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THE RESIDENTS OF CLARKSON VALLEY

May 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,

build their resumes and portfolios! If you or someone you know might be interested, please email Bill.Tuttle@n2pub.com.

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WILLIAM TUTTLE

Tell me what you have in mind | william@wtuttle.com

mayor's corner
summer
REFLECTION



By Clarkson Valley Mayor **Scott Douglass**

As summer approaches, a look back at last year's summer is a sobering reflection. It seems like a giant ball has been lifted off our shoulders (you may describe it differently, but we know what we mean). With the future and this virus still unclear, will our enthusiasm be justified and will we be wise in our actions? This remains a concern, not only individually, but for the entire world. I am no psychologist. I took one or two psychology courses in college, so the following remarks do not come with any authoritative endorsement. Rather, they come from my life's experience and my tenure as mayor.

I have been your mayor for over 30 years. That can be called a lot of experience. We value experience as a tool in doing our job, in living a more enjoyable life, provided it's not the same year over 30 times. Well, the COVID-19 required changes in our daily lives, the simple things (e.g., going to the grocery store). How did we adjust to the more serious changes – work-related, inner actions with friends and loved ones? Approaching a new or unfamiliar situation, we subconsciously trigger a set of emotions. I believe we approach it with our own expectations. COVID-19 has required many changes in our lifestyles. As the threat diminishes, what is the "new normal"? How do we accept more

possible changes in our work, our play, and our personal relationships? During the restrictions on activities, what happened? Did your work environment structure change? Did you learn or find new methods for your job? How about your personal relationships with your children, with your significant other, discover anything? How about government, federal, state, local...what were your expectations, and how were they answered?

The range of answers to those questions will, I am sure, run the gamut of emotions. Why? Let's get to my analysis of that question. An example: When you are advised of a decision that affects you (e.g., a new ordinance restricting something), how do you react? Throughout our lives, we develop the rules (or principles) by which we will live. They will, if you will, become the basis of our decisions. And to me, they also provide the first question we ask ourselves, not verbally, but automatically "what am I expecting?" Think about it – most human communications evolve around "expectation." You have an expectation when you contact your city, no matter the reason. And you weigh the answer based on that expectation. Do we, when addressing a problem situation, consider or adjust our expectations? Would it be helpful in solving problems (individual and/or group) by addressing them with a modified expectation? So often, the expectation is already the absolute answer. Can we modify our tribal nature to be more understanding to another view? Make expectations more open. I bet you do just that with your close relatives and/or friends. So those of you that have read this far – all this being said, you live in a city that has the benefit of you and your fellow citizens practicing open expectation to solving problems.

Thanks for your continuing support. We are always available to discuss any problem with a better expectation approach and a satisfactory compromise. My number is 636-394-8916.

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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**
- Trent Doubet from Doubet Window Cleaning - (314) 590-3370**

Event sponsor Anthony Castelli from Nuovo Salon Spa raffled off **free classic eyelash extensions valued at \$109!** Congrats to **Aaron Golchert of *The Legends Living* and BeLocal of West County** for winning!

Call Aaron if you are interested in learning more about our BeLocal publication for new West County residents. (314) 596-6481, email Aaron@n2pub.com, or visit: belocalpub.com/location/st-louis-west-county to learn more!

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family spotlight

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fans of the St. Louis Cardinals and Tampa Bay Buccaneers—sorry, Chiefs fans.

We have a unique family tradition of creating a yearly bucket list. As a family, we sit down and think about fun (yet realistic) activities, adventures, and goals for the year that we want to accomplish and work to make it happen! Our favorite time of the year is the summer. We spend as much time as possible soaking in the sun and taking advantage of the long days. Local parks like Blue Bird and Castlewood are frequent hangouts for us, as well as Lifetime Fitness and Forest Hills Country Club. Vacationing in Florida with their white sandy beaches are a must for us nearly every year. We try to visit a different beach each time. While we enjoy our fun in the sun, we also equally enjoy the four seasons and love the holidays. Our two favorite holidays are Halloween (for the fun) and Christmas time (for the magic).

We plan to make Clarkson Valley our home for a long time to come. We look forward to meeting new neighbors and making new friends in our new hometown.



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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My name is Christina, and I have two sons, Evan (8) and Kingston (5). We also welcomed our Aussiedoodle puppy, Zoey, to the family last summer. Together, we are the Belger family. I grew up in Centralia, IL, a small town one-and-a-half hours away, but I have lived in the St. Louis area since my college days. I work in the pharmaceutical industry in oncology sales and training.

We are so happy to have chosen the city of Clarkson Valley to call home. Clarkson Valley has a small-town feel, which is what I love most about this area. In May 2018, we purchased our home in Forest Hills but didn't officially move in until September after getting renovations completed. Our neighborhood is not only breathtakingly beautiful but very welcoming to newcomers. The boys are building so many relationships and making life-long memories playing with the kids on our street.

As a family, we enjoy hiking, hanging at the pool, lazy days on the river, vacations at the beach, and watching movies. Evan's activities include football, baseball, karate, Legos, and art. While Kingston prefers soccer, karate, riding his bike and scooter, music, and art. Recently, the boys have been able to play on their sports teams again. It feels great to be back as being involved and watching sports

is what we missed most during the pandemic. I am in my happy place cooking, doing yoga, being close to the water and in the sun. We are big

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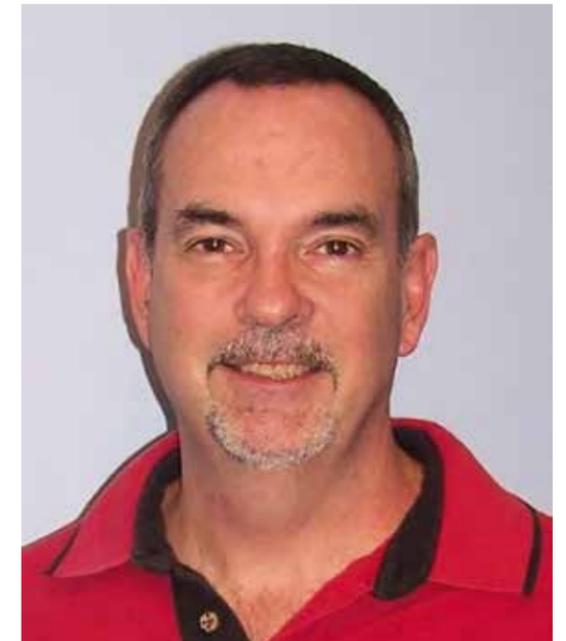
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Article written by **Lori Ruscitti**, resident of Forest Hills

I would like to introduce you to Olivia Klaus, a junior at Marquette High School. Olivia is an athlete who chooses not to focus on one sport in particular. She instead chooses to spread her time between swimming, taekwondo, bowling, and dance! She has been on the Special Olympics cheer team for the longest, at four years. Special Olympics swim team and Marquette Dazzlers have been two years. This past year, Olivia has really expanded her horizons and has diversified by adding taekwondo, Special Olympics bowling, and World-Class All-Star Spirits dance team to her schedule.

Olivia says, "What I enjoy most about sports is being around my friends and having fun." Two of her proudest moments have been when she won a gold medal in the 50-meter backstroke participating in a Special Olympics swim meet and a silver medal in taekwondo.

Sports are not all that this young lady spends her time on. In her spare time, she enjoys singing, playing games, and just hanging out with her friends. She would like to share some wise advice for the younger children in our community. Olivia says, "Give many different sports a try, and you will find the ones you love. And most importantly, make sure you have fun!"



Calling athletes of all ages! Do you have a sport you are passionate about? We want to hear your story! Email Bill.Tuttle@n2pub.com.

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LARRY and MICHAEL

Say "Goodbye" to 13 Greenbank Drive



Larry Cardinale has lived in Clarkson Valley for more than 30 years. Needless to say, he's seen a lot of change over the years! Mr. Cardinale lives with his grandson, Michael. Michael has autism and has successfully navigated through the Rockwood school system, graduating from Marquette High School as a member of ROTC! Michael is currently employed at one of our neighborhood Dierberg's. The time has come for the Cardinale men to move on and leave the wonderful memories of their community behind and make new ones.

Their home at 13 Greenbank Drive in Forest Hills Club Estates is open, bright, and light. The traditional two-story sits on nearly an acre with a walk-out basement. The exterior has been recently updated with a newer roof, gutters, soffits, copper bonnet roofs, garage door, concrete paths, and deck flooring. The inside boasts newer wood flooring installed mostly throughout the main two floors. The great floor plan is in need of a little interior TLC. The elegant dining room features upgraded dental molding and bay window with a nice-sized living room/game room/office that opens to the family room with a fireplace, custom bookcases, and a bay window. The walk-out opens to a huge deck that overlooks a private mostly level backyard Perfect for entertaining and kids at play. The kitchen offers plenty of cabinet and counter space including a center island, planning desk, granite tops, and smooth



electric cooktop. The home includes a spacious master suite and large secondary bedrooms. The lower level is finished with a walk-out as well. The Cardinales enjoyed walking through Forest Hills and the wonderful country club. Michael had a great experience at Rockwood's award-winning schools. Forest Hills is truly country club living at its finest!

The Cardinales would like to thank their Forest Hills resident real estate agent Jeff Lottmann for helping them with their transition.



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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lessons teacher of six years, Jalene Huang. Her guidance extended far beyond the musical world.



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.

student life
Abby Grace
Freshman at Illinois

Article and photos by **Abby Grace**, resident of Kingspointe

Sponsored each month by **Absolute College Consulting**

Abby Grace

- Marquette High School - Class of 2020
- Attending the University of Illinois at Urbana-Champaign (freshman)
- Area of Study/Major: Instrumental performance (flute)
- Intended Career Path: Symphony or chamber musician
- Clubs/Organizations: WeCU Community Scholars, UIUC Cru, Ceramics Club, Habitat for Humanity

What factors should students consider in choosing the right college fit for them? This one is tough for me to answer. The heaviest weight in my college decision was finding the right flute professor. For music performance students, it is crucial to work with the respective instructors at each school to ensure that it's a good fit. Also, listen to your intuition! If you gravitate toward a certain college/environment, question it. And if you're gravitating for the right reasons, pursue it!

Is there a particular person, moment, class, or club that led you to your intended career path? My career path has been a result of countless musical mentors, ensembles, and performance opportunities. I owe special thanks to my

What advice do you have for high school students as they prepare for their college selection? Do not be afraid to deviate from the path. I am a big advocate for gap year programs, traveling, or taking time off to work if needed! Follow whatever feels right and will nurture you in the best ways.

Besides going to classes, what important tips, recommendations, and advice for a successful college experience can you share? Mental health cannot be ignored; it has to be a priority. Define how you're going to take care of yourself, and implement it into your routine as early as possible. If you put it off, it will come back to bite you. Nothing sets you up for success like a sound state of mind!

What have you done or are currently doing to attain the best experience to prepare you for life after college? I am trying to diversify my experience as much as possible. This includes opportunities for service, research, music, and random things like ceramics or beekeeping!

Looking back, would you do anything differently in your efforts toward your college search? If so, what is your reason, and specify what you would do differently? Nope! I am beyond happy with where I've ended up. There's nowhere I would rather be! So I can't say I would've modified my search in any way.

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Successful WEIGHT LOSS Is a Journey



health and wellness

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

It's been a few months since I started my weight loss journey, and it is now time to share an update and to offer a look into what has worked for me! Let's start with the numbers. To date, I have lost 15 pounds! It has taken me nine weeks to do it, but I believe slow and steady is the best way, at least for me!

So how am I doing it? First, I am doing Noom® and loving it! What it has taught me has been beyond helpful! Now, I'm not saying you need to buy into a program to lose weight, but for me, it's been a game-changer! Here is how I've made it work:

1. Food Journal: If I eat it, it gets logged. You can do this with a simple notebook or an app such as



myfitnesspal® or any other app out there that counts calories for you. I have limited myself most days to around 1200 calories, but it's different for everyone, and you should always check with your doctor on what the best calorie goal for you should be. I am not a doctor, just a neighbor sharing her story.

2. Scale: I weigh myself every single day. I can tell when I've had too much sodium, if my hormones are out of whack, etc. I log my weight, as well. It makes you more accountable for your journey by seeing those numbers daily.

3. Working Out: I try to do some sort of physical activity every single day, but there are a few days when I take a break, but most of the time you will see me walking daily through Forest Hills. I generally am walking four-and-a-half miles a day and average about 13,000 steps a day. I also do a circuit training class twice a week. It is great because it allows me to use weights to keep my muscles tone and lean.

Pretty simple! I never deprive myself of sweets, either, because who wants to miss out on the chocolate cake? Certainly not this girl! I love sweets! I just now plan for them! So for me, if I know I'm going out to dinner and will want that yummy dessert, I will pre-plan my day around it. I will keep my calorie intake for the day very low, so I can eat the cake and not blow my entire day. It has worked for me, and I am so happy that I finally found a balance.

Here is an example of one of my days eating, so you can see exactly how I've done it:

Breakfast:

- Two packages of Quaker Instant Oatmeal Cinnamon & Spice 320 calories

Lunch:

- Yoplait® Light Very Vanilla Yogurt 90 calories
- Cantaloupe chunks 35 calories
- Honeydew melon chunks 15 calories

Dinner:

- Dinner roll 83 calories
- Grilled chicken breast (5 oz.) 335 calories
- Steamed broccoli 54 calories
- Chocolate cake (half slice) 268 calories

This day added up to exactly 1200 calories! Some days I have more, some days I have less, but I always enjoy what I'm eating! The other important component is *water!* I try to drink at least 50 ounces of water a day. I had to get used to it because I've never been a big water drinker. I can tell a huge difference in how my body works from just having more hydration!

The biggest thing I have given up on this journey is soda. This was the single most difficult thing for me. I absolutely love Dr. Pepper. It is my weakness. I use to drink about three 12-ounce cans a day. That's a *ton* of sugar and empty calories! At 120 calories a can, it was just sucking up my day. Now I will treat myself to a mini can every couple of days. On the other days, I drink sparkling ice with caffeine to get my "fix," and it works for me.

I still have some work to do; I want to lose about 10 more pounds, but I am thrilled with how this has gone for me so far! Once I hit my final goal, I will share my "before" and "after" pictures with all of you! Thanks for joining me on my weight loss journey! Here's to swimsuit season!

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Latasha Cunningham

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Latasha Cunningham, Clarkson Valley resident of Forest Hills, is a family nurse practitioner for Mercy Hospital. She is the supervisor for Mercy's newest vaccination clinic located in Chesterfield at 1350 Elbridge Payne Rd., Chesterfield, MO 63017.

Latasha has worked for Mercy for the past 11 years, yet 2020's global pandemic brought new career demands. She assisted with opening St. Louis' first COVID evaluation tent on March 18, 2020, and has now come full circle with establishing Mercy's newest vaccination clinic, which opened March 24, 2021. Mercy now has three vaccination clinics in the St. Louis area: a site at the main hospital, a location in Kirkwood, and now Chesterfield. These three sites allow Mercy to vaccinate more than 2,500 patients per day.



Latasha says, "It is incredibly rewarding to have been involved with every aspect of COVID. I'm fortunate to be in a position where I can be a resource to get us to our new normal." Great job Latasha—Clarkson Valley is proud to have you in our community!

Know someone who is "making a difference" in our community? We'd love to hear about them! Nominate them by emailing Bill.Tuttle@n2pub.com

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(L to R): William Akin, Liam and Haddie O'Shaughnessy, and Christopher Akin.



Tim and Lindsay O'Connell with kiddos Clare, Peter, and Allison.



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(L to R): Ainsley Kane, Nora and Davis DeVault with the Easter Bunny!

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

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resident business beat
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Ellie Yuska of Forest Hills

Hello, neighbors! My name is Ellie Yuska, and I'm thrilled to let you know about my new sewing business, Gracefully Stitched STL.

I grew up in Clayton but have lived in Forest Hills since 2004. I live with my husband, Gregor, and our son Henry, a sophomore at MICDS. Our daughter, Anna Grace, is a sophomore at the University of Tulsa. Our family loves to golf, play with our dogs, and travel.

Sewing has been my passion since childhood. For the last 20 years, I was the mom who made the costumes and the friend that helped you sew new curtains. It's funny how things work out, but when the need for masks arose in 2020, and the stores were closed, I was able to fill that gap. More than 1250 masks later, sold in all 50 states, I decided to take my skills to the next level.

Gracefully Stitched STL is located in my home studio and on Etsy. I offer embroidery services and premium gifts, quilts, general sewing by the hour, sewing lessons, alterations, memorial art and light upholstery. I like to tell people to think of me as their



Ellie modeling a monogrammed mask.



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The Yuskas of Forest Hills visiting Florence, Italy.



T-shirt quilt keepsake.

friend with a machine. If you want to monogram a gift or get a jersey shortened in time for the game, come to me! I pride myself on quick turnaround and reasonable rates.

One of my specialties is T-shirt quilts, perfect gifts for those graduating seniors. You bring me a jumbled box of old shirts, jackets, jerseys, etc., and I turn them into a stunning, heirloom-quality quilt. Another specialty is something called memorial art. If you have clothing from a loved one who has passed away, we can collaborate to design a matted, framed piece of wall art that speaks to you, saves space, and honors their memory.

I invite you to browse my website, www.gracefullystitchedstl.com, to get a feel for my work, scroll through photos, and see how I may be of service to you. In addition, check out the many baby gifts and embroidered items for sale in my Etsy shop: www.gsstl.etsy.com. Please don't hesitate to reach out. I'm just right around the corner!

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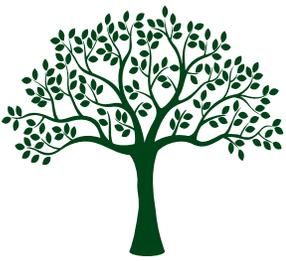
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