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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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## Sean Gillispie

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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.

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# The Power of Connected Content

Hello Dominion friends,

Every month when this magazine arrives in your mailbox, my goal is simple: that it feels like your magazine — not just something to skim through, but something you look forward to, flip through, and share with friends and family.

Why? Because it's not filled with generic content or national headlines. It's filled with you.

The birthdays, the milestones, the new faces on the block... the businesses you trust, the kids you've watched grow

up, the events that make this community what it is — these are the moments we highlight. Because when you open the pages and see people you know — friends, neighbors, maybe even yourself — you pause. You read. You connect.

That's the power of connected content.

We've seen it time and again: this community engages with this magazine because it's about this community. When a publication becomes personal, it becomes meaningful. It gets read, it gets remembered, and it gets passed around.

I often tell business partners: people don't just read ads. They read what connects to them. And that's what makes this format so unique. The trust, warmth, and familiarity that live in these pages don't just make for good reading — they build real community.

So thank you for reading. For contributing. For sharing your stories. For being the heart behind every issue.

Warmly,

*Jason Smith*  
Publisher, Stroll Dominion



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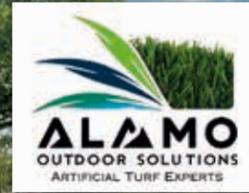
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# Miguel Herrera

From Lima, Peru, to Los Angeles, Los Angeles to San Antonio, and to the pinnacle of San Antonio's luxury real estate industry, Miguel Herrera lives in perpetual forward motion. As he strides between successes, accepting challenges as they arise, he's somehow still able to prioritize what truly matters most- making memories with his grandchildren and giving back to his community. Though it was a strategic plan that brought him to San Antonio, from the moment he arrived he knew there was no place he'd rather call home.

Born and raised in Lima, Miguel's trajectory was always to end up Stateside. He attended American schools all throughout his young life and his father had the foresight to see the instability that would soon plague Peru. Driven by a strong work ethic, Miguel began working prior to the legal age for a local travel agency, charming travelers as they were bussed to their hotels. In 1983, after saving enough money and graduating high school early, he purchased a one-way ticket to Los Angeles and began his life in the United States.

Because he was younger than the average college student, Miguel had to pass several tests from Santa Monica High before he was able to start working towards his Bachelor's degree from Santa Monica College. To pay his way through college, Miguel waited tables at the Bayview Plaza Hotel. With a mindset focused on the American dream, he seized every opportunity he could and, through a family connection, began training as an agent for a local travel agency. Through that process, Miguel came to recognize his knack for selling and negotiating and by 23 had opened his own office. By 27, he'd grown his business into one of the top 10 Latino travel agencies in Los Angeles.

Unfortunately, the events of September 11th shook our country to its core and put a major damper on the travel industry. Recognizing the shift, Miguel sold the company

he'd built for nearly two decades to a major wholesaler who wanted his clients. Not long after, Miguel recognized another approaching crash; that of the housing market.

Knowing California was no longer the place to be, he sold his properties and crafted a business strategy to help him decide where to leave his mark next. "From a business standpoint, my best match was Oklahoma, but what was I going to do in Oklahoma with this heavy accent?" Miguel says with a hearty laugh. Through a Mexican acquaintance, he learned of the growth taking place in San Antonio. "He told me that all the well-to-do from Mexico City own houses there," Miguel recalls, "A few weeks later, I met him at the Sonterra Country Club and I knew right away that this is where I needed to be." Once again, Miguel purchased a one-way ticket and, from the moment he arrived, began to fall in love with the growing, multi-cultural city of San Antonio.

An experienced business and salesman with a lengthy international rolodex of connections, he obtained his real estate license in 2009 and dove in headfirst. Almost immediately, Miguel found success selling to Mexican Nationals because he knew how to get things done on American soil. In fact, Miguel was a pioneer of getting the Mexican National community to invest in San Antonio and played a major role in helping them move their families safely across the border. He even began hosting monthly seminars in all major cities in Mexico.

As his reputation grew, so did his business. Having the perfect combination of charisma and conviction, it wasn't long before he ranked among the top agents in San Antonio and as the #1 international agent in South Texas. His prowess garnered national attention and, in 2024, he was contacted by Mauricio Umansky of The Agency (most known for the Netflix show, *Buying Beverly Hills*), to become an owner and managing partner of their San Antonio





**“you’ll see Mexican movie stars, Grammy winners, Spurs players, and so many individuals at the top of their respective industries, and nobody gets bothered. Instead it feels like one big family.”**

As a luxury agent, Miguel knows there’s no place as impeccable as the Dominion, but as a resident, he’ll tell you that no place can compare to its quality of life either. “It’s pleasantly private here,” he says, “you’ll see Mexican movie stars, Grammy winners, Spurs players, and so many individuals at the top of their respective industries, and nobody gets bothered. Instead it feels like one big family.”

Though working is simply in his nature, Miguel beams whenever he talks about his family. With two adult children and three grandchildren, leaving a loving and lasting impression on them is what he values most. This past holiday, they enjoyed the 4th of July celebration at Magic Kingdom, and he made sure his 3-year-old granddaughter received the full Disney princess treatment. A man of God, he also finds ways to give back to his community as often as possible, most recently by being involved in efforts to support those affected by the terrible flooding of the Guadalupe River.

For Miguel Herrera, America has been, and will always be, the land of opportunity. It’s the place he had his sights set on since childhood, where he established his roots, raised his family, and made his fortune. Beyond achieving his own dream, he’s also helped countless others achieve theirs and, in the end, that’ll be his legacy- his true American dream.

Photo Credit: Miguel Flores and BCM.

branch. Knowing they seek out top tier talent, and only one from every city in which they have a presence, Miguel humbly accepted the offer. “It was an incredible experience and a blessing to be recognized like that,” says Miguel. “And, seeing as the Dominion is the Beverly Hills of San Antonio, it was clear we had to establish ourselves here. We just bought a beautiful luxury garden office in Dominion Place, an upscale luxury business park, and we will be opening it by the end of the year.”



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## SECOND-HOME OWNERS: Don't Let Liability Spoil Your Serenity

TOM MARCONI, FIA SENIOR VICE PRESIDENT FROST



Whether it's a lake house, a ski chalet or a beachside villa, a vacation home can be a special place to create cherished family memories, enjoy the outdoors and entertain with ease. But alongside relaxation comes a set of risks that can threaten your financial security.

While your homeowners insurance policy typically covers you against physical property damage, an accident at your home could leave you liable for medical bills or facing lawsuits that far exceed the policy's protections. The good news? With a few thoughtful precautions, you can dramatically reduce your risk exposure. Here are six

important steps to consider:

**1. Structure ownership strategically.** How you legally own the vacation home matters greatly. For example, ownership may be in your name, shared with a family member or business partner, or held in a Limited Liability Corporation (LLC). Each structure comes with pros

and cons when it comes to liability protection, taxes and estate planning, so it's best to consult your attorney and financial advisor before making decisions.

**2. Get umbrella insurance.** This policy provides liability protection above and beyond the limits of your homeowners, auto or watercraft policies. In the event of a major claim, an umbrella policy can cover legal fees and damages that might otherwise require liquidating investments and jeopardizing long-term financial plans.

**3. Review employment liability coverage.** Although it's optional in Texas, some states require worker's compensation insurance. If you employ people at your vacation home, such as caretakers, gardeners or housekeepers, it's worth reviewing your responsibilities and protections.

**4. Make your property safer.** You should also take practical steps to prevent accidents at your vacation home. These might include installing a monitored alarm system, fencing off your pool or hot tub, adding handrails along staircases and properly securing all recreational vehicles and dangerous equipment.

**5. Hire a management company.** If you don't live near your second home, investing in professional oversight can be well worth the peace of mind. A property manager can help you maintain a visible presence at the property and keep safety standards in check.

**6. Know the rules for short-term rentals (STR):** Insurance rules change if you rent your vacation home to guests through platforms like Airbnb and VRBO. You may need a special short-term rental policy, which covers various risks not covered by standard homeowners insurance. Understanding your risks and taking steps to mitigate them won't just protect your finances; it can give you the peace of mind you need to fully enjoy your retreat. Reach out to Tom Marconi at 210.220.6414 or TMarconi@frostinsurance.com for a detailed assessment.

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Ephesians 2:10





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That trust can't live another day.

What waste when friend turns into foe,  
Unseemly reasons cause the woe,  
The chance that likely turns the tide,  
Surprise, answers may lie inside.

But options loom its probable,  
To reach beyond this old trouble.  
'til final call there's likelihood  
This mighty gale friendship withstood.

Inspection of the accuracy,  
Of fact and truth, reality  
Examination without twist  
Imperative, you must insist.

But chances are the chance is lost,  
Companionship is what it cost,  
For haughty pride and arrogance,  
Perhaps this never will make sense.



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

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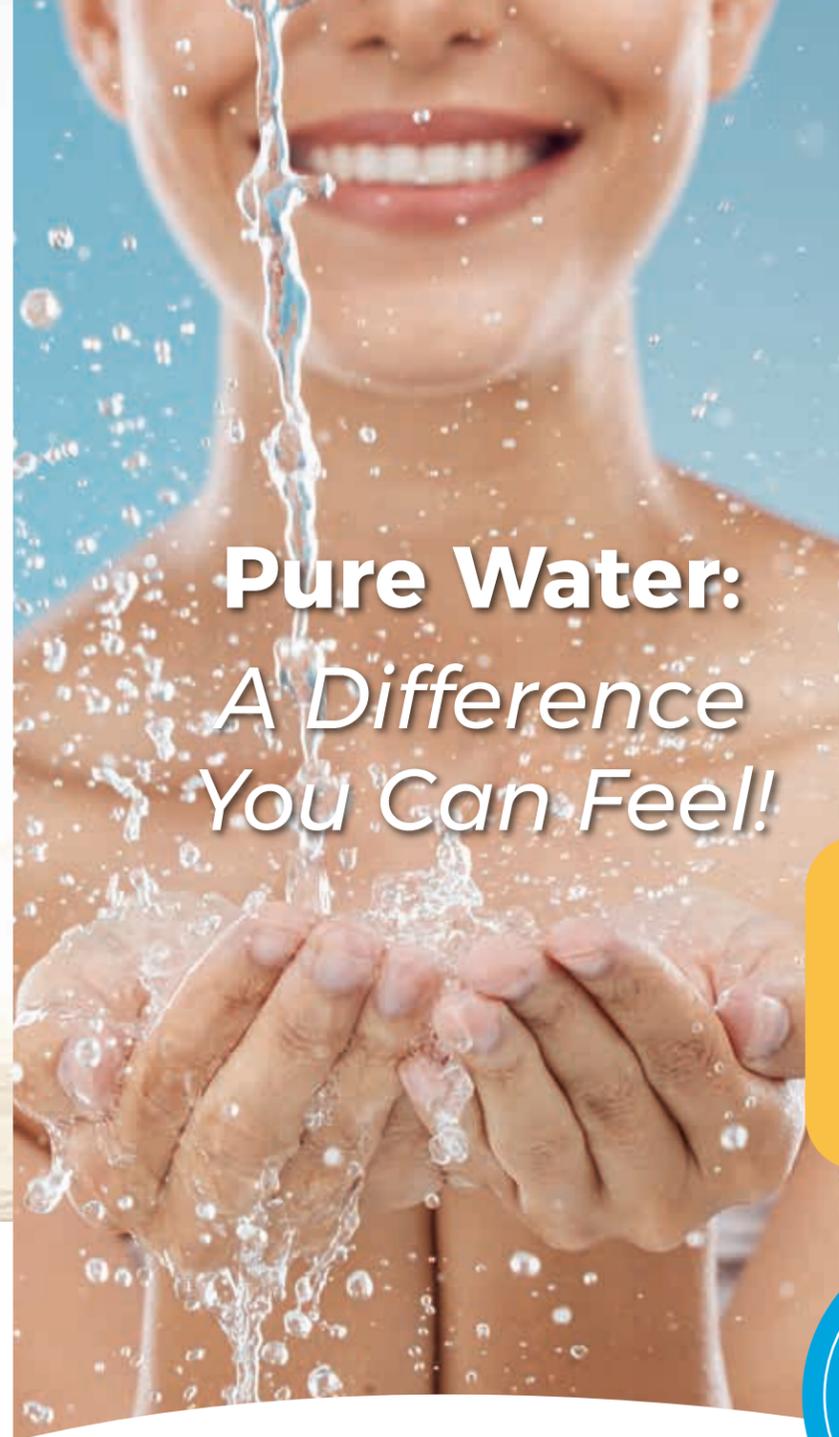
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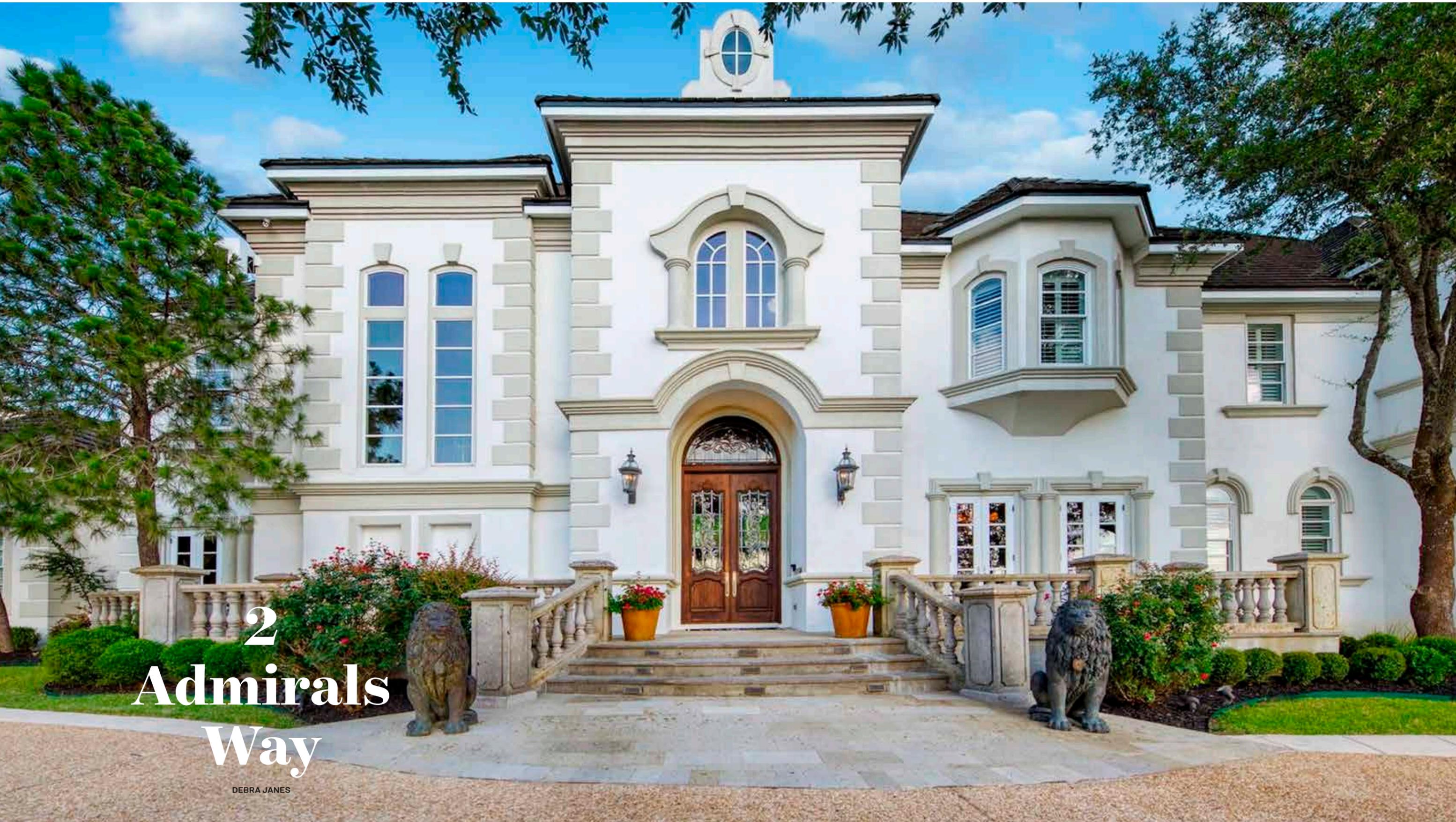
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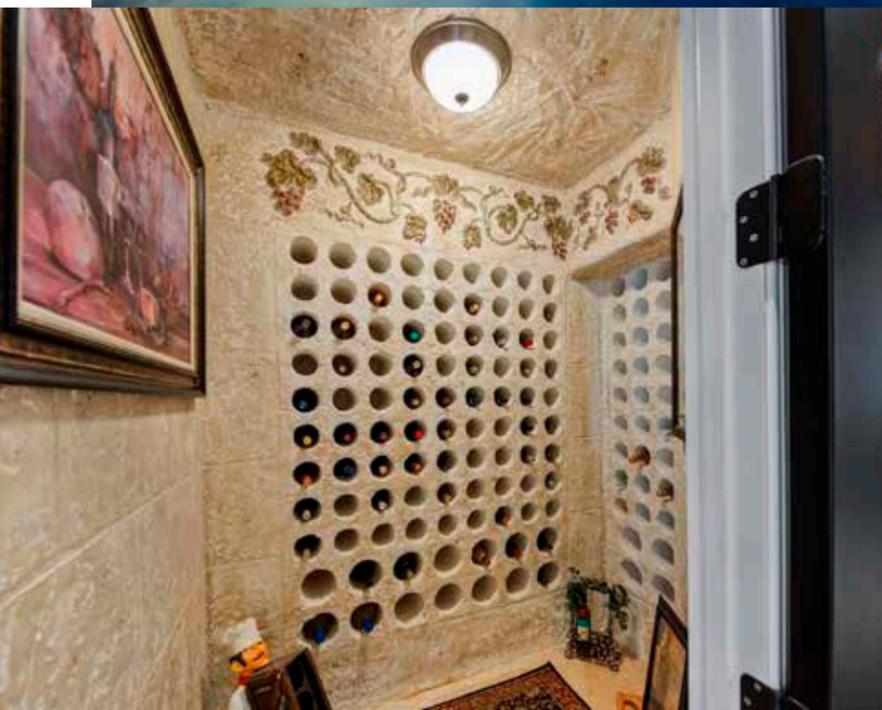
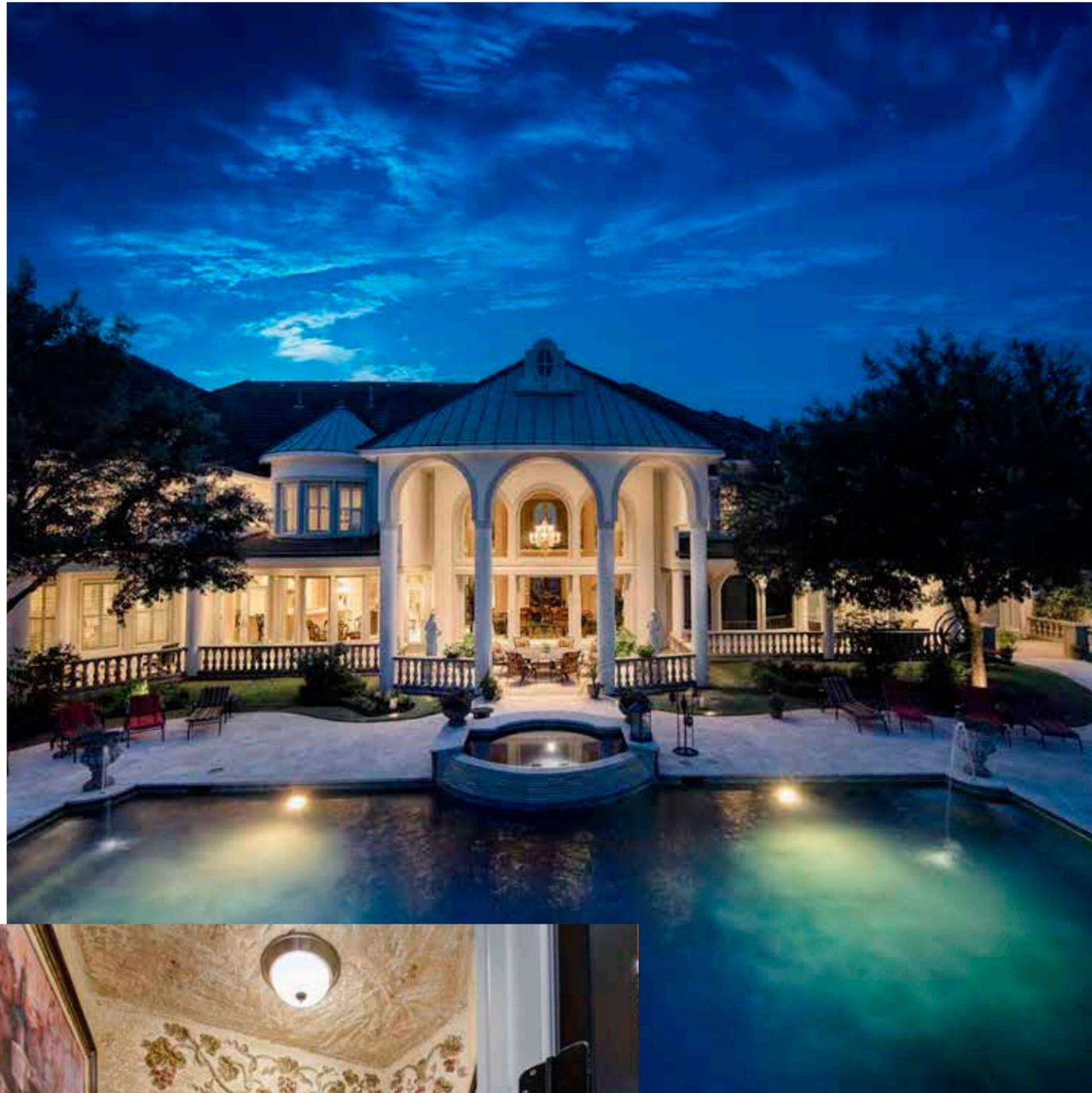
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FROM VINE TO WINE

# Celebrating 7 years Under the Texas Stars: A visit to Ab Astris Winery

BY RICHARD & LORENE BOTHE, DOMINION RESIDENTS



Upon returning to San Antonio and locating in The Dominion in 2017, we were excited to be able to embark on a long delayed desire to explore the Texas Hill Country Wine region. We had an added focus of finding wineries producing products exclusively using Texas grown grapes. Little did we know the adventure would lead us to Ab Astris, a boutique, family owned gem near Stonewall, TX. To our surprise we also discovered the owners were former residents of The Dominion.

Ab Astris Winery, meaning “of the stars” in Latin, is a fitting title for a winery born from a moment of inspiration. Founded by Erin and Tony Smith (a retired physician), along with their daughter Kristen and son-in-law Mike Nelson, the winery is truly a testament of passion, family heritage and a dream realized. When the Smith family tasted a bold, unforgettable Tannat from a local vineyard, they knew they had found their calling - what they

called their “Ab Astris moment,” when the stars aligned for their winemaking journey. They purchased land that once belonged to the LBJ Ranch and planted a 12-acre vineyard between 2018-2019 dedicated entirely to Texas-grown grapes. A family-run labor of love, where every bottle tells a story of passion, patience and place. Not only are their wines outstanding, the hospitality is genuine. It quickly made a name for itself on the 290 Wine Trail.

Mike Nelson, formerly an immigration attorney is the winemaker, trained under a consultant and now leads the cellar. His philosophy of hand harvesting the grapes, minimal oak influence, clean and detailed cellar practices, minimal adjustments and letting the grapes and the terroir speak for themselves, has proven to be a winning combination. This success is exemplified by the numerous awards their wines have accumulated at the renowned San Francisco Chronicle

Wine Competition. In 2024 alone, they earned six gold medals and seven silvers. Have a question about wine, ask Mike. He will gladly answer and help expand your knowledge of what sometimes seems mystical.

Ab Astris is proudly Texas, and their wines reflect the rugged beauty and resilience of the land. Their signature varietal, TANNAT (one of my favorites), is bold and structured, perfect for the warm Texas climate. But the surprise doesn't stop there.

You'll also find CLAIRETTE BLANCHE, (one of my wife's favorite), SOUZAO, and even a Rhône-style white blend called STELLO, crafted with Roussanne and Clairette Blanche.

Visiting Ab Astris feels like stepping into a postcard. The tasting room is warm and welcoming, with a shaded patio that overlooks the vineyard. On weekends, we enjoy listening to live music while we sip the latest release or

some of our favorites. It is truly a family and dog friendly atmosphere.

So whether you're a seasoned wine lover or just curious and want to learn more about enjoying wines, the staff makes you feel like you are part of the family. And if you fall in love with the wines (you will), their wine club offers exclusive releases, members-only events such as the pick-up parties and discounts. We have been club members for several years and have thoroughly enjoyed every visit.

In addition to the aforementioned estate grown Tannat and Clairette Blanche, there is also, Souza, Petite Syrah, and Montepulciano. Additional varietals are sourced from trusted growers across the Hill Country and High Plains.

Why is it worth the trip? If you are a seasoned visitor to the Texas Hill Country wine region or just beginning your journey, be sure and include this stop on your next visit. Ab Astris stands out for its heart. It's not just

a winery - it's a story of stars aligning, of dreams taking root, and of a family inviting you to share their passion and their journey. We feel like family every time we arrive with a welcome hug, thanking us for coming out. We enjoy the atmosphere, the music and meet some wonderful people from Austin, San Antonio and many surrounding cities. Not only are you supporting an integral part of the Texas economy, you are also contributing to the much needed success of many small family owned businesses.

From a historical perspective, the first known planting of grape vines was done in 1659 by Franciscan monks in the Rio Grande Valley. The oldest winery in Texas, Val Verde Winery, was established in 1883 and is located in Del Rio.

It is also important to remember that wine covers all of life-science, agriculture, history, politics, sociology and the vagaries of human nature.

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# Keith Zars Pools

**Where did you grow up? How long have you lived in the area? Tell us about your family (spouse, kids, favorite family activity)**

I have lived in San Antonio for the last 69 years. I have been married to my wife, Barbara for 52 years now. I have three children that reside in Texas and 7 grandchildren.

**Tell us about the events that led up to where you are now (i.e. education, career path):**

I started selling pools for a family pool business. I then branched off by working on more commercial pools around the San Antonio Metropolitan area. In 1985, I started Keith Zars Pools.

**Tell us about your role in your business either as the owner or position within your organization:**

My role is to mainly to remove any roadblocks in the way of our employees. Also, I identify the strengths of our employees to help them.

**Describe a business highlight such as why you started the business and/or what you enjoy most about your role:**

I get to be an artist with everyone else creating the masterpiece. I focus on turning out a really nice product for our customers.

**Where do you see the future of your business 3, 5 or 10 years?**

Hopefully we will grow 8-10% year over year for the next 10 plus years. My role will continue to diminish as the people we have now will continue to step up to do more and continue to grow the company.

**What is unique about your business (what sets you apart from the rest)?**

We have three full time landscape architects on staff, creating a more professional designed pool.

**Describe your business culture as it relates to how you service your customers:**

We work with our customers very closely and listen to their feedback. That's really important to us – that's how we know what areas we need to focus on improving our business.

**Take us through a customer experience that had a positive impact on your business - if you are including a testimonial, it should detail why you provided great service. This could be a 'before' and 'after' results experience:**

At Keith Zars, we believe in making the situation right by the Customer regardless of who's fault it is. Our team goes out of the way to provide exceptional customer service to our all

of our customers – whether if they are building a new pool, receiving work on their pool, receiving a weekly pool cleaning or renovating their pool. Every customer matters.

“Keith Zars Pools installed our new pool last year. A few days ago I walked into my backyard and discovered my Polaris pump was spraying water rapidly. I immediately called customer support and they arranged to have someone sent out that afternoon. It turned out that they had experienced this problem with other pumps of the same kind and brought with them the right piece of equipment to fix the pump. I appreciate their quick response and knowledge of the problem. Everything was covered by my warranty. There was no charge.” Paul Smith




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**Given your business expertise and the nature of what you do, what advice (whether general or specific) can you offer residents seeking your business services?**

One of the unique things about us is that we do not take final payment before all items on the punch list are completed and you are happy with the outcome of your pool. Beware of the pool builders that may want you to pay upfront before the job is complete.

**What else we should know about you, your family, or your business?**

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# Robert The Bruce

*The Scottish Terrier With Personality*



**B**ruce has a special kind of charm—one that doesn't just light up a room but turns it into a comedy club. He has the uncanny ability to turn even the most mundane moments into an absurd spectacle, making everyone around him burst into laughter, whether they are ready for it or not.

One day, while sitting in the living room, trying to get some work done Bruce decided it was his moment to shine. He had been eyeing my empty coffee cup, which was just out of reach on the side table. Bruce, being a dog of both remarkable intelligence and dubious decision-making skills, had a plan. He crouched down, then lunged upward with a wild bark of determination. What followed was a series of slow-motion, clumsy jumps—each one more dramatic than the last—as if he were auditioning for an action movie.

The cup was still just beyond his grasp, but Bruce wasn't one to give up easily. He looked around, then turned his attention to the couch cushions. With a single glance, he launched himself onto the couch, where he did

a hilarious, perfectly timed belly flop, almost as though he were trying to drown himself in the upholstery. His legs flailed in all directions, and for a brief, glorious moment, you wondered if he had any idea how to function as a living creature.

After his dramatic couch incident, Bruce seemed to come up with a new tactic: the “puppy eyes.” He stared up at me with such innocence that I could almost hear the harp music playing in the background. His eyes said, “Please, I'm just trying to reach my destiny.” I, of course, had no choice but to laugh. Bruce knew how to make me feel like the worst human being in the world—and then the best one, all in a span of two seconds.

But Bruce is more than just a goofy, endearing entertainer. He has a soft side too. Every morning, he nudges me out of bed with a gentle paw to the face, not to get attention but because he couldn't bear the thought of you missing a single moment of life's little adventures. When you sit down to read or watch TV, Bruce will curl up beside you, pressing his warm body against yours as if to say,

“I've got you. No matter what happens today, we'll face it together.”

And then, of course, there is the evening ritual: Bruce's obsession with the laundry basket. No matter how many times I tried to fold it, Bruce was there, diving headfirst into the pile, digging and tossing socks around with abandon. It was as if he believed that *\*somewhere\**, hidden beneath the laundry, was the key to eternal happiness—and maybe a squeaky toy or two, which he loves to demolish and the “squeaker” is the prize.

At night, after his antics thoroughly wear him out, Bruce curls up next to me, his head resting on my lap, his snout barely poking out from the blanket. The world quiets down, and as I run my fingers through his soft fur, I realize something incredible: Despite all the silliness, the mess, and the chaos, Bruce has created a home filled with more love and laughter than I could've imagined.

He isn't just a funny dog—he is a best friend, a companion in both laughter and love, with a big goofy heart that never stops giving.



## Meet Brock!

*A Really Sweet Dood!*

BY AMIE BROWNING

### Golden Joy

With curls of gold, so soft and bright,  
You fill my days with pure delight.  
Your eyes are kind, your heart so true,  
A loyal friend in all you do.  
Through fields we run, in sun or rain,  
With boundless love, you ease my pain.  
A wagging tail, a playful bark,  
You light my life, a constant spark.  
Your paws, so gentle, leave no trace,  
Yet in my heart, you've found your place.  
A golden doodle, full of grace,  
A furry joy, no one can replace.  
From morning walks to evening rest,  
With you, my world feels truly blessed.  
Oh, golden doodle, bright and sweet,  
You make my life feel so complete!



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# Get Roasted

BY CHEF ELAINE PERUSQUIA

When it comes to making vegetables be all they can be, one cooking method reigns supreme. Roasting is, without a doubt, the method I use most often when preparing vegetables. When other cooking techniques such as boiling and steaming render veggies tasteless and uninteresting, roasting concentrates flavor and improves texture, making vegetables the star of any dish. Read on for roasting tips and techniques that are sure to improve your vegetable game.

Whether I'm cooking for clients or at home, flavor is always the goal. Vegetables can take center stage in a vegan dish or function as the base or side for a protein, but if they aren't delicious, what's the point? Roasting different vegetables at their optimal temperature and duration concentrates natural sugars by allowing some of the water to evaporate, thus bringing out intense flavor. Roasting also frees me up to tend to other culinary tasks, since no stirring or babysitting is required.

The basic tools and ingredients needed for successful roasting are large sheet pans, baking parchment, neutral flavored oil, kosher salt, and freshly ground black pepper. You want veggies to have plenty of room, so large aluminum sheet pans are the perfect tool. Their low sides also allow for optimal air circulation. Be careful not to crowd your veggies or they will steam instead of brown. Fats such as olive oil or other neutral flavored oils keep vegetables from drying out and promote those crispy edges that are the reason why we roast. Salt and pepper are usually all you need in the way of seasoning, but dried spices can also be tossed with vegetables before roasting. Save any fresh herbs for just prior to service, as the heat of the oven will ruin their delicate flavors.

I almost never roast different vegetables on the same pan, unless they require a similar roasting time and temperature. Zucchini, yellow squash, and asparagus, for example, cook very quickly. If I were to roast them alongside, say, potatoes, they'd overcook well before the potatoes were done. Root vegetables are best when roasted at a higher heat, but tomatoes respond much better to low and slow. Winter squashes can withstand longer roasting times than their summer cousins. And when it comes to Brussels sprouts or okra, those charred edges are best achieved at very high temperatures over a shorter duration.

Roasted vegetables shine in any number of dishes. Salads become interesting and complex with the addition of roasted veggies, and jambalaya or paella topped with roasted vegetables are showstoppers. Slow roasted tomatoes are less watery than fresh, so I like to use them on sandwiches, in pasta dishes, and on homemade pizza. Roasted sweet potatoes tossed with cumin and smoked paprika take turkey and black bean chili to a different level. German potato salad is fine with boiled potatoes, but roasting the potatoes instead makes for a much more interesting texture and will have your peeps asking for the recipe. Salsa anyone? Roasting chiles, onions, and other ingredients adds depth of flavor to any fresh salsa.

Roasting offers a chance to incorporate creativity and flavor in nearly any dish, so go nuts. Roasting is easy and seasonless; any vegetable can be roasted and is usually the better for it. So roast away, my people! And happy cooking, everyone.



## Basic Vegetable Roasting Guide

- 4 cups vegetable of choice, large dice (no smaller than one inch)
- 2 tablespoons neutral oil, enough to lightly coat veggies
  - Kosher salt, black pepper
- Dried spices (optional, such as onion powder, garlic powder, paprika, cumin, etc.)
- Fresh herbs (basil, parsley, dill, etc.)
  - Large sheet pan
- Parchment (for ease of clean up and to prevent sticking)

In a large bowl, toss large-diced vegetables with oil to coat and season with kosher salt, pepper and any dried spices (optional). Arrange on a sheet pan lined with parchment. Avoid crowding, as vegetables will steam instead of roast. Use two sheet pans if necessary. If using fresh herbs, chop and toss with roasted vegetables just before serving.

If your oven has a convection setting, now is a good time to use it. Convection is also useful when roasting on multiple racks.

**Root vegetables:** (potatoes, carrots, parsnips, turnips) 375-400 degrees for 30-35 minutes

**Winter squash:** (acorn squash, butternut squash) 375 degrees for 25-30 minutes

**Summer vegetables:** (zucchini, yellow squash, asparagus) 400-425 degrees for 8-10 minutes

**Tomatoes:** (seed and halve larger tomatoes, cherry tomatoes can be roasted whole) 250-300 degrees for 90 minutes

**Sweet bell peppers:** 350-375 degrees for 25-30 minutes

**Brussels sprouts or Okra:** 450 degrees for 10-12 minutes



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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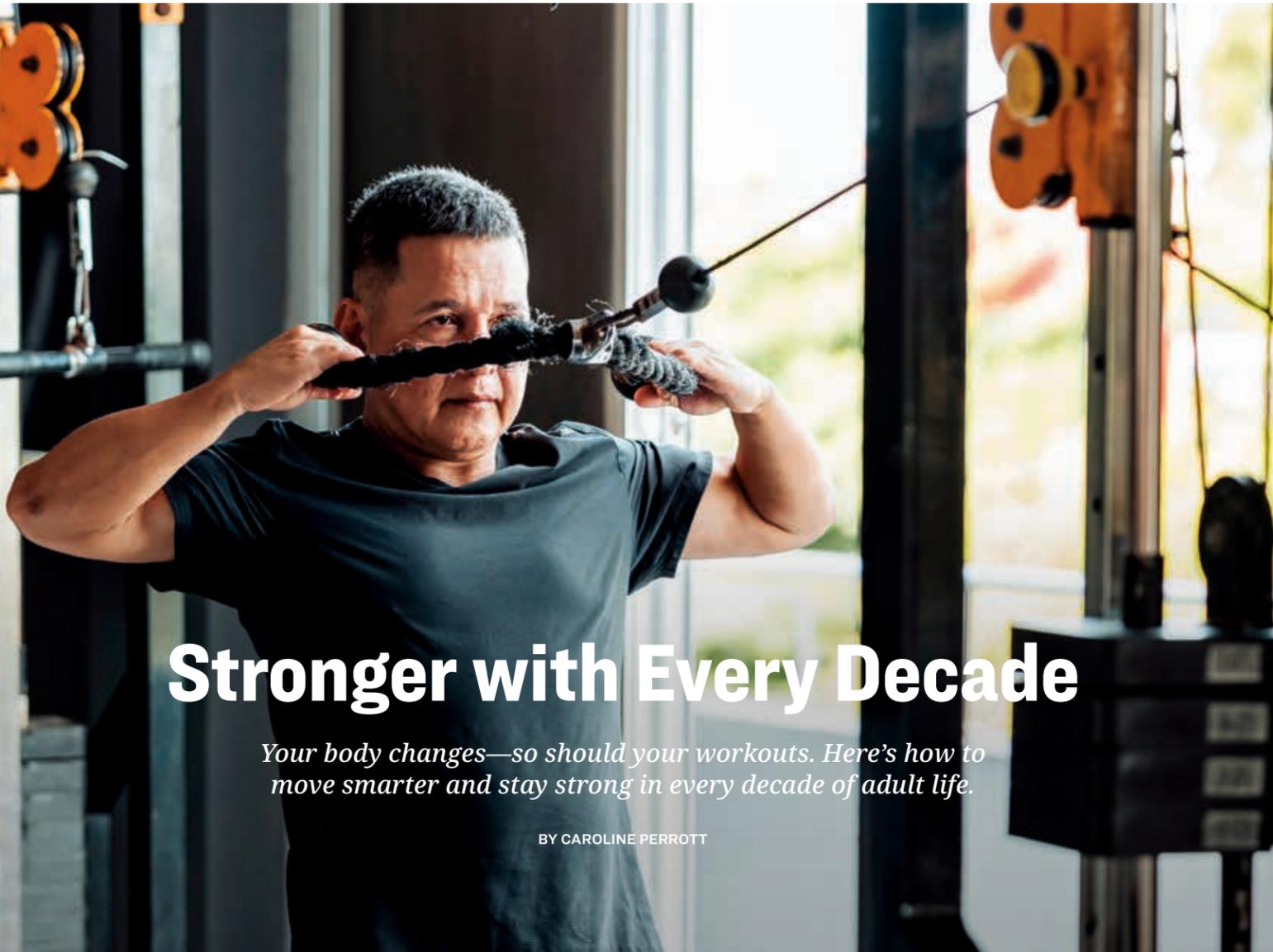
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## Stronger with Every Decade

*Your body changes—so should your workouts. Here's how to move smarter and stay strong in every decade of adult life.*

BY CAROLINE PERROTT

September is a season of fresh starts. The air gets crisper, routines settle back in, and there's a natural urge to regroup. For a healthy, well-balanced lifestyle, regular movement should always be part of your routine. But more and more research shows that the workout that worked for you five or ten years ago might not be what your body needs today.

As we age, our fitness priorities shift. What matters most in your 20s isn't the same as what your body craves in your 40s or 60s, and that's not a bad thing. In fact, tailoring your routine to match your stage of life is one of the smartest, most sustainable ways to stay strong and energized for

the long haul. Whether you're building a foundation, maintaining momentum, or focusing on mobility, this decade-by-decade guide breaks down what to prioritize so you can keep moving well at every age.

**In your 20s,** it's all about building a solid foundation. This is the time to focus on strength training, flexibility, and core stability. Establishing good movement patterns now can help prevent injury and set you up for long-term success.

**In your 30s,** staying consistent becomes more important than pushing harder. With work, family, and daily stress competing for energy, it's smart to focus on balanced workouts, mobility, and

injury prevention—without skipping strength and cardio.

**In your 40s,** maintaining muscle and metabolism moves to the top of the priority list. This is when muscle mass starts to naturally decline, so regular resistance training and short bursts of high-intensity movement (like interval training) can help keep your energy and strength up.

**In your 50s and beyond,** joint health, balance, and bone density become key factors in overall wellness. Low-impact exercises like walking, swimming, Pilates, and yoga can help maintain mobility, prevent falls, and support long-term independence.



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# Restoration Is Our Calling: The Heart & Healing Behind Nevaeh Med Spa

BY MARY BETH SOLIZ

There's a moment in life when everything breaks—and then slowly, by grace, begins to rebuild.

For me, that moment came after a season of deep personal loss, betrayal, and emotional exhaustion. As a mother, businesswoman, and woman of faith, I found myself searching not just for recovery, but for restoration—the kind that reaches into the soul and reminds you who you are in God's eyes. Nevaeh Med Spa was born from that place of healing. It is not just a business—it is the overflow of my journey back to wholeness.

I've spent over 15 years as an entrepreneur, coming from the Oil & Gas Industry where my father provided for us with a lifelong career in the industry. This led me to start a business of my own along with my husband. Together we led teams, built businesses, and walked through both success

and suffering. This created a lasting partnership for us that has filtered through it all.

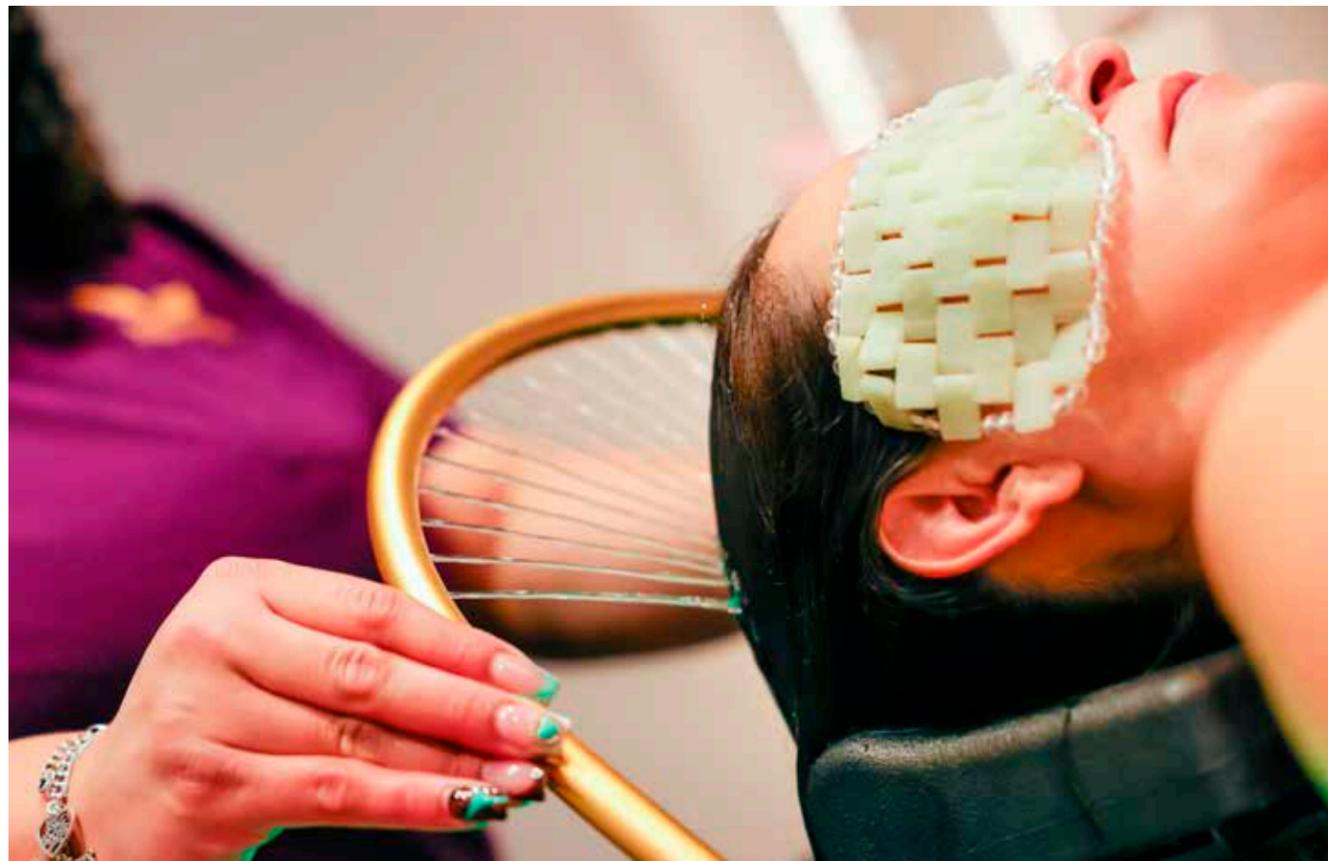
With his support and the support of my entire family, nothing compares to what it has meant to be able to create a space where people can breathe again. A space where they can lay down emotional weight, feel safe, and begin to see themselves differently. Nevaeh—Heaven spelled backward—was named intentionally. It's a reflection of the idea that sometimes, our greatest healing comes after we've walked through the hardest chapters.

Located in the heart of San Antonio, Nevaeh Med Spa is a faith-based, luxury spa that blends clinical excellence with spiritual purpose. We offer advanced facials, body treatments, IV hydration therapy, massage, vitamin injections, and more—but the core of what we offer is restoration.

We believe restoration is more than a service—it's a sacred exchange. Every guest who walks through our doors, whether they are seeking physical renewal or emotional support, is welcomed with love and treated with purpose. Men and women alike find healing here. Our clients come not just for beauty, but for peace. For quiet. For a reconnection with themselves and with God.

Our treatment rooms are infused with prayer. Our services are rooted in compassion. And our mission is simple: to be a refuge for the weary, the broken, and the overlooked. We've had clients walk in heavy and walk out changed—not because of a miracle product, but because someone saw them, listened to them, and treated them like they matter.

Nevaeh is also active in community outreach—from donating to local causes to supporting families in crisis. Our



calling to restore doesn't stop at the spa door. It extends to the city and the people we serve, because restoration, when real, always multiplies.

To the person who feels forgotten, the one silently battling inner storms, or simply someone seeking a place to feel whole again—you are welcome here.



Owner & Founder,  
Nevaeh Med Spa  
– San Antonio, TX



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**This year's official giving window begins at 6 PM on Wednesday, September 17 and ends at 6 PM on Thursday, September 18.**

However, early donations will be accepted starting **September 10, 2025.**

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As soon as I arrived at my rescuer’s house, I knew I’d made the right choice. I felt safe — and for the first time, I could truly relax. Now I spend my time purring, cuddling, and playing like the happy, affectionate boy I’ve always wanted to be.

### Here’s a little about me

#### AGE

3 years old

#### SIZE

A handsome 12-pound gentleman

#### HEALTH

Neutered, vaccinated, and healthy — I did test positive for FIV, but I have no symptoms and can live a long, normal life.

What I need now is a forever home where I can continue to be the sweet, loving companion I was meant to be.

### Interested in giving me a chance?

- Please contact [daagadoptions@gmail.com](mailto:daagadoptions@gmail.com) if you can adopt me into your heart and home.



# MEET JETTIE

Say cheeeese! I’m Jettie, and I promise I’m smiling extra big for the camera — darker-colored pups like me can be a little tricky to photograph, but trust me, I’m just as adorable (and maybe even more so!) in person.

My foster mom keeps asking, “How has this sweet, perfect girl not been adopted yet?” I’m wondering the same thing!



### Here’s a little about me

#### AGE

I’m a perfect 2 years old — young enough to still be playful, but old enough to know my manners. Total Goldilocks age.

#### SIZE

I’m 35 pounds of “smedium” goodness — not too big, not too small. Just right for couch cuddles without taking up the whole sofa.

#### BREED

I’m a black Shar-Pei (yep, autocorrect keeps trying to turn me into a Sharpie too). A unique and beautiful breed with a one-of-a-kind look.

#### PERSONALITY

Sweet, affectionate, and friendly! I play well with the resident dog in my foster home and have excellent house manners. Basically, I’m a dream.

#### FAVORITE ACTIVITY

Walks! I’m the ideal walking buddy — whether it’s a slow stroll or a nature-filled sniff-a-thon, I’m up for it.

And just wait until you see my signature squishy face — full of “oooohs” and “awwws” in real life. It’s even better in person!

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# Ancient Greece

## A Classic Neighborhood Brawl

BY DAN JOHNSTON, DOMINION RESIDENT

In our last few Dominion History Club meetings, we have discussed humankind from its origins in pre-history through the Stone Age to the first civilizations to the inception of early empires and the birth of three of the world's major religions. In September, we will broach a period perhaps more familiar to the general audience, that of ancient Greece. Who does not remember stories of the Greek mythological gods, or the Trojan War initiated by star-crossed lovers Paris and Helen, or the birth of democracy and Pericles, or the Persian Wars and Xerxes and the legendary 300 at Thermopylae, or the rival city-states of Athens and Sparta? All of this will be discussed in the next two meetings, but in this article, we will spend time with the political and military competition between those last two entities, Athens and Sparta, with emphasis on the unique culture of Sparta.

Independent city-states dominated Greek affairs for years in the centuries before Christ. The two principals of these city-states were Athens and Sparta. Athens was known as the shining center of Greek culture with lofty values such as individuality, beauty, and freedom. It is often referred to as the cradle of democracy. Sparta, in contrast, adopted a strong military government to intimidate its neighbors and maintain control over the largest slave population per capita in Greece. And, contrary to Athenian enlightened values, Sparta valued duty, strength, and discipline (as characterized by the quotation from the lips of Spartan citizens, "All Greeks know what is right, but only the Spartans do it"). It was inevitable that the clash of these two vastly different cultures would lead to a war between the two, the Peloponnesian War won by Sparta in 404 B.C.



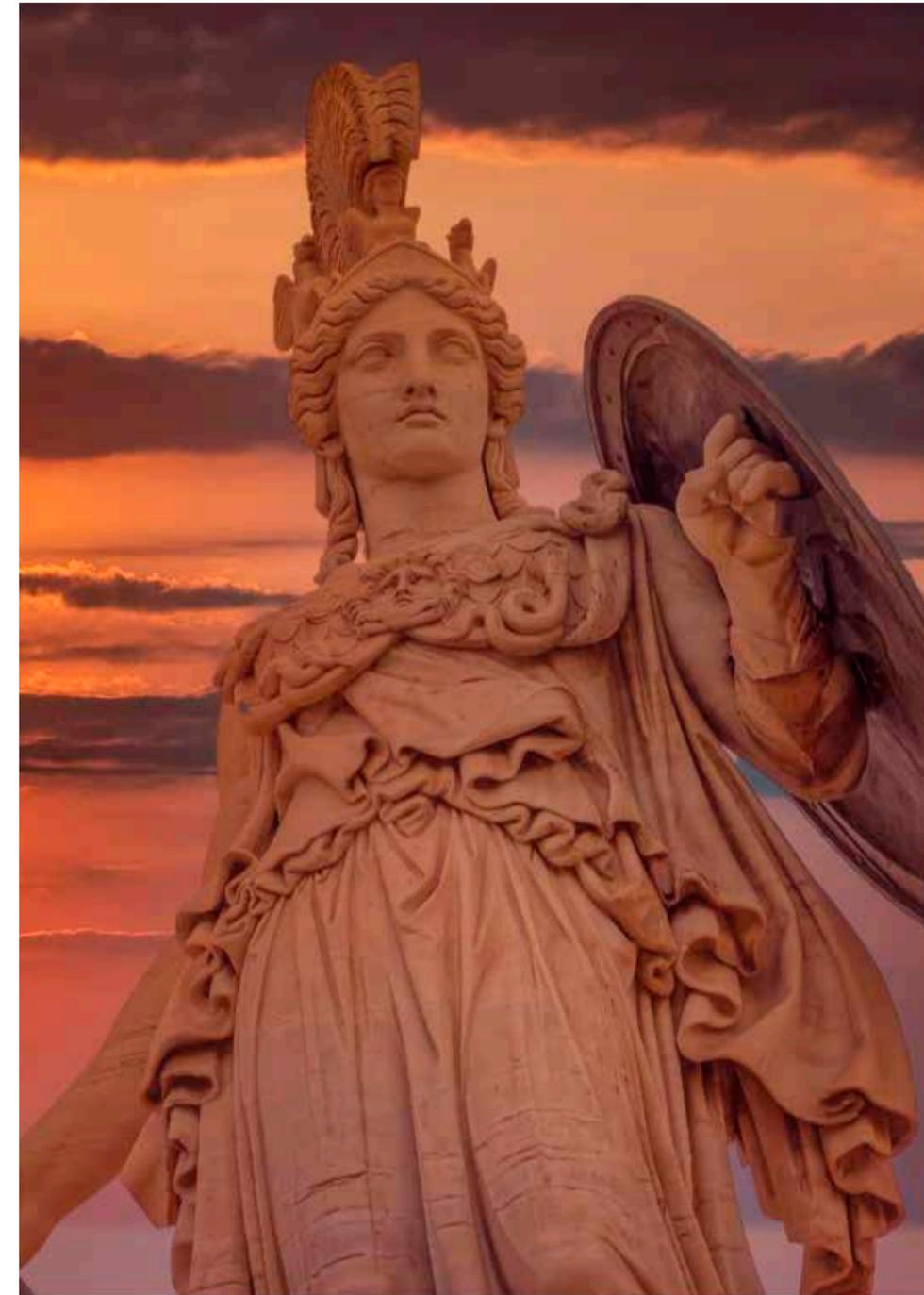
It is the austere and highly disciplined ("Spartan") culture of Sparta that now draws our attention. The entire population trained for war, with the males in service from age seven to 30 and eligible for recall to active service until age 60, a virtual lifetime commitment given the shortened life expectancy of the time. Women were expected to undertake vigorous physical training and practice with military weapons, including the sword and javelin. Children, valuable here as in all early cultures, were considered to be the property of the Spartan state. For the purpose of producing more children, bachelorhood was discouraged by not allowing bachelors to vote and by requiring them to march naked through the streets once a year while denouncing bachelorhood as a crime. Parents were required to bring their two-year-old infant before a jury of elders who would

examine it. If the child were stout and healthy, it would be allowed to survive and live to serve the state. If the child were infirm in any way, he or she would be left on a mountainside to die of exposure or be ravaged by wild animals. Sparta would not bear the expense of caring for the weak. Male children were nurtured by their parents until age seven when they entered into training for military service; thus, the quotation attributed to Spartan mothers when bidding their son farewell, "Come home with your shield or on it."

Upon entering training, the children were assigned to units under the command of soldiers who would offer them challenges designed to develop rock hard bodies, endurance to pain, incredible stamina, and perseverance in battle. They were not fed, but were instructed to steal their food. Failure in this endeavor was judged and punishment administered only if they were caught in the act. The legendary standard for this foraging process is the story of the boy who concealed a stolen fox under his tunic, stoically allowing it to tear out his bowels while he endured interrogation by his commander rather than admitting to the theft. The final test to pass into manhood for these boys was the act of successfully stealing cheese from the heavily guarded altar in the temple to Artemis. It is this incredibly disciplined and arduous upbringing that created a culture that offered two famous quotations at the fateful battle of Thermopylae.

On the morning of the day expected to be the last day of the encounter, the Spartan King Leonidas said, "Eat well, men, for tonight we dine in Hades." And when told of the opposition of thousands of Persian archers and the resultant cloud of arrows that would blot out the sun, a Spartan general further stated, "Good! Now we can fight in the shade."

Does anyone want to go back in time to Sparta? It will be easier on your constitution to just join us for our next History Club meeting on 11 September at the Dominion Country Club and talk about it. 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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