

juniper trails

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF CAUGHLIN RANCH

MARCH 2020

Meet Your Neighbor
**Judge Lynne
Simons**

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EVENT ON PAGE 6

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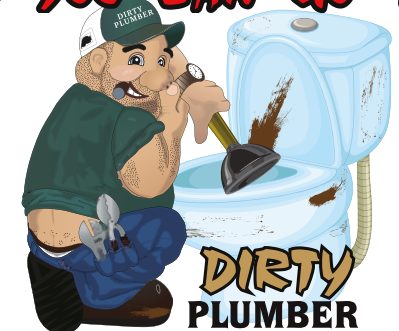
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SAVE THE DATE

local events

THURSDAY, MARCH 26

6 pm - 8 pm

**Let's help the SPCA of Northern Nevada and Canine Rehabilitation Center
Reno Jaguar Landrover**

Please join for an evening of mingling, food, wine and silent auction to help raise money for this worthy cause. Check out the latest Jaguar and Landrover models. **If you would like to donate to the silent auction or learn more, contact Laurie-Jo.pettijohn@n2pub.com.**

TUESDAY, MARCH 31

6 pm - 8 pm

**Juniper Trails Launch Party
Private Home in Caughlin Ranch**

Please join us for a wine tasting in celebration of the inaugural issue of *Juniper Trails*. **Space is limited. Please RSVP to allison.robinson@n2pub.com for address.**

THURSDAY, MAY 21

5 pm - 7 pm

**Celebrate National Home Remodeling Month
Ceramic Tile and Stone, corner of Gregg and McCarran**

Thinking of remodeling? Check out the latest in tile and stone, bathroom, kitchen, and flooring designs. Food and wine will be served **RSVP to allison.robinson@n2pub.com.**

SUNDAY JUNE 7TH

**Resident Beach Party at Mourelatos Lakeshore Resort,
Tahoe Vista, CA.**

you're invited

Celebrate Our First Issue! Wine-Tasting Launch Party

Please join us to celebrate our first issue of *Juniper Trails*!

When: Tuesday, March 31, 6-8 pm

Where: Private residence in Caughlin Ranch. Address will be provided upon RSVP

What: Launch party and wine-tasting social

Limited space available. Please RSVP to allison.robinson@n2pub.com or text 925-683-1520.



Welcome to JUNIPER TRAILS!

publisher's note

March was originally the first month of the year in the Roman calendar and named Martius, after Mars, the Roman God of War. There are still many cultures that celebrate the new year in March. March is also the first month of spring in the Northern Hemisphere. Lots of "firsts" in March, and thus it is apropos that our first issue of *Juniper Trails* starts with March.

This is the first publication for our neighborhood, which includes all the subdivisions of the Caughlin Ranch area: *Juniper Hill, Meadowgate, Woodchuck, Mountaingate, Eagle's Nest, PineBluff* and, of course, *Caughlin Ranch*. Some of us live in HOAs; others of us do not. This publication is a social newsletter, and it is designed to reflect the social activities and interests within the residents of the Caughlin Ranch subdivisions. We are not associated with any HOA; therefore we will not be the "voice" of your HOA, property manager, or developer. If you have questions regarding anything that involves your HOA, please contact them directly.

As friends and neighbors, this is where we can share stories and pictures and get to know each other a little better. Please read our "Get Involved" article and learn how you can participate in our monthly publication. Our mission is to bring your stories to life and share your experiences with our neighborhood community. Along with the magazine, we will host various free events to bring the community together socially -- free dinners out at top restaurants, salon reviews, golf tournaments throughout the year where you can come mingle, experience, learn, and enjoy. See our "Save the Dates" calendar for a list of upcoming events.

N2 Publishing is the leading provider of specialty publications for residents of exclusive communities across the nation. Our objective is to turn neighborhoods into communities with our monthly neighborhood magazines. Locally, we produce magazines for Arrow Creek, Lakeridge, Montreux, Red Hawk, and Sierra Canyon.

This publication is being provided free of charge to you as a homeowner, as the cost of producing, printing, and mailing each newsletter is covered by the advertising partners that you see in each issue. We try our best to screen our advertisers to ensure that they can provide the types of services that you may need or want as a homeowner. If you currently utilize a business that does excellent work, please let us know as they may want to reach out to your neighbors as well. Also, if you own or run a business and would like information on reaching your neighbors each month, contact me for advertising information or to simply list your business for free in the Resident Business Guide.

I'd like to personally thank all of our business sponsors who partnered with us making the magazine free to all residents, as well as the many residents who contributed to the first issue. Just know that *Juniper Trails* would not exist without you!

I look forward to meeting each of you at our upcoming neighborhood events!



Allison Robinson

We are also launching a neighborhood website, **Junipertrails.life**, look for that soon!

We would love to hear from you; don't be bashful!

Allison Robinson

Caughlin Ranch resident

Publisher/owner

Juniper Trails

allison.robinson@n2pub.com

TYPES OF ARTICLES

you will see in **this publication**



Caughlin Sunset by resident **Diana McNeill**

GET INVOLVED

Since this magazine is about you and your neighbors, we want and need your involvement. Please take a few minutes to get acquainted with the types of articles we normally include in the publication. If you have any other article or story suggestions, please email me. If you or a family member would like to be featured for any of the stories, just email me at allison.robinson@n2pub.com, and I will send you the simple details of submitting the information.

Pictures – We love pictures! Parties, graduations, family events, kids playing, holiday gatherings and more! One of the best parts of your new newsletter is the involvement of residents. Pictures are an easy way to help support the look of the newsletter as well as bring smiles to your fellow residents. Digital photographs with high-quality capability are the way to go here -- the more pixels, the better! Simply send an attachment of the pictures in an email to **allison.robinson@n2pub.com**.

Neighborhood News – Any activity going on in the neighborhood or the surrounding area, such as parades, block parties, barbecues, neighborhood clean-ups, school picnics, fundraisers, pool parties or golf events. We want to let you know what is going on and what has happened with these social events!

Business Beat – This is a popular section where we highlight you as a business owner. Yes, you must be a resident of the neighborhood. It is an opportunity to let your neighborhood know the specifics of what you do and services you can offer, as well as a background of who you are and where you are from.

Kids To Kids – Make your kid the rock star of the neighborhood, as we profile a junior member of the community each month.

Family Spotlight – This is where we get to spotlight one of the neighborhood families each month. Have you always wished you knew your neighbors better? Well, here is a great way to get to know them. Each family is able to tell us whatever they would like, but some popular questions to answer include: *How long have you lived in the neighborhood? Where is your hometown? What's your education? What are your hobbies and interests? What is your career?*

Precious Pets – Here is an award winner! If you have a pet and want them to be famous, just get them in the “Precious Pets” section. Pets are our pride and joy, so let us know who they, and you, are! Past famous animals have been turtles, rabbits, birds, horses, dogs, cats, a pig and much more, so have fun with this one.

Resident Recipe – This is where you can let some of your cooking secrets out to the public! All that is required are the ingredients and preparation advice, but a photo is always nice, too! This really spices things up a bit from the ordinary mac and cheese.

Yard of the Month – If you have an outstanding yard or garden or know a neighbor who does, we want to know about it. All you have to do is snap a

picture and email it to us. Please include names and the address, so we can give you the proper credit for all your hard work.

Athlete Spotlight – Whether you are 4 or 40, a ballerina or a football player, this section is for you! Sports are a big part of most people's lives, and we would like to highlight some great athletes from the neighborhood.

New Arrivals – This is a new section designed to welcome new babies into the neighborhood, as well as congratulate those proud parents. Please include basic birth information along with those precious baby photos!

Kids' Corner – Send in your child's poem or artwork! Our goal is to help our neighborhood have the best newsletter possible. We always keep your needs in mind, so if you know of anyone, or if you want to fill one of these articles yourself, just make sure you let us know. We are also looking for aspiring young writers and photographers. It's a great opportunity for our younger residents to get published and build their resume!

Living Spaces – If you have decorated a room in your house and would like to showcase it with the neighbors, please let us know!

Recognize Your Kids – Parents, do you want another way to recognize or congratulate your kids about any sport, academic, or other activity/achievement? Use your newsletter. This should include pictures along with what they achieved. Examples include black belt, honor roll, straight As, scholarships, state champs, volunteer work, graduation, music, theater, or just simply wishing them a happy birthday.

Travel Tales – If you or anyone you know has gone on a vacation and would like to share their experiences, then this is the place to be. This gives your friends and neighbors the chance to feel your experience and see if it would be a good fit for their own vacation! Pictures can be included, as well.

Making A Difference – We want to recognize the hardworking volunteers of the neighborhood. This is a chance to let others know about your passion for an organization. Giving back to the community is a big deal and we want to recognize you for it!



If you would like to submit an article for consideration, please email allison.robinson@n2pub.com.



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Mark and Lynne Simons



Lynne Simons with her mother Honor Jones

here comes the JUDGE



The Simons family

Lynne Simons Balances the Scales of Life as Wife, Mother, and District Court Judge

The 8-year-old little girl was fascinated by her grandfather’s job: justice of the peace. She visited her grandparents often in the summer-time at their home in Carson Valley. She thrived on horse rides and watching her Papa in court.

“Come, Miss Lynne,” said her grandfather, and she and her cousin followed their papa to a jail cell. “Go in... check it out,” he offered. The curious kids took their papa’s invitation, only to be startled when he slammed the door shut on them!

Her grandfather said, “You live your life so you never end up here!” The little girl contemplated her present circumstances. “Miss Lynne, you have a quizzical look on your face; what are you thinking?” asked her grandfather.

“Papa, I am thinking about the people I might have to put here one day.” responded the little girl.

Judge Lynne Simons recounts this as her earliest memory of wanting to become a judge. The seeds were planted from her summer visits with her grandfather, a Douglas County Justice of the Peace. Today, Judge Simons as a district court judge and vice chief in the second judicial district court of Nevada here in Washoe County.

She comes from a long line of strong women, the fourth generation from one of the oldest families in Northern Nevada, the Settelmeyers. Following in her grandmother’s footsteps, she attended Stanford University as an undergrad. After working in the athletic department at Stanford, she decided sports law was where she wanted to land and went on to Pepperdine University School of Law, which had a strong sports law program at the time. After spending her summers as a law clerk here in Reno, she decided litigation was where her immediate interest lay, and her desire of becoming a judge was reaffirmed.

meet your neighbors

information provided by resident **Lynne Simons**.
Photos provided by **Lynne Simons and Diana McNeill**

She practiced civil law for over 18 years, served as a court master for three years, and enjoyed working as a private mediator for seven years. She is presently finishing up her first term as a Washoe County District Judge. In 2021, she will start a second term. Not surprising that the women who have given her inspiration include not only her Stanford educated grandmother but also Ayn Rand, Sandra Day O’Connor, Princess Diana, and Margaret Thatcher. “I respect women who have passion. Strong women. It’s in my blood,” she comments.

Justice and fairness are her core beliefs, and if the color of justice is blue, then Judge Simons’ blood is battle born Nevada blue. “I have a genuine passion for fairness. It is really important to me that people are heard and get their day in court, whether it is a big or smaller case. You tend to hear about the bigger cases, but every person’s case is important. I am driven to be well-prepared and treat all court participants with respect. I feel an obligation to our community to give people a true opportunity to be heard. “ She speaks in a tone of genuine conviction.

Her first job was with Woodburn & Wedge, the oldest law firm in Nevada, founded in 1918. She became not only the youngest associate to promote to partner, but at that time, only the second woman to become a partner in the history of the firm. During her career, she practiced all sorts of civil law, including civil, environmental, probate and trust litigation, family law and business law.

She recounts, “One time when I was an associate, I was working on a divorce case involving a significant property issue. We represented the husband, and we prevailed. He was a little mentally unbalanced, and he did not understand we had prevailed, and he threatened me and told me he was going to come to find me. I lived by myself at the time; he said he would be my worst nightmare.” As a result, the firm took her name off the lobby kiosk, which listed where her office was located in the building. She continues, “I went to the senior partner who called his classmate from Duke who had referred the client, and the attorney said, ‘Oh yeah, I keep a gun in my desk because of that guy.’ I made the choice at that moment not to pursue a career in family law.”

One of her most interesting cases was representing a client in the gold mining industry. She explains, “I was able to go to the mine with my partner, and I was the only woman out there climbing up a three-story-high mining apparatus. I learned all about gold mining, which was fascinating.” Simons is clearly a lifelong student, and it’s her enjoyment of learning and doing the research that keeps her engaged in her career. In an earnest tone, she states, “I have a passion for knowledge, and I always make sure I do the work and am well-prepared for each case.”

About the court, she explains she handles both civil and criminal dockets. “Juries are there for trials, but not for hearings, which are typically before the judge only. There are 12 jurors for criminal cases and eight jurors for civil cases. Sentencing is a province of the court except for murder cases, wherein cer-

tain instances the jury or judge will sentence. Right now, I am preparing for a civil case starting Monday, where the jury will determine the facts. I will instruct them on the law they need to apply, then they reach a verdict.”

It’s important to her that when she renders a decision, she backs it up with clear reasoning and explanation. “I want to make sure both sides understand how I reached my decision not just ‘This is my decision’.” When asked if her rulings have ever been appealed, she says matter of factly, “Yes. I have been fortunate to have many more affirmances than reversals. I have rendered decisions I knew were close calls but decided to make the decision in the way I did because if the case was appealed and ruled upon by the Supreme Court, Nevada’s body of case law would be enhanced.” Sometimes you have to have the guts to let it go up (to the Supreme Court).”

She continues, “As a result of a decision I made on a motion in a murder case, there has been a significant change in the information provided to defense attorneys regarding juries. I felt very strongly about what I perceived as a disparity. I wrote the decision and the Supreme Court agreed.” I work hard to rule with intellectual honesty and improve our system. Her work has been noticed by Governor Sisolak, who recently appointed her to serve on an appellate panel for the Nevada Supreme Court.

What’s a typical day in the life of this district court judge? A blend of civil and criminal cases, often 21 hearings with as many as 10 sentencings on a docket. The mornings start early and end late for her and her husband, as they enjoy a robust life with four kids, three dogs, two cats, and a panoply of homework and projects to assist with and sporting events to attend. Her oldest daughter is Katrina, a college sophomore at UCLA, Elissa is a high school sophomore, and twin boys, Max and Nick, are sixth-graders. Her day includes “hanging out” with her husband and partner in life, Mark Simons, and their kids. Mark is also an attorney and partner in his own firm: Simons, Hall & Johnston. They have been married for 20 years and together for nearly 25 years. She has a sparkle in her eye as she talks about her family and husband: “I really enjoy spending time with Mark, just sitting and talking with him.” Family and home life provide her with her greatest joy. “ I love cooking and gardening, camping, especially cooking while camping.”

Mark nearly lost his opportunity with Lynne. The two had been dating for quite sometime after meeting while working on the Sparks Tank Farm litigation. Lynne was ready to have a family but could see Mark was happily ensconced in dating mode. One evening, he asked her how her day was and what she did. She replied, matter-of-factly, “I bought a house.” He said, “You did what?” She explained to him that she wanted a traditional family, and she was moving on with her life and understood he was not ready but was happy to remain friends. Shortly thereafter, he popped the question, and the two were married in the backyard of her new home. While on their honeymoon, at age 38, their oldest daughter was conceived.

...

Lynne's extended and immediate family have historically been very active in our community. The primary fundraiser for Step 2, a local organization that helps women with addictions who have come from difficult circumstances get on their feet, was the brainchild of her mother's. Her brother, Max, an extreme athlete who lives in Incline Village, has been very involved in building the Tahoe Rim Trail. While Lynne herself has served on many different boards, including Step 2, over the years, her current project is volunteering for *We The People*, a competitive high school program where students participate in mock congressional hearings about the Constitution and have the opportunity to

display their knowledge in local, state, and national competitions. This year, both Judge Simons and her husband Mark judged the district and state finals at which three Washoe County schools: Reno High (her alma mater), Incline High, and Reed High (Mark's alma mater) competed.

Giving time back to the community is important to her and her family. She encourages her children to give back to our community through service hours and good deeds.

So, what's next for this legal eagle? Starting a community garden on an empty lot she and her husband own near Mt. Rose School. "Anyone can plant and work there," she explains. This spring, she hopes to start working the project in-between baseball and soccer practices and being a mom. And her future dreams? "My number one item on my bucket list is to volunteer at an elephant refuge in Africa. I love animals."



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MEET THE *Kellys*

sponsor spotlight

By Janelle Stathes

Your smile. It is the physical representation of your heart being filled, your soul being lifted, or your belly aching from laughter. Your smile serves as a gateway to those around you and is often contagious, encouraging others to join in your happiness. Doctors David and Kristin Kelly at Blue Water Dental Care have made your smile their business.

Both Kristin and David grew up in Michigan and met on their first day at the University of Michigan School of Dentistry in Ann Arbor. While the focus was on school, they couldn't deny the chemistry between them, and romance ensued. They both graduated in the top 25% of their class, and the University of Michigan's School of Dentistry was ranked number one in the world the year they graduated. Coincidence? I think not.

Following graduation, Drs. Kristin and David moved to Klamath Falls in Oregon doing community health dentistry, working with the underserved populations of the area. They would travel to Reno frequently for recreation and fell in love with the community. When the opportunity to purchase a practice of their own was presented, they jumped. The decision was easy considering the active couple's passions for skiing and biking and their high opinion regarding the people and community.

They purchased their practice from Dr. Bob France who had practiced for 45 years and would settle for nothing but the best hands to pass along his patients



to. Every single staff member stayed on for the transition, and Blue Water Dental Care now has over 100 years of combined experience in dentistry.

David and Kristin both chose dentistry for reasons far beyond those of a steady paycheck. David comes from a family with a medical background. He went on a mission to Honduras in his younger years helping those with medical needs. Of all of the doctors on the trip, he noticed that the line for the dentist was consistently the longest, so he began assisting the dentist for the majority of the trip. He took note of how deeply the dentist impacted lives as oral-facial pain was relieved and smiles were improved.

Kristin chose dentistry because she herself was a deeply impacted patient. She was required to have a lot of dentistry work completed when she was a teenager, resulting in several dental surgeries. She has experienced and overcome a wide array of dental procedures herself, so she was inspired to go into the field and serve others the way that she was helped during her youth.

Both Kristin and David are committed to being the very best. They both emphasize quality over quantity in regard to their patients. Their schedule reflects adequate time for each patient in order to truly understand needs and address exactly what the patient wants. In a field typically associated with pain and swift interactions, this is refreshing.

In addition to the high quality of care Drs. David and Kristin are dedicated to, ongoing education and advancements throughout the office enhance the overall experience they aim to achieve for their patients. The office is located in a converted home on South Arlington Avenue. The environment is comfortable, not sterile or smelling of dental equipment. A lobby with a tea and coffee bar welcomes those awaiting their appointment, along with friendly faces.

A few features provided by Blue Water Dental Care include (but are not limited to) Invisalign, use of Botox or dermal fillers for muscular pain management, utilizing digital models for impressions

versus goopy plaster, and, most impressively, their own in-house dental savings plan to help those who don't have dental insurance.

This plan "is designed to provide affordability and greater access to quality dental care" in order to suit the needs of their patients. Plans are available for patients with and without a history of dental needs, and there's even a savings plan for children age 12 and under. This plan is a testament to the devotion both Kristin and David have to the quality of care that each of their patients deserves and their work to ensure they can help as many smiles as they can.

When asked for a tip to share with the readers of the Juniper Trails community, the doctors discussed information avoiding using your teeth as tools! Say the doctors, "Teeth are not designed to open bottles or tear plastic packaging and can easily fracture or chip when used in those manners. It may be tempting to skip grabbing the scissors, but keep in mind that a broken tooth could cause severe pain or an unsightly fracture." Additionally, it could lead to a great deal of time in the dental chair, so ultimately it's just not worth it to rip something open with those choppers. Save your smile and grab the scissors!

Doctors David and Kristin Kelly have a deep love for life, adventure, and positivity, which is evident as soon as you enter the office. They are passionate about their practice and our community, and it shows. They welcome you to contact the office and learn how they can serve you and your smile. You can learn more about Blue Water Dental Care at bluewaterdentalcare.com or call the office at 775-329-8622.



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business beat

By resident business owner **Michelle Kitchen**



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Meet Michelle Kitchen, neighborhood resident and owner/baker extraordinaire!

"Originally, I am from a small town outside of Pittsburgh, Pennsylvania called Oil City. I have lived in Reno for about the past 10 years or so. I officially started Custom Cakes by Kitchen in 2014, though at the time I was working out of my own kitchen at home. I am professionally trained by Sonny Robinson out of Las Vegas in the art of cake decorating. The biggest challenge of having my own business is advertising with positive word--mouth opposed to spending money on advertisements. 'Cake is Money' is my personal motto and inspiration to work as hard as it takes. My favorite cake is our signature CCK. It has berries whipped into the buttercream icing overtop vanilla cake!"

"I have a Morkie, named Mikey, and a Yorkie named Marvin. My life ambition is to be comfortable enough financially to only need to worry about family and travel. My dream is to be the new Mrs. Fields of cake, having my original recipes in markets across America. It is my personal goal to service Reno with the best-tasting and -looking cakes Reno has to offer!"

Give Michelle's cake a try and pick up a slice or order for delivery through Door Dash or Grub Hub!



If you are a resident business owner and would like to be featured, please contact allison.robinson@n2pub.com.

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MY ACHING BACK!

SIX POINTS OF BACK PAIN

a better you

By resident Dr. Danielle Litoff.



Don't ignore it: Back pain is real! Closing your eyes will not make the pain disappear. I have worked with a lot of clients over the years who have suffered from back pain. Here is what I have learned:

Try journaling: When the pain occurs, make a note to help identify patterns and eventually solutions. Identifying the positions that cause pain opens the door to finding ways to change it.

Find positions that make it feel better: What positions ease the pain? Standing up, walking, stretching? If you can find a position of comfort, get into that position more frequently throughout the day. Use these positions often to decrease inflammation and speed the healing process.

Sit with support: Put a towel roll under your "sit" bones and behind the curve of your lower back. The towels support the natural curves of your spine, preventing the muscles from overworking. Make sure that your feet are on the ground or on a small step stool, not dangling.

Sleep: Sleep is important for healing. Just like with sitting, the back needs to be supported and you may need similar support while sleeping. Two positions to try: on your side with a large body pillow or a king pillow between the knees and hug another pillow to your chest. Or on your back with a large pillow under your knees and thighs. When the body can rest with support, often, the inflammatory process is mitigated.

Stretch and strengthen: Back pain is often caused by structures that are abnormally tight. Stretching these areas decreases the pain but doesn't address why the muscle was tight. It's likely that the area is overworked because it's compensating for another area that isn't functioning properly.

When to ask for help: If your pain doesn't improve in 5-10 days, it could be mechanical in nature. This means it may need a physical therapist (PT) who can use their hands to move the muscles and joints to reestablish the pain-free movement pattern. Once the problems are identified, manual techniques such as muscle and joint work are used to alleviate the painful motions.

You can learn more by viewing our video library at battlebornhealth.com.



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LET'S TALK TODAY





Join Resident Marilyn YORK

in Guiding Women From Poverty to Opportunity

making a difference

By information provided by resident Marilyn York.



You may know Marilyn York from her edgy, if not provocative, TV commercials. She has faced numerous personal attacks while making a career fighting for men's rights in divorce cases. However, what most people don't realize is Marilyn's commitment to helping those less fortunate. She sits as president on the board of Nevada Youth Empowerment Project and has been actively involved with the organization for the last nine years. Marilyn carefully chose her career because of her passion for families, children, and relationships.

Despite her emphasis on male clientele, Marilyn has deep compassion for women and children in need. Finding NYEP was the perfect outlet to channel her compassion and energy toward helping female youth who need assistance to transition into self-sufficiency. Marilyn is presently facilitating a pass-through donation program, whereby \$50 from each new client consultation fee is donated to NYEP. This pass-through donation program generated \$1,500 for NYEP in its first two months! She looks forward to continuing to support this charity and is so grateful to her clients for their generous pass-through donations.

Monica DuPea is the founder of NYEP. "At NYEP, we've recognized that the number of homeless, parentless, undereducated youth continues to rise at an extreme rate. We've developed a community living program -- we call it the CLP -- to give stability, guidance, and support to young women who have shown they are willing and motivated to create meaningful lives for themselves." Thank you Marilyn York for making a difference in our community!

To learn more about NYEP, please visit <http://nyep.org>.



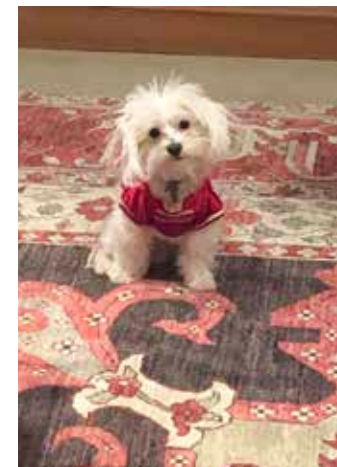
If you know a resident who is making a difference in our community, please contact allison.robinson@n2pub.com.



Best Friends

precious pets
By Rena Zatica.

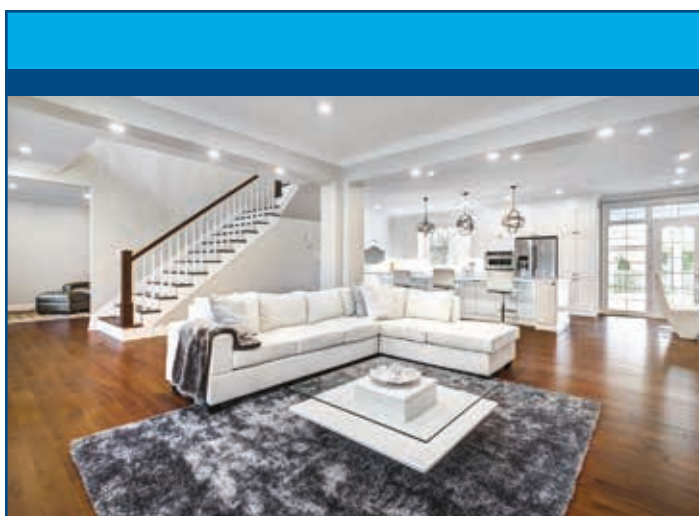
meet TINY *and* TEDDY



Meet best buddies Tiny and Teddy. Tiny is a 13-year-old Shih Tzu, and Teddy his her annoying 20-month-old Maltese sidekick, but his cute face makes up for all his antics! Tiny came to me during a period in my life when I was very ill. She kept me going and kept my spirits up. Teddy moved in next door 18 months ago, and the two have play dates regularly. Teddy is a mischief-maker, and he keeps Tiny young!



If you have a precious pet you would like share, please submit a story and photos for consideration to allison.robinson@n2pub.com.



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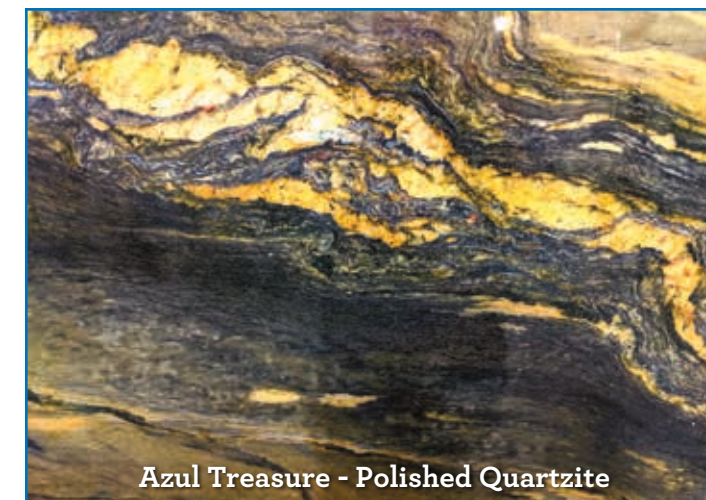
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My Favorite Cinnamon Rolls

resident recipe

Provided by resident Lynne Simons

Cinnamon Roll Dough:

- 4 large egg yolks, room temperature
- 1 large whole egg, room temperature
- 2 ounces sugar, approximately ¼ cup
- 3 ounces unsalted butter, melted, approximately 6 tablespoons
- 6 ounces buttermilk, room temperature
- 20 ounces all-purpose flour, approximately 4 cups, plus additional for dusting
- 1 package instant dry yeast, approximately 2 ¼ teaspoons
- 1 ¼ teaspoons salt
- Vegetable oil or cooking spray

Filling:

- 5 ¼ ounces, light brown sugar, packed, approximately 1 cup
- 3/8 ounces, ground cinnamon, approximately 1 ½ tablespoons
- Pinch salt
- 4 ounces, unsalted butter, softened, approximately 1 stick

Icing:

- 3 ounces cream cheese, softened, approximately ¼ cup
- 1 ½ ounces, heavy cream, approximately 3 tablespoons
- 5 ½ ounces powdered sugar, approximately 1 ½ cups

~~~

**For the dough:** In a stand mixer bowl with the flat blade attachment, whisk the egg yolks and whole egg. Add the sugar, butter, and buttermilk. Add approximately 2 cups of the flour along with the yeast and salt. Whisk until moistened and combined. Remove the blade and replace with a dough hook. Add all but about ½ cup of the remaining flour and knead on low speed for 5 minutes. Check the consistency of the dough. It should feel soft and moist but not sticky. Add a bit more flour if sticky. Knead on low speed 5 minutes more or until

the dough clears the sides of the bowl. Turn the dough out onto a lightly floured work surface. Heat oven to 150 degrees. Then turn off oven. Shape the dough by hand into a lovely ball. Lightly oil a large bowl. Transfer the dough to the bowl; lightly oil the top of the dough; cover and place in slightly warm oven. Let rise and double in volume, approximately 2 to 2 ½ hours.

**For the filling:** Combine the brown sugar, cinnamon, butter and salt in a medium bowl. Mix until well incorporated. Set aside until ready to use.

**Butter** a 9 by 13-inch glass backing dish.

**Turn** the dough out onto a lightly floured work surface. Gently shape the dough into a rectangle with the long side nearest you. Roll into an 18 by 12-inch rectangle. Spread the filling mixture onto the dough, leaving a ½-inch border along the top edge.

**Beginning** with the long edge nearest you, roll the dough into a tight cylinder. Firmly pinch the seam to seal and turn the cylinder seam side down. Gently squeeze the cylinder to create an even thickness.

**Using** a serrated knife, slice the cylinder into 1 ½-inch rolls, yielding 12 rolls. Arrange the rolls in the baking dish.

**If you are cooking immediately,** cover a let rise in a warm place for about 30 minutes.

**If you are cooking the next morning,** cover tightly with plastic wrap and store in the refrigerator overnight or up to 16 hours. Remove the rolls from the refrigerator and place in a warm place to rise for about 45 minutes or so.

**Pre-heat oven** to 350 degrees.

**When** the oven is ready, place the rolls on the middle rack and bake until golden brown, about 30 minutes or until the internal temperature reaches 190 degrees F.

**While the rolls are cooling** slightly, make the icing by whisking the cream cheese in the bowl of a stand mixer until creamy. Add the cream and whisk until combined. Sift in the powdered sugar and whisk until smooth. Spread over the rolls and serve immediately.

~~~

I originally received this recipe from Barbara Mills of Back of the House cooking school and made little changes over the years. I love to make multiple batches to deliver to friends on holidays while keeping one batch for our family. I start them baking, enjoy the lovely cinnamon aroma, and then wake up the kids! Enjoy.

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