



CLARKSON VALLEY

A SOCIAL PUBLICATION EXCLUSIVELY FOR
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July 2021

Living



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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,

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publisher's note
A Jersey SHORE WEEKEND

Recently, my wife Athena and I attended her cousin's wedding in Wildwood Crest, NJ. It was a nice long weekend getaway, and we had the chance to spend some time together on the beach in the sun! The New Jersey shore has some really nice beach towns along the southern coast, including Cape May, Stone Harbor, and Avalon. We ate, drank, and celebrated with her family. We had the best time. I hope you were able to enjoy a little getaway this summer, as well. Send me a note; I'd love to hear about it! Bill. Tuttle@n2pub.com



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mayor's corner

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By Clarkson Valley Mayor **Scott Douglass**

At the Tuesday, June 1, 2021 meeting of the Clarkson Valley City Council, Mayor Scott Douglass honored the six members of the **Clarkson Valley Police Unit** of the Chesterfield Police Department. For the past four years, the City of Clarkson Valley has contracted with the City of Chesterfield to designate six permanent police officers who provide 24/7 police protection to the Clarkson Valley Community. Each of these officers was presented with The Clarkson Valley "Mayor's Award of Excellence." The award was conferred for their continuous and noble service throughout the past year. On behalf of the city council, Mayor Douglass expressed his appreciation for the manner in which each officer consistently dedicated themselves to noble service. The award read, in part: *"We, as private citizens, have hunkered down and weathered the storm, often from the comfort of our homes. During that same time period, you have remained at the ready, demonstrating bravery as you seamlessly and selflessly provided continuous services to our residents in spite of the constant threats associated with the COVID-19 pandemic."* *Congratulations to these fine officers!*



L to R: Officer Craig Friemel, Officer Kim Beckmann, Officer Michelle Hrivnak, Clarkson Valley Mayor Scott Douglass, Officer Chris Pollman, Officer Ken Quach, and Officer Don Schlemmer

Next time you have an opportunity to interface with one of our "finest," give them a high five and big thanks. To close this out, here's a way to help them help us. The community camera program: This program allows you to voluntarily register the location and capabilities of your security camera with the Chesterfield Police Department. This database can provide valuable information in solving crimes. Here's how it works: You will be able to register online (see link below) advising the police that you have video surveillance equipment outside your home, along with a description of what areas your camera monitors. They will then store that information in a secure, private database. When a crime occurs, they will check their database to see who has registered a camera in the area, then contact those registered individuals and ask for permission to view selected portions of their recorded video. We see this program as a "win-win" for both the police and the community, an example of the type of partnerships we have always endeavored to achieve.

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Mom and Dad with Danny on Chaminade graduation day.

INTRODUCING THE King Family

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Meet the Kings, 17-year residents of Kehrs Mill Estates! Dan, Elena, and their children Emily, Danny, and Teddy make up the family. Dan was a student at CBC High School and graduated from Ole Miss. He's the owner of King Homes, specializing in custom home design, construction, and renovation as well as real estate. Elena grew up in Miami, moved to West County, and attended Lafayette High School and then Stephens College in Columbia, MO. She is now a senior vice president at Paramount Bank. Both are very active in the Clarkson Valley community, and their businesses are preferred community partners with *Clarkson Valley Living!*

Emily, their oldest, is a graduate of Marquette High School currently taking college courses and living out her dream working at Disney World in Florida as a skipper at the Jungle Cruise. Danny is a graduate of Chaminade High School and will be a student in the Trulaske College of Business at Mizzou this fall. He enjoys golf, playing basketball, and hanging out with his friends. Teddy, the youngest, goes to Ascension Catholic School and plays basketball, football, and

soccer. The family pets are all rescues—16-year-old Hershey, a well-known neighborhood dog, Boo, the Bombay cat, and Bailey, a 14-year-old “sweetheart.”

The Kings enjoy spending time with family during the holidays and special occasions. They relax and enjoy their family home at the Lake of the Ozarks as often as they can during the summer. The Kings love the Cardinals and Blues but are also huge Viking and Celtic fans! Their favorite vacation spots are Jamaica and Florida or anywhere near the ocean!

The Kings love Clarkson Valley, the close-knit community, and all it offers. They feel incredibly blessed to have such wonderful neighbors—the perfect place to raise their family.



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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By Kehrs Mill Trails resident **Josh Cudney**
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My name is Josh Cudney, and I graduated from Marquette High School on June 3. I will be attending Maryville University in the fall to study computer science. I am also planning to be a member of their swim team.



I swam on the Marquette swim team for four years and have been swimming competitively since age 8. My main stroke is butterfly. Junior year at Marquette, I started playing water polo and typically played the wing position.

I think that swimming is the perfect balance between a team and an individual sport. Your team always supports and backs you up, which is a great feeling. At the same time, you can focus on your stroke and how you can improve. I think it is a great environment



Josh on graduation day with his sister Caroline, dad Brian and mom Beth.

that teaches how to work with others as well as how to be independent and self-reliant.

My proudest moment swimming was when the Marquette Boys' Swim and Dive Team won conference this most recent season. Winning a conference is already exciting enough, but I was also

able to see many of my teammates (and myself) reach their goals for the season. It was amazing to see everyone make the best out of a season that we were not even sure was going to happen. I am proud of my team and honored to be a part of it.

I do however have a life outside of swimming. I love music and play several instruments. I am also a huge nerd and love Star Wars, video games, and movies. If there is a piece of advice I could offer other kids, it is to find a balance. For a while, I struggled with balancing swimming, school, and other things I had going on in my life. It is a tough thing to do but once you find that balance, it is a great feeling. Balance is not just getting all your work done; it is discovering what you love and pursuing it while continuing to pursue everything else in your life.



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ROW HOUSE CHESTERFIELD

sponsor spotlight



Introducing Brad Carr, owner of Row House Chesterfield. Brad is a 1986 graduate from Cal State Chico and started as a management trainee with Enterprise Rent A Car in Los Angeles. He spent 30 years with Enterprise moving up through the management ranks, including 20 years as a vice president. His last 15 years were at the corporate office in Clayton managing global sales. After retiring in 2016, Brad was looking for businesses in St. Louis that were health-focused.

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Brad says, “Nothing is more important than your health. People need to make time to stay healthy, and we have a great community of members and coaches that work to support and encourage each other. Rowing will help you burn calories to lose weight and tone your body at the same time. No other fitness exercise can do that as efficiently!”

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Julie, Dave, Kristy and Susan.



Owner Brad Carr with lead coach Kristy Heffernan.



Jordan, Julie, Susan, Melanie and Brandie on the Erg!



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student life

Q & A

with Austin Durst

Sponsored each month by **Absolute College Consulting**

Austin Durst

Marquette High School, Class of 2021
Attending Missouri State University
Intended Area of Study/Major: Finance/business

Tell us about the academic interest you will pursue in college and how you arrived at your decision. Next year, I will be attending Missouri State University. Missouri State is the perfect fit for me academically. Springfield is a great place to go to college as well. I felt that I get the classic college town feel but also with a bigger city feel. Springfield has lots of opportunities, and I can't wait to get to know my way around it better. When I visited the university, it stood out above other schools on my list because of the fact that even though it has well over 20,000 students, it still



MO State-bound.



The Durst men: Austin, Dennis, and Derek.

prides themselves on their experience, and many professors and members of the advisory board have real-world experiences with top companies in the business world. There are many internship opportunities available in Springfield, and I can't wait to take advantage of those, too!



Austin and his father Dennis at a Missouri State University visit.

Throughout high school, what did you do to prepare yourself for college? Throughout high school, the one area that helped me the most was developing good habits to stay ahead with school work and my college search. I feel there are times it can get easy to become lazy in high school. The biggest advice I would offer to high school students is to establish good study habits early freshman and sophomore year. It's OK to not have a specific college in mind at that point, but the classes you take in those years are important to boost your GPA. When junior year comes, you'll have a solid foundation as far as GPA and help with searching for schools.

Throughout your college search process, what was most challenging? The most challenging area for me was just narrowing down my college list. Working with Mrs. Zelinsky at Absolute College Consulting really helped me identify the colleges that were ideal for me based on my academics, major, and personal preferences. Her knowledge of the college landscape was an awesome resource to have. She helped me during the entire college process, keeping me on track with a timeline. I stayed ahead and completed essays and applications ahead of schedule! I think it's easy to fall in love with a school too early, and Mrs. Zelinsky helped me learn to just wait and narrow down my choices until after I had visited, compared, and researched each school. The visits were the most important part of the search for me. It was difficult at first to narrow down my list without visiting, especially with Covid-19 limiting in-person visits. However, Mrs. Zelinsky helped me navigate through all my visits, keeping me focused on the areas most important to me.

As high school students begin their college search, what advice do you have for them in finding their "right fit"? For students searching for their college right now, I would recommend taking time and think to yourself about what you want for your college experience. Many students fall into the trap of not going where they want to because friends are not going there, but there are so many options and resources to help you find the right school for you, that if you really take some time to just think about what you want instead of what others may be doing, you'll end up happy at your college. Mrs. Zelinsky made a world of difference and guided me through.



Twins Austin and Derek Durst.

finance. How the business world works has always fascinated me. I can't wait to dive in deeper learning more about all the areas that influence businesses. The Missouri State College of Business

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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Austin in action with the Mustangs.

felt like a smaller school. The campus is easy to get around, and it feels very easy to manage. I felt very comfortable there knowing I could connect with my teachers personally.

Throughout high school, what did you do to prepare yourself for college? I'll be studying business at MO State. Although I haven't determined my exact major, I'm interested in exploring

living spaces

Outdoor Entertaining



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

Entertaining should be *fun*, celebrating time with family and friends, not fussing over perfection and the details rather than having an opportunity to mingle with them. In this article, you will find some examples of effortless outdoor entertaining ideas for any summer occasion.



You can find a lot of easy centerpiece tutorials online. In less than 10 minutes you can make a table feel special and then enjoy the centerpieces throughout your home long after your guests have departed. You can also use a couple of potted plants in lieu of a centerpiece, perfect for outdoor entertaining. Try to keep centerpieces low enough that guests can see one another and enjoy conversation without disruption.

Next, setting the table. It instantly makes a table feel special and guests will have a glimpse of how beautiful it looks before the after-dinner mess. Add plates, silverware, linens, and drinkware. For evening occasions, add candlelight. Even when serving buffet style, always set the table to create a memorable occasion.

Feel free to mix and match indoor and outdoor serving pieces together. Classic pieces are always easy to mix and match and offer versatility for many different occasions. Do not feel like it is necessary to use melamine or disposable products.

Go to Julieblanner.com to browse hundreds of simple, delicious recipes, effortless entertaining ideas, and home design. Happy entertaining!



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

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home matters

CUTTING THE CORD:

THE LATEST ON STREAMING SERVICES

By Shauna Osborne

Last year was truly the year of stay-at-home entertainment. Being locked down indoors for most of 2020 gave us ample time to explore what shows, performances, and films could be experienced from the comfort of our own living rooms. Particularly for those depressed by the closure of movie theaters and entertainment venues, streaming offered the ability to bond with other fans over live-streamed music performances, to stay in touch with box-office trends, and, importantly, to zone out from pandemic-related stress with endless episodes of *The Office*, *Gilmore Girls*, or *The Great British Baking Show*.

Unsurprisingly, 2020 saw video streaming activity increase by up to 40% in the U.S., with the average user streaming over three hours of content daily during the key months of lockdown, primarily on the most familiar and well-known, over-the-top (OTT) media services: Netflix, Hulu, Amazon Prime, and Disney+. Each option provides instant access to a wide-ranging library of high-quality content – with a growing segment of original programming – at a variety of price points, devices supported, and simultaneous streams allowed. Newcomers to the streaming scene, like Peacock, Quibi, and Acorn, are moving toward niche content; for example, Quibi streams short videos exclusively to smartphones, while Acorn offers U.S. viewers programming specifically from the UK, Ireland, Canada, and Australia. Other recent streaming trends that will continue into 2021 include...

- **Nostalgia:** Streaming services are bringing back the '80s and '90s to capitalize on the nostalgia factor for millennials. In 2020, Netflix brought us the popular *Cobra Kai*, a *Karate Kid* reboot, as well as *The Baby-Sitters Club*, based on the beloved literary sisterhood from an erstwhile era.
- **Health and wellness:** Virtual fitness has become the “new normal,” as over 80% of U.S. households report they utilized live-streamed workout services during 2020. Yoga and HIIT (high-intensity interval training) / bootcamp classes topped the list. Notably, many consumers say they plan to continue to stream fitness classes post-COVID.
- **Docuseries:** Remember the *Tiger King* mania of spring 2020? The show was reportedly watched by over 60 million households in the U.S. last year. Documentary miniseries are growing in popularity, with more being released for streaming constantly.
- **Non-English original programming:** Step aside, Hollywood. Streaming services like Netflix and Prime have seen massive success this year with local-language series like *La Casa De Papel* and *Dark*.



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NEIGHBORS Helping NEIGHBORS

By Westhampton resident **Maura Ziegler**
Sponsored each month by **Pathfinder Church and St. John's School**

Shout out to my wonderful neighbors in the Westhampton subdivision! I was walking my dog, Joe, the other day...I bent over to pick something up, and my cell phone fell into the rain drain... oh yes, it did! It was even slow motion! I came home and called the City of Clarkson Valley, but they didn't open until 9 am; it was currently 7:30 and about to rain. I called my wonderful neighbor, Carol Schwartz and woke her from a sound sleep, but of course, she was ready to help and was walking down Kettington Road with a plethora of "tools" moments later. I then called Mark Kunin, who wasn't home but offered up his son, Nick, if needed. I then dug with Emily Lake in her garage for anything that might be useful. Finally, I went to Joe Walsh's home. He was about to leave but dropped everything to help—It takes a village! We recovered my phone, and it was "kept alive" long enough to have everything transferred to a new phone. Not too many people can say it, but I am very lucky

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Joe Walsh and Maura Ziegler survey the situation.

to live in a neighborhood where people are always willing to help. Thanks again to Carol, Mark, Emily, and Joe!

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



Maura Ziegler in the hole with Joe Walsh at the ready.



Carol Schwartz poised with tools to help.

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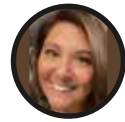
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KEEPING KIDS *Active*



health and wellness

By Clarkson Mill resident **Amy Bratton**
Sponsored each month by **ApexNetworks Physical Therapy**

Summer has finally arrived! School is out and I'm sure if you have younger kids, you're already hearing the "I'm bored" lines daily. Fear not! This month, we are going to explore fun activities to keep those kids moving and getting a little fitness in.

From playing catch to throwing a Frisbee, any sport will do! Take 30 minutes and have a hula hoop contest! See who can keep it going the longest! Not only are you having fun, but you're working your core, feeling silly and laughing! I have a weighted hula hoop that I just love! It's perfect for teens and adults. The kids can use any hula hoop from the store. I promise you, it's a harder workout than you think!

Do you have a pool (or a friend with one), and do the kids enjoy swimming? There are plenty of public pools near our neighborhoods as well! Not only can you swim, but there are so many activities for the pool. Volleyball, Marco Polo, catch, diving for objects, summer-saults in the water, and just floating! Vitamin D will do you good as well, but don't forget your sunscreen! Studies show that kids that play video games frequently, tend to be vitamin D deficient. Even 30 minutes of sun a day can improve their vitamin intake.

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Go for a walk! You can play "I Spy" while on the walk. Start with the letter A and go all the way through the alphabet! You are not only moving those legs but also using your senses! It's a win/win! Skip, sprint, jog, or just stroll. It will wear those little legs out, I promise you!

Hit up a nature trail. Yes, more walking but plenty of shade. This can be educational, as well; make it a treasure hunt! Put together a list of things to collect on your walk and carry a little bag to put those items in as you collect them! You can even use this as a way to help the community clean up! Look for trash or discarded items and bring them to the trash can.

Not every day is going to be sunny and perfect for going outside, so we also need our rainy-day activities! Part of being healthy is also taking care of our mental health. On a rainy day, try a new skill like painting, coloring, or molding clay. It will get those creative juices flowing and helps clear your head, which in turn relaxes you. After you're finished, you have something to be proud of, or laugh at, if you're a terrible artist like me!

Start a notebook with each child. When I was in school, we use to have a "friendship notebook" where we would write letters back and forth, an art kids today know very little about. Having a notebook with your kids can be a window to their thoughts and their feelings and can actually help solve problems before they even begin. This is another great way to improve mental health! Take about 30 minutes to write a letter to your child, tell them about your day, how you're feeling, a funny story, etc., and then have them take about 30-45 minutes to respond. This gives them a platform that keeps the lines of communication open while becoming a fun activity. You will learn so much about your kids, and they will feel an even deeper connection to you!

I hope you enjoy the summer! Enjoy the warmer weather, the laughing of children, and the slowed-down pace of the longer days! Before you know it, the kids will be back in school, and we will be missing our days at home with them!

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By **Ryan Schaben**,
 Director of
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 at Forest Hills
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On behalf of Forest Hills Country Club, we hope everyone in the community enjoyed their Memorial Day with loved ones, especially those with military ties. Thank you to all of those who have served in our country's armed forces. It was great to finally have members back at the club with full capacity. The weekend kicked off, with our pool opening day and the opening of our café. Sunday of Memorial Day weekend had the golf courses full, and we hosted our annual Hamptons Party, featuring live music by Vote for Pedro. We stay open on Memorial Day for a fun-filled day at the pool with DJs and a cookout.

Membership at Forest Hills Country Club is by invitation only.



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Lee & Tracy Allen
of Allen Roofing & Siding

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Article written by **Anna Bohlmann**, resident of Westhampton

Sponsored each month by **Cantor Injury Law**

After Lee Allen's semester at Meramec Junior College and six months of active duty as part of his six-year commitment to the National Guard, he knew it was time to decide on a career path. Back in high school, he worked as a roofer's helper – which mostly consisted of carrying shingles up the ladder (before conveyor belts) – and also did some roofing on his own.

"Nailing on shingles was my reward for carrying," Lee said. "Incentives always motivated me!"

From the beginning, it was evident to Lee how much hard work went into roofing, and he doubted whether he was up for the challenge. But ultimately, he decided to give it a shot.

"At the tender age of 21, I started Allen Roofing without a business plan and just a dedication to hard work and success," Lee said.

Little did he know how successful Allen Roofing & Siding would become. Forty-nine years later, the company has grown from doing roofing on personal residences to adding siding, gutters, and tuck-pointing. Along with residential services for many of the areas home builders, the company also provides those services for apartments, retirement living projects, and many large commercial buildings.



Clarkson Valley resident business owners Tracy and Lee Allen.

Because of Allen Roofing & Siding's equipment, the company is able



to handle any size job without outsourcing – with equipment including cranes, man lifts, and conveyer trucks. Lee said he finds re-roofing for a second-generation homeowner just as exciting as a large commercial job, and he loves being able to build relationships with customers.

"Many times, upon meeting a customer in our showroom, I can claim to have roofed their home for their parents," Lee said, "and in many cases, I was the one nailing the shingles!"

Lee grew up in the West County area as one of six children. He would ride the bus on Old State Road every day to school. Coincidentally, his main office and showroom are now located on Old State.

Lee married his wife, Tracy, 24 years ago, and the couple have lived in the Clarkson Valley area since 2007 when they moved into Kehrswood and began major renovations on the house. A couple of years later, in 2013, they bought a home in Forest Hills and also did a total rehab. Currently, they're in the process of another renovation in the neighborhood within walking distance of the Forest Hills Country Club.

It's not enough to say the Allens love what they do. And they couldn't be more grateful for the support of the Clarkson Valley community!

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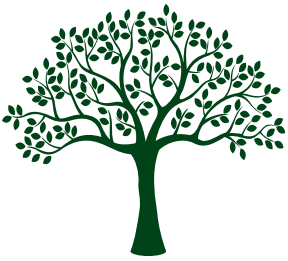
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