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THE OFFICIAL PUBLICATION FOR
THE RESIDENTS OF CLARKSON VALLEY

November 2018

Living

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(Home) 636-394-8916
rsdoug@sbcglobal.net
-
- ALDERMEN - 1ST WARD**
James Meyer
2033 Kehrsboro Drive 63005-6510
(Home) 636-537-3110
myrjms@aol.com
-
- Sue McNamara**
16814 Kehrsdale Drive 63005
636-537-2991
sue.mc@me.com
-
- 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 (In the Clarkson Executive Center)
cvcityhall@charter.net

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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." ~ Deanna Ley, your CVL publisher



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ELECTIONS AND PRACTICAL THINGS



November is often referred to as the beginning of the Holiday season. I'm not sure how or why as the nation observances in November are Veterans Day and Thanksgiving. It could be because of Black Friday! Because I live in a City composed of concerned, intelligent citizens, I know election day was not a holiday for you. So now that we know who won, I hope you are not disappointed.

Let's take a minute to reflect on elections. We have read, seen, and heard much from and about candidates. Promises for the future, skullduggery of the other person, much about why conditions in our nation, our country, our cities are so bad. It's always a new path that's necessary – and so often not many changes happen. But our politicians keep up the rhetoric. Why is that? The answers are many. Books have been and will continue to be written to explain. Let me give at least one reason for such a political division – it is too much talk and no action. Since the carpetbaggers after the Civil War, we are a nation that likes to believe in our leaders, however, we are not good at following up to measure the proposed results. Our politicians will tell you the answer is that they will reach out with more discussions with those they disagree with – no that's not the answer. First, they must agree on the problem and then agree on the objective (goal) of the discussions – what are they trying to accomplish? With these completed plans of action can be developed.

The key here is a measurement system. Are we meeting our goal? This is not rocket science, it's basic problem solving, but it requires listening to

each other. Side note: your City council continues to have that listening ability (could be called a virtue). I have found when reasonable people agree on a common goal, the results in reaching it are astronomical. I have just touched the surface of the giant dilemma facing the good ole USA. So keep in touch with your elected officials to help them move to action with follow-up.

Now let's move on to more practical things. Talking about objectives (goals), have you got your plans made/or completed for winter; i.e. winterizing the car, checking the furnace, patio furniture put away, etc.

Reminders:

- Check when you last changed your furnace air filters.
- If purchasing a new appliance or other consumer products, look for the Energy Star label.
- The LED lighting bulbs are more energy efficient.
- Are you using a smart power strip where appropriate?
- Are your air vents clean?
- Your Emergency Kit/Storm Kit may need reviewing to ensure it fits your needs. The following are suggestions, not necessarily all-inclusive:
- Emergency telephone numbers
- Flashlights and fresh batteries
- Battery-powered radio
- Supply of bottled water (one gallon per person per day – and don't forget your pets)
- Non-perishable foods that don't require heating
- Paper plates and plastic utensils
- Hand-operated can opener
- First-aid kit and medications
- Ice cooler for temporary food and medication storage
- Blankets, bedding or sleeping bags
- Battery-powered or wind-up alarm clock
- Special items for infants, the elderly or family members with special needs
- Identification and copies of important family documents
- Small bills and change

Clarkson Valley Recycling Results Through
September 2018
September Recycling Tonnage: 31.81
2018 Tonnage Total: 325.32



HELP SUPPORT CLARKSON VALLEY'S YOUNG ENTREPRENEURS!



helping hands

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 - High School Senior
Service: Babysitter
Phone: 314-614-0034
Email: rforst@rachelsgrove.com (mom - Rachel)

Aidan Kline - High School Sophomore
Services: Dog Walking / Pet Sitting
Phone: 702-321-5365 (mom - Joylin)
Email: joylinkline3@yahoo.com

Cathryn Rosa - High School Senior
Services: Babysitter, Dog Walker
Phone: 860-389-7220 (mom - Carol)
Email: rosafab5@sbcglobal.net (mom - Carol)

Rachel Izsak - High School Senior
Service: Babysitter
Phone: 314-494-7022 (mom - Allison)

Sophie Izsak - High School Sophomore
Service: Babysitter
Phone: 314-494-7022 (mom - Allison)

Henry Meyer - High School Junior
Services: Lawn Care Business (Mow Lawns, Mulching, Aeration, and Leaf Removal)
Phone: 314-278-8665
Email: hbmeyer16@gmail.com

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



Your Clarkson Valley Living Team

PUBLISHER



Deanna Ley
314-566-7566
Deanna.Ley@N2Pub.com
www.N2Pub.com

RESIDENT ARTICLE CONTRIBUTORS



Delicious Dish
Cindy Munich
314-920-5311
Munichs3@hotmail.com

PUBLISHING ASSISTANT



Katie Connelly
630-292-8247
Katie.Connelly@N2Pub.com

PHOTOGRAPHER



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



Find The Adventure
Nick Tilley
636-346-8104
BackpackU@gmail.com
www.BackpackU.com



Junior Writer
Morgan Howard



Junior Writer
Annabelle Miller



Junior Writer
Macy Mundwiller



Junior Writer
Claire Taetz

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!

MEET KAY WEEKS

Winner of the Guest Judge Spot at The Taste of St. Louis

For the second year in a row, a Clarkson Valley resident was chosen for the coveted guest judge spot at the 14th annual Taste Of St. Louis held at the Chesterfield Amphitheater. Resident Kay Weeks was thrilled that she won the guest judge spot. She and her husband, Cliff, attended the event and Kay did *Clarkson Valley Living* proud during the "Tofu Round" of the Battle Royale Culinary Competition.

Tell us what you thought of the experience, Kay ...

Being a part of Taste of St. Louis was a terrific experience for me. I had never been to a "cook-off" contest, much less had the honor of being a judge.

I arrived and checked in 45 minutes prior to the actual event and much to my surprise, there were already many, many people seated in the audience and holding spots for




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family and friends. The emcee and other staff were very efficient and engaged the audience with dance contests and interviews of all the judges while we waited for the chefs to get their utensils and ingredients organized.

My motto has always been to eat six times a day and try new things. The presentation of the food was impressive, and it was interesting to see how each chef incorporated the secret ingredient and worked against the clock, not to mention how both chefs presented delicious tastings.

If I am ever offered the opportunity to be a judge again, I would jump at the chance.

Thanks so much for being up for the challenge, Kay! ... and thank you so much to her husband, Cliff, for the photos. We are so glad you had a great time!

For more information on this yearly event, visit www.TasteOfSTL.com.



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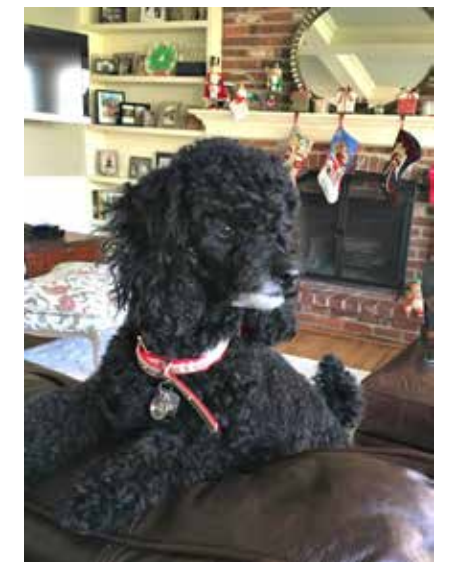
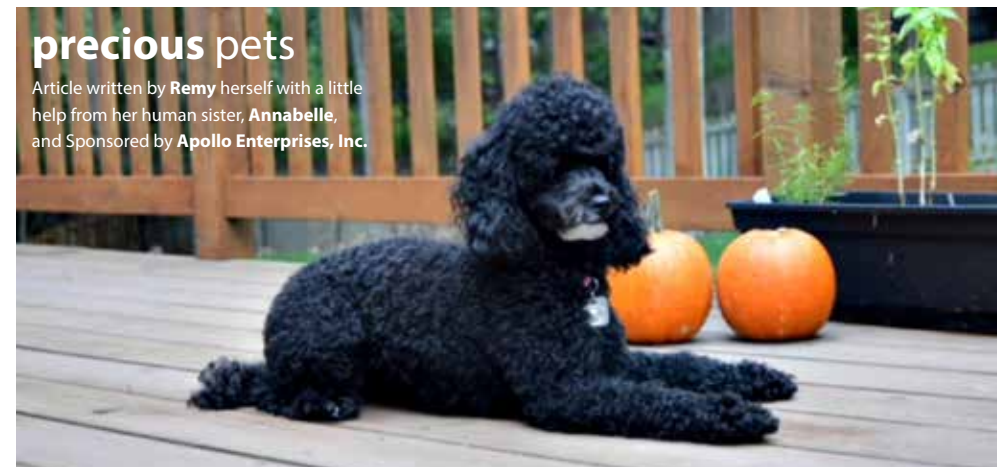
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precious pets

Article written by Remy herself with a little help from her human sister, Annabelle, and Sponsored by Apollo Enterprises, Inc.



Meet “Remy” Remoulade Miller

This month, our Junior Writer Annabelle Miller interviews her miniature poodle, Remy, for our Precious Pet article. Enjoy!

Hey Remy, how old are you?

I am two years old. I really enjoy my birthday because Annabelle, my human sister, has the same birthday. The only difference is that she is ten years older than me and not furry.

Tell me about your name.

My family is from New Orleans. They like to use New Orleans food names for their pets. They had a dog named Beignet before me. They shortened Remoulade (Rey-muh-lahd) to “Remy” because it’s not a common word up here in the Midwest.

Do you have any animal siblings?

Well, I have a fish-brother named Nick. He is a blue beta fish and he won’t come out of his box. He lives in my human brother’s room. I was also born with two other brothers, and I played with them all the time. Now, I hope they have good families to take care of them.

What do you like to eat?

I like to eat most things dropped by my people, but once I ate a green thing called zucchini and spit it right out! I am supposed to eat my dog food but it is very bland. Normally, I wait until the small human drops food. I have also taken a liking to cheese and yogurt.

What tricks can you do?

As far as tricks go, I am an expert: Do something cute, and the people will give you a treat. I know how to stay, sit, shake, lay down and play dead. I am trying to learn how to roll over. I only have one question about tricks: Why do all of this just to get a treat?

Are you afraid of anything?

I would like to say, no, but the answer is, yes. I don’t like coyotes and men with beards and baseball caps. I am the sole protector of

the house because no one else sees any danger in vacuum cleaners or leaves falling from the trees.

What is your favorite game to play?

I like to play a game where I have a ball and someone tries to take it from me. They want me to bring the ball back but it is more fun this way. This game might also require rolling on the ground dramatically.



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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find the adventure

Article written by Resident Article Contributor **Nick Tilley**
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Finding Adventure On The Katy Trail

The Katy Trail is as synonymous with 'Outdoor St. Louis' as it gets. Popular with hikers, cyclists and joggers alike, the trail has been a staple of outdoor enthusiasts and casual users for decades. I ventured out on a Sunday in early October to explore the section between the Missouri Research Park Trailhead and Defiance – an 8-ish mile stretch along the Missouri River in the shadow of the bluffs of Weldon Springs.



It was a beautiful day, and the street down to the Busch Greenway/Research Park Trailhead was lined with cars. I lucked into a spot in the small parking area and unloaded my bike, excited to be enjoying the day. It had been a while since I had ridden on the Katy Trail, but I knew it would be a leisurely ride out to Defiance and back, the terrain flat and easy. That's one of the things that makes the Katy Trail so popular – anyone can use it, no matter their fitness or experience level. It's very 'beginner friendly.'

The trail down from the parking lot is beautiful – densely wooded, with a small stream babbling along beside. It is an easy downhill grade, with a few small bridges to cross. It is peaceful – for the moment ... A controversial housing development was approved in June and is slated to border the nearby Missouri Bluffs golf course. This will entail trees being leveled and lots cleared for homes – the noise and pollution of construction combined with the destruction of natural habitat and pristine woodlands. Soon enough, this beautiful stretch of trail will be replaced by backyards. Needless to say, it wasn't a popular decision, and the issue remains a touchy subject.

Down on the Katy Trail, it was a right turn and an easy ride along the bluffs, out past Weldon Springs and on to Defiance. I talked to others along the trail, asking them their thoughts about the looming construction project. Generally speaking, most people had heard of the controversy but weren't too up-in-arms about it. Truth be told, it shouldn't affect those using the Katy Trail much at all. With sheer cliffs rising 140 feet in places and the requirement that houses be set back at least 150 feet

from the cliff's edge, most would never even realize there was a neighborhood perched high above. People were more concerned about the effects on the forest and the view of the bluffs driving west across the Daniel Boone Bridge. Time will tell.

It was a great ride that afternoon – a hint of fall in the air, plenty of friendly people to chat with along the way and as long as I kept moving, the mosquitos weren't too bad. It is a beautiful ride, the river on one side, the bluffs rising on the other, the trail itself stretching out and disappearing into the distance. I was happy to coast along at a leisurely pace, taking in the scenery and breathing the fresh air.

Shortly, I came to Defiance and turned to head back. The sun was dipping low, and I wanted to get back to the Missouri River crossing to get a few pictures from the bridge before calling it a day. I made it in plenty of time and had the view from the bridge all to myself. It was nice.

Finding The Adventure along the Katy Trail – a day well-spent exploring a St. Louis icon.

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amazing athlete

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

meet
Dr. Greg Mathison

When he is Principal of Marquette Senior High School, Dr. Greg Mathison is all business. After school is a different story, though. Dr. Mathison might go to CrossFit, play a softball game or golf with his friends. He likes to play golf with his friends the most. He enjoys the way that golf is a competition of “you vs. yourself,” and how he gets to play it surrounded by nature. One of his most memorable moments was when he shot under 80 for the first time. Tied for best memory honors, he says, is when one of his friends got a hole-in-one for the first time. Dr. Mathison also plays softball with the Balding Eagles team which includes teammates that he has known since his high school days. Even when he isn’t playing, Dr. Mathison spends many hours watching his daughters compete in soccer, cheerleading, volleyball, swimming and softball.

Dr. Mathison has been active his whole life. In high school, Dr. Mathison played football for Lafayette; he was a wide receiver and a punter. During his senior year, the Lancer football team finished eighth in the state out of 64 schools. Dr. Mathison says that he started playing high school football because two of his



closest friends were on the team. He starting playing football in third grade but stopped until ninth grade. After that, he stayed on the Lancer team throughout high school. In the first game of his senior season, Dr. Mathison caught a long pass from the quarterback. The next day, a picture of his catch made the front page of the newspaper. Football was, by far, Dr. Mathison’s favorite sport.

In October, Dr. Greg Mathison was named the St. Louis Regional High School Principal of the year. He taught math for several years before becoming the head Principle of Marquette. Dr. Mathison is an Amazing Athlete, and we are fortunate to have him leading the teachers, students and staff at Clarkson Valley’s own Marquette High School. Go, Mustangs!



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

Sauteed Brussels Sprouts with BALSAMIC VINEGAR

This holiday season why not step out of the green bean casserole comfort zone and wow the family with something new. This Brussels Sprouts dish is so delicious even picky little Timmy won't be able to resist. It's easy to accommodate vegetarians by sprinkling the bacon bits on the top of those meat eater's servings.

Happy Holidays and enjoy great times with your family and friends!

Ingredients

- 4 slices uncooked bacon, chopped
- 1 shallot, diced
- 2 garlic cloves, chopped
- 2 pints brussels sprouts, thinly sliced (some grocers sell them pre-sliced)
- 1/2 cup chicken stock
- 2 tablespoons balsamic vinegar
- 1/4 cup raisins (I like the cherry flavored)
- 1/4 teaspoon salt
- 1/8 teaspoon pepper

In a large skillet (cast iron works best) cook the chopped bacon until brown and crisp. Remove bacon from pan with a slotted spoon but keep the rendered fat in the pan. Add the shallot, season with salt and pepper, cooking until translucent and soft. Add the garlic and brussels sprouts. Cook on medium heat for about 4 minutes. Add chicken stock and continue cooking until stock is reduced to about 2 tablespoons. Return the bacon to the pan, add the raisins and balsamic vinegar. Cook until all is warmed.

Serves 6.



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 Munich3@hotmail.com to have your recipe featured in the next available issue.



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featured home

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The Best of Both Worlds!

Enjoy country seclusion in this five bedroom and three and a half bathroom paradise of pleasure. Just minutes to town and located in the Pleasant Valley Forest neighborhood, it's cradled in one of the most spectacular settings you can imagine. This one-acre oasis of serenity features multi-level decks, lush landscaping, level grassy play area, garden and sparkling salt-water pool. Just imagine the gatherings you will host here!

This delightful ranch-style home features 2600+ finished square footage, designed for distinction. With its hardwood floors, crown moulding, large living spaces, two fireplaces, solarium with skylights, walk-out lower level, and an oversized three-car garage, the list of amenities goes on and on!

This home's main course is the beautifully remodeled kitchen, granite, custom cabinets with moulding, a paneled fridge and all the conveniences you yearn for. The expanded master suite with its luxury bath, walk-in closet and access to private deck and solarium will provide the perfect place for rest and relaxation. The lower level offers a wet bar with kitchenette, rec room, family room, two bedrooms and a full bath. The newer hot water heater, furnace, roof, pool liner and heater is a huge bonus.

This address is your passport to privacy!

This home is listed at \$465,000 (as of 10/16) by Colleen Lawler and 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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coffee BREAK



Tip of the Month...

Alternative uses for coffee grounds

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

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Thanksgiving Fun!

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			38	117
3				80
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Fill in the missing numbers!

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around the club

Article written by Membership Director **Ryan Schaben**

The Club BREAKS GROUND!



Over the past 3.5 years, the members, committees, and the Board of Directors of Forest Hills Country Club spent countless hours in the development phase of some large renovations expected to take place during the fall and winter of 2018/2019.

The Club broke ground in September on two of those projects; the Men's Locker Room and 19th Hole

and the new Cart Barn and Golf Training Facility. Demolition started in the Men's Locker Room restrooms/showers with an expected completion date of November 5, at which time the work will begin on the rest of the locker room. This will include the renovations of the 19th Hole and installation of the new lockers, carpeting, and fixtures.

The foundation work for the new cart barn has begun and soon the demolition of the entire facility will follow. The new Cart Barn will double as a Golf Training Facility equipped with a teaching bay and in-door practice facility, and on top of the cart barn will be the new Pool Cabana/Bar (See renderings).



(Men's Restroom Demolition - In progress)



Are you a member of Forest Hills Country Club? We'd love to spotlight you! Contact Deanna at Deanna.Ley@N2Pub.com for more info.



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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Most of these businesses partner with us as sponsors in the publications for more than 2 years at a time, and a lot of them are Clarkson Valley residents who own a business themselves, which has always been a huge compliment to what we do. On a personal note, I have used numerous partners in our publication and have referred them out to friends and family whenever the need has arisen.

Need a service for something? Want to know who you can trust? Check out the "trusted vendor list" for our complete list of sponsors. Most of these businesses have undergone an

extensive selection process and many are locally owned and operated ... it means a lot to our partners to be involved in the publication, so please let them know you saw their ad in *Clarkson Valley Living* and how much you enjoy reading it each month!

P.S. We left Travel Leaders off the list last month by accident and they have been an AMAZING sponsor for over 3 years and have helped numerous Clarkson Valley families' travel dreams come true. We appreciate Travel Leaders and the other awesome partners listed below!

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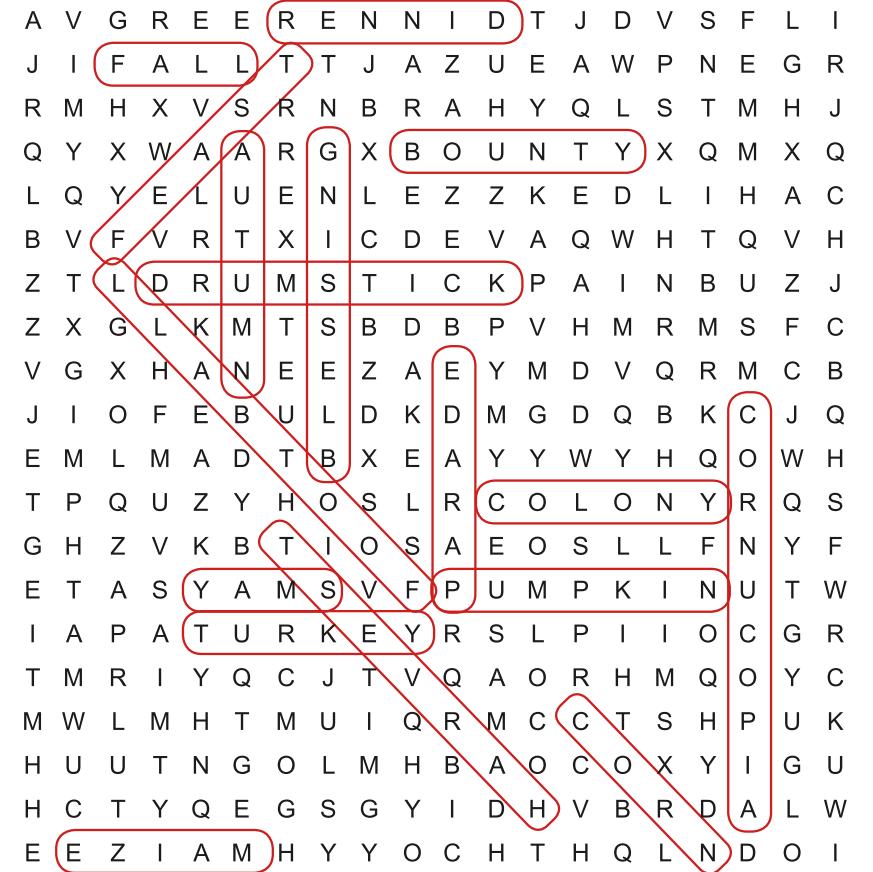
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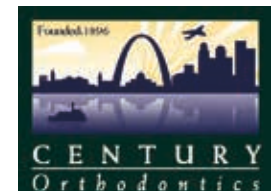
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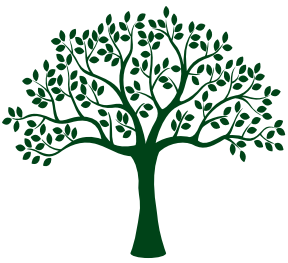


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