



# CLARKSON VALLEY

A SOCIAL PUBLICATION EXCLUSIVELY FOR  
THE RESIDENTS OF CLARKSON VALLEY

March 2021

# *Living*



**MAYOR SCOTT DOUGLASS  
AND HIS LOVELY WIFE JUNE**

Your Clarkson Valley Living magazine is provided to all residents thanks to the generous support of our advertising partners.

Follow us on Facebook  
and Instagram!  
[@clarksonvalleyliving](#)

**YOUR STORIES. YOUR PHOTOS. YOUR COMMUNITY.**

SOLD!



1 Peakmont Lane  
Clarkson Valley, MO

SOLD!



108 Chippenham Lane  
Clarkson Valley, MO

SOLD!



26 Forest Club Drive  
Clarkson Valley, MO

SOLD!



289 Herworth Drive  
Clarkson Valley, MO

Spring market is here - we're ready to help you buy and sell!



**Our clients say it best ...**

"Jeff helped us sell our home for \$50,000 more than what other agents wanted to list it for. He knows how to properly analyze niche markets and get you the best price. Jeff is by far the best agent we have ever found, and we are in our seventh home - he isn't interested in the quick hit, but in building a long-term relationship with his clients. Jeff is amazing!"

Ready to experience the Lottmann Realty Group difference yourself?  
Contact us to start the buying or selling process today.

**Contact Jeff Lottmann**  
Clarkson Valley's Top  
Selling Agent and Resident  
✉ Jeff@mystrealtor.com  
☎ O: (636) 812-4414 | C: (314) 406-8911

**Lottmann Realty Group**  
**RE/MAX Results**  
📍 16647 Chesterfield Grove,  
Suite 110  
Chesterfield, MO 63005



# Is it time to upgrade the look and quality of your garage door? Clarkson Valley's Premier Garage Door Solution.



Owner Steve George  
314.853.6646  
Call me directly anytime for  
all your garage door needs!

**24/7 EMERGENCY SERVICE**

**SAME DAY SERVICE**



*Over 25 Years of Garage Door Expertise*

**RESPONSIVE ■ RELIABLE ■ READY TO SERVE**  
SALES ■ SERVICE ■ INSTALLATION

**WWW.GATEWAYGARAGEDOOR.COM ■ 636.220.2559**

**WE ARE CLARKSON VALLEY'S CERTIFIED LIFTMASTER DEALER**

## The Most Advanced Openers Available:

- See and hear what's happening in your garage at anytime from anywhere
- Receive activity alerts and open/close your garage door on your smartphone
- Secure in-garage delivery for Amazon Prime packages.



# LiftMaster

# 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 Owner, Publisher & Advertising Sales <a href="mailto:Bill.Tuttle@n2pub.com">Bill.Tuttle@n2pub.com</a> (636) 579-0698	Lori Ruscitti Resident Writer & Content Coordinator Resident of Forest Hills <a href="mailto:amcangel97@verizon.net">amcangel97@verizon.net</a> (214) 668-4070	Jill Gray Photographer Higher Focus Photography <a href="mailto:Jill@higherfocus.net">Jill@higherfocus.net</a> (314) 623-1587	Anna Bohlmann Junior Resident Writer Resident of Westhampton <a href="mailto:annaisabella2@gmail.com">annaisabella2@gmail.com</a>	Lauren Bohlmann Junior Resident Writer Resident of Westhampton <a href="mailto:laurenrese3@gmail.com">laurenrese3@gmail.com</a>	Amy Bratton Resident of Clarkson Mill <a href="mailto:marquettecheermom@gmail.com">marquettecheermom@gmail.com</a> (636) 675-3548	Kristin Miller Photographer Resident of Forest Hills Smiles by Kristin Photography <a href="mailto:smilesbykristin@gmail.com">smilesbykristin@gmail.com</a> (614) 499-1456

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

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

### Want to Write for Clarkson Valley Living?

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

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

### New to the Neighborhood?

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

### Follow us on Facebook and Instagram:

[www.facebook.com/clarksonvalleyliving](http://www.facebook.com/clarksonvalleyliving)  
[www.instagram.com/clarksonvalleyliving](http://www.instagram.com/clarksonvalleyliving)




**Waypoint**  
Exactly what you need to remodel.

**LIVING IN STYLE HAS NEVER BEEN EASIER.**  
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](http://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

[thestylehousetl.com](http://thestylehousetl.com)



## 4 FEATURES THAT MANY HOMES ARE LACKING:

- 1 Non-Skid Flooring**  

- 2 Lower Kitchen Cabinets**  

- 3 First Floor Master Bedroom**  

- 4 Large Functional Medicine Cabinet**  


Thinking about reinventing your space, or finding a new place? Call the Kingma Maynes Collaborative for a free, no-obligation consultation.

**KINGMA MAYNES COLLABORATIVE**  
GKingma@kw.com • 314-609-3175  
[kingmamaynes.kw.com](http://kingmamaynes.kw.com)



**MOSQUITO JOE**  
a Neighborly company

## Getting married?

### Don't let mosquitoes crash your wedding.

Mosquito Joe keeps those pesky mosquitoes away from your celebration so your guests can keep chatting instead of slapping.

- A special event treatment provides protection throughout your special day, from setup to the last dance
- All-natural treatment options
- Satisfaction guaranteed
- No contracts required
- Ongoing treatments also available

**314-492-2309 | MosquitoJoe.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 the publication. These local businesses are proud to partner with you and make this magazine possible. Please support these businesses and thank them for supporting the publication!

### #ADVERTISING

**Clarkson Valley Living**  
**Bill Tuttle**  
(636) 579-0698

### A/C, HEATING, PLUMBING & ELECTRICAL

**Innovated Companies**  
(314) 423-4200  
innovatedcompaniesstl.com

### ANIMAL/PEST CONTROL

**24-7 Animal & Pest Control**  
(314) 236-7378  
24sevenpest.com

### ANTIMICROBIAL COATING SERVICE

**Microbial Solutions Unlimited**  
(314) 356-9990  
msuprotechs.com

### ATTORNEY-PERSONAL INJURY

**Cantor Injury Law**  
(314) 628-9999  
cantorinjurylaw.com

### AUTOMOTIVE ACCESSORIES & TINTING

**Total Customs & Tinting**  
(636) 474-8468  
totalcustomsstl.com

### BANKING

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

### BASEMENT WATERPROOFING & BASEMENT REPAIR

**Quacker's Waterproofing & Basement Repair**  
(636) 281-3735  
quackerswaterproofing.com

### St. Louis Foundation Repairs

(314) 520-9515  
stlouisfoundationrepairs.com

### CHURCH

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

### COLLEGE CONSULTANT

**Absolute College Consulting**  
(636) 346-5313  
absolutecollegeconsulting.com

### CUSTOM DECKS/ROOFING/ GENERAL CONTRACTING

**Covenant Contracting**  
(314) 282-1991  
covenantcontractingstl.com

### DECKS & PATIOS

**The Wall Guys Construction**  
(314) 680-5141  
thewallguysconstruction.com

### DENTISTRY

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

### ELECTRICAL

**Accurate Electric**  
(636) 225-1020  
accurateelectricstl.com

### ENTERTAINMENT

**Spanky Entertainment**  
(314) 690-8680  
spankyentertainment.com

### FITNESS

**Row House Chesterfield**  
(314) 391-2136  
therowhouse.com/location/chesterfield

### GARAGE DOOR INSTALLATION & REPAIR

**Gateway Garage Door Solutions**  
(636) 220-2559  
gatewaygaragedoor.com

### GENERAL CONTRACTOR

**King Homes**  
(314) 520-7271  
kinghomesonline.com

### HARDSCAPE & LANDSCAPE

**Suburbia Hardscape & Landscape**  
(314) 610-3885  
suburbiaatl.com

### HEALTH & WELLNESS

**ARC Body Solutions**  
(636) 299-6172  
abbycohen.isagenix.com

### OsteoStrong

(636) 220-8080  
centers.osteostrong.me/mi  
ssouri-chesterfield

### 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

### PAINTING & WALLCOVERING

**Weaver's Wallpapering Company**  
(314) 616-0487  
weaverswallco.com

### PHOTOGRAPHY

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

### PHYSICAL THERAPY

**ApexNetwork Physical Therapy - Chesterfield, MO**  
(636) 486-0019  
apexnetworkpt.com/chesterfieldmo

### PRIVATE SCHOOL

**St. John School**  
(636) 779-2325  
stjls.org

### REAL ESTATE AGENT

**Chrissy Wagner Red Key Realty Leaders**  
(314) 412-9938  
realestatebychrissywagner.com

### Janice Freeman Team

(314) 753-7852  
janicefreeman.com

### Kingma Maynes Collaborative

(314) 609-3715  
kingmamaynes.kw.com

### Lottmann Realty Group

(636) 812-4414  
mystlrealtor.com

### The Barr Tradition

(636) 394-9300  
thebarrtradition.com

### ROOFING & SIDING

**Advocate Construction**  
(314) 266-6811  
advocateconstruction.com

### SALON & SPA

**Nuovo Salon Spa**  
(636) 527-2566  
nuovosalonspa.com

### SENIOR CARE

**Senior Care with Flair**  
(314) 825-4068  
seniorcarewithflair.com

### SOFTWASH/EXTERIOR CLEANING/ POWER WASHING

**H2O Power Washing**  
(636) 448-8680  
h2opowerwashingstl.com

### TREE SERVICE

**Gills Tree Service**  
**John Gills**  
(636) 274-1378

### URGENT CARE CENTER

**St. Luke's Urgent Care**  
(314) 205-6200  
www.stlukes-stl.com/urgent-care

### WINDOW & GUTTER CLEANING/ POWER WASHING

**Doubet Window Cleaning**  
(314) 590-3370  
doubetwindowcleaning.com

### WINDOW TINTING - HOME & AUTO

**Total Tinting**  
(636) 474-8468  
totaltintingstl.com

### YOGA STUDIO

**Offbeat Yoga**  
(314) 707-2762  
offbeat-yoga.com



[www.n2pub.com](http://www.n2pub.com)

Turning Neighborhoods Into Communities  
© 2021 Neighborhood Networks Publishing, Inc.

**DISCLAIMER:** Any articles included in this publication and/or opinions expressed therein do not necessarily reflect the views of The N2 Company d/b/a 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 The N2 Company or the publisher. Therefore, neither The N2 Company 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.

## NEED A NEW LOGO

for your business, team or promotion without the agency expense?



I can do that.



WILLIAM TUTTLE

Tell me what you have in mind | [william@wtuttle.com](mailto:william@wtuttle.com)

# Meet Our Newest Clarkson Valley Living Preferred Partners!

Please take a minute to familiarize yourself with these local businesses now sponsoring *Clarkson Valley Living*. Not only do they make this newsletter free for all our residents, but each business is interviewed and evaluated before allowing them to come on board as a partner. Please support these businesses and thank them for supporting *Clarkson Valley Living*!



**Absolute College Consulting**  
(636) 346-5313 • [Absolutecollegeconsulting.com](http://Absolutecollegeconsulting.com)  
Cindy Zelinsky is an experienced and trusted professional who seeks to serve her students and their families by helping navigate the process of preparing for college. Making the best choice is vital to a successful experience in college and beyond. Guidance through a thorough college search, understanding financial costs, preparation for effective visits and evaluation, and working with student-athletes through the recruitment process, Cindy's experience as an educator, parent, and collegiate coach has provided her a unique perspective on the process of finding the right fit when it comes to pursuing a college education. Call her today for a FREE consultation!



**Senior Care with Flair**  
(314) 825-4068 • [seniorcarewithflair.com](http://seniorcarewithflair.com)  
Anne Gray understands every senior is unique in their life experiences, personality, and what makes them tick. From scheduling and accompanying to appointments to engaging conversation, activities, and fun, life is wonderful and requires personalized attention! Services are available in blocks of time weekly, monthly, or scheduled out up to three months in advance. Anne can help your senior with understanding and compassion for their challenges and desires. Set up a no-obligation visit with Anne to discuss how she can help!



**St. Luke's Urgent Care - Ellisville**  
(636) 256-8644 • [stlukes-stl.com](http://stlukes-stl.com)  
We believe that expertise and experience matter. Board-certified physicians at St. Luke's Hospital-owned urgent care facilities have been providing a high level of medical care for St. Louis County, Jefferson County, and St. Charles County families for more than 35 years. Together with a team of nurse practitioners, registered nurses, and X-ray and lab technicians, our urgent care physicians provide quality, convenient care 365 days a year. Because the centers are hospital-owned, they achieve state and national patient care standards.



**DOUBET WINDOW CLEANING**  
You say clean, we say SPOTLESS!

**Doubet Window Cleaning**  
(314) 590-3370 • [Doubetwindowcleaning.com](http://Doubetwindowcleaning.com)  
At Doubet Window Cleaning, we offer competitive and affordable prices, plus 10% discounts on first cleanings and when you refer someone to us and they book a cleaning or service. We like to do a walk-through before we provide an estimate on all jobs. This gives you accurate pricing, so there are no surprises. Quality and safety are our main focus. We've been doing this for six years and will do our best to make your windows shine. You say clean. We say spotless! Call or visit us online today to book your appointment!



**Covenant Contracting**  
(314) 282-1991 • [covenantcontractingstl.com](http://covenantcontractingstl.com)  
Covenant's mission is to be a leading contractor in trust and performance. Trust and performance make covenant contracting your one-stop shop for all of your home improvement needs. With over 30 years of experience, specializing in custom decks, screen-rooms, roofing, and more! Our skilled craftsmen will get the job done and get it done right. Call us today for a free estimate. We are also very skilled in large remodel jobs and additions, covenant operates with extreme excellence and the highest of integrity. If you're interested in our services or just have a question, contact us or request a free quote!

# Do You Own or Run a Business?

DO YOU WANT TO MEET LOCAL BUSINESS OWNERS?

Come to Our Next West County N2 Virtual B2B Networking Event!

**You're Invited**

Next events will be **Friday, March 19 and April 16** (third Friday every month) | **8-9:15 am**

Limited space available, so reserve your spot today and get the Zoom link emailed to you! RSVP to Bill. [Tuttle@n2pub.com](mailto:Tuttle@n2pub.com).



### Who is invited?

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

The following from our *Clarkson Valley Living* community attended the January 15 meeting:

- Event sponsor **Jill Gray at Higher Focus Photography - (636) 273-6600**
- Anthony Castelli from Nuovo Salon Spa - (636) 527-2566**
- Brad Carr at Rowhouse Fitness Studio Chesterfield - (314) 266-8113**

- Mike Hill from Accurate Electric - (636) 225-1020**
- Terry Kitzmiller at Microbial Solutions Unlimited - (314) 356-9990**
- Cindy Zelinsky from Absolute College Consulting - (636) 346-5313**
- Spanky Manois at Spanky Entertainment Dueling Pianos - (314) 690-8680**
- Trent Doubet from Doubet Window Cleaning - (314) 590-3370**

*Clarkson Valley Living* community partner and event sponsor **Jill Gray from Higher Focus Photography** raffled off a **single (one-person) headshot session with one digital portrait included. A \$249 value!** Congrats to **Cindy Zelinsky of Absolute College Consulting** for winning!

Call Jill at Higher Focus Photography for your family, senior and pet portraits. In-studio or on location, Jill makes it easy and you'll have a work of art keepsake to treasure forever. Contact Jill by phone (636) 346-5313, email [jill@higherfocus.net](mailto:jill@higherfocus.net) or visit [www.higherfocus.net](http://www.higherfocus.net) to schedule your session today!



St. Luke's  
URGENT CARE
stlukes-stl.com/urgent-care  
314-205-6200

Open 8 a.m. – 8 p.m. Daily  
Walk-Ins Welcome • Online Check-In • Telehealth Available

**RESPIRATORY ILLNESSES**  
colds & flu, bronchitis & cough, sinus & ear infections

**SKIN CONDITIONS**  
burns, rashes, insect bites, poison ivy/oak

**INJURIES & ILLNESSES**  
broken bones, stitches, sprains, urinary tract infections (UTIs)

**PHYSICALS & WELLNESS**  
health evaluations, sports physicals & COVID-19 Testing

Onsite x-ray and lab/blood drawing services, immunizations, free blood pressure checks, employer related services and more.

Ellisville • 233 Clarkson Rd. • 1/2 mile north of Manchester Road • Ellisville, MO 63011
2-3720



meet your mayor  
**SCOTT DOUGLASS** with his lovely wife June  
 and their extended family!

Photos by  
**Kristin Miller**  
 of Smiles  
 by Kristin  
 Photography,  
 resident of  
 Forest Hills

Sponsored  
 each month  
 by **Chrissy  
 Wagner, Red  
 Key Realtors**

Scott Douglass, mayor of Clarkson Valley, and his wife June have been residents of Clarkson Valley for 38 years. They choose to live in Forest Hills because they enjoyed playing golf and were looking forward to having the golf course in their own backyard. Scott is originally from Columbia, MO, and is a graduate of Mizzou. He earned his master's degree from the University of Oklahoma. It is in Oklahoma where he met his wife June, who is also an Oklahoma graduate.

Scott and June were blessed with three beautiful daughters: Pam and their twins Denise and Debi. Their girls in turn blessed them with six grandkids, four step-grandkids, and eight step great-grandkids. Pam, Denise, Debi, and their families are scattered across the country. Denise, her husband, and two boys live in Winston-Salem, NC. Debi, her husband, their two sets of twins, and eight grandkids live in Tulsa, OK. Pam, her husband, and four kids are a little closer to home, residing in the Chesterfield area.

Scott is a veteran of the United States Air Force and retired from AT&T as a vice president. June's career led her to become an H&R Block tax pro for 30 years. The couple is currently relishing their well-earned retirement. Scott studies American

**CHRISSY WAGNER**  
 REALTOR®

Real Estate With Results



**redkey**  
 REALTY LEADERS

**314.412.9938**  
 chrissy@redkeystlouis.com



(L to R): Trevor Griggs, Katie Rabb (Trevor's girlfriend), Travis Griggs, Denise (Douglass) Griggs, and Steve Griggs



Recent Douglass family reunion



The Poe family—Pam, Kevin, Alexis, Alyson, Abbey, and Charlie



Daddy-Daughter Day 2019



From top left corner, clockwise:  
 Derek and Rhana Garrison with son Graysen | Debi (Douglass) and Bennie Garrison | Dylan and Taylor Garrison with sons Easton and Elijah | Shelby and Audrey Garrison with daughter Addyson and son Noah | Shawn and Carla Garrison with son Kash and daughters Kinsley (oldest) and Korynn

politics, while June spends time knitting and doing needlepoint. Together, they enjoy watching old movies and going on vacation to their favorite destinations, Maui, Hawaii, or Destin, Florida. Cheering on the Blues, Mizzou, and Oklahoma University sports teams keeps them busy, as well.

The couple has been always active in the community. June is the current treasurer of Meals on Wheels, a position she has held for 26 years. Additionally, she was a deacon of Community Christian Church. Scott was the president of the Municipal League of St. Louis County and president of the Community Christian Church Board and elder emeritus. He is currently the mayor of Clarkson Valley and considers it an honor and a privilege to have served the city for the last 31 years. We're lucky to have Mr. Scott Douglass as our mayor!



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

# Improve Your Corner of the World

## Residential & Commercial

- Roof Inspection
- Roofing
- Gutters
- Siding



Call 314-266-6811 or visit [advocateconstruction.com](http://advocateconstruction.com) to schedule your **FREE** roof inspection



CLARKSON VALLEY RESIDENT OWNED BUSINESS

# CANTOR INJURY LAW

## sponsor spotlight

Cantor Injury Law is a leading Missouri injury only law firm headquartered in Creve Coeur. Mark Cantor attended Parkway Central High School, Bradley University, Hebrew University in Jerusalem, and Loyola Law School in New Orleans. Last year Cantor earned the title of Adjunct Professor and taught law at a local university. Mark started practicing law in 1993 and built the firm without ever charging a client unless they won. It was a slow start and his first year he earned only \$17,000.



Mark and his team of lawyers

Mark's father, Dr. Harvey Cantor M.D is a pediatric neurologist who treated terribly disabled children that were sometimes damaged as a result of medical malpractice. Dr. Cantor treated children with severe cerebral palsy and other brain injuries that could have been prevented. Mark shares his father's desire to help others and this led him to practice law. Although Mark Cantor primarily handles automobile collisions and workers' compensation claims, Cantor Injury Law was co-counsel for one of the largest medical malpractice verdicts in the history of the state of Missouri, winning \$18.25 million by verdict in the city of St. Louis for a severely injured child, damaged by medical malpractice.

Mark Cantor and his family love living in Clarkson Valley and have a law firm retreat center called CantorLand, where they relax on weekends, fish, and hunt. CantorLand has multiple animals, including a horse, goats, 50 chickens, and many dogs. Cantor Land is the retreat center for the Missouri personal injury law firm: Cantor Injury Law.



The Cantor family at CantorLand—Mark, Zachary, Amy (holding Bella), Samantha, Eric, and Cash

**Cantor Injury Law**  
(314) 628-9999  
[cantorinjurylaw.com](http://cantorinjurylaw.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](mailto:Bill.Tuttle@n2pub.com).

## BONE FACTS.

- 206 bones in your body.
- It takes an average of 12 weeks to heal a broken bone.
- 52 million - the number of Americans affected by osteoporosis and low bone density.
- 1:2 - the ratio of American women who will have a fracture by the age of 50.
- 50% water and 50% solid matter - the composition of your bones.

## AS LITTLE AS ONE 15 MIN SESSION PER WEEK!

- Improve Bone Density
- Increase Strength
- Improve Balance & Posture
- Decrease Joint & Back Pain



We offer Red Light Therapy!



**OSTEOSTRONG**  
Chesterfield

A unique system to develop your skeletal strength.

1077 S. Woods Mill Rd

Call 636-220-8080 to book your complimentary session!



[OsteoStrongChesterfield.com](http://OsteoStrongChesterfield.com)

student life

# Q&A with Caroline Cudney

## Freshman at Purdue!

Article and photos by **Caroline Cudney**, resident of Kehrs Mill Trails  
Sponsored each month by **Absolute College Consulting**

**Caroline Cudney**

Kehrs Mill Trails Resident  
Marquette High School - Class of 2020  
Purdue University (freshman)  
Area of Study/Major: Industrial engineering  
Intended Career Path: Industrial engineering specializing in healthcare systems  
Clubs/Organizations: Institute for Healthcare Improvement, Adapted Toys for Children, Higher Ground Dance Company, EPICS

**What factors should students consider in choosing the right college fit for them?**

Students should largely consider their preferences and their intended studies when trying to find the right college. You want to find a university where you are comfortable, you can get a strong



Caroline (right) and friend at a park near Purdue campus.

education, and you will be able to make the most of your time there. If you have a specific program in mind, make sure it is offered, or if you are unsure, make sure they have a wide variety of options for you to decide later. If you work better with more one on one and in a smaller environment, look at smaller colleges and vice versa. Consider how the college makes you feel, what they can offer to you as a student both academically and socially, and if these match your interests. It is a highly unique process for everyone, so take time to consider what factors are most important to you because even this may differ from person to person.

**Is there a particular person, moment, class, or club that led you to your intended career path?**

My mom helped lead me into my intended career path because she is an Industrial Engineer. I always found her work interesting and when I explored more deeply into the focuses of industrial engineering, I found I really enjoyed it. It brings a social and business side to engineering with an emphasis on systems, processes, quality, and efficiency, which combines my passion for STEM and working with others.



Caroline (front left) with friends at a corn maze near Purdue.



Caroline (left) and dance teammate pose before a performance.

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

I recommend taking the college selection process in small steps. It can be overwhelming at first with the hundreds of options, but find what you like and what is most important to you. Do you like small, medium, or big schools, public or private, close to home or far, city or college town, what is your intended major, etc? Answering these questions first can help narrow down the list, so you can start looking more specifically at colleges and their unique programs and opportunities. I recommend also visiting college fairs, following Instagram, talking with current students, and learning about what makes that school unique. You are most likely going to spend four years at this place, so it should feel like home. Also, you want to know that you will be able to make the best out of



Caroline (second from top row left) with members of the Purdue Higher Ground Dance Company.

your time there. It is hard to find a place that is perfect in every way, but you should definitely try to find somewhere you know you will enjoy and will be able to make memories and be happy! The process can be stressful, and it differs for everyone, so just try to take a step back and really consider your priorities.

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

Finding balance is key. Most people go to college to further their education, so it is important to prioritize your studies and put your best foot forward academically. Still, don't forget that you are young and these years should be enjoyable. Complete your work but don't forget to make friends and find time to hang out with them. Join clubs and get involved as well. You won't be successful if your only focus is school because four years straight of just studying and doing homework will burn you out. Balance is necessary. So find friends and fun activities that provide a break and help keep you motivated and happy.



Caroline (second from right) with friends at a Purdue football game.

**What have you done or are currently doing to attain the best experience to prepare you for life after college?**

I am currently working on finding my interests and building my skills to be best prepared for life after college. I am working to make sure that I am truly passionate in this field and can see myself enjoying this work for the rest of my life as well as ensuring I am a strong candidate for employment. I am trying to get the best grades possible, join clubs I enjoy and relate to my future plans, make connections, and gain experience through classes and jobs. I am also trying to become even more independent and self-sufficient, so I can function well when I am more on my own.

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

I think I completed my college search well, and I think my parents were smart about it. We looked at different size schools first and public versus private to see which I preferred the feel for. This helped narrow it down later, as I knew I preferred a public school with a bigger campus in a college town. We also looked mainly at strong STEM schools that were north of St. Louis because I knew I was planning to do engineering and preferred the cold. I also knew I didn't want to go to a school too far, as I wanted the ability to drive there and come home if I ever needed to. I may recommend starting a little earlier though because I didn't begin my search until junior year, so while you may not need to tour that early, it may be good to start learning about different universities to get a feel for the diverse opportunities each offers.



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

Find the **ABSOLUTE** Best College Fit for Your Student!

**Let's face it, a college search is overwhelming.**  
Through personalized guidance and an individual plan, Cindy Zelinsky, BAE, MS assists students and families in finding the right college fit. Call for a **FREE** consultation.

- Build an Appropriate College List
- Assistance with Admissions, Applications & Financial Aid
- Help with College Visits & Essay Development
- Extensive Experience in Recruiting for Athletics

**ABSOLUTE COLLEGE CONSULTING**

Call Cindy at (636) 346-5313 or email: [Cindy@absolutecollegeconsulting.com](mailto:Cindy@absolutecollegeconsulting.com)  
Visit: [absolutecollegeconsulting.com](http://absolutecollegeconsulting.com)

IECA INDEPENDENT EDUCATIONAL CONSULTANTS ASSOCIATION ASSOCIATE MEMBER



# HYDRAFACIALS are very popular & beneficial

ONE IS GIVEN EVERY 15 SECONDS  
AROUND THE WORLD!

Sponsored  
each month  
by **Nuovo  
Salon Spa**

body and beauty

**What do HydraFacials do?** Patented technology (a medical-grade device) cleanses, extracts, and hydrates **skin-clearing** dead skin cells, loosening pores, preparing them for extraction using a mix of glycolic and salicylic acid, and botanical extracts.

**Who should get Hydrafacials?** Everyone! One of the HydraFacial's biggest draws is the treatment is suitable for virtually any age and skin type (save for a few exceptions).

**Do HydraFacial treatments remove blackheads?** Hydrafacials clear up pores. The patented vortex vacuum suction removes dirt and bacteria. It empties the dirt inside pores and gets rid of blackheads.

**Do HydraFacials tighten skin?** Many patients report that this skin tightening hyperpigmentation



treatment is soothing, moisturizing, non-invasive, and non-irritating. A HydraFacial treatment improves the appearance of fine lines, wrinkles, congested and enlarged pores, oily or acne-prone skin, hyperpigmentation, and brown spots.

**Do HydraFacials shrink pores?** By removing trapped dirt and impurities in the pores, HydraFacial treatments not only improve skin health but can also help pores regress back to smaller sizes resulting in a smoother overall appearance.

**Can HydraFacials help acne scars?** HydraFacials can be extremely effective for treating acne scars as well as oily skin, which is a major cause of acne breakouts. Treatments consist of cleansing, exfoliation, extraction, and hydration using a vortex effect, so it's able to quickly dislodge impurities.

**What are the HydraFacial skincare benefits?** HydraFacial treatments can improve your skin in many ways. Benefits include a more hydrated, bright, plump, and clear complexion. Plus, it can also improve signs of aging by reducing fine lines and wrinkles, increasing firmness, evening tone, texture, and brown spots, as well as reducing enlarged pores.

**Are HydraFacials customizable?** Serums used during the treatment can be switched up to specifically target personal skin-care concerns such as aging or dullness. Even better, the dermatologist and esthetician may offer additional treatment add-ons.

**Are there side effects associated with HydraFacials?** One of the many reasons HydraFacial treatments are so popular is there are minimal side effects and essentially no downtime post-treatment. Patients can expect a little redness immediately following a treatment, but it should quickly subside. After a treatment, let your skin rest and soak up all of the benefits for the rest of the day. Makeup can be worn the next morning and normal



Removes blackheads



Before and after treatments

routines can resume. The risks are low, but it's possible that reactive skin can experience irritation from the customized serums.

**How often do you should get a HydraFacial?** Although skin will look dewy and glowy following a HydraFacial, the treatment isn't a quick fix. Treatments are intended to improve skin appearance over time. Its effects *do* last longer than other facials, but in order to get maximum results, receive a HydraFacial treatment every four to six weeks.

*Nuovo Salon Spa offers many levels of HydraFacial treatments. Come in and check out their multiple package pricing. Book now with Missy (636) 527- 2566!*

try your first class for \$10

STUDIO, VIRTUAL & PRIVATE CLASSES

**OFFBEAT**  
YOGA

Visit [offbeat-yoga.com](http://offbeat-yoga.com) to see our membership options, schedule & pricing or book a class today!  
314-707-2762

Personalized Care & Companionship  
for seniors aging at home or long-term care communities.

STORIES ABOUT CHILDHOOD • VIEWING SCRAPBOOKS • MUSIC • SINGING • GAMES  
ERRANDS • ENGAGING CONVERSATION • OUTINGS

**seniorcare**  
with Flair

Anne Gray  
BA Psychology  
MS Deaf Education

Call me at 314-825-4068. I will be happy to set up a no obligation visit to discuss how I can help. Visit: [www.seniorcarewithflair.com](http://www.seniorcarewithflair.com) to learn more.



*Celebrate the ones you love  
with beautiful custom artwork*

HIGHER  
FOCUS  
PHOTOGRAPHY

High School Seniors  
Family Portraits  
Event Photos  
Headshots  
Photo Booth Rental

www.higherfocus.net 636-273-6600

**WE DO WINDOWS**  
GUTTER, SIDING CLEANING + MORE!



\*  
Clarkson Valley  
residents receive  
**5% OFF**  
first service!  
\*

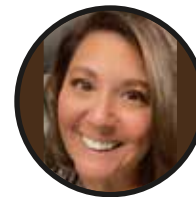
CALL FOR YOUR FREE  
ESTIMATE TODAY!  
**(314) 590-3370**

**DOUBET WINDOW CLEANING**  
You say clean, we say SPOTLESS!

doubetwindowcleaning.com

health and wellness

## STICKING WITH YOUR WEIGHT LOSS PLAN



Article by **Amy Bratton**, resident of Clarkson Mill  
Sponsored each month by **ApexNetworks Physical Therapy**

Spring is approaching fast now, and your New Year's resolutions are a distant memory. Raise your hand if you forgot all about your resolution to lose weight...I see you all the way in the back...yes, you!

Last November, my husband and I went to Cabo with his parents to celebrate my birthday. It was an amazing trip, and we had the best time! The only thing not so great was my father-in-law's talent for taking the most unflattering pictures ever! It was one of those pictures that led me to want to take charge of my body. I didn't do much when we got back other than complain that I was out of shape and hated my body. You know, self-loathing. We all do it at one point or another. With the holidays in full swing, the chances of me starting a diet and sticking with it were about as great as me pretending to hate pumpkin pie. It just wasn't going to happen. I did, however, join a workout group. It's a small group of women who do circuit training together twice a week. It wasn't much, but it was a start. On the days that I went, I felt better, even if my waistline wasn't showing it yet.

Fast forward to January. I knew we were planning on being in warm weather for spring break and didn't want a repeat of Cabo. I started searching for things that would motivate me to want to stick with some type of program. I stumbled across Noom® and started researching it a little more. No, this isn't an ad for you to join, just some things that I have learned about healthy eating and why we eat what we eat! My top two take-aways:

### Food Journal

The one thing I can recommend for weight loss is a food journal. It doesn't matter if it's an app on your phone or you just write down what you eat. The habit of holding yourself accountable by seeing what you ate in black in white was a game-changer for me! I found it was much easier to make good food choices because I didn't want to have to log the chocolate cake. I traded the cupcake for the grapes, the doughnut for the French toast made with whole-grain bread and a dash of cinnamon. It's little changes that put together will make for easier weight loss that you will want to maintain.

### Calorie Density

Calorie density really is about how filling the food you're eating is. The best example I've seen is comparing 40 calories of grapes to 40 calories of raisins. The grapes, being that they are bigger and full of water, are going to fill you up more than raisins because raisins are small and have no water in them. Want to feel full? Eat foods higher in water content. From experience, I can tell you, it works!



I guess only time will tell if I stick to the plan and drop the pounds, but I've just turned you all into my cheerleaders! Congratulations, and welcome to my team!

## ARE YOU CONCERNED ABOUT SPREADING COVID IN YOUR OFFICE OR HOME?

*WE PREFER A PROACTIVE APPROACH.*

Microbial Solutions Unlimited provides a proven, antimicrobial coating treatment to surfaces within your home or business. Using the patented PRO-Techs formula our highly trained applicators will treat living and working spaces, personal face masks, HVAC filters, vehicles, and more.

- + Effective in eliminating harmful microorganisms
- + Safe around children and pets
- + Long-lasting treatment up to 90 days with 24/7 protection



SCAN TO WATCH  
HOW PRO-TECHS  
WORKS!



**Microbial Solutions Unlimited**

Schedule your appointment today: (314) 356-9990

www.MSUPROTechs.com

Relieve your pain,

**GET BACK  
TO THE  
LIFE YOU  
DESERVE.**

Schedule an  
appointment today!



**636-486-0019**  
ApexNetworkPT.com

living spaces

# SIMPLIFYING the Home-Buying PROCESS



be a hefty fee. In fact, even a 5% down payment on a \$200,000 home is still \$10,000. That being said, you'll need a big chunk of savings in order to have an appropriate down payment. Be sure to start saving early and don't pull the trigger on buying a home if your savings aren't sufficient.

### Explore Down Payment and Mortgage Options

There are many stressful factors in the home buying process, but the money involved tends to be the most troubling aspect. However, by knowing the many options you have when it comes to the down payment and mortgage, you can rest easy knowing that you made great decisions when it comes to financing your home. If you're trying to come up with a solid down payment, you may want to try these options:

- Conventional mortgages
- FHA loans
- VA loans

### Understand Your Budget

Understanding the budget is where many home

shoppers fail. They may find a home that they can afford, but they don't account for the unfortunate instances that can happen during homeownership. Things like a broken dishwasher, plumbing issues, or water damage are all situations that can happen, and many of these scenarios can cost a great deal of money. That being said, be sure to look at properties that cost less than what you're approved for.

### Don't Focus On Market Timing

Many home shoppers will continue to monitor the real estate market until they feel like the market has tipped in their favor. While some believe this is a very effective tactic, it isn't a very intuitive move. That's because it's impossible to anticipate the housing market. Prices will go up or down at any time, and it's extremely difficult to know what will happen on any given day. So when you find that perfect home, pull the trigger and go for it—no matter where the market stands.



Want to have your home highlighted in a future newsletter? Have you recently remodeled? Have a unique room to show us? Email [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com).

WE ARE PROUD TO SPONSOR THIS MONTH'S  
LIVING SPACES FEATURE



**JANICE FREEMAN**  
TEAM

**BERKSHIRE HATHAWAY** HomeServices  
**Gavin Freeman** Direct: 636-728-8731 GMF333@gmail.com SellingHomesinStLouis.com  
**Janice Freeman** Direct: 314-753-7852 Office: 636-530-4005 JMF@JaniceFreeman.com

Alliance Real Estate · Janice Freeman Team  
17050 Baxter Road, Suite 200, Chesterfield, MO 63005  
© 2020 Real Estate Brokerage Services are offered through the network member franchises of BHH Affiliates, LLC. Most franchises are independently owned and operated. Equal Housing Opportunity.

Article by  
**Janice Freeman**,  
resident of  
Kehrs Mill  
Estates

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

Buying a home is a huge investment, and the buying process can be very confusing—especially if you're buying your first home. However, buying a home doesn't have to be challenging. By understanding a few key tips, the whole home buying process can run smoothly and efficiently.

### Understand Your Needs

Even before you start looking at houses to buy, you should clearly understand your needs. The last thing you would want to happen would be to regret your purchase decision down the road. That being said, it's extremely vital to do a lot of homework before even browsing for your new home. Think about your budget, lifestyle, future plans, and anything else that relates to buying a new residence. This new home is an investment that can be with you for a very long time; therefore, you must make educated decisions throughout the whole home buying process.

### Have a Hefty Saving Fund Ready

When buying a home, it's very smart to put down a solid down payment. Doing this can help to limit the amount of interest you'll pay over time, including possible lower mortgage insurance. While many lenders will permit a low down payment, it's a good idea to put down at least 20%. However, this can

Leave it to **Weaver's** to renew your space with the style and grace of wallpaper.

**Weaver's Wallpapering Company**  
314.616.0487  
Painting  
Wallpaper Removal  
Wallpaper Installation  
Mural Installation  
Minor Drywall Repair

Schedule your free estimate today!  
[weaverswallco@gmail.com](mailto:weaverswallco@gmail.com) · [weaverswallco.com](http://weaverswallco.com)

Client: Gills Tree Service  
Size: 1/4  
Location: Standard



amazing athletes  
**Lillian Ott**  
 Lady Falcon Defenseman!

Lillian #21 in action on DI!

**ROW HOUSE**  
 NOW OPEN IN CHESTERFIELD

TRY A FREE CLASS

45-MINUTE ROWING BASED WORKOUT:  
 LOW IMPACT CARDIO  
 DUMBBELL TRAINING  
 BODY WEIGHT EXERCISES  
 DYNAMIC STRETCHING

Mention this ad and receive **25% OFF** your first month and any retail purchase!

Improve Strength  
 Torch Calories  
 Optimize Mobility

4 CLARKSON WILSON CENTER, CHESTERFIELD, MO | 314-391-2136

Sponsored each month by Row House Chesterfield

Lillian Ott is a fifth-grader at Kehrs Mill Elementary. Her passion is playing ice hockey. This past year, she joined the Chesterfield Lady Falcons and plays defense. Although many of the girls on her team are new to the sport, like Lillian, that didn't stop them from taking second in their division with a remarkable regular-season record of 7-3-2. The team also took second place in the recent St. Louis Ice Blast Tournament!

Lillian says, "One of the things I love most about playing hockey is when our team scores a goal, but winning a game is a big thrill, too." Lillian's proudest moment was when she received a penalty. Yes, that is correct, a penalty! However, Lillian said, "It was worth it because the boy on the other team was about to score." She is extremely proud of her team because they play in a league where both girls and boys play on the same teams, but her team is all girls!

Lillian hopes to play ice hockey for many years. In fact, she would love to play for a college team one day. Luckily, she has a great partner at home who is always eager to practice with her outside in the driveway—Breck their golden retriever! While ice hockey is her favorite sport, Lillian also enjoys lacrosse, golfing, and skiing. Go, Lillian!



Clarkson Valley besties and teammates—Lillian Ott, Harper Collins, and Emily Shuert!



Training at home with Breck



A pre-game pose during the "scrape"



With their Kehrs Mill Elementary teacher, Mr. Schultz, a former Junior Blue who came to watch them play!



The Chesterfield Lady Falcons!



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

# More Than COFFEE

making a difference

Article by  
**Loris Ruscitti**,  
resident of  
Forest Hills

Sponsored  
each month  
by **Pathfinder  
Church**

In the heart of West County, there is a hidden gem called More Than Coffee. Their mission is simple: to help people. The founder Sam Malek, who himself has disabilities, cerebral palsy, and arthritis in his spine, opened the shop with a vision to give the disabled self-dignity and self-worth. His goal was to teach physically and mentally challenged individuals skills to help them become independent in the workplace. Unemployment for those with disabilities is extremely high, and he aims to change that. Sam wants everyone to focus on people's abilities, not disabilities, and change the world one cup and one person at a time.

Students from Marquette High School, both past and present, have been the benefactor of Sam's inspiration, training, and motivation. That is inclusive of both disabled and able-bodied students.



His program has helped more than 82 physically and mentally challenged individuals obtain employment in the workforce. Sam is hopeful that more businesses will see that just because they have challenges, that does not mean they cannot do a job. Providing extra training, patience, and sometimes being creative could have a huge impact both physically and mentally.

More Than Coffee does not stop there. Although they themselves are a 501(c)3 charity, they have helped over 40 local charities by donating a portion of the profits to help others in need.

In 2007, the TV show *Extreme Makeover* was in St. Louis to renovate a home for a family with special needs twins. Sam was one of the volunteers helping with the project, and the builders introduced the star of the show, Ty Pennington, to Sam. The show decided to bless More Than Coffee by rebuilding the structure so that it was ADA-accessible and could better accommodate those with disabilities. The full episode and other inspirational videos can be found at [morethancoffee.net](http://morethancoffee.net).



More Than Coffee is exactly what the name says. They serve baked goods, breakfast and lunch items, homemade granola, coffee by the pound, smoothies, dog treats, and more. A smile and chat are given free of charge to all customers. If you are asking yourself how you can help, there are many ways. You can stop by for some coffee or a bite to eat, order boxed lunches for an event, become a corporate sponsor, or spread the word by telling your family and friends. If you are an able-bodied teen or adult and would like to donate your time to work with their disabled volunteers, please call 636-591-3333.



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

**Making the switch to Accurate Electric has never been easier.**

**ACCURATE ELECTRIC**

**636-225-1020**  
[accurateelectricstl.com](http://accurateelectricstl.com)

**Clarkson Valley residents receive \$25 OFF your first project!**

**Kitchens | Bathrooms | Pools | Hot Tubs | Decks | Basements  
Generator Installation | Service Upgrades | Panel Changes  
Licensed | Bonded | Insured**

**easter**  
AT PATHFINDER CHURCH

**Events & Services  
March 29-April 4**

Holy Week Experience  
Easter Eggstravaganza Drive-Through  
Easter Services

[PATHFINDERSTL.ORG/EASTER](http://PATHFINDERSTL.ORG/EASTER)

**Clarkson Valley's top resident personal training, health and wellness specialist for all family members!**

With more than 25 years experience as a fitness trainer, I will help you change, mold and shape your self perception both physically and mentally.

Feeling successful for even a minute of each day will define life-long health and wellness.

My studio is located in Clarkson Valley for fast and convenient sessions. What are you waiting for?  
**Let's get started today!**

**Call me to get your Collagen Elixir today!**

**AVAILABLE NOW!!!**

**arc body solutions**

**Abby Cohen**  
MS Sports Nutrition/Sports Administration/  
ExSci/NASM-CPT/CSCS/STOTT Pilates  
**(636) 299-6172**  
[abby@arcbodysolutions.com](mailto:abby@arcbodysolutions.com)  
[abbycohen.isagenix.com](http://abbycohen.isagenix.com)

# Forest Hills Country Club RESTRUCTURES GOLF OPERATION

Hiring Pros Jimmy Bals & JT Tierney

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

around the club

Forest Hills Country Club is by far one of the largest golf operations in St. Louis. A full, vibrant, fun, and active membership, 27 holes of beautifully maintained golf, and a junior golf program that is by far the largest and best in the city, maybe the Midwest. With a year that resulted in record utilization and rounds of golf, it was time to ask ourselves what role our golf professionals play here at Forest Hills.

This resulted in restructuring the golf shop organizational chart and adding two new staff members to our golf family: Jimmy Bals and JT Tierney. The new model contains the same number of golf professionals as it did in past years. It now consists of a director of golf (new), a head golf professional, two assistant professionals, and one teaching professional (new). The first addition, Jimmy



Jimmy Bals



JT Tierney

Bals, was a previous Forest Hills assistant professional from 1998-2000, working under our longtime golf professional, John Hayes. Jimmy moved on to assume the head golf professional position at Westborough Country Club in 2001 and has been there until accepting the position as our director of golf operations at the end of 2020. His many years of experience will help shape the restructured procedures and functions of the golf department.

We are also excited to welcome Mr. James Tierney, or JT, as our new head golf professional. JT comes to us from St. Clair Country Club in Belleville, IL. JT studied at the University of South Florida and Tallahassee Community College. Prior to being the golf professional at St. Clair CC, JT was the lead golf assistant at the Sanctuary Golf Club in Sanibel Island, FL, a prestigious and Top 100 World Rated Platinum Club that prides itself on exceptional services. JT started there in 2013 but prior to joining The Sanctuary, JT spent nine years as the first assistant at Leland Country Club in Leland, MI. JT was responsible for the oversight of their junior golf program and brings a wealth of knowledge to us to help continue our great tradition with our junior golf program.

Jimmy and JT joined us in December and have hit the ground running, getting ready for the 2021 golf season!

*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](mailto:Bill.Tuttle@n2pub.com) for more details.

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



**Kitchen • Bathroom • Basement • Home Office  
Built-in Shelving • Fireplace Update  
Wainscoting • Shiplap • And More!**

Contact **Brad Hackett** at  
(314) 540-6311 or visit  
[hacketthomeremodeling.com](http://hacketthomeremodeling.com)  
to request an appointment today!



**Exclusive Resident Offers!**

**Clarkson Valley's one source comfort solution.**



**\$75 CLEAN & CHECK**  
(Regularly \$125)

**Call 314-423-4200 to schedule today!**

Offer expires 5/31/21

**10% OFF NEW SYSTEM INSTALL**

(Lennox or Goodman Brands)

**Call 314-423-4200 to schedule today!**

Offer expires 5/31/21



**INNOVATED COMPANIES**

**Locally-Owned & Family-Operated  
Installation & Repair for Heating | Ventilation  
Air Conditioning | Plumbing | Electrical**

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



The Underwood family of Forest Hills



Benjamin Cohen, Kehrswood resident



Anna Mae Williams, resident of Kehrs Mill Trails



Kelsey Wood, resident of Kehrs Mill Estates



Luna Ayers of Forest Hills

**THE A NO. 1**  
POWER WASHING SERVICE  
IN CLARKSON VALLEY

IS **H2O**


- Roofs • Gutters
- Siding • Decks
- Concrete


Reach out to us to reveal a brighter exterior and schedule your pressure washing service today!

Call Nathan at: **636-448-8680**

[h2opowerwashingstl.com](http://h2opowerwashingstl.com)





**JUSTICE FOR THE INJURED**

[CANTORINJURYLAW.COM](http://CANTORINJURYLAW.COM)

## Smiles by Kristin PHOTOGRAPHY

resident business beat



Sponsored each month by **Cantor Injury Law**

Hello, my name is Kristin. I'm a St. Louis area photographer that specializes in senior, family, and pet portraits living right here in Clarkson Valley! I enjoy creating custom portraits that let personalities shine. I am also a wife and mother to four awesome kids! I have three boys and a girl. While documenting the first few years of their lives, I fell in love with photography. I have a background in education and love working with kids, which, I believe, is what has made them my favorite subjects! I have now been capturing precious memories for six years. I would love to speak with you about creating a custom portrait experience for your senior, family, or pet!

**Smiles by Kristin Photography**

(614) 499-1456

[smilesbykristinphotography.com](http://smilesbykristinphotography.com)



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

Custom Homes • Renovations  
Home Improvements

**KING HOMES**

**314.520.7271**

[www.kinghomesonline.com](http://www.kinghomesonline.com)



Powered by



622 Emerson Road, Ste. 325 | St. Louis, MO 63141 | Member FDIC

**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



**Earn neighborhood style points.**



DECK · PATIO  
HARDSCAPING  
SERVICES



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](http://thewallguysconstruction.com)

**CLARKSON VALLEY'S FOUNDATION REPAIR PRO**



- Fix Foundation Wall Cracks
- Lift Houses & Sunken Foundations
- Straighten Bowed Walls
- Install Drain Tile & Sump Pumps
- Repair Water & Sewer Pipe Penetrations
- Negative Side Waterproofing
- We will meet or beat all competitor pricing!
- Provide Transferable Lifetime Warranty Certificate
- X-Pert Trained Technicians (Owner on every job)
- Same Day **FREE** Estimate



For all expert foundation repairs call Kent at **(314) 520-9515** or email: [info@stlouisfoundationrepairs.com](mailto:info@stlouisfoundationrepairs.com) visit: [stlouisfoundationrepairs.com](http://stlouisfoundationrepairs.com)

**Don't let pests live in your home rent free!**



We'll rid your home of:

- Household Insects
- Flying Insects
- Rodents
- Wildlife

Clarkson Valley residents receive **\$20 OFF** first service!



Over 45 Years of Combined Animal & Pest Control Experience



Call (314) 236-7378 or visit [www.24sevenpest.com](http://www.24sevenpest.com)

**Clarkson Valley's clear choice for home and auto window tinting**



- Preserve Your Home's Appearance
- Increase Comfort Levels
- Heated Seats
- Sunroofs
- Protect Your Belongings
- Reduce Energy Costs
- Remote Starts
- Wheels & Tires
- Provide Solar Protection
- Window Tinting
- Spray-In Bedliners
- Traxxas R/C Cars
- Truck Steps
- Leather Interior
- Truck Bed Covers

Clarkson Valley residents receive **10% OFF** (Minimums apply)

Find out how we can help you save money and protect your investments  
Call: **636-474-8468** or visit: [totaltintingstl.com](http://totaltintingstl.com) or [totalcustomsstl.com](http://totalcustomsstl.com) today!



# Spanky Entertainment Dueling Pianos

- Weddings
- Corporate Events
- FUNdraisers
- Holiday Parties
- Mitzvahs
- Private Celebrations



**NOW BOOKING  
2021, 2022,  
& BEYOND!**

**WOW your  
guests with our  
unforgettably  
FUN and UNIQUE  
all-request  
dueling pianos!**

hello@SpankyEntertainment.com | 314-690-8680 | www.SpankyEntertainment.com

## 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

Quackers Waterproofing & Basement Repair

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

quackerswaterproofing.com

**CALL: 636-281-3735**



## Full service dentistry including orthodontic care and implants.



Mark Hesker, D.D.S., P.C.  
450 N. New Ballas Rd., Suite 200  
Creve Coeur, MO 63141  
314-569-3337

**NEW  
PATIENT SPECIAL:**

Receive a Home  
Whitening Kit for **\$55**  
when you come in for an  
Exam, Cleaning & X-Rays  
(\$85 Value!)



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

Visit [www.heskerdental.com](http://www.heskerdental.com) today to book your appointment!



# CLARKSON VALLEY Living

## 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](mailto: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

### INSURANCE

**STL Insurance Stop**  
Dan Bumiller  
(314) 475-5637  
dan@stlinsurancestop.com  
stlinsurancerates.com/

### REAL ESTATE AGENT

**Janice Freeman Team**  
Janice Freeman  
(314) 753-7852  
jmf@janicefreeman.com  
janicefreeman.com

### WEALTH ADVISOR

**Mariner Wealth Advisors**  
Matthew Fisher  
(314) 227-2457  
matthew.fisher@  
marinerwealthadvisors.com  
marinerwealthadvisors.com

### ELECTRICAL SERVICES

**Birkel Electric**  
Mike Birkel  
(636) 386-7000  
mbirkel@birkelectric.com  
birkelectric.com

### KITCHEN & BATH DESIGN, REMODELING & CONSTRUCTION

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

### Lottmann Realty Group

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

### YOUTH SOCCER CAMPS & TRAINING

**Twellman Soccer**  
Tim Twellman  
(636) 980-7620  
tim@twellmansoccer.com  
twellmansoccer.com

### FINANCIAL FIDUCIARY

**Cutter & Company**  
William L. Meyer  
(636) 537-8770  
wlmeyer@cutterco.com  
cutterco.com

### LAW FIRM

**Cantor Injury Law**  
Mark Cantor  
(314) 628-9999  
mark@cantorinjurylaw.com  
cantorinjurylaw.com

### GENERAL CONTRACTOR

**King Homes**  
Daniel King  
(314) 520-7271  
danielking1@sbcglobal.net  
kinghomesonline.com

### ORTHODONTIST

**Ries Orthodontics**  
Charlie Ries  
(636) 230-6100  
admin@riesortho.com  
riesortho.com

### HEALTH & WELLNESS

**ARC Body Solutions**  
Abby Cohen  
(636) 299-6172  
abby@arcbodiesolutions.com  
abbycohen.isagenix.com

### PHOTOGRAPHY

**Smiles by Kristin  
Photography**  
Kristin Miller  
(614) 499-1456  
smilesbykristin@gmail.com  
smilesbykristinphotography.  
com

### HEATING & COOLING

**Welsch Heating & Cooling**  
Butch Welsch  
(314) 872-8070  
bwelsch@welsch-heatcool.  
com  
welsch-heatcool.com

### RE/MAX Select

De Lynn Klosterhoff  
(636) 779-8080  
delynnk@delynnk.com  
delynnk.com

### The Krause-Basler Network

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

### ROOFING & SIDING

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

### SOFTWARE SOLUTIONS & WEBSITE DEVELOPMENT & MANAGEMENT

**Gaspar Technology  
Consulting**  
Al Gaspar  
(800) 482-9542  
agaspar@gaspar-itc.com  
gaspar-itc.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	Total Living Area
16805 Pacland Place	Pacland Place	\$775,000	\$775,000	01/26/21	0	4	4	3,843	3,843
1109 Wilmas Valley Ct	Arbors at Wilmas Farm	\$899,000	\$865,000	01/19/21	29	4	4	4,944	4,944
18205 Hager Lane	Wildhorse Creek Forest	\$1,475,000	\$1,475,000	01/28/21	112	5	6	5,096	7,996
342 Woodcliffe Place Dr	Woodcliffe Place	\$425,000	\$421,000	01/08/21	12	3	4	2,022	2,600
1918 Bentwood Ct	Bent Tree	\$449,000	\$461,000	01/08/21	34	4	4	2,622	2,793
284 Woodcliffe Place Dr	Woodcliffe Place	\$485,000	\$482,500	01/15/21	27	4	5	2,993	3,993
209 Dejourner Dr	Chesterfield Farms	\$485,000	\$485,000	01/05/21	59	4	4	2,476	3,376
16917 Crystal Springs Dr	Chesterfield Farms	\$479,000	\$490,000	01/20/21	7	4	4	2,832	3,600
16578 Baxter Forest Ridge Dr	The Forest	\$549,900	\$535,000	01/28/21	152	4	3	3,000	3,000
16348 Wilson Farm Dr	Wilson Farm Estates	\$559,900	\$560,000	01/20/21	58	4	4	3,159	3,159
2008 Wilson Ridge Lane	Wilson Farm Estates	\$644,000	\$630,000	01/28/21	15	4	4	2,804	4,774
9 Morganfield Ct	Wilson Farm Estates	\$630,000	\$640,000	01/15/21	3	6	5	3,300	4,321
1 Horseshoe Ridge Ct	Kehrs Mill Trails	\$725,000	\$671,000	01/13/21	9	4	4	5,900	5,900
8 Forest Club	Forest Hills Club Estates	\$715,000	\$695,000	01/14/21	7	5	5	3,925	4,792
11 Wilson Ridge Ct	Wilson Farm Estates	\$799,000	\$799,000	01/15/21	13	5	6	4,397	4,397
204 Appaloosa Dr	Appaloosa Way	\$865,000	\$850,000	01/22/21	5	5	6	4,403	4,403
133 Chippenham	Forest Hills Club Estates	\$940,000	\$890,000	01/04/21	77	5	5	4,004	4,004
17024 Lakeside Ridge Dr #Lot 216	Fienup Farms	\$1,065,000	\$1,764,075	01/04/21	0	4	5	3,600	5,200



Custom Decks · Patios · Outdoor Living Spaces



Room Additions · Finished Basements



Kitchen & Bath Remodeling

Clarkson Valley residents receive **10% OFF** labor on your first project!



Roofing · Siding · Gutters · Windows · Doors

## Clarkson Valley's "Everything Contractor" for all your home improvement needs.

**Trust & Performance.** With over 30 years of experience, specializing in custom decks, patios, roofing, siding, windows, and more. Our skilled craftsmen will get the job done and get it done right. We are also very skilled in large remodel jobs and room additions. Covenant Contracting operates with extreme excellence and the highest of integrity.

If you're interested in our services or just have a question, contact us today at **314-282-1991** to discuss your project. We'll provide a free quote!



ACCREDITED BUSINESS A+ 30 Years Experience · Free Inspections & Estimates · Insurance Specialist · Fully Insured

covenantcontractingstl.com · 314-282-1991 · will@covenantcontractingstl.com

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

REPRESENTING THE BUYER

343 Shetland Valley Court

REPRESENTING THE BUYER

5744 Calvey Creek

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

Visit us on the web!

**The BARR Tradition** FAMILIES AND HOMES TOGETHER

Call Phyllis: 314-973-2843 or Kris: 314-750-8054 · Email: thebarrtradition@cbgundaker.com

**FIND YOUR DREAM HOME AT: www.thebarrtradition.com**

COLDWELL BANKER GUNDAKER



# SURROUND YOUR HOME WITH THE AMBIANCE IT DESERVES!

Clarkson Valley Resident  
Outdoor Lighting Special!

**\$100 OFF** any job  
over  
**\$450!**



Call **314-610-3885** today for a free estimate.  
visit: [suburbiaatl.com](http://suburbiaatl.com) to see all our services!



SCAN ME