the advice of a longtime attorney friend, she was introduced to Richard Bothe who was opening a new bank in San Antonio. Lorene found Richard refreshing, as he genuinely cared, listened to her concerns and understood her needs. Working in sales at the time, Lorene supplied his office with computers and telephone systems. Their business meetings were over lunch, and from those lunches a deeper friendship formed. Lunches eventually became invitations to chamber mixers and various social events. When Lorene invited Richard over for dinner one evening and made her specialty at the time, chicken cacciatore, she also served what she thought to be a nice bottle of wine (a special at \$5 if you bought a case). To her surprise, when Richard arrived he presented an amazing bottle of wine priced at \$100. "Please don't spend that kind of money on wine for me," Lorene said in jest, "I'd rather have a cute outfit." For her approaching birthday, Richard got exactly that.

Lorene was born in Pleasanton, California, but moved several times for her father's military career before settling in San Antonio, her mother's hometown, where Lorene started 1st grade. After retiring from military service, her father began an illustrious career as a sports broadcaster that would eventually see him inducted into the San Antonio Sports Hall of Fame. With her father hailing from a large Catholic family and her mom one of six girls, family values were held in high regard, and family get-togethers were memorable and entertaining. After high school, she attended San Antonio College and the University of Texas at San Antonio before graduating from the University of Texas Houston-Victoria. During those years, she worked



at various companies while navigating the corporate world. While selling computers and AT&T telephone systems for Amerisource, she met Richard.

Richard's father arrived at Ellis Island from Germany at just 17 years old, alone but determined. With his sponsor located in Texas, it wasn't long before he arrived in San Antonio where he met Richard's mother and started a family. Growing up, Richard was raised adhering to a code of conduct that centered around traditional family values, respect (especially for one's elders), and punctuality. After high school, he set forth with the goal of being the first in his family to graduate from college. Though employment opportunities, as well as the Navy Reserve, would slow his education, he eventually met that goal when he earned his degree from Saint Mary's. While working part-time at a bank during his studious years, an officer took him under his wing and, recognizing the industry's changing landscape, suggested Richard get on board. Without that suggestion, Richard would have never begun working as a national bank examiner for the US Treasury or had his 63 year career in the banking industry. More importantly, he may never have met Lorene.

After that fateful chicken cacciatore dinner, Richard and Lorene's lives came together. Both with children from previous marriages, they chose to blend their families into one. In 1986, to the sound of a trio of violins and an amazing sit down dinner at one of their favorite restaurants (which

was closed for the special occasion), they were married in a private ceremony with their immediate family and a few close friends in attendance. This year, they celebrate their 39th wedding anniversary.

Throughout the end of the '80s and the early '90s, Richard's career continued to thrive. In 1990, Lorene gave birth to Trey, their son, whose arrival rounded out their beautiful blended family. In '94, IBC Bank acquired banks in the Victoria area. With Richard at the helm of the acquisition team, it was intended for him to serve on the board of directors. However, due to subsequent management change over, he found himself also presiding as President and CEO. This precipitated a move to Victoria, and by '95, Lorene and Trey had joined him. For the following 22 years, they established their lives as Victorians.

As Richard was devoting his time to establishing IBC's footprint in the area, Lorene opted to devote her time philanthropically. She served on several local boards and was President of the Victoria Rotary Club and C.A.S.A. (Court Appointed Special Advocates). In 2002, when Trey became a teenager and was much less interested in spending time with his parents, Lorene seized the opportunity to return to work. With an interest in real estate (thinking she'd have more flexibility than working in an office), she began taking courses back in San Antonio where she stayed with her best friend whose husband was a broker. Through her classes and her evening conversations with her broker friend, she learned quickly and became fascinated by "the art of the deal". When she began working as an agent back in Victoria, it wasn't long before she'd built a reputation and made a name for herself as a relocation specialist. For many, many years, Lorene was recognized as a "top agent" in the area. "The most rewarding part of my work in real estate was being able to assist generations of families," Lorene says fondly, "I had a couple I worked with whose parents decided to move closer, then one of their children bought a home. Three generations who were like family to me."

In 2017, with their youngest away at college and a desire to be closer to Lorene's aging parents, the couple returned to San Antonio. Having visited friends in the Dominion on numerous occasions, they decided to look at a lovely garden home. Serendipitously, however, their friends simultaneously announced their plan to sell, so Richard and Lorene bought their home. As history has a way of repeating itself, it wasn't long before their friends, Scooter and Gail Reaser, visited Richard and Lorene in the Dominion and decided to uproot

from Victoria to make San Antonio and the Dominion their home as well.

Back within the loving embrace of San Antonio, the big little city that's always been home in their hearts, Lorene and Richard reestablished longtime friendships and formed many new ones. Lorene became involved with "Impact San Antonio", acting as a liaison for the organizations who received their High Impact Grant. She also recently joined "Inspiring Women", a collaboration of professional women from different backgrounds and industries who get together as a way to network and support one another. "It's truly a wonderful collection of individuals, cultures and ideas," Lorene says of the organization. She also joined the "Dominion Women's Forum", a Dominion centric organization which meets for monthly luncheons and social events, bringing friends and neighbors together.

Though Richard "retired" as President and CEO in 2012, he remained on the board as regional chairman, a position he retains to this day. In 2013, he was recognized by the Texas Bankers Association for 50 years in the industry, an award that was subsequently recognized by the Texas State House of Representatives. In 2019, however, the current CEO of the company persuaded Richard to return to work on a part-time basis and, wanting more stimulation in his retirement, he accepted the role. Richard travels to Victoria three times a week to help oversee the business and, while there, stays with close friends whom Richard enjoys conversing with about business and life.

Their travels have taken them from Taiwan to Europe and many places in between. One of their favorite destinations to visit is Italy, where Lorene's niece, her husband, and their two sons live in Lake Como. Lorene and Richard enjoy visiting them and exploring the beautiful country together. Though they love to travel and see the world, the heart of the Bothe family

can be found around their table. Both Lorene and Richard are exceptional cooks that bring a different cultural perspective to their kitchen. They love to entertain and have friends over. While in Victoria, they started "Cooks and Corks", a group of six couples that would gather every other month to enjoy a feast of epic proportions. The hosting couple would carefully craft their menu, provide the entree, and assign the other dishes to their guests. Having a few wine collectors in the mix including Richard, pairings were always part of the occasion. Now that the Reasers have joined them in the Dominion, they hope to revive the event. Lorene is also a part of a group that goes by "The Wine Girls", a group of 12 lady friends that get together monthly to socialize while enjoying several glasses of wine. For these events, each member brings an hors d'oeuvres. With wine in mind, the Bothes have also started publishing monthly articles in Stroll to highlight and showcase the growing wine industry in Texas.

Richard and Lorene's favorite gatherings, however, are when they get to spend time with their four children and eight grandkids. Holidays at their house are a truly special time, and this past Easter they enjoyed a magnificent spread and, as is customary, everyone in the family contributed to the meal. Richard and Lorene's spirit of love and generosity is reflected in their family and their numerous, long standing friendships, many of which began as theirs did, as business that became something much more valuable- a true connection.



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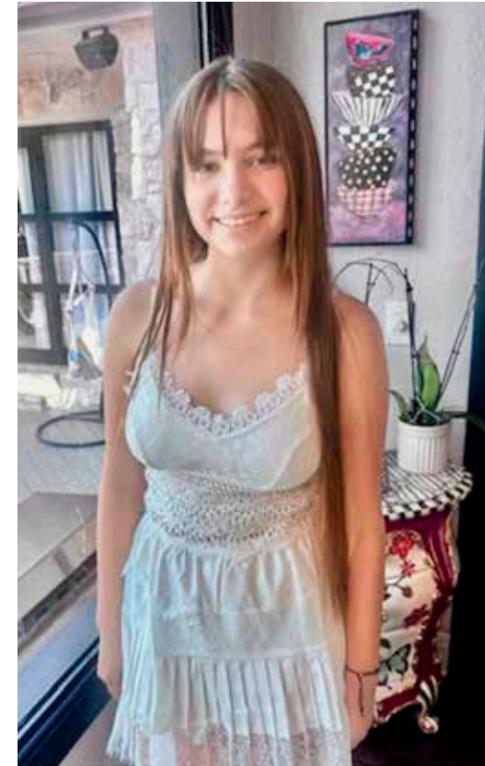


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Come heal my heart, my soul, my home,  
What Satan wants, please don't allow  
Don't let him in, to You I'll bow.

Prayer is the key, I know this truth,  
I learned this well, when in my youth.  
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I'm at wits end, Your love is due.  
I fervently pray, my heart convert  
To see Your love then I'll assert.

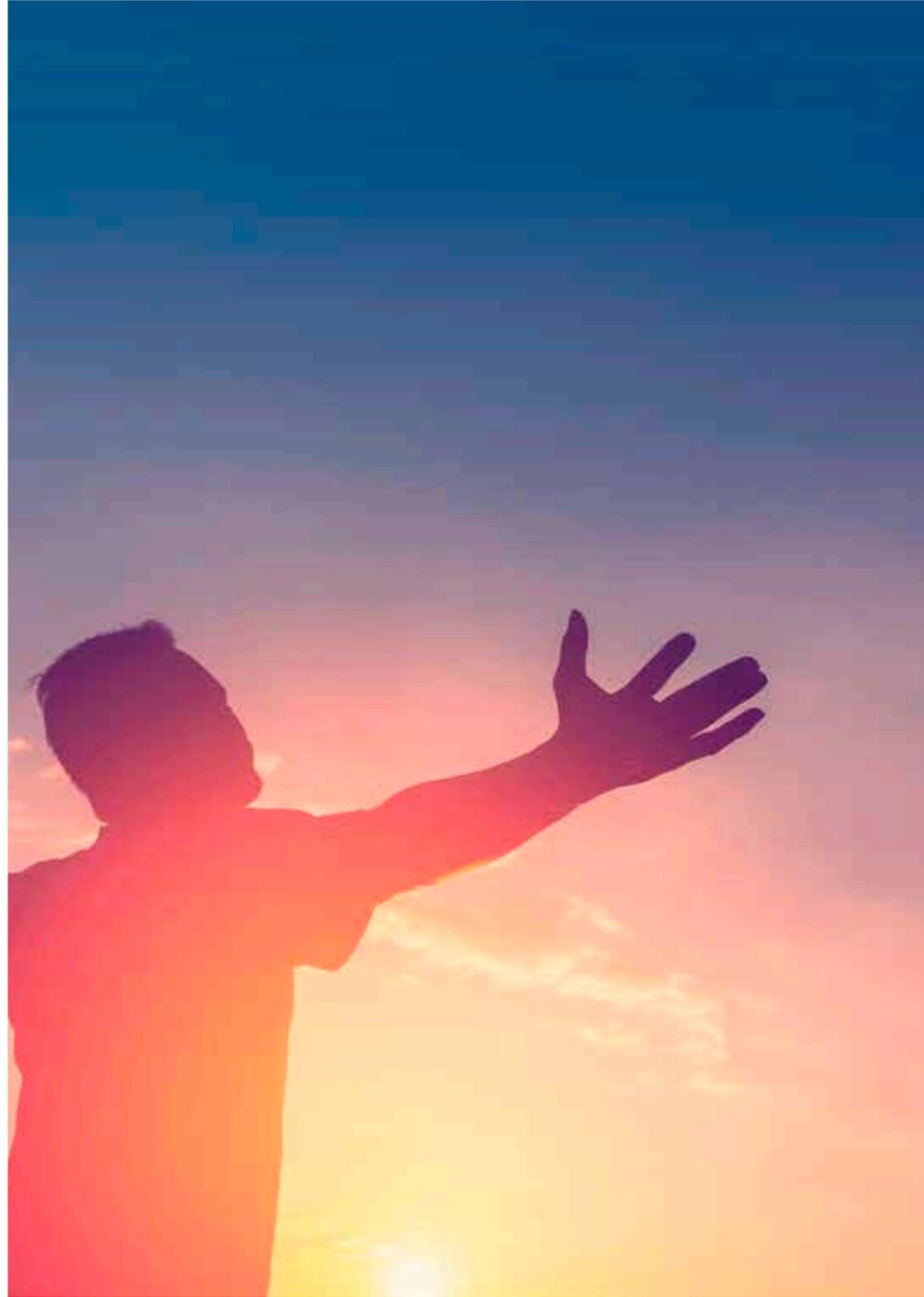
With all your wisdom, help me see,  
This man of God, you've given me.  
Help me see him, just as you do  
So with Your eyes, I'll see anew.

So on this promise, I will stand,  
And bow my head, every time I can  
And You will show, Your love for me  
When I follow, for eternity.

I know it's slow, to understand  
To change my view, of my given man.  
I'm not perfect, of this I know  
But with your help, I'll change and grow.



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



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# Jason Glast

Having a business model that focuses on fewer transactions, but with the highest average price requires precision and exemplary client service. To some, this approach may seem limiting, but for Jason Glast and his team, the result has been record-setting.

Originally from Dallas, Jason grew up with the understanding that hard work and respect would

be expected of him. His parents instilled in him the value of a strong work ethic and an education, the combination of which would lead to a fulfilling life. By the time he turned 32, Jason had already had three careers in journalism, public relations, and law. His father was a real estate attorney and, as a family, they believed in the value of a legal education, so Jason started UT Law School right out of undergrad.

However, it was the years he spent as a child traveling to open houses with his mom, a real estate agent, that proved to be his biggest influence. "I spent a decent amount of my youth moving furniture around our house to achieve different design aesthetics so Mom could see if she liked it," Jason recalls with a chuckle, "Usually, I'd have to move the stuff right back to where it was." In 2002, Jason felt stymied in his legal role with Turner Broadcasting Co. in Atlanta. He, along with his wife, Kathryn, also missed Texas and decided to come back home. The question was, where should home be? Dallas is where the couple grew up, they went to college in Austin, and Jason's mom moved to the Boerne area. They decided to settle in the Alamo City to start a family and, for Jason, a new career. In 2003, Jason walked through the door of Phyllis Browning Co., never expecting he was on the path to becoming one of the top luxury sales specialists in the history of the San Antonio-area.

With a depth of knowledge and experience, as well as a skill set more well-rounded than most, Jason stood out amongst his peers as a top agent from the get-go. He knew how to provide exceptional customer service, knew how to negotiate, and had an enhanced ability to spot potential legal issues before they became problematic. Another notable characteristic that



**“This business  
is never boring,”**



was recently brought to his attention by Jennifer Shemwell, CEO of Phyllis Browning Co., was his curiosity. “She told me she thought my curiosity made me a top producer,” Jason explained, “and I realized what she meant- if you’re curious, you tend to be good with people. I’m very interested in what makes people tick and how that relates to their choices and how they live in a home. My curiosity also leads me to prepare like a crazy person. Assuming I don’t already know my client, I’ll try to figure out who they are before the appointment. Where’d they go to school? Where have they lived? What do they do for a career? What is their style? My curiosity leads me to be ultra-prepared for an appointment or a showing.” Despite being proud to individually hold the all-time San Antonio-area record for highest average sales price, Jason humbly recognizes that it takes a team to get to the mountain top. “When I broke into the business at age 32, I was incredibly fortunate to fall in with a group of experienced, successful, kind Realtors who went out of their way to help me,” he says, “I’ve always remembered that and wanted to find a way to pay it forward. I truly enjoy helping and giving advice. I’ve known many agents with potential that would have been stars with the right guidance, so I decided to get into the star-making business.” In 2020, he founded Jason Glast Group with some of the brightest agents at Phyllis Browning Co., the collaboration of which has had record-setting results. With over \$850 million career sales, two attorneys, and more than 80 combined years of luxury, residential, and ranch experience, Jason Glast Group

is a sought after force to be reckoned with. As a team, they set the record for highest average sales price in the history of their market, and their numbers only continue to climb.

As the San Antonio-area’s grown rapidly over the years, Jason strategically sought members for his team that were experts in neighborhoods he couldn’t reach. Together, they cover all of the finest neighborhoods, often hired to represent buyers and sellers in areas including Boerne, The IH-10 corridor, The Dominion, Stone Oak, Shavano Park and the other North Central areas in between Loop 410 and Loop 1604, Alamo Heights, Olmos Park, Terrell Hills, Monte Vista and King William. and Austin. With two native Spanish speakers on the team, they’re also able to tap into a market that Jason wasn’t previously hitting.

“This business is never boring,” Jason says in appreciation of his work and his team, “Our clients aren’t the same by any means, so it’s not like we are just dealing with types who show up as guests at The White Lotus. We work with people from all over the world, people who were born rich, people who created their own wealth, people who like to be low profile and people who like to live loud and large. We work with pro athletes, CEOs, doctors, attorneys, bankers, and many other professions. I’m indebted to them for my career, so, really, when you think about it, they deserve the credit.”



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# Mae Dunne

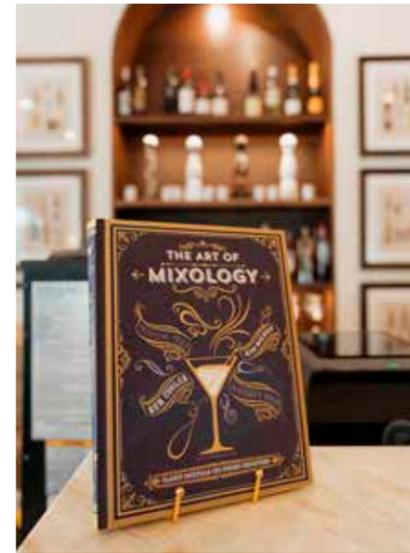
The story of Mae Dunne Kitchen and Goods begins over a century ago with Mae Dunne herself, an American woman who followed romance to fall in love with Mexico. Mae was drawn to the feeling of community and joy that could be found in the kitchen and around the table. In Mexico, she found a simple truth- when the food is good, the mood is good. Today, that legacy lives on in the restaurant named after her.

Located in the Dominion Springs Plaza, the moment one walks into Mae Dunne's Kitchen there's a sense of warmth and elegance from the rustic wood decor, refreshing shades of green, and the sparkle of their crystal lighting fixtures. The rich aromatics of

artisanal coffee wafts from the building onto the terrace. Offering a menu of traditional American, Mexican and European favorites and noteworthy hospitality, it's the kind of place one enjoys congregating and breaking bread with a date, friends and loved ones. It embodies the feeling that can only be equated to an original and sophisticated meal. To quote Rodolfo Salgado, the new restaurant's proprietor, "our mission is to provide a timeless place where great taste and heartfelt connections come together." With newly extended weekday and weekend hours, one can now enjoy the connections being made over breakfast, brunch, and lunch at Mae Dunne's even longer. (Closes 3pm weekdays/4pm weekends.)

Coffee connoisseurs need look no further than Mae Dunne's. Having recently acquired a high performance

coffee machine, a Nuova Simonelli, considered the "Ferrari of coffee machines", Mae Dunne proudly offers specialty coffee of certified high quality that only a small percentage of coffee in the world qualifies for. Their extensive coffee menu is suitable for artisanal aficionados and those looking to simply enjoy a cup with brunch alike. They've



expanded their cocktail menu too. Start with a garden trio mimosa flight that includes their signature, cranberry, and estate glow mimosa, or indulge in their upgraded selection of tequilas and mezcals in cocktails they've cleverly coined; MAEgaritas and MAEscalitas. Interested in sampling a variety of flavors? Maegaritas can be ordered in flights as well.

It's also highly recommended that one comes hungry. Perhaps it was the enchanting scent of fresh baked bread and pan dulce that brought you in, maybe you've heard about their cream of avocado soup, savory short rib bennies, signature MAEmole chicken, or traditional fan favorites: their chilaquiles and ribeye plate. Maybe you followed your sweet tooth to their decadent tres leches sponge cake. Regardless of the reason, Mae Dunne's revised menu promises every palate will be pleased.

Like Mae Dunne herself, the restaurant offers a timeless experience and a sense of belonging to all who congregate within her walls. Their crystal room can be rented for corporate or family celebrations, as can the entire restaurant for a celebration requiring more space. With that sense of communion in mind, in August the restaurant began hosting monthly events including wine and dine events on Saturday nights. Those interested in sharing an evening with friends can confirm their attendance to these events on the restaurant's website. Events as well as reservations can be booked on Open Table as well.

There will always be something satisfying to the heart about sitting around a table of good food and sharing it with the ones we hold most dear. When the service and atmosphere enhances that already rich experience, that's a winning recipe. That's the Mae Dunne experience, where the mood is good because the food is good. Where joy emanates from the kitchen, into our lives, and the company we keep.



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Kevin Browning  
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# Just Lunch!

Please join us October 14th!

“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.

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.

**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 October 14th from 11:30-1:30 pm.

**For more info, Contact**

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# The Seven Wonders of the Ancient World

*And Then There Was One*

BY DAN JOHNSTON, DOMINION RESIDENT

Alexander the Great's empire and the tourist industry intersected around 300 B.C. when a list appeared of the wonders of the world. There were seven sites on the list, and each site offered testimony to the advance of civilization through its architectural and engineering excellence. For more than two millennia world travelers have sought to stand on the ground occupied by these marvels. Unfortunately, for those of us in the "non-ancient" world, only one of the wonders still stands, the Great Pyramid of Giza in Egypt. As for the sites of the other six, a little planning (or maybe extensive planning in the case of gaining access to Iraq) and persistence will enable the intrepid traveler to visit places sought out by the historically inquisitive for centuries.

The oldest of the wonders and the sole survivor, the Great Pyramid of Giza, was completed in 2450 B.C. by the pharaoh Khufu. A previous article described the pyramid in detail, but in summary, it is very large (the base of the great pyramid is the size of ten football fields; it is 40 stories high; and it consists of 2.5 million 2.5-ton stone blocks which had been quarried 600 miles to the south and transported on the Nile River to the construction site).

Around 600 B.C. King Nebuchadnezzar of Babylon married Amytis, a princess from a mountainous region who had now been thrust into an arid and dusty realm. To comfort her, Nebuchadnezzar built a landscaped mountainside, the Hanging Gardens of Babylon. Built on irrigated arches ten stories high, the lush gardens existed for centuries before lack of care caused them to fall into ruin.

The Temple at Ephesus was completed in 540 B.C. Built on a site worshipped for centuries after the impact of a meteorite, the temple was dedicated to the goddess Artemis, the huntress. It was destroyed by arson in 356 B.C. and rebuilt at the orders of Alexander to be large enough to hold 40,000 worshippers. The temple permanently ceased to exist in the third century A.D. when it was ransacked by invading Germanic tribes.

The Statue of Zeus, 43 feet tall and sculpted of gold and ivory, was completed in 435 B.C. and was originally placed in a temple in Olympia, Greece. The temple fell into disuse subsequent to 390 A.D. as the Roman Empire adopted Christianity. The Statue of Zeus was dismantled and shipped to Constantinople, where it was destroyed in a fire in 425 A.D.

Mausolus was a governor of a province of the Persian Empire. He decided to build an impressive tomb for himself and his wife, Artemisia, in Halicarnassus in what is today southwestern Turkey. Completed in 350 B.C., the temple was surrounded by 36 columns and 36 statues. It was destroyed by a series of earthquakes beginning in the 12th century A.D. and became a quarry.

The people of the Greek island of Rhodes withstood an invasion in 323 B.C. To commemorate the victory, the siege towers and catapult left behind were dismantled, and the metal parts were melted down and used to build a giant statue in tribute to Helios, the Sun god. Covered in bronze and standing over 100 feet tall, it was completed in 292 B.C. It was short-lived, destroyed in 224 B.C. by an earthquake that snapped the statue off at its knees. The statue lay on its side for over 900 years until a Syrian prince stripped it of its valuable metals.

After Alexander conquered Egypt, he built a city from which he could depart the country by sea in all of the glory befitting his station, and he named that city after himself, Alexandria. As the city grew in stature and became a significant port, it was decided to build a lighthouse to protect shipping from navigational hazards. Requiring 19 years to build, its forty stories were completed by 280 B.C. Polished, curved bronze sheets were used to reflect light generated by fires fueled by tree branches (not a common commodity). In use for over 14 centuries, it is estimated that the fires consumed the wood of over one million trees as the fires alerted ships 30 miles out to sea. An earthquake destroyed the tower in 1385 A.D., and its bronze mirrors were melted down for coins.

Join us for the next meeting of the Dominion History Club on 9 October at The Dominion Country Club. 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.

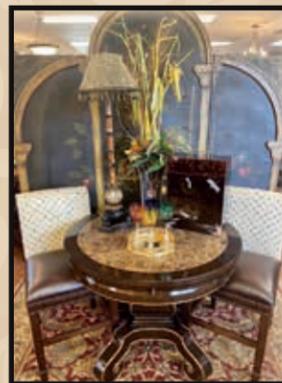


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Full of joy and personality, Noodle greets her people by standing on her hind legs, asking to be scooped up for love. She gets along wonderfully with the other cats — and even the cat-friendly dog — in her foster home.

If you'd like to give this adorable girl a forever home, please email [daagadoptions@gmail.com](mailto:daagadoptions@gmail.com).

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



Full of joy and personality, Noodle greets her people by standing on her hind legs, asking to be scooped up for love.



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We meet at 6:30 to visit and eat.

We start playing around 7:00 and play until 8:30-9:00 depending on how long it takes to play a game.

We have been playing Bunco together since around 2018. We would love to open it up to more ladies in the Dominion.

We pay \$10 each, the jackpot is broken up among 1) most bunco wins 2) most "snake eyes" 3) most games won overall.

So it's a wonderful time to enjoy friends, neighbors and to eat, drink and be merry especially if you win some money \$\$\$.



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## Growing Your Family Without Compromising Wealth

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As your family grows, so does the complexity of your financial landscape. Milestones like the start of private

school or upgrading your home often come with new financial considerations that can influence your long-term strategy. Even high earners can find it challenging to balance immediate needs with long-term aspirations without a clear plan.

Here are five tips to help you protect and enhance a stable financial foundation that evolves with your family:

**1. Revisit your budget annually.** Your financial picture — including short-term expenses and long-term goals — will change dramatically with the birth of each child and with other life events like career advancement or relocation. Use any increase in income to offset

new expenses and reinforce your long-term objectives, rather than letting “lifestyle creep” dilute your wealth-building potential.

**2. Invest in protection.** One of the first steps for any new parent is securing adequate life insurance. This ensures that in the event of an unexpected loss, your family can maintain their lifestyle, home and future plans. Make insurance reviews part of your annual

Growing a family is one of life’s most rewarding chapters — but it’s also one of the most complex financially.

routine, including health, disability, home, umbrella and auto coverage, to keep pace with your family’s evolving needs.

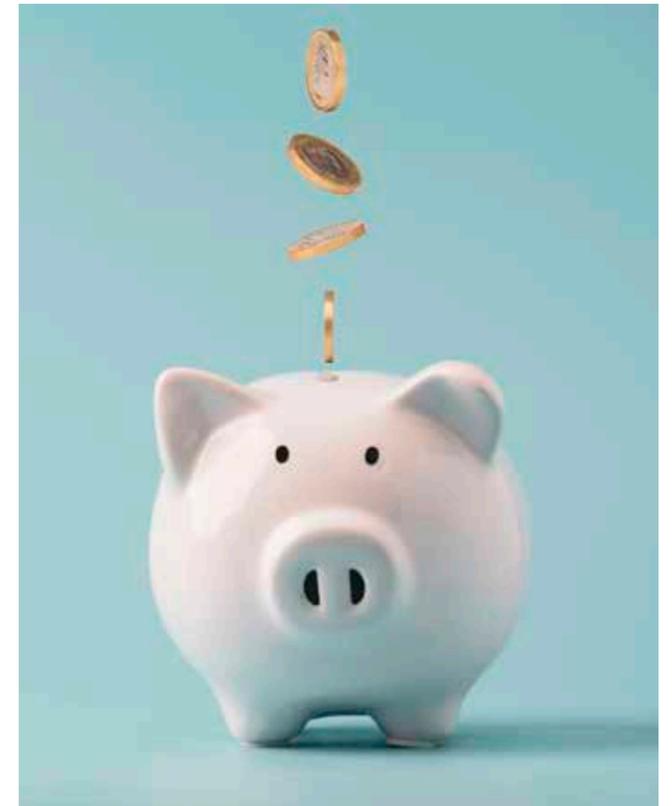
**3. Update estate plans.** Make sure your children would be well cared for and your assets managed according to your wishes. As your family evolves, work with an attorney to update your will and/or trusts, designate guardians for minor children, and ensure beneficiary designations are accurate on all accounts.

**4. Keep a financial cushion.** Life is unpredictable. Unforeseen events — such as a health crisis, a sudden dip in income or a legal issue — can arise without warning. Aim to set aside liquid assets to cover at least six months of living expenses, allowing you to navigate unexpected events without compromising long-term investments or wealth-building strategies.

**5. Put savings on autopilot.** When you’re busy paying for private school, summer camps and travel sports, it’s easy to let retirement and college savings slide. It’s best to set up automatic contributions to retirement accounts, tax-advantaged education funds and other investment vehicles to ensure consistent growth.

Growing a family is one of life’s most rewarding chapters — but it’s also one of the most complex financially. The trusted wealth advisors and bankers at Frost can help you align your priorities and live your best life today, without sacrificing long-term financial security. Reach out to Cindy Snyder at 210.220.6845 or [Cindy.Snyder@frostbank.com](mailto:Cindy.Snyder@frostbank.com) to learn more.

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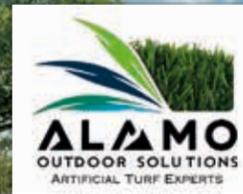
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# DOWN THE MIDDLE

*Go Flag Hunting!*

One of the primary differences between an average golfer and a very good one is the ability to hit the ball accurately with irons. The difference between a good player and an excellent one is the ability to get those iron shots within just a few feet of the pin. To get the most out of your

iron shots, golfers need to have an aggressive attitude and attack the flag with confidence. Many times a golfer picks up an iron and is afraid of flying over the green if he swings it firmly, but experience will show that if you club yourself correctly and swing it fully, you can get the ball near the pin.

## STEP 1

Learn the nuances of your game. You need to know how far you can hit the ball with your 3-, 4-, 5-, 7- and 8-irons. Once you have built a repeatable swing, determining your distance with each club is simply a matter of going to the driving range and seeing how far you hit each club. Bring a notebook with you so you can easily remember how far you hit each club.

## STEP 2

Play the 3- and 4-irons one ball length closer to your front foot in your stance. This will help you get this ball up in the air. The 3- and 4-irons have less loft than the other irons.

## STEP 3

Snap your hips through the hitting zone. When using a wood, it is best to be steady and

smooth in your swing. Once you have mastered your iron play, you can be a little quicker through the hitting zone to get more distance.

## STEP 4

Realize that the well-struck iron will have a bit of right-to-left action on it as it approaches the green. Take this into account as you are lining up your target. If you are playing on a day without much wind, aim to the right of the target.

## STEP 5

Finish high when using your 7- and 8-irons. This will give the ball the stopping action you desire when you are 120 to 150 yards from the green. You want your shot to get high in the air and land softly. Finishing your follow-through by bringing the club up high will help you get this stopping action.



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# Take Stock

BY CHEF ELAINE PERUSQUIA

With soup season around the corner, the importance of a good homemade stock can't be overstated. Since nothing elevates the flavor, texture, and quality of soups, sauces, and any number of other dishes like a well-executed stock, stock-making is considered essential culinary knowledge. In fact, after basic knife cuts, stocks are among the first things taught in culinary school.

While stocks and broths are largely interchangeable, it's worth noting that a stock is made from the bones of an animal, whereas broth is made from the meat. Stocks have more body due to longer simmering times, which extract collagen from the bones. Alternately, broths tend to have less body and a meatier flavor. The term "bone broth" is a bit of a culinary misnomer, but it seems to sell. I personally like the "set it and (mostly) forget it" aspect of stock-making, which lets me leave a pot simmering on the stove for hours on a Sunday afternoon while I tend to other tasks. If a bone-in chicken thigh or two make it into the pot, so be it.

By far, the stock I find most useful is chicken stock. Rarely a soup or stew might call for beef stock, in which case I might use a high quality, store bought beef stock. Making a brown veal stock from scratch is an endeavor I don't often pursue due to the required trips to the butcher, laborious steps requiring roasting of the bones, pinçage of tomato paste, and on and on. Chicken stock, however, is infinitely useful and gives purpose to items that would normally be discarded.

When making chicken stock, the freezer is your friend from beginning to end. First, anytime I have chicken bones I'd normally toss, I add them to a Ziploc bag I keep in the freezer. This includes necks, backbones, and wing tips from whole chickens, leftover bones from deboning breasts or thighs, and any and all unflavored rotisserie chicken carcasses (no lemon pepper, BBQ, or Italian seasoned stocks, please!).

Things to remember when making great chicken stock are to start with cold water when covering the bones, keep the stock at barely a simmer for the entire cooking time, and occasionally skim off any scum that may rise to the surface. When the stock is finished, carefully remove the solids and strain through a cheesecloth-lined mesh strainer. These tips will keep your stock clear and free of impurities.

Once I have collected enough bones to fill my stockpot at least halfway, it's Sunday stock day! The house smells heavenly, and I have another supply of liquid gold to use whenever inspiration strikes. I am often asked whether I salt my chicken stock. It's a personal preference, but I do lightly season my stock with kosher salt after it has been strained. Different chefs have different opinions, but I don't find much use for unsalted stock. I taste for flavor, cool the stock, transfer it to pint or quart deli containers, and freeze for future culinary greatness. Chicken stock will keep in the freezer for up to six months.

Save those chicken bones, y'all, and give them another life as stock. I promise you'll taste the difference, and your recipes will thank you. Happy cooking, everyone!

## Homemade Chicken Stock

- 4 pounds chicken bones, with any meat still attached
- 3 quarts cold water
- 2 medium yellow onions, quartered
- 2-3 medium carrots, cut into chunks
- 3 ribs celery, with leaves, cut into chunks
- 1 head garlic, halved
- ½ bunch flat leaf parsley (about 20 stems)
- Fresh thyme (15-20 stems)
- 2 bay leaves
- 1 teaspoon whole black peppercorns

Making stock is not an exact science. Vegetables do not need to be peeled or carefully chopped. Herbs and spices need not be tied neatly, as the entire thing will be strained. If you have a stock pot that is taller than it is wide, it will cut back on evaporation. The recipe above is just a guide and is easily doubled. A little extra parsley or a few more celery leaves or extra chicken bones won't harm the stock at all.

Add all ingredients to a large stock pot (water should cover the chicken bones by about 2 inches). Set the pot over low heat and bring slowly to a simmer. While simmering, bubbles should break the surface only occasionally, as aggressively boiling the stock will cause it to become cloudy. Simmer uncovered for four hours, occasionally skimming off any scum.

Allow stock to cool slightly and carefully remove large pieces of vegetables and bones using a spider or tongs. Try not to disturb the stock too much. Pour the liquid through a mesh strainer lined with cheesecloth. Season the stock lightly with kosher salt (if desired) and ladle into pint or quart containers. Stock will keep for three or four days in the refrigerator or up to six months in the freezer.



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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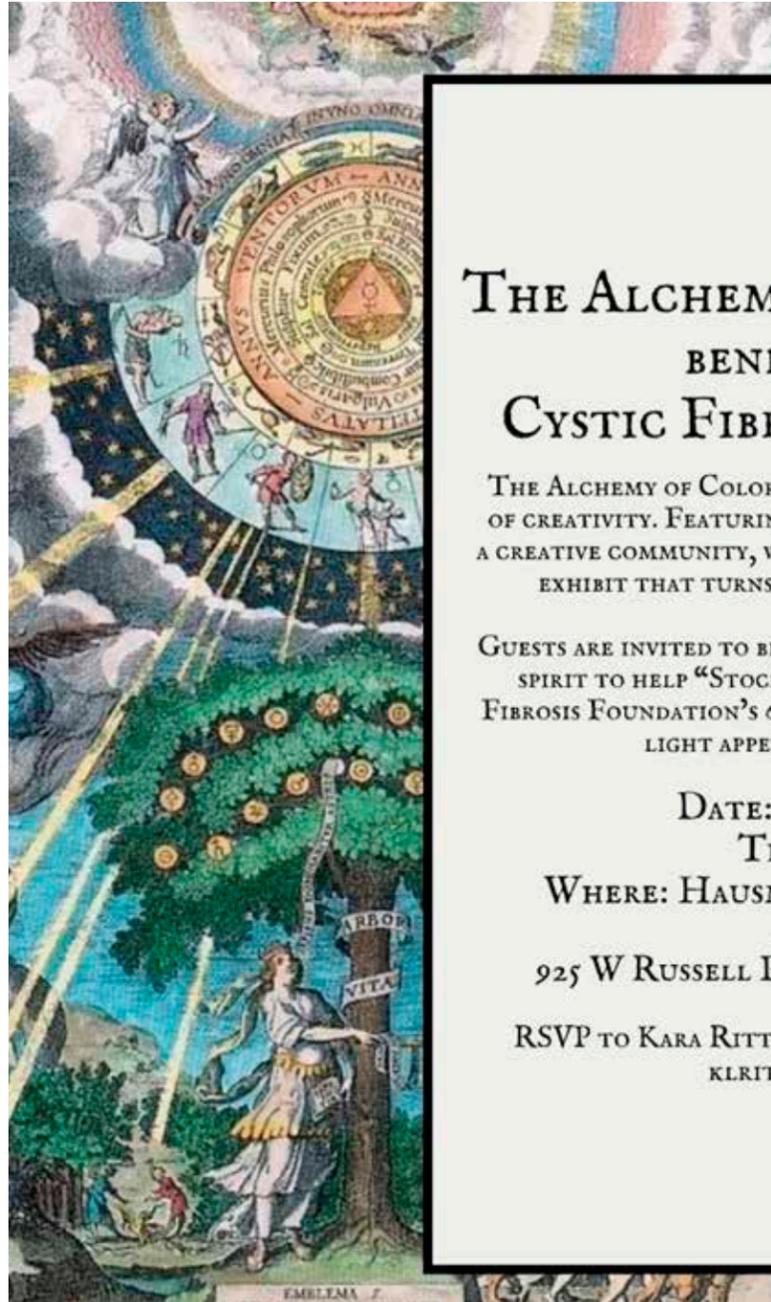
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# Power in the Clove

*Why garlic deserves a permanent spot in your pantry and your wellness routine.*

BY CAROLINE PERROTT

It's a practice and natural remedy in cultures and timelines worldwide—from the Caribbean to ancient Egypt, China and beyond. It's garlic. The pungent, deeply aromatic vegetable used in cooking is more than just a flavor bomb; it's a cornerstone in Eastern medicine, and modern science is finally catching up.

Loaded with compounds like allicin, garlic boasts antibacterial, antiviral, and antifungal properties. It's been linked to lower blood pressure, improved cholesterol levels, and enhanced immune function. Some studies even suggest garlic may support the body's natural detox process and help reduce inflammation. That makes it a quiet but mighty ally in preventing chronic disease.

The good news? You don't need to swallow raw cloves to reap the rewards. In fact, local chefs and holistic practitioners agree that the best way to add garlic to your diet is by keeping it simple and consistent. Roasted garlic spreads easily over toast or folds beautifully into mashed potatoes. Sautéed garlic forms the base of countless soups and sauces. When raw, just a little minced garlic in lemon juice or olive oil can add punch to dressings and marinades.

Not into cooking? Garlic supplements offer another path, but quality matters. Look for capsules that list stabilized allicin or aged garlic extract, and always check with your healthcare provider before adding a new supplement to your routine. Whether you're managing your heart health, boosting immunity, or simply looking to level up your meals, garlic is an easy and affordable place to start. Small clove, big benefits.

Some studies even suggest garlic may support the body's natural detox process and help reduce inflammation



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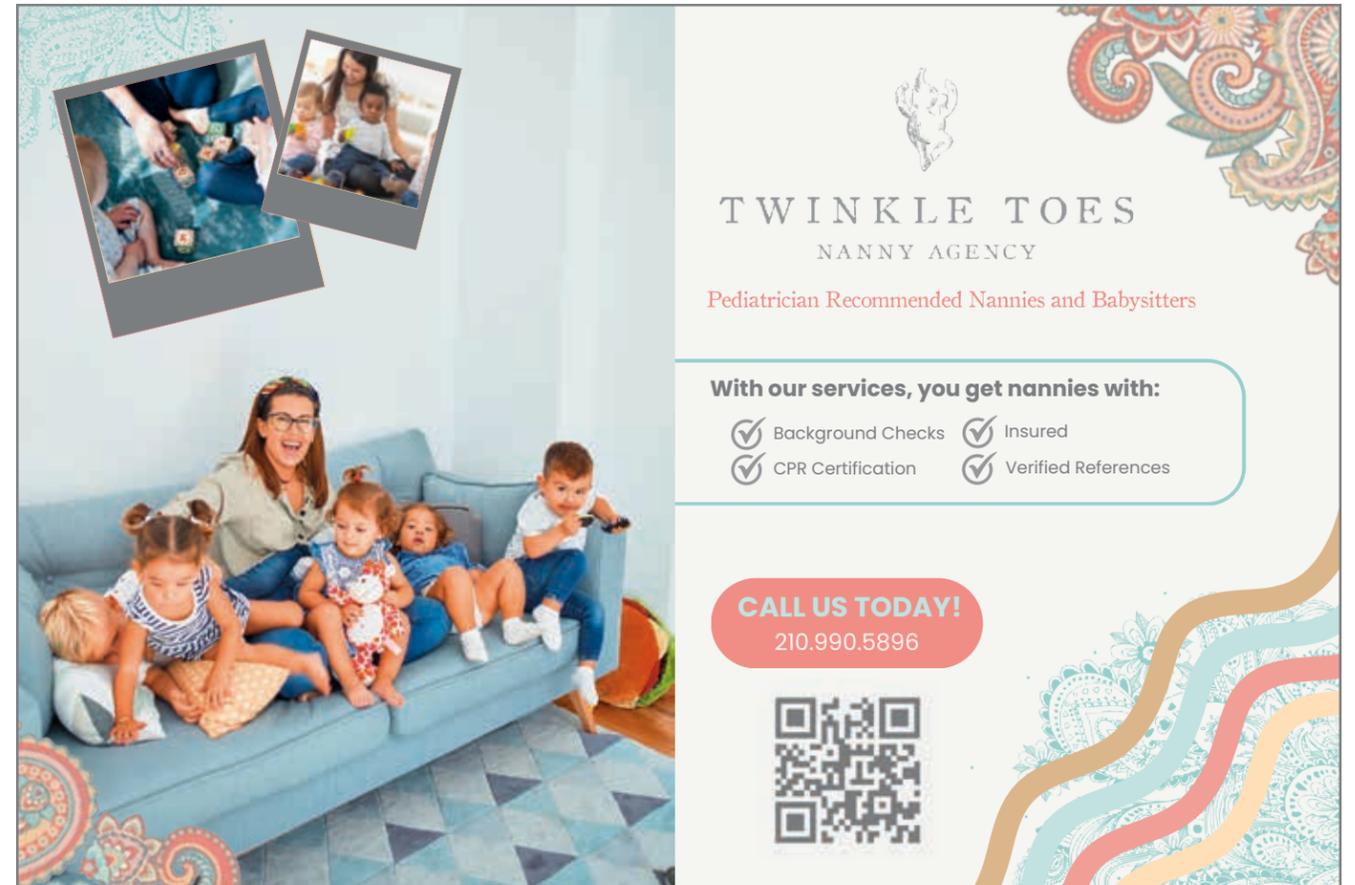
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