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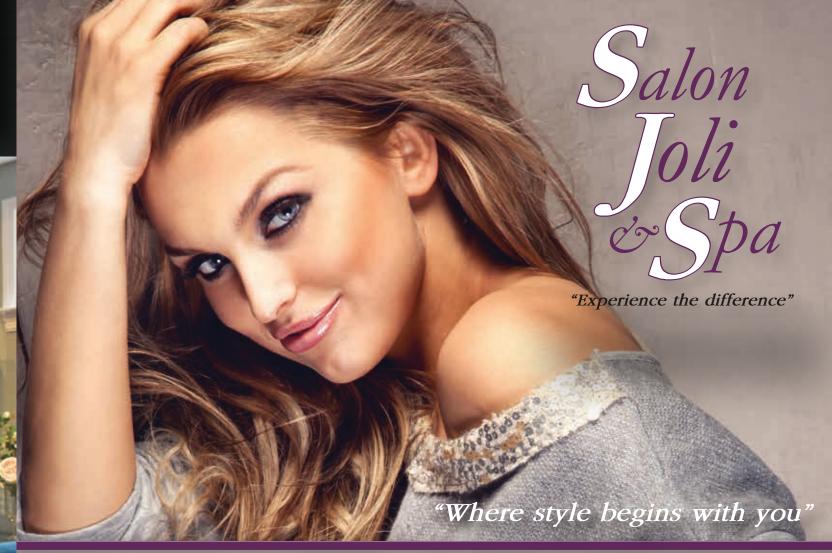
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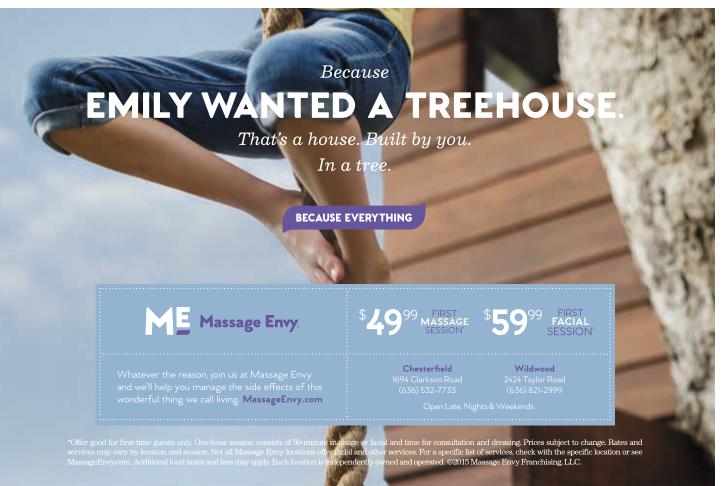


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### **CLARKSON VALLEY** City Officials

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

#### Scott Douglass

153 Chippenham Lane 63005-6803 (Home) 636-394-8916

rsdoug@sbcglobal.net

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myrjms@aol.com

#### Dan King

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honoras@msn.com

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#### Scott Schultz

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#### Lin Midyett

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3RD WARD

#### Michele McMahon

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DEPUTY CLERK/ COURT CLERK

#### **Susan Prichard**

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

636-227-8607 www.ClarksonValley.org

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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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ARTICLE



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Meet Your Neighbors, Living Spaces & Outdoor Oasis Photographer **Cyndi Palmer** Owner of Cyndi Palmer Photography

Owner of Cyndi Palmer Photography 636.222.8754

 ${\bf Cyndi@CyndiPalmerPhotography.com} \\ {\bf www.CyndiPalmerPhotography.com}$ 



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Want to be a part of the *Clarkson Valley Living* Team? We are always looking for Resident Article Contributors! Contact Deanna at Deanna.Ley@N2Pub.com for more info.





Hello Clarkson Valley Residents!

Deanna and I hope that your spring is off to a great start! It is awesome to be able to get out and about and enjoy our beautiful Midwestern weather with friends and family. It is also fun to see and hear about all the new projects people are starting around their homes and yards. We can't wait to feature some of the amazing remodeling jobs that you all have in process!

On a personal note, I just want to thank each of you who took the time to ask about and check in on me with my recent knee replacement. Things have really gone well and I am thankful that it has been such a great experience. As many of you know, I have had knee issues for years. Anyone who has had to deal with knee issues or constant pain knows that it really causes you to miss out on some of the things that make life enjoyable. I am looking forward to having my next surgery before the end of the year on my right knee so that I can fully recover and this time next year I will be 100% able to get out and enjoy life with brand new knees!

As always, we want to thank all of our amazing business partners who make your *Clarkson Valley* 

Living publication possible. We ask that you contact them when it comes to your different needs because they are excited to be able to work with each and every one of you. We know that they are quality businesses because we have met with each and every business owner to learn about their business practices and believe that they are some of the best out there.

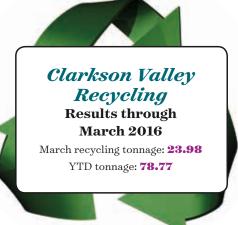
We hope you enjoy your *Clarkson Valley Living* publication and as always, we are honored to bring this to you each month!

Chris and Deanna Ley
Publishers
314.566.4022 / 314.566.7566
Chris.Ley@N2Pub.com
Deanna.Ley@N2Pub.com





Summer!



Mayor Scott Douglass

Interest of continuous subjects may be helpful in your quest for outdoor time. As your dog, Fido, takes you on a walk, be sure you are on a leash and don't forget the feces bag. The driver of any motorized vehicle on the streets in Clarkson Valley must have a Missouri State drivers' license – this includes golf carts. Speed limits are posted in each of our subdivisions. Recently, some subdivisions have requested more surveillance by our police for stricter enforcement of these limits. So be forewarned.

Going on vacation? Call 314-615-0700. Advise the police of any activities that will be occurring at your residence while you are gone and our officer will check your place every day – no charge for this extra service.

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

Continuing on this safety theme, be aware of a recent rash of vandalism. Vandalism, a word not heard in Clarkson Valley for a number of years is back. Last month an outbreak occurred. From Kehrs Mill Trails subdivision to Forest Hills, benches ripped off concrete footings, plants up-rooted and found in a neighbor's yard, outdoor lights removed from one lot and found elsewhere, to ringing a door-bell at 2:30 a.m. Our police are investigating these situations and looking at future preventive measures. The way you can help is to watch for any suspicious actions or any unusual happenings in your neighborhood and report them to the police. In so doing, be prepared to explain in detail when and what you observed. The number to call is: 636-529-8210. Reminder from the police – when parking your car, always make sure it is locked.

In closing, May has its own special days - Mother's Day, school closings, graduations, Memorial Day along with your own special days, i.e. birthdays, anniversaries, etc. All are important to each of us and we celebrate in our own way. This election year is off to a bazaar start. Keep in mind you are able to have free election to express ourselves and then make a final decision by vote. So this Memorial Day, let's remember to give thanks for the men and women who, over the years, paid the ultimate sacrifice to protect the principles our nation was founded on – "Freedom for all."





# Jeff Lottmann RE/MAX Suburban

ph: (314) 406-8911 JLottmann@REMAXstl.com www.mystlrealtor.com



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Lottmann Realty Group powered by RE/MAX is pleased to be one of the fastest growing and most referred Real Estate Groups in St. Louis. Whether you are Buying, Selling, Building or Investing in Residential or Commercial, please contact Jeff Lottmann directly at (314) 406-8911.

We look forward to earning your business and more importantly you as a Client.

# Bringing People and Properties Together

# **Coffee Break**

## Quick notes:

- To speed the ripening of a green tomato, wrap it in a piece of newspaper and let it sit out on your counter.
- To speed up the process of drying nail polish, spray a light layer of cooking spray over the polish.
- To speed up doing touch up paint, use a cotton swab instead of a paint brush. No clean up necessary, just toss it away.
- To speed up grating cheese and clean up after, spray the front and inside of the grater with cooking spray.
- To speed up the removal of labels from bottles and plastic, soak the area with hand sanitizer. The isopropyl alcohol content breaks down the glue.
- To speed up cleaning hard to reach grout, soak cotton balls in bleach and let them sit on the problem area until they are clean.

K	

2

32

	117
	108
26	91

38

64	109	120	127		128
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47

18

## 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.

IYQFKZKNEBQZHVFBQ

M F M R X L D R I Z K H O U X K S C

## It's May!

Search the puzzle for themed words.

Words may be horizontal, vertical, diagonal, forward and backward.

AIR FORCE ARMED FORCES DAY ARMY **BIKE SAFETY** CINCO DE MAYO **FLAG HOLIDAY** KENTUCKY DERBY **MARINES** MAY POLE **MEMORIAL DAY MILITARY MOTHERS DAY** NAVY **PARADE** SOLDIER

## **News You** Can Use



July's graduate issue is getting closer and needs your help! The July 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 at Deanna.Ley@N2Pub.com



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



Find us on facebook

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 PARTNER!



## AdvantaClean

AdvantaClean is a customer-focused organization and is 100% committed to providing you with the best experience possible when it comes to restoring your property and making your home or business a safe, clean, healthy, and energy efficient place to live and work. See their ad on page 38 for their services and contact info.

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



## **Blind Wine Tasting** Friday, June 3 from 6:30-9:30p.m.

oin us at Bill & Kristy Howard's house on Friday night, June 3rd at 6:30p.m. for a fun night of wine tasting and mixing and mingling with fellow Clarkson Valley residents.

The "rules" are simple. Please bring your favorite bottle of wine (red or white) that is under \$20. We will blind taste-test and rate each wine. Winners will be chosen in a couple different categories.

Appetizers and desserts will be served. Event is limited to 30 people. Please RSVP to Nancy at NancyMillerEvents@gmail.com

# SAVEthese

FOR THESE TWO CLARKSON VALLEY LIVING EVENTS



**Neighbor Night Out** At Walnut Grill Thursday, May 19 from 6-8p.m.

roin us for cocktails, appetizers and a relaxing time on the patio of local favorite, Walnut Grill. There will be door prizes and other fun activities! Please RSVP to Nancy at NancyMillerEvents@gmail.com. Share this with your Clarkson Valley neighbors and we hope to see you there!





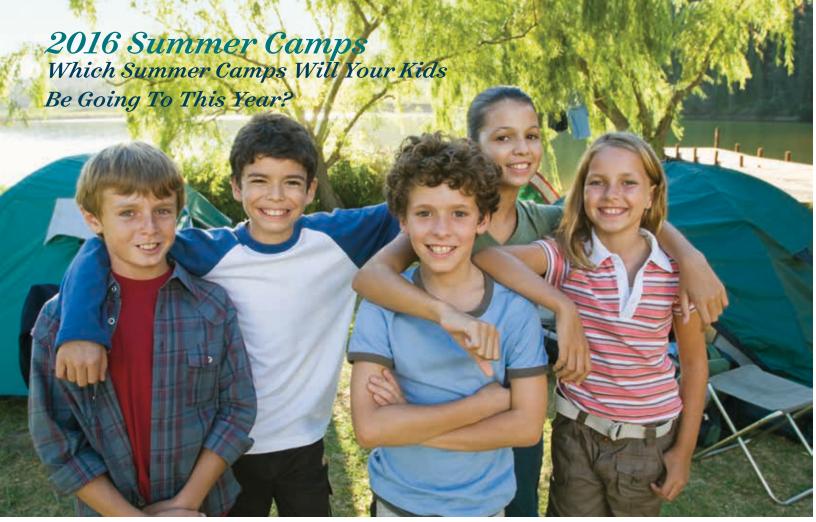






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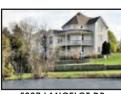


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## **Coffee Break** Solutions

86

22	22	47	26	117
23	30	18	37	108
2	25	38	26	91
17	32	17	38	104
64	109	120	127	128

ZWUTWAUDPTBZMTPLMJPP P G G D K C I P S B O W L K G G Y N A R LFCARXOGTRIFFUYRT FCXEMFYZMDELOPYAM I R R O N O B P G W M E U O D M NSYTCYRATILIMAEE OMEERBWDECDMOK XDXFRXRNLGQ/E NASAEMMMDWVHV M C S D A D Y D F Z A T E A K Y S O D N N N P AYOKYWKRGJ J Z Y B W E U Y S X S O V NZWT/M/TX/S/X TBOUH/TSJGEI NUT/R/TC/D/ZXNPIZQMAZAMG OALHAZKAEREIDLOSLMO I/Y Q F K Z K N E B Q Z H V F B Q P C M F M R X L D R I Z K H O U X K S C

May 2016 • Clarkson Valley Living 15 14 Clarkson Valley Living • May 2016



Hi! We are the Gore family and we live at 16691 Kehrsgrove Drive in the Dunhill Farms neighborhood. Our family consists of Dan and me and our four children, Chris, 24 years old, William, 15 years old, Emma, 14 years old, and Max, 9 years old.

We previously lived in Chesterfield Farms, but on one particular day I drove by this house, which was on the market, and fell in love with the very large southern front porch. I have always dreamed of having a large front porch with rocking chairs, and that was that! We have been in our new residence now for three years!

My husband, Dan, grew up in Chesterfield beginning in the late '70s and remembers when Clarkson Road was only two lanes, when farms lined Wild Horse Creek Road, and Ascension School only had five classrooms! Graduating from DeSmet High School, he went on to the University of Missouri, Columbia, where he earned a degree in accounting. He then got his CPA and went on to receive his MBA from Wash. U. Soon after getting married, Dan and I moved to San Francisco where Dan worked as a senior finance executive at a Silicon Valley start-up during the dot.com boom but moved back to St. Louis a few years later because we wanted to raise a family in the Midwest. Currently, Dan works at SunEdison, a renewable energy company, as an executive in finance. In his spare time enjoys playing golf at Forest Hills.

I grew up in Des Peres, went to high school at Visitation Academy and then graduated from St. Mary's College with degree in education. I went on to teach K, 1st and 2nd grades in Ladue School District for 8 years. Wanting to be a stay-at-home mom, I chose to retire from teaching but when our youngest child, Max, graduated from preschool at Bonhomme Preschool and Kids Day Out, I was asked to start a Junior Kindergarten



program there and have been teaching JK for the past 4 years in the mornings. In my "spare" time (what's that?) I enjoy exercising (not really), reading, and going to Bible study at Bonhomme. But most of my spare time is spent in my car driving my kids to all of their many activities!

Our oldest son, Chris, is a DeSmet Alumni (same as Dad) and received his master's degree in accounting from Mizzou (same as Dad) in 2014. Since graduation, he has worked at Ernst and Young as an associate in their audit practice and currently lives in University City.

William is a freshman at Westminster Christian Academy where he is on the Honor Roll. He is a voracious reader and finishes 500 page books in a matter of days! William is on the Robotics Team and is in Boy Scouts. Last summer he went to Philmont Scout Ranch in New Mexico where he and other fellow scouts hiked over 70 miles in one week. It will always be one of the most memorable things he has ever done.

Emma is also a freshman at Westminster Christian Academy where she, too, is on the Honor Roll, is a cheerleader, and plays lacrosse. During the summer she swims on the Chesterfield Farms swim team. Emma also loves drawing and painting and is super social, and loves to hang out with her friends.

Our youngest, Max, is in 3rd grade at Kirk Day School and loves to do anything social! He is involved in baseball, soccer, swim team, cub scouts, golf, and started martial arts a few months ago and loves it! Max enjoys anything involving science and wants to be an engineer when he grows up.



Emma and I are looking forward to going on a mission trip to Haiti this summer while Dan, William and Max will be participating in a Jeep Jamboree in July – where they get to go 4-wheeling all day and camp at night!

If you see us rocking in our chairs on our big southern front porch, please stop to visit! We always love seeing our neighbors and meeting new ones!



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

Dr. Harry Stadnyk, DDS



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 Kristy at Kristy.Howard@N2Pub.com to be a future featured family.









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## MEET The Lancia Girls

#### THIS MONTH WE GET TO THE MEET THE CHILDREN OF THE LANCIA FAMILY.

#### MEET ISABELLA LANCIA

**Age:** 3

School: The Goddard School on Kehrs Mill

Favorite Movies: Ribbit and Frozen

Favorite Music: "Hello" by Adele, "Sorry" by Justin Bieber, and

all Frozen songs

Sports I Play: I can't wait to start playing soccer!

Musical Instrument I Play: I want to learn to play the guitar! Special Interests/Hobbies: I like to sing, dance, and play with my sisters. I also like going to the "horsey park" with Grandma.

Favorite Vacation: Definitely the beach with Nannie (in Gulf Shores, AL)

Upcoming Challenge: UGH! Potty Training! When I grow up I'm going to be: A zombie!



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#### MEET GIANNA LANCIA

**Age:** 6

School/Grade: Kindergarten at Ascension, Afterschool program at the J

**Favorite Movies:** The Winx series and Zootopia **Favorite Music:** "Bad Blood" by Taylor Swift

Sports I Play: Indoor and outdoor soccer for Ascension and Vetta...undefeated!

Musical Instrument I Want to Learn to Play: I want to learn to play the piano.

**Special Interests/Hobbies:** I like going to the movies, going to our camper at Rend Lake, and swimming. I also like playing with my little sister!

Your Favorite Vacation: I think it will be our trip to Mexico after Easter!

**Upcoming Challenges:** 1st grade

When I Grow Up: I want to be a teacher.

#### **MEET SOFIA LANCIA**

**Age:** 8

School/Grade: 2nd grade at Ascension

**Favorite Movies:** Pirates of the Caribbean series

Favorite Music: "Victorious" by Panic at the Disco, "I Know What You Did Last Summer" by Shawn Mendes, and "No" by Meghan Trainor

Sports I Play: Indoor and outdoor soccer for Ascension and Vetta Musical Instrument I Play/Want to Learn: I want to learn to play the keyboard.

Special Interests/Hobbies: I love sewing, singing, dancing, writing stories, and playing with my cousins and friends.

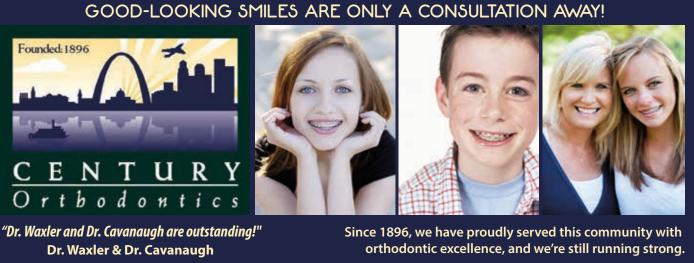
Favorite Vacation: Holiday World **Upcoming Challenge:** First Communion

**Something Unique About Me:** I like driving the golf cart at

When I Grow Up I'm Going to Be: A singer (but dad predicts I will be a salesperson)!



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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A huge thank you to business partner Salon Joli & Spa for hosting our Ladies' Night Out last month. Lynne and Chuck Molla provided refreshing wine and champagne, and their amazing staff treated Clarkson Valley and Wild Horse Creek residents to complimentary hair and makeup consultations. A fantastic time was had by all!

We'd also love to thank Walnut Grill for the food, Sarah's Cake Shop for the dessert, Elements Massages for the chair massages and several door prizes donated by Colleen Lawler & The Irvine Team, Ellie Redders Interiors, Naked Vine, La Ville, The Cruise & Travel Planners, and Dowco Inc.

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The salon family consists of 10 hair professionals, two estheticians and six friendly energetic receptionists. They continually educated their stylists to keep up on the latest trends, styles, and products.





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## amazing athlete

# Meet GLADSON Glad and Will Gladson and Kristy How



🕻 haminade Red Devils capture Missouri class 5 varsity basketball state championship with the help of local Clarkson Valley resident Will Gladson!

18-year-old Clarkson Valley resident Will Gladson, oldest son of Bill and Gigi Gladson, ends his high







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The Gladson Family – Gigi, Will, Henry and Bill

school basketball career at Chaminade College Prep with a Championship in the Class 5 Missouri State Basketball Title game against the Kickapoo Chiefs! The last time Chaminade clinched a state championship in basketball was in 2009.

Will has played basketball for over 14 years. The most recent four years as a 6'10" power forward for Chaminade. Will has also played AAU basketball for teams beginning with TEAM 314, WITTS (Whatever It Takes To Succeed), and the St. Louis Eagles. Will was accepted to Princeton University where he will be playing basketball for the Princeton Tigers!

As a child, Will played many sports including basketball, baseball, soccer, and volleyball. He attended St. Clare of Assisi through 8th grade and then selected Chaminade for high school. When Will was 12, he quit basketball to concentrate on baseball. When he decided to go back to basketball, his long-time best friend (since 3rd grade), and fellow basketball teammate, Jayson Tatum, was ecstatic.

As for honors, Will has gained many. It was recently announced that Will was named Post-Dispatch Scholar Athlete of the Year for Chaminade for 2016! He also received "honorable mention" honors for all MCC his senior year, and ranks alltime at Chaminade as 9th in blocks, 12th in rebounds, and 21st in made 3 pointers (even with missing his entire sophomore season due to a knee injury).

One would wonder if Will has time to do anything else other than being a stellar athlete and scholar. He actually loves to play golf, baseball, and bocce ball in his "spare time." As Will continues his athletic and academic pursuits at Princeton University he intends to study either contract law or sports management with plans after college to pursue a career as a sports agent.

#### Let's hear what his best friend, Jayson Tatum, Gatorade National Basketball Player of the Year, 2016, has to say about Will:

"Will is my best friend and we have played sports together since the 3rd grade. I love his competitive nature! Will is absolutely the smartest person I have ever met on and off the court. He is an amazing team player-listening to his coaches, working hard towards his goals, and always picking up his teammates."

#### Let's hear what Will has to say to all of the kids in Clarkson Valley:

"Never take anything for granted because you don't know when your last game might be. Academically, be diligent in your school work and never slack off, especially in high school. If you don't give your best your freshman year it may affect you not getting into the schools you want to when you graduate!'

Good luck to Will Gladson on his future endeavors from your Clarkson Valley community!



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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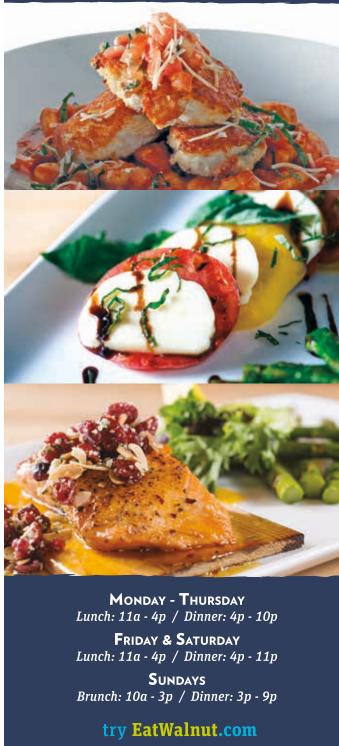


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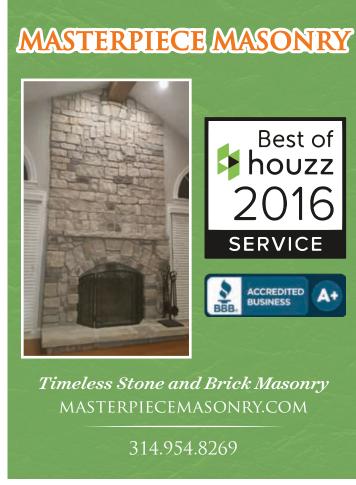




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## young achiever

# Rachel Schibler & "Students and Seniors"

Article written by resident **Rachel Schibler** & Sponsored By **KinderCare of Chesterfield** 

reshman year, my friend, Lauryn Richardson (senior at Marquette and lives in Ballwin), and I started the first Missouri chapter of GlamourGals, through a club at Marquette High School. GlamourGals is an organization that provides complimentary makeovers and conversation to women in senior homes in an effort to build intergenerational relationships and combat senior citizen loneliness.

I helped start a GlamourGals chapter because I wanted to continue my community service concentrated in one organization to form personal, long-lasting relationships with other members and the seniors we visit. Members visited local nursing homes once a month to offer beauty treatments such as nail painting, facials, and makeup, but more importantly we talked to the seniors and listened to their stories.

Occasionally, elderly men would join us to converse. One of my fondest memories involved encouraging a man at Briarcrest, Bob, to let me paint his nails pink. It took many months of joking with him to finally convince him, but once I painted them, he, along with every other senior present, were uncontrollably laughing at tough Bob's hot pink nails. Afterwards, Bob continued to ask for hot pink nails just to make the women laugh.

Our first year faced some adversity, though. We struggled to maintain an optimum level of membership, so Lauryn and I decided to alter the club to be more tolerant to men, since the glamour theme appealed mostly to female students and elderly women. Along with a name change from GlamourGals to "Students and Seniors," the club incorporated a more diverse range of activities such as games and crafts. A favorite activity of mine involved working with students from my school's special education department to make Valentine cards that we later passed out to residents of the nursing home. As I graduate Marquette in May, I leave behind this club but will treasure the relationships I formed with the some of the residents of Briarcrest. They are truly special.



we talked to the seniors and listened to their stories.'

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.



Rachel (far left) & the "Students and Seniors" group



Rachel (left) & Anna (right) with their Senior who's showing off her freshly painted nails

















ur family has lived in the Dunhill subdivision in Clarkson Valley for more than 16 years now. We were initially drawn to Clarkson Valley because of the beauty of the homes and tree-filled lots, but fell in love with the area mainly because of the people who live here. This community brings a sense of belonging, security and peace that we all desire in our lives.

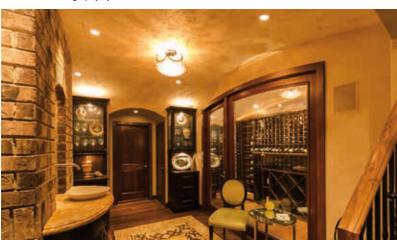
Our house has suited our family perfectly. With four kids and two dogs, we have used every square inch of our home. Like most families, our favorite and most-used room is our kitchen, with the attached (hearthless) hearth room. We love that the two rooms really serve as one large room so the cook can be a part of all the activity and conversations.

Home improvement is something we really enjoy and has been a big part of our lives. We have done extensive remodeling over the years, covering just about the entire house now, although we will never be done! Our contractor, Jared Byers of Byers Contracting and designer Lonnie Dorn of Adornments Interiors are amazing talented people and have been invaluable. They have been true partners with us in all of our projects and have made remodeling actually fun, with beautiful, first class quality results that are one of a kind!

One recent project we have really enjoyed was the creation of a wine cellar and wine tasting area, converted from an unfinished area of our basement. Everything was custom designed and built, including a waterfall with a granite background that actually humidifies our house too. It's a beautiful, tranquil area to enjoy a glass of wine with friends.



Photography by Lonnie Dorn



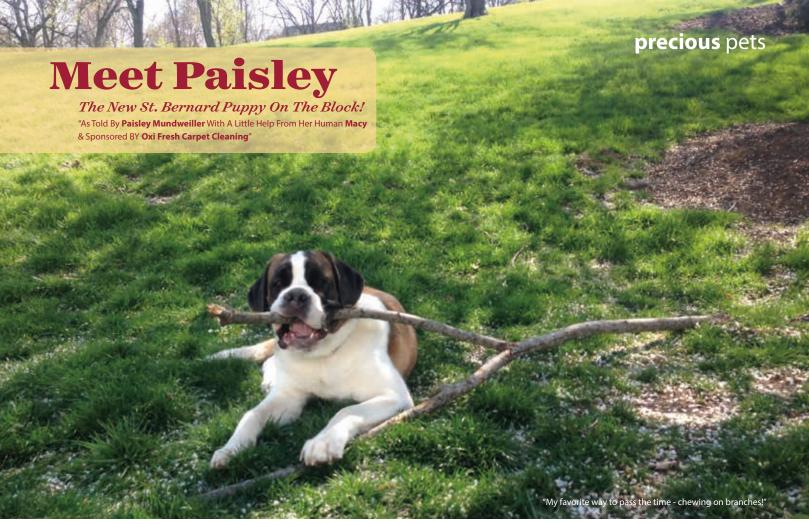


Photography by Lonnie Dorn

## We love our home and intend to be here for a very long time!



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





Hi! The name's Paisley and I'm the new St.
Bernard puppy on the block. My forever family adopted me and placed me in my new domain at the end of last summer. I've been chasing squirrels for only around ten months now, but I've managed to make more than enough mischief for my human family.

Typically, I sleep for long periods of time while my human siblings are at school, but the moment they come home, I'm ready to go. I sleep so I can play more, not because the second I lay my head down, I fall asleep. My sisters, Macy and Elle, and my mom like to take me on long walks around the neighborhood in the afternoons and I also like to chase my brother Max around the house. But otherwise, I'm out tearing up the yard and playing ball with my mom. One of my favorite activities includes chewing branches and sticks off the trees in my yard, but don't tell momma, otherwise I'll be in big trouble. But, I have a feeling that my dad might know something's up due to the fact that trees are getting skinnier and there are sticks lying around the yard.

Peanut butter, in my opinion, is the best thing that humans have created. I love when my mom smears a spoonful of peanut butter onto one of my bones.



"Even though I never got to meet Ginger Pye, I know she was very loved, just like I am."

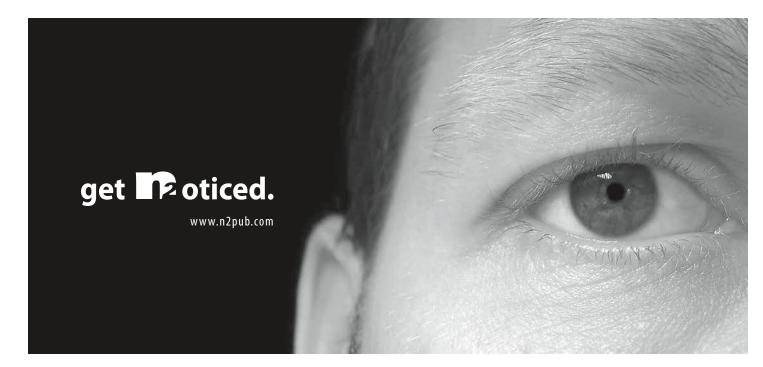
Bones are tasty by themselves, but the peanut butter just gives it something special. Once I lick all the peanut butter off of the bone, I like to protect them by burying them in my secret hiding place. My humans still don't know where it is located and have yet to find some of their belongings, like my mom's left slipper.

Before I was born, my human family had another puppy baby named Ginger Pye. From the stories I've heard, she was a large English Mastiff who liked to take up most of the bed at night. But after her sixth birthday, she caught a really nasty autoimmune disease. A war raged inside her: good red blood cells versus bad red blood cells. Sadly, the bad far outweighed the good and she passed away. But six months later, my human family decided to adopt me to bring some light into their lives. I came to the family to help ease the pain and sorrow that filled their hearts. I haven't been the easiest puppy as I am known to have little devil moments.

For the most part, however, I behave well and like to lie in the corners of the house. If you are ever in the neighborhood, stop by because I love to make new friends!



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!



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## travel tales

# The Narsh Family Takes On Asia

Can you imagine being on a vacation from your mundane West County life for a year? I couldn't either, but that's exactly how my husband sold me on moving our family to Singapore when his job offered him an expat assignment during the 2014-2015 school year.

Singapore is an exciting country that few people in this part of the world know anything about. It's amazing how small it is, yet there are so many people and so much happening there. It is a true melting pot of cultures with the Chinese, Malay and Indian influences, as well as all of the expats from around the world. Currently 5.3 million people live on The Little Red Dot, making it the second most densely populated microstate (behind Monaco).

And naturally with all of these different cultures in one place, it's easy to experience all kinds of great food! Every kind of Asian food you can think of, and many kinds that you have never heard of, can be found at hawker centers, which are basically huge outdoor food courts. Walking around from stall to stall, you can pick up an Indian curry, some Indonesian satay or maybe fresh Vietnamese spring rolls. In addition to the hawker centers, Singapore offers restaurants to satisfy any palate, although good pizza and Mexican can be a little difficult to find.

Because of its proximity to the equator, Singapore has a jungle climate. I really didn't think the heat and humidity would be an issue because of the summers we experience in St. Louis. I was so wrong! The weather gets to be downright oppressive, and a thunderstorm is a welcome reprieve. Thanksgiving and Christmas were a little different without the cooler temperatures. We were in our pool on both of these holidays. That might sound nice, but it truly is difficult to get into the Christmas spirit with sweat running down your back.

The school our kids attended was an American International school, so it had many elements of an American curriculum, while also satisfying standards of the IB (International Baccalaureate) curriculum. Because many expats want their children to attend an American school to perfect their English, my kids were able to make friends with kids from around the world. There were a few American kids in the mix, but most of my kids' friends carried international passports, to include Australia, Japan, Holland, the Philippines, Scotland and South Africa.

One of the best things (for me!) about our year in Singapore was having a live-in helper. In many parts of Asia, it is common (almost frowned upon if you don't) for families to have a woman that does all the household chores in exchange for a small salary and all living expenses. Imagine - no cooking, cleaning or



Enjoying the cherry blossoms in Tokyo, Japan

laundry! This allowed me to still volunteer at the kids' school, explore some interests I have never really had the time for, and to plan trips for the family. Speaking of trips ...

A key piece of this experience was all of the travel that we would have probably never otherwise done. The international schools offer lots of breaks to take advantage of all the travel opportunities that the expat lifestyle affords. Singapore has a great international airport and there are several discount airlines that offer easy, inexpensive trips. While we were there, we explored 6 countries, some of them multiple times: Malaysia, Indonesia, Thailand, Australia, Cambodia and Japan. My husband, Joe, also made several business trips throughout India, and I managed to sneak away to Ho Chi Minh, Vietnam for a fun girl's weekend with my best Aussie buddy.

So if your spouse ever proposes something like this to you, don't even hesitate. Not for a second. Get out of this West County bubble and go for it. There's a whole big world out there!



Have you been on an exciting trip or enjoyed a staycation? Share your Travel Tales with your fellow neighbors. After all, everyone loves vacation photos, don't they?!? Email Deanna at Deanna.Ley@N2Pubcom.









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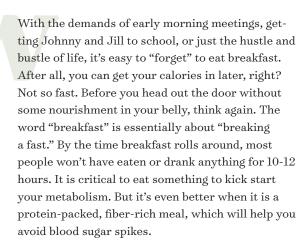
## **healthy** living

Written by N2 Staff Writer, Elizabeth McCabe

## Don't Skip

# The Most Important Meal

## Of The Day!



Students have a lot to gain by chowing down on the most important meal of the day. According to the Food and Nutrition Service, eating breakfast can improve academic performance and can help students do better on tests. But that's just the beginning! Higher math scores, decreased absences, and decreased tardiness are all tied to eating breakfast.

If you really want to maximize the potential of breakfast, opt for a low-glycemic meal. Students will be able to sustain attention longer in the classroom, improve memory, and even exhibit fewer signs of frustration when accomplishing tasks. Get their day started on the right foot with a veggie omelet with cheese or an old-fashioned bowl of oatmeal sprinkled with walnuts.



Did you know that eating breakfast can help overweight people lose weight? That's right. Breakfast has far-reaching consequences for those trying to win the battle of the bulge. People who eat breakfast generally consume the bulk of their calories before 5 p.m. - eating earlier in the day can aid weight loss. One misconception in today's world is that skipping breakfast will help cut calories. Nothing could be further from the truth. Those who skip breakfast often indulge in more calories throughout the day. According to the National Weight Control Registry, eating breakfast is a daily habit for those who have maintained a 30-pound (or more) weight loss for a year or longer. Ninety percent of those surveyed report eating breakfast at least five times a week.

Give your brain a boost with breakfast. Eating breakfast can enhance the speed of processing information and reasoning. Not to mention increasing attention and even creativity. So before you leave your home with a growling stomach, do what's best for your body. Don't delay – eat a healthy breakfast today!

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## Dipasquale Painting

Article Submitted by Owner David DiPasqual

What do painting houses and coaching high school sports have in common? A firm

belief in potential, of course! David DiPasquale, who founded DiPasquale Painting back in 1993, wears every hat in the business: answering calls, running estimates, writing proposals, keeping the



books, and managing each job. And just about any time he has for leisure, you'll find him on a lacrosse field. He has coached at Barat Academy and Pattonville High School the last seven years, helping create two winning programs. Get him talking about either of these facets of his life and in his voice you'll hear the passion that makes him so good at what he does.

David and his wife Marlene, married 26 years this May, met in college in Ohio – he at Wright State, and she at the University of Dayton. After a 25-year career managing a variety of retail clothing establishments, Marlene presently serves as the district manager of seven Kindercare locations. Their daughter Dana is a sophomore at McKendree University, Lebanon, Illinois. Their son Dominic is an 8th grader at Academy of the Sacred Heart in St. Charles. David's love of sports definitely passed to his children: Dana is a college lacrosse player and was also an All-Conference guard in high school basketball. Dominic was the shot put champion for the St. Louis Catholic Youth Council last year, and he also enjoys playing basketball and lacrosse.

If you're thinking about painting any part of the interior or exterior of your home, David has plenty of advice to help you get started. "Don't do too much at once," he says. "Bring your vision to life by doing one room to perfection before you move on to the next room, and make sure you do everything right the first time." That's why DiPasquale Painting puts so much time and attention into the prep work for every job. Often a project that the homeowner thought would be just painting turns out to require caulking, power washing, or drywall repair, and of course a truly quality finished product includes all of these critical steps. DiPasquale Painting also boasts quality carpentry work, including installation of crown molding, wainscoting, new doors, and baseboards. "We're probably not the least expensive bid, but our jobs last," David says. All contracted work is done by full-time DiPasquale Painting staff, and overseen by David himself.

David has seen good years and difficult years during the DiPasquale Painting history, and that puts him in a position to advise other entrepreneurs. "Stick with it and work hard," he says, and when he talks about always doing the "right thing," he keeps his customers, employees, and business in mind. "Just like in sports, a business is a team and the employees need a good coach."

Giving back to the community is another important belief at DiPasquale Painting, and it's part of David's commitment to youth sports. "Young people are amazing," he says, as he describes the success his teams have achieved over the years. "It's not

about winning and losing, it's about the development of the student athletes and the team I enjoy."

You'll find DiPasquale Painting crews all over Clarkson Valley, as well as throughout the metropolitan area. Their commercial jobs have included office buildings, strip malls, and work for Washington University and for the St. Louis Rams. David says that his favorite thing about his company is turning houses around. "I love to watch a house go from old and tired to young and beautiful," he says. "It's energizing!"

David DiPasquale (314) 328-5478

Dipasquale Painting | www.dipasqualepainting.com





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Clarkson Valley's trees were in full color this spring. The beauty of Clarkson Valley is what makes it such an amazing place to live.



Strawberry Freezer Jam & Strawberry Butter
From The Kitchen Of: Clarkson Valley Resident Valerie Denton
Sponsored by Just Around the Corner Flooring

Keeping with family tradition, my mother filled the kitchen every May with the scent of sweet ripe strawberries. It was during this time she would prepare strawberry freezer jam. Oh, how I appreciated her efforts in the depth of winter when I could indulge in the essence of fresh strawberry flavor while eating the jam on toast!

Like many others, my mother used the recipe from a box of SURE-JELL Premium Fruit Pectin. SURE-JELL Premium Fruit Pectin is a dry pectin product that can be used to make both cooked and freezer jams/jellies. When I make the jam, I purchase pretty 8 oz. freezer safe glass jars found at most groceries or superstores. The beautiful red jam in the charming jar with a bow makes the perfect hostess gift.

#### STRAWBERRY FREEZER JAM

- Sterile airtight containers (approximately five 8 oz jars are needed)
- 2 cups crushed strawberries (buy 1 qt. fully ripe strawberries)
- 4 cups sugar
- 3/4 cup water
- 1 pkg. SURE-JELL Fruit Pectin



Wash and thoroughly dry freezer containers. I put mine in the dishwasher on hot wash to ensure they are sterile. Wash the strawberries, remove and discard the berry stems. Crush the strawberries thoroughly, I cup at a time. You may use a potatoes masher or pulse in a mixer/food processor to create a mush with small fruit pieces. Measure exactly 2 cups prepared fruit into large bowl. Stir sugar into fruit. Let stand 10 minutes, stirring occasionally. Mix water and pectin in small saucepan. Bring to boil on high heat, stirring constantly. Continue boiling and stirring I minute. Remove from heat. Add hot mixture to fruit mixture; stir 3 minutes or until most the sugar is dissolved. Fill containers immediately to within 1/2 inch of tops. Wipe off top edges of containers; immediately cover with lids. Let stand at room temperature 24 hours. Jam is now ready to use. Store in refrigerator up to 3 weeks or in freezer up to 1 year. (If frozen, thaw in refrigerator before using.)

#### STRAWBERRY BUTTER

- (Quick, easy and delicious fruit flavored butter. I serve this butter at breakfast, lunch and elegant dinner parties.)
- $\cdot$  1 cup softened unsalted butter
- 4 tbsp. strawberry freezer jam (add more to intensify flavor)
- Pinch of salt

Place in mixer, blend until jam is incorporated into butter. Store in refrigerator.



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 <a href="mailto:gavadenton@sbcglobal.net">gavadenton@sbcglobal.net</a>, to have your recipe featured in the next available issue!



## delicious dish





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# Real Estate ESOURCE

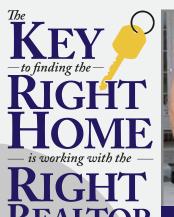
Featured properties may not be listed by the office/agent presenting this brochure. Source Multiple Listing Service. All information herein has not been verified and is not guaranteed. Supplied by Colleen Lawler & The Irvine Team



Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking
2036 Kingspointe Dr.	Kingspointe	\$1,175,000	\$1,170,000	12/28/15	5	6	<b>6</b> ,086	4
15998 Trowbridge Rd.	Westhampton	\$997,000	\$946,500	11/16/15	4	7	4,284	4
16656 Kehrsgrove Dr.	Dunhill Farm	\$850,000	\$840,000	12/21/15	4	5	4,569	3
2205 Whitney Pointe Dr.	Dunhill Farm	\$799,900	\$770,000	03/04/16	4	5	4,322	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
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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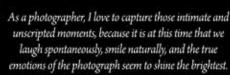
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