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March 2022

Living



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Clarkson Valley 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,

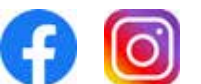
build their resumes and portfolios! If you or someone you know might be interested, please email Bill.Tuttle@n2pub.com.

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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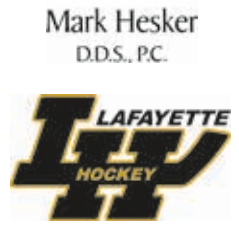
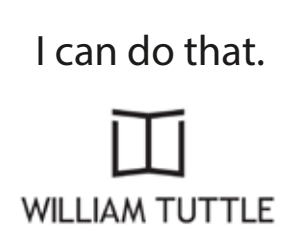
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By Clarkson Valley Mayor **Scott Douglass**



Elections

There are times when stating the obvious is important to do. Yes, elections are important to maintaining our Republic — Democracy as they are the foundation of a free society. Next month's April 5 election has a county issue requesting your vote. The only City item on the ballot is election of four Alderpersons. They are all unopposed. The County issue is requesting authorization to apply a use (sales tax) to out of state purchases. You have most likely heard/read about it. The discussions have taken on different names – Wayfair Bill, online sales, out-of-state purchases, etc. Since the U.S. Supreme Court decision in 2018 which said state and local sales taxes can be applied to online purchases at the local prevailing rate (use tax). At last count, 45 states have passed such a tax including Missouri. For Missouri, state sales tax (use) will be in effect on January 2023. For counties and cities with a current local sales tax, (includes St. Louis County) they must pass a use tax for their local tax to be applied to these sales effective January 2023.

What changes did the legislature make in the 2021 "Wayfair" legislation (SB 153)?

The major modifications the legislation made to Missouri's use tax law was to require all online and catalog vendors to collect and remit the local and state use tax, including those vendors that do not have a physical presence in the state. Also, online vendors who facilitate transaction for a third-party vendor must collect and remit local and state use taxes on those facilitated transactions. Essentially, the new law makes the collection and remittance of the use tax similar to the way the sales tax is collected and remitted to the Missouri Department of Revenue.

Products exempt from the sales tax will be exempt from the use tax.

I hope this is helpful in making your decision. See you at the election.

QUESTIONS ASKED

I already pay sales tax. Is this the same thing?

No. The sales tax applies to purchases made at local retailers within Missouri while the Use Tax applies to purchases made from out-of-state vendors. Purchases cannot fall into both groups and cannot be taxed twice.

Clarkson Valley Recycling Results

January Recycling Tonnage: 28.6 Tons



I love this town.

Tania Interian, Agent
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THE FREEMANS



family spotlight

Sponsored each month by **Chrissy Wagner Red Key Realty Leaders**

Meet the Freemans, Brendan, Angela, their two older boys, Dylan, Andrew, and the triplets, Emma, Jack, and Grace! Let's not forget, Annie, their beautiful chocolate lab. The family of seven moved to Kingspointe approximately 18 months ago. Brendan grew up in Ohio, while Angela moved to St. Louis in high school. Nowadays, Brendan is the President of Private Wealth for First Business Bank, and Angela is the Managing Partner for Randall Partners in St. Louis, a retained executive search firm. They are both actively involved in their children's schools, Ascension and St. Louis University High School, including parents' association, athletic association, and school board.

The Freemans love participating in sports and staying active, which usually involves soccer, basketball, swimming, and running. During their favorite holiday, Thanksgiving, they have a special family tradition of participating in a Turkey Trot. They do this every year, no matter where they are, even if they have to organize it themselves! They spend the rest of the day enjoying a great Thanksgiving meal and playing a little family football. Everyone in the family enjoys playing and watching sports. They have a difficult time picking their favorite sports team, it really depends on which person you ask. Some of their favorite teams include the Ohio State Football team, Seattle Seahawks, Marquette University Basketball team, Milwaukee Bucks, and,



of course, our local favorites the St. Louis City Soccer team, the Cardinals, and the Blues, to name a few.

When they are taking a break from their local soccer fields and gyms, they enjoy spending time with friends all throughout the metro area. Occasionally, they relish a nice dinner at their favorite restaurants, Annie Gunn's, Westchester, Olive and Oak, Katie's, and Dewey's Pizza. Every now and then, they get away to the beach at their treasured vacation spots, Turks and Caicos, Cabo San Lucas, Rosemary Beach in Florida.

The Freemans love this community, especially their neighbors. They feel blessed to raise their children here and are excited to continue contributing to the growth and long-term sustainability of this area.

Fun family story: Shortly after they got married in 2003, they were on a TLC reality show called *While You Were Out*. Brendan was in Ireland running the Dublin Marathon and Angela remodeled one of the rooms in their Tower Grove Park home while he was away. They had a blast with that experience and loved how it all turned out!



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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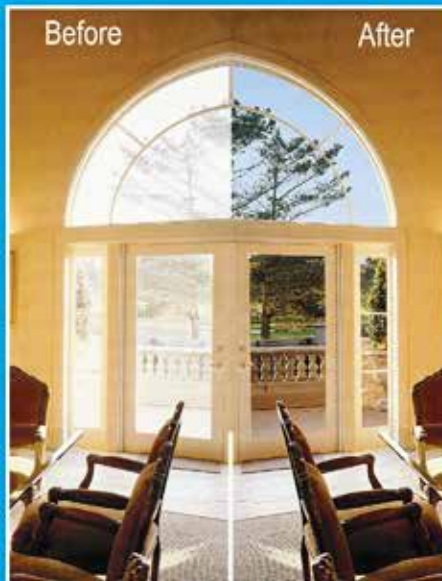
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Snow Days!

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

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



Ani, Isla, and Adalyn Blanner with Evan and Kingston Belger of Forest Hills



Patrick Rhodes and Molly Pratzel with hot chocolate delivery!



Patrick Rhodes with Jack, Kate, and Molly Pratzel and Danny Rhodes of Westhampton



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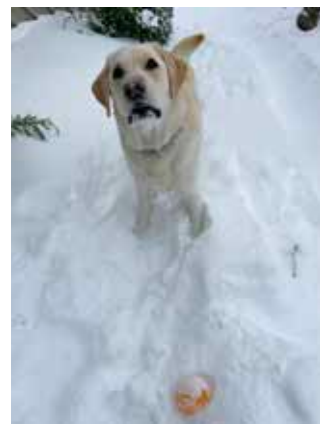
Ricky, Mateo, and Yali Bolaños of Kehrs Mill Estates



The Forest Hills gang!



Tom Nolan of Forest Hills with grandkids, Nolan and Elle Farrell



Service Dog, Tackle. Courtesy of Jennifer McGrath of Kehrs Mill Trails.



Lucas and Olivia Trein Schulze of Kehrs Mill Estates



Lillian Ott and Breck of Clarkson Farm



Patrick and Danny Rhodes of Westhampton



Lunch on the deck.



No one on 17.



Olivia and Lucas Trein Schulze with their dragon!



The treehouse at CantorLand.



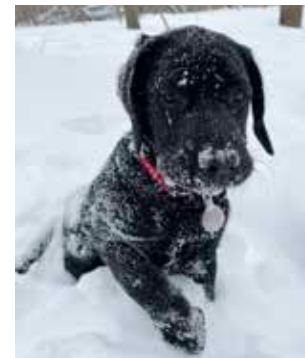
Reese and Riley Griggs with Jace and Leah Grimm of Kehrs Mill Estates



Just chillin'.



Caroline Garamella, Molly Wiley, and Molly McLaughlin of Forest Hills



Future Duo Service Dog, Gus enjoying his first snow! Courtesy of Brooke and Leah Williams of Kehrs Mill Trails.



Mark Cantor of Dunhill Farm horsing around at CantorLand!



Lydia Wiley and Maggie Plaster of Forest Hills

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precious pets

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JANIE

English Cream Golden Retriever

Hi, my name is Janie! I am a 2-year-old English Cream Golden Retriever. If you ever pass by my house, you will notice that I love being outside, for the most part, I am chasing squirrels. There are a lot of squirrels by my house, and I make sure to chase after all of them! However, my favorite part is saying hi to all the neighbors that walk by, especially the people that walk with their dogs. I meet so many new friends that way. Sometimes when I'm outside and I see my family get into the car I make sure to hop right in! I love riding in my mom's minivan with the window down. Occasionally my family has the audacity to not let me ride with them, talk about serious FOMO! I make sure to let them know that I do not like when they leave without me. I run across the whole yard chasing after their car and bark as loud as I can. I'm pretty sure they understand me. Although, when they return, I am the happiest dog in the world!

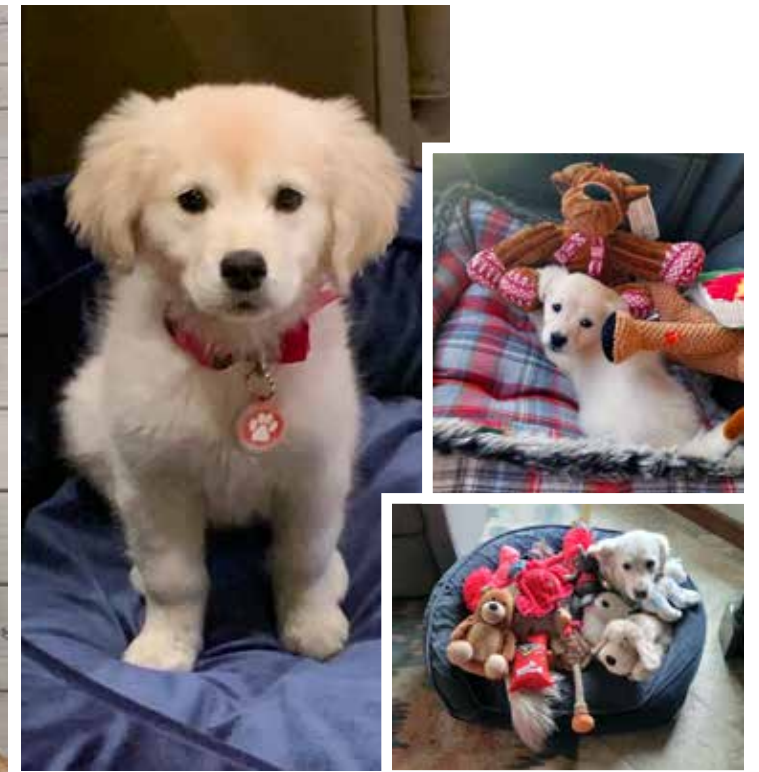
With Kaitlin, Mark & Chris Azzam (Mom, Maureen took the photo!)

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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**

March is Colorectal Cancer Awareness Month
Q&A with Dr. Divya

What is Colorectal Cancer?

Colorectal cancer is a disease in which cells in the colon or rectum grow out of control. Sometimes it is called colon cancer. The colon is a large intestine or large Bowel Rectum is a passageway that connects the colon to Anus. Sometimes abnormal growths called polyps, form in the colon or rectum, and over time some polyps may turn into cancer. Screening tests can find polyps so they can be removed from turning into cancer.

Risk Factors for Colorectal Cancer:

- Old age
- Inflammatory bowel disease like Crohn's disease or ulcerative colitis
- Personal family history of colorectal cancer or colorectal polyp
- Genetic syndrome such as familial adenomatous polyposis or hereditary non-polyposis colorectal cancer
- Lifestyle factors:
 - Lack of regular physical activity
 - Diet low in fruits and vegetables
 - Obesity
 - Alcohol consumption
 - Tobacco use

What can I do to reduce my risk of Colorectal Cancer?

The most effective way to reduce your risk of colorectal cancer is by having **REGULAR COLORECTAL SCREENING** tests beginning at the age of 45 years.

What are the symptoms of Colon Cancer?

Colorectal polyps and colorectal cancer don't always cause symptoms that is why screening regularly for colorectal cancer is so important. If you have symptoms they may include:

- Change in bowel habits
- Blood in your stool (bowel movement)
- Diarrhea, constipation, or feeling that bowel does not empty all the way
- Abdominal pain/aches/cramps that don't go away
- Weight loss

Questions to ask your doctor:

- Do I need to get a screening test for colorectal cancer?
- What screening tests do you recommend for me and why?
- How do I prepare?
- Do I need to change my diet or my usual medication before taking the test?

Contact Dr. Divya Chauhan at UHeal Direct Primary Care if you have any questions at **314-208-2535** or visit **www.uhealdpc.com**.

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SPRING FEVER:

A Color Conversation

As we transition out of a long winter, many women like to revamp their look from less light and deeper tones to a brighter look. Stylists must take into account the toll these transitions can have on hair. Lightening or removing color from hair should be done gently and with professional guidance for the best results and minimal damage as a considerable amount of chemistry goes into every coloring process, especially blinding.

The term “blonding” refers to any color process that makes hair lighter. Foil highlights, balayage, all-over bleaching, and color removal are all examples. Blonding differs from a typical color retouch



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because bleach (professionally referred to as lightener) is far more volatile than color. Lightener, when mixed with the proper concentration of peroxide for the desired result, lifts color from the hair. When used on virgin hair (never been colored—100% natural) the results are typically predictable. However, when used on previously colored hair, it can easily process unevenly and leave “bands.” For example, if someone colored their hair six months ago and decided to bleach it blonde without mixing multiple formulas at proper time intervals to ensure even lifting, the six months of regrowth would become much lighter at a much faster rate through the ends with a high probability of damage and breakage. This is called “hot roots,” and they are quite undesirable. Reimagine the same head of hair, colored six months ago and now desiring a blonder look, but in the hands of a knowledgeable stylist. The stylist will consider the condition of the hair (whether it is too damaged to even be lightened or not) and create the necessary formulas to make both the virgin hair and the previously colored hair lift to the same level of lightness in a healthy manner. A wise and trustworthy stylist will always be honest about whether your hair goals are achievable or not and advise what is possible, so even if you cannot get your first choice, a healthy and appealing solution can be made.

Now that we understand how lightening works and the delicate process behind it, let’s talk about ways you can achieve a brighter look this spring! If you are new to coloring your hair and want to experiment with going subtly lighter, balayage is a wonderful option. Balayage is a highlighting technique using clay lightener



(gentler than average lightener) to hand paint sections of hair for a natural, sun-kissed look. Balayage will not typically bring you to a platinum (unless you are naturally light blonde), but it will add lots of dimension regardless of your natural color. This type of lightening service is most ideal for virgin hair or hair with not a lot of color already within it. Again, using the same formula

of lightener on a head of hair that has both uncolored and colored sections can lead to unpredictable results. Even though balayage is a lightening technique, social media shows us many beautiful inspirational photos categorized as balayage because of the results. If you’re dreaming of a blended balayage look but have previously colored hair, never fear; your stylist can create the same effect of diffused brightness with average, rather than clay, lightener and foils, depending upon your hair’s condition. This look is a fantastic option for those who would rather not have to retouch their roots every month or two since proper balayage grows out very naturally, looking almost like the sun has caused it.

Another popular hair goal is bright, extremely light, cool-toned blondes, which range from silver to platinum. A bit trickier to achieve as it requires hair to be lifted to almost white, but with the proper formulation and consultation to set up a plan of action, it can be done over the course of a few sessions. Also ideal for virgin hair, as there is no previous color to remove, so a translucent white tone is easier to reach over a shorter period. If your hair does have some color history already within it, a few sessions of gentle lightening should bring you to a bright blonde, if a full-fledged platinum is not possible because of your hair’s condition. All-over bright blonding services greatly differ from balayage services because they require a retouch far more often, every four-eight weeks is recommended depending on the client. If lightening your whole head is not for you, yet you still desire a look with a little more pop than a balayage, highlighting just your bang piece (sometimes referred to as the money piece) can be a fabulous way to experiment with adding light to your hair, and perhaps in the future adding highlights throughout the entire head.

Regardless of what your hair goals may be, your stylist can help you blaze a trail to get the color you want or close to it. If you do decide to take yourself lighter this spring, do your best to also take home all products recommended by your stylist. Aftercare, such as purple shampoo/conditioner (to maintain cool tone and wick away brass) and reconstructing products (to help keep hair strands strong healthy after being roughed up by lightener), are crucial to maintaining ideal tone and the health of your hair between visits.

The stylists at Nuovo Salon Spa are delighted to give you the results you desire while keeping your hair strong because healthy and beautiful hair go hand in hand! Call (636) 527-2566 to book your appointment today!



student life Sponsored each month by **Absolute College Consulting**

RYAN WALSH

Commits to Loyola University Chicago!

High School: Chaminade College Preparatory School Class of 2022

College Attending: Loyola University Chicago, in the Fall of 2022

Area of Study/Major: Business

Clubs/Organizations: Golf Team

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

Location of university, size, housing, class size, and school spirit.

What do you plan to major in?

I plan to major in some department of business and then maybe minor in broadcasting and journalism.

What are you looking forward to the most about college?

I am most looking forward to traveling across the country to compete against the best collegiate players in the world. I am also looking forward to exploring the great city of Chicago.

Do you plan on joining any clubs or a fraternity?

I do not plan on joining any clubs or fraternities as of right now because golf will be very busy.

What advice would you give to someone that is trying to get an athletic scholarship?

I would give the advice to reach out to coaches as early as possible. The recruiting process is very tough, and you must market yourself as best as you can. It is also important to keep coaches updated with your competitive schedule, training, stats, and any other improvements in your game.

What was the most difficult part of your recruitment process? Do you have any advice for another student about beginning this process?

I would say that the most difficult part of my recruitment process was getting the attention of coaches. Once you have them watching you compete, you can let your game do the talking. But I found that getting into contact and getting them to come to watch you play was the hardest part. I would tell someone who has just started the recruitment process to be very persistent with coaches. A lot of stuff will fall through their email, and sometimes you just have to keep reaching out.

Who did you look to for guidance about your college selection or recruitment?

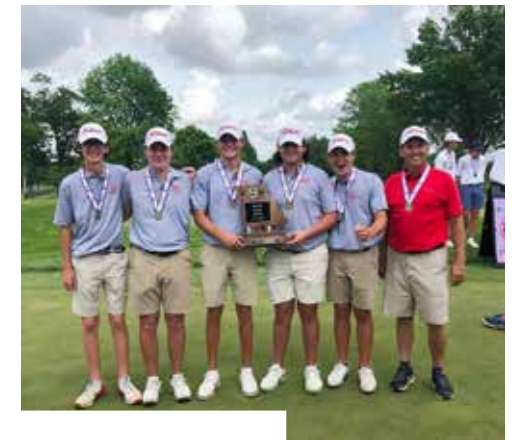
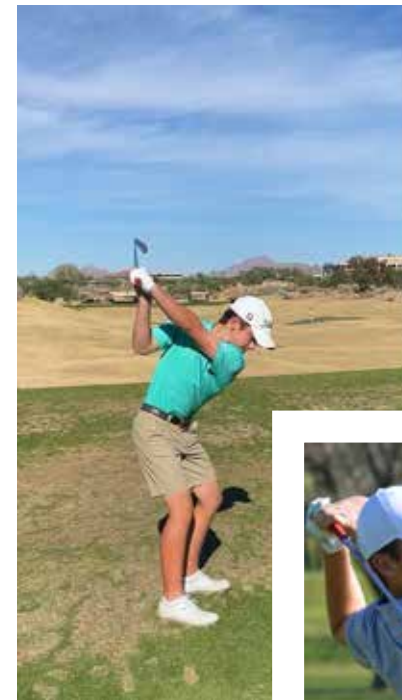
I looked to my brother, Zach Walsh, and a friend, Max Kreikmeier, for guidance. They were both three grades older than me, went through the same process, and are now playing college golf.

Is there anything you are doing now to prepare for college and playing golf at Loyola University Chicago?

I have not been doing anything in particular, but I have just been trying to stay focused on keeping good grades as my final semester of high school comes to an end.

Would you have done your application process differently?

I would not have done my application process differently as I did it very early and finished it within the first couple months of the senior year starting.



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Natalie Benoist

On the Road to the U.S. National Futsal Team!

Soccer has been Natalie's love for the past seven years! She was a natural at the sport from a very young age and has always played a year up for her age. In 2nd grade at Ascension Catholic School, she was introduced to futsal. For those who do not know what that is, futsal, in basic terms, is soccer played on a basketball court. The ball is weighted so that it does not bounce, and only 4 players are on the court plus a goalie. It is fast-paced and requires the player to use his or her skills quickly.

In January 2020, Natalie's futsal team won the Regional Championship. Because of that, she was invited along with three of her teammates to try out for the U.S. Youth National Futsal Team! It was such an exciting accomplishment... until the pandemic canceled the remainder of the futsal events for the year. Finally, in July 2021, Natalie traveled to Kansas City for the big try out with hundreds of girls and boys from all over the United States. Natalie and one of her teammates made the 2010 girls USA team, which meant they were going to compete in Madrid, Spain!

Fast forward to Christmas Day, Natalie and her family were off to Madrid for 10 days. She trained with her USA team, stayed in the players' only hotel and played games against four local Spanish club teams, including well-known Athletic de Madrid. Natalie's team won all four of their games to come in 1st place at the international tournament!

Natalie's proudest moments were scoring a goal and multiple assists, including the very first goal for Team USA! It was the experience of a lifetime. She met so many new friends that she continues to keep in touch with. Staying at a hotel without her family in a different country at the age of 10 was new, exciting, and a little nerve-wracking. Thank goodness she had two roommates that she became very close with! Natalie's team and all the families were also able to tour the city of Madrid and experience the culture! Beautiful lights were strung throughout all the streets for Christmas, and giant Christmas trees were in every square.

After the final game and farewell ceremony, Natalie and her family extended their trip to other cities in Europe. They traveled to Barcelona for some beach time. Then they visited family in San Martino, Italy. They took in all the amazing sites in Rome and finished the trip relaxing in Venice. The Benoist family made so many memories during their three weeks in Europe, and none of them will ever forget it!



Mom, Christina, and dad, John, with sister, Josephine, outside the U.S. Youth Futsal closing ceremony in Madrid.



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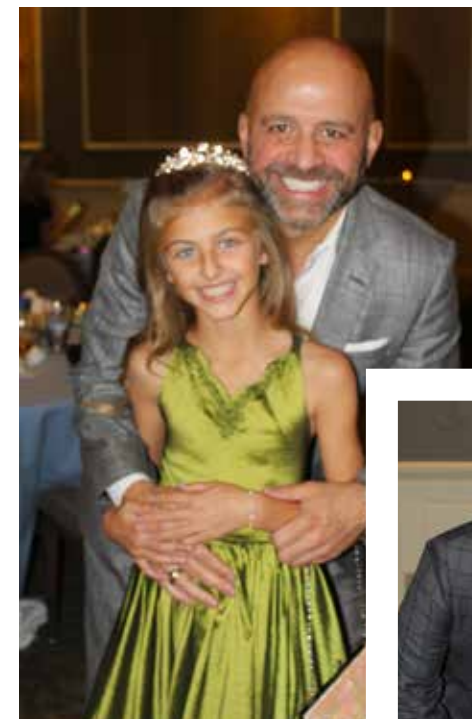
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Colin Meisinger enjoying the dance with daughter, Hannah



Arash Amini with daughter, Gemma



Dr. Emily Hecker

Founder of  **Enlighten**
FUNCTIONAL MEDICINE

Hi, I'm Dr. Emily! I'm a science-geek, mom of two elementary boys that keep me on my toes, and founder of Enlighten Functional Medicine. As a board-certified chiropractic physician practicing functional medicine, my patients seek me out specifically for strategic metabolic and nutrigenomic management of their complex cases and for weight loss.

While conventional medicine focuses more on diagnosis and prescription, my approach is much more holistic. By focusing on why your symptoms manifest the way they do, I seek to identify the root cause behind your chronic health issues so that we can craft a personalized plan just for you.

Fun fact: before I was a doc, I spent my days scanning the skies. I started with a love of storm chasing and the science of weather. I took to the skies as my passion for natural health care started when my aviation career resulted in prolonged hours of sitting, leading to chronic back pain in addition to a violent, unexpected reaction to the flu shot. This turning point propelled me into digging into the "why" behind achieving optimal health, not just accepting ordinary health.

More about me:

- I once was a meteorologist and a storm chaser
- My love for science continues now with functional medicine, supporting patients to improve health through day-to-day changes
- I've spent a lot of my life around airplanes and love to travel
- I really enjoy decorating (and rearranging my furniture on a whim!)
- '80s music is my jam
- I have two boys and two dogs that keep me on my toes— in the best way possible

Most importantly, I am deeply passionate about what I do. I feel like my work is a calling. It's an honor to partner with my patients. Whether you're locked in the mysteries of MCAS or mold-illness, frustrated by infertility or food sensitivities, overwhelmed by digestive or hormone issues, I'm here to support you on your next step to health and wellness.

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Hello Clarkson Valley Living Community,

My name is Nicole Graham, and I am a Realtor with RE/MAX Results, GREEN Certified and a member of the Luxury Home Guild. I want to help you by answering any questions you may have about anything real estate related: contractor referrals, designers, furniture, estate sales, financial advice, home warranties, mortgages, trusts, appraisals, and how it all correlates to ensure that your choice of home investments are the right ones for you and your family.

Before we start our journey, you probably would like to know a little bit about me and my family. I am single mother to three beautiful children and have three gorgeous grandchildren. Don't worry, you will get to see their pictures at some point. They are my heart and my joy, so never be shy about asking to see their pictures. This proud momma will happily show them to you.

Why would you want me to be your Realtor Concierge? Actually, I love the stories and the history of the homes and the people that live in them. I strive to find out each home's story and look for the most compelling way to tell it to real buyers. Real buyers want to anticipate viewing the home, the aroma of it, and experiencing it at the home's finest moment. This will create a powerful desire for them to live in it. The result? A sale.

An analyst and a historian at heart, my background is in corporate retail. Math is awesome and is the other component in selling a home. As a music buyer for a retail record chain (remember those?), a merchandising and training manager for companies such as The Limited, Famous Barr, Tommy Hilfiger, and Nygard, I have spent the better part of my life reviewing numbers. In real estate, this is done by reviewing the relevant properties which the buyer's lender's appraiser will most likely be reviewing to help establish an appraised value for your home.

I would never do you the disservice of taking price lightly. Correct pricing is too important. Your home is special and unique. I want to carefully review relevant property sales, evaluate other homes with which your house will be competing, analyze current market statistics, and then come back to you to discuss the recommended marketing price.

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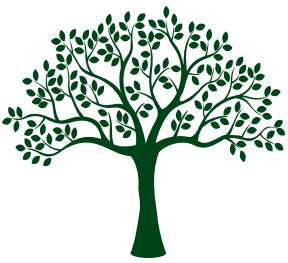


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