



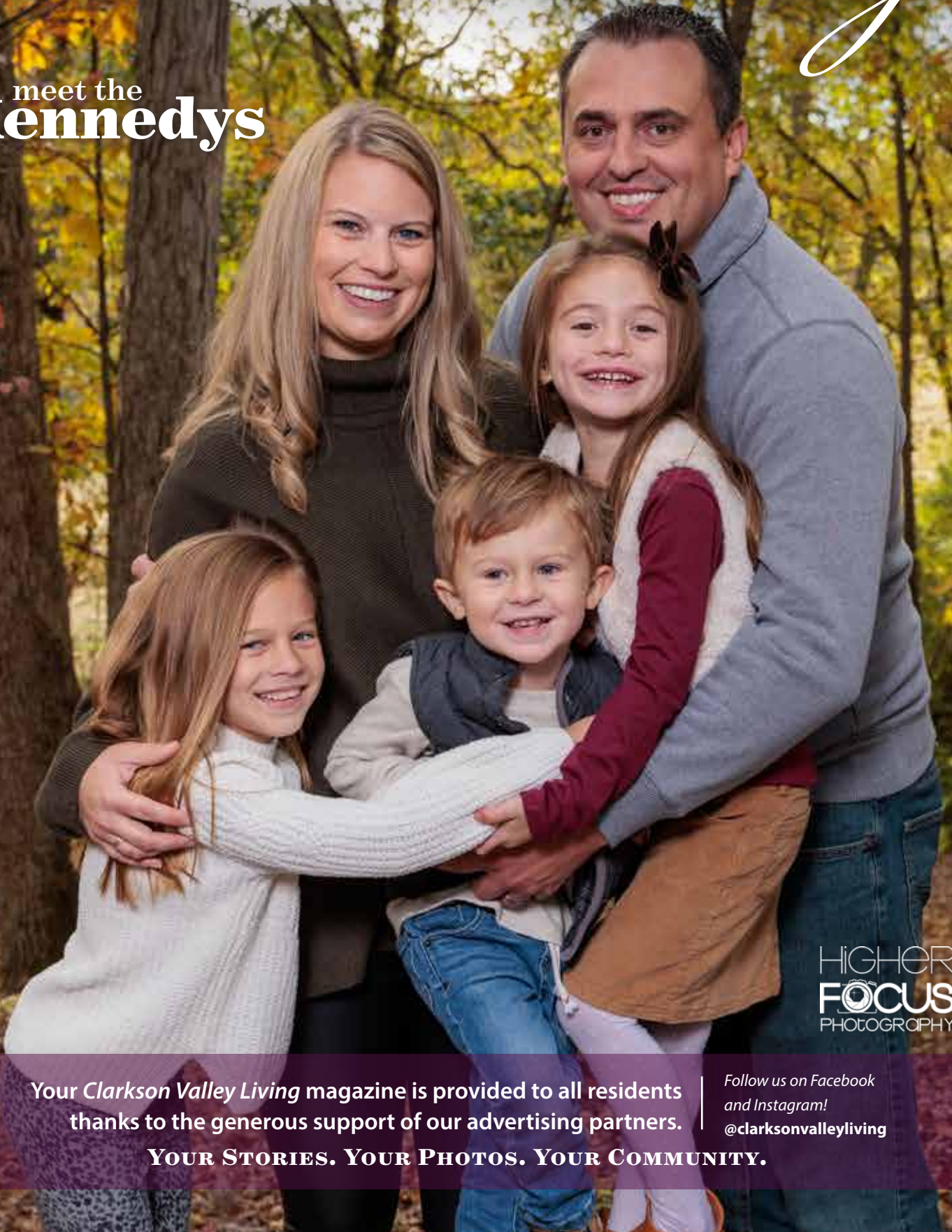
# CLARKSON VALLEY

A SOCIAL PUBLICATION EXCLUSIVELY FOR  
THE RESIDENTS OF CLARKSON VALLEY

December 2021

# Living

meet the  
**Kennedys**



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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.



Bill Tuttle  
Owner, Publisher, and  
Advertising Sales  
[Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com)  
(636) 579-0698



Lori Ruscitti  
Contributing Writer and  
Content Coordinator  
[Lori.Ruscitti@n2pub.com](mailto:Lori.Ruscitti@n2pub.com)  
(214) 668-4070



Jill Gray  
Photographer  
Higher Focus Photography  
[Jill@higherfocus.net](mailto:Jill@higherfocus.net)  
(314) 623-1587



Anna Bohlmann  
Resident Writer  
Resident of Westhampton  
[annaisabella2@gmail.com](mailto:annaisabella2@gmail.com)



Natalie Tuttle  
Social Media Manager  
[natalie.tuttle31@gmail.com](mailto:natalie.tuttle31@gmail.com)



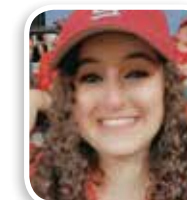
Kristin Miller  
Photographer  
Resident of Forest Hills  
Smiles by Kristin Photography  
[smilesbykristin@gmail.com](mailto:smilesbykristin@gmail.com)  
(614) 499-1456



Dr. Divya Chauhan  
Health and Wellness  
Resident of Dunhill Farm  
UHeal Direct Primary Care Physician  
[drdivya@uhealdpc.com](mailto:drdivya@uhealdpc.com)  
(314) 208-2535



Keith Jacob  
Resident Business Beat  
Resident of Westhampton  
FocalPoint Business Coach  
[kjacob@focalpointcoaching.com](mailto:kjacob@focalpointcoaching.com)  
(314) 398-3938



Rebecca Ferman  
Contributing Writer  
[rebeccaferman@gmail.com](mailto:rebeccaferman@gmail.com)

### 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](mailto:Bill.Tuttle@n2pub.com).

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Are you looking for some part-time work that you can do from home and make an impact on your community? *Clarkson Valley Living* neighborhood magazine is looking for an Event Coordinator to be in charge of our social events. Paid position, flexible hours. Please contact Bill for more details at [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com) or (636) 579-0698.



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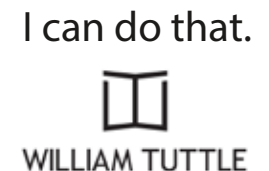
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**mayor's corner**

By Clarkson Valley Mayor **Scott Douglass**

# IT'S Christmas Time IN THE CITY!



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Celebrations abound! This time of the year is special. How and why you celebrate the 25th is a person/family tradition for my family, it's Jesus Christ's birthday. Your reasons/traditions for celebration may be different. Regardless, some things I notice every year by the people I know and the ones I meet - These are common threads: music playing, people singing, and greeting each other with smiles and good cheer. Yes, you can still know there is a smile behind that mask - listen and look into those greeting eyes. We celebrate in many ways: parties with family members and friends, special meals (perhaps a trip to Grandma's house). The Salvation Army kettles; a little extra help to other charitable organizations are on our list. It's a time to look for the positive in life, love, hope, peace for the future can and is bright. It's up to us to make it happen. Look in a child's face and hear them when they laugh - no greater inspiration is necessary. Enjoy the Season and a Happy, Prosperous New Year!

## NOTICE OF ELECTION DECLARATION OF CANDIDACY City of Clarkson Valley



A Municipal Election will be held in the City of Clarkson Valley, St. Louis County, MO, on Tuesday, April 5, 2022, to elect one (1) Alderperson from Ward 1, Ward 2, and Ward 3, each to serve a two (2) year term.

Filing a Declaration of Candidacy for said offices begins Tuesday, December

7, 2021, at 9:00 a.m. The closing date for filing will be at 4:30 p.m. on Tuesday, December 28, 2021. City Hall is open Monday through Friday, 9:00 - 4:30, and filing for office any day must be received by the City Clerk during regular business hours. City Hall will be closed at noon on December 23 and all day on December 24.

A candidate for Alderperson must be a resident of the ward from which elected, at least twenty-one (21) years of age, a citizen of the United States, and a resident of the city at the time of election for at least one (1) year preceding the election.

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## family spotlight

By contributing writer **Rebecca Ferman**  
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WHO ARE THE

*Kennedys?*

The Kennedys have lived in the Pleasant Valley Forest subdivision for four years. Prior to moving to Clarkson Valley, they lived in Lake St. Louis. Nate Kennedy hails from Advance – a small town in the Bootheel of Missouri – while his wife Kathleen is from Chesterfield. They have three children: Parker (7), Cora (5), and Hudson (2). While they don't currently have any pets, they're thinking about getting a golden retriever in the future!

Since they moved to Clarkson Valley, the family has been remodeling and updating their house. Nate has done the interior work himself on the floors and kitchen, as well as a lot of painting. Their favorite renovation has been leveling the backyard to add a seating area and a playset for the kids.

Kathleen is a licensed realtor in the St. Louis area and is on the PTO Board of Ellisville Elementary. She also helped coach Cora's Pre-K soccer team through the Chesterfield Athletic Association. Nate is the HR Director at Hogan Transportation. Parker is a student at Ellisville Elementary School, and Cora and Hudson attend

St. John's Preschool. Two of the activities that Parker and Cora are involved in are gymnastics at Olympia Chesterfield and dance at R.J.'s Dance Studio.

Together, the Kennedys enjoy visiting different parks around the area, with two of their favorites being Chesterfield Park and the Wildwood Community Park. They love dining at Mulligan's Grill and Pizzarelli's for a night out – Parker personally thinks that Craft Eats and Drink in Wildwood has the best soft pretzels. But the favorite family dinner? It's a toss-up between pizza and spaghetti with meatballs. And every Friday, they have a family movie night. The Kennedys love watching anything from Disney, with some of their current favorites being *Raya and the Last Dragon* and *The Descendants* series.

Each year, the Kennedys travel with extended family to Anna Maria Island in Florida. Another favorite place to visit is Big Cedar Lodge, which is a little closer to home. During the holiday season, they spend Christmas morning at home before



celebrating later with other members of the family and driving around to see the Christmas light displays.

The Kennedys love the Clarkson Valley area in the autumn, especially being able to carry out the family tradition of roasting s'mores in the firepit as the weather cools down and the leaves change color. They believe that one of the more unique things in the Pleasant Valley Forest neighborhood is the historic cemetery that dates back to the mid-1800s.

Another one of the things they love about living in Clarkson Valley is that it feels secluded but is close to so many different amenities the nearby communities have to offer – plus, the wild-life they see each day in their backyard including deer, coyotes, owls, turkeys, and even a bald eagle!



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](mailto:Bill.Tuttle@n2pub.com).



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# Meet Cindy Zelinsky

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sponsor spotlight

Education has been a part of Cindy's life in one way or another. She's worn quite a few hats: student-athlete, high school teacher, college coach, and mom! Now, by serving as an Educational Consultant, Cindy shares her love of education by assisting college-bound students and their families as they navigate through the process of searching and preparing for college. Given her background, love of education, and interest in helping young people, the decision to become an Educational Consultant was an easy one for her.

The process of choosing a college can be overwhelming for high school students and their families. The good news is that it doesn't have to be that way. Cindy fully understands making the best choice is vital to a successful experience in college and beyond. Choosing a college is one of the first major decisions a young person will make.

Each student Cindy works with has a personalized and comprehensive plan that is developed with an understanding of their abilities, needs, and goals. These are the "absolutes" in finding the right fit for her students. Throughout the years, Cindy has observed numerous high school students as they try to sort out the steps involved in deciding their educational future. She can help answer many of their questions:

- "Where do I start my college search?"
- "When should I start visiting colleges?"
- "What questions should I ask on my visit?"
- "How do I get recruited?"
- "How do I start my college essay?"

"Getting to know each student's strengths, goals, and interests then guiding them to find the best college fit is very rewarding," says Cindy. "There are so many options and paths for students to choose from. Whether they decide to attend a large school, mid-sized, private, or junior college, I love getting to know them personally and watch their nervousness turn into excitement when the college search puzzle pieces come together."



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# Halloween 2021 IN CLARKSON VALLEY

Sponsored this month by **The Janice Freeman Team**

Kids of all ages were able to enjoy trick or treating in our Clarkson Valley neighborhoods this year! A crisp evening free of wind and rain had our streets filled with witches, zombies, trolls, superheroes, and more! Spooky and fun!



Coffee for Westhampton adults compliments of Lisa Rock.



Amy Krebs, The Oldhams, and Westhampton trick or treaters!



Addisyn and Gibson Greenberg of Kehrs Mill Estates.



Front to Back – Jack and Molly Besmer with Lily Cosgrove, Grandkids of Jeff and Donna Meyer of Kehrs Mill Estates.



Reid, Humphrey, Felicity, Mason, Kate, and Laettner of Westhampton.



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From L to R: Westhampton Moms – Amy Rhodes, Toni Oldham, Colleen Poth, and kiddos.



Kennedy, Liam, and Danny O'Reilly of Kehrs Mill Trails.



Katelyn Davis with Taylor and Connor Krebs of Westhampton.



Jase and Leah Grimm of Kehrs Mill Estates with friend Liam.



Connor Krebs and Patrick Rhodes of Westhampton.



Getting carried away with their Halloween loot!



Lauren and Andrew Stein of Dunhill Farm.



Adalyn, Ani, and Isla Blanner of Forest Hills.



De Lynn Klosterhoff of Clarkson Farm Estates.



Beckham Borello



Clarkson Valley Police Officers Chris Pollman and Zak Kennemer with a young hopeful.



James Cosgrove, Grandkid of Jeff and Donna Meyer of Kehrs Mill Estates.



De Lynn Klosterhoff and Mary Swearingen of Clarkson Farm Estates.

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Lillian Ott with Breck of Clarkson Farm Estates.



More from Clarkson Farm Estates Halloween Crew!



Nathan Vandersaenen of Kehrs Mill Estates.



Molly Besmer, Grandkid of Jeff and Donna Meyer of Kehrs Mill Estates.



Shannon and Mike Burger of Westhampton.



Nolan and Addie Barks of Kehrs Mill Estates.



Petting zoo at Lisa Rock's home in Westhampton.



Pat Corno of Clarkson Farm Estates with friends.



Mary Swearingen of Clarkson Farm Estates.



Clarkson Farm Estates Kiddo Halloween Crew!



Leah and Jase Grimm of Kehrs Mill Estates.



The Borellos – Blake, Beckham, Beau, Brooklyn, and Clare of Clarkson Farm Estates.



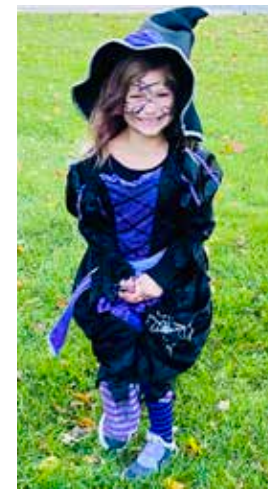
Lily Cosgrove, Grandkid of Jeff and Donna Meyer of Kehrs Mill Estates.



Sloan and Pierce Cunningham with Paxton Lello (middle) of Forest Hills.



Rhonda and Darrell Pitt of Clarkson Farm Estates with trick or treaters!



Reese Griggs



Tania Interian of Kehrs Mill Trails and Her State Farm Agency staff.



Tania and Mike Interian of Kehrs Mill Trails.



Future Clarkson Valley first responder!



Riley and Reese Griggs of Kehrs Mill Estates.



Riley Griggs



Sisters petting ducks and hens in Westhampton.



Taylor Ries (right) of Kehrs Mill Estates and friend Clara Lieber.



Max Hecker of Westhampton sharing donuts!



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Westhampton Halloween Parade!



The Griggs – Darrick, Riley, Diana, Dana, and Reese of Clarkson Mill and Kehrs Mill Estates.



Thomas, Lauren, and Emily Shuert with pup Riley, of Dunhill Farms.



The Edwards Family of Westhampton.



Terry Domian with Granddaughter.

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## health and wellness

By Dunhill Farm resident **Dr. Divya Chauhan**, a family medicine board-certified physician at UHeal Direct Primary Care. Sponsored each month by **ApexNetworks Physical Therapy**



# Healthy Holiday Tips

### EAT HEALTHY

- Stay hydrated by drinking lots of water to support your immune system.
- Eat plenty of fruits and vegetables.
- Cook food to its proper temperature.
- Avoid cross-contamination, wash hands and surfaces often when cooking or preparing meals.

### BE SAFE

- Wear appropriate warm outdoor clothing – dress with multiple layers when it's super cold!
- Practice fire safety – most residential fires occur during winter months, so don't leave any fireplaces, space heaters, or candles unattended!
- Don't drink and drive or ride with someone that has consumed alcohol.
- Fasten seat belts when driving or riding in a motor vehicle.
- Avoid smoking and secondhand smoke.

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What can you do to have a healthy, happy holiday season?

Here are some recommended simple tips for the holidays:

### SCARE YOUR GERMS

- Wash your hands often with soap and clean running water for at least 20 seconds to help prevent the spread of germs.
- Use hand sanitizer containing at least 60% alcohol.
- Avoid close contact with other people and wear a mask.

### GET YOUR VACCINATIONS

- Vaccinations help prevent diseases and save lives.
- Physicians recommend everyone 6 months and older should get a Flu vaccine.
- Get your COVID-19 vaccine and booster as recommended by your physician.

### MANAGE YOUR STRESS

- Stay active physically with moderate-intensity aerobic activities like brisk walking for 30 minutes a day five days a week. It will boost your mood, reduce stress, sharpen your focus, and improve your sleep!
- Connect socially with family and friends by phone, text, or email.
- Try to keep a positive attitude.
- Sleep 6-8 hours a night.
- Avoid excessive alcohol intake.

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## body and beauty

By contributing writer **Lori Ruscitti**  
Sponsored each month by **Nuovo Salon Spa**

# MANI PEDI REVIEW



personally recommend trying Lana for your next mani/pedi. I was told that Natalya is another nail tech that provides services at Nuovo as well as facials and waxing services.

Nuovo has gift cards available, so if you are looking for a gift for the holidays, birthday, anniversary, or any other occasion, you cannot go wrong by sending them to Nuovo.

*Nuovo Salon Spa offers many nail services. Book now for the holidays! (636) 527-2566.*



If you are looking for high-end ambiance, hospitality, and talent while you are getting pampered, I would like to suggest Nuovo Salon Spa, located at Clarkson & Clayton. I went to Nuovo for the first time for a pedicure and manicure and I can promise you that it will not be the last. The relaxing atmosphere and courtesy I received from all employees with whom I interacted were exceptional. The décor is beautiful, and you can tell that attention to detail was at the forefront.

Upon entering Nuovo, I was warmly greeted by Lakeena who was attending the front desk. After taking a seat in the waiting area, Lakeena walked over and asked me if I wanted something to drink – water, soda, or wine. I gladly accepted a cup of water and noticed the stack of *Clarkson Valley Living* magazines sitting nearby, just begging to be read while I waited.

Shortly thereafter, Lana, the nail tech for my manicure and pedicure was ready. Lana and I walked to the back of the salon where I started off with the pedicure. Upon sitting down in the comfortable and large chair, I immediately turned on the massage function and put my feet in the comfortable warm water. Lana took her time, and we had a very pleasant and enjoyable conversation. Next up was the manicure, where Lana and I continued with our conversation while the pampering continued.

Nuovo offers many services such as several types of facials, waxing, micro-blading, lash extensions, barber services, extensive hair services for women, and, of course, nails. I can and will

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student life

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# Taylor Clark



Taylor with parents Joan and Greg Clark.



Kappa Delta Sorority



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**What is your Major? What are your plans for after college? Why did you choose Rhodes? Besides softball, how have you made the most so far of your college experience?**

I am a senior at Rhodes College majoring in political science. I plan to attend law school after I graduate. I chose Rhodes because it's a small school with a tight-knit community, I could continue playing softball, and I knew I would be challenged academically. Finding a school that had good networking and could provide opportunities to make me stand out in a list of future job applications is extremely important to me. Being able to attend a smaller school and build relationships with my professors, Rhodes was also located in the larger city of Memphis with great history and culture that I could explore. Outside of softball and friends, I was also able to join the Kappa Delta sorority, and multiple student organizations such as the Catholic Student Association and Ignite, which empowers women to take on more leadership positions in the political field. I am also working as a legal intern at the District Attorney General's Office in Memphis. All these experiences have made my college experience fun and exciting while also preparing me for law school and my future career.

**Tips for high school students as they begin their college search. Narrow down a set of factors that are important for you to have in your college experience.**

Understand what is most important to you now and whether you want to continue those interests in college. Do you know what you would like to major in, or are there certain subjects you'd like to learn more about? I was unsure and undecided on my major when I first came to college, and a liberal arts education where I could explore various subjects was extremely helpful. What school could challenge you academically, and how hard do you want to be challenged? How far from home do you want to be? While also growing in independence, it may be important to you that you can still go home if need be. Is there a certain sport you love and want to keep playing, or maybe there are certain

organizations that are important for you to join? These are all great questions to ask yourself that will help you narrow down your search.

**What advice would you give to your high school self now that you are in college?**

Things you may not be able to control can change your experience and that is perfectly okay—what matters is what you choose to make of it. College is the perfect time to grow, learn, and change—you will come out of it as a different individual than when you started. Trust the process!

**What's your advice for high school students to be "college-ready"?**

The academics are different than in high school, so be prepared to spend a lot more of your time on your studies. At the same time, once you find the college you'd like to attend, don't

worry too much about being "college ready!" Enjoy your senior year of high school and come to college with an open mind.

**What are your thoughts on working with Absolute College Consulting throughout your search, application essay, and college preparation?**

Thinking back on my time searching for the right college, I'm really happy I was able to find a school that balanced all of my interests. Playing competitive softball all my life, a huge determinant of the schools I was looking at was based on the ones I was being recruited by. While I loved that I could play a sport in college, I'm very thankful that I stressed academics first. Cindy Zelinsky at Absolute College Consulting helped me tremendously with understanding that my education was the top priority of my college experience. She helped me with application essays and in making a preference list of the best schools that fit my interests. She encouraged me to go outside of my comfort zone and explore schools that I had never considered before, including Rhodes. I'm very glad to have had Cindy's help in my search for the right college.

## meet your neighbors

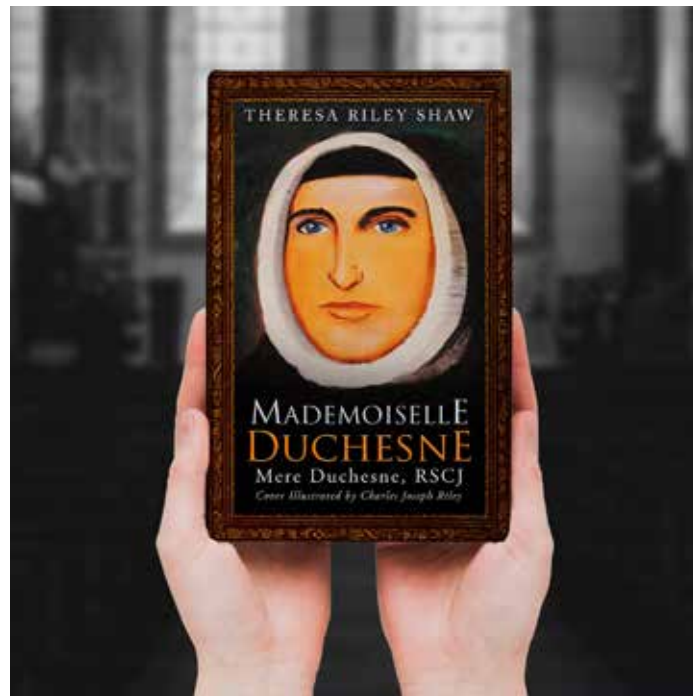
By Forest Hills resident **Theresa Riley Shaw**  
Edited by Westhampton resident **Anna Bohlmann**  
Sponsored each month by **Pathfinder Church**

# THERESA RILEY SHAW

*Author of Mademoiselle  
Duchesne Mere Duchesne, RSCJ*

My husband William and I have lived in Forest Hills since 1969. Our three daughters – Susan, Shannon, and Christine – spent their summer days at the club, swimming, playing tennis, and, eventually, junior golf. They all swam before they could walk thanks to Debbie's Swimming School and the DCCA, so naturally, that meant joining the swim team when they were just 4 years old. Not one of them failed to place in a swim meet for 10 years.

I've always loved being super involved in my children's lives. When Susan was 7 years old, I organized the Forest Hills Junior



Tennis Program. Once we found a tennis pro, he took over that position. Bill and I also served on the F.H. Swim Committee for over ten years, and I continued to work with the Junior Golfers for another 20 years.

Our family was always very busy. Susan played golf her first year at St. Joseph Academy while Shannon and Christine played field hockey and soccer for Villa Duchesne. On the weekends, our family also enjoyed riding horses at our farm in St. Clair, MO. We each had our own horses as well as several extra for company. When the girls went to college, we sold the farm and bought

a place at the Lake of the Ozarks for boating and fishing. Our grandchildren have loved it just as much as Bill and I do.

In the 90s, I began serving the Women's Board of Cardinal Glennon Children's Hospital, which kept me busy until Bill said, "As long as you're working, why not get a paying job?" So, I did! I had attended the Academy of the Sacred Heart in St. Charles and graduated from Maryville University, and I was anxious to teach and share my love of learning. I got a job teaching at the Little Flower Catholic School in Richmond Heights for five years while I also got my master's in the Teaching/Learning Process from Washington University. I also started a winning track team for grades 1st-8th.

I then began teaching at Holy Infant Elementary in Ballwin, closer to home. The next year, I was invited to teach at a new school called Gateway Academy on Wildhorse Creek Road. Leaving after only a year was hard, but we decided to winter in Florida.

When we started wintering in Florida, I began teaching ESL English as a second language upon request from the students at Lorenzo Walker Institute, Collier County's Jr. College, in Naples, FL. I had been a missionary in Honduras, CA, in the Summer of 1962 and in New Mexico in 1964, so I knew I loved working with my Spanish-speaking children of God. They were so anxious to learn.

When we returned to Clarkson Valley, I continued to volunteer at Rockwood in their Adult Literacy Program. I got very involved with the Mexican families at the Chesterfield Trailer Court and began teaching the adults at night and the children during the day. Beginning this coming December 12th, The Feast of Our Lady of Guadalupe, Ascension will be having a bi-lingual Mass at 12:15 every Sunday for everyone. The mass will be celebrated in English and Spanish.

As of late, I have been writing and rewriting a short book about the pioneer sister of the Religious of the Sacred Heart who had come from France to teach the American Indians, frontier children, and children of slaves about God's love and mercy.

We used to go to Church at St. Joseph's in Manchester, but now we celebrate Mass closer to home at St. Clair of Assisi, St. Anselms, and Ascension. I took on the job of leading "The Clarions," a fellowship group for people over 55-years-old, who meet once a month at St. Clair of Assisi to enjoy one another's company and venture out to the community together. We meet on the first Tuesday of the month from 9-11pm for coffee and donuts, oftentimes with a guest speaker or activity.

I only have wonderful memories of this area and consider myself very blessed to have had such amazing life experiences. Bill and I especially love walking the golf course right before sunset, and our home at #1 Greenbank allows for just that.



Would you like to introduce yourself to the neighborhood?  
Email [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com) to set up a brief interview.

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**around the club**

Photos and captions submitted by **Ryan Schaben**,  
Membership Director of Forest Hills Country Club  
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**HALLOWEEN  
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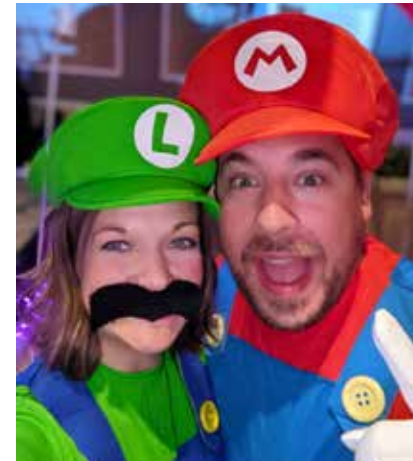
Mario Kart Party – Eron and Tasha Cunningham with Friends!



Luigi



The Brady's with their kiddos.



Luigi and Mario



Lindsay Underwood and kiddos.



Rick and Amanda Frechmann as Rip Wheeler and Beth Dutton from Yellowstone



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*Sabrina Sanchez*

Marquette Cheerleader!



Marquette High School Cheer Team with Sabrina front right.



Sabrina (bottom front) in the one man stand.



Young Sabrina in training at Cheer Legendz!

**How long have you been a cheerleader?** Eight years of All-Star Cheer and Dance and three years at Marquette High School (MSH)

**Have you ever won any tournaments or special awards?** First in Regionals for MHS Cheer in 2020, winning a bid to Orlando, FL, and competing at a national level.

**What do you like most about cheerleading?** I like the combination of tumbling, dance, stunting, and the adrenaline I get from performing in front of a crowd. I love learning new skills and working together with a team to progressively improve ourselves every day. And I especially love meeting new people every year and creating unbreakable bonds and friendships with the people on my team.

**What is your proudest moment?** Qualifying for the State Tournament recently in 2021 and accomplishing a single-base stunt. I'm looking for more to come!

**Do you have any other hobbies or interests?** Photography, drawing, and tumbling.

**What advice do you have for the younger children in your neighborhood?** Find what you love and don't let anything stop you from doing it.



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## resident business beat

By Westhampton resident **Keith Jacob**  
a FocalPoint Certified Business Coach and Trainer.  
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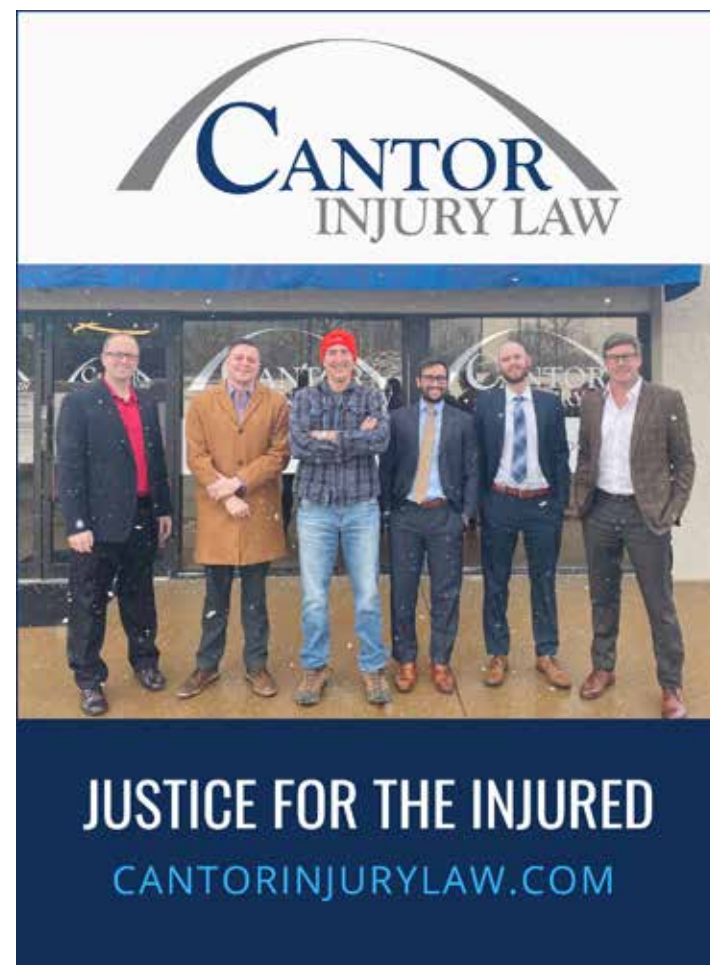


# Do you have a roadmap for your BUSINESS GOALS?

out the weekly, monthly, and quarterly steps that will actually get you to the promised land of 20% growth or more. Too often we keep our eyes so firmly on the overall goal, we neglect the steps that must be carefully chosen and measured. Then we wonder why it's the end of the year again and we've fallen short. Planning doesn't have to be difficult, and it surely doesn't have to take a lot of time. Any good plan is just like a road map to a destination though, with stops and measurements in between.

Most importantly, we must take action! Any good plan is completely worthless unless we act. Think about how many out there are counting on us NOT to act: the gym owner that takes our 12-month commitment on January 1 to lose 20 pounds, the coworker that is seeking the opportunity to pass us by on the way to that promotion, or our teenager who likes to test our resolve one more time by being "only 30 minutes late for curfew." Real commitment to goals means acting decisively and sticking to a plan. With resolve comes results.

Planning brings a certain order to our lives, and we do like structure, even just a little bit in some areas. One of the best reads on planning, goal setting and achievement is *Eat That Frog* by Brian Tracy. Since I'm brand new to this outstanding publication, send me an email at [kjacob@focalpointcoaching.com](mailto:kjacob@focalpointcoaching.com) with your thoughts on goals and planning and I'll happily send you a digital copy of *Eat That Frog*. Happy goal setting!



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### Now is a great time of year to review those goals you set for this year and start planning for next year's goals.

Whether work life or home life, as the year end approaches, reviewing our progress for the year and thinking about what we would like to accomplish next year is an awesome exercise. I like to tell my clients that strategic planning, whether in the home or at work, is like taking a road trip. If your desired destination with the family for a week of skiing is Colorado, you can load everyone up in the Yukon and head east down highway 70 and MAYBE make it there. Real planning for this effort starts with taking a look at the navigation map on your device and seeing that the best way, the fastest way is to head west instead. And if there are various levels of tolerance in your car, like mine, for how many driving hours before rest stops are needed, you'll likely plot out some interesting towns along the way to pull over.

Planning is very similar. It's one thing to say, "I'm going to grow my real estate business 20% in 2022!" It's entirely different to lay



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# resident business guide

This is a current list of business owners and professionals from our neighborhood. It is an opportunity to network, qualify, and potentially build a business relationship with other successful individuals who also live here. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to [bill.tuttle@n2pub.com](mailto:bill.tuttle@n2pub.com).

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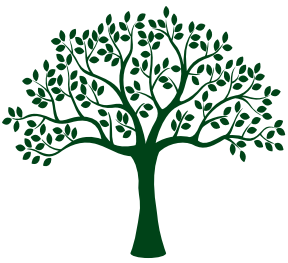


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