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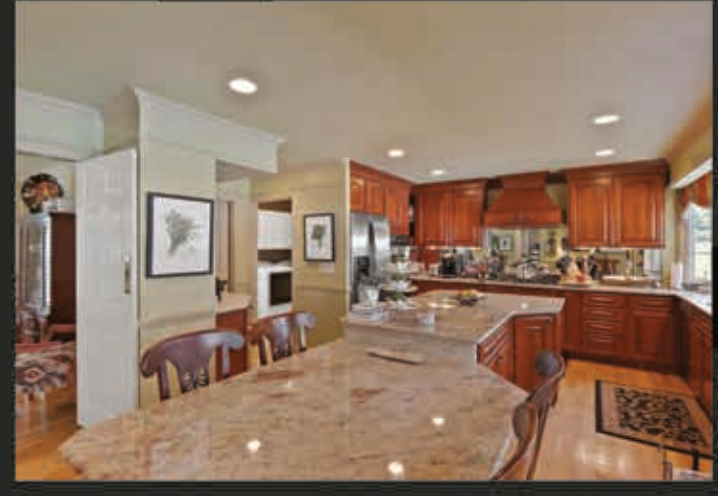
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# Stroll Clarkson Valley Social Committee



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](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.



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# O Canada!



David and I traveled to Toronto, Canada for his hockey tournament. We arrived a few days early to visit the Hockey Hall of Fame, took a ferry ride to the Toronto Islands, and saw Niagara Falls, Casa Loma, and a few other sites! We enjoyed some great local brews and fare including poutine! We hope you were able to spend time with your family this summer as well!

Cheers!

*Bill & David*



## Meet Our Newest *Stroll Clarkson Valley* Preferred Partners!

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



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# A CAN OF SPAM AND A LOAF OF WHITE BREAD...



BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES  
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It's hard to believe, but summer is almost over. Before we know it, you'll be shopping for new notebooks, school supplies, clothes that fit and figuring out class schedules.

One of the classic school start-up questions is "What did you do this summer? Where did you go?" It's always a good icebreaker and allows us to introduce ourselves while we share our experiences and adventures. We can recall a fun (or not) visit to relatives, a great trip to the mountains, sunbathing at the beach, an experience at some exotic locale, or maybe just some extra time spent relaxing at home.

Growing up, our summers were always full of adventures; our family went somewhere every summer for 2 ½ weeks. Dad would throw us in the car and away we'd go. But he was frugal (read: cheap); we didn't stay in hotels; we drove everywhere and camped along the way. Breakfast was a box of powdered sugar donuts and a quart of OJ. Lunch was a loaf of white bread, mustard, and a can of Spam (IF there were any leftovers, the Spam would fit in the cooler); dessert was a package of Oreos. And there were lots of "Mom, he's/she's on MY side!" moments, followed by "Don't make me pull over!". Good times.

Dad would spend weeks planning the trip, what route to take and where we'd stay. We went everywhere from New York City or down south to visit my mom's family. We saw Quebec, Niagara Falls and the Grand Canyon. In Death Valley, it was incredibly hot (114°) but cooled down enough at night for us to sleep on picnic tables under the stars. On our return trip, Dad had to break the ice in the pot of water in Estes Park, CO so he could shave. We visited Alcatraz in San Francisco, Key West, we drove to Alaska and all parts in between. Dad learned rudimentary Spanish for our trip to Mexico and we

drove all the way down through Mexico to Guatemala. We watched the cliff divers in Acapulco and walked up the Pyramids of the Sun and Moon. We went to places I probably wouldn't recommend now but we met wonderful people in Mexico City and saw beautiful places off the beaten path in Mexico that most tourists never get to experience.

Our camping vacations ended at Kentucky Lake when we woke to a horrendous thunder and windstorm. Dad made us all run out to hold down the tent poles to keep the tent from blowing away. The next morning, we discovered a tornado had just missed us. At that point, my Mom put her foot down: "NO MORE TENTS!"

Looking back, these are great memories; they provided real adventures and great answers to "What did you do on vacation?" We made countless wrong turns but saw something we wouldn't have seen if we hadn't. It taught me that it's never too late to explore new pathways and embrace the way life's trip evolves. No matter where you started, you constantly need to reassess where you want to go and how to get there. And it's never too late to explore new pathways.

*Sue McNamara*  
Mayor  
Clarkson Valley



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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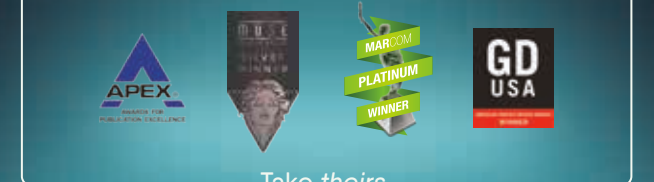
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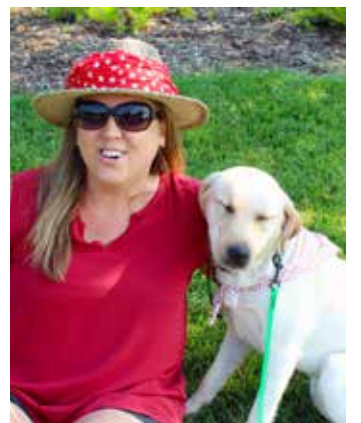


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# MEET MATT NEAL

Owner of Ballwin Tree Service



Owner Matt Neal

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- They know trees - They know and care about your trees. They are members of the Tree Care Industry Association and the International Society of Arboriculture, and their owner is a Certified Arborist. They follow the ANSI 300 Industry

- Standards and do what's best to promote the health of your trees.
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- They do a great job cleaning up when they're done - When you hire Ballwin Tree Service to do a job, they won't leave you with the job of cleaning up the debris after they're gone. They spend some extra time, in the end, making sure that the area looks great before they leave.



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# BRIE ORTBALS!



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Meet our Amazing Athlete Brienna Ortballs, she usually goes by Brie. Brie is preparing to enter 7th grade at Ascension. Her primary sport is soccer, and she showcases her skills as a left wingback for the St. Louis Developmental Academy Under 13 Girls Academy Team. Having played the sport for several years, Brie and her team have experienced remarkable achievements. They achieved a notable rank of #9 in the country at the end of the Girls Academy season and even qualified for Nationals. They also won the Grand Park Classic in Indianapolis. Brie also enjoys playing golf at Forest Hills and plays basketball for Ascension.

What Brie cherishes most about soccer is the camaraderie and bond she shares with her teammates. The sport has given her the opportunity to forge lasting friendships. Spending many hours together in practice, games, and travels has brought them closer, making the entire experience even more enjoyable and rewarding.



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 advice she would give to younger kids in the community is to find something they enjoy doing. When they find their passion, they need to work hard at it and practice, practice, practice.

While soccer is Brie's primary focus, she also possesses a love for baking. Her specialties are cookies, cakes, and cupcakes.



As high school is only 2 years away, Brie eagerly anticipates what lies ahead. Her love for soccer fuels her desire to continue playing throughout her high school years. With her dedication and passion, there is no doubt that Brie will continue to shine both on and off the field.

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# The Klug Family Pets!



Ben and Harvey, Lainey with Doc, and Nora holding Mabel!

Say "cheese" Harvey!

Nora with the snuggle kitty Mabel!

BY JENNY KLUG, RESIDENT OF THE MANORS AT CLARKSON VALLEY  
SPONSORED BY YARNCOM

## DAN, JENNY, LAINEY, NORA, & BENJAMIN KLUG HAVE FOUR PETS!

Doc is about 13 years old and we adopted him from the Humane Society nine years ago. He is a mixed breed—our best guess is dachshund and chihuahua. He loves adults and is cautious around kids.

Harvey, age 8, is a black labrador retriever that we adopted last year from Purina Farms. He was a food taster at a Purina center in St. Joseph, MO for the first seven years of his life!

His actual name is Havarti, a type of cheese. All of the dogs in his litter were named after cheeses! Harvey is the best dog, sweet and loves everyone. Happy to go on walks anytime!

Mabel is about a year old and came to us as a foster kitten! We have fostered kittens for the past three years through the Humane Society of MO and love it! Overall, we have probably fostered more than 50 kittens. Sometimes we have a mom and babies too and it is lots of fun! Recently we had a momma cat and her 5 babies!

Mabel loves when we have foster kittens and always plays with them. Mabel is the sweetest cat, always letting the kids hold her and even goes to sleep with Nora each night and leaves after about an hour.

Finally, we have Sisu, a bearded dragon that belongs to Lainey. She is 1.5 years old and very lazy. She eats superworms, veggies and crickets!

Most of all, our pets love Mom! If the kiddos can't find Mom, they look for the animals who are usually following me around!



Ben and Harvey hanging out poolside!



Sisu in the house!



Foster Kitties!



What's up, Doc?

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# HENRY MORRIS & HIS PAW PAW TIM TWELLMAN

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**GRANDPARENT'S NAME:** Timothy Michael Twellman  
**NICKNAME:** Paw Paw  
**SUBDIVISION:** Westhampton  
**GRANDCHILD'S NAME:** Timothy Henry Morris  
**SUBDIVISION:** Forest Hills  
**AGE:** 8



**QUESTIONS PAW PAW ASKED HENRY:**

**What do you want to be when you grow up and why?** I want to be a singer because I can sing fast.  
**What's one way you think the world will be different when you're my age?** I think cars will be a lot different and lots of other inventions.  
**What's your favorite family tradition?** Christmas together because Santa comes with presents for me and everyone. I also like celebrating my birthday together.  
**What makes you happy?** Candy and French Toast! And my family makes me happy!

**What are you afraid of? What makes you feel better or less afraid?** I'm afraid of scary clowns and monsters. Saying something funny makes me laugh and forget what I'm afraid of.  
**What kind of chores do you do at home? What are you saving money to buy?** I clean up my room and I take the trash out and I get the mail. I'm saving my money for an iPhone 12.  
**What is your favorite thing to do with me?** I like to play catch with you, and soccer with you, swim together in your pool and eat popsicles. We also talk about men's stuff in the garage.

**How many Grandchildren do you think you'll have when you are my age?** I hope I have 100 but I think it will be 2 or 5 or 1.  
**If you could change one thing about the world, what would it be?** Kids could have their own phones.  
**Who is your hero? Why?** My Paw Paw because he's so fun!

**QUESTIONS HENRY ASKED PAW PAW:**

**When you were my age, what did you want to be when you grew up?** A Baseball player or a forest ranger... love anything outside.



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

There was no technology. We were always outside creating our own fun.  
**Is there a story behind the name I call you?** You call me Paw Paw. I believe it was just easier to say when you were just starting to talk.

**What makes you happy?** Being with my kids and my grandkids.

**What's your favorite memory of your own grandfather?** My favorite memory

of my grandfather was when he spent the night and slept in my bedroom.  
**What were you scared of when you were little and when did you stop being afraid?** We had a very dark basement, and I would always run as fast as I could to get up the stairs as if someone was chasing me...it took until I was 50 to realize that there was no one chasing me... I am not scared anymore.

**Can you tell me about the first time we ever met?** It was a very special

moment... we had to fly to New York to meet you... but what I remember is getting a call from your mom an hour or two after you were born and being told you and your mom were doing great and that I had a grandson named Timothy... a very special moment... I went out and bought 20 cigars... blue bubble gum cigars!

**How did you meet my grandmother?** It was grade school when some of us went over to see her.

**What's your favorite part of having grandchildren?** Just being with them and how excited they are to be with us... Hope that never changes!

**What was my mom like when she was my age? Do I remind you of her in any way?** Your mom was and is a great daughter. Always offering to help both her mom and me. Nothing has changed. She was always at my side no matter what I was doing. She was my Christmas light helper, she was my pool cleaner, and she helped me change the oil in the lawn mower! She was and is always there when we need something... I believe you are very much like your mom in that way. You're always willing to help your mom.

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.

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Sabrina Sanchez will attend Ole Miss in the fall!



Sabrina Sanchez with parents Mike & Tania of Kehrs Mill Trails!

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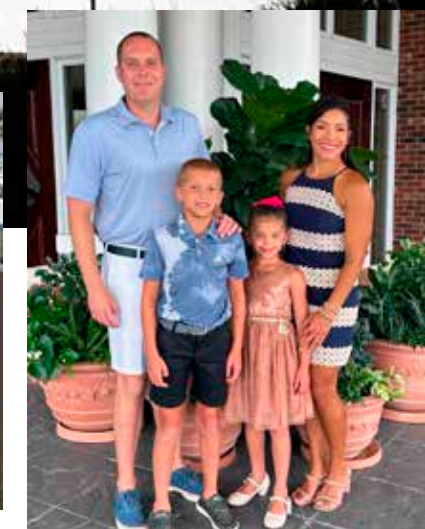



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Tim & Paula Mortenson of The Manors at Clarkson Valley spent Father's Day with daughter Erika, son-in-law David Saxon & son Andrew at a fun-filled weekend in Portland Maine!



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AROUND THE CLUB

# 4TH OF JULY CARNIVAL!



PHOTOS SUBMITTED BY ALI KAPLAN, DIRECTOR OF MEMBERSHIP & MARKETING AT FOREST HILLS COUNTRY CLUB  
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Ella O'Donnell poses with her cotton candy!



Kiddos enjoyed face painting, balloon artists & more!



Pearce Kerrigan tests his strength!



Maggie Moran & Maggie Rector at the 4th of July Carnival



Charlie Smith playing the ring toss!



Harrison Erdel with his prize after winning one of the pool games!

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.



The fishing game at the 4th of July Carnival!



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# Forest Hills Country Club Golf

PHOTOS SUBMITTED BY ALI KAPLAN, DIRECTOR OF MEMBERSHIP & MARKETING AT FOREST HILLS COUNTRY CLUB



Congratulations to 2023 Member-Member Champions, Steve Durham & Alan Dorch!



David Krikman achieved a hole-in-one on June 28th on the 16th hole of the Championship Course. Atta boy David!



Congratulations to Scott Lambert on winning his 13th Men's Club Championship Title! Runner up: Tom Lantzy



Brett Parr achieved a hole-in-one on June 9th on the 16th hole of the Championship Course. Way to go Brett!

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**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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