

STROLL®

Clarkson Valley



DELIVERING NEIGHBORHOOD CONNECTIONS

Why choose GutterPros?

SUMMER DEAL
25% OFF
 Gutter Guards with
 the purchase of
 new gutters!

**#1 GUTTER COMPANY
 IN SAINT LOUIS, MO**



ASK US ABOUT
 GUTTER CLEANING!

Water goes where we tell it.



GUTTER INSTALLATION



LEAF PROTECTION



SOFFIT/FASCIA/SIDING

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



SOLD in Clarkson Valley!



12 Crownhill Lane | Forest Hills Club Estates



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



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



Cindy Munich
Resident Writer
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.

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.



Follow us on Facebook and Instagram:
www.facebook.com/strollclarksonvalley
www.instagram.com/strollclarksonvalley



strollmag.com

Delivering Neighborhood Connections
© 2023 The N2 Company, Inc.

CLARKSON VALLEY
Living

DISCLAIMER: This publication is also known as *Clarkson Valley Living*, is owned by The N2 Company, and is not affiliated with or sponsored by any club, developer, or homeowners association. Articles and advertisements in this publication and opinions expressed therein do not necessarily reflect the views of N2 but remain solely those of the author(s) or advertiser(s). The paid advertisements contained within this magazine are not endorsed or recommended by N2.

MEET OUR NEWEST STROLL CLARKSON VALLEY PREFERRED PARTNER!

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*!

CRUISE PLANNERS - ELIZABETH SAUER

(316) 641-4527
elizabethsauer@cruiseplanners.com
www.SweetNSauerTravel.com

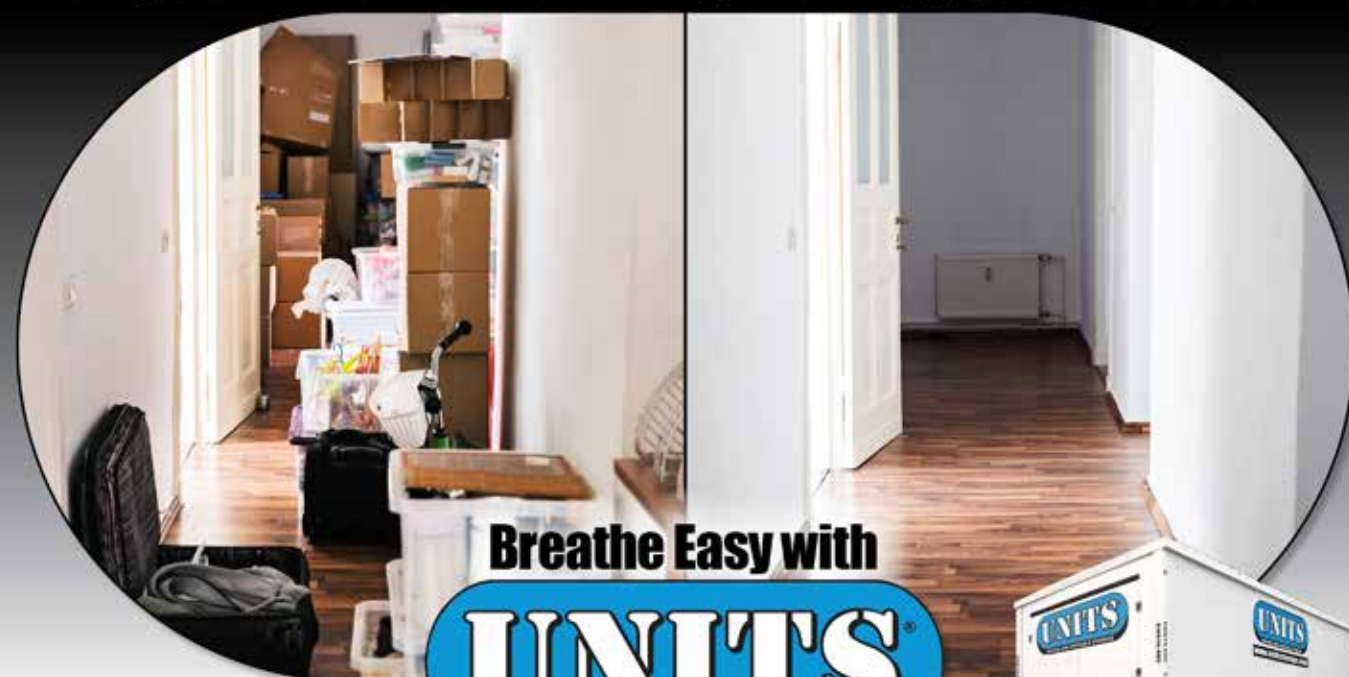


Elizabeth Sauer is a veteran-owned, full-service travel agency offering personalized service for your Air, Land, Sea Vacation travels. Located in Chesterfield, Elizabeth is a CLIA Certified Accredited Cruise Counselor, a member in good standing with the American Society of Travel Advisors and a member of

the International Air Transport Association. As a Signature Travel Network Affiliate, she has access to group pricing on most sailings and land vacations while getting customers the BEST discounts and bonus amenities available. "If you want to travel, I can help you do it ALL!"



Congestion of remodeling making you stressed?



Breathe Easy with



Call us for your
Next Remodel

314.934.8648

Locally-Owned & Operated
by Mike & Chris Krenning

UnitsSTL.com

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

Row House Chesterfield
 (314) 391-2136
therowhouse.com/location/chesterfield

KITCHEN REMODELING
Premium Cabinets
John Morgan
 (314) 499-8800
PremiumCabinets.com

ROOFING/SIDING/GUTTERS/TUCKPOINTING
Allen Roofing & Siding
 (636) 391-1117
arooofing.net

ART/CRAFT/NEEDLEWORK SHOP
Yarncom
 (636) 628-6784
yarncomstl.com

FOUNDATION REPAIR & WATER PROOFING
Perma Jack of St. Louis
 (636) 225-2553
permajackofstlouis.com

MOVING & PORTABLE STORAGE
UNITS of St. Louis
 (314) 934-8648
UnitsSTL.com

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

ATTORNEY AT LAW
Thompson Law STL
 (314) 650-8520
thompsonlawstl.com

FURNITURE & HOME DECOR
The Foyer
 (636) 778-1400
thefoyerhomedecor.com

PEDIATRIC CARE
CARR Healthcare Realty
 (314) 916-3091
www.cremd.us

SIGNS
DeSIGNery
 (314) 647-1700
designery.com

CONCIERGE SENIOR CARE
Hope Healthcare
 (855) 827-4777
hopehealthcares.com

GARAGE DOOR SERVICE
Garage Doors N More
 (636) 383-5612
garagedoorsnmorellc.com

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

SOFTWASH/EXTERIOR CLEANING/POWER WASHING
H2O Power Washing
 (636) 448-8680
h2opowerwashingstl.com

CUSTOM WOODWORKING
Fenrir Woodworks
 (314) 707-8814
fenrirwoodworks.com

GENERAL CONTRACTING
Keimar Contracting
 (636) 946-6870
keimarcontracting.com

PLUMBING CONTRACTOR
FDF Plumbing
 (636) 492-3220
facebook.com/profile.php?id=100085805172962

TRAVEL PLANNER
Cruise Planners - Elizabeth Sauer
 (316) 641-4527
SweetNSauerTravel.com

DELI & CATERING
Goodcents Deli
 (636) 537-5300
goodcentssubs.com

GUTTERS AND SIDING
GutterPros
 (314) 656-7195
gutterpros.com

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

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

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

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

Jeff Lottmann - Compass Realty Group
 (314) 406-8911
jefflottmann.com

VETERINARY CLINIC
Kehrs Mill Veterinary Care
 (636) 204-5229
kehrsmillvetcare.com

DRIVING SCHOOL
Coach Harder Driving School
 (314) 222-3938
coachharder.com

INSURANCE AGENT
Hacker Agency & Associates, LLC - American Family Insurance
Jon Hacker
 (314) 372-0027
JonHackerAgency.com

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

WINDOW & GUTTER CLEANING/POWER WASHING
DoWest Cleaning Services
 (314) 435-3902
dowestcleaning.com

ESTATE PLANNING
Paramount Legal
 (314) 535-7500
paramountlegal.net

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

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

FITNESS
CycleBar Chesterfield
 (636) 778-3880
cyclebar.com/location/chesterfield

INTEGRATIVE/CONCIERGE MEDICINE
The James Clinic
 (636) 751-9440
jamesclinic.com

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



By advertising in our magazine, you'll have the opportunity to reach a captive audience of your neighbors who are eager to support local businesses! We want to know about you and what you bring to the community. For more information on how to showcase your business, email Bill.Tuttle@n2co.com

join us for **LUNCH**

SCAN TO ORDER ONLINE!

Miss Vickie's SMOKEHOUSE BBQ

Good Food Makes Goodcents

173 LONG RD, CHESTERFIELD, MO

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



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

Last month, I promised to tell you about some of the changes our Council has achieved since April, but many things are about to be finalized so that will wait until next month.

Instead, this month I wanted to talk about some other transitions: one of the traditional adjustments we make this time of year involves school busses; whether you're supposed to be *on* the bus, you *missed* the bus, you're *in front of*, or stuck *behind* the bus! Yes, it's Back to School. The campuses are alive again; the hallways buzz with excitement from the chatter of returning students and teacher's greetings, and the sound of bells signals the start and finish of each day. It is a transitional time filled with a traditional mix of anxiety and/or excitement.

On Friday, 26 August 2023, it was my privilege to attend a great event — I was invited to the coin toss at the first Marquette football game of the 2023 season: the 6th annual "Mayor's Bowl", between the Marquette Mustangs and the Lafayette Lancers, two of the



Rockwood high schools. The Lancers and the Mustangs have challenged each other in this relatively young tradition for the last 5 years and Marquette has won every game. The stands were filled with the roar of fans, kids with green-painted faces hung over the bleacher rails and the tension of the players was palpable as the coin flew up in the air and caught the lights of the stadium. It was a great game and although the Lancers won the toss, Marquette won the game 13-10, and they brought home

the Mayor's Bowl for the 6th year in a row! The Bowl will be displayed yet again in the Mustang's trophy case until next year. The Tradition continues.

On Tuesday, 29 August 2023, the Marquette students (and I) were treated to a very unique and exciting opportunity: normally, when a new bill is signed into law, this takes place in a grand and formal setting, with lots of cameras, and much pomp and circumstance. Last Tuesday, Governor Parsons visited Marquette High School



Governor of Missouri Mike Parson with Clarkson Valley Mayor Sue McNamara

and students were able to witness in person as he signed a new Education Bill into law. This bill allocates 9.8 billion dollars to Missouri education programs and will have a great impact on our school system. These kids saw government in action at an event which will affect their daily lives at school. For me, to watch the expressions of these kids was humbling; some kids asked good questions; some were shy, but I know the event made a significant impression they will long remember.

Each of these events is very different; whether it's the new academic year, sports rivalries, or legislative changes; each offers the promise of exciting new adventures filled with hope that will shape these students' lives in unknown ways — as long as they don't miss the bus.

Best,
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!



Clarkson Valley
Recycling Results
Most Recent Monthly
Recycling Tonnage
Report: 28.7 Tons

Your Real-Life Experience
Real Estate Agent!



Tracey
De Simon
Professional
Realtor

- 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
desimonrealtor@gmail.com

Websites

www.traceydesimon.com (MO)
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@hfmlloans.com

HOMESTEAD
FINANCIAL MORTGAGE

14897 Clayton Road, Chesterfield, MO 63017
Apply Online: jharris.homesteadfinancial.com



NMLS #222524 / MLO NMLS #458261
For licensing information, go to: www.nmlsconsumeraccess.org



IS YOUR LIFE PASSING YOU BY?



Do you wish you were thinner? Had more energy to play with the kids (or grandkids)? Feel like you're napping while everyone else is, well... living?

We see this every day at our clinic. People have had symptoms for years and start to adapt to abnormal. It is not uncommon that when people find us and get their personalized, results-driven treatment plan we see people drop 20-30 pounds, have more energy, get active because they're more enthusiastic about life.

This is what happens when you transition from the sick care model of medicine to the optimization model. Life just gets better.

Don't let another day pass you by feeling miserable, in pain, tired, or overweight. We can help you just like we have hundreds of other people. Call us today to get started on the path to living better!



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
FOLLOW US:
ON IG: @MOLSJAMES
ON TWITTER: @JAMES_CLINIC
LISTEN TO DR JAMES ON:
REALTALK933.COM
TUES-THURS-FRI: 9 - 11 AM CENTRAL



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



nextdoor



Follow us at @permajackstl



Learn to drive like a **CHAMPION!**



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

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

(314) 222-3938 ★ coachharder.com

Find us on Facebook

EXPERTS IN HEALTHCARE REAL ESTATE SERVICES

Helping People Who Help People:

- Practice Acquisitions
- Additional Offices
- Lease Renewals
- Relocations
- Expansions
- Purchases
- Start-Ups

JOE CANGAS, MD

Let Joe give you the peace of mind that you're covered with the industry-leading tools, resources, and strategies to help you maximize your profitability through real estate.



CARR HEALTHCARE REALTY

(314) 916-3091 · JOE.CANGAS@CREMD.US · WWW.CREMD.US

CHIROPRACTIC · DENTAL · FITNESS · MEDICAL · PHARMACY · THERAPY · VETERINARY · VISION CARE

YOU'RE INVITED

Like to Socialize with Your Neighbors?

How about at Forest Hills Country Club "on the house"? RSVP today!

You're invited to our next Clarkson Valley Neighbors' Night Out with live entertainment featuring our own Sound Unlimited! A fun, social night out with your neighbors — meet more people and make new friends in the community! A few of our magazine sponsors will be there as well, giving you an opportunity to mingle with area business owners.

This is a PRIVATE event for our residents & advertising partners only! We are expecting plenty of residents and have space for a few of our advertising partners, so RSVP early as those spots will fill up fast!

Forest Hills will provide appetizers and your first adult beverage on the house! A cash bar will be set up for additional adult beverages. Near the end of the evening, we will "review" the experience. Some of the photos and comments will be printed in an upcoming edition of *Stroll Clarkson Valley!*

WHERE: Forest Hills Country Club, 36 Forest Club Dr., Clarkson Valley

WHEN: Thursday, October 19th, from 6 - 8:30 p.m.

HOW: Please RSVP to Bill.Tuttle@n2pub.com or use the QR code here:



Space is limited, so send your RSVP ASAP. See you there!



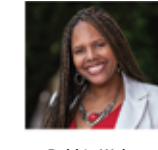
SPONSORED BY:



Joe Cangas, MD



Julia L. Gray



Debbie Weber



Jon Hacker



Jeff & Chase Lottmann



Clarkson Valley's own Sound Unlimited!

Welsch

HEATING **125** YEARS COOLING

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



Locally and Family Owned for 128 Years

BACK TO BRILLIANCE!

Sponsored by Chrissy Wagner, Red Key Realty Leaders



Here's a look at some of our Clarkson Valley students on their first day of school. Our *Stroll Clarkson Valley* staff wishes them all the best and a successful school year! Special thanks to all the parents, students, friends, and neighbors

for sending these great photos. Without you, we wouldn't have awesome images and stories to share each month. Remember, this is *your* magazine, so keep your ideas, pictures, and articles coming! Email Bill.Tuttle@n2co.com with your suggestions.



Beckham Borello
Clarkson Farm Estates
Pre-K • Ascension Catholic School



Mathew (11th) & Thomas (12th)
Kehrs Mill Estates
Marquette Senior High



Harriet (6th) & William (8th)
Kehrs Mill Estates
Crestview Middle School



Cayden Hanak
The Manors at Clarkson Valley
Freshman
Marquette High School



Chloe Hanak
The Manors at Clarkson Valley
4th Grade
Kehrs Mill Elementary



Chloe (4th) & Cash (2nd) Hanak
The Manors at Clarkson Valley
Kehrs Mill Elementary



Sloan (K) & Pierce (3rd) Cunningham
Forest Hills



Beau (3rd), Beckham (K) and Brooklyn (5th) Borello with Blue!
Clarkson Farm Estates
Ascension Catholic School



Daxton Remy with Connor (5th) and Clara (3rd) Theodoropoulos
Forest Hills • Ellisville Elementary



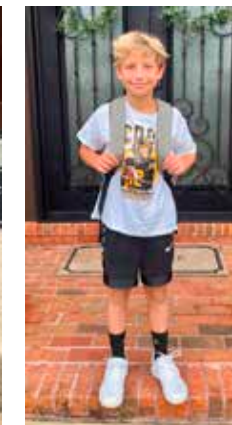
Addie Barks
Kehrs Mill Estates
1st Grade
Kehrs Mill Elementary



Addie (1st) & Nolan (3rd) Barks
Kehrs Mill Estates
Kehrs Mill Elementary



Reese Griggs with Charlie!
Kehrs Mill Estates
2nd Grade
Ellisville Elementary



Andrew Stein
Dunhill Farm
5th Grade
Kehrs Mill Elementary

CHRISSY WAGNER
REALTOR®

Real Estate With Results



redkey
REALTY LEADERS

314.412.9938
chrissy@redkeystlouis.com



Mirabelle (K), Sylvie (2nd) & Elliot (5th) Franklin Pleasant Valley Forest Ellisville Elementary



Henry (4th) & James (1st) Morris Forest Hills Ascension Catholic School



Nolan Barks Kehrs Mill Estates 3rd Grade Kehrs Mill Elementary



Amilia Yang (3rd), Karson Yang (1st) & Arya Patel (1st) Westhampton Kehrs Mill Elementary



Lauren Stein Dunhill Farm 8th Grade Crestview Middle School



Lillyan Adrian Kehrs Mill Estates 8th Grade Crestview Middle School



Riley Griggs Kehrs Mill Estates 6th Grade Crestview Middle School



Olivia (6th), Allie (4th) & Samantha (Pre-K) Luciano with their pup Lola! Kingspointe Ascension Catholic School



The Benoists—Natalie (7th grade at Ascension Catholic School) & Josie (Freshman at St. Joseph's Academy) Clarkson Mill



Cash Hanak The Manors at Clarkson Valley 2nd Grade Kehrs Mill Elementary



Michael Cassani Forest Hills Kindergarten Ellisville Elementary



The Wileys — Lydia (11th Grade at St. Joseph's Academy) & Molly (8th Grade at Ascension Catholic School) Forest Hills

TURNING YOUR DREAMS INTO REALITY!



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



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

Meet Mollie James, DO, MPH

Founder & Medical Director of The James Clinic



Going Above and Beyond to Reach Your Health Goals



COMMITTED TO YOUR HEALTH

We go above and beyond to help patients reach their health goals at our concierge clinic. Our team spends a substantial amount of time researching lab testing and interventions and collaborating with top experts in the field, as our clinicians are always committed to learning as much as they can so we can expand the treatment approaches we offer.

PERSONALIZED CARE

We've found that our healthcare approach more than makes up for our service fees. By investing in your health with The James Clinic, you'll receive personalized care that far outclasses conventional medicine and mainstream practices.

CATER TO YOUR BUSY LIFE

For exclusive patients, we offer a platinum plan that caters to a busy lifestyle and people who can't or won't spend hours waiting in urgent care when ill.

Give us a call today to book your appointment!

THE JAMES CLINIC

(636) 751-9440
jamesclinic.com



JOIN OUR CONCIERGE PROGRAM

- 10% off supplements
- 10% off in-office treatments
- Access to support from your nurse practitioner or doctor between office visits
- Access to house calls by one of our RN teams (where available)*
- Lab draws in-office with no draw fee
- 30-to-60-minute appointments
- Access via text, email, and the patient portal
- In-office perks, such as: Body fat analysis
- Brain tap mediation
- Advanced diagnostics that are not available at traditional clinics
- Thorough lab interpretation visits with treatment options
- A written plan of action at every visit so you're always informed
- No rigid in-office requirements; we respect your personal healthcare choices
- Fantastic care you can trust

**Available to established clinic patients only.*

Mollie James is board-certified in general surgery and critical care medicine. She trained at Mercy Medical Center-Des Moines and the University of Minnesota. After practicing for five years, she realized she needed additional tools to help her patients. Functional medicine was the answer. She combined functional medicine into her surgery practice for patients with GI issues presenting for endoscopy and it had immediate benefit to patients. By using interventions such as elimination diets and gut-healing protocols, patients would often say they felt the best they ever had.

Mollie has been bringing functional medicine concepts into the ICU as well. One example is the important link between Vitamin D levels and COVID-19 outcomes.

In 2016 she launched Rebalance Functional Medicine in Des Moines, Iowa. They focused on gut health and hormone evaluation. Now she launched The James Clinic to best fulfill the unmet needs of patients, which became even more obvious in 2020. Convenient, accessible care and a direct physician-patient relationship without conflicts of interest are what most of us are looking for.

Mollie James has now become an activist for medical freedom, patients' right to choose, and physicians' right to practice medicine unencumbered.

THE JAMES CLINIC CONCIERGE PROGRAM

Do you remember the good 'ole days when everybody at the doctor's office knew your name and were always glad you came? We combine big-city medicine with a small-town heart to make The James Clinic the perfect place to call your medical home.

BELONG TO A CONCIERGE CLINIC

When trying to book a doctor's appointment, have you ever been told it'd take weeks to see someone? At The James Clinic, we accommodate your schedule and need to see a medical professional right away.



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.



Mustangs Head Coach Michael Stewart and Clarkson Valley Mayor Sue McNamara with the Mayor Cup!

Mustangs run away with another Mayor Cup!

Marquette defeats rival Lafayette in the opening game of the season

SPONSORED BY DESIGNERY

August 25, 2023 —For the 6th year in a row, the Marquette Mustangs Football team has defeated the Lafayette Lancers in The Mayor's Bowl retaining the coveted Mayor Cup! Led by coach Michael Stewart, the Mustangs continue the winning trend with this year's season-opening victory. Congratulations to our team. Go Mustangs!




examplecaption Marquette students packed the Lancer Visitor's stands! on here




Pre Game with Marquette Principal Dr. Tracey Waeckerle, Clarkson Valley Mayor Sue McNamara (wearing her son, former Mustang player Steve Digirolamo's number 58) & Mustangs Head Coach Michael Stewart.

Calling athletes of all ages! Do you have a sport you are passionate about? We want to hear your story! Email Bill.Tuttle@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 to learn more!



LIFE INSURANCE FOR KIDS... WHAT?!

No one ever wants to think about losing a child.

Their coverage will grow every year along with the cash value of their policy... plus you can have an option to have their policy completely paid after 10, 15, or 20 years! Once life insurance is secured, changes in your child's health won't impact the annual premium and you can even obtain an option which guarantees their ability to increase insurance coverage in future years. These are the reasons I choose to get life insurance for my beautiful daughters, as out of all the gifts I can give them, life insurance is the one that will benefit them the most.



Tania (Middle left) with her family, Mike at left and to her right, Sabrina & Sophia

So, for all you parents and grandparents reading this today, consider life insurance as a gift for the young ones in your lives. That does not mean you shouldn't gift toys and clothes! Just consider also giving a life insurance policy, a gift that will last long after the toys and clothes are no longer being used. Life insurance is more than a gift, but rather a meaningful legacy of love.

If you have any questions, feel free to email me at tania.interian.ko5q@statefarm.com.

BY KEHRS MILL TRAILS RESIDENT TANIA INTERIAN

To be clear, no one ever *wants* to receive a death benefit, but if we ever do, it can ease the financial burden at a time that is too awful to imagine. This is not the main reason to get life insurance for our children. We do it because someday we hope our kids will have their own families and at that point, they will likely need life insurance for themselves... but at that time they will be subject to their current health and age.

In fact, no one purchases life insurance for their kids thinking that something bad will happen to them. We get life insurance for our kids because of a concept called: securing eligibility. For example, if one of our kids is later diagnosed with epilepsy, they may not qualify for most life insurance. If they do, it could be incredibly expensive.

LIFE INSURANCE FOR KIDS IS IMPORTANT FOR THE FOLLOWING REASONS:

1. To ensure eligibility in case their health changes in the future. This way they will never have to worry about being denied for life insurance coverage.
2. Also, they will never have to worry about affording life insurance coverage for their family subject to their age and health when they are adults, as they will already have a policy in force.

**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
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

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

TRAVEL TALES

BY KEHRSWOOD RESIDENT RICK HUEMOELLER



In the coming issues of Stroll Clarkson Valley, my wife and I will tell you about traveling in Cambodia, Jordan, Iceland, Egypt and so many other places!

My name is Rick, and my wife Sharon and I live in Clarkson Valley. I grew up in South St. Louis. I am in my early 70's and my entire life I have been a traveler.

My dad was born in Mexico. He came to St. Louis in 1929. My traveling days started at the age of five when the whole family went by train to visit my paternal grandmother in Mexico.

I met my wife in 1980, and three months later we drove to Acapulco. The two of us have been traveling ever since. So far, we have visited 62 countries, and been on five continents. In January, we'll make it six out of seven, with a visit to Australia.

The majority of our travels have been on our own, as independent travelers—though, we also have traveled with tour groups.

My first piece of advice is to get a passport. Routine passport processing takes 8-11 weeks. Passports are good for 10 years. Next, get yourself a TSA Precheck. There are two types, I would highly recommend the Global one!

Next time, I'll tell you about Jordan—a tiny country with major travel sites!

THIS IS WHERE
NEW MEMORIES
ARE MADE

CRUISE & LAND VACATIONS

CALL TODAY FOR THE BEST LAND AND CRUISE PACKAGES AVAILABLE AND ASK ABOUT SPECIAL OFFERS!

CRUISE PLANNERS
YOUR CRUISE & VACATION EXPERTS

ELIZABETH SAUER
Sweet N Sauer Travel LLC
(316)641-4527
www.SweetNSauerTravel.com
Elizabeth.sauer@cruiplanners.com
@BethPlansTravel

FLST# 39058 • CST# 2034468-50
HST# TAN-7058 • WAST# 603-599-504



Impress your guests with a beautifully decorated table & home for Fall!



**COME IN AND SEE US TODAY FOR:
UNIQUE HOME DECOR · FURNITURE
LIGHTING · HOME ACCESSORIES!**

Complimentary Design Consultation by Appointment



(636) 778-1400 | thefoyerhomedecor.com

Mon-Sat..... 10^{AM}-5^{PM} The Foyer Home Decor
Sunday..... 12^{PM}-4^{PM} thefoyerhomedecor

1649 Clarkson Rd. Chesterfield, MO 63017

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

There's no better time than right now to join our crew!



ROW HOUSE
CHESTERFIELD

45-MINUTE
ROWING-BASED WORKOUT

LOW IMPACT CARDIO
 STRENGTH TRAINING
 BODY WEIGHT EXERCISES
 DYNAMIC STRETCHING

TORCH CALORIES
 IMPROVE STRENGTH
 OPTIMIZE MOBILITY

2-4 CLARKSON WILSON CENTER, CHESTERFIELD
314391.2136 • THEROWHOUSE.COM

Lake Lovin' Josie!



Josie with her best bud, Atlee

BEGINNING CLASSES!
TWO 2 HOUR SESSIONS \$50 EACH FOR ALL AGES!

BEGINNING CROCHET
 October 19 & 26
 November 4 & 5

BEGINNING KNIT
 October 8 & 15
 November 9 & 16

JOIN US!

SIGN UP TODAY!

yarncom
 COMMUNITY THROUGH CREATION

Check our calendar for classes scheduled for all ages:
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

SPONSORED BY YARNCOM

Hey everyone, my name is Josie and I'm a 3-year-old Mini Aussie Doodle! I live with my family the Rodgers on Kehrs Mill Road. My human parents are Zack and Felicia, and my brother is Atlee. He is my bestest bud! My mom is convinced that I am the offspring of "Animal" from the Muppets!

I came to live with the Rodgers in April of 2020, and it was great because Atlee was home all day long every day, so we spent a ton of time playing together! Things have kind of changed a bit now and when summer comes to an end, Atlee is gone for a good part of the day at school. While he's away, I love to bark at anyone walking by and any other animals that I see. I'm pretty sure I could outrun any delivery truck if I got the chance.

Mom thought it would be cool to train me to "back up". Little did she know this would be the most important trick I learned. When Atlee and I need a little break from playing, I love to play tetherball in our backyard. My favorite thing to do is be on the lake. On the weekends, I jump in the car as soon as I see the first bag being packed to make sure Mom and dad don't forget to pack me! Lake life is the best.



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

BARKTOBERFEST
 OPEN HOUSE/DOGGIE COSTUME PARTY

KEHRS MILL VETERINARY CARE
 KEHRSMILLVETCAFE.COM • 636.204.5228

*FUN, DRINKS, SNACKS,
 PHOTOBOOTH, PRIZES,
 WINNER EVERY 30 MINS*

**SUNDAY
 OCTOBER 29
 1-3PM**

BALLWIN
 KEHRS MILL & CLAYTON
 15479 CLAYTON ROAD



A Q&A with the Horticulture Team

at Forest Hills

ARTICLE SUBMITTED BY AVA REYNOLDS, MARKETING AND COMMUNICATIONS COORDINATOR AT FOREST HILLS COUNTRY CLUB
SPONSORED BY THE JEFF LOTTOMANN GROUP COMPASS REALTY GROUP

Anyone who is a part of the Forest Hills community knows how beautiful the flowers and plants are around the Clubhouse and along the Course. But did you know who was behind all of that?

Karen and Joyce maintain 86 flower beds on the club property. Every morning, they detail blow the front entrance of the Club, Circle Drive, all the brick pavers along the back of the Clubhouse, everything around the Golf Shop to the Bag Drop, the drink stations on Holes #5 and #16, Dutch's Hut, and the Valley drink station. They also water plants in all the big pots around the Clubhouse, Pickleball Courts, Tennis Chalet, Cabana, Eagles View, and the Ballroom Veranda. Then, after this, they start taking care

The horticulture team at Forest Hills is made up of the Horticulturalist, Karen Viola and her assistant, Joyce Heeb. They have an additional full-time team member in the busy season months.

of the landscape beds on the course. Karen and Joyce also manage the holiday decorating throughout the Clubhouse. They decorate every single room of the Club and all of the Christmas trees.

How long have you worked at Forest Hills?

Karen: I started in March of 2000, so twenty-three years now.

Joyce: Seven and a half years.

What other experience do you have/how did you get into this position?

Karen: This is a third career for me! I worked in retail up until my daughter was born. After I had her, I didn't

want to go back to retail. I got a horticulture degree from Meramec and started working in horticulture in 1998.

Joyce: I received my bachelor's in agriculture. I worked for over 35 years in interior plant maintenance, working with plants in offices, malls, and private residences. I met Karen and made the switch to come out here!

What does a typical shift look like for you?

Karen: We start at 5:30 am and begin with cleanup. We clean up trash, leaves, and other things around the property for about an hour and a half. Joyce then waters the plants and flowers for about two to three hours. We check the plants and flower beds for damage and necessary maintenance.

How does your work vary throughout the year?

Karen: Late summer is mostly maintenance, but after Men's Member Guest, the fall flowers are ready to be planted. We also plant tulip bulbs in the fall. We create the autumn display around the entrance and Circle Drive in early fall, and in the winter, we decorate the clubhouse with a tree in practically every room. In the spring, we clean up all the flower and plant beds and replenish the perennials. In May, we plant the annuals. We have about a three-season flip that we do here around the Club.

What is a fun fact about horticulture on the Club property that members may not know?

Karen: We get a lot of questions about how we deter the deer from eating all the flowers and plants around the property, especially because members see how many deer are in the area. We try to get ahead and choose plants that deer don't like or won't eat.

Joyce: People would be surprised to learn that deer establish eating patterns. If we spray deer repellent early and choose plants they don't like, they won't return and try to eat our plants later in the season.

What is your favorite thing about your job?

Karen: We love being outside all day. It's hard in the heat and freezing temperatures, but for the most part, we get to work with the weather.

Joyce: You couldn't ask to work at a more beautiful place. The members are always friendly, and very complimentary.

What is your favorite flower/plant?

Karen: Salvias- so many birds, bees, and butterflies love them.

Joyce: Begonias and Lantanas. They're tried and true!

Any advice for someone who would like to start or level up their gardening?

Karen: Do your own research on plants. The staff at bigger box garden sections may not know as much as someone at a more specialized nursery. Google is an underrated tool.

Joyce: Interior plants are trending right now, so many of the products in the industry (soil, pots) are tailored to that. Indoor gardening is a great place to start!

Membership at Forest Hills Country Club is by invitation only.



Are you a member of Forest Hills Country Club? We'd love to spotlight you!
Email 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



Chase Lottmann

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

COMPASS REALTY GROUP

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

TWO LEGENDS RETIRE FROM FOREST HILLS



Forest Hills Country Club Swim Coach of 45 years Kevin Brennan with "The Voice of Forest Hills" Butch Welsch

The Forest Hills Swim Program celebrated history this year! First, the Club's Swim Coach of 45 years, Kevin Brennan, retired after a legendary career. Over those years, Kevin is usually the one giving out surprises, but at the end of the swim season this year the Club gave out the surprises by inducting him into the FHCC Swim Hall of Fame. Kevin will be remembered forever as the Aquatic Center was rightfully named the "Kevin Brennan Aquatic Center" after its completion in 2011. The impact that Coach Kevin has had on the decades of Forest Hills Swimmers should be commended. The Club thanks Kevin and wishes him well as he swims off into the Retirement Sunset!

In equal legend to the Swim Program, "The Voice of Forest Hills", Member Butch Welsch, has been announcing the Forest Hills Swim Meets for almost just as long as Kevin has been the Swim Coach. Butch Welsch has been a Club staple at the swim meets for 44 years and after four decades is a legend in his own right. The Club thanks Mr. Welsch for his unwavering dedication to the Forest Hills Swim Program. Mr. Welsch started announcing Swim Meets in 1980 and has done so every year since!

THE A NO. 1

POWER WASHING SERVICE in Clarkson Valley

IS

• 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
h2opowerwashingst.com

When Moving Isn't An Option™

Providing ongoing care and assistance for someone you love is never easy.

Assistance Home Care's team of professional caregivers can help provide a great start to the day and throughout.

Our team is committed to brightening up each and every day and encourages our clients to stay active and engage in their favorite activities to help keep the mind and body fit.

Engage in meaningful activities - body and mind

Assist with getting up and around the home safely

Provide personal assistance with toileting, bathing, dressing & grooming

Prepare nutritious meals and encourage hydration

Assist with medication reminders to minimize missed doses or mistakes

Provide help with household chores, laundry, & light housekeeping

Transportation assistance to and from errands, appointments & special events

Private Duty Nurse Care available too!

Call today to schedule a free consultation

636-735-8088

Sally & Allen Serfas
Family Owned & Operated

WE CUT TREES, NOT CORNERS.

Tree Service You Can Trust To Do The Job Right

Free Assessments | ISA Certified Arborist on Staff | Safe Professionals

Ballwin Tree Service

TREE REMOVAL

TREE TRIMMING

STUMP GRINDING

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

30 October 2023

Stroll Clarkson Valley 31

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.

WEBER kw
TEAM KELLERWILLIAMS

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

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

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

NOW SERVING THE CLARKSON VALLEY COMMUNITY!

FENRIR WOODWORKS

Custom Woodworking

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

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

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

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

M Mark Hesker, D.D.S., P.C.
450 N. New Ballas Rd., Suite 200
Creve Coeur, MO 63141
314-569-3337
www.heskerdental.com

"It's easy to open up to someone who cares."

Visit: heskerdental.com today to book your appointment!

Your Neighborhood Personal Injury Attorney

If you or anyone in your family has been injured and needs legal help, call Tyler Thompson at **(314) 650-8520** for a **FREE** consultation.

THOMPSON LAW STL

Tyler C. Thompson
Attorney at Law
tyler@thompsonlawstl.com
thompsonlawstl.com

WE DO WINDOWS

GUTTER, SIDING CLEANING + MORE!

Now using our premier water-fed system!

Get **5% OFF** FALL 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

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!

TRIVIA NIGHTS!

Wed 7pm-9pm
Prizes!



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

BUNDLE AND SAVE UNDER OUR ROOF. CALL IT A TWIN WIN!

Save up to 23% when you bundle home and auto!

Jonathan Hacker, Agent
Hacker Agency & Associates LLC
Saint Louis, MO 63141
(314) 372-0027
JonHackerAgency.com

Scan the QR code or call to get a quote today.



*Covered with bundle with home insurance policy up to 23% on both policies together as of July 2022. Amount may vary by state, property, age, term and company underwriting the auto and home policy. Discounts may not apply to all coverage or an annual home policy. American Family Mutual Insurance Company, S.E. & its Operating Companies, 6000 American Parkway, Madison, WI 53738 ©2023 21885 - 5/23 - 1946564

FDI PLUMBING INC.

Your Neighborhood Plumbing Services Expert!

Call today for repair service or your next remodeling project!

FAST. RELIABLE. AFFORDABLE.

INSTALLATION | REPAIR | REMODELING

- Toilets -
- Showers -
- Bathrooms -
- Sinks -
- Drains -
- Kitchens -
- Fixtures -
- Water Heaters -
- And More!

Call Today! **(636) 492-3220**

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
or Call:
(636) 946-6870





A PRODUCT OF
THE N2 COMPANY

9151 Currency St.
Irving, TX 75063

A Publication for the Residents of Clarkson Valley

Questions about Estate Planning, Wills & Trusts?

At Paramount Legal, we are proud to say that most of our clients are ordinary people. They want to keep control of what they own as long as possible, avoid probate, and have their property go where they want it to when they leave this world.

Our law practice has helped many Missouri and Illinois residents with their estate planning over the last 30+ years. We have estate plans to fit your situation, from simple and straightforward to more complex and complicated. We have seen it all!

Extraordinary Legal Services in Clarkson Valley!

Estate Planning ♦ Wills & Trusts ♦ Living Wills
Powers of Attorney ♦ Premarital Agreements

Call us today at **(314) 535-7500** to schedule your consultation.
We do in person, video and telephone consults!



Julia L. Gray, Attorney & Mediator
with Clara!

Paramount
LEGAL
PLANNING LIFE STORIES SINCE 1988

(314) 535-7500

Conveniently located at Clarkson & 40

JuliaLGray@GrayLegalServices.com

ParamountLegal.net

The hiring of a lawyer is an important decision that should not be based solely upon advertisements.