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September 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.

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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mayor's corner

Ordinances, WHY?



By Clarkson Valley Mayor **Scott Douglass**

Let's talk about how city governments regulate. First, cities are established by state law. We defined your city's purpose in three areas:

- Protection of Property
- Individual Citizen Safety
- Protection of the Environment

These are accomplished by ordinances that define the methods. Property protection ordinances can be found in the land use and in the building code sections. These stipulate such regulations as:

- One Acre Lots
- Construction of Building in Compliance with the International Building Code

Safety of individual citizens is provided by our police and municipal court. Our ordinance contains a traffic section outlining these regulations. Environment – these regulations deal with rules on trash, property maintenance, noise, animals both domestic and non-domestic (i.e., deer). These rules manifest into beautiful properties in

beautiful neighborhoods. The city pays for solid waste (trash) collection service to encourage our residents to be tidy.

Let's look at a couple of ordinances that had little activity until recently. Now, these ordinances may, to some, seem not to fit and may even seem superfluous. Therefore, you have encountered a situation with a "is there really an ordinance covering this?" Our first one is related to trash carts visibility. Your city, along with many cities in St. Louis County, has the same ordinance requiring trash carts to be out of sight from the street on all days except collection day. Obviously, in the garage is the best way; however, some residents have found this to be a problem and have built an enclosure outside of the garage. We ask you to review how you can satisfy this requirement.

Another ordinance is on special events. What about that special event you want to have at your home, looking for many friends and family to attend? Yes, this ordinance requires a permit; there is no charge. Why a permit? As the streets in our subdivisions are, generally speaking, narrow this makes it extremely important to be sure emergency vehicles, if needed, will be able to get through. We will provide "no parking" signs for one side of the street and our police will be notified so they will be alerted.

A safety reminder: there are other circumstances that may require individual actions that are not covered by ordinances. An example, with the recent flurry of car thefts in the area, we have been reminding everyone to be sure your garage door is down at night. And never leave your keys in an unattended car. Be safe! Call me if you have a city problem. 636-394-8916

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How about at Forest Hills Country Club “on the house”? RSVP today!

you're invited

You're invited to our next Clarkson Valley Happy Hour! A fun, social night out with your neighbors—meet more people and make new friends in the community! A few of our magazine sponsors will be there as well, giving you an opportunity to mingle with area business owners.

Forest Hills will provide appetizers and your first adult beverage on the house! A cash bar will be set up for additional adult beverages and we ask that you contribute a minimum \$5/person tip for their servers. Near the end of the evening, we will “review” the experience. Some of the photos and comments will be printed in an upcoming edition of Clarkson Valley Living!



Where: Forest Hills Country Club, 36 Forest Club Dr., Chesterfield
When: Thursday, September 30, from 6 - 8 pm
How: Please RSVP to Bill.Tuttle@n2pub.com
 Space is limited, so send your RSVP ASAP. See you there!



Meet Our Newest *Clarkson Valley Living* Preferred Partners!

Please take a minute to familiarize yourself with these local businesses now sponsoring *Clarkson Valley Living*. Not only do they make this newsletter free for all our residents, but each business is interviewed and evaluated before allowing them to come on board as a partner. Please support these businesses and thank them for supporting *Clarkson Valley Living*!

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want you to THRIVE not just survive. I want to empower my patients to be proactive participants in their care and take back control of their lives again! I believe your body is a wonderful, self-healing mechanism, let's work together to help you achieve all that you were meant to be!

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Meet the Interian Family!



Mike and Tania

family spotlight

By Forest Hills resident **Lori Ruscitti**
 Images by **Higher Focus Photography**
 Sponsored each month by **Chrissy Wagner Red Key Realtors**

The Interian family moved to Kehrs Mill Trails subdivision in October 2020. Mike, his wife Tania, their two daughters, Sophie, and Sabrina, two rescue dogs, Lola, and George, and three fish originally hailed from all the way in Ballwin. Lola and George are just as much family as the human members. The family takes them everywhere they are permitted to go. The Interians very much enjoy their new neighborhood and especially like seeing all the wildlife roaming around.

Since 2008, Tania has been an insurance agent with State Farm. Lola and George often accompany Tania to spend the day with her at the office and many of the customers know them quite well. Prior to working in the insurance industry, Tania was an attorney. Mike is a professional financial analyst. Sophie is a sophomore at Wisconsin Madison and studying to become a doctor. Sabrina attends Marquette High School and will begin her junior year in August. She is also a member of the school varsity cheer team.

The Interian family has a great time playing and hanging out together by their pool during the summer,

which is one of the reasons that summer is their favorite season. Over the summer Sophie spent a great deal of time with her mom in CrossFit training for her first CrossFit competition. Meanwhile, Sabrina spent her summer training with the varsity cheer team at Marquette and taking tumbling classes. Mike spent time doing his favorite activity, running.

The Interians love to travel together. Some of the amazing countries they have visited are Sweden, Latvia, Estonia, Finland, and Russia. Their favorite vacation spot however is the beautiful beaches in Mexico.

The Interian family is a bilingual family, speaking both English and Spanish. They choose to give back to the community by volunteering to assist the underserved communities around St. Louis at events coordinated through Tania Interian Agency, State Farm.

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.

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MEET Steve George

Owner of Gateway Garage Door Solutions

Steve George has been a Chesterfield resident for more than 30 years. He has been in the printing sales and consulting business for his entire adult life, as well as a few other small business ventures. Steve has prided himself with responsive and reliable service, making it easy for his customers to trust him with their business. In his opinion, the service industry today lacks follow-up, communication, and responsiveness, which is why he decided to start another service-based company, Gateway Garage Door Solutions.

Gateway Garage Door Solutions is a family-owned and -operated garage door sales and service company serving the West St. Louis County area. They offer a wide selection of garage doors and openers. Steve says, "Our goal is not to become the largest garage door company in town, but the easiest and most efficient company to deal with in the service industry." Gateway Garage Door Solutions would love to help you with any service, repairs, or new installation of openers or garage doors in the future. Give their office a call to schedule a FREE inspection of your garage door and opener and to learn about the current specials they are offering for Clarkson Valley homeowners.



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By Forest Hills resident **Kyle Ruscitti**

Sponsored each month by **Absolute College Consulting**

Kyle Ruscitti

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Kyle's fraternity, Kappa Alpha

Kyle Ruscitti

Marquette High School, Class of 2021
 Attending Missouri University of Science & Technology
 Intended Area of Study/Major: Mechanical Engineering

Why did you ultimately choose to attend Missouri S&T over other schools you were considering? After doing some research and visiting colleges, it was down to the University of Kansas or Missouri S&T. Ultimately, I chose S&T for its variety of engineering programs, the rich history of engineering success, and challenging curriculum. Graduates from the engineering program are very actively recruited by many top companies in the country.

Why did you choose the field of engineering? There are many reasons, but one of the biggest is that I really enjoy figuring out how things work or how to make them work. The level of flexibility in job opportunities was also a big draw for me. Almost every company needs some type of engineer, so the industries available for employment are endless. The opportunity to make an impact in society was also very intriguing to me.

Why did you choose to join the Kappa Alpha fraternity on campus? At first, I decided to look into becoming a member of a fraternity because I like the idea of the social aspect of it. My family and I moved to Missouri from my birthplace, Dallas, TX, just in time for me to start the 9th grade. Having only been here for less than 4 years and with the last 18 months being affected by the pandemic, I thought this would be a great opportunity to meet people and form bonds that hopefully last a lifetime. Also, after digging in deeper and realizing at S&T how much they stress academics and that members consistently have above average GPAs, I was sold. I will be living at the fraternity house this year.

What are you looking forward to most about the college experience? There are many things that I am looking forward to. Being independent and meeting new people are at the top.

I'm also looking forward to participating on a design team and competing against other top schools around the nation. With the internships offered through S&T, I hope to get an early opportunity to see how engineering works in the real 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.

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What Are Smart Door Locks?

Smart door locks connect to Wi-Fi to allow you to lock and unlock your home without a key in hand. You just use your fingerprint, voice, or an app to tell the locking mechanism when to open and close. The app-connected models even let you make changes on the fly while you're away from home.

So, if you forgot to lock up or are just worried you did, then you can activate the lock with a click of a button. If you need to let someone in while you're away, you can do that, too. You can use smart locks



on the doorknob, dead-bolt, or both, depending on the level of security you want for your home.

Smart Door Lock Benefits

Although using your key to lock and unlock

your home is easy enough, smart systems take that experience to the next level and give you all the following benefits.

Boost Household Safety

Smart locks help improve the safety of your household by making it easy to get inside without fumbling with your keys. Beyond that, these systems make it easy to get back inside if you get locked out. With that, you never again have to worry about storing an extra key under your doormat or in a phony rock.

Make Life More Convenient

As you walk up to your door with your hands full, getting your house key out of your pocket proves difficult indeed. To avoid all that, you can just unlock the door from your phone before loading up your arms or reach out a finger to press on the reader. And if you have friends or family coming from out of town, you don't have to arrange time off to go let them in. You can just click a few buttons once they arrive to open the door while you're still at work.

Enjoy True Peace of Mind

Ever have that nagging feeling that you left your front door unlocked? You'll never again have to race home to check once you have smart locks on your side. You can just check the app to verify that they're locked or click "lock" to secure the front door if your gut feeling was correct.

Save Money on Insurance

Homeowner's insurance companies often offer discounts on your premium when you install security systems – and smart locks qualify. Since these locks help prevent burglaries and other incidents, they may net you a discount of around 5% a month, if not more. You just let your insurance company know, and they will apply the discount to your account.

Best Practices When Using Smart Locks

When setting up your smart locks, you'll want to follow all the steps in the user manual to avoid missing any key information. In addition, it's important to:

1. Make use of all the safety features
2. Lock any smartphone that uses the app
3. Watch the battery life of your locks
4. Have a backup key on hand at all times

When you follow all these important practices, you can make the most of your smart lock setup and enjoy all the benefits it offers.

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A Visit to



By Forest Hills resident **Lori Ruscitti**
Sponsored each month by **Pathfinder Church**



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Autism & THERAPY



health and wellness

By Forest Hills resident **Lori Ruscitti**
Sponsored each month by **ApexNetworks Physical Therapy**

Autism. The word is used often, but many people are not sure what exactly it encompasses. Autism covers a very wide spectrum. There are some with autism who can become doctors and lawyers. There are also some that are mentally handicapped and can never live an independent life. I am the mother of an 18-year son who happens to be mentally handicapped and will never be able to live a “normal” independent life.

I, like every other parent with a child like mine, am always looking for something, anything, that can help my child, even a tiny bit. Over the years there have been many therapies that have been found to help individuals on the autism spectrum. Some of them you have most likely heard of and some that may surprise you. Speech, physical and occupational therapy are more traditional therapies that are effective for people on the spectrum.



Colton Ruscitti

But have you heard of equine therapy or music therapy? Both are becoming more widely used to help those with autism.

Children with autism benefit from equine therapy due to the motor, emotional, and sensory sensations that come with riding a horse. Horses are used by physical, speech, and occupational therapists to reach their patients on a personal level through what is referred to as Hippotherapy. It is well established that the bond between humans and animals is proven to be effective in creating an emotional and healing bond.

Music therapy is a well-established and risk-free technique for using musical interaction to help individuals with a wide range of cognitive and emotional challenges to improve their ability to function. By interacting with adults and children on the autism spectrum, musical therapists can build skills, lower anxiety, and even develop new communication skills.

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amazing athletes



Benjamin with brother Nathaniel both on Mike Matheny's Warrior team.



BENJAMIN SEMS

Selected by the Colorado Rockies in the 2021 MLB draft!

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Benjamin Sems, a Westminster Christian Academy graduate, was selected by the Colorado Rockies in the 2021 MLB draft. Sems, a shortstop, was drafted in the 15th round after a remarkable career at both the University of Michigan and the University of Kansas. This season, he was named All-Big Ten and was a semifinalist for the Brooks Wallace Award, which is given annually to the top college shortstop. He finished with a .314 batting average, six home runs, and a number of Sports Center Top 10 plays while leading Michigan to an NCAA regional. While at Michigan, he pursued his master's in engineering.

Benjamin came to Michigan after a career at the University of Kansas where he was named All-Big 12 (both academically and athletically), Team MVP, Most Outstanding Defensive Player, and Most Improved Player during his 4 years at Kansas. He was the first Kansas baseball player in recent years to graduate with an Architecture degree, and he won the prestigious Dr. Prentice Gautt PostGraduate scholarship. When COVID wiped out the 2020 college and minor league seasons, Sems

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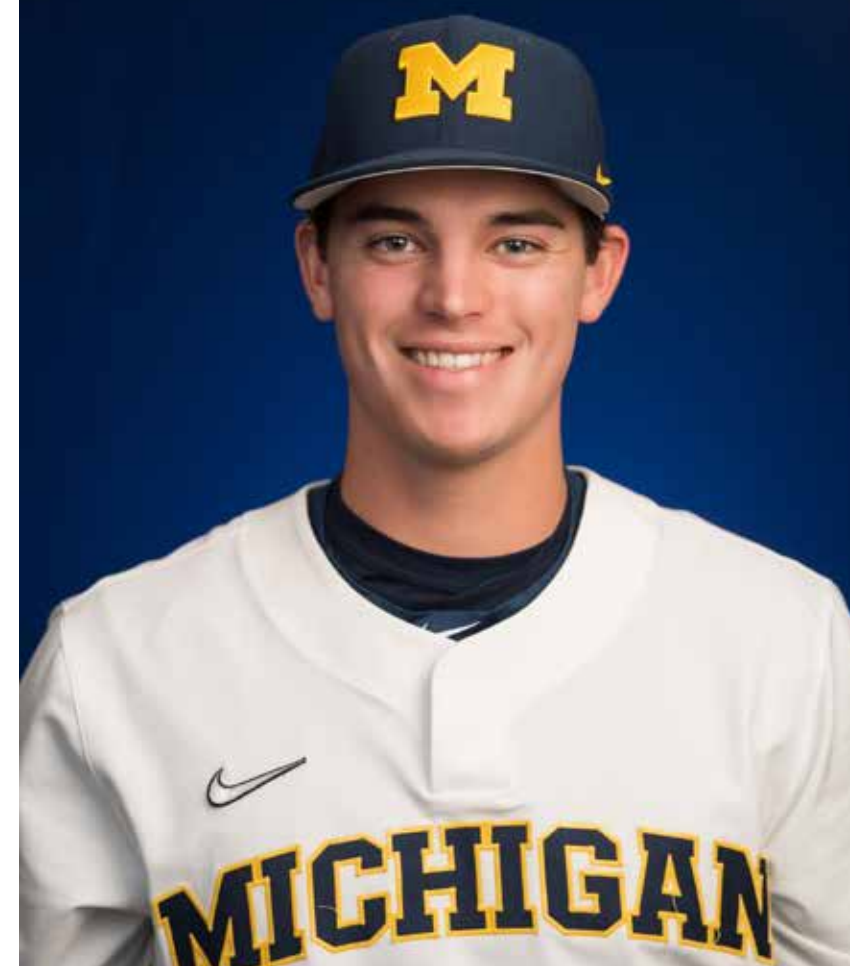
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decided not to sign with an MLB team and instead pursue a postgraduate degree from Michigan.

Benjamin moved to Clarkson Valley when he was 10 years old and was fortunate to play for the future Cardinal Manager, Mike Matheny, on his Warriors team. He learned about hard work, dedication, and toughness. Being drafted by a major league team has always been a dream since he was a little boy, and he credits his success in part to late-night sessions of throwing the ball off the garage door, taking a minimum of 100 swings a day, and his many mission trips to the Dominican Republic where he learned to play baseball with a little flair. His advice to aspiring baseball players is to follow your dreams. Baseball is a game of failure, and you must learn how to be mentally tough. Be sure to keep it fun, work every day to get just a little bit better, and compete always.

Benjamin recently reported to the Rockies' Scottsdale, Arizona, training facility to begin his professional baseball career. Some day he also plans to design large sports stadiums with the athlete in mind.



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The Bezjaks—Rob, Liz and Sam



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Rob and Liz Bezjak and son Sam have enjoyed their stunning updated California modern ranch on Forest Hills Country Club grounds for 12 years, but now it's time to move on to their next chapter. Sophisticated, stylish, and classy describes their home which they designed and decorated themselves with no detail overlooked! The Frank Lloyd Wright mid-century modern inspired bright and open floor plan features a dramatic two-story entry foyer highlighted by transom windows and an impressive dining room. The kitchen and great room combination feature 25 feet of floor-to-ceiling windows that offer out-of-this-world panoramic views of the 11th green, 17th tee box and the entire 16th hole of the championship course. The center island kitchen boasts custom cabinets, granite tops, designer lighting all overlooking the lushly landscaped yard and course.

The glamorous master suite with vaulted ceiling includes a relaxing bath with double sink, garden tub and shower. There are three other spacious bedrooms on the main floor and all the baths have been updated. The finished walk-out lower level includes a full bath, and bedroom, workout space, two TV rooms, game room, bar—perfect for fun and entertaining. With an easy walk or quick golf cart ride to the club house, this is truly country club living at its finest!

The Bezjaks 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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There is currently organized play Tuesdays and Saturdays, with more events and leagues coming soon!

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

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HACKETT HOME REMODELING

Photos and captions submitted by **Ryan Schaben**, Membership Director of **Forest Hills Country Club**

Sponsored this month by **Hackett Home Remodeling**

Have you caught the pickleball bug yet? Over the last few years, pickleball has been rising in popularity; in fact, pickleball is considered one of the fastest-growing sports in the United States. It's a paddle sport that combines elements of tennis, badminton, and ping-pong using a small paddle and plastic ball with holes. What makes it great is it's a game that is appropriate for players of all ages and skill levels.

The sport originated in Washington (and did you know it's named after a dog named Pickle?) but seemed to have gained traction in the southern states like Florida and Arizona before moving its way north. It took a while but there are now courts right here at Forest Hills Country Club! The three, recently built, pickleball courts, are bright blue and just a bit smaller than a tennis court. Gameplay allows players to be close enough to one another that they can hold conversations. So, if you're looking to bond with your family or have an outing with friends new or old, pickleball makes it easy to do just that while also giving you the ability to fit in a fun workout.

Now that the pickleball courts are available for member use, there is an online system for booking courts, and members are required to reserve courts on ForeTees in advance. Reservations are available to Members Monday-Sunday from 8 am – 8 pm

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Working for a Great Cause

By Forest Hills resident **Lori Ruscitti**

Sponsored each month by **Cantor Injury Law**

Lucy Pickett of Forest Hills and Annabelle Thorne of Wildwood are impressive young ladies that have big dreams and impressive goals. They are 12 years old and will be entering the seventh grade in August. Lucy attends Mary Institute Country Day School and Annabelle is a student at St. John Lutheran. The two met while both attending St. John's in the fourth grade and are now best friends.

Lucy was coming home from a trip with her family when she came up with an idea to raise money for two causes that are close to her heart: Greenwood Cemetery's restoration project and Black Lives Matter. Lucy has a grandfather and great uncle that are buried at Greenwood. The cemetery began serving the needs of the black population in St.



Lucy Pickett and Annabelle Thorne setting up shop in Forest Hills

Louis in 1874. It was the first commercial non-sectarian cemetery for African Americans. There are more than 50,000 buried there within the 31.85 acres. The cemetery was listed on the National Register of Historic Places in February 2004.

On a sunny July day, Lucy and Annabelle set up their first lemonade stand on Forest Club. Everyone's Equal Inc. is the name of their business. They plan to have other events to raise money for causes that they support and believe in. At this event, they offered lemonade, chocolate chip cookies, sugar cookies, and brownies for sale. One hundred percent of the profits will go to Greenwood Cemetery and BLM.

Lucy plans to one day attend Berkley University and major in ministry music. She would like to be



Everyone's Equal Inc., a great company name for a great cause

a worship leader and youth pastor at a church. She enjoys playing basketball, soccer, running cross country, and musical theater. Annabelle is planning on attending NYU or Columbia and study law. She would like to be a lawyer in family court, be an actress on Broadway, and an activist. She likes musical theater, dancing, and writing stories. She hopes to soon start a stationery business that promotes diversity and equality.

Both the girls strongly encourage others to find ways to raise money for other worthy causes!

Are you a Clarkson Valley resident who owns your own business? We'd love to feature your business in our complimentary "Resident Business Beat" section. Please contact Bill.Tuttle@N2Pub.com.

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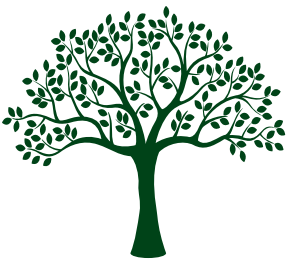
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