



CLARKSON VALLEY

THE OFFICIAL PUBLICATION FOR
THE RESIDENTS OF CLARKSON VALLEY

April 2018

Living

Meet Your Neighbors **THE RUSCITTI FAMILY**

Photographs Taken By
Kim Eichelberger
Of Eichelberger Photography

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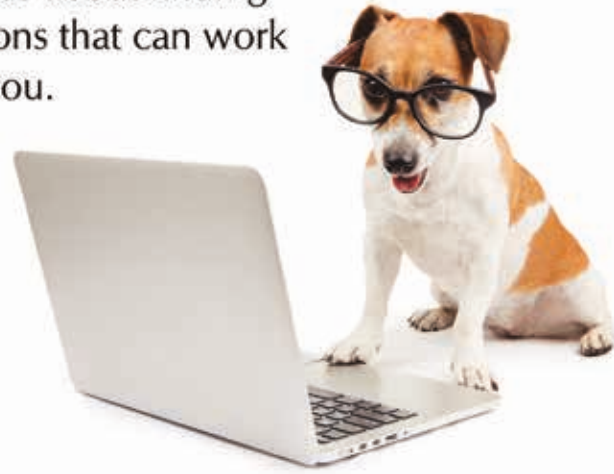
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CLARKSON VALLEY City Officials

For More Info please go to www.clarksonvalley.org/cityOfficials.html

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This newsletter should be considered "unofficial communication" and does not necessarily reflect the official position of the City of Clarkson Valley. An official position of the City shall only be communicated in letter form using City letterhead.



www.n2pub.com

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- 911** Fire, Ambulance, Police Emergency
- 636-529-8220** Emergency (Out Of Town - Alarm Systems)
- 811** Call Before You Dig
- 800-552-7583** Gas Emergency/Odor
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- 866-430-0820** Missouri American Water
- 314-768-6260** Metropolitan Sewer District
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Clarkson Valley Living's Trusted Vendor List

"If a business is listed here, we have met with each owner face-to-face and determined that they are a great fit as a partner in the publication and for the community." ~ Deanna Ley, your CVL publisher



This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring your Clarkson Valley Living newsletter.

These local businesses are proud to partner with you and make this newsletter possible. Please support these businesses and thank them for supporting Clarkson Valley!

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AcceleratedWealth-STL.com



Stay In The Know!

YOU'RE INVITED TO A NEIGHBOR NIGHT OUT AT THE AR WORKSHOP

Please join us on Tuesday, June 5th at 6:30 for a fun time at the new AR Workshop (135 Chesterfield Industrial Blvd, Chesterfield, MO 63005) for a palette decorating class. More details will be emailed a month before the event - look for your EVITE in your inbox! RSVP to Deanna at Deanna.Ley@N2Pub.com.



THE GRADUATE ISSUE IS COMING!

Our July "All About The Grads" issue is not that far away! We are already starting to reach out to graduating seniors so we can make sure we have all of their information and photos to include in it. Please reach out to Deanna at Deanna.Ley@N2Pub.com if you have a graduating high school senior or know of one who lives in Clarkson Valley.

HOW OUR CVL BUSINESS PARTNERS ARE CHOSEN

Did you know that each *Clarkson Valley Living* business partner is hand-selected to help sponsor the publication? Not every business qualifies to be in the publication -- in fact, consider me your gatekeeper! I only put in businesses that offer great customer service, stand behind their work and promise to do right by you, the residents of Clarkson Valley. I am blessed to call a lot of our partners my friends, too - they are just "good people." Also, the fact that numerous resident-owned businesses show their support by being in the publication is by far our biggest compliment.



ARE YOU ON OUR EMAIL LIST?

If you haven't received any invites to our cool CVL events, it probably means you aren't on our email list. We don't give your email address to third parties and we don't spam those on it - we only use email addresses to send out invites to our events and updates pertaining to the publication itself.



WE'RE ON INSTAGRAM!

Take a break from reading this fantastic issue and make sure to follow us on Instagram - [Clarkson_Valley_Living](#) - We post a lot of fun "extras" on there ...

and it may be the first place you will see an invite to an event, too! Also, make sure to tag [#ClarksonValleyLiving](#) or [#CVL](#) in your own posts and you may win a gift card to Walnut Grill!



WE HAVE A FACEBOOK GROUP!

When you are taking a sec to follow us on Instagram, please join our Facebook group, too! You can find us at www.facebook.com/groups/ClarksonValleyLiving

ARE YOU A BUSINESS OWNER?

If so, you're invited to come network with us! Chris and I have started a weekly networking group through Networking Today International. We meet every Tuesday morning at Walnut Grill from 8:30-10 a.m. **Like** our page on Facebook to stay up-to-date on all the group's happenings - www.facebook.com/NtiEllisville

RAVE REVIEWS

We'd LOVE to hear about any experiences you've had with our *Clarkson Valley Living* business partners. They have committed to support the publication and your community (most for 36 issues) and to be able to spotlight the great work they are doing for you would go a long way in helping them build their word-of-mouth in the city. Please email me your **Rave Review** if you have used any of our partners.



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IT'S SPRING!



The out-of-doors beckons. When does the swimming pool open? It's time to dust of the Bar-B-Que, clean the lawn furniture, restore the deck and, oh yes, make the lawn look beautiful again. I'm sure most of you are into this already. As we watch the landscapes come to life, flowers, budding trees, squirrels and other critters running to and fro, we realize one of the reasons we live in this City (neighborhood) is the beauty of our surroundings. Add that to good neighbors, excellent Police protection and 'voila' - a great place to call home.

A few safety reminders for all of us is this month's Corner: There are City ordinances to help sustain many of these characteristics. For example, the requirement for residential lots of a minimum of one acre, giving you the opportunity to enhance your own surroundings. What about everyday appearances. There are ordinances directed toward the outward appearance of our homes and streets, including safety provisions. Sign regulations are an important part.

Many of us will have a garage sale/estate sale this year - what are the regulations? Why does the City care? ...The second question first; we care for two reasons: 1) the most important is safety, and 2) maintaining a clean and attractive neighborhood.

First safety, you will need a permit for the sale. There is no charge - with the permit, the police are alerted to the activity and the possible additional traffic. When you receive your permit, we will explain the need for signs, give you temporary "no parking" signs to be placed across the street from your residence with specifics about placement, removal, etc. If your subdivision wishes to have a subdivision garage sale, we have provisions for that, too.



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mayor's corner

Talking about safety on our streets - speed limits are posted (sidebar: if you are having problems with speeders, talk to us and your Trustees and our police will address it). Over the last several years, an increase in types of vehicles on the street has occurred. Most of these vehicles can best be described as 'Golf Carts'. They are designed for off-highway use and modified to accommodate more than two passengers. City ordinances require the operator to have a valid Missouri driver's license. This requirement is based on historical use of these vehicles and our police's recommendation.

Other safety tips: Don't forget, when you are out taking your walk with Fido or not - walk on the left side of the road, facing traffic. We still see people walking at dusk or even after dark in dark clothes. If you are walking late, be sure you wear white clothing or better-still... reflective clothing or reflective strips.

Spring and summer is also a time for many of us to do renovations to our dwelling, add-ons, etc. Keep in mind, when making additions, the standard setbacks for a residential lot are front 75 feet, back 50 feet and side 25 feet. A City permit is required for most building changes - consult our website for details. We suggest notifying your subdivision Trustees before requesting a City building permit. We do not enforce the subdivision indentures, but we do ask if you have forwarded the request to your Trustees - if not, we will do so.

If this article raises your concerns about the ordinances mentioned, call me at 636-394-8916.

Clarkson Valley Recycling Results Through February 2018
February Recycling Tonnage: 23.22
2018 Tonnage Total: 51.22



helping hands

HELP SUPPORT CLARKSON VALLEY'S YOUNG ENTREPRENEURS!



Please reach out to the following Clarkson Valley teens if you are in need of a Helping Hand. If you have an entrepreneurial teenager who would like to be featured, please contact Clarkson Valley resident Carol Rosa at rosafab5@sbcglobal.net with their (or your) contact info, age/grade and services offered.

LEAH FORST - 16 YEARS OLD, JUNIOR
Service: Babysitter
Phone: 314-614-0034
Email: rforst@rachelsgrove.com (mom, Rachel)

AIDAN KLINE - 14 YEARS OLD, EIGHTH GRADE
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Phone: 702-321-5365 (mom, Joylin)
Email: joylinkline3@yahoo.com

HENRY MEYER - 16 YEARS OLD, SOPHOMORE
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Phone: 314-278-8665
Email: hbmeyer16@gmail.com

CATHRYN ROSA - 16 YEARS OLD, JUNIOR
Services: Babysitter, Dog Walker
Phone: 860-389-7220 (mom Carol)
Email: rosafab5@sbcglobal.net (mom, Carol)



Your Clarkson Valley Living Team

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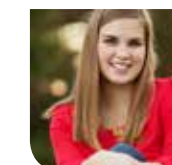
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636-346-8104
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WANT TO JOIN THE TEAM?

We are always looking for volunteers who want to be a part of making *Clarkson Valley Living* the best it can be for the community. We are looking for Resident Article Contributors and Junior Writers (kids who want to get involved!) to join the team. Email Deanna.Ley@N2Pub.com for more info!



Junior Writer
Morgan Howard



Junior Writer
Macy Mundwiller



Junior Writer
Annabelle Miller



Junior Writer
Claire Taetz

meet your neighbors
(replacement article)



THE RUSCITTI FAMILY

Vince, Lori, Kyle, Colton, Michayla, & Vincent

Photography By **Kim Eichelberger**, Co-Owner of Eichelberger Photography & Article sponsored by **Kehrs Mill Dental Arts**

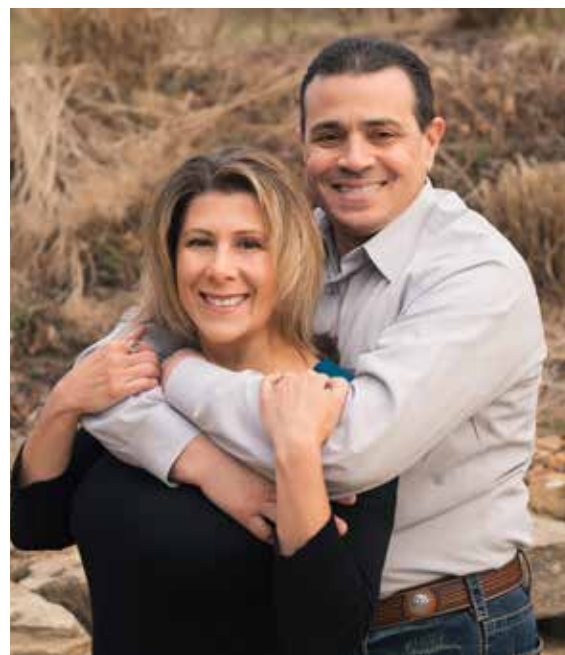
Our family is anything but typical. There are 6 of us Vince, Lori, Kyle, Colton, Michayla, and Vincent. We were all born in different states (except the twins of course) and lived in a few other states spanning from the east coast to the west coast. We are a multigenerational family now that Vince's father recently moved to Missouri and is living with us. His mother resides in a nursing home nearby. There are also three dogs that call our house their home. Bindi, a long hair German Shepherd, Morgan, a white Maltipoo and Teddy, a black Goldenoodle that help contribute to the chaos of our life on Jennycliffe Lane.

We moved to the Forest Hills sub-division in August 2017 after an 18-year stint in a northern suburb of Dallas, TX. Vince works for Gulfst-

ream Aerospace Corporation and was recently assigned to the General Manager position of Gulfstream's new St. Louis operation in Cahokia, IL, hence our recent move.

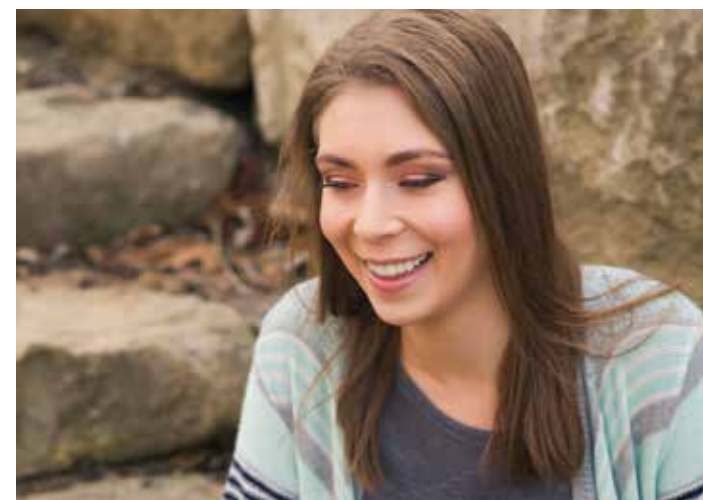
Vince began his aviation career in the United States Air Force. He enjoys spending time outdoors hunting, exploring and just plain being with nature. Lori is a self-titled Chaos Coordinator for the Ruscitti family. In her free time, she enjoys scrapbooking, crafting, spending time in the pool and hanging out with friends.

Michayla is 20 and finishing her junior year at University of Missouri, St. Louis after transferring from University of Texas, Dallas. She is majoring in psychology. Vincent is 23 and currently lives in Little Rock. He likes to play



guitar and spend time with his girlfriend. Kyle is 15 and a freshman at Marquette High School. Some of his favorite things to do include playing soccer, video games and giving his siblings a hard time. Colton, 15 is also a freshman at Marquette in the special education program. Colton has autism and is mentally handicapped. He is a member of the Dazzlers dance team at school, loves to explore on google maps, bowl, swim and watch his tv shows.

It is fitting that our family was chosen for the Meet Your Neighbors segment in April, which is Autism awareness month. For our family every month, every



day, every hour, every minute is about autism awareness. Almost every decision we make in one way or another is influenced somehow by having a child on the autism spectrum.

Our family is enjoying and embracing our new life here in Clarkson Valley. We are looking forward to meeting more neighbors from the different communities and making new friends and memories in our new city, we now call home.



Get to know your neighbors better by having your family featured in the next available issue and receive a free photo shoot & 16x24 print from photographer, Kim Eichelberger of Eichelberger Photography. Contact Deanna at Deanna.Ley@N2Pub.com.



From teething through dentures and everything in between, including TMJ procedures, snoring therapy, and more... See Dr. Harry Stadnyk at **KEHRS MILL DENTAL ARTS**

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Our office is located just south of Clayton & Kehrs Mill in Ballwin.

MEET PETE

THE PERFECT PUG WITH A PLAYFUL PERSONALITY

Hi there, neighbors! Let me introduce myself... my name is Pete, and I am the coolest pug on the block. Mom calls me all sorts of names, but Puppy Pants is my favorite. I was adopted by my parents four years ago when I was 2 years old. My parents had never had a dog before, and I wasn't in that great of shape. I wouldn't even eat—can you imagine!?! Well, after a couple days of serious love and a trip to the vet, I decided this new home is pretty sweeeet!

So you may ask yourself... what does a superstar pug like myself do with his time? Well, I eat. I chew on my bones. And I sleep. Lap time is always great; after dad goes to bed, mom lets me up on her lap while she works, (or whatever it is she's doing when she says she's working — looks like online shopping to me!) Once mom took me to a place called a dog park. I really didn't have a lot of inter-




precious pets
Article written by **Pete** himself with a little help from his human mom **Kim** & Sponsored by English Sweep

est in playing with the other dogs, but I was able to find people sitting on benches - NEW LAPS to sit on!! Thursday nights with dad are pretty rockin'. After dad comes home from hanging out with his friends, it is SHOP TIME! We hang out in the garage and listen to tunes... I get my own bar stool and bully stick; dad gets a glass of whiskey and a cigar.

I also enjoy weekends because I get to hang out in the backyard. I love to sit in the sun and just stare off into space. I dream about going to bbq's with my parents and eating all the food the people drop. Oh yum! I am drooling... I also like to steal my mom's phone and check out what Doug the Pug is up to on Facebook, if you don't know Doug you should check him out. He's a pretty big deal... I wouldn't trade my life for Doug's because he is too busy — I wouldn't get enough sleep if I were Doug.

Oh yeah, I guess I should mention my little brother George. He is pretty cute and tiny – he just turned a year old, and we picked him up last January in Iowa. I would have been happy leaving him there – a pug can dream right?!? He isn't all bad, but having him chew on your tail when you would rather be sleeping is kind of annoying. I am sure he will get his own story someday, but right now — it's all about Puppy Pants!

 Do you have a pet and would like to share his/her story? Dogs, cats, horses, fish and any other types of animals are welcome! Email Deanna.Ley@N2Pub.com to have them featured in an upcoming issue.

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Our goal with *Clarkson Valley Living* is to refer the top businesses in the area to your family. To help us find the very best businesses for the last few spots available, we are requesting your help.

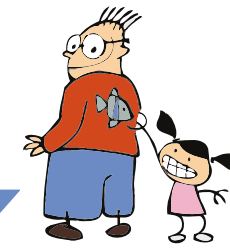
If you currently work with a great business (or have worked with one before) that you believe your neighbors would benefit from knowing about, we would love a warm introduction.

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It's as simple as you emailing or texting Deanna the names of businesses you have used or by passing along her information and recommending the business owner contact her. **Deanna can be reached at Deanna.Ley@N2Pub.com or 314.566.7566.**

Our policy is to meet each business owner face to face before we allow anyone to become a sponsor. Not everyone we meet with is quality enough to be a part of the publication, but a direct referral from you, the resident, goes a long way!

Coffee Break



Sudoku

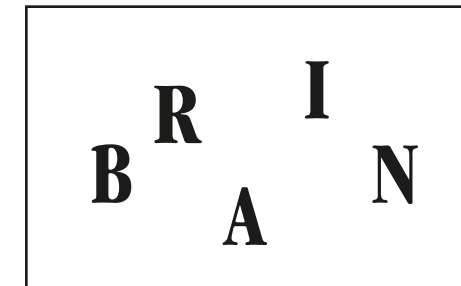
5			7			8		9
9			3					1
8	1	4				5		
		1						
	7	9	5	2	4	3	8	
		3						
1			2	3		4		5
4	6	2	8	9				3

April Fools' Facts

- In France, kids fool their friends by taping a paper fish to their backs. When the victim discovers the fish, the prankster yells "Poisson d'Avril!" (April Fish!)
- In Portugal, April Fools' Day is actually celebrated on the Sunday and Monday before Lent. The big trick there? Throwing flour at your friend's face.
- In Poland everyone takes part in April Fools' Day activities, including the media and sometimes public institutions. All serious activities are completely avoided for the day. A favorite joke? Pouring water on people.
- 32 percent of American workers say they have either initiated or been on the receiving end of an April Fools' Day prank at work.
- In certain areas of Belgium, children lock out their parents or teachers and only let them in if they promise to give them sweets.
- Depending on where you live in England, instead of a "fool" you could be called a "noodle," "noddy," "gobby" or "gob."

Complete the grid so that every row, column and 3x3 box contains every digit from 1 to 9 inclusive.

Can you solve these word puzzles?



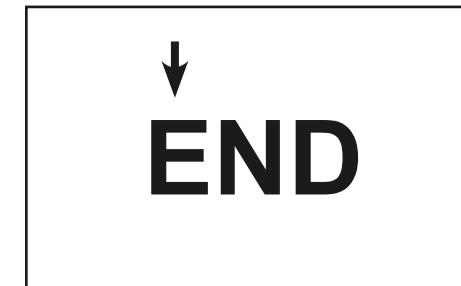
A.



B.



C.



D.



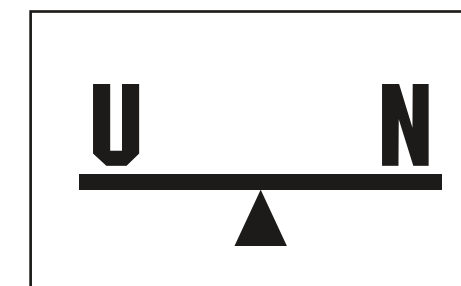
E.



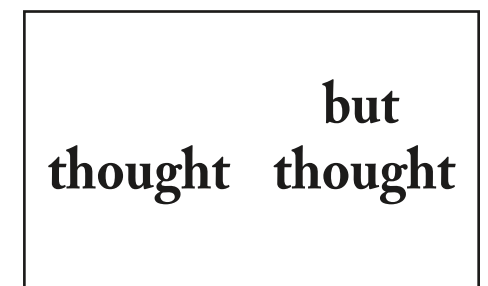
F.



G.



H.



I.

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ME-DNLD-1741-00-002-04X6

Hello! My name is Annabelle Miller, and I am eleven. I am one of the newest Kids' Writers for the *Clarkson Valley Living* Magazine. I know that most kids my age want to be a pro soccer player or an Olympic gold medalist; however, I love to write and dream of becoming a reporter on the news. I thought this would be a great opportunity for me to write for people.

I was born in New Orleans, Louisiana and moved here when I was eight. I have a brother, Wesley, who is nine. My sister, Georgia, is five. We have a poodle named Remoulade (like the New Orleans dish, shrimp remoulade!), but we call her Remy for short. In New Orleans and in St. Louis, I played soccer and softball. I used to go to Kehrs Mill Elementary.

Now I am a sixth grader at Crestview Middle School. At C.M.S. this year, I started playing the trumpet in Band. I switched to the beautiful French horn a few months ago. Because I got braces in January, the French horn is much harder than it should be for me. I am also a member of our school's newspaper club. My experiences there have gone from serious to silly: One week, I interviewed our principal. My next assignment was to write an article about Bubble Gum Day!

I love living in Clarkson Valley. My neighborhood has so many kids to play with. I hope to see you around, but don't be surprised if I ask you for an interview!

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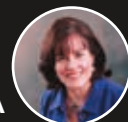
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MEET
Dr. Samantha Davies, DC,
OWNER OF REVITALIZE CHIROPRACTIC

Article sponsored by John Lancia of Weiss Insurance

Dr. Samantha Davies, DC, owner of Revitalize Chiropractic, was born in West St. Louis County and grew up in Clarkson Valley where she attended Marquette High school. After graduation, Dr. Samantha completed her Bachelor of Science degree in Nutritional Science from the University of Missouri-Columbia and went on to complete her Doctorate of Chiropractic from Logan University.

Dr. Samantha is a holistic chiropractic physician specializing in family chiropractic care and functional medicine. She has extensive training in pregnancy and pediatrics, as well as functional blood chemistry, brain chemistry, and functional endocrinology. She refers to herself as holistic, not just because she likes to help people with a “whole list” of problems, but because she views the body as an interconnected organism. Nothing in the body ever happens in isolation, which is why considering all aspects of your health is crucial in creating health within the body.

Dr. Samantha is a firm believer in healthy living, which is why she wants to be the natural solution to your health crisis. Whether you are experiencing back pain, neck pain, headaches, digestive issues, or low energy levels, she wants to find the answers to your problems in a non-invasive, conservative way. Being able to empower her patients to make the critical lifestyle changes needed to restore their health is what wakes her up in the morning. Nothing gets Dr. Samantha more excited about life than giving someone the tools to gain their health back!

Dr. Samantha is committed to providing you the highest quality chiropractic care and functional medicine. She uses an integrative, whole-body approach to provide personalized care that will help you achieve your goals and live a lifetime of health and vitality. Call to schedule your appointment today!

CONTACT INFORMATION

Revitalize Chiropractic is located in Ellisville within the offices of West County Spine & Joint
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living spaces

Our at Home Bar Cabinet in Bookcases

Article and photographs by Clarkson Valley Resident **Julie Blanner** (www.JulieBlanner.com) & Sponsored by **Tom Shipp Agency - American Family Insurance**

In an effort to restore our basement from the “move” when we had our hardwood floors installed, I overstocked the bar cart, causing it to shatter overnight. Oops! Since that sad November day, I’ve been rethinking what we should do with our wine and alcohol. Over the summer, we removed the obtrusive wet bar that was dated and blocked both the light and flow between our living room and kitchen. Removing walls and storage forces you to optimize the space you

do have and minimize clutter. That’s exactly what our bookcase was filled with – clutter. Trinkets that weren’t in use, miscellaneous books that used to grace our shelves and games that were better suited for our linen cabinet in the family room. I decided to utilize Saturday afternoon nap time by painting and repurposing the bookcase into a home bar cabinet – and I’ll never miss that mess!

I find that anytime something is dark, it almost encourages me to consider it the abyss and hide anything and everything there. That’s exactly what our bookcase cabinet had become, the black abyss, so I gave it a fresh coat of “white paint” and distributed the odds and ends to their proper homes.

The existing tray that is displayed on the bookcase is the perfect host to bar tools and a signature cocktail – whatever you’re serving that evening, but looks beautiful day in and day out. I tend to take a utilitarian approach to decorating and this is no exception. Our bar cabinet consumes absolutely no extra space in our home and only adds to the decor. Our living room is small, so it’s important to make it functional. It’s where we frequently congregate with friends, so it’s convenient to have the bar nearby. It would be the perfect addition to a small apartment.

In addition to wine, hard liquor, and accompanying glassware I’ve added a piece of art for a pretty backdrop to break it up. I’ve also included our copper ice bucket and a wine opener. Aside from painting, converting the bookcase into a bar cabinet took just 15 minutes, using things we already have. I love any organization project I can complete in an hour or less!

For more great ideas and recipes, visit fellow Clarkson Valley resident **Julie Blanner’s** website at www.JulieBlanner.com.

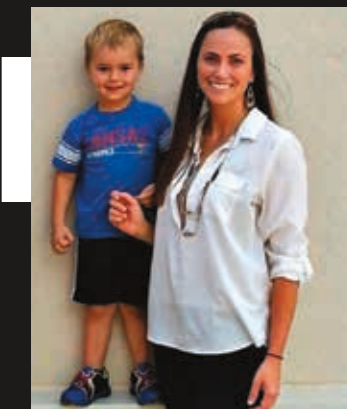


We’ve featured some great homes in Clarkson Valley and would love to share yours as well. Have you recently remodeled, redecorated or built on an addition, a man cave or a new wine cellar? Simply contact **Deanna** at Deanna.Ley@N2Pub.com to be featured.



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around the club

Article written by Membership Director **Ryan Schaben** & Sponsored by Modern Home Tech

PRUNING:

an essential part of golf course maintenance at Forest Hills



They bloom, grow taller than buildings, turn colors in the fall and replenish the air with the oxygen we need to survive. They're trees - an essential component to the planet we live on and a key component to the golf course we play our favorite sport on. Golfers like trees, except when they find themselves behind one, because they provide ascetic beauty, shade in the summer, boundaries, and in some cases, prevent your ball from sailing out-of-bounds. So why do country clubs take the time to trim them in the winter?

Pruning is the most common tree maintenance procedure on and off the golf course.

Prune: trim (a tree, shrub, or bush) by cutting away dead or overgrown branches or stems, especially to increase fruitfulness and growth.

Although forest trees grow quite well with only nature's pruning, landscape trees require a higher level of care to maintain their structural integrity and aesthetics. The task of pruning drastically improves tree health, green health, playability and course aesthetics. Scott Reynolds, Golf Course Superintendent for Forest Hills Country Club, said, "This is a win, win, win for our Membership, the tree's overall health, picking up fallen debris during wind and the overall health of our turf."

"Removal", Scott explains, "is best done during the winter months when play is slower and fewer golfers are on the course. The process can take some time especially when you are maintaining 27 holes of golf. Another advantage of winter pruning is that it's easier to make pruning decisions without leaves obscuring branch structure."

Removing low-hanging limbs improves and maximizes airflow throughout the golf course for healthier turf. It can speed up the pace of play because golfers will have fewer obstacles, (in this case, limbs) to negotiate. Pruned trees allow more light onto the course, letting grass thrive to a greater degree and lastly, proper maintenance avoids tree removals down the road because a healthy tree lives longer.

Some things to think about next time you tee off!



Are you a member of Forest Hills Country Club? We'd love to spotlight you! Contact Deanna at Deanna.Ley@N2Pub.com for more info.

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My Time IN QUEENSTOWN, NEW ZEALAND

find the adventure

Article written by Resident Article Contributor **Nick Tilley** & Sponsored by **Allen Roofing & Siding**



Queenstown, New Zealand. As the calendar flipped to 2007, it was just another name, a dot on a map in some far-away land. Little did I know how much I would come to love that dot...

At the time, New Zealand was riding the wave of 'Lord of the Rings Mania', the hit movies bringing the country to the forefront of the international tourism scene. Sure, I liked the hobbits, but it was the scenery in the movies that had me intrigued- towering mountains, sprawling forests, sparkling glaciers... New Zealand LOOKED like an adventurer's playground, and as I began to piece together my 'Trip Around the World', it was definitely on the itinerary- I just wasn't sure where.

Then the research began. As I pored through travel magazines and adventure websites, I learned that Queenstown boasts itself as 'The Adventure Sports Capital of the Southern Hemisphere'. Nestled among the Southern Alps, right at the foot The Remarkables range, perched on the shore of the magnificent Lake Wakatipu, it's an international hotspot of outdoor activity, a year-round destination for adventure seekers and adrenaline junkies. Skiing, mountain biking, jet-boating, paragliding, canyoning, white-water rafting, miles of hiking trails- the list went on and on...

Then, the clincher- I read that Queenstown is the birthplace of bungee jumping. People, jumping off things, with rubber bands attached to their ankles. Sane or not, that sounded like something I wanted to try...

That sealed it- Queenstown would be the first stop in my adventure around the world.

I arrived in June, just as the annual WinterFest kicked off the ski season, and quickly realized I wasn't the only one with ideas of working on the mountain- there were people EVERYWHERE. I was lucky to get a room at a hostel in town, and had to move a day or two later due to overbooking... It was crazy.

But it was also AWESOME. There I was, on the other side of the world, in an amazing mountain town, caught up in the energy and excitement of the beginning of an incredible Adventure. Yes, I was excited about the skiing, the bungee jumping- but The Adventure was already ON. Staying in a hostel for the very first time, meeting people from all over the world, hunting for a place to live, finding a job to support myself -- I was waaaayyyy out of my comfort zone -- and I LOVED it.

And that was it- THAT was The Adventure. Moving to the other side of the world made me uncomfortable, and that's where The Adventure began. Comfortable is easy. Comfortable is boring. Stale. Comfortable is dangerous. Before you know it, you're stuck, left wondering, 'Is this it?' The Adventure begins when you step out of 'comfortable' because your heart wants more- more meaning, more purpose, more LIFE. Your heart KNOWS there's MORE, and aches to seek MORE out. The trick is, you have to be brave enough to follow your heart.

Queenstown, New Zealand. Just another name? A dot on a map in some far-away land? Maybe to some. To me, it's where I first started to follow my heart, where my life was forever changed- the place where The Adventure began...

Looking to Find The Adventure yourself? Check out www.BackpackU.com, or drop Nick an email at BackpackU@gmail.com. Follow Nick's latest adventures on Facebook, Twitter, & Instagram (@BackpackU). Life is short, and The Adventure awaits - Find The Adventure...



Have you taken a vacation you'd like to share with your Clarkson Valley neighbors? We'd love to hear all about it! Email CVL's Find The Adventure Contributor, Nick Tilley, at BackpackU@gmail.com to have your Adventure included in an upcoming issue.



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- E. Pace back and forth
- F. Parting of the ways
- G. Fire engine
- H. Unbalanced
- I. But on second thought

Sudoku Solution

5	3	6	7	4	1	8	2	9
9	2	7	3	5	8	6	1	4
8	1	4	9	6	2	5	7	3
2	8	5	1	7	3	9	4	6
3	4	1	6	8	9	7	5	2
6	7	9	5	2	4	3	8	1
7	5	3	4	1	6	2	9	8
1	9	8	2	3	7	4	6	5
4	6	2	8	9	5	1	3	7

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Chicken & Vegetables TORTELLINI STEW



delicious dish

Article written by Resident Article
Contributor **Cindy Munich**

Life gets crazy sometimes. We have all been in the situation where you are looking in the frig at 5:00, scratching your head, wondering what to fix for dinner. Sometimes a makeup game for the kids, a late evening at the office or a call from a friend changes the game plan for a freshly made, home-cooked meal. It's great to do a little planning ahead for just such a night. I TRY to keep spaghetti meat sauce or a casserole in the freezer just in case.

Here's one of my favorite "go to" do-ahead recipes. What makes this dish great is that, besides being delicious, it freezes well and is a one pot meal. Serve with a good crusty bread for sopping up the juices and you're set!

INGREDIENTS

- 2 medium carrots, sliced (1 cup)
 - 2 cloves garlic, finely chopped
 - 1 package boneless, skinless chicken thighs (5 thighs), cut into ¾ inch pieces
 - 1 shallot or ½ medium onion, chopped
 - 1 can (15 oz) cannellini beans, drained and rinsed
 - 1 can (15 oz) diced tomatoes, drained
 - ½ teaspoon salt
 - ¼ teaspoon pepper
 - 1 can (14 oz) chicken broth
 - 2 cups water
 - 1 package (9 oz) refrigerated cheese-filled tortellini
 - 1 cup firmly packed fresh spinach leaves
 - 2 medium scallions, sliced (2 tablespoons)
 - 1 teaspoon dried basil leaves
 - 2 tablespoons shredded parmesan cheese
- Layer carrots, garlic, chicken, shallot and beans in 3 ½ to 4-quart slow cooker (I use a slow-cooker liner for easier clean up). Sprinkle with salt and pepper. Pour broth and water over ingredients.

Cover and cook on low heat for 4 hours. About 20 minutes before serving, stir tortellini, spinach, scallions, and basil into chicken mixture. Cover and cook on high heat setting 15-20 minutes. Sprinkle individual servings with parmesan cheese.

CINDY'S NOTES:

If your family does not like spinach you can use frozen peas or green beans.



Would you like to have a favorite family recipe featured in *Clarkson Valley Living*? Simply email CVL's new Delicious Dish Contributor, Cindy Munich at Munichs3@hotmail.com to have your recipe featured in the next available issue.



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amazing athlete

Article written by Clarkson Valley Living's New Junior Writer
Annabelle Miller & Sponsored by Ries Orthodontics

MEET ABBIE Shackelford

Abbie Shackelford is an eighth grade student at Crestview Middle School. Abbie began her basketball career while in third grade. Now, six years later, you can't keep her off the court. Abbie plays for two basketball teams - the Knights and Marquette. Basketball has taken Abbie from tournament to tournament, traveling to Kansas City and to the Show Me Tournament in Columbia.

As a shooting guard, she has to be able to shoot from a three-point range, handle the ball well, and have good court awareness. To do all of that, she has to be a strong player. Abbie is more than a strong player, though; she is also modest and a team player.

When asked about her favorite basketball moment, she said that she was playing in a championship game. Five seconds were on the clock. Her team was down by two. Her friend shoots a three-point buzzer beater! It was enough to put her team ahead! Teamwork, she explained, is her favorite part about playing basketball.

All in all, Abbie Shackelford and her teammates work well together and that is the key to their success. In fact, her favorite part of basketball is working together with her friends.

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Interview with AdvantaClean owner **Dave Kosanke**
& Article written by Chris Ley

ADVANTACLEAN OF WEST ST. LOUIS COUNTY

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Meet Dave Kosanke, Dave is the local Regional Developer and Franchisee of AdvantaClean in Ellisville, MO.

AdvantaClean is a national company with local franchisees throughout the United States. They specialize in solving and cleaning up water-related issues in your home or business, including basement waterproofing, foundation crack repairs, mold remediation, and emergency water damage mitigation. They also help solve indoor air quality related issues with their radon gas mitigation, mold testing, and air duct cleaning services.

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- Accountability
- Respect
- Excellence
- Service



It may strike some as strange to see these things from a company that cleans up water damage, mold issues, radon gas, etc. However, when you get to know Dave Kosanke, you will understand why these things are so important for a company to follow in order to have him be a part of their operation.

Dave is a St. Louis guy who was raised in Chesterfield and now resides near St. Albans with his wife Amy and sons Ronan (7) and Rhys (5). His previous careers took him away but he always wanted to come back here to raise his family.

Dave attended the University of Illinois and studied engineering, robotics to be more precise. Once he finished school, he worked

for Parker Hannifin. From there he got the sales bug and started selling Robotics and Automated equipment. Always knowing that he wanted more, especially running and owning a business he decided to go back for his MBA. After he completed his MBA at Carnegie Mellon he was recruited by Amazon.

This took him all over - to Phoenix, Seattle, and New Hampshire - where he built distribution centers and worked in Supply-Chain. While there, he started buying fiber optics for the build outs and decided that he wanted to start a business in that field, his first real entrepreneurial venture.

This took him to California where he founded Cosemi Technologies. He ran that business for ten years and sold a part of it to Broadcom in February 2017, and while completing that sale, he knew he wanted to get back to St. Louis to start a new family business that he could grow, be the owner of, and hopefully give to his boys one day.

He came across AdvantaClean, who at that time, did not have any exposure in St. Louis. It fit what he was looking for well and he decided to buy the Regional Developer position for the St. Louis metro area so that he could grow this area with quality franchise partners who held to the same values.

“I think the biggest thing that sets up apart in this type of business starts without culture,” Dave shared. “We take a unique approach in that we don’t just clean up the mess but we help our homeowners to find the source of the issue and walk them through what it takes to fix the problem at the source so it doesn’t happen again.”

To be fair, I know Dave personally. I know that when he says that customer service is THE biggest focus for AdvantaClean that it is 100% true. He’s a man of integrity who surrounds himself with others who think and act the same. “Regardless of what the issue is, from the messes we helped clean in Baton Rouge and Houston to what some would consider just a slight nuisance we treat all of our customers as if their situation is our single most important job.”

AdvantaClean has seven vehicles available in the St. Louis Metro area. Dave and the other franchisees handpick the crews. “Empathy, compassion and a great customer experience are what we seek out in our people and work towards every day,” Dave said. “Our goal is to do the right thing every time and that is the center of gravity that we all focus on.”

In addition to being the “Chief Happiness Officer” for AdvantaClean, Dave is community focused. He donates directly to Stray Rescue of St. Louis. As a company, AdvantaClean and their franchisees donate to the St. Jude’s Fund.

Hopefully, you will never have a need for an emergency water cleanup or mold remediation. If you ever do, I suggest giving Dave and his team at AdvantaClean the opportunity to show you why they are different and just how important and serious they take their job. If you just want to prevent these types of disasters, give him a call, so he can walk you through ways to keep your home or business dry, mold-free, and healthy to live in.

Contact Information:

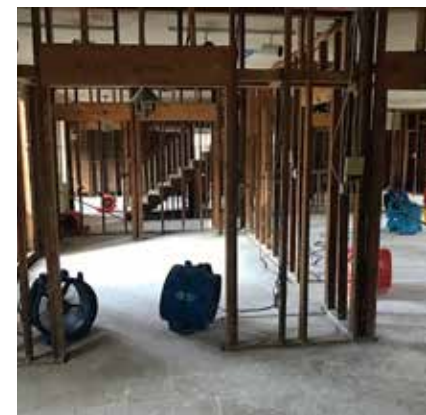
AdvantaClean of West St. Louis County

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Generation Conversation is a way for a grandparent and grandchild to learn more about each other and how the world has both changed and stayed the same. To be featured, email Deanna.Ley@N2Pub.com.

LEELEE INTERVIEWING LAUREN:

What do you want to be when you grow up and why?

I want to be a teacher because I like helping people and my LeeLee was an amazing math teacher and so was my Papa.

What's one way you think the world will be different when you're my age?

Hopefully there will be more cures for illnesses that are around today.

What's your favorite family tradition?

Going to Clarkson Valley for our 4th of July party.

What makes you happy?

Music and being with family and friends.

What's your favorite thing to do with me?

We like to cook, shop, and entertain... (Leelee likes to spoil me)

If you could change one thing about the world, what would it be?

I would make everyone against war.

What makes you happy?

Spending time with you wherever we are!

Can you tell me about the first time we ever met?

I held you and cried. I had a new love of my life — my first grandchild! Papa and I came to California so we could be there the minute you came into the world.

How did you meet my grandfather/grandmother?

I met Papa on the first day of college when I was 17.

What's your favorite part of having grandchildren?

Spoiling, loving, and teaching them.

What was my mom like when she was my age? Do I remind you of her in any way?

You remind me so much of your mom Katie! You're funny, loving, creative and so, so smart. When you eat too much sugar you get hyper just like she did!

A CONVERSATION BETWEEN FOREST HILLS RESIDENT

LINDA NOLAN & Her Granddaughter LAUREN

generation conversation

Article sponsored by Darnell Construction

Meet Forest Hills resident Linda Nolan and her 10-year-old granddaughter Lauren. Lauren calls her grandma LeeLee and she calls Lauren Beanie or Bunny. They spent some quality time together in sunny California getting to know each other better through the below "conversation".

Who is your hero?

My mom because she works hard for me and my brother and takes us fun places like to the beach, skiing, LA, and St Louis. For my 10th birthday she took me to New York City.

LAUREN INTERVIEWING HER LEELEE:

When you were my age, what did you want to be when you grew up?

I always wanted to be a teacher.

What's one way the world was different when you were my age?

There was no technology.

Is there a story behind the name I call you?

Yes. When you were just a baby you heard people calling me Linda. You couldn't say Linda and it came out LeeLee!!



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restaurant review

CRUSHED RED

In February, a handful of Clarkson Valley couples gathered at **CRUSHED RED** (located at 1684 Clarkson Rd, Chesterfield, MO 63017) to enjoy all that the popular restaurant had to offer.

ABOUT CRUSHED RED:

When veteran restaurateur Chris LaRocca and father and son entrepreneurs Ralph Kalish, Jr. and Powell Kalish embarked on creating a completely new restaurant concept, they asked themselves

why there were no options for truly delicious, healthful foods that could be served as quickly as their unhealthy counterparts.

They assembled a team of true experts: artisans that have spent years perfecting their craft. Together, they developed organically dressed salads that are chopped to order using a spectrum of colorful ingredients. They created pizzas with crispy whole-grain crusts and organic tomato sauce. Add to that the fact that all of this is served up really fast in a welcoming, comfortable atmosphere. Did we mention that Crushed Red produces very little waste? Yeah, there's that too! It's this depth of experience and commitment to detail that makes Crushed Red such a unique experience—one that transcends the fast-casual category of restaurants—and why we feel the only way describe Crushed Red is "Artisan Fast."

HERE IS WHAT RESIDENTS HAD TO SAY ABOUT THEIR EXPERIENCE AT CRUSHED RED:

"Very open, friendly, and welcoming! Great environment"
– Vince R.

"Good, fresh, healthy food at a reasonable price." – Mark K.

"Greatly exceeded our expectations! Definitely will bring friends!" – Gary and Carol P.

"Excellent quality food, fresh ingredients and friendly staff."
– Dana R.

"The Shrimp & Artichoke Pizza was AWESOME!" – Randy H.

"Casual, but upscale. Comfortable. Great music - price point and food are also great!" – Lori R.

"I really appreciate the condiment bar, especially the red wine vinegar and Peruvian peppers." – Kay W.



If you are looking for a great place to eat out for lunch or for dinner and want an amazing atmosphere, and fantastic food and drink offerings, **CRUSHED RED** is the place to visit.

To learn more, check out CRUSHED RED online at www.crushed-red.com.



Are you on our event email list? If not, you are missing out on some really fun times at events like Restaurant Reviews, Neighbor Night Out and more. Email Deanna at Deanna.Ley@N2Pub.com to be added.

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Dowco Enterprises, Inc. is the premier provider of full-service lawn and landscape maintenance. They cater to discriminating homeowners who are seeking one provider for all their outdoor service needs. Their menu includes weekly maintenance of your property, plant health visits, and modern site enhancements. Dowco is committed to improving the quality of your life so that you can spend time doing the things you want to do!

Dowco's attention to detail is what sets them apart from other lawn and landscape companies.

You'll catch them bringing your newspaper to the door and empty trash cans to the garage. Before they begin services, they'll pick up dog toys and trash and knock on your door to tell you they've arrived. They will respect your neighbors by turning off equipment as they walk by and waving as they slowly drive by. Before they leave they'll make sure you're satisfied, blow off all decks and patios and make sure gates are shut and secure. Your professionals at Dowco will arrive in a clean truck with clean equipment.

37 years of experience in the green industry has produced a team of professionals who know what it takes to be successful. Here are some of the Dowco team members that you might see out and about!



Maurice Dowell, Owner and President I appreciate hopping on skid loader or jumping into a salt truck as opportunity affords. Those types of activities keep me involved in the fun part of landscaping and are very therapeutic. Technology provides ways to oversee the business without visiting the office, so on the days I don't go in, I see clients and crews in the field. Once work is done, I enjoy traveling to visit old friends

and making new ones. My favorite travel sites have water, beach, sun and mountains. Hope to see you in one of those places soon!



Donna Dowell, CFO
Back in the day, I prepared invoices on a manual typewriter with two toddlers playing at my feet. Boy have we come a long way! Today I am delighted to be a part of the best team Dowco has ever assembled. I have the opportunity to work with bright enthusiastic managers administratively and I'm thrilled to see the beautiful work completed by our talented outdoor professionals. I'm proud of Dowco Enterprises Inc. Personally, I like being outside, walking, camping and hiking. I also enjoy meeting new people, especially people who have made big changes in their life and have a story to tell.



Matt Hagemann, Horticulturist
With a BS in Horticulture and 28 years in the industry, my strength is helping people solve their lawn and landscape problems, while maintaining functionality and beauty. It's definitely great to do what you love at

work every day, working with people and plants. My family and I enjoy the outdoors and every summer we go somewhere beautiful for family vacations. One of our favorite destinations has been to Utah to enjoy its many National Parks. It's nice to de-pressurize and enjoy each other's company, hiking, rafting, fishing, and canyoneering, away from everybody's daily work schedules.

You can find photos of Dowco's work on their Facebook page and read more about what makes Dowco unique at www.dowcoinc.com. If you're ready to work with the best outdoor living specialists, call them today at 636-532-9192.



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CLARKSON VALLEY *Living* Resident Business Guide

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289 Herworth Dr.	Forest Hills	\$824,900	\$780,000	11/9/17	5	5	4100	3
211 Herworth Dr.	Forest Hills	\$798,000	\$725,000	11/6/17	4	6	5464	3
1606 Broken Reins Ct.	Kehrs Mill Trails	\$729,900	\$715,000	9/29/17	5	5	2936	3
2251 Whitney Point Ln.	Dunhill Farm	\$699,900	\$665,000	2/23/18	4	5	3974	3
15 Crown Manor Dr.	Forest Hills	\$675,000	\$660,000	9/20/17	4	4	3244	3
2112 Wilson Ridge Ln.	Manors at Clarkson Valley	\$659,000	\$659,000	9/25/17	5	5	3434	3
2100 Kehrs Mill Rd.	Kehrswood	\$720,000	\$652,500	9/28/17	5	7	3821	3
2000 Kehrsdale Ct.	Kehrs Mill Estates	\$664,900	\$645,000	11/20/17	4	6	3816	3
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1462 Blue Roan Ct.	Kehrs Mill Trails	\$645,000	\$632,500	2/28/18	5	5	2629	3
2634 Valley Rd.	Golfview	\$625,000	\$600,000	9/15/17	4	4	3280	2
23 Crown Manor Dr.	Forest Hills	\$625,000	\$590,000	2/15/18	4	5	3152	3
16741 Kehrs Mill Estates Dr.	Kehrs Mill Estates	\$595,000	\$567,000	2/22/18	5	4	2560	3

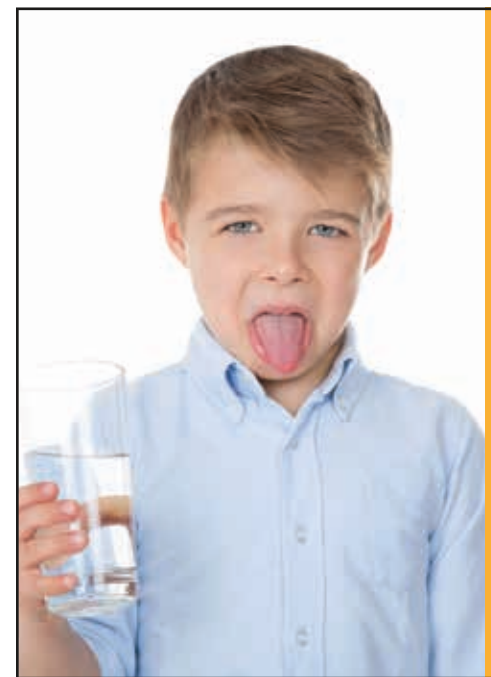
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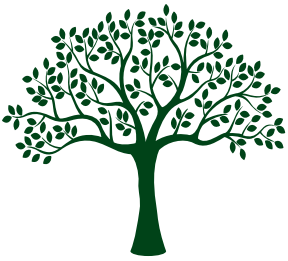
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