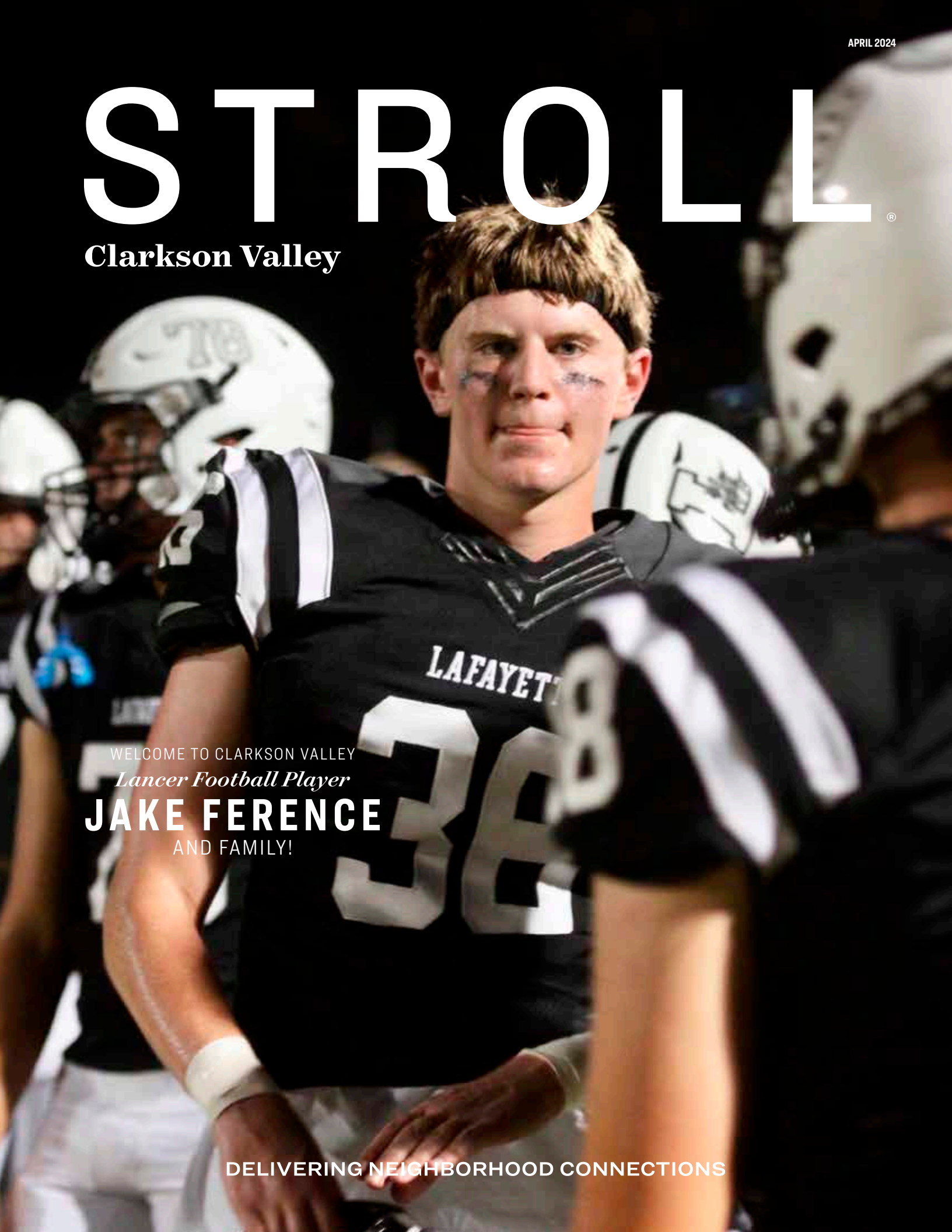


# STROLL®

Clarkson Valley



WELCOME TO CLARKSON VALLEY

*Lancer Football Player*

**JAKE FERENCE**

AND FAMILY!

DELIVERING NEIGHBORHOOD CONNECTIONS

# See What Our Happy Customers Have to Say!

"I cannot believe how smooth of a process this was! I highly highly recommend Mike and his team. Mike was personable and professional and was able to answer all my many questions. He was available throughout the entire process to keep me posted on the next steps. Most importantly, my house looks unbelievable! It is even better than I could've imagined. His team made sure every detail was taken care of and communicated with me professionally and courteously the entire time. A+ work and I would use them again anytime! Love LIME Painting,"

- Circe Wall Diggs



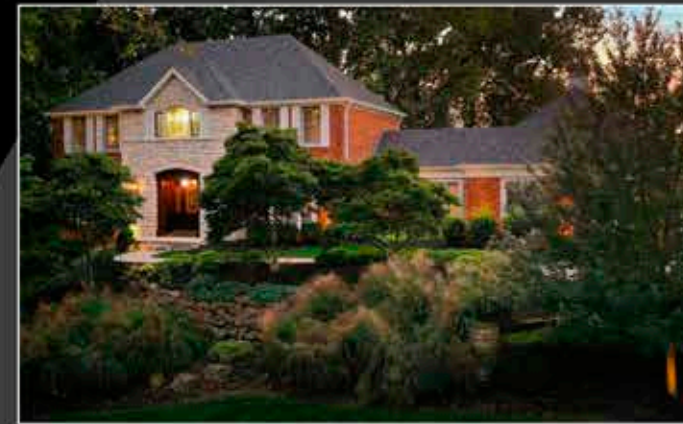
Interior & Exterior Painting • Drywall Repair • Cabinet Refinishing  
Faux Painting • Epoxy Floor Coatings & More

Scan for a  
Free Estimate!



Michael Hanley, Owner • (314) 310-7030 • [limepainting.com/st-louis-mo](https://limepainting.com/st-louis-mo)

## SOLD in Clarkson Valley!



298 Herworth Drive | Forest Hills Club Estates

The spring market is fast approaching  
**Inventory is still low**  
Interest rates are improving  
Now is an excellent time to sell  
We can help. Please give us a call!

RESIDENT REALTOR



COMPASS REALTY GROUP



Jeff Lottmann

Global Real Estate Advisor  
M: 314.406.8911  
[jeff.lottmann@compass.com](mailto:jeff.lottmann@compass.com)



Chase Lottmann

Professional Real Estate Advisor  
M: 314.805.8440  
[chase.lottmann@compass.com](mailto: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.

# 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  
www.strollmag.com/locations/  
clarkson-valley-mo/

## ATTORNEY AT LAW

**Thompson Law STL**  
(314) 650-8520  
www.ThompsonLawSTL.com

## CONCIERGE SENIOR CARE

**Hope Healthcare**  
(855) 827-4777  
www.HopeHealthcares.com

## CUSTOM WOODWORKING

**Fenrir Woodworks**  
(314) 707-8814  
www.FenrirWoodworks.com

## DELI & CATERING

**Goodcents Deli**  
(636) 537-5300  
www.GoodcentsSubs.com

## DENTISTRY

**Mark Hesker, D.D.S., P.C.**  
(314) 569-3337  
www.HeskerDental.com

## DRIVING SCHOOL

**Coach Harder Driving School**  
(314) 222-3938  
www.CoachHarder.com

## ESTATE PLANNING

**Paramount Legal**  
(314) 535-7500  
www.ParamountLegal.net

## FINANCIAL PLANNER

**Phil Wight - Synergy**  
**Wealth Solutions**  
(636) 675-9896  
www.SynergyWealthSolutions.com/  
team/phillip-r-wight

## FITNESS

**Row House Chesterfield**  
(314) 391-2136  
www.TheRowHouse.com/location/  
chesterfield

## FOUNDATION REPAIR & WATER PROOFING

**STL Polyjack**  
(314) 488-2993  
www.STLPolyjack.com

## GARAGE DOOR SERVICE

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

## GUTTERS AND SIDING

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

## HEALTH & WELLNESS

**Hydro Boost IV Lounge**  
(636) 728-9935  
www.HydroBoostSTL.com

## HEATING & COOLING

**Welsch Heating & Cooling**  
(314) 872-8070  
www.Welsch-HeatCool.com

## INSURANCE AGENT

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

## Tania Interian - State Farm Agent

(314) 822-5180  
www.GoWithTania.com

## INTEGRATIVE/CONCIERGE MEDICINE

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

## MASONRY

**C&D General Contractors**  
(314) 862-2342  
www.CandDGC.com

## MOVING & PORTABLE STORAGE

**UNITS of St. Louis**  
(314) 934-8648  
www.UnitsSTL.com

## NATURAL CONCIERGE HEALTHCARE

**Natural Health Wins**  
(636) 736-6426  
www.NaturalHealthWins.com

## PAINTING

**Lime Painting**  
(314) 310-7030  
www.limepainting.com/st-louis-mo

## PEDIATRIC DENTIST

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

## PLUMBING CONTRACTOR

**FDf Plumbing**  
(636) 492-3220  
www.FDFPlumbing.com

## POOL & SPA CARE SPECIALIST

**Advanced Pool & Spa**  
(636) 938-3080  
www.AdvancedPoolSpa.com

## REAL ESTATE AGENT

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

## Jeff Lottmann - Compass

**Realty Group**  
(314) 406-8911  
www.JeffLottmann.com

## The Debbie Weber Team

(314) 775-0424  
www.DDCWSellsSTLHomes.com

## Tracey De Simon - Coldwell

**Banker Realty-Gundaker**  
(314) 603-8628  
www.TraceyDeSimon.com

## RESTAURANT

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

## ROOF & EXTERIOR SOFTWASHING

**Exterior Cleaning Solutions**  
(314) 406-3595  
www.CleanSaintLouis.com

## ROOFING/SIDING/GUTTERS/TUCKPOINTING

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

## SOFTWASH/EXTERIOR CLEANING/POWER WASHING

**H2O Power Washing**  
(636) 448-8680  
www.H2OPowerWashingSTL.com

## STONE/TILE/GROUT CLEAN/POLISH/REPAIR

**MARBLELIFE®/EnduraCrete**  
**of St. Louis**  
(314) 907-1016  
www.Marblelife-StLouis.com

## TRAVEL PLANNER

**Cruise Planners - Elizabeth Sauer**  
(316) 641-4527  
www.SweetNSauerTravel.com

## VETERINARY CLINIC

**Kehrs Mill Veterinary Care**  
(636) 204-5229  
www.KehrsMillVetCare.com

# YOUR ONE SOURCE SOLUTION FOR

STONE · CONCRETE · HARDWOOD · TILE · GROUT CLEANING · POLISHING · RESURFACING & REPAIR



Marble & Granite Cleaning & Polishing



Shower Tile Mold Remediation



Marbleized Metallic Basement Floor



Concrete Coating Basement Floor



Sandless Wood Refinishing

Schedule Your FREE Consultation Today:

(314) 907-1016

www.marblelife-stlouis.com

**25**  
**YEARS IN BUSINESS!**  
★★★★★  
More than 250  
5 Star Reviews!



# APRIL BRINGS SHOWERS... AND THE TAX MAN COMETH

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

One of the reasons I love where we live is that our seasons change dramatically, never making it boring. And as they say, "It's Missouri-if you don't like the weather, wait a few minutes!" This is a great time of year; our City begins to look like a giant Easter Basket, especially on a blue-sky day. Spring Peepers have been peeping, buds are popping, the grass is greening up, bunnies are hopping, and we've seen our first hummingbird. Perennials have popped up like returning friends, and we've been planning our gardens,

focusing on what the local four-hoofed rascals *won't* eat. *Tip: they don't like gray, fuzzy plants.* Unfortunately, this time of year also brings weather challenges, so make sure you have plans in case of extreme weather. Including identifying the safest place in your house to seek shelter, keeping your cell phones charged, and agreeing on a central place to meet if separated.

Spring also brings pests: Coyotes are hungry (keep your small pets close), grubs, moles and dandelions appear, and the Tax Man Cometh (sigh). Just

remember we don't appreciate the good stuff without some bad!

Your Council has been productive As you read this, we will have (re)elected our new Council members; they are:

1. **Ward 1** (Originally appointed to fill a vacancy, first time elected), Jeff Schweig, Kehrs Mill Estates West.
2. **Ward 2** (Originally appointed to fill a vacancy, first time elected) Brock McDonald, The Manors at Clarkson Valley.
3. **Ward 3** (Re-elected for his 8th term), Lin Midyett, Westhampton.

We are privileged to have them all back and grateful they continue to serve.

- We have submitted our first-ever grant to fund a city-wide recycling event in November. We will accept paper for shredding and a free drop-off for electronic devices, first come, first serve until grant funding is exhausted (more details to come).
- Spring brings thoughts of building projects, and we're excited to have a new Building Inspector, Brad Holmes. Our previous Inspector was excellent, but Clarkson Valley was his 2nd gig; Brad is recently retired and lives in Chesterfield. When inquiries were made regarding his credentials, we were told, "We were sorry to lose him; this will be a perfect fit for all of you!" This has proven true. Brad has years of experience, all his international and national certifications and is available at more convenient hours. He's already demonstrated his expertise as he has provided considerable help as we are working to simplify our Building Permit Schedules. We also hope soon to be able to accept payments via credit cards.
- A social event, "Coffee With The Mayor," is scheduled for Sunday, April 14, from 2-4 pm at Forest Hills CC. An email invitation has been sent, and we hope you will come to meet your Council Reps, our city Administrator, and myself. Soft drinks and light snacks will be served, and a cash bar will be available.

We hope you all welcome the Spring with as much hope and anticipation as we all do!

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: 23.43 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@hfmloans.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



# 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, Publisher, &  
Area Marketing Director  
Bill.Tuttle@n2co.com  
(636) 579-0698



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



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



**Charlie Wight**  
Writer  
CharlieWight.711@gmail.com  
(636) 579-8756



**Pam Wilson**  
Content Coordinator Editor  
Pam@wilsonmentoringwriting.com  
www.wilsonmentoringwriting.com  
(314) 799-7026

## 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  
© 2024 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.

## 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



## TURNING 1? TIME TO COME!

The AAPD recommends children have their first visit with a pediatric dentist at the age of ONE!

WE ACCEPT MOST  
MAJOR INSURANCES!



(636) 527-2779

BALLWIN.OFFICE@LITTLESMPEDIATRICDENTIST.COM

WWW.GATEWAYLITTLESMPEDIATRICDENTIST.COM

NOW SERVING THE CLARKSON VALLEY COMMUNITY!

MEET YOUR NEIGHBORS

# welcome to

## CLARKSON VALLEY LANCER FOOTBALL PLAYER



# Jake Ference

AND FAMILY

Matt and Tara Ference purchased their home in Forest Hills November of 2022. They took on a total renovation and finally moved in July of 2023. Matt and their son's Matt and Jake have always been golfers, so Forest Hills was the perfect location for their family—they overlook the 7th fairway! Along with their daughter Maura, the Ferences love the beauty and peacefulness of Clarkson Valley!

Their son Jake is a Junior at Lafayette High School. He is both a football player and a baseball player. Jake is a kicker/punter for the football team and a left-handed pitcher for the baseball team. Jake has been playing football since second grade, making this past season his tenth. He has been playing baseball for twelve years.



Matt, Maura, Matt, Tara, and Jake at the Colosseum in Rome!

SPONSORED BY CHRISSY WAGNER RED KEY REALTY LEADERS

**CHRISSY WAGNER**  
REALTOR®

*Real Estate With Results*



**redkey**  
REALTY LEADERS

**314.412.9938**  
chrissy@redkeystlouis.com



**What Jake likes the most about football:** "It's a really fun game and it takes the whole team to win a game. I like playing with my friends and the work we put in year-round keeps us in good shape and makes us disciplined. I can also focus every week on improving my skills and getting better to help my team. Our head coach, Coach Boyd Manne and our assistant coaches are very supportive and create a great team culture."

**Tournaments and Special Awards:** Lafayette football team was 8-2 last season and District Champions. Jake was selected first team all-conference kicker and punter. And the first team all-district punter for the 2023 season.

Jake commented, "My punting average was 38 yards and I made 5 of 7 field goals last season. Recently I was nationally ranked as the 24th punter in the class of 2025 by Kohls Kicking. I was also one of 45 high school punters invited to the Kohls Kicking Underclassman challenge in West Palm Beach in January 2024".

**Hobbies:** Jake likes to play golf and video games. He has also worked as a baseball umpire in Chesterfield since he was ten years old.

**Proudest moment:** "Last season our field goal unit made the winning field goal in overtime against Ritenour High School. I got a great snap from Alex Hoffman and a

great hold from Brady Micek. I made the kick from thirty yards!"

**Plans for college and after graduation:** "My plan is to play football in college like my older brother. I am starting to look at college football programs in the Midwest where I can play and make a difference for a team. My goal is to play football for as long as I can. I am not sure what I want to do after college. Maybe work in a business or engineering career in St. Louis."

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

## THE A NO. 1 POWER WASHING SERVICE in Clarkson Valley



- Roofs • Gutters
- Siding • Decks
- Concrete

Reach out to us to reveal a brighter exterior and schedule your pressure washing/soft washing service today!

Call Nathan:  
**636-448-8680**

[h2opowerwashingstl.com](http://h2opowerwashingstl.com)



# LOOK BETTER. FEEL BETTER. PERFORM BETTER.

More than a hangover cure, our customizable IV drips help all walks of life live a healthier, happier life from the inside out.

- IMPROVE QUALITY OF LIFE
- DETOX THE BODY & AGE WELL
- BOOST IMMUNITY & WELLBEING
- ENHANCE ATHLETIC PERFORMANCE
- BOOST FERTILITY
- IMPROVE MOOD & COGNITIVE FUNCTION
- BOOST ENERGY
- PREVENT DISEASE
- AID IN ADDICTION RECOVERY & WEIGHT LOSS
- IMPROVE SURGICAL OUTCOMES

Our products have not been evaluated by the FDA. The content provided is for marketing purposes only. These products are not intended to diagnose, treat, cure or prevent any disease.

**SAME DAY APPOINTMENTS  
IN LOUNGE OR IN HOME  
CALL 636-728-9935**

**Hydro Boost**  
IV LOUNGE

136 Chesterfield Commons E Rd.  
Chesterfield, MO 63005  
[www.hydrobooststl.com](http://www.hydrobooststl.com)

**Locally and Family  
Owned for 128 Years**

**(314) 872-8070**  
[www.welsch-heatcool.com](http://www.welsch-heatcool.com)

## 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](http://hopehealthcares.com)

Contact us today to see how we can help.

**Phone:** 855-827-4777  
**Fax:** 866-950-4040

**Email Address:**  
[Info@HopeHealthCares.com](mailto:Info@HopeHealthCares.com)



## Meet Jonathan Hacker of Hacker Agency & Associates



**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 benefits with home insurance policy up to 23% on both policies together as of July 2022. Discounts may vary by state, property, make, year and occupancy when bundling the auto and home policy. Discounts may not apply to all coverage or an annual home policy. American Family Mutual Insurance Company, S.A. & its Operating Companies, 6000 American Parkway, Madison, WI 53733 ©2023 21885 - 503 - 1946564

### American Family Insurance

**PLAN FOR YOUR FUTURE** with the best coverage for you and your family with Hacker Agency and Associates, an American Family Insurance agency. From protecting your family with home, auto and life insurance, to designing commercial insurance policies unique to your business, Jon Hacker will ensure peace of mind, by handling the big worries, so you can focus on your family.

Jon’s story begins right here in Clarkson Valley, where he was born; living across from what is now Marquette High School. He moved to the East Coast, where he lived until his senior year of high school, when his father was transferred back to St. Louis. Fast forward a few years, Jon met his beautiful wife, Jaimyn, in 2015. They bought their home in St. Charles County in 2016 and married in 2017. They started their family in 2019 with the birth of their son Bennett (5), followed by their second son, Theodore (2.5), in 2021. Serving the community continues with Jon’s wife, Jaimyn, who is a teacher.

Jon is an avid outdoorsmen and loves spending his free time hunting, fishing, camping and enjoying sporting events with his family. Last summer, he took his family on their first camping trip to Meramec State Park. He also took his boys to their first NHL experience with a St. Louis Blues game back in November.



Each family’s dynamic is unique. It is important to know that insurance is not “one size fits all,” and Jon creates a strategy specific to each family he helps. The insurance market has shifted and is still shifting. Having someone with their finger on the pulse of the market is important.

If there is one piece of advice Jon can offer, it’s this...

**“Life is complicated and tough enough. Embrace the ‘it takes a village concept,’ and focus on what you do best. Let me focus on taking care of you and your family’s protection.”**

**(314) 254-5174**  
JHacker@amfam.com  
www.JonHackerAgency.com



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.



Roofing • Siding • Gutters • Tuckpointing

# Allen Roofing & Siding

Expert Installations & Durable Materials

## Weather the Decades with Confidence

### Talk to Roofing & Siding Experts

- ✓ 50+ Years of Service
- ✓ Unmatchable Expertise
- ✓ Lifelong Customers
- ✓ Free Estimates
- ✓ Financing Available



See Why Homeowners Choose Allen Roofing & Siding  
aeroofing.net

contactus@arooofing.net 636-942-6142

# LEAVING YOUR PROPERTY SPOTLESS EVERY TIME

### Services Offered:

- House Washing
- Roof Washing
- Gutter Cleaning
- Concrete Cleaning
- Window Cleaning
- Deck Cleaning
- Fence Cleaning
- And More...



STROLL EXCLUSIVE  
**15% OFF**  
ALL SERVICES  
Offer valid through 6/1/24



Licensed & Insured

Exterior Cleaning Solutions LLC  
— Saint Louis, MO. —

Request Your FREE Estimate Today  
**(314) 406-3595** • [www.CleanSaintLouis.com](http://www.CleanSaintLouis.com)



## Schedule your pool opening today!

### Your Swimming Pool Opening Professional

REPAIR • CLEANING & CHEMISTRY

- Inground Pools
- Water Features
- Vacuuming
- Weekly Pool Service
- Summer Packages Available

★ **EARLY BIRD SPECIAL!**  
**SAVE \$50**  
on opening by pre-paying before April 24th!

LET US CLEAN & STORE YOUR POOL COVER!

# APS

Advanced Pool And Spa

Call (636) 938-3080

Open a service request at: [www.advancedpoolspa.com](http://www.advancedpoolspa.com)

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



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



Mark Hesker, D.D.S., P.C.  
450 N. New Ballas Rd., Suite 200  
Creve Coeur, MO 63141  
314-569-3337  
[www.heskerdental.com](http://www.heskerdental.com)

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

Visit: [heskerdental.com](http://heskerdental.com) today to book your appointment!

## SPRING HAS SPRUNG!



Ask your vet how to best protect your pet from the small lurking dangers carried by ticks, fleas & mosquitos!

Same day appointments available!



KEHRS MILL VETERINARY CARE  
[www.kehsmillvetcare.com](http://www.kehsmillvetcare.com)  
636.204.5229



15479 CLAYTON ROAD

## join us for LUNCH



SCAN TO ORDER ONLINE!



173 LONG RD, CHESTERFIELD, MO

# MARQUETTE MUSTANGS HOCKEY PLAYOFF ACTION

Clarkson Valley players represented on Varsity & Junior Varsity teams!



Mustangs Junior Varsity State Champions

SPONSORED BY TANIA INTERIAN INSURANCE, RESIDENT OF KEHRS MILL TRAILS • BY MELISSA VENDT, RESIDENT OF FOREST HILLS  
PHOTOGRAPHY BY GIGI WAGNER PHOTOGRAPHY



Varsity celebrates a goal in playoff play!



Net front scrum during Championship game!




Mustangs Varsity Team with Silver Skate Trophy



Varsity with an attempt on goal during semi-final action!

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




**Right coverage.  
Right price.  
Right here in town.**

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

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

Like a good neighbor,  
State Farm is there.®



This hockey season is one for the memory books for our Marquette Mustangs. The JV squad was undefeated and successfully defended our State Championship title against a talented CBC team. Our Varsity team's exceptional season led to a deep playoff run, culminating in a Challenge Cup Final against DeSmet. While the talent abounds in the Mustang organization, it is the special bond these young men share that is most remarkable. Rarely do you find such an unselfish and positive group of athletes who play for each other every single time they step on the ice. A public school reaching the Challenge Cup finals is rare, Marquette doing so twice in four years is simply unheard of. While we came up one game short, we wish our seniors the very best and extend our deepest gratitude to the coaching staff, board members, fans, families, and especially our amazing players for an incredible season!

**VARSITY PLAYERS LIVING IN CLARKSON VALLEY:**

Knox Kreikemeier, Thomas Saunders, Thomas Shuert, Andrew Vendt & William Vendt

**CLARKSON VALLEY JUNIOR VARSITY PLAYERS:**

Knox Kreikemeier, Mason Reynolds, Thomas Shuert & William Vendt

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



PULL TOGETHER.



PULL TOGETHER.



PULL TOGETHER.

SCAN HERE FOR A FREE CLASS



ROW HOUSE

CHESTERFIELD

45-MINUTE

ROWING-BASED WORKOUT



TORCH CALORIES



IMPROVE STRENGTH



OPTIMIZE MOBILITY

LOW IMPACT CARDIO  
STRENGTH TRAINING  
BODY WEIGHT EXERCISES  
DYNAMIC STRETCHING

2-4 CLARKSON WILSON CENTER, CHESTERFIELD  
314391.2136 • [THEROWHOUSE.COM](http://THEROWHOUSE.COM)

# PROFESSIONAL CONCRETE SERVICES LIFTING AND LEVELING

- Driveways • Sidewalks • Patios • Sunrooms
- Walkways • Stairs • Porches
- Basement Waterproofing
- Joint Caulking • Powerwash
- Sealing

# SAINT LOUIS POLYJACK

833 777 8988 • 314 488 2993



www.STLPolyjack.com



# “Would You Like to Ditch the Chains of Stubborn Health Problems?”

*You're active. You do everything right. You've had all the blood tests, taken all the medications and supplements, and made the lifestyle changes—but your health still keeps you up at night.*

*“I used to regularly fight fatigue, irritability, and sickness. All the antibiotics didn't help. Dr. Bonnie helped me get a stronger immune system and a healthier body. Now, I recover faster when I do get sick, and I have energy for my home, family, and work.*

*Find answers when all other options have failed. A doctor who listens, and works with you, your life, and nature.*



*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.*

*I completely trust Dr. Bonnie Juul with my family's long-term wellness!” —Tiffany*



## Natural Health Wins

Wellness awaits you.  
Call Today: 636-736-6426  
www.NaturalHealthWins.com

## 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.



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



FDF 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**

## SPRING STORMS?

*We've Got You Covered.*



Expert Roofing, Siding, Masonry and Insulation Services



Over 20 Years Of Experience

Book a complimentary inspection today!

**(314) 862-2342**  
**canddgc.com**



## Family owned & operated.

Specializing in new installation and service, siding repairs, metal wraps, and more!

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

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

# 9 FACTS ABOUT RETIREMENT

Sponsored by Phil Wight, Wealth Management Advisor at Synergy Wealth Solutions



Retirement can have many meanings. For some, it will be a time to travel and spend time with family members. For others, it will be a time to start a new business or begin a charitable endeavor. Regardless of what approach you intend to take, here are nine things about retirement that might surprise you.

1. Many consider the standard retirement age to be 65. One of the key influencers in arriving at that age was Germany, which initially set its retirement age at 70 and then lowered it to age 65.<sup>1</sup>
2. Every day between now and the end of the next decade, another 10,000 baby boomers are expected to turn 65. That's roughly one person every eight seconds.<sup>2</sup>
3. The 65-and-older population is one of the fastest-growing demographics in the United States. In 2022, there were 58 million Americans aged 65 and older. That number is expected to increase to 82 million by 2050.<sup>3</sup>
4. Ernest Ackerman was the first person to receive a Social Security benefit. In

March 1937, the Cleveland streetcar motorman received a one-time, lump-sum payment of 17¢. Ackerman worked one day under Social Security. He earned \$5 for the day and paid a nickel in payroll taxes. His lump-sum payout was equal to 3.5% of his wages.<sup>4</sup>

5. Seventy-three percent of retirees say they are confident about having enough money to live comfortably throughout their retirement years.<sup>5\*\*</sup>
6. The monthly median cost of an assisted living facility is nearly \$5,000, and seven out of ten people will require extended care in their lifetime.<sup>2</sup>
7. Sixty-four percent of retirees depend on Social Security as a major source of their income. The average monthly Social Security retirement benefit as of January 2024 was \$1,907.5.<sup>6</sup>
8. Centenarians – there are 108,000 of them as of 2024. By 2053, this number is expected to increase to 513,000.<sup>7</sup>
9. Seniors aged 65 and over spend over four hours a day, on average, watching TV.<sup>8</sup>

## Conclusion

These stats and trends point to one conclusion: The 65-and-older age group is expected to become larger and more influential in the future. Have you made arrangements for health care? Are you comfortable with your investment decisions? If you are unsure about your decisions, maybe it's time to develop a solid strategy for the future.

<sup>1</sup> SSA.gov, 2024  
<sup>2</sup> Genworth.com, 2024  
<sup>3</sup> PRB.org, 2024  
<sup>4</sup> Social Security Administration, 2024  
<sup>5</sup> EBRI.org, 2023  
<sup>6</sup> SSA.gov, 2024  
<sup>7</sup> PewResearch.org, January 9, 2024  
<sup>8</sup> BLS.gov, 2024

The content is developed from sources believed to be providing accurate information. The information in this material is not intended as tax or legal advice. It may not be used for the purpose of avoiding any federal tax penalties. Please consult legal or tax professionals for specific information regarding your individual situation. This material was developed and produced by FMG Suite to provide information on a topic that may be of interest. FMG, LLC, is not affiliated with the named broker-dealer, state- or SEC-registered investment advisory firm. The opinions expressed and material provided are for general information and should not be considered a solicitation for the purchase or sale of any security. Copyright 2024 FMG Suite. CRN202702-5953820

# You make your own luck

*But it's a lot easier to sell or buy a home with The Debbie Weber Team!*

Spring is the time to seize your opportunities! Whether buying or selling, let Debbie's expertise help navigate your journey. Luck favors the prepared, and with Debbie by your side, your dreams of sale or home ownership become reality.



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

Look for our complimentary 2024 Calendar in your mailbox!



Passionate about your legacy, impacting our community and supporting local charities.

Financial Planning · Protection Products · Investments  
 Business Planning · Brokerage Services

**(636) 675-9896**  
 (Voice Calls Only)

[pwight@financialguide.com](mailto:pwight@financialguide.com)

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



a MassMutual firm

**PHIL WIGHT**  
 Wealth Management Advisor

Phil Wight is a registered representative of and offers securities and investment advisory services through MML Investors Services, LLC. Member SIPC. Synergy Wealth Solutions 16150 Main Circle Drive, Suite 400, Chesterfield, MO 63017. 636-728-2400. CRN 202701-5659435.

# Who the heck goes to Fiji?



BY RICK HUEMOELLER, RESIDENT OF KEHRSWOOD

Well, me and my wife Sharon did a couple of weeks ago. It's just what you would imagine, a tropical island paradise. Fiji is located in the South Pacific, 1,300 miles north-northeast of New Zealand. It was a British Crown Colony until 1970 when it gained its independence. Fiji consists of an archipelago of more than 330 islands. With that said, 87% of the population live on two islands. The main urban center of one of those islands is Nadi. In Nadi the main industry is tourism. 500,000 tourists from Australia and New Zealand visit here each year, joined by 68,000 US citizens and 40,000 Chinese citizens.

This area of the world, including Australia and New Zealand, is the Chinese's main tropical get-away. It's a 12-hour flight from Los Angeles to Fiji and roughly the same from Hong Kong. While we have many places to enjoy the ocean, the Chinese have Fiji and the other islands of the South Pacific, like Tahiti. 65% of the island's population are Christian and 28% are Hindu.

Fiji is an extremely beautiful place. The beauty of this place is only surpassed by its people. Fiji's people are some of the warmest and friendliest people in the world. "Bula" means hello or welcome. If you are out and about, you will hear this greeting dozens of times, accompanied by a giant smile. We stayed at the Hilton Beach Resort. We took the tourist bus several times a day to get around. It stopped at all the major resorts in the area. All the major hotel chains are represented here. Marriott, Sheraton, you name it, and that hotel chain is here. Construction is everywhere, as more hotels are constantly being built.

Coconut trees are everywhere. Coconuts litter the sides of all the roads. Want one, just stop your car and pick them up.

Sharon and I got to cross off one item on our dream list. We snorkeled with sharks! Now with that said, they were black tipped reef sharks, only 5 or 6 feet long. I was going to say harmless, but virtually all sharks are harmless. Hundreds of million people enjoy the ocean each year. On the average only 50 people a year are bitten by sharks a year. Humans are not on the shark's menu. I understand the fear of sharks, but it's totally unwarranted, just like the fear of flying. Speaking of flying, we flew on Airbus A380. It's the biggest commercial airplane in the world. If full, it can carry 525 people, on two different levels.

*Sharon and I were bitten by the travel bug years ago. The disease has no cure. The symptoms can only be controlled by travel. My wish for all of you is that someday you are bitten by the travel bug.*

Happy and Safe Travels to everyone!

*Rick and Sharon Huemoeller*



**TRAVEL THE WORLD**  
 Caribbean • Mexico • Alaska  
 Europe • Asia • Australia  
 South America • and more!  
 CALL TODAY FOR THE BEST VACATION PACKAGES AVAILABLE AND ASK FOR SPECIAL RATES!

**CRUISE PLANNERS**  
 YOUR CRUISE & VACATION EXPERTS

**ELIZABETH SAUER**  
 Sweet N Sauer Travel LLC  
 (316)641-4527  
 www.SweetNSauerTravel.com  
 Elizabeth.sauer@cruiseplanners.com  
 https://www.facebook.com/BethASauer/  
 @BethPlansTravel

FLST# 39068 • CST# 2034468-50 • HST# TAR-7058 • WAST# 603-399-504

**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!

**Wente's**  
 FOOD, DRINK & SALOON  
 Est. 1994  
 JUMBO FLATS

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

**We reach 550+ of the best neighborhoods in the country. You're in one.**

Learn more about Stroll, America's leading neighborhood magazine publisher, by visiting [strollmag.com](http://strollmag.com).

**LOOK NO FURTHER FOR UNIQUE TABLES**

**Custom Woodworking**

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

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

# FOREST HILLS HITS IT OUT OF THE PARK WITH THEIR MOTHER-SON BASEBALL BASH

Special appearance by Fred Bird!

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



The Donaldson Family



Malorie & Auggie Perkins



Kara & Peter Brockmeier



Hugh Lantzy!



Sarah & Jack Garlich



Taylor & James Healey



Megan & Carter Probst with Friends



The Butchko Family



Laura & Tate Eckelkamp with Friends



Melissa & Dillon Shoop with Friend

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 [Bill.Tuttle@n2co.com](mailto:Bill.Tuttle@n2co.com) for more details.

A real estate experience that's more than just a transaction.



Contact us to get a custom market report and evaluation today!



**Jeff Lottmann**  
Luxury Real Estate Advisor  
M: 314.406.8911  
[jeff.lottmann@compass.com](mailto:jeff.lottmann@compass.com)



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

**COMPASS** REALTY GROUP

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

Learn to drive like a **CHAMPION!**



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

The **MOST TRUSTED** DRIVING SCHOOL in St. Louis!

- ★TEEN DRIVERS★
- ★ADULT DRIVERS★
- ★INTERNATIONAL DRIVERS★
- ★FULLY LICENSED & INSURED★

Dual Brake  
Late Model Vehicles  
Lessons Available 7 Days a Week  
Pick Up/Drop Off at Home, Work or School

**(314) 222-3938** ★ [coachharder.com](http://coachharder.com)



# Why choose GutterPros?

**SPRING SPECIAL**  
**25% OFF**  
Gutter Guards with  
the purchase of  
new gutters!

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



ASK US ABOUT  
GUTTER CLEANING!

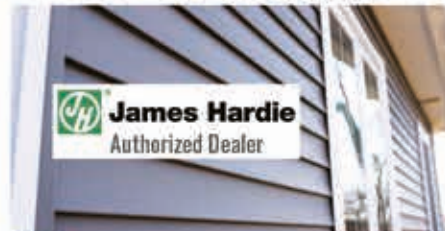
## Water goes where we tell it.



**GUTTER INSTALLATION**



**LEAF PROTECTION**



**SOFFIT/FASCIA/SIDING**



Stroll Clarkson Valley Preferred Partner, Dave Sylvester of GutterPros with Forest Hills Ridge resident, Steve Rees and his grandsons, Gray, Smith and Rees!

### Doing great work in Clarkson Valley!

**PREFERRED COMMUNITY PARTNER, DAVE SYLVESTER OF GUTTERPROS WAS SPOTTED WORKING IN FOREST HILLS RIDGE!**

Resident Steve Rees tells us, "I have a large two story home with several inside and outside corners. GutterPros had the experience and expertise to make our home look great and more especially make sure all the rainwater drains away from the house! I had an area where the foundation dirt had settled, we had some basement water after a very large rainstorm. Dave and his crew were so professional. Old gutters were removed and hauled away. New 6" gutters were installed with no damage to the siding or shrubbery. Not a scrap was left on the ground! My new 6" gutters and downspouts really refreshed the look of our twenty-year-old home!"

**FREE ESTIMATE NOW!**  
**CALL (314) 656-7195**



# IS YOUR LIFE PASSING YOU BY?



**D**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?

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

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.

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, 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

## 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!

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