

# STROLL

Clarkson Valley

*meet the*  
**ZMISTOWSKI  
FAMILY!**

DELIVERING NEIGHBORHOOD CONNECTIONS

*Kaddouri*  
PHOTOGRAPHY



TURNING YOUR DREAMS  
~ INTO REALITY! ~



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



**Premium**  
CABINETS

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

FOR SALE in Clarkson Valley



25 Forest Club Drive | List Price: \$1,299,000

THE JEFF  
**Lottmann**  
GROUP



**COMPASS** REALTY  
GROUP



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.



# 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.



**Bill Tuttle**  
Owner, Marketing  
Director, and Publisher  
Bill.Tuttle@n2co.com  
(636) 579-0698



**Ximena Bolaños**  
Contributing Writer and  
Content Coordinator  
Ximena.Bolanos@n2co.com  
(610) 762-3357



**Saria Peterson**  
Social Media Manager  
StrollCVSocial@n2co.com  
(314) 504-1619



**Cindy Munich**  
Resident Recipe  
Munichs3@hotmail.com  
(314) 920-53118



**John Kaddouri**  
Photographer  
John Kaddouri Photography  
John@kaddouriphotography.com  
(636) 346-0456

## WE'D LOVE TO HEAR FROM YOU!

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better and make *Stroll Clarkson Valley* the best it can be! Please let us know how we are doing.

Do you have any article ideas? How about ideas on neighborhood events? This is your publication!

## WANT TO WRITE FOR STROLL CLARKSON VALLEY?

We are always looking for community members who would like to take an active role in writing stories for *Stroll Clarkson Valley*. We currently have openings for resident article contributors and junior writers — kids who want to get involved, gain valuable experience, and/or build their resumes and portfolios! If you or someone you know might be interested, please email [Bill.Tuttle@n2co.com](mailto:Bill.Tuttle@n2co.com).

## NEW TO THE NEIGHBORHOOD?

Are you and your family new to the neighborhood? If so, welcome! Please send your contact information to [Bill.Tuttle@n2co.com](mailto:Bill.Tuttle@n2co.com) to be added to our event invitations and contact list.



Follow us on Facebook and Instagram:  
[www.facebook.com/strollclarksonvalley](https://www.facebook.com/strollclarksonvalley)  
[www.instagram.com/strollclarksonvalley](https://www.instagram.com/strollclarksonvalley)



**strollmag.com**  
Delivering Neighborhood Connections  
© 2023 The N2 Company, Inc.



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.

# AN EXCEPTIONAL EXPERIENCE EVERY TIME.



"We decided to use Keimar for our deck remodel after getting several bids and then looking at nearby deck projects completed by Keimar. They were always very responsive to our questions and were good about sending project updates like when materials would be delivered. Our new deck looks wonderful and we get lots of compliments on the color and style. We can't wait to use it for years to come!"  
—Jenny Klug, *The Manors at Clarkson Valley*

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

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

*We can build it!*

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

Visit:  
[keimarcontracting.com](https://keimarcontracting.com)  
or Call:  
**(636) 946-6870**





# PUBLISHER'S NOTE



For Mother's Day, Athena, David, Natalie and I had brunch at one of our favorite restaurants, Sasha's Wine Bar on Demun! We enjoyed great cocktails and local ales along with delicious brunch features followed by a shared mouthwatering hot crêpe! We hope you were able to spend time with your family this Mother's Day!

Best wishes,  
*The Tuttlers*

burn boot camp

# 7 DAYS FREE

**SIGN UP TODAY**

MANCHESTER | O'FALLON | SOUTH COUNTY | KIRKWOOD

(314) 529-0949

BURNBOOTCAMP.COM



**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!**

(636) 527-2779

BALLWIN.OFFICE@LITTLESMILESPEDIATRICDENTIST.COM

WWW.GATEWAYLITTLESMILES.COM

**NOW SERVING THE CLARKSON VALLEY COMMUNITY!**

**FENRIR WOODWORKS**

## Custom Woodworking

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

Visit: [FENRIRWOODWORKS.COM](http://FENRIRWOODWORKS.COM)  
Call to discuss your project: 314-707-8814




join us for **LUNCH**

SCAN TO ORDER ONLINE!

Miss Vickie's SMOKEHOUSE BBQ

Good Food Makes Goodcents

173 LONG RD, CHESTERFIELD, MO



# 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

## ART/CRAFT/NEEDLEWORK SHOP

**Yarncom**  
(636) 628-6784  
yarncomstl.com

## BOOKKEEPING

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

## CONCIERGE SENIOR CARE

**Hope Healthcare**  
(855) 827-4777  
hopehealthcares.com

## CUSTOM DECKS/ROOFING/ GENERAL CONTRACTING

**Covenant Contracting**  
(314) 282-1991  
covenantcontractingstl.com

## CUSTOM WOODWORKING

**Fenrir Woodworks**  
(314) 707-8814  
fenrirwoodworks.com

## DELI & CATERING

**Goodcents Deli**  
(636) 537-5300  
goodcentssubs.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

## FITNESS

**Burn Boot Camp**  
burnbootcamp.com

**CycleBar Chesterfield**  
(636) 778-3880

cyclebar.com/location/chesterfield

**Row House Chesterfield**  
(314) 391-2136

therowhouse.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

## GARAGE DOOR SERVICE

**Garage Doors N More**  
(636) 383-5612  
garagedoorsnmorellc.com

## GENERAL CONTRACTING

**Keimar Contracting**  
(636) 946-6870  
keimarcontracting.com

## GUTTERS AND SIDING

**GutterPros**  
(314) 656-7195  
gutterpros.com

## HEATING & COOLING

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

## INSURANCE AGENT

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

## INTEGRATIVE/CONCIERGE MEDICINE

**The James Clinic**  
(636) 751-9440  
jamesclinic.com

## KITCHEN REMODELING

**Premium Cabinets**  
**John Morgan**  
(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

**Dr. Joe Concierge Pediatrics**  
(314) 472-8333  
drjoestl.com.com

## PEDIATRIC DENTIST

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

## PETS - SERVICES & CARE

**Ashia's Pet Care**  
(314) 813-4225  
facebook.com/PawzNClawzz

## REAL ESTATE AGENT

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

## Jeff Lottmann - Compass Realty Group

(314) 406-8911  
jefflottmann.com

**The Debbie Weber Team**  
(314) 775-0424  
ddcwsellsstlhomes.com

**Tracey De Simon - Coldwell  
Banker Realty-Gundaker**  
(314) 603-8628  
traceydesimon.com

## RESTAURANT

**Wente's Food Shack & Saloon**  
(636) 530-9994  
wentes.com

## ROOFING/SIDING/GUTTERS/TUCKPOINTING

**Allen Roofing & Siding**  
(636) 391-1117  
aroofting.net

## SENIOR CARE

**Assistance Home Care**  
(636) 735-8088  
assistancehomecare.com

## SIGNS

**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

## TREE SERVICE

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

## WINDOW & GUTTER CLEANING/POWER WASHING

**DoWest Cleaning Services**  
(314) 435-3902  
dowestcleaning.com

**The Happy Homebuyer Maker!**  
*Helping you from start to finish!*

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.

Call me, Debbie Weber to discuss your new home!  
**(314) 775-0424** Visit: [ddcwsellsstlhomes.com](http://ddcwsellsstlhomes.com)



# RIGHT PLACE, RIGHT TIME!

Clarkson Valley School Resource Officer Andrew Budd saves Crestview Middle School student's life.

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES  
SPONSORED BY TRACEY DE SIMON - COLDWELL BANKER-GUNDAKER REALTY



Lt. Christopher Connelly, Mayor Sue McNamara on each side of Officer Adam Budd with his daughters Henley & Lily

The City of Clarkson Valley is fortunate to have full-time School Resource Officers in our Middle & High Schools. We have had the benefit of these Chesterfield Police Officers patrolling Marquette High and Crestview Middle for years. Most days are routine while the officers provide high visibility to promote a safe & secure learning environment. However, Friday, May 12, 2023, turned out to be anything but routine for School Resource Officer Andrew Budd as he patrolled the corridors of Crestview Middle School. As the noon hour neared, Officer Budd directed his attention to the cafeteria to ensure order throughout the lunch periods. At approximately 12:46 PM, Budd observed a student stand from a seated position. The student was clearly in

distress. The manner in which the student was grabbing at his throat caused Budd to believe that the student was choking.

He quickly made his way to the student through the crowded cafeteria and saw an Assistant Principal approach the student and attempt to administer the Heimlich Maneuver. However, the abdominal thrusts delivered by the principal failed to clear the airway. Officer Budd arrived and quickly determined that this was in fact, life-threatening and that the student was experiencing a total airway obstruction. The student's color had become ashen. Acting in response to his training, Budd administered four abdominal thrusts. After the fourth thrust, the object became dislodged and was expelled. At that point, the

student took a deep breath and his breathing and color immediately returned to normal. Once Officer Budd confirmed that the student could again breathe without difficulty, he escorted the student to the nurse's office for further medical evaluation. Officer Budd's actions in this instance were clearly heroic and truly saved the life of another.

In my late teen years, I worked as a lifeguard and had the opportunity to assist with several water rescues. The affirmation that one experiences from contributing to the saving of a human life lasts a lifetime. So often these days, police officers receive unjust criticism, and we hear such phrases as, "They're never around when you need them!" Well, in this case, Officer Budd was absolutely in the right place

at the absolute right time to make a lifelong, significant impact in the life of another person.

The next time you have the opportunity to be in the presence of a law enforcement officer, I would encourage you to speak to the officer and express your gratitude for their willingness to serve on all our behalf. I assure you that your gratitude will go a long way toward affirming the officer's decision of many years to commit himself/herself to public service.



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!



Clarkson Valley  
Recycling Results  
November Recycling  
Tonnage: 24.52 Tons

Introducing our newest  
*Real Estate Agent!*



**Tracey  
De Simon**  
Professional  
Realtor

## Real-Life Experience

- In business since 2006 •
- Licensed in MO since 2006 •
- Licensed in FL since 2020 •
- Global Luxury Specialist •
- AHWD (At Home with Diversity) •
- CPRES (Certified Probate Specialist) •
- SRES (Senior Residential Real Estate Specialist) •

Cell Phone  
(314) 603-8628

Office Phone  
(636) 532-0200

### Email

[tracey.desimon@cbgundaker.com](mailto:tracey.desimon@cbgundaker.com)  
[desimonrealtor@gmail.com](mailto:desimonrealtor@gmail.com)

### Websites

[www.traceydesimon.com](http://www.traceydesimon.com) (MO)  
[www.tracey-desimon.com](http://www.tracey-desimon.com) (FL)



**COLDWELL BANKER**  
REALTY - GUNDAKER

16505 Wildhorse Creek Road  
Chesterfield, MO 63017



Making lives better, one home at a time



**JERRY HARRIS**  
LOAN ADVISOR  
m: 314-422-1653  
j.harris@hfmloans.com

**HOMESTEAD**  
FINANCIAL MORTGAGE

14897 Clayton Road, Chesterfield, MO 63017  
Apply Online: [jharris.homesteadfinancial.com](http://jharris.homesteadfinancial.com)



NMLS #222524 / MLO NMLS #458261  
For licensing information, go to: [www.nmlsconsumeraccess.org](http://www.nmlsconsumeraccess.org)







**BIG BEND  
LANDSCAPING**

**INSPIRING LIFE  
OUTDOORS**

St. Louis' Leader  
in Design & Build  
Hardscaping

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

Get Inspired At:  
 @BigBendLandscaping



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



**WORK HARD PLAY HARD!**

OPEN INSIDE. OUTDOOR PATIO. HEATED TENT. CARRY OUT AND ONLINE ORDERING AVAILABLE!

**LIVE MUSIC EVERY WEEKEND!**

See website for schedule  
Please arrive early to save a table

**HOURS**

Mon-Sat 11am-1am  
Sun 12pm-9pm

**HAPPY HOUR**

Mon-Fri 3pm-6pm  
Drink Specials!




**Wenté's**  
Est. 1994  
GUMBO FLATS

18000 Chesterfield Airport Road • 636-530-9994 • wentes.com

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!)



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](http://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](http://www.bookkeepingforyoullc.com)





# meet the



# Z M I S T O W S K I

*Family!*

**BENJAMIN, HEATHER, LUKE, MATTHEW, ZACH, AND JAKE, MAKE UP THIS LIVELY AND LOVING FAMILY.**

They are residents of Kehrs Mill Trails subdivision. This family of six, accompanied by their fish companion Kyru, has lived here for the past three years. Their favorite part of living here is their neighbors and the close-knit community. They love that their kids are able to play outside safely, the trees and that all the properties are not jammed together. They also enjoy the lakes in the area for fishing.

The Zmistowski's are originally from Maine, they got married and moved to Philadelphia, where all their beautiful children were born. Benjamin is a distinguished shoulder and elbow orthopedic surgeon with Wash U. Heather is a former high-risk fetal sonographer who currently dedicates her time to being her children's personal Uber driver.

When it comes to favorite activities, this family knows how to have fun! Ben enjoys the art of smoking on the grill, skiing, golfing, and showcasing his quarterback skills during the kids' football games. Heather has a love for hiking, gardening, playing sports with the kids in the yard, and attending sporting events. The children each have their unique activities. Luke, 12 years old, is an avid hockey player with the Chesterfield Falcons. His team won the Blue Note Cup State Championship this year. He also enjoys rollerblading, whittling, and fishing. Matthew, nine years old, finds his joy in baseball and art, even taking on the role of a commentator for youth sports teams. Zach,

SPONSORED BY CHRISSY WAGNER RED KEY REALTY LEADERS

PHOTOGRAPHY BY KADDOURI PHOTOGRAPHY





at six years old, loves baseball, swimming, and going to the theater. The youngest, Jake, 4 years old, enjoys soccer, painting, eating (who can blame him?), and swimming. You can also find the Zmistowski family cheering on a few professional teams such as the Cardinals, Blues, Red Sox, Seahawks, and Bruins

When it comes to hanging out, the Zmistowski family cherishes their time outdoors, especially in their beloved backyard and the scenic Babler State Park. As far as picking a favorite place to eat out their go-to's are Oberweis and Five Guys. However, Ben and Heather also enjoy Veritas and Westchester. The first time they ordered pizza in St. Louis, they were horrified! They did not know STL style was a thing. Thank goodness for East Coast Pizza and Dewey's. They also love having family dinners at home, with Heather's delicious Bolognese and anything cooked on Ben's smoker being favorites among the whole family. One of their family traditions is making donuts on Christmas Eve and eating them on Christmas morning. They also have fettuccine alfredo as a family meal before decorating their Christmas tree every year.

In addition to their active lifestyle, the Zmistowski's are deeply committed to community involvement. They actively volunteer through their church, Saint Alban Roe, with Heather taking part in Mission Welcome Home as part of the criminal justice ministry. Heather's involvement in the ministry includes tasks such as preparing apartments for recently released individuals and sharing meals with them during their first week in their new homes. Furthermore, the family participates in the Alzheimer's Association's annual walk in Chesterfield, organizing a team for the past two years. Their dedication to these causes reflects their compassionate and caring nature.

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.

**CHRISSEY WAGNER**  
REALTOR®  
*Real Estate With Results*

**redkey**  
REALTY LEADERS

**314.412.9938**  
chrissy@redkeystlouis.com

**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**

**are 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



# THE REESE FAMILY

Owners of Keimar Contracting



Owners Derek and Heather Reese with their kiddos!



Keimar General Contracting is a family-owned company located in Saint Charles serving the greater metro area on both sides of the river. Their specialties include all types of remodeling, finished lower levels, and distinctive decks.

They are fully insured & licensed for your protection and peace of mind. Their skilled staff complements the company's goals of quality workmanship and service.

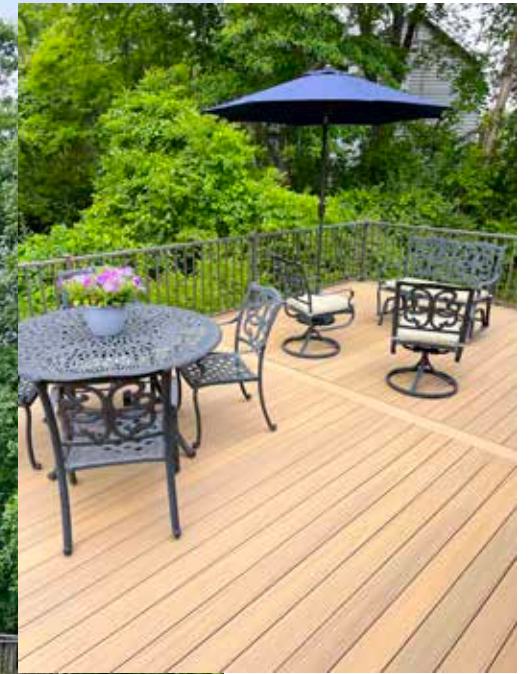
Keimar Contracting is there from the inception to the finalization of every project. They are very hands-on and believe that communication is key to achieving the positive enhancement that enriches the liveability of their client's homes. Keimar Contracting is with you from the idea to the reality.

*"We love what we do, and it shows!"*

**Take a look at the recent outdoor living space project completed for the Hart family in Kehrs Mill Estates!**



Keimar Contracting  
(636) 946-6870  
keimarcontracting.com



**"Keimar was easy to work with and worked within my budget to achieve a great result. I am a very happy customer!"**

—MARIANNE HART,  
KEHRS MILL ESTATES



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](mailto:Bill.Tuttle@n2co.com).



# congratulations TO OUR 2023 graduates

SPECIAL THANKS TO OUR CLARKSON VALLEY FAMILIES FOR SHARING THESE WONDERFUL PHOTOS!



**Jake Hansen**

Westhampton  
Graduated from University of Missouri  
Bachelor of Science in Finance and Banking w/ Minor in Economics  
Accepted a Position at Enterprise Bank & Trust



**Josie Benoist**

Clarkson Mill  
Graduated from Ascension Catholic School  
Attending St. Joseph's Academy



Gary & Carol Presley of Kehrswood celebrate grandson  
**Luke Bower**

Graduated from Lafayette and STLCC  
Attending Lindenwood University  
Area of Study: Technology & Computers



Payton Woley  
Go Badgers!



**Payton Woley**

Kehrs Mill Estates  
Graduated from Marquette High School  
Attending University of Wisconsin Madison



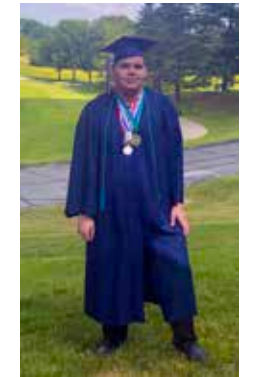
Ani Blanner at Ellisville Elementary with Mrs. Gorham!



**Ani Blanner**

Forest Hills  
Graduated 5th Grade at Ellisville Elementary with other Clarkson Valley girls: Molly, Nora, Lillian, Anna & Aiza!

This is your publication! We rely on neighborhood involvement to keep your magazine full of great pictures and stories. Please email your photos to Bill.Tuttle@n2pub.com



Dallas Remy  
Go Colonials!



**Dallas Remy**

Forest Hills  
Graduated from Marquette High School  
Attending Robert Morris University in Pittsburgh  
Area of study Cyber Security  
Representing the Colonials on the Bowling Team!



Lauren Embleton  
Congrats Lauren!

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

**Welsch**  
HEATING 125 YEARS COOLING  
(314) 872-8070  
www.welsch-heatcool.com

Locally and Family Owned for 128 Years



# TOBY & SKYLAR

SPONSORED BY YARNCOM

Hi, we are Toby and Skylar. Let's start with me, Toby. I am an 8-year-old black and white male Lhasa Apso and Poodle mix. Skylar is a female blonde Lhasa Apso Maltese mix. She is 9 years old. Our brother and sister, Taylor and Tyler begged for us for years, 3 years to be exact. However, our dad wasn't convinced. They finally wore him down and he agreed. Persistence is key! The moment dad said yes, they were at the kennel the next day. That's when we become part of the family.



Our brother and sister, Taylor and Tyler begged for us for years, 3 years to be exact.

—TOBY



Skylar is totally different from me. She is a total diva and super spoiled. She even has a sassy walk that everyone thinks is so cute and funny.

—TOBY

**YARN CRAWL 2023**  
 JULY 28: 12-7PM JULY 29: 10AM-4PM & JULY 30: 12-4PM

Enjoy a weekend with your yarn pals visiting the St. Louis Region local yarn shops!

You can begin picking up your passport July 15, 2023 at your local yarn shop.

- Each shop will stamp your passport throughout the weekend!
- You can drop off your passport at the last shop you visit for the chance to win one of the many great prizes from some great yarn companies!
- Each shop will provide a free pattern just for stopping by!

**FREE PATTERNS!**

**GREAT PRIZES!**

**Yarncom**  
 COMMUNITY THROUGH CREATION

Check our calendar for classes scheduled for all ages:  
[yarncomstl.com](http://yarncomstl.com) or on Facebook: [yarncom](https://www.facebook.com/yarncom)  
 12772 Olive Blvd. • Creve Coeur, MO 63141  
 Call or Text: 636-628-6784 • Email: [info@yarncomstl.com](mailto:info@yarncomstl.com)



They call me Chubby Chubs because I am always hungry. I'm not sure about this new nickname. Although I have noticed that I've gained a few pounds since moving in, I call it my winter bod. I am pretty easy going and I'm super loveable. My favorite thing to do during the day is chase those little chipmunks. They are everywhere! I will catch one someday. I also sit right by the window to look for my deer and bird friends. That's how I enjoy spending my time.

Skylar is totally different from me. She is a total diva and super spoiled. She even has a sassy walk that everyone thinks is so cute and funny. She is attached to mom's hip. She sits right under her and follows her everywhere she goes.



Do you have a family pet we could feature? We want to meet them! Email [Ximena.Bolanos@n2co.com](mailto:Ximena.Bolanos@n2co.com).

**Friendly Reliable Pet Care**  
 already in your neighborhood!

**FREE Meet & Greet • 20% OFF your first week of services!**

**Ashia's Pet Care**

- Overnights
- Drop in Visits
- Outdoor Play
- Dog Walks
- Kitties Too!

Call Ashia  
**(314) 813-4225**



# PET INSURANCE FOR OUR FURRY FAMILY MEMBERS



Is pet insurance worth it?

By Kehrs Mill Trails resident Tania Interian

## DON'T END UP IN THE DOGHOUSE (FINANCIALLY) WHEN THE UNEXPECTED OCCURS.

Cats and dogs can get sick or sustain injuries for any number of reasons. You shouldn't have to think about the cost when your pet requires medical attention. Things like diagnostic tests, imaging, and hospitalization can be more costly than you imagine. The average cost of surgical care for a dog is about \$458, and for cats, it's about \$201. That could take a bite out of your wallet. With the right pet medical insurance, you can focus on the health of your paw-son when they need veterinary care.

## CATS AND DOGS COVERAGE EXPLAINED

From everyday illnesses and injuries to emergency care, hospitalization and more, your pet can get great veterinary care with one simple plan. Pre-existing conditions are excluded, of course.

## ILLNESSES

If allergies, cancer, heart disease, or other serious illnesses strike your pet, you can be in a position to provide them with the best possible care.

## INJURIES

Broken bones or bite wounds can result from accidents. Your pet depends on you to help them heal such hurts.

## BREED-SPECIFIC CONDITIONS

Whether hereditary or congenital, a pet policy can help with such conditions as elbow and hip dysplasia, Cherry Eye, thyroid disease and other chronic issues.

## TREATMENTS & PROCEDURES

Diagnostic tests, surgeries, hospital stays, or even holistic therapy as long as it's prescribed by a licensed vet for the treatment of a covered condition are some of the medical situations covered.

## MEDICATIONS & MORE

Medications, prescriptions, veterinary supplements, herbal therapy and even prosthetic devices and carts are included in the pet insurance plan.

## WHAT'S COVERED?

Pet insurance policies cover eligible veterinary care expenses based on your policy for your pet. You're responsible for any non-eligible expenses. Eligible veterinary care expenses include new and unexpected illnesses and injuries, hereditary and congenital conditions, diagnostic tests, surgeries, hospital stays, medications and more.

## WHAT IS NOT COVERED?

This pet insurance policy doesn't cover non-eligible veterinary expenses or your portion of expenses for veterinary care based on your specific policy.

## NON-ELIGIBLE EXPENSES INCLUDE:

1. Pre-existing conditions
2. Wellness and preventive care (ex. parasite control, spay/neuter, vaccinations)
3. Exam fees
4. Any applicable taxes

## WHAT IS CONSIDERED A PRE-EXISTING CONDITION?

A pre-existing condition is any illness, condition, or injury for which signs or evidence of their potential manifestation existed prior to your pet's coverage effective date. A pre-existing condition can also be an injury or recurrence of an injury that occurred prior to your pet's coverage effective date.

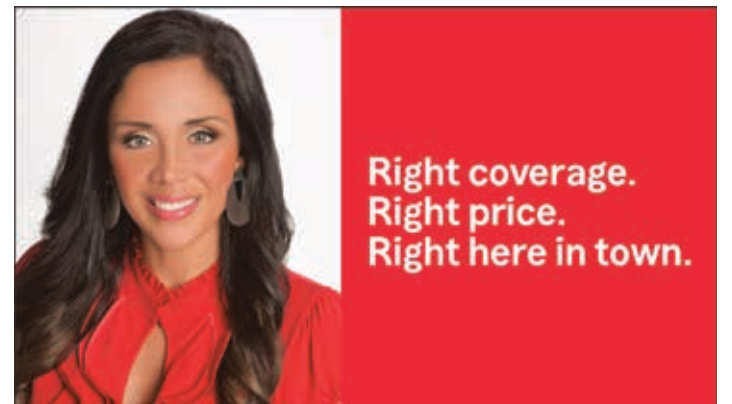
## AT A GLANCE, PET INSURANCE COVERAGE INCLUDES:

- Comprehensive pet medical insurance coverage.
- Covers new or unexpected accidents, hereditary and congenital conditions and other illnesses.
- Accepted by all veterinarians.
- Your pet insurance can be used at all licensed veterinary clinics and offices nationwide.

## ONE SIMPLE PLAN.

Your pets get great coverage, with a single, high quality and no-sense coverage plan.

*If you have any questions about pet 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](http://gowithtania.com) for more information. I am here to help you!*



Right coverage.  
Right price.  
Right here in town.

**Tania Interian, Agent**  
12084 Manchester Road  
Des Peres, MO 63131  
Bus: 314-822-5180  
[tania.interian.ko5q@statefarm.com](mailto:tania.interian.ko5q@statefarm.com)  
Mon - Fr 9:00am to 5:00pm  
Saturday's & evenings by app

Here's the deal. The right insurance should help you feel confident and comfortable. I'm the right good neighbor for that. Call me today.

Like a good neighbor, State Farm is there.®



State Farm  
Bloomington, IL  
2001290







# JACK FREEMAN

SPONSORED BY DESIGNERY

**M**eet Jack Freeman! Jack is an 8th grader at Ascension Catholic School. He has played basketball since kindergarten, soccer since the age of 3, track since 1st grade, and flag football since 5th grade. Out of all these sports, his two favorites are soccer and basketball. Jack plays forward for his St. Louis Scott Gallagher soccer team, as well as his CYC soccer team. He plays point guard for his club and CYC basketball team. He enjoys playing soccer because it is fun and it keeps him busy, and basketball because he loves to shoot and make as many points as possible. His favorite is to have a day full of different sports.

Jack has won many different soccer tournaments and a flag football championship. The advice he would give to younger children is to work hard! If you put your mind to it, you can do it. He would also tell them to practice, practice, practice. It is the best way to improve.

Jack loves cheering on the STL City team and his favorite, Seattle Seahawks. He hopes to eventually play sports in high school, like his older brothers.



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](mailto:Ximena.Bolanos@n2co.com).

## THE GOLD STANDARD

### IN MAGAZINE & AD DESIGN

But don't just take our word for it.

Take theirs.

**THE N2 COMPANY.**

[n2co.com](http://n2co.com)

## Everything We Do is Designed Around You!

We are a unique graphic design company specializing in creating and building indoor and outdoor signage and displays.

# DESIGNERY

creative solutions

COMMERCIAL SIGNAGE AT ITS FINEST

Call 314-647-1700 today to discuss your project or visit [designery.com](http://designery.com) to learn more!



**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](http://h2opowerwashingstl.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](mailto:weaverswallco@gmail.com) • [@stl\\_wallpaper\\_paint](https://www.instagram.com/stl_wallpaper_paint)

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](http://covenantcontractingstl.com) • 314-282-1991

**ROW HOUSE**  
CHESTERFIELD

**45-MINUTE**  
ROWING BASED  
WORKOUT



Improve Strength



Optimize Mobility

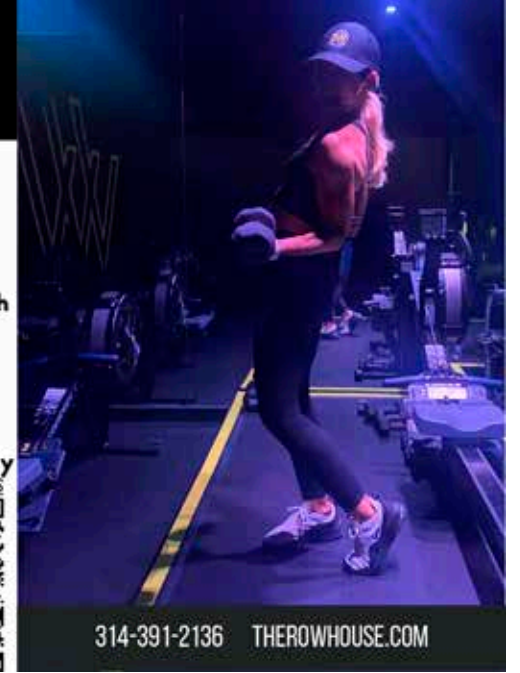
SCAN HERE FOR A FREE CLASS



LOW IMPACT CARDIO  
DUMBBELL TRAINING  
BODY WEIGHT EXERCISES  
DYNAMIC STRETCHING

2-4 CLARKSON WILSON CENTER CHESTERFIELD, MO

314-391-2136 [THEROWHOUSE.COM](http://THEROWHOUSE.COM)



CONFIDENCE  
IN A BOTTLE

We're on a mission to help you *love* your skin.



[anskinbeauty.com](http://anskinbeauty.com)  
[@anskinbeauty](https://www.instagram.com/anskinbeauty)

**AN SKIN**





# Gray Gulbrandsen and Papa Steven Rees

SPONSORED BY ASSISTANCE HOME CARE

**Grandparent's Name:** Steven B. Rees  
**Nickname:** Papa  
**Subdivision:** Forest Hills Ridge Court  
**Grandchild's Name:** Gray Robert Gulbrandsen  
**Age:** Seven

**QUESTIONS PAPA ASKED GRAY:**

**What do you want to be when you grow up and why?** I want to be a Video Game Maker or a Scuba Diver.

**What makes you happy?** My brothers make me happy, also when my cousin Henry comes over to play at my house.

**What are you afraid of? What makes you feel better or less afraid?** I'm afraid to go down to the basement by myself. I'm not afraid when someone goes with me.



Gray with his Papa at baseball!



Gray (far right) with brothers Smith (middle) (5) & Rees (far left) (3)!

**What is your favorite thing to do with me?** I like to do sports with you and when you drive me to school in the morning.

**How many Grandchildren do you think you'll have when you are my age?** 21!

**QUESTIONS GRAY ASKED PAPA:**

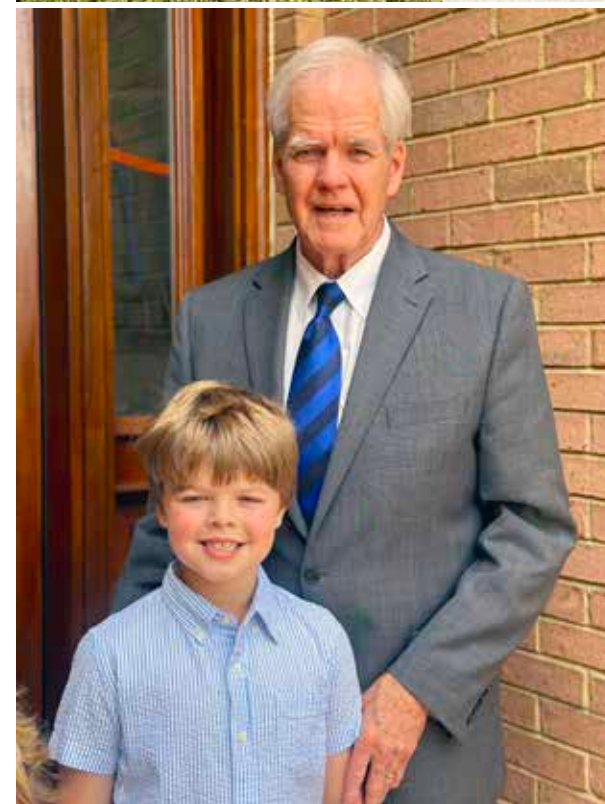
**When you were my age, what did you want to be when you grew up?** I thought I could be a Race Car driver.

**What is one way the world was different when you were my age?** We only had a single dial-up telephone. No Cell phones, no home computers, no internet, or Alexa or Siri!

**What makes you happy?** Spending time with my children and grandchildren. Especially Sunday church and Sunday dinners. I also enjoy our vacations to the beach with the whole family.

**When was the first time you met me?** At the hospital about two hours after you were born. You were the cutest baby!

**What was my mom like when she was my age?** She was so beautiful with long blond hair. She liked to talk a lot and asked a lot of questions, just like you!



Connect With Care today!

Torch Awards  
BBB for Ethics  
2021 WINNER

Caring Super Star  
2021

St. Louis TOP SENIOR CARE  
2022

Your Home, Your Care,  
Our Commitment.

Assistance Home Care  
Established 2011

AssistanceHomeCare.com 636-735-8088 Call For Your Free Assessment!

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.





# HAPPY MOTHER'S DAY TO BECKY CARAPELLA AND HER FAMILY!

Becky Carapella of Kehrswood celebrated Mother's Day with kiddos Dominic, Abby, Alex & Sammy at Ruth's Chris Steak House!

*Earn neighborhood style points with a statement piece!*

**THE FOYER**  
Furniture & Home Décor

UNIQUE HOME DECOR · FURNITURE  
LIGHTING · HOME ACCESSORIES

Mention this ad and get

**20% OFF Your Purchase!**

Complimentary Design Consultation by Appointment

(636) 778-1400 | [thefoyerhomedecor.com](http://thefoyerhomedecor.com)

Mon-Sat..... 10<sup>AM</sup>-5<sup>PM</sup>    The Foyer Home Decor  
Sunday..... 12<sup>PM</sup>-4<sup>PM</sup>    thefoyerhomedecor

1649 Clarkson Rd. Chesterfield, MO 63017

**GARAGE DOORS N MORE**

**Family owned & operated.**  
Specializing in new installation and service, siding repairs, metal wraps, and more!

Call **(636) 383-5612** today for a **FREE estimate!**

Visit: [garagedoorsnmorellc.com](http://garagedoorsnmorellc.com)

**WE DO WINDOWS**  
GUTTER, SIDING CLEANING + MORE!

Now using our premier water-fed system!

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

DoWest Cleaning made our windows **SHINE!** Highly recommend.  
—Mary Salerno, Clarkson Valley

CALL FOR YOUR **FREE ESTIMATE TODAY!**  
**(314) 435-3902**

**DOWEST**  
YOU SAY CLEAN WE SAY SPOTLESS

[DOWESTCLEANING.COM](http://DOWESTCLEANING.COM)

# 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

**Dr. Joe CONCIERGE PEDIATRICS**

Hassle Free Healthcare. Understanding. Not Demanding. • [www.DrJoeSTL.com](http://www.DrJoeSTL.com)



# Mother's Day

at Forest Hills Country Club!

PHOTOS SUBMITTED BY ALI KAPLAN, DIRECTOR OF MEMBERSHIP & MARKETING AT FOREST HILLS COUNTRY CLUB  
SPONSORED BY THE JEFF LOTTMANN GROUP COMPASS REALTY GROUP

*Membership at Forest Hills Country Club is by invitation only.*



Don & Theresa Gorin with Benjamin, Henry & Ryan



Austin & Carmen Craddock & Carson



Steve & Amanda Schaller & Nicolas



Rick & Amanda Frechmann & Brix



Aaron & Jenny Albritton with Sam & Madeline



Justin & Sarah Sperry with Sydney & Samantha



Jason & Cheri Pello with Melea & Asher



Alan & Megan Probst with Carter & Mila



Eric & Jackie Goettelmann with Grayson & Augustus



Erica & Joe Fridlin with Jacob, Nora & John

Are you a member of Forest Hills Country Club? We'd love to spotlight you! Email [Ximena.Bolanos@n2co.com](mailto:Ximena.Bolanos@n2co.com) for more details.

## 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](mailto:jeff.lottmann@compass.com)



**Chase Lottmann**  
Luxury Real Estate Advisor  
M: 314.805.8440  
[chase.lottmann@compass.com](mailto: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.



# ARE YOU BURSTING WITH ENERGY! OR TIRED ALL THE TIME?

The average doctor spends 7 minutes with their patients and are ill-equipped to dig into what may be causing your fatigue.

The James Clinic is an entirely different clinic experience, and we spend time with you to find why you may be tired. Most importantly, we give you immediate strategies to improve it so you can keep up with life!



## THINGS THAT TEND TO STEAL YOUR ENERGY:

**1. Inflammation:** Anytime you have inflammation, your body diverts resources to dealing with that issue, instead of playing with your kids and working out! Finding the root cause of that inflammation – such as foods that don't agree with you or your gut—we can target an approach to get it calmed down.

**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

Doctor of Osteopathic Medicine  
Master of Public Health  
Fellow, American College of Osteopathic Surgeons  
Fellow, American College of Surgeons,  
Institute of Functional Medicine Certified Physician

**NEED HELP WITH FATIGUE?**  
CALL OUR OFFICE: 636-751-9440  
CHECK US OUT AT: [JAMESCLINIC.COM](http://JAMESCLINIC.COM).  
FOLLOW US:  
ON IG: @MOLSJAMES  
ON TWITTER: @JAMES\_CLINIC  
LISTEN TO DR JAMES ON:  
[REALTALK933.COM](http://REALTALK933.COM)  
TUES-THURS-FRI: 9 - 11 AM CENTRAL

# Why choose GutterPros?



ASK US ABOUT  
GUTTER CLEANING!

# Water goes where we tell it.



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**





# With HOPE, All Things Are Possible!

Providing you the highest quality of care from the most skilled professionals.



**Corporate:**  
100 Chesterfield Business Parkway, #200, Chesterfield, MO 63005  
**Visit:** hopehealthcares.com

Contact us today to see how we can help:  
**Phone:** 855-827-4777  
**Fax:** 866-950-4040  
**Email Address:** Info@HopeHealthCares.com

Learn to drive like a **CHAMPION!**

**Coach Harder**  
DRIVING SCHOOL

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

## 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

**(314) 222-3938** ★ coachharder.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](http://ballwintreeservice.com) for more information



# 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](http://www.permajackofstlouis.com)



nextdoor



Follow us at @permajackstl







A PRODUCT OF  
**THE N2 COMPANY**

9151 Currency St.  
Irving, TX 75063

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](http://accurateelectricstl.com)

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