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November 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*?

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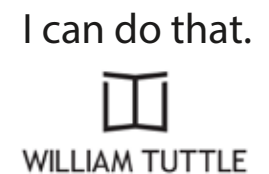
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NOTE: When community events take place, photographers may be present to take photos for that event and they may be used in this publication.

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Sincerely,
Bill, Athena, David and Natalie



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mayor's corner

By Clarkson Valley Mayor **Scott Douglass**

LOCK IT OR LOSE IT. WE MEAN IT!



In previous Mayor's Corners, we emphasized the need (in today's environment) to take action to protect our property. The "Lock it or Lose it" initiative was aimed mostly at our automobiles and homes. Our police tell us they believe you have taken action, and it shows (overall cases are down). However, a recent spike has occurred – the same M.O. of an unlocked car and keys left inside...

Here is the good news. Cameras get pictures of the car being stolen and of another car used by the perpetrators. The information is provided to other law enforcement agencies in St. Louis County. The car is recovered and two persons arrested, which brings me

to the following. Many of you have surveillance cameras at your residence. Some are new (recent), others for longer periods of time. Now is the time to review how the information you gain is being used to help in providing the safety you expected when you install the camera(s). It's called Clarkson Valley Community Camera Program.

The Community Camera program allows you (residents) to voluntarily register the locations and capabilities of their security camera systems with the Chesterfield Police Department. The department will use this information to compile a database of private video cameras that may potentially help them solve a crime (as above).

Our recent review of video surveillance has revealed that these offenders are often armed! *Do not confront them!* Of greatest importance, day or

night, is to *call the police!* The police will not be disturbed. They are there for you! Often people see things that strike them as suspicious yet talk themselves out of calling the police, only to find out later that what they witnessed was of vital importance.

We want to remain one of the safest (my personal view is No.1) communities in America. As each of us does our part, it will remain so. Let's keep on, keeping on!



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family spotlight

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MEET THE Lello Family!

Ray and Sarah Lello had lived throughout the US, including Austin, North Carolina, Memphis, and Chicagoland, before both landing in Omaha, where they met. They lived downtown, regularly walked to happy hours, and often traveled with a sweet spot for small French towns and anywhere with a beach. As they say, they were “young and cool once!”

In 2017, Ray accepted a position with Bayer as they were acquiring Monsanto. This meant another move, this time to St. Louis! In June 2019, while pregnant with their first child, they fell in love with Forest Hills for the big yards, unique homes, and golf-cart lifestyle. They traded the carefree condo life for a 1970s home that needed a complete renovation, inside and out. As if moving to a new city, both accepting new jobs and

becoming parents for the first time, wasn't enough, they also decided to do as much of the remodel as they could themselves while living in the home's basement.

Sweet Paxton was born in August of that year, the interior renovations were completed in September, and they were just starting to emerge from the renovation and new baby fog, then COVID hit. Fortunately, they have been able to enjoy the slower pace of life and additional quality time brought on by the pandemic and found a community full of activities at Forest Hills Country Club. Paxton loves the pool and cruising around on the golf cart!

Ray, originally from central Illinois, and Sarah, a Nebraska native, have now taken on the exterior renovation

... of course, while expecting their second child – a baby boy will round out the family in October!

The family loves summer and all that comes with it, especially frequent trips to the lake! Paxton loves to be on grandma and grandpa's boat – just say the word, and she'll tell you all about it! Though gearing up for fall is also exciting. Ray and Sarah are normally moderate fans of their respective alma maters but suddenly become huge fans when they play one another as they both have a very competitive side. Nebraska versus Illinois game days bring about a big rival in the house.

Ray and Sarah, who work for a behavioral health-care nonprofit, have breathed new life into a once-tired home. The young family has found the move to Clarkson Valley to be their most fulfilling yet!



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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Goalie tandem—Cayden with his dad Tom Hanak.



Cash Hanak



And baseball! Cayden (#10) with dad Tom Hanak far left and the Grays team.

What school do you go to? Crestview Middle School

What sports do you play, and how long have you been playing them? I have been playing hockey since I was 2 years old. I decided I wanted to become a goalie around the age of 5 – 6. My Dad is a goalie, so I have a good role model. I have also played baseball since I was 3. I continue to play spring and summer ball along with hockey in the fall and spring.

What positions do you play? I am a goalie! In baseball, I have found that I love to be the catcher, first baseman and have also had to opportunity to be the pitcher these last two seasons.

Have you ever won any tournaments or special awards? I have helped my teams win several tournaments over the years. We have traveled to several states for tournaments and games. I have had the honor of being a part of the Zero Club for the USA several times, which is a huge honor.

What do you like most about the sport? I like the teams I play for, and the time I get to spend with friends. I have learned a lot from my coaches and family about the art of the games, which has taught me a lot about becoming the best person I can be.

What is your proudest moment? My proudest moment is a hard one! I have been able to play in a couple of games when the final score came down to a shootout. Blocking that last puck and winning the game for my team definitely is up there!

Any other hobbies or interests? I love to travel to new places with my family and friends. We love to go to Gulf Shores for Spring Break every year.

Any advice for the younger children in the neighborhood? I also like to remind my little sister Chloe, and little brother Cash, that getting good at the game doesn't happen overnight! It took a lot of time and effort for me to get better at hockey. I also like to help them get better at their game, so I make time to help them on the ice as much as I can.

Do you have plans for college, and what do you plan on doing after graduating? I have no idea at this point, but I would love to play hockey in high school and in college if the opportunity is available to me. I would be honored to be a part of that experience! I am not exactly sure what I want to be when I grow up, but an NHL player wouldn't be too bad either!



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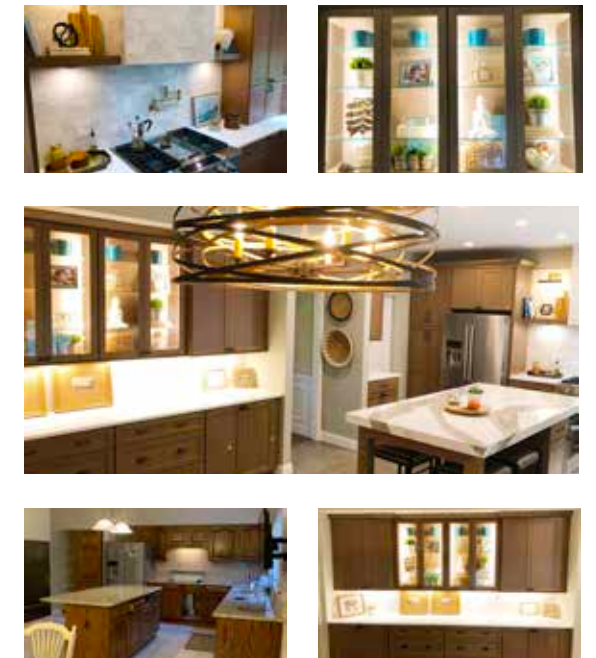
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Before

Family: Ricardo, Ximena, Ricky, Yali and Mateo

Subdivision: Kehrs Mill Estates

How long have you lived in this house?

Two years this December

What room is your favorite in the house and why?

Without a doubt, it is the kitchen! The renovation turned out even more beautiful than we imagined. It is the room we use the most.

What rooms did you decorate? So far just the kitchen. We will be working on bathrooms next.

What company did you use? Dan King with King Homes Inc. He is amazing!

Did you design or decorate it yourself? We had a lot of help from our friend and Dan's wife Elena Sordo-King.

What was your inspiration? We wanted something different, but also timeless.

Did you decorate the rooms one at a time or all at once? We are decorating one room at a time. First the kitchen, then we will do the bathrooms.

If you could do it all over again, would you change anything? Absolutely nothing. We love it!

What advice would you give to someone looking to spruce up their Living Space? Don't overthink it, go for it! It makes you love your home all over again!

The Bolaños would like to thank Clarkson Valley Living preferred community partner Dan King at King Homes for completing their kitchen remodel. Check out King Homes's ad to see how they can help with your next home remodeling project!



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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neighbors' night out

Forest Hills COUNTRY CLUB

A Private Event for *Clarkson Valley Living* Residents

Recently, our *Clarkson Valley Living* neighbors, along with a few preferred community partners, had the opportunity to get out and socialize at Forest Hills Country Club. The Club is over 55 years old and, for years, has been recognized as the premier private country club in the West St. Louis area. Members enjoy world-class golf and amenities within a friendly and inviting atmosphere.

Neighbors began the evening with a cocktail of their choice and were able to enjoy the following appetizers:

- **Antipasto Display - Cured meats and fine cheeses, hummus, grilled flatbread, baguette, roasted peppers, and dijon mustard**
- **Spinach artichoke dip with grilled flatbread**
- **Chips, salsa, and guacamole**
- **Sweet and sour meatballs**
- **Fried shrimp with remoulade sauce**
- **Asian style ribs with hoisin barbecue glaze**
- **Grilled chicken sliders on a pretzel bun with apple fennel slaw, remoulade sauce, and sweet potato fries**
- **Assorted cookies and brownies**

Known as “The Family Club of Choice,” membership at Forest Hills Country Club offers an exclusive private club lifestyle without pretense or arrogance. Members take great pride in the friendly, family-oriented environment where lifelong friendships



Carol and Gary Presley of Kehrswood with Kathy Tilley of Kehrs Mill Estates, Nadine Reinhardt and Maurie Smith of Pleasant Valley Forest.

and memories are created. Here's what a few of our neighbors had to say about their experience:

Steve Engel and Karen LaMar (Pleasant Valley Forest): “The food was excellent! Nice atmosphere and great service.”

Tony Castelli (Nuovo Salon Spa): “The food was outstanding—great presentation!”

Gary and Carol Presley (Kehrswood): “Everything was elegantly prepared and tasted delicious.”

Vince and Lori Ruscitti (Forest Hills): “The staff was very friendly, and the food was fabulous. The calming and pleasant atmosphere was a big plus!”



Rick and Sharon Huemoeller of Kehrswood.



Rick and Sharon Huemoeller of Kehrswood with Dana Griggs of Clarkson Mill.



Steve Engel, Karen LaMar, and Maurie Smith of Pleasant Valley Forest with WingHaven Living owner Kim Knerr.



Amy and Mark Cantor of Dunhill Farm and Cantor Injury Law.



Lori and Vince Ruscitti of Forest Hills.

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Paul Reinhardt of Pleasant Valley Forest and Dana Griggs of Clarkson Mill.

•••

Butch and Carol Welsch (Welsch Heating & Cooling, Forest Hills): “We love everything about our club!”

Mark and Amy Cantor (Cantor Injury Law, Dunhill Farm): “The food was delicious. The terrace was gorgeous, and the staff was friendly.”



Vince Ruscitti and Jeff Lottmann of Forest Hills with Tony Castelli, owner of Nuovo Salon Spa.

Dana Griggs (Clarkson Mill): “Very friendly staff. I like to meet my neighbors, and these *Clarkson Valley Living* events are the best way to do that. The food was great – especially the shrimp!”

Paul and Nadine Reinhardt (Pleasant Valley Forest): “We had lots of fun with our neighbors and meeting new friends! The food was fabulous and exceeded all expectations—delicious!”

Bud and Kathy Tilley (Kehrs Mill Estates): “The food was very good, and the weather was outstanding! We enjoyed meeting other folks from Clarkson Valley.”

Rick and Sharon Huemoeller (Kehrswood): “Great ambience. Great food. Everything was wonderful!”



Forest Hills Country Club
36 Forest Club Drive
Clarkson Valley, MO 63005
(636) 227-5030
foresthillscc.net

Forest Hills Country Club provided products and/or services free of charge in exchange for this review. Membership at Forest Hills Country Club is by invitation only.

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Sourced and edited by Forest Hills resident **Lori Ruscitti**
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Rockwood Youth Connection

STUDENTS HELPING STUDENTS

A new group starting in Rockwood School District this year aims to provide a welcoming environment for district students to discuss mental health and substance use issues. The Rockwood Youth Connection in tandem with Rockwood Community Partners in Prevention (CPiP), plans to include high school and middle school students from around the district and be an outlet for conversations, information, and resources centered on students' mental, social-emotional, and physical well-being.



Lili Schliesser - Project Coordinator, Rockwood Drug Free Coalition at a recent community event at Chesterfield Amphitheater.

CPiP Coordinator, Lili Schliesser, said the idea for Rockwood Youth Connection came through interactions she has had with school-based clubs such as Marquette High's Mustangs for Mental Health and Eureka High chapter of Students Against Destructive Decisions (SADD).

The role of CPiP is to provide leadership, education, and resources to prevent and address substance use among youth in the Rockwood community, and Schliesser feels like a districtwide effort coordinated by students will serve as a powerful voice.

"We plan for our students to learn how to assess the need in our community and strategize for change," Schliesser said. "These teens will learn what exactly is going on with substance use in our area and what issues they want to address as a group. Over the course of the school year, they will come up with what strategies they want to implement in the community. Our executive team of students will lead the way and guide a new group of teens."

While the club is starting small this fall, its members are excited to see what kind of difference they can make throughout the school year. "When its kids talking to other kids about the dangers of substance abuse, it makes such a big impact." Says Aarushi Bute, vice president.



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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 HER Campus

What factors should students consider in choosing the right college fit for them? Figure out what's important to you because that's going to be different for everyone. If you know exactly what you want to major in, make sure you choose a university that has a really good program in that field. But if you don't know what you want to major in, don't stress about it – trust me. Ninety-nine percent of the people I've met in college are undecided or end up changing their major later on. Academics aren't the end-all-be-all when choosing a college. Think about distance from home, Greek life, getting the “college experience,” etc.

Is there a particular person, moment, class, or club that led to your intended career path? I went through a really hard time my sophomore year of college, and one of my best friends encouraged me to journal about it. I don't think she knew how big of an impact that small piece of advice would have on my life. And I certainly didn't realize how much writing could help my mental health and pull me out of a really bad headspace. Since then, I changed my major to journalism and started writing for three different magazines: HER Campus, The Crescent, and of course, *Clarkson Valley Living*.

What advice do you have for high school students as they prepare for their college selection? Being the oldest child in my family and having absolutely no idea where I wanted to go to college, my family went a little overboard and took me on over 10 college visits. My issue was that *every* college looked great, and *every* college looked fun ... not the worst problem to have, but



it certainly didn't help with making my decision. If I'm honest, I never had an “ah-ha” moment where I knew KU was the school for me. So, don't stress if you don't get that feeling either. I chose KU without that feeling, and it was the best decision I ever made.

Besides going to classes, what important tips, recommendations, and advice for a successful college experience can you share? Get involved right away. Join a sorority, club, or intramural sports team – it's the easiest way to find your people! Upperclassmen understand how nerve-wracking it can be and will welcome you with open arms. And underclassmen are looking for friends just like you! And if it takes you a little while to find your people, don't stress. They're out there. Also, don't be afraid to take some fun classes. I try to take at least one dance class a semester, and it's the best break in my schedule.

What have you done or are you currently doing to attain the best experience to prepare you for life after college? Experience is everything. Junior year, I was a blog writing intern for a company that later hired me as blog director for a semester, where I had 15 blog writing interns working under me. I also held a videography/video editing internship over winter break last year. There's nothing like hands-on experience.

Looking back, would you do anything differently in your efforts toward your college search? If so, what is your reason and specifically what you would do differently? There isn't a whole lot I'd do differently because everything I did got me to KU. If anything, I would've chosen KU sooner to relieve all those “Do you know where you're going to school?” questions.



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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Charlie Ries and his date Rachel.

shout out

Thank you **Molly Ries**, Kehrs Mill Estates resident for sharing these pictures!

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A special occasion for freshman Charlie Ries

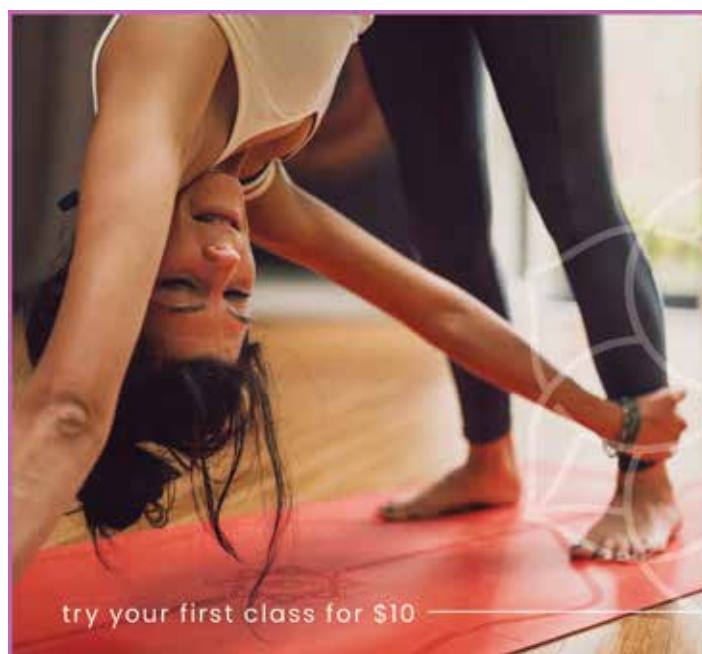


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insurance talk with tania

By Kehrs Mill Trails resident **Tania Interian**



Underlying Insurance Requirements
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Losses related to the operation of your business or damage to your business property would generally not be covered by a personal umbrella policy. The exclusion applies even if the business is home-based.

A few things that increase the likelihood of requiring an umbrella insurance policy for you to think about it:

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- Driving during rush hour
- Your home has a swimming pool
- You own a dog
- You frequently have guests over

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What Is an Umbrella Policy?

An umbrella policy protects your existing personal and future assets (like wages, inheritance, or that lottery you're planning to win) against the cost of losing a lawsuit over a car accident or an accident on your property. If you experience a major insurance claim or lawsuit, your underlying policies, such as auto, homeowners, or boat owners, may not provide enough liability coverage. A personal liability umbrella policy may provide the additional liability coverage you need to help protect your financial future.

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Lash extensions enhance your look!

Article by Westhampton resident **Anna Bohlmann**.

Sponsored each month by **Nuovo Salon Spa**.

Beauty trends are shifting. Mask mandates are making it harder for people to look and feel good outside of the house. Your eyes are one of the only features people see when you're wearing a mask. Let's make them pop! Here's the solution – lash extensions.

Wakeup looking fresh and feeling confident. Lash extensions will give you the beautiful natural or dramatic look you're going for with no effort (and not to mention they can cut your 'getting ready' time in half!). They are perfect for people who are always on the go or those looking to add some extra glam to their everyday look.

Lash extensions can last up to three weeks. Each faux lash is applied with careful attention to detail and glued to the base of your real lashes.

Whether you're wanting your lashes to look natural or dramatic, there is most definitely an option for you. There are many different types of eyelash extensions such as – classic set, volume set, or mega volume set – with costs usually ranging from \$109 to \$149. Each set includes a different number of faux lashes, depending on how dramatic you'd like your lashes to look.

Rather than paying the full amount for every lash appointment, touchups every two to three weeks to keep your lashes looking fresh can cost \$56 to \$65. And, if lash extensions sound too extreme or you just want to start small, try a lash lift or a lash tint. Lash tints create the illusion of wearing mascara without actually having to put any on while lash lifts boost and lift your real lashes.



Wake up looking effortlessly beautiful, seize the day and wear your mask with pride. One thing is for sure – whether you're in a meeting, working out, or taking the kids to school, eyelash extensions will make you look and feel good doing it. *Stay tuned for our next article featuring how microblading can enhance your eyebrows!*

Don't hide behind your mask. Let Erin, lash extension pro at Nuovo Salon Spa, help you stand out! Call them today at (636) 527-2566 to learn more!

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Elena and Dan King of Kehrs Mill Estates.

Dan King, his wife Elena, and their family are residents of Kehrs Mill Estates West. Dan is the founder of **King Homes, Inc.**, and has more than 25 years of experience in residential real estate and related industries, including home renovation and remodel, new construction, brokerage, and land development. King Homes has been the general contractor on construction projects ranging from garden-style condos all the way up to 10,000+ square foot custom homes, and every type of remodeling project in between. As a licensed real estate broker, Dan's knowledge and expertise are beneficial in so many ways.

Whether it's a kitchen remodel, room addition or whole-house renovation, no project is too big or small, and King Homes has the experience to take the job from concept to completion. Let Dan assist you in your next project!

Daniel King Real Estate has provided buyer presentation on the following recent transactions:

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- 2244 Devonsbrook 63005
- 2 Saddle Creek Court 63005

King Homes also has the following custom homesites listed for sale in Pointe Conway Hill Subdivision, Town & Country, MO:

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SAD affects approximately 5% of adults and typically lasts about 40% of the year. It is more common in women than men. The specific cause remains unknown, but there are some factors that may come into play like a drop in serotonin levels, disrupted melatonin levels, and your body's internal biological clock is disrupted. Common symptoms include fatigue, weight fluctuation (usually gaining weight), feeling sad or depressed mood, loss of energy, problems with thinking, difficulty thinking, concentrating, or making decisions, thoughts of death, or suicide.

There are effective treatments available that include light therapy, anti-depressant medications, and talk therapy. Symptoms generally improve on their own with the change of season, however with treatment symptoms can improve more quickly.

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