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May 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,

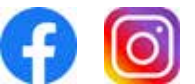
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Recent Ordinances Clarification



mayor's corner

By Clarkson Valley Mayor **Scott Douglass**

A guiding principle of your City Council in developing and then passing an ordinance is citizen's (you) desires (safety, current laws, etc.) without infringing on your personal freedom. There will always be situations where one or more of us will not agree with all the provisions of a given ordinance. That's the way it is living in a civilized country. The timing of any changes in our habits or changes in a plan (by the provider) before we can finalize our plan can be very disruptive. The following is a review of two ordinances recently passed by your City Council. If some of these are in your current or future, it will be helpful.

The solar panel ordinance follows the guidelines noted in the Internal Residential Code and covers roof and ground-mounted installations. The standard procedure, i.e., a city permit with the inspection cycle, is required. Some of the stipulations in the ordinance legislate anti-glare, height and screening requirements. For ground-mounted systems, there are specific screening requirements. The rules of the County fire codes and electrical codes are to be followed. Please note this ordinance does not regulate panel positioning on residential roofs.

Last year's questions concerning restrictions for 'wading' pools developed, i.e., placement on residential lots, safe water levels (not requiring a fence), etc. The Council passed an ordinance clarifying swimming pools and



wading pools. All swimming pools shall be constructed so that the pool is installed below the existing grade of the surrounding yard and shall otherwise be installed into the ground. Above-ground and on-ground swimming pools are prohibited. For above-ground enclosures, portable or non-portable, designed for the storage, containment, retention, collection, or circulation of water (wading pool) having a sidewall greater than fifteen (15) inches and/or a diameter greater than six (6) feet are prohibited. Therefore, any above ground man-made structures larger than the design above are prohibited.

If you have questions concerning these ordinances or any others, call me at **636-394-8916** or City Hall at **636-227-8607**. Let's enjoy this swimming, hopefully mask free!

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the LUCIANO FAMILY!

family spotlight

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Hello! We are the Luciano family. We have lived in the Kingspointe neighborhood since August 2021. We moved back to the area after spending 5 years in Orlando for Andy's job - a Director of Sales for a Logistics company. We are so happy to be back with family and friends in the Midwest and experience the seasons again!

Andy is from Cleveland but has been in the St. Louis area since attending SLU where he met Laura. Laura is from St. Louis and stays home with their three daughters - Olivia (9), Allie (7), and Samantha (3) and their puggle Luigi. Laura is from Florissant and they both lived in St. Charles and Wildwood before heading down to Orlando.

The girls attend Ascension Catholic school. Olivia is in 4th grade and enjoys choir, reading, Girl Scouts, and recently started ice skating lessons. Allie is in 2nd grade and keeps busy with dance, soccer, basketball, and Girl Scouts. Samantha is enjoying her first year of preschool at



The Little School and started dance and swim lessons this year. Olivia also attended The Little School before moving to Orlando so has enjoyed coming back to Ascension this past fall. They are all looking forward to swimming in their pool this summer!

busy making the new house a home. We are currently renovating the girls' bathrooms and are planning a kitchen renovation later this year. We are truly grateful to be back in this area by dear family and friends!

We love all things Disney and really took advantage of living 10 minutes from the parks while in Orlando. We are having some Disney withdrawals here so are planning a trip to check out Disneyland over spring break! In addition to Disney, some of our favorite vacation spots are the beaches in Florida - we love Longboat Key, Anna Maria Island, and 30a. As nice as it was living so close to the tourist spots in Florida, after a while the heat and crowds got to us so we knew it was time to head back to St. Louis. We are grateful that Andy is able to work from home remotely with occasional travel back to the Southeast region.

Our favorite part of being back in Clarkson Valley is that everyone is so kind and welcoming. When we get a chance, we love to eat out at The Shack, Corner Pub and Bar, or Annie Gunn's for a rare date night. Andy and Laura are



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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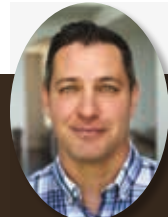
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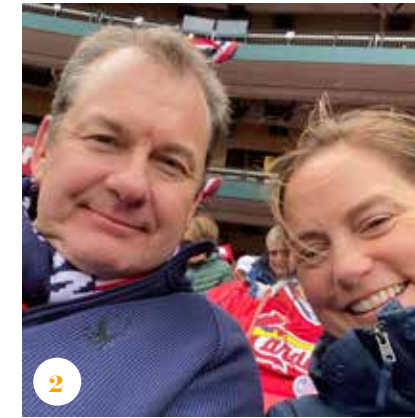
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1. To the best parents anyone could ask for, Roger & Debbie Mitchell of Forest Hills, we wish you a very Happy 43rd Anniversary in May! We wouldn't be who we are today without you! You've given us the world and words simply can't express how much you mean to us. Love — Jamie & Michael
2. Shout Out to Mike & Courtney Birkel of Forest Hills—Happy Opening Day! Go Cards!
3. Charlie Ries of Kehrs Mill Estates turns 16 on May 27th. Happy Birthday, Charlie!

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



Adalyn, Ani & Isla Blanner of Forest Hills at Big Cedar Lodge in Branson, MO!



Owen & Elise Godfrey of Forest Hills at Crested Butte, CO!



Riley & Reese Griggs of Kehrs Mill Estates at Great Wolf Lodge!



The Ries Family of Kehrs Mill Estates



Kennedi & Jamie Parks of Forest Hills skiing in Vail, CO!



Natalie & Josephine Benoist of Clarkson Mill at Delray Beach, FL



Zachary, Dr. Harvey E. Cantor (85 Yrs Young!) & Mark of Dunhill Farm at their family place in Breckenridge, CO!



The Welsches in Longboat Key, FL—Son-in-law Matt Finch, Daughter Wendy Welsh Finch with Carol & Butch Welsh!



Nolan & Addie Barks of Kehrs Mill Estates visited KC, MO!



The Bolaños Family at Duck Key, FL



Natalie & Greg Hartwig with Lillian Ott of Clarkson Farm at the Grand Canyon!



The Vinyards of Pleasant Valley Forest on Pine Island, FL!

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living spaces

From Forest Hills resident **Julie Blanner** at julieblanner.com
Sponsored each month by the **Janice Freeman Team**

5 Must-Have Lighting Design Tips

The simple secrets to lighting design that will make your home feel warm, soft, and intimate.

While natural light is my favorite, it's highly dependent on the time of day, time of year, and of course, the weather. That's why it's important to integrate lighting in your home. To add light to a room and set the mood.

These are the secrets designers and decorators use in their lighting design. It's one of the key elements that make a room feel special and now you can do it, too!

1. Layer Your Lighting

- **Overhead Lighting** – This not only adds a lot of ambiance, but it eliminates harsh shadows, creating a soft, favorable light. If you want a bright room, add overhead lights (like can lights) first. Use them sparingly, you don't want your ceiling to look like Swiss cheese. This also includes chandeliers. You can even use a combination of the two. Then, layer in task lighting and accent lighting.
- **Task Lighting** – targeted for a specific area (i.e., over an island or a desk, under cabinets, a lamp on an end table). This is most often table lamps and floor lamps, but also includes island pendants lights or Brass Lantern Island Lights.
- **Accent Lighting** – draws attention to an area (i.e., over artwork). Sconces are the most frequently used type of accent lighting.

A blend of these three will make your home feel warm, soft, and intimate.

2. Scale

Scale is a really important element of lighting design. If it's too small, it will feel insignificant, too large, and suddenly your room will feel too small. A general rule of thumb is:

1. Length and width of the room i.e., 12 x 12'
2. Add the two lengths together i.e., 24'
3. Exchange feet for inches i.e., 24" would be an ideal diameter for a fixture



Over a tabletop, the rule of thumb is about half to three-quarters the diameter of the table.

- If a table is 48 x 60" a 24 - 36" diameter would be ideal.

3. Symmetrical or Asymmetrical

It's your choice! This is completely a matter of preference. I tend to prefer asymmetrical. A lamp to the left of a chest of drawers or side table, mixing a floor lamp on one side and a table lamp on another side.

4. Mix and Match

Lighting design is a great way to express yourself in your home. It sets the tone for all that follows. Don't be afraid to add color and texture. In fact, that's what makes a room so interesting! Lighting is a great way to make a room stand out. For example, we used brass throughout the open floor plan of our lake cottage and integrated a woven fixture in the kitchen for texture. You can also choose lighting from

“

When planning your lighting design, think not only about the fixture, but what it does to/for the space.”



the same collection and use a linear over a dining table with matching pendants over an island. This way they don't compete with one another and offer a little variety. This is the perfect way to add in color and pattern as well!

5. Consider What the Light Will Do for the Space

When planning your lighting design, think not only about the fixture, but what it does to/for the space. The perfect example is this pulley light we had in our former kitchen refresh. It looked great, but when you turned it on, it shielded the top half of the room from light and really projected in the lower portion of the kitchen. Since, I have been a lot more thoughtful with my lighting choices.

Go to julieblanner.com to browse hundreds of home design ideas, simple, delicious recipes, and effortless entertaining ideas!



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By Kehrs Mill Estates resident **Dr. Ricardo Bolaños, MD.**
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Many patients receive their credible healthcare information from their provider, but for many, due to the COVID pandemic office visits were put on hold. Most practices went into "urgent-only" basis; some preventative visits were postponed or transitioned to a timed Telehealth visit. Here are some updates on Women's Health that may be news for a few people.

- 1. Pap Test** - If you have a negative pap test history, screening is now every 5 years if you are older than 30; every 3 years starting at 21 until 29 years old. We are now screening the cells (cytology) and looking for high-risk human papilloma virus (HPV). If both are negative, screening is every 5 years until you reach 65.
- 2. Mammogram** - Screening can be started at 40 or 50 years old - the difference comes from the different health organizations. American College of Obstetricians and Gynecologists (ACOG) recommends starting at 40, and the US Preventive Task Force (USPTF) recommends starting at 50. Screening should be done every 1-2 years until 75 years old. Clinical exams are also optional starting at 25 years and should be offered every 1-3 years. Important to recognize that 50% of atypical lumps are detected by the patient - performing self - examinations is still recommended.
- 3. Routine Exams** - Great news! This was usually done annually, and now is a shared decision with patient and provider. If you do not have any symptoms, you can decline the optional exam. If you are having pain, the provider will usually order an ultrasound, which is much more accurate at locating a potential problem.
- 4. Lastly, COVID Vaccine** - It's been proven safe in any trimester during pregnancy. Worse outcomes are more likely to happen if you contract COVID during pregnancy and you are unvaccinated. ACOG recommends that all eligible persons greater than age 5 years, **including expecting women**, receive a COVID-19 vaccine or vaccine series. When counseling my patients, I simply explain that getting the vaccine is identical to wearing a seat belt.

The important thing to remember is to not fear visiting your OBGYN - the top 2 reasons have changed; pap tests are no longer annual, and exams are now optional if you are asymptomatic. The annual visit can also be a time to discuss



feminine and mental health conditions. The amount of psychological stress we all endured in these last two years remains unique and as variable as contracting COVID. Your OBGYN can be your first step to beginning the new year with a healthier perspective.

Call the Family Care Health Center at **(314) 531-5444** or visit www.familycarehealthcenters.org for more information.



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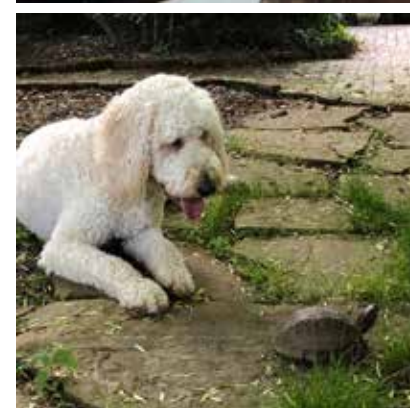
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APEXNETWORK PHYSICAL THERAPY

fun-loving chloe



Chloe's humans, Dr. Jeramey & Mrs. Carolyn Stewart of Forest Hills!



Hello neighbors! My name is Chloe, and I moved into the neighborhood in October of 2019. Mom says I am halfway through the terrible twos now, but she's only joking because I'm so sweet and very easy to get along with. I know this because people are always telling me so and giving me special snacks and toys to prove it! Grandma says I am so spoiled, she wants to come back in her next life as me!

My favorite snacks are dental chews, I wake up early every morning to get one so I can keep my pretty teeth and smile. After that, I usually go outside where there's a lot to do - chew sticks, chase squirrels and chipmunks, play with turtles, and race the cars going by. Most days, I see my friends (Luna, Millie, Scarlet, Other Millie, Stella, Oscar, and Cooper) outside too and we take turns playing in their yards or mine. Sometimes we get to play for hours, and it almost wears me out!

My favorite game to play is hide and seek. I hide in other rooms, behind tables, chairs,

trees, and bushes. But I'm so sneaky that sometimes I hide out in the wide open and no one can see me. I have a special hiding spot outside, that's where I go when mom calls me to come in - she loves it.

Other than the occasional vet or grooming appointments, which I can't stand, I'd say life is pretty good! I go on lots of walks, confiscate shoes, rough house with Dad, make little harmless messes around the house to keep mom busy, and get lots and lots of love. Well, it was nice meeting you all, hope to see you around the neighborhood!



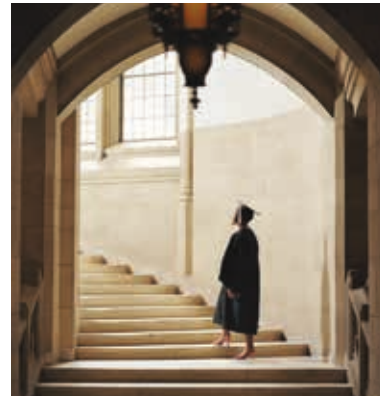
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financial fitness

By Shauna Osborne

FINANCIAL TIPS FOR NEW COLLEGE GRADS



Ah, spring is here! The birds are singing, the sun is shining, the flowers are blooming ... and your whole life is stretching out before you – congratulations! As a new college grad, you may now be launching into your career with your first serious job, bringing with it your first real paychecks, and, while exciting, deciding what to do with your money can be overwhelming. But no worries, you have the greatest financial advantage of all on your side: **time**. Embrace the following suggestions for new college graduates to get your new fiscal life off on the right foot!

MAKE A BUDGET

Establishing a reliable budget is a crucial first step, once you've acclimated to your new salary and lifestyle. Once you have

determined precisely where your money is going, you can confidently manage your expenditures, knowing what you can afford and when. For new grads, the 50/30/20 rule is appropriate: allocate 50% to needs like rent, utilities, transportation, groceries, and minimum loan payments; 30% to splurges, like trips and tickets; and 20% to savings, contributions to your 401(k) and an emergency fund. Overall, always *aim to spend less than you make!*

START SAVING FOR RETIREMENT

Contribute as much as you can to your retirement fund now, before significant expenses such as buying a house and raising children come into play. Indeed, make sure you reach your employer match if you have one (typically 3-6%) since it's free money.

BUILD YOUR CREDIT

Good credit is the key that unlocks many doors to financial success. A high credit score will help you get the best rates on loans, insurance, and a mortgage, and many employers and landlords also check credit scores when making employment/tenancy decisions for due diligence. Now is the time to begin building your credit. Start by reviewing your credit report on a free, helpful website such as Credit Karma, both to see where you stand and to access their personalized suggestions for building your credit. In terms of debt, tackle all high-interest balances first.

ESTABLISH AN EMERGENCY FUND

Set aside an emergency fund of three-six months' worth of living expenses. While you may never need it, having this cushion in place just in case you become injured/ill or lose your job is great for peace of mind. Also, putting those funds into a money market mutual fund or a high-yield savings account will make your money work for you.

Some final words of advice: Amid all these responsible behaviors, don't forget to **have fun!** Put aside a portion of your money each month to save/invest (20% or so), and then spend some guilt-free on adventures – eat delicious food, go to that concert, take that trip you've wanted to take. Now's your chance!

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neighborhood event

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A huge thank you to Maryville University Ice Rink for hosting and Forest Hills resident and preferred community partner Jeff Lottmann at Dielmann Sotheby's International Realty for sponsoring an amazing event!

Maryville University Ice Rink
18383 Chesterfield Airport Rd.
Chesterfield, MO 63005
(636) 735-8501
maryvilleuhc.com

Residents from Clarkson Valley gathered at the Maryville University Hockey Center in the Chesterfield Valley to enjoy a couple of hours of ice skating and socializing with their neighbors! The Maryville University Hockey Center is a state-of-the-art ice and multi-sport facility. The 84,000 square-foot facility features two NHL-sized rinks, seating for approximately 2,000 spectators, a 2nd floor enclosed viewing platform, team meeting rooms, and locker rooms. They have multiple programs from Learn to Skate, Learn to Play, Private Lessons, many levels of youth hockey programs, and even adult leagues!

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We'd also like to thank our advertising partners who brought great samples and fabulous door prizes:

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Here's what some of our neighbors said about the event!

Great facility and wonderful opportunity to socialize with neighbors and other residents from Clarkson Valley! — Alexandre Schulze, Kehrs Mill Estates

This was such a fun way to spend time with both neighbors and family! — Julie Franklin, Pleasant Valley Forest

Super friendly staff, well-organized event! — Jamie Cassani, Forest Hills

The rink is really nice and the staff were great and polite. — Katie Godfrey, Forest Hills

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Matt Neal of Ballwin Tree Service with their door prize winner Katie Godfrey of Forest Hills

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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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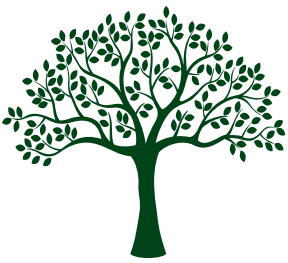
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