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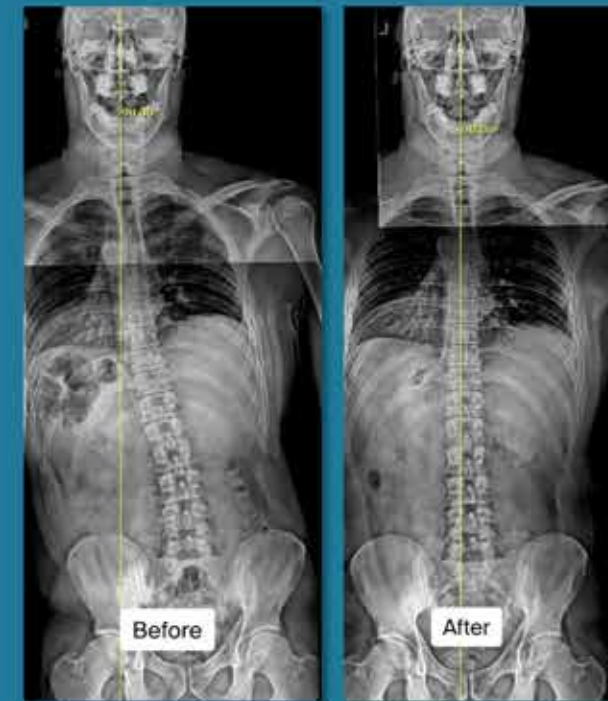
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# Stroll Clarkson Valley SOCIAL COMMITTEE



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



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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 *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@n2co.com](mailto:Bill.Tuttle@n2co.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@n2co.com](mailto:Bill.Tuttle@n2co.com) to be added to our event invitations and contact list.



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## International Tailgate at MIZZOU!

My wife, Athena and I attended MIZZOU's first football game tailgate with our daughter, Natalie who is a junior at the Journalism School. Associate Dean for Global Programs, Fritz Cropp stopped by with some of his international staff and students who wanted to understand more about what this tailgating thing is. Well, they got a crash course with many questions answered! Best of luck to all students this year!



1. Bill, Athena (Class of '88) & Natalie (Class of '24) at MIZ!  
2. Fritz Cropp (Right Center), Associate Dean for Global Programs at Missouri School of Journalism with staff and students from India, South Korea, Nigeria and China!

*Bill*  
Bill Tuttle, Publisher  
*Stroll Clarkson Valley*

## Meet Our Newest *Stroll Clarkson Valley* Preferred Partners!

Please take a minute to familiarize yourself with these local businesses now sponsoring *Stroll Clarkson Valley*. Not only do they make this newsletter free for all our residents, but each business is interviewed and evaluated before allowing them to come on board as a partner. Please support these businesses and thank them for supporting *Stroll Clarkson Valley*!

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Kathleen Brenner,  
President & Founder

Kathleen (Kathy) T. Brenner has over 30 years of executive experience in the business world. For the first 13 years of her career, Kathy founded and managed a successful, multi-million-dollar fulfillment company. Kathy also managed her own bookkeeping and finances during those 13 years. This hands-on experience gave her an in-depth understanding of how business financials impact the health of a business and what funding companies, investors, or partners look for in a company's financials. She can implement this knowledge today by offering personal and small business bookkeeping and advising services to help her clients know their numbers and what those numbers mean to their financial health!

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**Mary Tuttle's Flowers and Gifts** is a family-owned flower and gift shop located in Chesterfield Valley off Baxter Road. We carry unique gifts, home accessories, fine furnishings and beautiful fresh flowers! We are committed to going the extra mile to make your gift or floral arrangement perfect. We pride ourselves on friendly and prompt service and are dedicated to making your shopping experience a pleasant one. Stop by our store, order online, or call us to place an order.



Owner Angela Carter



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# WHO DO I CALL — FOLLOW UP



By Clarkson Valley  
Mayor Scott Douglass

Last month I talked about “who to call” when you have a concern, i.e., a complaint, an emergency or what appears to be a city ordinance violation. This is a follow-up of that article with more information and another channel for handling your concerns.

First, a review of 911 calls, there are these types: 1) the emergency is in progress or 2) it just occurred. For a delayed emergency case or a situation in which you wish to consult with an officer, call **636-537-3000**.

Back to non-emergencies. The illustration of a code violation I used last month involved trash carts. The ordinance says they are to be visible from the street on pickup days only. By the way, this ordinance is not unique to Clarkson Valley. The cities around us have the same requirement. So, let's continue to be vigilant in keeping our neighborhoods clean and beautiful.

To facilitate your ability to report these situations, another method of reporting is now available. It's a new page now on our website, “Report A Problem.” Go to our website and, using your computer, check on “Residents” to find Report A Problem. If using your cell phone, go to “Menu,” scroll down to “Report A Problem.” Follow the instructions (obviously the same for both methods) on how to provide the necessary information. You will notice that all submittals are anonymous. They will be researched and followed up in a timely manner. If you want to be notified about the progress of your submittal, you will need to provide the requested information, i.e., your email or your telephone number.



I hope you see this as an opportunity to improve on a situation in need of correction. This is not a place for retaliation or needless harassment. While at the website, take a look and see if you like something (hopefully, this is an example) or a new feature that you believe would be appropriate for our website. To let us know, call City Hall **(636) 227-8607** or email [cvcityhall@att.net](mailto:cvcityhall@att.net).

I close with these action reminders for Safety:

- Lock your cars when you park outside
- Walk on the left side of the road (Fido will be safer, too)
- Make sure your garage door is down at night

Call me if you have issues with your city — actions or lack thereof. **636-394-8916**



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# FIRST DAY OF SCHOOL!

Sponsored by **Chrissy Wagner**, Red Key Realty Leaders

Here's a look at some of our Clarkson Valley students on their first day of school. Our *Stroll Clarkson Valley* staff wish them all the best and a successful school year! Special thanks to all the parents, students, friends, and neighbors for sending these great photos. Without you, we wouldn't have awesome images and stories to share each month. Remember, this is *your* magazine, so keep your ideas, pictures, and articles coming! Email [Ximena.Bolanos@n2co.com](mailto:Ximena.Bolanos@n2co.com) or [Bill.Tuttle@n2co.com](mailto:Bill.Tuttle@n2co.com) with your suggestions.



Adalyn Blanner  
Forest Hills  
7th Grade  
Crestview Middle School



The McLaughlins — Andrew (11th) and Matthew (9th) at De Smet Jesuit High School  
Molly (7th) at Villa Duchesne High School  
Westhampton



Beau (2nd), Beckham (Pre-K) and Brooklyn (4th) Borello  
Clarkson Farm Estates  
Ascension Catholic School



Connor (4th) and Clara (2nd)  
Theodoropoulos  
Forest Hills  
Ellisville Elementary



Sylvie (1st) and Elliot (4th) Franklin  
Pleasant Valley Forest  
Ellisville Elementary



Emily Parr  
Forest Hills  
5th Grade  
Ellisville Elementary



Cayden Hanak  
The Manors at Clarkson Valley  
8th Grade  
Crestview Middle School



Brooke Fink  
Clarkson Farm Estates  
3rd Grade  
Kehrs Mill Elementary

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Carolyn Karutz  
Dunhill Farm  
Teaching 4th Grade  
Kehrs Mill Elementary



The Wileys — Molly (10th) at St. Joseph's Academy and Lydia (7th) at Ascension Catholic School  
Forest Hills



Lauren Stein  
Dunhill Farm  
7th Grade  
Crestview Middle School



Chloe (3rd) and Cash (1st) Hanak  
The Manors at Clarkson Valley  
Kehrs Mill Elementary



Abby Gunter  
Clarkson Farm Estates  
7th Grade  
Crestview Middle School



Owen (1st) and Elise (4th) Godfrey  
Forest Hills  
Ellisville Elementary



Jack Parr  
Forest Hills  
6th Grade  
Crestview Middle School



Isla (4th) and Ani (5th) Blanner  
Forest Hills  
Ellisville Elementary



Emaline Little  
10th Grade  
Marquette High School



Lillyan Adrian  
Kehrs Mill Estates  
5th Grade  
Ellisville Elementary



Kate Fink  
Clarkson Farm Estates  
2nd Grade  
Kehrs Mill Elementary



Andrew Stein  
Dunhill Farm  
4th Grade  
Kehrs Mill Elementary



Olivia (2nd) and Lucas (K) Schulze  
Kehrs Mill Estates  
Kehrs Mill Elementary



Mirabelle Franklin  
Pleasant Valley Forest  
Pre-K  
Rockwood Early Childhood



Gray (8th), Rhys (2nd) and Emmy (6th)  
Underwood  
Forest Hills  
St. Clare of Assisi



Pierce Cunningham  
Forest Hills  
2nd Grade



Riley (5th) and Reese (1st) Griggs  
Kehrs Mill Estates  
Ellisville Elementary



Nolan and Addie Barks  
Kehrs Mill Estates  
Kehrs Mill Elementary



Piper Little  
8th Grade  
Selvedge Middle School



The Rhodes Family — Amy, Chris, Danny  
and Patrick  
Westhampton



Ricky (7th), Mateo (K) and Yali (3rd) Boloños  
Kehrs Mill Estates  
Ascension Catholic School



Zachary Cantor  
Dunhill Farm  
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Marquette High School



Sullivan (3rd), Schaeffer (Pre-K) and August  
(1st) Brown  
Dunhill Farm  
Ascension Catholic School



Josie (6th) and Natalie (8th)  
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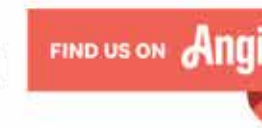


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# Meet Cindy Zelinsky

## OWNER OF ABSOLUTE COLLEGE CONSULTING

Education has been a part of Cindy's life in one way or another. She's worn quite a few hats: student-athlete, high school teacher, college coach, and mom! Now, by serving as an Educational Consultant, Cindy shares her love of education by assisting college-bound students and their families as they navigate through the process of searching and preparing for college. Given her background, love of education, and interest in helping young people, the decision to become an Educational Consultant was an easy one for her.

The process of choosing a college can be overwhelming for high school students and their families. The good news is that it doesn't have to be that way. Cindy fully understands making the best choice is vital to a successful experience in college and beyond. Choosing a college is one of the first major decisions a young person will make.

Each student Cindy works with has a personalized and comprehensive plan that is developed with an understanding of their abilities, needs, and goals. These are the "absolutes" in finding the right fit for her students. Throughout the years, Cindy has observed numerous high school students as they try to sort out the steps



Noah Withers with Dad, Justin and Mom, Dana. Noah will be attending Purdue University this fall!

involved in deciding their educational future. She can help answer many of their questions:

- "Where do I start my college search?"
- "When should I start visiting colleges?"
- "What questions should I ask on my visit?"
- "How do I get recruited?"
- "How do I start my college essay?"

"Getting to know each student's strengths, goals, and interests and then guiding them to find the best college fit is very rewarding," says Cindy. "There are so many options and paths for students to choose from. Whether they decide to attend a large school, mid-sized, private, or junior college, I love getting to know them personally and watching their nervousness turn into excitement when the college search puzzle pieces come together."



Call Cindy today at **636-346-5313** to set up a FREE consultation. She can help find the ABSOLUTE best college fit for your student!



Tom, Michael and Amy Rugerri

"We met with Cindy Summer before Michael's junior year and made a plan for applying to colleges; we worked out strategies for ACT testing, drawing up college lists, researching, and visit preparation. Her guidance and encouragement were centered around the best all-around fit for Michael. Her college suggestion for Michael was not even on our radar. After further research and a visit, Michael found his fit at the University of St. Thomas in Minnesota."

— Dr. Amy Rugerri, parent of Michael Rugerri, 2021 Graduate of the University of St. Thomas

“There are so many options and paths for students to choose from. Whether they decide to attend a large school, mid-sized, private, or junior college, I love getting to know them personally and watching their nervousness turn into excitement when the college search puzzle pieces come together.”

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.

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# BREAK THROUGH THE BARRIERS OF GOOD NUTRITION



By Forest Hills resident **Chelsea Theodoropoulos**  
 Sponsored each month by **Burn Boot Camp**

Good nutrition is one of the biggest barriers to reaching fitness goals. Nourishing your body provides you the energy, mental clarity and proper body functioning needed to feel good and see results. Through my businesses at **Burn Boot Camp**, I help members build healthy eating for long-term success. I want to help you, too.

**Be Realistic.** There are no quick fixes, magic pills, or super salads to cheat the system. The secret to success is in the consistency you put in every day. We all have different body types, fitness goals and relationships with food. Learning how to eat healthily is no more than a series of stacked habits and a commitment to patience.

**Ingredient Prep.** You don't have to "meal prep" to be successful. *Preparation* is what matters. I "ingredient prep" on a weekly basis and cook my core foods (e.g., chicken, ground bison/beef, sweet potatoes, zucchini, peppers etc.) in bulk. Your list may look different; don't get caught up in the nuisances of which foods to eat. You can always swap foods out later to align better with your goals. Focus on building the habit here.

Ingredient prepping gives me the flexibility and freedom to quickly prepare meals in real time without the complexities of reading recipes. I also rely on easy solutions such as frozen vegetables and pantry-kept items such as "minute rice."

Next, play "mix and match." Throw your prepared food into a bowl and heat it up for 90-seconds. Done.

Tip: Let your vegetables cool completely and evenly before storing them in the refrigerator to avoid getting soggy.

**Go Custom Without the Extra Work.** This "mix and match" method works for the entire family. Forcing my kids to eat zucchini isn't a battle I choose to fight. Rather, I give them the option of two to three vegetables that are already prepared. We may all be eating something different but are still united by a healthy meal.

**Redefine "Fast Food."** If you are one who is constantly on the go, you don't have to surrender to traditional fast food, and you certainly shouldn't skip meals. Whatever dinner you would have eaten at home, simply bring it with you. Disposable bulk containers are sold on Amazon. Protein shakes are also a great on-the-go, healthy option.

**Be Disciplined, Not Deprived.** Living a fit lifestyle doesn't mean depriving yourself. You must be realistic to enjoy the process. If you don't enjoy the process, you'll quit. *Remaining consistent is key.*

Discipline is having the confidence to say "no." Deprivation is always saying "no" (generally speaking). Eat the ice cream — occasionally.

**Just start.** You're going to flop a dozen times before you find your groove. You don't have to have all the answers to begin. Where you are in one year is determined by the decisions you make today.

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. For additional guidance or ideas on how to get started, email [connect@chelseatheo.com](mailto:connect@chelseatheo.com) or visit [chelseatheo.com](http://chelseatheo.com).



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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!

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My name is Emersen Underwood. Emmy for short.  
I go to St. Clare of Assisi. I am in 6th grade.  
I do Tae Kwon Doe at **Park's Martial Arts Academy** at Clarkson Clayton Center, and I have done that since I was 4 years old. I also play basketball, volleyball, tennis, golf, and I am on the swim team.  
I have won medals for forms and board breaking in Tae Kwon Doe tournaments, and my volleyball team won a tournament!  
I am a junior leader, and I really like getting to work with the little kids.  
I am most proud about earning my First Degree Black Belt. I am currently working towards my Second Degree!  
My advice for the younger children is to push yourself to your limits.  
I want to go to Savannah Art and Design College. I want to be an Interior Designer.

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As you go through life, you will likely have long- and short-term financial goals. But you may need different strategies to meet these different goals.

To meet a long-term goal of a comfortable retirement, you may want to invest in tax-advantaged retirement accounts, such as an IRA and a 401(k).

But for shorter-term goals, such as a family vacation or home renovation, you'll want to use accounts and investment vehicles that not only align with your risk tolerance and time horizon but also provide you with the desired amount of money when you need it.

If you aren't able to save enough to meet your short-term goals, you could borrow the money through a credit card or loan, or you could sell some of your investments. In making this choice, you'll need to weigh several factors. For example, is the interest rate on a loan going to be higher than what you could earn on your investments? Or, if you sell investments, could you incur taxes and other expenses?

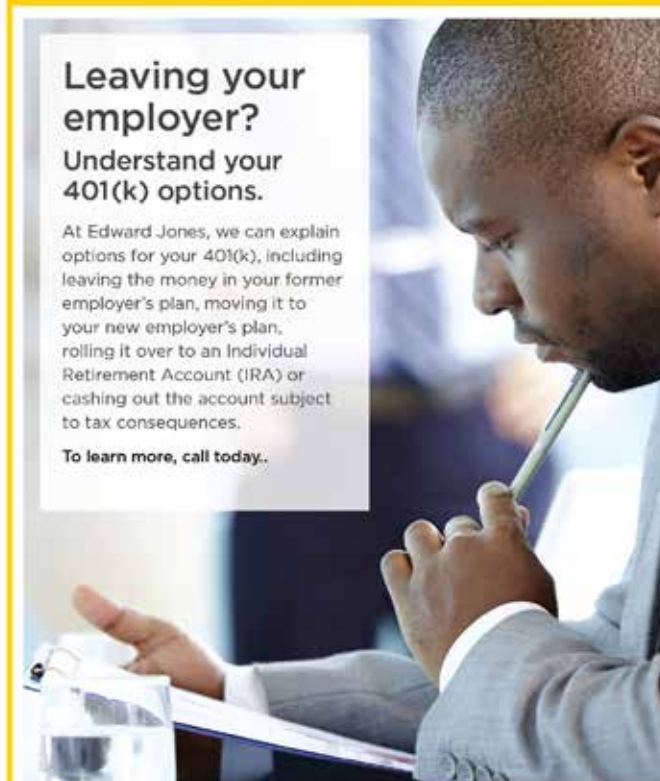
By carefully evaluating your options when it comes to short-term goals, you can make choices that align with your needs.

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Hi, my name is Rocky, and I am a 3-year-old Cavapoo. I live with my mom, dad, and two sisters. I remember the first day we met, I was a Christmas morning surprise! We were all so excited. Now we are inseparable. I'm always trying to get close to them so they pet me. I wish they would pet me all day long.

I spend my days hanging out around the house, following mom everywhere she goes. My favorite is when she takes me on car rides. The only car ride I don't really enjoy is when we drop my sisters off at school. I get so sad when they leave us. When they are gone, I spend most of my hours sleeping. I love to sleep, especially on my back with my legs in the air. My family says I snore loudly, but I think that's nonsense! It's probably because I'm so tired from protecting them all day from the deer and those crazy Amazon drivers.

When I'm not sleeping, I love playing soccer with my sisters. They are really good. I sometimes think I play just as well as they do until the ball comes too close to me, and I get a little scared. What if that thing hits me?! I'm going to have to work on that. I also love zooming around when there is snow outside, but all the snow always sticks to my fur, and I get really cold. Luckily, my family always puts a sweater on me to keep me nice and cozy. They are really great!

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making a difference

# Forest Hills hosts 1st Annual GOLF FOR GABBY event to raise awareness & funds for Neonatal Progeroid Syndrome

By Forest Hills resident Leslie Macari

When we had our daughter six years ago, we didn't think we would ever be sending her off to school. After 40 days in the NICU, we left St. Louis Children's hospital and received one brief article on her diagnosis, Neonatal Progeroid Syndrome. The part of the article that stuck with us was the average life span of six months. It was a difficult six months, but after that six-months birthday, we realized that Gabby was different. She was strong, she was happy, and she was, in her way, thriving. Not motivated by food but by letters and academics, Gabby was reading at the age of 2. She is now in first grade at Ellisville Elementary School and enjoys every day getting on the bus and going to school.

The last six years we have spent supporting her syndrome by creating awareness and lifting up other families in this rare community. Inspiring them to live in the moment and not read the limited

medical research. Recently, we have decided to create a foundation specifically for Gabby's syndrome, Neonatal Progeroid Foundation (501c3). Since we are in such a small, rare community of 50 documented families, we felt the urgency to find doctors to get answers and possible treatments. On Monday, Aug. 21, we had our first charity event at Forest Hills Country Club, where all proceeds will go towards Neonatal Progeroid Syndrome Research. We are grateful for all the support from the community and hope to see more come out next year for the 2nd Annual Golf for Gabby on Aug. 21, 2023.



Gabby Macari



Know someone who is "making a difference" in our community? We'd love to hear about them! Nominate them by emailing [Ximena.Bolanos@n2co.com](mailto:Ximena.Bolanos@n2co.com).



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Gabby, Tara Poli (Aunt), Leslie Macari (Mom), Michael Macari (Dad) and Phoebe (Cousin) in front.



Leslie and Michael Macari



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Leslie Macari and Tara Poli



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# LUAU at Forest Hills Country Club

Photos submitted by Margaret Slaney, Communications and Marketing Coordinator at Forest Hills Country Club  
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Moana with the Crosse Family



A group of friends play games with Moana!



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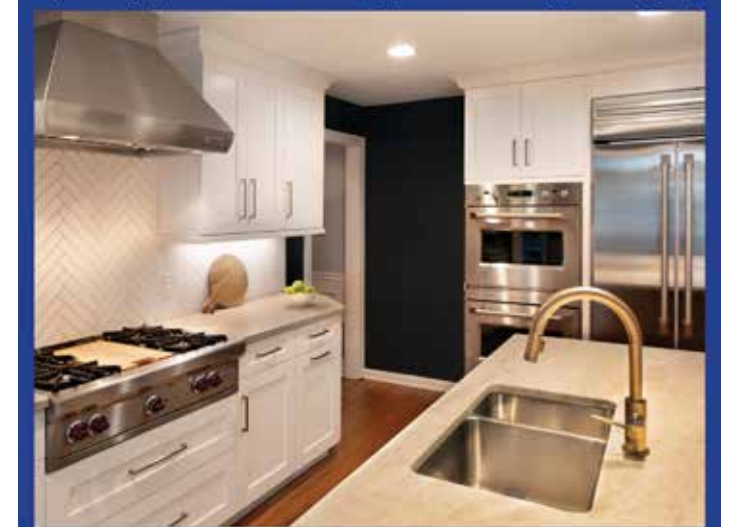
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