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Clarkson Valley Living S O C I A L COMMITTEF

Meet your Clarkson Valley Living Team! We'd like to thank all of your writers for their valuable contributions to the magazine.

Want to Join the Team?

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better! We're always looking for community members who would like to be a part of making Clarkson Valley Living the best it can be. We currently have openings for Resident Article Contributors and Junior

Writers-kids who want to get involved! If you or someone you know might be interested, please email Bill. Tuttle@n2pub.com for more information!



Clarkson Valley Living is on Instagram! Follow us @clarksonvalleyliving

We'd love to hear from you!

Please let us know how we are doing. Do you have any article ideas? How about ideas on neighborhood events? Don't hesitate to get involved—this is your publication!

New to the Neighborhood?

Are you and your family new to the neighborhood? If so, welcome! Please send your contact information to Bill.Tuttle@n2pub.com to be added to our event invitations and contact list.



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All St. Louis Area N2 Community Publications Host 1st Ever Virtual B2B Networking Event

Our very first St. Louis-Wide N2 Publishing Virtual B2B Event went so well, we're planning to host on the 3rd Friday of every month! (At least until we are able to safely meet in-person again!) Clarkson Valley Living residents, advertising sponsors and resident business owners met Friday, July 17th at 8:00 am for a little over an hour. Each attendee addressed the group for about a minute to explain their business and build some connections with their N2 community residents and businesses and those who attended from other N2 communities in the St. Louis area. Those who attended from Clarkson Valley Living were:



- · Nathan Habhab of H20 Power Washing
- · Paul Cavallini from Morgan Stanley
- · Steve Greiner at Osteostrong

At the end of the event, we raffled off a business photo session from

Sandy Ferkel at Images by Sandra valued at \$450. Congrats to winner Ellie at Ellie Redders Interiors, advertising sponsor of Wild Horse Creek Living!

Our next St. Louis-Wide **N2 Publishing Virtual B2B Event will be on** August 21st at 8:00 am. Contact Bill.Tuttle@ n2pub.com to reserve your spot today!



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and Having an Emergency Preparedness Plan

In my May Mayor's Corner, we were hoping the stay-at-home restriction would be diminished. Ob-



By Mayor Douglass

mayor's corner

viously, that didn't happen. Did you do any of those things we talked about - read a new book, re-check the house for repairs, remodeling, etc.? Now with the loosening of some restrictions, how are you adjusting to the "new normal"? - hopefully, it's temporary. Normal is, however, always in the eye of the beholder. Each family will make these adjustments in their own way. The end result, though, will be a combined new normal recognized by all. As we are adjusting to this new normal, perhaps a new look ahead would be a good thing. In so doing, our family found some major areas needing attention. One, in particular, was our preparedness for different emergencies. Emergencies happen and they can be less traumatic if there is a plan in place to handle

Identify the potential emergencies you might need to address. You may be familiar with the website "ready.gov." It has a wealth of information from the routine to the often forgotten needs. Do family members know how to react to situations, i.e. mass attacks in public places, storms (tornadoes), the

them. That takes us to September, the National Pre-

paredness Month. So what? It's a reminder to take

the time to review and ensure you have a plan to

handle any family disasters/emergencies.



more mundane power outage? They provide an excellent list of actions to be included in your plan. The real value is for you to be assured that you didn't overlook a salient point in addressing the emergency. The list of emergencies and how to address each is extensive. The site gets specific, i.e. reminding you of things like: What supplies go in your Disaster Supplies Kit; plans for winter extreme cold; fire safety and power outages. For example, simple but often not carefully done like look back at last year's Christmas decorations. Did you handle them in the safest manner, i.e. putting up and removing them to a storage place? This site will help remind you. Social Media Toolkits are available for the various emergencies and can be ordered, including subjects such as: Family Emergency Plan; Emergency Supply List; General Brochure; Pet Owners; Seniors; People with Disabilities; Computer Emergency Plan & Ready; Kids Publications to name a few. So the question is, do you have emergency plans and/or are they up-to-date?

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Out & About on FATHER'S DAY



Dana Griggs of Clarkson Mill with grandkids Quinn, Riley, Reese & Sloane enjoying Father's Day by the pool.



YOU DID IT! You made it all these years putting up with us. We appreciate all the hard work you put into our family and think you're an amazing dad! Alexander, Maxwell, Mike and Caroline Birkel of Forest Hills.



Craig Nowotny of Forest Hills with Madison and Collin doing what dad loves to do—boating on the Missouri/Illinois river!



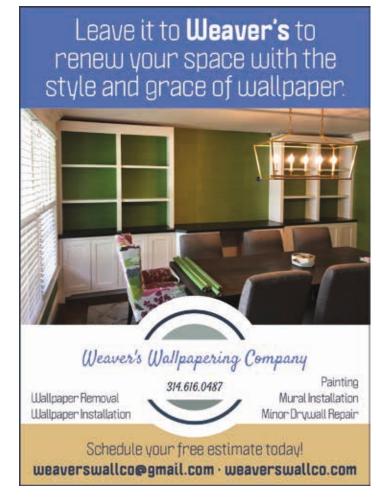
The Cundeys—Caroline, Beth, Brian and Josh of Kehrs Mill Trails—spent Father's Day boating and fishing in Northern Michigan (Alpena) at Brian's dad Bill's adorable cabin on Long Lake!



Lisa (not pictured), Harriet Rose, Matthew, William, Shaun, Thomas Dupree and pup Becky of Kehrs Mill Estates West celebrated Father's Day by hiking around Dr. Edmund A. Babler Memorial State Park and enjoyed cake afterwards!



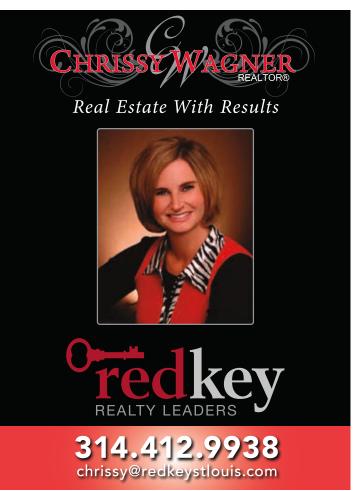
Mark Cantor of Dunhill Farm with his Father Harvey Cantor, MD (Pediatric Neurologist, retired) and his youngest son Zachary with dogs Bella and Cash at CantorLand, the retreat center of Cantor Injury Law.





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Article by
Westhampton
resident Anna
Bohlmann
Photos by
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Sponsored each month by **Chrissy Wagner** Red Key Realty Leaders Meet Daniel Bumiller and Abby Cohen and their six children in age descending from the oldest: Solomon, Benjamin, and Gabriel Cohen; and Lenah, Keira and Zoe (twins!) Bumiller. You guessed it, three boys and three girls—and three hermit crabs as pets! This modern Brady Bunch is a very culturally blended household, including Bolivian, German, Korean and Judaic.

Both Dan and Abby are local business owners. Dan, an insurance broker, owns STL Insurance Stop in Ellisville, and Abby, a wellness consultant, owns Arc Body Solutions with a full service studio in their home. The Cohen and Bumillers found their house in Clarkson Valley three years ago. Their favorite family dinner is homemade fried chicken, and if they're watching TV, they're most likely watching Game of Thrones, Ozark, or Dance Moms—quite the variety of personalities and preferences!

When they're not at home, you may find them at their favorite places to hang out, Marquette High School, their favorite restaurant—Vito's in the Valley, or in Siesta Key or Clearwater, Florida—their favorite vacation spots. When the St. Louis weather begins mimicking Florida's warm temperatures, the family's favorite time of year begins—spring and summer, allowing for frequent get-togethers and bonfires on their property.









The Cohen and Bumillers are a family of athletes, totaling 21 broken bones combined over the years! Their favorite activities include soccer, water polo, football, rugby, and swimming. The Cohens are originally from New York and came to St. Louis when the boys were very little. The Bumillers are from St. Louis, but they ALL are big St. Louis Cardinals fans—another reason for loving spring and summer! This family of eight admires the Clarkson Valley community, and the scenic, park-like-privacy of the place they call home on Kehrswood Drive.



Get to know your neighbors better by having your family featured in the next available issue and receive a free mini photo shoot from Jill Gray at Higher Focus Photography or nominate a family and we'll contact them! Email Bill.Tuttle@n2pub.com.

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STRESS **MANAGEMENT**

for Kids and Teens





As every store ad is proclaiming, it's back-to-school time. With the summer's end, many of the youngest members of our communities are faced with re-entering the classroom - whatever that might look like. Undeniably, the scholastic environment they left in March will be drastically different from the one they will come face-to-face with this fall. These changes, and the uncertainty surrounding the pandemic and its aftermath, as much as parents and teachers have worked to ensure their safety and

peace of mind, can compound the often already-stressful nature of the academic experience. How can we empower our children to manage these pressures healthily?

Make bedtime a priority.

Now, more than ever, it is crucial that kids and teens are well-rested for the school day, as we know quality sleep plays a role in boosting everything from academic performance to mood and the immune system. Experts recommend nine to 12 hours of sleep a night for 6- to 12-year-olds and eight to 10 hours a night for teens. Help kids prioritize restfulness by creating an environment that facilitates it - avoid late-evening commitments, and keep bedrooms dark, quiet, and screen-free, if possible.

Don't overschedule.

After having huge blocks of downtime this spring and summer, it will be important *not* to push kids (or adults!) to instantly jump back into the go-go-go lifestyle we may have once known. While regaining a sense of normalcy by returning to beloved extracurriculars or sports is encouraged, look at your kids' schedules and ensure they have enough unstructured time to unwind, play, and rest their bodies and minds. Allowing children to just be themselves, guiding their own activities, is an important form of self-care.

Be a good listener.

The first step here is being observant. Parents know their kids better than anyone, so they are best qualified to assess through monitoring mood and behavior whether their children may be struggling. Studies show low levels of parental communication and involvement have been associated with poor decision-making in children and teens. They need to know they can talk to their trusted adults about any problems they are having, openly and fully, without fear of judgment or punishment. Prioritize careful listening before jumping in to offer solutions or opinions. Promoting open communication can help kids manage their stress before it escalates.

Manage your own stress / Model healthy coping.

High levels of stress can be contagious and toxic in a household, so even when high-stress situations (like a pandemic) can't be avoided, we can model healthy coping behaviors, such as prioritizing self-care, taking deep breaths or a walk outside, and limiting exposure to upsetting news stories, to help kids see their adults are okay, even when things are hectic.



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7. Options - High-efficiency systems come with a variety of options. They come with programmable

thermostats to help control temperatures throughout the day. They offer the newest in technology, which can introduce everything from solar to geothermal technology into your home.

8.Increased Resale Value - Thinking of selling your home in the next few years? A new high-efficiency HVAC system can give your home the leading edge. Prospective home buyers look for benefits, and this can be a major checkpoint on their list. And by installing now, you can easily show the difference it makes in the utility bills.

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making a difference

A BIG THANK YOU to Pandemic Frontline Workers!

Dr. Jessica Barks, DO, of Kehrs Mill Estates West is part of the COVID-ICU leadership team at Saint Luke's Hospital

Article by Kehrs Mill Estates West resident Grace Andrews | Photos submitted by

Cassandra Frederickson, St. Luke's Media Dept.

Sponsored each month by Pathfinder Church & St. John's School

Thank you for all that you have done for our country and city! From cleaning up after us in public settings to helping us fight the pandemic from the hospitals and our homes, the frontline workers have served us in many ways since the pandemic started. Saint Luke's Hospital COVID-ICU team leader Dr. Hope Cranston, MD and Kehrs Mill Estates West resident Dr. Jessica Barks, DO, provide a greater understanding of the safety measures that have been taken to ensure our country's improving health.

As the pandemic began to sweep the nation, visiting hours at Saint Luke's ICU were shut down along with the abundant entry points around the building. The only way to enter as a doctor was after successfully answering a few questions and passing the temperature check. Each doctor suited up with a head bonnet, an





A group of emergency department staff poses in scrubs and masks. The hospital staff grew closer to one another during the pandemic with their shared experiences and long hours.



Dr. Jessica Barks, DO (right), and team members are prepared to treat COVID-ICU patients.



Nurses Mary and Angie laminated photos of themselves to continue to share their comforting smiles while wearing their masks.



A group of ICU nurses safely share their love for their patients while taking the proper safety procedures.

N95 mask, which had been sterilized with UV light rays because of the short supply, a surgical mask on top of the N95 mask, gloves, an isolation gown, gloves, scrubs, and tennis shoes solely for the hospital. They also began making their own hand sanitizers because of the short supply. Although families were not permitted to visit the patients in the ICU, the hospital purchased iPads for each room to use to talk to their families through technology. Because of these safety procedures, hospitalized patients from the pandemic were reduced to only 11 by the end of June.



Dr. Hope Cranston, MD (middle right), poses with other leaders fighting against the COVID pandemic. Dr. Cranston was militant to keep her staff from getting the disease by following all safety measures possible.

Dr. Cranston and Dr. Barks remain determined to protect their staff from contracting COVID by taking such safety procedures. Because of the demanding hours and stress of the unknown disease, the ICU doctors pulled together, growing closer as the months progressed. They were also amazed by the responses from the community. Expecting anger and outrage at the lack of visiting hours, the doctors were shocked at the generosity and kindness shown to them by the citizens of Saint Louis. Many sent thank you letters, food, and verbal support to the hospital encouraging them to push through the pandemic. Although the Saint Luke's ICU doctors do not consider themselves heroes, we cannot thank them enough for everything they are doing as frontline workers during the times of the pandemic.



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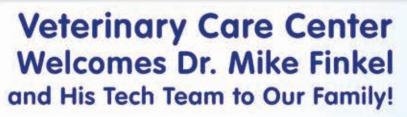
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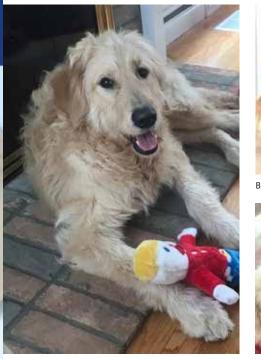
chesterfield valley



Dr. Finkel, born and raised in St. Louis, received his veterinary degree from the University of Missouri. He then did his post-doctoral training at the University of California and continued to practice there for eight years before

returning to St. Louis to be with family. He then went on to owning Village Animal Clinic, servicing Town and Country for decades, before merging with VCC. Dr. Finkel and his technicians, Lesley and Chris, bring years of experience and dedication and are excited for their new journey with VCC. Also their clinic cats, Theo and Ellie have moved in, they are enjoying exploring their new home and having a new feline friend, Momma Cat, to play with.

Dr. Finkel's kids are all grown and he has given him four lovely grandchildren. In his spare time, he enjoys keeping topical fish aquariums, playing guitar and spending time with family. His furry family includes an amazon parrot 'Sparky', who has a personality to match his name and a very spoiled pug named Phoebe. His whole career is founded on treating his patients like his own pets and caring for his clients like family.



Bill and his Mr. Bill toy.



Bill loves his pool toys.

precious pets

Oh, Yesss!

Sponsored each month by Petropolis Pet Resort

One year ago in April, my son and his significant other decided to purchase a Goldendoodle puppy upon discovering a very respectful breeder from Kansas City. They named their Doodle "Lou"! Soon after they received their precious one, they mentioned that there was one more male left in that litter in search of a happy home. Shortly after, our Golden Doodle "Bill" became a loving member of our family.

Bill has provided us with countless hours of joy and fond memories. He has the cutest expressions, the most unique personality and provides our family with tons of enjoyment and memories.

When we brought him home, we soon found the "Retriever" part of his breed when we caught him having the time of his life in our swimming pool. He loves it so much, that he actually has his own basket of pool toys that he plays with and we find it challenging to get him out of the water.

If you find yourself walking your dog in our subdivision and you come across a smiling Goldendoodle, please feel free to stop and say hello to "Bill"!



Do you have a family pet we could feature? We want to meet them! Email Bill.Tuttle@n2pub.com.



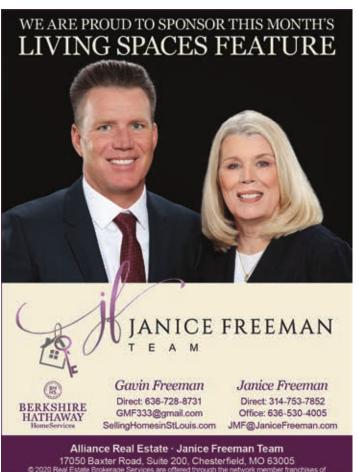
USE YOUR "BABY VOICE"

In the dog world, low-pitched noises (like growling) mean "back off" and high-pitched noises (like whining) mean "come closer." When you speak to your dog in a "baby voice," they interpret that as you being happy and ready to engage with them.

EMPOWERED BY PETROPOLIS







Photos by **Brandon Monzyk** of **Square One Media Productions**Sponsored each month by **The Janice Freeman Team**

After three years, Neal and Marty Pfeifer will find themselves empty-nesters in the fall. But rather than leave the Forest Hills Club Estates neighborhood they love, they are moving down the street! Neal and Marty have five children, Kaitlyn Pfeifer (30), Courtney Pfeifer Li (27), Taylor Pfeifer (24), and the twins Thomas and Nicholas Bergman (18).

This Clarkson Valley Living Spaces feature is a remembrance for the Pfeifers of their home in Forest Hills. They'll fondly recall the elegantly updated two-story, 5-bedroom executive home as pristine, picturesque, private, open, bright and light. And that it backed up to the second hole on The Valley Course and 18th hole of the Championship Course with spectacular views! A cooks dream kitchen that opens to a pillared elegant dining room. The classy family room and wet bar with access to the walk-out screened deck with fireplace and the incredible view of the 18th. The glamorous vaulted ceiling master suite features a walk-in closet and garden tub. They spent time entertaining on the screened-in deck, and the twin boys enjoyed the walkout lower level game room and rec room.

What will the Pfeifers look back on and remember loving the most? The house has a beautiful backyard view of the course, the large kitchen window with a six-foot-wide arched















The Pfeifer Family—Taylor Pfeifer, Nicholas Bergman, Marty Pfeifer, Neal Pfeifer, Courtney Pfeifer Li, Kaitlyn Pfeifer & Thomas Bergman







opening offers a wonderful view—a great way to start the day! Also, the five bedrooms create a great opportunity to enjoy family holidays.

The Pfeifers would like to thank their Forest Hills resident realtor Jeff Lottmann for helping them with their transition. Neal and Marty are looking forward to spending time with their Doodles—Hutch, a Golden…and Duke, a Labra…Keep an eye out for a feature on their new home in Forest Hills and perhaps another one on their dogs!



Want to have your home highlighted in a future newsletter? Have you recently remodeled? Have a unique room to show us? Email **Bill.Tuttle@n2pub.com**.

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around the club

The Forest Hills **Club Estates Annual**4th of July Parade!

Photos and captions submitted by Forest Hills Club Estates resident **Christine Parr** and **Ryan Schaben**, Membership Director of Forest Hills Country Club Sponsored this month by **St. Louis Foundation Repairs**

The Annual 4th of July Parade Celebration in Forest Hills had to be modified from previous years, but there was still great participation from the residents for this fun yearly tradition.

A big huge thanks to Christine Parr and the team of residents for organizing the festivities again this year. It was a whole lot of fun! Special thanks to our first responders, the Clarkson Valley Police Department and Monarch Firefighters. We're so glad we have you to help keep us safe!



Colton Anthony poses with his third place trophy for best decorated bike.



George sported a top hat and was disguised as Uncle Sam!



The Ruebsam and Welch family pose with their second place winning golf cart.



Molly and Lydia Wiley pose with their dog, George, who won the cutest dog honors.



(314) 520-9515 or visit: stlouisfoundationrepairs.com



Charlie Roper decorated and rode in his very own John Deere tractor!



Abby James dresses as Rosie the Rivete



McKay Gibson shows her patriotism on her face as she participates in this year's parade!



Noah Welch poses with his first place trophy for best decorated bike.



Knox Kreikemeier dresses the part and poses with his second place trophy for best bike.



The Knodle and Puyear families won third place for their firecracker themed golf cart.



Greta Beste is decked out and ready to ride in the parade!



From left to right, Mike, Grace and Kelly Geraghty went all out this year decorating their golf cart and hauling a small float complete with Uncle Sam. This earned them the top award at this year's parade—first place in the Golf Cart competition!



Proud Patriots!



Jack and Emily Parr are looking cool in their shades and excited for this year's parade!



Tiki Time!



Cool cutie rides in sty



Marshalls Mayor Scott Douglass and Mr. Butch Welsch.

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dent, Tessa Welch is excited to participate in her first Forest Hills parade on her bike.



ready to ride in the parade.



As he does every year, Butch Welsch leads the parade through Forest Hills with Mayor Scott Douglass riding shotgun.



Special thanks to our Patriotic



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resident business beat

100-Year Family Legacy of Top-Notch Local Dental Care

Article and photos provided by The Manors at Clarkson Valley resident **Dr. Richard Demko** Dr. Earl John Poe Sr. Sponsored each month by Cantor Injury Law

In 1918, Dr. Earl John Poe graduated from Saint Louis University (SLU) Dental School, setting out on what would be the beginning of a 100-year family legacy. Today, his family is in its fourth generation of carrying on his passion for quality care and leadership, with some of the most respected dental and orthodontic care in the region.

Dr. Poe's son, Dr. Earl John Poe Jr., was the first to continue the legacy. After he graduated from SLU Dental School in 1944, he joined in practice with his father in downtown St. Louis. Dr. Poe Jr. had two daughters, Kathy and Nancy, who both went to work for the family dental practice as dental assistants. The family legacy was furthered when Nancy married Dr. Richard Demko, a 1974 graduate of SLU Orthodontics School.

When Dr. Poe Jr. passed in 1987, Dr. Richard was ready at the helm to carry on the third generation of his father-in-law and great father-





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Dr. Earl John Poe Jr.



Dr. Richard Demko



Dr. Jackie Demko

in-law's legacy. "They were great men. They were highly recognized by the St. Louis Dental Society. They were very involved, very giving, and did a lot more than just dentistry," Dr. Richard said.

Dr. Richard, a resident of The Manors at Clarkson Valley, taught at SLU Orthodontics, served in the school's Dental Education Department, founded the Department of Dentistry at St. Luke's Hospital and served in the U.S. Army. He then established his own orthodontic practice, Demko Orthodontics, with locations in Chesterfield, St. Charles, and Washington Missouri.

In 2000, a new Dr. Demko came on the scene—Dr. Richard and Nancy's daughter Jackie, who graduated from SLU Orthodontics School that year. The two enjoyed working together side-by-side, and it wasn't long before Dr. Richard knew Dr. Jackie was ready to take over. "After about three years of her working for me, I knew she was ready," Dr. Richard said.

In 2003, Dr. Richard retired and Dr. Jackie carried on the fourth generation of her family's legacy. Dr. Jackie says, "The greatest compliment and doctor can receive is having their patients refer friends and family." This tradition is central to Demko Orthodontics and hopefully will remain so for the next hundred years. Stop in one of the Demko Orthodontics' locations—Chesterfield, St. Charles, or Washington—to see what Dr. Jackie Demko can do for you and your family.



Demko Orthodontics

14377 Woodlake Dr., Suite 216 Chesterfield, MO 63017 (314) 576-4955 demkosmiles.com



Are you a Clarkson Valley resident who owns your own business? We'd love to feature your business in our complimentary Resident Business Beat section. Please contact Bill.Tuttle@N2Pub.com

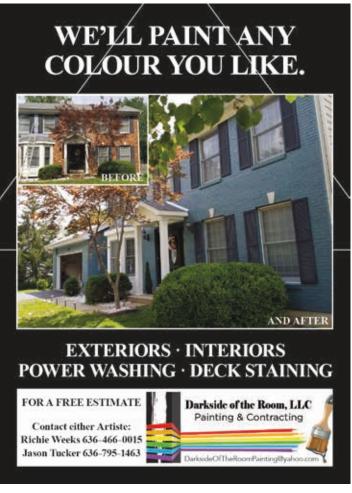
Real Estate ESOURCE

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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Total Living Area
211 Cheval Square Dr	Chesterfield Farms	\$369,900	\$360,000	06/29/20	44	3	3	1,576	2,376
872 Stone Meadow Dr	Stone Hill Village	\$392,500	\$392,500	06/12/20	0	2	3	1,712	2,462
18 Forest Hills Ridge Ct	Forest Hills Ridge	\$474,000	\$450,000	06/19/20	299	4	4	3,173	4,100
17120 Hillcrest Meadow Dr	Somerset	\$550,000	\$545,000	06/03/20	4	4	4	3,225	4,325
12 Greenbank	Forest Hills Club Estates	\$548,000	\$560,000	06/26/20	1	3	3	2,514	2,514
1290 Harvester Dr	Fienup Farms	\$589,900	\$574,000	06/18/20	97	4	3	2,802	2,802
1245 Hillcrest Field Dr	Somerset	\$564,000	\$576,000	06/05/20	3	4	5	3,306	4,182
1262 Fienup Lake Dr	Fienup Farms	\$599,900	\$589,900	06/19/20	258	4	3	2,988	2,988
2209 Ridgley Woods	Pleasant Valley	\$650,000	\$600,000	06/25/20	280	5	7	5,040	8,040
1119 Wildhorse Meadows Dr	Spring Hill Bluffs	\$600,000	\$600,000	06/25/20		4	5	3,098	4,398
16432 Andraes	Wilson Farm Estates	\$625,000	\$630,000	06/30/20	34	4	4	3,293	4,443
1 Peakmont Lane	Forest Hills Club Estates	\$665,000	\$662,000	06/19/20	2	4	3	2,246	3,446
1278 Harvester Dr	Fienup Farms	\$673,810	\$668,730	06/24/20	60	4	4	3,108	3,108
2234 Whitney Pointe Dr	Dunhill Farm	\$749,900	\$725,000	06/12/20	120	6	6	6,064	7,216
414 Oak Stand Path	Reserve at Chesterfield Village	\$799,900	\$762,500	06/23/20	25	5	5	3,689	4,889
16935 Pine Summit Dr	Fienup Farms	\$768,329	\$768,329	06/30/20	0	3	4	2,572	4,950
16150 Wilson Manor Dr	Wilson Manors	\$875,000	\$875,000	06/22/20	7	7	5	3,964	3,964
1207 Gooseberry Lane	Fienup Farms	\$870,806	\$876,450	06/25/20	0	2	3	2,521	2,521
16632 Kehrsgrove Dr	Dunhill Farm	\$910,000	\$910,000	06/25/20	3	4	5	4,752	6,252
1179 Patchwork Fields	Fienup Farms	\$939,302	\$939,302	06/04/20	0	5	5	3,410	5,084











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 email Bill.Tuttle@n2pub.com. Open to resident of Clarkson Valley only.

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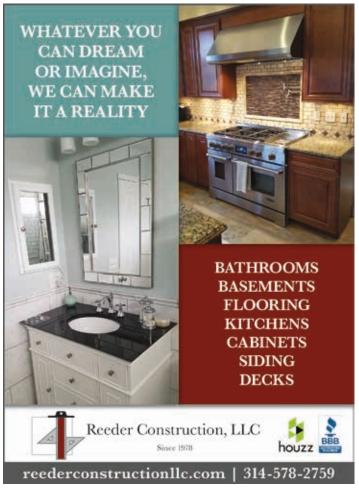
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