



# CLARKSON VALLEY

THE OFFICIAL PUBLICATION FOR  
THE RESIDENTS OF CLARKSON VALLEY

November 2015

## *Living*

### *Meet Your Neighbors* **The Ries Family**

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153 Chippenham Lane 63005-6803  
(Home) 636-394-8916  
rsdoug@sbcglobal.net

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**ALDERMEN - 1ST WARD**  
**James Meyer**  
2033 Kehrsboro Drive 63005-6510  
(Home) 636-537-3110  
myrjms@aol.com

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

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**ALDERMEN - 2ND WARD**  
**Honora Schiller**  
25 Chippenham Lane 63005-6801  
636-394-7900  
honaras@msn.com

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

**ALDERMEN - 3RD WARD**  
**Scott Schultz**  
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(Home) 636-227-4771  
scottysch@prodigy.net

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

---

**CLERK/ TREASURER**  
**Michele McMahon**  
(Work) 636-227-8607  
cvcityhall@charter.net

---

**DEPUTY CLERK/ COURT CLERK**  
**Susan Prichard**  
(Work) 636-227-8607  
cvsusan@charter.net

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**CITY OF CLARKSON VALLEY**  
636-227-8607  
[www.ClarksonValley.org](http://www.ClarksonValley.org)  
15933 Clayton Rd, Suite 105  
Ballwin, MO 63011 (In the Clarkson Executive Center)  
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Mayor Scott Douglass



# Mayor's Corner

**2015** is rapidly coming to a close. I hope it has been a successful year for you and your family. Just looking back to remember the good times can be fun. As I began to look back on the City's year to answer, "How are we doing?" - I realized the question begs, "Against what?" I had an uncle who when asked, "How you doing?" he would answer, "Compared to what?" All this took me back to why Clarkson Valley exists. A successful community's sustainability has roots in understanding and appreciating where it comes from. Let me share a bit of history:

Clarkson Valley was originally incorporated in 1950 as a village comprising approximately 1708 acres. I believe that they had a vision for this new community -- a vision for an environment of maintaining the natural beauty of the area, trees, wildlife, residential homes on spacious lots, etc. -- thus the requirement of a minimum one-acre lots. Between original incorporation and 1985, it perfected four annexations. As a result of these annexations, the size of the City has grown to 1825 acres. In 1988, the village elected to become a fourth class city. The City is bounded by Wildwood on the west; the City of Chesterfield on the north, west and east; Ballwin on the east; and Ellisville on the south. The real estate assessed valuation has grown from \$8.56 million in 1978 to \$104.6 million in 2015. The City's population in 1973 was estimated to be 164. The population of the City was 2632 in the 2010 census.

The current government structure of the City is as prescribed for a fourth class city by Missouri State law. The Board of Aldermen is comprised of six alderpersons, two from each of three wards elected to alternating two-year terms. A Mayor is elected at-large every four years. The Aldermanic meetings are held on the first Tuesday of every month in facilities (leased) at the Clarkson Executive Center at 15933 Clayton Road. The City maintains an office in the same building.

We define our mission as: The mission of the City of Clarkson Valley is to maintain and enhance a secure environment that ensures quality of life, protection of both personal safety and property value with cost-effective city government.

Implicit in the City's mission is the preservation and enhancement of our existing neighborhoods, therefore, you and your neighbors are the focus for how we proceed. For it's your and my neighborhoods that identify who we are and their condition is a major determinant of the desirability of Clarkson Valley as a place to raise a family. So how does this translate into action by the City? Enforcement of ordinances passed based on our mission, i.e. trash pickup, providing police protection, land usage and building code requirements is critical. Your thoughts, ideas, and opinions of how things are going is important. So let us know what you like or dislike. Call or e-mail (contact information is on the website).



**Clarkson Valley  
Recycling Results  
Through September 2015**

**August Recycling tonnage= 25.71**

**YTD Tonnage = 244.83**

## Note FROM YOUR Publishers



Thanksgiving is upon us! What are we thankful for? So, so many blessings! We are truly thankful to be a part of something so wonderful for your community. We want to thank all the residents that have contributed their ideas, photos, time and most importantly your stories to make *Clarkson Valley Living* such a fun publication.

It is wonderful to meet all of you and hear your stories. There are so many yet to tell, but being a part of your lives brings us great joy, and we are grateful to have earned your support and trust. As a reminder, this publication is private to Clarkson Valley. We work hard to make sure that this newsletter is a safe place to share pictures and stories of your families. We feel that there are many more great things to come for *Clarkson Valley Living*, and we cannot wait to bring them to you!

We also want to thank all the business partners who have supported the publication these many months. These business owners only ask that you give them a chance to earn your trust and business. Being a part of your community is very important to them, and they are committed to offering you the best service possible.

We encourage you to keep your ideas and articles coming. We have been truly humbled and blessed with new friendships we have made over this year, and we look forward to forging new relationships with each of you. Please don't hesitate to reach out if you have any thoughts, ideas, or suggestions. Happy Thanksgiving to you and your loved ones!

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## NEWS YOU CAN USE

Your Photos Are Needed For  
Upcoming Issues Of CVL!

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

**Halloween:** We definitely want to see all the ghouls and goblins in your family! Send us your photos from all the Halloween parties and trick or treating your family was involved with.

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

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

**Attention Cardinal Nation:** Don't forget about sending us pics from any postseason games you attended.

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

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

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

### We Are Looking For Hosts! Do You Love To Entertain?

If so, we would love to chat with you! CVL is looking for residents to host a couple fun events in the coming months - a progressive dinner, a ladies' holiday cookie exchange in December, a blind wine tasting night, and a New Year's get together around the middle of January. Please email Deanna at [Deanna.Ley@N2Pub.com](mailto:Deanna.Ley@N2Pub.com) for more info.

## save <sup>These</sup> DATES!

### Neighbors Night Out!

Want to get to know your neighbors? Our Neighbor Night Out events are a great way to do so! Food, beer & wine will be a-plenty and there will also be fun door prizes! This NNO is sponsored by Dowco Enterprises Inc.

When: Wednesday, November 18

Time: 5:30-7:00 p.m.

Sponsor: Dowco Enterprises Inc. ([www.dowcoinc.com](http://www.dowcoinc.com))

Location: 18459 Centaur Road, Chesterfield, 63005

To RSVP, please email your name and neighborhood to [Deanna.Ley@N2Pub.com](mailto:Deanna.Ley@N2Pub.com)

### Holiday Open House at Salon Joli & Spa

Wednesday, Dec. 2nd from 5-8pm

See their ad on page 3 for more details.

### Breakfast With Santa!

Saturday, Dec. 12th from 9-11a.m.

Ries Orthodontics (333 Ozark Trail Drive, Ste #100 in Ellisville)

Free breakfast and pictures with Santa! All are welcome!



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As with all business partners, please give them a chance to learn 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.



## The Hoys Enjoyed The Taste Of St. Louis!

Residents Teresa and Randy Hoy were our lucky winners to two VIP packages for the recent Taste of St. Louis. Congrats! We hope you had a great time!



"Randy and I enjoyed the diversity of the vendors, ranging from a variety of food to creative artists' works." - Teresa

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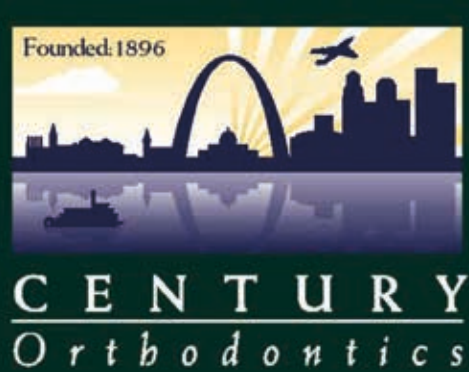
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# Coffee Break



## Tip of the Month...

### Alternative uses for coffee grounds

- For absorbing odors. For absorbing foul smells in the a freezer, put some coffee grounds in a plastic container and poke holes in the lid. Another trick: Make a sachet for musty closets or smelly shoes by pouring grounds in a stocking or sock and knotting the top.
- For cleaning "garlic hands". Used grounds can be useful near the kitchen sink because when you rub them on your hands they remove garlic, onion, or fish odor.
- For dirty pots and pans. When trying to remove gunky build-up, throw in a handful of ground before you scrub.

		24	27	113
14			2	61
			38	117
3				80
86	109	91	85	76

### 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.

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

### Thanksgiving Fun!

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

- AUTUMN
- BLESSING
- BOUNTY
- COLONY
- CORN
- CORNUCOPIA
- DINNER
- DRUMSTICK
- FALL
- FEAST
- FOOTBALL
- HARVEST
- MAIZE
- PARADE
- PUMPKIN
- TURKEY
- YAMS



# meet your NEIGHBORS



## Meet The Ries Family Charlie, Molly, Charlie, Taylor, Boe And Luke

Article Written by the Molly Ries and Sponsored by Kehrs Mill Dental Arts  
Photography by widephoto, Clarkson Valley Living's MYN Photographer

We are Charlie and Molly Ries with our four kids: Charlie, 9, Taylor, 8, Boe (will be 6 at Thanksgiving) and Luke (4 and a HALF—and he doesn't like the half to go unmentioned—you know, because he's 4!)

We live on Kehrsbrooke Court in Kehrsmill Estates West subdivision with our feisty pug puppy named Champ, a fish, two gerbils and two white rabbits!

My hubby Charlie is a St. Louis native - proudly born and raised right here in West County. He attended grade school at St. Joe Manchester and went to SLU High, where he played basketball and football. Charlie went on to accept a full basketball scholarship at Northern

Illinois University. He graduated in three years because he couldn't wait to go to dental school (at Southern Illinois University). (He's weird like that—he was also excited when he turned 30!) I think if he'd known how grueling dental school would be, he'd have stayed the full four years in college. He did a one-year general practice residency at St. John's (now called "Mercy Hospital"). After marrying me in 2005 (the best decision of his life, undoubtedly!), he completed a 2-year residency in orthodontics and dentofacial orthopedics at the University of Nevada in "VIVA Las Vegas, baby!" Living in Las Vegas for two years was super fun, but we did have a one-year-old and a newborn so the weekends weren't what you might be imagining

*"We try our best to LIVE this crazy life, not just survive it."*



(unless you envision Las Vegas as taking children on carousel rides and to the park every night?). It was, however, the perfect city for date nights when grandma was in town! Charlie makes amazing smiling faces with his braces at Ries Orthodontics, right down the road from our home. In his free time, he enjoys running. (He ran the Chicago Marathon twice before the old ball and chain came along and took up all of his free time!) He also loves sports, traveling, skiing, anything outdoors, and most of all spending precious time with his four kids. Three fun facts (possibly embarrassing to him when he reads this?) about Charlie are: he can dunk (he's 6'7" but he doesn't need to dunk because he never misses a jump shot), he enjoys watching HGTV, and he has some killer break dancing moves up his sleeves—including some nice Michael Jackson moves. He typically won't bust a move unless you give him one or two cold ones.

*continued...*

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**Dr. Harry Stadnyk, DDS**

...continued

I was born and raised in the freezing cold Minneapolis, Minnesota suburbs of Apple Valley and Burnsville. I didn't know where Missouri was on a map when I applied to Mizzou for their world-renowned Journalism School. (True story. I never learned U.S. geography--or presidents--due to curriculum differences when I moved to a new district in 6th grade.) At a party the night before I left for MU, a high school friend asked, "Hey, Molly, are you going to come home from Missouri with a boyfriend who has a mullet?" and I said yes because I was too embarrassed to admit that I didn't know what a mullet was. (Thankfully that promise never came to fruition!) My lifelong dream to take Katie Couric's job on the Today Show ended abruptly in my third year of college when I got into the Journalism School and our class got the infamous "weed out speech" on the first day. I realized working long days with odd hours wasn't conducive for my other lifelong dream, one that went back much further than my journalism dream: to be a wife and mother. I was the first one to stand up and walk out. The next day, my advisor looked disgusted when I answered her question of why I was changing my major to communications. Apparently she doesn't hear things like: "I realized I just want to get married and have babies" very often? She snidely suggested I just drop out of school, but I wasn't crazy! It was MIZZOU after all! I had many years of fun ahead.

I love "crunchy" cooking, teaching people how to ferment things, gardening, volunteering, and homeschooling my kids (new this year and loving every day of it!). Three fun facts about me are: I overuse exclamation points, I used to be a Playboy bunny, and I've never had a real job.

Charlie, third grade, loves all sports and plays on baseball, basketball and soccer teams with his good buddies.



Taylor, second grade, dances at Dance Inc. three days a week, plays soccer and loves playing with her best girl friends in our neighborhood!

Boe, kindergarten, loves wrestling on the trampoline and any outdoor activity (particularly sports), and plays on soccer and baseball teams.

Luke, in preschool, loves candy, playing baseball with Daddy, and playing whatever his siblings and neighbors are doing at the moment (#4thchild)!

We love St. Louis and all of the history and traditions here, and we love our subdivision and all of our fun neighbors and neighborhood traditions! We love to veg out on the beach with extended



family in The Redneck Riviera (Destin, of course!) and ski in Breckenridge. We love loud music, Mexican food, Full House reruns, kombucha, St. Clare of Assisi church, camping, celebrating holidays to the fullest, being barefoot, Ries Orthodontics, and playing kickball in our front yard while the sun goes down! We try our best to LIVE this crazy life, not just survive it.

The Ries family photos were taken by wideipphoto  
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Get to know your neighbors better by having your family featured in the next available issue! With the Meet Your Neighbors article comes a free professional photo shoot with Clarkson Valley Living's Meet Your Neighbors photographer, wideipphoto, Email Deanna at [Deanna.Ley@N2Pub.com](mailto:Deanna.Ley@N2Pub.com) to be a future featured family.

# Young ACHIEVER



## CLARKSON VALLEY MOMS AND DAUGHTERS ENJOY THE TAYLOR SWIFT CONCERT

Article Provided by Carol and Cathryn Rosa and Sponsored by KinderCare Chesterfield

On the night of September 28th, we went to the Taylor Swift concert. Five 14-year-olds and four moms sang, danced and laughed with a warm and genuine Taylor. The city streets were filled with costumed young ladies all bubbling over the chance to see Taylor Swift in concert. Clarkson Valley residents Carol and Cathryn Rosa shared their awesome experience with us!

"Taylor sang most of her songs from her most recent album - 1989. One of my favorite songs was "Bad Blood." She also covered songs from past albums. During her many costume changes, they showed videos of Taylor's friends telling stories about her, which made her fans love her even more." - Carol

"It was the best concert I've ever been to. Taylor's was an amazing performer and she really interacted with the audience. The atmosphere was so cool; we all had light up bracelets that lit up according to the song. If she ever comes back to St. Louis I'll definitely go back!" - Cathryn

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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- Stephen and Daleesa

"Dina is the best. We have worked with her more than once. She is a professional and outstanding real estate agent, but she also has a warm and caring personality. She seems to really want to match people with a home that they love. We will seek her out again when its time for us to buy or sell."  
- Michael and Anthony, Wildwood/Lake Saint Louis, MO

"My company was relocating me. Luckily, Laura was already an approved agent. When we met she provided me with detail on the area, other homes for sale and discussed the interactive/online resources her office/team provides. Her understanding of the market was significantly better than the other agent sent out by the relocation company. Laura helped me buy my home 5 years prior and when she walked in she remembered what the home looked like and was able to comment on the changes/upgrades that had been made. I was very happy with that."  
- Laura Belleville

"Laura's team made everything run to perfection. Don't ever lose Laura."  
- Thomas and Karen Nahlik

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# NEIGHBORS' NIGHT *Out*

## The Artists of Clarkson Valley Came Out to Create Masterpieces at Pinot's Palette

You know what goes great with wine? Why painting your own masterpiece, of course!

Recently, both residents of Clarkson Valley and Business Sponsors of *Clarkson Valley Living* were treated to a great night of wine, food and artistic inspiration thanks to Maureen, owner of Pinot's Palette, and her staff at Pinot's Palette.

Everyone had a great time as they sipped wine, enjoyed some awesome foods and desserts, as well as fellowship, while they

were instructed in painting techniques. Everyone's paintings turned out amazing!

A huge THANK YOU to Maureen and her staff at Pinot's Palette! If you have a chance, I encourage you to stop by their location at 1641 Clarkson Rd. (around the corner from Trader Joe's) and meet Maureen and the staff. You can check out all that is going on, see samples of different classes available and even schedule your visit online as well at [PinotsPalette.com/](http://PinotsPalette.com/) Chesterfield.

Special thanks to our business partners who supplied refreshments for the evening! The wine was provided by Colleen Lawler of The Irvine Team. Sandwiches were provided by Which Wich?. Cathy Westbrook of Brightmont Academy brought the veggie tray, and the desserts were supplied by Sarah's Cake Shop. Thanks so much for helping making this a great event!



Dr. Charlie Ries with wife Molly and their children



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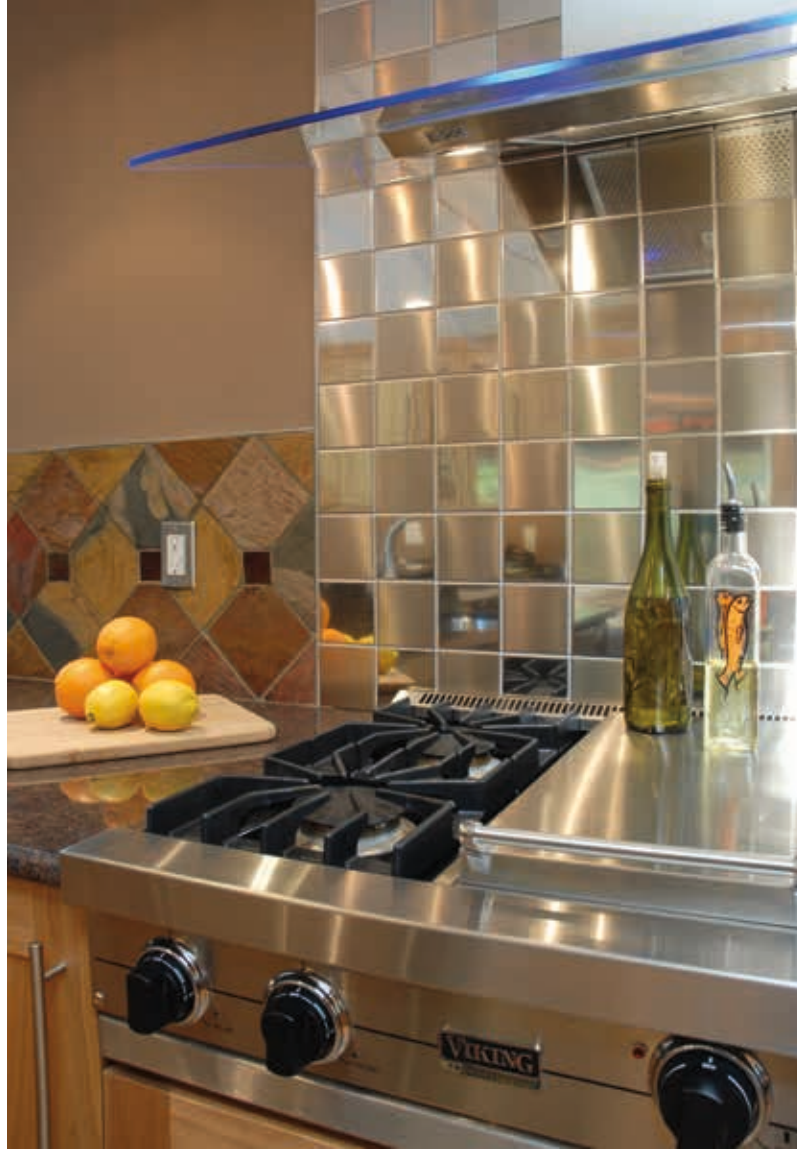


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C. Bennett specializes in a variety of products and services. While they are very well known for selling, installing, and servicing fireplaces, they also specialize in premium gas logs, glass shower doors, appliances, grills, outdoor fire pits, mirrors, door hardware, shelving, and more. C. Bennett's skilled craftsmen build, measure, and install all of their products. By ensuring customization, each product offers a set of unique features and guarantees customer satisfaction. In addition, C. Bennett also has a team of dedicated employees. In fact, C. Bennett employs multiple generations of families. It is that constant commitment to family that has helped C. Bennett stay



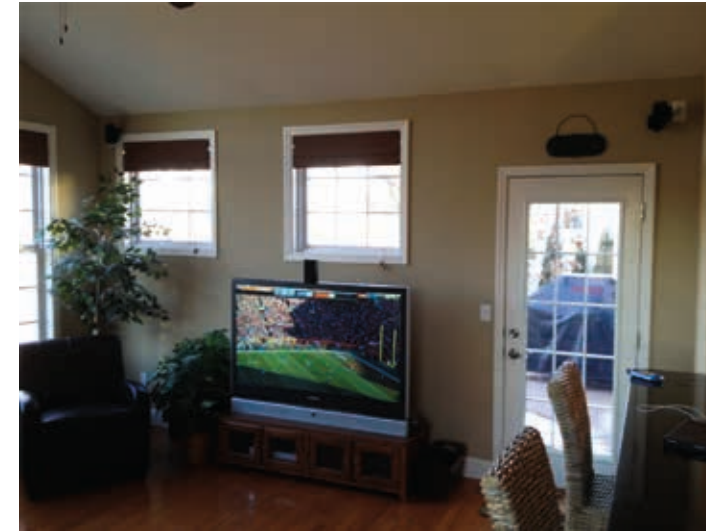
C. Bennett has an extensive appliance showroom of brands such as GE, Monogram, Viking, True, Miele, Thermador, and more. Photo credit: Lewis Contracting, Inc.

in business for 35 years and given them the ability to serve their customers with true devotion and reliable service.

When asking C. Bennett experts what they believe is important to relay to *Clarkson Valley Living* readers, they offered the following advice:

Fireplaces should be serviced on a yearly basis. This ensures that your family stays warm and safe during cold winter months. C. Bennett offers fireplace service and installation year-round. When choosing appliances, consider natural gas. Not only are these more eco-friendly in comparison to electric, but gas ranges turn on and off instantly. This ensures even and precise temperature control. C. Bennett has a variety of appliances in their showroom including brands such as GE, Viking, Monogram, True, Miele, and Thermador.

When cleaning your fireplace glass, do not use ammonia. Ammonia is a petroleum based product that will make your glass look streaky. For more tips, visit C. Bennett's Facebook Page for our weekly #TipTuesday.



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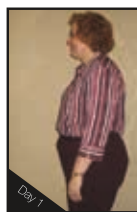
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The Train Town Team - John, Bob, Mary and Terry

# resident BUSINESS beat

**“**This month we feature Bob Tschopp and his family business “Train Town.” We had the pleasure of going by the store and seeing the amazing selection of model trains. This place truly brings back great memories of my youth. I highly encourage you to take the drive over and see how utterly cool Bob’s place is. Trust me when I tell you, the pictures don’t do it justice – you have to see it in person to truly appreciate it! Bob shared with us a little about Train Town below.” – Chris Ley

My wife and I have lived in Clarkson Valley now for over six years. We have one son, Bob IV, who lives just over the Clarkson Valley boundary lines. We love the small town feeling of Clarkson Valley and where else do you find so many beautiful wooded neighborhoods.

## TRAIN TOWN A Passion That Turned Into A Family Business

Article Submitted by Resident and Business Owner Bob Tschopp

My family has been avid toy train collectors for all of our lives, and this passion has evolved into a family business that specializes in buying and selling vintage electric toy trains. Our private collections have been featured in the collector’s bible of toy trains “David Doyle’s Standard Catalog of Lionel Trains.” How rare is it that your hobby and passion is also your own business? We started out as collectors of toy trains, primarily Lionel along with other brands, and after attending many different toy train shows all over the country, building our collections along the way, we decided it was time to open our own business. In June of 2011, along with my brother, John and sister, Mary, we opened “Train Town” in Rock Hill at 9832 Manchester Road.

Our shop specializes in buying and selling pre-owned, vintage electric toy trains that include Lionel, American Flyer, Marx,



and other manufacturers as well. It is a hobby that continues to thrive both with the older and younger. We offer repair services and appraisals.

With the advent of eBay, local hobby shops have all but disappeared. We are the largest supplier in the mid-west of toy trains with a clientele from all over the country. Our business model is to pay a little more to get the best merchandise in the shop and then to sell for less than anyone else. We make our profit in moving volume of merchandise rather than a high mark up.

Veteran collectors will love our shop, as will the individual looking to get started with a set for around the tree or begin a new hobby. We will work with you and share our passion! Come see us at:

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



# kids will be kids

## Meet Ryan And Reese Stiff Of Clarkson Valley

Submitted by their mom, Leslie Stiff and Sponsored by Chesterfield Montessori School

### RYAN STIFF

7 years old, 2nd grade at Ellisville Elementary

Hi! I'm Ryan and I'm so happy we moved out to Forest Hills. I'm only 7 but my mom says I'm more like 17. I love riding my bike, swimming, tennis, hunting for golf balls with my dad, and playing with friends. My favorite vacation spots are Michigan and Florida – I love playing on the beach and eating ice cream. I have two younger sisters and I really, really, really enjoy being the oldest. I should probably be a CEO of a company or a lawyer so I can continue to demonstrate my leadership skills. I try to use the art of persuasion often on mom and dad. 2nd grade is pretty cool so far, especially lunch and recess. I love listening to music, mainly Taylor Swift whom I even got to go see in concert! Something unique about me: I have a cool birthmark and a trick thumb (ask me to show you!)



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Ryan and Reese, First Day of School, Fall 2015

### REESE STIFF

5 years old, Kindergarten at Ellisville Elementary

Hi! I'm Reese and I'm a ball of energy. I love making people laugh, playing soccer, drawing, gymnastics and cooking with mom. My family lovingly refers to me as Chris Farley because of my tendency towards physical humor. I had a lot of fun this summer up at the pool meeting new friends, swimming, playing tennis and taking my first golf lessons. I love kindergarten; my teacher, my friends, recess and reading. When I grow up I want to be a gymnastics teacher, but I also love playing school, so maybe a school teacher. Ryan and I have a younger sister, Emerson, she's 2 ½ and I love showing her the ropes. My sisters are pretty cool most of the time but I have been known to ask on occasion for brothers, which apparently, I'm told, I'm out of luck. Hope to see you around!

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](mailto:Deanna.Ley@N2Pub.com) to have your article featured in a future issue.

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— BRYAN HERR, PROPRIETOR

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# living spaces

## The Allen's Beautiful Home on Herworth Dr.

Article Written by Tracy Allen and Sponsored by DiPasquale Painting  
 Photography by Mark Schmitz of widephoto, Clarkson Valley Living's Official Photographer



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This month, Tracy and Lee Allen shared their beautiful home with us. They have lived in this home for three years and recently completed remodeling the entire house and property to make it feel like home.

We asked Tracy to share with us how their design dreams became a reality as they remodeled their home. This is what she had to say.

“Lee is the owner of Allen Roofing & Siding and Co-Owner of Beck/Allen Cabinetry. Because of this, we have the opportunity to observe many new designs and inspirations coming from both industries and with his knowledge of the industry he was able to serve as our General Contractor!

In addition to a total interior renovation, we added an additional 2-car garage, decks and created an outdoor living and entertaining area.

My favorite room is the master bath and bedroom. It is feminine and private! The original space in the master allowed us to manipulate the walls to include an additional closet, larger shower, stand-alone tub, two water closets and a coffee bar. We added a small deck off the master bedroom. We overlook the golf course in the back of the house and the woods to the left of the property.



continued...

...continued



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](mailto:Deanna.Ley@N2Pub.com) and we will coordinate a professional photo shoot by wideipphoto to highlight your home in an upcoming issue of *Clarkson Valley Living*.



Lee likes the lower level family room/bar and music room. We use the lower level bar area as our family room, with a large screen TV and it opens up to the outdoors with a view of number 17 tee at Forest Hills Country Club. The music room was an unfinished basement, we stained the concrete floors, added a pool table and our family's regulation length shuffleboard table.

We designed the house ourselves as we went along. We argued often, but we learned to give and take, kind of! We both have our own ideas and are quite vocal at speaking up when we disagree. I think we do well together. We did not have intentions of such a complete renovation but one thing leads to another and we are very pleased with how our home has come together."

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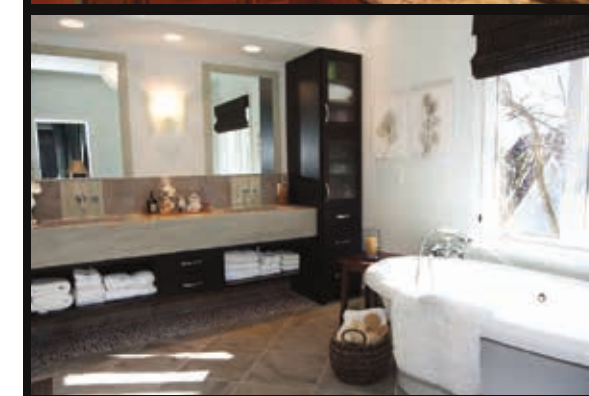
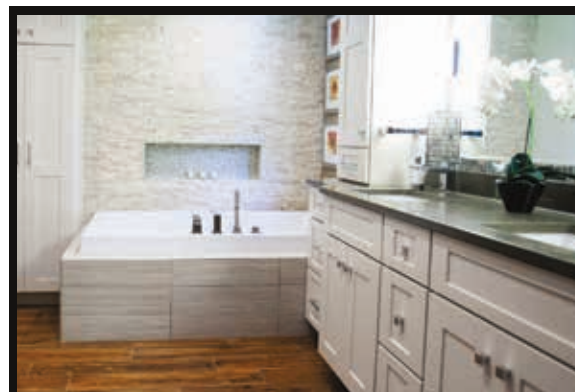
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# precious pets

## Meet Bella And Bo!

Article Written by Bella (with a little help from her human sister, Grace) and Sponsored by Oxi Fresh Carpet Cleaning  
Photography by resident Maddi Manheimer, *Clarkson Valley Living's* Precious Pets Photographer



Bella and Bo



Bo

**H**i everyone! We are Bella and Bo – the sister and brother team you may have seen around Clarkson Valley. Since I'm the oldest by a few minutes, I decided I will tell you our tail. I mean, uh, tale!

Bo and I are 2 and ½ years old, which makes us 17½ in human years. We love living in Clarkson Valley, and we have the coolest family ever! When we are just new born pups, our mom and sister Grace flew to Texas to meet us. They picked us out of the two girls and five boys in our litter. Because we were so young at the time, they had to wait four more weeks before we could fly to St. Louis for our forever home!

There are two kids in our family: Grace, 11, and Lindsey, 9. We really consider Grace our mommy because she takes care of us, plays with us, and feeds us.

Bo and I get along perfectly and are inseparable. When one of us goes outside, the other whines and barks until they come back in. We have to go outside separately when it's wet outside because we tackle each other and get really, really muddy!

Big Milkbones are our favorite dog-type food, but peanut butter, cheese, steak and bacon grease on our dog food is the best! Bo

doesn't like vegetables; Dad says he's a steak and potatoes guy.

As far as things go with foods we aren't supposed to eat, I refuse to comment, because I don't want to incriminate myself.

Did I tell you that we are both very talented? We can roll over, shake, high five, speak, catch, come, and climb. We can catch treats in the air (most of the time) and we are working on spin!

Bo and I see ourselves as the defenders of the home. One time it was almost dark and our family was upset that we were barking at the end of the yard. But when our Grace came to tell us to be quiet, she saw what we were barking at. It was a huge snake!

That is not to say that we don't get scared every now and then. For instance, I get scared when I see something that I'm not used to seeing, even things like paper bags, the vacuum, and the hose across the sidewalk. Bo is afraid of getting stepped on! He likes to lie under the table, but if someone put their foot on him he jumps a mile high.

Let's face it; we are extremely spoiled. Whenever it is wet outside or even if our paws are a little dirty, we have a dog shower where our master washes our paws off. The mailman gives us two big milk bones every day and our family gives us

*continued...*

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Thanks!

little ones a couple of times a day. We also love meaty bones from One Lucky Mutt and we go to Sheridan's to get ice cream. We even have a ramp that we use to get down from our family's Explorer.

Even though we are siblings, we both have our own personalities and sometimes get into mischief! Bo once sneaked into the pantry and got a Milkbone for himself! He also likes to run between everyone's legs. One time he really surprised our family's cousin who was wearing a dress!

I run away from my owners when I don't want to come inside. Boy, do they get mad! And one time I had to go to the vet to get a cone because I wasn't supposed to scratch my eye. How embarrassing!

Well, thanks for letting us share our story! We hope to see you around town and feel free to say hi because we love to meet new friends!

Do you have a pet and would like to share his/her story? Simply email *Clarkson Valley Living's* Publisher Deanna at [Deanna.Ley@N2Pub.com](mailto: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!



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# How To Survive THANKS GIVING ON A DIET

## SURVIVAL TIPS

Written by N2 Staff Writer Elizabeth McCabe

It's one day a year – why not overindulge and hit the gym later? You have waited 365 days for turkey with stuffing and an extra helping of that succulent sweet potato casserole. But wait – you're on a diet. What are you to do?

**CREATE A CALORIE DEFICIT.** Even if it is Thanksgiving, it is important for your fitness routine not to fall by the wayside. Create a calorie deficit with heart-pumping cardio and even resistance training. The American Council on Exercise encourages gym-goers to stick to a moderate-intensity aerobic workout before a big meal. Why is that? You don't want to deplete your storage of glycogen, causing you to feast upon food as if you are famished! By taking it easy at the gym, you can utilize body fat as fuel (sparing your reserve of glycogen). In turn, you will feel energized but not starving. If you want to lift weights, don't go heavy. Choose longer rest periods between sets with light to moderate weights.

**HAVE A SNACK BEFOREHAND.** Yes, you read that right. Even if you are an avid calorie counter, a snack before Thanksgiving dinner can actually save you calories in the end. Go for a satiating snack, such as almonds and top it off with water. Almonds are known for promoting fullness. By feeling satisfied before the big meal, you will consume less calories. Keep in mind that almonds are full of monounsaturated fats (MUFA), as well as fiber. MUFAs benefit your health. In a study in the *International Journal of Obesity*, participants who supplemented almonds to their low calorie diet over 24 weeks lost 62 percent more weight than those who supplemented with complex carbohydrates. Not nuts over nuts? Go for olive oil and bread. Even two teaspoons of olive oil on bread can also cut cravings when eaten 20 minutes before a meal.

**BE THE MAN (OR WOMAN) WITH A PLAN.** Come armed and dangerous to the Thanksgiving buffet with a plan. Don't be afraid to use a smaller plate. By doing so, you will choose less and eat less. Think about your food choices. Pack on the protein (say yes to the turkey or ham) and slow down on the refined carbohydrates, starches and empty calories. Don't forget the veggies either; these fiber-filled vegetables pack a punch. Dark leafy greens are teeming with Vitamin A, C, K, as well as folate and iron. Opt for water or tea instead of the alcohol and save your valuable calories for the pumpkin pie, which is packed with beta carotene. During eating, put your fork down between bites. Finally focus on your family. Engage in meaningful conversation. After all, family is what Thanksgiving is all about!

**WHAT IF I OVERINDULGE?** What if the mashed potatoes get the best of you or the apple cobbler was too tempting to pass up? Burn off those extra calories by walking around the mall on Black Friday. Or make the treadmill your friend as you work off those calories once again. Happy Thanksgiving!

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50	11	18	38	117
3	34	25	18	80
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15862 Richborough Rd.	West Hampton	\$1,295,000	\$1,225,000	08/24/15	5	8	5,765	5
2007 Kingspointe Dr.	Kingspointe	\$1,099,000	\$1,005,000	09/15/15	5	7	5,828	4
6 Kehrs Mill Glen	Kehrs Mill Glen	\$1,050,000	\$980,000	09/23/15	4	5	4,500	3
16308 Wilson Creek Ct.	Manors at Clarkson Valley	\$775,000	\$775,000	08/25/15	5	5	2,801	3
284 Herworth Dr.	Forest Hills Club Estates	\$770,000	\$770,000	08/29/15	4	5	3,296	3
16688 Kehrs Grove Dr.	Dunhill Farm	\$775,000	\$740,000	07/15/15	4	5	4,593	3
2352 Kettington Rd.	West Hampton	\$599,900	\$595,000	09/04/15	4	5	3,476	3
1645 Trotting Trail Rd.	Kehrs Mill Trails	\$600,000	\$579,000	09/04/15	4	4	3,459	3
16431 Wilson Creek Ct.	Manors at Clarkson Valley	\$575,000	\$575,000	07/02/15	4	3	3,729	2
1824 Kehrswood Dr.	Kehrswood	\$550,000	\$545,000	07/13/15	5	5	3,506	3
125 Forest Club Dr.	Forest Hills Club Estates	\$519,000	\$512,500	08/14/15	3	3	2,440	2
Listings Currently for Sale by The Irvine Team								
5 Kehrs Mill Glen Ct.	Kehrs Mill Glen	\$1,395,000			4	3.5	4,912	6
16415 Wilson Creek Ct.	Manors at Clarkson Valley	\$710,000			4	4.5	3,647	3
2100 Wilson Ridge Lane	Manors at Clarkson Valley	\$675,000			4	5	3,212	3
133 Chippenham Ln.	Forest Hills Club Estates	\$674,000			5	4.5	4,004	2

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