

# STROLL

Clarkson Valley

SAY HELLO TO  
THE HANAKS!



ANGIE WYNNE  
PHOTOGRAPHY

DELIVERING NEIGHBORHOOD CONNECTIONS



# Bringing People & Properties Together.

LUXURY SERVICE NO MATTER THE PRICE POINT



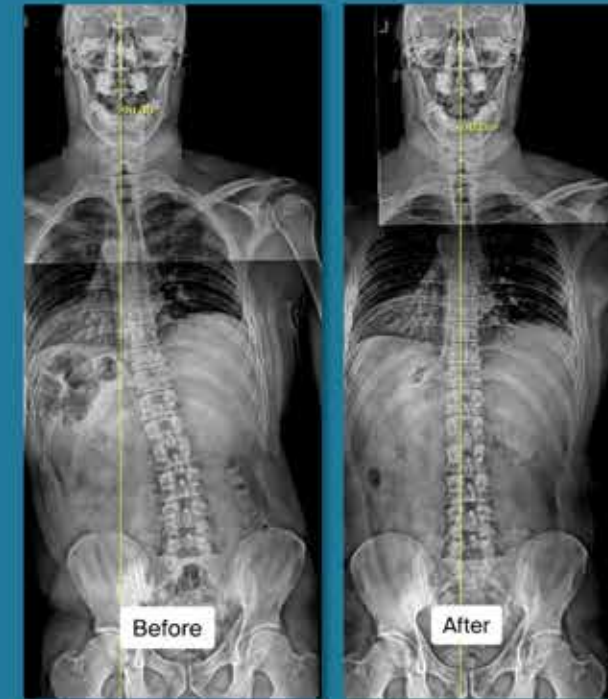
**Jeff Lottmann**

HALL OF FAME REALTOR  
TOP AGENT AND LONG TIME RESIDENT IN CLARKSON VALLEY

c: 314.406.8911 | e: jeff.lottmann@dielmannsir.com  
jefflottmann.com | sothebysrealty.com | o. 314.725.0009

We care for a lot of expectant mothers, infants & children, but it's usually the **Dads** that come in **Kicking & Screaming...**

*(We can help them feel better, too!)*



We practice the **Gonstead Method**, a very specific approach that starts with neurological testing and x-rays to see exactly what is going on and where. From these results, we put together a care plan to help you get the correction you need. After that, most patients continue into wellness care with us to maintain their correction.



*"Excelsior helped me get my life back, now I can play with my kids pain free!" —Tyler*



Call (636) 345-4816 or visit [excelsiorchiro.com](http://excelsiorchiro.com) to book your virtual consultation today!  
17684 Chesterfield Airport Rd. Chesterfield, MO 63005

**EXCELSIOR**  
FAMILY CHIROPRACTIC

*At Excelsior we stand for a world where every family can be supported and empowered in their pursuit of their God-given potential to be healthy!*



# Stroll Clarkson Valley SOCIAL COMMITTEE



Meet your *Stroll Clarkson Valley* team! We'd like to thank all of our writers for their valuable contributions to the magazine.



**Bill Tuttle**  
Owner, Marketing  
Director, and Publisher  
Bill.Tuttle@n2co.com  
(636) 579-0698



**Ximena Bolaños**  
Contributing Writer and  
Content Coordinator  
Ximena.Bolanos@n2co.com  
(610) 762-3353



**Jill Gray**  
Photographer  
Higher Focus Photography  
Jill@higherfocus.net  
(314) 623-1587



**Anna Bohlmann**  
Resident Wariter  
Resident of Westhampton  
annaisabella2@gmail.com

### We'd love to hear from you!

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better and make *Stroll Clarkson Valley* 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 *Stroll Clarkson Valley*?

We are always looking for community members who would like to take an active role in writing stories for *Stroll Clarkson Valley*. We currently have openings for resident article contributors and junior writers – kids who want to get involved, gain valuable experience, and/or build their resumes and portfolios! If you or someone you know might be interested, please email **Bill.Tuttle@strollmag.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@strollmag.com** to be added to our event invitations and contact list.



Follow us on Facebook and Instagram:  
[www.facebook.com/strollclarksonvalley](https://www.facebook.com/strollclarksonvalley)  
[www.instagram.com/strollclarksonvalley](https://www.instagram.com/strollclarksonvalley)



**strollmag.com**  
Delivering Neighborhood Connections  
© 2022 The N2 Company, Inc.



DISCLAIMER: This publication is also known as Clarkson Valley Living, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.



# PERMA JACK® OF ST. LOUIS

The St. Louis area's most trusted  
foundation repair & basement waterproofing  
company for nearly 50 years!



**BASEMENT WATERPROOFING**



**FOUNDATION REPAIR**



**BOWED WALL REPAIR**

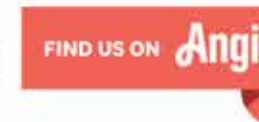


**WALL CRACK REPAIR**

Schedule a Free Inspection & Estimate Today:

**636-225-2553**

[www.permajackofstlouis.com](http://www.permajackofstlouis.com)



Follow us at @permajackstl







# SPONSOR INDEX

This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses who make this magazine possible. Please support them in return and thank them if you get the chance!

### #ADVERTISING

**Clarkson Valley Living**  
**Bill Tuttle**  
(636) 579-0698

### ALL NATURAL HUMAN GRADE DOG FOOD

**Doggy Fresh**  
(314) 528-6241  
doggy-fresh.com

### BANKING

**Paramount Bank**  
(314) 608-8620  
paramountbank.com

### BASEMENT WATERPROOFING & BASEMENT REPAIR

**Quacker's Waterproofing & Basement Repair**  
(636) 281-3735  
quackerswaterproofing.com

### CHIROPRACTIC CARE

**Excelsior Family Chiropractic**  
(636) 345-4816  
excelsiorchiro.com

### CLEAN LIVING PERSONAL CARE PRODUCTS

**Exactly Zero Personal Care Products**  
(636) 692-1426  
exactlyzero.com

### COLLEGE CONSULTANT

**Absolute College Consulting**  
(636) 346-5313  
absolutecollegeconsulting.com

### CUSTOM DECKS/ROOFING/GENERAL

**CONTRACTING**  
**Covenant Contracting**  
(314) 282-1991  
covenantcontractingstl.com

### DECKS & PATIOS

**The Wall Guys Construction**  
(314) 680-5141  
thewallguysconstruction.com

### DENTISTRY

**Mark Hesker, D.D.S., P.C.**  
(314) 569-3337  
heskerdental.com

### ELECTRICAL

**Accurate Electric**  
(636) 225-1020  
accurateelectricstl.com

### FINANCIAL ADVISOR

**Edward Jones - Kris Caldwell**  
(636) 537-0376  
edwardjones.com/kris-caldwell

### FITNESS

**Burn Boot Camp**  
burnbootcamp.com

### CycleBar Chesterfield

(636) 778-3880  
cyclebar.com/location/chesterfield

### Row House Chesterfield

(314) 391-2136  
therowhouse.com/location/chesterfield

### StretchLab

(314) 789-8777  
stretchlab.com

### FLOOR INSTALLATION/ SANDING/REFINISHING

**Floors Done Right**  
(314) 657-8686  
floorsdonerightrefinishing.com

### FOUNDATION REPAIR & WATER PROOFING

**Perma Jack of St. Louis**  
(636) 225-2553  
permajackofstlouis.com

### GENERAL CONTRACTOR

**King Homes**  
(314) 520-7271  
kinghomesonline.com

### GUTTERS/GUARDS/CLEANING

**The Brothers That Just Do Gutters**  
(314) 804-5711  
brothersgutters.com/st-louis-mo

### HARDSCAPE & LANDSCAPE

**Suburbia Hardscape & Landscape**  
(636) 220-4911  
suburbiaestl.com

### HEATING & COOLING

**Welsch Heating & Cooling**  
(314) 872-8070  
welsch-heatcool.com

### HOLIDAY LIGHTING & DÉCOR

**Santa's Elves Holiday Lighting & Decor**  
(314) 899-9997  
santaselvesstl.com

### HOME REMODELING

**Hackett Home Remodeling**  
(314) 540-6311  
hacketthomeremodeling.com

### INSURANCE AGENT

**Tania Interian - State Farm Agent**  
(314) 822-5180  
gowithtania.com

### KITCHEN & BATH DESIGN

**The Style House**  
(636) 220-3007  
thestylehousestl.com

### KITCHEN REMODELING

**Premium Cabinets**  
(314) 499-8800  
PremiumCabinets.com

### LANDSCAPE LIGHTING

**Landscape Lighting Guys**  
(314) 899-9997  
llguys.com

### LANDSCAPE MANAGEMENT

**Moodys Mowing LLC**  
(314) 643-5577  
moodysmowing.com

### LANDSCAPING

**Big Bend Landscaping**  
(636) 349-2946  
bigbendlandscaping.com

### MOSQUITO, FLEA & TICK CONTROL

**Mosquito Joe**  
(314) 492-2309  
mosquitojoe.com

### MOVING & PORTABLE STORAGE

**UNITS of St. Louis**  
(314) 934-8648  
UnitsSTL.com

### OPTOMETRIST

**Performance Eyecare**  
(636) 249-2885  
performanceeyecare.com

### PAINTING

**Darkside of the Room Painting**  
(636) 466-0015  
facebook.com/darksideoftheroomllc

### PAINTING & WALLCOVERING

**Weaver's Wallpapering Company**  
(314) 616-0487  
@stl\_wallpaper\_paint

### PEDIATRIC CARE

**Allies 4 Health**  
(314) 472-8333  
allies4health.com

### PHOTOGRAPHY

**Higher Focus Photography**  
(314) 623-1587  
higherfocus.net



**Floors Done Right**  
— We Aim to Please —

**More Than 16 Years Experience!**

New Flooring Installation  
Screen & Re-Coating of Existing Floors  
Sanding & Refinishing Existing Hardwood & Parquet Floors

Call **314-657-8686** today! | [floorsdonerightrefinishing.com](http://floorsdonerightrefinishing.com)

Clean products with no harmful chemicals, additives, microplastics or preservatives.  
(...microplastics..? What the heck?!)

If you care what you put on the bodies of your family, visit [exactlyzero.com](http://exactlyzero.com) to order our products today!

**~ Exactly Zero ~**



# DO I CALL? WHO DO I CALL?



By Clarkson Valley  
Mayor Scott Douglass

There's a situation – my neighbor leaves their trash can at the curb for days after pickup day. Not a life-threatening case, but there must be a law (or something) against it. Not a big deal, but? The city does have an ordinance – it's a violation. Let's set the stage to go further in our discussion.

History tells us for people to live in a peaceful, harmonious community a set of rules (laws) is necessary. In the good ol' U.S. of A., we start with our constitution, establishing rule of law – not rule by law as is the case in Dictatorships (communism). So, the rules we chose to live by at the various levels of government, federal, state, and city, are legislated into law. What does this have to do with this article's title?

Just a reminder that city ordinances (including ours) are in place based on the citizen's (you) desired everyday living condition in the community. So, what happens when you observe what appears to be an ordinance violation? If it's a close neighbor problem and you feel comfortable talking to your neighbor, great! Do so! It's always the

best thing to do. If this is not an option and the situation cannot be resolved, call City Hall or email. We will investigate and determine the appropriate action. Obviously, if the situation involves safety or violence, call 911.

**Police** – Obviously, call 911 for any emergency situation; other calls to police should include activity in progress or just happened, i.e., strange cars roaming or parked on your street or in your neighborhood. Many of you are doing so – good! Other reported disruptions in the neighborhood are noise, congested streets, etc. The police are always available and appreciate your assistance in all these matters. Anytime you are in communication with the police, and it was exceptionally good or poorly handled, please let me know. As we have enjoyed excellent police protection, let's have it continue.

**City Hall** – Back to contacting City Hall. What about the specific case we started with, where your neighbor is leaving their trash cart out at the curb for days after pickup? And then leaving it out in the open after removing it from the curb. Or, what about some other violation, i.e., loud music into the late night? As we discussed earlier, if you



choose not to talk to your neighbor about it, but you think their actions are wrong, and they are in this case, call City Hall or email – be prepared to clearly explain the situation. We will investigate and determine what action, if any, is appropriate. You do not have to be identified.

City Hall Phone: (636) 227-8607

City Hall Email: cvcityhall@att.net

Mayor Scott Douglass: (636) 394-8916



Clarkson Valley  
Recycling Results  
July Recycling Tonnage:  
23.22 Tons

**PROPERTY MANAGEMENT**  
Property Management Inc. STL Metro  
(314) 719-9869  
pmistlmetro.com.com

**REAL ESTATE AGENT**  
Chrissy Wagner Red Key Realty Leaders  
(314) 412-9938  
realestatebychrissywagner.com

**Janice Freeman Team**  
(314) 753-7852  
janicefreeman.com

**Jeff Lottmann - Dielmann Sotheby's Intl Realty**  
(314) 406-8911  
jefflottmann.com

**The Barr Tradition**  
(636) 394-9300  
thebarrtradition.com

**ROOFING & SIDING**  
Advocate Construction  
(314) 266-6811  
advocateconstruction.com

**ROOFING/SIDING/GUTTERS/TUCKPOINTING**  
Allen Roofing & Siding  
(636) 391-1117  
aeroofing.net

**SALON**  
LookAfter Hair Company  
(636) 537-3096  
lookafterhairco.com

**SALON & SPA**  
Nuovo Salon Spa  
(636) 527-2566  
nuovosalonspa.com

**SENIOR CARE**  
Assistance Home Care  
(636) 200-2909  
assistancehomecare.com

**SIGNS**  
The DeSIGNery  
(314) 647-1700  
designery.com

**SKIN CARE & BEAUTY**  
A|N Skin & Beauty  
(636) 385-6203  
anskinbeauty.com

**SOFTWASH/EXTERIOR CLEANING/**  
**POWER WASHING**  
H2O Power Washing  
(636) 448-8680  
h2opowerwashingstl.com

**TREE SERVICE**  
Ballwin Tree Service  
(314) 799-1461  
ballwintreeservice.com

**Gills Tree Service**  
John Gills  
(636) 274-1378

**WINDOW & GUTTER CLEANING/POWER**  
**WASHING**  
Doubet Window Cleaning  
(314) 590-3370  
doubetwindowcleaning.com

**STRETCH LAB**  
**NEW MEMBER**  
**\$50 OFF FIRST MONTH**

*Come experience all the amazing benefits from being stretched by a highly trained professional! Right now, when you join before the end of the month, we'll give you \$50 OFF your first month!*

Call (314) 789-8777 to meet our team and get started today or visit [stretchlab.com](http://stretchlab.com) to book online.  
161 Lamp & Lantern Village, Town & Country, MO 63017

**MOSQUITO JOE**  
a neighborly company

**Your itch and scratch have met their match.**

**MOSQUITO, TICK AND FLEA CONTROL**

|                             |                             |
|-----------------------------|-----------------------------|
| <b>\$49</b> FIRST TREATMENT | <b>\$59</b> FIRST TREATMENT |
| UP TO 1/2 ACRE.             | UP TO 1 ACRE.               |

New customers only. Cannot be combined with other offers. Excludes special events.

**314-492-2309**  
[greaterstlcountymosquitojoe.com](http://greaterstlcountymosquitojoe.com)



you're invited

## Like to Socialize with Your Neighbors?

How about at Forest Hills Country Club "on the house"? RSVP today!



Riley Holtz

You're invited to our next Clarkson Valley Neighbors' Night Out with live entertainment featuring Riley Holtz! A fun, social night out with your neighbors — meet more people and make new friends in the community! A few of our magazine sponsors will be there as well, giving you an opportunity to mingle with area business owners.

Forest Hills will provide appetizers and your first adult beverage on the house! A cash bar will be set up for additional adult beverages. Near the end of the evening,

we will "review" the experience. Some of the photos and comments will be printed in an upcoming edition of *Stroll Clarkson Valley*!

**Where:** Forest Hills Country Club, 36 Forest Club Dr., Chesterfield

**When:** Wednesday, Sept. 28, from 6-8:30 p.m.

**How:** Please RSVP to Bill.Tuttle@n2pub.com.

Space is limited, so send your RSVP ASAP. See you there!

(We ask that you contribute gratuity for our servers.)



FOREST HILLS  
COUNTRY CLUB

Sponsored by:



Dielmann | Sotheby's



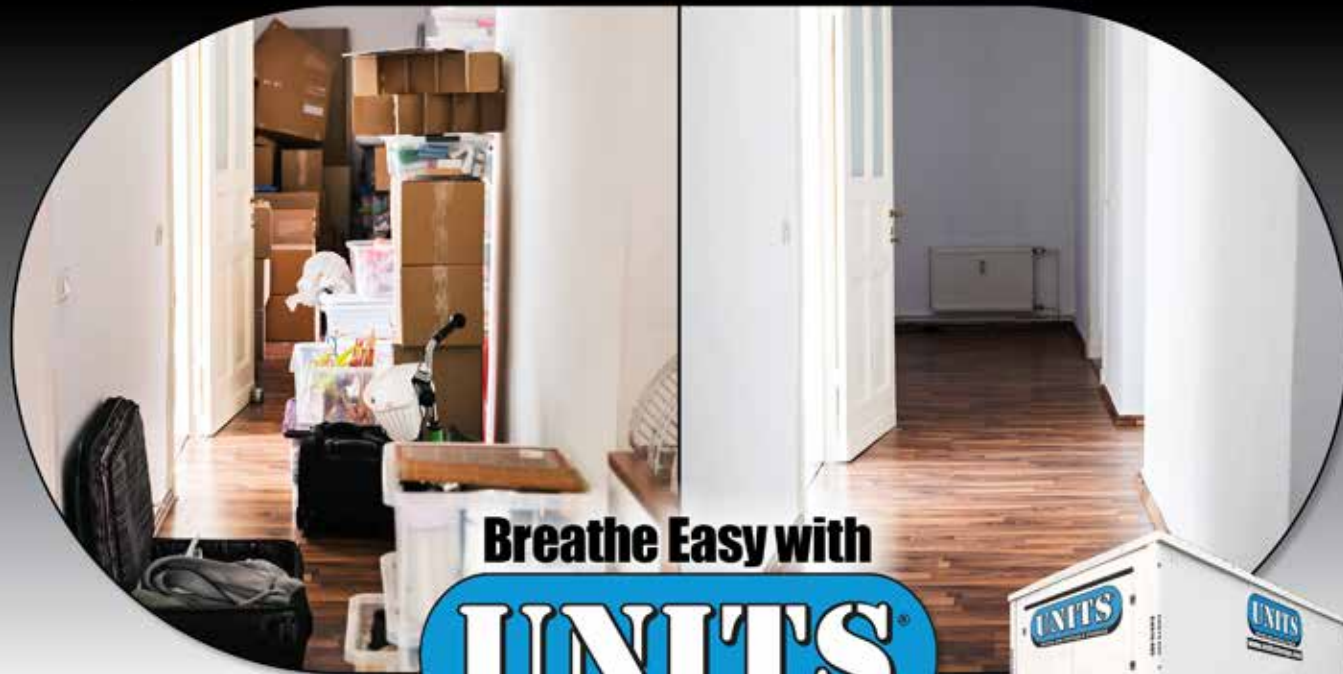
Jeff Lottmann  
Broker/Real Estate Advisor

State Farm



Tania Interian

## Congestion of remodeling making you stressed?



Breathe Easy with

**UNIT'S**  
MOVING AND PORTABLE STORAGE



Call us for your  
Next Remodel

314.934.8648

Locally-Owned & Operated  
by Mike & Chris Krenning

UnitsSTL.com



LANDSCAPE  
**LIGHTING GUYS**  
SAINT LOUIS



We are ready to bring  
your *vision to light.*

Services

UP & STRUCTURE



LANDSCAPE



PATH & AREA



PATIO



DECK



STRING



www.lguys.com · info@lguys.com · (314) 899-9997


Request a FREE estimate. Sign up for a new landscape lighting system and receive a FREE 1-Year Worry-Free Maintenance Package. That's an average savings of \$200!



45 MINUTE ROWING BASED WORKOUT · LOW IMPACT CARDIO · DUMBBELL TRAINING · BODY WEIGHT EXERCISES · DYNAMIC STRETCHING

MENTION THIS AD AND GET YOUR FIRST MONTH FOR JUST **\$50!**

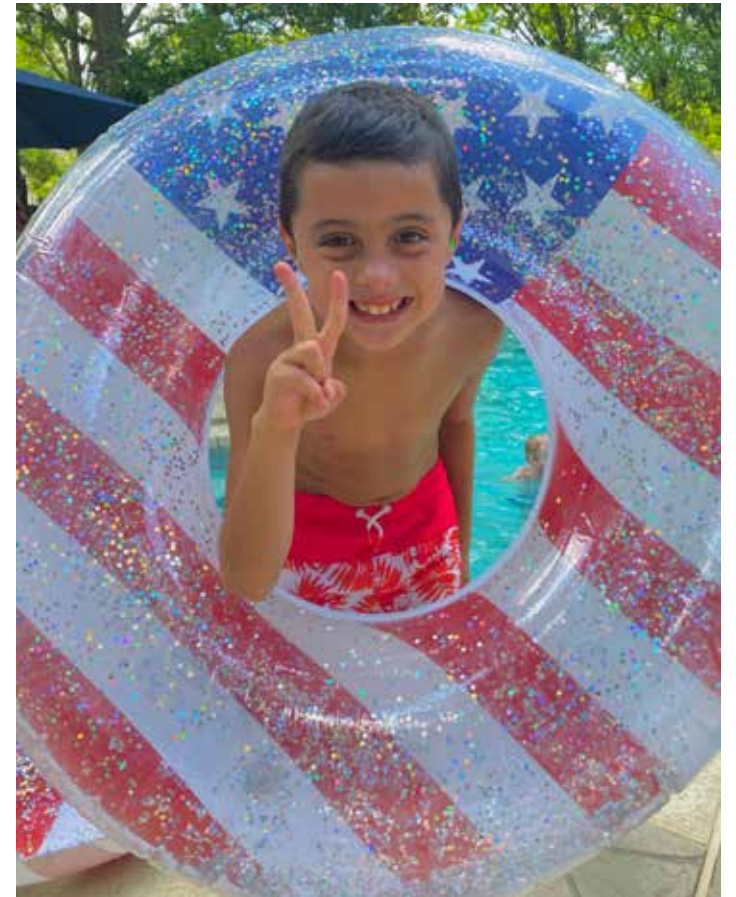
**ROW HOUSE**  
PULL.TOGETHER.



SCAN HERE TO REDEEM A FREE CLASS & ENTER TO WIN TO FREE CLASSES!

4 CLARKSON WILSON CENTER CHESTERFIELD, MO | 314-391- 2136 | THEROWHOUSE.COM

Happy 9th Birthday,  
**YALI BOLAÑOS!**



Do you have anyone you want to wish a happy birthday, anniversary, congratulations, thank you, good luck, etc.? Do you have an engagement, wedding, or new baby announcement? Send what you want to say along with a photo to Ximena. Bolanos@strollmag.com.

# If you woke up with a sick child, I could be at your home by now.

- A Concierge Practice with Direct Access to Dr. Joe Cangas
- Board Certified Pediatrician
- Unlimited House Calls

Dr. Joe will provide you with his honest professional opinion, and let YOU decide how to treat your child.



ALLIES4HEALTH  
Hassle Free Healthcare.  
Understanding. Not Demanding.



Founder  
visit [helmetsfirst.com](http://helmetsfirst.com)  
for news & events!

[allies4health.com](http://allies4health.com)  
[info@allies4health.com](mailto:info@allies4health.com)

**THE A NO. 1**  
POWER WASHING SERVICE  
in Clarkson Valley



- Roofs · Gutters
- Siding · Decks
- Concrete

Reach out to us to reveal a brighter exterior and schedule your pressure washing/soft washing service today!

Call Nathan:  
**636-448-8680**  
[h2opowerwashingstl.com](http://h2opowerwashingstl.com)





# Say Hello to THE HANAKS!



ANGIE WYNNE  
PHOTOGRAPHY



Sponsored each month by **Chrissy Wagner** Red Key Realty Leaders  
Photography by **Angie Wynne Photography**

Meet the hockey-loving Hanak family! Tom and Holly have three children: Cayden, Chloe, and Cash. The Hanaks moved into The Manor's of Clarkson Valley a little over a year ago, in August 2021. They are originally from the Holly Hills neighborhood in South City. They feel blessed with the new community and neighbors. They love that their home is nestled back into a beautiful part of Clarkson Valley. It is an amazing escape from the hustle of the day-to-day. Now that they are settled in and have met a few people, they are looking forward to being more involved in the community.

Tom is a Senior Field Service Engineer at MW Imaging. He enjoys entertaining family and friends. As well as grilling his famous steak dinner, which is his family's favorite meal. Holly is a Pediatric Nurse Practitioner in the Pediatric Intensive Care Unit at St. Louis Children's Hospital. She enjoys home improvement projects and is a big fan of the Magnolia Network. All of their three kids enjoy playing hockey and cheering on their favorite team, the St. Louis Blues!

The Hanaks enjoy spending time together with extended family. Their favorite vacation spot is Orange Beach, AL. Every year they organize a fishing trip with their whole family. Around the area, they like to spend some time off at Top Golf, Main Event, the movies, or eating at their favorite restaurants, Annie Gunn's and Paul Mannos.

Fall is their favorite season. Hockey is back in full swing, sweaters are on, and windows are open. It is also the time of their favorite holiday, Thanksgiving. Thanksgiving is a special day for them; they host their family every year. Tom will make two turkeys, one smoked and the other deep fried.

This past year was a season of change for the Hanak family. New area, new school, new friends, new hockey teams, and further away from family. They are grateful for

this new chapter. Luckily, they now have more room to entertain their family when they come to visit. They are looking forward to what the future holds and some upcoming renovations to their home that will capture the dream they have for it.



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@n2co.com](mailto:Ximena.Bolanos@n2co.com).



Real Estate With Results



314.412.9938  
[chrissy@redkeystlouis.com](mailto:chrissy@redkeystlouis.com)



# Meet Mike Kalemis

Owner & President of Suburbia Hardscape & Landscape



There is nothing more relaxing than the sound of a rippling brook or seeing plants in flower and trees in leaf while sitting on a lovely wooden bench under the canopy of your favorite tree. You can have all this and more with Suburbia Hardscape & Landscape!



We are honored to serve families and businesses across St. Louis as a full-service landscape and land management company. What sets us apart from the others is our great customer service. We listen to our clients' practical needs as well as their creative vision so that we can serve them in the best possible manner. A well-maintained landscape can enhance the overall value of your property. Winding paths, healthy turfgrass, well-placed trees, flower beds, and foundation plantings greatly add to the intrinsic value of residential and commercial properties and foster environmental assets.

Your yard is one of the first things people see when walking toward your home; make it a great first impression. Enhance the look with beautiful and inspiring landscape design from the minds of our expert designers. We take the time to listen to your vision to ensure that you get exactly what you want. Our goal is to combine artistic composition and horticultural finesse to transform your property into the envy of the neighborhood.

At Suburbia Hardscape & Landscape, we have designed some of the most beautiful and recognizable lawns in St. Louis. We'd like to bring that same level of quality landscape design and care to your home. Are you ready to improve your curb appeal and create an outdoor space you can be proud of?

Our experience with all facets of hardscape design in the St. Louis metropolitan area and surrounding areas has made us the premier source for patios, retaining walls, outdoor kitchens, outdoor fireplaces, fire pits, and more. We're happy to consult with you about any vision you have, and we will do our very best to bring that vision to life with our custom masonry designs.

Call 314-220-4911 for a free estimate today to get the yard of your dreams!

Suburbia Hardscape & Landscape  
(314) 220-4911 • suburbiaatl.com



Do you know any awesome businesses that would be great partners for your publication? We're always looking for referrals! Please email [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com).

**WE'LL PAINT ANY COLOUR YOU LIKE.**

**EXTERIORS · INTERIORS  
POWER WASHING · DECK STAINING**

FOR A FREE ESTIMATE

Contact either Artist:  
Richie Weeks 636-466-0015  
Jason Tucker 636-795-1463

**Darkside of the Room, LLC**  
Painting & Contracting

DarksideOfTheRoomPainting@yahoo.com

*Celebrate the ones you love with beautiful custom artwork*

**HIGHER FOCUS PHOTOGRAPHY**

- High School Seniors
- Family Portraits
- Event Photos
- Headshots
- Photo Booth Rental

[www.higherfocus.net](http://www.higherfocus.net) 636-273-6600

**ENHANCE YOUR OUTDOOR LIVING SPACE**

**Suburbia Hardscape & Landscape**

Call **636-220-4911** today for a free estimate  
visit: [suburbiaatl.com](http://suburbiaatl.com) to see all our services





# Vivien Harrell

## GRADUATE OF IOWA UNIVERSITY!



**High School and Graduation Class:**

Marquette High School, Class of 2019

**Undergraduate:** BA University of Iowa (three years!)

**Area of Study/Major:** Speech and Hearing Sciences **Minor:** Spanish

**Clubs and Organizations:** Hawk the Vote, Pediatric Audiology Lab, Student Academy of Audiology, and University of Iowa Gardeners

**Graduate School:** Vanderbilt Au.D (Doctorate of Audiology)

**Intended Career Path:** Audiologist

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

Students should consider many factors when deciding on the right college. One important factor that played into my decision was the culture of the school. I knew I wanted to be at school with BIG10 football and other large sporting events. I also was cognizant of the major I wanted to go into. I knew I wanted to go into a high-ranking program that would open up opportunities for graduate school



programs. I also knew I wanted to be able to drive home when I needed support, so having a distance far enough to be independent but close enough for access also played a role in my decision.

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

In high school, I volunteered and worked with people with disabilities. In doing so, I learned about the role of audiologists and the ways in which they help this community. Having a broad range of experiences that exposed me to many areas of supporting and advocating for people with special needs was important to my knowledge of the field.

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

Not only should you get involved in organizations and academic programs, but you should also be sure to have a strong work-life balance. College is meant to be fun, and you should make as many friends as possible and enjoy your time!

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

Making connections with people within and outside of your field is so important! It is also important to save money and attain high enough grades to give yourself options after college.

**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?**

I would start the search early and make sure I understood the caliber of major programs offered at the various schools. Additionally, I would apply early to maximize scholarship, admission, and housing opportunities.



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@strollmag.com](mailto:Ximena.Bolanos@strollmag.com).



### Find the ABSOLUTE Best College Fit for Your Student!



**Let's face it, a college search is overwhelming.**

Through personalized guidance and an individual plan, Cindy Zelinsky, BAE, MS assists students and families in finding the right college fit. Call for a **FREE** consultation.

- Build an Appropriate College List
- Assistance with Admissions, Applications & Financial Aid
- Help with College Visits & Essay Development
- Extensive Experience in Recruiting for Athletics



**ABSOLUTE COLLEGE CONSULTING**



Call Cindy at (636) 346-5313 or email: [Cindy@absolutecollegeconsulting.com](mailto:Cindy@absolutecollegeconsulting.com)  
Visit: [absolutecollegeconsulting.com](http://absolutecollegeconsulting.com)



Follow us on FB and Instagram!



Your neighborhood "General Contractor" specializing in exterior home improvement.



Custom Decks & Patios · Outdoor Living Spaces  
Roofing · Siding · Gutters · General Contracting  
All Home Improvements!

30 Years Experience - Free Inspections & Estimates - Insurance Specialist - Fully Insured  
covenantcontractingstl.com · 314-282-1991

Full service dentistry including  
SureSmile® Clear Aligners,  
implants, and same-day crowns!



**NEW PATIENT SPECIAL:**  
Receive a Home Whitening Kit for \$55 when you come in for an Exam, Cleaning & X-Rays (\$85 Value!)



Mark Hesker, D.D.S., P.C.  
450 N. New Ballas Rd., Suite 200  
Creve Coeur, MO 63141  
314-569-3337  
www.heskerdental.com

"It's easy to open up to someone who cares."

Visit: heskerdental.com today to book your appointment!

# If we could get you top dollar for your home, are you ready to SELL IT?

Even though interest rates have risen, home owners are still getting big money!



**Don't Wait and miss this historic selling opportunity!**  
Phyllis: 314-973-2843 | Kris: 314-750-8054  
thebarrtradition@cbgundaker.com | thebarrtradition.com

Coldwell Banker Realty - Gundaker | Town & Country Office | 636-394-9300 | #1 Office in the #1 Company in the State of Missouri!



financial fitness

## When can you choose retirement?

Sponsored each month by Kris Caldwell, Edward Jones Financial Advisor

If you're like most people, your work has been a central part of your life. So, wouldn't it be nice to have the flexibility to decide when you no longer want to work?

Many people of retirement age have achieved this type of control. In fact, two-thirds of workers ages 65 and older say they work primarily because they want to, not because they have to, according to a 2021 study by Edward Jones and Age Wave. But that means that one-third of workers in this age group feel financially compelled to work. This doesn't necessarily mean they dislike the work they do — but it's probably fair to say they would have liked the option of *not* working. How can you give yourself this choice?

You can start by asking yourself these questions:

- **When do I want to retire?** You'll want to identify the age at which you wish to retire. You may change your mind later and move this date up or back, but it's a good idea to have a target in mind.
- **What sort of retirement lifestyle do I want?** When you retire, do you anticipate staying close to home and pursuing your hobbies, or do you hope to travel the world? Would you like to spend your time volunteering? Open your own business or do some consulting? Clearly, some of these choices will require more resources than others, so you'll want to follow a financial strategy that aligns with the retirement lifestyle you intend to pursue.
- **Am I saving and investing enough?** As you chart your course toward your retirement journey, you'll want to assess the sources of income you'll have available. If you think you may be falling short of achieving your retirement goals, you may need to consider saving more.
- **When should I start taking Social Security?** You can begin collecting Social Security benefits as early as 62, but your monthly payments will be much bigger if you wait until your "full" retirement age, which will likely be between 66 and 67. Your decision about when to take Social Security will depend on several factors, including your other sources of income and your family history of longevity. Of course, as you're probably aware, the Social Security system is facing significant financial stress, so it's possible that we may see changes to Social Security based on actions Congress could take. In any case, you might want to be fairly conservative in estimating how much Social Security can contribute to your retirement income.



By addressing the above questions, you can get a clearer sense of when you might reach the point at which work is optional. But you'll also need to consider other factors, too, such as how much you enjoy working or when your spouse or partner is planning to retire. In any case, the sooner you start planning for this next phase of your life, the better position you'll be in when it's time to make the transition.

This article was written by Edward Jones for use by your local Edward Jones Financial Advisor - Kris Caldwell, Edward Jones, Member SIPC

### Leaving your employer? Understand your 401(k) options.

At Edward Jones, we can explain options for your 401(k), including leaving the money in your former employer's plan, moving it to your new employer's plan, rolling it over to an Individual Retirement Account (IRA) or cashing out the account subject to tax consequences.

To learn more, call today.



**Kris Caldwell**  
Financial Advisor  
16640 Chesterfield Grove Rd.  
Ste 130  
Chesterfield, MO 63005  
636-537-0376

edwardjones.com  
Member SIPC

**Edward Jones**  
MAKING SENSE OF INVESTING



# RICKY BOLAÑOS & HIS ABUELO, YALI MOLINA



Questions Ricky asked his Abuelo, Yali:

**When you were my age, what did you want to be when you grew up?**

At your age, I really liked science. I had a lot of chemistry kits and would enjoy mixing different liquids. I wanted to be a chemist. In my senior year of high school, after attending a few spiritual retreats, I had a spark of interest in becoming a priest. Nevertheless, it did not progress to anything more. That same year I also realized my gift for public speaking and legal reasoning. I decided to pursue a law degree.

**What's one way the world was different when you were my age?**

The world was completely different. To start, we did not have TV, cell phones, or electronic games of any type. We would make up our own games like cops and robbers or "cowboys and indians." We would also go skating, fly a kite, and ride our bikes. Basically, our main source of entertainment was being outside and playing with our friends in the town. I grew up in a small town where everyone knew each other. It was a life full of imagination. Kids nowadays play more with their electronics than actually playing outside and interacting with other children.

**What makes you happy?**

A hug or a kind gesture, especially from my grandchildren.

**What's your favorite memory of your own grandfather or grandmother?**

My maternal grandmother is the one I was closest to. She was a tall, beautiful woman. She walked



around with a cane because she had broken her femur, and they had replaced it with one made out of platinum. I remember so many great things about her. My fondest memory of her is when we used to play poker. One time I beat her with a straight flush. When I would try to collect my winnings, she would say, "Oh, sweetheart, you are not going to make your grandmother pay, right?" She never did pay me.

**What were you scared of when you were little, and when did you stop being afraid?**

I heard a lot of scary folktales when I was younger. I also remember that in my house, there was a "green room" where a priest would stay. After he passed away, I would be terrified of going into his room because I always thought his spirit was there. I would always be scared of spirits. However, I was also a very curious boy and would sometimes venture out to the cemetery during funerals. Then I would get scared because I felt that the spirits would follow me home since I still had some cemetery soil on the soles of my shoes. I somehow stopped being afraid when I was about 9 years old in boarding school; I guess I didn't have any other choice.

**Can you tell me about the first time we ever met?**

It was a very special day. Since I live far away, I got to meet you a few days after you were born. I was anxiously waiting to see you and carry you. It felt like something magical happened between us; it was love at first sight. You were my first grandson! I still get this same feeling every time we reunite.

**How did you meet my grandmother?**

We basically met when we were children; we grew up in the same town. She did not like me very much because she thought I was cocky. Eventually, I grew on her, and we started dating when we were about 15 or 16. I remember the first time we kissed; the next day, I was so embarrassed to see her. She has and always will be the love of my life.

We have been married for 55 years now. We have so many wonderful memories together.

**What's your favorite part of having grandchildren?**

It's simple. I love having them and being a part of their lives. The best part is when we visit each other, and we get to spend quality time together.

**What was mom like when she was my age? Do I remind you of them in any way?**

I have always told your mom that she was the best gift God could have given us in the hardest times of our lives. When we had to live in exile, she was our little partner. My favorite thing about your mother when she was younger is her enthusiasm. She was always happy, even with the simple things. You remind me a lot of her. Honestly, you remind me more of me.

Questions Yali asked his Nieto, Ricky:

**What do you want to be when you grow up and why?**

When I grow up, I want to be a soccer player, but I know that is probably going to be very hard, so my other option would be to be a lawyer.

**What's one way you think the world will be different when you're my age?**

There will be flying cars, and they will invent so many new things.

**What's your favorite family tradition?**

Going to Nicaragua every Christmas because it is so fun being at your house with the whole family and going to the beach for New Year's.

**What makes you happy?**

What makes me happy is going to the beach in Nicaragua. I swim, I play in the sand, we always play soccer there.



**When Moving Isn't An Option™**

Providing ongoing care and assistance for someone you love is never easy.

Our team is committed to brightening up each and every day and encourages our clients to stay active and engage in their favorite activities to help keep the mind and body fit.

**Call Today to Schedule a FREE Consultation!**

**636-200-2909**

**Sally & Allen Serfas**  
Family Owned & Operated

Assistance Home Care  
Established 2011

Great Place To Work. TORCH AWARDS for Elders. Home Care. Air and Water Quality.



**What are you afraid of? What makes you feel better or less afraid?**

I am afraid of heights. Going on something high with my family kind of makes me feel better because I am with them. One time we went to the



Willis Tower in Chicago. I was super scared, but I tried to act brave on the glass box, and it helped being with my family.

**What kind of chores do you do at home? What are you saving money to buy?**

The chores I do at home are: walking the dogs, emptying the dishwasher, feeding the dogs, and taking my clothes up to my room. I'm saving money to buy a phone.

**What's your favorite thing to do with me?**

I love when you come visit me, and we play ping pong and pool together.

**How many grandchildren do you think you'll have when you're my age?**

I think that I will have three kids, and I think that my kids will all have three kids also, so I will have nine grandchildren.

**If you could change one thing about the world, what would it be?**

To have no war in the world because war kills a lot of people, especially in World Wars.

**Who is your hero? Why?**

My mom because she helps my brothers and me with everything in school and even the things she doesn't get or understand.



Generation conversation is a way for a grandparent and grandchild to learn more about each other and how the world has both changed and stayed the same. To be featured, email [Ximena.Bolanos@n2co.com](mailto:Ximena.Bolanos@n2co.com).

When you need electrical work done, make sure it's Accurate.

Clarkson Valley residents receive **\$20 OFF** your first project!



636-225-1020  
accurateelectricstl.com

Kitchens | Bathrooms | Pools | Hot Tubs | Decks | Basements | Generator Installation  
Service Upgrades | Panel Changes | Licensed | Bonded | Insured

**Welsch**  
HEATING 125 YEARS COOLING  
(314) 872-8070  
www.welsch-heatcool.com

Your Home Comfort is Our Family Business

**WE CUT TREES, NOT CORNERS.**

Tree Service You Can Trust To Do The Job Right

Free Assessments | ISA Certified Arborist on Staff | Safe Professionals



Ballwin  
Tree Service



Call today for your FREE assessment: (314) 799-1461

Visit: [ballwintreeservice.com](http://ballwintreeservice.com) for more information



**THE CLARKSON VALLEY FOUNDATION REPAIR EXPERTS**

We Fix Wet, Broken Basements, and Foundation Problems!



- Foundation Crack Repair
- Wall Stabilization
- Egress Window Installation
- Radon Testing & Mitigation

Quackers Waterproofing & Basement Repair

**\$50 OFF**  
Any Job More Than \$300!



quackerswaterproofing.com

**CALL: 636-281-3735**





# Getting Organized for Back to School

These back-to-school organization ideas can help streamline your mornings and help you get organized for back to school without the stress! Try putting these simple systems into place so you can spend time at home having fun and decompressing rather than picking up.



**Home Office Organization**  
These days, home offices aren't just for parents. They can function for kids, too! Homework and virtual work are our current realities, and carving out space for those activities will make your days run in a smoother way. Setting up kid-friendly desks, organized supplies and workstations can help make homework more productive! It also creates an environment of calm and allows for a schedule and expectations to emerge.

**Kitchen Pantry**  
Breaking down sides and snacks into baskets that your students can grab and go or pack their own lunch. One basket contains peanut items while another is fruit or veggie-focused, another contains their daily splurge and finally, the coveted chips and crackers. This makes it easy for students to pack their lunch and snack for school. Having an organized pantry cabinet also makes breakfast quick and easy whether they're eating at home or on the run!



**Refrigerator Organization**  
Tired of packing your children's lunches? This refrigerator organization is the solution for you! Again, everything is broken down into drawers, so the kids know exactly what to pack. They grab their water, meat and cheese, and fruit or veggie of choice, all broken down into drawers and individual containers to take the guesswork out.



**Set Up a Home from School Station**  
Use a combination of baskets and hooks in your mudroom to contain the clutter. Kids can kick off their shoes (or put them on) on the bench and stow them in the baskets below. Hang jackets and coats on upper hooks and backpacks on lower. This eliminates all the clutter from entering the home.



**Declutter**  
A quick declutter always yields maximum impact with minimal effort. It's the best quick fix. Eliminate all the junk collected over the summer that is consuming countertop space and more!



**Closets**  
Overwhelmed by the clutter? Take it one project at a time. De-cluttering a closet is the best place to start. Why? Because decisions of items that stay or go are often super easy! Remove any clothes that are out of season or outgrown to eliminate the guesswork in getting ready each morning. Tidy it up, and if you can, utilize a closet system to make it even more efficient.

Go to [julieblanner.com](http://julieblanner.com) to browse hundreds of home design ideas, simple, delicious recipes, and effortless entertaining ideas!



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](mailto:Ximena.Bolanos@n2pub.com).

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

**JANICE FREEMAN TEAM**

**Gavin Freeman**  
Direct: 636-728-8731  
GMF333@gmail.com  
SellingHomesinStLouis.com

**Janice Freeman**  
Direct: 314-753-7852  
Office: 636-530-4005  
JMF@JaniceFreeman.com

**BERKSHIRE HATHAWAY HomeServices**

Alliance Real Estate · Janice Freeman Team  
17050 Baxter Road, Suite 200, Chesterfield, MO 63005  
© 2020 Real Estate Brokerage Services are offered through the network member franchises of BHH Affiliates, LLC. Most franchises are independently owned and operated. Equal Housing Opportunity.

**Waypoint**  
Exactly what you had in mind

KITCHEN SHOWN IN 650 PAINTED STONE

**CREATE A LOOK AND FEEL THAT'S ALL YOU**  
Your Waypoint® designer has the knowledge, experience, quality cabinetry and details you need to efficiently remodel kitchens, baths or any other living space into a unique expression of your personal style. Visit [waypointlivingspaces.com](http://waypointlivingspaces.com) for inspiration and contact your Waypoint® dealer today.

**THE STYLE HOUSE STUDIO, LLC**  
255 OLD STATE RD  
ELLISVILLE, MO 63021  
636-220-3007

[thestylehousetl.com](http://thestylehousetl.com)

**The Style House**  
Creating Beautiful Spaces



# “MAJOR” PSOAS



**THE Brothers THAT JUST DO Gutters**

CALL FOR YOUR FREE ESTIMATE TODAY **314.804.5711**  
[brothersgutters.com/st-louis-mo](http://brothersgutters.com/st-louis-mo)

Sponsored each month by **The Brothers That Just Do Gutters**

**H**i, my name is Psoas. By the way, the “p” is silent. My parents named me while my dad was in med school; psoas is a muscle in the back. Look it up! I am a 12-year-old Yorkie (that’s 84 human years) from Puerto Rico. I’ve seen some good days in my time. The best days were when I was an only child, and it was just me, mom, and dad. We were great together, but that did not last long. Before I knew it, I had three little human brothers. When the first one came along, I wasn’t too sure about him; he took all of my parents’ attention. I hated it. By the time the third one came, I grew to love them all. They would feed me the best food, and they were actually fun to play with. Now they are my besties.

My favorite part of the day is going for long walks. I am much slower now than I used to be, but I still have a little spring in my step. The best part is when I get to chase all those squirrels, I really think those crazy animals have gotten faster throughout the years. What I really dislike are the UPS, Amazon, and the mailman trucks. I get nervous when they pass right by, I just want to get them and tell them to stay away from us!

I spend a lot of my day relaxing and cuddling with my boys and my parents. I love being close to them and protecting them. I definitely have to protect them from a new puppy my parents brought home last summer. They call him Shep, and they say that they don’t need my protection from him because he is my new little brother. Ugh, another one! I think they are wrong. He is annoying, and I can’t wait until he goes back to his real home.



Do you have a family pet we could feature? We want to meet them! Email [Ximena.Bolanos@n2co.com](mailto:Ximena.Bolanos@n2co.com)

## Sniffing for Fresh Dog Food Delivery?

**DOGGY FRESH**

**50% OFF**  
your first box  
Try Now!

Delivering nutritious dog food in convenient pre-portioned packaging. Designed by experts, made by experts, and loved by dogs.

Visit [doggy-fresh.com](http://doggy-fresh.com) today and start your journey to better dog health!

## WE TAKE PRIDE IN YOUR LAWN LIKE IT WERE OUR OWN!

**MOODY'S MOWING**

SERVING THE ST. LOUIS AND ST. CHARLES COUNTY AREAS FOR OVER 18 YEARS!

Lawn mowing • Winterizing  
 Fertilizing • Retaining Walls  
 Landscape • Drainage  
 Full Tree Service

**FAMILY-OWNED FREE ESTIMATES**

**Moody's Mowing**  
 (314) 643-5577 | [moodysmowing.com](http://moodysmowing.com)  
 Call today for your Free Mowing Estimate.



Sponsored this month by CycleBar Chesterfield



Molly McLaughlin on the offensive!



Molly Wiley defends!



On the range at Forest Hills.



With medals after a tournament win!

# THE MOLLYS OF CLARKSON VALLEY!

Molly Wiley (Forest Hills) and Molly McLaughlin (Westhampton) have been friends since kindergarten and play field hockey together with Gateway Field Hockey. Molly Wiley first tried field hockey at age 3, and Molly McLaughlin picked up her mom's old field hockey stick at a young age and decided she wanted to give it a try. The girls started

together when they were 9 years old and have been at it ever since. Their club, Gateway Field Hockey, was founded in 1985 and recently won the 2021 National Club of the Year Award from USA Field Hockey. Gateway not only trains great athletes, but they make the work so much fun; a favorite practice is always the Halloween costume contest! Gateway Club Elite teams compete in



The Mollys Age 9



UNC Field Hockey Camp



At the ESPN Wide World of Sports Complex, Disney World.

out-of-town tournaments throughout the season. The girls' favorite tournament was this year in Walt Disney World at the ESPN Complex. Kicking things off at Magic Kingdom is the best start to any tournament! After this tournament, they received an email from their coaches recommending "The Mollys" play with the USA Field Hockey Nexus Program, where they were able to train with coaches from around the country to develop their game. This summer, the girls had an awesome adventure when they flew to the University of North Carolina to stay in the dorms and train with the UNC players and coaches.

Molly Wiley is going into seventh grade at Ascension and enjoys playing soccer and basketball along with tennis, swimming, and golf at Forest Hills. She has also been dancing for ten years at Saint Louis Ballet. Molly tried lacrosse this year and can't wait to play more! Field Hockey is definitely her passion, and she is looking forward to the fall season and the upcoming tournaments.

*"I love field hockey not only for the fast-paced play of the game but also for the friends I've made from so many other schools!" — Molly Wiley*

Molly McLaughlin is going into seventh grade at Villa Duchesne. She plays soccer for Scott Gallagher and started soccer when she was 2 years old. After a successful soccer season last year, her team moved up and will compete in the premier division this season. Molly also does swim, golf, and tennis at Forest Hills. Molly is looking forward to playing in the two Gateway tournaments in sunny Florida in her center-back position. She plans on coming home with a medal or two!

*"Playing field hockey was one of my best decisions for so many reasons!" — Molly McLaughlin*

The Mollys and their families will spend Thanksgiving together in Tampa at the National Field Hockey Festival, a tournament complete with a Gateway 350-person Thanksgiving dinner!



Calling athletes of all ages! Do you have a sport you are passionate about? We want to hear your story! Email [Ximena.Bolanos@n2co.com](mailto:Ximena.Bolanos@n2co.com).

**FIRST RIDE FREE!** MEET OUR TEAM

**CYCLEBAR**

**LET'S GET STARTED TODAY!**

1657 Clarkson Road · (636) 778-3880  
[chesterfield@cyclebar.com](mailto:chesterfield@cyclebar.com) · [cyclebar.com](http://cyclebar.com)



**WE DO WINDOWS**  
GUTTER, SIDING CLEANING + MORE!



\*  
Clarkson Valley residents receive  
**5% OFF**  
first service!  
\*

CALL FOR YOUR FREE ESTIMATE TODAY!

**(314) 590-3370**

**DOUBET WINDOW CLEANING**  
You say clean, we say SPOTLESS!



doubetwindowcleaning.com

Leave it to **Weaver's** to renew your space with the style and grace of wallpaper.



Weaver's Wallpapering Company

314.616.0487

Painting  
Mural Installation  
Wallpaper Removal  
Minor Drywall Repair  
Wallpaper Installation

Schedule your free estimate today!

weaverswallco@gmail.com · @stl\_wallpaper\_paint

**take** inspired action

# You must take ACTION



By Forest Hills resident **Chelsea Theodoropoulos**

Disruption can make or break us. The shift from summer to fall comes with a dozen moving pieces and can be paralyzing if we are not prepared. This change can bury any progress we've made throughout the year or push our goals even further into the background. Blink – and we'll be setting New Year's Resolutions all over again.

When we are not prepared, we react. When we react, we live in a state of survival mode. The longer we live here, our deepest dreams and desires feel even more *impossible*. Motivation plummets, and we settle for what is in front of us. If you want to lose thirty pounds and feel confident in your own skin – you can. If you want to change careers or find a more fulfilling job – you can. If you want a better marriage or a stronger connection with your children – you can. But it's not going to fall into your lap.

*You must take action.*

### Spend 60 minutes on Visualization.

Be crystal clear on your desired state. *How do you want your family to function? How do you want to feel? How are you taking care of yourself? How is your time occupied throughout the day? What is most important to you? How do you see yourself? How do other people see you?* Give as much detail as possible. This can be a bulleted list, a journal entry, or even pictures. There is no right or wrong way to express your ideal state.

Without knowing where you want to go, you will continue to drift where disruption takes you. A clear vision drives action and motivation.

### Commit to one to three habits for three weeks.

You don't have to change everything overnight; this is where failure often occurs. Make a list of all the habits you would like to create or break. What can you realistically take on right now? Choose one to three habits for three weeks.

Take note of how you are feeling. Some habits may be more uncomfortable than others. Embrace it; you are making progress. This same action (or lack of action if you are breaking a negative habit) will feel less challenging in the coming weeks as they become more automatic.



### Layer habits and repeat.

Once those habits begin to solidify in your daily routines, you may be ready to layer on new habits. Keep them small and be patient. There is no Amazon Prime delivery to your best life. Re-visit your vision when you lose motivation. Staying disciplined is what will keep you progressing towards your goals or staying exactly where you are.

Chelsea Theodoropoulos is a resident of Forest Hills and the Owner of Burn Boot Camp in St. Louis. Through her gym communities, blog, and live events, she is committed to unlocking the potential in others for a healthier, purpose-driven life. Visit [chelseatheo.com](http://chelseatheo.com) and email at [connect@chelseatheo.com](mailto:connect@chelseatheo.com).



**burn boot camp**

**COMPLIMENTARY CHILDWATCH**

**UNLIMITED 45-MINUTE CAMPS**

**1:1 FOCUS MEETINGS**

**NUTRITION GUIDANCE**

**SUPPORTIVE COMMUNITY**

**BURNBOOTCAMP.COM**

MANCHESTER | O FALLON | SOUTH COUNTY | KIRKWOOD

**Renovations**  
Home Improvements  
& Custom Homes



**King Homes**  
Design & Construct

**314-520-7271**  
kinghomesonline.com

Clarkson Valley Resident  
Owned Business Powered by  
**PARAMOUNT BANK**  
Member FDIC





# WATER IN YOUR BASEMENT?

Reduce sewer or drain losses in your basement by checking drainage, reducing backflow, and installing a sump pump.



No one wants to experience sewer backups in the home.

Like many questions around home maintenance, when it comes to sewer problems, prevention is the best solution. Considering how much damage can be caused by water in your basement, it makes sense to spend a little time testing out your drainage system and addressing any problems before a catastrophe occurs. Also, make sure you have an endorsement in your homeowner's insurance called "Back Up of Sewer or Drains."

The endorsement of BACK UP OF SEWER OR DRAINS covers losses caused by water that backs up from sewer or drains, including sump pumps, sump pump wells and any system that removes surface water as well as broken pipes. It is important to mention that FLOOD will not be covered by your homeowner's policy unless you have an additional flood policy written by FEMA. A flood is basically when outside water enters your house through walls, windows or through underneath doors.

If you have the endorsement of the Sewer Back Up and water comes out from the drains and floods your house, your personal property and repairs will be covered up to the limit specified in the policy. Please review your Homeowners Insurance policy with your Agent to make sure you are protected.

Here are a few easy ways to keep your basement clean and dry:

**Make sure your drainage system works.**

Often, water in your home comes down to preventable drainage problems. A few hours of work could keep the water out. Review this checklist to help:

- Your home's gutter downspouts should extend at least 10 feet away from the foundation of the house so water is carried away from basement walls.
- Clear your gutters at least twice a year to prevent them from overflowing. Leaves and debris will clog gutters and can send water back toward your roof, walls, or foundation.
- Gutters and downspouts should not be connected to municipal sewage lines.
- Your yard should be graded to slope away from the house, so surface water is drained away.
- If your gutters connect to storm sewers, keep drain lines clear.

**Prevent backflow.**

Backflow is the reversal of water in any plumbing system. It can lead to undesirable leaking and flooding. Some homes are equipped with check valve devices that allow water and sewage to flow away from the drain, preventing water and sewage from backing up into the drain. Gate-valve devices operate like a gate, closing and shutting off the flow of water and sewage.

Drain plugs and standpipes can also be used to prevent backflow. Both are relatively inexpensive solutions but also come with their own risks. Drain plugs seal off the flow of water but can cause an overflow to occur at the next opening in the system. Standpipes, or vertical pipes connected and sealed to a drain, can contain minor overflows and act as safety valves but can only contain backflow up to their height, usually just three feet. If you think you're having problems with backflow, contact a plumber or contractor immediately.

**Sump pumps.**

Sump Pumps are pumps that remove water from a reservoir in your home. There are several types of sump pumps, including single sump pumps and dual-level systems, which employ a backup pump. Usually, batteries or a generator can be used to power the pump in case of a power failure. If you'd like to get a sump pump for your home, check with your local plumbing contractor or building code official for additional requirements.

**When all else fails...**

Sometimes water still gets in even when you take precautions. If it does, here are a few things you can do to minimize damage:

- Place furniture on casters or shims and arranged away from floor drains.
- Keep items stored in the basement area shelved or off the floor. Consider replacing cardboard boxes with sturdy containers for storage.

- Place furniture on casters or shims and arranged away from floor drains.

Check with your local building code department, water utility or qualified plumber for more information on steps you can take to reduce the chance of water damage to your home. And talk to your insurance agent to see what's covered in your homeowner's policy.

**Flood insurance - Do I need it?**

Most homeowners' insurance policies do not cover damage caused by flooding. This is important to check when getting flood insurance quotes.

**Federal flood insurance coverage.**

Most flood insurance is written through the National Flood Insurance Program (NFIP), which is administered by the Federal Emergency Management Agency (FEMA). A flood insurance policy normally takes 30 days from the date of purchase to go into effect. So don't wait until a flood is imminent to buy a policy. The National Flood Insurance Program is only available in the United States.

As a good neighbor, I am happy to answer any questions about insurance. Feel free to give me a call at 314-822-5180 or visit [gowithania.com](http://gowithania.com) for more information. — Tania Interian, your resident State Farm Agent.

**Right coverage. Right price. Right here in town.**

**Here's the deal. The right insurance should help you feel confident and comfortable. I'm the right good neighbor for that. Call me today.**

**Like a good neighbor, State Farm is there.®**

Tania Interian, Agent  
12084 Manchester Road  
Des Peres, MO 63131  
Bus: 314-822-5180  
tania.interian.ko5q@statefarm.com  
Mon - Fr 9:00am to 5:00pm  
Saturday's & evenings by app

State Farm  
Bloomington, IL  
2001290

**LOVE YOUR LOOKAFTER**

**CUT • COLOR • STYLE**  
**WE CARE ABOUT HAIR**

**LookAfter®**  
HAIR COMPANY

**Free Deep Conditioning Treatment with any Color Service!**

**BOOK TODAY!**  
**636-537-3096**  
[lookafterhairco.com](http://lookafterhairco.com)

**Market Place**  
**1738 Clarkson Rd. • Chesterfield MO 63017**



# MEET JOHN & CANDICE OF PREMIUM CABINETS



John and Candice Morgan have always had entrepreneurial spirits, and with backgrounds in the hospitality industry, sales, management, and retail, the dynamic duo has much to “bring to the table” when it comes to business. Premium Cabinets was started by John in 2012, and Candice left her position in sales to join him seven years ago. Candice brings some excellent creative design to their work, and the couple has worked hard to create the right kind of culture in-house and the right kind of experience for their customers.

John started Premium Cabinets because he thought there was a niche in the market - a place where he could create value. His father was a contractor, so he learned some things about the construction industry while growing up. The past experiences of the owners helped them to lay a foundation that has proven to be quite successful, and John and Candice are pleased with the market's response.

“Our customers appreciate the extra attention they receive through our strategic process,” says John. “A homeowner most likely will spend a couple of hours in consultation with us, so that we gain a measurable appreciation for the needs and wants of our clients.” At the end of the consultation, they will leave with a 3-D rendering of a design and a quote—no waiting several weeks! Their determination to provide the best possible experience has given their customers peace of mind which has led to many 5-Star reviews. It's clear why the Morgans place such a premium on taking care of their clients!

The Morgans would like to bring their showroom of hassle-free all-wood kitchen cabinets directly to your home for a free consultation, rendering, and quote. Call them today at **314-499-8800** to schedule your appointment!

## TURNING YOUR DREAMS ~ INTO REALITY! ~



Schedule  
your **FREE**  
in-home  
consultation  
today!



Call us today at **314-499-8800**  
or visit: **premiumcabinets.com**



# Meet Zach Schmitt

Owner of Steel Knight Holdings and Property Management, Inc. St. Louis Metro



Zach Schmitt is a born and raised St. Louisan. He attended St. Louis University High School. After graduation, he went on to attend the United States Air Force Academy in Colorado, where he studied Social Sciences, Management, Behavioral Sciences, and Law. He received his Master of Business Administration from Colorado State University. Zach lives in West County with his wife, Karen, and their two boys, Logan and Wyatt!

During his service in the United States Air Force, Zach held

the positions of Missile Combat Crew Commander, Section Head Chief, and Captain, Space Officer. After leaving the armed services, his Air Force experience prepared him for management roles in the pipe and foundry industry and then with Anheuser-Busch.

In April 2021, he partnered with his brother, forming Steel Knight Holdings and Property Management Inc. St. Louis Metro (PMI STL Metro). Will says, "Preserving the value of your real estate is the most important part of our services. We offer premier residential property management services, and our experience and professionalism make us the perfect fit for your residential property management needs!" At PMI STL Metro, they partner with the best firms to not only find their



clients the right properties but also to make sure their investments have a consistent ROI.

Now is the perfect time to get in the market ... Rising inflation has a downward impact on prices and an upward impact on rents so that you can get into the market affordably for the first time. Make sure you have professionals that can help you maximize rents and minimize costs. This is how Steel Knight and PMI STL Metro have been successful thus far.

### Here's what their clients are saying on Google!

• If you're looking for results-driven professional property management, you'll want to contact PMI STL Metro! Zach and his team provide unmatched customer service in the St. Louis Market! You'll find them courteous, professional, and highly customer focused! — *Daniel*

## Don't miss the BEST TIME to invest in rental properties!

Why do some people hesitate to get into the real estate rental market even with rising rental income? Half the battle is finding the right property, and the other half is finding reliable and capable property management...

When you become a partner with **Steel Knight Holdings**, you can take advantage of the real estate market and collect a check without these issues! We partner with the best firms to not only find you the right properties but also to make sure your investments have a consistent ROI.

**Call Zach Schmitt to join the fastest growing way to cash flow today! (314) 719-9869**

Zach Schmitt  
Owner & President

**PMI STL METRO**  
Visit [PMISTLMetro.com](http://PMISTLMetro.com) for more information.

• Zach is personable, knowledgeable, and a great communicator. You'll love working with PMI STL Metro, as he will maximize your profit through his innovative approach to property management. I highly recommend Zach and his services in every way. — *Peter*

• Zach is the man! PMI STL Metro will treat your property like his own. Ensures tenant compliance, as well as maintenance, is addressed in a timely manner. Very responsive to any concerns, and his team can be relied on to get the job done right. — *Keith*

• PMI STL Metro is very professional, and they respond quickly to your questions. Zach is very helpful and works with you to achieve your goals. — *Andrew*

Call Zach today at **(314) 719-9869** to join the fastest-growing way to cash flow today!



Steel Knight Holdings and Property Management Inc. St. Louis Metro  
(314) 719-9869  
[propertymanagementinc.com/pmi-stl-metro](http://propertymanagementinc.com/pmi-stl-metro)



Do you know any awesome businesses that would be great partners for your publication? We're always looking for referrals! Please email [Bill.Tuttle@n2pub.com](mailto:Bill.Tuttle@n2pub.com).

## The Kids Are Getting Older...

**So is your Home.**  
It may be time for us to be *Doin' your homework!* Since 1972

**Allen Roofing & Siding**  
A Division of Allen Roofing & Siding

Roofing • Siding • Gutters • Tuckpointing

Ellisville, MO 63021    Saint Peters, MO 63376    Caseyville, IL 62232  
**636 391-1117    636 926-2015    618 343-1117**

Member of the NARI Group

[contactus@aroofing.net](mailto:contactus@aroofing.net)

**1972-2022 50 YEARS**

[www.aroofing.net](http://www.aroofing.net)



**around** the club

Photos and captions submitted by **Ryan Schaben**, Membership Director of Forest Hills Country Club  
Sponsored this month by **Hackett Home Remodeling**

# Welcome Emma Gore

First Female General Manager in Forest Hills Country Club's 58-Year History!



We are excited to announce Emma Gore as the new General Manager/Chief Operating Officer at Forest Hills Country Club. Emma has been with the Club for six years and has spent the last four years as Assistant General Manager. On several occasions over those years, she has been called upon to step in as acting General Manager. She also served as Interim GM/COO from November 2021 through February 2022, just prior

to her maternity leave. Her familiarity with this role will undoubtedly help her be successful.

Emma graduated from San Diego State University with a Bachelor of Science Degree in Hospitality and Tourism Management. She received an award in "Excellence within an Emphasis in Restaurants" from the highly regarded L. Robert Payne School of Hospitality and Tourism Management. She was

also President of the Restaurant Student Association, and part of her degree program included an internship with the prestigious Four Seasons Resorts. She was instrumental in opening Tasting Room Del Mar (Del Mar, CA), which opened as an innovative dining concept featuring a sustainable, seasonal menu showcasing ingredients from local artisans paired with wine and microbrews. Emma worked at Diablo Country Club in Diablo, CA, as well as The Santaluz Club in San Diego (both Platinum Level Clubs) for a total of five years. She furthers her professional development within the industry through continuing education with the Club Management Association of America (CMAA).

Emma has already accomplished a lot in her time at the Club. She effectively managed many projects, renovations, and changes, including the Men's Locker Room renovation, the construction of the new Pool Cabana, Eagles View Veranda, and the new Tennis and Racquet Facilities. She has participated in most committees, including House, Entertainment, Swim and Tennis, Governance, Long Range Planning, Membership, Finance, and participated in the monthly Board of Directors meetings. She received a full recommendation from the entire management team to become their next leader, and she received a unanimous vote in favor of her promotion from the Board.

Emma's first role with Forest Hills Country Club was in 2016 as the Pool Manager. After that, she was promoted to Food and Beverage Manager and then to Assistant General Manager. When asked about the thing she is most proud of in her time with the Club, Emma said, "I am most proud of the team I've been able to build, train, and develop. We have a very strong team here, and everyone works together very well." She is excited about all the progress the Club has made, saying, "the improvements the Club has made in the last six years have been incredible. I got to focus a lot on the Food and Beverage improvements when I worked in that department, and now I'm excited to oversee all areas with this position." When asked about what excited her the most about this new position, she said, "I'm excited to be the first female GM in the Club's history. It's a huge honor."

We look forward to the future of Forest Hills Country Club with Emma as the next General Manager/COO. Next time you are at the Club, be sure to swing by and introduce yourself to Emma ... She would love to meet you!

*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](mailto:Bill.Tuttle@n2pub.com) for more details.

*Who's caring for your Family Tree?*

TREES TRIMMED & REMOVED • BUCKET TRUCK SERVICE • STUMP GRINDING

No Job too small, ... no tree too Tall

**Gills**™  
TREE SERVICE

**636-274-1378**

Earn neighborhood style points.

DECK · PATIO  
HARDSCAPING  
SERVICES

Call us today to turn your property into an outdoor paradise. We'll provide a free quote within 24 hours so you can start planning parties right away!

**(314) 680-5141**  
[thewallguysconstruction.com](http://thewallguysconstruction.com)

**Home Remodeling in Clarkson Valley**  
Quality | Craftsmanship | Reliability | Integrity

**Kitchen • Bathroom • Basement • Home Office**  
Built-in Shelving • Fireplace Update  
Wainscoting • Shiplap • And More!

Contact **Brad Hackett** at  
**(314) 540-6311** or visit  
[hacketthomeremodeling.com](http://hacketthomeremodeling.com)  
to request an appointment today!

**Improve Your Corner of the World**

**Residential & Commercial**

- Roof Inspection
- Roofing
- Gutters
- Siding

Call **314-266-6811** or visit [advocateconstruction.com](http://advocateconstruction.com) to schedule your **FREE** roof inspection

**ADVOCATE CONSTRUCTION**

CLARKSON VALLEY RESIDENT OWNED BUSINESS





**VISIT US AT OUR LOCATION ON CLARKSON RD. & CLAYTON RD. ACROSS FROM CHICK-FIL-A.**



High-Tech Exams with No Puff Technology



Helpful, Knowledgeable Team Dedicated to Helping You Find the Right Fit



Free Unconditional Warranty on All Frames



Scan the QR code or visit our website to schedule your appointment today!



All three of our family members go to Performance Eyecare for our vision needs and vision health. I simply cannot say enough positive things about the level of satisfaction, professionalism, friendliness, timeliness and competence.

—BEN WHITE



317 Clarkson Road, Suite 102  
Ellisville, MO 63011

636-249-2885  
performanceeyecare.com



**BIG BEND LANDSCAPING**

**INSPIRING LIFE OUTDOORS**

St. Louis' Leader in Design & Build Hardscaping



**Fire Pits · Retaining Walls  
Patios/Walkways · Outdoor Living**

Request a consultation:  
**636-349-2946**  
bigbendlandscaping.com

Get Inspired At:  
 @BigBendLandscaping







A PRODUCT OF  
**THE N2 COMPANY**

5051 New Centre Dr  
Wilmington, NC 28403

A Publication for the Residents of Clarkson Valley

## Find Your Skin Type, Achieve Your Glow!

Scan the QR Code below to take our Skin Quiz  
and find out what regimen is best for your  
skin type and goals!

PLUS receive \$10 OFF your first purchase of \$50  
or more online or in-store!

Use Code: **INVESTINYOU10** at checkout!

## A|N skin & beauty

Medical Grade | Naturally Derived | Locally Owned | Cruelty Free

### Restorative Eye Cream

Our Restorative Eye Cream is not only hydrating, but also improves thinning under-eye skin, dark circles, puffiness, wrinkles, and crow's feet!



### Body Smoothing Retinol Lotion

Rejuvenate your body to achieve smoother, firmer, and more evenly toned skin with our Body Smoothing Retinol Lotion.



### Real Results



before

after



before

after

COME VISIT US AT 113 W. PITMAN ST. IN O'FALLON, MO | [WWW.ANSKINBEAUTY.COM](http://WWW.ANSKINBEAUTY.COM)

