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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.

### 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 to be added to our event invitations and contact list.







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It's February, how's the New Year going? The lingering effect of COVID-19? Time for our annual (tradition) to assist you with our reminder. How are those New Year's Resolutions progressing? Any excuses, particularly new ones? As some of you may recall, some years ago, our family excuses outweighed the Resolutions. So now, the new Resolution activity is just a fun reminder of things we need to get done.

A new year can be a time to recharge our human batteries and drop those old ineffective habits — refresh! How's that looking so far? Whether at work or home, it's a great time to review our relationships. I'm sure most of us have done so, perhaps not in a formal manner. But we have set some goals (ground rules) for 2023. Setting future actions requires a review of the past. So, February can be the first guidepost to evaluate actions taken. Like: a new challenge, is it clearly understood; are all people involved able to do their part with enthusiasm; you know the questions — who, what, when, how many. It can be helpful in personal relationships, too.

What are some challenges for your City in 2023? As mentioned above, a review of previous activities is appropriate. Overall usage of our Website continues to increase. The complaint procedure is functioning well. Talking about the Website, the City ordinances need to be updated. Before COVID-19, we decided to codify our City ordinances. Because of the virus and other considerations, it was halted. Now is the time to get it done.

Ordinances should be living documents based on certain principles, i.e., consistent and equal justice in interpretations and right of appeal. Being a living document, updates are required. The language in many ordinances is still relevant, but others need to be updated. This takes us to codification. This process reviews all ordinances to standardize language and simplify user access. So, that's one for your City's

administrative agenda for 2023. This, by definition, does not mean, nor is it intended to change, an existing ordinance or policy without council approval. During the process, if obsolete ordinances still exist, i.e., establishing rules for a horse-drawn carriage, the codification committee will recommend the appropriate change to the council, in this case, removal. The process will be for all ordinances. With these reviews, we will identify any clarification of ordinance language and/or policies and submit to the Board of Alderpersons any recommended changes for approval.

The council committee on the utilization of the AFPA (federal) dollars is active. Our crime rate is low, and our Chesterfield Police are diligent in maintaining our safety. We expect to continue working with your subdivision Trustees to identify any problems — not only potential safety problems but other situations involving City ordinances. We look forward to maintaining this strong relationship with all of our subdivisions' Trustee Boards and enhancing those relationships going forward. Your City is financially solid. The economy in 2023 is more 'iffy.' Therefore, having emergency funds available is paramount. Our surplus (without the AFPA funds) is approximately one year's expenses. We believe this amount is adequate. So, let's make 2023 for your City and for you and your family. May the sun shine brightly and the wind always be at your back!

By Clarkson Valley Mayor Scott Douglass, resident of Forest Hills. To reach Mayor Douglass, call 636-394-8916 or email rsdoug@sbcglobal.net.





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## MEET YOUR CANDIDATES FOR MAYOR

A municipal election will be held in the City of Clarkson Valley, St. Louis County, MO, on Tuesday, April 4, 2023, to elect a Mayor to serve a four-year term as well as one Alderperson from Ward 1, Ward 2 and Ward 3. Visit the St. Louis County Board of Election website at stlouiscountymo.gov for exact polling locations and times.







My wife, Lynne, and I have lived in

#### **Bradley Johnson**

I have been a resident of St. Louis for 29 years. I am coming from a successful career in business and civic interests, where I held senior management positions in both. My work as a Corporate Director at Sigma-Aldrich taught me the leadership, business, and organizational skills I bring to city government. My positions with the Boy Scouts of America (Scoutmaster, District Commissioner) have taught me the ethical, communication and team-building skills needed as well. I have served as President and Trustee of a Home Owner's Association in Fenton, MO, for 24 years, where I learned the importance of elected officials representing their residents. I currently serve on the Clarkson Valley Planning and Zoning Board and as a Trustee for the Westhampton Home Owner's Association. I am married with two adult children, and I am a graduate of Virginia Tech (BS degree) and the College of William and Mary (MBA degree). Clarkson Valley is one of the best cities in Missouri, and I believe that our mayor's role is to serve and support the residents and businesses, not to control or manage them. That requires open communication, transparency, an open mind to new ideas, urgency and integrity.

#### Sue McNamara

Hi, I'm Sue McNamara, Born in St. Louis, I attended Kirkwood High School and received a BFA from Southwest Missouri State University. Our family has lived in Clarkson Valley for 36 years, and both of our kids — our son, Steve, and our beautiful daughter, Leah — are Marquette graduates. We're a proud military family. My father, my husband and my son represent almost 75 years of voluntary service to the Army, Air force and Marines. My career at Anheuser Busch spanned 20 years, where, as a Senior Acct. Executive, I managed the creative design and budgets for all the SeaWorld Parks. I later pursued a career in wine sales and became a Certified Sommelier. I previously served on the Board of Kehrs Mill Estates Residents Association, which provided valuable insight into residents' and subdivisions' needs and how we can work together harmoniously. I currently serve on the Clarkson Valley Board of Aldermen. Over the past five years, I have developed an even deeper understanding of and appreciation for the City's unique character and personality. After decades of service to the City, Mayor Douglass is not running for re-election. I am excited for the opportunity of advocating for residents and leading in an open, transparent government. It would be my honor to represent the face of change and the future of Clarkson Valley.

#### Lin Midyett

Clarkson Valley for almost 29 years. We have two adult daughters — Andrea and Katherine — both Marquette High graduates. We are blessed with five granddaughters. Three are in Rockwood District, and the other two are in the Webster Groves District. I have been on the Clarkson Valley City Council since 2010. Presently, I serve as President of the Council, and I am on the City's Investment Committee. This is my second term as Board President. For at least a decade and a half, I served Westhampton's HOA, including the last five years as President. During my time as President and with the help of outstanding board members, we developed a plan to resurface Westhampton's roads that met homeowners' approval. We also developed a formula to adjust the annual assessment for inflation. I have an MBA. Early in my career, I worked in finance for a major corporation. Presently, I am a Senior Vice President of Sales for a specialty chemical company. In addition, I am a proud Army veteran. If elected, my goal is to engage the community for improvement, such as working with the State to build sidewalks along Clarkson Road, which are certainly needed. It would be an honor to serve as Clarkson Valley's Mayor.

## SPONSOR INDEX

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8 February 2023

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## A Colorado Christmas!





his past Christmas, we traveled to one of our favorite locations, Colorado! We stayed at a resort in Breckinridge, skied Copper Mountain and Keystone ... ate, drank and even took a sleigh ride. We had so much fun! I hope you were able to spend time with your family over the holidays, as well. Send me a note; I'd love to hear about it — Bill.Tuttle@n2co.com!





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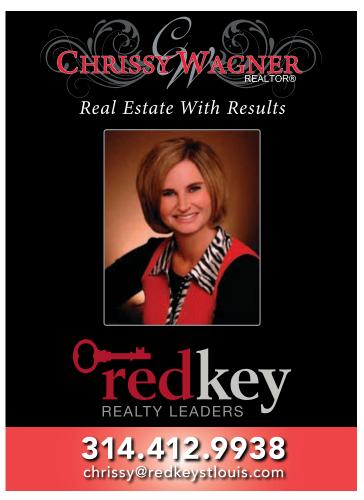






Erwin, Ana, Alexandra (6) and Willem (1.5) Sandee moved to Kehrs Mill Estates West Subdivision six years ago. They don't have pets, but the squirrels and deer might as well be! Erwin is from the Netherlands, and Ana is from Brazil, but she grew up in New Jersey. Erwin is a banker at RaboAgrifinance and Ana is a Public Health Service Officer with the Commissioned Corps. They volunteer by working at the local food bank, and Ana is also a guest judge for HOSA future health professionals

They love to garden and even have two banana and lemon trees! Erwin is a wine enthusiast, and Ana is a foodie with a blog called Colorful Foodie. Alexandra is a natural



artist, and Willem loves to kick a ball — future soccer player? They hope so since they are avid soccer fans. They love to hang out at home, but playgrounds are also very popular right now.

They love to cook together and look forward to Pasta night on Fridays and Saturday night steaks at home. They enjoy going out for a bite locally at The Westchester or the Balkan Treat Box. They travel to their home countries often, but also enjoy anywhere sunny and beachy!

The Sandees enjoy sitting by the fire on weekend winter evenings and having BBQs in the summer, their favorite season! Their favorite family tradition is getting a freshly cut Christmas tree each year.

Erwin and Ana enjoy documentaries and shows like Ozark and Better Call Saul, and the kids are obsessed with Bluey and Kiri and Lou.

Ana is fluent in Portuguese and Spanish, and Erwin speaks Dutch and Portuguese with basic knowledge of several other languages. Fun fact: they met on a cruise in Brazil while Erwin was living there, and Ana was on vacation!

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.com.









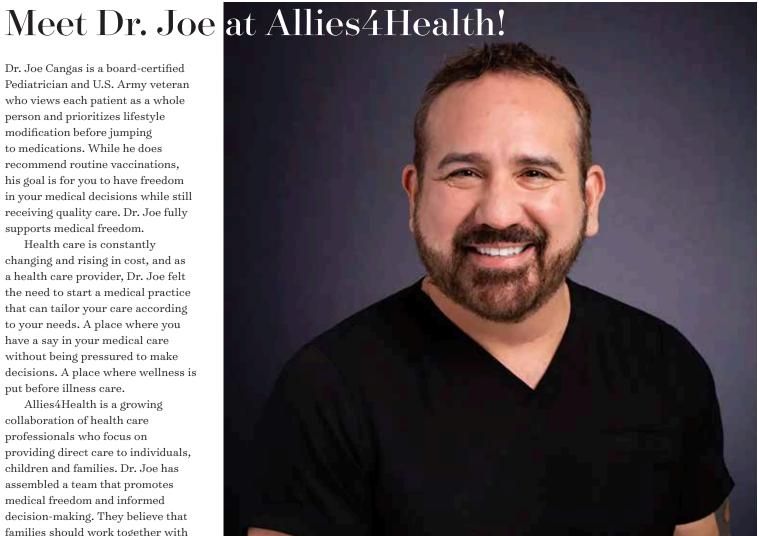


Dr. Joe Cangas is a board-certified Pediatrician and U.S. Army veteran who views each patient as a whole person and prioritizes lifestyle modification before jumping to medications. While he does recommend routine vaccinations, his goal is for you to have freedom in your medical decisions while still receiving quality care. Dr. Joe fully supports medical freedom.

Health care is constantly changing and rising in cost, and as a health care provider, Dr. Joe felt the need to start a medical practice that can tailor your care according to your needs. A place where you have a say in your medical care without being pressured to make decisions. A place where wellness is put before illness care.

Allies4Health is a growing collaboration of health care professionals who focus on providing direct care to individuals, children and families. Dr. Joe has assembled a team that promotes medical freedom and informed decision-making. They believe that families should work together with their doctors to create the best health care plan for the specific needs of their family. Their mission is to provide the resources and support you need to make informed decisions about your family's health with a more holistic approach.

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Dr. Joe and his family have lived in St. Louis for 17 years!

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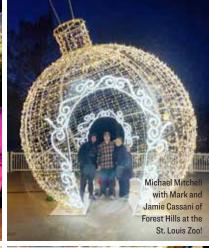




















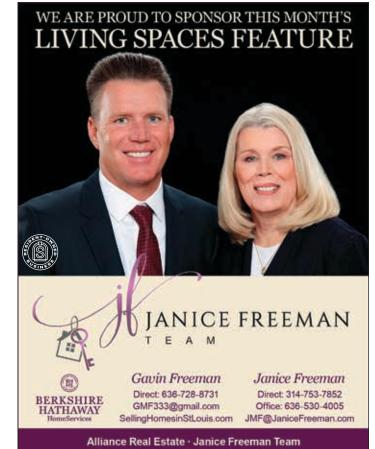












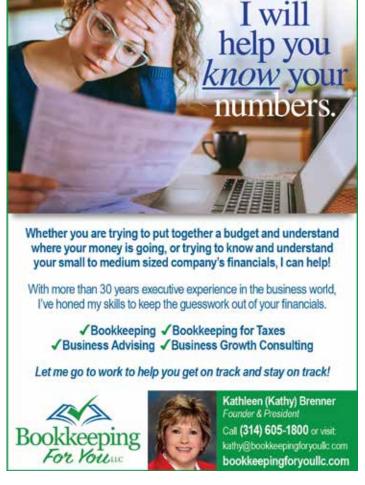








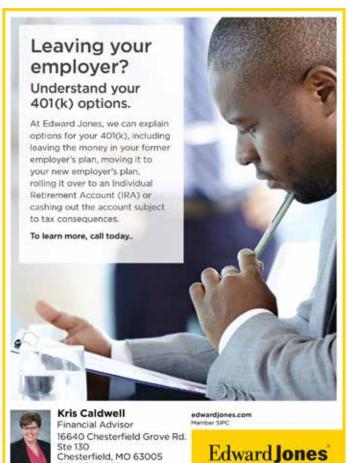




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## Edward Jones

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In February, the weather outside is still frightful — possibly the harshest of the season — but the glittering hope of spring is just around the corner. If you're feeling a little stir-crazy, why not tackle these often-neglected chores now and start sprucing up your home for sunny times ahead?

#### **TOUCH UP PAINT**

Tired of looking at those marks and smudges on the walls, cabinets, doors and trim? Tackle them with a cleaning eraser first to assess what truly needs a touch-up, then address the remaining problem areas with leftover paint and a small, thin paintbrush for greater precision.

#### **CLEAN OUT DRYER VENT**

A clogged dryer vent can, at best, cause your dryer to run inefficiently and increase your energy bill and, at worst, cause a fire. To clear any lingering lint

and/or nesting pests from vour cozy vent, remove the vent and clean the duct that connects the back of the dryer to the outside using a wet/dry vac or brush tool.

#### **REFRESH MATTRESSES**

Most of us change our sheets frequently, but we shouldn't neglect our trusty mattress. which can make all the difference in sleep quality. Start by vacuuming the box springs and the top and bottom of the mattress. Then, rotate or flip, depending on whether it's a one-(rotate) or two-sided mattress (flip to prevent sagging)

#### **REVIVE FRIDGE**

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#### AMAZING ATHLETES







i, I'm Lexi! I've played lacrosse for seven years and cross country for two years. For the past two years, I have worn my #8 jersey for the Marquette High School Lacrosse varsity team. I play mostly defense, but on occasion, I also play midfield. The part I love the most about playing lacrosse is when I guard someone really close, and it forces them to turn the ball over, either by intercepting a pass or beating them to their own ground ball.

My proudest moment was in 2021 when we beat our rival, Lafayette High School, 14-4, for Third in State! We also won first place at the Westminster Classic that same year. The following year, I won Defensive Player of the Year, All-Conference Honorable Mention and Gold Scholar-Athlete.

When I am not playing sports, I love hanging out with my family and friends, being outside, and listening to all kinds of music. The best piece of advice I can give the younger children of my community is to get involved in new things and meet new people. Everything is more exciting when you feel like you're making a contribution and difference in your community. When my time at Marquette comes to an end, I am going to the University of Kansas, where I will major in Finance and play club lacrosse.

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.





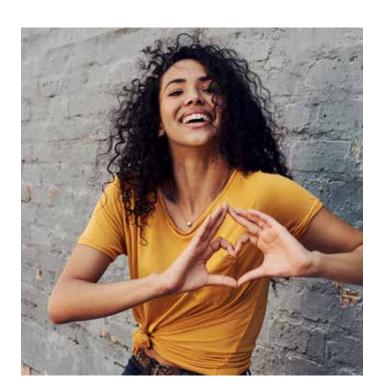


ow many times have you set goals only to rationalize yourself out of them to care for others? How often do you invest in yourself? Society has given us reason to believe that the energy we invest in others must come at the cost of our own well-being. A trade-off. That, by caring well for others, we must care less about ourselves. Ironically, when we abandon what it is we **need**, we cap our own potential in what we can bring to others.

We've also been trained to equate self-love to a box of chocolates we unapologetically buy for ourselves or the 60 minutes to get our nails done. But it's more meaningful than that. Self-love isn't a transaction or a checklist to mark "complete"; rather, it's a daily practice. With practice comes progress; with progress comes love. Just as you would pour into those around you as a reflection of your love, you are just as worthy of your own time.

We could easily buy ourselves a box of heart-shaped chocolates and still feel lousy. We can get our nails done and still worry if we're worthy enough.

The genuine appreciation and acknowledgment of our self-worth reflect the love we hold for ourselves. As we're faced with overwhelming responsibilities, it's natural to deprioritize ourselves for all the puzzle pieces to fit. In that moment, it works. But then we do it again, and again and again. Every time we cast a vote for taking last place, we remind ourselves all over again that we're not important enough to come



first ... that, our needs are not as worthy. These thoughts become engrained within us and begin to grow roots that negatively shape our feelings, behaviors and actions. It affects our ability to problem solve, overcome new challenges, connect with others, regulate emotions, celebrate others, make decisions, recognize accomplishments, be authentic and find comfort in our own skin. Our potential becomes stifled because we fail to create the space to know what we're truly capable of.

#### SO HOW DO YOU PRACTICE SELF-LOVE? STOP BUYING CHOCOLATES. START BY TAKING ACTION TOWARDS BEING YOUR OWN PRIORITY:

- Spend time alone regularly
- Fuel your body with real, whole foods
- · Be patient
- Say "thank you" when someone gives you a compliment
- · Surround yourself with others who inspire you
- · Layer healthy habits one at a time
- Write down one thing every day you love about yourself
- Surrender to perfection
- Embrace failures
- · Stop apologizing
- ${\boldsymbol{\cdot}}$  Use positive language
- Move your body
- $\bullet$  Put yourself in new situations
- Get uncomfortable

These actions require daily practice and reflection. Rewiring your own thoughts to see your worth beyond your physical being, and building new habits takes time. But, achieving a higher level of self-love and appreciation for our entire being comes with confidence, fulfillment and freedom. You are worthy of your own goals and time.



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 or visit chelseatheo.com.



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This is the perfect time of year for chili! It seems like there are as many recipes for the dish as there are days in a month. I found a great recipe on the Brush Creek Valley Farms website. They are a new Preferred Community Social Partner for Stroll Clarkson Valley magazine. The quality of their meat is outstanding. This chili recipe has all the ingredients of a yummy, hearty meal, meant to keep you warm from the elements outside. Now the question ... To bean or not to bean? That has almost as many opinions as the number of types of chili!

#### **INGREDIENTS:**

- 1.1 ½ Medium Onion, chopped
- 2.1 Medium Green Pepper, chopped
- 3.1 Large Rib of Celery, chopped
- 4. 2 tbsp. Garlic Minced or Garlic Powder
- 5. 3 tbsp. Vegetable Oil
- 6. 4-5 lb. Brush Creek Valley Farm Ground Beef (BCVF)
- 7. 8 tbsp. Chili Powder
- 8.1 tbsp. Ground Cumin
- 9. 2 tsp. Garlic Salt

Makes a Great Gift!

- 10. 1/4-1/2 tsp. Hot Pepper Sauce (to taste)
- 11. Salt and Pepper to taste
- 12. 8 oz. cans of Tomato Sauce
- 13. 6 oz. can Tomato Paste
- 14. 2-3 cans of Canned Tomatoes
- (diced tomatoes if you do not have canned)
- 15. 1 1/4 cup Water
- 16. 1-4 oz. can diced Green Chilies
- 17.1 Bay Leaf



#### **PUT IT ALL TOGETHER:**

- 1. Chop onion, green pepper and celery.
- 2. Sauté onion, peppers, celery, and garlic in oil until they're transparent.
- 3. Add BCVF hamburger to sautéed onion, pepper, celery and garlic in a large saucepan.
- 4. Cook until there is no red.
- 5. Combine cumin, garlic, salt, chili powder and hot pepper sauce.
- 6. Add canned tomato juice or tomato paste, green chilies and bay leaf.
- 7. Cover and simmer on low heat for 3 hours.
- 8. Stir often.



We are happy to have one of our most popular articles back thanks to our new preferred community social partner Brush Creek Valley Farms! Each month The Manors at Clarkson Valley resident Cindy Munich will prepare a recipe with an ingredient from them or a complimentary dish to enhance their many farm-fresh, high-quality, pasture-raised types of meat. Do you have a special recipe you'd like us to feature? Email Cindy Munich at Munichs3@hotmail.com.

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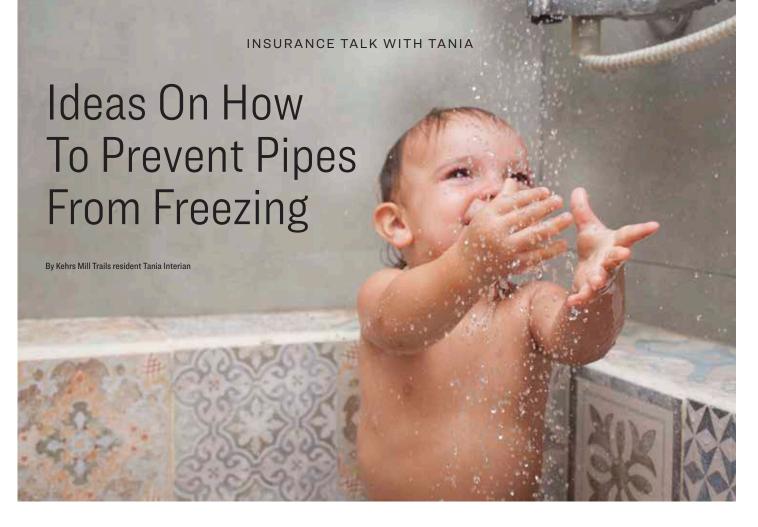


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## FROZEN PIPES COULD BE A BIG PROBLEM AND CAN BE PREVENTED.

In addition to conducting regular winter home maintenance, protecting pipes from freezing is important. Even a tiny crack in a pipe can spew hundreds of gallons of water, causing flooding, damage to your furnace and serious structural damage. It also presents an immediate potential for mold.

Frozen water pipes are a problem in both cold and warmer climates, affecting families each winter. It can occur in homes with both plastic and copper pipes. By taking the preventative measures below, you may help reduce the risk of frozen water pipes and the resulting property damage.

#### TIPS TO HELP PREVENT PIPES FROM FREEZING.

The three central causes of frozen pipes are quick drops in temperature, poor insulation and thermostats set too low. You can prepare your home during the warmer months.

- Insulate pipes. Pipe insulation in your home's crawl spaces and attic helps even if you live in a climate where freezing is uncommon. Exposed pipes are most susceptible to freezing. Remember, the more insulation you use, the better protected your pipes will be.
- Use heat tape or heat cables. Heat tape or thermostatically controlled heat cables can be used to wrap pipes. Be sure to use products approved

by an independent testing organization, such as Underwriters Laboratories Inc., and only for the use intended (exterior or interior). Closely follow all manufacturer's installation and operation instructions.

- Seal leaks. Locate and thoroughly seal leaks that allow cold air inside. Look for air leaks around electrical wiring, dryer vents and pipes, and use caulk or insulation to keep the cold out.
- Secure outdoor hoses, valves and faucets. Before winter hits, disconnect garden hoses and, if possible, use an indoor valve to shut off and drain water from pipes leading to outside faucets. This reduces the chance of freezing in the short span of pipe just inside the house.
- Let water drip. A trickle of hot and cold water might be all it takes to keep your pipes from freezing. Let warm water drip overnight when temperatures are cold, preferably from a faucet on an outside wall.
- \* Adjust the thermostat. Keeping your thermostat set at the same temperature during both day and night also reduces the risk of frozen pipes. During extreme cold, this also helps reduce the strain on the furnace.
- Open cabinet doors. This allows heat to get to uninsulated pipes under sinks and appliances near exterior walls.

## WAYS TO HELP AVOID FROZEN PIPES WHILE ON VACATION.

Always be sure to winterize your home thoroughly. Before you leave, take measures to protect your home so you can enjoy the time away rather than worry about pipes and security. A few things to remember include:

- Check the thermostat. Set the thermostat in your house no lower than 55 degrees Fahrenheit (12 degrees Celsius). Also, be sure to replace the battery in your thermostat.
- Ask for help. Ask a friend or neighbor to check your house daily to make sure it's warm enough to prevent freezing.
- Shut off the water. Shut off and drain the water system. Be aware that if you have a fire protection sprinkler system in your house, it may be deactivated when you shut off the water.

#### WHAT TO DO IF PIPES FREEZE.

Pipes do not always burst when frozen. There are a few things to keep in mind:

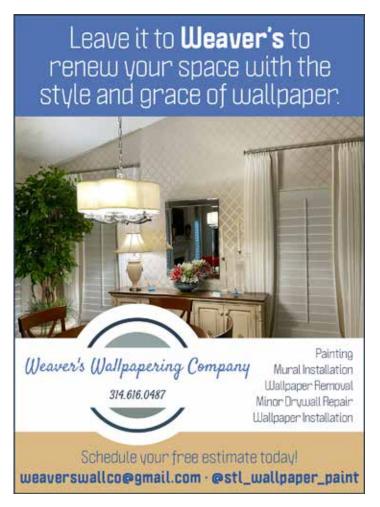
• Call a plumber if needed. If you turn on your faucets and nothing comes out, leave the faucets turned on and call a plumber.

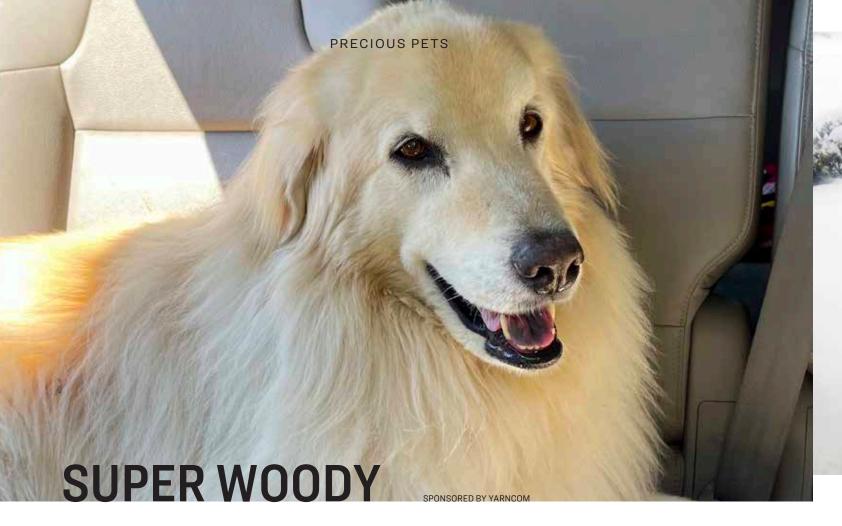
- Avoid the use of appliances near water. Do not use electrical appliances in areas of standing water. You could be electrocuted.
- Avoid applying flames to thaw pipes. Never try to thaw a pipe with a torch or other open flame because it could cause a fire hazard. Water damage is preferable to burning down your house!
- Use a hair dryer as a possible heat source (with caution).
   You may be able to thaw a frozen pipe using a hair dryer

   again, make sure you are not in standing water. Start
   by warming the pipe as close to the faucet as possible,
   working toward the coldest section of the pipe.

Shut off the water supply. If your water pipes have already burst, turn off the water at the main shutoff valve in the house. Make sure everyone in your family knows where the water shutoff valve is and how to open and close it. Be sure to leave the water faucets turned on.

If you have any questions about insurance, please don't hesitate to call your "Good Neighbor," Tania Interian, your resident State Farm Agent at 314-822-5180 or visit gowithtania.com for more information. I am here to help you!







Do you have a family pet we could feature? We want to meet them! Email Ximena.Bolanos@n2co.com.



Hi, my name is Woody! I'm a big fluffy, great Pyrenees/golden retriever mix. I'm 9 years old and very easygoing. My family thinks I have a lot of the great Pyrenees traits. I really don't know what they are talking about, I'm just me!

Naps, walks, and car rides are my most favorite things to do. Oh, yeah, and I also love to chase bunnies and squirrels. That's just for show, I wouldn't hurt a

fly, but I probably scare them a little. I also think I have a superpower! Yes, a superpower! Every time I walk by someone, I always make them smile. My favorite is when they stop and pet me. My mom sometimes takes me to Ascension (that's where my sister goes), and the kids love to pet me; it's the best.

Before I forget, I want to send a shout-out to my neighbor, Deuce. He is a lab that I like to have staring contests with from across the driveway. I'm pretty sure I win every single time, bro. Oh, and another shout-out to Stormi — you always get me to run and play. I can't forget to thank Joe's human. You are awesome; thanks for the treats you give me when you are passing by.

I'd like to think that I'm living the good life over here in Westhampton.

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#### **GENERATION CONVERSATION**



**Grandparent's Name:** Dana Griggs **Nickname:** Papa

Subdivision: Clarkson Mill Grandchild's Name: Riley Griggs Subdivision: Kehrs Mill Estates

 $\mathbf{Age:}\,11$ 

#### **QUESTIONS PAPA ASKED RILEY:**

What do you want to be when you grow up and why? I want to be in business. Manage a sales team like my mom.

What's one way you think the world will be different when you're my age? There will be better technology. Cars, phones, cooking, school ...

What's your favorite family tradition? Christmas Eve! Going to church and lighting candles during "Silent Night," then going to Nana and Papa's house!

**What makes you happy?** My puppy, Charlie, my family, and rides in the Corvette with Papa!

What are you afraid of? What makes you feel better or less afraid? When I get sick. Being late, and everyone is watching. Talking to mom makes me feel better.

What kind of chores do you do at home? What are you saving money to buy? Taking care of Charlie, making my bed, cleaning the playroom, and unloading the dishwasher. I like to save my money!

What's your favorite thing to do with me? Play with Papa's trains, go to Burger King and pick out our Christmas tree!

How many grandchildren do you think you'll have when you're my age? I'll have five grandkids!

If you could change one thing about the world, what would it be? Things would cost less money.

**Who is your hero? Why?** My mom because she fixes everything that goes wrong!





#### **QUESTIONS RILEY ASKED PAPA:**

When you were my age, what did you want to be when you grew up? To be an engineer.

What's one way the world was different when you were my age? TV was "new" and we called people less on the phone.

Is there a story behind the name I call you? What is it? My grandfather was Papa.

What makes you happy? Watching my grandkids and driving my Corvette!

What's your favorite memory of your own grandfather or grandmother? Fishing with my grandfather and then eating the fish!

What were you scared of when you were little? Everything! Big kids, animals and big trains ...

Can you tell me about the first time we ever met? You were in the hospital. You were very small.

**How did you meet my grandmother?** When I visited her brother, she was doing chores.

What's your favorite part of having grandchildren? Having an exciting Christmas and having exciting vacations with them!

What was dad like when he was my age? Do I remind you of him in any way? He liked music like me, we watched your dad play water polo like we watch you play sports. He had a lot of friends like you do!







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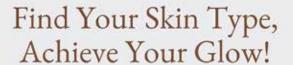
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