# STROLL

**Clarkson Valley** 



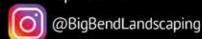


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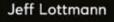


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### Stroll Clarkson Valley Social Committee



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?

Social Media Manage

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

### **NEW TO** THE NEIGHBORHOOD?

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







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-Jenny Klug, The Manors at Clarkson Valley

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### **DON'T BLINK...**

Oops - you did! You blinked and summer's gone.



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

My garden is beginning to look a bit overgrown [read: messy], heliopsis flowers are remarkably indicative of the amount of hours of sun we get and mine are losing their blooms. The trees are shifting from the vibrant green of summer and turning that flat shade of green that precedes the brilliance of fall colors. We are blessed (or cursed) with an abundance of wildlife and the fawns of spring have lost their spots. We'll soon hear the vips of covotes, you may see a turkey or two, we've

begun dodging the "thwack" of huge white oak acorns and the squirrels in my oak tree have been busily redecorating their condos.

Fall is one of my favorite times of the year; it's time for a little reflection: it's the quiet before the storm of the holidays; surprisingly, Labor Day has passed, the pools are closed, and school has started. Baseball is winding down, Marquette Football and Band practice is on display, with performances by each soon to start. The kids are outfitted

with new school clothes and shoes ("How did those pants get so short on you?", and "Those tennis shoes cost HOW MUCH?!"). I know a group of moms who gather at the bus stop every year on the first day of school to wave off the kids and immediately break out a pitcher of margaritas. Smart ladies.

This is what we call the shoulder season, and it is a time to shift gears and prepare for a new season. I am excited; it's still hot, but we know the air will soon be cooler, we'll take a

deep breath and smell the smoke of chimney fires. We are transitioning.

Your Council has also been busy transitioning. I cannot say enough great things about our Boards; they are an amazingly talented group of people who are so very generous with their time and efforts, and we have been working on lots of changes. During the campaign, and since the election, I listened to your comments about what you thought we needed to change in our City, including updating our web access, ARPA fund distribution, new members on our P&Z, Adjustment and Architecture Review Boards, etc., and while we can't make everything happen as quickly as we'd like, next month I will be sharing specifics about some of the things we've accomplished. I hope you'll be as excited and delighted about them as we all are.

Sue Mc Mamara

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: 22.61 Tons





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### A SKATE FOR KATE



On Saturday, August 5th our West County and hockey communities came together for Pine Creek resident and Lafayette High School graduate Kate Johnson to support her and her battle with cancer. It was a wonderful night full of love, fellowship, and support. More than 25 ice hockey players from our communities ranging from



high school, AAA, and NAHL leagues—and even a 40-year-old firefighter took the ice to entertain fans with a 4 on 4 game! There were many donated items for a silent auction to raise additional funds for cancer research and the Johnson family. It was an impressive turnout and a night to remember! Thank you to all our families who attended to stand behind Kate and the Johnson family. You got this Kate!



For friends of Kate who wish to make a donation to cancer research and specifically to Dr. Brian Van Tine's Research Laboratory please follow the instructions below. All proceeds will go directly to Dr. Van Tine's Sarcoma Research. Dr. Van Tine is Kate's Oncologist and a renowned specialist in Sarcoma cancer treatment. He's a member of the Siteman Cancer Center staff at Washington University School of Medicine and the Sarcoma Program Director. Siteman Cancer Center at Washington University School of Medicine is a 501c3 organization.



### **ONLINE GIVING INSTRUCTIONS:**

Visit siteman.wustl.edu/tribute and follow the instructions below:

1. Fill in the donation amount

2. Click on "Other - Designation " and fill in "Van Tine Sarcoma Research"

3. Click on "In Honor of " under Tribute Information and fill in "Kate's Krew"

4. The rest of the form is personal information, etc.

### **GIVING INSTRUCTIONS BY MAIL:**

Checks can be mailed to the following address:

Siteman Cancer Center/WashU

Attn: Community Fundraising Program/Gretchyn Beys

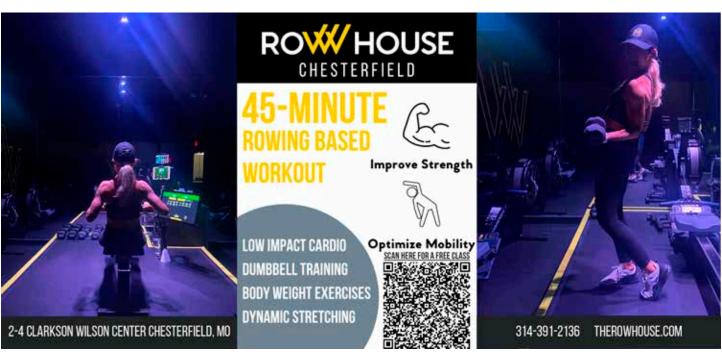
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Hanley Corporate Tower

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St. Louis, Missouri 63105

\*Make checks payable to: Siteman Cancer Center/WashU. In the memo line, place Kate's Krew - Sarcoma Research





### 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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### **KEHRS MILL VETERINARY CARE** (636) 204-5229

#### KehrsMillVetCare.com

At Kehrs Mill Veterinary Care, they believe their small business community approach is best for quality pet care. Kehrs Mill Veterinary Care was built by a local veterinarian to practice personalized medicine. Dr. Jennifer Fowler has been practicing veterinary medicine since graduating from the University of Missouri - College of Veterinary Medicine in 2008 and has lived in Ballwin for the last eight years. She has three children who attend

Crestview Middle School and Westridge Elementary. She also shares her home with her two dogs, Waggy and Dingo, and cat, Cookies. Kehrs Mill Vet wants all of their clients and patients to feel like family. They are here to serve you and care about creating the best possible experience and outcomes for your pet's health needs.



### KERRS MILL VETERINARY CARE

Agent/Owner Jonathan Hacker



Jennifer Fowler, Doctor of

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Tyler C. Thompson is the founding partner of Thompson Law STL. He specializes in personal injury cases, with sixteen years of experience on both the defendant's and plaintiff's sides, including both large and small firms and a national insurance company, giving him unique insight that will be used to provide the best legal services and advice available to his clients. If you or anyone in your family has been injured and needs help, call for a free consultation.





at Law



### INTRODUCING THE **TANWAR FAMILY!**

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We are the Tanwar family, residents of the wonderful Kehrswood II subdivision. We are a family of three along with our beloved fur baby, Caesar.

We have been living here for the past 2 years and we are enjoying every moment of it. Our favorite part of living here is the safety, the natural beauty,

and the fact that the properties are not jammed together and are separated by a good distance.

We are originally from New Delhi, India. Shakti is an IT professional holding a senior position at a Telecom company. Reenu completed her postdoctoral research on Cancer Biology from Georgia State University and since 2018 is involved in Teaching

Biology at a University/College level. During her biology research career, she published more than a dozen research papers in indexed peer-reviewed journals & abstracts, published in conference's souvenirs along with a few chapters in books. These days Reenu is enjoying spending her time and knowledge with her 12-year-old son and with her students.

When it comes to our favorite activities, our family members know how to have fun! Shakti is a tech guy who enjoys doing R & D on new tech applications. Besides technology, he has extraordinary culinary skills. He is always trying new food whenever he has time. Being a philosopher, Reenu enjoys reading. Reading is very important for her besides that, she has been practicing Yoga for the last 20 years. Yuvraj is a certified second-degree black belt in Taekwondo from Tonchu Martial arts academy in Georgia. He also played basketball and Soccer for many years. For sports these days he is focusing his time playing tennis. He has played in GATEWAY and these days is working to get ready for USTA matches. He likes to play cricket, table tennis, and swim when he's not busy. When he is in his room he loves to play video games and post on his YouTube channel.

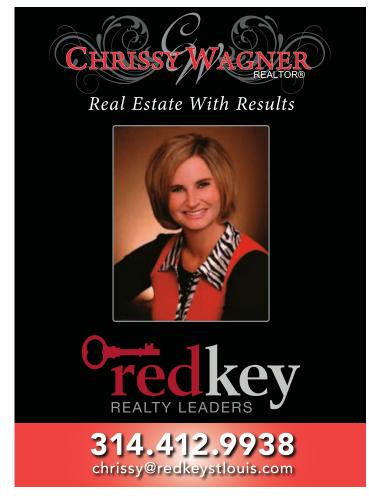
When it comes to hanging out, we enjoy playing in our backyard. We love to hang out in Lifetime Fitness, Faust Park, and Babler State Park. We always enjoy eating at PF Changs and the Cheese Cake Factory. One of the important celebrations in our culture is Diwali. Diwali is a festival of lights and we celebrate it with lots of joy and cooking traditional dishes. In addition to Reenu's active life, she is actively involved in many types of volunteer activities which include advising students, volunteer talks/lectures on biology topics in high school and had previously been involved in rescuing pets in Georgia.







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.com



16 September 2023

### MEET THE FRANCKE FAMILY

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Owner Joe Francke and his family!

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### DUNHILL FARM DOG FAMILIES PROGRESSIVE **DINNER NIGHT!**

SPONSORED BY YARNCOM PHOTOS AND STORY SUBMITTED BY THERESA KARUTZ, RESIDENT OF DUNHILL FARM









Recently the "Dunhill Dog" families hosted a progressive dinner party night out at four of their homes in Dunhill Farm. They started with appetizers at the Power's home, then salads at the Karutz's residence. The Stein's hosted the main course followed by homemade ice cream and dessert at the Meyer's house. Their dogs enjoy playing together most afternoons. Enjoy these pics from their evening, and their precious pups that bring them together!



From bottom left around the table are Andy & Julie Stein, Ken Schibler, Tom Rhodes, Heather & John Beering.

Gretel & Piper Stein







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



Left to right Mary Schiebler, Janice Rhodes, Bill & Kathy Meyer, & Theresa Karu



From left to right in the back are Steve & Susie Powers with friends visiting from Kansas City in front!









### Liam Jones & Carol "Mimi" Presley

SPONSORED BY ASSISTANCE HOME CARE

Grandparent's Name: Carol Presley Nickname: Mimi Subdivision: Kehrswood Grandchild's Name: Liam Jones Age: 13

QUESTIONS MIMI ASKED LIAM: What do you want to be when you grow up and why? I want to be either a pro volleyball player or a businessman with my own engineering firm.

What's one way you think the world will be different when you're my age? I think people will live longer, there will be lots of technological advancement, and people will use more technology.

### What's your favorite family tradition?

I like that every summer my mom plans adventures for us. Christmas is a tradition that I like.

What makes you happy? I am happy when I am around my friends.

What are you afraid of? What makes you feel better or less afraid? I am afraid of death. My belief that I will live in another way and be saved by God.



What kind of chores do you do at home? What are you saving money to buy? My chores are: cleaning my room, putting laundry away, and helping with dinner. I save my money for my future and college.

What's your favorite thing to do with me? I like looking at your photo albums and playing badminton.

How many grandchildren do you think you'll have when you're my age? I think I'll have six.

If you could change one thing about the world, what would it be? I would solve world hunger.

Who is your hero? My dad.

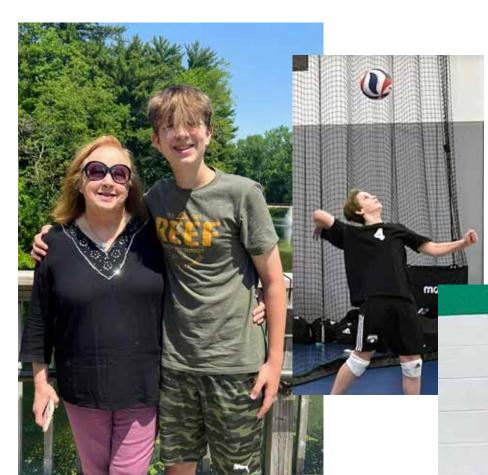
**QUESTIONS LIAM ASKED MIMI:** 

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

I wanted to be a doctor.

What's one way the world was different when you were my age?
We played outside all the time.





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.

What makes you happy? I am happy when I am with my family and friends.

Can you tell me about the first time we ever met? I met you the day after you were born in the hospital.

What was my mom like when they were my age? Your mom was filled with curiosity and adventure when she was my age.







## TURNING 1? TIME TO COME!

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## HOLE IN ONE FOR LILLIAN OTT!

On Friday, July 14th Lillian Ott of Clarkson Farm shot a Hole in One on the Forest Hills Country Club course Hole #12. The distance was 86 yards and she used a Pitching Wedge. Her friend Alexa Larch witnessed her wonderful achievement. Congrats Lillian!





## JOHN & DOMINIC MAZZOLA

Forest Hills Parent-Child Club Champions!

### AMAZING ATHLETES

### **CELEBRATING THE 2023 FOREST HILLS COUNTRY CLUB SWIM & DIVE TEAM!**

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For the first time since 2018, the Forest Hills Swim and Dive Team placed 1st place in the Country Club Swim League, 1st place in the West County Swim League and 1st place in Country Club Diving! This wouldn't be possible without all of the amazing kiddos and the fierce leadership of our coach, Kevin Brennan, who is celebrating his 45th and final season with us. Congratulations Team Forest Hills!

year for the FHCC Swim Team!



Paige Dolan, Chelsea Plunkett, & Jenna Kimes



Isla Blanner, Maggie Rector, Charlotte Mohan, Felicity Parks with their first place ribbons!





Ellie Mohan & Coach Kevin Brennan, who celebrated his 45th season as the Forest Hills Swim and Dive Coach this year!





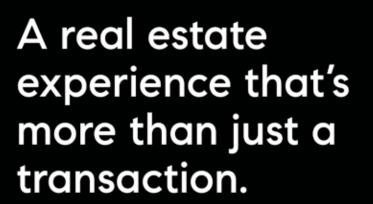


### Summer's Cool Events!

Luau, Concert Series & Fishing Rodeo

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







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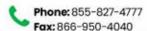
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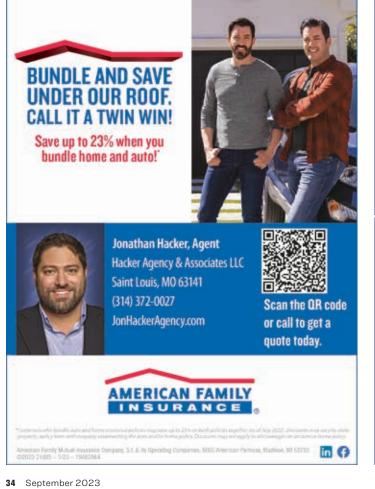


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o you wish you were thinner? Had more energy to play with the kids (or grandkids)? Feel like you're napping while everyone else is, well... living?

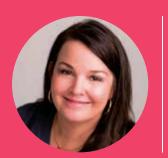
We see this every day at our clinic. People have had symptoms for years and start to adapt to abnormal. It is not uncommon that when people find us and get their personalized, resultsdriven treatment plan we see people drop 20-30 pounds, have more energy, get active because they're more enthusiastic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

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

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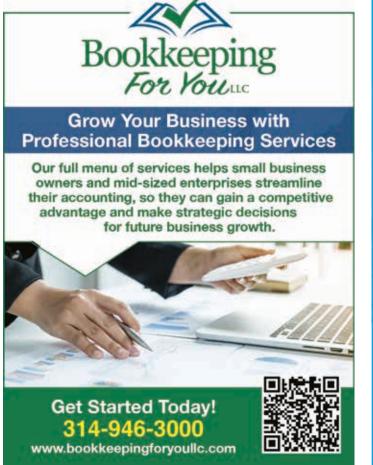


**Mollie James** DO, MPH, FACOS FACS, IFMCP

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

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A Publication for the Residents of Clarkson Valley

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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.

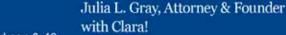
Our law practice has helped many Missouri and Illinois residents with their estate planning over the last 30+ years. We have estate plans to fit your situation, from simple and straightforward to more complex and complicated. We have seen it all!

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