

STROLL

Clarkson Valley



Say Hello to
**THE GATTO
FAMILY!**

Why choose GutterPros?



Water goes where we tell it.



GUTTER INSTALLATION



LEAF PROTECTION



GUTTER CLEANING

GutterPros is the best choice for gutter work. If you're not convinced, here are four great reasons why you should choose us:

1. QUALITY

GutterPros uses high-quality materials, performs high-quality work, and promises high-quality customer service. Other gutter companies simply can't keep up.

2. DEDICATED EMPLOYEES

GutterPros employees are compensated fairly and given great benefits to ensure they're satisfied and happy to be working on your home.

3. VARIETY

Every house has different gutter needs and we don't offer a "one size fits all" gutter system. We custom build your gutters in a variety of sizes and colors to best fit your home's individual needs.

4. SPECIALIZATION

Just as you wouldn't hire a handyman to rewire your home's electric, you shouldn't hire a roofing company who also installs gutters. You should hire a specialized gutter company who only does seamless gutters.

If you're still unsure, or want more information, please visit our website or give us a call!

FREE ESTIMATE NOW!
CALL (314) 656-7195



Family. Fun. For Free.

At Excelsior, we believe in family and the power of community. Please join us for our free event every third Saturday of the month to get some quality family time in, for free!

The only thing required is an rsvp to register and a desire to have fun with your Fam!

NEXT DATES:
March 18, April 15 &
May 20, 2023
9-11am
Sky Zone
Ballwin, MO

Scan to RSVP!

All kids get a free glow in the dark shirt at their first FAMS!
Registration Required.

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 that make this magazine possible. Please support them in return and thank them if you get the chance!

#ADVERTISING

Stroll Clarkson Valley
Bill Tuttle
(636) 579-0698

ALL NATURAL BEEF & PORK HOME DELIVERY

Brush Creek Valley Farms
(573) 241-1221
brushcreekvalley.com

ART/CRAFT/NEEDLEWORK SHOP

Yarncom
(636) 628-6784
yarncomstl.com

BOOKKEEPING

Bookkeeping For You
Kathleen Brenner
(314) 605-1800
bookkeepingforyoullc.com

CHIROPRACTIC CARE

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

CUSTOM DECKS/ROOFING/GENERAL CONTRACTING

Covenant Contracting
(314) 282-1991
covenantcontractingstl.com

CUSTOM WOODWORKING

Fenrir Woodworks
(314) 707-8814
fenrirwoodworks.com

DENTISTRY

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

DRIVING SCHOOL

Coach Harder Driving School
(314) 222-3938
coachharder.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
throwhouse.com/location/chesterfield

FOUNDATION REPAIR & WATER PROOFING

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

FURNITURE & HOME DECOR

The Foyer
(636) 778-1400
thefoyerhomedecor.com

GENERAL CONTRACTING

Keimar Contracting
(636) 946-6870
keimarcontracting.com

GUTTERS AND SIDING

GutterPros
(314) 656-7195
gutterpros.com

HARDSCAPE & LANDSCAPE

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

HEATING & COOLING

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

INSURANCE AGENT

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

KITCHEN REMODELING

Premium Cabinets
(314) 499-8800
premiumcabinets.com

LANDSCAPING

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

MOVING & PORTABLE STORAGE

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

PAINTING & WALLCOVERING

Weaver's Wallpapering Company
(314) 616-0487
@stl_wallpaper_paint

PEDIATRIC CARE

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

PEDIATRIC DENTIST

Gateway Little Smiles
(636) 527-2779
littlesmilespediatricdentist.com

PHOTOGRAPHY

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

REAL ESTATE AGENT

Chrissy Wagner Red Key Realty Leaders
(314) 412-9938
realestatebychrissywagner.com

Janice Freeman Team

(314) 753-7852
janicefreeman.com

Jeff Lottmann - Compass Realty Group

(314) 406-8911
jefflottmann.com

The Debbie Weber Team

(314) 775-0424
ddcwsellstlhomes.com

ROOFING/SIDING/GUTTERS/TUCKPOINTING

Allen Roofing & Siding
(636) 391-1117
arroofing.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

TRAVEL AGENT

Mouse World Travel - Patty Gerleman
(314) 452-4717
mouseworldtravel.com

TREE SERVICE

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

WINDOW & GUTTER CLEANING/POWER

WASHING
DoWest Cleaning Services
(314) 590-3370
dowestcleaning.com



strollmag.com

Delivering Neighborhood Connections
© 2023 The N2 Company, Inc.

CLARKSON VALLEY
Living

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.



Save money.
Save time.
Save my number.

 **State Farm**

Tania Interian • 314-822- 5180 • Se Habla Español

A Time to Reflect and Give Thanks!

BY CLARKSON VALLEY MAYOR SCOTT DOUGLASS, RESIDENT OF FOREST HILLS

The time has come to close our relationship. Yes, for 34 years, I have been your Mayor. You have honored me with that many re-elections. I hope you will be able to understand the gratitude I feel for allowing me to serve. What's happened during these years? As your first Mayor, we started with a 'clean' slate. We were a Village, so there were ordinances in place. New regulations for a Fourth-Class City were established. We established the City's purpose:

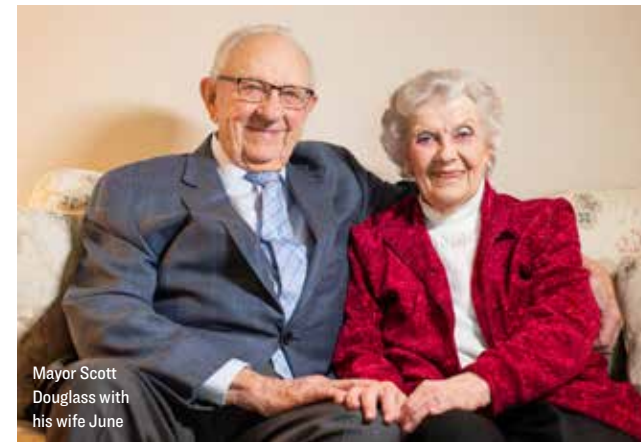
1. Protection of Individual Citizen's Safety
2. Protection of Property Values
3. Protection of the Environment

Our basic belief was 'less Government is better Government'. So, how have things worked out? Change is good or better, yet correct change is good. These are the parameters our ordinance changes have used. We did explore an annexation of a portion of an unincorporated area (now Wildwood). The Clarkson Valley citizens voted no and two years later, the area was included in the Wildwood formation. The development of the Marquette High School campus was completed. We have held the line on no retail in the City. As well as maintaining one-acre residential lots. Through a City lawsuit, we were able to establish for Missouri city ordinances that regulating residential solar panels is within State law. We were successful



in requiring the State to follow its own detailed stipulation before constructing sound walls. These were important decisions not only for us but for all Missouri cities. Yes, we even had a court case challenging our ordinance restricting the use of barbed wire in the City. And, like most cities, during the economic slowdown (2007-2009) we have had our financial challenges. And we have been able to weather them.

Your City is financially stable. The many ups and downs have not been so different than those you have experienced in your business and/or personal life. That takes me to why is this good news to talk about. It's been my good fortune to have served with council members (past and present) who have been willing to work together in solving problems. The volunteers on our Board, our Building Commissioner (Jack Schenck), and our City Attorney (Patrick Butler). Most of these people have multi years of service. Our City Clerk, Michele McMahon, has continued doing an outstanding job now for going on 28 years. I thank each and everyone for their time, their dedication,



Mayor Scott Douglass with his wife June

commitment, and friendship. So, if you know any of these people, give them a Thank You for their service!

I have been asked why/how did you serve that long? It's an easy answer. First, it's you, the resident of Clarkson Valley, who take personal responsibility for your actions (I hope you never lose that) making problem-solving less complex and the solution path identifiable. And with the staff (described above) failure is not an option. Not being Mayor will be a big adjustment for me and my family. Allowing me to serve has obviously been a major joy in the life of both my wife and me. But it's time to step down and hand over the reins. Keep in touch if you wish. Best wishes and God Speed!

Scott Douglass

BOARDS, COMMISSIONS AND ACHIEVEMENTS:

In 2004, Clarkson Valley was the first city in St. Louis County to authorize bow hunting during the regular deer hunting season. He held many public hearings from which an ordinance was drafted and is considered the standard in the metro St. Louis area.

Municipal League of Metro St. Louis – elected to the Executive Board in 2002 serving on many committees and was elected President of the Board in 2014. He continued serving on the Board, resigning in 2023.

For years he was active in the Mayors of Small Cities organization, serving 2 years as President. He personally committed his time and talent to work with small cities to encourage high standards.

Mayor Douglass is extremely proud that he was awarded the Buzz Westfall award "For Excellence in Local Government", awarded in recognition of his outstanding leadership and commitment to the City of Clarkson Valley, St. Louis County, and the St. Louis Region.



CLARKSON VALLEY RECYCLING RESULTS

December Recycling Tonnage: 23.86 Tons



A recent Douglass Family Reunion!

WE DO WINDOWS
GUTTER, SIDING CLEANING + MORE!

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

CALL FOR YOUR FREE ESTIMATE TODAY!
(314) 590-3370

DOWEST
YOU SAY CLEAN WE SAY SPOTLESS

dowestcleaning.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

TURNING YOUR DREAMS ~ INTO REALITY! ~



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



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

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 time.



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

My wife, Lynne, and I have lived in 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.



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.

Learn to drive like a **CHAMPION!**



An Independent, Family Owned, Business Providing Quality Driving Instruction in The St. Louis Area For 20 Years.

(314) 222-3938 ★ coachharder.com

Find us on Facebook

The **MOST TRUSTED DRIVING SCHOOL** in St. Louis!

- ★TEEN DRIVERS★
- ★ADULT DRIVERS★
- ★INTERNATIONAL DRIVERS★
- ★FULLY LICENSED & INSURED★

Dual Brake
Late Model Vehicles
Lessons Available 7 Days a Week
Pick Up/Drop Off at Home,
Work or School

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.



Dr. Joseph Cangas, MD

ALLIES4HEALTH

Hassle Free Healthcare.
Understanding. Not Demanding.

Founder
visit helmetsfirst.com
for news & events!





allies4health.com
info@allies4health.com

MEET YOUR CANDIDATES FOR ALDERMAN

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 time.

FOR ALDERMAN WARD 1

Andrew R. Low

Andrew is a federal IT Program Director who has dedicated his career to public service. He has a Bachelor of Science in Electrical Engineering and a Masters in Business Administration. Andrew is a registered professional engineer, local real estate investor, enthusiastic little league coach, and current member of the Clarkson Valley Planning and Zoning Commission. Andrew lives in Kehrs Mill Estates with his wife and two children. Visit www.andrewforev.com for more information about his plans for the city.



FOR ALDERMAN WARD 2

Honora Schiller

Honora Schiller has served as an Alderperson for over 20 years. She works to keep costs low so there are no tax increases. Alderperson Schiller works to maintain high-quality city services including police protection and trash pickup. She makes sure ordinances have a positive effect on property values and quality of life. She knows the importance of keeping residents informed and listening to their input. Honora and her husband have lived here for 40 years and raised their three sons here. She will continue to protect everything that makes Clarkson Valley special.



John F. Orbe

John has been on the Clarkson Valley Board of Adjustment since 2019 and is a member of the Home Owners Assn. in Kehrs Mill Estates. His focus is working and collaborating to yield strong curb appeal and property values in KAMERA and Clarkson Valley. John leads his firm's sales engagement in the West of the US Theater. The organization's focus is upon leverage of Next Generation Network Architectures and Solutions to exceed expectations for the Campus, Data Center, and Wide Area Networks. John has a BS in Business Administration from St. Louis University, in 1981. John was born and raised in New Jersey and has lived in the St. Louis area since 1982. His wife, Maureen is also a SLU Grad and graduated from Webster Groves HS. Three of their four kids live in Missouri. John and Maureen moved to Clarkson Valley in the fall of 2003.



Christine Hoffman

Christine (Chris) Hoffman and her family have lived in the St. Louis County area for over 20 years. Her son Michael and his wife Stephanie live in Chesterfield with her two grandchildren. Currently, she is employed at Centene Corporation as a Senior IT Program Manager, leading large-scale Enterprise implementations and re-procurements across many Business and IT functional teams. With experience in refined skills of communication, listening, asking questions, analysis, meeting deadlines and when needed putting in extra hours. These skills will be needed as an alderman to unite people on how best to allocate the ARPA grant for Clarkson Valley along with other key issues. She holds a Bachelor of Science degree from the University of Minnesota at Mankato. She is a member of Forest Hills Country Club enjoying book club, served as President and Treasurer of P.E.O. and was state ELF (Educational Loan Fund) Chairman. Recently she has become active as a DAR. She completed Scout Leadership training where she led her team to 1st place and served as Treasurer.



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 10 FREE CLASSES!

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

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
TREE REMOVAL TREE TRIMMING STUMP GRINDING

Call today for your FREE assessment: **(314) 799-1461**
Visit: ballwintreeservice.com for more information



Wish your neighbors were reading about *your* company right now?



STROLL
Highland Park

Email the publisher of this magazine for details on print and digital advertising packages.

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*!



COACH HARDER DRIVING SCHOOL
(314) 222-3938
coachharder.com

Coach Harder Driving School is a St. Louis local, independent, family-owned business providing quality driving instruction for over 20 years. They specialize in developing the novice student into a safe and confident driver. They offer behind-the-wheel teen and adult driving instruction, and support for international individuals seeking a US driver's license. All Coach Harder Driving School instructors are current or retired educators, coaches, or officers, are certified and highly qualified, and have passed criminal background checks.

Call us today!



Owner Simon Anderson



FENRIR WOODWORKS
(314) 707-8814
fenrirwoodworks.com

Fenrir Woodworks is a family company. Our wood products and values represent strength and integrity that endure the test of time. Our goal is to work together with you to help you unchain your dreams. We create quality, affordable items, because who doesn't love a value, so that you can have elegant furniture and decorations that are useful in your home as well as timeless keepsakes to pass down. We love to watch our ideas grow into useful items that we enjoy, and we believe you would like your dreams to take shape too. So, while you can choose from things we already have, fun ideas that we appreciate, we are even happier to customize your woodworking dreams for you.



Owner Nate Reeves with his family



GUTTERPROS
(314) 656-7195
gutterpros.com

GutterPros is the leading gutter installation, repair, protection, and cleaning service in St. Louis, Missouri. Simply put, water goes where we tell it. We pride ourselves on offering affordable, quick, and high-quality service for your gutters. We're happy to help with whatever you may need and give you the attention that's required to satisfy you. While our employees work quickly, we don't believe in rushing to get the job done. Call us today for a free estimate!



Owner David Casteel



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.

Say Hello

TO THE GATTO FAMILY!

SPONSORED BY CHRISSY WAGNER RED KEY REALTY LEADERS



M meet the Gatto family! Dave and Cassie have 3 children, 11-year-old Gabby, 3-year-old Ben, and 1-year-old Piper. Last, but not least, their handsome Yorkie, Dexter. The Gattos moved into Dunhill Farms in September 2021. They love the big, flat lots, their neighbors, and the proximity to Marquette. Ben loves to kick the ball around on the fields and hear

the roar of the football games. Their favorite thing about their neighborhood is how they celebrate Halloween, with bounce houses and big parties.

Dave is a Clarkson Valley native; he grew up living in the Kehrs Mill Estates neighborhood. His mom was an alderwoman of Clarkson Valley, and she started the newsletter (1 page at a time) and website! Dave



CHRISSE WAGNER
REALTOR®

Real Estate With Results



redkey
REALTY LEADERS

314.412.9938
chrissy@redkeystlouis.com

THEY LOVE TO GO DOWN TO BRANSON AND ENJOY ALL THE FUN ACTIVITIES AND CREATE NEW MEMORIES IN THEIR NEWLY BUILT LAKE HOUSE AT TABLE ROCK LAKE.



Dave and Cassie both enjoy skiing and spending time in the mountains. They are also both scuba certified, so they love to travel to the Caribbean, island hop and explore new places to scuba dive. They even got married in Grand Cayman. They also enjoy visiting different towns in Italy and checking them off of their bucket list. You can find Dave golfing or working on home projects. Cassie enjoys baking and trying new foods/restaurants. Their favorite restaurants are Paul Manno's, Poke Munch, and Annie Gunn's. Gabby likes arts and crafts and plays volleyball. Ben is a busy toddler who loves any activity with a ball, dinosaur, or truck. Piper just started walking!

The Gatto's love patio season because they can hang out by their pool and enjoy a few drinks with friends and family. They also enjoy cheering on the Cardinals and the Blues, obviously!

is in management for Beckton Dickinson, a medical device company. Cassie is originally from Sacramento, California. She stays at home with the kids full time and also manages their Airbnb property called Lakeview Oasis in Branson. Which is exactly where they have started memorable family traditions. They love to go down to Branson and enjoy all the fun activities and create new memories in their newly built lake house at Table Rock Lake. They are in the process of building 2 more cabins in the area to expand their Airbnb business and it also gives them more of an excuse to visit.



INSPIRING LIFE OUTDOORS

St. Louis' Leader in Design & Build Hardscaping

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

Get Inspired At:
@BigBendLandscaping



BEFORE



AFTER



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



LOVE YOUR LOOKAFTER



CUT • COLOR • STYLE
WE CARE ABOUT HAIR

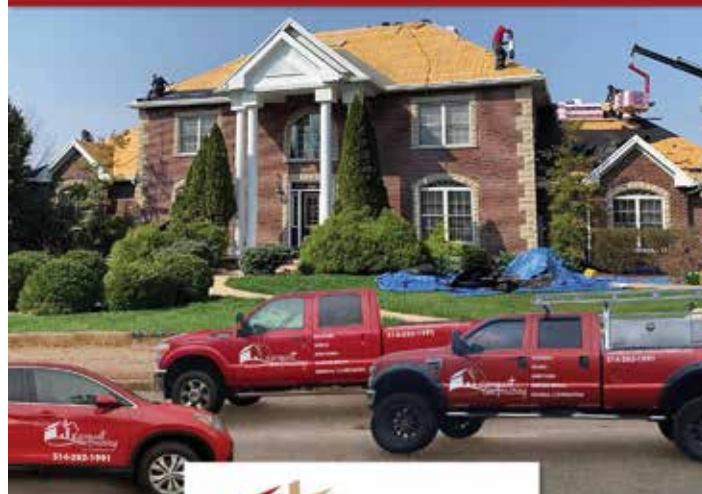
LookAfter
HAIR COMPANY

Free Deep Conditioning Treatment with any Color Service!

BOOK TODAY!
636-537-3096
lookafterhairco.com

Market Place
1738 Clarkson Rd. • Chesterfield MO 63017

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

HOME MATTERS

HOUSEPLANTS FOR YOUR HEALTH

I grew up in a Southern family with roots deep in the soil. My grandparents grew anything at all you'd want to eat right there in our back gardens, though my grandmother's favorite plants to meddle with were, by far, her houseplants. That love spilled over to my mother and her sisters and, eventually, to me. Though my collection may look a little different than hers, we both recognize(d) the endless benefits of having useful, versatile and visually engaging plants in the home, such as those on the list below.

BY SHAUNA OSBORNE



Peace Lily

In addition to its gorgeous white "flowers" in the summer, the stunning peace lily is a master of air pollutant removal, working hard to absorb and break down toxic compounds throughout your home. Sometimes called "closet plants," peace lilies are perfect for rooms that don't get much natural light.

Snake Plant

This low-maintenance plant is a popular choice for small apartments and bedrooms, working while you sleep to convert carbon dioxide to oxygen. Snake plants purify by removing toxins from the air, absorbing them through their leaves.

Aloe Vera

This plant has been used for thousands of years as a natural remedy to ease irritated skin. The clear, gel-like substance found inside the plant's leaves can be used to soothe and heal burns and even cold sores when applied directly to the skin.

Boston Fern

With its lush green foliage, the Boston fern helps to rid the home of harmful toxins and is the ideal houseplant for locales with humidity problems, as it is considered a natural humidifier, benefiting those who suffer from dry skin, noses or throats.

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



A real estate experience that's more than just a transaction.



Contact us to get a custom market report and evaluation today!



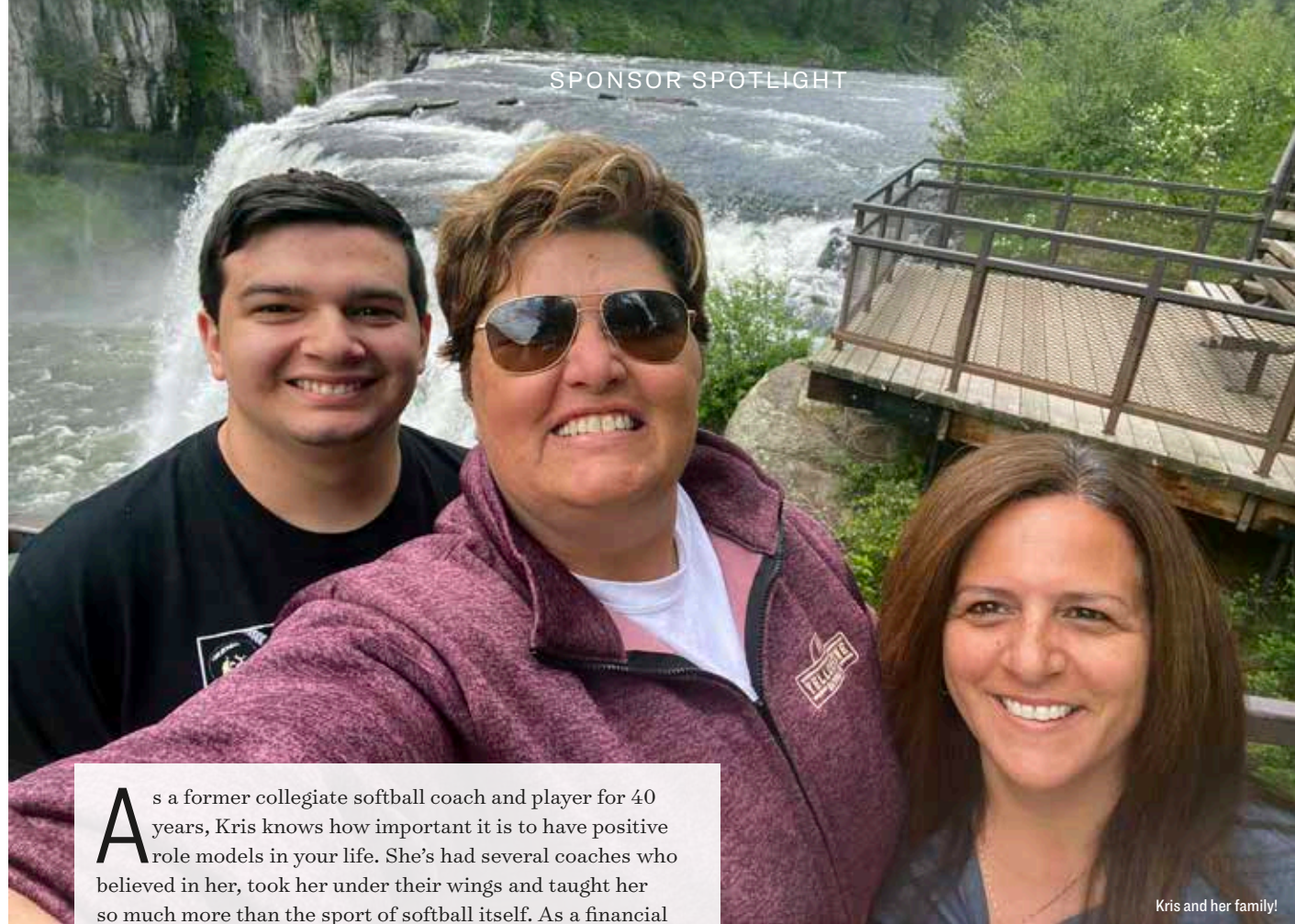
Jeff Lottmann
Luxury Real Estate Advisor
M: 314.406.8911
jeff.lottmann@compass.com



Chase Lottmann
Luxury Real Estate Advisor
M: 314.805.8440
chase.lottmann@compass.com

COMPASS REALTY GROUP

Compass is a licensed real estate broker, licensed to do business as Compass RE in Delaware, Idaho, New Jersey, Pennsylvania and Tennessee, Compass Realty Group in Kansas and Missouri, Compass South Carolina, LLC in South Carolina, and Compass Real Estate in Washington, DC, Idaho and Wyoming and abides by Equal Housing Opportunity laws.



Kris and her family!

As a former collegiate softball coach and player for 40 years, Kris knows how important it is to have positive role models in your life. She's had several coaches who believed in her, took her under their wings and taught her so much more than the sport of softball itself. As a financial advisor now for eight years, the lessons from her coaching career still ring true: work ethic, attitude and giving back are the pillars on which she stands firm.

As a coach and financial advisor, her job is to develop your game strategy based on your goals and needs – not hers. She strives to create positive and long-lasting relationships that will grow well past your financial portfolio. She holds a Bachelor of Science from Southern Illinois University at Edwardsville and a Master of Science from Eastern Kentucky University.

Outside of work, her family resides in Ballwin. They enjoy sports, hiking and playing golf together. Each Thanksgiving, they run a food drive to feed homeless families in the Parkway School District.

"I'm proud of the highly personalized and caring service our office provides to help you meet your financial goals. Our Branch Office Administrator, Monica Kiburz, is the glue of the operation and also resides in Ballwin with her family."

Please feel free to contact Kris at any time for your complimentary financial review.

Kris Caldwell

Edward Jones
(636) 537-0376
edwardjones.com



Copyright © 2023 Edward Jones. All rights reserved. Member SIPC.

Meet Kris Caldwell Our Edward Jones Financial Advisor!



Proud SIUE Alum!



Do you know any awesome businesses that would be great partners for your publication? We're always looking for referrals! Please email Bill.Tuttle@n2co.com.



TIME FOR FINANCIAL 'SPRING CLEANING'

Now that we've put winter behind us — at least on the calendar — it's time for us to think about sprucing up our homes, inside and out. But it also may be time to do some financial spring cleaning.

SPONSORED BY KRIS CALDWELL,
EDWARD JONES FINANCIAL ADVISOR

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

Now that we've put winter behind us — at least on the calendar — it's time to think about sprucing up our homes, inside and out. But it also may be time to do some financial spring cleaning.

For starters, dust off your investment strategy. Over time, your circumstances and risk tolerance can change, and these changes may lead you to reexamine your future financial and investment decisions.

Next, think about “de-cluttering” your portfolio by possibly getting rid of some duplicate investments and using the proceeds to expand your investment mix. And it's also important to organize all your financial documents, whether they're on paper or in electronic form.

Finally, just as you remove dangers around your house, you'll want to explore strategies to help ensure you're protecting your loved ones from financial threats. Spring cleaning can pay off in a cleaner, safer home environment and in helping keep your financial strategy working hard for you.

This content was provided by Edward Jones for use by Kris Caldwell, your Edward Jones financial advisor, at 16640 Chesterfield Grove Road, Suite 130, Chesterfield, MO 63005, 636-537-0376. Investors should understand the risks involved in owning investments. The value of investments fluctuates, and investors can lose some or all of their principal. Member SIPC

Zac Cantor & His Papa, Harvey Cantor

SPONSORED BY ASSISTANCE HOME CARE

Grandparent's Name: Harvey Cantor
Nickname: Papa
Grandchild's Name: Zachary Cantor
Nickname: Zac
Subdivision: Dunhill Farm

QUESTIONS PAPA ASKED ZAC:

What do you want to be when you grow up?

My whole life I have been influenced and interested in becoming a lawyer. I'm very interested in being in the court in general and helping people get money after an injury. I also like public speaking, so I think being a lawyer would be a good job for me.

Of your various family traditions, what's your favorite?

My favorite family tradition is our Christmas break trips, they are really fun. For most of my life we have gone to Cabo and I just like hanging out with my family and my cousins at the beach.

What is one way you think the world will be different when you grow up and you are my age?

I hope the world will be different in a way that we could be not only in this world but a way we can figure out how to live on other planets. I also think that we will live a much more compact life. There will be so many people and a lot more electronically-based living.

What makes you happy?

Spending time with people I care about.

What are you afraid of?

I guess I'm a little bit afraid of death, not so much now but when I was younger. Also, how the fighting that goes on in the world, and how it can get out of hand. Most countries have the power to change the world in a negative way. I don't want any of them to use that power.

Are you responsible for any chores at home?

A few. Some simple ones like taking out the trash. I just have to make sure I am not too messy, which can be difficult on its own.

If you are saving money, what are you saving money for?

I would say I'm saving money for my future. To be able to live freely without worry at some point in my life. I would like to be financially stable to live worry-free. Also, for my future family.

What is your favorite thing to do with me?

There are a lot of things that are my favorite to do with you. I love going out to dinner with you and grandma, especially Shabat dinner every Friday night. But my favorite is when we are on the couch at home and we are having talks, and you ask me questions, like how I feel about things. You teach me how to be a better person.

When you are older, how many grandchildren do you think you will have?

I have no clue. I hope I have a lot to keep me busy. A lively family is all I can ask for.

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

The animosity people have towards other people because of the way they look. How they judge people just by



the way they look for the language they speak, that is something I would change.

Who is your hero and why?

So they ask me this in school, and the answer is always you or my dad. Because you have really taught me how to talk to other people, and be kind no matter what. I look up to the way you treat others.

QUESTIONS ZAC ASKED PAPA:

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

I don't know why but I always wanted to be a doctor. To make people feel well and healthy. That's what I wanted to be when I was your age. I wanted to be financially successful as well.

What is one way the world was different when you were my age?

One of the major ways was the absence of artificial intelligence. So many people have cell phones and they are on their computers and they are able to access information, sometimes misinformation, wrong information, hateful information; but we all have access to information rapidly and easily now. I think that is one of the major ways the world is different now.

Is there a story behind the name I call you, Papa?

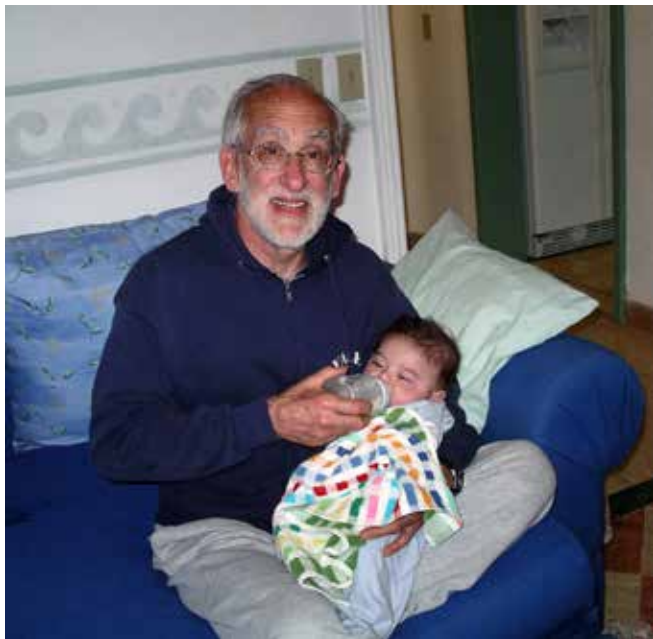
Not really. I was trying to think of what I would want my grandchildren to call me, and as you know I call your grandmother on our side, G-ma. I was trying to think of a name that I would like you all to call me that would be easily identified by others, and that's how I came up with the idea of Papa.

What makes you happy?

What makes me happy is number 1 being with you and the family, which I love. Another is when I behave in a manner that is compatible with my favorite motto which is "the purpose of my life is not my happiness but is to be worthy of



Zachary (center) with his Grandparents, Harvey & Francine Cantor & Zoom!



“ [Grandchildren] tend to put meaning into my phrase ‘the purpose of my life is not my happiness but is to be worthy of happiness,’ seeing them be good people without prejudice against others for their race, sexual orientation, or religion. But trying to make the world a better place, makes me happy. ”

had to buy one birthday cake instead of 2 birthday cakes. I remember meeting you and hugging you slightly, just touching you slightly, which your mother was objecting to because she was protecting you. Of course in a very normal manner. You were born 4 weeks early, I can't remember if you already had Respiratory Distress Syndrome, and you weren't able to leave the hospital for 2 weeks. But you looked good, when I examined you, your lungs were doing very well. Those were worrisome days.

happiness.” So when I act like a good guy instead of a jerk, on those few occasions that I am able to do that, that's what makes me happy. Zac says that I do it well because he thinks I am the nicest person in the world.

What is your favorite memory of your grandparents?

I only knew 1 of the 4, because all the others had predeceased before I was born. I vaguely remember going to my maternal grandmother's home to visit her. She passed away when I was 4 1/2 or 5 years of age. She was the last of the 4. I vaguely remember being with her. One memory that I will cherish is just in the last year or 2 I realized that my grandfather on my mother's side was one of the first Jewish graduates from the medical school where I talked for years. He graduated as a doctor from Germany, and then he came to the United States. I never knew him. But then he went back to medical school at St. Louis University, a Catholic Jesuit school, where he got another MD degree. Then he practiced medicine. And I learned just a few years ago that he passed away because as a volunteer he would go down to rural Missouri and administer care to many of the farmers and the poor people who had the flu in 1928. He caught the flu and that's what he died from. That's a wonderful, sad, but powerful memory that I have of him.

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

Zac answered for his Papa: Papa said that he was scared of the dark or nighttime when he was younger. And he would think that Superman or Batman was in his bedroom and that they would protect him the whole time no matter what. The superheroes would try to beat up any monsters trying to get him.

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

Right after your birth. I remember coming up to the hospital and celebrating your birth on your older brother's birthday, which was great because that saves us. We only

How did you meet my grandmother?

I enrolled as a physician in the Army. I had just finished my first year after med school, I was an intern at Harvard at the Boston Massachusetts Hospital. So I went to the Army and was stationed in San Antonio, Texas. I wrote to some friends to see if they had any friends who knew girls in San Antonio. Someone sent me your grandmother's name. I called her and asked her out on a date. She said that she didn't take blind dates but that she would go with me. I think it was because I was a doctor. That's how I met her.

What's your favorite part of having grandchildren?

This is such an awesome question. Without any question in my mind, my favorite part is being with them, and seeing them grow up and mature, and to be good people. They tend to put meaning into my phrase “the purpose of my life is not my happiness but is to be worthy of happiness”, seeing them be good people without prejudice against others for their race, sexual orientation, or religion. But trying to make the world a better place, makes me happy. You do such a wonderful job, Zac. You are outstanding in doing that, it makes me very proud of you.

What was my dad like when he was my age and do I remind you of him?

You guys are very similar in many ways because your father likewise was a good person. He had a personality that was unique to him. He was a nice, worthwhile young man. He grew up to be a worthwhile adult and has continued along that pathway. That is the pathway that I hope you continue to follow and emulate your father for all those wonderful reasons. Helping to make the world a much better place. For that, I am grateful and very proud of you and him. That is how you remind me of him.

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.

LOCALLY AND FAMILY OWNED AND OPERATED FOR 128 YEARS

Since 1895, you can trust our generations of experience. We continue to specialize in heating, cooling and indoor air quality, rather than diverting into other industries.



(314) 872-8070
www.welsch-heatcool.com

Heating & Cooling for Home or Business · Service · Replacement



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



COME VISIT US AT 113 W. PITMAN ST. IN O'FALLON, MO | WWW.ANSKINBEAUTY.COM

DUSTY RHODES

SPONSORED BY YARNCOM



PRECIOUS PETS

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



My family said they have been wanting a dog for a long time. When my 2 older brothers, Danny and Patrick, were old enough to help with the responsibilities, they finally got me! That makes me so happy because I love being part of this family. Danny takes me out every morning and makes sure I

always have water and food in my bowl. I need lots of that.

My favorite things are long walks, playing with my brothers when Dad comes home, and belly rubs. I also love going on car rides and taking my brothers to school. One time I even got to stay! Patrick

took me into his preschool for Show and Tell. Danny came also since they were reviewing the letter “D”, for Dusty and Danny. That was the best day of my life—so far!

Do you want to know something cool about me? I have the longest eyelashes! Like Snuffleupagus.

Hi, my name is Dusty, Dusty Rhodes! My family named me after a famous wrestler also known as “The American Dream”. I have no idea who that guy is, but I’m sure he was pretty cool. I’m a full-sized standard Poodle. My birthday is on Independence Day. Yep! The 4th of July, 2022. So that makes me about 8 months old. I’m getting bigger and bigger, but I promise that I am very kind and gentle. Although, sometimes I do get into a little bit of trouble. Like that one week I chewed through 4 leashes. Oh, that wasn’t good.



NEW LOCATION
NOW OPEN!

See Cyanotype Art by Jeane Vogel thru 5/14/23!

YARNCOM
COMMUNITY THROUGH CREATION

Check our calendar for classes scheduled for all ages:
yarncomstl.com or on Facebook: yarncom

12772 Olive Blvd. · Creve Coeur, MO 63141
Call or Text: 636-628-6784 · Email: info@yarncomstl.com

AN EXCEPTIONAL EXPERIENCE EVERY TIME.

From concept to creation, our team will be there to ensure your vision comes true.

- Kitchen & Baths
- Outdoor Spaces
- Distinctive Decks
- Room Additions & Garages
- Basements & Bonus Rooms

Whether you're looking to add another living space, place to entertain or a place to zen. We can build it.

Visit keimarcontracting.com or call (636) 946-6870

KEIMAR CONTRACTING

Disney Dining Promotion

GET UP TO **\$750**

on a Disney Dining Promo Card when you book a 5 night/4 day vacation package between 6/25/2023 - 9/14/2023




*Restrictions and exclusions apply

MOUSE WORLD TRAVEL

Patty Gerleman
(314) 452-4717
I will plan any of your travel needs, so call today!



Email: Patty@mouseworldtravel.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 636-273-6600

Complete Dental Care with Compassion, Respect and Attention to Excellence!



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



M 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!

Bookkeeping For You LLC

Grow Your Business with Professional Bookkeeping Services

Our full menu of services helps small business owners and mid-sized enterprises streamline their accounting, so they can gain a competitive advantage and make strategic decisions for future business growth.



Get Started Today!
314-946-3000
www.bookkeepingforyoullc.com



Allen Roofing & Siding

FREE Detailed Home Inspection & Aerial Drone Reports

Scan to Learn More




OVER 50 YEARS SINCE 1972

Roofing • Siding • Gutters • Tuckpointing

contactus@aroofting.net aroofting.net 636-435-2519



ENHANCE YOUR OUTDOOR LIVING SPACE



Suburbia
HARDSCAPE & LANDSCAPE

Call **636-220-4911** today for a free estimate
visit: suburbiaatl.com to see all our services



SCAN ME



Ziti with Spinach & Tomatoes!

BY THE MANORS AT CLARKSON VALLEY RESIDENT CINDY MUNICH

Pasta is one of the best meals to prepare for your family if you ask me. It's filling, flavorful and always a family favorite. It can be simple or inspired! This Ziti recipe is a bit of both. It is easy to pull together yet has a unique flavor thanks to the pesto. In late fall I will make and freeze pesto to use all my basil before the fall freeze. This is great in this recipe but a store-bought pesto from the grocery works equally well. This dish freezes beautifully, so I often double the recipe. I hope your family enjoys this wonderful ziti as well as mine. Serve with a green salad, crusty garlic bread and a light red wine, like a Beaujolais to round out the meal. Buon Appetito!

4-6 servings

- ¾ Pounds Brush Creek Valley Farms Spicy Sausage
- 2 Small Shallots, Chopped
- 3 Garlic Cloves, Chopped
- 1 28-Ounce Can Diced Tomatoes
- ¼ Cup Pesto Sauce
- 10 Ounces Ziti or Penne Pasta (About 3 Cups), Freshly Cooked
- 2/3 of 10-Ounce Package of Thawed and Drained Spinach, or One 5-Ounce Bag of Fresh Baby Spinach, Loosely Chopped
- 6 Ounces Fresh Mozzarella Cheese, Cubed
- 1 Cup Grated Parmesan Cheese



1. Cook sausage, shallots, and garlic over medium-high heat until sausage is browned, breaking up meat with back of spoon. Add tomatoes with juices to pan. Simmer until sauce thickens slightly, stirring occasionally about 10 minutes. Stir in pesto. Season with salt and pepper to taste.

2. Preheat oven to 375. Combine pasta, spinach, mozzarella and 1/3 cup parmesan cheese in large bowl. Stir in warm tomato sauce. Transfer mixture to lightly oiled 13x9 baking dish. Sprinkle remaining 2/3 cup parmesan over. Bake until sauce bubbles and cheeses melt, about 30 minutes.



Each month The Manors at Clarkson Valley resident Cindy Munich will prepare a recipe with an ingredient from Brush Creek Valley Farms 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.

Serve with a green salad, crusty garlic bread and a light red wine, like a Beaujolais to round out the meal. Buon Appetito!

HIGH QUALITY PASTURE RAISED MISSOURI BEEF & PORK DELIVERED DIRECTLY TO YOUR HOME!

20 18 BRUSH CREEK VALLEY FARMS CUBA - MO USA Makes a Great Gift!

Owners **Matt & Rockael Stubblefield** Family-owned & operated farm in Cuba, MO! Call (573) 241-1221, use the QR Code or visit brushcreekvalley.com today to shop for your farm-fresh beef and pork delivery!

GATEWAY LITTLE SMILES

TURNING 1? TIME TO COME!

The AAPD recommends children have their first visit with a pediatric dentist at the age of ONE!

WE ACCEPT MOST MAJOR INSURANCES!

Dr. Meagan Inlan and our friend at his first ever dental visit

(636) 527-2779
BALLWIN.OFFICE@LITTLESMPEDIATRICDENTIST.COM
WWW.GATEWAYLITTLESMPEDIATRICDENTIST.COM

NOW SERVING THE CLARKSON VALLEY COMMUNITY!

BE SUCCESSFUL. NOT LUCKY.



BY FOREST HILLS
RESIDENT CHELSEA
THEODOROPOULOS
SPONSORED BY
BURN BOOT CAMP

to give you that temporary motivation to begin a free trial. Energy *creates* energy. We can create energy in the most uninteresting parts of our day. Try parking further away to get in more steps or taking the stairs instead of the elevator.

3. EXPECT TO BE UNCOMFORTABLE

Do not give up the moment you become uncomfortable! Trust the process and be patient with yourself. Allow that discomfort to be your signal for growth. Significant change requires you to overcome uncomfortable situations. This can be anything from showing up to a gym alone, trying a new exercise or increasing your heart rate. Embrace these uncomfortable situations and begin to reshape these associations as an avenue toward success.

4. FIND A FRIEND, BUT BE WILLING TO SHOW UP ALONE

An accountable partner is always helpful but be careful not to let their lack of attendance become yours. If we rely

on external factors to create our own success, we lose ownership over how we are showing up for ourselves. If your friend is unable to join you, expect to be uncomfortable and show up anyway. But yes, you are right, it is always more fun to sweat with friends!

5. PAY ATTENTION TO HOW YOU FEEL... AFTERWARD

This goes for exercise, nutrition and even the habits you have each day. We live in a society of instant gratification. Look beyond the satisfaction you feel in eating a super-sized fry, or the intensity of your workout. Pay closer attention to how you feel afterward. Did you feel lethargic or energized? Bloating or strong? Guilty or empowered? This intel is your map for success.

Remember, change is gradual. It is the details of your day that lead to radical change years from now. Be realistic and kind to yourself in your own expectations.



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. To learn how to shift your mindset or get started in your fitness journey, contact Chelsea at connect@chelseatheo.com or visit chelseatheo.com.

More than 80% of people have already ditched their New Year's goals. Why is this? Because goals without a system in place become much more difficult to achieve. Without a clear path to achieve a goal, it is easy to lose steam and vision altogether. The most common reason people struggle to keep a fitness routine is a lack of motivation. Motivation is temporary. Often, this has more to do with the system itself than any characteristic trait of "laziness." To be successful in anything, you already know that luck is not a key ingredient. Rather, hard work, commitment, and patience.

Consider these five practices to help you create a fit lifestyle:

1. TRY MULTIPLE STYLES OF EXERCISE

There are a lot of great gyms in our community, and most offer a free trial. Take advantage of them! Be open to every opportunity. Try multiple studios to learn what style is the best fit for you. Do you thrive in high-energy environments? One-on-one attention? A community? Fast or slow movements? For any fit lifestyle to stick, you have to enjoy the environment!

2. MOVE EVERY DAY

Getting started is always the hardest part, especially if you are not used to exercising. Start slow. A simple walk in the neighborhood can boost your energy exponentially

burn boot camp
7 DAYS FREE
SIGN UP TODAY

MANCHESTER | O'FALLON | SOUTH COUNTY | KIRKWOOD
(314) 529-0949 (314) 529-0949 (314) 330-1487 (636) 399-6652

BURNBOOTCAMP.COM

HELLO I'm Debbie

I don't just find houses, I find homes. A home that will not only shelter you and your family, but also serve as a place where your loved ones feel safe and comfortable.

I'll help you find the home that will be the center of your memories for decades to come.

Helping you from start to finish!

Call me, Debbie Weber to discuss your new home!
(314) 775-0424
ddcwsellsstlhomes.com



LUKE SHERWOOD

St. Louis Sting



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.

Meet Luke Sherwood! He is a 7th grader at Crestview Middle School, and he has been playing ice hockey for 5 years. He plays forward for St. Louis Sting.

What Luke likes most about hockey is that it is competitive. He also likes that it is a team sport, and he enjoys being part of a team. He has met a lot of new friends playing hockey. Another thing he loves is all the traveling he gets to do, playing hockey in different cities.

For anyone younger than him, he would like to tell them to keep working hard. Hockey is not easy, and it takes a lot of time and commitment. Don't give up! Luke has worked very hard to play at the level of hockey he plays now. He has received the USA Hockey Hat Trick Award, and his teams have won a lot of tournaments. Eventually, he wants to play college hockey and make it to the NHL.

When he isn't at the ice rink, Luke likes to be outdoors: fishing, hunting, and riding horses. He also loves playing all different types of sports. Let's not forget, he loves to go out to eat. A growing athlete needs fuel!



FIRST RIDE FREE!

MEET OUR TEAM

LET'S GET STARTED TODAY!

CYCLEBAR

1657 Clarkson Road · (636) 778-3880
chesterfield@cyclebar.com · cyclebar.com

FENRIR WOODWORKS

Custom Woodworking

- Kitchen Cabinets
- Bookcases
- Tables
- Desks
- Bed Sets
- Gifts
- Cutting Boards
- Kids Toys
- Puzzles
- Games
- And More!

Visit: FENRIRWOODWORKS.COM
Call to discuss your project: 314-707-8814

Let us transform your house into a home.

We put a new spin on home decorating! You'll find a mix of traditional, industrial, modern and boho.

HOP INTO SPRING! Swing by March 25th & 26th to see our New Furniture & Décor. Enjoy some Refreshments & Specials too!

THE FOYER
Furniture & Home Décor

Visit: thefoyerhomedecor.com
Call: 636-778-1400

Follow us: @TheFoyerHomeDecor

HOURS:
Mon: By Appointment Only
Tues - Sat: 10 am - 5 pm
Sun: 12 am - 4 pm

1649 Clarkson Road, Chesterfield (Same plaza as Trader Joe's)

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

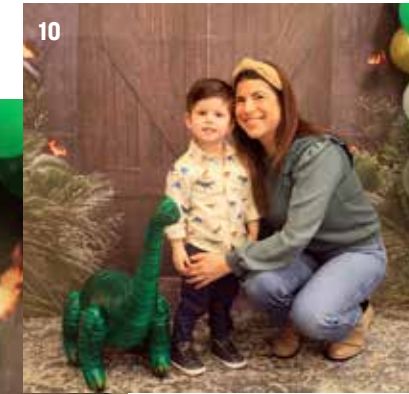
UnitsSTL.com

JURASSIC PARK MOTHER SON EVENT

At Forest Hills Country Club!

PHOTOS AND CAPTIONS SUBMITTED BY MARGARET SLINEY, MARKETING & COMMUNICATIONS COORDINATOR AT FOREST HILLS COUNTRY CLUB SPONSORED BY THE JANICE FREEMAN TEAM

Membership at Forest Hills Country Club is by invitation only.



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.

1. Amy Rhodes with Danny & Patrick 2. Kelley Zenk with Carter & Hudson 3. Heather McNutt & Calvin 4. Lindsey Brady & Turner 5. Kara Brockmeier & Peter 6. KC O'Brien with Thomas 7. Jacqueline Goettelmann & her sons, Grayson & Augustus with guest, Cindy 8. Jennifer Albritton with Sam 9. Erica Fridlin with John & Jacob 10. Malorie Perkins & August 11. Kelly & Nathan Parks 12. Taryn Lambrecht with Lincoln 13. Melissa Shoop & her son, Dillon with guests, Melissa & Harrison Schneeberger

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



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



Follow us at @permajackstl



Guiding You To Your Next Home In *Forest Hills* *Club Estates*



Charming, clean, and cozy family room with elegant fireplace and ample light.



240 Whiting Lane
4 BD 4 BA 2998 SF \$844,900



Outdoor features include: pool, gazebo, patio, and nearly an acre of land.



Modern kitchen with granite countertops, large island, and great storage space.



Jeff Lottmann
Global R.E. Advisor
M: 314.406.8911
jeff.lottmann@compass.com



Chase Lottmann
Professional R.E. Advisor
M: 314.805.8440
chase.lottmann@compass.com

Compass is a real estate broker licensed in the State of Illinois and Compass Realty Group is a real estate broker licensed in the State of Missouri. All material is intended for informational purposes only and is compiled from sources deemed reliable but is subject to errors, omissions, changes in price, condition, sale, or withdrawal without notice. No statement is made as to the accuracy of any description or measurements (including square footage). This is not intended to solicit property already listed. No financial or legal advice provided. Equal Housing Opportunity. Photos may be virtually staged or digitally enhanced and may not reflect actual property conditions.



A PRODUCT OF
THE N2 COMPANY

5051 New Centre Dr
Wilmington, NC 28403

A Publication for the Residents of Clarkson Valley

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

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

**ACCURATE
ELECTRIC**



636-225-1020

accurateelectricstl.com

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