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February 2022

Living



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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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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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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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publisher's note

Family Ski Weekend!

Hello Clarkson Valley neighbors,

My mom turned 80 years old in January and the whole Tuttle family celebrated on a long weekend ski trip to Galena, IL. Enjoy the pics! We'd love to share your vacation story and pictures in an upcoming issue. Just send me an email at Bill.Tuttle@n2pub.com and I'll provide the details!



Natalie, Bill, David & Athena



My mom, Juliet (Nonna) in the middle with the white hat!

SHOUT OUTS



Mark & Amy Cantor's daughter Samantha was asked to marry Austin Jacoby in Cabo San Lucas—she said yes!



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The Bolaños family celebrates their son Yali's (middle) First Reconciliation.

ATTENTION: High School Students!

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Participating in the electoral process is an excellent way to promote the importance of civic engagement and instill a sense of public responsibility in our young people as they enter adulthood. This can also be a great opportunity for students to earn community service hours for graduation requirements or earn a wage for working at a polling place on Election Day.

To qualify, students must be at least 15, but under 18 years of age, and be in the 10th, 11th, or 12th grade. The Election Board also encourages high school students who are of 18 years of age to apply as regular Election

Judges. Interested students can apply by accessing this link: www.vote4stlco.com/pollaccess. Applications must be received in the Election Board's Office by Friday, March 11 for students to work in the April 5th, 2022 General Municipal Election.

Contact Jim McHugh of the Board of Elections at (314) 615-1858 or email Jim at highschoolprogram@stlouiscountymo.gov to learn more.

This is a new opportunity for interested students. Each New Year is welcomed with opportunities for a new start, addressing those sticky problems with a new/different approach, à la our New Year's Resolutions—how are you doing? Those of you having read some of my previous year's discussions of my resolutions may appreciate my family's definition for this year, "my resolutions are as real as my getting nominated to the Supreme Court."⁽¹⁾ Are your new ideas keeping pace with the new stuff you received? I really do enjoy new stuff—feels fresh, unsullied, exciting, the latest and greatest. New is especially satisfying when replacing something really old, icky, and outdated.

As families close out a year and renew their emphasis for the new, it brought to mind a new/different discussion of looking ahead. How about this "Test

in Progress." These simple three words can describe the entire human race. Everyone's undergoing some kind of test in progress. We just don't broadcast it. When I reflect on various tests in progress among my family and friends, I recall struggles with addiction, income losses, divorce, and terminal illness.

These tests and more are the daily reality for people we pass on the highway of life. So, 2022 comes with its own challenges—some old, some new, some unknown for now. Will you be able, by year's end, to identify how/what your test in progress accomplished—did you meet the test?

Best wishes! Looking forward to hearing from you at year's end.

⁽¹⁾ Thanks to the comic strip *Dustin*.

Clarkson Valley Recycling Results
December Recycling Tonnage: 26.27 Tons



mayor's corner

By Clarkson Valley Mayor Scott Douglass

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Hello! We are the Trein Schulzes. We have lived at Kehrs Mill Estates since September 2019. We moved to the Saint Louis area from Olathe, in the greater Kansas City area on the Kansas side. We are, however, originally from Brazil. My husband and I speak Portuguese and the kids understand it and speak some.

Alex – short for Alexandre – was invited back in 2010 to move to the US by the company he works for. We were living at the time in Rio de Janeiro when Alex asked me whether I wanted to move. I replied that two conditions needed to be met: my two cats needed to move, and I had to finish my architecture degree. We had great support to move, the conditions were met, and in 2010 we ended up calling the greater KC area, home.

In 2014 we welcomed our first daughter, Olivia. We love her passion for reading, crafting, and science. She enjoys playing basketball and softball and is very talkative and outgoing. We love her empathy towards others. Lucas arrived almost 2 ½ years after Olivia. He is our goofy boy, animal lover, and sportsman. He enjoys books and puzzles but his real passion is building – you can always find him putting things together in order to create tracks, buildings, and cities.

Eleven years later, we now find ourselves living in Clarkson Valley - Alex accepted a new position within the same company to work here in Saint Louis. I had finished my Master's in Architecture at KU and have since worked in a few firms both in KC and St Louis – however, the project I'm most proud of is my current house, which we have been renovating since we bought it in 2019. We deem ourselves nerds. As a family, we enjoy board games and video games. We love to be couch potatoes and watch movies and series with our kids and two cats, Gandalf the Orange and Jon Snow. We all love Star Wars! We have fun baking together and sharing with neighbors some of our Brazilian dishes. Alex really enjoys making 'Brazilian barbecue' and we will usually have friends over to share that meal.

Gardening is also something else we all enjoy doing together – having a large yard was a requirement to move here! We fell in love with Kehrs Mill Estates because of the lots. We didn't know we were going to end up with great neighbors as well! We love to gather people and host. Summers are always a blast at our place with water games and kids running around our property. We are very fortunate to have moved here.



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 Ximena.Bolanos@n2pub.com.

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Scenes from the Holiday Season

Special thanks to the Clarkson Valley families for sharing these wonderful images!

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Reese, Riley, Sloane & Quinn



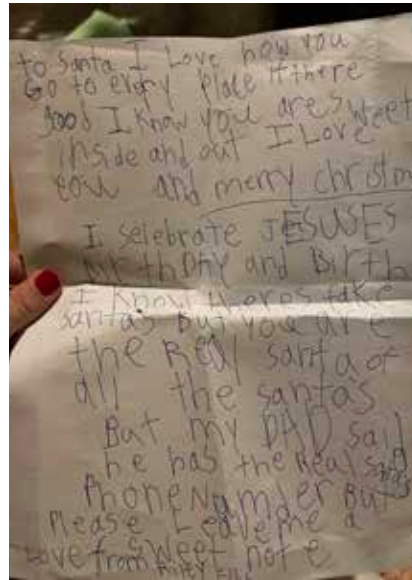
The Embletons spent Christmas in Cabo—Jake, Lauren, Carrie & Matt



Riley & Quinn Ellis of Forest Hills



Thank you Santa! —Reese Griggs



Riley Ellis (7) writes a message for Santa!



Tom, Terrie & Faith Desloge of Forest Hills



Molly Wiley & Finely Edwards performed with St. Louis Ballet's production of The Nutcracker!



The Blanner girls



Lydia & Molly Wiley with their cousins



Ani, Adalyn & Isla Blanner at the Garden Glow!



The Wileys—Kate, Lydia, Molly & Brent



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The Ellis family of Forest Hills—Riley, Sara, Quinn & Wade

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Dana & Diana Griggs (Clarkson Mill) with their grand kiddos—Reese, Riley, Sloane & Quinn



The Ries family of Kehrs Mill Estates—Charlie, Molly, Boe, Taylor, Luke and Charlie



Caroline Rector, Molly Wiley & Molly McLaughlin at Gateway Filed Hockey Christmas practice.



Ani, Adalyn & Isla Blanner



Brad & Mary Rosencrans of Forest Hills with their grandchildren

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DOWN TO THE STUDS IN FOREST HILLS

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living spaces



Kitchen wall to be removed.

Nothing says, “if you can make it through this, you can make it through anything!” like living in your basement for months while your entire home is being renovated. That is exactly what the Lello family did! If things weren’t chaotic enough, they were also expecting their second baby!



After moving into their Forest Hills home in June 2019, they decided to renovate every room— from the kitchen to the master bathroom, the second/kids bathroom, and the laundry room. Down to the studs, and back up again. They worked hand-in-hand with Amanda Sapienza, at The Style House, to beautifully design

their cabinets and select a stylish counter-top. As well as, with their contractor Dreams to Reality (D2R). Although, in order to stay within budget they contributed some of the work themselves. They consciously choose to cut items from the first renovation to do at a later time vs. cutting quality to stay on budget, this is what they would advise anyone considering any type of remodeling.

Sarah, Ray, Paxton, and August Lello can now sit back and admire their newly remodeled home—especially their two favorite rooms, the kitchen and screen-in porch, where they enjoyed Christmas Eve dinner outside!

The Lellos would like to thank Clarkson Valley Living preferred community partner Amanda Sapienza at The Style House for helping them with their kitchen and bath remodel. Check out The Style House’s ad on page 19, call (636) 220-3007, or visit thestylehousestl.com to see how Amanda can help with your next home remodeling project!



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



Master Bath before.



Master Bath during.



Kitchen before.

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What school do you go to?

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What sports do you play and how long have you been playing them?

I play ice hockey. This is my third year. I also play basketball and baseball, and have played those since kindergarten.

What positions do you play?

In hockey, I play defense. In basketball, I play center or forward. In baseball, I play first base.

Have you ever won any tournaments or special awards?

For my hockey team this season, we won first place in the CanAm Challenge Cup in Nashville, TN.



What do you like most about the sport?

I like the speed of hockey. I also like shooting and how fast I can skate. Traveling with my friends is fun too!

What is your proudest moment?

My proudest moment is when I was named Captain of my hockey team this year. My coach said some very nice things about me. It is an honor to be the captain of my team!

Any other hobbies or interests?

I like to bake, cook, and create things. I also like to watch hockey games.

Any advice for the younger children in the neighborhood?

Start playing hockey! It is a lot of fun and you will make a lot of friends.

Do you have plans for college and what do you plan on doing after graduating?

I played in a hockey tournament at Notre Dame earlier this season and got to play on the ice the University team plays on. I want to go to college at Notre Dame and play hockey. After that, I want to go to medical school and be a radiologist.



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student life

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DANNY KING

Freshman at MIZZOU!

High School: Chaminade College Preparatory School

Class of 2021

Area of Study/Major: Plans on majoring in Business Finance.

He is also considering a second major in Environmental Sciences.

Clubs/Organizations: Currently a pledge at Beta Theta Pi Fraternity. Also a member of STUMO – a faith leadership group.

What factors should students consider in choosing the right college fit for them?

There are a few factors that should be considered: the size, proximity to home, and cost to attend. It is also important to choose a college that offers a good program in your line of study.

Is there a particular person, moment, class, or club that led you to your intended career path?

My parents. They have always stressed the importance of the financial aspects of business. I believe that understanding the financial side of a business will give me a better chance of success, regardless of the career path I intend to pursue.

Besides going to classes, what important tips, recommendations, and advice for a successful college experience can you share?

The best advice I can give is to get involved in organizations, fraternities/sororities, and clubs that are available on campus. Always remember to set time aside for study. Find a good balance between work and fun.

What have you done or are currently doing to attain the best experience to prepare you for life after college?

I work hard to maintain a good GPA. I also focus on building new relationships and connections with different people.

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?

My college search process was unconventional because it was at the peak of the Covid pandemic. I didn't get the chance to tour any college campuses, as they were all closed for in-person visits. I would definitely have visited the college campuses if I had been given that chance. I think visiting small, medium, and large college campuses will give you a better feel for what you will experience once there. I would also tell incoming freshmen to not get their head set on any one school. Keep an open mind, visit the universities, talk to people who have attended, and ask them what they loved about it and what they wish might have been different about it. Doing your own research and making your own decisions instead of just following friends or the trends will likely lead you to the right place.



Danny with mom, Elena & dad, Dan.



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 Ximena.Bolanos@n2pub.com.

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Life Insurance for Kids... What?!

In fact, no one purchases life insurance for their kids thinking that something bad will happen to them. We get life insurance for our kids because of a concept called: securing eligibility. For example, if one of our kids is later diagnosed with epilepsy, they may not qualify for most life insurance. If they do, it could be incredibly expensive.

Life insurance for kids is important for the following reasons:

1. To ensure eligibility in case their health changes in the future. This way they will never have to worry about being denied for life insurance coverage.
2. Also, they will never have to worry about affording life insurance coverage for their family subject to their age and health when they are adults, as they will already have a policy in force.



is secured, changes in your child's health won't impact the annual premium and you can even obtain an option which guarantees their ability to increase insurance coverage in future years. These are the reasons I choose to get life insurance for my beautiful daughters, as out of all the gifts I can give them, life insurance is the one that will benefit them the most.

So, for all you parents and grandparents reading this today, consider life insurance as a gift for the young ones in your lives. That does not mean you shouldn't gift toys and clothes! Just consider also giving a life insurance policy, a gift that will last long after the toys and clothes are no longer being used.

Life insurance is more than a gift, but rather a meaningful legacy of love.

Their coverage will grow every year along with the cash value of their policy... plus you can have an option to have their policy completely paid after 10, 15, or 20 years! Once life insurance

If you have any questions, feel free to e-mail me at tania.interian.ko5q@statefarm.com.



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insurance talk with tania

By Kehrs Mill Trails resident **Tania Interian**

To be clear, no one ever *wants* to receive a death benefit, but if we ever do, it can ease the financial burden at a time that is too awful to imagine. This is not the main reason to get life insurance for our children. We do it because someday we hope our kids will have their own families and at that point, they will likely need life insurance for themselves... but at that time they will be subject to their current health and age.

Tania Interian, Agent
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FEBRUARY IS FOR HEALTHY HEARTS!

February is **American Heart Month**. According to the American Heart Association, heart disease is a leading cause of death for both men and women in the United States, responsible for more than one in four deaths annually. While this statistic is dire, heart disease can be prevented – and even reversed – with healthy choices regarding diet, exercise, and maintaining health conditions. Doctors’ time-tested advice of controlling blood pressure and cholesterol still holds true; however, these less conventional techniques can be used cooperatively to help make hearts healthier and stronger.

Get Enough Sleep. Getting enough good-quality sleep has innumerable benefits, from aiding in weight loss to improving memory. Studies have shown a marked increase in heart disease in those who sleep less than six hours per night, as sleeping too little can disrupt underlying health conditions and biological processes. Experts say seven to nine hours of sleep is ideal for heart health. And, consistency is key; maintaining a reliable sleep schedule regulates the body’s internal clock and can help you fall asleep and wake more easily.

Drink Some Java. The probable benefits of regular coffee consumption are pretty compelling. For example, caffeine, especially derived by drinking filtered, black coffee, boosts energy levels, which can help sharpen mental acuity and enhance mood, and lowers inflammation levels, which are a precursor to many concerning health conditions. Interestingly, habitual coffee drinking has been linked to lower levels of cardiovascular disease, particularly in women.

Floss. This seemingly inconsequential chore our parents and dentists nag over can play a surprising role in heart health. Beyond just improving smiles, flossing daily reduces inflammation and improves gum health, which, in turn, prevents the introduction of harmful bacteria into the bloodstream. Healthy gums are directly correlated to a slower progression of plaque buildup on artery walls.

Don’t Forget to Laugh. As the old saying goes, “Laughter is the best medicine.” Laughter has many emotional and physical benefits, including reducing stress, easing pain and depression symptoms, and boosting our immune system. It also has been shown to expand blood vessels by more than 20 percent, allowing for markedly better circulation and blood flow in the heart.

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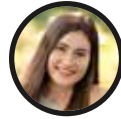
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body and beauty

Start the New Year with a Hair Mask!



Article by Westhampton resident **Anna Bohlmann**

Sponsored each month by **Nuovo Salon Spa**

A hair mask is a deep conditioning treatment and is the most effective and affordable option to keep your hair feeling and looking good – not to mention, the treatment is super quick and under an hour!

I received my first hair mask at Nuovo Salon Spa this week, and to be honest, I had no idea what it was or the benefits it provides. Here's what I didn't know then, but I know now:

The first thing my stylist, Kassy, did was sit down with me for a consultation to find out about my hair and what I want to accomplish with a hair mask. After the consultation, Kassy started by washing my hair with a clarifying shampoo and massaging my scalp with a personalized conditioning treatment. I sat under a dryer for 10-15 minutes, allowing the mask to penetrate deep into my hair follicles, then Kassy rinsed and dried my hair.



Not only does the mask put moisture back into your hair and help reduce damage and breakage, but it results in shinier, smoother, and healthier looking hair. The treatment generally lasts for two weeks, depending on how often you shampoo and the temperature of water you use when you shower – the hotter the water, the easier it is for the mask to fade out. It's been days since my treatment, and my hair has never looked or felt better!

Oftentimes, people with fine hair are afraid to do hair masks, but rest assured, there are several different kinds of masks that cater to every kind of person's specific hair needs. Whether you have static, frizzy or damaged hair, or a sensitive scalp, there is a mask for you. Personally, my hair gets annoyingly staticky in the winter, and I'm still trying to repair breakage caused by years of tight ponytails and buns. After a conversation with Kassy, we were able to find the perfect mask for me – and already, my hair is substantially less static!

Hair masks are especially important with the change of seasons and after a coloring service. With winter beginning and the temperatures finally dropping, it cannot be a more perfect time for a hair mask treatment. Schedule an appointment at Nuovo Salon Spa today to discuss the best hair mask treatment for you!

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We have the best intentions for “setting the world on fire” with each new day or week or month or year. Day in and day out life throws us curveballs though. How do we manage to stay on track with the sole purpose of meeting and exceeding our goals when so much seems to get in the way?

Effective scheduling of our time is the best habit one can get into in order to really make headway against our goals. I love the practice of time blocking on your schedule in order to have a reference point for what you’re working on in any given hour of any given day. Will there be interruptions? Of course, you should count on it. But do those interruptions have to derail your entire day? Of course not!

What should I schedule, you might ask? How should I get started? The quick answer is everything! From the moment your alarm is set to go off until you lay your head down again at night, put it

on your calendar. If you’re committing less than 15 minutes to the regular task, bundle them. For example: 6:00 am Wake Up, Brush Teeth, Feed Dogs. The more things, in detail, you can add to your calendar, the better you can become at managing your time. When you get pulled away from the item you’re focused on for that time period on your calendar, coming back to it is much easier because there it is in black and white. I highly encourage you to build in time for such things as Tik Tok or Facebook or any social media outlet that tends to be our “go-to” when we’re bored or just not into the task at hand.

As we condition ourselves to follow routines that are rooted in effective calendar management, we find achieving goals much easier.

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resident business beat

By Westhampton resident **Keith Jacob** a FocalPoint Certified Business Coach and Trainer, an expert, with 25 years’ experience in the fields of coaching, training and leading
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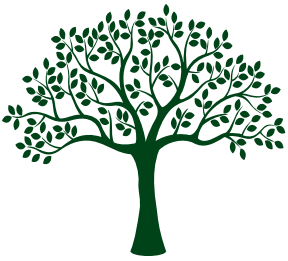
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