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THE OFFICIAL PUBLICATION FOR
THE RESIDENTS OF CLARKSON VALLEY

May 2018

Living



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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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Clarkson Valley Living's Trusted Vendor List

"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." ~ Deanna Ley, your CVL publisher



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.

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April Showers BRINGS MAY ...?

A very old saying still resonates "April showers bring May flowers".

This year April replaced March as the transition month for going into spring. (I know the official start of spring was much earlier.) Sure, with snow in April, you've got to be kidding!!! May - bring on the flowers. Not only will there be "greening" up this month, but other celebrations as well as special observances for many of us. As with any month, there are National as well as local designed Holidays and it seems each day and/or week gets some special designation.

Mother's Day is a special Holiday celebrated in the United States since 1914. Memorial Day this year is May 28, a day to remember those who have died serving our Country. There are many special days that citizens (you may be one) think there should be more Holidays, i.e. May Day, Cinco de Mayo, Cardinals opening day, etc. National Teachers Day was Tuesday, the 8th. If you missed thanking a teacher for his/her service on that day, the month is not over. I'm sure they would appreciate your recognition.

May is also graduation month. All of us can share in this momentous important day for our relatives and friends. Yes, there are activities needing our attention. I am not big on such matters as yard work, etc. But in May, it's great to see the out-of-doors come alive and the motivation that comes with it.

If you have read this column before, you know I often brag about the beautiful neighborhoods - the yard, trees, etc. May flowers are a big part (but the not-so-good part) of weeds. You or your predecessors have approved ordinances to assist, insuring these pesky growths don't persist. Our Weed ordinance identifies noxious weeds as: Canada thistle, common teasel, crown vetch,



cut-leaved teasel, field blind weed, garlic mustard, Johnson grass, kudzu, marijuana, multiflora rose, musk thistle, purple loosestrife and scotch thistle.

The ordinance states 'no growth of weeds or grass to the height of over seven (7) inches unless the growth is in a wooded area'. Going back to graduations - celebrations come in all sorts of ways, and over the years, having such celebrations in private homes has become more popular. That can and generally is a good thing. As these parties have grown, the need to ensure a non-disruptive situation with neighbors as well as safety for the participants is evident.

Our ordinance is not complicated. It simply says don't be overly loud or unruly and disruptive to your neighbors. The fines assessed for this offense are against the property owner or the person at the residence responsible for the party. The entirety of these ordinances can be found on our web page www.clarksonvalley.org.

For the parties provisions, go to Table of Content, scroll to: Title II Public Health, Safety & Welfare, then to Offenses and Miscellaneous Provisions, article X Section 210.460 - 500. For the Weeds provision, go to the same Title II, Nuisances, article II, Section 215.80 - 90.

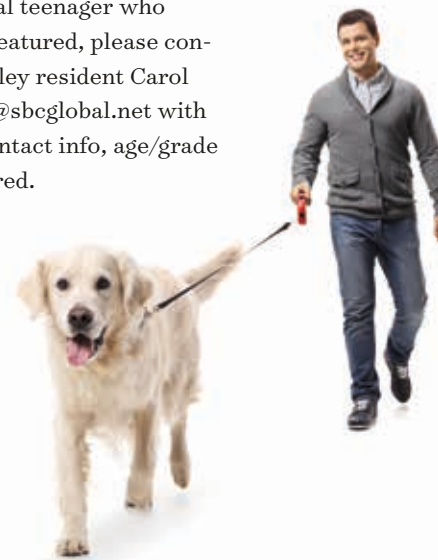
Here's wishing all of you a safe, healthy, prosperous and exciting summer.

Clarkson Valley Recycling Results Through March 2018
March Recycling Tonnage: 30.29
2018 Tonnage Total: 81.51



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.



helping hands

Leah Forst - 16 years old, Junior
Service: Babysitter
Phone: 314-614-0034
Email: rforst@rachelsgrove.com (mom, Rachel)

Aidan Kline - 15 years old, Freshman
Services: Dog Walking / Pet Sitting
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Henry Meyer - 16 years old, Sophomore
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Cathryn Rosa - 16 years old, Junior
Services: Babysitter, Dog Walker
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Email: rosafab5@sbcglobal.net (mom, Carol)

Jon Zink - 18 years old, Senior
Services: Dog Walking / Pet Sitting, House Sitting, Yardwork
Phone: 636-541-4511
E-mail: jonzink2018@gmail.com



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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 for more info!



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Stay In The Know!

YOU'RE INVITED TO A NEIGHBOR NIGHT OUT AT THE AR WORKSHOP

Please join us on Tuesday, June 5 at 6:30 for a fun time at the new AR Workshop (135 Chesterfield Industrial Blvd, Chesterfield, MO 63005) for a palette decorating class. More details will be emailed a month before the event - look for your EVITE in your inbox! RSVP to Deanna at Deanna.Ley@N2Pub.com.



WELCOME TO THESE NEW CVL BUSINESS PARTNERS

We have added several new trusted business partners to CVL the last couple months. Please help me welcome:

- **Tom Shipp Agency - American Family Insurance**
- **Wall 2 Wall Cleaning Services**
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- **Lemongrass Spa by Wendy Breese**
- **Floor Coverings International - West County**

The contact info for these partners can be found in our "Sponsor Index" at the front of the publication.

RAVE REVIEWS

We'd love to hear any experiences you've had with our *Clarkson Valley Living* business partners. They have committed to support the publication and your community (most for 36 issues) and to be able to spotlight the great work they are doing for you would go a long way in helping them build their word-of-mouth in the city. Please email me your Rave Review if you have used any of our partners.

ARE YOU ON OUR EMAIL LIST?

If you haven't received any invites to our cool CVL events, it probably means you aren't on our email list. We don't give your email address to third parties and we don't spam those on it - we only use email addresses to send out invites to our events and updates pertaining to the publication itself.



WE'RE ON INSTAGRAM!

Take a break from reading this fantastic issue and make sure to follow us on Instagram - [Clarkson_Valley_Living](https://www.instagram.com/Clarkson_Valley_Living) - We post a lot of fun "extras" on there ... and it may

be the first place you will see an invite to an event, too! Also, make sure to tag [#ClarksonValleyLiving](https://www.instagram.com/ClarksonValleyLiving) or [#CVL](https://www.instagram.com/ClarksonValleyLiving) in your own posts and you may win a gift card to Walnut Grill!

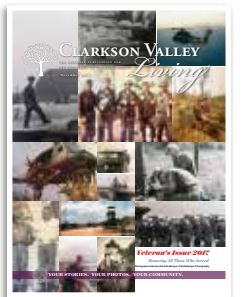


WE HAVE A FACEBOOK GROUP!

When you are taking a sec to follow us on Instagram, please join our Facebook group, too! You can find us at www.facebook.com/groups/ClarksonValleyLiving

HOW OUR CVL BUSINESS PARTNERS ARE CHOSEN

Did you know that each *Clarkson Valley Living* business partner is hand-selected to help sponsor the publication? Not every business qualifies to be in the publication -- in fact, consider me your gatekeeper! I only put in businesses that offer great customer service, stand behind their work and promise to do right by you, the residents of Clarkson Valley. I am blessed to call a lot of our partners my friends, too - they are just "good people." Also, the fact that numerous resident-owned businesses show their support by being in the publication is by far our biggest compliment.





precious pets

Article written by Chester himself with a little help from his human Carol & Sponsored by Apollo Enterprises, Inc.

MEET Chester

enough. When Grandpa comes over for dinner, I sit in his lap and he feeds me all the time. Mom doesn't like me to beg at the table.

One time when Michael was eating, I started hitting him on the arm, and then I ran away. I just wanted to play with him. Since Cathryn is my favorite, each night I find an important paper or two and leave them outside her door. Once I pulled some Euros off of a bulletin board and left them for Cathryn.

When we lived in Connecticut, I was strictly an indoor cat. I did beg to go outside, but they wouldn't let me out. Once we moved to Westhampton, I still tried to get outside. I would hide in the mudroom cubby and when Dad let Buddy out, I would also run outside. I was very devious, so Mom ordered a collar like Buddy's with a bell and a name tag. Now they let me out all the time. I even have a light for when I sneak out at night. When I am ready to come back into the house, I stand up against the screen and tap on the screen until they let me in. I told you I am the boss!

I really do not like the vacuum. I will run and hide when Mom pulls it out. I am pretty cautious when I go outside. I always hear the hawks and owls talking.

I feel like I am more entitled than spoiled. My family is very lucky I am living with them. If I didn't live with them they would never know when it was time to eat. I am waiting in the kitchen for breakfast, lunch, and dinner.



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 Deanna at Deanna.Ley@N2Pub.com to have them featured in an upcoming issue.

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The King of the Rosa Home

Hello, my name is Chester Rosa and I have lived with my family in Westhampton for close to five years. We moved here from Connecticut which is where my family adopted me. They found me living in a shelter with my siblings in Old Lyme, Connecticut. I was just five months old. Now I am 7 years old and run the household.

Prior to living in Connecticut, my family had lived in Chesterfield for five years (they used to move around a lot before I came into their lives). My family wanted to leave Connecticut and get my Cathryn back to school here with her old friends. Cathryn is my human who fell in love with me at the shelter. I was way more friendly to Cathryn, her Mom and her brother than any of my siblings. When I moved in with my family in CT, they had an old grouchy cat. Luckily for me, she went to live with Cathryn's older sister Emily at Syracuse University. So I was the only one in the household until the day they brought Buddy home. I was not happy to share the house with this rambunctious dog. I let Buddy know that I was the boss. It took me a few years, but I kind of like having Buddy around now.

I am always ready to eat. In fact, I meow for food every morning at 7 a.m. and again around 4 p.m. My family doesn't really like me to meow all the time. When my family sits down for dinner, I choose a chair next to Dad. He will eventually feed me if I grab his arm

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the best local businesses to recommend to your neighbors!

Our goal with *Clarkson Valley Living* is to refer the top businesses in the area to your family. To help us find the very best businesses for the last few spots available, we are requesting your help.

If you currently work with a great business (or have worked with one before) that you believe your neighbors would benefit from knowing about, we would love a warm introduction.

For any referral that becomes a business partner, we'll thank you with a \$100 Visa gift card!

It's as simple as you emailing or texting Deanna the names of businesses you have used or by passing along her information and recommending the business owner contact her. **Deanna can be reached at Deanna.Ley@N2Pub.com or 314.566.7566.**

Our policy is to meet each business owner face to face before we allow anyone to become a sponsor. Not everyone we meet with is quality enough to be a part of the publication, but a direct referral from you, the resident, goes a long way!



THE GRADUATE ISSUE IS COMING

We need your submissions and connections!

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.

Every article inside the publication is by or about a graduate - that means we need our graduates to help out in a big way!



We know it's a busy time of year for you, but we can really use your help. Please reach out to Deanna at Deanna.Ley@N2Pub.com if you have a graduating high school senior, college senior, or graduate of any age (or if you know of one who lives in Clarkson Valley).

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Coffee Break



Quick notes:

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

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| | | 18 | | 117 |
| 2 | | | 26 | 91 |
| | 32 | | 38 | 104 |
| 64 | 109 | 120 | 127 | 128 |

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.

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It's May!

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

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



If you could go back in time and meet someone who would it be and why? I would like to meet President Franklin D. Roosevelt because he was a great president.

How many grandchildren do you think you will have when you are my age? Maybe two or three.

What sports do you like to watch and who are your favorite teams? I like to watch pro football with my family. My favorite team is the Miami Dolphins.

If you could find out one thing about the future, what would it be? I would like to know when we will have flying cars.

Kyle Interviewing His Grandpa:

If you could change one thing about the world, what would it be and why? I would want to make sure that everyone, no matter where they lived always had food to eat. There is no good explanation why in 2018 anyone should be hungry.

What is one way the world was different when I was your age? We were outside kids and did not come inside until the street lights came on. There were no electronic games to play and the television was new.

How did you meet my grandmother? She was a barmaid and I was a customer. In jest, I said something sarcastic to her and she gave me the riot act. Next thing I know we were married.

When you were a little boy, what did you want to be when you grew up? I wanted to be a Marine and I served in the Marines for four years and sixteen in the Air Force.

If you could go back in time and live what time period would you go to and why? I would like to go back to the 1950s shortly after WW II. The economy was booming and I was in my middle teens. Movies were just becoming popular.

What is your favorite memory of your grandparents? I never got to meet any of my grandparents.

What is your favorite part about having grandchildren? I love to watch my grandkids grow up and learn. Seeing them experience things for the first time is always fun.

What was Dad like when he was my age? Your father was a happy kid with lots of friends. He liked school and playing sports.

What do I do that reminds you of my dad? You look a lot like your dad. You have your father's smile and fun sense of humor.



Generation Conversation is a way for a grandparent and grandchild to learn more about each other and how the world has both changed and stayed the same. To be featured, email Deanna.Ley@N2Pub.com.

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A Conversation Between Forest Hills Residents VINCENT RUSCITTI SR. & HIS GRANDSON KYLE

Meet Forest Hills resident Vincent Ruscitti Sr. and his grandson, 15-year-old, Marquette freshman, Kyle Ruscitti. They spent some quality time together asking each other the following questions:

Grandpa Interviewing Kyle:

Who is your hero and why? My dad because he is successful and has a good family.

If you won a million dollars, what are five things you would do with the money? First, I would buy myself a puppy Siberian Husky and then travel the world with my family. I would make sure my family has their house and cars paid for. The rest I would donate to charity.

If I won a gold medal at the Olympics, what would it be in? The pasta-eating event.

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kids will be kids

Article written by CVL Junior Writer **Annabelle Miller**
 & Article Sponsored by **Message Envy Spa**



MEET

Hannah Shockley

Met Hannah Shockley, a 13-year-old student at Crestview Middle School. As a seventh grader, Hannah enjoys a subject most of the other students dread: Math. Hannah likes math because there is only one answer, unlike language arts. When she gets older, Hannah wants to be a veterinarian. Veterinarians

must be talented in science and math. Hannah already has one of those down! One of her special talents is calculating big math problems in her head. I'm not sure what you think, but I think that it's safe to say that is hard to do!

Hannah has a younger sister named Layla and a younger brother named Adam. Layla and Adam both go to Kehrs Mill Elementary School. All of the Shockley kids like to play outside on their trampoline with friends. Whether it's after school or on a sunny weekend day, there is almost always someone bouncing on the trampoline! From experience, I can tell you that the Shockleys' yard is a hotspot in the neighborhood for second graders all the way up to seventh graders.

Hannah also has a yellow Labrador named Louie. He is 6 years old and doesn't bark very often. He would rather give you lots of kisses! Whenever Hannah gets home from school, Louie is outside wagging his long tail and dancing in circles. In addition to playing with Louie, Hannah likes to shop, hike, swim, and play basketball. Her favorite place to go on vacation is Cancun, Mexico. Hannah loves music, too. She sings in the choir at Crestview, she can play the piano, and she is teaching herself to play the guitar. Forget Tomorrow is her favorite book and Hidden Figures is one of her favorite movies. Hannah moved to Clarkson Valley in 2016, and she really likes her house and the neighborhood.

If you get a chance to meet Hannah, you'll be impressed by her sunny smile and many talents.



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.**



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Dealing with Real Estate During Divorce: Why Experience Matters

I've been divorced. It's painful and messy and soul-crushing and liberating and exhausting and...so much more. It can also be confusing, especially when it comes to real estate. (And as a real estate agent, I was more prepared than most people are.) As someone who has been through it, and who has helped countless couples navigate this difficult path, I've learned that the following are key things to keep in mind as you decide how to address real estate during divorce:

Communication, diplomacy, and patience of realtor: Choosing a real estate agent during a separation or divorce is one of the most important decisions you can make during a very difficult time, so you must give it the time and attention it deserves. Select someone who can communicate with both parties professionally and diplomatically. Make sure your agent has experience in representing couples during divorce—and the patience to repeat important information separately so that both parties stay informed.

Three most common options: There are usually one of three scenarios that take place for most couples who go through divorce: one of the spouses buys out the other and keeps the home; one spouse keeps use and occupancy of home for specified time and then sells it and divides equity; the house is sold immediately and equity is divided.

Get the property valued, and consider selling, before you part ways: Selling the marital home while you are still married can

provide larger tax exclusions. Align yourself with a financial advisor and tax attorney who can explain this in more detail.

Consider home equity when you negotiate: If you have owned the property for a significant amount of time and it has experienced a substantial growth in equity, this can translate to additional tax savings. This also has to be considered if one party decides to stay in the home and then sell it later; you may have to pre-agree to have the equity split upon the sale of the home.

Privacy: Work with a discreet real estate agent who can prevent buyers from discovering that divorce is the cause of the sale. When buyers know about a separation, they assume time is of the essence, and often offer lower prices.

Evaluate emotions tied with the home: Some folks fail to consider the emotions tied with their house. While for some divorcing couples it is paramount that their kids be able to remain in the family home, for others it is just too painful and a fresh start is needed.

Most importantly, stay informed. Do your due diligence both in selecting an experienced realtor and in making smart financial decisions surrounding real estate during the separation. For three decades I have helped wives, husbands, and couples successfully sell their marital homes and find other residences with discretion and dignity. The Lottmann Realty Group is ready to put our expertise and experience to work for you during a difficult time. Have questions? Give us a call at 636-812-4414; We'd love to talk about what's on your mind.



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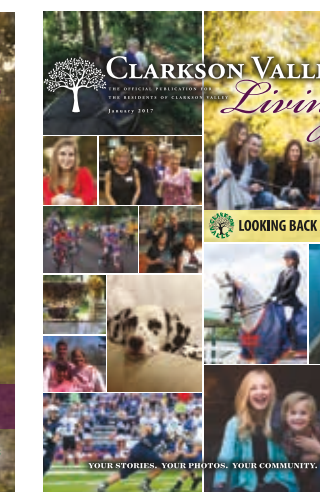
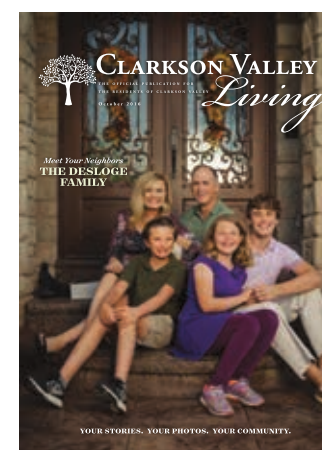
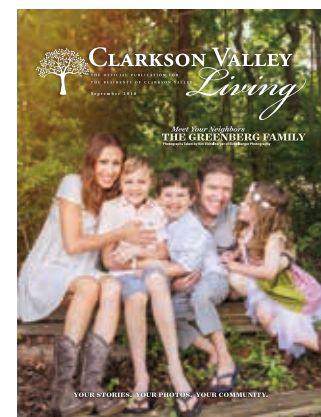
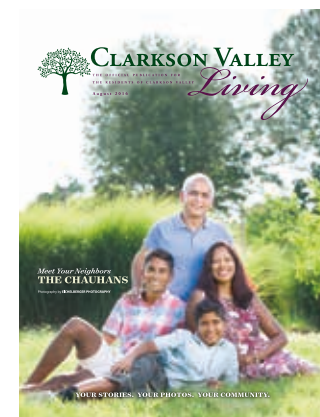
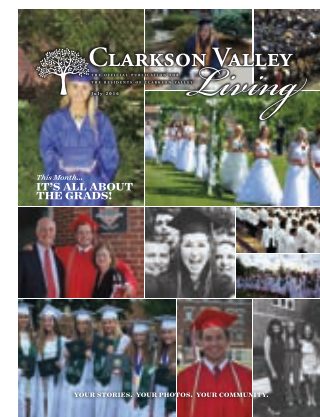
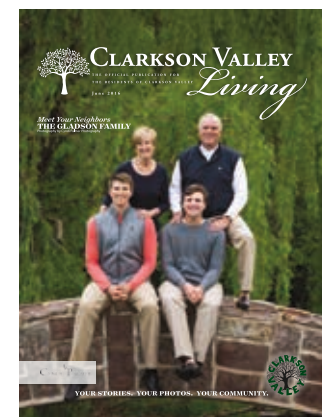
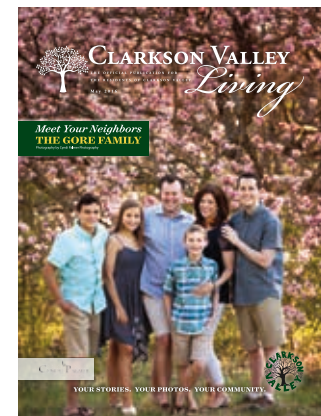
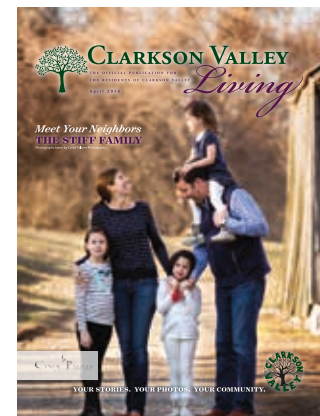
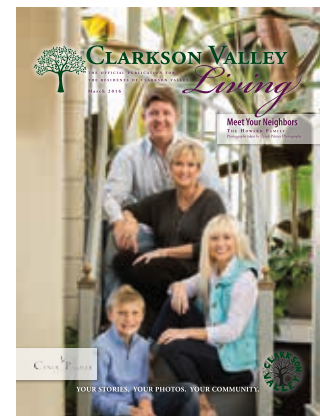
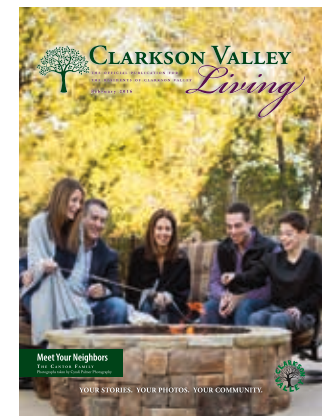
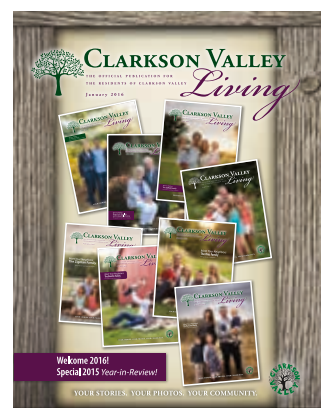
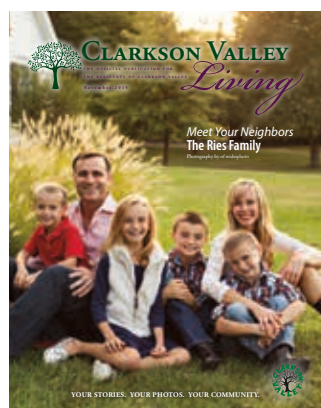
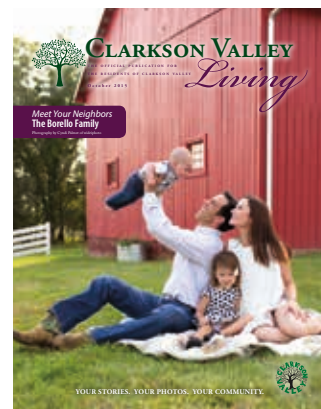
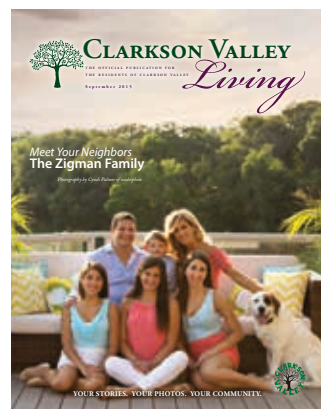
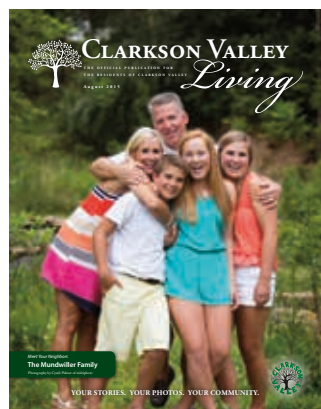
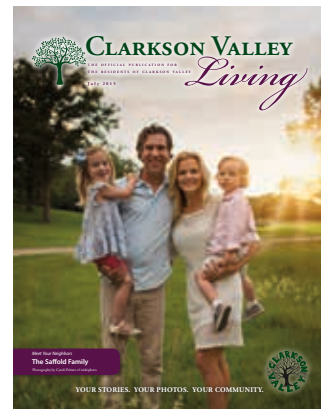
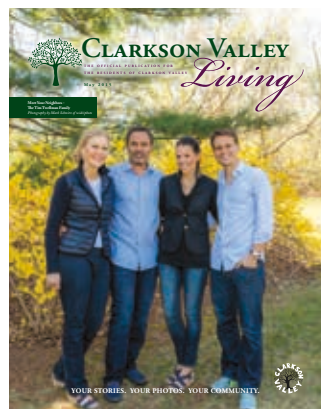
HAPPY BIRTHDAY TO YOU!
HAPPY BIRTHDAY TO YOU!
HAPPY BIRTHDAY, DEAR CLARKSON VALLEY LIVING!
HAPPY BIRTHDAY TO YOU!

It's been so fun to flip through the 36 issues of *Clarkson Valley Living* that we have printed over the last three years. We've shared so many stories that have helped create friendships, strengthen bonds and build community. We can't wait for the next three years ... and many more to come after that!

We couldn't have done it without you sharing your photos and stories each and every month. You are the reason why *CVL* has won numerous national awards and is a model publication for other areas. In turn, we couldn't have done it without the generous support of our *CVL* business partners, some of which who have been with us since Day 1. They love being the reason why you receive it for free and look forward to continuing to be a support to the community as a trusted vendor in your publication.

It is an honor to produce this publication for you!

Thank you from the bottom of our hearts!
Deanna and Chris Ley,
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From teething through dentures and everything in between, including TMJ procedures, snoring therapy, and more... See Dr. Harry Stadnyk at KEHRS MILL DENTAL ARTS

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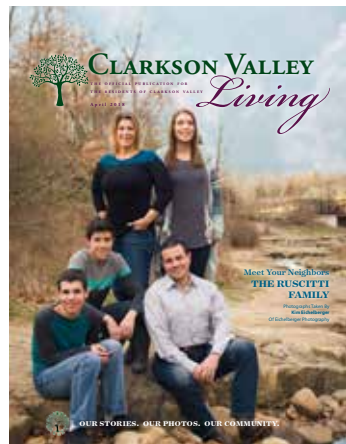
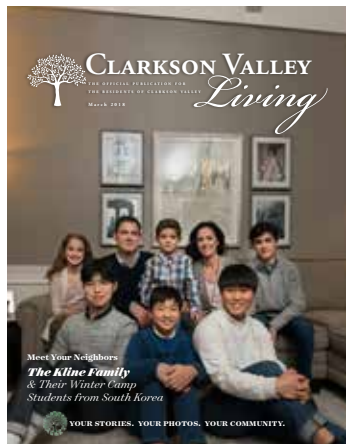
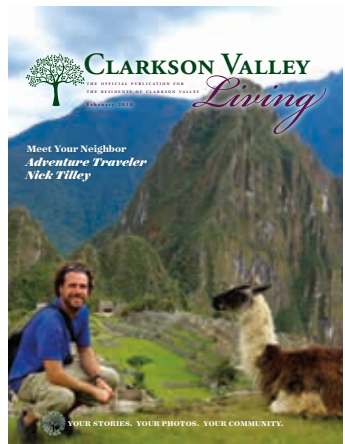
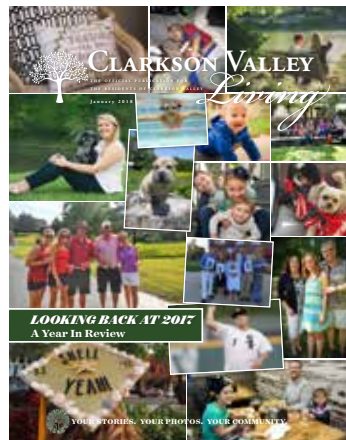
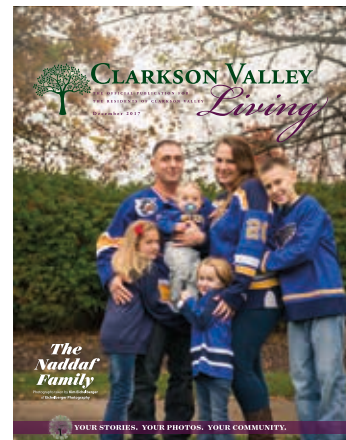
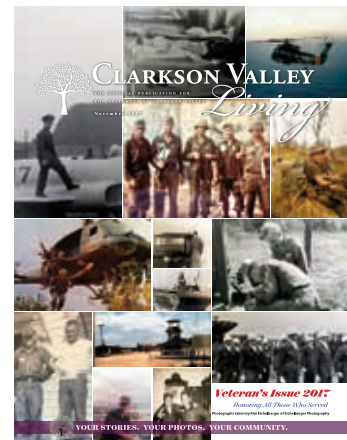
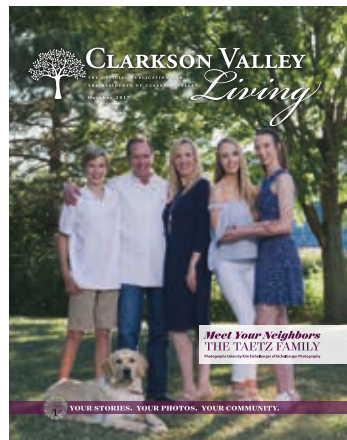
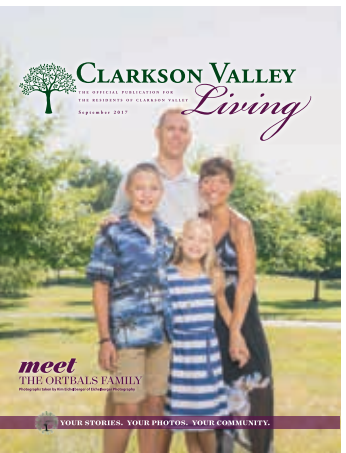
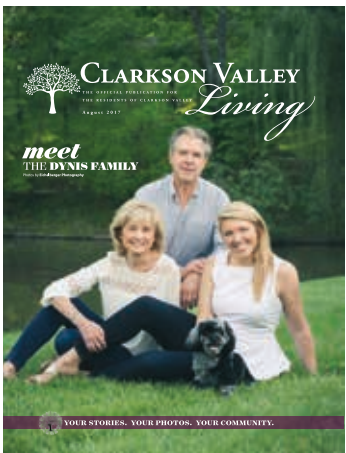
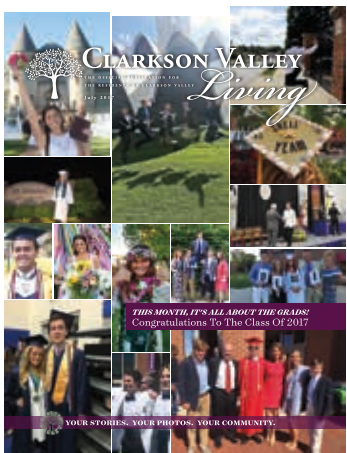
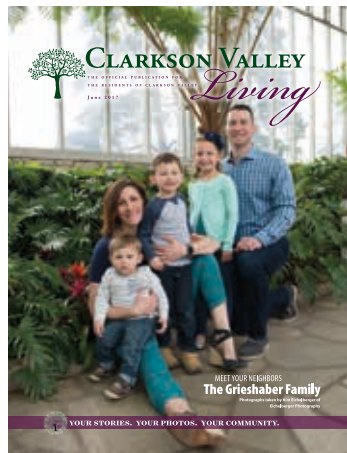
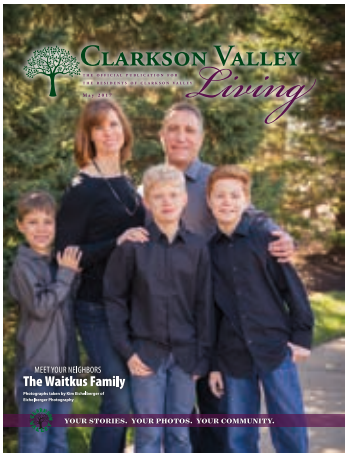
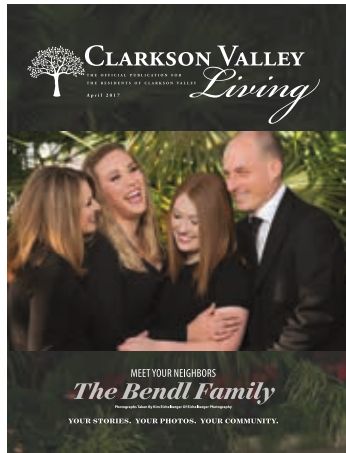
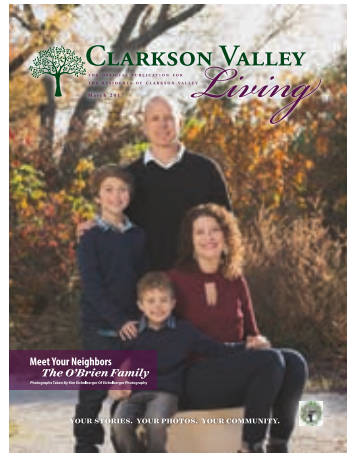
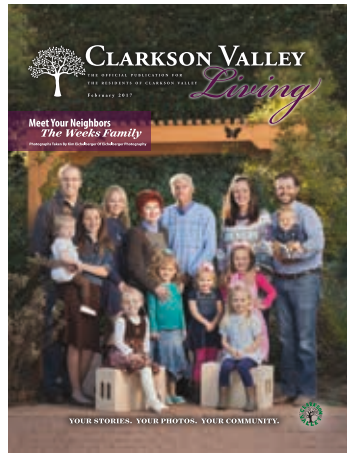
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My Run-In With A RHINO IN NEPAL

People often ask, "Were you ever AFRAID?" In a word...yes. Spend 10+ years traveling the world and one is bound to wind up in some interesting situations.

One memorable incident took place in Chitwan National Park, a wildlife refuge in the lowland jungles of southern Nepal. I was there with hopes of catching a glimpse of its famous residents, the Bengal tiger. Little did I know it would be another resident that would provide the adrenaline on this adventure.

In addition to elephant-back safaris, my lodge offered walking safaris led by a middle-aged guide named Sam. Sam was short, stout, and walked with a limp. On our day for the walking safari, he gave a quick safety briefing, and we set out into the jungle,

armed only with Sam's walking stick. I know what you're thinking - walking into the jungle, with only a stick for defense, LOOKING FOR TIGERS... No, I'm not crazy. It might seem that way, but I promise, I'm not...

We were well into the jungle when we heard whistles in the forest. The guides leading the elephant safari were calling us over. Slowly, we crept between the two elephants, peering through the underbrush, trying to see what they were pointing at...

"Rhino! Rhino!" came the whispers from above.

My heart skipped a beat as I realized that through the reeds, mere feet away, stood a 2-ton greater one-horned rhino. I could

barely make out its hulking form through the green -- a grey monstrosity, sniffing the air, grunting, stamping its feet ... ready to charge. The only thing between us and this angry behemoth were a few flimsy stalks of elephant grass.

The elephants had no interest. Snacking on leaves, they began to separate, wandering off in opposite directions, leaving us standing there alone. That's when it happened.

"GO! GO WITH THE ELEPHANT! THE RHINO WILL CHARGE! HE WILL KILL YOU!!!" No longer whispering, Sam was shouting, pushing us through the brush.

We stumbled ahead, fully expecting a massive head with a giant horn to come charging through the reeds and send us to our doom. It never materialized.

Sensing the danger had passed, we slowed, listened. We could hear the rhino moving through the forest. Suddenly, it reappeared, 50 feet away, stomping into a clearing. We froze, held our breath. It stopped, turned its head - looked right at us...

"RUN!!!!!" Sam yelled as the rhino turned to charge...

As I sprinted down the path, the earth was shaking, the rhino sending tremors as it bore down on me...

I took a quick look over my shoulder -- no rhino. Having taken a few strides in our direction, it stopped -- a faux charge. Satisfied we had been scared off, it grunted, turned and ambled into the brush, disappearing into the jungle.

I sank to the ground. Sam was shaking. We caught our breath and returned to camp. Later that evening, Sam would tell us what had given him his limp -- a charging rhino had flipped him with its horn when he was much younger. He had good reason to be afraid.

Coming face-to-face with an angry rhino in Nepal -- now THAT was an adventure!

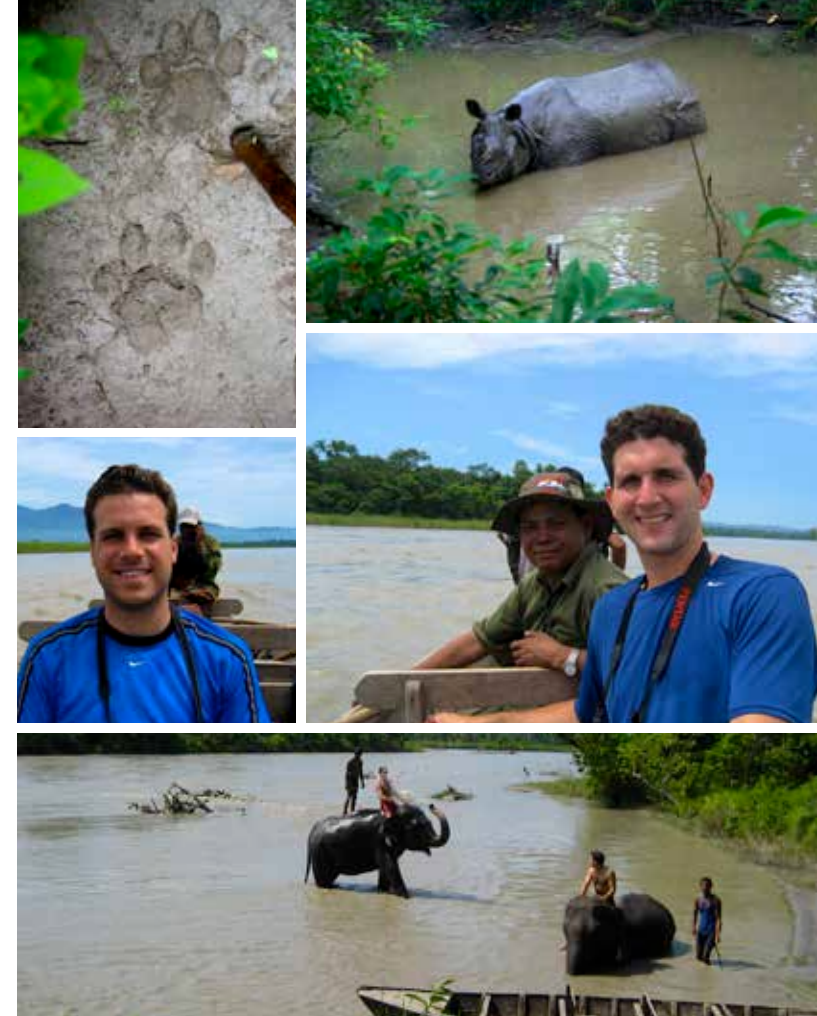
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Have you taken a vacation you'd like to share with your Clarkson Valley neighbors? We'd love to hear all about it! Email CVL's Find The Adventure Contributor, Nick Tilley, at BackpackU@gmail.com to have your Adventure included in an upcoming issue.

find the adventure

Article written by Resident Article Contributor [Nick Tilley](#) & Sponsored by [Allen Roofing & Siding](#)



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delicious dish

Article written by Resident Article
Contributor **Cindy Munich**



Chicken & Artichokes AN EASY DISH FOR THE BUSY FAMILY

What does your day look like? Up in the morning, get the kids to school and you on your way. Then It's home again to carpool the kids to practice, help with their homework and projects, baths and bed. It can be exhausting. Oh, I forgot, we need to fit dinner in there somewhere!!! It makes me dream of a far away, beautiful getaway.

The Greek Islands are such a place... beautiful, casual, warm and friendly. As inviting as that sounds, a trip to Mykonos is not in the cards right now so I guess a Greek-inspired dinner will have to do the trick tonight! This is a quick skillet dish that's so easy to prepare you'll have a little more time to dream!!! **Kalí orexi!**

INGREDIENTS

- 4 boneless, skinless chicken breasts, flattened
- 2-3 tablespoons olive oil
- 1 cup uncooked orzo
- Chicken stock for cooking orzo
- 1 cup grape tomatoes, cut in half
- 12 oz. jar of marinated artichokes, drained, reserve marinade
- 1/2 teaspoon salt and 1/4 teaspoon pepper
- 1 1/2 teaspoon dried basil
- 4 oz. tightly packed fresh spinach, loosely chopped
- 2 tablespoons cream
- 4-5 fresh basil leaves
- 1/4 cup parmesan or feta cheese

INSTRUCTIONS

Drain artichokes, setting aside 2 tablespoons of marinade for orzo. Mix reserved artichoke marinade, dried basil, salt and pepper. Pour over chicken breasts and marinade for 30 minutes.

Prepare Orzo according to package, using chicken stock instead of water. Drain and return to pot. Add spinach, tomatoes, 2 tablespoons of reserved marinade, and artichokes to orzo. Stir in cream.

Saute chicken with olive oil, about 3 minutes on each side, until juices run clear.

Plate orzo and place one chicken breast over orzo mixture. Sprinkle with parmesan or feta cheese, whichever you prefer. Garnish with torn basil leaves.

Delicious served with warm pita bread.



Would you like to have a favorite family recipe featured in **Clarkson Valley Living**? Simply email CVL's new Delicious Dish Contributor, Cindy Munich at Munichs3@hotmail.com to have your recipe featured in the next available issue

amazing athlete

Article written by CVL Junior Writer **Annabelle Miller**
& Article Sponsored by **Ries Orthodontics**

MEET
Wesley MILLER

BASEBALL IS IN HIS BLOOD

Most grandfathers like to pass along baseball advice, like how to throw and catch. Wesley Miller better listen up, though, because his grandfather coached major leaguers Ryan Howard, David Freeze, and Luke Voit at Lafayette High School. Fortunately for Wesley, baseball is his favorite sport.

Wesley, age nine, goes to Kehrs Mill Elementary and is in third grade. For five years now, Wesley has been fielding ground balls and pop flies. One of his favorite positions is catcher. When behind the plate, no balls will get past him! If he is not behind the plate, Wes would choose to play third base. One of his most mem-



orable moments was when his baseball team got second place in a tournament after a long day of games. During one of the games, Wesley was the catcher when the other team tried to steal a base. He enjoyed trying to throw the runners out. Unfortunately, he didn't get the out, but he was so close that the other team didn't steal anymore.

This year, Wesley is excited to join even more of his school friends on the Chesterfield Titans baseball team. The best part of baseball, according to Wesley, is having your friends on your team. Wesley is not joking about his love of baseball. Most Cardinal fans just watch the games, but Wesley records the games and watches them over and over. He can tell you almost all of the best plays from last season.

Even though baseball is his favorite sport, Wesley also plays basketball and soccer. In basketball, he plays forward or center. In soccer, he plays every position, although he is a tough defender. Wesley's new pastime is competing in Spartan races with his dad. He's finished two races in Arizona so far.

Wesley says that younger players shouldn't be afraid to join a new team. Even if you're new to a team, sports will always help you make friends.

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 Deanna at Deanna.Ley@N2Pub.com to be featured.



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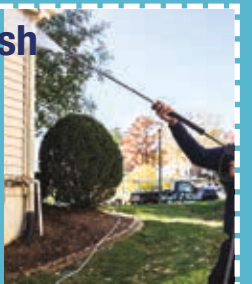
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featured home

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This impeccable, all-brick, 1.5 story, 6700+ sq ft home is situated on 1+ park-like acreage that backs to woods is a dream come true!

The magnificent foyer with a "T" staircase welcomes you to the second story. It's beamed great room with the floor-to-ceiling stone fireplace, wet bar, Palladian window & adjoining den has access to private deck. The formal dining room is accented with a custom Italian clay ceiling, crown molding & wainscoting.



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French doors open to paneled study with 11ft ceilings & built-in bookcases. The large main floor master suite has a customized walk-in closet, luxurious master bath with a double vanity & whirlpool tub.

A chef's kitchen offers granite, stainless steel appliances, 42" cabs with under-cabinet lighting & breakfast bar is the perfect gathering place. The octagonal vaulted breakfast room with its Amish wood ceiling has access to expansive patio.

Upstairs, there are 3 bedrooms, all with their own walk-in closets, plus there's a loft and sitting area. Luxury continues in the walkout lower level and boasts an expansive rec room, state-of-the-art media room, granite walk-behind bar with a Viking wine cooler and ice maker, plus a full bath.

The outside of the home has new windows, gorgeous lighting, a sprinkler & security system, zoned HVAC, a 3-car garage and is landscaped to perfection.

This Kingspointe home is listed by Colleen Lawler & The Irvine Team.



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 Deanna at Deanna.Ley@N2Pub.com to be featured.



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business beat

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

Happy 3rd Birthday,

RACHEL'S GROVE!

CVL'S FIRST "BUSINESS BEAT" CELEBRATES THREE YEARS OF BEING IN BUSINESS

*We thought it would be fun to run a **BLAST FROM THE PAST** article, and what better one to do than the very first **Business Beat** article we ran in **Clarkson Valley Living**. **Congrats, Rachel's Grove for being in business for three years!** We are thrilled to be "birthday twins" with you. **Here's the article we ran in the very first issue of CVL in May 2015. (It's fun to take a look back!)***

Hi Neighbors! Thanks for taking the time to learn a little bit more about us and my business, Rachel's Grove Dress Boutique. My husband Mark and I, along with our two kids and two puppies, have lived in Clarkson Valley for seven years. Evan, our son, just finished his freshman year at Miami University of Ohio. Leah, our daughter, is an upcoming freshman at Marquette High School.



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With a desire to deliver a true dress boutique experience apart from what the franchise and big box stores offer, Rachel's Grove Dress Boutique opened on March 3rd, 2015 in the Chesterfield Valley. We strive to be the go-to boutique for women who want to express their style, whether casually or formally, without worry they'll show up to a social function in the same dress as others.

I found that at every high-school graduation party I attended last May, the women consistently showed up wearing the same dresses from a handful of big-box stores. After my oldest child left for college in August, I began planning Rachel's Grove. Seven months later, I am proud to open Rachel's Grove with my sister and nieces. We have been talking about opening a boutique for about four years, but finally decided it was the right time to take the plunge. In contrast to the urban, neutral palette that can typically be found at other area boutiques, we place a strong emphasis on bright and colorful dresses hand-selected from various known and independent designers. We place high-importance on the



quality of materials. In selecting our designers – Teri John, Pamela Rolland, Laundry, Jude Connally, etc. – we are inspired by our Florida roots and have chosen small collections that are not only versatile in how they can be styled, but that also look great on a range of ages and body types. We are also carrying handbags, shapewear, and small collections of accessories. We hope that our customers enjoy every detail of their experience at Rachel's Grove! Our website is www.rachelsgrove.com. Additionally, we can be followed on Facebook at facebook.com/rachelsgrove and



Instagram @rachelsgrove. Our address is 129 Chesterfield Towne Centre, Chesterfield MO 63005. We are conveniently located at the corner of Edison and Long roads. With a black and white striped awning, you can't miss us!



Are you a resident of Clarkson Valley who owns your own business? If so, reach out to Deanna at Deanna.Ley@N2Pub.com to feature your business for FREE in an upcoming issue.



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THE NEW "Premier White" BUNKER PROJECT TAKES SHAPE

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around the club

Article written by Membership Director **Ryan Schaben**



With 89 bunkers spread across our 27 holes and driving range, maintaining these "sand traps" is critical to the sport. A hazard can influence the strategy of play, both positively and negatively. Used as a directional indicator, you'll often hear, "avoid at all cost" amongst a group of golfers ready to tee off, but to the experienced player, bunkers become friends. There are different types of

hazards on a golf course, but none are as beneficial to a golfer as a bunker. Bunkers help with placement of the ball whether it's a tee shot or an approach to the green. It might be the only thing helping to retain an errant golf shot or runaway ball from rolling down a hill. A strategically placed trap encourages golfers to aim away from a vulnerable boundary and there's an aesthetic landscape feature contributing to the visual appeal of the golf course.

The importance of maintaining the golf course is the reason Forest Hills Country Club recently approved a renovation project to all 89 bunkers which will include Premiere White sand from Arkansas Decorative Stone. The company produces the pure white sand from its signature white rock found in Sheridan, AR. This sand has become a favorite of high-end golf courses in Arkansas, Texas, Louisiana, Missouri, Kansas, and Oklahoma, among others. Mirimichi, Justin Timberlake's golf course in Memphis, uses the stuff, as does the exclusive Alotian Club and now Forest Hills Country Club. Every bunker shot from the PGA Tour's Byron Nelson Championship and Crowne Plaza Invitational kicks up some Premier White.

Nobody understands this important aspect of the golf course better than our Superintendent, Scott Reynolds. "When completed, the Grounds Maintenance staff will spend far less time restoring the bunkers after a rain event and the consistent play-ability will enhance your experience while playing the course", said Reynolds. "We went with Premier White because of the esthetics and

its' drainage and packing capabilities." Golf courses that use Premier White don't need to replenish their sand as often, as the sand stays put on windy days and doesn't pack down when it rains.

The bunker project is expected to be completed this spring and the bright, white color will be a spectacular contrast on the green grass this year, and for many years to come!



Step 1: The original outline of the bunker is found and the turf is cut back. All the sand is excavated down to the bunker floor.



Step 2: The pea gravel needs to be washed. The original drainage and pea gravel are still functioning properly but a wash will keep the new sand clean and free of dirt.



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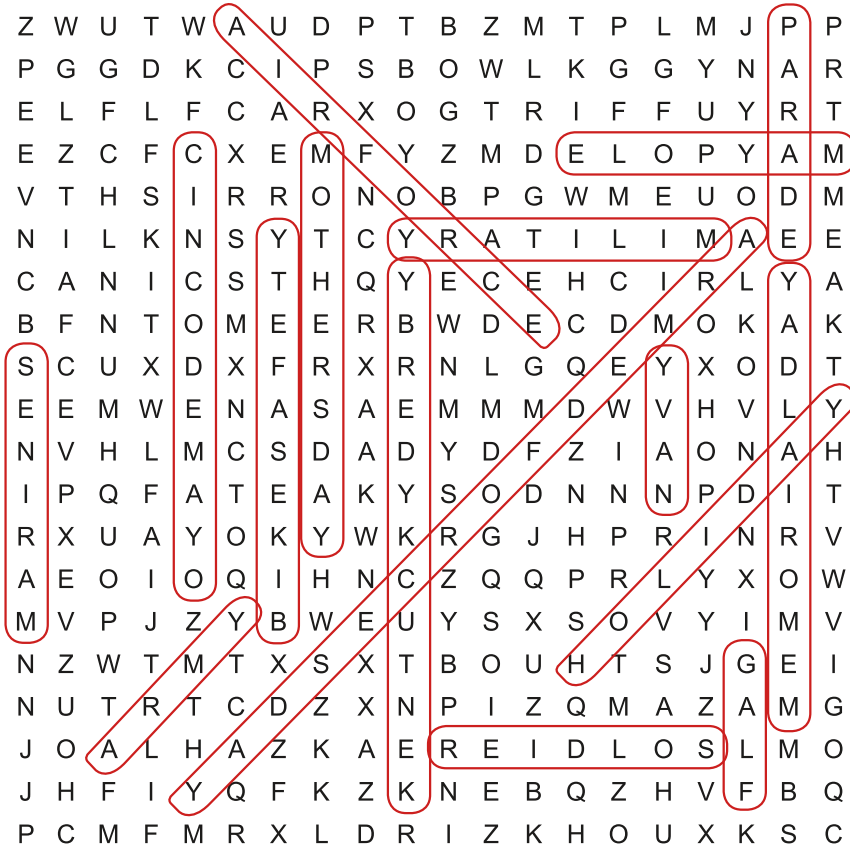
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| 64 | 109 | 120 | 127 | 128 |



CLARKSON VALLEY *Living* 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 Deanna.Ley@N2Pub.com. This is open to the residents of Clarkson Valley only.

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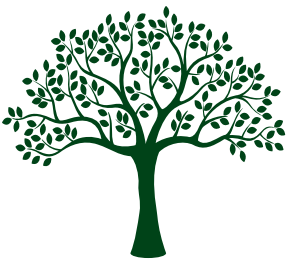
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