



CLARKSON VALLEY

THE OFFICIAL PUBLICATION FOR
THE RESIDENTS OF CLARKSON VALLEY

March 2016

Living

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THE HOWARD FAMILY

Photographs taken by Cyndi Palmer Photography



CYNDI PALMER
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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.



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Clarkson Valley Mayor's Corner



Mayor Scott Douglass

It's March, and each year, March has its own set of reminders and challenges. Reminders like: the March climate, high winds and volatile temperatures, get prepared; kids out of school for spring break (one week) could be a challenge, too; time to check the progress on your New Year's resolutions; time to set clocks forward to daylight saving time; the green is everywhere on St. Paddy's Day – everyone is Irish, whether you care or not – just have fun and enjoy. It's perhaps a good time for the City to recall some reminders and give information on a few challenges.

TAXES

Time to get tax information together, ho hum...looking for all those receipts, etc. Most of us do not approach the payment of our taxes with joy and relaxation. Often, we complain about the amount, etc. etc. I'm sure many of you have reviewed your residential property tax, i.e. the various government entities that make up the total amount paid. The chart below shows the percentage applied and how the monies are distributed.

NOTE: For most of us the current percent total against your assessed evaluation is 8.1641 (see note above for all others) and of that the percentage for Clarkson Valley is .1280 or 1.5% of the total. This is not a prelude to asking for a tax increase! But it is an attempt to get an 'at-a-boy' for your City's handling of our fiscal responsibility. Using the chart above, a home in Clarkson Valley assessed at \$480,000 pays taxes of approximately \$6,775 with \$105 of that going to the City. We hope you see that as a good deal (bargain may be appropriate, also).

OTHER REMINDERS

Recyclables – we publish the recyclable tonnage here each month and you continue to recycle - it's not only good for the environment, it also helps keep our sanitation bill down. So keep on keepin' on. A look at the last two years:

Tonnage Recyclables	Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec	Total
2015	23.27	21.42	29.95	26.09	29.63	32.62	24.26	31.87	25.71	25.23	36.54	35.61	342.21
2014	25.07	22.89	30.46	28.73	29.15	32.08	22.96	26.10	33.78	25.82	28.48	35.94	339.28

2015 TAX DISTRICT AUTHORITY		RES	COM	AGR	PP
110D	ST. OF MISSOURI	0.0300	0.0300	0.0300	0.0300
	COUNTY GENERAL	0.2060	0.2050	0.1790	0.2090
	COUNTY HEALTH FUND	0.1380	0.1370	0.1200	0.1400
	CO. PARK MAINT.	0.0490	0.0490	0.0430	0.0500
	COUNTY BOND RETIRE	0.0190	0.0190	0.0190	0.0190
	ROAD & BRIDGE	0.1030	0.1030	0.0900	0.1050
	ST L COMM COLL	0.2176	0.2176	0.2176	0.2176
	SPEC SCH DIST	1.2348	1.2348	1.2348	1.2348
	METRO ZOO	0.2777	0.2777	0.2777	0.2777
	COUNTY LIBRARY	0.2460	0.2590	0.2390	0.2250
	SCH-ROCKWOOD	4.6015	4.6015	4.6015	4.6015
	MSD EXTENSION	0.0195	0.0195	0.0195	0.0195
*	FIRE-MONARCH	0.8060	0.9420	0.6940	1.0080
	CITY-CLARKSON VALLEY	0.1280	0.1230	0.1110	0.1530
	SHELTERED WORKSHOP	0.0880	0.0880	0.0770	0.0900
		8.1641	8.3061	7.9531	8.3801
SEWER LATERAL FEE		28.00			

*Westhampton and Clarkson Farm Subdivisions along with a very small portion of Forest Hills Club Estates are in METRO WEST Fire District with rates as follows:
FIRE-METRO WEST 1.0130 1.0720 1.0260 1.1370
Therefore, your total goes from 8.1641 to 8.3711. Clarkson Valley's amount does not change.

For the tax breakdown used above, go to <https://revenue.stlouisco.com/Collection/YourTaxRates.aspx>

WALKING FIDO THE DOG...OR JUST OUT WALKING

Please walk on the left side of the street. If you are out walking and you meet someone on the wrong side (the right hand side) explain to them how it's safer to walk facing traffic. They will be glad you did.

PLANNING A GARAGE SALE

The City requires a notice and a permit will be issued – there is no charge. This requirement is so you can place “no parking” signs on one side of the street. With this information ahead of time, the police will be alerted to insure the best traffic safety provisions are in place.

Don't forget, if you have concerns about your city; call us at 636-227-8607.

Clarkson Valley Recycling Results through January 2016

January Recycling Tonnage: 28.17
YTD Tonnage: 28.17

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Note FROM YOUR Publishers

Hello Clarkson Valley,

Yay! Winter is almost behind us and springtime in St. Louis can be so pretty - we are very excited about that! It's also time for March Madness - what a great time of year! I hope your team is going to the Big Dance.

So, this is Chris here and I want to share with you that this March is marking a significant time for me. On the 15th, I am having a complete knee replacement for my left knee. This is a blessing, even though it may not sound like it. I have been living with some significant knee pain in both knees for many years now. Although I have heard this is a pretty painful recovery, I have also heard that once I rehab completely I will be able to be back to my very active outdoor lifestyle. I would appreciate any and all prayers and positive thoughts during this time. It appears that I will be out of commission for up to six weeks - yikes! (BTW, I'm sure Deanna could use your prayers too. I hear men can be big babies when they go through these things!)

We have a great edition for you this month (hopefully you think they are all great). Kristy Howard has really been a blessing for us, and she has gathered some pretty awesome stories to share. If you get a chance to meet up with her, please make sure you tell her thanks for all her hard work in making *Clarkson Valley Living* such a great publication.

I'm sure that you all have some pretty cool spring break plans and we would love to feature the story from your trips in our Travel Tales section - please drop us a line and we will work with you to gather your story and pics.

Until we meet again, here's to a great spring!

CHRIS AND DEANNA LEY
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NEWS YOU CAN USE

CALLING ALL GRADUATES!

June's graduate issue is getting closer and needs your help! The June issue will be devoted to Clarkson Valley residents who are graduating from kindergarten, elementary school, middle school, high school and college. This issue is quite an undertaking, so we are getting started on it early. If you have a kiddo who fits into the "graduate" category, we'd love to hear from you! Please email Deanna at Deanna.Ley@N2Pub.com



NEW CLARKSON VALLEY BOOK CLUB IS LOOKING FOR MEMBERS!

There's been some interest in getting a monthly book club up and going in Clarkson Valley. If you have a love for books and want to meet some fellow neighbors who share that interest, reach out to Deanna at Deanna.Ley@N2Pub.com for more details.



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.

WELCOME NEW CLARKSON VALLEY Living Business Partners

Ellie Redders Interiors Premier Construction

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.



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If you would like to attend, please email Nancy Miller (CVL's new event planner) at nancymillerevents@gmail.com. After you RSVP, Nancy will confirm if we are able to fit you in or if you're on the wait list.

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Article Written by Kristy Howard & Sponsored by Kehrs Mill Dental Arts
Photography by Cyndi Palmer, owner of Cyndi Palmer Photography



The Howard Family

Meet The Howard Family

Bill, Kristy, Morgan And Zach



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Hello from your neighbors on Sterling Pointe Drive in Dunhill! We are the Howard family and have lived in Clarkson Valley for the past eight years and absolutely love it! Our family chose this area for the beautiful landscape, sprawling yards and the feel of a small town community. Although we are native to the area, we had previously relocated in 2002 to a small town in Waunakee WI before returning in 2007.

This area had the same close knit feel as Waunakee and seemed like the perfect fit for our family. My husband Bill and I have two wonderful children that keep us hopping. Zach is 10 and attends St. John School in Ellisville, and Morgan in 17 and is a senior at Visitation Academy. Bill is the vice president of national accounts for MiTek USA, Inc. and has worked there since 1992. He has always loved his job at MiTek but has many other hobbies and interests. Bill will find any opportunity to sneak in a game of golf when he can! He also loves to hunt birds, is an avid sailor, scuba diver, skier, and loves to cook.

I grew up in Town and Country and attended college at Texas Christian University where I received my BSN. I specialized in critical care nursing and am now retired. Art is a passion of mine and I used to own a pottery studio back in the early '90s. Presently I am the Cub Master of my son's Cub Scout pack which keeps me very busy and am also a trustee of Dunhill. I



also love to sail, refuse to hunt, am an avid scuba diver, love to ski, and am forced to cook! If I had more free time I would put super hard puzzles together, make more handmade cards, and create more art. I just recently was hired to join the Clarkson Valley Living magazine team as the content manager. I am always looking for awesome stories of all of you to feature in the amazing publication so feel free to contact me anytime!

My daughter, Morgan, has given us 17 years of joy! She loves her school and has been involved in many activities. Morgan cheered for Visitation for three years and made the NCA cheerleading team her sophomore year. She is an ambassador for her school, leads retreats, and has been chosen to do public speaking events at the school. Fashion is her passion and she is planning on pursuing this avenue in college. At this point, Morgan has not chosen a college yet but it could be as far away as Paris or New York. Who knows?

Zach is a bundle of energy and always keeps us busy! He was a "later in life" baby and challenges our stamina! Zach loves going to school (thankfully) and has a keen interest in science and math. He says he wants to be an inventor when he grows up and wants to do something to change the world for the better. Zach has proven to be an excellent swimmer and he swims for Forest Hills in the summer. He also enjoys soccer and is a Webelos 1 in Cub Scouts with aspirations of becoming an Eagle Scout one day. He and his dad love to spend boy time together by playing

continued...



golf, skiing, and sailing. His favorite thing to do, though, is hang out with his buddies!

If we haven't met you yet we hope to meet you in the future!

Sincerely,
The Howard Family

The Howard family's professional photos were taken by *Clarkson Valley Living's* Meet Your Neighbors photographer Cyndi Palmer, who owns and operates Cyndi Palmer Photography ~ CyndiPalmerPhotography.com ~ 636-222-8754 ~ Cyndi@CyndiPalmerPhotography.com

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, Cyndi Palmer of Cyndi Palmer Photography. Email Deanna at Deanna.Ley@N2Pub.com to be a future featured family.

Coffee Break

Easter Trivia

- Easter always falls between March 22 and April 25.
- The full moon determines the date of Easter.
- Chocolate eggs were traditionally given as gifts in Europe.
- Ninety million chocolate Easter bunnies and 16 billion jelly beans are produced each year before the commencement of the Easter festivities.
- 76 percent of people eat the ears on chocolate bunnies first.
- According to the Guinness Book of World Records the largest Easter egg ever made was just over 25 feet high and weighed 8,968 lbs.
- Cherry is the most popular jellybean flavor.

Sudoku

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

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

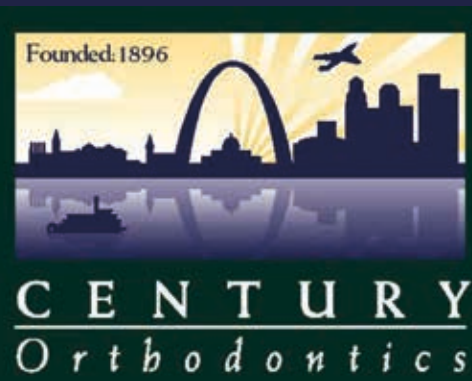
R G W J N I Z N Z U H S K V F
 F E T W O B N I A R T S Y C N
 Y C M T D B V K X P S G I W V
 N Y K Y N M C N A Y H S A R P
 U C A S N U Z T D X A P P Z I
 A T H D L N R M K C M R S P G
 H O M C I I U P A R R I H N O
 C M E I C R A B O R O N I C L
 E O M K D S F C R C C G L N D
 R S Z V S E M D N E K H L D S
 P R S O B B S I O E T J E L H
 E F V R G W Z L E O E S L C F
 L E Z T N U H G G E G R A M H
 R E V D N A L E R I T T G E Z
 E D H F Z G Q V D F E B H L F

Think Spring!

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

- EASTER BUNNY
- EGG HUNT
- GOLD
- GOOD FRIDAY
- GREEN
- IDES
- IRELAND
- IRISH
- LEPRECHAUN
- LUCK
- MARCH
- PASSOVER
- RAINBOW
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- SHILLELAGH
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- ST PATRICK

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kids will be kids



Meet The Bersaglini Kids

Sponsored by Chesterfield Montessori School

This month we get to meet the children of the Bersaglini family from Dunhill. Talk about some interesting kids!

EMILY BERSAGLINI, AGE 13, AT 7TH GRADER AT CRESTVIEW MIDDLE SCHOOL

Favorite Movies: *Mockingjay, The Gift, Star Wars: The Force Awakens*

Favorite Music: Modern Pop

Favorite Sports: Volleyball and lacrosse

Favorite Music: Emily has been playing the flute for three years now, and will soon be learning to play the guitar.

Interests/Hobbies: Art, sewing, babysitting, and loves animals!

Favorite Vacation: Chang Mai, Thailand

Upcoming Challenges: Emily will be competing in the solo and ensemble festival for flute.

Something unique about her: Emily lived in Hong Kong



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for two years, and now speaks Mandarin and Spanish. While in Hong Kong, Emily and her mother participated on three mission trips to the Philippines which entailed building a kindergarten for the children in poverty.

Future Dreams: Emily wants to be a veterinarian when she grows up.

ADAM BERSAGLINI, AGE 11, AND A 5TH GRADER AT KEHR'S MILL ELEMENTARY

Favorite Movies: *Star Wars: The Force Awakens, The Forest*

Favorite music: Hip-hop, and Rap

Favorite Sports: Adam plays baseball, lacrosse, and golf.

Favorite Type of Music: Adam plans to take band next year at Crestview and hopes to play either the trumpet or the drums.

Interests/Hobbies: Skateboarding, hanging out with his friends, and playing video games

Favorite Vacation: White water rafting in Bali, Indonesia

Something unique about Adam: Adam lived in Hong Kong for two years and also can speak Mandarin and Adam is a black belt registered in Korea.

Future Dreams: Adam wants to be a navy seal when he grows up.

ANDREW BERSAGLINI, AGE 8, AND A 3RD GRADER AT KEHR'S MILL ELEMENTARY

Favorite Movie: *Star Wars: The Force Awakens, Teenage Mutant Ninja Turtles*

Favorite Music: Hip-hop

Favorite Sports: Baseball, soccer, football, and basketball

Favorite Music: Andrew wants to learn to play the drums someday.

Interests/Hobbies: Andrew loves to play outside with his friends, loves most any type of sport, and he likes to collect football, and baseball cards, and build Legos.

Favorite Vacation: Hilton Head, and Door county WI

Something Unique about Andrew: He also lived in Hong Kong and can speak some Mandarin, and he walked The Great Wall of China in kindergarten!

Future Dreams: When he grows up he wants to be a policeman.

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.



All Conference Football And Basketball Player



PLEASE TELL FELLOW CLARKSON VALLEY RESIDENTS ABOUT YOURSELF.

Hi! My name is Jason Powers, and I am a senior at Marquette High School. I am 17 years old and live in Dunhill subdivision with my parents. I also have a 20 year old brother named Austin. (You can only imagine what my parents thought when the movie, Austin Powers, came out!)

Sports have always been my passion in life, and I plan to major in sports management when I graduate. I will

be going to college at Loras College in Dubuque, Iowa for my studies and will also be playing basketball for them.

PLEASE TELL US ABOUT THE SPORTS YOU PLAY.

The two sports that I have played for many years are basketball and football. I started playing basketball in kindergarten and my position is point guard. This is my last year playing as point guard for Marquette High School before I leave for college. Football has also been a big part of my life and started playing when I was in second grade. The only position that I have ever played is quarterback and I just finished my last season as quarterback for my high school career. This football season was the most memorable time of my entire high school career. We had a great year and finished up 8/3. Our season ended when we lost to Eureka in districts. At the end of the season, my stats were 25 passing touchdowns, 1,985 passing yards and 61.9% passing completions. After such a great season, I still have to say my favorite sport is basketball. I love the strategy involved in football but really love the fast pace of basketball games. My favorite team to play against has been Lafayette!

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 Deanna at Deanna.Ley@N2Pub.com in order to be featured in the next available issue.

HAVE YOU EARNED ANY SPECIAL RECOGNITIONS IN YOUR SPORTS CAREER?

Yes, in football I was chosen this year as the 1st team all-conference quarterback and 1st team all-district quarterback. I earned honorable mention in basketball as an all-conference point guard my sophomore year and was chosen my junior year for 2nd team all-conference point guard.

WHAT ADVICE, IF ANY, COULD YOU GIVE TO YOUNGER CHILDREN IN CLARKSON VALLEY?

If I could give advice to younger children I would tell them to get off video games and electronics and get involved in sports or other activities with kids. Try all sports to find the one you like the best. You will never forget the memories, friendships and comradery that comes from being on a team.

ANY EXCITING PLANS BEFORE YOU GO TO AWAY SCHOOL?

Before I leave for college, I will be going on an African safari in southern Africa for three weeks in July with my grandfather. What a great ending to my high school career that will be!



Lynne and Chuck Molla, owners of Salon Joli & Spa



The amazing Salon Joli & Spa Staff

Sponsor SPOTLIGHT Salon Joli & Spa

Article Submitted by Owners Lynne and Chuck Molla

Hello, Clarkson Valley residents and business partners! We are Lynne and Chuck Molla, owners of Salon Joli & Spa. We are so excited to be a part of this community and would like to invite you to stop in and experience the difference with our salon and staff. We look forward to meeting you.

waxing and eyelash extensions. These are just a few of the amazing services that you can experience during your visit. We feature professional salon products such as Wella Professional and Keratin Complex color and hair care, and we are one of only three salons in the St. Louis area to carry Oribe Hair Care products.

All of our products are 100% guaranteed.

We are fortunate to work with an enthusiastic and professional team of 18. Our salon family consists of 10 hair professionals, two estheticians and 6 friendly energetic receptionists. We continually educated our stylists to keep up on the latest trends, styles, and products. Education has included training at the Sassoon Academy in Los Angeles and the Wella National Academy in New York. We believe in continuing education to provide the latest in trends as well as the best customer service to each and every client that experiences our salon.

Here is a little about us: Chuck is a retired police lieutenant from the St. Louis County Police Department, after serving the citizens of our county for over 34 years. I was a sales manager with Famous Barr/Macy's for 17 years before working at Salon Joli as a manager. I have been a client of the salon since its opening in 2001.

We have been married for 17 years and reside in Creve Coeur with our two rescue dogs, Harley and Barkley.

Our business is a full service salon specializing in cuts, color, manicures, pedicures, facials, makeup application,

Our salon team works together to ensure the best experience for our clients. We are so blessed to work with this amazing professional staff, as well as the great clients that we service every day.

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resident MOVIE review THE REVENANT

Reviewed by Westhampton resident Carrie Burggraf

We went because the movie got great reviews, looked interesting, and was said to be the movie of Leonardo DiCaprio's career. It's based on a true story.

In *The Revenant* (which means a person who has returned, especially supposedly from the dead), DiCaprio plays Hugh Glass, a scout assisting a hunting expedition in the American wilderness.



While leading the group, DiCaprio is attacked by a bear and left for dead. In spite of betrayal, injury, and immense grief, Glass must find his way to the group's fort in the midst of winter.

We liked the beautiful scenery, the excellent direction and acting, and the gritty nature of the story. This movie is pretty intense and has some difficult survival behaviors, as well as violent scenes, which might make it hard to watch for some people.

I would definitely recommend this movie, though I would warn those who are sensitive to violence and gritty scenes to avoid it. The acting is astonishing.

Do you want to see a movie for free at AMC Chesterfield in Chesterfield Mall and submit a review of it for *Clarkson Valley Living*? Please email Deanna.Ley@N2Pub.com if you do!

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By Beverly & Steve Smirnis

Dependable And Comfortable During The Week . . . Ready And Willing On The Weekend

Jeep's **Grand Cherokee** is the most awarded SUV ever for its supreme delivery on every front—off-road capability, class-leading towing and luxurious interior design. The 2016 model will vault this luxury midsize SUV to the top of its class in fuel economy as well. You can opt for the 3.0-liter EcoDiesel V-6 powertrain on Limited, Overland Summit and SRT models and get up to 30 mpg and a highway driving range of 730 miles with no compromises on its 240 hp and 420 ft-lb torque. The award-winning 3.6-liter Pentastar V-6 power platform will also improve its MPG rating by adding Engine Stop-Start technology, a cooled Exhaust-Gas Recirculation system, an advanced two-step variable valve lift system, and variable-valve timing, while simultaneously improving its output to 295 hp. The 5.7-liter V-8, with 475 hp and 470-lb-ft of torque will set the bar as well, employing electric power steering, decreased tire rolling resistance and weight reductions thanks to new aluminum elements.

While fuel economy is not exactly its forte, **Land Rover's LR4** comes at a price that undercuts many of the large luxury SUVs, and is one vehicle that can turn as many heads in the valet line as it can on the back roads. Considered a midsize luxury SUV, the LR4 is offered in a single well-equipped trim level. Five seats are standard and a third row is option. Under the hood is

a 5.0-liter V8 cranking out 375 hp and 375-lb-ft of torque via a 6-speed automatic transmission with full-time 4WD. Off the pavement, LR4's Terrain Response system offers the choice of mud, rocks, snow, or sand modes and automatically dials in the optimal suspension and powertrain settings for each. On or off the road, LR4's suspension is well-tuned in terms of ride quality.

In the fiercely competitive small crossover SUV category, the **Subaru Forester** has continually proven to hold its own with sure-footed standard all-wheel drive, above class cargo room and seating comfort, a top five-star rating for overall protection in crash tests, superior-rated automatic emergency braking system, and just enough creature comforts for those who value the "functional simplicity" of the Subaru brand. Continuously variable transmission (CVT)- equipped 2.5i models are rated at 27 mpg combined—excellent for an AWD crossover. The 2.0XT's standard turbocharged 2.0-liter four-cylinder churns out 250 hp and 258 lb.-ft. of torque, making it one of the strongest engines in this class while still delivering 25 mpg combined. The 2.5i Limited, 2.5i Touring and 2.0XT models have an additional driver-selectable mode that optimizes various functions to improve traction on slippery surfaces. Generous ground clearance and hill descent control on the higher level trims also come in handy for the occasional trip off-road.

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African Inspired Berbere Deviled Eggs

From The Kitchen Of: Clarkson Valley Resident, Valerie Denton
Sponsored by Just Around the Corner Flooring

AFRICAN INSPIRED BERBERE DEVILED EGGS

Berberé is a blend of spices with a prominent curry flavor and cayenne undertones. It can be found at local spice stores.



- 6 hardboiled eggs
- 1/4 cup mayonnaise
- 1 tbsp. sour cream
- 1/4 tsp. Berebe* (add more to kick up the heat and flavor)
- Salt to taste

Peel eggs, slice in half lengthwise and carefully remove yolks, placing them in a small bowl. Mash yolks, add remaining ingredients and stir well. Spoon yolk mixture into egg whites. Garnish with chopped chives.

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2016 EVOLVING FOOD TRENDS

Food trends are patterns of general change in food habits influenced by consumers, creative chefs and other culinary experts. The National Restaurant Association and Specialty Food Association have surveyed their memberships including the American Culinary Federation and announced industry food trends for 2016.

Trends still prevailing from 2015 include natural ingredients/ minimally processed foods, locally sourced meats and seafood, locally grown produce, hyper-local sourcing (food grown in house by the restaurant) and artisan ice cream.

Some of the more interesting trends increasing in popularity across the markets include:
Seaweed - It is expected to replace kale as the preferred healthy choice because of its sustainability and health benefits.

Artisan fermented and pickled foods - The fermentation process breaks down sugars and carbs which provides a flavor punch to dishes such as artisan pickles and slaws.

Vegetables - Main course vegetable dishes are on the rise. This is a natural progression from some of the 2015 carryover trends such as locally grown produce and hyper-local sourcing.

Poke - Poke bowls (artisan mix of raw fish, seasonings, sauce, fruits, and vegetables) are predicted to replace popular sushi items.

Fresh/house-made sausage - Chefs will highlight their creations on charcuterie trays while butchers feature their specialties in the meat case. They have the opportunity to control the purity of the ingredients while producing a superior product.

African inspired flavors - Berbere and harissa flavors are already influencing dishes at hot trendy restaurants.

Craft/artisan spirits - These spirits have proven success in flavor as they rise in demand alongside craft/artisan beers.

Consumers will be impacted and influenced by these trends for they will appear as condiments, new menu items and specials of the day at restaurants, strategically stocked on grocery shelves and in meat cases, and featured as in vogue recipes in magazines and social media.

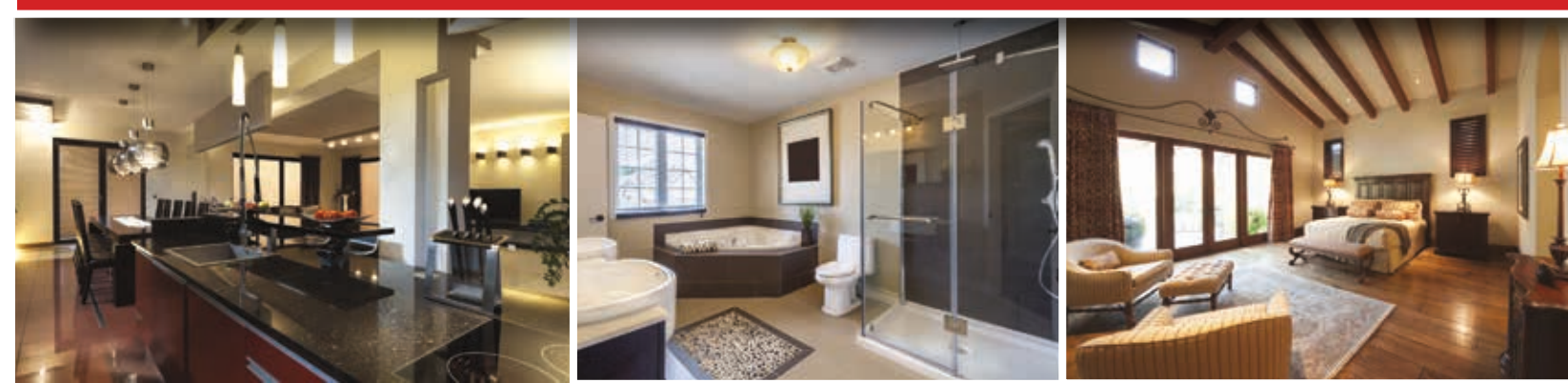


Would you like to have your favorite family recipe featured in the neighborhood publication? We are looking for anyone who has a good recipe to share! Simply email Clarkson Valley Living's new Delicious Dish Contributor, resident Valerie Denton, at gavadenton@sbcglobal.net, to have your recipe featured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



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living spaces

The Roberts Family's Home In Forest Hills

Article Written by Resident Terri Roberts & Sponsored by DiPasquale Painting
Photography by Mark Schmitz, owner of widephoto

Our family lived in a neighboring subdivision 10 years ago when we saw that the home at 12 Hillock Lane was coming soon to the market. Mark and I had found a few homes in Forest Hills that were on great lots and thought if the right one became available we would like to do a tear-down. We put a contract on the house that afternoon and were soon starting the process of building a custom home. After finding the right builder we signed on with Monterey Homes which was owned by Jim New and Patrick Jostrand at the time. They suggested Anton Jacobs, from Dallas, TX as the architect and with Jim and Pat's help we designed our dream home.

Focusing on the kitchen/entertaining area, my husband and I wanted a formal feel but one that was also connected to our kitchen and hearth room. The finished product was amazing and incorporated it all! Now when everyone ends up in the kitchen they can spread out a bit but still be close to the heart of the house.

The laundry room is one of my favorite spaces. I craft jewelry and my daughter used to scrapbook when she was in younger, so I wanted a work and storage area in the laundry room that could accommodate all of that. The island holds all of my gift wrapping supplies and it is mounted on casters so it can be

moved anywhere it is needed. All of that and there is still room to do laundry.

We love our master suite! We have a sitting area with a view of the golf course and a giant TV mounted on the wall. Our bathroom has separate vanity areas, a large walk-in shower with multiple heads, and soaker tub and two walk-in closets.

The main floor has a formal dining room, study, and two powder rooms. Three bedrooms upstairs each have their own bathroom and walk-in closet and a large bonus room. The lower level has a walkout with tall ceilings that is perfect for entertaining. There is a theater room with a wonderful sound system, a living area with a fireplace, game area with pool table, a game table, and a vintage bowling machine. The bar area seats at least eight and has a full kitchen for easy entertaining. It's truly the place to be to watch football and baseball games. There is also a fifth bedroom with a full bath on this level.

While doing the first tear down in the neighborhood we had a few obstacles thrown at us but after living here for 8 years we could not be happier about how our home turned out!



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 widephoto to highlight your home in an upcoming issue of *Clarkson Valley Living*.



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Give Your Technology A TIME OUT

Written by N2 Staff Writer, Elizabeth McCabe | Sponsored by Massage Envy

The ping of an email. Notification of missed calls, voicemails and text messages. Are you being bombarded by your iPhone, tablet or PC? Devices that were designed to simplify our lives have complicated our lives more than we ever could have imagined. Families and individuals are being driven to distraction in today's electronic age. Work hours are no longer confined to 9-5. Now with emails, text messages and cell phones, the standard hours of the work week have eroded with the passage of time.

Parents aren't the only ones struggling to unplug. According to a recent study, kids 13 to 17 years send and receive more than 3,700 text messages a month. According to a recent report by Common Sense Media, teens in the United States devote nine hours a day using media for enjoyment. Girls flock to social media while boys often pass their time playing the latest video games.

Considering that two-thirds of teens own a smartphone, parents are forced to compete with the demands of a digital age. How many parents are tired of seeing children texting, checking Facebook, or posting on Instagram? Is it time to give your technology a time out?

Take Time To Unplug

Put your phone on "Do Not Disturb." Refuse to answer email after 8 p.m. or break up with your phone during family time. Consider unplugging and connecting with family and friends without social media – just authentic face-to-face communication. Take back family meal time with the DinnerTime app. This clever app can disable the Internet, texting, and even calling friends for the dinner period (or bedtime). Richard Sah, the co-founder of DinnerTime, was tired of seeing his children dis-

tracted and decided to take action. He wanted to enjoy quality time with his children and designing an app was his answer.

Engage in Family Activities

Take time to invest in your family on a weekly basis. Consider implementing Technology Time Out Tuesdays. Break out the board games, boost your endorphins with a walk in the neighborhood, or simply go out to dinner and talk face to face. Or give back to the community by lending a helping hand at a soup kitchen.

Cultivate Friendships

Who needs virtual friends when you can have real, authentic friendships? Join a Bible study, a Bridge club, a bowling league, or a men's group. Learn how to connect to others without social media. Meet a friend for coffee and chat or join a walking group in your community.

In today's digital age, don't get into the trap of comparing yourself with others. Take a break from Facebook. A study by the Happiness Research Institute showed that quitting Facebook for a week caused participants to be happier, less worried, and even less lonely. Unplug on a regular basis and reap the rewards. You'll be glad that you did!



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precious
pets : **Duck, Duck...Duck!**

- Meet The Three Musketeers: Minnow, Motor And Blackout
- Sponsored by Oxi Fresh Carpet Cleaning

My name is Jeanette Kirkpatrick and my family has lived in Forest Hills neighborhood for 3 ½ years. I have a wonderful husband, Philip, a 6-year-old boy named Aidan and a 4-year-old son named Kellan. We have newborn baby named Cooper, born in early February. Our three pet ducks wanted a chance to share their story with all of their Clarkson Valley friends and neighbors.

We are the three amazing ducks of Forest Hills. There used to be six of us but obviously three of our siblings thought they

were too good for us and flew the coop! My grandpa purchased us when we were ducklings from a farm store in Illinois and raised us until we were three months old. When we finally earned our wings we were so lucky to move to our forever home in Forest Hills with an awesome pond and lots of kids around. Actually we really thought we were human beings until our owners wouldn't let us in the house. We still try to get in by way of the garage without much success! We "Three Musketeers" are named, Minnow, Motor, and Blackout. Two of us are Peking ducks and one of us is a Drake.

Mealtime is our favorite time! We first ate canned vegetable and corn from Grandpa and now we get to eat really yummy and healthy duck food. We try to supplement our diet by stealing our dog's food and begging from the neighbors. So, we are definitely spoiled and are very fat. We have thought about spreading our wings and checking out other places but we are just too fat to make that journey. However, we are super happy here anyway.

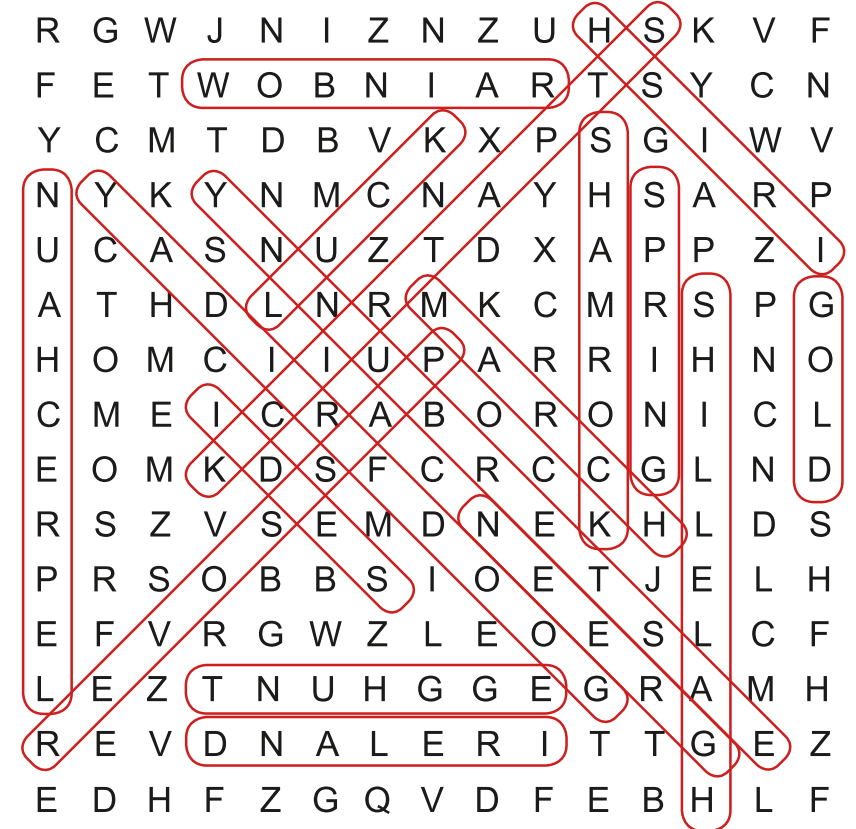
We play chase with our human siblings. They think we enjoy this game but between us three we really call this keep-away from the kids! We love to sleep under the cars but are actually terrified of getting run over. So, please, if you see us in the neighborhood, remember, we are really pets and would like your cars to yield to us! Maybe we will see you around. Hope all is "ducky" in your world!

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 *Clarkson Valley Living's* Publisher Deanna at Deanna.Ley@N2Pub.com to have them featured in the next available issue. Dogs, cats, horses, fish, and any other type of animals are welcome!

Coffee Break solutions

Sudoku Solution

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



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Making a **DIFFERENCE**

The Scouts Are Gearing Up For A Great Event!

Saturday, April 16th from 9 a.m. to 5 p.m. and Sunday, April 17th from 9 a.m. to 5 p.m. at Summer Winds Nursery

Article Written by Resident Kristy Howard

Cub Scout Pack 782, sponsored by St. John Church, and Summer Winds Nursery in Ellisville are gearing up for their community family event to educate families on how to help the environment through native backyard gardening.

This event will be held on Saturday, April 16th from 9 a.m. to 5 p.m. and Sunday, April 17th from 9 a.m. to 5 p.m.

We are happy to announce that the American Heritage Girls, Troop mo1345, also sponsored by St. John Church, are excited to join the cub scouts in helping with the event!

Your children can make fun nature crafts at the event and food and beverages will be served. The Cub Scouts will be selling the native common milkweed and swamp milkweed host plants for the monarch butterflies to lay their eggs on. The fee for these plants will be nominal but will help cover the cost of running the event.

Summer Winds Nursery has chosen 10 beautiful types of native blooming species that will provide pollen and nectar for bees, hummingbirds, and butterflies as seen in the photos. The cost will depend on the size of the plant. We will also have pre-made patio pots for those of you who would like nature in your backyard but don't like getting your hands dirty! We would love to know if you are interested in purchasing any of these plants so we will have an idea of how many to pre-order.

Please e-mail Kristy Howard at khoward778@gmail.com if you would like to be included in pre-order! Thank you and can't wait to see you in April!

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Creating and Captivating Moments that Matter

5 LIFE INSURANCE MISTAKES TO AVOID

Article Source: Edwardjones.com

Although sometimes overlooked, life insurance is an important part of your overall financial strategy. There are five common mistakes you should be aware of as you think about protection against life's unexpected events.

1. Guessing how much life insurance coverage you need

You want to be certain about the protection you have in place for your family's future. There are a few things to consider when it comes to the amount of life insurance coverage you need:

- Debt – How much debt do you have (mortgage, car loan, etc.)?
- Income replacement – How much income will your family need should something happen to you?
- Planning for the future – Do you want to help pay for your child's or grandchild's education? Do you want to leave a legacy for future generations (charitable donations)?
- Health care expenses – Are you prepared for unexpected medical expenses (disability, long-term care, etc.)?

2. Choosing the wrong type of policy (term or permanent)

Depending on your family's needs and goals, you'll want to weigh your options. Term insurance is the most basic type of insurance. If you choose term insurance, you will be covered for a specific time frame, such as 10 years, 20 years, etc. Permanent Insurance can provide protection over your entire lifetime and build cash value at the same time.

Potential pitfalls and how to avoid them

It's a fact of life – insurance. You know you need it, and you want to protect your family from life's unexpected events. But you might not know where to start. And if you already have life insurance – through your employer, for example – it might not be enough.

3. Relying solely on insurance provided by your employer

Even if you already have some life insurance coverage at work, chances are your safety net isn't big enough. Those with families and bigger financial obligations – like a mortgage – may need more than what they would get from employer-provided life insurance, which is rarely more than three times an individual's annual salary and can be as little as six months' salary. Relatively low benefits are not the only reason to consider supplemental coverage. Employers may drop life insurance benefits, or employees may change jobs and find their policy isn't portable.

4. Neglecting to designate beneficiaries

Naming beneficiaries can help ensure that your proceeds go directly to those whom you intend – thereby helping them avoid probate (the legal process of distributing your estate), which can save time and expense for your family.

5. Ignoring your policies

You should review life insurance policies at every life event, or at least every three to five years. Your life circumstances can change over time. If you've experienced a milestone event such as a marriage, a new baby or a divorce, you'll want to ensure your loved ones are provided for.



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Outdoor Oasis

- Warm Up By These
- Clarkson Valley
- Outdoor Fireplaces
- Article Sponsored by Dowco Enterprises, Inc.



March nights are perfect for sitting outside and relaxing in front of a raging fire; roasting marshmallows and drinking wine is always a popular choice on those nights. Clarkson Valley residents love their outdoor oases, especially when they get to enjoy their time in front of their amazing fireplaces. Check out a few of the spectacular outdoor fireplaces of Clarkson Valley.

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 **Deanna** at Deanna.Ley@N2Pub.com.



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Young ACHIEVERS

Meet Chess Player Justin Schibler

Sponsored by KinderCare Chesterfield

in tournaments. I prefer tournaments that have longer time control, like 2 hours for each player, because I am a slow methodical player. It's not unusual for my games to last 3 to 4 hours and at K-12 Nationals we play seven games over three days.

In 3rd grade, I won the 3rd grade and Under Missouri State Championship. In 6th grade I tied for 12th place, of those rated under 1000 at K-12 Nationals. But the highest point was last year coming in 3rd place at K-12 Nationals, of those rated under 1600. That win was more meaningful to me because I was rated lower in the group, like in the 1200s. Currently I'm rated 1603.

In chess, most players are good at math and some are good at strategy. I'm kind of a perfectionist so I think there's always a better move. It's about whether or not you can find it.

I've always enjoyed board and card games, since I was like, two. Out of all the games I've played, chess is the game that takes the most brain skill and there is always room to improve. I enjoy playing casual chess games against friends and competitively

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 Deanna at Deanna.Ley@N2Pub.com.

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Hi. My name is Jason Schibler. I am 15 years old and attend Marquette High School. About five years ago we moved from the Claymont neighborhood in Chesterfield to Dunhill.

I have two older brothers, Derek and Brian, one older sister, Rachel, and one younger brother, Kyle. Derek is in the Forest Park culinary program, Brian, is a gymnast at University of Oklahoma, Rachel is a senior at Marquette and plays lacrosse, and Kyle is in 6th grade at Crestview and he's a gymnast but also plays chess and soccer and does Boy Scouts. My father, Ken is an engineering manager at Experitec in the Valley and my mom stays at home to manage all of our crazy schedules!

When I graduate from high school I want to study engineering, maybe at Washington University, so I can stay close to The Chess Club & Scholastic Center in the Central West End.

I play chess, am involved in robotics, play recreational soccer, and scouts. In 1st grade I went to the before-school chess club. Ever since then I've been taking weekly private lessons with my coach, Mr. Boyd and playing chess as a member of the En Passant Chess Club.

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Did You Know We Have A Celebrity From Clarkson Valley?



Caroline Glaser, a 21-year-old from Clarkson Valley and graduate of Marquette High School, is making a name for herself in the singing world after auditioning and making it onto season 4 on *The Voice*.

Caroline had to leave her first semester at KU to pursue this opportunity and, a year and a half later, ended up moving to Nashville. Since relocating, she has recorded two EPs and one album (soon to be released) which shows her talent in writing music as well! Her unique style makes her stand out. Caroline is an indie folk/singer and songwriter and many would describe her voice as similar to Norah Jones, Edie Brichelle, Lisa Loeb, and Colbie Caillat.



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When asked how Caroline started her career, she says she has been around music her entire life, starting with attending a singing workshop every summer before middle school where she would perform Disney and musical theater tunes. Her parents also signed her up for piano lessons when she was pretty young. Caroline says, although she didn't appreciate that, she realized by enduring those lessons she was able to accompany herself in songs she could sing along to. She got her first guitar in high school and within the first year started posting cover songs to YouTube (on the down low—only a few friends new... saying she was too terrified of others watching them!). Around her senior year of high school, Caroline got the itch to start performing, and would go to an open mic night every Thursday at Picasso's coffee shop in St. Charles.

Caroline has been on the road with acts such as Kris Allen, Straight No Chaser, Crystal Bowersox, and Us the Duo to name a few. Although she is getting her taste of fame she is as sweet and as down to earth as can be! Caroline is very excited to have a small headlining tour coming up in April which will include a performance at Blueberry Hill in St. Louis!

Caroline will be performing on Friday, April 8th at Blueberry Hill in University City at 9 p.m. Please come out to cheer on one of our own!

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15998 Trowbridge Rd.	Westhampton	\$997,000	\$946,500	11/16/15	4	7	4,284	4
16656 Kehrgrove Dr.	Dunhill Farm	\$850,000	\$840,000	12/21/15	4	5	4,569	3
1850 Kehrswood Dr.	Kehrswood	\$599,000	\$578,000	12/28/15	4	6	3,674	3
133 Chippenham Lane	Forest Hills Club Estates	\$625,000	\$575,000	12/23/15	5	5	4,004	2
5 Clarkson Farm Dr.	Clarkson Farm Estates	\$575,000	\$562,500	12/29/15	4	4	3,236	2
2055 Kehrs Mill Rd.	Kehrs Mill Estates	\$575,000	\$555,000	12/15/15	4	4	3,150	3
2019 Kehrs Mill Rd.	Kehrs Mill Estates	\$595,000	\$554,000	10/19/15	5	6	3,878	3
16851 Kehrsdale Dr.	Kehrs Mill Estates	\$569,900	\$550,000	01/12/16	4	4	2,982	3
1635 Trotting Trail Rd.	Kehrs Mill Trails	\$550,000	\$511,000	12/10/15	5	4	2,969	2
15859 Kettington Rd.	West Hampton	\$475,000	\$455,000	12/15/15	4	3	2,896	2
108 Chippenham Lane	Forest Hills Club Estates	\$450,000	\$430,000	12/29/15	4	4	2,475	2
16440 Walnut Rail Rd.	Kehrs Mill Trails	\$325,000	\$325,000	01/14/16	4	3	2,940	2

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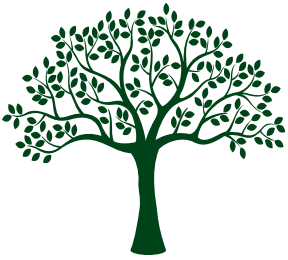
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