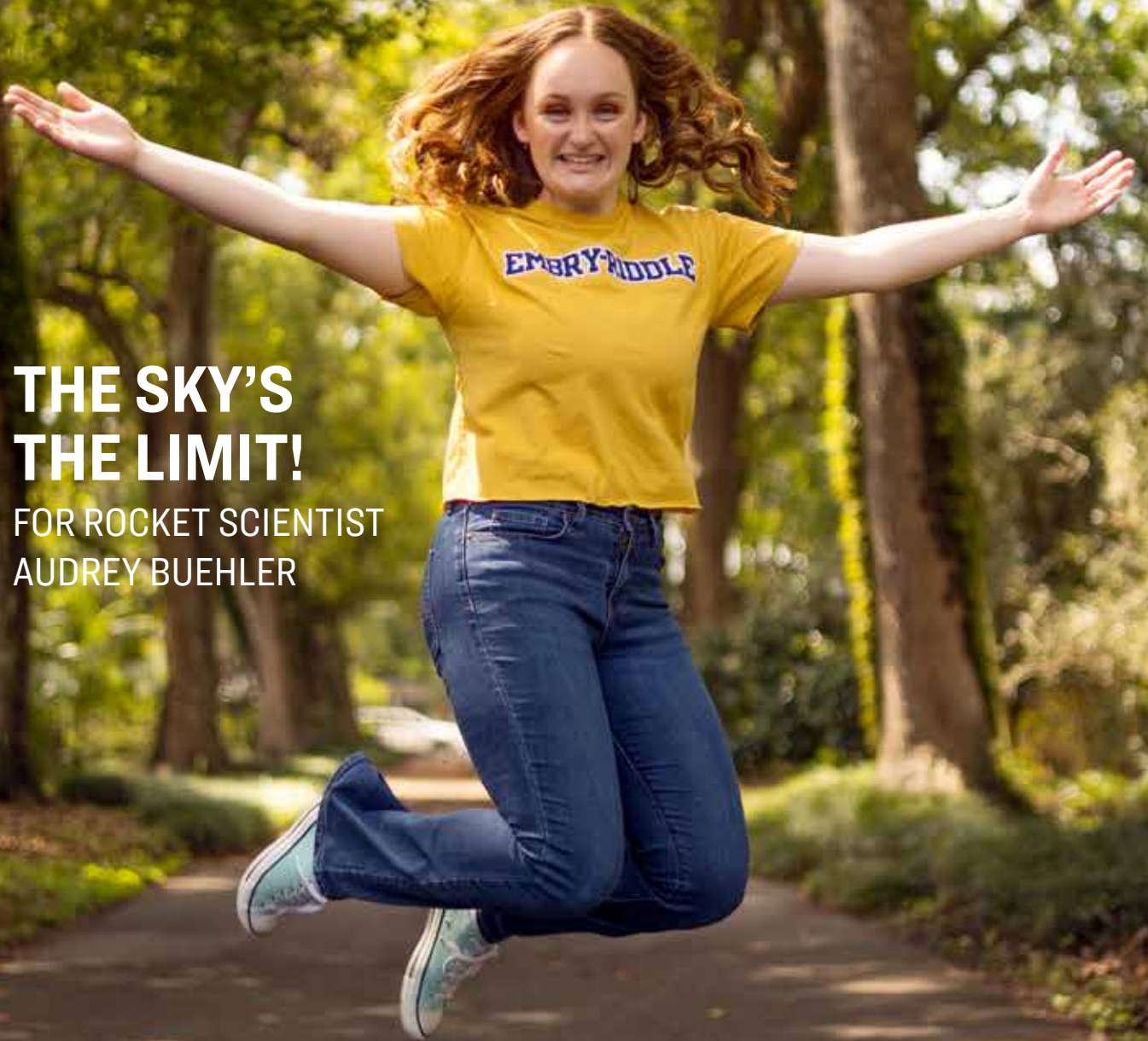


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Stroll Clarkson Valley Social Committee



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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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.



THE JAMES CLINIC



Mollie James
DO, MPH, FACOS FACS, IFMCP

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YAY! IT'S GRADUATION SEASON!

So, you're done! You're free! Now what?!

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES
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There are so many choices waiting for you; maybe college, maybe a job, maybe a "Gap Year"? Facing so many opportunities can be more than a little intimidating. The summer after I graduated from high school, it occurred to me that from that day forward, "going home" would take on a whole new meaning, and it was more than a little scary. In a very short time, "going home" would mean something very different: college dorms, roommates I didn't yet know, maybe by myself, who knew? Sure, I'd return

to the house in which I grew up, but; it would only be temporary; I would soon be choosing new places to call "Home". I was standing at the doorway to the rest of my life, and I was free to choose. I was excited to start college in the fall and knew I'd have much more freedom than in my previous years of regimented time - yippee! On the other hand, structuring my time was my responsibility, sink or swim. With projects not due until the end of the semester, it only took one of those "I-Can-Put-This-Off-Until-Later"

semesters, an appalling grade and fortunately, a very forgiving professor, to awaken me to the fact that it was time for me to take charge of myself. There's a lesson there - with freedom comes responsibility. Life is like a hallway of locked doors, and education gives you a handful of keys. Each key opens a door in the hallway, and you are free to enter any room. Each room you enter has more doors to more rooms and you will learn something new in each room you enter. It's your responsibility to

choose what to do next: you can go back out and try another door; you can stay in a room as long as you like; you may unlock other doors and pass through to other rooms; you're free to keep moving and to come and go as you choose.

I've opened many doors in my life and have been through many rooms. The classic job interview question of "Where do you see yourself in 5 years?" always makes me laugh - when we moved here 36 years ago, if someone had asked me where I'd be today, I NEVER would have thought I'd say, "Mayor of Clarkson Valley". Apparently, I'm still not done opening doors.

It's your responsibility to use your keys and to choose your doors as wisely as possible. Never forget: when you stop moving, you stop learning. As you graduate, I hope you never stop passing through those doors.



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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ROCKET SCIENTIST

Audrey Buehler

Name: Audrey Buehler
High School & Graduation Class: Marquette High School, Class of 2019
College Attended: Embry-Riddle Aeronautical University, Senior Graduating May 2023
Major: Bachelor of Science in Aerospace Engineering with a Specialization in Aeronautics and a Minor in Physics
Intended Career: Working as a Systems Engineer for Boeing in St. Louis

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Hello everyone! My name is Audrey Buehler, and I am a proud graduate of Embry-Riddle Aeronautical University (ERAU) in Daytona Beach, FL! I graduated this May with a degree in Aerospace Engineering and a physics minor. (Yes, it really is rocket science!) I'll be starting a job with Boeing here in St. Louis after interning for them in New Orleans, LA. The past summer, I worked on the Space Launch System rocket tasked with returning humanity to the moon. One of my proudest experiences was watching it from less than ten miles away as it launched into space, knowing that I had contributed to its successful launch.

During my experience at ERAU, I served as the music director for the all-female acapella club. I also volunteered as vice president of STEM Outreach: an organization focused on inspiring K-12 students to pursue (Science, Technology, Engineering and Mathematics) STEM as a career. Finally, I served as an executive board member for Touch-N-Go Productions, the student programming division of ERAU's student government association. Joining a club or organization is my greatest piece of advice to be successful at college. Clubs provided an outlet for the constant stress I faced as an engineering student, while also providing lifelong connections to friends and mentors.

Deciding where to attend college is a highly complex and personal choice. There is not a one-size-fits-all solution and what matters to you may not be important to anyone else. I advise prospective students to ask more questions than you think you need to—go with your gut, and savor every moment of college. I promise, it really does fly by!



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Lauren Embleton
Kingspointe
Graduating from Marquette High School
Attending University of Missouri at Columbia
MIZ!

CONGRATULATIONS TO OUR GRADUATES!



Gary & Carol Presley of Kehrswood celebrate grandson Luke Bower
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Owners Sally & Allen Serfas



Sally (top center) surrounded by her three sisters & late mother (from left to right): Jenne Counts, Jill Foss, Sally Serfas, Geardean Walker & Roe Ann Walker

MEET THE SERFAS FAMILY

Owners of Assistance Home Care

Assistance Home Care is a family-owned In-Home Senior Care company operated by Sally and Allen Serfas. The company's logo has symbolism that reflects the 'story' and legacy of the owners' history in family caregiving. The 4 hearts above the chimney represent the 4 girls in the family who all played unique roles in their mother's care and, the largest heart represents Sally, the primary family caregiver. The roof represents Row, Sally's father who provided the lion's share of caregiving for his wife. The foundation of the house represents Geardean, Sally's mother whose legacy remains as the 'foundation' of their multi-generation family. The defining decision on the name of Assistance Home Care was the fact that the founder's initials are the 1st three letters in Assistance (A - Allen, S - Sally, S - Serfas...coincidence?)

Allen graduated with a degree in Finance from the University of Iowa. Allen enjoyed a 20+ year career and executive management experience as Corporate Officer with Enterprise Rent-A-Car. Allen thrived in Enterprise's entrepreneurial and customer service-focused environment helping expand new territories along

with pioneering the company's Truck Rental Division. Allen's commitment to customer service, exceeding customer's expectations and his commitment to employee development were key ingredients to his success at Enterprise. These key ingredients are at the heart of the foundation of what drives Assistance Home Care. Allen is actively involved with his wife in supporting the Alzheimer's Association, APDA, Memory Care Home Solutions, Aging Ahead and numerous other local organizations helping to provide advocacy and support for the St. Louis senior care community. Most recently, Allen sits as the President of the Foundation Board for Aging Ahead, Board of Directors for the Alzheimer's Association as well as was recently appointed by Governor Parsons as a member of the Missouri Alzheimer's State Plan Task Force.

Sally graduated with a B.A. Degree in Education from Lindenwood University. As a family caregiver herself, Sally knows that the best way to give people exactly what they want is to listen to their needs. She has spent a lifetime listening, planning and problem-solving for her parents while nurturing her community as an

elementary teacher before settling into being a full-time mom. After her mother's diagnosis of Alzheimer's, Sally spent years as a caregiver to her mother, who ultimately lost her fight in early 2011. Sally's deep participation with her parents and in the human condition along with an understanding of what families can go through led her to co-found Assistance Home Care in her mother's honor and build a truly caring and compassionate community of caregivers.

Assistance Home Care helps honor one's wishes to stay at home and age in place. Their team of Caregivers or 'Care Pros' as they call them assist their clients with things like mobility support, personal care like bathing and dressing, exercises, meal prep support, medication reminders and other household support tasks. They specialize in memory and mobility care at home. This means that the majority of their clients are impacted by memory loss, Parkinson's, stroke, MS, or ALS. However, they can assist any older adult or senior who just needs extra support at home. Another unique aspect of their team is that they are able to provide same-day assessments or 'Discovery Visits' as they call them.



These visits are 100% complimentary and can be done at a primary residence, hospital, rehab facility, or even at one of their local offices! Their team does not believe in the dreaded two-to-three weeklong 'wait lists' to start home care as other providers may have, in fact many of their clients can begin services within 1-2 DAYS of their initial call!

Assistance Home Care recommends starting the difficult and awkward conversations early! Understanding one's wishes, whether it's that they wish to age in place at home or they wish to age in a community, can help families tremendously in honoring their

loved ones' wishes! They often meet with families whose loved one's care needs have snowballed so quickly that the conversations don't happen, and the family just doesn't know or understand how to best serve and support their loved ones' wishes.

Assistance Home Care's 'Why' behind their business comes from co-founder Sally's Mother whom she lost to Alzheimer's disease. Their family lost many memories witnessing the disease progress over the years. Not long after they started Assistance Home Care, they developed a program called 'Lasting Legacies' which is a

gift of appreciation that they offer to their clients free of charge (a \$500 value) that is designed to be a Memory Keepsake video. Their Lasting Legacy Manager coordinates this program with families by conducting video interviews, creating photo montages, and curating music together to create each 'Life Story Video'. They encourage their clients to take advantage of this program early, especially when dementia is part of the equation so that families can capture memories and share them for generations to come.

Many home care agencies offer the same services Assistance Home

Care does. But their unique team has a specialized focus on seniors and older adults with full-time care needs as well as hiring skilled full-time Care Pros on their team. They take great pride in having incredible reviews and comments from their employees on sites such as GlassDoor and Indeed. They firmly believe in the idea that 'Happy Employees = Happy Customers' and pride themselves in having served over 5,000 families with the support of their incredible Care Management and Operations team. If you really want to know about a company, check out GlassDoor and

Indeed and see how the employees feel about their employer. Assistance Home Care believes that this speaks volumes about a company!

Assistance Home Care
(636) 735-8088
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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.



Jill Foss with her mother Geardean Walker



Lydia & Molly Wiley with their cousins Charlie & Mary Kate Saak

More Spring Pics!

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

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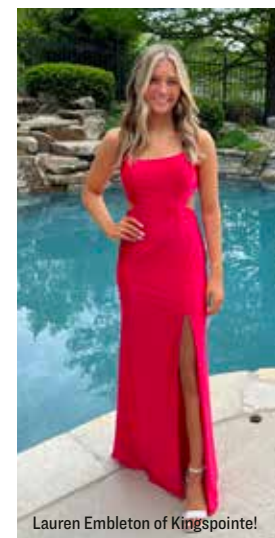
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Jimmy & Taylor Healey are lucky to have me...

Bandon!

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Hi! My name is Bandon. I turn 1 this month! I'm a male black lab mix. I know there are a lot of labs out there, but I am the one with the curly tail and spotted tongue. You can't miss me!

My parents, Jimmy and Taylor, adopted me from Lab Rescue Inc. in Tulsa, OK. They are huge golf fans and named me after a beautiful golf course in Oregon, Bandon Dunes. Apparently, they have a family tradition where they always name their dogs after golf terms. They told me that they had other dogs named: Bunker, Ryder, Mulligan, Putter, and Fairway. I don't know what you think but those guys were probably sus. Anywho, my parents are awesome. They spoil me so much, I get to sleep in a king-size bed every single night! They even bought a house with a huge yard just for me. I love



MIZ!

I love running around in the yard, my parents say that I get the zoomies.

—BANDON



Let's see that tongue Boy!



Jimmy & Taylor Healey of Forest Hills



Bandon, smile for the camera!

running around in the yard, my parents say that I get the zoomies. I don't know what that is, I'm just running like crazy. Sometimes my human neighbor friend will come over and play with me. I always go outside to check if she is there, and if she is not I just sit and wait, sometimes I stare at her yard until she comes out to play. My parents say she is at school, not cool. My mom took me to school once when I

was a puppy. It was a dog school, I was a straight-A student, very bright. I learned all the commands really quickly, they were easy peasy.

I hope I bring as much joy to my parents' lives as they do to mine. I love snuggling with them, playing fetch, and smiling for all the pictures they take of me, and trust me they take a lot! I am very lucky to have them.

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

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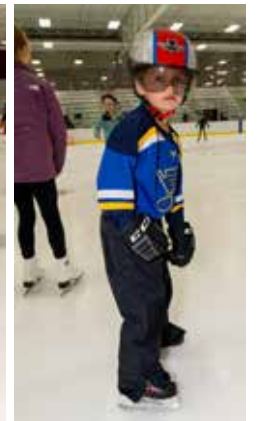
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A huge thank you to **Maryville University Ice Rink** for hosting this amazing event and resident **Natalie Hartwig** for helping organize it! Special Thanks to Forest Hills resident and preferred community social partner **Jeff & Chase Lottmann at Compass Realty Group** for sponsoring, as well as our other Stroll sponsors **Brian Schwentker at Goodcents Deli** on Long Road for the sandwiches and chips, and **John Kaddouri Photography** for the great photos!



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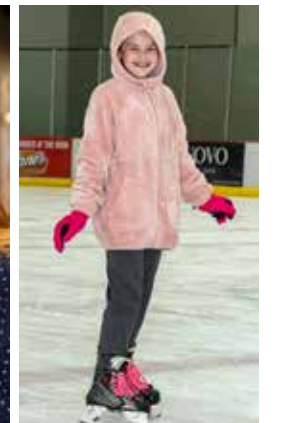
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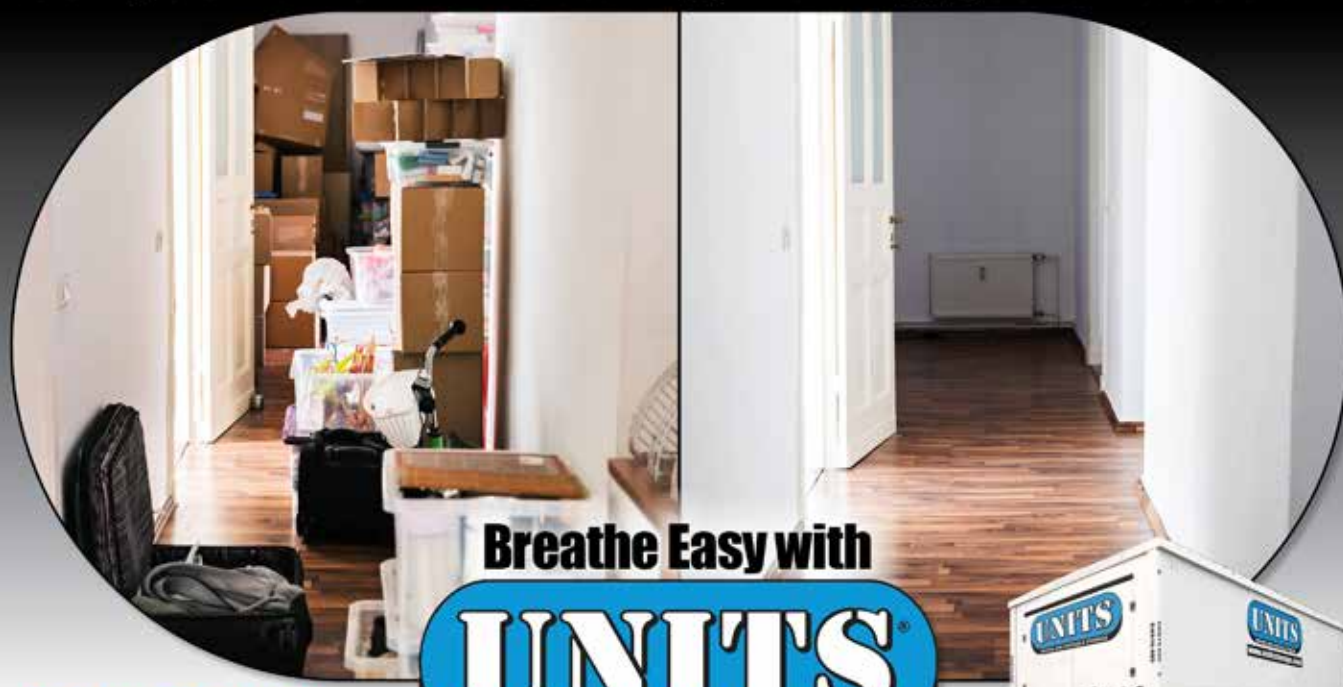
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INSURANCE TALK WITH TANIA

WHAT MOTORCYCLE INSURANCE COVERS

By Kehrs Mill Trails resident Tania Interian

From bodily injury and property damage to theft and emergency expenses, our motorcycle insurance offers more coverage options so you only need to add extra coverage if you need it. What do we cover?

- Bodily injury to someone else or damage to someone else's property for which you are legally responsible while riding your motorcycle
- Bodily injury to yourself because of an accident with an uninsured motorist
- Damage to your motorcycle caused by an accident
- Theft, fire, vandalism, and other losses — even while your motorcycle is in storage for the winter
- Attached side cars
- Emergency roadside expenses
- Damage to protective gear
- Trip interruption expenses

TYPES OF MOTORCYCLES INSURED

State Farm offers motorcycle insurance for multiple bike types, including recreational vehicle policies for multiple sports and leisure types like ATVs.

- Factory-built motorcycles
- Motor scooters
- Classic Motorcycles
- Minibikes
- Custom Motorcycles
- Trail bikes

Should I cancel my policy in the winter? Our motorcycle rating plan takes into account the seasonality of motorcycles, so cancelling your policy in the winter does not provide much benefit. In addition, even though you don't ride your motorcycle year-round, you may still need insurance to protect it while it's in storage.

Can you get motorcycle insurance without a license? All drivers must have a current, valid driver's license to drive the type of vehicle they intend to operate.

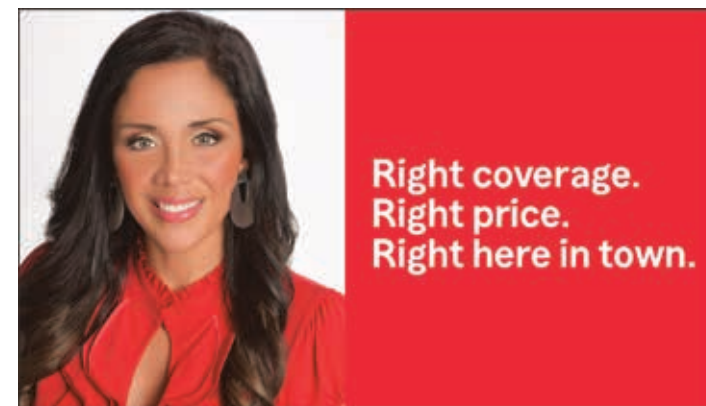
Does my motorcycle insurance cover custom parts and equipment? Custom parts and equipment, like a side car or protective gear, can be covered if it's included in your insurance policy. Your State Farm agent can help you document your custom parts and equipment, so you'll know it's covered in case of an accident or theft.

How much will motorcycle insurance cost? Your premium for motorcycle insurance will depend on many factors. Where you live, your driving record and



how much your bike costs to replace will impact the cost of motorcycle insurance. And, of course, the coverage you select plays an important role in premium costs.

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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RESIDENT RECIPE

RIB RUB & BARBEQUE RIBS

BY THE MANORS AT CLARKSON VALLEY RESIDENT CINDY MUNICH
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Place the ribs in the foil/paper “blanket” and wrap them tightly. This can be done up to an hour before cooking.
3. Preheat oven to 275 degrees. Place foil-wrapped ribs on a large baking sheet with a rim. Cook for about 2 ½ hours. Uncover and brush both sides with BBQ sauce. Return to oven, uncovered, at 350 degrees, or finish them on the grill to caramelize the sauce.

Summer is in full swing. Summer camp, vacations, and the Fourth of July! Nothing beats a delicious, savory rack of ribs with all the trimmings. Here is a great recipe to spice up your backyard BBQ. And you probably have most of the ingredients in your spice cabinet. Rub the mixture into the ribs and cook them low and slow. Finish with your favorite BBQ sauce and settle in for the fireworks. Enjoy a great time with family and friends. God Bless America!

RIB RUB

- ½ Cup Brown Sugar
- 2 Tablespoons Paprika (Smoked, Sweet or Mixed to Taste)
- 1 Tablespoon Black Pepper
- 1 Tablespoon Kosher Salt
- 1 Tablespoon chili powder
- 1 tablespoon Garlic Powder
- 1 tablespoon onion powder
- ½ Teaspoon Cayenne Pepper
- ½ Teaspoon Ground Mustard
- ½ Teaspoon Cumin

1. Mix all ingredients together. Pat the ribs dry on both sides. Remove the membrane from the bone side. It will make for a more tender cut of meat. Drizzle a tiny bit of oil on the ribs; just enough to help the rub adhere to them.
2. Sprinkle 3-4 tablespoons of rub mixture on one side and rub it into the meat. Turn over and repeat. Line a large piece or two (to fit) of foil with parchment paper.

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Cassandra Rashman, Mary DeCastro, Sarah Sperry, Stacy Lund & Jill Thurman. Jill custom made the hat she wore to the event!



Erin Swenson donning her beautiful hat. She won the award for "Best Hat" at the event!



Greg & Melissa McMurtrey, Chris & Erin Swenson, Gary & Susie Black, Jeff & Tracey Bierman, Todd & Amy Larson



Roger Lund enjoying a game of bocce!



Kian & Gina Homayoonfar, who won a raffle prize for predicting Mage as the winner of the race!



Susie & Gary Black

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Missy & David Laiderman



Jimmy & Taylor Healey with Caitlin & Kyle Popelar



Kyle & Caitlin Popelar, winners of the "Best Dressed Couple" award!

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