



CLARKSON VALLEY

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE
RESIDENTS OF CLARKSON VALLEY

January 2020

Living

MEET YOUR
NEIGHBORS,

*The
Mahoney
Family*



Your *Clarkson Valley Living* magazine is provided to all residents thanks to the generous support of its business partners.

YOUR STORIES. YOUR PHOTOS. YOUR COMMUNITY.

SOLD!

3 Fairlake Drive, Chesterfield

220 Fox Chapel Lane, Chesterfield

24 Forest Club Drive, Chesterfield

Cheers to a New Year of Luxury Living



Lottmann Luxury Realty Group specializes in high-touch, discreet, luxury residential services. Here are a few Clarkson Valley properties that sold fast because of our extensive database of active and passive buyers!

**Contact Jeff Lottmann,
Luxury Realtor & Forest
Hills Resident:**

✉ jlottmann@remaxstl.com
☎ (636) 812-4414

**Lottmann Realty Group
RE/MAX Suburban**

📍 16647 Chesterfield Grove, Suite 110
Chesterfield, MO 63005



CLARKSON VALLEY City Officials

For more information, visit: clarksonvalley.org/government/city-officials

MAYOR
Scott Douglass
153 Chippenham Lane 63005
(Home) 636-394-8916
rsdoug@sbcglobal.net

ALDERMEN - 1ST WARD
James Meyer
2033 Kehrsboro Drive 63005
(Home) 636-537-3110
myrjms@aol.com

Sue McNamara
16814 Kehrsdale Dr. 63005
(Home) 636-537-2991
sue.mc@sbcglobal.net

ALDERMEN - 2ND WARD
Honora Schiller
25 Chippenham Lane 63005
636-394-7900
honoras@msn.com

Amy Setnicka
27 Crown Manor Drive 63005
636-346-4412
amysetnicka@gmail.com

ALDERMEN - 3RD WARD
Scott Schultz
248 Pennington Lane 63005
(Home) 636-227-4771
scottysch@prodigy.net

ALDERMEN - 4TH WARD
Lin Midyett
2336 Kettington Road 63017
(Home) 636-230-5684
lm1@charter.net

**CLERK/
TREASURER**
Michele McMahon
(Work) 636-227-8607
cvcityhall@charter.net

**DEPUTY CLERK/
COURT CLERK**
Susan Prichard
(Work) 636-227-8607
cvsusan@charter.net

**CITY OF
CLARKSON VALLEY**
636-227-8607
ClarksonValley.org
15933 Clayton Rd, Suite 105
Ballwin, MO 63011 (In the Clarkson Executive Center)
cvcityhall@charter.net

This newsletter should be considered "unofficial communication" and does not necessarily reflect the official position of the City of Clarkson Valley. An official position of the City shall only be communicated in letter form using City letterhead.



www.n2pub.com

© 2020 Neighborhood Networks Publishing, Inc.

IMPORTANT PHONE NUMBERS

EMERGENCY

- 911** Fire, Ambulance, Police Emergency
- 636-529-8220** Emergency (Out Of Town - Alarm Systems)
- 811** Call Before You Dig
- 800-552-7583** Gas Emergency/Odor
- 800-552-7583** Electric Emergency/Power Outage
- 314-772-5200** Poison Control Center

NON-EMERGENCY

- 636-529-8210** Police (Non-Emergency)
- 636-537-3000** Vacation Check Requests
- 636-537-3000** Chesterfield Police Department

UTILITIES

- 314-621-6960** Laclede Gas
- 800-552-7583** Ameren UE
- 866-430-0820** Missouri American Water
- 314-768-6260** Metropolitan Sewer District
- 866-570-4702** Waste Management

DISCLAIMER: Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of N2 Publishing but remain solely those of the author(s). The paid advertisements contained within the Clarkson Valley Living magazine are not endorsed or recommended by N2 Publishing or the publisher. Therefore, neither N2 Publishing nor the publisher may be held liable or responsible for business practices of these companies. **NOTE:** When community events take place, photographers may be present to take photos for that event and they may be used in this publication.

RELIEVE YOUR PAIN.

Schedule an
appointment today!



636-486-0019
ApexNetworkPT.com



Neighborhood Sponsor INDEX

This section has been created to give you easier access when searching for a trusted neighborhood vendor to use. Take a minute to familiarize yourself with the businesses sponsoring this publication. These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting this publication!

A/C- HEATING- PLUMBING-ELECTRICAL
Innovated Companies
(314) 423-4200
innovatedcompaniesstl.com

ANIMAL HOSPITAL
Veterinary Care Center
(636) 537-9960
vetcarechesterfield.com

BANKING
Paramount Bank
(314) 608-8620
paramountbank.com

BASEMENT WATERPROOFING/ BASEMENT REPAIR
Quacker's Waterproofing & Basement Repair
(636) 281-3735
quackerswaterproofing.com

CHURCH
Pathfinder Church
(636) 394-4100
pathfinderstl.org

DECKS & PATIOS
The Wall Guys Construction
(314) 680-5141
thewallguysconstruction.com

DENTISTRY
Mark Hesker, D.D.S., P.C.
(314) 569-3337
heskerdental.com

FINANCIAL ADVISOR
Paul Cavallini at Morgan Stanley
(314) 889-9882
advisor.morganstanley.com/paul.cavallini

HEALTH & WELLNESS
CBD American Shaman Ellisville
(636) 220-7118
636cbd.com

OsteoStrong
(636) 220-8080
centers.osteostrong.me/
missouri-chesterfield

HEALTHY LIVING
Presence Float Center
(636) 220-6327
presencefloatcenter.com

HOME REMODELING
Hackett Home Remodeling
(314) 540-6311
hacketthomeremodeling.com

KITCHEN & BATH DESIGN
The Style House
(636) 220-3007
thestylehousestl.com

MOSQUITO, FLEA, & TICK CONTROL
Mosquito Joe
(314) 492-2309
mosquitojoe.com

PAINTING
Darkside of the Room Painting
(636) 466-0015
facebook.com/darksideoftheroomllc

PET CARE
Petropolis Pet Resort
(636) 537-2322
petropolis.com

PHOTOGRAPHY
Higher Focus Photography
(314) 623-1587
higherfocus.net

PHYSICAL THERAPY
ApexNetwork Physical Therapy
(618) 679-4627
apexnetworkpt.com

PRIVATE SCHOOL
St. John School
(636) 779-2325
stjstl.org

ROOFING & SIDING
Advocate Construction
(314) 266-6811
advocateconstruction.com

REAL ESTATE AGENT
Chrissy Wagner Red Key Realty Leaders
(314) 412-9938
realestatebychrissywagner.com

Lottmann Realty Group
(636) 812-4414
mystrealtor.com

The Barr Tradition
(636) 394-9300
thebarrtradition.com

Kingma Maynes Collaborative
(314) 609-3715
tmgrealtystl.com

Tryla Brown Larson & Associates
(314) 910-2286
trylabrownlarson.com

REMODELING
Reeder Construction
(314) 578-2759
reederconstructionllc.com

RESTAURANT
Harpo's Chesterfield
(636) 537-1970
harpostl.com

ROOFING/SIDING/DECKS/GAZEBOS
Epic Exteriors
(314) 229-3707
stlouismoroofingcontractor.com

TRAVEL AGENCY
Gateway Travel
(636) 227-6600
gateway-vacations.com

TREE SERVICE
Gills Tree Service
John Gills
(636) 274-1378

WINDOWS & DOORS
Keller Window and Door
(314) 399-2001
kellerwindow.com



Have you used one of our amazing business partners? We want to hear about your experience! Want to recommend a business not listed here? We'll see if they qualify to be a trusted business partner for Clarkson Valley Living. Please reach out to Bill.Tuttle@n2pub.com and provide the details.

OSTEO STRONG
CHESTERFIELD

⊗ INCREASE BONE DENSITY ⊗ IMPROVE BALANCE & POSTURE
⊗ INCREASE STRENGTH ⊗ ALLEVIATE JOINT AND BACK PAIN

CALL TODAY FOR A COMPLIMENTARY SESSION!

636-220-8080
1077 S. WOODS MILL ROAD, CHESTERFIELD, MO 63017
OSTEOSTRONGCHESTERFIELD.COM

ERIN & STEVE GREINER
OWNERS



mayor's corner

January, a New Year!

By Mayor Scott Douglass

As we begin each new month, there are familiar activities so we make plans to handle them. At the same time, we brace ourselves for those unexpected happenings that almost always occur. But January has a different tone to it. No matter if you are still feeling that warm glow of love and fellowship from the Holiday Season, it's time for a "new beginning"! Well, at least a look forward with thoughts on how the new year can be even better. The historical new year's resolutions are used to illustrate how to approach your wanted changes. My favorite line here is: the only real constant in life is "change," even though the results may sometimes be the same. What about your City - changes for 2020? You are reading the most recent change, a renewed *Clarkson Valley Living*. A major change in our Court is taking place. Our Court administrator, Susan Prichard, is retiring. The exact date (January or February) is dependent on the transition of our court activities to Chesterfield. With Ms. Prichard's retirement, we requested bids from neighboring cities to operate our court. Chesterfield's bid was accepted and we are finalizing the details for the transition now.

A side note: Ms. Prichard's contribution for the last 19 years has been outstanding! More on her retirement will come later.

This last year, we established a new Web site. Give it a try and let us know if you need something that's not there. For the New Year, a few reminders: When walking your dog (Fido), always walk on the left side of the road (facing traffic); also good when walking with anyone; at night, be sure your garage door is down. As you have heard/read, carjacking is on the rise in the St. Louis region, so be sure to lock your car when out and about. Oh, about those new year resolutions - if you make them, I'll help by using this space the next couple of months to ask how you are doing.

As for the Douglass family, I avoid that necessity as we use the exercise as a fun one - with more dreams than reality. For 2020, your City is financially stable and looking forward to serving you. You have done a great job at recycling, so keep on, keeping on! Don't hesitate to call me for whatever, good or bad - 636-394-8916.

Clarkson Valley Recycling Results for November 2019:
30.53 tons



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.



Bill Tuttle
Publisher, Resident & Business Partner Relations
Bill.Tuttle@n2pub.com
(636) 579-0698



Jill Gray
Photographer
Higher Focus Photography
Jill@higherfocus.net
(314) 623-1587



Cindy Munich
Delicious Dish
Resident of The Manors at Clarkson Valley
Munichs3@hotmail.com
(314) 920-5311



Lori Ruscitti
Living Generously
Resident of Forest Hills
amcangel97@verizon.net
(214) 668-4070

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!

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.

Declaration of Candidacy



A municipal election will be held in the City of Clarkson Valley on Tuesday, April 7, 2020, to elect one Alderperson from each of the three wards, each serving a two (2)-year term.

Declaration of Candidacy for said offices must be received by the City Clerk, Monday through Friday, during regular business hours. Filing begins on Tuesday, December 17, 2019, at 9:00 a.m. The closing date is 4:30 p.m. on Tuesday, January 28, 2020.

Qualifications require candidates to be at least 21 years of age prior to taking office, a citizen of the United States, an inhabitant of the City for one year prior to their election and a resident of the ward from which they are to be elected.

Why Choose the Most Dynamic Duo in Real Estate?

Experienced Homebuilder, Occupational Therapist and Certified Aging-In-Place Specialist. That's why.

Quick tips to keep your home safe:

- 1 Avoid using area rugs as they present a tripping hazard
- 2 Install grab bars near toilets and in the shower/bathtub
- 3 Replace doorknobs and faucets with easy to use handles, such as lever handles
- 4 Install a ramp with handrails to the front door
- 5 Place no-slip strips on tile and wood floors to avoid slipping in areas that become wet
- 6 Place light switches at the top and bottom of the stairs
- 7 Install night lights near stairs, restrooms, and other areas that pose hazards in the dark



Nicholas Maynes
ABR, REALTOR®

Has nearly a lifetime in the homebuilding industry. Because of his experience working for Maynes Construction Company, Nick has an extensive background in homebuilding and has expertise for numerous types of real estate transactions and construction projects. He founded TMG Realty and has enjoyed being a real estate salesperson and broker since 2003.



Gretchen Kingma
OTR/L, CAPS, REALTOR®

314-609-3715 · gkingma@kw.com

Specializes in aging-in-place services, home modification, and community transitions assisting older adults with making their spaces fit their needs while promoting independence, comfort, and personal choice. She is a registered Occupational Therapist and enjoys helping people achieve real estate and lifestyle goals.

Call us for a FREE home safety assessment to ensure successful aging in place!



publisher's note

Hello Residents of Clarkson Valley

My name is Bill Tuttle and I am pleased to lead the team bringing back your *Clarkson Valley Living* magazine! This publication will again feature your stories, photos, and more from your community. We are confident that you will enjoy receiving each month's issue in your mailbox.

N2 Publishing is the leading provider of specialty publications for residents of exclusive communities all across the nation. We help turn neighborhoods into communities through monthly neighborhood magazines. Locally, we also produce publications for The Legends, Notting Hill, Whitmoor, and Wild Horse Creek.

This magazine is a social publication designed to reflect the activities and interests within Clarkson Valley. However, we are not associated with your HOA, therefore we will not be "the

voice" of your HOA, Property Manager, or Developer. If you have questions regarding anything that involves the HOA, please contact them directly.

In order to provide your private monthly magazine free of charge, the costs of production, printing, and mailing each magazine are covered by the advertisement purchases from the local business partners that you see in each issue. We try our best to screen our business partners to ensure they can provide the types of services that you may want or need. If you currently use a business that does great work, please let me know as they might want to reach out to your neighbors as well. If you own or run a business and would like information on reaching your neighbors each month, or to simply list your business for free in the Resident Business Guide, email me at Bill.Tuttle@n2pub.com.

Unique to the neighborhoods of Clarkson Valley, your private monthly magazine will showcase who you are as a community. It will include details on upcoming local meetings and happenings, plenty of personal stories, photos, and articles mostly written and photographed by you and your neighbors. It will also communicate city issues and proceedings, club activities and information, as well as spotlights on our business partners, and resident businesses.

Along with your magazine, we will host a variety of fun and free social events put on by *Clarkson Valley Living* to bring the community together. There will be neighbors nights out at top restaurants, salon and spa reviews, family outings, and more. We will communicate to you the various events we are hosting through the magazine and emails. If you wish to be included in the emails, please contact me at Bill.Tuttle@n2pub.com.

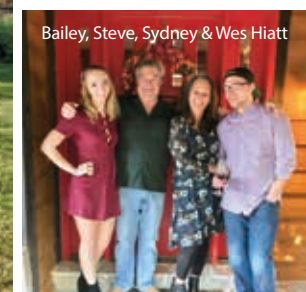
I'd like to personally thank Mayor Douglass and the City of Clarkson Valley for their support, as well as our inaugural business partners who make the magazine possible for all residents, and especially to the residents who contributed the articles and pics for this first issue. The *Clarkson Valley Living* magazine would not exist without all of you!



I can't wait to meet you and share your stories with your neighbors.

Sincerely,

Bill



living spaces the HIATT'S

Wonderful Home on Trotting Trail in Kehrs Mill Trails

Dr. and Mrs. Hiatt and their family have lived on Trotting Trail in Kehrs Mill Trails for 20 years. Prior to moving to Kehrs Mill Trails, they were living in the Wildhorse Subdivision and had a weekend retreat at Innsbruck Resort. When the Trotting Trail property became available, they jumped on it, because they recognized they could have all they want in one location. They realized it would be the perfect place to raise their family, and what's not to love about it? The serene three-acre wooded lot has a wonderful lake view and an in-ground pool that blends harmoniously with the natural beauty of its surroundings. Having an eye for what is possible, they knew that with the right improvements to the existing residence, they could make it everything they wanted in a

home. They expanded the floor plan and upgraded the kitchen with gourmet appliances to craft it into the beautiful work of art that it now is. When you stand in the vaulted great room gazing out the floor to ceiling windows, it's easy to see what makes this such a desirable home. It's all about that spectacular view of the lake right here in such a convenient location.

Coming soon from Tryla Brown Larson & Associates, this property will be available for a new lucky family to call their home.



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

We're Proud To Sponsor This Month's **LIVING SPACES**

TRYLA BROWN LARSON & ASSOCIATES
314-910-2286
TrylaBrownLarson.com
[/TrylaBrownLarsonandAssociates](https://www.facebook.com/TrylaBrownLarsonandAssociates)

BERKSHIRE HATHAWAY
Allstate Real Estate
494-250-2817

Don't let mosquitoes take a bite out of 2020. Let Mosquito Joe make outside fun again.

- Barrier treatments to rid your yard of pesky mosquitoes, ticks and fleas.
- All-natural treatment options.
- Special event treatments.
- Satisfaction guaranteed.
- No contracts required.

Make getting outside your New Year's resolution. (We'll make sure it's itch-free.)

MOSQUITO JOE
a neighborly company

314-492-2309 | MosquitoJoe.com



family
spotlight

Kiawah Island, South Carolina



Magic Kingdom!



Hiking in Westcliffe, Colorado



Blouie was there!



At the charity JDRF walk downtown this fall to raise money for T1D awareness and support one of Avery and Greta's best friends.



At The Shack for Dad's big day



Camelback Mountain, Scottsdale, AZ

INTRODUCING The Mahoney Family

Sponsored by **Chrissy Wagner Red Key Realty Leaders**

Meet the Mahoney family, Michael, Kendall, Avery, Greta, and Leland. The Mahoneys (along with their dog Walter and cat Baxter), moved to The Manors at Clarkson Valley in July 2019. Prior to moving, they had been living in Chesterfield for the past 12 years.

They love the sense of community in Clarkson Valley. The peace and quiet, along with easy access to highways, shopping, and restaurants make it the perfect place to live and raise their family.

Michael and Kendall are both originally from the area and were married in 2007 after meeting in New York City in the fall of 2003.

Michael grew up in Chesterfield and attended DeSmet Jesuit High School. He earned his bachelor's at Tulane and his MBA from Washington University. He currently works as the Vice President of Operations for Privoro, a Phoenix-based startup in the mobile security industry.

Kendall grew up in Ladue, and after graduating from Ladue High School, she attended Emory University in Atlanta where she earned a bachelor's degree in Economics. She works as a talent manager/executive recruiter for Kforce, a national staffing firm, where she specializes in placing individuals in Finance and Accounting positions.

Identical twins Avery and Greta (10), along with younger sister Leland (8), attend Ascension School. Avery and Greta are in fourth grade, and they enjoy playing soccer, volleyball, and gymnastics. They play club soccer for the 2009 Stars, of the JB

Marine Soccer Club. When not in school or playing sports, they enjoy reading, playing piano, cooking, and playing with friends.

Leland is in second grade, and like her older sisters, she also enjoys playing soccer. She also plays basketball and does gymnastics. In addition, she has recently taken up playing the piano. She also enjoys reading, art, and spending time with friends.

The Mahoneys have two pets: a dog, Walter, a nearly 17-year-old Terrier-mix, and a cat, Baxter, a 12-year-old ragdoll. Walter is "well-known" in the area, having appeared in print ads for Pétropolis Pet Resort and on KSDK's Today in St. Louis on a segment about Halloween pet safety. He gets daily walks in the neighborhood – feel free to stop and say "hi!"

The Mahoneys love traveling – some favorite destinations include Palm Springs, Kiawah Island, Amelia Island, and of course, Walt Disney World. They are active in Ascension Parish and the school community (Kendall is a room-parent and Michael coaches CYC soccer). They also enjoy playing golf and tennis as a family and exploring new restaurants around town. Some of their favorite restaurants include Mia Sorella, Annie Gunn's, Paul Manno's and Addie's Thai House. They are looking forward to meeting more of their new neighbors and creating new family memories in their new home and community.



Want to nominate the next family to be featured? Featured families receive a free photoshoot! Email Bill.Tuttle@n2pub.com.

WE'LL PAINT ANY COLOUR YOU LIKE.

EXTERIORS · INTERIORS
POWER WASHING · DECK STAINING

FOR A FREE ESTIMATE
Contact either Artist:
Richie Weeks 636-466-0015
Jason Tucker 636-795-1463

Darkside of the Room, LLC
Painting & Contracting

DarksideOfTheRoomPainting@yahoo.com

EPIC EXTERIORS INC
"BUILD SOMETHING EPIC"

FREE ROOF INSPECTION

- SHINGLE
- STANDING SEAM
- SLATE
- CERAMIC TILE
- CEDAR SHAKE

STORM CLAIM SPECIALISTS!
WE MANAGE THE WHOLE CLAIM PROCESS FROM BEGINNING TO END.

EPICROOFINGRESTORATIONS.COM

314-229-3707

Dog Breath is nothing to smile about, even if you're a cat!

One of the first things that we do in the morning is brush our teeth, but what about your pets? Have you ever stopped to think about the importance of your pet's oral health and how to care for their smiles? Our pets' oral care is a key factor in keeping them healthy for a long and happy life.

Dog and cat dental disease is among the most common diseases seen by our veterinarians. Up to 80% of pets will have dental disease by the time they reach 3 years of age. Dental disease goes beyond bad breath, if left untreated it can lead to pain, tooth loss, infections, and damage to vital organs such as their heart, liver and kidneys. Good oral care can help pets live up to 20% longer, happier lives!

Let's take a look at your furry friend's oral health! So, gather your pet in close, gently open his mouth and take a closer look at these important parts of their oral health.

Their Gums

Your pet's gums should be pink in color. Some pets have natural dark spots or pigment in their mouth, this is nothing to worry about. If you notice redness or swelling, this may be the first signs of dental disease, gingivitis. It is important to catch dental disease early, because if left untreated the gums will begin to recede leading to infection and tooth loss.



About Us

Here at Veterinary Care Center we are here to help you and your furry friends with everything from routine wellness to surgery. We are a family owned animal hospital with three experienced veterinarians on staff, Dr. Matt Shivelbine, Dr. Laura Joback and Dr. Evan Klein. We focus on providing exceptional quality with compassionate care, we welcome you to our family at VCC!



(636) 537-9960
vetcarechesterfield.com

Limit one promotion per household. Must be used by March 30, 2020. Not eligible to be combined with other offers.



Their Teeth

Now let's look at your pet's teeth. They should be white and clean! If you notice any teeth that are discolored or broken you should contact your vet for an oral exam.

Just like us, pets accumulate tartar at different rates, it is important to check often for buildup. Typically, this buildup will form on the outside of their molars and along the gum line. If you notice that your pet has buildup on their teeth, this is an indication that your pet should have a professional cleaning right away.

Their Breath

Dogs and Cats' breath may not be minty fresh, but it should not smell foul. If your pet has persistent bad or foul breath, this could be a sign that they have an infection and/or serious dental disease.

The first step in making a difference in your pet's oral health is having an experienced vet examine your pet at least twice a year. If you notice that your pet is experiencing any of these signs, give us a call to discuss your pet's oral care!

- Persistent bad breath
- Buildup or tartar on teeth
- Pain in or around their mouths
- Swollen and bleeding gums
- Excessive drooling
- Loss of appetite / not wanting to chew kibble
- Not wanting to chew or favoring one side
- Changes in behavior

Call today for a
Complimentary Oral Health Exam
and **15% Off a Dental Cleaning!**

precious pets *SAY HELLO to The Ruscitti Family's Pack*

Morgan, Bindi, and Teddy

Article written by **Morgan** with a little help from her human mom, Forest Hills Resident **Lori Ruscitti**

Sponsored by **Petropolis Pet Resort**

Hi, my name is Morgan and I am a 9-year-old Maltipoo. My mom named me after a stuffed dog she had as a child. My humans seem to think that I am spoiled and have a bit of an attitude, but honestly, I have no idea what they are talking about. After all, I allow them to live in my house, don't I? My gift to the humans is all seven pounds of my cuteness that I bestow upon them daily. I do not have any talents other than that, but really, I do not think I need any others. I have two dog siblings; however, I consider myself to be more of a people dog instead. Luckily for me, there are six humans in the house for me to hang out with.

My sister Bindi is a 5-year-old black and red long-haired German Shepherd. Everyone thinks she is sweet, smart, beautiful and obedient, but she does not fool me, I am on to her. She loves tennis balls and always has one in her mouth or near her. She also likes to take one of mom's shoes and lay with it when mom is not at home. Bindi thinks she is in charge of all of us, but since I am the oldest, I consider that my job.

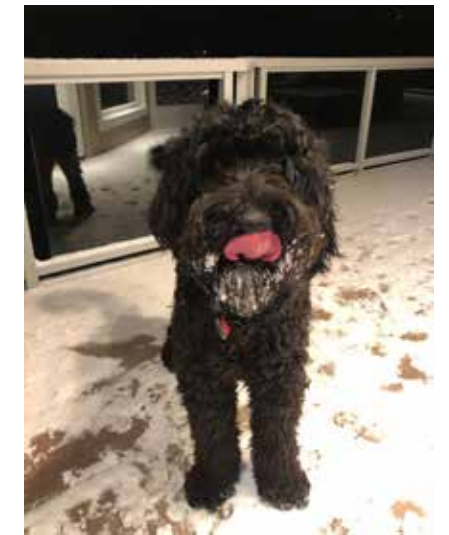
Teddy, my brother, is a 3-year-old black Goldendoodle. My mom calls him adorable because she says he is an adorable dork. I try very hard to not like him, but sometimes I forget and give him kisses on his nose. Teddy's favorite thing to do is swim. He has his own



Serious Bindi doesn't fool Morgan.



I'm in charge—just ask me.



Teddy enjoys a snow treat.

life jacket and doggie float. He is always getting in trouble for going in the pool without permission and without adult supervision. Teddy also gets in trouble for eating the wildlife in our backyard. Mom says that we should not eat them, they are friends, not food.

Some of our hobbies are playing in the snow and barking at the golfers. Our humans get upset with us when we bark at them and make us come inside, which is a real bummer. Our favorite treats are carrots. We get them as a bedtime snack every night. We also enjoy the walks our humans take us on around the neighborhood. It is a lot of fun meeting new people and other dogs on our walks.

We moved here from Texas in August 2017 because of my dad's job. All three of us love living in Clarkson Valley and hope to live out the rest of our dog years here, with me in charge, of course.



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

PET EMPOWERMENT TIP

ROTATE YOUR DOG'S TOYS

Just like kids, dogs can get bored of their toys over time. To keep your pup engaged and entertained, swap out their toys weekly! Not only will this keep things exciting for them, but it will also decrease the chances of them chewing up household items.

EMPOWERED BY PETROPOLIS

EXCLUSIVE OFFER
ONE FREE DAY
OF DOGGY
DAY CARE

NEW YEAR, NEW YOU?



Why *Not* to Start That Diet in January

Happy New Year! As the notes of “Auld Lang Syne” fade into the background, visions of the person we hope to be in 2020 begin dancing through our heads. Will she make more time for self-care? Will he be a better father? More prudent with money, more faithful to the gym, ready to finally join that book club? Whatever our hopes and dreams for a “new you,” we often choose the new year as a time to kick-start that transformation. However, research shows that the year’s beginning is often *not* the best time to initiate diet- or weight-loss-related resolutions.

At their core, our wintertime eating habits have to do with **biology**. Long ago, humans ate as much as possible when food was available during the winter, as resources were harder to come by; essentially, we are still programmed to “store up” food in insulating fat layers until warm weather arrives. Hard to argue with that!

As we all know, **weather** can have a huge impact on **mood**. In many areas of our country, winter means ice, snow, freezing temps, and early darkness – not necessarily the most cheerful of atmospheres. Now, add to that the idea of limiting your food consumption and dragging yourself out into the elements to exercise, and that’s a surefire recipe for gloom. When the cold and gray seem relentless, our bodies yearn for comforts like casseroles and stews – nourishing and, yes, fatty foods. Given that rates of depression irrefutably increase in the colder, darker months, it seems almost cruel to ask one more difficult thing of ourselves during the winter.

Also related to weather is **cost**. Let’s face it: It costs more, especially during the colder months, to eat healthy. And in January, we often need to tighten our belts financially as we come out of the holidays. Fresh produce is harder to come by, and it’s definitely not as tasty. It’s frequently been sitting on a truck for days, imported from whatever warm-climate area in which it was grown. Doesn’t sound quite as appealing as tomato or zucchini picked from your neighbor’s garden, huh? Finances aside, a cold-season focus on nutritious fruits and veggies encourages out-of-season eating, which is an expense for our carbon footprint as well.

Sure, all those holiday goodies may have wreaked havoc on your typical eating habits, and maybe you’ve added a pound or inch or two, but as explained, it kind of makes sense. Now that the celebrations are over, allow your eating and workout habits to stabilize, and save that strict resolution for springtime, when the sun is shining, the days are longer, and fresh salads just sound so much more appealing!

Relax. Restore. Rejuvenate.

Presence Float Center

PresenceFloatCenter.com 636-220-6327
233 Lamp & Lantern Village Town & Country, MO 63017

FIVE STRATEGIES TO USE A BONUS OR RAISE

Many companies provide some form of incentive compensation as part of their overall compensation package. In fact, 85% of U.S.-based companies paid out bonuses in 2018, according to a recent survey by WorldatWork, an association of human resource professionals.¹ Many of these same companies also offer spot bonuses and raises during the year to recognize good work and motivate employees to continue to drive results. If you’re fortunate to see a boost in your paycheck—whether it’s through a bonus, raise or promotion—it may be very tempting to spend this extra cash on a new electronic gadget or fun vacation, but using your bonus on long-term, big picture goals may lead to greater happiness in the long run. What should you do with your extra compensation? Start with the basics. Focus on two important objectives: catching up and getting ahead. Here are five strategies to put your money to work for you now, so you can potentially reap the rewards down the road.

1. Pay down part or all outstanding debt

If you have debt, such as student loans, car loans or credit card debt, a bonus can be a great way to tackle it aggressively. And if the interest rate on your debt is high, make this a top priority. The money you pay in interest can cost you thousands over time.

2. Boost your investment in your 401(k) and max out other retirement accounts

Hopefully, you’re already contributing to your company’s 401(k) retirement account and taking full advantage of any available company match. When you receive a bonus or an increase to your salary, consider increasing your contribution, since the more money you set aside today, the better off you’ll be in the long run, helped by the power of tax-deferred growth potential.

3. Contribute to a savings or investment plan

If your current financial situation is solid and your debt is under control, consider investing your newfound cash in a savings or investment plan that is earmarked for a long-term goal, like buying a home, but is also available for any short-term emergencies. Resist the temptation to invest in an ad hoc manner. Instead of picking a few hot stocks, follow a long-term investment strategy. A Financial Advisor familiar with your individual goals and circumstances can help you reduce volatility within your portfolio through diversification and asset allocation tactics.

4. Save through an education savings plan, such as a 529 plan or Coverdell ESA

The average cost of tuition and fees at a private college is \$35,830 for the 2018-2019 school year, according to the College Board.² This expense has continued to rise every year, making saving for your children’s college education a priority.

If one of your long-term goals is to send your children to college, consider allocating some of your new funds towards a savings plan dedicated to covering these expenses. A 529 Plan and a Coverdell Education Savings Account can both be excellent college savings vehicles because they are both tax-free when used for college. There are important differences between the two—specifically age, income and contribution limits—so do your homework before determining which program is best for your family’s needs and goals.

5. Invest in yourself

If all your necessities are covered and your long-term goals are on track, think about using some of your enhanced compensation to accomplish an important short-term goal. For instance, if you’re focused on making healthier choices, you may want to consider investing in a gym membership or a wellness group. And if you’re striving to slow down your lifestyle, you may want to book a meditation retreat or learn yoga. This way, you reward yourself for job well done, while achieving an important goal.

Making the Most of Your Money

Earning and receiving a bonus, raise or promotion is very satisfying, and can help you advance your financial well-being. A Financial Advisor can provide ideas and guidance about how the money can help you reach your future goals in the context of a comprehensive wealth management strategy.

Morgan Stanley



Wealth planning. It all starts with one meeting.

Life is filled with one meeting after another, but this one is important. It’s about your future, and what you can do to prepare for it.

My name is Paul Cavallini, and I’m a Morgan Stanley Financial Advisor with more than 27 years of experience. Meet with me, and we’ll review your financial goals to create a wealth plan that helps you manage your assets. Call today to schedule an appointment, and let’s get your future started.



Paul Cavallini
Senior Vice President
Financial Advisor

7733 Forsyth Blvd
Suite 2100
Clayton, MO 63105
314-889-9882
paul.cavallini@
morganstanley.com

© 2019 Morgan Stanley Smith Barney LLC. Member SIPC.
FAS010 CRC 2639351 07/19

¹ Source: WorldatWork 2018-2019 Salary Budget Survey, July 2018. <https://www.shrm.org/resourcesandtools/hr-topics/compensation/pages/2019-incentive-variable-pay-practices.aspx>

² Source: The College Board. <https://trends.collegeboard.org/college-pricing/figures-tables/average-published-undergraduate-charges-sector-2018-19>.

Disclosures:

Article by Morgan Stanley and provided courtesy of Morgan Stanley Financial Advisor. Paul Cavallini is a Financial Advisor in Clayton at Morgan Stanley Smith Barney LLC (“Morgan Stanley”). He can be reached by email at paul.cavallini@morganstanley.com or by telephone at 314 889 9882.

This article has been prepared for informational purposes only. The information and data in the article has been obtained from sources outside of Morgan Stanley. Morgan Stanley makes no representations or guarantees as to the accuracy or completeness of the information or data from sources outside of Morgan Stanley. It does not provide individually tailored investment advice and has been prepared without regard to the individual financial circumstances and objectives of persons who receive it. The strategies and/or investments discussed in this article may not be suitable for all investors. Morgan Stanley recommends that investors independently evaluate particular investments and strategies, and encourages investors to seek the advice of a Financial Advisor. The appropriateness of a particular investment or strategy will depend on an investor’s individual circumstances and objectives.

Asset allocation and diversification do not assure a profit or protect against loss in declining financial markets.

The 529 Plan Program Disclosure contains more information on investment options, risk factors, fees and expenses, and potential tax consequences. Investors can obtain a 529 Plan Program Disclosure from their Financial Advisor and should read it carefully before investing.

Investments are subject to market risk and may fluctuate in value. Before investing, investors should consider whether tax or other benefits are only available for investments in the investor’s home-state 529 college savings plan.

Paul Cavallini may only transact business, follow-up with individualized responses, or render personalized investment advice for compensation, in states where he is registered or excluded or exempted from registration <https://advisor.morganstanley.com/paul.cavallini> <http://brokercheck.fina.org/Search/Search.aspx>

© 2019 Morgan Stanley Smith Barney LLC. Member SIPC. CRC 2467455 03/2019.

Coat Drive for Veteran Heroes

ROUNDED UP BY THE HAMMERSCHMIDTS OF DUNHILL

By Forest Hills Resident **Lori Ruscitti** | Sponsored by **Pathfinder Church**

living generously

COL (Ret) Bill Hammerschmidt and his wife LTC (Ret) Gina Hammerschmidt both proudly served their country in the United States Army Reserves with combined service spanning over 50 years. The St. Louis natives met while in the Army and currently live in the Dunhill Subdivision. They have been Clarkson Valley Residents for nearly 30 years and have five grown children: Susan, Cindie, Kristie, Kurt, and Erika. The newest edition to their household is a miniature poodle named Lucy.

The Hammerschmidts have volunteered with the Association of the United States Army (AUSA), St. Louis Gateway Chapter for 25 years. COL Hammerschmidt serves as an Advisory Board Member and works diligently to get members and the community involved. He believes connectivity is key to helping our Veterans in need and their families. Together as a community, we can assist the brave men and women



The Hammerschmidts in uniform back in the day.



On a recent vacation.



Many coats packed in an SUV on the way to keep homeless Veteran heroes warm this winter!

A good Soldier needs to be a warm Soldier

who risked their lives so that America, her citizens and visitors can move about freely and safely throughout the country and world.

AUSA has 122 Chapters located throughout the world and consists entirely of volunteers that provide recreational and educational opportunities to Soldiers and their Families. AUSA and its Chapters contribute over \$5,000,000 annually towards awards, scholarships, and support of Soldier and Family programs. Their mission is to support our Soldiers as well as the civilians and families who work alongside them in the local communities.

This October, the AUSA St. Louis Chapter jointly with the Mungenast Automotive Family and the Elks Lodge, held a "Coat Drive for Heroes." Coats and warm clothing for the homeless Veterans were collected at all Mungenast Automotive locations. The Hammerschmidts contributed an SUV full of donated jackets and coats that they gathered from friends and neighbors to help keep the homeless Veterans of greater St. Louis warm this winter. COL Hammerschmidt believes, "A good Soldier needs to be a warm Soldier."

AUSA is open to everyone, whether you have a relationship with the U.S. Army, or would simply like to offer your support to our Soldiers. In addition, corporate donations and sponsorships are welcomed. To get involved with the local St. Louis Chapter, call (314) 544-7196.



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



Saturday, January 11

8:00am - 6:00pm

Frozen Feet Half Marathon

LaSalle Springs Middle School

The run consists of 13.1 miles along several trails in the City of Wildwood including the Hamilton-Carr Greenway, the Al Foster Memorial Trail, and the Rock Hollow Trail. Trail surfaces will change between asphalt, chat, and natural surface single track trails. \$45. Registration is now open! Register.chronotrack.com or Call Gary or Bree at 636-458-0440 for information.

Wednesday, January 15 - Thursday, January 16

9:00am - 1:00am

Laundry Love

Walnut Grill Ellisville

Ellisville will be hosting a community wide charity event called "Laundry Love". Mention the charity and a percentage of the proceeds for the entire day of Wed. Jan. 15th (breakfast, Lunch and dinner) will be given. The money will be used to help low income and homeless people by providing money soap and talk at a local laundromat. Sponsored by St. Martin's Episcopal church - Outreach committee. Contact Walnut Grill - Ellisville 636-220-1717 for more info or simply eat out at Walnut Grill on Wednesday, January 15.

Friday, January 17

6:30pm - 8:30pm

Family Bingo - Glow in the Dark theme

Parks, Recreation and Arts Building 17891 N Outer 40 Rd.

Get the family out of the house this winter and play some bingo! Bring your own food and drinks. Light refreshments provided. Prizes. \$9/\$11 Resident/Non-resident.

Saturday, January 18

3:00pm - 4:30pm

Adulting 101: Organize Your Life

Samuel C. Sachs Branch STL Public Library

Learn important life skills to be a "real" adult. Ages 16-25.

Register at slcl.org

Thursday, January 23

6:00pm - 8:00pm

Clarkson Valley Living Wine Tasting

St. Louis Wine Market 161 Long Rd

Join your neighbors to sample some nice wines and tasty appetizers. This is an exclusive event for residents 21 years and older. RSVP to Bill. Tuttle@n2pub.com to reserve your spot.

Wednesday, January 29

7:00pm - 8:31pm

Star Party

Daniel Boone Branch STL Public Library

Don't miss this opportunity for a free training and telescope viewing session. Presented by the St. Louis Astronomical Society. Register at slcl.org

Friday, February 7

6:00pm - 11:00pm

8th Annual Casino Night

Cheer Legendz 17387 Edison Ave.

A night of excitement with poker, roulette, blackjack, craps, and more. "Taste of the Chamber" beer, wine, specialty cocktails, as well as a cruise raffle opportunity. \$50 or 2 for \$90. 636-532-3399

St. John School
A Personalized Learning Academy

An innovative approach unlike any other school in West County

OPEN HOUSE
SUNDAY, JANUARY 26 • 12PM

TEXT LEARNING TO 43506
TO DISCOVER MORE ABOUT ST. JOHN

ELLISVILLE, MO • 636.779.2325 • STJLS.ORG
Early Childhood - 8th Grade

BLUE RIBBON SCHOOL

Earn neighborhood style points.

DECK · PATIO
HARDSCAPING
SERVICES

THE WALL GUYS
Construction Company

Call us today to turn your property into an outdoor paradise. We'll provide a free quote within 24 hours so you can start planning parties right away!

(314) 680-5141
thewallguysconstruction.com

Clarkson Valley's one source comfort solution.



Installation & Repair for Plumbing | Electrical
Heating | Ventilation | Air Conditioning

Call: **314-423-4200** today
Email: ics.geninfo@gmail.com for an even faster response!
Visit: innovatedcompaniesstl.com
Follow on Facebook: [@innovatedcompanies](https://www.facebook.com/innovatedcompanies)



meet ABBY GUNTER amazing athlete

Abby is a 4th-grader at Kehrs Mill Elementary. She's been playing soccer since kindergarten and basketball since the 1st grade. She's always on the attack when playing soccer as forward is her preferred position. But in basketball, she plays both sides of the ball—forward and guard. Abby enjoys the competition in both sports, but the best part is playing with her friends. She recently scored the game-winner in a Memphis soccer tournament this fall and it's her proudest moment to date. We're sure she'll have plenty more of those in her future!

Abby enjoys music as well and plays the viola and sings! She dreams of going to college in New York City to study law and she's pretty sure singing and songwriting will continue to have a big part in her life, too! When she's not spending time with her family, Abby is hanging out with her friends playing Minecraft or creating art.

Abby's advice for her younger friends in the neighborhood: "Be kind, be brave, and make sure people are including others."



WHATEVER YOU
CAN DREAM
OR IMAGINE,
WE CAN MAKE
IT A REALITY



BATHROOMS
BASEMENTS
FLOORING
KITCHENS
CABINETS
SIDING
DECKS



Reeder Construction, LLC
Since 1978



reederconstructionllc.com | 314-578-2759



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.

restaurant review

Neighbors' NIGHT Out at Rock & Brews

Recently, your neighbors had the opportunity to experience a meal at Rock & Brews in the Chesterfield Valley. The restaurant has a colorful creation story involving T-shirt sales at rock concerts, Hard Rock Cafes and a KISS concert. Backstage after the concert, having beers with the group, Dave Furano, creator of Rock & Brews, said to Gene Simmons and Paul Stanley, "What's better than rock and brews?" A spontaneous brainstorming ensued, and Rock & Brews was born. The collaboration, combining extensive concert, branding, and restaurant experience with the immense international fanbase of KISS, has produced a new brand that is poised for worldwide expansion. The local eatery is managed by Jeff Fritz with executive kitchen manager Aaron Perrault. Their Sweet and Spicy Asian wings won second place in the UCP Annual Wing Ding!

Rock & Brews offers signature American cuisine and a full bar with 58 beers on tap. You'll also find a broad selection of premium wines, international craft beers, dog-friendly heated patios, and a kids' play area, all in an atmosphere reminiscent of a family-friendly concert, featuring concert lighting, multiple flat screens, and rock music. The restaurant features artwork that represents artists that range from Jimi Hendrix to Madonna to Bob Dylan. All the music played throughout the restaurant is accompanied on screen by either the video or the live performance. Songs can be requested and they can even create playlists for parties to personalize the event.

Rock & Brews is most known for their burgers (all \$5 on Tuesdays!), barbecue, jalapeno poppers, wings, and bread pudding with Jack Daniels caramel sauce. They offer happy hour from 3-6 pm Monday through Friday, a kids' menu, catering, private dining, and even a dog menu. Mention you are a resident of Clarkson Valley receive a free Bavarian pretzel appetizer!

Neighbors were greeted with a cocktail of their choice and were able to sample Giant Toasted Raviolis, a Strawberry Fields Salad, Island Ribs, and wrapped up the meal with Sweet Surrender Bread



Liz Whitworth of Westhampton and Elena Sordo-King of Kehrs Mill Estates West



Michael Mahoney of The Manors at Clarkson Valley and Clarkson Valley Living Area Director Host Bill Tuttle



Sweet Surrender Bread Pudding



Strawberry Fields Salad and Island Ribs



Our Chef Jade and Server Ethan



Theresa and Randy Hoy of Kehrswood



Andy and Joan Bender of Kehrs Mill Trails



Clarkson Valley Living Hosts Bill Tuttle and Tara Peterson

Puttling smothered with Jack Daniels caramel sauce. Here's what a few of our neighbors had to say about their experience:

Theresa and Randy Hoy: "Fun atmosphere with great hospitality."

My food was SUPER delicious! Nice place to get together with Clarkson Valley friends!"

Lori and Vince Ruscitti: "The staff were very personable and accommodating. The cocktails were great! Love the location—convenient for a nice lunch after getting errands done."

Diana and Dana Griggs: "Excellent food, good presentation and great service!"



Diana and Dana Griggs of Clarkson Mill



Vince and Lori Ruscitti of Forest Hills



Liz Whitworth and Carol Rosa of Westhampton

Liz Whitworth: "From the moment we walked in, the warmth of the staff was amazing. We moved to the private space and were served up an amazing meal!"

Michael Mahoney: "The staff was extremely friendly, even taking the time to learn everyone's name! The food was excellent and fresh—a nice break from typical bar food."

Carol Rosa: "The toasted raviolis were not crunchy! Delicious! And the ribs, just the right amount of heat and spice."

Joan and Andy Bender: "The ravioli was great—tender with a light sauce. The ribs were good—sweet and sour sauce lightly fried with a mild heat. The bread pudding—well, I don't have much of a sweet tooth, but my husband sure liked it!"



17258 Chesterfield Airport Rd.
636-337-3194
rockandbrews.com/st-louis
Mon thru Thurs. and Sun: 11:00 am–10:00 pm
Fri and Sat: 11:00 am–11:00 pm

DISCLAIMER: The business reviewed in this section provided products and/or services free of charge in exchange for this review.



Waypoint
LIVING SPACES
Exactly what you had in mind™

KITCHEN SHOWN IN 540 MAPLE TRUFFLE



ALL THE STYLE YOU WANT WITHOUT ALL THE DRAMA.

Your Waypoint® designer has the knowledge, experience, quality cabinetry and details you need to efficiently remodel kitchens, baths or any other living space into a unique expression of your personal style. Visit waypointlivingspaces.com for inspiration and contact your Waypoint® dealer today.

THE STYLE HOUSE STUDIO, LLC

255 OLD STATE RD
ELLISVILLE, MO 63021
636-220-3007





PETROPOLIS PET RESORT



At Petropolis, your dog is the boss! Unlike your average pet care facility, Petropolis puts your dog first by providing opportunities for them to make their own decision. We believe in the Pet Empowerment philosophy, which focuses on building confidence, adaptability, and resilience in pets by setting them up for success and rewarding healthy choices. This philosophy takes into consideration the physical, mental, and emotional wellbeing of your pet and provides an experience that is safe and enriching.

Every dog that experiences Petropolis, whether it be lodging, daycare, grooming, or training, will be evaluated and cared for based on their specific needs. No two dogs are the same, so we believe their care should be unique as well. All our staff is trained

to “speak dog” and address unhealthy behavior. We know new experiences and environments can be stressful for any pet, so we have made it our mission to help your pet reach a healthy comfort level so they can enjoy and relax during their visit with us.

Part of focusing on enrichment means creating fun, unique opportunities for our pets that they can’t find anywhere else. Our most popular feature, Canine Cove, is St. Louis’ first dog water park! It provides our daycare and lodging guests a chance to engage in safe, social water play.

If your pup is staying overnight, we offer spacious rooms with customized care options and play schedules. Plus, for our feline clients, we have our Cat Jungle where your cat can lounge in

the sunshine or chase digital fish on a monitor in their private room.

Whether we’re grooming pets in the salon, splashing with pups through the waterpark, or snuggling cats in the Cat Jungle, your pet is sure to be Empowered!

Petropolis Pet Resort
16830 Chesterfield Airport Rd.
Chesterfield, MO 63005
Phone: (636) 442-0323
petropolis.com



Do you know any awesome businesses that would be great partners for your publication? We’re always looking for referrals! Please contact Bill at Bill.Tuttle@n2pub.com.



Firepit seating Eagle’s View from the Veranda.

“The Road to the Future is Under Construction!” has been the Club’s unofficial tagline for most of last year. 2019 was filled with a surfeit of change as the Club embarked on a \$4M renovation plan. There were areas in need of drastic upgrades and areas that would benefit with added amenities – it was up to the membership to identify those areas of the Club through focus groups, coffee meetings, surveys and town hall meetings. This process took over three years before the projects were finally approved by the members in 2018.

We kicked off the renovations in October 2018, starting with the Men’s Lounge and Men’s Locker Room. We redesigned the layout with one long hallway down the middle and wood lockers on both sides to match the look of the Ladies Locker Room. The bathrooms received a face-lift and a seamless transition was created into the Men’s Lounge. The Men’s Lounge is now the place to hang out after a round of golf as it has a new bar, multiple TVs, shuffleboard, dartboard and a full-service dining area.

The old Cart Barn was original to the Club, built in 1964, and was well within the category of “in need of drastic upgrades.” The new Cart Barn was completed on August 1, 2019, and houses our new fleet of electric golf carts. Located on top of the Cart Barn, our new Pool Cabana and Bar, offers spectacular views of the Driving Range, Clubhouse and Hole 9. Officially opened just in time for the Fourth of July, members can now quench their thirst at the new bar area as they relax with friends and family.



Take a break from the sun under the Pool Cabana.



Pool view of the Cabana

around the club
 By Forest Hills Country Club Membership
 Director **Ryan Schaben**

Renovation RECAP

What’s new at Forest Hills Country Club and what’s to come...

Members will be able to elevate their game in our new Golf Training Center. This building will soon be equipped with state-of-the-art, golf-swing technology and it will become a fantastic resource for our golf professionals to grow the game of golf year-round regardless of weather. The Forest Hills Country Club Golf Training Center will be dedicated to bringing out the best in our golfers and their golf game.

Located on the backside of the Clubhouse is the highly anticipated Outside Dining Veranda. The space opened on August 28, 2019, and is complete with a wrap-around bar, fire pits, and pergolas. Dubbed “Eagles View,” members have plenty of opportunity to witness an eagle attempt with great views of the golf course. This is the perfect space for al fresco dining and has already become the gathering place for everyone.

Last on the docket is our massive racquet renovation. Once complete, Forest Hills will have a brand new Tennis Chalet, four new hard tennis courts and three new pickleball courts in addition to the two existing hydro-grid clay courts. For more renovation info, please see our website at www.foresthillsccl.net.

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.



Outside Dining Veranda featuring wrap-around bar, fire pits, and pergolas.

Submit Your PHOTOS

& Stories for Our Next Issue!



This is your publication! We rely on neighborhood involvement to keep your magazine full of great stories and pictures. Below are a few special sections we are looking to feature next month. Please email your photos to Bill.Tuttle@n2pub.com.

Holiday Pictures: If you attend any event or gathering around the neighborhood during the holidays, be sure to take some pictures and send them in, so we can all see how much fun your group had!

Sports Stars: Are any of your children enrolled in fall sports? Send us some action shots or feature them in our "Amazing Athlete" section!

New Ideas: Have any ideas for neighborhood-specific articles or events? Do you have an inspirational story? Is there a topic you think we should cover like non-profit organizations we can help, home renovations from the neighborhood, or beautiful gardens and tips from the neighborhood? We are taking all suggestions to make *Clarkson Valley Living* the best it can be and help everyone get to know each other better!

Advertising Testimonials: Our advertising sponsors are proud to partner with *Clarkson Valley Living* and they make this magazine possible. As the publisher, I personally meet with every business to make sure they are qualified and do good work. Please support these businesses and thank them for supporting *Clarkson Valley Living*! Have you used any of our advertisers? Please jot down a couple of sentences about your experience, and we will put your testimonial in the next issue!

Shout Outs



Happiest 10th birthday to favorite neighbor girl, Molly McLaughlin. Cannot wait to see what the next 10 years have in store for you!



The Zieglers are happy to announce the marriage of our son, Austin, to Alanah Stigler on Sept. 21, 2019. Alanah is a beautiful and smart young lady, and we are honored to have her in our family. And, yes, that is Stigler marrying Ziegler.



Happy Birthday to our sweet girl, Abby, who is turning 10 in January! We are so proud of the kind and brave girl you are! Love, Mom & Dad

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.

Who's caring for your Family Tree?

TREES TRIMMED & REMOVED • BUCKET TRUCK SERVICE • STUMP GRINDING

No Job too small,... no tree too Tall

GillsTM
TREE SERVICE

636-274-1378

Harpo's
EST. 1971

Chesterfield's
GATHERING PLACE

MIZZOU
WATCH PARTIES

HAPPY HOUR
MONDAY-FRIDAY
3:00-7:00 PM

JAN. 11 - FLORIDA
JAN. 14 - MISS ST
JAN. 18 - ALABAMA
JAN. 21 - TEXAS A&M
JAN. 25 - W VIRGINIA
JAN. 28 - GEORGIA

136 Hilltown Village Center
(636) 537-1970 | HARPOSTL.COM

Improve Your Corner of the World

Residential & Commercial

- Roofing
- Siding
- Gutters
- Roof Inspection

Call **314-266-6811** or click advocateconstruction.com to schedule your **FREE** roof inspection

ADVOCATE CONSTRUCTION

CLARKSON VALLEY RESIDENT OWNED BUSINESS



delicious dish

By Resident Article Contributor **Cindy Munich**

SKINNY Chicken Parmesan

Happy 2020! Our holidays were crazy and wonderful with our family and many friends. We overindulged with all the yumminess the holidays bring. Now that we have set our sights on the new year many are thinking about those few extra LBs the celebrating left behind, literally behind! Most of us are using that nasty four-letter word – DIET! No one wants to compromise taste for weight. This chicken recipe will leave you enjoying the flavors of this popular Italian dish but not feeling guilty by taking in extra, greasy calories. It also fills you with an extra serving or two of veggies, a good alternative from the heavy cheese and fat of traditional chicken parmesan. For those trying to eat less gluten choosing zucchini noodles lessens the gluten. There are also a few substitutes and tweaks you can make depending on your time and family's tastes. You can serve this with a big green salad, but it can easily be healthy enough alone. If you (or the kids) need a few carbs you can add some delicious garlic bread on the side. Here's to a happy and healthy new year!

For sauce:

- 2 28 oz. cans crushed tomatoes
 - 1 clove garlic, minced
 - ¼ teaspoon salt
 - 1/8 teaspoon pepper
 - 6 fresh basil leaves, chopped or 1 tablespoon dried basil
 - 1 Tablespoon olive oil
- Combine all ingredients and simmer on low for about 30 minutes, OR warm a jar of your favorite marinara sauce



For "noodles":

- 2 pre-spiraled zucchini noodle packages (approx. 12 oz. each) OR Spiral your own zucchini to make about 3 cups of noodles
 - 1 cup spinach leaves, chopped (optional but adds to the nutrition)
 - Dash of salt
 - 2 tablespoons olive oil
- Drain zucchini for about 10 minutes. Mix with olive oil. Add a dash of salt. Sauté in pan on medium-high heat for 7-8 minutes. Add spinach the last two minutes to wilt.



For chicken:

- 4 boneless skinless chicken breasts, flattened OR buy already flattened
- 1/2 teaspoon garlic powder
- Dash of salt and pepper
- 1 Tablespoon dried Italian herbs
- 1/3 cup panko breadcrumbs
- 1/3 cup grated parmesan cheese
- Olive oil spray



Preheat oven to 350. Salt and pepper chicken breasts. Place parchment paper on a baking sheet and place chicken on the parchment paper (makes for easy cleanup). Combine garlic, herbs, breadcrumbs and cheese. Sprinkle breadcrumb mixture over breasts. Bake for 20 minutes.

Plate dish with zucchini noodles on bottom then chicken over. Ladle tomato sauce on chicken. Pass extra parmesan chicken at table. Buon Appetito!



Do you have a special recipe you'd like us to feature? Email Cindy Munich at munichs3@hotmail.com

Packing for a WINTER VACATION

tour & travel • By Shauna Osborne

Ah, the holidays are behind us, and a new year has begun! If your final months of 2019 were as busy as mine, you're already looking forward to a relaxing getaway in 2020. While some folks have balmy beach weather on the brain when it's cold outside, others crave a winter wonderland retreat (Banff, anyone?), complete with snowy vistas and hot beverages in front of crackling fires. But cold-weather travel presents its own challenges when it comes to packing, especially if traveling overseas and/or with limited luggage space. Keep reading for some must-haves when packing for a winter vacation!

HATS

A suitable hat is crucial for staying warm and comfortable both indoors and outdoors while traveling in cold weather. The wrong hat choice can mean a brutal loss of body heat; it can also mean suffocating and sweating when you duck indoors out of the cold. Choose wisely! The right winter hat for your travels will cover your ears and at least some of the back of your neck to limit how much of your skin is exposed to the elements. Don't waste space on extraneous flaps, brims, or fluff here; your hat should be made of thin, modern material for maximum warmth and style without the extra weight.

SHOES

While the mantra for packing is generally "pack light," your shoes can be the exception for cold-weather travel. Anyone who's made an improper shoe choice for a trip knows that grievous pain and regret in every step. For cold-weather travel, the best choice is a pair of low-cut, waterproof, and comfortable slip-on boots, which you can wear right onto the airplane and around the streets of your destination, as well as dress up or down for any outing. Go for dark-colored boots that won't show dirt or moisture, and opt for slip-ons, as you will need to pull them off and on for airport security.

GLOVES

Now that your head and feet are covered, what about your hands? The days of thick, woolen mittens for toasty hands are long gone; with modern, innovative materials, gloves can be breathable, lightweight, and quick drying while still keeping your hands just as warm. As a bonus, they will have a very small footprint (or handprint!) in your luggage or pockets. Look for waterproof and thin with some type of grip for your perfect travel glove.

LAYERS

We've all heard the advice to dress in layers when traveling

during the winter. But what does this mean exactly? Most well-seasoned winter travelers agree your first layer (closest to your body) should be snug, lightweight, and long-sleeved. Next, your middle layer(s) will generally be a pullover, sweater, or light fleece; unlike with your first layer, this layer will likely be seen when you go indoors, so you can play with color, texture, and patterns, if you like. For your outer layer, choose a long, lightweight, waterproof shell, which will protect you in all weather situations. For bottoms, a sleek, slim piece works best to balance out the bulk of the layers up top, though you may opt to layer a close-fitting thermal underneath if you will be outside for extended periods in extreme temperatures.

In closing, don't underestimate how much damage the cold can do to your skin – also pack some **good body lotion** and **lip balm** to keep your skin hydrated and healthy!



Let's find your
Happy Place!



Rick Klohmann

Making great vacation
memories in
West County
for 30 years!

636 227 6600

rick@gateway-vacations.com



YOUR PREMIER ST. LOUIS WINDOW & DOOR COMPANY.



Beauty, Efficiency and Value all backed by over 23 years of experience & premier Andersen® Certified Installation, Service and Warranty.

Family owned and operated with over 23 years experience with Andersen Windows and Doors. We don't play the pricing games like the other Andersen company in town. We sell the exact same patio doors and offer replacement windows made of Fibrex™ - Andersen's revolutionary wood composite. All with Certified Andersen Installation, but with up to a 40% savings!

**DON'T OVERPAY,
SAVE UP TO 40%
WE ARE ALWAYS UP
TO 40% LESS THAN OUR
LEADING COMPETITOR!**



(314) 399-2001
kellerwindow.com



**18 MONTH
0% FINANCING**
Longer terms
available



THE CLARKSON VALLEY FOUNDATION REPAIR EXPERTS

**We Fix Wet, Broken Basements,
and Foundation Problems!**



- Foundation Crack Repair
- Wall Stabilization
- Egress Window Installation
- Radon Testing & Mitigation

Quacker's Waterproofing & Basement Repair

\$50 OFF
Any Job More
Than \$300!

quackerswaterproofing.com

CALL: 636-281-3735



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.

BANKING

Paramount Bank

Elena Sordo-King
(314) 608-8620
eking@paramountbank.com
paramountbank.com

REAL ESTATE AGENT

Lottmann Realty Group

Jeff Lottmann
(636) 812-4414
jlottmann@remaxstl.com
mystrealtor.com

ROOFING/GUTTERS/SIDING/

MASONRY

Advocate Construction

Lindsay DiTore
(314) 266-6811
lindsay@advocateconstruction.com
advocateconstruction.com

KITCHEN & BATH DESIGN, REMODELING, & CONSTRUCTION

Chesterfield Interiors

Rebecca Devereux
(636) 778-3808
rebecca@chesterfieldinteriors.net
chesterfieldinteriors.net

The Krause-Basler Network

Liz Grady Whitworth
(314) 606-2031
liz.whitworth@kw.com
thekrausebaslerteam.com

you're invited!

Wine Tasting at the St. Louis Wine Market

Thursday, January 23, 6-8 pm

The St. Louis Wine Market has moved! You're invited to a private wine tasting to check out their new space at 161 Long Rd. in the Chesterfield Valley. Join us and your neighbors to sample some nice wines and tasty appetizers. This is an exclusive event for residents 21 years and older. Only a limited number of residents can attend! RSVP to Bill.Tuttle@n2pub.com to reserve your spot before they are all taken!



Home Remodeling in Clarkson Valley
Quality | Craftsmanship | Reliability | Integrity



HOME | BATHROOM | KITCHEN

At Hackett Home Remodeling, our qualified team, can assist you with your home remodeling projects. Whether you're looking to rearrange the flow of your kitchen, modernize your master bathroom, or expand your space to accommodate a growing family, we have the solutions you need. As St. Louis' leading remodeling contractor, we proudly provide top-quality interior renovation services.

Contact Us Today to Schedule
a Consultation & Estimate

(314) 540-6311

hacketthomeremodeling.com/

Real Estate RESOURCE

The information contained herein has been obtained through sources deemed reliable by Neighborhood Networks Publishing, Inc., but cannot be guaranteed for its accuracy. Any information of special interest should be obtained through independent verification.



Address	Neighborhood	List Price	Sale Price	Sold Date	DOM	Beds	Baths	SqFt	Custom Column
2239 Samuel Stuart Ct	Pleasant Valley Forest	\$485,000	\$450,000	07/31/19	130	4	6	4,056	5,100 Total Living Space
2202 Kehsgrove Ct	Kehrs Mill Estates	\$245,000	\$343,505	07/10/19	268	5	4	2,778	2,778 Total Living Space
1759 Horseshoe Ridge Rd	Kehrs Mill Trails	\$475,000	\$432,479	08/16/19	7	5	6	3,262	3,262 Total Living Space
16411 Quiet Creek Ct	Kehrs Mill Trails	\$479,900	\$460,000	08/21/19	92	3	3	2,512	3,187 Total Living Space
2276 Whitby Rd	Westhampton	\$475,000	\$475,000	09/05/19	50	4	4	2,837	2,837 Total Living Space
2279 Whitby Rd	Westhampton	\$525,000	\$500,000	08/28/19	15	4	4	3,128	3,128 Total Living Space
16730 Kehrs Mill Estates	Kehrs Mill Estates	\$514,900	\$516,218	07/15/19	75	4	4	3,071	3,071 Total Living Space
15903 Kettington Rd	Westhampton	\$559,000	\$535,000	08/08/19	32	4	4	2,715	4,020 Total Living Space
16801 Kehrsdale Dr	Kehrs Mill Estates	\$619,000	\$580,000	08/29/19	130	5	5	3,130	4,000 Total Living Space
1831 Kehrswood Dr	Kehrswood	\$590,000	\$585,000	08/15/19	261	4	5	3,345	4,845 Total Living Space
24 Forest Club Dr	Forest Hills Club Estates	\$634,900	\$605,000	08/30/19	108	4	4	3,899	5,778 Total Living Space
2015 Kehrsdale Ct	Kehrs Mill Estates	\$629,000	\$615,000	08/26/19	56	4	5	3,790	5,190 Total Living Space
1850 Kehrswood Dr	Kehrswood	\$639,000	\$625,000	07/23/19	41	4	6	3,674	4,500 Total Living Space
1 Horseshoe Ridge Ct	Kehrs Mill Trails	\$725,000	\$643,000	07/22/19	265	4	4	5,900	5,900 Total Living Space
220 Fox Chapel Lane	Forest Hills Club Estates	\$695,000	\$680,000	07/10/19	164	4	5	3,580	4,780 Total Living Space
7 Fairlake Dr	Forest Hills Club Estates	\$714,000	\$714,000	07/10/19	0	5	4	3,800	3,800 Total Living Space
30 Crown Manor Dr	Forest Hills Club Estates	\$800,000	\$750,000	08/09/19	341	5	6	4,000	5,655 Total Living Space
1 Clarkson Lake Ct	Clarkson Farm	\$759,900	\$759,000	08/29/19	54	4	4	3,173	3,558 Total Living Space
298 Henworth Dr	Forest Hills Club Estates	\$825,000	\$810,000	07/19/19	42	4	6	3,514	4,350 Total Living Space
1639 Trotting Trail	Kehrs Mill Trails	\$985,000	\$959,600	08/29/19	36	4	4	3,752	4,139 Total Living Space

Your Hometown Lender

- Purchase & Refinance Loans
- Second Home Loans
- Investment Property Loans
- Bridge Loans
- Home Equity Lines
- Reverse Mortgages



Elena King
Senior Vice President
Direct: 314-372-4306
Mobile: 314-608-8620
eking@paramountbank.com
NMLS: 438493



622 Emerson Rd., Ste. 325 | St. Louis, MO 63141 | paramountbank.com
Contact Paramount Bank to learn more about its mortgage products and your eligibility for such products. Program rates, terms, and conditions are subject to change at any time.



Golfing Pain?

Soothe your sore muscles with our anti-inflammatory cream. It is 100% organic and Terpene Rich.



BEAUTY
PETS



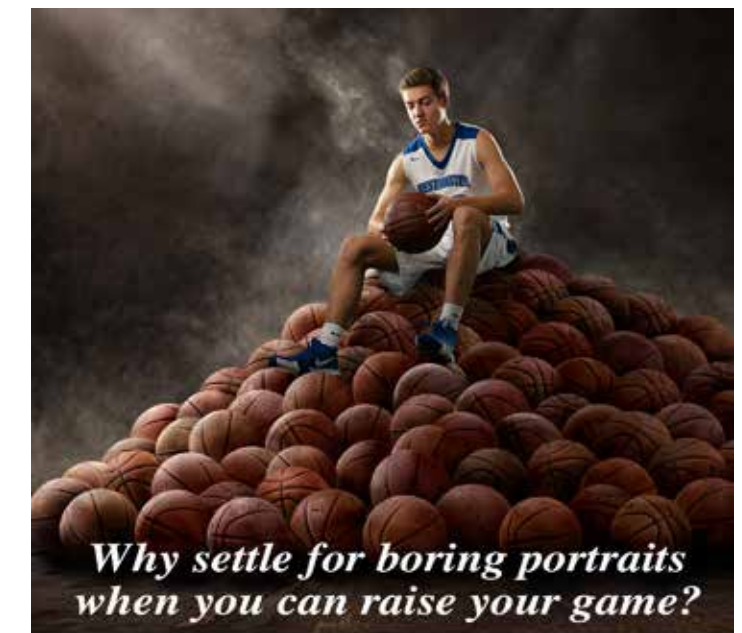
RELIEF
WELLNESS

We are focused on the welfare of our customers and even provide a Compassionate Care program with discounts for those with chronic conditions and for veterans. We offer competitive pricing and have a money back guarantee policy.

636-220-7118
636cbd.com

Free Samples in-store every day!

347 CLARKSON RD., ELLISVILLE, MO 63011
(LOCATED AT CLARKSON & CLAYTON RD.)



Why settle for boring portraits when you can raise your game?

HIGHER
FOCUS
PHOTOGRAPHY

High School Seniors
Family Portraits
Event Photos
Headshots
Photo Booth Rental

www.higherfocus.net 636-273-6600

WHEN IT COMES TO HELPING YOU BUY & SELL YOUR HOME, WE NOT ONLY RAISE THE BARR, WE ARE THE BARR!



The **BARR** TRADITION
FAMILIES AND HOMES TOGETHER

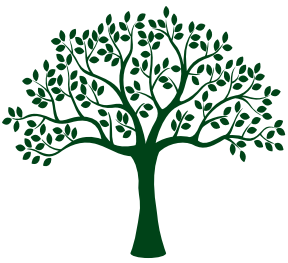
Visit us on the web!



Drew Luning | Mortgage Banker/Owner
622 Emerson Rd., Ste. 325 | St. Louis, MO 63141
Direct: 314-372-4314 | Mobile: 314-363-4230
eFax: 314-587-7214
dluning@paramountbank.com | paramountbank.com
NMLS: 237712



Call Phyllis: 314-973-2843 or Kris: 314-750-8054 · Email: thebarrtradition@cbgundaker.com
FIND YOUR DREAM HOME AT: www.thebarrtradition.com



Superior full service dentistry with a personal touch.

- Invisalign & Sure Smile Clear Aligners
- Porcelain Veneers (Lumineers)
- Sleep Apnea Oral Appliance
- Velscope Cancer Screening
- CEREC Same Day Crowns
- Natural Looking Dentures
- Guided Dental Implants
- Care Credit Financing
- Root Canal Therapy
- Extractions
- Fast Braces
- Whitening



Mark Hesker, D.D.S., P.C.

450 N. New Ballas Rd., Suite 200
Creve Coeur, MO 63141

314-569-3337

www.heskerdental.com

"It's easy to open up to someone who cares."



ASK US ABOUT OUR MEMBERSHIP CLUB!