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Scan to RSVP!

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



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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Delivering Neighborhood Connections
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SPRING BREAK AT LAUDERDALE-BY-THE-SEA



For Spring Break, Athena and I traveled to Florida to visit friends! We dined and danced at a Greek restaurant, and took a day-long boat ride on the pacific ocean, but most of all were able to relax and catch up with our dear friends. We had so

much fun! I hope you were able to spend time with your family and friends over spring break, as well. Send me a note and some pictures we can share in our magazine!
Bill.Tuttle@n2co.com



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



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Wente's O&W restaurant on Chesterfield Airport Road has been a landmark for centuries and a favorite hotspot for amazing chicken wings, smoked meat, burgers, and pizza! Marla Conn purchased Wente's in 2020 and has been making memories and enjoying our community ever since. Wente's is famous for great food, the BEST staff, a down-to-earth vibe, and a fun outdoor patio where great bands play every weekend! Marla is a 14-year resident of Wildhorse and is thrilled to be partnering with *Stroll*! Marla says, "We love our community and enjoy getting to know our neighbors. Come in and say Hi!"



Owner Marla Conn

Nikko Farmer is a registered ICU nurse that moved to community health and dialysis. She established Hope Healthcare in 2012 as an innovative healthcare agency that knows there is more to astounding outcomes and improved quality of life. With more than 20 years of combined professional experience, the Hope team has seen what plagues our senior citizens and knows the importance of meeting health goals to improve a sense of freedom at home. Hope Healthcare pairs old-school ingenuity with the latest trends in medical technology and best practices to support their clients'

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!

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CHANGE

Welcome Our New Mayor, Sue McNamara!

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES
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Sue with husband Sam and their pup Nexie

“

The more things change, the more they stay the same”.

WRITTEN IN 1849 BY JEAN-BAPTISTE ALPHONSE KARR, THIS IS AS APPLICABLE TODAY AS IT WAS THEN.

After 34 years, Clarkson Valley has a new Mayor. This is quite a change, not the least of which is that I am a woman! If you had asked me 10 years ago if I'd be doing this, I would have been stunned into silence, which is difficult to do at the best of times! But I've always loved a challenge and giving back to my community. Like many, I've served at our kids' schools, on HOA Boards and participated in political campaigns for others. I've volunteered

at the Missouri Botanical Garden for 35+ years and out at Busch Wildlife. I established our Kehrs Mill Estates [Social] Email system 20 years ago and it's still going strong. I love new experiences, learning, and keeping busy. My daughter-in-law once told me I was the busiest retired person she'd ever met. If there's a void in my schedule, it's not there for long.

I also love to meet new people. Someone once made an observation

that my daughter and I were much alike in that “There are no strangers in the world for people like you; there are just people you haven't met yet.”, a remarkably accurate observation. I encountered so many wonderful people during this campaign process; from face-to-face introductions to neighbors, I previously knew only by name or had yet to meet, Clarkson Valley residents in different neighborhoods, new acquaintances and friends who gave generously of their time and advice and from whom I hope to gain more.

One, in particular, I'd like to recognize is our City Clerk, Michele McMahon. I've known Michele personally for a very long time and she was the first person whose opinion I sought about filing to run for Mayor. So many of you have said such wonderful things about her that I know you recognize what an invaluable asset she is to the City. She has been with the City for more than 25 years and as the saying goes, “She knows where all the bodies are buried!” but her discretion and professionalism are exemplary, and she'll never tell.

I love our Council. We are a homogenous bipartisan group. We don't work for a political party; we work for you, for our neighbors and for our City. We don't always agree and often have strongly divergent opinions, but we are a professional and cohesive group which always manages to resolve issues successfully.

I am so very excited and overwhelmingly honored to have been given this opportunity. I have lots of ideas I hope to implement which will bring some great changes to our City. I hope to live up to the faith you've placed in me and invite you to join me in this new experience. I welcome any input you care to share.

Best,
Sue



Sue is a 36-year resident of Clarkson Valley. Her children, Steve and Leah are Marquette graduates. A proud member of a military family, Sue's previous career as a Senior Account Executive at Anheuser Busch spanned 20 years. She previously served on the Board of Kehrs Mill

Estates Residents Association as well as the past five years on the Clarkson Valley Board of Aldermen. Sue is also a Certified Sommelier!



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Brooks and Taylor moved to Kehrs Mill Estates in October 2020. They love their neighborhood. They fell in love with the nature surrounding them, the large lots, the friendly people, and the opportunity for exercise all around them. Even though they are still new to the community they have found a few ways to be involved. Taylor founded a non-profit called Write Out Loud that supports the next generation of Musical Theatre Songwriters. She also occasionally teaches musical theater classes in the area.

Taylor is from Bourbon, Missouri, which is about an hour southwest of St. Louis where the cattle population exceeds the human population. She is a Broadway and television actress. Brooks is from just outside of New York City, a town called Bronxville. He is a Success Manager for Salesforce. They met in New York City through mutual friends. Before meeting in person, they matched on a dating app called Hinge. Taylor said “Hi”, but Brooks never responded. If you see him around, give him a hard time for that!

The Toth family enjoys playing golf, pickleball at the Baxter pickleball courts, and tennis. They also enjoy cooking together with a glass of red wine. Their favorite meals to make are tomato basil meatloaf, white chicken chili, and honey-glazed salmon with asparagus risotto. Yummy! They also take a break from cooking and go out to eat at their favorite local restaurants: Olive and Oak, Salinas, and Wolf Cafe. Addison loves sleeping, eating, and getting his diaper changed. Their dog, Charlie, enjoys spending his days barking at anyone who goes by the house.

Christmas is their favorite holiday. They usually go down to Bourbon, MO to spend the day with their family, which is about 35 people. While there, they love baking, listening to Christmas tunes, and snuggling by the fireside during this special season. Taylor is one of 5 girls, and they usually make a Christmas video in place of a card.

meet the toths! brooks, taylor, and their newest addition, addison. let's not forget the furry big brother, charlie.



introducing
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In 2019 Brooks used this video to propose to Taylor with the help of her sisters. This year's video was "A Bumpin' Christmas" in honor of baby Addison. Even though their favorite holiday is during the winter, they definitely prefer the summertime. They love to be able to sip their coffee in the morning on their back deck and then play some golf in the afternoon.

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Debbie Weber (front middle right) with family!

dedicated to assisting children and families going through separation and divorce. A mother of 5 children, 3 stepchildren and grandmother or "GIGI" to 6 grandkids, Debbie loves spending time with extended family. Her motto of GOD, Family and Real Estate has helped her in the success of her Real Estate business and in pursuing her passion for assisting families in the American

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Debbie Weber is committed to helping her clients achieve their real estate goals. With over 20 years of experience in customer service and sales, Debbie is a proud member of the St. Louis and National Association of REALTORS, Women's Council of Realtors, and serves as the First Vice President of Metro St. Louis Chapter. She also serves as a Board Member on the Missouri REALTORS board and sits on the Community Engagement committee for St. Louis REALTORS. A member of the Agent Leadership Council of Keller Williams Realty STL, Debbie believes educating her clients is the best way to prepare them to make good decisions. Debbie's clients have consistently remarked about her ability to exceed expectations!

In her spare time, Debbie sits on the Board of Directors for *Kids in the Middle*, a non-profit counseling organization

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Adam Munich and his Nana

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in Jefferson City. You were the most beautiful baby! We stayed for a week to spoil you and your parents.

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

Your Papa and I drove from St. Louis to meet you when you were born

What's your favorite part of having grandchildren?

Spoiling them!



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.

Grandparent's Name: Kay Tiffany

Nickname: Nana

Grandchild's Name: Adam Munich

Subdivision: Manors of Clarkson Valley

What's your favorite family tradition?

Christmas Eve at Nana's, then driving around the neighborhood to look at the luminaries.

QUESTIONS ADAM ASKED NANA:

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

I always wanted to be a Nurse, just like your mother. It was a great career.

QUESTIONS NANA ASKED ADAM:

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

For a long time, I thought I wanted to be a pilot. Dad and I studied planes all the time. Some of my friends in college were in the aviation program. I changed my mind after I learned what it was all about.

What makes you happy?

Being on a bicycle anytime, anywhere, whether it's competing, coaching or riding in the woods!

What are you saving money to buy?

I'm buying a new car. My first big purchase since graduating from college.

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

Wasting our environment.

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

Communication was so different. There were no cell phones.

What makes you happy?

Having all my family around anytime.

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

Spending the summers with my grandparents on their farm. The original

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We haven't yet reached the "cashless" society. In fact, cash can still be a valuable element of your overall financial picture – if you employ it wisely. But how?

Actually, you can find at least four good uses for cash. First, of course, you need it for everyday expenses – your mortgage, utilities, groceries and so on.

You can also use cash to build an emergency fund containing several months' worth of living expenses. You could use this fund to pay for unexpected costs, such as a major home repair. Cash can also be used to meet short-term goals, such as a wedding or a long vacation.

Finally, you can benefit from having cash in your investment portfolio. For one thing, the presence of cash, which has a stable value, may help reduce the impact of market volatility on your investment mix, which likely includes stocks and stock-based funds, whose value will fluctuate. Also, by having cash available in your portfolio, you can quickly take advantage of new investment opportunities.

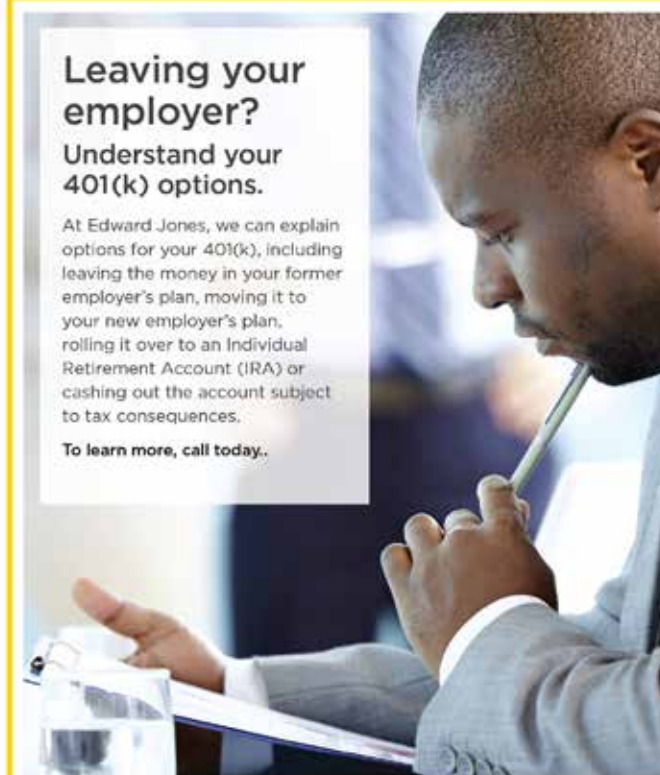
By putting your cash to work in different ways, you can gain some key benefits – and help yourself keep moving toward all your financial goals.

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Greetings! My name is George Bailey and I'm a member of the Wiley family. Yes, I'm named after that movie, "It's a Wonderful Life", my mom's favorite movie. In fact, I have a new brother and mom only agreed to a second dog if he was also named after



Harry Bailey

the movie, so in July we welcomed Harry Bailey and we are now the Bailey Brothers. Hee Haw!

I am a Malshi, a Maltese/Shih Tzu and Harry is a Teddy Bear, a Bichon Frise/Shih Tzu. I am five years old, and I showed up at the front door as a surprise for Molly's ninth birthday, wow was she surprised! The Wileys are my family, Brent, Kate, Molly and Lydia.

Harry and I are into three things; napping, treats and getting lots of attention. Obviously, any carpool or visitor that comes by is only there to see us, sometimes I just hop right in their car. We also have the greatest napping spot ever—I think it was probably meant for the girls, but we run this house. It's a giant Pottery Barn bean bag and we snuggle in so deep that you can't tell us from the bean bag!

I am also an award-winning dog. Every Fourth of July, I put on a ridiculous costume. In 2020 it paid off and I won First Place in the Forest Hills Cutest Dog contest, followed by a second-place win in 2021!

Well, thank you for getting to know us, if you are ever by our house and hear my family yelling "CHEESE" repeatedly please understand that they aren't crazy, it's the only bribe we respond to when calling us inside!

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SUMMER GRILLING

Burgers, brats and a couple of sides...

BY THE MANORS AT CLARKSON VALLEY
RESIDENT CINDY MUNICH



RESIDENT RECIPE

CRISPY OVEN POTATO FRIES

INGREDIENTS

- 4 Medium Russet or Sweet Potatoes, cut into large wedges
- 1 Tablespoon Vegetable or Canola Oil
- ¼ Teaspoon Freshly Ground Black Pepper
- ¼ Teaspoon Salt
- ½ Teaspoon Paprika (if using Sweet Potatoes)
- 1 Clove Garlic, minced

INSTRUCTIONS

1. Place cut potatoes in a large bowl. Add cold water to cover. Let stand for 15 minutes.
2. Preheat oven to 425. Spray a nonstick baking sheet with vegetable cooking spray.
3. Drain potatoes in a colander. Dry on a double layer of paper towel, with a second layer on top. Press down on towels to dry the potatoes.
4. Transfer potatoes to a clear large bowl. Sprinkle with oil, pepper, salt, pepper (and paprika if making sweet potatoes). Toss gently. Arrange seasoned potatoes in a single layer on a prepared baking sheet.
5. Bake potatoes for 20 minutes. Turn potatoes with a spatula, then sprinkle with garlic. Bake until golden, about 20 minutes, turning the baking sheet after 10 minutes for even browning. Serve immediately.



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.

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INGREDIENTS

- 1 Tablespoon Sweet Paprika
- 1 Tablespoon Smoked Paprika
- 2 Tablespoons Ground Black Pepper
- 1 Tablespoon Kosher Salt
- 1 Teaspoon Brown Sugar
- 1 Teaspoon Garlic Powder
- 1 Teaspoon Onion Powder
- ½ Teaspoon Cumin
- ¼ Teaspoon Cayenne Pepper



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GRAHAM "GRAY" UNDERWOOD

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Hi, my name is Graham Underwood, but most people call me Gray. I'm an 8th grader at St. Clare of Assisi, and next year I will be starting high school at Vianney. I have played baseball for 8 years for the Rawlings Tigers. I am a catcher, outfielder, 3rd baseman and pitcher. I have also played football for the Marquette Junior Mustangs for 2 years. My positions are linebacker and



running back. This last year I started playing volleyball for my school team.


I also do other things in my spare time. I love golf, playing Xbox, and building things with Legos. I have been building since I was about 5, and I find it relaxing. But most of all, I love playing sports, especially competing. I enjoy being with my teammates and coaches. I have so many great memories of playing sports. In 2022, our Marquette Football team won the 8th grade Superbowl after an undefeated season! Then my St. Clare Volleyball team won City County Championship in our first and only season. Unfortunately, we have more 2nd place rings than first in baseball, but we'll change that this year. I'm excited for it to start, there is no better feeling than a comeback. Being down, never giving up, then coming back to win is amazing.

Some advice I would give to kids that are younger than me is to work hard, be coachable, and be a good teammate. The rest will follow. I always want to be the player my guys go to when needed. Most important though is you have to have fun. I hope to play baseball in college and become an Architect or an Engineer. I want to play sports for a long time, but I need to work hard on the field and in school to be able to do that.

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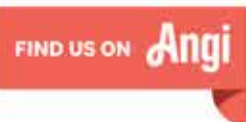


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Scenes from Mayor Douglass' Final City Council Meeting!



We celebrated our Mayor's last city council meeting with a little business, recognition, cake and refreshments. Enjoy the pics and best of luck to Mayor Scott Douglass with his well-deserved retirement. Thank you, Mr. Mayor!



SPRING BREAK 2023!

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



Adalyn, Ani & Isla Blanner of Forest Hills in Sedona, Arizona!



Yali, Mateo, Ximena & Ricky Bolaños of Kehrs Mill Estates in Miami, Florida!



The Cantors in Colorado!



Mason, Taylor & Connor Krebs of Westhampton!



The Theodoropoulos Family of Forest Hills - Ted & Chelsea with Connor & Clara in New York City!



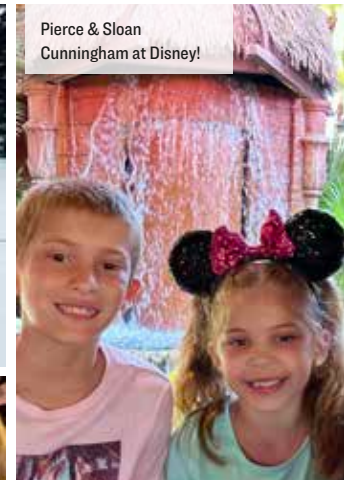
Riley & Reese Griggs!



Harvey, Mark & Zac Cantor of Dunhill Farm at Breckenridge, Colorado!



Kennedi & Jamie Park of Forest Hills at Snowmass, Colorado!



Pierce & Sloan Cunningham at Disney!



Clara & Connor Theodoropoulos!



Sabrina Sanchez of Kehrs Mill Trails (far right) with Marquette friends in Riviera Maya Mexico!



Tracey Carpenter, Mindy Jeffries, Sandy Schwartz & Jenifer Fitzgerald of Forest Hills at The Fabulous Fox Theatre to see "Tootsie" for a GNO during spring break!



The Underwood Family of Forest Hills - Nick, Gray, Emmy, Rhys & Lindsay visited Sedalia, CO!



The Wileys of Forest Hills - Brent, Lydia, Kate & Molly at Isle of Palms, North Carolina!



Marquette Riviera Maya Mexico Spring Break!



Reese, Jessie & Riley Griggs of Kehrs Mill Estates at Great Wolf Lodge in Kansas City, Kansas!

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• **LET IT FLOW.** Remove winter's debris from your gutters, drains and downspouts so that heavy rains can flow freely off your roof. Be sure that downspouts are secure and that water is draining well away from your home and not toward your foundation. Add extensions if necessary.

• **TRIM THE TREES.** Prune lanky limbs and branches so they don't snap off in a windstorm and land on your home or a power line.

• **CHECK THE PUMP.** If your home has a sump pump, test it to make sure it's clean and operable and that the outflow is draining properly. Consider adding a battery-powered backup sump pump to keep the system working if the power goes out. Furthermore, an automatic standby generator can ensure your sump pump and other electrical systems continue to run during power outages.

• **STOW YOUR GEAR.** When strong winds are forecasted, secure patio furniture and other yard items or put them in your garage or shed so they don't become dangerous projectiles.

• **COVER UP.** Close and secure storm shutters if your home has them. Keep blinds and shades drawn and tape or tack window coverings around the edges to help protect you from broken, flying glass. Tie thick blankets over vehicles that are exposed to the elements to diminish damage from hail.

The United States is home to many types of severe weather. Typically, certain types of weather are geographical — tornadoes and severe thunderstorms in the Midwest and South, hurricanes in the South and East and severe thunderstorms throughout. Learn some tips to help you prepare for the weather that may come your way.

TORNADOES

Tornadoes can happen with little to no warning, ripping apart homes and destroying all objects in their path. Here are some tips to help protect your home against tornadoes.

- Identify, build or install a safe room, a secure and well-stocked place, on the first floor or in the basement of your home.
- When severe weather is expected, move the following items inside, if possible: cars, outdoor furniture and other objects to help minimize damage from flying debris.
- If you spot funnel clouds, keep your windows closed. Try to avoid windows, doors and exterior walls during a tornado.

SEVERE THUNDERSTORMS

These storms usually have strong winds, hail and lightning which can pose a threat to your home. Some tips to help protect your home and possessions are:

- Unplug electronics to avoid damage due to a power surge.
- Close all window coverings to minimize broken glass inside the house during hail or wind damage.
- If it is safe to go outside, move potentially wind-borne outdoor objects like bicycles or grills to a garage or shed.
- When it is time to replace your roof, consider installing impact-resistant roofing materials.

ADDITIONAL TIP:

If you are concerned or see visible damage in your house or roof, get an estimate of damage before making a claim. You want to make sure the cost to repair will exceed your deductible.

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!



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By Kehrs Mill Trails resident Tania Interian

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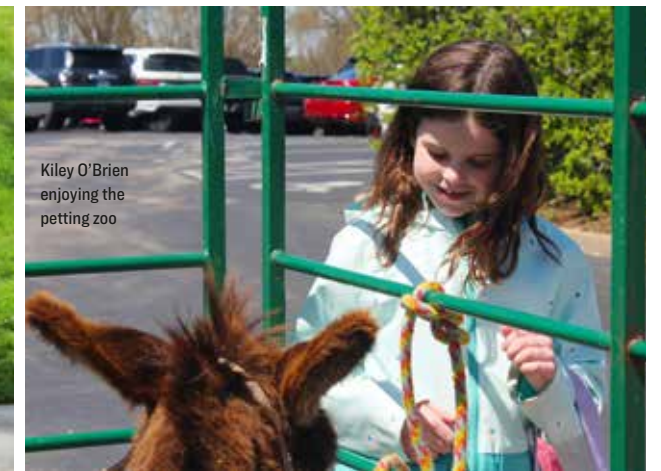
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Parker Harrison & Bennett Erdel



Kiley O'Brien enjoying the petting zoo



Mia Young claiming her prize for finding one of the golden eggs!



Finley Hudson greeting one of the many petting zoo animals in attendance!



The Crosse Family posing for a photo prior to the first egg hunt!



William Akin & Liam O'Shaughnessy having fun at the Easter Fair



The Mayuga Family gathering before Easter Brunch



Louis Popelar!



Tasha & Sloan Cunningham awaiting the start of the first egg hunt!

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2. Blood sugar spikes: Did you know that tests for diabetes tend to pick up problems nearly 10 years after your body starts to show signs of problems with how you metabolize sugars? Nearly 80% of people spike up, then drop low, with the common foods we eat. Our clinic utilizes continuous glucose monitors to see how your body responds to the food you're eating. After establishing a baseline, we then have lifestyle, supplements, medications, injectables, and advanced therapies to smooth out your glucose metabolism.

3. Poor sleep: Restless nights can impact your attention, focus, mood, and even the way your body processes sugar (see #2). There are many ways we can help you get a refreshing night's sleep so you can be your best.

4. Nutrient deficiencies: Our food is not packed with nutrients like it used to be, and our stressful lives increase the need for nutrients—bad combination! We can test for your vitamin levels directly and love our IV vitamin infusions which tend to improve the energy of our patients from days to weeks after! Just 45 minutes in our office can make a big difference.



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