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THE OFFICIAL PUBLICATION FOR
THE RESIDENTS OF CLARKSON VALLEY

March 2020

Living

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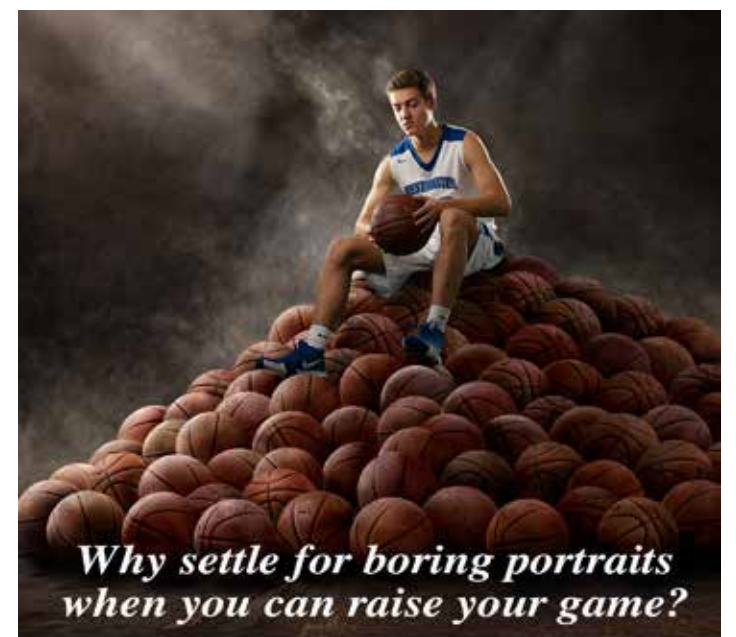
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Want to Join the Team?

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?

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This Year 2020

Stand Up and Be Counted

By Mayor
Scott
Douglass

The year 2020 – it seems to have a magical ring to it. No matter how you say it or write 2020, in many ways it's like some previous new years, a year with its challenges, both personal and community. Two major differences this year: on the national level are a Presidential election and a new Census. As we look forward, the new decade begins with continuing concerns: international problems, the political divide, etc. So, let's look locally, things we can better control, i.e. going forward, your City is financially stable. And with continued cost control, the future (as my daddy used to say) really looks good! We have completed our changes to our Municipal



Court. The Court will now be conducted in the City of Chesterfield. We have appointed the Chesterfield Judge and Prosecuting Attorney as our Court officials. They will adjudicate based on our ordinances. This change was initiated by the upcoming retirement of our Court Administrator. Susan Prichard

has been our Court Administrator for over 20 years. She will be retiring this month. More about this devoted employee and her contribution—watch for it in next month's Corner.

2020 is a Census year. No need for me to lecture on the importance of being counted. But let me give you the line up in advance, so you can be ready to promptly respond. The Census mission is to count every person living in the United States. The time-line is as follows:

March 12–20: Households will begin receiving official Census Bureau mail with detailed information on how to respond to the 2020 Census online, by phone or by mail.

March 30–April 1: The Census Bureau will count people who are experiencing homelessness over these three days. As part of this process, the Census Bureau counts people in shelters, at soup kitchens and mobile food vans, on the streets, and at non-sheltered, outdoor locations such as tent encampments.

April 1: Census Day is observed nationwide. By this date, every home will receive an invitation to participate in the 2020 Census. Once the invitation arrives, you should respond for your home in one of three ways: online, by phone or by mail. When you respond to the Census, you'll tell the Census Bureau where you live as of April 1, 2020.

April: Census takers will begin visiting college students who live on campus, people living in senior centers, and others who live among large groups of people. Census takers also begin conducting quality check interviews to help ensure an accurate count.

May–July: Census takers will begin visiting homes that haven't responded to the 2020 Census to help make sure everyone is counted.

December: The Census Bureau will deliver apportionment counts to the President and Congress as required by law.

2021

March 31: By this date, the Census Bureau will send redistricting counts to states. This information is used to redraw legislative districts based on population changes.

Clarkson Valley Recycling Results

January Recycling Tonnage: **28.28**



sponsor spotlight

GRETCHEN KINGMA & NICK MAYNES

OF KINGMA MAYNES COLLABORATIVE REALTY

Keller Williams Saint Louis

The story behind the name

Gretchen and Nick “collaborated” on the company name and leaned to their mission of creating massive opportunities for others through real estate and improving modern-day housing, opening doors for people of all abilities to guide them in naming the company. In order for them to achieve their mission, they must utilize “collaborative” efforts with others.

A little background on Gretchen and Nick

Gretchen grew up in a combination of Texas, Georgia, and finally moved to Saint Louis when she was in high school, so rest assured she can answer the “Saint Louis question.”

With a degree in exercise physiology from the University of Mississippi and a master's in occupational therapy from Saint Louis University, Gretchen has always had a heart to serve others. While working as the lead OT at a well-known senior living community in Saint Louis, Gretchen conducted many “home assessments” prior to older adults discharging home from a hospitalization. Through this experience, Gretchen realized that there is a major lack of accessible architecture as well as a lack of awareness, which sprung her to action. An avid problem-solver, Gretchen decided to get licensed in real estate and build a business that acts as an engine of advocacy and change. She is active on the Agent Leadership Council for the number one real estate office in Saint Louis and is passionate about assisting her clients with achieving big goals.

Nick is a native St. Louisan who grew up in Westhampton subdivision in Clarkson Valley! Nick has an extensive background in the home building industry that started at a very young age. During the summer months throughout high school at Chaminade College Prep and while attending Saint Louis University, he worked with Maynes Construction Company learning the various stages of the home building process. After graduating from Saint Louis University with a marketing degree, Nick continued his path in the home building industry by establishing The Maynes Group in 2002. He obtained his real



estate salesperson and broker license in 2003 and founded TMG Realty. Nick has been involved in various types of real estate transactions along with various types of construction projects. He has been involved in everything from new home construction, to extensive remodels, large parcel purchases to spearheading multi-parcel assemblies for redevelopment. Nick is eager to lend a helping hand, give back, and is always looking to grow his knowledge of the real estate industry which was the impetus behind his partnership with the OT Realtor, Gretchen Kingma and eventually the birth of the Kingma Maynes Collaborative.

The Kingma Maynes Philosophy

With an emphasis on God, family, and then business, the Real Estate team of Gretchen Kingma and Nick Maynes use their knowledge and experience in Occupational Therapy and Homebuilding to set them apart from other Realtors.

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family spotlight

Family members: Brian, Beth, Caroline (17), and Joshua (16)

Pets: Wesley, Riley, and Winnie—all rescues!

Where are you originally from? Brian grew up in IN, Beth mainly from NC. Caroline was born in Connecticut and Josh was born in St. Louis. We lived in Ballwin from 2003-2018.

How long have you lived in Kehrs Mill Trails? Two years.

Professions: Brian is a director of chemistry, manufacturing and controls for Cardinal Health and Beth is an associate professor of Engineering Management and Systems Engineering for Missouri University of Science & Technology.

Favorite activities and hobbies: Beth loves to work in the yard and has a garden. She grows toma-



atoes, cucumbers, peppers, zucchini, strawberries, and much more. Beth and Brian are taking up beekeeping. They are excited for their bees to arrive in April. Caroline is a senior at Marquette High School and has danced at Renee Johnson's Dance Studio since she was 3 years old. She has been on the Marquette Mystique Dance team all four years. Josh has played piano since kindergarten. He also plays the guitar and enjoys writing music. He is a junior at Marquette and has swum for the high school team since his freshman year. Josh is active in the Boy Scouts as an Eagle Scout. Last summer Josh participated in a 12-day trek at Philmont and hiked over 90 miles. He also went to Sea Base off the Florida Keys and lived on a boat for a week with the Boy Scouts!

Favorite area to hang out: We like going to the Fox and Muny, eating in the Central West End, but also like the area parks and being outdoors.



Favorite restaurants: Brasserie by Niche, Mulligans, and Vallartas

Favorite vacation spot: Our family loves to travel to new destinations. We enjoy traveling to Europe and have vacationed in Hilton Head several times.

Favorite sports teams: Brian is originally from Indianapolis and we were Indianapolis Colts season ticket holders for several years. Now we spend most of our time watching the kids dance and swim, and cheering on Marquette!

Favorite family dinner: Chicken Tikka Masala

How are you involved in the community? Beth is very active in several international professional organizations including serving as the technical vice president of the Institute for Industrial and Systems Engineers and president of the Education Division for the American Society for Quality (ASQ). Locally, Beth

is a volunteer for the Dazzlers, an inclusive dance team at Marquette. She also volunteers for the Marquette Mystique Booster Club and is Treasurer for the Marquette Boys Swim and Dive Team. Brian is the Committee Chair for Troop 371 out of St. Clare.


What are your favorite TV shows? *Modern Family*, *The Good Place*, and *Criminal Minds*

Favorite family holiday and how you celebrate? Thanksgiving. We make a traditional dinner, wear comfy clothes, play board games, work on puzzles, and relax as a family. We do everything possible to make it a stress-free and relaxing day.

Favorite time of year? That's a tough decision. Spring is a great time to work in the yard and start planting. In summer we love to be out in the garden and in the pool. And then fall is beautiful to have fires in the fire pit and enjoy the changing leaves.

What else would you like to share with the neighborhoods of Clarkson Valley? Caroline is graduating from Marquette High School this May. She will be attending Purdue University to pursue a degree in industrial engineering.

What is your favorite part about living in Kehrs Mill Trails? Our neighborhood is a hidden gem. It is so relaxing and quiet. We can easily escape and relax.

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Did you know that by 2030, all baby boomers will be over the age of 65, or that 1 in 5 Americans have a disability of some sort? If you do not fall into either of these categories, it is still important to hire a real estate agent who specializes in this arena. Why? A team like the Kingma Maynes Collaborative will not only provide solutions for aging adults and those with disabilities, they will also utilize marketing strategies to target these populations when the time comes to sell.



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tour & travel

By Shauna Osborne



SOMETHING DIFFERENT FOR SPRING BREAK

Savannah, Georgia

The sleepy town of Savannah is the oldest city in Georgia and oozes Southern charm and hospitality. It's known for its 18th- and 19th-century squares with majestic fountains and serene, Spanish-moss-draped live oak trees. This historic gem is a mere half-hour from the barrier island Tybee Island, which offers miles of wide, uncrowded, sandy beaches and an amusing pier and pavilion area.

Charleston, South Carolina

Much like Savannah, the port city of Charleston woos visitors with its historic charm, including cobblestone streets, horse-drawn carriages, and pastel antebellum houses, as well as its heritage steeped in the past, with the Civil War Fort Sumter nearby. The French Quarter and Battery District are not to be missed here, and if beaches are a must, tiny, slow-placed Sullivan's Island is only minutes away, offering pristine sand, fascinating marshland, and a gorgeous, old lighthouse.


March has arrived, and with it, spring break for many. As someone who was a teenager in the '90s, the first things that come to mind when I hear the words "spring break" are wild parties, tiny bikinis, and sun-soaked beaches – think MTV Spring Break 1996. You may very well have your sights set on achieving a golden tan, sipping a margarita, and spending endless hours in the sun. However, if a week of crowds and debauchery isn't in the plans for you this month but you still want to get away somewhere warm, consider one of these quieter, less crowded spring-break destinations to decompress.

St. Augustine, Florida


Founded in 1545, the elegant city of St. Augustine is also the oldest continuously occupied city established by European settlers in North America, 55 years before Plymouth Rock. Known for its Spanish-colonial architectural style, the historic downtown area is filled with unique shopping, tasty restaurants, and a variety of captivating museums. Broad, sandy beaches offer calm and privacy to vacationers, particularly along the pristine, four-mile shoreline of Anastasia State Park.

Palm Springs, California

Known for drawing A-list celebrities, such as Elvis Presley and Frank Sinatra, since the '50s, Palm Springs is a sunny, glamorous getaway where stunning architecture and luxurious resorts, but not crowds, abound. Rather than the bustle of nearby Los Angeles, vacationers find a quiet, low-key destination here, complete with hot springs, abundant hiking, numerous golf courses and spas, and posh shopping.




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precious pets

Sylvie Lou to the Rescue!

Article written by **Sylvia Braun** with a little help from her human mom, **Serena Braun**, resident of The Manors at Clarkson Valley | Sponsored by Petropolis Pet Resort

Hi, my name is Sylvia, better known as Sylvie Lou! I was rescued by the Braun family in June 2019 and I just celebrated my 1st birthday. The humans do not know what breed I am, but my mom Sarena says I am the perfect combination of cute and sassy. I have lots of energy, am very playful and enjoy playing with my big sister Una. My parents also rescued Una, who is a 5-year-old German Shepherd.

Una and I love to chase each other around the yard and play with our toys. We both got an awesome "antler" bone for Christmas. On a sunny afternoon, you might find us taking a nap at the front window; that is until the delivery guy comes and we go crazy barking at him. My mom is trying to work with us a little bit on the crazy barking, but we just can't help it! We also get very excited when someone walks by with their dogs or comes to visit.

Every afternoon, Una and I anxiously await the arrival of that big yellow bus that brings our human siblings Alyssa and Mason home each day. We miss them so much when they are gone. It's much more fun when they get home. Alyssa has a toy she likes to play with that looks kind of like a long, skinny bone. I think she calls it a baton. I get in her way when she is playing with it sometimes. One of these days I am going to get it from her because it looks fun to play with. Mason loves to play chess with our dad, Jeff. We have a cool chess game sitting out on the coffee table and I had such a fun time playing with the chess pieces, they tasted yummy! I quickly found out they were not my toys.



Sylvia strikes a pose.

My dad got Mason some new chess pieces, which they now hide from me when they are not playing.

All in all, I think Una and I are lucky and love living with the Brauns in The Manors at Clarkson Valley. There are so many of our friends back at the shelter that would love to get adopted like we did. If you are thinking about adding a furry family member, please consider checking out our friends at the shelters.



Una used to be "The One" but now happy to be half of two.



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

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What is a veterinary laser?

A veterinary laser is a device which emits specific wavelengths of deep-penetrating light energy (photons) in the red to near-infrared spectrum. These photons pass through your pet's fur, deep into the targeted tissue, which results in decreased inflammation, decreased pain, and accelerate healing. The process is called photobiomodulation (PBM), hence why we professionals simply call it "laser therapy".

What can it be used for?

Laser therapy can be used for a wide variety of ailments in our pets. You and your doctor will create a plan is specific to your pets' individual needs. Typically, a single laser session is administered in 5 to 10 minutes. Although, the sessions are quick, the therapy initiates the healing process which continues to actively reduce pain and inflammation for up to 24 hours after treatment. Laser therapy can be used for the following:

- Arthritis and Joint Pain
- Degenerative Disc Disease and Hip Dysplasia
- Muscle, Ligament and Tendon Injuries
- Post-Surgical and Soft Tissue Trauma
- Ear Infections
- Gingivitis
- Open Wounds and Hot Spots



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!



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PET EMPOWERMENT TIP

TAKE YOUR DOG ON A "SNIFFARI"

Next time you take your pup on a walk, make it a "sniffari" by letting them sniff whatever they want and follow their nose (within reason, of course). You might be surprised by how much more exhausted they are by the time you get home!

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By Forest Hills Country Club Membership Director **Ryan Schaben**

making a difference

Forest Hills Country Club held its Fourth Annual Charity Gala on Saturday, January 25, 2020, sponsored by the Forest Hills Country Club Charitable Foundation. "Everyone is so appreciative that we hold this event and it's so impressive to see the amount of work that goes into it," said Clarkson Valley resident, Eric Verhulst. "One of the best Galas we have had."

The Club's Crystal Ballroom was adorned with a "Boots, Bowties and Bling" theme. Members of the Club and their guests began the evening with cocktails and hors d'oeuvres, followed by an elegant three-course dinner, and both a live and silent auction. The event was an enormous success, raising over \$85,000 for the 15 different charities represented - the most successful one yet! Philanthropy Committee Member Valerie Giglio boasted, "It was an honor to be a part of this year's Charity Gala." At the conclusion of the evening, two charity names were drawn for the Grand Prize and awarded funds that were raised from the evening's festivities. Since its inaugural event in 2017, The Forest Hills Country Club Charitable Foundation has awarded more than \$300,000 to 36 different charities.

"The event was excellent, very well-orchestrated - everyone was so impressed," said Clarkson Valley resident, Mike Macari. "We look forward to next year!"



Tom & Dana Hartnagel, Mark & Krista Signorelli, and Bob & Ann Ferguson.



Amy Larson, Anita Mohan, Melissa McMurtrey, Erin Swenson, and Tracey Bierman.



Alan & Kathy Dorch, Yanelis Castillo, Natasha Leonard, and Kathy & Pat Wenstrup.



Thomas & Ali Gensch with Kyle & Alyssa Jacobsmeyer.



Charity Gala Committee Members—Amy Ruebsam, Eric Verhulst, Valerie Giglio, and Tom Hartnagel.

Membership at Forest Hills Country Club is by invitation only.



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

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OF GREATER ST. LOUIS COUNTY & ST. CHARLES sponsor spotlight

Laura Strasser, owner of both the Greater St. Louis County and St. Charles Mosquito Joe franchises, is one of this month's Sponsor Spotlights. Laura grew up in North St. Louis County and is proud of it! She's a single mom blessed with two amazing children, Paige (16) and Carl III (11), who enjoy helping out with the business however they can. The Strassers love to spend time with family and friends as well as exploring new destinations domestically and abroad. All of them like to volunteer at school, church and in the community. Oh, and they have three dogs (all Schnauzer breeds), a hedgehog and a fish!

Laura worked in the mortgage industry as a loan processor. Then went on to work in the wholesale beauty industry in Albuquerque, New Mexico. With a love for people and customer service, she moved with this business to three different states, eventually owning her own beauty supply company in Colorado Springs, Colorado. After five years, she sold her business and moved back home to St. Louis where she ran a nail polish manufacturing business and eventually co-owned ibella Beads in Creve Coeur for about five years. Then as a current customer of Mosquito Joe with an interest in the product, branding support, and flexibility it could provide, she purchased and existing franchise territory in greater St. Louis, then another in St. Charles! She now operates both those territories in West St. Louis County.

Laura says, "You may not be thinking about mosquitos, fleas, and ticks right now, but they will be back!" These pests can ruin outdoor fun and expose your family and pets to insect-borne disease. But don't worry, Mosquito Joe is here to help Clarkson Valley residents! Mosquito Joe uses best-in-class products and has an amazing staff with a desire to help you and your family enjoy your outdoor living space this year and beyond. No contracts are required and you can start or stop your 100% guaranteed service



Your Clarkson Valley MoJo Team — Spencer Whitaker, Anastasia Sonntag, Zach Bates, Makayla Cray, Stephen Guagliata, Laura Strasser, & Stacy Burch.



Paige, Carl, and Laura taking in a Blues game!



MoJo Dogs: Louie, Chadder & Gretta

whenever you want. And with their *Share the MoJo* referral program, introducing your friends and neighbors earns you both \$25 each referral!

Helpful tips to help reduce mosquito aggravation:

- One mosquito can lay 300 eggs in a CAP full of water! Eliminate standing water breeding grounds like non-circulating bird baths, pool toys, car and boat covers... anywhere standing water can collect.
- Coconut oil is a natural repellent when applied to your skin.
- Keep your pets current on their monthly heartworm, flea, and tick prevention treatments.
- Mosquito Joe offers flea and tick applications for your yard, your entire family, and for your pets too!

Mosquito Joe also offers a Perimeter Pest Program that protects your home from ants, spiders, and other outdoor pests, as well as an alternative all-natural mosquito repellent solution. Mosquito Joe is a nationally recognized brand rated number one in their category by *Entrepreneur* magazine for the past three years!

Laura and her Greater St. Louis County Mosquito Joe business is supported by a wonderful team of trained office staff and technicians that are dedicated to making you outside fun again! Contact Mosquito Joe today! **First-time customers mention this article and receive \$39 for up to ½ an acre, \$49 for ½ to 1 acre, and \$59 for 1 to 2 acres.**

Mosquito Joe of Greater St. Louis

greaterstl@mosquitojoe.com
(314) 492-2309
greaterstlcounty.mosquitojoe.com



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

Demystifying Medicare

Between 2000 and 2015, global average life expectancy increased by five years, the fastest increase since the 1960s.¹ Today, a 60-year-old man has a 63 percent chance of reaching age 85, while a 60-year-old woman has a 71 percent likelihood. If you're a married couple and each of you are 60 years old, there is an 89 percent probability that one of you will live until age 85.²

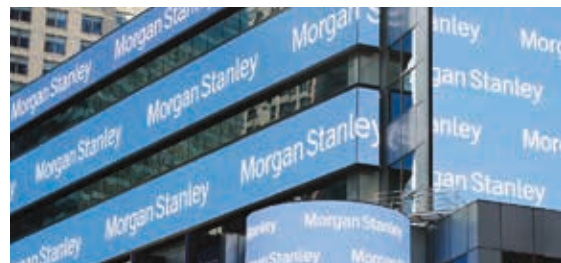
With this increase in longevity, your retirement may be a lot longer than those of the generations that came before you. And, as you get older, your health care expenses are likely to increase. Proactive planning for unforeseen health care expense can help protect the retirement you've worked so hard to achieve. Understanding how Medicare works is an important first step.

The Basics of Medicare

Once you turn age 65, you qualify for Medicare. Medicare is health insurance funded by the U.S. government. It's available to you and your spouse if either one of you has worked and paid Medicare taxes for at least 10 years.

Keep in mind that Medicare is different from Medicaid, another type of U.S. government insurance. Medicaid is designed for people with low income and assets. It is funded by state and federal governments, and different states have different eligibility requirements.

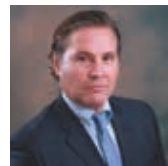
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Financial Advisor

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paul.cavallini@
morganstanley.com

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FAS010 CRC 2639351 07/19

MEDICARE CONSISTS OF FOUR PARTS:

Part A. This covers hospitals, including a semi-private room, meals and other general services. It does not cover a private room, private nurse or other extras. Medicare Part A also covers the cost of a skilled nursing facility, but only after a hospital stay of at least three days. It also covers home health care prescribed by your doctor, including part-time nursing, medical equipment and services such as physical and occupational therapy. Finally, Medicare Part A covers hospice care and any blood you might receive while you're in a hospital or skilled nursing facility. Medicare Part A is free, but only pays benefits during a benefit period that begins when you enter the hospital and ends when you have gone 60 consecutive days without inpatient hospital care or skilled care at a skilled nursing facility.

Part B. Like Medicare Part A, you are automatically enrolled in Medicare Part B if you are receiving Social Security benefits, are at least 65 years of age, or are disabled and have been receiving Social Security benefits for 24 months. However, unlike Medicare Part A, Medicare Part B requires a monthly premium which is based on your taxable income. Medicare Part B can help to offset the cost of doctors' fees, emergency room visits and other outpatient services. Keep in mind that you do not have to receive Medicare Part B if you do not want it. You always have the option of purchasing private health insurance or, if you are still working, opting for your employer's health coverage.

Part C. More commonly known as Medicare Advantage Plans, Medicare Part C combines Part A and Part B with other services that may include vision, hearing, dental and some prescription drug coverage. Unlike Medicare Part A and Part B, Medicare Part C is offered by private insurance companies.

Part D. Introduced in 2006, Medicare Part D is the newest of the Medicare programs. Like Medicare Part C, Medicare Part D is issued by private companies. Medicare Part D plans vary in the medications they cover, the co-pay or co-insurance arrangement they make available, and the monthly premiums they require. Like Medicare Part B, Medicare Part D imposes an additional monthly charge if your taxable income exceeds a certain amount.

With so many moving parts, Medicare can be overwhelming. Your health care needs will vary depending on a variety of factors, including your medical conditions, the medications you are taking and even your preferences for medical care. A Financial Advisor who has experience with the nuances of Medicare can help you understand your options and select the solutions that are right for you.

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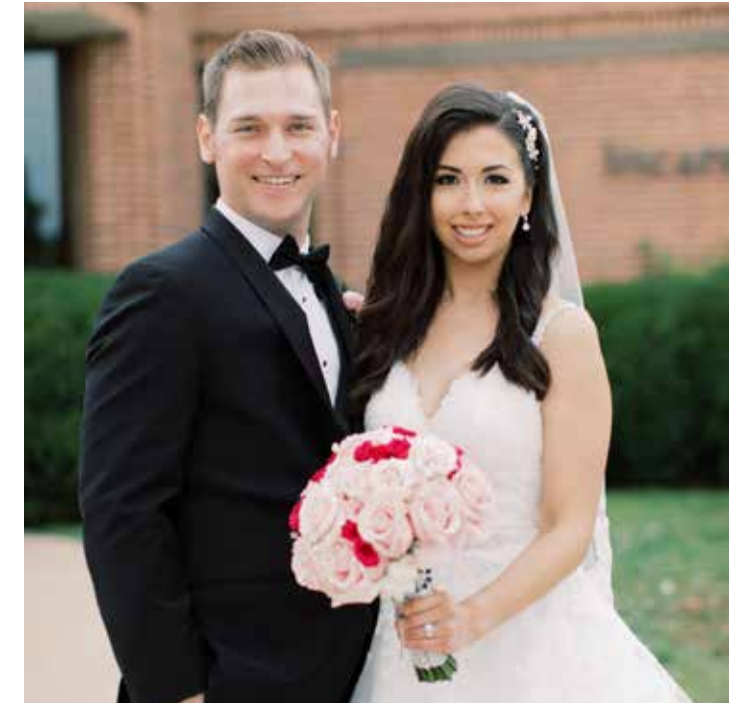
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Shout OUTS



Peter and Theresa Karutz's daughter Victoria and new son-in-law RJ Schratz were married on July 5, 2019. Residents of Dunhill Farms for 15 years, Victoria attended Saint Joseph's Academy High School and the University of Dayton in Ohio where she met RJ in a ballroom dance class where they were partnered together. Now RJ is her dance partner for life! Victoria is pursuing her masters at Dayton and RJ is a chemical engineer in Cincinnati. They reside in Middletown but look forward to relocating to St. Louis very soon!



41-year Forest Hills Club Estates residents Butch and Carol Welsh are celebrating their company Welsh Heating and Cooling's 125th Anniversary this year! Welsh is the oldest heating and cooling company in St. Louis. Congratulations, Butch and Carol!

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¹ World Health Organization. Global Health Observatory (GHO) data – Life expectancy. Available at http://www.who.int/gho/mortality_burden_disease/life_tables/situation_trends_text/en.

² Society of Actuaries (www.soa.org) Simple Life Expectancy Calculator (2018). Averages take into account age and sex, using the 2012 Individual Annuitant Mortality table, with 1% mortality improvement.

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.

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CRC 2764113 10/2019

Neighbors' NIGHT OUT

at St. Louis Wine Market's New Location

A Joint Event with Clarkson Valley Living and Wild Horse Creek Living Residents

A huge Thank You to the Saint Louis Wine Market for hosting and providing the fabulous wine. Everyone had an amazing night!

Saint Louis Wine Market & Tasting Room

161 Long Rd.
636-536-6363
www.stlwinemarket.com

We had almost 100 residents from Clarkson Valley and Wild Horse Creek come out to see the new location of the St. Louis Wine Market. Celebrating 10 years in the Chesterfield Valley—the St. Louis Wine Market moved into their new location at the end of January. The new space features the same amazing wine and even more room for private events and wine tastings. Also included in the new location is the large covered patio which will be quite the hot spot once the weather starts to warm up. Be sure to stop by the new store at 161 Long Rd. and say “Hi” to Rich, Matt and Jeff—they will be happy to show you their incredible selection of fine wine and beer, as well as high-end liquor like hard-to-find single-barrel whiskeys, aged scotch, and boutique vodka and gin. Don't forget to stop by one of our neighboring restaurants, like Vito's, across the street to grab some snacks to enjoy with your bottle!

Another big Thank You to Jess and Gio LaFata, residents of Wildhorse and owners of Vito's in the Valley, for sponsoring the delicious food!

We also want to thank our advertising partners who brought fabulous door prizes:

- John Keller with Keller Window and Door — \$90 Bottle of Wine from STL Wine Market
- Gretchen Gehrs with ApexNetwork Physical Therapy — Health & Fitness Basket with Gift Card
- Alyssa Gregory with Petropolis Pet Resort — Pet Enrichment Toys & Treats Basket with Gift Card
- Elena King with Paramount Bank — \$100 Annie Gunn's Gift Card & Pistachios
- Erin and Steve Greiner with OsteoStrong Chesterfield — One-Month Membership
- Lou Darden with Farmers Insurance — Topgolf Party
- Dr. Earl Larson with Wildhorse Dental — Sonicare AirFloss
- Marcie Boyle with Travel Leaders — \$50 Gift Card
- Tim Brown with State Farm — STL Wine Gift Card
- Chelsea Thomas with F45 Chesterfield — Two-Week Membership, Heart Rate Monitor, Goodies



The Highlands Resident Julie Gordon with Alyssa Gregory of Petropolis Pet Resort.



Kehrs Mill Trails Residents Andy & Joan Bender.



Alyssa Gregory & Laura Gieseke of Petropolis Pet Resort.



Frances & James Babb of Kehrs Mill Estates West with Clarkson Valley Living's Bill Tuttle.



David & Justy Akin of Kehrs Mill Estates West.



Eric & Lori Mundwiller of Kehrs Mill Estates West.



Bill Tuttle with Clarkson Mill Resident Dana Griggs.



Osteostrong's Steve & Erin Greiner with Seqwana Pryor of Pine Creek.



Kehrs Mill Trails Residents Brian & Beth Cudney with Lori & Vince Ruscitti of Forest Hills.



Wildhorse Residents Erin & Steve Greiner of Osteostrong.



Wildhorse Resident Ruth Mall with Elena King of Paramount Bank.



Realtors Kris & Phyllis Barr of The Barr Tradition.



Clarkson Valley Living's Bill Tuttle with Wild Horse Creek Living's Tara & Ken Peterson.



Wildhorse Resident Erin Greiner of Osteostrong with Wild Horse Creek Living's Tara Peterson.



Thanks to the St. Louis Wine Market Team for Hosting!



Lori & Vince Ruscitti of Forest Hills with ApexNetwork's Gretchen Gehrs.



Kehrswood Resident Teresa Hoy with Gretchen Gehrs of ApexNetwork Physical Therapy.

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

Jump-Start Your METABOLISM This Spring!



March 19 ushers in the first day of spring 2020; that's right, we made it! With those long, gray, chilly days behind us (for the most part!), we now look forward to the bright, sunny days of spring and summer. Warm weather brings with it the prospect of getting outside and getting active, pulling out those shorts, T-shirts, and bathing suits, and feeling the sun on our skin. Are you feeling energized for the season ahead?

If you aren't, you're not alone. Many of us joke about packing on extra pounds around the holidays, but science supports

our proclivity for holing up in our cozy homes and filling up on comfort foods. When cold weather arrives, the brain's command center signals to our bodies to increase insulin resistance and slow down digestion; much like bears or other hibernating creatures, our bodies begin to store fat in preparation for scarce food resources, but unlike those animals, we humans tend to consume the same amount of calories, if not more, throughout the winter (hence the "winter weight"). With warmer weather arriving, it's time to help our bodies make the switch and rev up our sluggish metabolisms, perhaps using some of these science-backed tips!

Eat lots of protein: Consuming plenty of protein with your meals can increase your metabolic rate by 15-30% and keeps us feeling fuller longer, thus quelling our urge to overeat.

Eat spicy foods: Many spicy foods contain a substance called capsaicin, which heats up our bodies and has been shown to boost metabolism by up to 8%.

Move your body: Particularly, high-intensity interval training (HIIT) and weightlifting have been shown to increase metabolic rate most significantly, as these activities drive our bodies to continue burning calories even after the workout.

Get a good night's sleep: Being sleep-deprived has been linked time and again to obesity. Lack of sleep increases blood sugar levels and insulin resistance, as well as the hunger hormone ghrelin.

Drink coffee: The caffeine in coffee can boost your metabolism by up to 10% and also promotes fat-burning.

Drink cold water: It goes without saying that replacing sugary drinks with water can help us reduce caloric intake. However, drinking water, especially cold water, can speed up metabolism by up to 30% short term, as our bodies use even more energy to heat up the water as we use it. Consuming plenty of water, especially before meals, also fills us up, leading us to consume fewer calories overall.

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

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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	Total Living Area
16279 Windfall Ridge Dr	Bent Tree	\$349,500	\$349,500	01/15/20	35	4	3	1,905	2,147
2524 Peppermill Ridge Dr	Brentmoor Place	\$399,900	\$395,000	01/15/20	108	4	4	2,623	3,691
16703 Deveronne Circle	Chesterfield Farms	\$459,999	\$450,000	01/29/20	60	4	4	2,679	3,500
210 Lansbrooke Dr	Chesterfield Farms	\$475,000	\$468,000	01/30/20	118	4	4	2,798	3,798
17700 Birch Leaf Ct	Wildhorse Village	\$535,000	\$510,000	01/30/20	110	5	4	2,955	3,655
1335 Homestead Heights Dr	Homestead Estates	\$519,900	\$519,900	01/28/20	202	4	4	3,600	3,600
1335 Countryside Manor	Countryside @ Chesterfield	\$633,000	\$581,000	01/17/20	61	4	3	3,225	3,225
2703 Wynncrest Manor	Wynncrest	\$619,500	\$605,450	01/31/20	171	4	4	4,610	4,610
1524 Honey Locust Dr	Wildhorse Village	\$689,900	\$657,500	01/03/20	116	5	5	3,604	4,554
1105 Wilmas Valley Ct	Arbors @ Wilmas Farm	\$659,900	\$659,900	01/31/20	110	4	3	3,000	3,000
17934 Homestead Bluffs Dr	Homestead Estates	\$699,499	\$670,000	01/31/20	266	5	5	3,909	6,687
1322 Countryside Forrest	Countryside @ Chesterfield	\$799,900	\$790,000	01/20/20	0	4	5	3,967	5,342
2244 Devonsbrook Dr	Dunhill Farm	\$850,000	\$825,000	01/03/20	79	5	6	4,460	5,235
17015 Lakeside Ridge Dr	Fienup Farms	\$949,000	\$1,017,079	01/31/20	0	0	0	4,000	4000
1467 Country Lake Estates Dr	Country Lake Estates	\$1,075,000	\$1,050,000	01/27/20	17	4	5	5,217	6,717
16440 Walnut Rail Ct	Kehrs Mill Trails	\$1,395,000	\$1,265,000	01/28/20	85	5	5	4,350	5,800
150 Vonbehren Dr	Villas @ Chesterfield Bluffs	\$420,000	\$388,000	01/16/20	76	3	3	1,695	2,520
668 Stonebrook Ct	Stone Hill Village	\$425,000	\$426,000	01/24/20	116	2	3	1,814	2,814

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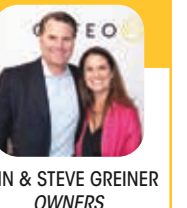


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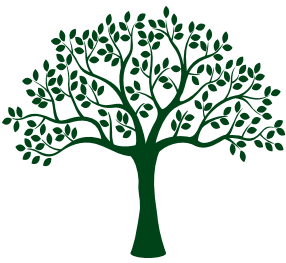
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