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Clarkson Valley Living December





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MAYOR rsdoug@sbcglobal.net

### James Meyer

WARD

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3RD

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AL

2033 Kehrsboro Drive 63005-6510 (Home) 636-537-3110 myrjms@aol.com

ALDERMEN Dan King 16834 Kehrsdale Dr. 63005-6530 (Home) 636-530-1422 danielking@sbcglobal.net

### Honora Schiller 25 Chippenham Lane 63005-6801 636-394-7900

**2ND WARD** honaras@msn.com

ALDERMEN Amy Setnicka 27 Crown Manor Drive 63005 636-346-4412

asetnicka@dei-central.com

### Scott Schultz

248 Pennington Lane 63005-6915 (Home) 636-227-4771 scottysch@prodigy.net

Lin Midyett

2336 Kettington Road 63017-7326 (Home) 636-230-5684 lrm1@charter.net

**Michele McMahon** (Work) 636-227-8607 Nichele McMahonState(Work)636-227-8607cvcityhall@charter.net

Y CLERK/ CLERK

Susan Prichard (Work) 636-227-8607 cvsusan@charter.net

ATTEA 036-227-8607

www.ClarksonValley.org 15933 Clayton Rd, Suite 105

ОF

Ballwin, MO 63011 (In the Clarkson Executive Center)

□ □ cvcityhall@charter.net

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



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Mayor Scott Douglass

8

**7**es, it is – music playing, people singing and greeting each other with smiles and good cheer. December 25 is the date set aside to celebrate the birth of Jesus Christ. We celebrate in many ways. We exchange gifts; we have parties with friends and relatives (we might go to Grandma's house). We decorate our homes inside and out; our neighborhoods become alive with lights. The big guy, Santa Claus, makes his appearance and the Salvation Army kettles get filled. There are special events for charitable organizations, church services and other traditional occasions. It's a time when love abounds and when we look for the positives, when hope for the future can be bright and our internal peace is attainable. Just look into a child's face as they open that gift and/or hear them laugh – no greater inspiration than a child's laugh! So enjoy the season! From all of us at City Hall, we wish you and yours a Merry Christmas and a Happy, Prosperous New Year!





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## HAPPY HOLIDAYS!

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### Merry Christmas and Happy Holidays to all!

It seems that during the holiday season we all try to focus on warmth amidst the impending cold. Whether we are bundling up and rubbing our hands together, clutching a toasty thermos of hot cocoa while hopping into our frigid car in the morning before heading off to work (pant!), or figuratively promoting warmth through the selfless sharing of our food, gifts, and good tidings, it tends to be on the forefront of our minds.

Is there any better way to spend a lazy, snowy Sunday than to curl up next to the warm fire reading your latest issue of Clarkson Valley Living? We think not.

We hope that you are enjoying the publication, and we look forward to meeting many more residents of Clarkson Valley and sharing your stories and pictures with your neighbors and friends.

There are some great things planned for 2016 so please stay tuned! As always, we have our great business partners to thank for bringing this great publication to your homes. Please take the time and reach out to them and thank them as well perhaps a call or a quick email letting them know how much you enjoy the publication!

Here's to a great holiday season filled with joy and happiness!

Chris and Deanna

**Co-Publishers** 314.566.4022 / 314.566.7566 Chris.Ley@N2Pub.com / Deanna.Ley@N2Pub.com www.Facebook.com/groups/ClarksonValleyLiving

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## NEWS YOU CAN USE

Your Photos Are Needed For Upcoming Issues Of CVL!

Our publication relies on neighborhood involvement to remain full of great stories and pictures! Here are a few special sections that we are looking to feature in the next two issues:

**Thanksgiving:** Be sure to send us all the photos from your special day with family.

**Fall Athletes:** Are any of your children in fall sports? Send us some action shots so we can feature them in our Amazing Athletes section.

Are You Ready for Some Football? It's football season, and we want those Rams photos (or your other favorite football team). Send us your pics from any games you went to.

**Calling all Blues fans! Let's see your Blues photos.** Sorry, Blackhawks fans need not apply!

Are you in a Bible study group, Bunco or Bridge group, book club, wine club, or any other group that regularly meets up? Let us know about it!

We would like to enjoy your special memories with you! Email Deanna.Ley@N2Pub.com with your pictures, stories, news, and events! Our deadline is November 27.

We are looking for hosts! Do you love to entertain? If so, we would love to chat with you! CVL is looking for residents to host a couple fun events in the coming months - a progressive dinner, a blind wine tasting night, and a New Year's get together around the middle of January. Please email Deanna at Deanna.Ley@N2Pub.com for more info.

-> FIO



### **Curiosity Driveway Maintenance** The Right Solution Counseling Services

As with all business partners, please give them a chance to earn your business! They are committed to supporting your community – Please support their business! If you have any great businesses that you have worked with that you want to introduce to your neighbors, email their info to Chris at Chris.Ley@N2Pub.com.

WELCOME

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 $December \quad \text{Clarkson Valley Living}$ 





Your house is full of hidden treasures. Check out these unusual uses for ordinary items!

**TENNIS BALLS:** To fluff those towels in the dryer, toss in a tennis ball.

**CHEAP VODKA:** A small spray bottle with vodka and water is the perfect solution for cleaning your glasses.

**BUTTER:** Stop pasta water from boiling over by adding a tsp. of butter to the water when boiling.

**TOOTHPASTE:** A little scrub with toothpaste and the iron is as good as new.

VINEGAR: Polishes chrome easily.

**MAYONNAISE:** Remove crayon marks on the wall with a rub of mayo. Let it sit for five to ten minutes. Watch it magically disappear when you wipe it away with a damp cloth.



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### Sudoku

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

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



## Holiday Treats!

Spot the difference!

There are 8 differences between these photos. Can you spot them?

Answers elsewhere in this issue

## NEIGHBORS

### Meet The Buescher Family Mike, Shannon, Lucy, Hayes And Matthew

Article Written by the Shannon Buescher and Sponsored by Kehrs Mill Dental Arts Photography by wideiphoto, Clarkson Valley Living's MYN Photographer

We are the Buescher family: Mike, Shannon, Lucy (6 years), Hayes (4 years) and Matthew (20 months). We have lived on Crownhill Lane in Forest Hills neighborhood since June 2014.

HISTORY: Mike grew up in St. Louis in nearby Whispering Oakwood, and attended Chaminade College Prep for high school, Miami University in Ohio for undergraduate, and then received his MBA at Washington University. I am originally from Syracuse, NY and was a collegiate track athlete at the Buffalo State University. I came to St. Louis to attend St. Louis University's dietetic internship and graduate program for Nutrition and Physical Performance.

We moved from Brentwood in June of 2014, and absolutely love living in the neighborhood. Growing up, Mike always swore he'd never move back out to West County, and Mike's grandparents actually built one of the original houses in the neighborhood back in the mid-'60s. Ironically enough, his grandfather George Convy served as mayor of Clarkson Valley



for a short period of time. We have enjoyed every minute of our time here, and have been truly blessed to make wonderful lifelong friends, live in a beautiful area of St. Louis, and enjoy everything that Forest Hills Country Club has to offer. We look forward to the next 50 years in Clarkson Valley!

**PROFESSIONS:** Mike works in the Medical Device industry as a Director of Enterprise Accounts for Hill-Rom Inc., and I am a dietitian and own my own practice specializing in nutritional counseling and eating disorders and is also a director for Nerium International, an anti-aging skin care line.

**COMMUNITY INVOLVEMENT:** I am an active member in Girls in the Know – a program to empower moms and preteen daughters to make positive decision and encourage healthy behaviors – and I am a frequent speaker at various local high schools teaching kids about healthy eating and body image. Mike is a member of the Washington University executive alumni committee, a Board of Trustee for the Forest Hills neighborhood, and a member of the membership committee at Forest Hills Country Club.

Lucy just started as a kindergartner at Ellisville Elementary this year. We are more than thrilled to have our kids attend Ellisville, not just for the academics, but for the personal and emotional





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#### **Neighborhood**News 18

...continued

development that is instilled with the Leader in Me program.

**ACTIVITIES:** The Buescher family keeps busy spending time with a large extended family (Mike has three siblings, and five nephews and nieces in St. Louis along with his mother Susie Buescher). Both Lucy and Hayes are involved in soccer. Lucy loves to dance and is a member of Girls Scouts. Hayes is just getting started with skating and hockey. Matthew just loves to follow and keep up with his big brother and sister! Saturday mornings are reserved for the weekly run to Donut Palace!

**SPORTS TEAMS:** We of course are HUGE Cardinals, Blues, and Rams fans, and cheer for the Miami Redhawk hockey team whenever they play.

VACATIONS: Mike and I are avid skiers, and up to recently would take annual ski trips up to Mont Tremblant in Canada to enjoy the mountain. Vacations these days consist of time in Michigan in the summer, trips to Chicago and Indiana to visit Shannon's sisters and other cities to visit with friends.

The Buescher family photos were taken by wideiphoto www.wideiphoto.com 636.262.9712

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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, wideiphoto. Email Deanna at Deanna.Ley@N2Pub.com to be a future featured family.



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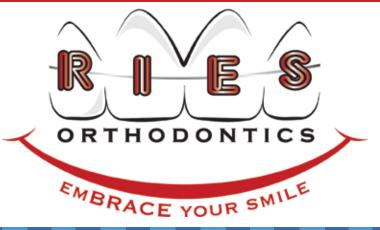
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"It is such a pleasure to develop enduring relationships with our patients and their families, and I look forward to creating confident, beautiful, and lasting smiles for each one of them. I am especially pleased that I can practice in my hometown and that my family can be part of this wonderful community." - Dr. Charlie Ries

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Kids of all ages had a great time on Halloween all throughout Clarkson Valley! Thanks for sharing your pics!

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 Deanna at Deanna.Ley@N2Pub.com to have your article featured in a future issue.

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# HEALTHY ) Written by N2 Staff Writer Elizabeth McCabe

Are you looking for some appetizers that won't tip the scale this holiday season? Skip the processed foods, sugary sweets, calorieladen cocktails, and get back to the basics: nuts, fruit and seafood.

### **GET NUTS OVER NUTS**

Looking for an easy appetizer this holiday season that won't add to your waistline? Consider nuts. The options are endless with these protein-packed sources of goodness. Wow your guests with spicy party nuts, tempt them with cinnamon and chili powder roasted almonds, or remind them of the holiday season with roasted chestnuts. Nosh on nuts and help your heart along the way. Nuts contain omega-3 fatty acids, which can lower the risk for arrhythmias, and are also full of fiber, which helps lower cholesterol. Don't pass on the pecans either. A Journal of Nutrition study documented that you can lower your LDL cholesterol levels by as much as 33 percent by eating pecans. Not to mention preventing plaque formation in your arteries. Who would have guessed?

### **FORGET NOT THE FRUIT**

Maybe the fruitcake wasn't such a bad idea for the holidays. But why not capture the nutrients of fruit by eating it whole. Dunk strawberries in dark chocolate, skewer fruit for colorful creations of kabobs, treat yourself to roasted grapes, or indulge in baked apples with cinnamon. Or go all out by whipping up a berry smoothie or serve up a grapefruit mocktail – grapefruit juice with sparkling water. Do yourself a favor by feasting upon fruit. Consider grapefruit – adding this to your diet can reduce your risk of type 2 diabetes by decreasing insulin resistance. Arm yourself with apples. Not only can this fiber-filled fruit reduce

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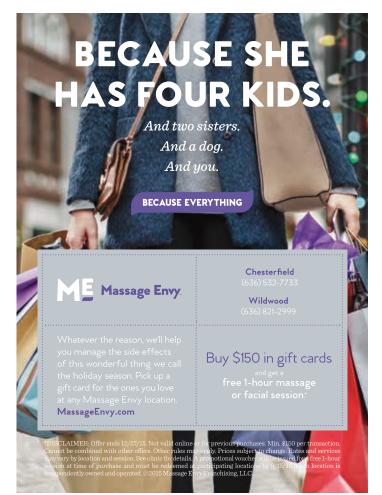
your LDL cholesterol, it can also help you lose weight. Or eat strawberries to reduce your risk of esophageal cancer.

### **SAVOR SEAFOOD**

The holidays are a cause for celebration. Why not crack open the crab legs, break out the shrimp cocktail, sample baked maple soy salmon, or indulge in oysters? Or satisfy your longing for lobster with lobster chili or lobster bake? Seafood has its own nutritional benefits. Be selfish with your shellfish. Crab contains chromium, which can improve blood sugar metabolism. It also is a good source for Vitamins A, C, B12, as well as zinc and copper. Not a crab fan? Snack on shrimp. Shrimp is an excellent source of selenium, which can help protect you from cancer. And for all those counting their carbs (or watching their blood glucose level) this holiday season, shrimp is a sound choice. The Glycemic Index rating for shrimp is zero; shrimp also contains no carbohydrates. But don't leave out the salmon either. This protein-packed fish delivers a number of health benefits: omega-3 fatty acids, iron, Vitamin D, and can even reduce your risk of macular degeneration.

So don't pig out this holiday season. Eat better and feel better. Maximize the nutrients in food by serving healthy holiday party food. Your scale will thank you next month when you're starting those New Year's resolutions!

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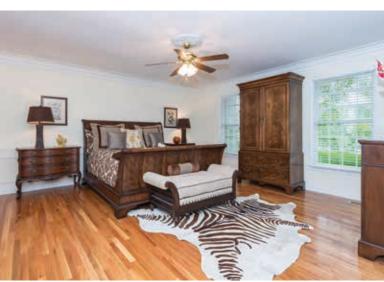
Call 636-536-3056 DiPasqualePainting.com his month we are featuring the beautiful home located at 133 Chippenham Lane. The home is currently listed at \$625,000

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5+ bedrooms/5 baths, newer roof, newer hardwood floors, updated kitchen & baths, thick moldings, fresh paint, French doors, large bedrooms, two fireplaces, main floor laundry, finished lower level, renovated deck, zoned HVAC and remember, it backs to the golf course! Walk-out lower level offers many possibilities with rec room, raised billiard room, fitness room, bonus room, possible 6th bedroom, full bath and cedar closet.

Sweeping panoramic views of the golf course grounds are sure to impress! If you know someone looking for a great home opportunity in Clarkson Valley please share this with them!

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 Deanna at Deanna.Ley@N2Pub.com and we will coordinate a professional photo shoot by wideiphoto to highlight your home in an upcoming issue of *Clarkson Valley Living*.













## Jeff Lottmann

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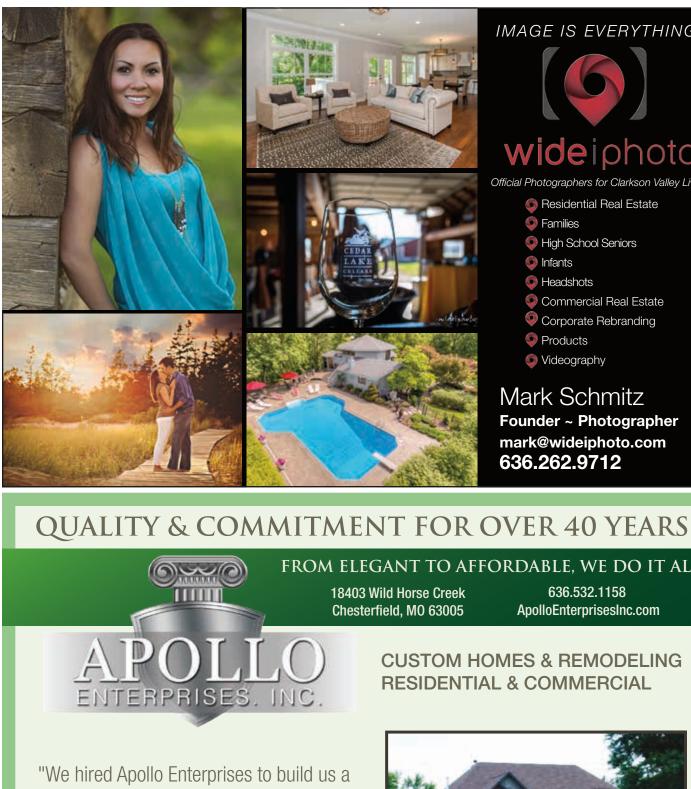
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### ATTENTED AT

#### **Neighborhood**News 30





ntroducing Clarkson Valley Living's New Delicious Dish Contributor, Valerie Denton She's sharing a great holiday recipe for Cranberry Apple Salad!

Article Written by Delicious Dish Resident Contributor, Valerie Denton, and Sponsored by Just Around the Corner Flooring

V Te are excited to announce that Valerie Denton, a Clarkson Valley resident, has joined the Clarkson Valley Living team. Valerie developed a passion for cooking at an early age. Her parents directed her into what she calls "creative cooking" because they spent several nights developing their own recipes. Today Valerie is a wife, a mother, IT Project Manager and foodie who enjoys cooking for family and friends in their Forest Hills home.

Just in time for the holidays, Valerie is sharing with us an amazing Cranberry Apple Salad that is sure to wow your guests! Enjoy! - Chris and Deanna Ley

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### Clarkson Valley Living December

In our home holiday traditions include decorating early, playing a lot of Christmas music and cooking together. One family favorite you will always find on our table is Cranberry and Apple Salad. This recipe is a twist on the traditional cranberry salad and is taken from one of my top go-to cookbooks called The Joy of Cooking. The combination of the sweetness from the apples with the tartness of the fresh cranberries keeps you going back for more!





The key to this recipe is using fresh cranberries and allowing them to soak overnight as described below.

### FRESH CRANBERRIES AND APPLES

- 1 lb. fresh cranberries (I usually use 1 bag and 1/2 of another bag)
- Grated orange peel from one fresh orange
- 1/2 cup orange juice
- 3 1/2 tbsp. fresh lemon juice
- 1 1/2 cups granulated white sugar
- tbsp. plain gelatin (found near Jell-O)
- tbsp. cold water
- 3 oz. package lemon flavored gelatin (Jell-O)
- 1 cup boiling water
- red delicious apples

### DIRECTIONS

Wash cranberries and discard any soft berries. Coarsely chop cranberries in a food processor or grinder until broken into small pieces. Place cranberries in a glass or stainless bowl. Add grated orange peel, orange juice, lemon juice and sugar. Stir together. Refrigerate cranberry mixture overnight. The next morning, soak gelatin in cold water and set aside. It will become very thick. Dissolve lemon Jell-O in boiling water. Add the soaked gelatin to the hot lemon Jell-O mixture. Stir until the gelatin is dissolved. Add the gelatin mixture to the cranberry mixture. Wash, core and coarsely chop the unpeeled apples. Add chopped apples to the cranberry Jell-O mixture. Place mixture in a Jell-O mold, a serving bowl or individual serving dishes (martini glasses or custard cups), refrigerate and serve when set.

Food Fact: Fresh cranberries are a great antioxidant and good source of many vitamins like vitamin C, vitamin A, B-carotene

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 new Delicious Dish Contributor, resident Valerie Denton, at gavadenton@sbcglobal.net, to have your recipe featured in the next available issue!

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**Neighborhood**News 32

precious **DETS** 

Clarkson Valley Living December

## Meet Scout And Pippin Forst! Article Written by Scout (with a little help from her human dad Mark) and Sponsored by Oxi Fresh Carpet Cleaning



Just keeping the house safe



ello, my name is Scout! My brother Pippin and I are the primary guard dogs for Clarkson Mill Circle. Technically speaking, we are more "warning dogs" than guard dogs because we are very friendly, but you might not notice that at first because our barks are very, very scary.

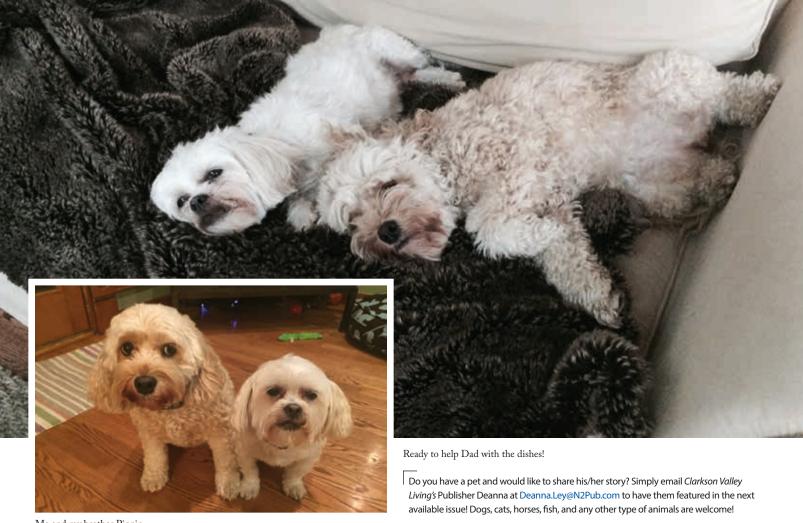
I am 3 years old and my brother is 8. We have lived here most of our lives. My brother is a Lhasa Apso. He is really cute and his tail looks like a white pom-pom so most people mistake him for a girl even though he has a blue collar. I am a Cockapoo. I have curly blonde hair and big brown eyes which I accentuate with a pink "baseball cardinals" collar. I am quite pretty.

Our favorite thing to do is to help our dad do the dishes. In fact, I am not sure he could them without us. Aside from lending moral support and encouragement, we help dispose of meat scraps. Mom always says, "Don't give them too much!" and "They have had plenty!" but I am not sure Dad hears her. Plus, he taught us to do tricks to earn the scraps.

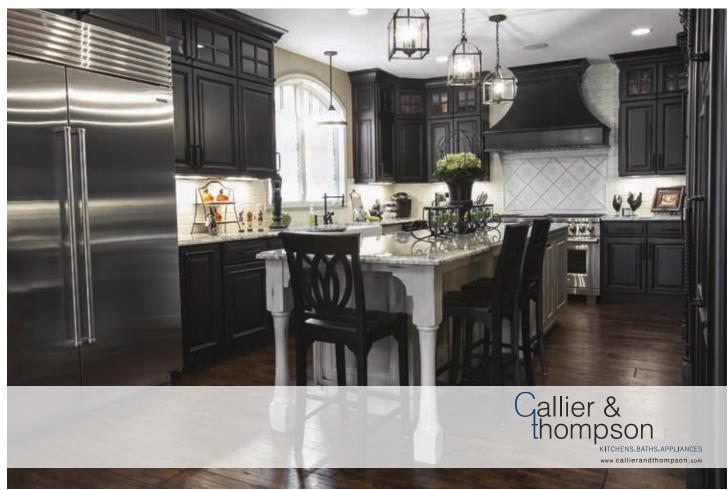
Pippin is really accomplished in this area. He can shake, speak, roll over, play dead and "sit and wait." I am not as good at tricks. I can only shake and speak (although dad says it is more of a high pitched whine). But...I CAN DANCE! If you hold food over my head, I can stand on two legs and spin around underneath it. Plus, I am great at catching food thrown at me right out of the air. Pippin does not even try to catch food. He lets it bounce off his head and then eats it off the floor.

One of our other favorite things to do is go on walks. I have a lot of energy and I like to explore so I tend to get in twice as many steps as the rest of the family when we go on walks. However, I subscribe to the theory that "If you ain't first, you're last," so when I notice I am not leading the walk, I have to run ahead...often tangling our leashes and bumping my brother. My mom and dad say this is "annoying," but I don't know what that means.

Anyways, we love our home in Clarkson Valley! Make sure to say "HI!" the next time you see us!



Me and my brother Pippin



#### WhatDrivesUs? 34



One of the Honda HR-V's advantages is its configurable rear seat, which gives it a distinctive ability to fit bulky or long cargo items inside.



The new Focus ST benefits from all the technology and craftsmanship while adding fun-to-drive DNA to the "hot hatch" segment.



The all-new 2016 Hyundai Tucson delivers much in a tidy package that ranges from \$22,700 to just north of \$31K.

# Go Global!

### Hot Hatches, Subcompact SUVS And CUVS Are A Worldwide Hit! By Beverly & Steve Smirnis

Many of the vehicles that manufacturers designed with global sales potential in mind, are catching on with domestic buyers, too. Purchasers of these global design vehicles get many of the same styling cues and safety features as their "full grown" counterparts. They have surprising passenger and cargo space inside, with just enough sport to satisfy, at the right price. And to suit targeted purchasers (the young and the urbanite), a plethora of technology features are a given. If a luxury sedan and top notch pickup truck had offspring, today's subcompact SUVs and CUVs would be the result. A couple of the allnew vehicles that have just entered the competition in this hot segment include:

**Ford Focus** is the world's best-selling global nameplate. Joe Hinrichs, Ford executive vice president and president of The Americas explained, "Its combination of compelling, modern design and the

high-tech interior will appeal to contemporary customers who desire a small car with very sophisticated features."

The 2016 Hyundai Tucson. Hyundai's Tucson offers several firsts in its segment, including ventilated front seats and Essentials® stain-resistant seats. Newly available features include LED headlights and accents, LED Daytime Running Lights, HID headlights with Dynamic Bending Light (DBL) that turn-in with the direction of the steering wheel, LED map lights, color LCD cluster display, individual tire monitoring, power passenger seat, heated rear seats, and a Smart Power Liftgate with autoopen. An advanced AWD system is also offered. Safety features include Lane Departure Warning system, Blind Spot Detection, Rear Cross-traffic Alert, Lane Change Assist and Backup Warning Sensors. Increased use of high strength

steel provides noticeably more frame rigidity for a more solid and luxe road feel. Combined fuel efficiency on our SE Eco model was 29 mpg.

Clarkson Valley Living December

The 2016 Honda HR-V. This compact crossover also delivers incredible value with a long list of standard features and technologies including 17-inch alloy wheels, push-button electric parking brake and rearview camera with guidelines (one of the better cameras we've seen on any vehicle). Pandora® radio and Bluetooth® HandsFreeLink® are also standard - all this for a manufacturer's suggested retail price (MSRP) starting at just \$19,115. Extras on our 5DR AWD EX-L Navi model upped the price to \$25,840. The HR-V also targets class-leading safety ratings and features Honda's next-generation Advanced Compatibility Engineering<sup>™</sup> (ACE<sup>™</sup>) body structure for enhanced frontal collision protection.

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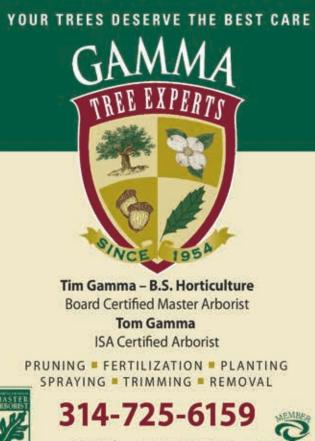




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1	4	3	9
6	7	9	8
8	3	2	7
9	1	4	2
7	5	6	4
3	6	1	5
4	9	8	3
5	2	7	6





### **Sudoku Solution**

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



Clarkson Valley Living December

# Real Estate ESOURCE

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Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking
2007 Kingspointe Dr.	Kingspointe	\$1,099,000	\$1,005,000	09/15/15	5	7	5,828	4
6 Kehrs Mill Glen	Kehrs Mill Glen	\$1,050,000	\$980,000	09/23/15	4	5	4,500	3
16308 Wilson Creek Ct.	Manors at Clarkson Valley	\$775,000	\$775,000	08/25/15	5	5	2,801	3
284 Herworth Dr.	Forest Hills Club Estates	\$770,000	\$770,000	08/29/15	4	5	3,296	3
16688 Kehrsgrove Dr.	Dunhill Farm	\$775,000	\$740,000	07/15/15	4	5	4,593	3
1645 Trotting Trail Rd.	Kehrs Mill Trails	\$600,000	\$579,000	09/04/15	4	4	3,459	3
16534 Saddle Creek Rd.	Kehrs Mill Trails	\$599,900	\$575,000	10/09/15	4	3	3,984	3
2019 Kehrs Mill Rd.	Kehrs Mill Estates	\$595,000	\$554,000	10/19/15	5	6	3,878	3
1824 Kehrswood Dr.	Kehrswood	\$550,000	\$545,000	07/13/15	5	5	3,506	3
125 Forest Club Dr.	Forest Hills Club Estates	\$519,000	\$512,500	08/14/15	3	3	2,440	2
12 Greenbank Dr.	Forest Hills Club Estates	\$469,900	\$468,000	07/20/15	3	3	2,470	2
430 Herworth Dr.	Forest Hills Club Estates	\$495,000	\$467,500	09/15/15	4	4	3,265	3
2213 Ridgely Woods Dr.	Pleasant Valley Forest	\$474,900	\$461,500	07/22/15	4	4	3,290	3
2225 Ridgely Woods Dr.	Pleasant Valley Forest	\$419,900	\$415,000	08/11/15	4	4	2,712	2

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