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THE RESIDENTS OF CLARKSON VALLEY

August 2021

Living



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with the Bolaños
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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.

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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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Our 12th West County N2 B2B Networking Event was a huge success. It was great to finally meet in person! Congrats to **Tim Brown at State Farm Insurance** who won the \$100 Nuovo Salon Spa Gift Card from our Sponsor **Spanky Manaois at Spanky Entertainment!** Contact **Spanky** at spanky@spankyentertainment.com or (314) 690-8680 for all your special music event needs!

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

- **Alex Key - Landscape Lighting Guys, (314) 651-8052, llguys.com**
- **Kelley Bauer - Offbeat Yoga, (314) 707-2762, offbeat-yoga.com**
- **Nathan Habhab - H2O Power Washing, (636) 448-8680, h2opowerwashingstl.com**
- **Eryn Kendrick and Michelle Berding - Interstate Cleaning Corporation, (314) 373-4103, interstatecleaning.net**
- **Nathan Weaver - Weaver's Wallpapering Company, (314) 616-0487, weaverswallco.com**

- **Trent Doubet - Doubet Window Cleaning, (314) 590-3370, doubetwindowcleaning.com**
- **Will Reed - Covenant Contracting, (314) 282-1991, covenantcontractingstl.com**
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Without the support of our sponsors, we would not receive our monthly publication each month! See the invitations in this issue for further information about our upcoming resident social and informational events! **Special thanks to James Blake at Brand Asset Management Group for hosting!**



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mayor's corner

New Hauler



By Clarkson Valley Mayor Scott Douglass

It seems the word "change" can generate more emotional reactions than other simple words. However, what do the ads for production urge you to do – get the latest, biggest, better *new!* I hope you are now accustomed to your new trash/recyclable and/or yard waste carts. So, meet the account manager, Joell Aguirre, with our new supplier Republic Services.



Republic Services, a leader in the solid waste disposal services industry, took over the collection of solid waste on Monday, July 5th.

Below is helpful information pertaining to solid waste services within Clarkson Valley:

- Please place material out by 7 am on collection days.
- To receive a call blast in times of weather delays, etc., please email Patrice Berne at pberne@republicservices.com and provide her with your name, address, and phone number.
- Contact City Hall for the following needs:
 - Cart exchange.
 - Leasing of additional Republic Service carts.
 - Medical conditions that prevent a resident from placing carts curbside on collection day.
 - Missed collection.
- Contact Republic Services: 636-947-5959
- Enrollment into and cancellations of optional services: cart leases, yard waste, and rear/valet trash service.

- Quarterly invoices are provided to those residents enrolled in optional services.
- Only place the following items in your recycle container: cardboard, glass, metal cans, paper, plastic cartons, and jugs.
- Visit recyclingsimplified.com for more information on becoming an avid recycler.
- Labor Day 2021 is on Monday, September 6. Your service day for this week will move to Tuesday, September 7 as Labor Day is a federal holiday. Please refer to the communication piece mailed the week of June 14. Extra copies of the communication piece, as well as a copy of our holiday schedule, are available at City Hall.



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By Forest Hills resident **Lori Ruscitti**

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The Bolaños Family moved to Kehrs Mill Estates approximately 18 months ago. Their favorite part of living in the neighborhood is the friendly residents. They originally hail from Nicaragua; however, between Ricardo (Rick) and his wife Ximena, they have also lived in Puerto Rico, Boston, Philadelphia, California, and Florida. The family speaks Spanish at home, or at least try to.

Over the years their family has welcomed three children, Ricky, Yali, and Mateo. Their firstborn is an 11-year-old Yorkie named Psoas. Ricardo is an OB/GYN at a community health center focusing on underserved minorities and Ximena is a stay-at-home mom. The entire family also helps at the center by donating much-needed clothes and toys.

Everyone in the family enjoys playing and watching sports. They always watch the World Cup together and never miss a game. FC Barcelona is their favorite soccer team. As can be expected, Ricardo and all the children enjoy playing soccer. Ricardo also likes to play pool and poker, Ximena prefers playing tennis, basketball, and dancing. Ricky plays football and video games, Yali plays baseball and is amazing at jumping rope, and Mateo loves to play with his monster trucks.



The Bolaños' very much enjoys traveling, especially when it is to a beach. They recently returned from a trip to Breckenridge, CO, and absolutely loved it. However, their top spot to visit is Playa El Coco, Nicaragua. Coming from a tropical country they much prefer summer and after eleven years in the United States, they are still not used to the wintertime weather.

Christmas is their favorite holiday. The entire family (grandparents, aunts, uncles, cousins) usually meet in Nicaragua to spend time together and celebrate. They officially celebrate on December 24 with dinner and opening presents. The rest of the time, including New Year's, is spent at the beach.

Fun family fact: Ricardo's great uncle Enrique Bolaños was the president of Nicaragua from 2002-2007!



Get to know your neighbors better by having your family featured 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.

sponsor spotlight

Meet Trent & Tessa Doubet

OF DOUBET WINDOW CLEANING!

Meet Trent Doubet (pronounced doo-bay) the owner and operator of Doubet Window Cleaning. Trent grew up in a small town in northwest Illinois near the Quad Cities called Annawan. He moved from his hometown and decided to pursue an opportunity a friend offered to clean windows with him. Little did he know that choice would be a catalyst for the path his life is currently on.

Trent's wife, Tessa (originally from Texas), and he are based in south St. Louis, though they provide services outside of St. Louis and into eastern Illinois. Their dog Coco and cat KitKat, currently round out their family.

At Doubet Window Cleaning their main service is in fact window cleaning; however, they do additionally offer pressure washing and gutter cleaning services. As the owner of a small business, Trent says, "My number one priority is quality and concern for each customer. I feel that it gives us an edge on big businesses that provide the same service." Doubet Window Cleaning is an Angie's List 2020 Super Service Award winner, 2019 Thumbtack Professional, and Home Advisor screened and approved.

Trent reminds us, "As a homeowner, you should be mindful of the seal of your windows, the integrity of your screens, and any cracks in the glass. Making sure your windows are in good shape will assist you in reducing energy costs. Getting your windows cleaned every six months is recommended." For exterior services, including window cleaning, pressure washing, and gutter cleaning, it is not required to have someone home. If interior windows are being cleaned, it is necessary that someone be home to let them in. If there are pets that are not comfortable around strangers they ask that they be put in a safe room.

Trent would like to encourage you to support local small businesses. When you choose Doubet Window Cleaning, you will get luxury cleaning at affordable prices. They will make your windows sparkle and shine today for a brighter tomorrow.

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amazing athletes

Grace Brzyski

Swimmer and Water Polo Player

By Forest Hills resident Lori Ruscitti

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A Marquette High School Class of 2021 graduate, Grace Brzyski, was on the swim and water polo teams. Although, her main sport was water polo. She could play any position, but mainly played 2 meter/set.

Grace loves how versatile water polo is. She says that while playing there is never really a set position, but rather always moving up and down the pool and being ready to transition to offense or defense at any time. Each time you play it is a completely different experience. Adapting and adjusting are part of the game.

This year the Marquette girls water polo team were the Missouri High School State Champions! Her freshman year there were only five girls on the team, and senior year there were 14. She has loved seeing the sport develop at Marquette and see her teammates start to love the sport as much as she does. She is immensely proud of her team and what they



The Mustang girls celebrate their Missouri Water Polo district championship!

accomplished this year and could not have had a better group of girls for her senior season.



Grace's many personal achievements in the sport include being voted "110% Award" and "MVP" by her team, one of the team captains for the coed JV team 2019, team captain for the girls' team since 2019, playing third team for "boys" all-conference, unanimous vote for first-team girls all-conference, female player of the year for district and girls first team for district.

Advice that she offers for someone wanting to start playing water polo, is to not compare yourself to others around you. It is a hard and complicated sport. You are your own athlete, so focus on that, acknowledge your strengths, and make it a goal to improve and work on your weaknesses.

In the fall, Grace will be attending Mercyhurst University. She will be studying sports medicine with a physical therapy (PT) concentration. While there she will be playing Division 2 water polo for the university. Best of luck, Grace!

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By **Bill Tuttle**, publisher of *Clarkson Valley Living*

Sponsored each month by **Nuovo Salon Spa**

Kassy at Nuovo Salon and Spa has been cutting my hair and grooming my beard for several months now. She does such a great job and I feel so good walking out of the salon, I wanted to share my experience with you!

When I walk in, Kassy greets me, and I sit in her chair. We catch up a bit while she takes a look at my hair, beard, and even my skin! I must admit, she has a very calming demeanor and makes me feel very comfortable and relaxed. I guess I'm particular about how my hair looks and she's on board with that.

After we figure out what we're going to do, we head back to the sinks, and I get a shampoo, hot towel, and scalp massage. Wow! I am relaxed and ready for the cut. Kassy is very methodical, takes her



Looking better and feeling good after my grooming!



Looking a little shaggy before.



The process of maintaining well-groomed facial hair.



Measured cut.



Soothing oils.



The details and finishing touches.

time, and never seems rushed. She definitely has a process, but I am usually only there for about an hour—including eyebrows, neckline trim, and beard grooming!

Sometimes we talk, other times we don't talk at all. Either way, it's never awkward! After she cuts my hair, she goes to work on my eyebrows and the hair on my ears—nothing extreme, just making sure they look clean and tight. Who wants to walk around with wispy eyebrows? I do, says no one! After I'm cleaned up, she goes to work on my neck following my natural hairline. The best part is the soothing product she applies to my neck afterward—I never leave with that burning sensation or feeling scratchy. Kassy applies a little product to my hair and a few seconds with the hairdryer and it's looking good.



Getting the works—shampoo, hot towel, rinse and a neck massage!

My beard and mustache are the last to get groomed. Kassy takes her time with a comb and scissors. She finishes up making sure my cheeks and neckline are clean and applies beard oil. We have a special word for her process. You'll have to ask her about it!

Sharp clean lines and detail work are what make a good men's haircut and style become great. It's all about those finishing touches and the whole experience makes Nuovo Salon and Spa a one-stop place for your men's grooming needs! Most of the stylists at Nuovo cut and groom men's hair, so if Kassy is not available, they have many other stylists who will do a great job as well.

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Cheer Up those Back to School BLUES



By Clarkson Mill resident Amy Bratton

It's almost that time of year again—back to school! While it always feels like summer goes by way too fast, our kids are ready to be with their friends and get back to their classes. It can leave us parents feeling sad and lonely. The end of summer blues can really take its toll on stay-at-home parents, and rarely does anyone really talk about it.

Here are some great tips to fend off those blues:

Join a Workout Group - Even if it's just you and a friend walking daily, that little walk can help clear your mind, help get your endorphins flowing and relax you all at the same time. It's like magic!

Volunteer - Whether it be at the kids' school, an animal shelter, or your local food bank, giving back makes you feel good and keeps you busy, so it's a win/win!

Food Prep - It can be as easy as planning your dinner time meals or getting the lunches ready for the kids' lunchboxes, you are doing something productive and caring for your family all at the same time.

Take Care of You - Make an appointment for your hair, nails, facial, massage, float, etc. Having some "me" time can be just what the doctor ordered! You spend so much time taking care of your family, that sometimes you forget to take care of yourself. Make time! You'll thank me later!

Run errands - It makes the day move fast and you can get so much more accomplished without the kids in toe! No questions of "can I have this?" "I'm bored" "I want to go home"...blissful silence while you shop. It's heavenly!

Don't forget to lean on your friends or partner. We have all been there. You will still have plenty of time with the kids though! Carpool, dinner, bedtime, and mornings. Enjoy those moments! Remember to ask leading questions to your kids that force more than one-word answers. I always found that driving to practice was the perfect time to have those conversations and keep them from burying their heads in their phones.

Here's to another school year, hopefully back to normal. Stay happy and healthy!

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home matters

CHOOSING THE RIGHT Smart Home Gadgets

By Kehrs Mill Estates resident Janice Freeman
Sponsored each month by Castle AV Media Solutions

Not all smart home devices are created equal. If you wind up paying a high price for a smart home gadget you do not need, you risk wasting precious time and resources.

Fortunately, there are lots of things you can do to make informed smart home device purchases, such as:

1. Consider Your Smart Home Device Needs

The needs of one property owner for a smart home device may vary from those of another. If you consider how you can use different smart home devices, you can boost the likelihood of making smart home gadget purchases that will serve you well for years to come.

For example, if you find your electricity bills are on the rise, investing in smart light bulbs may prove to be a great choice. These light bulbs can help you optimize your house's electricity consumption and lower your electricity bills.

On the other hand, if you are concerned about home security, a smart house security system may be an excellent investment. This security system can help you simultaneously safeguard your residence against theft and lower your home insurance rates.

2. Perform Comprehensive Research

New smart home devices are becoming available every day, and as such, determining which ones are right for your house sometimes is difficult. If you perform in-depth research into the smart home devices at your disposal, you could find gadgets that you can enjoy day after day.

Conduct online research into assorted smart home devices – you will be happy you did. Once you learn about different smart home gadgets, how they work, and their benefits, you can choose the right devices for your residence.

Also, it may help to consult with family members and friends as you assess myriad smart home devices. If a family member or friend recently purchased a smart home device that works perfectly, for instance, you may want to consider buying the same gadget for your house.

3. Evaluate Your Budget

As more smart home devices are released, the prices of various smart house gadgets are falling accordingly. Yet it is still crucial to evaluate your budget closely before you make smart home device investments. If you understand exactly how much money



you can spend on smart house devices, you can take steps to get the most out of your available finances.

Don't forget to shop around for smart home devices, too. Online and brick-and-mortar retailers occasionally offer sales on smart home gadgets. Thus, if you search far and wide for smart home devices that fall in line with your budget, you could avoid spending too much to acquire top-notch smart house gadgets.

As you get set to invest in smart home devices, it generally pays to be diligent. If you take an informed approach to smart home device shopping, you can find gadgets that will deliver long-lasting benefits. Best of all, you can use assorted smart home devices to lower your electricity costs, secure your residence, and much more.

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living spaces

Three Interior Design Tricks TO KEEP YOUR HOME FEELING COOL IN THE SUMMER



By Kehrs Mill Estates resident **Janice Freeman** specializing in real estate sales in both St. Louis County and St. Charles County | Licensed Real Estate Agent in the State of Missouri since 1987
Sponsored each month by **The Janice Freeman Team**

Your air conditioner isn't the only way to dampen the heat during the warmer parts of the year or country. With the right materials and decorating choices you can make your home feel even more comfortable in hot climates.

Here are some tips and tricks for interior decorating that will help you beat the heat:

Window Coverings

Using the right window treatments can make an enormous difference in the indoor temperature of your home. Create some shade by covering any windows during the hottest parts of the day. The best type of window dressings for keeping out the heat are fabric curtains and drapes. Choose curtains if you don't want the fabric to extend to the floor, but make sure they are the right size for your window. Curtains and drapes are most effective



when hanging close to the window and touch a surface at the bottom, whether it be a windowsill or floor.

Covering your windows doesn't mean the room has to feel dark, either.

The best way to keep the room cool is to use thick, opaque fabrics in medium-range colors. Patterns and colors are your choice as long as the fabric itself has a tight weave. You can also find special insulating drapes with white outer layers to reflect heat even more effectively. Either way, you have plenty of options for factoring these cooling window treatments into your interior design.

Cool Surfaces

Using materials that are cool to the touch is a simple way to keep the entire space feeling comfortable in hot weather. This is especially important for flooring. Tile or stone flooring will not absorb heat like hardwood or carpet and will feel comfortably cool throughout the day. Other cooling floor options include marble and cement. However, avoid faux stone made of vinyl or fiberglass as those materials tend to trap heat.

This same concept applies to other surfaces like counters. If you're building or renovating in a hot-weather home, consider using granite or marble rather than artificial alternatives. They may have a higher price tag, but they will last a long time and add a cooling feel to your kitchens and bathrooms.

Light Colors

While the idea of a dark room might seem cool, lighter colors will keep the temperature down. It all comes down to the science of light: black will attract and absorb heat, while white will reflect it. The lighter the color you choose, the lighter the room will feel. Also, because light colors create the illusion of more space in a room, this can make you feel calmer and more comfortable on hot days compared to stuffy and cramped rooms full of dark decor.

That said, you don't have to make everything plain white to feel cooler. Try colors like cream, beige, or pale blue for wall colors and large furniture pieces. Even these changes alone can make a noticeable impact on the overall feel of a room. Patterns, prints, and color are all up to you, but sticking with a lighter palette will prevent absorption of excess heat.

These are only a few ways you can keep your home interiors cool in a hot climate. While structural factors like windows and ventilation will make the biggest difference, every bit can help. You'll find it's easy to explore your own style while getting the added benefit of keeping the temperature down and the comfort level up.



Want to have your home highlighted in a future issue? Have you recently remodeled? Have a unique room to show us? Email Bill.Tuttle@n2pub.com.

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Q&A

with Eileen McGinnis

Sponsored each month by **Absolute College Consulting**

student life

Eileen McGinnis

Marquette High School, Class of 2021
 Associates Degree from St. Louis CC
 Attending Quincy University
 Intended Area of Study/Major: Education

Why did you choose to follow the junior college path? I had several opportunities and choices to attend four-year colleges but finally chose the junior college route. I knew I needed to develop as a person more. In high school, I was not always the strongest academically, so I knew if I worked hard in the classroom at a junior college, I could gain additional skills to prepare myself for a four-year university and pursue my dream of becoming an elementary teacher. Another reason was my A+ scholarship. Being able to go to school for free for my first two years was amazing because I had less college debt. Lastly, I knew if I wanted to find my



make me the most well-rounded person to prepare for the next chapter of college. Going into my sophomore year of college, Cindy helped me find my dream school. I had several opportunities to choose from and the process of choosing was challenging. Attending a university with a great education program and a softball program where I could contribute was very important to me. Cindy

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dream school and play softball having the opportunity to play and develop my skills as a player would help me succeed.

How have you changed in the past two years from your junior college experience? In the past two years, I have changed a great deal. I went from a student struggling, scared to ask questions to a person that triple checks my work and has the confidence to ask as many questions as needed to understand the presented material. As an athlete, I gained the confidence I worked hard for. I fell back in love with the game of softball because of my time at St. Louis Community College. I have developed as a player physically and mentally and earned opportunities to play at four-year schools that I would not have been able to right out of high school. I feel ready academically and athletically for the next level.

What guidance did you seek along your college search? Cindy, at Absolute College Consulting, has helped me more than I could ever ask for. She talked through with me all my academic options at the start of my sophomore year of high school. She was a big voice in my head that told me it was okay to go to a junior college when all my friends were going away to big universities. She helped me understand that this was a positive route for me to undergo to

helped me keep an open mind about each school, how to weigh the pros and cons best for me personally, and most importantly keep my academic goals a priority. In the long run, her advice is what helped me find my home at Quincy University.

Offer your advice to current high school students as they begin their college search. First, it is okay to go to a junior college. There is nothing to be ashamed of. That decision might seem hard because your friends are going away to big schools. But in the end, if taking the junior college route is something that benefits you, helps you grow as a person before you go off to a university, do not be afraid to choose that path. I honestly believe that choice was one of the best decisions I have ever made in my life. I excelled in the classroom with As, received my associate degree, and played at the NJCAA national softball tournament. Advice for athletes, going to a junior college before transferring to a university is something to take pride in. If I would not have attended a junior college, I would not have been prepared to attend and be successful at my dream school. I am forever thankful for that.



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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By Dunhill Farm resident **Mark Cantor**

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around the club



Wade and Sara Ellis with daughters Riley and Quinn.



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Photos and captions submitted by **Ryan Schaben**, Membership Director of Forest Hills Country Club | Sponsored this month by **Hackett Home Remodeling**



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resident business beat

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Meet Steve Sredl, president of Sealco Asphalt Company and 45-year Clarkson Valley resident! Steve grew up in West County and attended Chaminade High School where he played ice hockey and soccer. He is a graduate of Missouri State University. Steve hails from a family of business owners and leaders. "I guess it's just in my genes. I've always enjoyed people and working outdoors, so owning a business where I can experience both seems a natural fit," says Steve.

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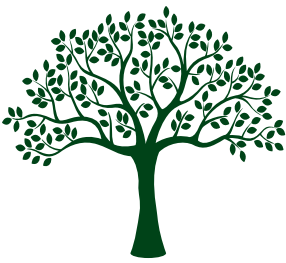
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