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Living

April 2022



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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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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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Nicole Graham

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Owner Ashley Nordman and her family!

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RENEWAL AND REVIEW



mayor's corner

By Clarkson Valley Mayor **Scott Douglass**

The sun is shining – let's be happy! April showers bring May flowers. Do you ever catch yourself saying, "It's that time of year"? We do develop expectations, don't we? Over the years, we do develop certain activities we associate with "times of the year." And spring is one of those times of the year. The landscape comes to life. Flowers are blooming, trees are budding, birds are singing – it's a time of renewal and, perhaps, a time to check our resources.

The renewal this year can take a number of directions – longer walks, a new pool, larger deck, room additions, just to mention a few domicile possibilities. So, I thought it was a good time to review City ordinances covering such activities. If you have made a decision for these changes or are reviewing options, the city wants to assist in making it happen. How? Why? One of the defined missions of your city is property value protection. City Ordinance, Chapter 405 Zoning Regulations covers the use of land. I won't quote this section; however, if you wish to check any following statements or read for more details, the ordinance is on our web page. The purpose of the ordinance is the preservation of the characteristics of our city, i.e., lot size (minimum 1-acre lots), building size, etc. Each lot has a designated area for a building (building lines). These lines are:



Clarkson Valley resident Joan Haven

1. Front yard – The front yard shall be a depth of not less than 75 feet.
2. Side yard – There shall be a side yard on each side of a building of not less than 25 feet.
3. Rear yard – There shall be a rear yard having a depth of not less than 50 feet.

Any structural additions are to adhere to these dimensions. Your contractor (most) is familiar with these types of requirements as most all cities do. The actual measurements will vary depending on the city/county. Our Building Commissioner will review and discuss your plans, approve them, and will set up an inspection time with your contractor. Should a problem with ordinance violation develop, the Building Commissioner will discuss alternatives to satisfy the problem. If the suggested adjustments are unsatisfactory, you may appeal. The basis of any appeal is your belief that building inside the ordinance building line will be a particular hardship on you/your family. Therefore, you are requesting a special relief from this ordinance. The appeal goes to our Board of Adjustment. This Board is comprised of citizens with no other affiliation with city government. Now that's probably more than you wanted to know. But if you got this far and you're still reading, here is the point: Ordinances are for your protection! If you believe there are ordinances (any) that are unnecessary or are not being administered fairly, let's talk. Call me at 636-394-8916. Remember, you, the citizen, need to be – and we want you to be – in charge. Happy Mother's Day!

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publisher's note

Hello Clarkson Valley Neighbors,

Starting with our July issue, this magazine will officially become *Stroll Clarkson Valley*. The look and feel of the magazine are getting an update, but everything else will stay the same. I will still be your publisher and we'll still share exclusive stories of neighborhood residents, pets, student-athletes, local businesses, and more.

I know you value calling Clarkson Valley home – a safe, beautiful neighborhood worthy of strolling. This publication has exclusively served homeowners in this community since its inception and that will continue to be the case as *Stroll Clarkson Valley*.

Change is not always easy, but I look forward to turning a new page in this magazine (pun intended) and providing you with an even higher quality monthly newsletter. It's a change I hope our residents and our local business partners alike will appreciate.

When your July issue hits mailboxes, I'd love for you to send me a selfie with the new cover at Bill.Tuttle@n2pub.com!

I hope you'll join me as we stroll into summer.



Best wishes,
Bill

P.S. Want a sneak peek of our new branding? Flip through this issue to find a teaser of what's to come.



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introducing **the Browns!**



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Augustus plays soccer and baseball, enjoys riding his bike, plays golf with his dad, and plays video games. Their youngest son, Schaeffer, loves playing hide and seek with his older brothers, playing outside, and spending time with his grandparents. The Brown family not only loves playing sports, but they are also big fans of the Blues, Cardinals, and Paris Saint-Germain.

The Browns very much favor the summertime. This is the time they can enjoy backyard get-togethers, pool days, and playing golf and other sports. During the summer, they enjoy some rest and relaxation at their favorite vacation spot – Watercolor, FL. Sam’s birthday is also during summer, as well as a special holiday – the 4th of July! The Browns take advantage of this special weekend to spend time with family and friends, playing golf, enjoying the pool, and watching fireworks.

Fun family story: Sam recently rescued an owl that was stuck in their soccer net and brought it to the Wild Bird Sanctuary. Way to go, Sam!



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.

family spotlight

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

Sam, Mackenzie, Sullivan (8), Augustus (6), and Schaeffer (3) make up this beautiful family! Sam is originally from Bel-Nor and is currently the Vice President of Engineering and Construction at Serverfarm. Mackenzie was born and raised in Chesterfield and is the owner of a jewelry company called Mackenzie Laine. Their two oldest children, Sullivan and Augustus, attend Ascension Catholic School.

The Brown family moved to Dunhill Farm in August 2020. They immediately began remodeling the main level and the master bedroom/bathroom. The renovation required them to live in their basement for four long months, with no kitchen and three kids! They love living in Clarkson Valley because it is central to everything that is important in their lives. They also love having

another Ascension family live behind them for the kids to play together and help with carpooling. During Christmas time, they enjoy driving through their neighborhood to look at the lights.

Sam and Mackenzie enjoy playing golf together and with friends at their favorite place, Meadowbrook Country Club. They are both very active in their community – Sam helps coach the boys’ sports teams, and Mackenzie volunteers at the boys’ school. You will occasionally see them out on a date night at a few of their favorite restaurants – Mulligans, Napoli 2, and Country Club Bar and Grill. However, the most frequent place they hang out is at the CVAC fields since their boys enjoy many sports. Sullivan loves playing soccer, baseball, and basketball; playing with friends; collecting baseball cards; and playing video games.



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sponsor spotlight



As the owner of Landscape Lighting Guys, I first got into the landscaping business back in 2008, right before the recession. I had been doing landscaping three years prior to starting my own business but I wanted more flexibility while I went to EMT/Paramedic school and was a volunteer at a local fire district. My ultimate goal was to pursue that career while having a little business for my off days.

Well, it didn't take long for me to realize I loved being an entrepreneur, and I wanted to continue to build something. Over the course of 10 years, I was able to build a successful company that I sold in 2018, so I could focus my attention on lighting! Professional landscape lighting was a service that we offered in our hardscape division and was always something I had a knack for and saw a ton of value in. I also felt like the market for outdoor LED lighting in Saint Louis needed a company that was more focused on it.

There are a number of companies that offer landscape lighting products as part of their services, but I'm happy to say that landscape lighting services are all we do now! Since 2018 I have continued to expand my knowledge and ideas with outdoor LED lighting, and I have a ton of fun with designing and installing projects for my customers. The look on their faces when the lights come on is irreplaceable.

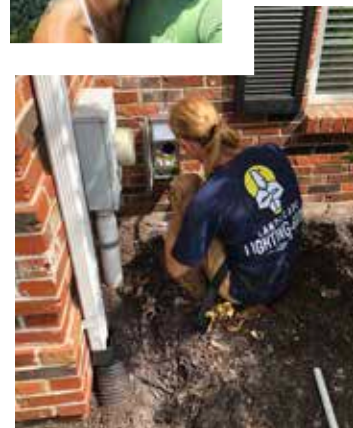
I have a beautiful family that I love to spend time with every possible second that I can. When I started this new venture in 2018, I told myself that I needed to give myself more time off to spend with family and friends. I feel like doing this has given me more motivation than I have ever had in life. It has also made me more focused, more productive, and allowed me to enjoy the little things.

Give me a call at **(314) 651-8052** for your free estimate. I look forward to hearing from you.

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his wife, Kelsey



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kids to kids

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Favorite Food: Watermelon
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Favorite Music: Country and Pop
Sports I Play: Field Hockey, soccer, swim team, basketball, golf, and tennis
Special Interests/Hobbies: Ballet and Hip Hop at Saint Louis Ballet. I love to dance in *The Nutcracker* every Christmas!
Favorite Vacation: Seaside, FL
Upcoming Challenge(s): The Disney Field Hockey Showcase with Gateway Field Hockey. I want to play great and win with my team!
Something Unique About Me: I started field hockey at age 3!
When I Grow Up I want to be: A veterinarian



We love seeing all these smiling faces and would love to feature your child in an upcoming issue! Please reach out to Ximena.Bolanos@n2pub.com with your kiddo's name, age, and subdivision. We can't wait to meet you!

WE ARE PROUD TO SPONSOR THIS MONTH'S LIVING SPACES FEATURE

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Kathryn Miller visiting MO State with her mom, Karen Evans

KATHRYN MILLER



Missouri State!

student life

Sponsored each month by **Absolute College Consulting**

I plan to major in Criminology. I have always been interested in psychology. I became interested in profiling after many episodes of the *Criminal Minds* TV series. I think that criminal profiling would be an interesting field to work in.

Cindy Zelinsky was a huge help in my college search. It is an overwhelming task. She gave my mom and me a lot of research tools for researching colleges beyond the surface. We talked about the financial aspect. Cindy guided us on how to ask questions regarding financial aid. She researched the Head of the criminology departments at the colleges I was interested in. Cindy has a lot of knowledge about different colleges, which helped us narrow down our search. She provided us with just the right questions to ask the Head of the criminology departments, which is how we were able to decide on the right college for me.

My advice to high school seniors starting the college search would be:

1. Start early (we learned from Cindy that applying early is crucial in regard to financial aid).
2. Research the tuition cost at each college, including housing, meals, and books.
3. The college that you think is the one doesn't always end up that way, and that is okay.
4. Visit as many colleges as you can.
5. Visit a variety of colleges.
6. You don't have to go to the same college as your friends.

When you are searching for a college, I would factor in the size of the college that would be most comfortable for you, the college campus surroundings (urban or rural), the feel of the campus, and

what you want on the campus. It is a good idea to research how the school ranks in the major you are interested in. The quality of education is very important (are all the classes taught by professors, or do teacher assistants teach some classes). Be aware of the feel you get when you walk onto the campus (are the student body and faculty open and friendly?). Ask family and friends if they know anyone that went to the colleges you are interested in to get more feedback.

I remember when my mom and I first met with Cindy, we were both overwhelmed. The college search is very daunting. Cindy simplified the process for us into steps instead of the whole picture. She has so much knowledge! We left our meeting feeling supported and had the tools we needed to get started. We knew we were able to reach out to Cindy as questions arose, and that was so comforting. One of the most eye-opening pieces of advice for me that day from Cindy was the financial aspect. She educated me on scholarships, financial aid, and loans. This was something my parents and I had not talked extensively about.

When I go away to college, I am looking forward to experiencing a new city, meeting new people, and being on my own.



Calling all high school and college students! Do you have a story to tell about your high school experience or college selection/experience? We'd love to hear about it! Email Ximena.Bolanos@n2pub.com.



Sister Lauren with mom Karen Evans and Kathryn

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Gandalf the Orange & Jon Snow



I am the bravest of all cats. I fear nothing. I wish my humans would let me go outside. I'd show those squirrels who is boss. They mock me all the time. There are also deer all over the place. I am sure I could take one down and feed my whole clan. I hunt all the time these mock animals that the small humans cuddle. My female human always exclaims what a mighty hunter I am. I enjoy these humans because they do recognize my superiority.

Got to go now. I had to barf on the carpet to get my human to walk away from the computer so I could write my story. My recommendation to all is to volunteer to be owned by a cat. Your life will have a lot of meaning, and we will treat and train you well!



Do you have a family pet we could feature? We want to meet them! Email Ximena.Bolanos@n2pub.com.



precious pets

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Hello. My name is Gandalf. Gandalf the Orange. That black-and-white goofy-looking creature is my brother, Jon Snow. Yes, my humans are nerds and should be petting me instead of reading all those books. I guess I still need to finish their training.

We let our human servants live in our house because they are good to lay on – so warm. They keep stealing our poop out of the litterbox, and they can be somewhat grabby and clingy, though. My brother loves that clinginess – me, not so much. When I need to be scratched and have my fur smoothed, I will yell at my human servants, and they will comply.

We have two smaller humans at the house. One of them is very loud, but I don't mind that. My brother, who is not as brave as I am, is terrified of the yelling and running about and will usually find one of our larger humans to protect him – he is, quintessentially, a scaredy-cat. He prefers long, quiet naps on our large female human, who is rather protective of him. I think that the little humans are better at this stage than the larva stage since they can pet me and feed me when I demand that.

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BRINGING FAMILIES AND HOMES TOGETHER

By Kehrs Mill Trails resident **Tania Interian**

dog bites

can be a costly liability for pet owners

Your dog is your responsibility. That means if it bites someone, you may incur damages. Even if you think your dog is friendly, you should understand the risks of dog bites and ways to help prevent them. Under the right circumstances, any dog might bite, regardless of breed. A majority of states hold pet owners liable if a dog causes injury. For example, if your dog scratches or trips someone, you may be held responsible for any injury or property damage the dog causes. This can be costly for pet owners. State Farm® alone paid \$157 million dollars for 3,185 dog bite and injury claims in 2020.

Here are a few measures that may help reduce the risk of a dog bite:

- Spay or neuter your pet. This procedure may help reduce your dog's aggressive behaviors. Consult with your veterinarian on the right time to spay or neuter your dog.
- Socialize early. Introduce your puppy to situations and people as early as possible. Early socialization makes for a more relaxed adult dog. But watch for signs of stress during socialization, as it's a leading cause of aggression.
- Hire a professional. If your dog displays aggressive behavior, a trainer may be able to curb the problem and help the animal overcome stressors.
- Know your dog's stressors so you can learn to avoid them. For example, if your dog growls at children, keep them and the dog separated. Understanding your dog's body language will let you know when they might be ready to be petted.
- Walk your dog regularly. This will keep your pet physically and mentally healthy and provide stimulation.
- Use the right leash or harness for dog walks. Even if your dog is perfectly well behaved without a leash, other dogs may react aggressively to an unleashed dog.
- Schedule regular vet visits. A sick or injured dog is more likely to bite.
- Always be alert. If someone approaches you, ask them to wait before petting the dog. This might allow your dog to get comfortable with the new person.
- If you see a dog who seems threatening, avoid eye contact, remain calm, and do not run (it will only encourage them to chase you). Instead, back away slowly.
- If a dog is eating, sleeping, or taking care of its puppies, leave them alone.
- Before you pet a dog, let them sniff you. If they seem amenable to more contact, scratch them under their chin instead of the top of their head.
- If you see a dog who is acting strange or appears to be a stray, call your local animal control.
- When playing, avoid touching your dog's mouth or head. Teach them a command like "No!" to stop aggressive play – and when they listen, give them a treat.

If your dog bites someone, follow these steps:

1. Control the dog and separate it from the victim.
2. Seek medical attention for the victim if necessary. Ask the doctor if a tetanus shot or antibiotics are needed, and make sure they know about underlying health conditions the victim has.
3. Exchange contact information with the victim.
4. Decide who will contact animal control and the police.
5. Provide the victim with proof of your dog's rabies vaccination.
6. Follow all protocols stipulated in the legal process, such as quarantining your dog and seeing a dog behaviorist.

Dog bites and insurance

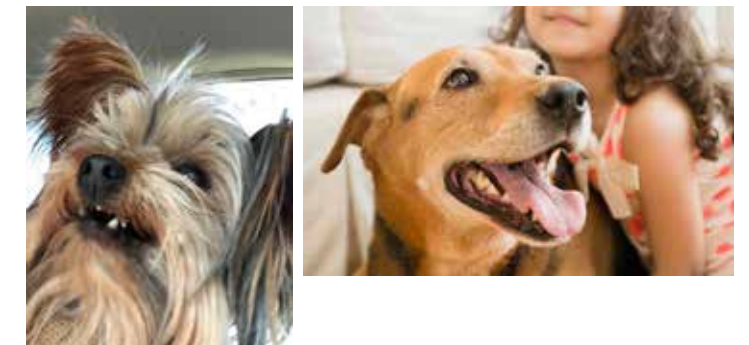
- State Farm® does not ask what breed of dog is owned when writing homeowner or renters' insurance. Just like humans, dogs are individuals. Every dog has a unique personality. While a dog's breed may dictate what the dog looks like, how a dog reacts to people or situations isn't guaranteed by breed or type. Most bites or serious injuries are a perfect storm of situation and circumstance. Responsible dog ownership and educating children and adults about how to safely interact with a dog will help reduce the chance of a dog bite or injury. Remember, under the right circumstances, any dog can bite.
- Insurance is an important aspect of being a responsible dog owner. When renting a property, make sure to have rental insurance because most landlords do not provide coverage should there be a dog bite incident.

If you are a homeowner or a tenant, please talk to your insurance agent about what is covered under a standard homeowners or renters policy related to dogs, as some companies may exclude dogs and/or certain dog breeds.

If you have any questions, always feel free to reach out to me. As a "Good Neighbor," I will be glad to answer any questions regarding insurance: Tania Interian, 314-822-5180.

April 10-16 is National Dog Bite Prevention Week, and State Farm® has an amazing resource – the *Fido! Friend or Foe?* child activity book – that helps children understand that most dogs will never bite but any dog CAN bite. Please feel free to call me or stop by to get you one for your kids.

And remember, your dog is an integral member of the family. Don't forget to insure them like family.





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health and wellness



By Kehrs Mill Estates resident **Dr. Ricardo Bolaños, MD**. A board-certified Obstetrician and Gynecologist.

Intermittent fasting is an old diet that has increased in popularity recently. It is a proven diet that works and may also benefit medical conditions such as arthritis, Alzheimer's, asthma, diabetes, and multiple sclerosis. With intermittent fasting, you eat during a specific time and fast for a certain number of hours each day. Probably the most common split is 16/8 – fasting 16 hours and eating healthy 8 hours. Other forms of the diet are available, but the important factor is that you must fast and make your body burn fat. The diet that you eat during those 8 hours is also important. You want to choose a diet that is high in lean protein and pick complex carbohydrates such as whole grains, leafy greens, and healthy fats. During fasting hours, water and zero-calorie beverages such as black coffee and teas are permitted, so take your gallon of water and cold brew to work. Don't give up too soon, either! You will see more health benefits the longer you stick with this diet. It can take up to two to four weeks before the body becomes accustomed to intermittent fasting and burning fat.

Common side effects are the obvious – hunger, irritability, headaches. Like most other diets, doing it with a friend or group increases your chances of success. If you have any complicated medical conditions, you should consult your physician before starting this diet. This diet may not be for everyone – those who have an exercise routine will enter fat-burning metabolism and starvation mode sooner than those who do not exercise. Also, as an OBGYN, it is advised that pregnancy is another group that should not begin a fat-burning, prolonged fasting diet. I would recommend this diet to those looking to find an alternative means to lose weight during cold, winter months when exercising outside in 0-degree weather doesn't look appealing.

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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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*Forest Hills Welcomes
New Club Manager*

LARRY MARX

Forest Hills Country Club is excited to announce that it has hired Larry Marx, a highly talented club manager, to take over as Interim GM. Larry is highly regarded in the industry, with close to 30 years of experience managing some of the top golf and country clubs in the nation, including Diablo Country Club and Bellerive Country Club. He currently acts exclusively as a professional Interim COO of private clubs and has consulted with numerous clubs across the country. Larry comes highly recommended and respected in the club world. We expect the Club will benefit from Larry's vast experience with all aspects of club operations, including food and beverage, golf and recreational activities, member retention and recruitment, financial reporting, and effective club governance.

Larry Marx has earned a reputation for instituting and maintaining best practices. Over his career, Larry has been known for his innovations in areas of new programming, IT, family and children's activities, historical branding, health care, renovations and new amenities, water conservation and recycling, and mentoring. "I am extremely excited about serving the Club as your Interim General Manager, and I look forward to the challenges in the months ahead. I have found this transitional period to be an enormous opportunity for change and to provide new and exciting input into the 'Club of the Future' for Forest Hills Country Club," said Larry Marx.

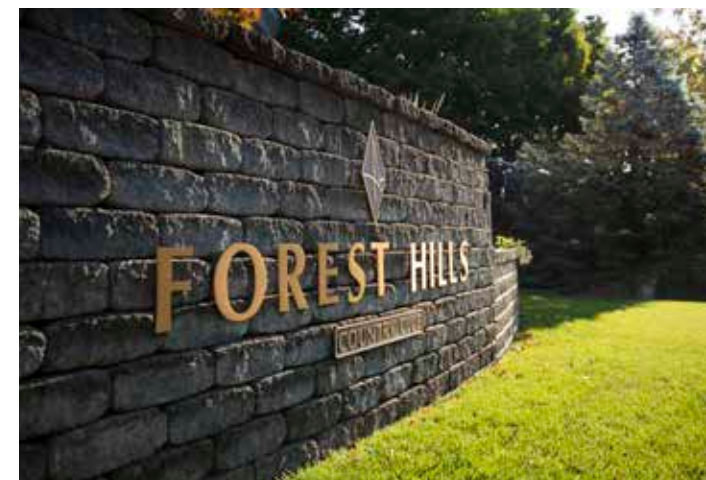
We anticipate that Larry will serve the Club for five to six months. During this time, he will be reviewing all the operational areas of the Club and will work closely with the Board of Directors and our management team to implement changes that elevate the member experience.

Approaching the end of his engagement, Larry will work with the Board to identify a permanent COO for the Club. Larry is excited to be back in Missouri as he lives in Augusta, MO, with his wife of 37 years, Lisa. Together they have five grown children and six grandchildren. Welcome, Larry!

Membership at Forest Hills Country Club is by invitation only.



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



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ZERO-BASED THINKING



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. Sponsored each month by **Cantor Injury Law**



resident business beat

Everyone wants to get the most out of life. We all feel, at times, like we're not doing enough, and we would like to be more effective. We live in a time when there are more tools than ever to make us more effective and expose us to more cool stuff and new ideas, and the opportunities to change our lives for the better are abundant. So why in the world are we not more satisfied? Even if you don't want "more," why aren't we doing a better job at just being a better us?

The answer lies in the fact that we have a very difficult time focusing on the "X factor" – the one thing that, if we could focus all our energy on, would bring about fantastic change for the better. Much like the way a magnifying glass focuses the sun's rays on a spot hot enough to set things on fire, we also can focus our efforts in such a way to set fire to that tinder that exists inside us just waiting to ignite the passion to drive results.

In my coaching practice, I use a concept called Zero-Based Thinking to help people gain that focus. Essentially you examine everything you are doing in life and ask yourself this question: "Knowing what I now know, if I was not now doing this, would I start it up again today?" If you put your life under such a microscope, I am certain you will find plenty of activities that you've taken on over the years that contribute very little towards achieving your real goals!

When you use Zero-Based Thinking and start to list those activities that don't really fit your long-term life goals, you can now replace those old activities with new ones and grow your personal, professional, faith, health, and financial lives. What should I stop doing? What should I start doing? What should I do more of? What should I do less of?

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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.

My goal is to do the best job for you by using my extensive experience, expertise, and marketing contacts combined with my aggressive marketing will be a powerful combination. Together we can implement a marketing plan designed to market your property effectively and find you A Better Place.

Peace.

Nicole

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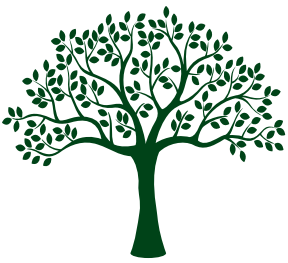
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