



# CLARKSON VALLEY

THE OFFICIAL PUBLICATION FOR  
THE RESIDENTS OF CLARKSON VALLEY

March 2017

# *Living*



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"If a business is listed here, we have met with each owner face-to-face and determined that they are a great fit as a partner in the publication and for the community." ~ Chris and Deanna Ley, your CVL publishers



This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring your Clarkson Valley Living newsletter.

These local businesses are proud to partner with you and make this newsletter possible. Please support these businesses and thank them for supporting Clarkson Valley!

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# C rner

## March – The Transition Month



Mayor Scott Douglass

March is our month of introduction to spring, officially March 20th. It seems to me, March's idea of spring is a warm sun one day, then a cold, blowing wind the next day. We get energized for more outdoor activities while realizing there are certain other matters to handle this month, i.e. our favorite, it's time to start or finish up your income tax return. Lent and Easter are in March. The Irish are happy – so much you don't need to be Irish to enjoy a little St. Patrick's Day celebration. For those not ready to go outside, the NCAA March Madness Basketball Tournament can fill the television set, starting March 15th. Again, you don't have to be a fan to join in the party. This year daylight savings time returns on March 12th. With all these seasonal changes, it's time to start planning those outdoor activities you longed to do this winter and perhaps some leftover from last year. Is it time to do that home addition – perhaps a kitchen-redo or redecorating the main floor, etc? Make part of your plan to check with City Hall for what permits you need. We can explain what is needed, when, etc. once we have your plans.

Louis area, control of the adult population is by spraying. The decision for treatment is based on the threat it poses which is primarily derived from mosquito surveillance information as well as your calls to City Hall. Thus, your calls for spraying are not automatic triggers for adulticiding (spraying), but are important in the decision process. Annually, we receive a spreadsheet from Vector Control Services showing the areas that are checked and treated. So, if you are familiar with standing water on public land and/or easements and are wondering if those are routinely larvicide, call City Hall.

Spring and summer are times for garage sales, too. The City asks that you obtain a permit for your sale. It doesn't cost anything. The reasons for the permit – it's a safety issue: 1) we will provide you with NO PARKING signs to be placed on one side of the street; 2) the police need to know the time and date, so they can assist you with any problems. The ordinance covering garage sales is on our website for your review. Go to [www.clarksonvalley.org](http://www.clarksonvalley.org), scroll down to the bottom, click on Sign Ordinance – it is Section 505.030.5 Garage Sales.

**NOTE:** When your dog (Fido) takes you for a walk – walk on the **left** side **facing** traffic!!

Back outside, the season of grass growing, planting of flowers, etc., is not far away. Nor is the arrival of unwelcome allergies and pests, i.e. mosquitoes. As you may know, the City contracts with St. Louis County Health Department/Vector Control for service. On a regular basis, the County larvicides certain bodies of standing water, lakes, gullies, etc. in our City – especially those areas where the water becomes stagnant and larvae can breed. Since West Nile Virus became established in the St.



**Clarkson Valley Recycling Results through January 2017**

January recycling tonnage: 25.32  
YTD tonnage: 25.32



## FROM US TO YOU *Spring is Just Around The Corner*

Spring is around the corner and so is a little more sunshine and a lot more outdoor activities! I hope this edition of *Clarkson Valley Living* finds you and the people you love doing well.

This March, we are looking to add more members to our Content Committee, as well as a few neighborhood young writers to help write stories of cool stuff in the neighborhood. If you are interested, just send us an email at [Deanna.Ley@N2Pub.com](mailto:Deanna.Ley@N2Pub.com)

This is truly your magazine and relies only on the generous support of our

advertising partners. If you or someone you know of has a need for any of our sponsors' services, please remember the businesses supporting your neighborhood magazine! Also, if you know of any honest, reputable businesses that do a good deal of work in the St. Louis area and are looking to keep their business steady, do them a favor and send us their contact info. Advertising in this magazine has really made a difference for a lot of our sponsors!

Also, be sure to think of your neighborhood publication for when St. Patrick's Day, March Madness, & Easter roll around. These are wonderful photo-ops, so make sure you take some pictures and email them us! Thanks so much to everyone who contributes to the publication. We

absolutely love seeing your beautiful children, families, pets, and homes!

*"May the road rise up to meet you,  
may the wind be ever at your back.  
May the sun shine warm upon your face  
and the rain fall softly on your fields.  
Until we meet again, may God hold you in the hollow of his hand."* - Irish Blessing

### CHRIS AND DEANNA

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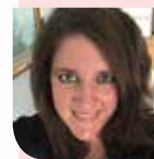


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### WANT TO JOIN THE TEAM?

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](mailto:Deanna.Ley@N2Pub.com) for more info!

helping hands

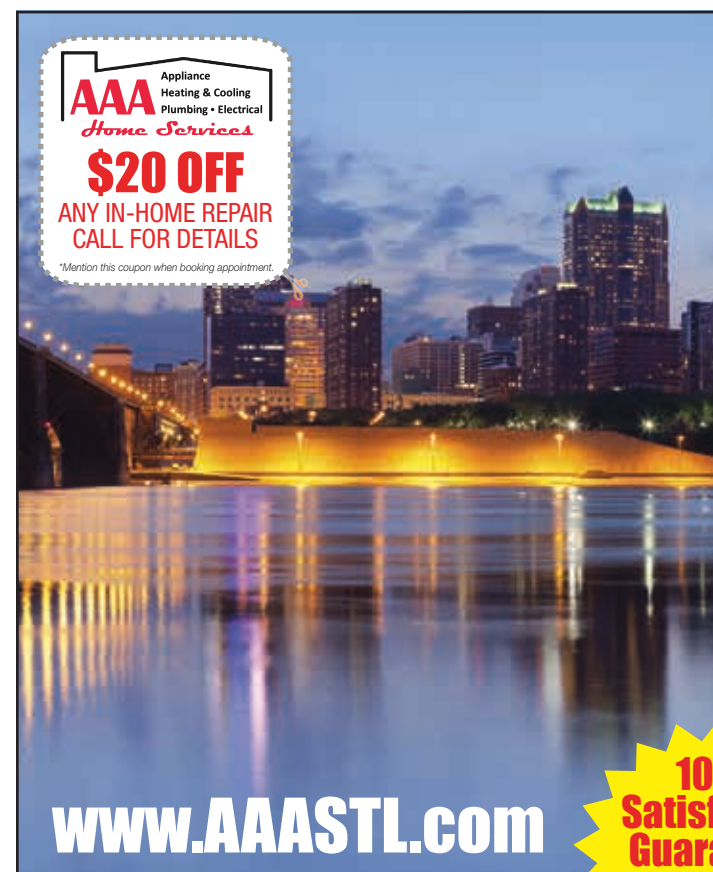
# Help Support Clarkson Valley's YOUNG ENTREPRENEURS!

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](mailto: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](mailto: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](mailto:rosafab5@sbcglobal.net) (mom, Carol)

**Aidan Kline** - 14 years old, Eighth Grade  
**Services:** Dog Walking / Pet Sitting  
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**Email:** [joylinkline3@yahoo.com](mailto:joylinkline3@yahoo.com)

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**Tuesday, March 28  
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Join us for a Family Restaurant Review night at MOD Pizza! Kids, grab your parents and come on out!  
Each guest will get the full MOD experience and be able to order their own pizza and fountain drink for FREE!

Seating is limited to 20 guests!  
Please RSVP to [CVLEvents@N2Pub.com](mailto:CVLEvents@N2Pub.com)





# News You Can Use

Want To Be The First To Know?  
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## THE GRADUATE ISSUE IS COMING!

Our July "ALL ABOUT THE GRADS" issue is not that far away! We are already starting to reach out to graduating seniors so we can make sure we have all of their information and photos to include in it. Please reach out to Kristy at [Kristy.Howard@N2Pub.com](mailto:Kristy.Howard@N2Pub.com) if you have a graduating high school senior or know of one who lives in Clarkson Valley.

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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](mailto:Chris.Ley@N2Pub.com).

## Does Your Kiddo Like to Write?

CVL is looking for kids & teens to join our Junior Writer program. If your kiddo likes to write and would like to be a member of the CVL team, email Deanna at [Deanna.Ley@N2Pub.com](mailto:Deanna.Ley@N2Pub.com).



## New To The Neighborhood?

Are you and your spouse/family/children new to Clarkson Valley? If so, Welcome! To be added to our email and event invite list, simply email Deanna at [Deanna.Ley@N2Pub.com](mailto:Deanna.Ley@N2Pub.com).

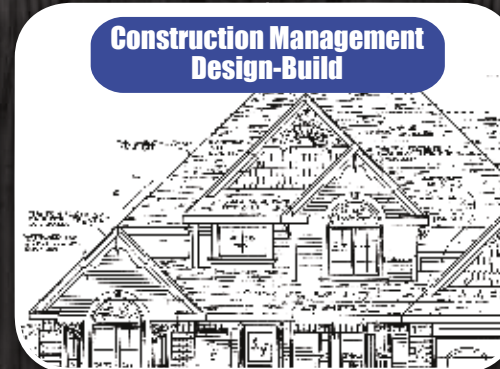


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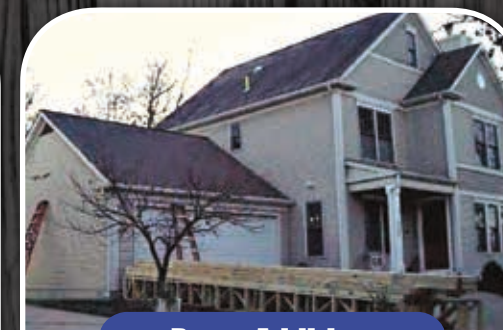
Finished Basements



Kitchen Renovations



Room Additions



[DarnellSTL.com](http://DarnellSTL.com)

# The O'Brien FAMILY

Patrick, Emily, Connor and Evan



**meet your neighbors**  
 Photography By **Kim Eichelberger**, Co-Owner Of **Eichelberger Photography**  
 Article written by **Emily O'Brien** and **Kristy Howard**  
 & Sponsored by **Kehrs Mill Dental Arts**

**H**i! We are the O'Brien family! We live on Kehrs Ridge Dr. in Kehrs Mill Estates West. My name is Emily and my husband is Patrick. We have two sons, Connor (9) and Evan (6). Our family has lived here for 5 and a half years. I grew up in Belleville, IL while Patrick is from Davenport, IA; we met while both attending Saint Louis University. I am a Senior Sales Representative with the Neuroscience division of Shire Pharmaceuticals and have been with them for 8 years. Patrick is a manager of research and development at N.I.S.C. in Lake St. Louis where he oversees a team of software engineers. He has been with them since 2000.

We are a very busy family with two very active boys. Both attend Kehrs Mill Elementary and love it there! Connor is in 3rd grade and Evan is in Kindergarten. This year, Connor began to play the violin and he also plays soccer (his favorite sport) for the Lou Fusz Soccer Club. He and Evan both play in the fall for the St. John Soccer Team and at Vetta in the winter. Connor plays basketball with the Rockwood/Parkway league and Evan is beginning his 1st season of baseball with the Chesterfield Baseball League.

As a family, we enjoy (well, I don't, exactly) running. Patrick and Connor participate in races together and recently ran the 5K at Lifetime and the 5K for Kehrs Mill Elementary! Evan ran his first 1-mile fun run and did great! We all love to swim year-round at Lifetime and also swim in the summer at The Edge in Ellisville and Chesterfield pool. The boys got to go on their 1st ski trip to Keystone, CO and absolutely loved it. We will obviously be planning more in the future! For warm weather, we enjoy Destin, Hilton Head, Disney, and Universal Studios. The boys love thrilling rides and roller coasters! We plan to take the boys to Colorado, Utah, and Arizona where we will hike, camp, and enjoy exploring the canyons. Around town, we like to visit and hike through the wonderful parks such as Faust Park, Central Park, and the new Wildwood Community Park. Laumeier Sculpture Park is a family favorite that incorporates art with a traditional park setting and has great festivals.

Our family attends St. John Lutheran Church in Ellisville where the boys enjoy the Children's Ministry there. The church provides numerous events for the community, one being a huge Easter egg hunt before the holiday. They love the bounce houses, food, and the egg hunt. Our neighborhood also has an egg hunt with the Easter Bunny. Come Halloween, our neighborhood also sponsors a Halloween parade where the kids dress up, get professional pictures taken, play with friends, and eat CANDY! The Monarch Fire Department even comes! Also in the fall, a trip to Eckert's is a must! It offers great family fun with festivals, pumpkin and apple picking.

I take advantage of the art fairs and festivals around the city such as the Webster Art Fair and the Festival of the Little Hills in St. Charles. I also love to support local shops and businesses (my way of rationalizing shopping!). A few of my favorite shops




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are Heels, Pure by Jen, and Milk and Honey in the Wildwood center. I also have recently discovered Nothing Bundt Cakes in the Town and Country center. (The most delicious bundt cakes ever!)

As a couple, Patrick and I try to make it out to Augusta to wine country in the fall. Favorites include Chandler Hill and Montel wineries. As much as we can, Patrick and I go into the city on a date or with friends to some of our favorite hangouts such as Mai Lee for great Vietnamese, Element, Herbies, Sydney Street Cafe, Peacemaker, and Iron Barley to name a few. Close to home we frequent Circle 7, Coopers Hawk, MOD, Corner Pub, Dewey's and anything and everything Mexican!

As far as sports teams go, Patrick loves the Chicago Bears, the Iowa Hawkeyes (of course), and who doesn't love Cardinals baseball?!?! Connor went to his 1st Hawkeye football game last fall and thought it was awesome!

Overall, we love Clarkson Valley for so many reasons! The main reason we chose to move here was for the large, beautiful, private lots with plenty of room for the boys to play soccer, baseball and have Nerf gun wars! The location is so convenient and our neighbors are wonderful! We couldn't ask for a better place to live and raise a family. We hope to meet more residents and great neighbors this year! If you see us outside playing, stop and say hello!

The O'Brien's family's photos were taken by Clarkson Valley Living's Meet Your Neighbors photographer Kim Eichelberger, who co-owns and operates Eichelberger Photography ~ [EichPhoto.com](http://EichPhoto.com) ~ 636-734-1486 ~ [KevinAndKim@EichPhoto.com](mailto:KevinAndKim@EichPhoto.com)



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](mailto:Kristy.Howard@N2Pub.com).



delicious dish  
**Chicken Parmesan Baked Ziti**

From the Kitchen of Mandy Gregory & Sponsored by Just Around The Corner Flooring

I found this recipe for Chicken Parmesan Baked Ziti on Pinterest. It is super easy and a great "family meal" recipe. I either saute' and shred two chicken breasts or I have even used rotisserie chicken which makes it even easier. Feel free to change up the type of pasta, even using whole wheat if you like. But, you have to use the Delallo Pomodora Fresco Tomato Basil sauce! I know people can poo-poo jar sauces, but we have made plenty of fresh and tasted plenty of jars and this jar sauce really tastes the closest to fresh to us. It is delish. Enjoy!

**INGREDIENTS**

- 12 ounces penne ziti (or any pasta shape)
- 2 cups shredded, cooked chicken (about 2 small chicken breasts)
- 1 (25 ounce) jar Delallo Pomodora Fresco Tomato Basil sauce (pasta sauce)
- 1 1/2 cups shredded mozzarella cheese (I used 2% low fat)
- 1/3 cup freshly-grated Parmesan cheese
- 1/4 cup packed fresh basil leaves, roughly chopped

**DIRECTIONS**

1. Preheat oven to 375 degrees F.
2. Cook the pasta al dente in a large stockpot of generously-salted boiling according to package instructions. Drain. Return pasta to the stockpot and add chicken and tomato sauce. Gently toss to combine until the pasta is evenly coated.
3. Pour half of the pasta into a greased 11x7-inch or 9x13-inch baking dish. Sprinkle evenly with 1 cup of mozzarella cheese, half of the Parmesan cheese and half of the basil. Layer the remaining half of the pasta evenly on top. Sprinkle evenly with the remaining 1/2 cup of mozzarella cheese.
4. Bake for 20-25 minutes until the cheese is melted and just barely starts to turn golden. Remove and sprinkle immediately with the remaining Parmesan cheese and fresh basil. Serve warm.



Would you like to have a favorite family recipe featured in Clarkson Valley Living? Simply email Deanna at [Deanna.Ley@N2Pub.com](mailto:Deanna.Ley@N2Pub.com) to have your recipe featured in the next available issue.

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precious pets



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 Howard at Kristy.Howard@N2Pub.com to have them featured in an upcoming issue.



meet **PATCHES**

The Puppy-Napped Papillon

Written by Patches herself with a little help from Kristy Howard and her human Ed & Sponsored by Oxi Fresh Carpet Cleaning

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Hi, Clarkson Valley! My name is Patches, and I am a 13-year-old Papillon. I was born on a farm near Lebanon, MO, where I was puppy-napped by this guy and his wife. They hold me prisoner in their home off Kehrs Mill Rd! I have not seen my siblings in 13 years, but I hear some of them ended up in New York. I decided not to press charges for the puppy-napping because my captors are pretty awesome and take great care of me! I think they like me too because they gave me a **NAME!** (Who names their hostages anyway?!!) Like I shared above, my name is Patches, and I assume they chose it because I have black patches on my beautiful white fur.

Lucky for me, I am living a life of luxury. My captors (I now fondly think of them as my parents) give me turkey, vegetables, and bread for suppers. These awesome meals have helped me stay trim and fit as I age. Back in my younger years, I used to walk on my hind legs to show off a bit. I really enjoy my daily walks with my dad. He is very diligent about letting me go to the bathroom when I need to and I love taking in the fresh outdoors! I have to stick close to him because my **BIGGEST FEAR** is getting eaten by one of those **GREAT BIG HAWKS!**

I continue to have a great life but have one big complaint. WHY do I have to go to that mean VET? I don't like him, so EVERY TIME I see him and I try to bite him. My bad!

**Wave if you see me strutting my stuff while my dad and I walk on Kehrs Mill Road!**

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living spaces

# The Gore's Dunhill Home

Article written by **Kathy Gore** & Sponsored by **DiPasquale Painting**

We are the Gore family of six, and we live in Dunhill Farms. We moved into this home 3 1/2 years ago after living in Chesterfield Farms for 7 years. My husband Dan and I were attracted to this home because it offered more space, and we love the large, southern style front porch and custom painted walls. I decorated our home when we first moved in, and since then, we've replaced the carpet in the dining room and office and added new paint in several rooms.

Our favorite room in the family room because it is where we all like to hang out together, chat, and play games. I love the casual, comfortable décor. We are happy to be residents of Clarkson Valley!



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# Coffee Break



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		20		76
41				93
22		21	41	110
116	59	49	150	95
				96

## Fill in the missing numbers!

Missing numbers are integers between 0 & 50.  
 Numbers in each row add up to totals to the right.  
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 Diagonal lines also add up to the totals to the right.

### Did you know?

- Astronauts cannot burp in space.
- Baby beavers are called kittens.
- A snail can sleep for three years.
- Al Capone's business card said he was a used furniture dealer.
- According to a research project at Cambridge University, it doesn't matter what order the letters in a word are, the only important thing is that the first and last letter be in the right place. This is because the human mind does not read every letter.
- Attics were invented in Attica.
- Children laugh about 400 times a day, while adults laugh on average only 15 times a day.

## CRYPTOGRAMS

Can you decipher these common or famous phrases? Substitute the letters to reveal the phrase!

1. QIO QIO QIO WICQ KIYA RVTANW JHOT AGV XAQVYE.

2. MJ VW JY TJM MJ VW? MBGM XI MBW LFWIMXJT.

3. KB IDNB BNJGTO XO FBI HBICK JXEG NJGV KB IDNB FBI.

4. EMQ GAX NKEX LAJY OAJGXYL OEG A RAY LAJ, EMQ NKEX

LAJ OEG UA RAY LAJY OAJGXYL.

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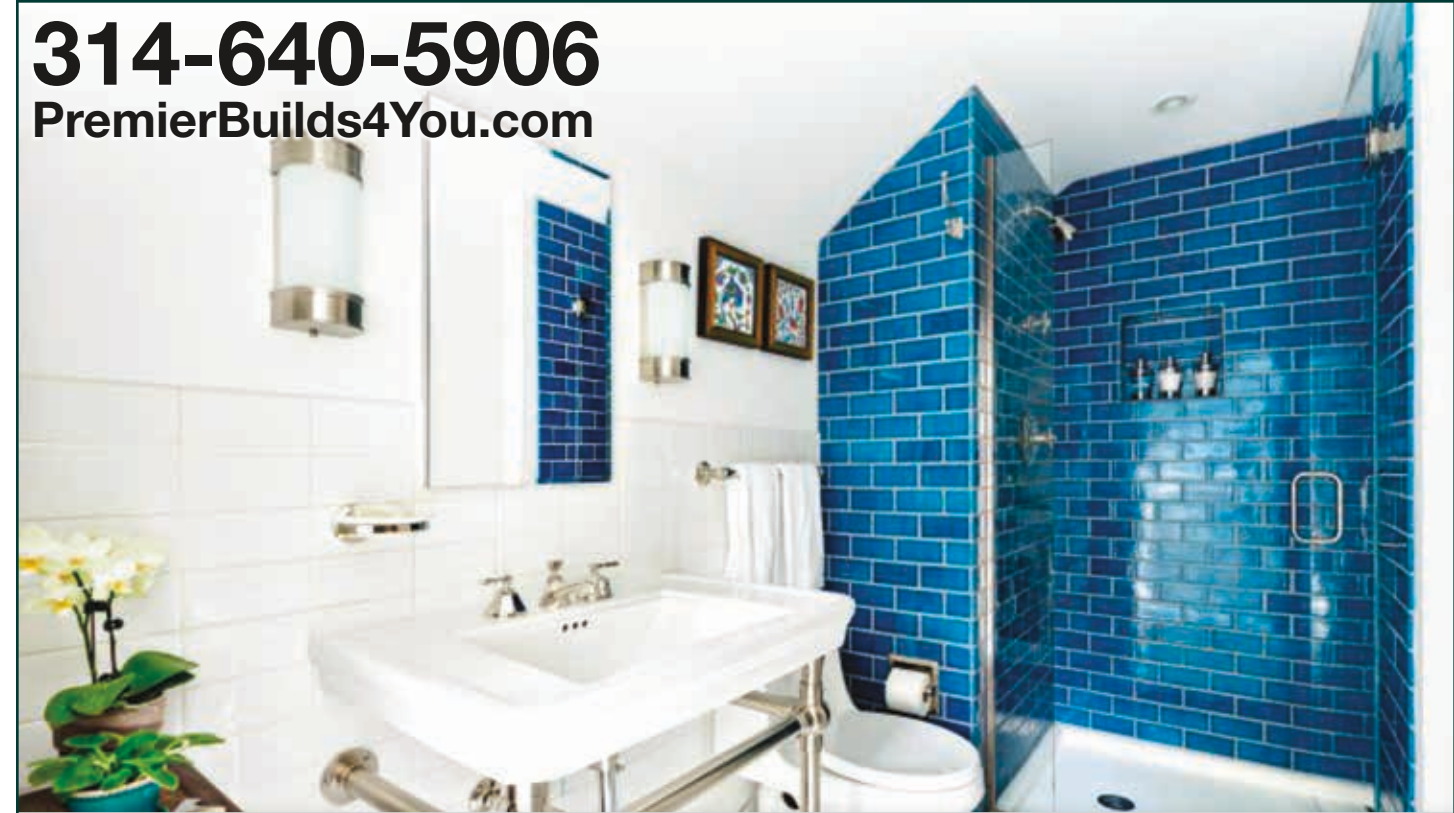


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## Meet Riley **LYNN GRIGGS**

Article written by Riley herself with a little help from her mom



**H**i! I am Riley Griggs, and I am 5! I just had an awesome birthday party! I go to Clarkson Valley Early Childhood and am in Pre-K. I love the Little Mermaid, and the third one is my favorite! I love any songs by Taylor Swift and also any by her "friends!" (She is referring to the friends as most any female artists!) I don't want to learn to play any instruments but I want to learn the microphone...that's an instrument, right, mom?

I love anything where I can move around. I like soccer, swimming classes, gymnastics, and dance. Going to the park and swinging is fun! Dad plays basketball with me and my mom takes me to get our toes done together. I get to put my feet in water with bubbles!

I also love to spend time with my family (yes, I really said that! My mom didn't make me!) and I love cartoons. My favorite vacation spot is any beaches (Destin, Rosemary Beach) in Florida's panhandle where there are NO FLIES!!! I really have a hard time with cleaning up my toys but I am trying hard.

I have a little "sissy" (this is her sister, Reese, who is 8 months). I also have a stuffed puppy that wants to sleep with me every night and I named him "puppy." If you want to bring me a gift, I will take Mint Chocolate Chip ice cream. Yum! When I grow up I want to be Doc McStuffins or an alligator!



### kids will be kids



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](mailto:Kristy.Howard@N2Pub.com).



Breakdown St. Louis



Jeffery playing basketball

Meet Jeffrey Desloge, a 16-year-old sophomore at MICDS and son of Tom and Terrie Desloge, and eldest brother of George and Faith. He and his family have lived in Forest Hills on Fairlake Drive for the past four years. Jeffrey truly exemplifies a young achiever. He plays many sports, is involved in many clubs and leadership groups, and excels in academics where he has maintained first honors since his freshman year. Jeffrey one day hopes to pursue a medical or business path in college.

Jeffrey likes to spend his time playing his favorite sports, basketball and golf. He plays golf at FHCC with his friends and had been on the varsity team at MICDS since freshman year. Since his freshman year he has also been on the MICDS j.v. basketball team. Competition has always brought him joy and he loves playing on a team, where he is a part of something bigger than himself while having fun with his friends.

Driven by his care for his community, as well as emerging issues that are plaguing our society today, he went through a series of tryouts and was selected to join the leadership group named BreakDown STL his freshman year. BreakDown STL educates, equips, and empowers teens to make positive life choices regarding relationships, sex, alcohol, drugs, bullying, self-harm, and suicide by providing culturally relevant preventative health education. In school, he also is involved with his school's Young Republicans club and the Young Americans for Freedom club, and, this past year, co-heads a group that services veterans called The Heroes Initiative. Jeffrey began the Heroes Initiative with a group of friends who share a common disgust for the way our veterans are treated. These groups provide Jeffrey

an opportunity to spread a message of hope and bring positive change in the community around him.

Bringing so much to the MICDS community, Jeffrey was elected by students and approved by the faculty to earn the Wilma Jean Messing Award, presented for the qualities of citizenship, scholarship, and selfless service to the school. He has attained over 300 community service hours and received a gold presidential service award last year. Jeffrey is always trying to improve himself following the examples of his grandfather and dad who have shown him what it means to work hard by encouraging to give him 110% of everything he does.



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](mailto:Kristy.Howard@N2Pub.com).



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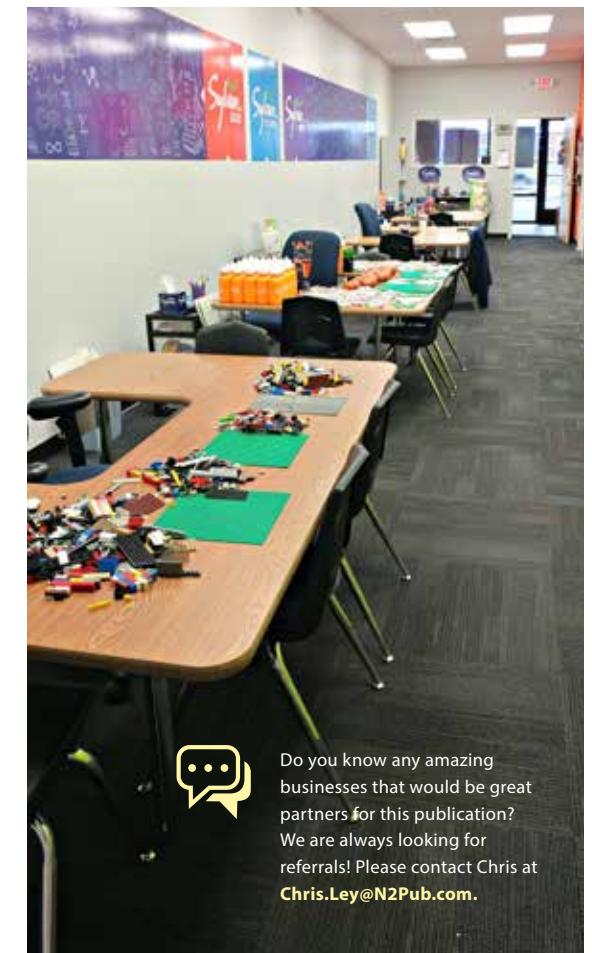
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Tammy Noel is the owner of six area Sylvan Learning Centers. When Tammy started with Sylvan 20+ years ago, she was a teacher. Over time and because of her passion for helping students to achieve their very best, Tammy became a Director at a center and ultimately an Owner. Her locations are Ballwin, Chesterfield, Eureka, St. Peters, Wentzville and Washington.

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amazing athlete



## Meet Volleyball Player Extraordinaire Natalie Knudsen


Article written by **Natalie** herself & Sponsored by **Ries Orthodontics**

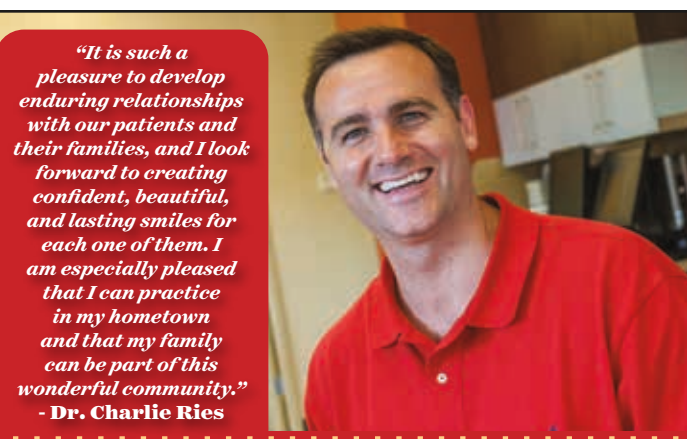
Meet Natalie Knudson, the 11-year-old daughter of Brett and Lori Knudson and sister of Benjamin, 7. The family resides in Kehrs Mill Estates West. Natalie attends 5th grade at Ellisville Elementary and has a passion for volleyball, which she has been playing since age 6. She started in the Volley Tots program through Parkway/Rockwood Community Ed. From there, she played at the West County YMCA and at St. Clare of Assisi through CYC. At 10, Natalie began playing for the Rockwood Thunder Volleyball Club on the 10-U team. They finished the season 13th in the 11-U bracket for the Gateway Region (includes the eastern part of Missouri and southern part of Illinois)!

After finishing a great season at age 10, Natalie now plays on the Rockwood Thunder's 11-U Mizuno team as a hitter. For those who are unfamiliar with the positions, the ball is hit over the net to Natalie's team, where it is received by the back row, then it is passed to the setter who set it in the air for the hitter to pound the ball over the net back at the other team. Hitters are usually taller so they can hit as well as block the ball when it comes from the other side. Natalie is 5'2", which is tall for 11, but there are three girls even taller on her team!

Natalie says she loves playing this sport because it is fast paced, with no time for standing around or being bored. She loves the exercise, as well as teamwork, communication, and trust between players. Natalie has made great friends with her teammates which make celebrating super fun! When not working with her team you may find her outside practicing volleyball or riding her Rip Stick. She also enjoys swimming and tennis, DIY projects, and hanging out with friends. Natalie enjoys going to Hidden Valley in Wildwood with her family.

As for her future, she would love to play volleyball in college but says that is a long way off. In the meantime, she is concentrating on doing well in school and enjoying her friends and her sports! We look forward to watching her volleyball career unfold in the future! Good luck, Natalie, 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 sport in between, we want your story! Just email Kristy at [Kristy.Howard@N2Pub.com](mailto:Kristy.Howard@N2Pub.com) to be featured.



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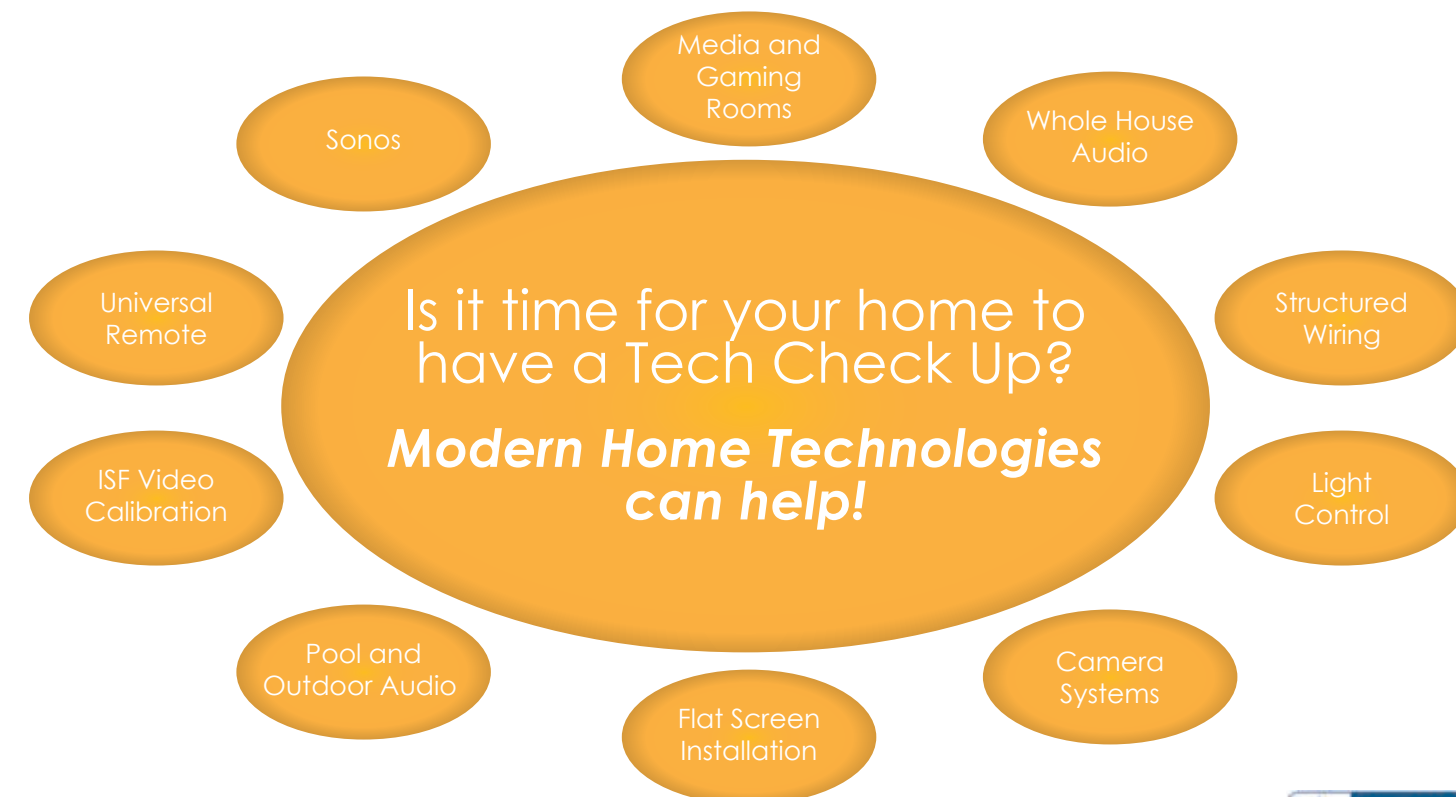
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# ANNA SCHWARTZ

ACE Certified Personal Trainer

Article sponsored by **John Lancia - Weiss Insurance**



resident business beat

**PERSONAL TRAINING**  
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**ANNA SCHWARTZ**  
ACE Certified Personal Trainer  
Nutritional Guidance

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www.facebook.com/trainerannas

I became a Personal Trainer 2 years ago to help people reach their goals. The fitness world is extremely frustrating. You can eat healthy and workout for weeks and lose some weight, then a holiday comes around and all your progress goes out the window. Or maybe you just don't know where to start or what program is right for you. I've worked with clients with a variety of roadblocks keeping them from reaching their goals: time, motivation, money, knowledge, confidence, the list goes on. I'm here to make it possible. I will work with you and your schedule to make fitness part of your lifestyle.

For the past two years, I have worked at Club Fitness in Creve Coeur as a Certified Personal Trainer. I received my certification through ACE Fitness. Recently I have also started to train at the West County YMCA. I specialize in home training sessions, strength training, weight loss, stretching/mobility, and body weight training.

Exercise is one of the best preventative measures you can take to stay healthy. It doesn't have to be a chore; I can model a program based on your interests to help you make this lifestyle choice more fun. Not only does consistent exercise keep your heart and bones strong, it improves digestion and helps you sleep! I tell my clients not to focus on the scale, but to focus on how you feel and enjoy yourself - the scale will follow suit.

IF YOU SKIMMED THE TOP, START READING AGAIN NOW!

The best part - Since we all live in Clarkson Valley our schedules can be very flexible and I will come to you! You can train in the comfort of your own home without having to worry about fighting for treadmills, waiting in line for the machine you want, or worry about looking silly trying that new exercise you saw in Shape Magazine. You don't need anything to start except yourself and a small space in your home (or outside once this weather picks up). I will provide the equipment you need to reach your goals whatever they may be - tone muscles, weight loss, increase stamina, etc.

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).



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## lawn & garden

By N2 Staff Writer, Amy Lynne Howlett

# give your garden a haircut!



After being cooped up inside all winter and itching to get back in the garden, you finally have a reason to head outdoors: It's time to give your garden a haircut!

### pruning 101

If you are looking to rejuvenate your garden with lush, hearty plants, then get out your garden shears! Pruning is essential for controlling a plant's size and shape, removing dead or diseased limbs, and increasing the number of blooms and quality of fruit produced by your trees and shrubs. As the above-ground portion of a plant is pruned and becomes smaller relative to the size of its roots system, the plant's stored energy and nutrients create a flourish of regrowth. Pruning also keeps trees and shrubs healthy by warding off pests and disease and by allowing air and sunlight to reach the center of the plant.

### the time is right

March is the ideal time to prune your summer-blooming deciduous trees and shrubs because it is after the harshest winter weather has passed but before the burst of spring leaves. A good rule of thumb is that if a plant blooms before May 1, then prune it after it blooms, but if a plant blooms after May 1, then prune it in late winter to early spring. The latter category of trees and shrubs should never be clipped in the fall because pruning stimulates new growth at the time they are entering their dormant cycle, and fall pruning leaves plants vulnerable as the temperature drops. Also, try to prune in dry conditions to reduce the risk of spreading potentially harmful microbes that thrive in moisture.

### chop, chop!

Using sharp, clean garden shears, begin by pruning off any dead, diseased or damaged branches. If there are two branches crossing over and rubbing one another, prune off the smaller branch. Always cut branches back to their point of attachment to the parent branch or at the branch collar, which is the area of raised bark at the base of a branch. Don't leave unsightly "stubs," as they invite disease and are an eyesore for the neighbors! As you continue pruning, it is best to follow the plant's natural shape. Use caution pruning heavy branches by removing one small section at a time

so that its weight does not cause damage – to you or the plant – as it falls. Stop and call a professional if you need to prune trees near power lines or after a storm when there may be unstable branches overhead.

Do you want to prep your garden for a spectacular summer showing? Sharpen your shears and get pruning!

## 3 Steps for a JAW-DROPPING Spring Landscape



### 1. CLEAN THE BEDS.

The beds should be free of weeds, leaves, and debris before raking them smooth.

### 2. DIG A CRISP SHOVEL EDGE.

An edge provides a buffer against weeds, helps with drainage, and is a beautiful boundary between beds and turf.

### 3. MULCH.

Mulching aids in weed suppression, retaining moisture and adds an attractive, finished look to your landscape.

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Are you on our email list for invites to events? If not, email Deanna at Deanna.Ley@N2Pub.com to be added.



A huge THANK YOU to Jonathan Krueger (Executive Director & Investment Advisor Representative), Jason Ingram (Executive Director & Investment Advisor Representative), Andrea Krueger, Roni McMahan, Abbie Engle, and Erin Luber at Accelerated Wealth for hosting our last Neighbors Night Out Wine Tasting Event. Everyone had a fabulous time sipping wine from Total Wine, enjoying hors d'oeuvres from Vito's in the Valley, but most of all mingling with their neighbors!

**A BIT ABOUT OUR GRACIOUS HOSTS:**  
 At Accelerated Wealth, we believe in putting people, not institutions, in control of their hard-earned money. We minimize risk & identify how you are unknowingly or unnecessarily transferring wealth away from your family through taxes or undisclosed fees. We challenge the conventional, mainstream thinking applied to today's wealth accumulation and distribution models; by using a 3-Step Review process to evaluate your financial investment situation. Our processes equip you with the necessary tools to keep your money from falling through the cracks, and it could better assure that any major financial decision you may make is right for you. At Accelerated Wealth, we believe an informed and educated client makes the best decisions for their family and their financial future. Call 314-222-2788 to learn how our no obligation, 3 Step Review can help you today. No tax or legal advice is given. Consult your own tax or legal professionals for specific advice on those issues.

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105

35	7	0	34	76
18	12	20	43	93
41	29	8	32	110
22	11	21	41	95
116	59	49	150	96

### CRYPTOGRAM ANSWERS

1. ROW ROW ROW YOUR BOAT GENTLY DOWN THE STREAM.
2. TO BE OR NOT TO BE? THAT IS THE QUESTION.
3. DO UNTO OTHERS AS YOU WOULD HAVE THEM DO UNTO YOU.
4. ASK NOT WHAT YOUR COUNTRY CAN DO FOR YOU, ASK WHAT YOU CAN DO FOR YOUR COUNTRY.

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Address	Neighborhood	List Price	Sale Price	Sold Date	Beds	Baths	SqFt	Parking
16441 Walnut Rail Rd.	Kehrs Mill Trails	\$975,000	\$947,250	12/05/16	5	6	4,162	4
298 Herworth Dr.	Forest Hills Club Estates	\$825,000	\$790,000	08/03/16	4	6	3,458	3
2171 Kehrs Ridge Dr.	Kehrs Mill Estates	\$740,000	\$740,000	08/22/16	4	5	3,683	3
2048 Kingspointe Dr.	Kingspointe	\$775,000	\$739,000	01/19/17	4	4.5	4,510	3
30 Crown Manor Dr.	Forest Hills Club Estates	\$711,000	\$711,000	08/15/16	5	6	3,837	3
10 Kehrs Mill Glen	Kehrs Mill Glen	\$699,500	\$610,000	12/08/16	5	6	4,257	3
1 Forest Club Dr.	Forest Hills Club Estates	\$595,000	\$585,000	10/14/16	4	4	2,976	2
16747 Kehrs Mill Estates Dr.	Kehrs Mill Estates	\$595,000	\$580,000	11/15/16	6	4	3,034	3
2333 Kettington Rd.	Westhampton	\$599,000	\$565,000	09/09/16	4	4	3,356	2
2259 Whitby Rd.	Westhampton	\$559,900	\$540,000	09/28/16	5	5	3,378	2
122 Highgrove Lane	Forest Hills	\$499,900	\$495,000	10/03/16	5	4	2,958	2
2208 Kehrs Grove Ct.	Kehrs Mill Estates	\$439,900	\$447,500	08/10/16	4	4	2,647	4
2 Clarkson Farm Dr.	Clarkson Farm Estates	\$439,900	\$430,000	12/16/16	4	4	2,999	3
15973 Kettington Rd.	Westhampton	\$459,000	\$420,000	12/12/16	4	2.5	2,594	2



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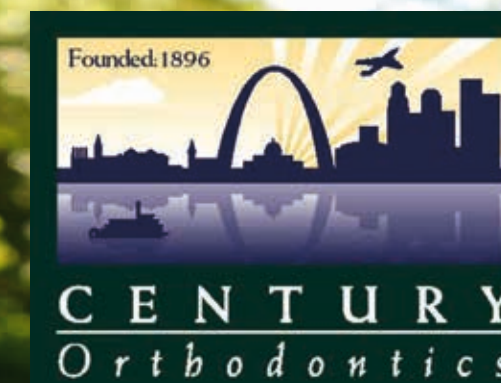
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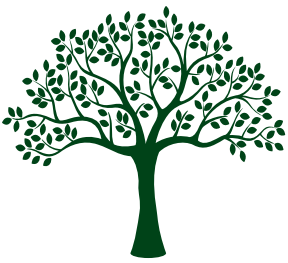
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