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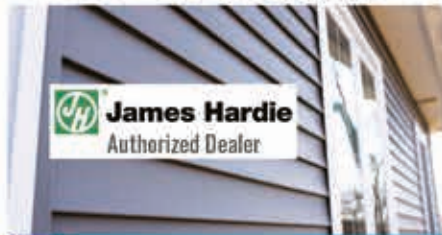
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My daughter used to be sick a lot and afraid of doctors—screaming during visits. After working with Dr. Juul, she rarely gets sick and recovers more quickly. The office is more peaceful than a regular doctor's office, so she is happy to have our appointments as we continue to get healthier.

When I think of Dr. Bonnie, I think of peace-of-mind knowing my family is getting healthy and we have options other than medications. I am confident that Dr. Bonnie will get to the bottom of what our bodies' need.

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'Tis the Holiday Season...

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES
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It's hard to believe as I write this that you will be reading this article when we are well into the Holiday Season. I know this is true since I've already begun seeing homes lit with holiday lights and there are lots of trucks full of hunters on the highway hauling UTVs and deer tree stands! Today I plan to get outside to clean out all the annuals that have already been annihilated by frost, but true to Missouri's crazy weather, I'll be wearing shorts as it's supposed to hit 79°. As the saying goes, if you don't like the weather in Missouri, wait a few minutes. But be prepared since winter will come and it's time to consider precautions:

DRIVING

- Keep jumper cables in your vehicle
- Don't allow your fuel tank to go too far below ½ full

- Always have your cell phone charged and keep a charger handy
- Make sure your tires are at the correct pressure level
- Keep an extra pair of gloves and a blanket in your car
- Put a box of [non-clumping] kitty litter in your trunk – this provides great traction if your car gets stuck, and it's great on your sidewalk and driveway
- Keep your windshield washer fluid tank filled
- If the weather is poor, *slow down!* Some 4WD drivers forget that the other drivers they startle may not have a vehicle that offers the same level of control
- If you skid, turn *into* the slide; while it seems counterproductive, it will allow you to regain control more quickly
- Don't text & drive – ever. Missouri recently passed legislation which makes it illegal for *anyone* to text while driving

MAYOR'S CORNER

OUTDOORS

- Keep walks and driveways as clear as possible but check with your doctor before you pick up your shovel; shoveling snow is one of the most physically stressful winter activities possible, especially if you haven't been physically active. Take frequent breaks if you're doing DIY maintenance
- Go outside. Dress for the weather in layers, take your cell phone and find a buddy (2- or 4-legged) to walk with. Enjoy the architecture of the bare trees, and look for critter footprints if there's little snow; just because it's cold doesn't mean you need to become a couch potato
- Wait until dusk when the deer, owls and Holiday Lights become visible
- Breathe deeply and smile

There are many ways to enjoy our changeable Missouri weather; just be prepared when you do so, and Happy Holidays to all!!

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!



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Stroll Clarkson Valley Social Committee



Meet your *Stroll Clarkson Valley* team! We'd like to thank all of our writers for their valuable contributions to the magazine.



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WE'D LOVE TO HEAR FROM YOU!

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

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

WANT TO WRITE FOR STROLL CLARKSON VALLEY?

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

NEW TO THE NEIGHBORHOOD?

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



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CLARKSON VALLEY
Living

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Publisher's Note

From the Tuttle family to all the families in Clarkson Valley, we wish you Happy Holidays, health, happiness and prosperity in 2024. I am thrilled to be a part of the Clarkson Valley community and happy to provide you with our wonderful social magazine each month. I am proud to partner with reputable businesses that make our publication possible. With all of you, we are able to get to know each other a little better, so thank you for your support!

Sincerely,

Bill Tuttle and Family



NOTICE OF ELECTION DECLARATION OF CANDIDACY CITY OF CLARKSON VALLEY

A Municipal Election will be held in the City of Clarkson Valley, St. Louis County, Missouri, on Tuesday, April 2, 2024, to elect one (1) Alderperson from Ward 1, Ward 2, and Ward 3, each to serve a two (2) year term.

Filing a Declaration of Candidacy for said offices begins Tuesday, December 5, 2023, at 8:00 a.m. The closing date for filing will be at 5:00 p.m. on Tuesday, December 26, 2023.

A candidate for Alderperson must be a resident of the ward from which elected, at least twenty-one (21) years of age, a citizen of the United States and a resident of the city at the time of election for at least one (1) year preceding the election.

Michele McMahon
City Administrator/CityClerk

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Hello, we are the Wileys! Brent, Kate, Lydia, and Molly. We have been living in Forest Hills for eleven years. Brent and I are both native St. Louisans, growing up in West County. Brent graduated from DeSmet and Mizzou, and I graduated from St. Joe and Fontbonne. Lydia attends St. Joe like her Mom, Grandma and Aunt did, and Molly is in eighth grade at Ascension.

Brent has been in the commercial roofing industry for over twenty years and is the owner of Roofing Sales Associates, but he would prefer to tell you about his hockey days and the number of state titles won during his reign with DeSmet Hockey (two if you were dying to know). Now he enjoys watching Lydia play tennis and complaining about not understanding field hockey while watching Molly play. We make a great foursome on the golf course, no arguing at all, but yet Brent still gets out on the course way more often with friends than us. I work in Event Planning and have been with Citi for twenty years. During that time, I have planned incentive trips, sales meetings, and employee events with my

favorite event every year being our Zoo Lights private event for employees and their families. St. Louis has the very best Zoo and we have so many wonderful family memories there!

We have always loved spending time as a family at our girls' activities. Lydia loves playing tennis and is proud to be a part of St. Joe Tennis, winning a State Championship in 2022, and in November the SJA tennis program was inducted into the Missouri Sports Hall of Fame, the current team attended the banquet and accepted this award. She has also loved theater since a young age. Each summer Lydia performs with Arch City Kids Theater Troupe, they put on a Broadway Review to raise money for Type One diabetes. It is completely student-produced and in its 19 years, they have raised over \$350,000 to find a cure. This summer will be their 20th anniversary and they are always looking for talented kids to join them! (archcitykids.org)

Molly has played field hockey for Gateway for over five years, and we have had many family adventures on tournament trips. We have spent Thanksgiving on the beach,



found Kevin's Home Alone house in Chicago, and we keep our Disney World love alive each winter in Orlando. Molly and I love the Tower of Terror and being able to visit Disney while on a field hockey trip makes us so happy! Molly also works hard with Grit Training to be ready for high school tryouts next summer! Molly plays soccer and basketball with her school friends, and we were sad to watch our last CYC soccer game this year after 12 years.

We love our neighborhood with dear friends as neighbors; from swim team and fireworks in the summer, to trick or treating on the golf cart every Halloween, it's all been a perfect way to raise our family.

Get to know your neighbors better by having your family featured in the next available issue and receive a free mini-photoshoot from our Photographer or nominate a family and we'll contact them! Email Bill.Tuttle@n2co.com.com.

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WESTERN STATES PARK BUS TOUR

BY RICK HUEMOELLER,
RESIDENT OF KEHRSWOOD



We recently went on a Western States Park bus tour and Mount Rushmore was one of our first stops. Even from a distance, the colossal sculpture of the four presidents, Washington, Jefferson, Roosevelt, and Lincoln is magnificent.

It's located in the Black Hills of South Dakota. Constructed started in 1927 and finished in 1941. You might ask yourself, how did it get its name, Mount Rushmore? When construction of the monument was coming to an end, a young lawyer from the East, who wanted to see the West, came upon it. He looked at it in awe and asked the architect what's it called.

The architect replied that they had not even begun to think of a name for the sculpture. Seeing the astonished look on the lawyer's face, the architect asked for his name. The lawyer replied, Rushmore. Sometimes the truth is stranger than fiction.

Another stop was at Custer State Park also located in the Black Hills. The Park contains the site of the Battle of the Little Bighorn also known as Custer's Last Stand. Here on June 25-26, 1876, Custer, his two brothers and 268 of his men died fighting a much larger Indian force consisting of several Indian tribes. Custer and his men have been honored here for many years, it's only recently that the Indians who died during the battle were honored too.

One of the most important Indian combatants was the Oglala Sioux Chief, Crazy Horse. In his honor, the Crazy Horse Memorial in South Dakota was begun in 1948. In the 75 years since the sculptor Korczak Ziolkowski began its construction, it's nowhere near completion. In maybe a hundred years from now, when it is completed, I believe it will be the largest sculpture in the world.

My next article will be about Yellowstone National Park!

Happy Travels!

Rick and Sharon Huemoeller

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Halloween 2023 in Clarkson Valley!

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Kids of all ages enjoyed trick-or-treating in our Clarkson Valley neighborhoods! A crisp evening free of wind and rain had our streets filled with witches, zombies, trolls, superheroes and more! Spooky and fun!





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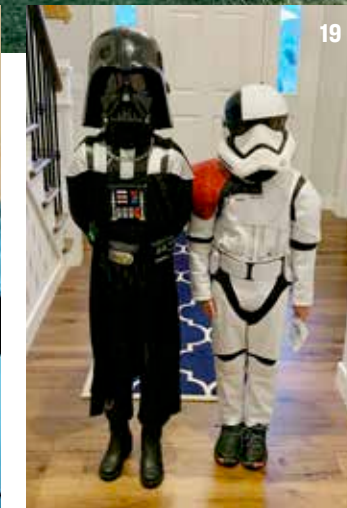
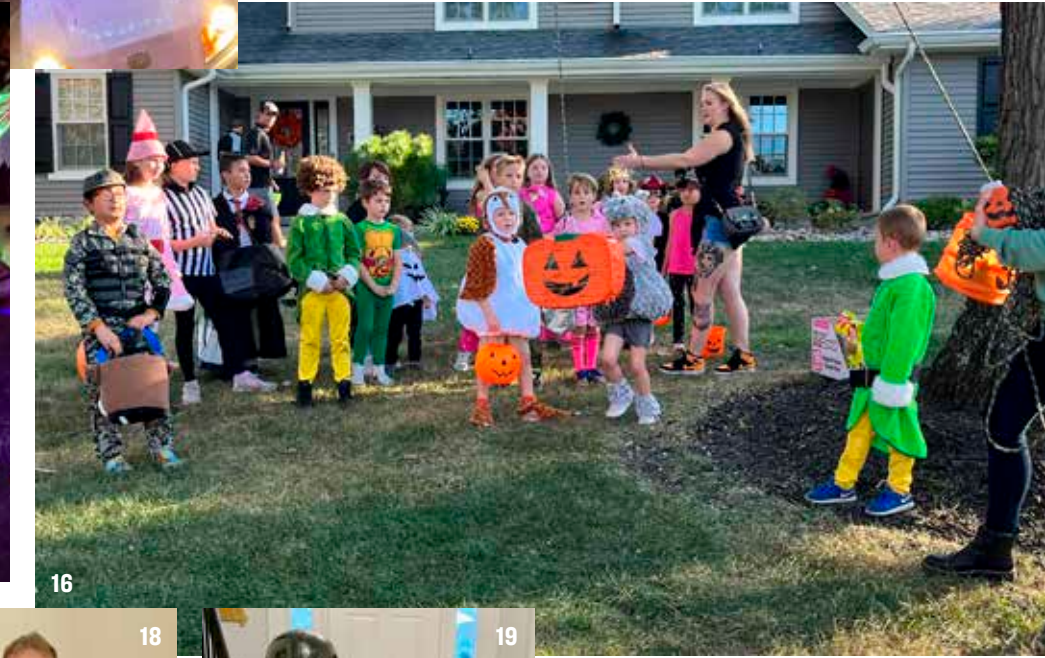
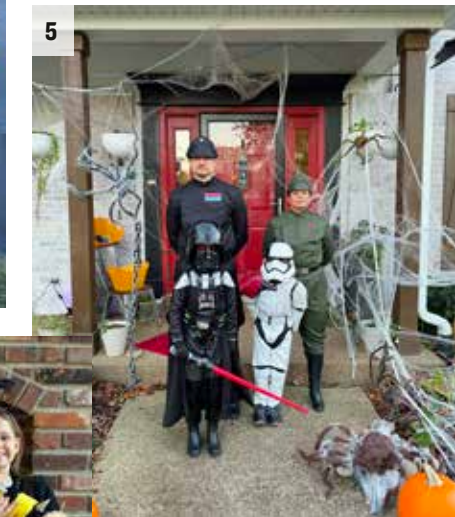
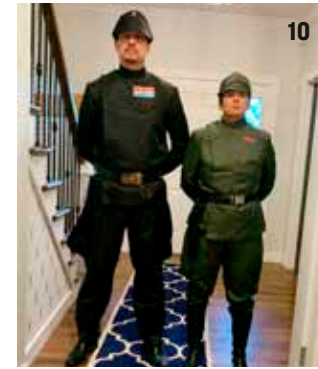
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- 3/ Clarkson Farm Halloween Parade!
- 4/ Kate Fink & Janie Shanker
- 5/ Alex, Marcia, Lucas & Olivia Trein Schulze
- 6/ Olivia, Samantha & Allie Luciano with their pup Lola!
- 7/ Lil Zombie Cheerleader Reese Griggs!
- 8/ Pierce & Sloan Cunningham!
- 9/ Riley & Reese Griggs
- 10/ Alex & Marcia
- 11/ Beckham Borello!
- 12/ Who's driving?!
- 13/ Sloan, Pierce, Max, Connor, Christian & Clara!
- 14/ Lillian Roelle, Riley Griggs & Leah Grimm at Ellisville Elementary Trunk or Treat!
- 15/ Ellisville Elementary Trunk or Treat!
- 16/ Clarkson Farm Halloween Party!
- 17/ Lauren & Andrew Stein
- 18/ Corey, Lucy & Charlie Arbini with cousin Adam Charlton as snoopy! 19/ Lucas & Olivia Trein Schulze



Christmas with the Duo Dogs!

BY SUSAN & BOB SNYDER, RESIDENTS OF KEHRWOOD

For the last 7 years in December, my husband and I transformed ourselves into, “Mr. & Mrs. Santa Paws” and decorated a holiday setting for an organization named, Duo Dogs, Inc. We want to recognize and have fun with the many volunteers, families, and their personal dogs, by posing with them for photographs. It’s all great fun and our way of ‘giving back’ to those we admire and are so proud of for their contributions.

Duo Dogs is a not-for-profit organization that helps those with disabilities by offering free of charge, trained service dogs. They also specialize in training facility dogs, courtroom dogs, touch therapy dogs and obedience training.

For further holiday fun check out the live puppy cam at www.duodogs.org



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Jake Miller

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Marquette Senior High School's Jake Miller is a rising star in football and baseball. With an impressive 14 years of experience in baseball and 5 years in football, Jake's talent and dedication are truly remarkable. In football, he serves as the kicker and punter, while in baseball, he excels as an outfielder and pitcher. His hard work earned him a spot on the 2nd team all-conference last season, a testament to his skill and commitment!

Beyond the field, Jake's passion for football lies in the camaraderie it fosters. He values the team's unity, considering them as family, transcending differences in backgrounds and experiences. One of his proudest moments came when he was part of the Marquette team that made history by defeating Eureka, a rare feat that had only been accomplished once before in



school history. His standout performance in that game made the victory even sweeter.

In his off-field life, Jake enjoys spending time with friends and works at Smoothie King during the offseason. However, what truly sets him apart is his dedication to a noble cause. Jake's family has close connections with children who have battled cancer, inspiring him to raise awareness and funds for childhood cancer research.

Jake is participating in "Kick it for Cancer," a program through Alex's Lemonade Stand Foundation, collecting both flat donations and pledges per extra point to contribute to this important cause. Jake's compassion and determination drive his commitment to the fight against childhood cancer.

When asked for advice for younger children in the neighborhood, Jake emphasizes the importance of not taking anything for granted and finding joy in life's little things. His wisdom reflects his maturity and compassionate nature.

Looking forward, Jake aims to continue his football career in college as a kicker and punter. Beyond his sports career, he envisions a future in medical sales. Jake Miller is not just a sports star; he's a young man with a heart of gold, serving as an inspiration to his peers and his community, embodying the values of dedication, unity, and compassion.

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CONTACT:
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Kick-It is a program of Alex's Lemonade Stand Foundation, a 501(c)(3) non-profit organization. Tax ID number 56-2496146. For more information visit www.kick-it.org

Be a Champion for Kids with Cancer

"Cancer has affected my life with having multiple family friends whose children were diagnosed with cancer. I recognize how fortunate I am with my health. I just want to help everyone in need because childhood cancer doesn't get enough research funding." — Jake Miller, Kehrs Mill Estates Resident

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Recently, our *Stroll Clarkson Valley* neighbors, along with a few preferred community partners, enjoyed a social Neighbors' Night Out at Forest Hills Country Club. Cocktails, food, and conversation with live entertainment featuring Clarkson Valley's own Sound Unlimited! The club is over 55 years old and, for years, has been recognized as the premier private country club in the West St. Louis area. Members enjoy world-class golf and amenities within a friendly and inviting atmosphere.

Known as "The Family Club of Choice," membership at Forest Hills Country Club offers an exclusive private club lifestyle without pretense or arrogance. Members take great pride in the friendly, family-oriented environment where lifelong friendships and memories are created. Here's what a few of our neighbors had to say about their experience:

Richard Shea (Kingspointe): "Great food! Open Space!"

Jim & Frances Babb (Kehrs Mill Estates): "Very nice venue. Great food. We loved the music!"

Teresa & Randy Hoy (Kehrswood): "Great mixing with neighbors that we don't get to visit with otherwise!"

Carol & Gary Presley (Kehrswood): Excellent delicious food, tasteful, entertaining music and wonderful company!"

David & Angie Potter (Kehrswood): "Great food, great company, very welcoming by host Bill Tuttle and all sponsors. Great music by Sound Unlimited!"

Rick & Sharon Huemoeller (Kehrswood): "The food is wonderful. The clubhouse is elegantly comfortable. The staff is very courteous."

Cedric & Kira Cheree Cobb (Kehrs Mill Estates): "Getting to know new neighbors we may have never met otherwise. Thank you for this event!"

Forest Hills Country Club
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Forest Hills Country Club provided products and/or services free of charge in exchange for this review. Membership at Forest Hills Country Club is by invitation only.



Gary & Carol Presley of Kehrswood



Cedric Cobb visiting with Theresa Shaw of Forest Hills



Stroll Clarkson Valley Host Bill Tuttle with Clarkson Valley's own Sound Unlimited!



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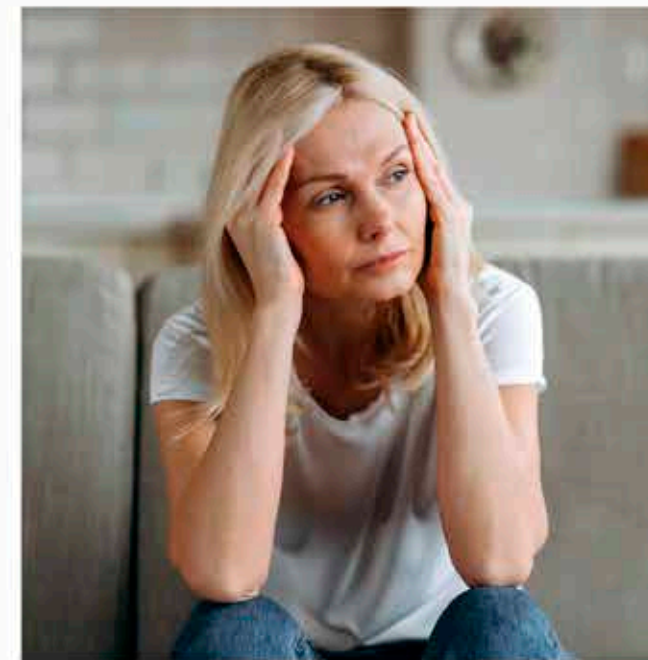
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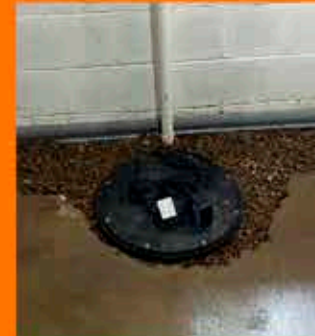


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