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A SOCIAL PUBLICATION EXCLUSIVELY FOR  
THE RESIDENTS OF CLARKSON VALLEY

February 2021

# Living

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# Clarkson Valley Living SOCIAL COMMITTEE

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



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### We'd love to hear from you!

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better and make *Clarkson Valley Living* the best it can be! Please let us know how we are doing. Do you have any article ideas? How about ideas on neighborhood events? This is your publication!

### Want to Write for Clarkson Valley Living?

We are always looking for community members who would like to take an active role in writing stories for *Clarkson Valley Living*. We currently have openings for resident article contributors and junior writers—kids who want to get involved, gain valuable experience,

build their resumes and portfolios! If you or someone you know might be interested, please email [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com).

### 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](mailto:Bill.Tuttle@n2pub.com) to be added to our event invitations and contact list.

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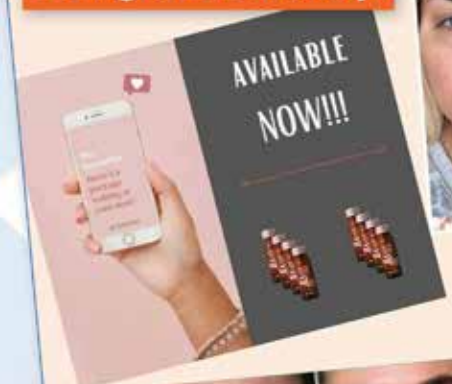
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# Neighborhood Sponsor INDEX

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**NOTE:** When community events take place, photographers may be present to take photos for that event and they may be used in this publication.

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# NEW, OLD, & the Same



By Clarkson Valley Mayor **Scott Douglass**

mayor's corner

It's February and it's our tradition to always follow up on New Year's resolutions. How are you doing? Are those same ones in reach this year? How long can COVID-19 be blamed? The pandemic was/remains a serious threat. For those who had to experience the disease and recovered, we celebrate with you. And for those of you who felt the sting of death of a friend and/or a loved one, we extend our condolences.

**Let's look forward. Your city, as we have stated, has three broad objectives:**

- 1) Resident Safety
- 2) Protection of Property Values
- 3) Environmental Protection.

The ordinances are passed and actions are taken to meet these objectives. Periodic reviews of the actions that are taken to ensure compliance is made. Ordinances should be living documents based on certain principles (i.e., consistent and equal justice in interpretations and right of appeal). Being a living document updates are required. The language in many ordinances is still relevant, others need to be updated. This takes us to codification. This process is a review of all ordinances to standardize language and simplify user access. It's time for us to perform this process.

So, that's one for your city's administrative agenda for 2021. This, by definition, does not mean nor is it intended to change an existing ordinance or policy without council approval. During the process, if there are obsolete ordinances still existing (i.e., establishing rules for a horse-drawn carriage), the codification committee will recommend the appropriate change to the council for, in this case, removal. This process will be for all current ordinances. With these reviews, we will identify any clarification of ordinance language and/or policies and submit to the board of alderpersons any recommended changes.

New requests for more specific regulations occur each year. The council is currently reviewing requests for an ordinance regulating a residential raised vegetable garden. Some citizens across the county have decided to grow vegetables on their property for family consumption. This is true in Clarkson Valley. With vegetable gardens in this area, to be successful, they will need some type of protection (fencing) from animals. The method of choice for these gardens is raised vegetable gardens. Our ordinance addresses this need, including method for approval, etc. It's not a difficult process. We will make it easy to complete. You can check it on our website or call city hall. If you have any concerns that need to be addressed by the city, call me at 636-394-8916.

**Clarkson Valley Recycling Results**

December Recycling Tonnage: 34.08 tons  
2020 Tonnage Total: 403.54



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Christmas at the Tuttles



Bill, Athena, Natalie, and David at FPAC with Tucker on adoption day

**publisher's note**

It's not the holidays without  
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The Tuttles welcome Tucker from the Farmington, MO Pet Adoption Center (FPAC). We love him so much.

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- **Joe Strebler from Total Tinting - (636) 474-8468**
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- **Anthony Castelli at Nuovo Salon Spa - (636) 527-2566**
- **Trent Doubet from Doubet Window Cleaning - (314) 590-3370**

Clarkson Valley Living community partner and event sponsor **Cindy Zelinsky from Absolute College Consulting** raffled off a series of college planning books. Congrats to **Monica Orban Spiritual Coach** for winning!

**If you have a future college student or if someone you may know is looking for the right college fit, contact **Cindy Zelinsky** at **Absolute College Consulting**,**

**(636) 346-5313, or email: [cindy@absolutecollegeconsulting.com](mailto:cindy@absolutecollegeconsulting.com) to find out how she can help. Visit [www.absolutecollegeconsulting.com](http://www.absolutecollegeconsulting.com) to learn more.**



**Who is invited?**

All our St. Louis N2 publications' residents, resident business owners, and preferred community partners from Clarkson Valley, Wild Horse Creek, and The Legends. We will "go around the room" to get to know each other a little better, build relationships, and support the local community! *You don't have to be a business owner to come meet local businesses!*

The following from our *Clarkson Valley Living* community attended the **December 20** meeting:

- **Event sponsor Cindy Zelinsky at Absolute College Consulting - (636) 346-5313**

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family spotlight

# The Cunningham FAMILY



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Article edited by Westhampton resident **Anna Bohlmann** | Photos by **Higher Focus Photography**

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Meet high school sweethearts Eron and Tasha Cunningham, who began dating in 11th grade in Lincoln, Nebraska. While their home football team may bring more tears than cheers on Saturday mornings, the couple is proud to shout...go, Big Red!

After 13 years of dating, Eron rented a small, two-seater airplane and proposed while flying over the St. Louis Arch. They now have two babies, Pierce and Sloan. Pierce is a kind, gentle boy, while Sloan is a girl full of fury and determination. The family's favorite season is fall – cool weather, bond fires, festivals, and football season.

The Cunninghams enjoy traveling – never repeating the same city twice – and have family spread from Hawaii, Bermuda, Vegas, and California. The crystal, blue ocean and beautiful pink sand of Bermuda have become their favorite vacation spot. On a normal day, you can find Eron tackling the numerous St. Louis golf courses, while Tasha can be found teaching fitness classes at Jazzercise Chesterfield.

The family moved to Clarkson Valley in August 2020 – right in the middle of the pandemic and the chaos of virtual learning. But they were eager to move to Forest Hills and begin their new normal. Tasha, a nurse practitioner, was recruited

to establish and supervise local COVID-19 clinics through the St. Louis area. This year has been full of uncertainties and challenges, but the Cunninghams have remained healthy and hopeful that a balance of normalcy and safety is near.

“Forest Hills is more than just where our house is,” the family said. “It’s an entire experience...

like a warm, comforting hug to come home to each evening. We are blessed to be surrounded by inviting neighbors, neighborhood-hosted activities, and unlimited fun and friends for our babies. We truly believe there is no place like home.”



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






sponsor spotlight

Nathan Weaver of Weaver's Wallpapering Company grew up in Granite City, IL. He attended Saint Louis University and received a bachelor's degree in elementary education. After teaching elementary school for 11 years, he had an opportunity to start his own business. It was then that he decided to start Weaver's Wallpapering Company.

Weaver's Wallpapering Company removes and installs wall coverings such as murals and wallpaper. They also do interior painting and minor drywall repair. Nathan advises, "Let me come out to measure and look at your project first. It's a free service I provide." Nathan's is all about communication...something he does very well throughout the entire process to make sure his customers are happy with the final product.

Nathan's a huge hockey fan and currently lives in South City with his wife and two dogs. He takes a ton of pride in his work and is very professional. Give him a call today to discuss your next project!

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Nathan is also an off-ice official with the NHL!



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Photos by Chris Hammond of Rainbow Marks Photography

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My name is Elliot Franklin, and I am in the second grade at Ellisville Elementary. I've played rugby, soccer, and baseball. After my dad taught me to ice skate, I most recently tried hockey. I immediately fell in love. I signed up for the Learn To Play league starting in March in Chesterfield. Due to the pandemic, the start was delayed until June. After completing a Learn to Play training season, I now proudly play for the Chesterfield Falcons at Maryville University Hockey Center. I love skating, working on new skills like handling the puck, and making new friends. Every practice and every game pushes me so hard. My proudest moment this season was scoring my first goal and being named player of the game. To anyone considering hockey, know that you need to get good at skating and work on your shot. I would encourage anyone thinking about it to give it a try. This is the most fun I've had in my life!

Calling athletes of all ages! Do you have a sport you are passionate about? We want to hear your story! Email [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com).



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# student life

## Q&A with Lauren Bohlmann

*Freshman at Mizzou!*

Article and photos by Lauren Bohlmann, resident of Westhampton

Sponsored each month by Absolute College Consulting

### Lauren Bohlmann

Westminster High School Grad, Class of 2020  
Attending the University of Missouri (freshman)  
Area of Study/Major: Broadcast journalism, emphasis in strategic communications  
Intended Career Path: Social media marketing  
Clubs/Organizations: Delta Delta Delta Sorority

**What factors should students consider in choosing the right college fit for them?** I'd say school size, location, and price. The thought of going to a larger school may intimidate some people, but it is important to understand you can always make a bigger school feel smaller by joining different clubs and organizations around campus. Location is also key. When I was a junior in high school, I thought I wanted to go to school 16 hours away. However, I am very close with my family



Lauren hanging out in front of Jesse Hall with her sorority sisters.



Greek life is a great way to meet new people and make lifelong friends.

and ultimately decided that being an entire plane ride away from home was simply too far. Price is one of the most important factors of college. Going to college is expensive, but there are so many scholarships out there to help with the cost.

I also took into account Greek life as well as athletics. I knew that I wanted to join a sorority, so it was important to me to find out which schools had a large percentage of Greek life. I also wanted the feel of a big sports school with lots of school spirit, and I found that at Mizzou!

**Is there a particular person, moment, class, or club that led you to your intended career path?** My sisters and I have always enjoyed making movies and editing them. As I grew up, I began making videos of family vacations and other fun events. I enrolled in the broadcast journalism class during my sophomore year at Westminster. That class and teacher, Mr. Han Kim, helped

improve my skills and solidify my love for visual journalism.

### What advice do you have for high school students as they prepare for their college selection?

When you don't know exactly what you're looking for in a college, my advice is to look into and visit a lot of different schools with a variety of attributes. If you do know what you'd like to major in, it helps you narrow down your choices, so you can see what schools have the best programs for your desired major.

### Besides going to classes, what important tips, recommendations, and advice for a successful college experience can you share?

College is a very personal experience, and you have to figure out some things for yourself. Greek life is not for everybody, but joining a sorority was one of the best decisions I have ever made. I truly found my best friends at Delta Delta Delta and it is comforting to know that I have a second family to make Mizzou feel more like home. On more general terms, I suggest practicing time management before traveling to college. College classes are a lot different than high school classes, especially your freshman year. Some of my classes only met once a week and it was up to me to do the required readings and assignments for the rest of the week.



Move-in day with parents Bob and Sharon.

**What have you done or are currently doing to attain the best experience to prepare you for life after college?** I am looking into internships and trying to get my hands on any real-life experiences. Especially in the journalism school, Mizzou does a great job at not just teaching its students how to be journalists but actually making them journalists, even in entry-level classes. In college, it is easy to push off schoolwork and glide through, but it is important to try your hardest and understand that the more you learn in college, the better you'll be at your future career.

### Looking back, would you do anything differently in your efforts toward your college search? If so, what is your reason, and specify what you would do differently?

I wouldn't have done anything differently. I am satisfied with the number of schools I visited and applied to. I looked into big and small schools, schools that are far away and closer to home. Ultimately, I chose Mizzou because the journalism program is second to none. Even after just one semester, Mizzou has turned me into a more mature, well-rounded young woman. Mizzou and Columbia, Missouri have become a home away from home and a place where I feel loved and supported. I found my best fit, and I hope you will, too.



Calling all high school and college students! Do you have a story to tell about your high school experience, college selection, or experience? We'd love to hear about it! Email [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com).

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The Geraghtys - Winners of the 2020 Forest Hills Lighting Contest!



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A quick trip around Clarkson Valley neighborhoods showed us how the holiday spirit is alive and on display for all to see! Here are some of the highlights. Enjoy!



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](mailto:Bill.Tuttle@n2pub.com).

# February Is AMERICAN HEART MONTH

## health and wellness



Article by **Abby Cohen**, resident of Kehrswood and owner of **ARC Body Solutions**

Sponsored each month by **ApexNetwork Physical Therapy**

Each month, we celebrate different reasons to embrace our health, support, or fight diseases that can affect our health. Things such as a New Year's transformation challenge, cancer awareness, diabetes awareness, ALS, mental health, and our overall well-being, to name a few. February is American Heart Month, and it inspires us to examine one of the most pressing health concerns in the United States and to make positive changes. Heart disease is the leading cause of death for both American men and women.

Every year, more than 600,000 Americans die from heart disease. The number one cause of death for most groups, heart disease affects all ages, genders, and ethnicities.



We look around our community to find a way and opportunities to better our health through exercise and nutrition, as they go hand-in-hand to help strengthen our heart as well as our lungs, muscles, bones, brain, and organs. Risk factors include high cholesterol, high blood pressure, smoking, diabetes, stress, and excessive alcohol use.

Did you know that the human heart is responsible for pumping blood throughout our body, supplying oxygen and nutrients, and removing toxins and waste? The heart weighs between 8 and 12 ounces; it is a mighty organ divided into four chambers that work together to pump blood in and out.

Keeping your heart healthy involves commitment and dedication by taking an active role in reducing your risk of heart disease by eating a healthy diet, following a healthy lifestyle, engaging in physical activity, and managing your stress, cholesterol, and blood pressure.

### Healthy habits are a great way to start your journey!

- 1. Take up a heart-healthy habit:** Staying active, eating healthy, and watching our weight are all important parts of maintaining a healthy cardiovascular system. Pick a new heart-healthy habit like jogging or substituting sodas with water and try to stick to it for a whole month.
- 2. Educate yourself:** Learn about the risk factors for heart disease, the ways you can prevent them, and the lifestyle choices that can help you stay healthy.
- 3. Get your cholesterol tested:** If you're worried you might be at risk for heart disease, ask your doctor to perform a simple cholesterol test to let you know if you're at risk and should make adjustments to your diet.

American Heart Month is important because it reminds us to take care of our hearts, it promotes education about heart health, and it raises awareness about heart disease. To celebrate American Heart Month, take some time to learn about heart health risks, find your favorite heart-healthy activities, and cook some healthy meals with your family.

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Marquette HS Honor Society members (L to R): Ivy Williams, Addie Scanlon, Jennifer Liu, Sunny Palakollu, Morgan Grzybowski, Nick Bobrusev, Allyson Barth, Chris Hunt, Hoda Elbeshbeshy, Lajja Patel, and Samir Faruq

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Article and photos by **Jennifer McGrath** resident of Kehrs Mill Trails

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Last November, 27 residents of Kehrs Mill Trails gathered on a crisp Saturday morning for their annual Honeysuckle Hackathon. Armed with chainsaws, loppers, and gloves, the residents attacked the honeysuckle along the roadways of the neighborhood where it had created a safety hazard, impairing visibility on curves and obscuring fire hydrants. The goal was to clear as much of the roadways as possible – no easy feat because of the invasive nature of this plant.

Aiding in this Herculean task were 20 National Honor Society students from Marquette High School who wanted to get some community service hours logged. Working in two shifts, the students hauled and piled up hundreds of cut honeysuckle bushes as residents cut them.

Because disposing of the honeysuckle is a challenge, a landscaping contractor was hired to gather the piles, chip them up, and haul them away. All residents in the subdivision were encouraged to take advantage of this service and clear their own properties, and wow, did they ever! The landscaping crew picked up a whopping 21 truckloads of chipped material, equaling 168 tons of cut honeysuckle. It took them 10 days to complete. (This is over three times the amount taken out during the 2019 hackathon.)



Audrey Altepeter and Jennifer McGrath



Brendon Gallagher making the cut.



Jennifer and Jim McGrath



Marquette HS Honor Society members (L to R): Andrew Cromer, Elizabeth Bleyer, and Kelsey Mills



Mickie Gallagher



Mickie Gallagher, Derek Diepenbrock, and Brooke Williams in the thick of it.



Before and after



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](mailto:Bill.Tuttle@n2pub.com)



Mario Navarro pulling his weight.



Ivy and Addie have a firm grip on the situation.

The Honeysuckle Hackathon has become an annual event with the goal of clearing out as much of the heavily wooded Kehrs Mill Trails as possible. Future hackathons will get easier as more and more of the honeysuckle is eradicated.

While some people like the look of this non-native honeysuckle, it is killing the beautiful Missouri woodlands and wildlife by crowding out native plant species that provide food and cover for butterflies, birds, and other animals. For more information on invasive bush honeysuckle and how to identify and eradicate it, go to the Missouri Department of Conservation website and search for "Curse of the Bush Honeysuckles." For information on native alternatives to invasive plants, visit [grownative.org](http://grownative.org).

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# The Holidays

## at Forest Hills Country Club

Article and photos submitted by **Ryan Schaben**, Director of Membership at Forest Hills Country Club

around the club

Country clubs were not immune to the unpredictable year 2020 brought us all. After a three-month shutdown in the spring, restaurants and businesses were required to close again last November, including the Forest Hills Clubhouse and inside dining. With all these changes, members could still count on delicious food, prepared safely by our culinary team. Chef Craig continued to deliver a wide variety of menu options, conveniently available for curbside pickup, including specific daily carryout features as well as the entire a la carte. Throughout the holiday season, holiday bundles were very popular — we were able to serve almost 100 Thanksgiving to-go orders. With an unforgettable year, we are incredibly thankful for each of you...

*Membership at Forest Hills Country Club is by invitation only.*

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Santa patiently waiting to greet families.



Ryan and Henry Gorin pose with Buddy the Elf!



A very happy Jack Thornhill!

A drive-through Christmas story.



Chef Craig prepares Thanksgiving meal bundles.



Anna Thornhill decorating her cookies.

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*The Oldest Heating & Cooling Company in St. Louis!*

Article edited by **Lori Ruscitti** resident of Forest Hills

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resident business beat

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My great grandfather started the company in 1895 after migrating from Germany where he was a metal worker. My name is Butch Welsch, and I am the president of the company. My wife Carol and



Grandkids Dylan, Molly, and Colin with Butch Welsch



Current location on Welsch Industrial Ct.

I am the owner. I grew up in Glendale and graduated from Washington University Engineering School and went straight into the family business. In 1979, Carol and I built a

home on Herworth Drive where we raised our two children, Wendy and Bryan, and still reside.

Most of our business is the installation of furnaces, air conditioners, and related ductwork in both existing homes and new residential construction. A little over half of our business is servicing and replacing furnaces and air conditioners in existing homes and one-third in new construction, including many large unique custom homes. These homes typically have several HVAC systems and require our engineering to properly design and install the systems for maximum comfort and efficiency. Recently, we have added an architectural metal component to our business, which allows us to perform all types of architectural sheet metal roof work, from copper bays, dormers, copper gutters, downspouts, and any architectural metal components. Our craftsmen are the best in the industry and the quality and beauty of the work they complete are unparalleled.

The best advice I can offer anyone regarding the heating and air conditioning business is to choose someone who has a proven track record and a reputation for standing behind their work and making sure that you, the customer, are satisfied. When purchasing a heating and air conditioning system, there are about six major manufacturers and their equipment is similar. It is much more important to choose a contractor with whom you are comfortable and let them assist you in deciding the make and models of equipment that will be the right fit for your situation. Be aware there are some high-pressure sales companies in our industry, and usually, their pricing is two or more times a fair price. Do not be fooled by their tactics and make sure you are dealing with the right contractor and you will not go wrong.

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# Real Estate RESOURCE

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Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Total Living Area
1008 Yellowwood	Wildhorse Village	\$550,000	\$550,000	12/28/20	66	5	6	4,085	4,085
1063 Greystone Manor Pkwy	Greystone	\$648,000	\$620,000	12/03/20	47	3	4	3,221	3,221
1113 Horse Run Ct	Greystone	\$880,000	\$850,000	12/14/20	180	4	6	4,007	6,607
15 Crownhill Lane	Forest Hills Club Estates	\$449,000	\$400,000	12/02/20	18	3	5	3,535	4,535
241 Fox Chapel Lane	Forest Hills Club Estates	\$559,000	\$507,500	12/31/20	126	4	4	3,106	4,226
1262 Somerset Field	Somerset	\$525,000	\$540,000	12/15/20	3	4	4	3,344	3,344
1246 Bluffview Ridge Dr	The Bluffs of Wildhorse	\$550,000	\$552,000	12/21/20	4	4	4	2,881	3,781
1535 Blue Roan Ct	Kehrs Mill Trails	\$564,000	\$555,000	12/04/20	229	4	3	2,068	3,565
16406 Wilson Farm	Wilson Farm Estates	\$535,000	\$562,000	12/28/20	5	4	3	2,746	2,746
16451 Dapple Gray Ct	Kehrs Mill Trails	\$615,000	\$585,000	12/30/20	18	5	3	2,221	2,221
1159 Patchwork Fields	Feinup Farms	\$649,900	\$599,900	12/31/20	150	4	3	2,940	2,940
16920 Deer Antler Ct	Feinup Farms	\$621,989	\$605,500	12/30/20	119	4	3	2,802	2,802
16431 Wilson Creek Ct	Manors at Clarkson Valley	\$680,000	\$650,000	12/14/20	73	5	4	3,729	3,729
1320 Countryside Manor Place	Countryside at Chesterfield	\$725,000	\$680,000	12/18/20	112	5	5	4,400	5,400
1284 Fienup Lake Dr	Fienup Farms	\$713,448	\$697,500	12/17/20	53	4	4	3,108	3,108
1294 Harvester Dr	Fienup Farms	\$719,665	\$699,900	12/30/20	126	4	4	3,108	3,108
17030 Woodchuck Place	Fienup Farms	\$871,992	\$876,326	12/15/20	0	3	3	2,880	2,880
1205 Edgewood Hill	Fienup Farms	\$939,065	\$935,312	12/23/20	0	4	4	4,037	4,037
17409 Country Lake Estates Ridge	Country Lake Estates	\$1,075,000	\$1,075,000	12/16/20	2	5	7	4,520	6,020
17020 Lakeside Ridge Dr #Lot 215	Feinup Farms	\$1,065,000	\$1,908,099	12/04/20	0	4	4	3,600	5,200



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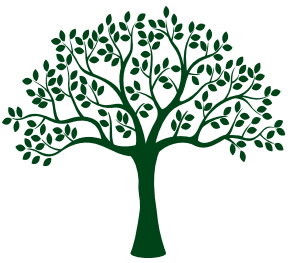
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# BONE FACTS.

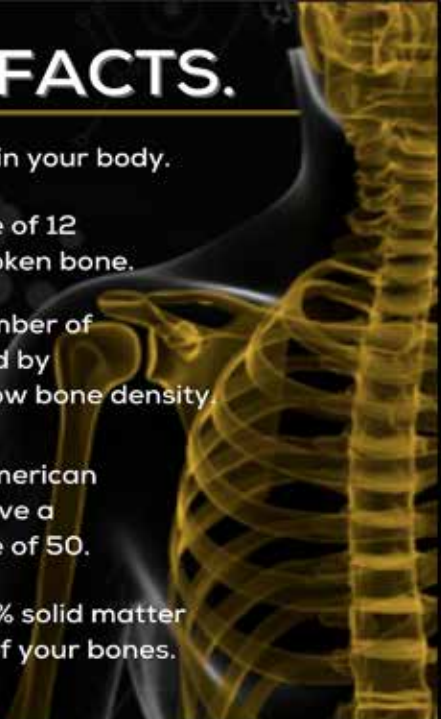
206 bones in your body.

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