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April 2021

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



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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.

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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NOTE: When community events take place, photographers may be present to take photos for that event and they may be used in this publication.

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SPRING *with Reminders*



By Clarkson Valley Mayor **Scott Douglass**

mayor's corner

It's spring! The grill is warmed up, the lawn, the trees are showing life and the deer, along with their friends, are more abundant. It seems many of us during the COVID-19 semi-quarantine found more things around our home needing attention. So, how did you do with your additional projects? Hope you were more successful than I was. Yes, getting outside, sitting on the deck, cleaning off the grill, arranging the flowers around the patio and the yard all seem more enjoyable this year because it is. I can hardly wait to go barefoot on the ol' green grass.

Looking forward – what are your home improvement plans, some still left over, new ideas, modified from previous years? No matter, the city wants to be a positive part of your plans by being helpful. How is the city involved? City ordinances define lot size for residential property, yard sizes, and regulations on building and other structures constructed on residential lots. Example: 1) residential lots are to be a minimum of one acre, and 2) building lines are established for each lot (i.e., beyond which no building nor any part thereof nor any structure shall extend).

The building lines are front yard, a line drawn parallel to and 75-foot distance from the street; side yard, on each side of a lot, a line drawn parallel to and 25-foot distance from the side lot line; rear yard, the line drawn parallel to and 50-foot distant

from the rear lot line shall be the rear building line. So when planning any changes (e.g., building any structure), it's necessary to identify your building lines and obtain a city permit.

Let's talk about a relatively new (at least for us) activity for backyards. It's raising vegetables for personal consumption – raised vegetable gardens. We have developed an ordinance clarifying the construction within the building lines in the backyard. The ordinance provisions are not intended to be so restrictive as to prevent completion. However, with our wildlife population, especially deer, the construction of restraints are necessary. Therefore, a city ordinance was appropriate. The ordinance can be found on our website: go to "Government," then "Ordinance," then "Raised Gardens." The procedure for obtaining a building permit is also on our website. Simply stated, it requires the location of the structure on a drawing with identified building lines. Your contractor is most likely familiar with the procedure as it's standard for most cities in St. Louis County.

As I mentioned in previous "Mayor's Corner" articles, we will be updating our ordinances this year, clarifying language to be more specific on the intent (e.g., a recent revision of our domestic abuse ordinance). If there appear to be major changes, we will advise you by email and look forward to your reply. Enjoy the spring and keep in touch!

Clarkson Valley Recycling Results
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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 **February 19 meeting**:

- 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**
- Spanky Manois at Spanky Entertainment Dueling Pianos - (314) 690-8680**



- Terry Kitzmiller at Microbial Solutions Unlimited - (314) 356-9990**
- Trent Doubet from Doubet Window Cleaning - (314) 590-3370**

Event sponsor **Debbie Washington from NBalance Tax & Bookkeeping** raffled off a fun gift basket! Congrats to **Eryn Kendrick of Microbial Solutions Unlimited** for winning!

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family spotlight


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Article written by **Anna Bohmann**, resident of Westhampton | Photos by **Higher Focus Photography**

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We have the Bratton family to thank for bringing hockey to St. Louis – yes, you heard that right! Their family brought the St. Louis Flyers here in the '30s. It's safe to say that, today, they are big Blues fans, as well as Cardinals and St. Louis City SC fans.

Michael and Amy Bratton have two kids: Will, a junior at Marquette and JB Marine soccer player, and Lexi, a sophomore at The University of Tulsa, majoring in psychology with a minor in mathematics.

Michael works as a certified financial planner and vice president of Raymond James. When he's not working, he enjoys working on the house, NASCAR, being with family, and traveling. Amy loves spending her time volunteering at Marquette, going on walks, singing karaoke, and, of course, traveling! The family's favorite vacation spot is Palace Resorts in Mexico. And as you can probably guess, their favorite season is summer when you can find them spending lots of time in their backyard pool and hot tub.

Every year, the Brattons combine Christmas and Hanukkah and watch holiday movies as part of their family tradition. Their favorite holiday is Passover, and they love spending it with their family. On any normal day, the family loves watching *911*, *Lucifer*, and the Chicago and SVU series. Lexi's favorite



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activities are kickball and reading; Will's favorites are soccer and music. The Brattons love dining out at fun restaurants in town – like The Melting Pot and Oishi – with friends and family. At home, a family favorite meal is beef tips and kugel.

The family has lived at their current house in Clarkson Valley for about two-and-a-half years with their dog, Coco, and cats, Harry

and Arya. They love the large, spacious lots and privacy that their neighborhood provides, and they can't wait for many more years living 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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**sponsor spotlight
Q&A with Nathan Habhab of**



Hello, my name is Nathan Habhab. I am the owner of H2O Power Washing and I am proud to be a preferred community partner for *Clarkson Valley Living*! It's an honor to serve the residents of our neighborhoods by keeping the exteriors of their homes clean and free of nature's harmful buildup. The following are common questions about soft washing and power washing and answers to help you make the decision to call me today for your next project!



What's the difference between soft washing and power washing? Soft washing is a gentle means for washing residential exteriors with low pressure and a high volume of water. Power washing is high pressure and a high volume of water for harder surfaces such as concrete and brick patios, driveways, walkways, and pool decks.

Why do I want my home soft-washed as opposed to the high-pressure method? This is the safest, most effective, and up-to-date method and eliminates the possibility of damage that can be caused by high pressure.

Will your chemicals harm my vegetation? We take care to water any vegetation in the affected zone before the chemical is applied. Then during the cleaning process, there is a large volume of water used that will dilute the chemicals down to a harmless amount.

How often should I have my home cleaned? In most cases, you should notice that your home will look nice for you for approximately two years. We also offer an annual maintenance service that keeps the pollutants and contaminants removed from your property that will keep the materials in the best shape for a longer period of time. Painted surfaces are the most susceptible.



After H2O power washing!

Do I need to be home when you are there?

It is not necessary. No pets are to be in the yard while we are doing your job. All windows and doors should be closed. Outside fans and lights need to be off. The customer should have moved any furniture, etc. that has been agreed on.



Before.

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amazing athletes
Andrew Vendt
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...make an amazing run at the Challenge Cup!



Freshman Andrew Vendt carries the puck during the Challenge Cup.



2021 Mustang Challenge Cup team



Semi-finals game 1 action vs. DeSmet



The Mustangs celebrate their semi-final double OT win vs. DeSmet!




Andrew Vendt (55) battles in front of his net during Challenge Cup action vs. CBC.

Sponsored each month by **Row House Chesterfield**
 Article written by **Melissa Vendt**, resident of Forest Hills
 Photos by **Jeff Nebot Photography** and **Will Bramlett** at workinthemorning.com


Andrew Vendt enjoys playing golf and tennis at Forest Hills and has also played soccer for Lou Fusz and Sporting Academy. Andrew plays club hockey for the Chesterfield Falcons and has always wanted to be an athlete at Marquette High School. After wrapping up a fun freshman soccer season, he was honored to compete and learn from so many incredible hockey teammates and the best coaching staff around. Marquette had an amazing year and made a historic run in the Challenge Cup playoffs. With the odds stacked against them, this team showed that if you work hard, play for your teammates, and *believe*, anything is possible!

Marquette defeated a strong SLUH team before knocking out top-seeded DeSmet in double overtime and advancing to the Challenge Cup finals! A public school has not been in the finals for a decade, and Marquette's last appearance was in 2003. While the Mustangs came up short on the scoreboard against a talented CBC team in the finals, they played their hearts out and showed the same grit and determination they had all season making us forever proud. Good luck to our graduating seniors who have set the bar so high—what great examples they were on and off the ice! Go, Mustangs!

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Danny and Patrick Rhodes of Westhampton



Residents of Clarkson Farm Estates play pond hockey!



William and Harriet Dupree of Kehrs Mill Estates

This month's "Living Spaces" article features the great outdoors! Many of our residents took to the frozen ponds and snow-covered hills of our Clarkson Valley neighborhoods during our recent snowfall and extended cold snap. Ice hockey was a rare treat given the mild winters and lack of outdoor ice in recent years. Players took advantage of the ice time by skating, passing, shooting, and scoring into the night! Others enjoyed the thrill of downhill sledding and building snowmen. Although the winter wonderland only lasted a couple of weeks, it sure was fun!



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student life

Q&A with *Derek Durst*

SENIOR AT MARQUETTE

Sponsored each month by **Absolute College Consulting**

Derek Durst

Marquette High School - Class of 2021

Clubs/Organizations: Marquette varsity football, Missouri Ambassadors of Music

Deciding: Iowa University, University of Tulsa, Bradley University, Missouri S&T

Intended Area of Study/Major: Mechanical engineering

Tell us about your academic interest you will pursue in college and how you arrived at your decision. I intend to pursue a mechanical engineering degree. My sophomore year at Marquette, I took a physics and engineering class, which I truly enjoyed. After my first physics class, I continued to enroll in additional physics as well as engineering classes. I really fell in love with my math classes and applying math to building objects. I knew that since I enjoyed these areas, engineering would be the perfect degree for me.

Throughout high school, what did you do to prepare yourself for college? I just explored courses and found what I was interested in taking. Choosing different classes in areas I liked: AP Physics classes, AP Calculus, AP Statistics as well as various engineering classes. I feel taking challenging classes will prepare me for future college courses. It is nice to know my plan going into college.



Derek on the field with the Mustangs

Looking back at your high school days, is there anything you would do differently to prepare yourself for college. I would have become more involved in high school activities earlier, even though I played football. I also missed the chance to take the PSAT because I did not realize its importance. It would have been nice to try to become a National Merit semifinalist and see how well I could have done. Starting college visits earlier than junior year would have cut down the stress.

Throughout your college search process, what was most challenging? The biggest challenge was narrowing down my choices. I received hundreds of letters and emails, so figuring out which colleges were a viable option was very difficult. It was also tough to keep track of all the due dates for each of the schools.

How did you overcome these challenges? Cindy Zelinsky from Absolute College Consulting was a huge help. She helped me narrow down the best school options and opened my eyes to colleges I did not know of that were good fits. She gave me deadlines for every step in the process from applications to essays. I actually had my essay done and proofread by August right before my senior year started! She helped me navigate Common Application and explained everything needed. With Cindy's experience working at various colleges, she knew all sorts of tips and important information needed to make my application stand out as much as possible. She has a wealth of knowledge available and it's just amazing. Cindy's College Planner Pro application was a big help for me. I could search colleges and immediately received rankings, data, and countless information for each college was at my fingertips. We would share notes and updates with each other throughout the entire process. Overall, it was a great experience, and Cindy made everything easier and less stressful.

All my applications were submitted by end of October, and I received acceptances to my choices before Christmas. That was a huge weight off my shoulders! I now am revisiting my top choices to make a final decision.



The Durst boys Austin, Dennis and Derek



Derek with his father, Dennis



The Durst twins, Derek and Austin

What areas in the college search/application process were you not aware of or prepared for and how did you approach them? The Common Application was a foreign website for me at first. It was so overwhelming and really stressed me out, with all sorts of attachments and deadlines that I was not sure what they were. Cindy really helped me with the application and took the time to explain each part. I was relieved to know that any questions I had would be promptly answered and solved.

As high school students begin their college search, what advice do you have for them in finding their "right fit"? I would say don't expect to make your decision in a day and to keep an open mind. Look at colleges that you may not know of, as there are hidden gems everywhere, and they can be found in the most unsuspecting of places. It will take time, and it will take work. But by putting in the time and looking at the statistics and data, and as you start to visit campuses, you can start to see what you like and don't like until you narrow your list to the ones you like the best. Don't think of where your friends are going; think of where you could see yourself enjoying college. It is about academics, but it is also about enjoying your time at college, and it is important to think of every aspect of a college when figuring out your "best fit."



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.

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SPRING FEVER:

A Color Conversation

As we transition out of a long winter, many women like to revamp their look from less light and deeper tones to a brighter look. Stylists must take into account the toll these transitions can have on hair. Lightening or removing color from hair should be done gently and with professional guidance for the best results and minimal damage as a considerable amount of chemistry goes into every coloring process, especially blinding.

The term “blonding” refers to any color process that makes hair lighter. Foil highlights, balayage, all-over bleaching, and color removal are all examples. Blonding differs from a typical color retouch



because bleach (professionally referred to as lightener) is far more volatile than color. Lightener, when mixed with the proper concentration of peroxide for the desired result, lifts color from the hair. When used on virgin hair (never been colored—100% natural) the results are typically predictable. However, when used on previously colored hair, it can easily process unevenly and leave “bands.” For example, if someone colored their hair six months ago and decided to bleach it blonde without mixing multiple formulas at proper time intervals to ensure even lifting, the six months of regrowth would become much lighter at a much faster rate through the ends with a high probability of damage and breakage. This is called “hot roots,” and they are quite undesirable. Reimagine the same head of hair, colored six months ago and now desiring a blonder look, but in the hands of a knowledgeable stylist. The stylist will consider the condition of the hair (whether it is too damaged to even be lightened or not) and create the necessary formulas to make both the virgin hair and the previously colored hair lift to the same level of lightness in a healthy manner. A wise and trustworthy stylist will always be honest about whether your hair goals are achievable or not and advise what is possible, so even if you cannot get your first choice, a healthy and appealing solution can be made.

Now that we understand how lightening works and the delicate process behind it, let’s talk about ways you can achieve a brighter look this spring! If you are new to coloring your hair and want to experiment with going subtly lighter, balayage is a wonderful option. Balayage is a highlighting technique using clay lightener



(gentler than average lightener) to hand paint sections of hair for a natural, sun-kissed look. Balayage will not typically bring you to a platinum (unless you are naturally light blonde), but it will add lots of dimension regardless of your natural color. This type of lightening service is most ideal for virgin hair or hair with not a lot of color already within it. Again, using the same formula

of lightener on a head of hair that has both uncolored and colored sections can lead to unpredictable results. Even though balayage is a lightening technique, social media shows us many beautiful inspirational photos categorized as balayage because of the results. If you’re dreaming of a blended balayage look but have previously colored hair, never fear; your stylist can create the same effect of diffused brightness with average, rather than clay, lightener and foils, depending upon your hair’s condition. This look is a fantastic option for those who would rather not have to retouch their roots every month or two since proper balayage grows out very naturally, looking almost like the sun has caused it.

Another popular hair goal is bright, extremely light, cool-toned blondes, which range from silver to platinum. A bit trickier to achieve as it requires hair to be lifted to almost white, but with the proper formulation and consultation to set up a plan of action, it can be done over the course of a few sessions. Also ideal for virgin hair, as there is no previous color to remove, so a translucent white tone is easier to reach over a shorter period. If your hair does have some color history already within it, a few sessions of gentle lightening should bring you to a bright blonde, if a full-fledged platinum is not possible because of your hair’s condition. All-over bright blonding services greatly differ from balayage services because they require a retouch far more often, every four-eight weeks is recommended depending on the client. If lightening your whole head is not for you, yet you still desire a look with a little more pop than a balayage, highlighting just your bang piece (sometimes referred to as the money piece) can be a fabulous way to experiment with adding light to your hair, and perhaps in the future adding highlights throughout the entire head.

Regardless of what your hair goals may be, your stylist can help you blaze a trail to get the color you want or close to it. If you do decide to take yourself lighter this spring, do your best to also take home all products recommended by your stylist. Aftercare, such as purple shampoo/conditioner (to maintain cool tone and wick away brass) and reconstructing products (to help keep hair strands strong healthy after being roughed up by lightener), are crucial to maintaining ideal tone and the health of your hair between visits.

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Let's talk about GUT HEALTH.



health and wellness

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

I know, not a very glamorous topic, but one that is so important to maintain good health in general. I will be the first to admit, I have suffered with chronic gut issues for years. Between severe bloating, Barrett's esophagus, and too many others to list (and you really don't want to know!), I have kept my GI doctor on his toes.

What I've found after pills, supplements, CT scans, x-rays, hospital stays, and so much more is that diet is the end all be all. I had been told this repeatedly by my ever-so-wise husband, but of course, he's not a doctor, so I always rolled my eyes and ate that mac 'n' cheese.

In the last couple of months, I've changed up my diet a lot. I eat a *ton* of fruits and vegetables now. I've always enjoyed these things, but if offered something healthy or a piece of chocolate cake, the cake always won. I have found ways to include more vegetables in my diet as well as whole grain bread, yogurt (fat-free), and salads. Yes, salads are my new best friend! Spinach salad, to be exact.

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The changes I've seen in my digestive system are absolutely amazing! I have only had one bloating flair-up in two months, I've lost weight, and surprisingly, I don't feel like I'm missing out on anything. Over-processed foods were killing my gut. The fast food I just *had* to have every other morning on days I worked, eating out and going for the fatty, sugar-laced meals, the ice cream that called my name...all of it, like a little devil on my shoulder, was making my life miserable. I have taken control of my life again, and the little devil has received his walking papers.

While I am not a doctor, nor an expert on anything, here are some ideas for foods that have made my gut happy. Feel free to try them! I hope they work as well for you as they have for me!

Breakfast:

- Oatmeal (I'm lazy so I use Quaker Instant Cinnamon and Spice)
- Cut up cantaloupe
- Strawberries
- Honey dew melon
- Scrambled eggs
- Whole grain English muffin with sugar-free strawberry preserves

Lunch:

- Steamed broccoli
- Fat-free yogurt
- Hard-boiled egg
- Sliced turkey
- Sweet potatoes
- Handful of almonds

Dinner:

- Spinach salad (1 cup spinach, 5 oz grilled chicken breast, 2 tbsp dried cranberries, 2 tbsp walnuts, ¼ of a Granny Smith apple diced, and a little balsamic vinaigrette)
- Burger with no bun, but yes to the lettuce, pickles, and tomatoes!
- Asian stir-fry with veggies and brown rice
- Sautéed spinach
- Roasted Brussels sprouts

Even a small change can make a big difference! I hope you try swapping out one of your processed foods for one of these healthy alternatives! My takeaway from changing my eating habits has been, green means go for it! Eat it! Want something sweet, eat the fruit! Eat high protein and less fatty meat. Next step for me...trying to give up my guilty pleasure...my one soda a day. Stay tuned!

shout-outs

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

Sponsored each month by **Pathfinder Church**

Tucked away in an unassuming building located in Ballwin is the special non-profit Missouri Wildlife Rescue Center. They are set up on 15 acres of private property adjacent to Castlewood State Park. Since this professional wildlife rehab facility first opened in 1979, over 80,000 native wild animals have come through their doors for treatment. Today, over 3,000 animals a year are treated at their 9,000-square-foot facility and expansive outdoor enclosures.



The center's mission is to rehabilitate sick, injured, and orphaned native wildlife, and release healthy animals back to their natural habitat. Through educational outreach, the center provides environmental awareness, promotes a harmonious relationship with native wildlife, and encourages the community to protect our delicate ecosystems.

Essential item donations are always needed so the center can continue to treat the large volume of animals they receive. *Clarkson Valley Living* community social magazine is facilitating a collection drive for the center. **Clarkson Wilson Veterinary Clinic at 32 Clarkson Wilson Center** has generously allowed us to place a bin at their location. **Collection dates are Saturday, May 1 through Monday, May 10.** At the moment, they are still curbside but knock on their door, and they will come out to accept the donations. **Their hours are Monday through Friday 7:30 am - 6 pm and Saturday 8:30 am - 2 pm.**

Currently, we are asking for donations of the following more urgently needed items:

1. Unscented bleach
2. Unscented laundry detergent
3. Cotton swabs
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5. Paper towels
6. 39-gallon unscented trash bags
7. Large lawn trash bags
8. Sheets/pillowcases/baby blankets
9. Towels - new or used (in good condition)



This invaluable rescue center's website is mowildlife.org. It is there that you can find many volunteer opportunities, educational resources, and other ways to get involved to make a difference. Thank you in advance for your helpful donations!

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

We have all heard the saying, “practice makes perfect.” But what’s considered perfect practice?

With our new TrackMan Training Center and the addition of our teaching professional, Ryan Martin, you will no longer have to wonder. Ryan comes to the community from Sunset Country Club and is an award-winning teacher and a Class A PGA Professional. He has been actively involved with the Gateway PGA section and sits on the teaching and coaching committee. Ryan’s many accolades include 2019-2020 *Golf Digest* Best in State Instructor, 2017 Gateway PGA Teacher of the Year, and the 2015 Gateway PGA Youth Development Award. Born and raised in Marquette, MI, he is a graduate of Ferris State University’s professional golf management program, with a B.S. in marketing,



Teaching Professional Ryan Martin



New TrackMan Training Center

and he earned his first professional victory at Forest Hills Country Club at the 1999 GPGA Assistants Championship.

Forest Hills Country Club is excited to offer year-round indoor golf practice, instruction, and simulator play in the brand-new golf training center. The state-of-the-art golf simulator allows Ryan to give lessons and instruction year-round and eventually members and their invited guests will have access to course play, with 60+ courses to choose from.

Golf practice and player development are going through a period of tremendous change, and technology is a central component in that transformation. With TrackMan, the mapping of swing DNA is now possible, as is the quantification and comparison of swing feel vs. real. Technology also empowers Ryan to monitor granular swing changes over time. These are just a few, compelling examples of how to unleash talent more effectively. Members now have all those tools to jump ahead.

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Dr. Divya Chauhan of Dunhill Farm

Sponsored each month by Cantor Injury Law

resident business beat

A family medicine board-certified physician and mother of two, Dr. Divya K. Chauhan has 20 years of extensive experience from pediatrics to geriatrics in both family medicine and acute care working at major hospital systems including urgent care. Dr. Divya also has considerable experience with occupational medicine and helped build the travel medicine department for a major hospital system.

After witnessing the public health and economic disaster caused by COVID-19, Dr. Divya was inspired to help our community. In October 2020, UHeal Direct Primary Care (UHeal DPC) was born. UHeal DPC provides accessible and affordable healthcare irrespective of insurance status. Dr. Divya says, “We treat every patient equally. We do not bill insurance. Those without insurance are welcome here as well as those with insurance looking for an alternate solution. For patients with insurance, we will use

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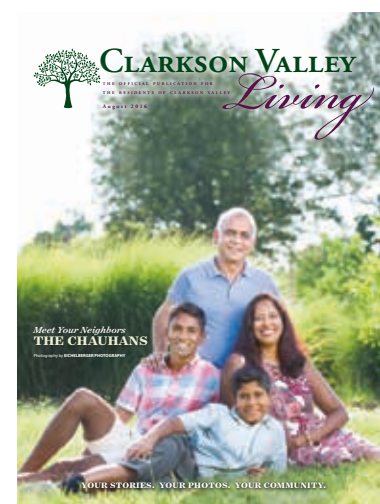
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Born and raised in India, Dr. Divya has lived in the U.S. for 27 years. The Chauhans have been residents of Dunhill Farm since 2006. Dr. Divya enjoys cooking, reading, walking, and being in touch with nature.

Dr. Divya says, “Please give UHeal Direct Primary Care the chance to show you how we can restore your health today and ensure your health tomorrow!”



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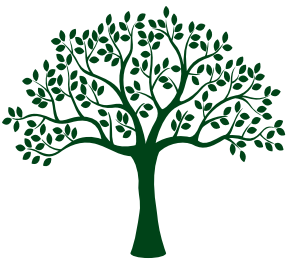


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