



CLARKSON VALLEY

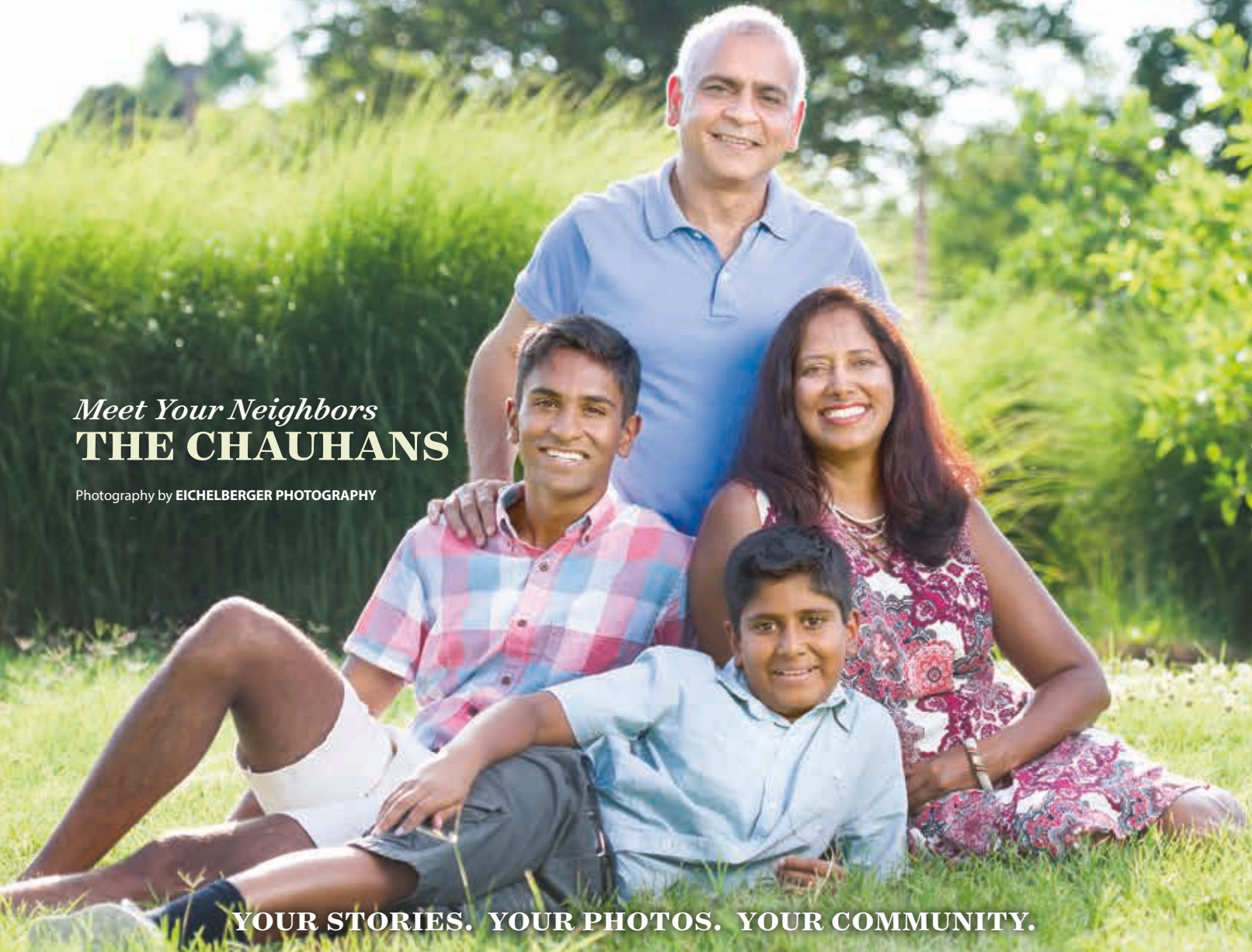
THE OFFICIAL PUBLICATION FOR
THE RESIDENTS OF CLARKSON VALLEY

August 2016

Living

Meet Your Neighbors
THE CHAUHANS

Photography by EICHELBERGER PHOTOGRAPHY



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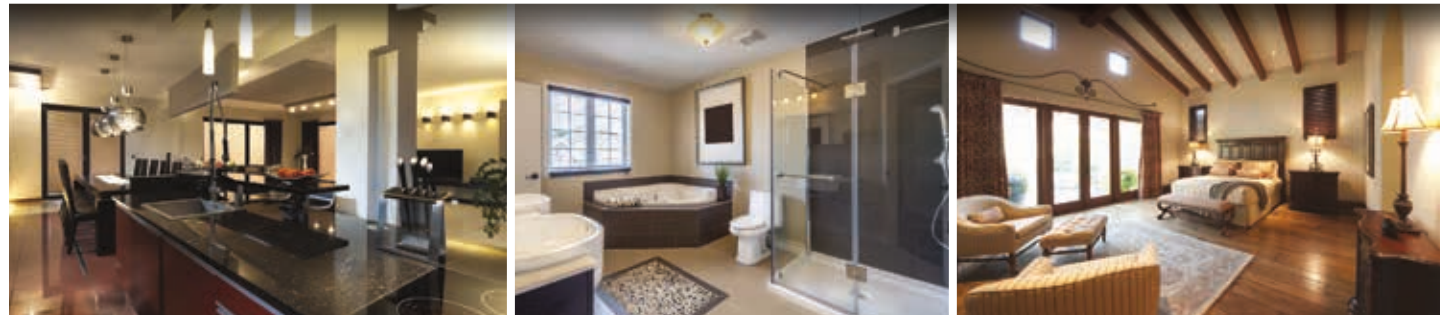
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For more info, please go to www.ClarksonValley.org/CityOfficials.html. This newsletter should be considered "unofficial communication" and does not necessarily reflect the official position of the City of Clarkson Valley. An official position of the City shall only be communicated in letterform using City letterhead.

IMPORTANT PHONE NUMBERS

- EMERGENCY**
- 911** Fire, Ambulance, Police Emergency
 - 811** Call Before You Dig
 - 800-552-7583** Gas Emergency/Odor
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 - 314-772-5200** Poison Control Center
- NON-EMERGENCY**
- 636-529-8210** Police (Non-Emergency)
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 - 314-991-0333** Missouri American Water
 - 314-768-6260** Metropolitan Sewer District
 - 314-291-3131** Meridian Waste Haulers

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Meet the new owner,
Dr. Dan O'Leary



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!

"CHECK OUT OUR NEW SPONSORS!"

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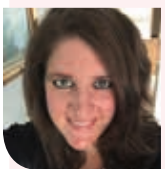


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Mayor's Corner Summer Safety



Clarkson Valley Recycling Results through June 2016

June recycling tonnage: **23.19**
YTD tonnage: **134.16**

Note From Your Publishers

Hello Clarkson Valley residents and welcome August! School is back in session and the heat of the summer is beginning to lighten up.



Mayor Scott Douglass

Can you believe it's August already? School starts soon (this month). Yes, familiar words it seems every year. So how has your summer gone? Those plans for the new flower bed, the new patio, house addition or a redo of the deck... how are you doing? Perhaps now is a good time to review and evaluate this year's action and start to plan for the fall and next year.

Which takes me to a recent concern by a resident in Westhampton about safety along Clarkson Road - it was not just about speed but more about the "middle" lane. The use of which is for turning into or out of the subdivisions along Clarkson. Our police are reviewing the situation along with an increase in surveillance to address his concerns. I'm sure you are aware that this year, much has been said about speed and speed traps - let me explain my position.

We want to thank the Clarkson Valley residents who contributed to the publication this month. Through the years, this publication and its event program have helped countless Clarkson Valley residents meet more people and make more friends in the neighborhood. Our goal with this magazine is for it to feel like a high school yearbook; with pictures, interviews, and stories about the people you see

and interact with in your neighborhood week in and week out. We want all of our readers to recognize at least one of the people featured in each edition. If you, or someone you know, would like to be featured in a given month, please contact Deanna or Kristy. It's super easy to be spotlighted or to nominate a neighbor to be spotlighted.

We are excited to welcome four new business partners to the publication this month - Elegant Home Theater, Infinite Signs & Graphics, and CV resident-owned Allen Roofing & Siding and Oasis Senior Advisors. As we have shared in the past, the businesses you see in this publication month after month would

We believe our police (St. Louis County Police Officers) provide excellent service for all of us, and a big part of that is traffic control. Let's address the often bantered-about term, 'speed trap'. Speed, by definition is: rapidity in moving; and Trap: is any device, strategic, trick or the like for catching a person unaware. Why do we use radar (referred by some as speed traps) to control traffic? It's to: 1) provide a basis for safe roadways, and 2) make the driver aware of these safety rules. People frequently lambaste officers for using radar guns as a speed trap for city revenues. Call it what you may but as long as we have drivers going on the streets of Clarkson Valley at speeds of 60+ miles an hour, our police will be using radar. Call them speed traps if you want, but so far in the 25 years I have been mayor, there have only been three fatal automobile accidents on Clarkson and Kehrs Mill Roads, none related to speed and one on a side street due to inclement weather. That's the kind of speed trap enforcement I like. This is not to infer that speed has been eliminated as a problem, because all of us know control is an ongoing situation that requires constant surveillance.

What about your neighborhood?

Are your streets safe? Watch for violators of stop signs, excessive speed, and unfamiliar cars in the neighborhood and call the police non-emergency number at **636-529-8210**. We do hear, periodically, from some of you and we have and will increase patrols to address your situation. Police always tell us - an informed citizen willing to help is our best answer to solving problems.

NOTE ON INDIVIDUAL SAFETY:

When walking alone or with another person or with 'Fido' - remember, it's the left side of the street (facing traffic) that's the safe side. Remind all those you see so we will all be safer.



love to hear from you if you need their products or services. We welcome you to reference the Index of Neighborhood Sponsors (pages 6-8), as we have interviewed and vetted all of the businesses sponsoring our publication to make sure they meet the level of quality and customer service that you guys deserve. If you have a chance, please send them a note or an email letting them that their ad is being seen—even something as simple as this can make all the difference!

P.S. Check out our new Resident Business Guide feature on page 39. If you are a resident business owner, reach out to Chris to find out how you can feature your business in this guide, too!



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Deanna.Ley@N2Pub.com

Coffee Break

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Interesting Facts?

You can soothe a sunburn with vinegar.

Plain white vinegar helps ease the pain and itch of a recent sunburn, and may also prevent blisters from forming.

How to use it: If the burn is on your face, soak a cotton ball in vinegar and dab onto affected areas. If it's on a larger part of your body, use a washcloth or paper towel and cover your skin for 15 minutes.

You can calm swollen skin with Green tea bags.

The tannins and caffeine in tea bags helps reduce swelling. Green tea works the best because it also contains EGCG, an anti-inflammatory compound.

How to use it: Put used tea bags in the fridge for 30 minutes, then place on swelling

You can repair damaged hair with Avocado.

The healthy fats in this fruit can help strengthen and nourish hair that's broken due to sun and chlorine damage.

How to use it: Mash up a ripe avocado and apply it as a prewash treatment. Leave it in for 30 minutes, then rinse and shampoo.

13				113
27		41		122
	26		5	61
	42			180
110	106	139	121	78

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.



Fair Time!

Spot the difference!

There are 9 differences between these photos. Can you spot them?

Answers elsewhere in this issue

News You Can Use

Want To Be The First To Know?
Get Connected Here!

Have you used one of the awesome sponsors of the *Clarkson Valley Living* magazine?

As you know, we go through a thorough selection process when looking for companies to partner with and support our Clarkson Valley community and this publication. We would love to hear about any experience you have had with one of the business partners. Email your experiences to Deanna.Ley@N2Pub.com.

Also Spotted in Dunhill



SPOTTED!

A RAVING REVIEW OF CVL BUSINESS PARTNER OXI FRESH CARPET CLEANING

"Boy, did we need our carpets cleaned after 3 years of complete neglect! We saw Oxi Fresh Carpet Cleaning in the *Clarkson Valley Living* magazine and know that the publishers, Chris and Deanna, only put reputable business in our magazine, so we decided to give them a try. Our carpets are 12 years old and should be replaced, but after an amazing cleaning job through their 10 step process, we know we will be able to stretch our carpets out for some more years to come. I give them a two thumbs up!"

- Bill Howard, Dunhill resident



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CVL Needs You! Get Involved!

Join our private *Clarkson Valley Living* Facebook group! "Friend" us so we can notify you about our community news and events.

www.Facebook.com/groups/ClarksonValleyLiving

Are You On The Clarkson Valley Living Email List?

Shoot a quick email to Deanna.Ley@N2Pub.com to be added so you can be in-the-know for all things CVL and event invites.

It's Contest Time!

Want Free VIP Access To The Culinary Tent At The Taste Of St. Louis?

N2 Publishing and your very own *Clarkson Valley Living* are sponsoring this great event to be held at Chesterfield's Central Park & Amphitheater in Chesterfield. Just like last year, we have 4 VIP tickets up for grabs! These tickets include complimentary beverages and hors d'oeuvres in our VIP area. (valued at \$50 each.)

HOW TO BE ENTERED TO WIN:

There are two ways to enter! Send an email to Deanna at Deanna.Ley@N2Pub sharing why you love (or what you love most about) your *Clarkson Valley Living* publication ...or send an email sharing a quick story about how you've used one of the *Clarkson Valley Living* business partners and how much you enjoyed their service.

WANT TWO ENTRIES? Send both: Why you love *CVL* and a quick story about using one of our business partners. It's that easy!

The Budweiser Taste of St. Louis is a three-day event (September 16-18) that features 36 of the region's best restaurants, two nights of concerts, two culinary stages, eight chef battles, more than 35 local artists, kids' activities and so much more! This 12th annual award-winning event is free to attend. Food for Restaurant Row can be purchased directly from food booths with cash. Many booths take credit cards and ATMs are located onsite. Find out more at www.TasteSTL.com.



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Attention Business Owners! It's Business-2-Business Bash Time!

If you own or run a business, you are invited to come to our 2nd annual N2 Publishing Business-2-Business Bash networking event!

When: Thursday, September 22 from 6-8 p.m.

Where: DirectBuy (611 Trade Center Blvd, Chesterfield, 63005)



N2 Publishing partners with 11 different affluent neighborhoods to produce their individual neighborhood newsletters. Last spring, we combined all these neighborhoods and had a huge B2B networking event. It was such a hit that we are making it an annual event!

Business partners and resident business owners are all invited to this event. Complimentary wine, beer and food will be provided by some of our awesome N2 Business Partners, so come on out and network! Last year, we had over 150 people with over 20 different door prize giveaways.

RSVP by emailing your name, business name and neighborhood you live in to Deanna.Ley@N2Pub.com. Let us know if you want to be a sponsor of the event by donating a door prize for our raffle drawings.

Save These 4 Dates For These Upcoming Clarkson Valley Living Events

NEIGHBOR NIGHT OUT AT STROTHEIDE CHIROPRACTIC

Thursday, August 18th from 6-7:30p.m.

Come mingle with your neighbors at this joint event with the residents of Wild Horse Creek. Food and drinks will be provided along with door prizes, free massages and laser treatments from Dr. O'Leary.

RESTAURANT REVIEW AT CANDICCI'S

Tuesday, August 29th from 6:30-9:00p.m.

100 Holloway Rd., Ballwin, 63011

2ND ANNUAL BUSINESS-2-BUSINESS BASH

Thursday, September 22nd from 6-8p.m.

Calling all N2 Business Partners and Clarkson Valley resident business owners! Join us for our 2nd annual metro-wide B2B Bash at DirectBuy in Chesterfield Valley. See below for more details!

RESTAURANT REVIEW AT MARCELLA'S MIA SORELLA

Tuesday, September 26th from 6:30-9:00p.m.

14426 Clayton Rd, Ballwin, 63011

Space is limited at all of these events - please RSVP to NancyMillerEvents@gmail.com to reserve your spot.



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helping hands

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.

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Service: Babysitter
Phone: 314.614.0034
Email: rforst@rachelsgrove.com
 (mom Rachel)

Cathryn Rosa - 15 years old, sophomore
Services: Babysitter, Dog Walker
Phone: 860-389-7220 (mom Carol)
Email: rosafab5@sbcglobal.net
 (mom Carol)



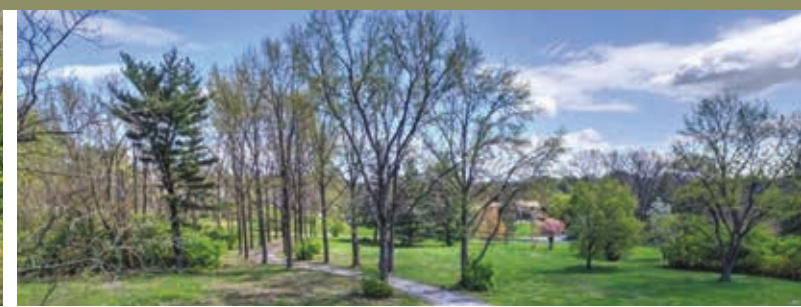
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book club corner

Clarkson Valley Book Club Review Of *Me Before You* by Jojo Moyes

Review Written By Resident & CV Book Clubber **Shannon Burger**

The Clarkson Valley Book Club met on June 28th at Lucky's Market to discuss *Me Before You* by Jojo Moyes. *Me Before You* is on the *New York Times* bestseller list and is currently on the big screen. It is a romance novel between two unlikely people who change each other forever.

We discussed the book, and all of us enjoyed reading it and could not put it down. We did feel there were some medical inconsistencies, but that did not distract from the book. Overall, the group averaged a 3.5 / 5 stars for the book. But with that being said, several members are compelled to read the sequel. We are also looking forward to seeing the movie and comparing it to the book.

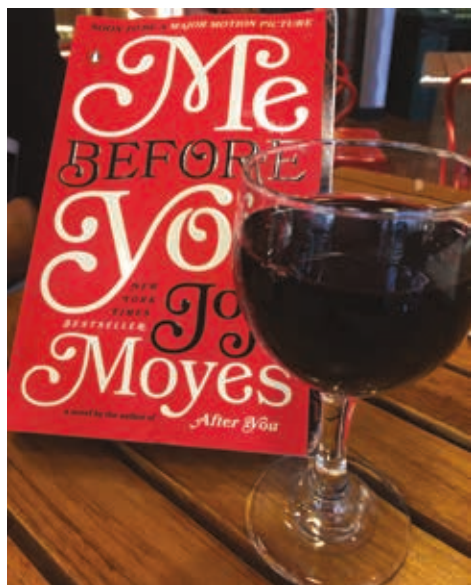
Our next book club read is *The Pioneer Woman: Black Heels to Tractor Wheels - A Love Story* by Ree Drummond. We will meet at Lucky's Market on August 30th at 7:00p.m.



Everyone is welcome to join the Clarkson Valley Book Club! Please contact with Shannon Burger at burgerfarm2@gmail.com for more info.



Our next Book Club selection - join us on Aug. 30th!



Enjoying a glass of wine as we discuss this month's selection.

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The Chauhan Family Of Four: VIJAI, DIVYA, VINEET AND ISHAN

Photography by Kim Eichelberger, co-owner of Eichelberger Photography
Article written by resident Kristy Howard & Sponsored by Kehrs Mill Dental Arts



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Hello Clarkson Valley residents! We are the Chauhan family and live in Dunhill off of Kehrs Mill Road. Our family consists of my husband, Vijai, myself, Divya, my recent high school graduate, Vineet, and our 11-year-old son, Ishan. After living in Belleville for 7 years while I worked as a physician at St. Elizabeth's Hospital, we decided we wanted to relocate to St. Louis for the numerous and excellent choices of schools for our boys. When looking for a new home, we looked in Clarkson Valley and were in awe of the large lots and well maintained homes along with its family friendliness. In 2006, Clarkson Valley became our home, and it has exceeded our expectations with wonderful friends and neighbors and the sense of a small, close-knit community.

Both Vijai and I are from India; I am from Jaipur which is close to Dehli while Vijai came from a city named Kasganj. I went to an all-girls Catholic School, and after graduation I attended medical school at the University of Rajasthan in Jaipur. Vijai moved to the United States at age 6 with his family and lived in Belleville, IL where he graduated from Belleville East High School. He then attended Bradley University in Peoria, IL for his pre-med track. After graduating, Vijai returned to India and received his M.D. from Mangalore University.

It was at this time when Vijai and I wed and then moved to the U.S. in 1994 to do our residencies. As tradition in India we had an arranged marriage and we are so blessed that we are a perfect match! I completed my residency at St. Louis University where



I specialized in Family Medicine, while Vijai completed his residency in New York at the Metropolitan Hospital, specializing in ER medicine. I have been working at a St. Luke's owned practice in Creve Coeur as a full time Family Medicine physician, but I decided to switch to a part time position at Mercy Urgent Care on Long Road this fall. Vijai is employed at St. Louis University where he is an ER physician and the Program Director of the Emergency Medicine Residency Program.

Education is very important to us and we found MICDS to be a perfect fit for Vineet, where he not only excelled academically but also was in choir, and was on the swim team and cross-country. He just graduated and will be attending the University of Southern California, pursuing a double major in English and Economics, also on the pre-law track. Ishan is 11 and he presently attends St. Alban Roe and loves all sports! In 7th grade, he will also attend MICDS.

Even with our busy schedules, we love to travel together as a family. Our favorite destinations are anywhere in Europe and India as well as Colorado in the summer for hiking and in the winter for skiing. Vineet and Vijai like to run marathons together while Ishan is in training. We are "foodies" and some of our favorite places to go are Annie Gunn's (best steaks ever!) Priyaa, (located off of Dorsett) and Taj Palace in Chesterfield Valley. We are always together when possible for family dinner to help stay connected as a family.

Not only do we celebrate all American Holidays, we also have our own Indian traditions that we continue here. We always celebrate the Diwali festival (usually is in October/November) which is the festival of lights, celebrating victory over evil. We cook traditional food at home and wear traditional Indian attire and spend the evening with other families. Another festival that the children absolutely insist on celebrating is called Holi (February/March), which is about the welcoming of spring, also known as the festival of colors. We celebrate by having lots of friends over and throw dry colors at each other.

As for musical tastes, I love traditional Indian and Bollywood music, my husband loves jazz, Vineet likes indie and alternative, and Ishan likes whatever is on the mainstream radio. Vineet sings in choir, so he also enjoys performing classical pieces. As a family, we love to watch *Modern Family*. ●●●



If you see us in the neighborhood, please introduce yourself. We would love to meet you and we are always available for excellent medical care if needed!

The Chauhan family's professional photos were taken by *Clarkson Valley Living's* Meet Your Neighbors photographer Kim Eichelberger, who co-owns and operates

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Get to know your neighbors better by having your family featured in the next available issue! With the Meet Your Neighbors article comes a free professional photo shoot with *Clarkson Valley Living's* Meet Your Neighbors photographer, Kim Eichelberger of Eichelberger Photography and a free 16x20 print. Email Kristy at Kristy.Howard@N2Pub.com to be a future featured family.

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resident business beat

Meet Forest Hills Resident And Dietitian Shannon Buescher

Interview of **Shannon** and article written by **Chris Ley**
& Sponsored by **John Lancia - Weiss Insurance**

"There are typically triggers that will engage people to diet or binge. Both of these are unhealthy approaches to food."

For over 12 years in private practice, Shannon Hayes-Buescher (MS, RD, LD) has been helping people improve their relationship with food. Her primary focus has been helping those who suffer from anorexia, bulimia, binge eating and disordered eating. The primary goal is to help people find a balance with food and learn about how it fuels and nourishes the body.

I recently had the opportunity to learn about Shannon's passion for helping others. Along with her husband of nine years, Shannon lives in Forest Hills with her three children – Lucy, 7, Hayes, 5, and Matthew, 2. Shannon was a high school and collegiate athlete in track & field and that is where her passion for nutrition began. "I noticed a lot of female athletes that were in need of proper nutrition to perform at a higher level. It was in working with them to improve that I first started to see and then continued to see that many had developed eating disorders." It was then that she decided to focus more on helping those with eating disorders.

"Many people, especially females have unhealthy relationships with food and their body." Shannon shared, "they are taught to feel shame and embarrassment with body image and this manifests into eating disorders of all kinds, as well as people who continuously diet cycle. There are typically triggers that will engage people to diet or binge. Both of these are unhealthy approaches to food."

Shannon's passion to help young women, especially pre-pubescent girls, to learn how to have a healthy relationship with food caused her to become a part of the organization Girls In The Know (www.girlsintheknow.org) in 2014. This non-profit organization's mission is to inspire, educate and empower mothers and their pre-teen daughters to make healthy, to make confident decisions as girls mature into adulthood. Shannon serves as one of the professional speakers and educates mom and daughter pairs on promoting healthy body image.

You can also learn more about Shannon's philosophy with food, dieting, and helping parents with their child's relationship with food at her blog – www.BeyondTheSurface.com. "Far too often, people want to be very black and white with food issues. What I have found is that the grey should most likely be the norm. Let's face facts, kids want "kid food" from time to time. Helping parents know how to approach this and helping them go about it properly helps to create healthy relationships with food for their kids."

Shannon is not the "average" dietitian. She is a nutritional counselor. Most often, Shannon is working with a therapist to help optimize the self-discovery and healing in the process of creating a



Shannon Hayes-Buescher (photo by Clarkson Valley resident Kristin Miller, Owner of Smiles by Kristin)

new relationship with food and body. Shannon helps you to look beyond the surface food and your body and discover the emotions that are attached to the excess or lack of food. She helps you look at how you are prioritizing food and yourself in your life. She encourages changing the language you use with food and yourself to be kinder, more loving and self-honoring.

To learn more about Shannon, her passion and her outreach, please go to her website – www.Hayes-Nutrition.com. Her office is located at 15510 Olive Blvd, Ste 206 and she can be reached at **314-578-7429**

Are you a Clarkson Valley resident who owns your own business? We'd love to feature your business for free in our Resident Business Beat section. Please contact Chris at Chris.Ley@N2Pub.com.



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Article Written By Resident **Macy Mundwiller** & Sponsored by **Ries Orthodontics**



Elle in action!

"If you really love something, keep chasing that feeling and pursuing your dream. Don't let anyone get in the way of that. If you have a setback, don't let it deter you."

Green shoes. When asked what favorite memory Clarkson Valley resident Elle Mundwiller has from her extensive soccer career, her simple answer is green shoes.

Elle has been playing soccer since she was four years old and one pair of soccer shoes played a large role throughout the years. During her CYC soccer days, Elle owned a pair of Nike green soccer cleats with hot pink laces. Her mother, Lori Mundwiller, jokingly named them her "magic green shoes." Due to the unique color, her shoes soon became recognizable to other coaches and Elle would sometimes hear from the sidelines, "Get on green shoes!" Coaches would call her by her shoe color, rather than by the number on her jersey. And after one game, a coach came up to Elle in regards to why he was double teaming her and said, "Sorry, green shoes, you're just too good!" These striking green shoes quickly became Elle's favorite pair of soccer cleats, but sadly she outgrew them a long time ago.


Since owning her green shoes, Elle has grown as a soccer player and her driving passion and foot skills have landed her on St. Louis Scott Gallagher's U16 Elite team for the last several years. She has primarily played the midfield position on different soccer teams.

Elle and the U16 Elite team just returned from the National Play-offs in San Diego, California. After an exhausting week, the team made it to the finals for their division and returned to St. Louis victorious! For the past few years, Elle and her team have been in the ECNL, which stands for the Elite Clubs National League and they play teams from all over the country.

Elle grew up playing a variety of sports, but soccer stole her heart long ago and she stills believes that soccer is the sport for her. She loves the way she feels after her team wins a game and the feeling of exhilaration she gets each time she steps onto the field.

Not only is Elle a very dedicated soccer player, but she also displays her dedication to her studies at St. Joseph's Academy. For the last two years, Elle has maintained a GPA of 4.3.

Good luck to Elle Mundwiller on her future college decision and soccer accomplishments!

 **Kids, teens and adults - Call athletes of all ages!** Do you play a sport you are passionate about? Whether it's football, cheerleading, skateboarding, skiing, soccer, badminton or any sport in between, we want your story! Just email Kristy at **Kristy.Howard@N2Pub.com** in order to be featured in the next available issue.



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kids will be kids

meet The Bender Kids



Julia Bender

Alex Bender

Article Written By Residents **Alex And Julia Bender** & Sponsored By **Chesterfield Montessori School** | Photos by **Autumn Schoeck Photography**

Hi! My name is Alex Bender. I go to school at Kehrs Mill Elementary and I am in 4th grade. My favorite movies are *Terminator*, *Genysis*, *Furious 7*, *Avengers*, *Age of Ultron* and I would like to see *Captain America Civil War*. I like country music just like my dad. I play baseball and basketball, and I would like to play flag football. At school I play the cello and the guitar and I would like to learn how to play the drums. I like to

play in my woods and in my friend's woods and also to create new games like water hockey. My favorite vacation is when I went to Hannibal and got to see Mark Twain's house and where he lived. While we were there we got to go to a fair. We went with our cousins, aunt and uncle and also my grandma. When I grow up I want to work at Boeing; it would be cool to build airplanes for the US military and even make space ships for NASA.

Hi! My name is Julia Louis Bender. Let me tell you a little about myself. I am 8 years old. I go to Kehrs Mill Elementary and I am in second grade. I love school. My favorite subject is math and reading. My favorite movies are *Dr. Seuss' Horton Hears a Who*, *Sharkboy And Lavagirl* in 3-D, *High School Musical 2*, *High School Musical 3*, *Camp Rock*, *Ice Age* and *Rio*. The reason why I like all of those movies are because they're action packed and funny. My favorite music is on I Heart Country and I also like '80s music because it's very calming. I play lot of spots and my favorite one is soccer because it gets all of my energy out. I want to play a violin because it is cool. My hobbies are swimming, pitching and drawing. I love pitching but sometimes I miss but its ok if I do. I like swimming because I get all wet. And last but not least I like drawing because when I am stressed I just draw and it calms me down. My favorite vacation was going to Florida because I got to go on a lot of the roller coasters. They were so fun. And, I got a face paint. I looked so pretty. My upcoming challenges are doing a handstand and then fall backward and land in a backbend (which is very hard). But I did it. Something unique about me is I can do the splits all the way down. I am a good drawer and I mostly like to draw a horse because I mostly draw horses with my friend.



Hey kids - do you want to be the superstar of the neighborhood? Do you want to share with the neighborhood any and all things that are important to kids your age? All you have to do is ask your parents to email Kristy at Kristy.Howard@N2Pub.com to have your article featured in a future issue.

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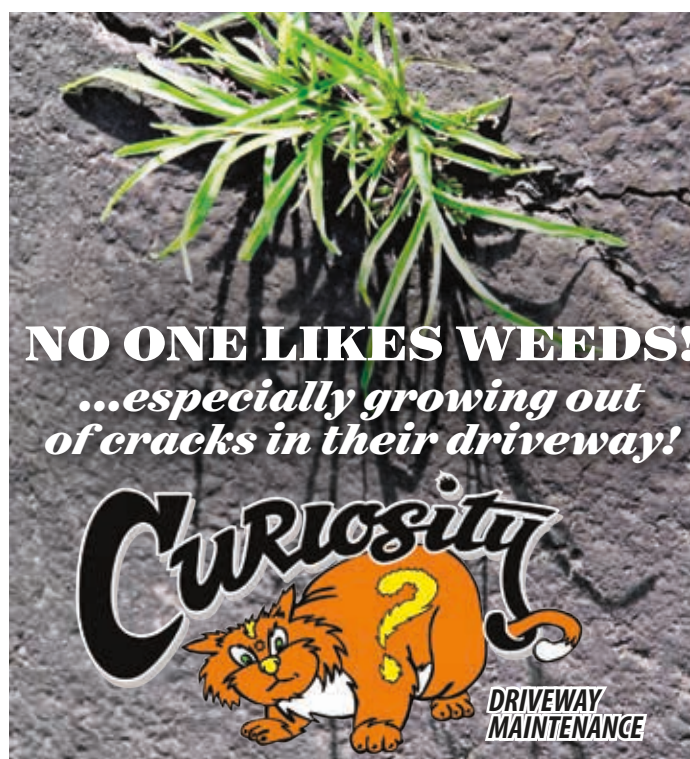
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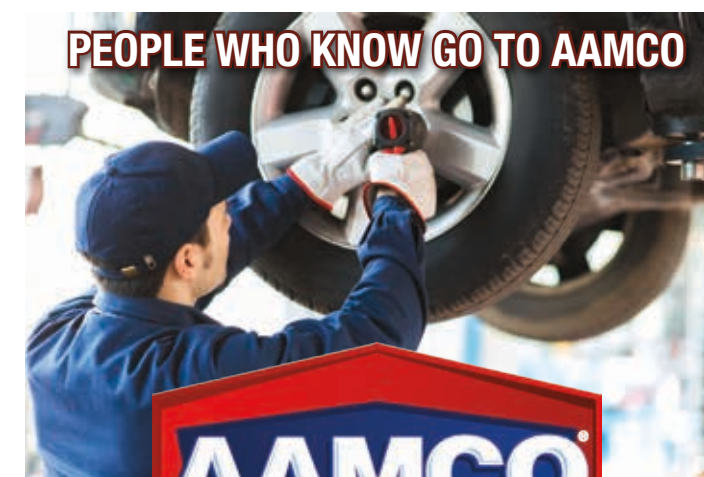
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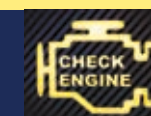
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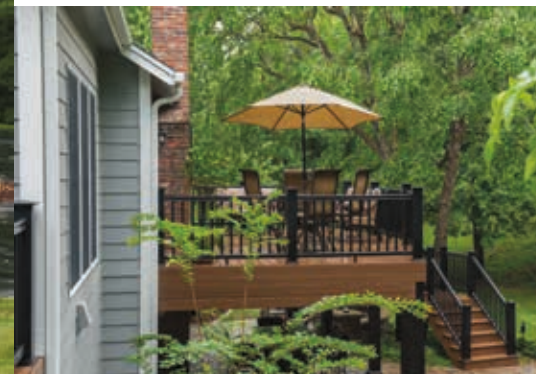
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outdoor oasis



The Cordovas' Relaxing Outdoor Space

Article Written By Residents **Kathy Cordova** and **Kristy Howard** & Sponsored by **Dowco Enterprises, Inc.**



Hi residents! We are the Cordova family, Terry and Kathy and our two sons, Parker, 19, and Tyler, 17. We have lived in the beautiful community of Clarkson Valley at 16825 Kehrsbrooke Court for the last 13 years. We were attracted to this community because

of the large lot sizes and sense of community. We have many great friends here and the neighborhood is very social.

Several years back we decided to expand our outdoor living space to incorporate a multi-level maintenance free deck, paver patio, and fire pit area. We wanted to have several seating areas, a bar and outdoor TV, and with the expertise of Baxter Gardens and Aesthetic Design, we were able to get just what we dreamed of.

We love the outdoors and entertaining, having friends over, sitting around the fire pit and watching games at the bar on the outdoor TV. The evenings are very peaceful and serene, and we have a good view of birds and other wildlife from the decks. My favorite thing about my backyard space is enjoying the decks, gardening, and having lots of plants available for the butterflies and hummingbirds, and bird feeders to attract many species of birds. Terry's favorite feature of our outdoor oasis is the fire pit where he can relax and listen to music through the outdoor speaker system. Our boys have a blast with friends around the fire pit, hanging out at the outdoor bar watching sports on the TV.

If you are thinking of upgrading your backyard we would definitely recommend it!



Do you have an amazing outdoor oasis, or do you know someone in your neighborhood that does? Share your outdoor space or nominate a neighbor's yard for spotlighting by emailing Kristy at Kristy.Howard@N2Pub.com.



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Two Back To School Treats Sure To Please!

From The Kitchen Of Resident Valerie Denton & Sponsored by Just Around The Corner Flooring



With school starting back this month and sports schedules ramping up, I wanted to introduce you to a couple of easy snack desserts for the after school munchies or lunch box. The first snack, Mimi's cookies, are soft cake-like cookies that will satisfy anyone's sweet tooth. Lemon is our favorite, however, you can use most any boxed cake flavor including chocolate. Next is Skor-Ing With Apples, a subtle toffee flavored dip so delicious it keeps all ages wanting more!

MIMI'S COOKIES

- 1 - 8 oz. tub frozen whipped topping, thawed
- 2 eggs
- 1 large box cake mix with pudding in the mix (lemon, chocolate, red velvet, strawberry, etc)
- 1/3 cup confectioners' sugar

Preheat conventional oven to 350 F. Lightly grease baking sheets. Beat together the whipped topping and eggs. Slowly stir the dry cake mix into the egg mixture (it will be thick). Do not overmix the batter. Chill approximately 60 minutes in refrigerator. Drop by tablespoons into a bowl of confectioners' sugar and roll to coat. Place cookies on the prepared baking sheets. Bake for 9 -12 minutes until tops are golden.

NOTE: These freeze very well.

SKOR-ING WITH APPLES

- 8 oz. cream cheese, softened
- 1/2 cup light brown sugar
- 1/4 cup white sugar
- 1 tsp vanilla
- 1/2 bag of SKOR or Heath toffee chips

In a medium bowl beat the cream cheese, brown sugar, white sugar and vanilla until the mixture is smooth. Add 1/4 bag of chips and stir. Refrigerate 1 hour, top with remaining 1/4 chips and serve with fresh sliced apple.

Note: To keep apples from turning brown, slice apples into a bowl of water which has fruit fresh added. Remove the apples within a couple of minutes and serve.



Would you like to have your favorite family recipe featured in the neighborhood publication? We are looking for anyone who has a good recipe to share! Simply email Clarkson Valley Living's Delicious Dish Contributor, resident Valerie Denton, at gavadenton@sbcglobal.net, to have your recipe featured in the next available issue!

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Thomas Schuert, #17



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Shep Nye, #11

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SHEP NYE, THOMAS SHUERT, AND WILL VENDT
Article Written By Resident **Kristy Howard** & Sponsored by **KinderCare Chesterfield**

*Not your average baseball team.
Not your average baseball players.*

Many children play baseball and there are numerous teams in St. Louis to play on, but there is one club team that not only plays baseball but integrates community service into their program. They are the Louisville Slugger Warriors, and the 10-U team, that include Clarkson Valley boys Shep Nye, son of Todd and Jennifer Nye, Thomas Shuert, son of Steve and Keri Shuert, and Will Vendt, son of Jeff and Melissa Vendt, as well as other boys outside of Clarkson Valley. The team is led by an amazing coach named Ben Geis, who believes that you can take any team and make it more than just about baseball. Of course, he and his other assistant coaches, Matt Cutler, Steve Shuert, and Chris Schoentag, train their boys to improve their skills, respect their teammates and coaches, and learn to be better team players. He and the other coaches know that these boys are blessed to have their health and their needs met but he wants to build their character

by moving them out of their comfort zone and helping other less fortunate children in the community.

The Louisville Slugger Warriors have been working with boys since 2010 by teaming up with the volunteer organization Challenger Baseball to help special needs children that normally would never be able to get the opportunity to play baseball. Each boy on the team pairs up with a child (called their Buddy) to help them play the game, such as swinging the bat, helping them throw the ball, or even pushing their wheelchair, or guide them with their walker to help them “run the bases.” They are paired back up with their same Buddy the next time they go so they can develop friendships with these children. Many organizations participate in Challenger Baseball such as school clubs, churches, other baseball teams, or any individuals who are interested in

volunteering. You can find Challenger Baseball all over St. Louis with some locations being at Rankin Jordan, the “Miracle Field” in Chesterfield Valley, and Tilles Park.

Although they may not play baseball forever, they will take with them greater respect for others different than themselves, greater compassion, and a more giving heart as they mature into adults.

We congratulate the coaches, Shep Nye, Thomas Shuert, and Will Vendt, and their teammates for not only being team players in baseball, but team players in life!



If you know of an outstanding youth (or you are one yourself!) who has had an accomplishing of some sort that should be featured, please email Kristy at Kristy.Howard@N2Pub.com.

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Sumper and Benny

precious pets

meet **The Wascalliest Wabbits Aaround!**

Article written by **Sumper** with a little help from bunny brother **Benny** and human mom **Molly Ries** | Sponsored by **Oxi Fresh Carpet Cleaning**



Do you have a pet and would like to share his/her story and have a professional photo shoot by resident Maddi Manheimer, *Clarkson Valley Living's Precious Pets official photographer*? Simply email Kristy at Kristy.Howard@N2Pub.com to have them featured in the next available issue. Dogs, cats, horses, fish, and any other type of animals are welcome!

Hi, kids! I'm Sumpa (Sumper)--the fwoppy-eawed wabbit--and dis is my bwoder Benny. I am a GIWL bunny so I'm cawwed a doe. Benny is a boy so he's cawwed a buck. We are da wascalliest house wabbits in Cwarkson Vawwey. If you can wead dis, you must be very smawt! It's so HAWD to wead wabbit tawk! (And to white it wif auto-cowwect!). Benny and I are pets (The mom calls us pests? Whatewer WATT means?!) of the Wies (Ries) famiwy! We are two wucky wabbits because we weh adopted fwom the Humane Society, maybe because we are a WOT of WORK! We eat a wot, poop a wot, pee a wot, chew up sings we awen't supposed to a wot, we sink (stink), and we awe not wery social cweatures (because, as pwey, we awe awe-ways on the wookout fow pwedadors!). We wabbits are herbivowes (herbivores), which means we don't eat meat. We eat hay, grasses and vegetables. We awe two yeaws owd and now fuwwy gwown. House wabbits wiv about 10 wears. We each weigh about 7 pounds. We awe ewevy bit as soft and silky as we wook, but if you pet us too wong, we might bite you. We wike to do our own fing, you know? We bunny wabbits are cwepuscuwar (crepuscular), meaning we awe most active at dawn and dusk. Wabbits in the wiiwd wiv in gwoups in (mostly) underground buwwows. As you can see, we awe compwetewy white, which onwy seen in domesticwated wabbits. Most white wabbits have wed eyes, but we don't; our eyes awe dawk. We wike to hang out on the trampowine and get fwesh air and sunshine, so it's also a perfect time for visitors (pwease bring us a cawwot!). Come visit us anytime!



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Encore Consignment Gallery is an upscale consignment store that provides "like new" furniture and accessories to meet everyone's taste. Unlike many other types of consignment stores, Encore has 10,000 square feet of shopping where you will be able to "see" how these items will look in your home. Whether you are buying or selling, you will have a great experience at Encore Consignment Gallery.

Maureen, Barb and the gang went all out to welcome us to a great evening. Everyone was raving over the food that was provided by business partner, Leigh Sweet of Tasteful Affair Catering (tastefulaffaircatering.com 314-488-4184). It was truly a wonderful evening!

If you haven't been by Encore Consignment to see how amazing their store is, you owe it to yourself to drop by and meet that the whole team at Encore!



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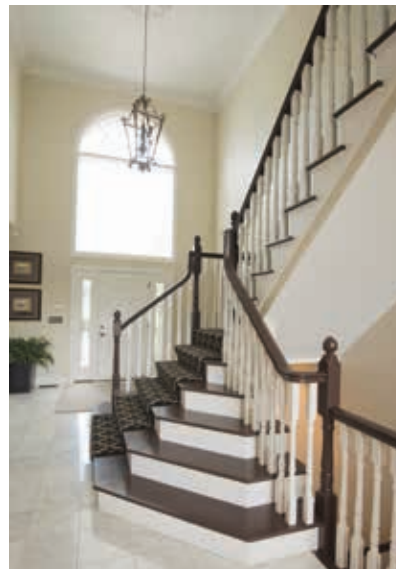
The Wiele's Sunlit Dunhill Home

Article Written by Resident Geri Wiele & Sponsored by DiPasquale Painting

"The best advice that I can give to anyone who is making changes to a home is to work with a decorator who coordinates with all of the contractors that are needed and hires them as a team." - Dunhill resident Geri Wiele

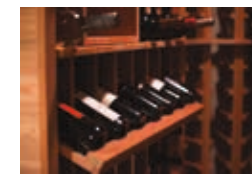
Three years ago the Wiele's found that between work, volleyball and Lifetime Fitness they were spending increasing amounts of time in the Chesterfield/Clarkson Valley area. So after living 24 years in Sunset Hills, Dana and Geri Wiele decided they should move. They had already rehabbed and expanded a house eleven years earlier so they sought a house that was move-in ready. They found such a house at 16659 Kehrsgrrove Drive in the Dunhill neighborhood. Geri shared, "The previous owners had completed considerable and tasteful improvements to the house so there was really not much, if anything, that needed to be done for us to move in." There was plenty of room for their children, Elizabeth, then age 22, Joe, then age 18 and Andrea, then 15 to live.

Like all existing homes, you want to make a few changes so that the home feels like yours, so the Wiele's retained Chris Collins of Centsible Design to assist in the decoration and further customization of the home. While Chris decorated all rooms of the house she especially focused on the great room and the sun room, the Wiele's two favorite rooms. The inspiration for the work in these two rooms was the view out the back of the home. "We liked them so much that we wanted to feature it in these rooms," Geri states.



"So Chris brought the colors and nature into the room by removing window treatments, and going with furniture in neutral colors."

She also prescribed a new look for the woodwork and fireplace. Chris also coordinated with finish carpenter and woodworker Jared Byers of Kirkwood to produce the new mantel, hearth and woodwork that would become the centerpiece of the great room. The Wiele's would not do any part of the process differently. "We would work with Chris Collins every time," Dana comments. "She went to great lengths to make our home special."



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We have 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? Have you created a man cave or built a new wine cellar? Simply contact Kristy at Kristy.Howard@N2Pub.com and we will coordinate a professional photo shoot by widephoto to highlight your home in an upcoming issue of Clarkson Valley Living.

sponsor spotlight E&M PLUMBING



The EcoLogical Choice

E&M Plumbing Company, founded in 1947 by Eugene and Marie Downes has been going strong with family involvement and ownership since its inception. It is currently owned and run by Dave & Kathleen Downes. Dave is the grandson of Eugene and Marie Downes. Don Downes, Dave's dad, ran the company full time until about 2010. The company has always been involved in both the commercial and residential new construction building business but in the past decade has expanded to include residential service and water treatment for individual homeowners.

E&M Plumbing moved its office to Eureka in 2005. "This location is unbelievably better than where we were 11 years ago. Even though we are farther west and not in the heart of the city, this location suits us perfectly as we love the small town feel." Kathleen Downes "Being a part of the community is so easy here, getting to know people, being a Chamber member, visiting the same restaurants on a frequent basis where they know your name and what you drink is really special."

The residential service model provided by E&M is attempting to break out of past models as far as plumbing service and repairs is concerned. For a \$99.00 service charge, a fully trained, licensed and insured plumber/technician travels to your home, reviews any issues, provides recommendations and then states up-front what the bottom line cost for the repair will be so there is no worry when it comes time to pay the bill, you already know what it is going to be. Charging an hourly rate does not seem fair in the least to the end customer due to individuals work styles. There is no need to watch the clock and be concerned if the plumber needs to run out to his truck because you already know what you are paying. After doing this for many, many years, most repairs can be boiled down into one quoted price which is fair to both our customers and our business. The service manager, Danielle Hammond, has been with E&M for over 13 years so she is very capable of speaking with customers about their plumbing issues and scheduling accordingly. "We do everything in our power to get to you within the 2 hour window we have quoted over the phone, so you don't have to wait at home all day for a plumber to show up. We can also give you a call when we are on the way," said Danielle.



E&M is also in the water treatment business. As an authorized dealer of EcoWater Systems, they can provide softening, conditioning, filtration etc. From the best tasting water, to lower energy bills and better performing appliances, you'd be surprised at how many ways an EcoWater system can improve your life. The EcoWater refiner softens the water and also removes chlorine taste and odor which is often a result of water treated by cities and municipalities. E&M has expert water experience. With solutions that provide money saving products that have less of an effect on the environment, E&M wants to communicate their commitment to the environment by lessening trash and trips to the store for bottled water.

E&M provides a wide range of services, from the design build commercial project, installation of water heaters, water treatment, kitchen and bath remodeling, to everyday plumbing repairs as minor as a leaky faucet.

They are a proud sponsor of the Sunset Hills Living publications and often times have special deals just for the readership of this newsletter. So, the next time you have any water related issues, be sure to give E&M a call and let them have a chance at earning your business!

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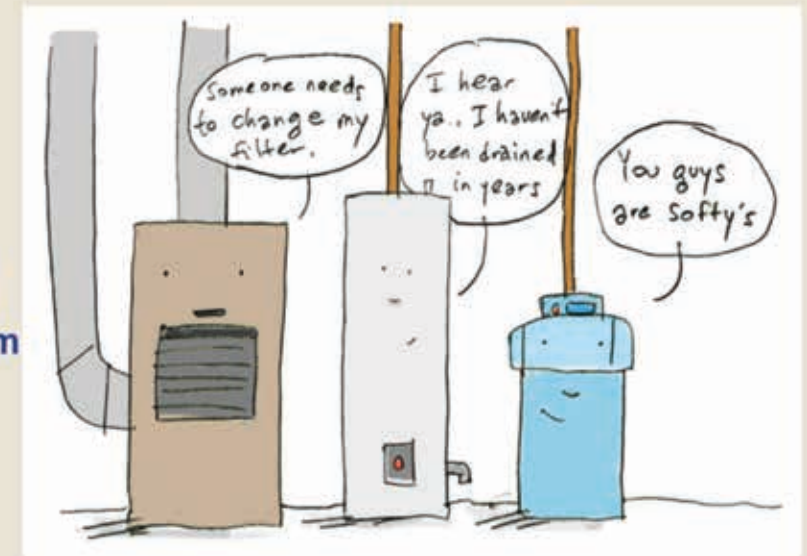
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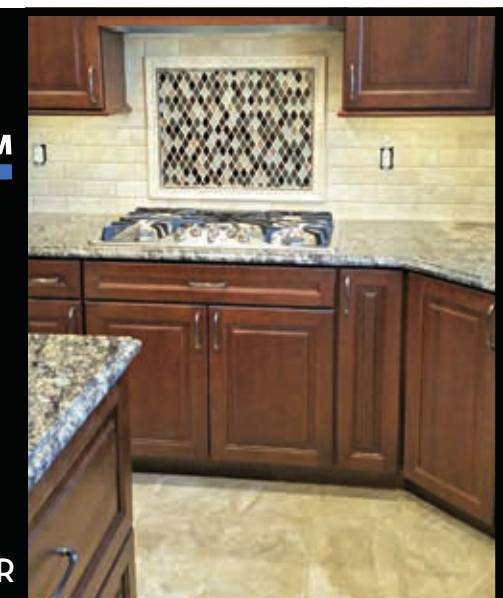
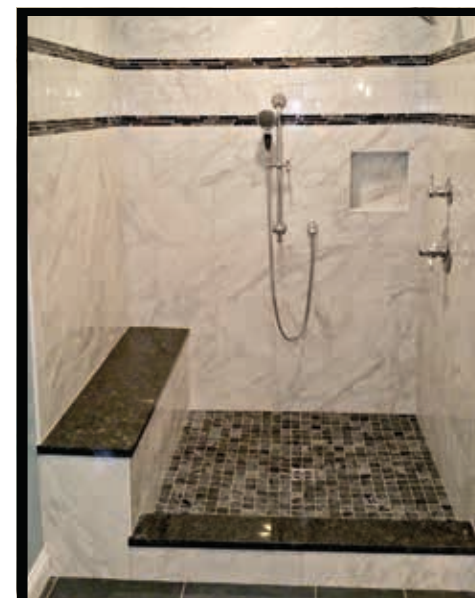
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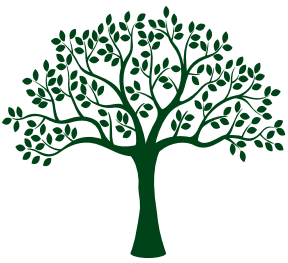


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