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A SOCIAL PUBLICATION EXCLUSIVELY FOR THE
RESIDENTS OF CLARKSON VALLEY

December 2020

Living



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PHOTOGRAPHY

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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



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Junior Writers—kids
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involved! If you or
someone you know
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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.

Clarkson Valley Halloween Fun 2020

Kids of all ages had a great time trick or treating in Clarkson Valley this year, despite social distancing. The mild weather free of rain had the streets filled with witches, zombies, trolls, superheroes, and more! It was an awesomely scary night for sure!



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Witchy Boo, Reese Griggs of Kehrs
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Emily Shuert of Dunhill Farm and Harper
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Neighborhood Sponsor INDEX

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mayor's corner

Saying Goodbye to 2020!

By Clarkson Valley Mayor **Scott Douglass**

Closing out 2020 for most of us is good riddance. However, like most years, we do have good reasons to be thankful—joyful. So during this holiday season, however you celebrate, we wish you good health, good tidings, and a prosperous, happy 2021!

Clarkson Valley Recycling Results

October Recycling Tonnage: 32.4 tons



Notice Of Election *Declaration Of Candidacy* City Of Clarkson Valley



A municipal election will be held in the city of Clarkson Valley, St. Louis County, Missouri, on Tuesday, April 6, 2021, to elect one alderperson from Ward 1, Ward 2, and Ward 3, each to serve a two-year term.

Filing a declaration of candidacy for said offices begins Tuesday, December 15, 2020, at 8 a.m. The closing date for filing will be at 5 p.m. on Tuesday, January 19, 2021. City Hall is open Monday through Friday 9 - 4:30, and

filing for office any day between must be received by the city clerk during regular business hours.

A candidate for alderperson must be a resident of the ward from which elected, at least 21 years of age, a citizen of the United States, and a resident of the city at the time of election for at least one year preceding the election.

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Nick and Lindsay met at Jacksonville University in Florida and moved to Illinois after graduation to start their careers. They enjoyed condo life in downtown Chicago but had the opportunity to transfer to St. Louis, where Lindsay was raised, in early 2008. They moved to the Chesterfield area and later had the fortune of finding their dream lot in the Forest Hills neighborhood in the summer of 2018. They have been members of Forest Hills Country Club for eight years and could not find a better place to relax, spend time at the pool or on the golf course, and enjoy socializing in the clubhouse with their family and friends.

The Underwoods' three children have a myriad of activities including baseball, golf, basketball, soccer, and tae kwon do. Gray (12) is a catcher for a Rawlings Tigers Select Team, Emmy (9) is a first-degree black belt, and Rhys (5) is a jack of all trades! Their 6-month-old standard poodle, Cooper, came during COVID quarantine, of course! He adds a new element to their family and brings so much joy into the household. All three children attend St. Clare of Assisi, where they are all active members in the school, church, and community.

Nick works for an automotive aftermarket division of *ITW* and has been with the company for 21

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Elaine Brauch
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amazing athletes **Caroline KIRBY**

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Hello, I'm Caroline Kirby! I'm a senior at Marquette High School. I've been playing field hockey for four years. I play goalie for Marquette High School in the fall and for The Gateway Field Hockey Club year-round. I decided to give field hockey a try as a freshman after years of competitive soccer and swimming and found out that I loved it and left these other sports behind!

During my junior year, I was honored to be voted the varsity team MVP by my peers and was named to the Suburban, National Division, 2019 Field Hockey All-Conference First Team. I've been fortunate to play in several national tournaments with the Gateway Field Hockey Club. At the 2019 National Field Hockey Festival in Tampa, FL I played with Gateway's UI6 Red squad finishing undefeated in our pool to become the #5 team ranked nationally among UI6 USA Field Hockey Member Clubs. I am hopeful that I'll be able to make my third and final appearance as



a Senior at the upcoming Disney Field Hockey Showcase Tournament in January held at ESPN's Wide World of Sports in Tampa.

I love the camaraderie I get with my teammates and coaches. Receiving recognition from my high school team, whether from my dedicated coaches or peers, has been an incredible honor. It's also been an

honor to be given the chance to play in national tournaments with the extraordinarily talented athletes that play for Gateway. Many of my teammates are committed to playing for the most competitive university field hockey programs in the nation.

I'm an avid mountain biker, and during the quarantine, I acquired a road bike and that has become a serious passion. I try to ride early in the mornings and outside of field hockey season and typically get in 20 or more miles a day. I also teach swimming at Rockwood, am a lifeguard, and have been an active member of the St. Louis Chapter of The National Charity League (NCL) since seventh grade. NCL is a national philanthropic organization dedicated to youth leadership development and to improving local communities through hands-on volunteer service.



Caroline at the ready—Marquette vs. St. Dominic.



Kick save and a beauty—Marquette vs. Kirkwood.

My advice for the younger children in the neighborhood is to not be hesitant to try something you've never done before; I had never played field hockey before my freshman year of high school when I decided to step in as goalie and my life changed for the better. It's given me confidence, leadership skills, and close bonds with teammates and coaches that I'll always cherish.

I was speaking with several coaches about playing field hockey in college and had two teams that I was scheduled to play for last April, but all this was canceled due to the pandemic. Without the ability to continue with recruiting efforts and participate in tournaments and showcases this summer, I decided to give up on my dream of playing in college. I've been admitted to Mizzou and to The University of Arkansas, and I'm trying to decide! I will be studying computer science and plan to pursue a career in cybersecurity.



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Sponsored each month by **The Janice Freeman Team.**

The Geraghty family -- Mike, Kelly, and daughter Grace -- have lived in Forest Hills for nine years -- in their current home for four years. Their home has become a popular stop on Halloween because of the treats—the bigger, the better! During the fall season, they adorn the front of their house with a mix of fall and Halloween decorations inspired by their own childhood memories of one of their favorite nights of the year. Kelly and Mike still talk about the “fun” houses!

The Geraghty family always greets their trick or treaters at the front door in a fun friendly costume. This year, they built a “wearable” arcade-style “claw machine” to deliver treats in a clever socially distanced manner. The kiddos love the lights and fun silly inflatables. They only use a few of the new low-energy LED lights to create a colorful display. Small landscape spotlights are used to light up the other decorations.

Mike, Kelly, and Grace like to keep the scare factor low and isolated to one area, as some Halloween decor can frighten young trick-or-treaters. “We have a small area underneath a large tree for all the ‘slightly’ scary stuff. We jokingly call it the ‘boys’ section; Mike, the youngest of six Jersey boys, is in charge of that area!”

What makes for an entertaining stop on Halloween night? Well, the Geraghtys advertise on the neighborhood-specific social media site to include their trick-or-treat hours and also offer some important advice like staying on the walkways and being mindful of cords and tethers! They also reach out to neighborhood families who may have ghosts or goblins with special needs and accommodate them by turning off lights/sounds at pre-arranged times. If necessary, they’ll plan for a few special treats that will not trigger an allergy.

The Geraghtys deliver their leftover candy to the STL Airport USO Club for our nation’s servicemen and women as they transit through from the region’s military bases during Thanksgiving and the holidays. How very thoughtful!

Kelly says, “The sounds of giggles and squeals of delight from our costumed visitors inspire us to do it all again the next year!”



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body and beauty

It's All About THE EYES

Lash extensions enhance your look!

Article by Westhampton resident **Anna Bohlmann**.

Sponsored each month by **Nuovo Salon Spa**.

Beauty trends are shifting. Mask mandates are making it harder for people to look and feel good outside of the house. Your eyes are one of the only features people see when you're wearing a mask. Let's make them pop! Here's the solution – lash extensions.

Wakeup looking fresh and feeling confident. Lash extensions will give you the beautiful natural or dramatic look you're going for with no effort (and not to mention they can cut your 'getting ready' time in half!). They are perfect for people who are always on the go or those looking to add some extra glam to their everyday look.

Lash extensions can last up to three weeks. Each faux lash is applied with careful attention to detail and glued to the base of your real lashes.



Whether you're wanting your lashes to look natural or dramatic, there is most definitely an option for you. There are many different types of eyelash extensions such as – classic set, volume set, or mega volume set – with costs usually ranging from \$109 to \$149. Each set includes a different number of faux lashes, depending on how dramatic you'd like your lashes to look.

Rather than paying the full amount for every lash appointment, touchups every two to three weeks to keep your lashes looking fresh can cost \$56 to \$65. And, if lash extensions sound too extreme or you just want to start small, try a lash lift or a lash tint. Lash tints create the illusion of wearing mascara without actually having to put any on while lash lifts boost and lift your real lashes.



Wake up looking effortlessly beautiful, seize the day and wear your mask with pride. One thing is for sure – whether you're in a meeting, working out, or taking the kids to school, eyelash extensions will make you look and feel good doing it. *Stay tuned for our next article featuring how microblading can enhance your eyebrows!*

Don't hide behind your mask. Let Erin, lash extension pro at Nuovo Salon Spa, help you stand out! Call them today at (636) 527-2566 to learn more!

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A Halloween ENGAGEMENT!



The day after carving pumpkins and welcoming trick or treaters, we had our own celebration! Having recently returned from a year-long deployment, Terry Moreland asked our daughter, Caroline, to marry him and she said, "yes!" Congrats, Sgt. Terry Moreland and Caroline Ziegler! We love you! —The Zieglers of Westhampton.



Do you have anyone you want to wish a happy birthday, anniversary, congratulations, thank you, good luck, etc.? Do you have an engagement, wedding, or new baby announcement? Send what you want to say along with a photo to Bill.Tuttle@n2pub.com.

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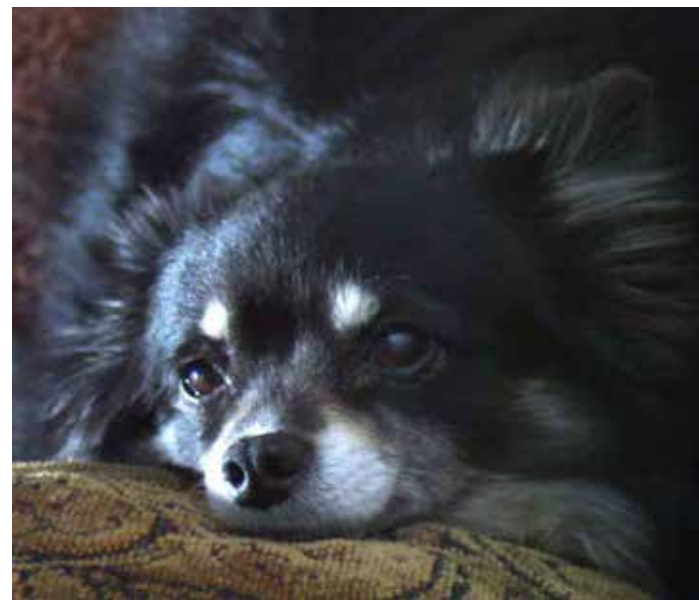
Dr. Finkel, born and raised in St. Louis, received his veterinary degree from the University of Missouri. He then did his post-doctoral training at the University of California and continued to practice there for eight years before returning to St. Louis to be with family. He then went on to owning Village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

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Chloe

precious pets Article by **Dana Griggs**, resident of Clarkson Mill.
Sponsored each month by **Petropolis Pet Resort**.



While attending Southwest Missouri State years ago, our daughter Diandra came across a breeder with a litter of Chihuahua and Alaskan Miniature Eskimo crossbreeds who was giving them away. Most of them were white, but Chloe was the only mostly black one. She walked across the lawn to Diandra, and it was love at first sight!

Diandra brought Chloe home as a surprise. At the time, we were not looking for a dog, but Diandra thought we needed someone to care for, being new empty nesters. We thought we wanted to travel—a dog was not part of the plan! Well, that was 17 years ago, and we love our Chloe.



Luckily, Diandra can watch Chloe when we do travel. Our son Darrick is willing to watch Chloe, as well, but he and his wife have cats. Chloe does not like cats! Chloe is afraid of almost everything including other dogs. She is a very poor watchdog. She'll welcome anyone into our house but barks when they try to leave!

Chloe knows a few untimely tricks—she thinks she's supposed to lie down when it is time for a walk! Probably, my poor training and this makes it hard to attach the leash...

Chloe is an older dog but is doing well. She takes the stairs gingerly but still runs and jumps when we are on our walks. We love our Chloe!

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

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making a difference The STEPUP PROGRAM

Helping People with Disabilities Achieve Competitive Employment

Article and photos submitted by Forest Hills resident **Lori Ruscitti**.

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

The StepUP program is an individualized training program designed to showcase the abilities of individuals with intellectual and developmental disabilities from ages 18-35. The goal is to gain and/or maintain competitive employment. In this program, individuals learn long-term social and job skills through an innovative curriculum created by experienced special educators in both classroom and business environments. StepUp uses evidence-based techniques to provide individuals with real-world training to assist them in succeeding in today's competitive employment environment. For those who qualify for the program and live in St. Louis County, there is no cost to them. Funding is provided through the Productive Living Board.

Each week, the participants in the program attend a three-hour classroom setting at Lafayette Industries in Manchester facilitated by Cat Woerner. It is there that they learn hard and soft skills, such as reading social cues, coping strategies, understanding boundaries, appropriate greetings and responses, social skills, and much more.

Lafayette Industries was founded in 1976 and is a contract packager. Their mission is to exceed the customer's expectations while employing hundreds of adults with disabilities within their business operations. They are the longest single full-time employer of adults with disabilities in the state of Missouri.

McArthur's Bakery in Kirkwood has been a staple in the community for 64 years. They have joined forces with Lafayette Industries to provide a robust fast-casual training program for adults with intellectual disabilities. McArthur's Bakery in Kirkwood is now called The Pioneer Bakery. It is a setting for



adults with disabilities to receive extensive training and support programs, with the goal of maximizing their abilities to be successful in a productive and professional work environment. Training at the Pioneer focuses on skills such as proper food preparation techniques, icing and finishing desserts, and inventory control.

Colton Ruscitti of Forest Hills is a participant in the StepUp program. He looks forward to both the classroom time at Lafayette Industries as well as his on the job training at The Pioneer Café. He enjoys interacting with people, whether they are customers, employees, his friends, or teachers/coaches. Participating in this program gives him self-confidence and a sense of pride. Colton likes that he can go to work and be an integral part of society like his typical peers!



Know someone who is "making a difference" in our community? We'd love to hear about them! Nominate them by emailing Bill.Tuttle@n2pub.com.

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Oktoberfest Seafood Boil

at Forest Hills Country Club

Sponsored each month by **St. Louis Foundation Repairs.**

It's no secret that the magical combination of music, seafood, and hungry people can produce good times, but at Forest Hills, we like to produce great times! Our secret is adding complimentary Oktoberfest beer, an outdoor environment, and festive decorations, all to ensure a successful recipe for the Annual Oktoberfest Seafood Boil!



The peach cobbler dessert!



Clarkson Valley residents Nick and Lindsay Underwood.



From left to right: Natalie Morrison, Lindsay O'Connell, Kelly Zenk, Kristen O'Brien, Sarah Schaefer and Melissa Wilburn.

This year's sell-out event had to be planned and executed a little differently but nevertheless, this fun, adults-only event featured a Low Country seafood boil, Oktoberfest beer, and music by Tyler Dale Band. Our typical seafood boil is done sharable by dumping the spread directly on the table to be enjoyed. Chef had to get creative and boiled the food in bags for individual serving. The menu included clams, shrimp, mussels, sausage, bay scallops, crab, potatoes, corn, and peach cobbler for dessert. Yum!

Membership at Forest Hills Country Club is by invitation only.



Are you a member of Forest Hills Country Club? We'd love to spotlight you! Email Bill.Tuttle@n2pub.com for more details.

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Daughters Adalyn, Aniston and Isla look forward to the holidays.



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You'll find creative Christmas ideas, easy ways to organize and so much more!

After a 17-year leave from St. Louis, we relocated from Kansas in 2014 to Forest Hills. My husband, Chris, and three daughters Adalyn, Aniston, and Isla, enjoy taking walks through the neighborhood, playing tennis at Forest Hills, and spending summers at the pool.



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.



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Julie Blanner

Creative Director and Editor of the Lifestyle Website Julie Blanner Entertaining + Design

Sponsored each month by **Cantor Injury Law.**

I started my lifestyle website in 2007 when I was an event planner and designer, sharing weddings and events I coordinated. In the offseason, I began sharing easy entertaining ideas and home projects we were working on. I didn't realize I had developed a significant audience until I received an offer from Martha Stewart's product line. Soon, many partnerships formed, and I began working with Lowe's, Pottery Barn, and more.

I eventually sold my event planning firm to focus on the website, which has resulted in a myriad of amazing features, including being named *Better Homes and Gardens* and *Southern Living's* Best Entertaining Website! In addition, I've been lucky enough to see my work in publications like *People*, *Real Simple*, *Good Housekeeping*, *Oprah*, *Better Homes and Gardens*, *The Washington Post*, and more!

JulieBlanner.com takes a minimalist approach to design, entertaining, and recipes. You'll find an array

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healthy living

Sweet Dreams for the Holidays

By Shauna Osborne



The holiday season is a beloved time of year for many, looking forward all year to treasured times of togetherness, food, and fun. All this festive joy, in a normal year, has been shown to lead to diminished eating, sleeping, and stress-management behaviors – and this year has been anything but normal. As we enter into December, and the throes of the bustling holiday season, it's more important than ever to practice good sleep habits to help preserve a healthy immune system and emotional wellbeing.

Pace Yourself and Adjust Expectations

This year, many are entering the holiday season already exhausted and tense; let's agree now to start by giving ourselves

a break. Avoid overloading the calendar with social obligations and practice saying “no” to commitments that don't inspire joy or just feel too overwhelming. Try to plan ahead, ask for help where needed, and pace holiday activities like decorations and gift-buying and -wrapping to cut down on last-minute rushing.

Practice Good Sleep Hygiene

Strive to follow the rules of good sleep hygiene during the holidays. Avoid caffeine, large meals, and too much alcohol before bed, and don't rely on sleeping pills to get through the night. Ensure your sleep space is quiet, dark, relaxing, and at a comfortable temperature, and power down all electronics, such as computers, TV's, and smartphones, if possible, as they emit a light similar to daylight that fools our bodies into thinking they should not produce melatonin, the hormone that promotes sleep, and also present addictive distractions from snoozing.

Maintain Routines

Though it may be tempting to stay up late visiting and celebrating, aim to stay as close as possible to usual sleep schedules for naps and bedtimes, particularly for children.

Get Outside / Stay Active

While the weather outside may be frightful, it's a perfect time for enjoying outdoor activities such as taking a brisk walk or hike, skiing, or even building a snowman, depending on where you live. Inviting friends and family along means time to catch up and keep each other company while staying active. With daytime hours shorter during the winter, it's crucial to take advantage of what little light is available to keep circadian rhythms in check. Circadian rhythms react to the natural cycles of daylight and darkness and help regulate your internal clock; increasing exposure to light during the day decreases melatonin production, whereas decreased exposure to light at night increases its production, resulting in healthier sleep at night.

Productive sleep replenishes us, equipping us mentally, physically, and emotionally to contend with life's little stresses (and 2020's big stresses). This holiday season, resolve to make merry with friends and family (safely, of course!), enjoy the season to its fullest, and practice healthy sleep habits for a bright and promising 2021!



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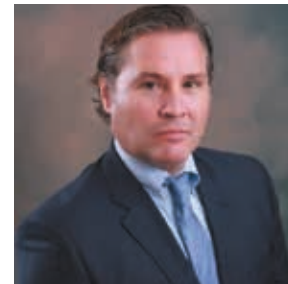
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Attention Clarkson Valley Residents! Do you own or run a business? To have your business featured in the Resident Business Guide in an upcoming issue of *Clarkson Valley Living*, please email **Bill.Tuttle@n2pub.com**. Open to resident of Clarkson Valley only.

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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Total Living Area
107 Crystal Springs Ct	Chesterfield Farms	\$535,000	\$525,000	10/05/20	8	5	5	2,640	3,290
16755 Chesterfield Manor Dr	Chesterfield Farms	\$350,000	\$330,000	10/05/20	47	4	3	1,830	1,830
16929 Lake Meadow	Feinup Farms	\$949,000	\$1,055,448	10/08/20	0		0	4,000	4,000
17050 Woodchuck Place	Feinup Farms	\$950,000	\$932,414	10/09/20	111	4	4	4,246	4,246
17031 Chesterfield Estates Ct	Chesterfield Estates	\$599,900	\$599,900	10/09/20	77	5	5	2,690	4,250
16843 Kehrsdale	Kehrs Mill Estates	\$650,000	\$643,100	10/09/20	98	4	6	4,234	5,234
17114 Hillcrest Meadow Dr	Somerset	\$554,900	\$550,000	10/15/20	57	4	4	3,416	3,416
36 Chesterfield Lakes Rd	Chesterfield Lakes	\$799,000	\$695,000	10/08/20	3	4	4	3,580	5,580
16468 Horseshoe Ridge Rd	Kehrs Mill Trails	\$749,900	\$780,000	10/20/20	1	3	4	3,407	4,507
16343 Champion Dr	Sea Beauty Farm	\$825,000	\$845,000	10/22/20	3	4	5	4,067	5,373
1102 Wilmas Valley	Arbors @ Wilmas Farm	\$898,000	\$875,000	10/23/20	3	4	4	4,400	4,400
2142 Hickory Dr	Wilson Farm Estates	\$699,900	\$724,500	10/23/20	45	5	6	3,932	3,932
24 Chesterfield Lakes Rd	Chesterfield Lakes	\$699,000	\$670,000	10/26/20	5	5	4	4,321	4,321
6 Kehrs Mill Glen Ct	Kehrs Mill Glen	\$1,099,000	\$1,099,000	10/29/20	4	5	6	4,500	5,700
1219 Patchwork Fields	Feinup Farms	\$949,000	\$1,128,986	10/29/20	0		0	4,000	4,000
443 Maple Rise Path	Reserve @ Chesterfield Village	\$650,000	\$610,000	10/29/20	60	5	5	3,200	4,100
345 Woodcliffe Place	Woodcliffe Place	\$489,000	\$470,000	10/31/20	39	4	4	2,552	3,422
1842 Newburyport Rd	Chesterfield Meadows	\$535,000	\$524,500	10/28/20	46	4	3	2,745	2,745

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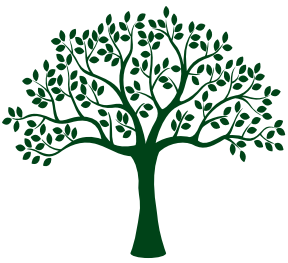
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