CLARKSON VALLEY

A SOCIAL PUBLICATION EXCLUSIVELY FOR THE RESIDENTS OF CLARKSON VALLEY

October 2020

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

Want to Join the Team?

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better! We're always looking for community members who would like to be a part of making Clarkson Valley Living the best it can be. We currently have openings for Resident Article Contributors and





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Junior Writers-kids who want to get involved! If you or someone you know might be

interested, please email

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for more information!

your publication!

We'd love to hear from you!

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event invitations and contact list.

Please let us know how we are doing. Do you have

Are you and your family new to the neighborhood?

If so, welcome! Please send your contact informa-

tion to Bill.Tuttle@n2pub.com to be added to our

any article ideas? How about ideas on neighborhood events? Don't hesitate to get involved-this is

Grace Andrews Junior Resident Writer Resident of Kehrs Mill Estates West gand2021@icloud.com



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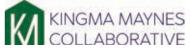
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Friday, October 16 and November 20 (Third Friday every month) | 8:00-9:15 am

Limited space available so, reserve your spot today and get the Zoom link emailed to you! **RSVP to Bill.Tuttle@n2pub.com.**

Who is invited? ALL our St. Louis N2 publications' resident business owners and advertising partners (from Clarkson Valley, Wild Horse Creek, and The Legends). We will "go around the room" and each business will get to introduce themselves.

This is a great way to get to know other residents, other local businesses, and support the local community! We will have a chat box available, so if there is someone you'd like to get to know better and potentially build a relationship with, you'll be able to message them privately. You'll also be able to message the whole group.

Everyone is welcome, you don't have to be a business owner if you just want to come meet local businesses!

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attention: business owners



The following from our Clarkson Valley Living community attended the September 18th meeting:

- Al Gaspar from Gaspar Technology Consulting
- Jill Gray at Higher Focus Photography
- Brad Carr & Jordan Richardson from Row **House Chesterfield**
- Steve Greiner of OsteoStrong Chesterfield
- Anthony Castelli at Nuovo Salon Spa

At the end of the event, Wild Horse Creek Living community partner and event sponsor Wendy Breese raffled off a Bliss Box from Lemongrass Spa. For more info on Lemongrass Spa contact

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mayor's corner

Memories, QUOTES, TRIVIA



By Mayor

Scott

Douglass with

contributions

from the

Mayor's cousin

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Burks

I have had the privilege of writing this article since the first publication. The purpose is to be informative with an occasional sideline, i.e. a bad joke or an old quote. This month is different. As we go into the last quarter of an unprecedented year in modern American history, how are you feeling? The restriction on social activities, the school situation, an election year, loss of a family member or friend to the virus - is it any wonder that stress is real! The memory of normality is more and more prevalent, more about memories later. 2020 will be a year of strong memories. So let's take a few minutes and look back, because most memories are personal. You can do that reflection on your own. To get us in the mood to look back, how about some famous quotes and not so famous ones, a few family ones and just silly ones to remember (and perhaps forget at the same time). In other words, a little fun exercise. Enjoy!

Famous

- Einstein: Continue doing the same thing over and over again and expecting different results is insanity.
- · Mark Twain: The secret of getting ahead is getting started.

- Helen Keller: Life is a daring adventure or nothing.
- F. Scott Fitzgerald: Nothing is as obnoxious as other people's luck.
- Remember some of these?
- Keep your eye on the ball and your nose to the grindstone.
- The person who thinks he knows it all irritates those of us who do.
- I can handle temptation, I yield to it.
- Sign on a bar: If you are drinking to forget, please pay in advance.
- · It's hard to believe America was funded to avoid taxes.
- I don't exaggerate, I just remember BIG.
- I play golf just to aggravate myself.
- Every family tree produces some nuts.
- If it ain't broke, don't fix it.
- If you want a rumor to be delivered, whisper it (nowadays it's social media).

Silly (fun, too)

- Do you know the brothers that live with me? Art and his brother Rytis; or my cousins, Bend Over and Stand Up.
- Johnnie, did you wash behind your ears?
- If ignorance is bliss, why aren't more people happy?
- Life is short, eat dessert first.
- A closet is a place for hanging things when you run out of doorknobs.

How's that for a quick trip? I know you have many more quotes that remind you of the good ol' days. Memories are a big part of life. They help identify who we are. They give us stability. They can be sad but more often leads to joy, thankfulness and a laugh with family and/or friends. Memories can give strength to persevere - a baseline for future decisions. Yes, it's good to take time to consciously reflect and realize it's a worthwhile exercise. So, let us look forward - to make this last quarter more to our liking - salvaging (if needed) 2020 to be a better memory.

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ALL THE WAY FROM HOLLAND, welcome the de Pries

Article by

Kehrs Mill

Trails resident

Ryan Joyce

| Photos by **Higher Focus**

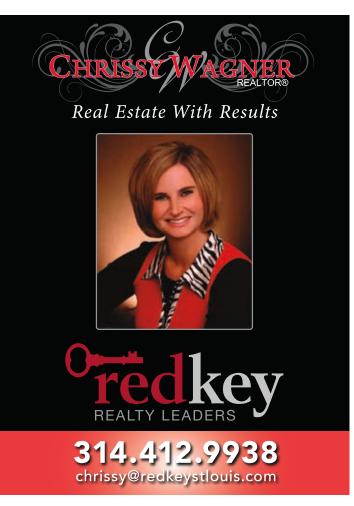
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Leaders



Meet the de Vries family, Eduard, Roxanne, Laurent (15) and Madeleine (12) of Kehrs Mill Trails! A career move originally brought the family from Amsterdam to Maine about 10 years ago; the family moved to Clarkson Valley in 2019. The de Vries are nature lovers so the bucolic Kehrs Mill Trails neighborhood is a perfect fit.

Eduard is VP IT Business and Consultancy at SSM Health. He's pursuing a second master's degree at SLU, is an avid reader and enjoys running on the Katy Trail. Roxanne, also born in Holland, but raised in Texas is a stay-at-home mom who owns a web design company that has small business clients throughout Europe and the US, publishes blogs, and is currently working on certifications for a career in Salesforce..

Eduard and Roxanne have a full house with two children, Laurent and Madeleine, as well as Windsor the rescue dog and two adopted cats. Laurent is a sophomore at Westminster, loves to play basketball, lacrosse, run cross-country, and interact with friends over the XBOX. Madeleine is a 7th-grader at Crestview Middle School; she enjoys gymnastics, dance, lacrosse, and making TikTok videos with her friends.

The de Vries have found a few local favorite eateries including BAO, and Corner 17. They love





town Cardinals and Blues, but also cheer on the New England are favorite vacation spots.

Holland is a small country, so everyone growing up speaks multiple languages. Eduard speaks Dutch, English, French, and German; Roxanne is working hard on adding Spanish and Italian to an already impressive trio of English, Dutch, and French. The kids speak Dutch and are both learning French at school.

During quarantine, Roxanne and Eduard took great advantage of their home workout room. Not only did they avoid the "quarantine 20," but actually lost 20 pounds each!



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Before Bathroom Remodel



spotlight

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Dan King, his wife Elena and their family are residents of Kehrs Mill Estates West. Dan is the founder of King Homes, Inc., and has more than 25 years of experience in residential real estate and related industries, including home renovation and remodel, new construction, brokerage and land development. King Homes has been the general contractor on construction projects ranging from garden-style condos all the way up to 10,000+ square foot custom homes, and every type of remodeling project in between. As a licensed real estate broker, Dan's knowledge and expertise are beneficial in so many ways.

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After Bathroom Remodel.

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- 2244 Devonsbrook 63005
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- Lot 2 \$550,000

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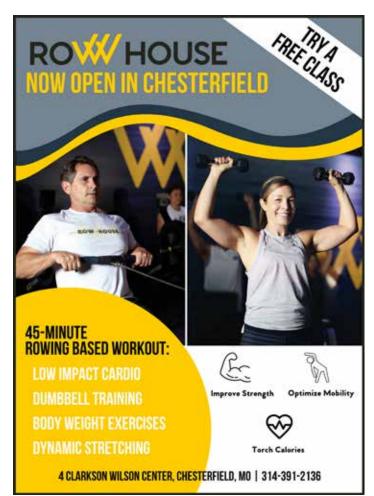
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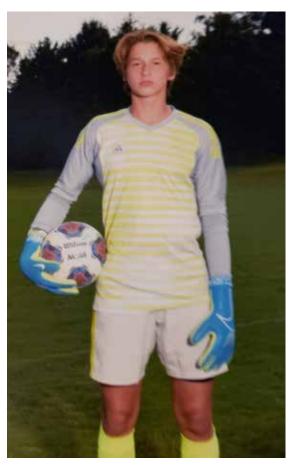
Collin Nowotny lives in Forest Hills and is a Junior at Marquette High School. He is an outdoor, indoor, and futsal soccer player. Collin is currently the Goalkeeper for Marquette's Varsity team as well as his Scott Gallagher 04 Boys Elite Amlong team. Collin says, "I have played in several tournaments over the years and have won numerous awards, but what I love most about soccer is the competition and friendships I have made. I am blessed to be able to play the sport I love at this level."

Collin was recruited from Lou Fusz to play For Scott Gallagher. "We have very strong team, ranked 10th in the country! We have been invited to play in the national playoffs in Sarasota, Florida, next year which I am looking forward to very much," states Collin.

Collin also loves waterskiing, wave running, and snow skiing. He says, "To get better at your talent, you must put in the work when your not playing the games which also keeps you out of trouble!"

Collin plans to pursue a BS and MS and play College Soccer. He is currently being scouted by Rockhurst, Central Methodist, Southern Indiana, Maryville, and Drury. Best of luck, Collin!







Collin (on the right of the middle three) with his Marquette High School Team.



Back row left with the Scott Gallagher 04 Boys Elite Amlong team.



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Homeowners Rob and Liz Bezjak took this real estate advice seriously when they purchased their home in Forest Hills and designed an addition with a multi-tiered outdoor living space to maximize the stunning golf views. Where else can you watch three holes of live golf being played simultaneously, from home? A par 3 plays towards you from tee to green, while approach shots land on a par 4, and drives are struck on the par 5. The panorama is a golfing paradise with stately oak trees framing the vistas.

The outdoor living space was designed for views from every angle, with several levels for entertaining. Those seated on the top tier can easily see over the lower patio level, to take in the golf and parklike setting. Extra-wide steps can also provide "stadium" style seating if the whole gang stops over. An aggregate stone wall creates a sense of privacy and helps to define the space framing the foreground to enhance the views, while protecting the built-in flower beds and container gardens from the deer and wildlife. Treehouse views from inside and out, expansive floor-to-ceiling windows on the home's addition anchor the patio dining alcove.

Every season is just as spectacular as the next, and sunset views are just the icing on the proverbial cake. Rob and Liz say, "Designing and updating an



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entire house from top to bottom had its challenges, especially in a home with a mid-century modern vibe, but it was all worth it. Watching the golf and the squirrels play just seems to erase the day's challenges, but it really is about location. We feel blessed to live in such an awesome golf community."



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Cheers to Isla (7) on her first day of 2nd Grade!



The Blanner Girls of Forest Hills—Adalyn (5th Grade), Aniston (3rd Grade), & Isla (2nd Grade) on their first virtual day at Ellisville Elementary!



Adalyn Blanner (10) looking right at home at her desk.



A big smile from Aniston (8) on her first day of virtual learning!



Andrew (2nd Grade) & Lauren (5th Grade) Stein of Dunhill Farm kick off the first day of virtual classes at Kehrs Mill Elementary!

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This sweet little gal is finally double digits! Happy 10th birthday, Lauren! She got to celebrate twice over the weekend, once with each side of the family. We sure do love our special girl! —The Steins

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

decades, before merging with VCC. Dr. Finkel and his technicians, Lesley and Chris, bring years of experience and dedication and are excited for their new journey with VCC. Also their clinic cats, Theo and Ellie have moved in, they are enjoying exploring their new home and having a new feline friend, Momma Cat, to play with.

Dr. Finkel's kids are all grown and he has given him four lovely grandchildren. In his spare time, he enjoys keeping topical fish aquariums, playing auitar and spending time with family. His furry family includes an amazon parrot 'Sparky, who has a personality to match his name and a very spoiled pug named Phoebe. His whole career is founded on treating his patients like his own pets and caring for his clients like family.

Veterinary Care Center 16352 Chesterfield Airport Rd Chesterfield, MO 63005 636-537-9960 www.vetcarechesterfield.com



Article by **Cooper** with a little help from his human Lynn Brow resident of Kehrs Mill Trails | Photos by Silvia Strashimirova Sponsored each month by Petropolis Pet Resort

Hey there! Cooper here. I live with my big family of humans, horses, cats and my canine brother and sister in the Kehrs Mill Trails neighborhood. I know I look scary but that's my job. I weigh over 200 pounds. When dinner is served to my humans, I am tall enough to set my head on the table so I get dibs on scraps. Yum! My favorite place to sleep is in a king-sized bed with my canine brother Pip and sister Mabel. Sometimes we make room for the head humans to sleep with us. My brother, Pip is a 25-pound mix of assorted canine ancestry. He is so tough! No one messes with him! My sister is an English Mastiff, like me, but prettier, and she is also tough.

We love to run in the yard, chasing deer, turkey, squirrel and groundhogs. I still bark at the horses because sometimes I forget they are part of my family. Oops! If you throw a stick, Frisbee, ball, fire log, or just about anything, I'll run and get it, but you won't get it back, I am not a Retriever, more a destroyer. When people come for visits they either want to stay away from me (and my drool) or to have a photo taken with me. I am a good sitter and stayer for treats but treats don't last long,

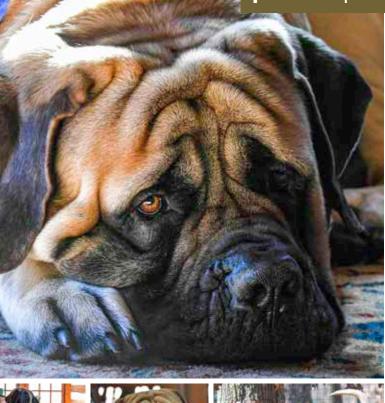


PET EMPOWERMENT TIP

LEARN THE SIGNS OF STRESS

As a pet parent, it's important to be able to read your pet's body language. Some lesser-known signs of stress in dogs are: yawning, drooling, excessive shedding, panting, lip licking, showing "whale eye" (where you can see the white of their eye), and raising one paw. Learn these signs and keep watch for them. EMPOWERED BY POWERED

precious pets









so hurry with the photos or bring lots of treats!



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





Submitted by Ryan Schaben, Membership Director at Forest Hills Country Club Sponsored this month by St. Louis Foundation Repairs

He gained the respect of his peers and is certainly one to be well-regarded - such was the man most simply called "Dutch." Dutch Harrison was one of the better players on tour for over two decades. A member of the 1947, 1949 and 1951 Ryder Cup Teams, he was very familiar with the St. Louis area, particularly after winning the 1953 Western Open at Bellerive Country Club. During his career, he garnered 25 professional wins.

Lured to Old Warson Country Club as a head pro in 1954, Dutch immediately gave the new Club an aura that would last for years. He left Old Warson in 1960 to take a job at the Olympic Club in San Francisco only to return to the region in 1964 as the Pro at the new Forest Hills Country Club where he would remain through 1974.

Dutch Harrison was the first Golf Professional at Forest Hills. Though he technically retired from a very successful career with the PGA Pro Tour, after becoming the Head Golf Pro at the Club, Dutch continued to compete in the PGA circuit during the winter

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Dutch enjoying a mid-round cigar.





Dutch after winning the 1949 Canadian Open.

Dutch Harrison hitting a ceremonial first chip shot

months, winning his last U.S. Senior Open Tournament in 1966. He was brought to the Club by the founding fathers because of his acclaimed golfing talents and his ability to teach his skills in a wonderful manner. During Dutch's watch as Forest Hills Golf Pro, it was not uncommon to see a PGA Touring Professional on the course taking lessons from him.

In 1973, Dutch's golfing career both on the course and at Forest Hills came to an abrupt end after suffering a stroke. He was truly blessed by the support and affection offered to him by the friendships he had established over the years. Sadly, Dutch passed away in 1982.

Today, Forest Hills honors Dutch's memory in several ways. During a Clubhouse renovation years ago, all Members agreed that the new lounge should bear Dutch's name and display all of his memorabilia. Members can participate in the Dutch Harrison Memorial Golf Classic and golfers can swing through the Dutch's Hut "turn grill" on the golf course to grab bite to eat or refreshment.

Membership at Forest Hills Country Club is by invitation only.



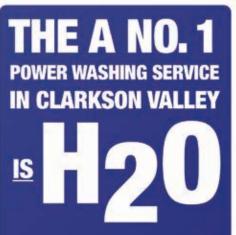
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Gaspar Information Technology Consulting (GITC) was formed in late 2016 to bring targeted, intelligent solutions to small businesses both locally and across the country. Their close-knit, family-owned and run business has over 35 years of experience in a wide array of programming languages and software applications. GITC believes that the key to reaching your business goals in faster and smarter ways begins with superior attention to both service and results. Whether you have reports that are taking too long to process manually, a website in need of updating or quality management, need assistance with a larger, custom project like designing a custom web application, Gaspar Information Technology Consulting can help you every step of the way.

Al Gaspar, Chief Technical Officer, moved from California to St. Louis over 40 years ago to attend Webster University, where he met his wife, Mary Dunham. Al and Mary live in Kehrs Mill Trails along with their dogs, Reba and Marley. Al worked for the



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Programmer.



Al Gaspar, Chief Technical Officer.

federal government for over 30 years, including the Department of Veterans Affairs as a Chief Information Officer. In 1989 their son James Gaspar, who works alongside Al as Lead Software Programmer, was born. Much of Al's family still resides in California, including his son James and his fiancé Chelsea Wherry, who moved to California in 2016.

Technical Writer.

James Gaspar, Lead Software Programmer, graduated from Webster University in 2016 with a Bachelor of Science in Computer Science, fulfilling his passion for solving today's technological business problems. Growing up in West County and attending Linda Vista Elementary, James then graduated from St. Louis Priory. At Webster University, he succeeded at the top of his class in areas such as C++, data structures, and databases. Chelsea, James' fiancée, has a Bachelor of Fine Arts in Creative Writing from Stephens College in Columbia and is our Lead Technical Writer. She has over 10 years of experience specializing in AP and SEO writing styles.

Their family business specializes in creating custom programming solutions for small companies that save them hours of work a week. Some of the services they specialize in include product monitoring through web scraping, data and report manipulation, website development and maintenance, as well as creating custom web applications. Their strong interest in e-commerce solutions and online applications have brought small businesses into the online marketplace with ease.

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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



As a near-lifelong yoga enthusiast, I can't help but break into a wide smile at the mention of this most peaceful and centering practice. Yoga, from the Sanskrit word for "yoke" or "union," is an ancient tradition combining breathwork, meditation, and various poses, or asanas, to unite the body and mind, resulting in greater mental clarity and bodily relaxation. First introduced in the U.S. in the late 1800s, nowadays, there's a yoga class for everyone: hot, aerial, beer...even goat! More popular than ever, the practice of yoga offers numerous evidence-based health benefits for faithful yogis.

Physical

- Improved cardiovascular health: Yoga is known to lower blood pressure, blood sugar, and heart rate, and has also been linked to lower cholesterol and triglyceride levels.
- Better sleep quality: Regular yoga practice can improve sleep quality through its impact on melatonin secretion, a hormone that regulates slumber and wakefulness. It also diminishes common sleep impediments like anxiety, depression, and stress (discussed below), and activates the parasympathetic nervous system, which is calming and restorative.
- Improved flexibility and balance / reduced chronic pain: The most obvious physical benefits of this practice, flexibility is improved through the repetition of asanas, gradually loosening tight muscles and connective tissues that can lead to poor alignment and chronic pain. Yoga also increases proprioception (the perception of the body in space), which leads to better balance and posture overall.

Mental / Emotional

- Decreased stress, depression, and anxiety: A core principle of yoga is presence - that is, being present in the current moment, not worrying over the future or past. Further, multiple studies have shown yoga practice to decrease the secretion of cortisol, the primary stress hormone that influences serotonin levels, and monoamine oxidase, an enzyme that breaks down neurotransmitters.
- Healthier eating habits / body image: Another fundamental tenet of yoga is mindfulness, and this practice travels with yogis from the mat and into everyday life choices. Mindful eating means taking time to note the physical sensations of each bite, encouraging healthier eating behaviors, better self-esteem, and elevated bodily awareness.
- Clearer mental acuity / concentration: The breathwork and meditation involved in yoga work to calm the mind and body, keeping attention on the present and distracting thoughts away. The discipline of focusing on the breath and yogic asanas enables practitioners, over time, to remain more engaged and alert in meaningful situations and release feelings or information not serving them.







making a difference

Mask-Making merriment A THOUGHTFUL ENDEAVOR TURNS INTO A BUSINESS OPPORTUNITY

Article and photos submitted by Westhampton resident Grace Andrews Sponsored each month by Pathfinder Church & St. John's School

During quarantine, Grace and Beth Andrews began their own mask-making company called, Flamingle Fabric Creations. The name was inspired by Grace's favorite animal, the flamingo. While wearing masks isn't really much fun, their



hope was to allow others to "fla-mingle" with their friends at a safe distance and while wearing a mask that reflected their own unique style. The two have sewn together for many years making dresses, bags and other fun items, but mask-making began

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with the mother-daughter duo making over 50 masks for Beth's Bible study in the spring. After delivering all of the masks to people's homes, the Andrews girls were hooked on making masks. They enjoyed keeping people safe and brightening up their days with the colorful masks.

Their personally designed non-medical masks are made of two layers of cotton with an added layer of non-woven fusible interfacing, a filter pocket, and a metal nose wire. Not only is each mask carefully handmade, but a portion



of their proceeds also go towards Operation Christmas Child, an organization the Andrews family has supported for many years. Operation Christmas Child is an organization that helps provide gift-filled shoeboxes for young children in impoverished countries.

An unexpected highlight for Flamingle Fabric Creations was the opportunity to create colorful kids masks for a learning pod in North County. All 50 masks were covered with fun designs that brighten the kids' days as they were able to attend school.

In addition, during the COVID-19 pandemic kids tended to spend more time at home with their toys, so the Andrews girls created matching masks to fit American Girls and baby dolls. They hoped to provide the young girls with something fun from the crazy pandemic.



So far Flamingle Fabric Creations has focused on making face masks, but are already planning for the holidays with hand-sewn treasures such as headbands, drawstring bags, and much more! Their

favorite part of their new business is seeing the joy of their customer's faces. You can buy their masks **@flaminglefabriccreations** on Instagram. They hope to help more people in the future during the COVID pandemic and beyond!



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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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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