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

MAYOR	Scott Douglass 153 Chippenham Lane 63005-6803 (Home) 636-394-8916 rsdoug@sbcglobal.net
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
ALDERMEN - 2ND WARD	Honora Schiller 25 Chippenham Lane 63005-6801 636-394-7900 honoras@msn.com Amy Setnicka 27 Crown Manor Drive 63005 636-346-4412 asetnicka@dei-central.com
ALDERMEN - 3RD WARD	Scott Schultz 248 Pennington Lane 63005-6915 (Home) 636-227-4771 scottysch@prodigy.net Lin Midyett 2336 Kettington Road 63017-7326 (Home) 636-230-5684 lrml@charter.net
CLERK AND TREASURER	Michele McMahon (Work) 636-227-8607 cvcityhall@charter.net
DEPUTY CLERK AND COURT CLERK	Susan Prichard (Work) 636-227-8607 cvsusan@charter.net
CITY OF CLARKSON VALLEY	636-227-8607 www.ClarksonValley.org 15933 Clayton Rd, Suite 105 Ballwin, MO 63011 <i>(In the Clarkson Executive</i> cvcityhall@charter.net

Ballwin, MO 63011 (In the Clarkson Executive Center)

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 letter form using City letterhead.





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COFFEE WITH THE MAYOR

Our initial meeting was held on September 22. Remember, our purpose for these meetings is to provide and/or improve a communication channel with your City Government. In other words -- (1) for us to explain how and why certain policies*are what they are and (2) to hear ideas for

possible changes in these existing and other policies or ordinances. Yes, complaints are welcome, too. Our first 'coffee' was to highlight our police and introduce our City Hall employees. Officer John Grobelny led a discussion on ordinances, personal and property safety measures including answering questions. I hope the 25 or so attendees felt informed and the time (approximately 80 minutes) was worth it. If you attended and have thoughts about issues of City concerns, please let me or the office know for future coffees, i.e. why does the City -----? And if you were not able to attend - tell us what you would like to talk about so we may enlist you to attend our next one. And to all, tell us if you think the 'coffee' is appropriate and what time of day or night is best.

*All City policies are developed from City ordinances. If you are interested in a specific ordinance, all are available on our website.

Reminders

Mother Nature can be as robust in the fall and winter seasons as she was this summer. Storms, ice, snow, cold, etc. are featured with varying degrees of severity. Ameren Missouri reminds us of their proactive and reactive efforts when storms hit.

Please report power outages and wires down to Ameren Missouri at 1-800-552-7583 immediately. Sign up for alerts and we will let you know when you can expect to have your power restored.

Quantum Weather, Ameren Missouri's state-of-the-art forecasting system, is used to track the highest wind activity to help determine areas that could experience damage so that we may prepare our crews safely to expedite the restoration process.

Ameren Missouri has redundancy in the way we deliver power to our customers. In many cases, we can re-route power to restore customers' service while we continue to repair affected lines.

Downed wires can be covered in tree debris and hard to see. Stay away from high grass and brush that could be hiding a downed power wire. Be sure to keep pets away as well. Report downed wires to 1-800-552-7583 immediately and do not go near the wire.

Please keep all pets inside or leashed in the yard so our crews can work safely and efficiently to restore power. Crews often have to walk through backyards to access downed equipment.

Ameren Missouri restores power to equipment that serves the largest number of customers first. This could include high-voltage transmission lines and structures, substations and main feeder lines.

Information on whom to call, etc. is on our website: www.clarksonvalley.org

When walking with your spouse or walking Fido – always on the left side of the road!





Clarkson Valley Recycling **Results through** September 2016 July recycling tonnage: 21.00 August recycling tonnage: 27.23 YTD tonnage: 199.11



Chris Ley 314.566.7566 Chris.Lev@N2Pub.com www.N2Pub.com







Katie Connelly 630.292.8247 Katie.Connelly@N2Pub.com



Kristy Howard Clarkson Valley Resident 636.248.4538 Kristy.Howard@N2Pub.com





Nancy Miller 314.378.5979 NancyMillerEvents@gmail.com

Hi, Everyone! ••••••

Well, the Holiday season is rapidly approaching and If you have the chance, reach out to we want to let you know how thankful we are to be a part of your life and to have the privilege of being the publishers of your *Clarkson Valley Living!*

This time of the year is great for reflecting on all the blessings in our lives. We are so thankful for our family and friends – both old and new ones that we have met through the publication. It brings joy to us to be able to share your stories and learn more about each of you.

We are hopeful that you and yours have a chance to be together soon and celebrate all the things that bring joy to your hearts.



PHOTOGRAPHE]



Kim Eichelberger Eichelberger Photography, LLC 636-734-1486 Kevinandkim@Eichphoto.com Eichphoto.com



Precious Pets Photographer Maddi Manheimer Clarkson Valley resident 314-288-6202 Maddimanh@yahoo.com





Delicious Dish Contributor Valerie Denton Clarkson Valley Resident 314.660.3966 gavadenton@sbcglobal.net

WANT TO JOIN THE TEAM?

We are always looking for volunteers who want to be a part of making *Clarkson Valley Living* the best it can be for the community. We are looking for Resident Article Contributors and Junior Writers (kids who want to get involved!) to join the team. Email Deanna.Ley@N2Pub.com for more info!

a note from your publishers **HAPPY THANKSGIVING!**

our business partners and let them know that you are thankful for their support of your publication. I am sure that they would appreciate it to hear from you and they are certainly some of the best businesses in the entire metro area!

Blessings to you and your family as we prepare to celebrate the holidays may you stay healthy and safe!



Chris and Deanna **CO-PUBLISHERS** 314.566.4022 | 314.566.7566 Chris.Lev@N2Pub.com Deanna.Ley@N2Pub.com



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News You Can Use Want To Be The First To Know?

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SAVE THE DATE!

Clarkson Valley Living Invites You to a LADIES' HOLIDAY COOKIE EXCHANGE Thursday, December 8, from 6:30 p.m. - 9 p.m. Resident Anne Randall's Home (watch your email for the address and more details!) Please, R.S.V.P. to Deanna.Ley@n2pub.com to reserve your spot.

WE WANT YOUR

Pictures!

HEY, CLARKSON VALLEY IT'S SUCH A FUN TIME OF YEAR

- HALLOWEEN, CAMPING, HIKES, HAYRIDES AND BONFIRES, FALL BREAK VACATIONS AND SO MUCH MORE! EMAIL YOUR PICTURES OF THE FUN, FALL FAMILY TIMES TO DEANNA.LEY@N2PUB.COM.



Where Does This **Publication Come From?**

Do you look forward to finding Clarkson Valley Living in your mailbox each month? Because of the hand-picked businesses that pay to support this publication each month, we are able to offer this publication completely free to every Clarkson Valley resident. Need a service for something? Want to know who you can trust? Check out the partner guide for our complete list of sponsors.

All the businesses have undergone a selection process, and many are locally owned and operated, with several being Clarkson Valley residents. It means a lot to our partners to be involved in the publication, so please let them know you saw their ad in *Clark*son Valley Living and how much you enjoy reading it each month! Once you use them, please send in a testimonial for our SPOTTED! section.

Thanks! Chris and Deanna

.....

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.





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13

helping hands

Help Support **Clarkson Valley's** YOUNG ENTREPRENEURS!

Please reach out to the following Clarkson Valley teens if you are in need of a Helping Hand. If you have an entrepreneurial teenager who would like to be featured, please contact Clarkson Valley resident Carol Rosa at *rosafab5@sbcglobal.net* with their (or your) contact info, age/grade and services offered.

Leah Forst - 15 yrs old, Sophomore Service: Babysitter Phone: 314.614.0034 Email: rforst@rachelsgrove.com (mom, Rachel)

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



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Coffee Break



Did You Know?

You can fade sun or age spots with lemon juice.

The citric acid in a lemon helps dissolve dead skin cells, exposing fresh skin underneath. Lemons also contain vitamin C, an antioxidant that protects the skin from future damage.

How to use it: Before bed, cut the lemon and squeeze out the juice. Dab on skin with a cotton ball and leave on for 1 to 2 minutes before rinsing.

You can relieve an itchy bug bite with a banana.

The inside white part of a banana peel helps moisturize and calm irritations.

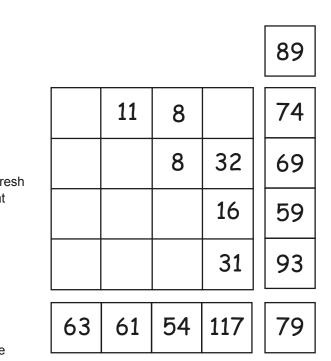
How to use it: Apply the inside of the banana peel directly to the bite for 2 to 3 minutes.

You can smooth cracked heels with papaya.

This tropical fruit has enzymes that help smooth and remove rough skin.

How to use it: Mash up chunks of papaya in a large bowl or bucket. Rest your feet in it for 30 min., then rinse and apply moisturizing lotion.





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.



Harvest Time!

Spot the difference!

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

Answers elsewhere in this issue

meet your neighbors

My husband, Mark, and I, Whitney, live with our three children Ainsley (12), Rowan (10) and Harper (four) in the beautiful Manors of Clarkson Valley. We moved here in 2008 from Oxford, MS, when Mark transferred with GlaxoSmithKline. I used to work in sales and marketing before moving here and now work part-time for Resource One Advisors as the Director of Marketing. My "way over 40 hours a week" job, however, is working as the Domestic engineer, Household CEO and Director of Child Development for our three children! The job gives little to no pay, no vacations but has a multitude of great rewards!

When relocating here, we knew that Clarkson Valley was where we wanted to be because it has a quaint, small community feel and quiet park-like setting. The Manors of Clarkson Valley are tucked away but is still close to everything. We love the neighborhood we are in because of the beautiful trees and the large, serene lots! The fall is such a beautiful time of year to drive through the neighborhood and observe the variety of vibrant colors on the trees!

With three children involved in various activities, life gets pretty busy! Our oldest daughter, Ainsley, attends Living Water Academy and is in the seventh grade. She enjoys playing piano, tennis and singing with her youth group at Gateway Christian Church. Ainsley also does pointe ballet at Carol Bowman Academy of Dance, conveniently located at Clarkson Rd. and Wilson Rd. Our oldest son, Rowan, is in fifth grade at Kehrs Mill Elementary and attends The Center for Creative Learning and also takes classes at Crestview Middle School. He enjoys playing the piano, drums, violin, soccer and baseball. In his free time, he enjoys reading and cooking. Harper, our youngest son, goes to preschool at Ellisville Weekday Preschool. When he is not busy there, he is busy playing soccer, baseball or football ... and baking! In other words, he is always busy!!

In our free time, we love going to watch Cardinals baseball games. Mark and I grew up in different areas, but both were raised to love the Cardinals from an early age. We have carried on the tradition with our kiddos. We also love taking the kids to play and fish at Chesterfield Park, visiting the St Louis Zoo and experimenting at the St. Louis Science Center. We all enjoy family movie nights and watching the cooking channel & baseball games (Cardinals, of course!) on TV. As a family, we enjoy traveling and



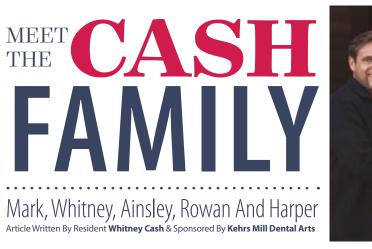
one of our favorite vacation spots is Boca Raton, Fl. We also enjoy exploring in Scottsdale, AZ, and always have a blast in Disney World! In addition, all five of us are involved in various areas at Gateway Christian Church and at all three of our kids' schools.

Again, time spent with family is so important to us and we have created memorable family traditions over the years. Fourth of July is usually spent cooking out with friends and family and ending the day watching fireworks at Chesterfield Mall. In the fall, we bake pumpkin rolls together as a family. Thanksgiving always includes a wonderful meal and visiting with family and friends. I come home exhausted after a brutal day of "Black Friday" shopping the next day and then we put up the Christmas tree together while blasting festive Christmas music and enjoying hot chocolate! On Christmas Eve, one of our traditions is baking and decorating cookies together. When we moved into the Manors of Clarkson Valley we found that they also have a neighborhood tradition. Each home is given luminaries which we put out and light on Christmas Eve. It is so beautiful and we invite you all to come and drive through that evening!

Clarkson Valley is such a great community and we are so happy we have the opportunity to live here!



Get to know your neighbors better by having your family featured in the next available issue and receive a free photo shoot & 16x20 print from photographer, Kim Eichelberger of Eichelberger Photography. Contact Kristy at Kristy.Howard@N2Pub.com







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resident spotlight

Welcome To "BILL'S STEIN ROOM"

Interview conducted and article written by Chris Ley & Sponsored by Allen Roofing & Siding



COLONEL Bill Hammerschmidt, USA (Ret) of Dunhill has a most fascinating collection. Early in the 1980s, his civilian employment took him to Germany on business, and that was when he became intrigued with German Beer steins. Even though he is not a big beer drinker, his fascination with the artistry and colors kept him bringing back two or three each time, especially the ones with the decorations of German Military Units through the ages.

When they moved to their home in Clarkson Valley, because of his growing collection, he and his wife, Gina, decided to add on a room to their home strictly for his beer stein collection.



This is the time to be doing your homework. Allen Roofing & Siding has the experience, equipment and manpower to handle any job. YOUR JOB!



Thus, "Bill's Stein Room" was created! It is guite the sight to see! The walls are lined with row after row of his exquisite stein collection. All of them have a unique story, from purchases in East Berlin when the wall was still up to a German pub in Munich, and Bill can remember where and when he came across each one.

In the early '90s with a quest to complete his total collection, He and Gina would start visiting various flea markets and antique malls. "I am always amazed how many people - grandfathers, dads, uncles and brothers - collect beer steins. Since the digital age, there are always many purchase listings on E-bay or Craig's List."

"I dust all the steins/shelves with a 360 Swiffer and keep our stein log up to date as to when I purchased the stein, listed by number, and the location of each in the Stein Room," Bill went on to share. "My collection is a hobby, and each one tells a story in history for me."

Bill has focused his collection primarily on two major types of steins - German and Anheuser-Busch. He has more AB ones in the collection and feels it is almost complete. Now he just collects the annual AB stein and only special German steins commemorating various kings and or early-century battles.

He will tell you that, although he enjoys them all, he does have some favorites in the collection. "My top three are the 2002 Salt Lake City Olympic Game stein (only 2,500 were made), the large German porcelain ones with canons on the lids, and the AB St. Patrick's Day series - those are a tribute to my parents. Mom was Irish, and Dad was German and loved his beer!"

I can tell you personally that the collection is amazing! The intricate detail, the true artistry and the vibrant colors make for a collection that has to be seen to really be appreciated.

Thanks for sharing your hobby with us all, Bill, and when I am out and about I will keep my eyes peeled for steins!













*Savings based on statistics since Jan 1, 2000 for all Assist-2-Sell offices in North America. Commissions may be negotiable and ner not fixed by law "Savings are based on a comparison to paying a 6% commission. 6% used for comparison purposes only. Each office independently owned and operat







Do you have a fun or interesting hobby, collection or talent? If so, please contact Chris at Chris.Ley@ N2Pub.com to set up a time for your interview

Meet Dunhill Resident Mark Cantor Of Cantor Injury Law



resident

ponsored By John Lancia - Weiss Insurance

Mark Cantor has represented injury victims and their families since 1993. When Mark moved into Clarkson Valley with his wife, Amy Cantor, they only had one son, Eric, who was one-year-old at the time. Mark practiced personal injury law at that time under the name of The Cantor Law Firm but recently changed the name to Cantor Injury Law after separating with an associate. Cantor Injury Law employees three lawyers (but is looking for a fourth) and seven other staff members. Just as the name states, Cantor Injury Law is exclusively dedicated to representing injury victims and their families after they are harmed by the fault of another. The firm also represents clients injured at work in Missouri Workers' Compensation claims but primarily built its business on roadway accidents including truck, motorcycle and car collisions.

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Cantor Injury Law is unique in that it is a boutique personal injury law firm. In other words, the firm's limited practice in a narrow area of injury law allows us to better service our clients and to have a more personal approach. Mark Cantor has been recognized as a Super Lawyer as well as an AV Preeminent Peer Review Rating. Mark is also recognized by the Million Dollar Advocate in the Million Dollar Advocates Forum and received the client's choice award from AVVO and is rated a perfect "10." Mark is also recognized to be in the Top 100 Trial Lawyers in The National Trial Lawyers.

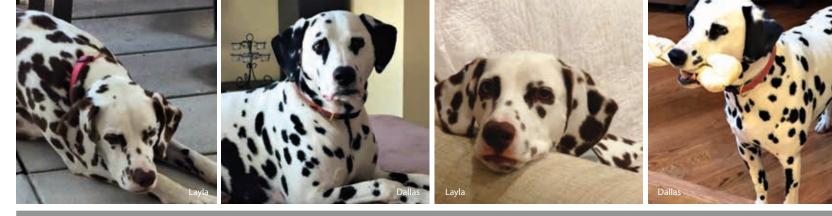
Mark Cantor now lives in the Dunhill neighborhood with his wife, Amy Cantor, who also practices family law. Amy now practices law under the name of The Cantor Law Firm (which was Mark's former firm name in 1998.). Mark and Amy have three children including Eric who is 22, Samantha who is 20 and Zachary who is 12. Mark and Amy also have two dogs -- Cash is a Goldendoodle and Bella is a Maltese Yorkie blend (morkie).

The slogan for Cantor Injury Law is "Settle for More, Don't Settle for less!"

Mark likes to make certain that he leaves no money on the table and his practice only works on a contingency fee meaning no money is needed to hire him or his law firm and they only charge a fee if the case is won. Cantor Injury Law can be reached on the web at www.cantorinjurylaw.com, on Facebook and Instagram and is physically located at 12283 Olive Boulevard in Creve Coeur. The phone number is 314-628-9999.



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.



precious pets s

Dallas And Layla Schweig

Hi, Clarkson Valley! We are Dallas and Layla, two very lucky dogs to live in Clarkson Valley with our human parents, Jeff and Susan Schweig, and our human siblings, Jeffery (24 and moved to midtown ... Waaaaa!) and Abby, who is a senior at Auburn University. We miss them sooo much! We are two gorgeous Dalmatians -- I, Layla, am a brown (or technically a liver Dalmatian (disgusting ... livers are gross!) and my brother, Dallas, is a black and white Dalmatian. Dallas came first and I came three years later. I was a bit skeptical about this family but I eventually warmed up and can't imagine life without them! I am guessing you have seen us strut our stuff walking down Kehrs Mill Road with our mom because we really attract a lot of attention!

Dallas is really lucky I came along to take care of him because he is such a fraidy-cat! My mom said she always wanted Dalmatians and saw Dallas on this thing she looks at and types on (rude ... because it takes attention away from us!) and our dad thought it might be okay to go meet him 'cuz he his name was Dallas and he is a huge Dallas Cowboy fan! I guess that's fine 'cuz the Rams ran out of town last year. So, about my brother, he is afraid of everything like fireworks, thunder and loud noises. I am still teaching him not to be afraid because I fear nothing!

We love our walks. If you put on your tennis shoes in our house, you have to take us on a walk. It is our rule! When not walking, chase deer and squirrels! Our favorite treat is string cheese ... Yummm! We hate swimming but love boat rides! Dallas will get up in the morning and sit on the boat until someone takes him for a ride. Sometimes they will just pull the boat out of the slip and put it back in to please us. We are sooo spoiled! We try really hard to make our parents feel guilty if they don't walk us, feed us twice a day at exactly 5 or let us sleep with them!

People think we are frightening but we are really the sweetest dogs ever! We smile all the time and I love hugs and cuddling!

Article Written By **Dallas And Layla** With A Little Help From **Mom, Susan** Schweig And Kristy Howard & Sponsored By Oxi Fresh Carpet Cleaning

> We are a bit timid when we meet people on our walk but you can wave to us ... and don't ever ask if we are Golden Retrievers like so many people have asked! Seriously, we have spots!



Do you have a pet and would like to share his/her story? Dogs, cats, horses, fish, and any other types of animals are welcome! Email Kristy at Kristy.Howard@N2Pub.com to have them featured in an upcoming issue



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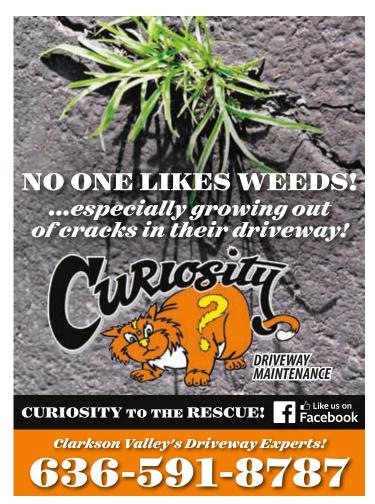
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living spaces

We are the Karutz family, consisting of my husband Peter, me, Jerry Johnson changed the cabinet colors, as well as new knobs Theresa, and our daughters, Victoria (in college at the University and light fixtures. of Dayton studying Dietetics) and Carolyn, a high school senior at St. Joseph's Academy. We moved to our home in Dunhill 10 $\frac{1}{2}$ We love our home and wouldn't change a thing if we did it over! I years ago and have worked on decorating and remodeling it "poco suggest to those wanting to remodel to decide on "how" you want a poco" (Spanish), which means little by little. It takes me some to use the space so that you will truly "use it" and enjoy it! time to visualize what my husband and I want!

We decorated the entry way, great room, dining room and kitchen by ourselves. Our favorite room is the Great Room, which feels so airy and light with the large arched windows. I love using this peaceful space to do my morning reflection.

Our first remodeling project was the basement. We hired RL Just Architect located in Chesterfield Valley and Professional Basements as our contractor to make our dreams take shape. We wanted a "City Museum" feel, combining old with new. Our walls are rounded and circular, as in the City Museum, giving the basement a fun, novel feel with great walls to display our many photographs. We achieved an "old-world Spanish feel" by painting the ceilings dark brown and adding Spanish stucco throughout. I found an old rusted rod iron gate which we spray painted black to use as the door for my office. I love the feel of my office, and, being a Spanish teacher, it is a great place for me to grade my many student papers. Much of our décor was purchased from Gringo Jones near the Botanical Gardens, who carry imported items from Mexico.

We have one more surprise in our basement ... a ballet/dance studio complete with a Harlequin sprung floor that you would find in most classic ballet studios! I have danced all my life and my passion continues along with my daughters who have studied, practiced and performed classical ballet at Alexandra School of Ballet and St. Louis Ballet.

After finishing our lower level, we turned our attention to our kitchen area. With the help of Jerry Johnson of Jerry Johnson Construction, we refurbished our skylights, window panels and added a new back door. We also replaced all of our counters, backsplash and refinished cabinetry. We chose Cambria countertops from Stone Trends and a backsplash from the Tile Shop.



Photography by **Kim Eichelberger**, co-owner of Eichelberger Photography Article Written By Resident Kristy Howard & Sponsored By DiPasquale Painting.



We've 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, a man cave or a new wine cellar? Simply contact Kristy at Kristy. Howard@N2Pub.com to be featured.



kids will be kids

MEET JACK (|||||A||

Written By Jack Himself With A Little Help From His Mom





Meet Jack Gillian, son of Dan and Jennifer Gillian of Clarkson Valley. He is three and a half years old and was born 10/10/12.

School he attends: Hope Montessori a few mornings a week.

What Jack likes to do: "gymnastics, sports skills practice and arts and crafts." (Those are the classes offered at Lifetime Kids Academy). He likes to play in the hot tub and go to the airport, too! When asked what's at the airport he says "planes and jets!"

Favorite Show: "Doozers and Octonauts" and any other shows from the library (books, too!).

Favorite Music: "Um...Bullet Train because it's so awesome!" (by Stephen Schwartz). Jack loves the beat and we are told he is a great dancer!

Musical instrument I want to learn to play: "I want to do the drums because they are so loud."

Favorite Vacation: "Um...you know, Hawaii because there is Hawaii stuff there!"

When I grow up... "Um...I want to be a janitor because they save people! No, I want to be an airplane builder!"

Something unique about me: "Um ... you!" (mom). Why, mom asks? "Because you're the best mom!"

Other Things about Jack: (in mom's words) ... Jack is one funny kid. He loves telling us his many trips to Africa. His best friend is his sister, Lucy. He tells her that she is the best sister in the history of the world. He builds airplanes all the time and gives the best hugs and I'm so happy he's my kid!



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.



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Dr. Dan shares what makes Strotheide a great place for care and healing

neighbor night out

Strotheide CHIROPRACTIC

A huge thank you to Dr. Dan O'Leary and staff at Strotheide Chiropractic for hosting last month's happy-hour event. They are dedicated to providing Chesterfield the best in chiropractic, nutrition, pediatrics, weight loss and functional medicine. They take the time to listen to their patients so they are able to provide customized treatments based on each patient's individual needs. Check them out at goodback.com or call at 636-530-1212.

Another big thank you to Elements Massage of Chesterfield who provided free chair massages! They focus on therapeutic massage and specifically matching clients up with a therapist that best suits their needs. Check them out at elementsmassage.com/chesterfield or call them at 314-594-1111 and they'll get you set up with a \$49 introductory-hour massage. You deserve it!

Strotheide Chiropractic

173 Long Rd., Suite 100 Chesterfield, MO 63005

Elements Massage

133 Hilltown Village Center Chesterfield, MO 63017

Disclaimer: The business reviewed in this section provided products and/or services free of charge in exchange for this review.







The Strotheide Team



The Fisher's Kehrs Mill Trails REVITALIZED OUTDOOR SPACE Photography by Kim Eichelberger, co-owner of Eichelberger Photography. Written By Kristy Howard With The Help Of Amy Fisher & Sponsored By Dowco Enterprises



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outdoor oasis

We are the Fisher family of five consisting of my husband Matt, me, (Amy) and our three children -- Malia, 17, Brayden, 15, and Payton, 12. We moved to Clarkson Valley into the Kehrs Mill Trails subdivision 16 months ago from Dardenne Prairie, MO, and are happy to have settled into this wonderful community. Matt is a wealth advisor partner at Mariner Wealth Advisors and I am a financial analyst for Citi Bank.

When we moved to Clarkson Valley our backyard was in complete shambles! We needed extensive landscaping and the pool needed a new deck. All of the concrete was replaced and we extended the deck. It now looks beautiful thanks to the great job from Mike Christman at Christman and Sons Concrete. LLC. The finishing touches to our landscaping was done by Lance of Lance's Landscaping.

We love our outdoor space now and look forward to coming home after our very busy days. Our back area is surrounded by trees and we can't hear anything but the sounds of nature (and our three dogs!) giving us the peace and quiet we long for!



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



delicious dish







The holiday season is festive and fun at the Denton house with brunch the second best part of the morning! As tradition commands, egg soufflé is the first star at the table with Petits Pains Au Chocolat a close second. These are insanely easy, decadent and versatile. Happy Holidays!



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PETITS PAINS AU CHOCOLAT

Ingredients:

 \cdot 2 sheets frozen puff pastry (one 17.3-ounce package), thawed, each sheet cut into 12 squares

· 1 large egg beaten, blended with 1 tablespoon water (for glaze)

 \cdot 4 3.5-ounce bars imported bittersweet or milk chocolate, each cut into six 2x3/4-inch pieces

• Sugar

Directions:

Preheat oven to 400° F. Line the baking sheet with parchment paper. Brush top of each puff pastry square with egg glaze. Place 1 chocolate piece on edge of 1 pastry square or 3 tablespoons almond cream (recipe below) Roll up dough tightly, enclosing filling. Repeat for each pastry. Place pastry rolls on baking sheet, seam side down. Brush tops of pastry rolls with remaining egg glaze. Add toasted almonds to the almond cream pastries. Sprinkle lightly with sugar. Bake until golden brown, about 15 minutes. Serve warm or at room temperature. Garnish the plate or each roll with drizzle chocolate sauce and fresh red raspberries or a

light dusting of confectioners sugar.

Do Ahead: Can be made 1 day ahead. Cover pastries with plastic wrap and refrigerate.

ALMOND CREAM

Ingredients:

- \cdot 1/2 cup natural almonds (2 1/2 ounces)
- \cdot 1/4 cup granulated sugar
- \cdot 1/4 cup almond paste (not marzipan; 2 ounces), cut into pieces \cdot 5 tables poons unsalted butter, softened
- $\cdot 1$ large egg
- $\cdot 1$ tablespoon rum
- \cdot 1/2 teaspoon pure almond extract

Directions:

Pulse almonds with 2 tablespoons sugar in a food processor until finely ground.

Add almond paste, pulse until finely chopped.

Beat together butter, remaining 2 tablespoons sugar, almond mixture, and a pinch of salt with the mixer at medium speed until fluffy, 2-3 minutes.

Whisk together egg, rum, extract in a small bowl and gradually add to almond cream, beating until combined well. Chill, covered, until set, about 1 hour.

Recipe modified from Bon Appetite, April 2004



Would you like to have your favorite family recipe featured in Clarkson Valley Living? Simply email Delicious Dish Contributor, resident Valerie Denton at gavadenton@sbcglobal.net to have your recipe featured in the next available issue







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······ amazing athlete ······

Jenna Upchurch Takes The Equestrian Gold!

Written By Resident Kristy Howard & Sponsored By Ries Orthodontics

Clarkson Valley Living wants to congratulate Dressage rider, Jenna Upchurch, 18, an early graduate senior at Marquette High School and daughter of Barry and Diane Upchurch, on winning three medals in the North American Jr. Young Rider Championships (NAJYRC). For those not well acquainted with the sport, it is equivalent to the Junior Olympics but in equestrian riding. The format, from qualification to awards ceremonies, is patterned after Olympic rules for each of the Olympic equestrian disciplines to prepare the next generation for International competition. The NAJYRC, which began in 1974, was formerly called the Jr. Olympics and includes three equestrian disciplines -- show-jumping, dressage and eventing, which is a combination of the two. For comparison purposes, this equates to Olympic gymnastics, with the team competition, individual competition and the addition of musical freestyle.





YOUR CLARKSON VALLEY ORTHODONTIST





For the past two years, Jenna (graduated early last December and lived at the barn as a working student) has commuted the two-hour drive from her home in Clarkson Valley to work toward her dream of success in the NAJYRC. She trains at StarWest, a dressage training facility located eight miles west of Springfield, IL, to prepare for this huge event. This year, the competition was held in July in Parker, CO, and Jenna was on a team of four (region 4) from seven different states, (one of nine teams from the United States) competing against Canada and Mexico. Jenna used to ride her horse (and companion), Alejandro, in previous competitions but knew that she needed a better fit for this competition. Jenna admits that selling Alejandro was the hardest thing she has ever done but his sale helped enable her to purchase Greystoke, an 11-year-old Oldenburg gelding, whom she rode in the NAJYRC.

To be a member of a regional team in the NAJYRC, each rider has to earn her place by scores earned in specially sanctioned shows during the qualifying season. The first day of competition consists of the Team Test, where each horse executes prescribed movements that are scored by five judges from 0 (not performed) to 10. Jenna's region 4 team won the Silver Team Medal, the first time this region has medaled at NAJYRC in eight years! After the team competition, all riders rode the Individual Test, which is judged in the same manner as the Team Test. Jenna won the Individual Competition with a score of 70.632, winning the Gold Medal! The top 18 riders from the Individual Competition

GIVE THANKS



moved to the third and final competition, the Freestyles. This event is like the floor exercises in gymnastics, with the routine choreographed and put to music -- for her competition, Jenna did her own music compilation and choreography. This time, Jenna and Greystoke earned another Gold Medal with a score of 71.350!

We can't wait to see what Jenna's future holds as she moves to adult competition at age 22! Good luck to our Gold Medal Champion from Clarkson Valley!

Call athletes of all ages! Do you play a sport you are passionate about? Whether it's football, cheerleading, skateboarding, skiing, soccer or any



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meet Filmmaker & Actress,

Claire Kendall **Kendall Taetz** Herself & Sponso By KinderCare Chesterfield



Meet Claire Taetz, a 17-year-old junior at Visitation Academy and daughter of Michael and Sandra Taetz of the Manors at Clarkson Valley off of Wilson Road. Claire has found a passion for filmmaking and acting -- and from being on screen to behind the scenes -- she loves it all. At a young age, Claire discovered her love of filmmaking while playing with her family's video camera. By age 11, she received a video camera for her birthday and it was then that she began the process of self-taught video editing. Fascinated by the dream of becoming a film director, she mastered Apple's IMovie software for Mac.

Claire is now taking her second course of independent film study at Visitation Academy. She pioneered the school's first indepen-



young achiever

dent film study in 2015 and has produced two of the prestigious school's admissions videos ... also maintaining a digital sign and teaching students and teachers the basics of film production. This ambitious junior has a rigorous schedule, balancing her love of film with her school studies. She also produces her school's web show, VizTV. Claire is currently learning intense professional editing software, Avid. She hopes to have the program mastered before she begins her study of film at the collegiate level.

In April of 2016, Claire's short film, "The Unforeseen," placed as a semifinalist in the International Youth Silent Film Festival. She wrote, shot, directed, edited and starred in the short film. Her first professional gig is with Peggy Jean's Pies in Columbia, MO. Claire will be directing, shooting and editing promotional videos for the shop, which has been featured in national media as well as local publications.

Claire tells us that "when entering into a competitive sport like filmmaking, I have to keep a positive mindset and stay focused because there are people out there who will try to discourage me. It's the love of the art that makes this journey worthwhile." She not only enjoys being behind the camera but loves being on the camera as well. Represented by West Model and Talent Management in St. Louis and using the stage name of Claire Kendall, she has been on auditions for several exciting television roles. She performs in plays at her school and participates in workshops and classes in the St. Louis area, which allows her to hone in on her craft. Claire especially loves portraying dramatic characters where she can pull out all the stops! Waiting for her chance at a large-scale production, either in front of the camera or behind, Clarkson Valley can expect big things from Claire Kendall Taetz!

If you had an Kristy a

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

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restaurant review

Marcella's Mia Sorella

On Tuesday, September 27, residents of Clarkson Valley were treated to an amazing dinner courtesy of the owners of Marcella's Mia Sorella Restaurant.

Jaime Komorek (Owner, along with Steve Komorek) and his staff went above and beyond with a meal that was sure to please. We started with appetizers that truly set the mood. The Famous House-Made toasted ravioli (truly incredible) and assorted pizzas were enjoyed by all.

Next came either the Mista Salad of Marcella's house salad that was welcomed to rave reviews.

Each guest was given the choice of the Chicken Parmesan, Chicken Soto, Spaghetti & Meatballs or the Braised Beef Tortellini. Needless to say, everyone left full and completely delighted with the culinary treats and the service!

Here is what some of the residents had to say:

"The flavor of the Chicken Soto was fantastic!" – Carol R.

"Love the atmosphere, the tortellini was amazing and I will be back." -Lisa T.

"Service was amazing and the apps were to die for – absolutely recommend!" – Kristy H.

"Excellent pizza, good consistency and excellent Salsiccia" – Sam D.

"Feels like visiting friends – delicious and close to home" – Cathy S.

"Toasted ravioli was the best I have had in St. Louis - we will plan on having our dinner group here for our November dinner." Gary P.

And on and on and on – everyone truly enjoyed the experience, the service, the food and all would highly recommend you try Mia Sorella today!

For more information visit their website - MiaSorellaSTL.com

14426 Clayton Rd., Ballwin, MO 63011

Disclaimer: The business reviewed in this section provided products and/or services free of charge in exchange for this review.

excellent Salsiccia" – Sam D.

If you have a favorite restaurant and know the owner, please contact Chris at Chris.Ley@N2Pub.com and we will reach out and see if they are interested in hosting a Restaurant Review!























sponsor spotlight

DIPASQUALE PAINTING WANTS TO HELP YOUR FAVORITE CHARITY, A \$5,000 DONATION TOWARDS A PAINTING **PROJECT WITH** "PAINT IT FORWARD"!

David DiPasquale, owner of DiPasquale Painting and proud sponsor of this publication, has been involved in helping our community since he first established DiPasquale Painting in 1988.

Four years ago, David recognized a real need for charitable organizations. "I noticed that there are many charities that are in need of an update when it comes to their interior look," David shared. "The problem is that they simply do not have the resources to get the painting work that they need - their resources are limited, and they needed some help."

David went to work giving away his services and materials to help those who help the less fortunate. "I wanted to do something for them that they needed, and I wanted to make sure that they received a professional paint job where they needed it," he went on. "I want to help the people who help people."

Now, after having done this for four years, David wants to help the organizations of the neighborhoods he supports, and thus he is starting "Paint It Forward." The program is as follows:

Step One - Simply nominate a charity, church or school that you are actively involved in. It is a simple process - tell us the name, contact information for the organization (person in charge), and why you feel they could use some help with a painting facelift - send an email to Chris Ley at Chris.Ley@N2Pub.com to enter. None of your information or the organization's information will be used to solicit in any way.

Step Two – David has put together a board that will review all the entries and pick a winner. The chosen organization will then be contacted in December of 2016 that they have won, and he will then work with them directly to see what the need is and then set a date in January or February of 2017 to complete the work.

That's it - pretty straight-forward! The chosen organization will receive a \$5,000 donation towards their painting project.

Nominate your favorite organization today - email your nomination to Chris.Ley@N2Pub.com!

TURBO-CHARGE IT!

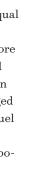
A turbocharger is an add-on part that uses recycled exhaust gases to increase power. Smaller turbocharged engines can equal larger non-turbocharged ones in acceleration with better fuel economy. But be aware that turbocharged engines are only more fuel efficient when you drive with a light foot. You also should consider that the turbocharger is another moving part that can fail and be expensive to replace. Nevertheless, the turbocharged engine provides a good solution for meeting ever-increasing fuel economy standards while not disappointing spirited drivers; and many manufacturers have adopted the downsize-and-turbocharge-it engine strategy.

The Ecotec 1.4L turbocharged engine comes standard on the latest Chevrolet Cruze, featuring direct injection resulting in an EPA -estimated 42 mpg on the highway with available sixspeed transmission. An aluminum cylinder block and head helps reduce the Cruze's overall mass to enhance performance and efficiency. It also features an integrated aluminum cylinder head/ exhaust manifold, which further reduces weight - an attribute that contributes to increased vehicle efficiency and a more favor able front-to-rear weight balance for a more responsive driving experience. The all-new 2016 Cruze is noted for offering the ride of a bigger sedan in a compact sedan package.

The 2016 Volkswagen Passat also comes standard with a turbocharged engine. Its 1.8L four-cylinder engine and six-speed automatic will do 38 mpg on the highway. The Passat was also given an overall design refresh for 2016. This mid-size sedan is known for having a roomy cabin, refined and quiet ride, as well as top safety scores.

If you're looking at small crossover SUVs, the all-new **Hyundai** Tucson delivers style, value and versatility. Hyundai's 1.6-liter turbocharged engine comes with all but the base model. Its transmission is a seven-speed dual-clutch automated manual that works just like a regular automatic for a peppy and smooth ride. Three inches longer and 1.1 inches wider than the previous model, the new Tucson delivers an adult-friendly backseat, enhanced cargo capacity, and cutting-edge safety and technology features. Our Limited FWD test model was rated at 30 mpg highway.







Chevrolet Cruze



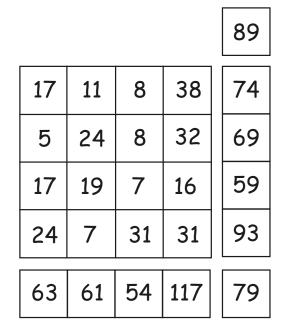
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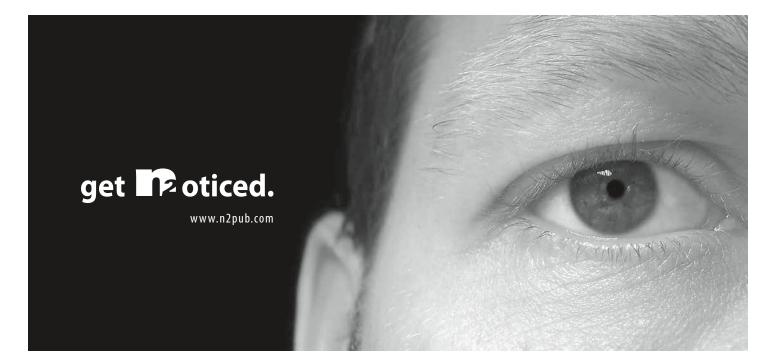
Hyundai Tucson



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EISS INSURANCE

INSURANCE AUTO-HOME-LIFE-HEALTH-BUSINESS

ROOFING & SIDING

Weiss Insurance John Lancia - (636) 534-7287

Allen Roofing & Siding Lee Allen G&W Roofing

Allen Roofing & Siding Lee & Tracy Allen - (636) 391-1117 ARoofing.net

COMPUTER CARE / IT SERVICES

KATY **Katy Computer**

John Schmerold - (636) 394-1900 Katy.com



ORTHODONTIST

Ries Orthodontics Dr. Charlie Ries - (636) 230-6100 **RiesOrthodontics.com**



DENTIST

Kehrs Mill Dental Arts Dr. Harry Stadnyk - (636) 230-7557 KehrsMillDentalArts.com



Resident Business Guide

Attention Clarkson Valley Residents: Do you own or run a business? To have your business featured in the resident business guide in an upcoming issue of *Clarkson Valley Living*, please send an email to **Chris.Ley@N2Pub.com**. This is open to the residents of Clarkson Valley only.



REALTOR

Lottmann Realty Group - Re/Max Suburban Jeff Lottmann - (636) 812-4400 MySTLRealtor.com

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