

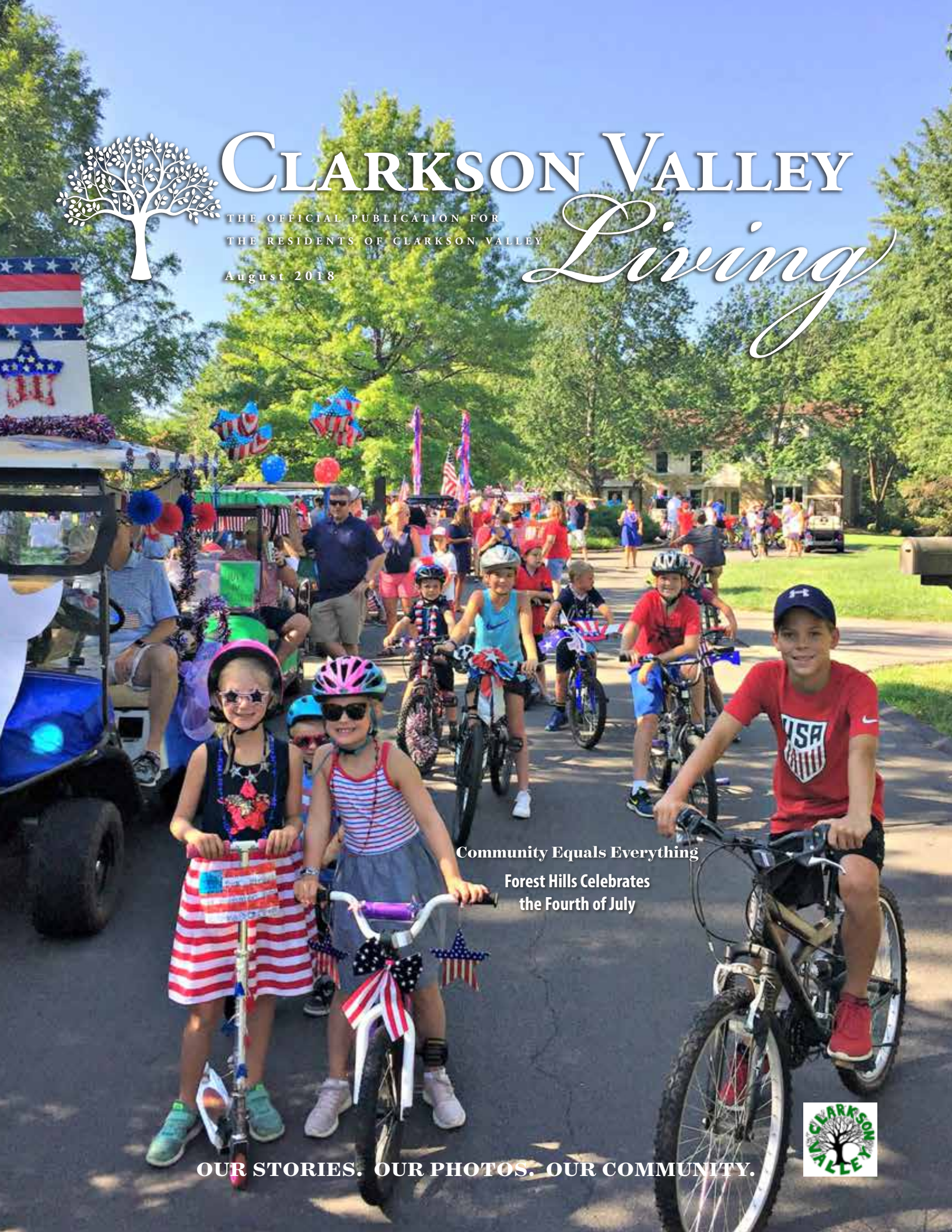


CLARKSON VALLEY

THE OFFICIAL PUBLICATION FOR
THE RESIDENTS OF CLARKSON VALLEY

August 2018

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rsdoug@sbcglobal.net
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cvcityhall@charter.net

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.

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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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Ahhh...Summer



Hasn't this summer great? So many fun and enjoyable activities go along with the season of summer - cookouts, time with friends and family, vacations, spending time outside. Having been your Mayor for some time, I know it's not necessary to give a sermon on safety rules to responsible adults (citizens of Clarkson Valley). How-

ever, a reminder of City ordinances on various subjects may be helpful in your quest for outdoor time. As your dog takes you on a walk, be sure you are on a leash and don't forget the feces bag (see last month's newsletter for more details). The driver of any motorized vehicle on the streets in Clarkson Valley must have a Missouri State drivers' license - this includes golf carts. Speed limits are posted in each of our subdivision. And recently, some subdivisions have requested more surveillance by our police for stricter enforcement of these limits. So be forewarned.

Going on vacation? Call to advise the police of any activities that will be occurring at your residence while you are gone and they will check your place every day - no charge for a little extra service. To arrange for a vacation check, please call 636-537-3000.

With the rain and accompanying wind this year, plants and trees have responded quite differently. There seem to be more dead trees or maybe I just started to notice. Some tree appearances can be deceiving; i.e. the tree is alive, however, there are intertwining dead branches. Please take time to look at your property, check to see if you have trees that need attention. Cleaning out those dead branches will enhance the life of the tree.

We thank you for your support. You are invited to our city council meetings the first Tuesday of each month. Any questions about this article or any other concerns, call me at 636-394-8916.

Clarkson Valley Recycling Results Through June 2018

June Recycling Tonnage: 32.53
2018 Tonnage Total: 201.81



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 - High School Junior
Service: Babysitter
Phone: 314-614-0034
Email: rforst@rachelsgrove.com (mom - Rachel)

Rachel Izsak - High School Junior
Service: Babysitter
Phone: 314-494-7022 (mom - Allison)

Sophie Izsak - High School Freshman
Service: Babysitter
Phone: 314-494-7022 (mom - Allison)

Aidan Kline - High School Freshman
Services: Dog Walking / Pet Sitting
Phone: 702-321-5365 (mom - Joylin)
Email: joylinkline3@yahoo.com

Henry Meyer - High School Sophomore
Services: Lawn Care Business (Mow Lawns, Mulching, Aeration, and Leaf Removal)
Phone: 314-278-8665
Email: hbmeyer16@gmail.com

Cathryn Rosa - High School Junior
Services: Babysitter, Dog Walker
Phone: 860-389-7220 (mom - Carol)
Email: rosafab5@sbcglobal.net (mom - Carol)

Jon Zink - High School Senior
Services: Dog Walking / Pet Sitting, House Sitting, Yardwork
Phone: 636-541-4511
E-mail: jonzink2018@gmail.com



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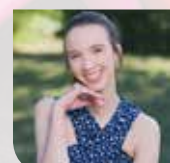
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WANT TO JOIN THE TEAM?
We are always looking for volunteers who want to be a part of making *Clarkson Valley Living* the best it can be for the community. We are looking for Resident Article Contributors and Junior Writers (kids who want to get involved!)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



contest time!

WIN A SPOT TO BE A JUDGE FOR THE “*Chef Battle Royale Culinary Competition*” At This Year’s *Taste Of St. Louis!*

N2 Publishing and your very own *Clarkson Valley Living* are sponsoring this great event to be held at Central Park & Amphitheater in Chesterfield from September 14-16.

HOW TO BE ENTERED TO WIN:

Get one entry by sharing with us what you love about your *Clarkson Valley Living*.

Get a second entry by sharing a testimonial about a *Clarkson Valley Living* Business Partner you’ve used in the past.

Send your entries to Deanna at Deanna.Ley@N2Pub.com before September 12th. A winner will be drawn at random before the event. A Runner-Up Winner will be chosen to receive 2 FREE tickets to the VIP Tent, too. It’s that easy!

Eight of the region’s top chefs are hand-selected by the Taste of St. Louis Culinary Committee to compete head-to-head in seven “battle” categories. After three days of intense competition, only one chef is left standing and crowned the Stella Artois Chef Battle Royale Champion.

Each chef is given 40 minutes to produce his or her best dish (per the “battle” category assigned) in front of a live audience. The field narrows until only two competitors are left standing to vie for the champion position. The seven battles take place throughout the event weekend and are judged by local and national food experts, celebrities and culinary sponsors. The Stella Artois Chef Battle Royale is managed and hosted by Taste of St. Louis Executive Chef, Vito Racanelli.



The Taste of St. Louis is a three-day event September 14-16 that features 30+ of the region’s best restaurants, free music concerts all weekend, seven chef battles on the Culinary Stage, more than 35 artists at “The Village”, kids activities, and so much more!

This 14th Annual award-winning event is free to attend. Food featured on Restaurant Row can be purchased directly from food booths with cash. Many booths take credit cards and ATMs are located on-site. Find out more at www.TasteSTL.com.

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Coffee Break

Tips & Tricks

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- Fill a dish wand with a mixture of half vinegar and half Dawn dish soap. Keep the wand in the shower, and before taking a shower, scrub the walls with the wand then rinse off/
- Freshen pillows by putting them in the dryer on a low setting for about 10 minutes.
- Wash windows horizontally on the inside and vertically on the outside. If they streak, you'll know which side to redo.
- Rub Dryer sheets along baseboards to keep them clean and help repel dust.

				99
45		21		123
			3	70
	9		35	68
		49		89
69	43	128	110	104

Fill in the missing numbers!

Missing numbers are integers between 0 & 50. Numbers in each row add up to totals to the right. Numbers in each column add up to the totals along the bottom. Diagonal lines also add up to the totals to the right.

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August Fun!

Search the puzzle for themed words. Words may be horizontal, vertical, diagonal, forward and backward.

- BLOCK PARTY
- CAMPING
- EIGHTH
- FRIENDSHIP DAY
- GLADIOLUS
- HOT VACATION
- LEO
- PERIDOT
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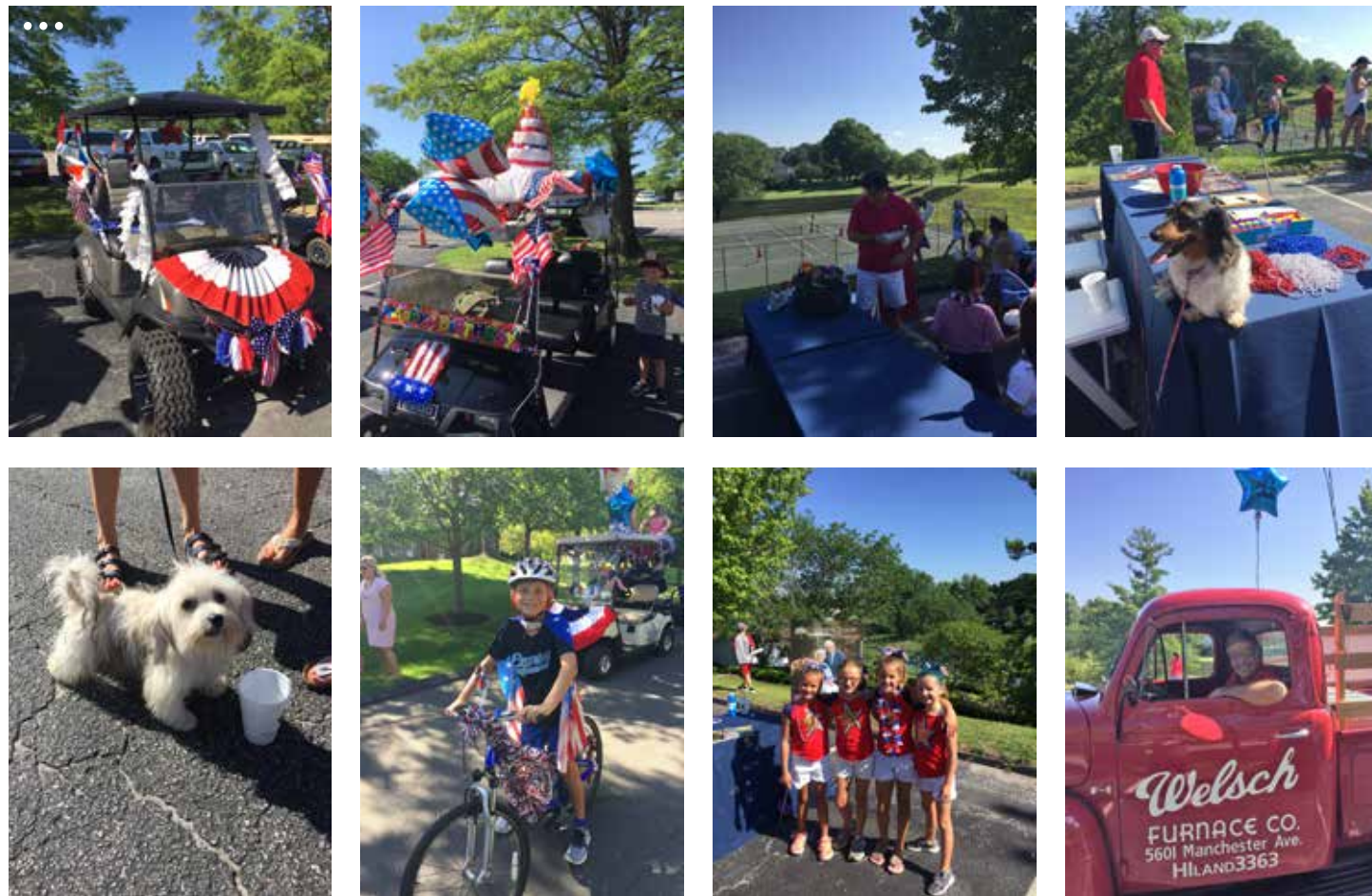
Community Celebrates the Fourth of July

This year's Fourth of July Parade Celebration in the Forest Hills neighborhood was a blast! The attendance was the largest to date, and it was great to see the parade route lined with American flags and residents coming out to support those who took part in it.

Enormous thanks for organizing this event goes out to Christine Parr, Kate Wiley, and team. It was AMAZING! Thanks, as well, to the Clarkson Valley Police Department, the Monarch Firefighters, and Butch Welsh for leading the parade of festive golf carts, kids on decorated bicycles and pups who were all decked out in their Fourth of July garb. There was a balloon animal artist who entertained the kiddos, and the Club supplied tea, lemonade, water, and adult beverages, as well as cookies for people to snack on.

We appreciate each and every one of you for making this event a continued success!





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The Benefits of Building a Custom Luxury Home Versus Buying

If you've spent any amount of time trying to find your forever home, you know it can be a daunting task. Between location specifications, design preferences, and unique architectural needs, sometimes it can be downright impossible. After all, no matter how gorgeous an existing house may be, no one can envision your dream home exactly like you can. The good news? Building a custom home allows you to make your dream a reality. Here are just a few benefits of building a custom luxury home rather than buying a pre-owned or new production home.

TRUE LUXURY MEANS NOT HAVING TO COMPROMISE. Building a custom home offers a choice in almost everything throughout the homebuilding process. Beyond choosing cabinets and flooring, custom home builders are flexible in mixing styles and plans to construct a home that is molded to your needs and lifestyle. Production homes, on the other hand, offer very few options and even less flexibility once building starts.

YOUR FAMILY IS UNIQUE AND YOUR HOME SHOULD BE, TOO. Perhaps you have a multigenerational family and need an extra living area. Maybe you're a yoga enthusiast, while your partner collects cars, and your kids swim every day. Or, you might expect to retire in your home and want to plan ahead with low, wide doorways and a one-level layout. Regardless of your family's specific needs or extracurricular activities, you can incorporate the space for such luxuries into a custom-built home—but they're hard to find in an existing one.

LOCATION, LOCATION, LOCATION. There are endless reasons location is often considered the most important factor in real estate. Whether your primary concern is the safety of your

neighborhood or the view from your kitchen window, finding your dream home in your ideal location is a tall order. And if you're buying an existing house, chances are you will have to compromise. By building a custom home, however, it's possible to have it all. When the location of the lot is your only criteria, your book of options becomes much larger.

IT'S NOT EASY BEING GREEN (IF IT'S NOT CUSTOM). When you build a home from the ground up, you can easily work green features that enhance your home's efficiency into the plan. For instance, you can plan to harness passive solar and greatly reduce energy costs, or use water-saving appliances throughout the home. Retrofitting an existing home with green features, on the other hand, is sometimes impossible, if not a nuisance to undertake—and a costly afterthought.

Ultimately, investing in a custom home ensures a higher level of satisfaction. The best part? When you work with Lottmann Realty Group, you reap all of the aforementioned benefits without the stress of managing the logistics and various vendors. Our strategic partnerships and turnkey approach allow you to make the decisions you want to make, and rest easy knowing that the rest is in great hands. We've helped countless homeowners build the homes of their dreams, one brick at a time, and we look forward to helping you.



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amazing athlete

Article written by CVL Junior Writer Annabelle Miller
& Article Sponsored by RIES Orthodontics



Meet **Cole Teixeira**



Call athletes of all ages! Do you play a sport you are passionate about? Whether it's football, cheerleading, skateboarding, skiing, soccer or any sport in between, we want your story! Just email Deanna at Deanna.Ley@N2Pub.com to be featured.

As many nine-year-old boys do, Cole Teixeira plays many sports. Soccer and baseball are currently his favorite sports. He also plays golf with Ascension Church. Cole says that he likes soccer because he has friends on his team and he enjoys running fast. Cole started playing soccer three years ago after hearing friends talking about it at school. Soccer sounded interesting, so he gave it a try and hasn't stopped playing since. Cole plays midfield for Ascension and has made several appearances as goalie. His favorite professional soccer player is FC Barcelona's forward, Lionel Messi, or Messi, as he is commonly known. On most Saturdays and Sundays in the fall, Cole can be found playing on the many fields at the Chesterfield Valley Athletic Complex. If you can't find him there, it is only because the New England Patriots are playing. As native New Englanders, the Teixeiras make sure to cheer on Tom Brady and company every Sunday.

Cole will be a third grader at Kehrs Mill Elementary in the fall. He makes full use of the moments before school while waiting for his bus. You will often find him involved in a game of soccer, football or kickball while waiting on the common ground in his neighborhood. Cole has an older sister, Grace, and a dog named Sammy. He and his sister like to swim in their pool and play games outside. Cole's favorite subject in school is math. For him, working with numbers is fun. When he grows up, Cole wants to be a professional soccer player or an engineer. Cole is getting ready to play another soccer season and he has found a new interest in baseball. Whatever the sport, you are lucky if you have Cole Teixeira on your team.



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precious pets

Article written by **Champ** himself with a little help from his humans **Charlie, Taylor, Boe and Luke** & Sponsored by **Apollo Enterprises, Inc.**

meet champion ARLISS RIES

This month, we get to meet the Ries Family's beloved canine family member. He's definitely a cutie! The Ries kids took turns interviewing Champion this month - ENJOY!

Luke: What's your name and how long have you have you lived in the neighborhood?

Champ: I have several names. My formal name is Champion Arliss Ries. My family calls me Champ, Shawnie, Shoo-Baby, Shawnie-Peed, Shawn the Sheep, Boogie, Boogie-Bar... I'm very pampered with ridiculous names.

Luke: How old are you?

Champ: I'm "free" years old.

Charlie: How did you come to live in the neighborhood?

Champ: My people had another pug that was old and passed, so when they were driving home from Florida, the dad told the mom she couldn't continue to weep uncontrollably about their dead dog anymore... it had been over a month. She said she wasn't ready, but he said if she didn't get another dog and stop crying,



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he was going to pick out a dog his-self and bring it home for her to love. So she started looking for me. Turns out they were driving home to Missouri and passed right by the shanty little town where I was "bornded." They stopped to see the puppies and couldn't resist my cuteness. And I heard them say something about me being the last male. Whatever that meant. Well, my mom stopped crying right away and fell in love with me. Alls them little kids was fightin' over me like cats. They all wanted to hold me. My mom says there is nothing in this world cuter than a pug puppy.

Charlie: Do you have any "brothers or sisters"? Do you get along with them?

Champ: That's a loaded question. I have a brother. He's new. And big. And bossy. He thinks he's all handsome and American-like with his long golden hair. I think he's just a big bully-baby. Mom says one day we will learn to love each other.

Boe: What do you like to eat? Is there anything you like to eat that you probably shouldn't be eating?

Champ: Well, PUG and PIG are only one letter different. We both snore and have curly tails. Let's just leave it at that.

Boe: What is your BIGGEST fear?

Champ: That big dumb dog taking my spot under the covers.

Taylor: Can you do any tricks?

Champ: Just a few. Sit and shake. That's all. I don't even come when they call me unless they yell "TREAT!" I'm not the sharpest tool in the shed (but they say I'm the sweetest).

Taylor: Would you call yourself spoiled?

Champ: I lay on a down-filled pillow all day, snoring, with the air conditioner gently blowing on me as the people walk by and kiss me. They try to get me to chase tennis balls in the yard, but I leave that to the big dummy-dog. I'm best at relaxing. I'd say "yes!"



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 at Deanna.Ley@N2Pub.com to have them featured in an upcoming issue.

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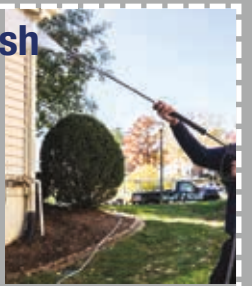
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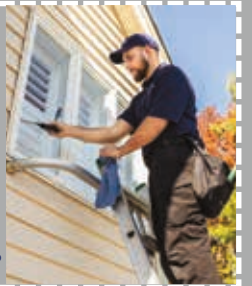


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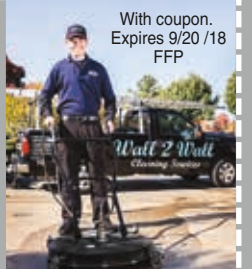
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delicious dish

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

ITALIAN PASTA SALAD

Ah, summer. We wait all year for these three glorious months. There is so much to pack into that time. We love the long, lazy, sunny days at the pool with our friends; taking family vacations at our long dreamed of destination, enjoying baseball games for the kids and our Cardinals, and appreciating great outings with friends and family. Meals are usually from the grill, leaving little to clean up, with great salads and sides.

We always hear that you need to be careful about leaving your creamy salads out for too long to avoid spoiling. This is a great pasta salad that packs in so much flavor without the mayo. There's also the surprise of garbanzo beans mixed in to give you a bit of extra protein. Any pasta will work for this dish, just make sure it has nooks and crannies, and other little spaces for the flavors to hide.

Enjoy these last summer days, enjoy your friends and family, and enjoy your food. Life's too short to miss a good meal and your favorite glass of wine!

INGREDIENTS & DIRECTIONS

- Chicken broth to cook pasta
- 1 ½ cups uncooked pasta
- 1 (15-ounce) can garbanzo beans, drained and rinsed
- 1 ½ cups halved red and yellow grape tomatoes
- ½ cup finely chopped red onion or shallots
- ½ cup chopped fresh basil leaves
- ¼ cup chopped fresh mint leaves
- ¼ cup chopped parsley
- ¾ cup Red Wine Vinaigrette, recipe below
- Salt and freshly ground black pepper

Pour chicken broth into a large saucepan. Cover the pan and bring the broth to a boil over high heat. Stir in the pasta. Cook until pasta is tender but still firm to the bite, according to package directions. Drain the pasta through a strainer. Transfer the pasta to a large wide bowl and toss until the pasta cools slightly. Stir in about ¼ cup red wine vinaigrette (recipe follows). Set aside to cool completely.

Toss the pasta with the beans, tomatoes, onion, basil, mint, and parsley. Add additional vinaigrette to coat. Season the salad, to taste, with salt and pepper, and serve at room temperature

Red Wine Vinaigrette:

- ½ cup red wine vinegar
- ¼ cup fresh lemon juice
- 1 tablespoon honey
- 2 teaspoons salt
- ¾ teaspoon freshly ground black pepper
- 1 cup extra-virgin olive oil

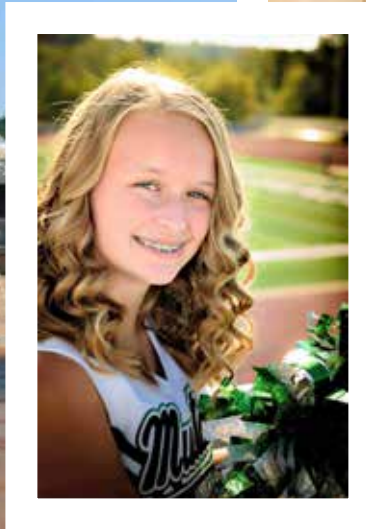
Mix the vinegar, lemon juice, honey, salt, and pepper in a blender. With the machine running, gradually blend in the oil. Season the vinaigrette, to taste, with more salt and pepper, if desired.



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.

generation conversation

Article by Carol and Gary Presley
& Sponsored by Darnell Construction



kids will be kids

Article written by CVL Junior Writer Annabelle Miller

Meet Grace TEIXEIRA

Grace Teixeira is a rising eighth grader at Crestview Middle School. She enjoys school and would like to be a teacher when she is older. Grace loves helping the younger kids. Language Arts is her favorite subject, and she loves to read. In fact, *I Will Always Write Back* is her favorite book.

Grace has a younger brother named Cole and a dog, Sammy. Cole is nine and goes to Kehrs Mill. Sammy was rescued in 2013, and he loves to play outside in the sunshine. He will always find the sunny spots in the house! Grace loves being outside with her family and Sammy. Grace enjoys swimming in her family's pool in the summertime and perfecting her hula hooping. The Teixeiras are great hosts, and Grace's desserts are part of the draw at pool parties. Grace likes to bake cupcakes, brownies, and all types of cookies. They are both delicious and pretty!

Grace enjoys sports. She plays volleyball, basketball, and golf. Golf is, by far, her favorite sport because golfers compete against themselves as much as they compete against everyone else. Grace has played golf for three years. She started playing because her grandfather and parents would play. Grace plays for the Ascension golf league. She feels like golf is a sport she can enjoy for many years to come. Grace moved to Clarkson Valley from Rhode Island, and she goes back to visit her extended family every year. Grace is funny and always kind. She makes everyone, even kids many years younger, feel like a good friend.

Grace's favorite movie is *Moana*. Like *Moana*, family is important to Grace. She experiences kindness and love in her family and passes it on generously to others. If you happen to meet Grace, her kindness will put you in a good mood the rest of the day!

On To High School!

“ Congrats to Our Granddaughter on Her Graduation From Middle School! ”

“We are so excited for our granddaughter Mallory. She graduated from Selvidge Middle School this past May and is heading to high school in the fall. She was a cheerleader all three years of middle school, as well as a violinist and an honor student. We couldn't be prouder of her and know that she will do amazing things in high school.” -Carol and Gary Presley



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.



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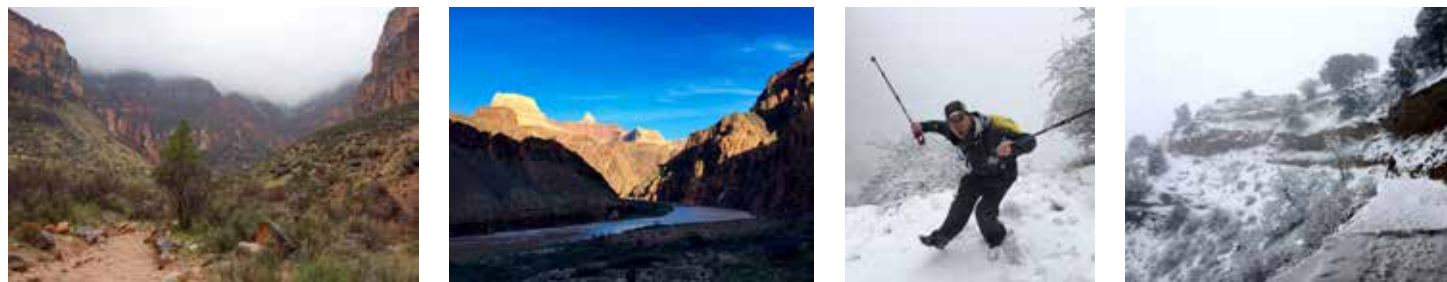
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find the adventure

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

A TALE OF TWO SEASONS IN THE GRAND CANYON

Recently, a friend lured me west with the prospect of exploring one of the most iconic landmarks in the country -- the Grand Canyon. Having never been there, the prospect of adventure was too good to pass up, so I booked a flight and headed west.

After a couple of days on the road, we arrived on the South Rim of the Grand Canyon after dark. Excitement and anticipation were building as we sorted gear for the hike.

We were up before dawn to make our way to the trailhead. As the sun rose, we could sense the enormity of the canyon, looming just beyond the trees. We pulled into the park, turned a corner around a cabin, and there it was - IMMENSE, vast, indescribable. The rocks were ablaze in colors - yellow, orange, red, brown. The canyon stretched to the horizon and beyond. It took my breath away! The Grand Canyon truly is one of those places that has to be seen to be believed.

It was 50 degrees and not a cloud in the sky; it was PERFECT hiking weather ... at least for the moment. A "Winter Storm Advisory" had been issued for the following day. The forecast called for 4 inches of snow at the canyon rim. We were prepared for the elements, so shouldered our packs and headed down 10 miles, descending 4,460 feet to the Colorado River. The air was crisp, and we hit the trail with a hop in our step.

Down the switchbacks, through Indian Garden, stopping for lunch at Plateau Point, then down more switchbacks all the way to the river. It was an EPIC hike. Words nor pictures can come close to capturing it.

Eventually, we arrived at the river, letting the cool water soothe our aching feet. Another mile on, and we arrived at Phantom Ranch, happy to shed our shoes and drop our bags. We talked with other guests in the canteen over dinner, and then it was time for bed. We were WIPED OUT and had to be up before dawn for the long hike out.

We woke to sore calves and aching shoulders. The previous day had taken its toll, but we had to get on the trail if we were going to beat the storm. Donning headlamps, we grabbed our backpacks and shuffled out of the bunkhouse.

It was damp. Mist hung in the air as we trudged out of camp. A coffee at the canteen brightened spirits, but we knew we were in

for a long uphill slog. One step at a time, we made our way back to the river, across the bridge, and began the climb out of the canyon.

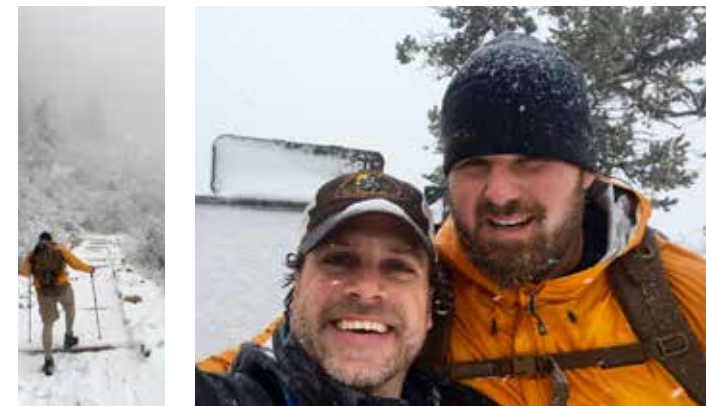
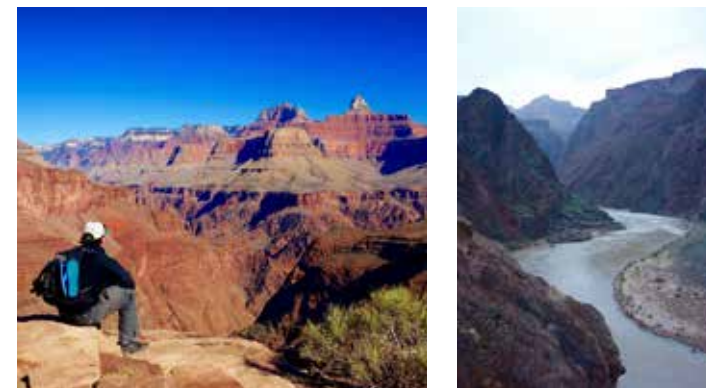
Dawn broke, the sky grey, the air heavy. Mist turned to drizzle, drizzle to rain as we mounted the switchbacks up from the river.

Heads down, we hiked on, climbing the canyon walls. The temperature dropped as elevation increased. We could see snow massing on the cliffs above. The storm had hit, shrouding the rim in clouds.

Rain turned to sleet, sleet to snow, and before we knew it, we were hiking in a Winter Wonderland. The snow was wet, sticking to trees and rocks along the path. It was great for hiking - the heavy snow provided better traction than wet rocks or mud. Laughing, we embraced the elements - It was an incredible experience - Hiking the Grand Canyon in a blizzard!

Finally, we reached the rim, greeted by 8 inches of fresh powder at the trailhead. Exhausted, soaked, sore, but content. We had seen the very best of the Grand Canyon - two extreme opposites, and one incredible adventure!

*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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featured home

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2239 SAMUEL STUART

This beautiful home in Pleasant Valley Forest subdivision off of Ridgely Woods Drive and Valley Road is city-close & country-quiet!

Check out the value of this home in terms of location, quality, and price! This dramatic 4 bedroom/5.5 bath, brick & cedar 1.5 story, with 5100 finished square feet is cradled in the most enchanting, sunlit forest clearing!

Its superior craftsmanship, soaring ceilings, expansive room sizes makes for a quality home for those who appreciate unique. The family chef will love the large, space-saving kitchen with wood floors, endless cabinet space, granite, butler pantry, pantry closet & many windows with tree-top views for culinary inspiration.

The main floor master suite with updated bath & the second bedroom suite on the main floor is perfect for in-laws & overnight guests. The upstairs hosts two more enormous bedroom suites. (All of the bedrooms have their own bathrooms & walk-in closets).

The finished walk-out lower level is designed to be a comfortable entertaining space. A workshop room is a hidden bonus for hubby's or hobbyists & could easily convert to a third car garage. It has a new room, as well as a composite deck, patio, fenced-in yard, sprinkler system, zoned HVAC.

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This home is on the market for \$499,000 (as of 7/10/18) and is listed by *Clarkson Valley Living* business partner Colleen Lawler & The Irvine Team.

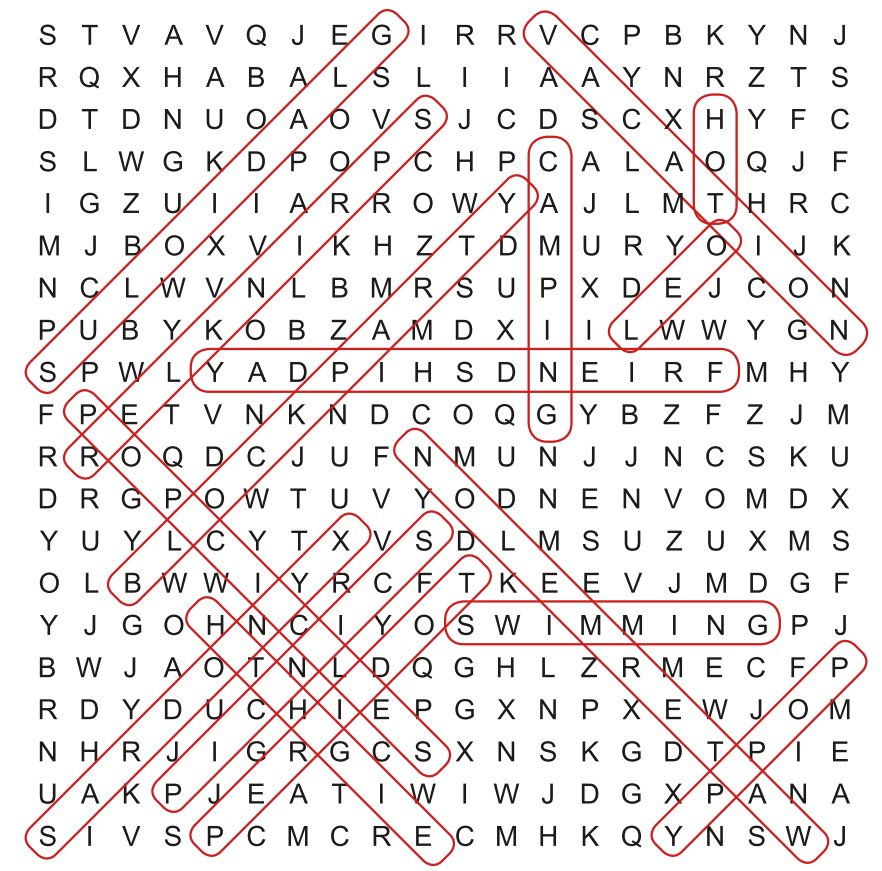


We've featured some great homes in Clarkson Valley and would love to share yours as well. Have you recently remodeled, redecorated or built on an addition, a man cave or a new wine cellar? Simply contact Deanna at Deanna.Ley@N2Pub.com to be featured.

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NewDayGlutenFree.com | 314-833-5180 | 7807 Clayton Rd, Clayton, MO 63117

If the words “gluten-free” mean tasteless and unappetizing to you, I can’t wait to introduce you to NEW DAY GLUTEN FREE BAKERY & CAFÉ located in Clayton at 7087 Clayton Road (it’s easy to find and they have their own parking lot). Owner Lillie Danzer has made it her mission to make sure that people who have food allergies, especially those with allergies to gluten, have a place to come where they can eat anything on the menu, and where everything tastes as good, IF NOT BETTER, than its gluten-filled counterpart.

For 15 years, Lillie herself suffered from serious health issues that had her in the doctor’s office every 4-6 weeks. No one could figure out what the cause was, but 5 years ago, she met a personal trainer who suggested she try a “gluten-free” diet. Within 2 weeks, her health took a turn for the better, leading to a diagnosis of Celiac Disease. Celiac is a serious auto-immune disorder that is a reaction to eating gluten which is a protein found in wheat, barley, and rye. It causes severe damage to the small intestine and currently has no cure. It affects 1 in 100 people worldwide, but it’s very hard to diagnose. Over two and a half million Americans are undiagnosed which leads to the risk of long-term health complications.

Lillie, who has a background in education, had always dreamed of owning a restaurant, and when the opportunity came along to buy New Day Gluten Free and to open a location in Clayton, she jumped at the chance knowing that the food served in the Café could provide an amazing option to people who have a very hard time finding gluten-free items on other restaurant menus.

See, people with food allergies don’t have a lot of options, so Lillie and staff take what they do VERY SERIOUSLY. They know that when it comes to someone’s health, they want NEW DAY to be a place where people never have to worry about stepping foot inside. In fact, the entire facility is gluten-free and peanut-free. There are numerous dairy-free and vegan options, too.



When you visit NEW DAY, be prepared to be WOWed with all the delicious choices. They are a full-service bakery and café. They have a great breakfast menu (try the French toast or the biscuits and gravy) and lunch menu (try the turkey & bacon club, the lasagna, or one of their pizzas), as well as bakery cases filled with mouth-watering, delicious items such as Brookies (a brownie-cookie treat), cupcakes, cheesecake, cookies, muffins, cake pops...the list goes on! Their most popular item is the Chipwich – you will have to trust me when I tell you that it’s amazing! They can also make custom cakes for birthdays, special occasions, and weddings. ...and it’s all gluten-free! They have a retail “grab ‘n go” case for people who want on-the-go selections, as well as the ability to order online, too. They also offer wholesale and catering options, too.

When I asked Lillie to share some of her favorite reactions from people who are visiting for the first time she said one word – tears. She told me that people drive 2-3 hours to come to NEW DAY; a place where they can eat anything on the menu and not be worried that it’s going to make them sick. It brings tears to people’s eyes, and that’s the reaction that Lillie said makes all of the long hours worth it.

Her favorite story is about a 10-year-old boy with Celiac whose mom surprised him by bringing him

to NEW DAY. She had shared with Lillie that he had stopped going to friends’ birthday parties and dreaded party days at school because he couldn’t eat the same stuff as the other kids. He was tired of feeling different. When he walked in and saw the

bakery cases he said to his mom, “Why would you bring me here – I can’t eat ANYTHING!” ...she said, “Actually, you can eat EVERYTHING!”. He jumped up and down and was crying when he

realized that he didn’t have to worry about being different any longer now that these tasty treats were an option. Leaving with \$100 in baked goods and delicious dishes in-hand, mom and son were both very happy ...and very full.



Do you know any amazing businesses that would be great partners for this publication? We are always looking for referrals! Please contact Deanna at Deanna.Ley@N2Pub.com.



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16474 Saddle Creek Rd.	Kehrs Mill Trails	\$790,000	\$735,000	6/29/18	5	4	3632	2
16869 Kehrsdale Dr.	Kehrs Mill Estates	\$750,000	\$730,000	5/7/18	4	5	3532	3
143 Highgrove Ln.	Forest Hills	\$725,000	\$710,000	5/24/18	4	4	3349	3
16611 Sterling Pointe Ct.	Dunhill Farm	\$699,900	\$685,000	5/18/18	6	5	3764	3
2111 Wilson Ridge Ln.	Manors at Clarkson	\$690,000	\$675,000	5/30/18	5	4	2925	3
2287 Whitby Rd.	Westhampton	\$615,000	\$607,500	6/21/18	5	5	3286	2
16411 Wilson Creek Ct.	Wilson Farm Estates	\$595,000	\$600,000	5/9/18	4	4	3291	3
1837 Kehrswood Dr.	Kehrswood	\$600,000	\$578,000	5/31/18	5	4	3834	3
3 Kehrsboro Ct.	Kehrs Mill Estates	\$600,000	\$560,000	6/22/18	4	4	2998	3
1 Crownhill Lane	Forest Hills	\$559,999	\$535,000	6/22/18	5	6	3418	2
159 Highgrove Ct.	Forest Hills	\$549,900	\$515,000	5/14/18	4	5	3646	2
9 Jennycliffe Lane	Forest Hills	\$499,999	\$470,000	5/15/18	4	4	2819	2
2248 Dunhill Way Ct.	Dunhill Farm	\$390,000	\$410,000	5/30/18	4	6	4455	3

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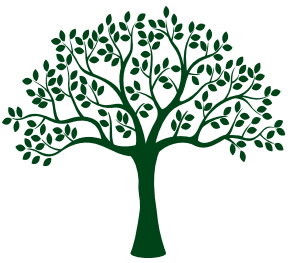
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