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September 2020

Living

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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 Junior

Writers—kids who want to get involved! If you or someone you know might be interested, please email Bill. Tuttle@n2pub.com for more information!



Clarkson Valley Living is on Instagram! Follow us @clarksonvalleyliving

We'd love to hear from you!

Please let us know how we are doing. Do you have any article ideas? How about ideas on neighborhood events? Don't hesitate to get involved—this is your publication!

New to the Neighborhood?

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



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Another Successful Event!

All St. Louis Area N2 Community Publications Host 2nd Virtual B2B Networking Event

Every third Friday of the month all our St. Louis-Wide N2 Publishing Area Directors host a Virtual B2B Event. (At least until we are able to safely meet in-person again!) Last month Clarkson Valley Living residents, advertising sponsors and resident business owners met Friday, August 21st at 8:00 am for a little over an hour. Each attendee addressed the group for about a minute to explain their business and build some connections with their N2 community residents, businesses and those who attended from other N2 communities in the St. Louis area. Those who attended from Clarkson Valley Living were:

- **Gretchen Gehrs from ApexNetwork Physical Therapy**
- **Nathan Weaver of Weaver's Wallpapering Company**



- **Paul Cavallini from Morgan Stanley**
- **Philip "Spanky" Manaois of Spanky Entertainment Dueling Pianos**
- **Nathan Habhab of H2O Power Washing**

At the end of the event, Wildhorse resident and event sponsor Marcie Handler raffled off some goodies from Marcie's Cocoa Exchange. For more info on Marcie's Cocoa Exchange, contact Marcie at 314-276-8591 or handlermarcie@gmail.com. Visit: myt-cesite.com/marciehandler

Our next St. Louis-Wide N2 Publishing Virtual B2B Event will be on Friday, September 18th at 8:00 am.
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WILLIAM TUTTLE

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mayor's corner
New Normal?

By Mayor Scott Douglass

How are you doing with the “new” normal? Is there such a thing as new normal? Well, change is the paramount word. Let’s take the naïve approach—change is a constant in human behavior, so what’s the problem? But this time around, the changing results are more dramatic than any of us could have anticipated. An unknown virus...requiring a stay at home, racial injustice issues, high crime rates, unemployment, etc. all at once. Reactions to these crises are all over the spectrum.

The coronavirus was never described as a hoax, but it did take a while to get a handle on what to do, how to do, i.e. masks, social distancing, etc. Many of us are still having trouble taking the requested preventive measurements. The disease is big-time serious, it’s contagious and the stay at home was a difficult time add the other challenges from above, stress! As a matter of fact, have you noticed (or did you notice) some attitude changes coming out of the stay-at-home directive? In many cases, interaction seems to take on much of the current Washington D.C. attitude, aggressive and no to all. People are a bit more on edge—more demanding, more confrontation. I noticed I was a bit edgy, perhaps not listening quite as well. After all, this is the good ol’ US of A—where personal freedom is not just words. So, when government directives are issued, it is assured to meet resistance. And even acceptance can take on a different tone. Think about how many ways there are to say “no”—for that matter, the same goes for “yes.” Can we, have we recognized these effects on our business and personal interactions. Have there been any effects in your actions?



Our City Clerk (Michele) and I have had the opportunity (more so lately) to talk with many of you. Many of these conversations are simple interpretations of an ordinance. However, there are times when more interpretations are necessary. Recently, I found myself, perhaps too quickly, jumping to a conclusion when discussing a situation with a homeowner. I suspect my

answers could have sent more message than the “yes” or “no” result. Have you given any thought to your attitude under these living conditions? How do you respond? How do you request information? With the continuing political climate of today, can we move above it?—not only in our personal relations, but all of our professional interactions. I am not accusing anyone of illicit behavior. Is it time for each of us to pause—look at how we are interacting in our personal and professional relations? Perhaps a more congenial approach to problem-solving is due. Such a movement in one’s daily life can be contagious.

Your City wants to be part of this movement. If you have or had a situation with the City that you feel we were out of line—call me. Even if the ordinance was correct, but the way we handled it wasn’t, let me know. Let’s be the ones making the statement, “We can get through this together”—meaningful.

By the way—I’m having a Quarantine Party this weekend and no one is invited! Sorry!

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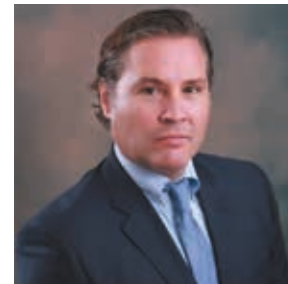


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Who is invited? ALL our St. Louis N2 publications' resident business owners and advertising partners (from Clarkson Valley, Wild Horse Creek, and The Legends). At this event, we will "go around the room" and each business will get to introduce themselves.

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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CLARKSON VALLEY RESIDENT OWNED BUSINESS

publisher's note

On the first day of our summer vacation, we...

By Clarkson Valley Living Area Director
Bill Tuttle | Bill.Tuttle@n2pub.com

This year for the Fourth of July holiday, my thoughtful wife Athena planned a long family weekend in Colorado. We flew into Denver on Friday the 3rd and headed for Summit County, stopped to visit Buffalo Bill's Grave in Golden, then rode the narrow gauge Georgetown Loop Heritage Railroad between Georgetown and Silver Plume. We arrived at Keystone in time to settle in and then head out for a nice Mexican dinner. On Saturday the 4th, we rode ATVs around Williams Peak Trailhead in Frisco. That evening we enjoyed a wonderful dinner at Twist in Breckenridge. On Sunday we white-water rafted Clear Creek in Idaho Springs and then went out for pizza in Keystone. We flew back home on Monday. Whew! We had the best time. I hope you were able to enjoy some family time this summer as well. Send me a note, I'd love to hear about your experience!



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family spotlight
Hello, Bakers!

Article by Westhampton resident **Anna Bohlmann** | Photos provided by **Sandy Baker**
 Sponsored each month by **Chrissy Wagner** Red Key Realty Leaders

It's safe to say Todd and Sandy Baker have celebrated many milestones at their house in Westhampton. They spent the first night in their home the night before their oldest daughter's first day of kindergarten. Now, 18 years later, they've raised four kids in that house—Alexis (23), Chase (21), Morgan (20), and Reagan (15). The Bakers also have a house in the county, which is the birthplace of many family traditions. They host a Fourth of July party every year, inviting as many cousins and friends that want to attend, and they also host up to 30 overnight guests for their extended family's annual New Year's party—which is known to go until 6 a.m. the following day!

While Todd grew up in the St. Louis area—Sunset Hills, to be exact—Sandy grew up in Mexico, MO, and moved to St. Louis to work for Boeing in 1986. She later met Todd on a blind date, and the two married in November 1995. Todd retired from his family business five years ago and stays busy maintaining two lawns and two pools, both at their house in Chesterfield and in the country. Sandy worked as a Boeing Engineer for 10 years, but after the birth of their first child, she began her favorite job of all—stay-at-home mom!



Sandy & Todd Baker.



The Baker Kids—Reagan, Morgan, Chase & Alexis.



Sandy & Reagan on Spring Break in Arizona!



Morgan in NYC!



Reagan on a helicopter ride over St. Louis!



Chase & Todd on their Honda Shadows.



Chase at Mizzou.



Mom, Dad & the girls out in the snow!



Alexis in her new office as an Integrative Health Practitioner.

Alexis was the first of the Baker children to go to college. After some challenging health complications in high school, she was determined to help people with health and healing by obtaining her Nutritional Science degree at Mizzou. Since her graduation this May, she's started her own practice, Integrative Wellness, as an Integrative Health Practitioner/Nutritional Scientist, where she intends to help people with health and healing without the use of conventional medicines—but instead, through essential oils. If you or a family member are struggling with an issue or illness that conventional medicine cannot fix, Alexis invites you to reach out to her through her website: www.integrativewellnesshp.com.

Following in their sister's footsteps, Chase and Morgan are currently earning their degrees at Mizzou, as well. Chase is majoring in Architectural Studies and Morgan is majoring in Hospitality Management with a minor in Business Administration. Chase loves putting his education to work by helping with projects around the house and farm. He also enjoys riding on his motorcycle and taking care of the family's cars. Morgan spends her free time sitting around the pool and listening to music or hanging out with friends, and when she's not working, she loves to travel (when there's not a

pandemic, of course). Reagan, a sophomore at Marquette, is currently a permit driver and loves hitting golf balls and playing computer games in her free time.

The Baker family is especially thankful for their neighbors, who they've grown very close with over the years—especially the Burger family across the street. Having grown up together, the children are like siblings. They even spend every Christmas evening together with an annual game night! The Bakers feel blessed to live amongst the incredible community they've found in Clarkson Valley.



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.

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Amanda Dove Sapienza was born in Belleville, IL. With childhood stops in San Antonio, TX, Clinton County, IL including Damiansville, Breese, and Aviston, Amanda landed in Wildwood, MO, with her husband Joe, 11-year-old daughter Hailey, three dogs, and a bird!

Amanda attended McKendree College in Lebanon, IL, obtaining two degrees—one in marketing and the other in accounting. “I have always loved design. I started designing rooms and rearranging furniture at a very young age. My dad and step-mom remodeled a house when I was in high school and I really dove into the design stage of the process around this time,” says Amanda. She worked part-time at a local company designing kitchens and bathrooms and fell head over heels in love with the process. “I was mesmerized watching our



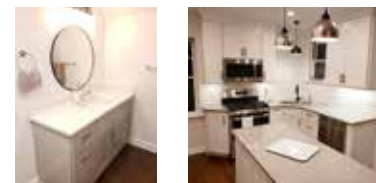
clients’ excitement and living through them!” she says. After graduation, Amanda went on to work with another kitchen and bath company where she honed her design and people skills. After 15 years, with her confidence and knowledge solidified, her next logical step was to start her own company.

Amanda says, “I named my new company The Style House because it just made sense.” Initially focusing on cabinetry and countertops for kitchens and baths, The Style House has expanded to laundry rooms, offices, basements, hardwood floors, tile, plumbing fixtures and even advises paint colors. Amanda assures, “You name it and we can make it beautiful!”

In business now for four years, the most important advice Amanda gives a client is time management. She stresses, “It is imperative to have a start and desired end dates determined. If you want to host family over the holidays, we don’t want to start a full kitchen remodel in December! We should start the designing process in July to assure an end date of the second week of December, so you can have your house decorated and ready.” The Style House is a small company, so your designer is with you from the beginning process through project completion—allowing for clear and concise communication, so your project will flow as smoothly as possible. “We want you to feel excited about the project all the way through the whole process!” says Amanda.

Joe handles all the shipping and receiving for The Style House. There are four designers on staff to help facilitate projects. Amanda is the lead designer while Jen Thomasson, Aimee Ogle, and Michelle Duggan create a tight team and love seeing customers come back one project at a time or even to do a whole house all at once. They “fit” their designers to their clients’ personalities which makes the process more enjoyable. Amanda states, “You want to like your designer as you spend quite a bit of time with them and communicate with them often. You want to make sure the designer listens to your wishes, wants, and needs and brings these desires to your project.” Each designer’s goal is to make life easier for their client. They will know your budget and work within it to make your project stunning.

During social distancing, The Style House is seeing a rise in kitchen projects, bathroom remodeling, and desk or workspace additions.



Tha Sapienzas—Amanda, Hailey & Joe

“When we are stuck in our homes all day and night, the necessary enhancements seem to stand out more!” says Amanda. Amanda assures all the necessary precautions are taken to keep their clients and staff safe and well. They are happy to wear a mask at home for consultations. Only one family at a time is permitted in the showroom, so they can focus and experience the privacy they need. The Style House sanitizes in between appointments to assure a safe working environment for both the customer and the designer.

Schedule your consultation today to find out how The Style House can make your space beautiful!

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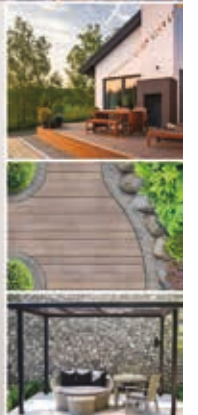
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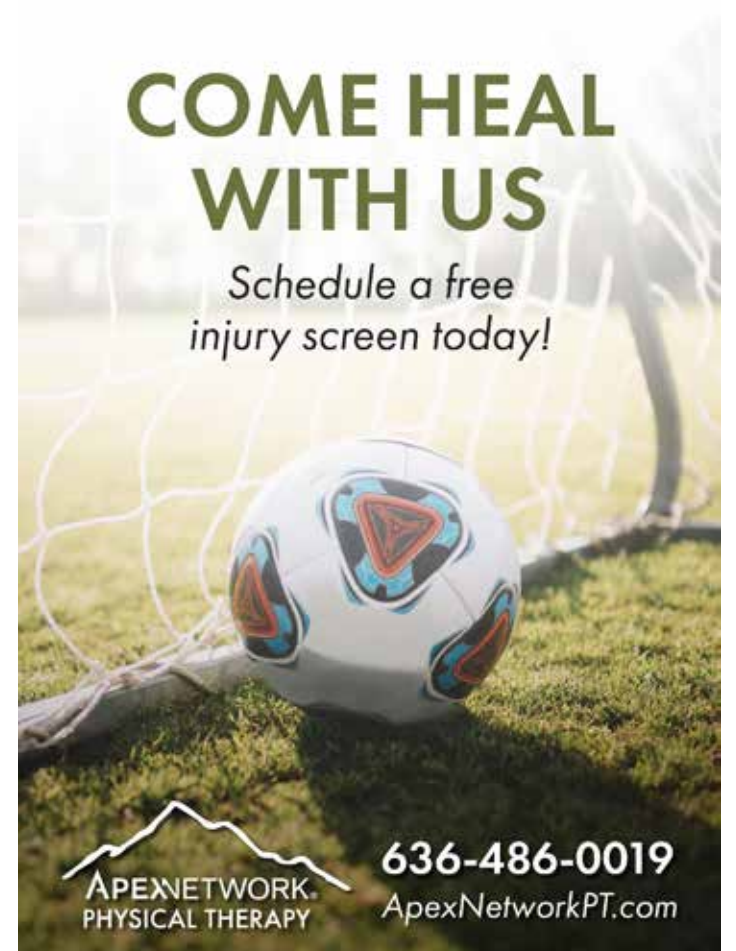
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Photos and article by Dunhill Farm resident **Mark Cantor**

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This treehouse was designed and built by Mark Cantor and professionals at his law firm's retreat center called CantorLand. The house was built as a project with and for his son Zachary when he was 12 years old and was intended to be used for fun and as a deer stand.

The Treehouse is on a natural Ozark bluff and is made from the wood on the land including walnut, white and red oak, cedar, hickory, and maple that Mark milled and used in the project. The treehouse is two stories tall and has a hand-milled walnut staircase. The structure is metal-sided but hand-painted with camouflage. The treehouse has two solar power cells for lights and a generator for heat and air conditioning.



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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 guitar 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.

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precious pets LUCY & MOLLY

Kehrs Mill Estates West Squirrel Chasing Team

Article by
Lucy with a
little help from
her human
sis Grace
Andrews,
resident of
Kehrs Mill
Estates West

Hello, my name is Lucy and this is my sister, Molly. We love our people, The Andrews, because they are so fun! Every morning I jump onto Mom and Dad's bed and give them kisses and wiggle all over the place. That's why I have the nickname "Wiggles." Then I run down the hall and jump on my brother Patrick's bed, licking all over his ears until he wakes up.

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As my day progresses, I love playing fetch and getting treats from Miss Beth. When I play tag with Patrick and Grace, my furry paws slip and slide on the tile while I try to keep up with their tricky turns. I also assist Molly, Queen Squirrel Chaser, who loves chasing those sneaky squirrels, but we can never seem to catch them!

Since my people began what they call "quarantine," I have enjoyed having Grace and Patrick home from school, but I have been on two walks a day and I get very tired. One of my favorite things is rolling around in the grass after a long walk. In the summer we all love swimming in the pool! Last summer Grace taught me how to jump directly into the pool instead of taking the steps. It is so much faster to fetch that pesky pool noodle!

My family sometimes likes to watch movies in the evening, so I curl up between Miss Beth and Grace, because deep down I am really a lap dog. Some-



Molly & Lucy cooling off in the grass, but always on the lookout for squirrels!



times when I am asleep I dream of chasing squirrels. My family giggles because my feet move along with my dreams. At the end of the day, I curl up at the foot of my parents' bed and fall asleep with a happy tail wag and a kiss on my head from Miss Grace.



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

PET EMPOWERMENT TIP

PLAY A SCENTWORK GAME

Fetch and tug aren't the only games you can play with your pup! Try hiding their favorite treat or toy somewhere in the house and letting them sniff it out. Want to take it up a notch? Head outside with a can of beef or chicken broth and create a "scent trail" for your pup to follow through the yard!

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Forest Hills JUNIOR GOLFERS

Wrap Up Another Year of Excellence on the Course

Written by **Ali Kaplan**, Director of Marketing and Member Communications at Forest Hills Country Club | Some photos provided by **STL Today**
Sponsored this month by **St. Louis Foundation Repairs**

It is no secret that the Forest Hills Community is home to some of the best Junior Golfers in the Midwest. The hard work these kids put into the game is rarely seen, but the results throughout the summer tournaments highlight their dedication to the sport. Despite spending more than eight weeks of the summer in the Forest Hills Junior Golf Program, many juniors still find the time to compete in tournaments through Gateway PGA, Accelerated Golf, Hurricane Junior Golf Tour, Missouri Amateur Golf Association, and UHY Prep Series. These are just a few of their accomplishments:

Addy Surber (14) won 2nd Place at the MAGA Jr. Amateur Championship at Westborough CC.
1st Place in the 2-Day Gateway PGA Tournament at The Quarry at Crystal Springs.
1st Place in the 2-Day Gateway PGA Tournament at Glen Echo CC.



Trip Sanfelippo with a 1st-place finish at a Hurricane Junior Golf Tour.

Adelina Johnson (8) won 1st Place in the 9-Hole Girls (11 and Under) at the 2020 Gateway Junior PGA Championship.

Jack Wooldridge (16) scored a 77 at the Gateway Tour Tune-up at Aberdeen Golf Course to take 2nd Place.
1st Place at Gateway - Tour Tune-up at Pevly Farms.
2nd Place shooting a 73, 75 for a 148 total, in the Gateway 2-Day at The Quarry at Crystal Springs.
2nd Place at the Accelerated Golf Tournament in Annbriar.
3rd Place in the Gateway Tour Tune-up at Dalhousie CC.
3rd Place at the UHY Prep Series hosted at Spencer T. Olin.
Tied for 2nd Place (with Ryan Walsh) at the MAGA Jr. Amateur Championship at Westborough CC.

Ryan Walsh (16) took 1st Place (70, 75 for a 145 total) in the Gateway 2-Day at The Quarry at Crystal Springs.
Tied for 2nd Place (with Jack Wooldridge) at the MAGA Jr. Amateur Championship at Westborough CC.

Blake Mazzola (17) shot a 72, 77 for a 149 total at the Accelerated Golf Tournament at Aberdeen Golf Course to take 2nd Place.

Tyler Linenbroker (17) placed 2nd at the Hurricane St. Louis Jr. Open at Tapawingo firing off a 77, 74 for a 151 total.

Trip Sanfelippo (16) competed at the Accelerated Golf Tournament at Annbriar, taking 1st place with a 76, 69 for a 145 total.
1st Place in the Hurricane Junior Golf Tour at Aberdeen Golf Course



Ryan Walsh firing off a shot at a Gateway Event. (Photo provided by STL Today).



Jack Wooldridge with a fairway shot. (Photo provided by STL Today).



Addy Surber hitting her Tee Shot.

Congrats to these Junior Golfers on your accomplishments!

Membership at Forest Hills Country Club is by invitation only.



Are you a member of Forest Hills Country Club? We'd love to spotlight you! Email Bill.Tuttle@n2pub.com for more details.

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Article and photos submitted by Westhampton resident **Liz McLaughlin**
Sponsored each month by **Pathfinder Church & St. John's School**

Connecting DOGS *to* PEOPLE *that have Physical, Emotional & Social Needs*

Eight-year Westhampton resident Liz McLaughlin and her yellow lab Tank started going to Duo Dogs classes and training in February 2019. They passed their final test in August 2019 and started volunteering at St. Luke's Hospital in September 2019!

Liz says, "Tank is a very laid-back and affectionate dog. He brings our family so much joy that I want to spread that to those who need joy in their lives." Liz and Tank go room to room on the Heart floor at St. Luke's where they spend time with those who want to visit. If the patient can't get out of bed, Tank will rise to their bed, so they are able to pet him. As they are leaving, they leave each patient with one of Tank's very own trading cards.

Liz tells us, "The best part about the Duo Dogs program is when I am told that Tank turned someone's day around. Sometimes



this comes from the patients, but many times it comes from the nurses. Tank loves all the attention that he gets!"

Although Liz's husband Drew and their children Andrew, Matthew, Molly all wish they could tag along on their visits to St. Luke's, they do love hearing all the stories!

Tank is part of the Duo Dogs TOUCH program which is all volunteer. Duo Dogs also trains Assistance Dogs which costs \$39,000 per dog! **Visit duodogs.com to find out ways to volunteer or donate.**

Unfortunately, Liz and Tank's Duo Dogs volunteer position has been put on hold during the social distancing, but Liz says, "We are really hoping we can go back to St. Luke's soon!"

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.

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	Sp%Lp
16803 Crystal Springs Dr	Chesterfield Farms	\$375,000	\$375,000	07/15/20	7	3	3	1,485	100.00
153 BRIGHTHURST DR	Chesterfield Farms	\$399,000	\$390,000	07/06/20	30	4	3	2,523	89.66
16754 Deveronne Cir	Chesterfield Farms	\$419,900	\$415,000	07/14/20	4	4	3	2,480	98.83
125 BRIGHTHURST DR	Chesterfield Farms	\$415,000	\$430,000	07/09/20	3	3	3	1,802	103.61
16738 Kehrs Grove	Kehrs Mill Estates	\$525,000	\$443,000	07/13/20	263	4	5	3,260	77.04
16921 Crystal Springs Dr	Chesterfield Farms	\$474,900	\$480,000	07/10/20	1	4	4	2,872	101.07
6 Forest Meadows Ct	Forest Meadows	\$530,000	\$515,000	07/24/20	56	5	4	2,870	97.17
1143 Wildhorse Meadows	Spring Hill Bluffs	\$535,000	\$526,200	07/09/20	0	4	4	3,566	98.36
1224 Wildhorse Meadows Dr	Spring Hill Bluffs	\$527,900	\$530,000	07/16/20	96	4	3	3,672	99.08
2149 Kehrs Ridge Dr	Kehrs Mill Estates	\$550,000	\$540,000	07/23/20	19	4	4	3,031	90.00
1285 Harvester Dr	Fienup Farms	\$609,900	\$590,000	07/10/20	104	4	3	2,940	95.01
1675 Horseshoe Ridge	Kehrs Mill Trails	\$599,000	\$610,000	07/23/20	4	6	5	2,505	101.84
1531 Horseshoe Ridge Rd	Kehrs Mill Trails	\$599,000	\$618,120	07/10/20	25	4	3	2,294	103.19
2239 Kehrs Glen Ct	Kehrs Mill Estates	\$650,000	\$625,000	07/16/20	142	4	5	4,602	92.59
2126 Kehrs Ridge Dr	Kehrs Mill Estates	\$660,000	\$671,000	07/23/20	1	4	5	3,477	101.67
1221 Fienup Lake Dr	Fienup Farms	\$682,226	\$682,226	07/28/20	0	4	4	3,215	99.02
18 Crown Manor Dr	Forest Hills Club Estates	\$789,000	\$750,000	07/31/20	36	4	4	3,240	95.06
16656 Kehrs Grove Dr	Dunhill Farms	\$989,000	\$989,000	07/16/20	7	4	6	4,569	100.00
17059 Woodchuck Place	Fienup Farms	\$989,515	\$996,674	07/14/20	0	4	4	4,065	100.72
2342 Sterling Pointe Dr	Dunhill Farm	\$1,050,000	\$1,012,500	07/31/20	48	5	6	5,150	92.05

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resident business beat

YOUNG ENTREPRENEURIAL SPIRIT in Uncertain Times

Article and photos by Kehrs Mill Estates West resident **Grace Andrews**

Sponsored each month by **Cantor Injury Law**

Sam Parker Stillman, a senior at Westminster Christian Academy who lives in Kingspointe, started a car cleaning business this summer hoping to help others during social distancing. Sam wanted to aid his neighbors by cleaning their cars instead of them having to visit a car wash. Sam plans on continuing the business and will call it, Stillman Detailing. Although there are not many unusual things that have happened yet, Sam says there are many interesting fancy cars he has had the opportunity to clean. One of Sam's favorite parts of his job is observing the car after it has been cleaned. "I really enjoy organizing things and cleaning things up, so car cleaning is very satisfying." When school starts back up in the middle of August, Sam hopes



Sam Parker Stillman poses by one of his newly washed cars. After perfecting his car wash kit, Sam was able to place it all in a simple caddy, so he can transport the supplies more easily.

to continue his car cleaning service on the weekends to assist his neighbors even further. He would like to develop his business beyond the neighborhoods to close friends nearby.

Stillman Detailing includes interior wipe down, vacuum and a beautiful exterior wash of the car body along with the tires and windows. He'll even wax your car for an additional fee, leaving it squeaky clean and ready for driving. Sam's creative way of earning money while helping his neighbors during these unprecedented times has flourished into a business that he hopes will continue into the future.

Give Sam a call today for a quote on cleaning your car and schedule an appointment!

Stillman Detailing

Sam Parker Stillman
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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.



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. Open to resident of Clarkson Valley only.

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By Shauna Osborne

WHEN SOMEONE You LOVE Has DEPRESSION

For so many people and so many reasons, 2020 has been a tough year. The beautifully inspiring silver lining of these hard times, though, has been the ways our communities have come together to show much-needed love and compassion for one another. As we navigate our new ways of living, now more than ever, we can all benefit from frank conversations about mental health, as disorders such as depression and anxiety can affect anyone. Though never an enjoyable topic to broach, it's important to recognize the symptoms of depression, as well as the ways we can best support loved ones who may be struggling.



Symptoms

Depression sufferers may demonstrate some or all of the following symptoms:

- Loss of interest in once-beloved activities
- Increased risky or experimental behaviors with drugs / alcohol
- Difficulty concentrating on or remembering detailed tasks
- Changes in sleeping habits
- Pervasive feelings of anxiety, irritability, hopelessness, and / or anger in daily life

Though depression is primarily associated with mental health, it can also manifest itself in physical ways. In addition to fatigue and changes in weight, those struggling with depression might also complain of backaches, headaches, digestive concerns, and / or other unexplained aches and pains.

Interestingly, newer studies based in linguistic analyses suggest that individuals struggling with depression tend to use more first-person pronouns (such as “I” and “me”) than third-person pronouns, highlighting isolated and ruminative thinking, and more often describe things in absolute terms, such as “always,” “only,” and “never.”

Help

Family members and other loved ones of a sufferer can be deeply impacted by and carry the emotional burden of depression. Here are some support dos:

- Do show up. Often, the greatest gift you can give is your presence (with a listening ear and shoulder to cry on). Love unconditionally.
- Do educate yourself on depression. Read up on the symptoms of, treatments for, and misconceptions surrounding depression. The SAMHSA and ADAA websites are a good start.
- Do call in support structures. You alone cannot “fix” your loved one’s depression. Surround yourselves with a “village” through faith communities, other friends and family members, support groups, and / or counselors.

And, some don’ts:

- Don’t judge, compare, criticize, or place blame. Realistically adjust your expectations for your loved one.
- Don’t overwhelm with advice or avoid the subject. Instead, ask your loved one how you can help.
- Don’t forget to take care of yourself. As the saying goes, “Put the oxygen mask on yourself first.” Lead by example.

In closing, September is National Suicide Prevention and Awareness Month. If you’re worried about a loved one or need emotional support yourself, the National Suicide Prevention Lifeline is available 24 hours a day / seven days a week: **1-800-273-8255**.

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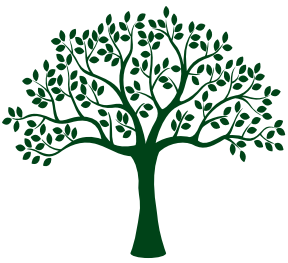
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