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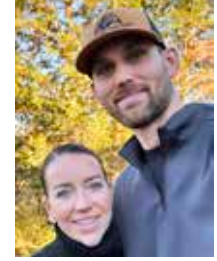


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BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES
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If you're like many of us, you might already have some new plants in the ground. Many use Mother's Day as their official planting day but I'm usually impatient to get outside before then. Looking across our back yards as the grassy slopes roll into one another gives me great satisfaction. I enjoy the space we have on the large lots which helped attract us to Clarkson Valley in the first place. We are close enough to our neighbors to form friendships,

but not so close as to feel cramped. We have beautiful, stately trees and enjoy the wildlife as they cross our paths. Just last week, my husband and I saw 5 wild turkeys crossing our back yard, we saw a red fox trotting across our drive pad, and we shared a laugh as my husband chased off the geese as they sought a good nesting spot!

Speaking of wildlife, we will soon see does with their new fawns. As in the fall, if you encounter a deer which

stands their ground and seems reluctant to move, *do not approach it!* A doe is neither tame or extra brave and chances are, she is protecting a baby somewhere close by. She can and will do great harm with her razor-sharp front hooves. We've found them in our flower beds and under our deck and bushes. If you discover one of these beautiful babies, please don't disturb them; they'll only be there for a few hours, or a day or so. Mom separates them to protect them

from predators and the other(s) close by. She is not deserting them; she goes back and forth to care for them without abandoning them.

This is also the time of year for starting the projects we've been thinking about all winter, be it inside or outside. Landscaping may need attention, or perhaps you want to start that kitchen remodel? After all, now you can grill everything outside since you won't have a stove! Remember, construction often requires approvals and building permits. Dumpsters, as well as



Clarkson Valley Building Inspector Brad Holmes

plumbing and electrical modifications need permits and inspections, and most of our HOA's require clearances for projects. We have a great new Building Inspector, Brad Holmes, who is knowledgeable, well-certified for all levels of inspection, and available at flexible hours. Do yourself a favor: if you have any question at all concerning your projects, check your HOA indentures, and call City Hall to clarify any necessary requirements before you start; a stop-work order in the middle of your project can throw your schedule into a nightmare.

Our City is beautiful. Help us keep it that way by maintaining your landscaping and home; after all, it's one of the reasons we were attracted to Clarkson Valley in the first place!

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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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.

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TruDose PRP is particularly effective for PANS/PANDAS, a condition that causes severe behavioral and emotional symptoms due to brain inflammation. Dr. James notes significant improvements: 'Children show remarkable progress in writing and behavior, and they are able to reduce their medication use.' The benefits extend to adults as well, especially those suffering from neuropathy, who report less pain and increased energy—a stark contrast to their struggles with conventional treatments.

TruDose PRP's success extends to those battling the exhausting effects of COVID-19, with patients reporting breakthroughs in sleep quality and energy levels. Administered over three to four sessions, the therapy shows visible results by the second treatment. It is customized to each patient's unique health profile, including optimizing essential nutrients like vitamins C and D.

The James Clinic offers this innovative treatment at a cost accessible to more patients, challenging the traditional high expenses associated with advanced medical care. Learn more about how TruDose PRP is reshaping the landscape of healthcare through Dr. James's podcast and YouTube channel. She features discussions with the founder of this therapy, exploring the scientific foundations and sharing success stories of this revolutionary treatment.



Mollie James
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ANGELA REMINGTON liked what her sons were experiencing in the Boy Scouts of America (BSA). She was intent on finding and providing the same opportunities for her daughter and other girls in our community. Like most parents' intent on a goal, Angela researched and brainstormed how she and her family could launch the first Girls' BSA Troop in Wildwood and Clarkson Valley. As a mom who saw a gap she asked, "What can I do to fill that need and provide resources for our daughters?"

Families in our neighborhoods now have the opportunity to participate in Scouting together through family scouting which promotes and links scout troops that are enjoying similar activities while providing different approaches. The family scouting approach is important to leaders as it encourages families to be together, learn together and experience the wide range of programming together.

"One of the reasons that we wanted to create a troop near Clarkson Valley, was so that girls had accessibility to BSA. There was a Boy Scout troop, and

we wanted both boys and girls to have scouting experiences and opportunities together and within their own troop. We want to make sure our girls have every opportunity afforded to them! We know girls will feel comfortable in themselves when they have the support, activities and opportunities presented to them."

The Remington's are a Scouting family. Zeke, Angela's husband was an Eagle Scout and involved since he was young. Their older son Xavier, 14 participated in National Youth Leadership Training (NYLT) through BSA. These leadership training programs are geared to youth and comparable to corporate training. Winston, 10 is Scout Rank and new to the troop. Evelyn, 12 is a First-Class scout. She has already earned fifteen merit badges and is looking forward to deep dives into adventures like her older brother. Angela and Zeke have been through the cub scouting program with their sons and are now Scout Master for 677G (Girls Troop) and Asst Scout Master 677B (Boys Troop).

WHAT ANGELA LIKES IS THAT IT'S NOT JUST ABOUT EXPERIENCING EVENTS WITH THE SCOUTS IN EACH TROOP. IT'S MAKING SCOUTING MORE STREAMLINED FOR FAMILIES AND SHARING GREAT EXPERIENCES TOGETHER.



Xavier & Evelyn Remington (front left and right) with Assistant Senior Patrol Leader Emma Gryzb (back center)



Winston Remington

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The Troops in Wildwood/Clarkson Valley are considered LINKED troops. They are separated by gender and share the same chartering and sponsoring organizations. Angela shared, “We are thankful that West County Youth Development is our sponsoring organization. This allows both troops to meet at the same time and in the same place. The troops camp separately, and each troop has its own leadership.”

“We can combine our programs together as a family and our daughters will have the same opportunities that our sons have!”



Senior Patrol Leader Angela Remington with daughter Evelyn

Scouting provides opportunities for kids learning how to cook, manage finances, understanding and practicing leadership skills, how to be a guide, how to deal with interpersonal relationships, learning to be independent and self-reliant, as well as earning all 147 Merit badges. This encourages scouts to learn about specific subjects: geology, hiking, astronomy, and gardening. In turn, this leads to sharing with others. The hope is that all Scouts become well-rounded individuals.

Angela and the BSA understand kids are busy these days. One of the aspects she likes the most is that “Scouting meets you where you are: we will support you in your goals and fun experiences. We know that at various times in your life you have different priorities and sometimes scouting takes a back seat. That’s okay, too. Scouting offers well-rounded experiences including a toolbox for being a

positive functioning member of society, incredible leadership opportunities and most importantly, personal growth.”

Nick Prainito, District Executive, of Greater St. Louis Area Council Scouting and New Horizons says, “The addition of a Scouts BSA girls’ troop in Wildwood and Clarkson Valley is outstanding for Scouting, and even more so for the local community. Scouting provides local youth with leadership development and character-building opportunities through various programs including immersive outdoor experiences, top-of-the-line STEM programs, and over 130 merit badges”.



“Scouting aims to serve all young people. Since the inclusion of young women into our Cub Scouts and Scouts BSA programs adopted in 2019, the Greater St. Louis Area Council has been leading the charge in serving this new demographic. Just last year, among over 200 BSA councils nationwide, we ranked #5 in serving females! Troop 677G is the 7th Scouts BSA girls’ troop in the New Horizons District, which serves 3,600 young people throughout West County”.

BSA GIRLS’ TROOP 677G IS ACTIVELY RECRUITING!

Angela hopes to continue welcoming scouts into the troop. For more information about Boy Scouts of America and Boy Scouts of America Girls’ Troops, please contact Angela at: ARemington1@gmail.com to learn more.

NICK PRAINITO CAN BE REACHED AT:
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NICK.PRAINITO@SCOUTING.ORG

BSA does require all adults to attend and go through a background check as well as protection training and Scout training. All adults interested in participating are required to provide a background check and must attend protection training and Scout training.



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LIME PAINTING, founded by Michael Hanley, is the self-proclaimed authority in luxury painting and coatings throughout St. Louis, MO. A residential and commercial painter with a background in construction and real estate, Michael, alongside his wife Daiba, launched LIME Painting during the challenging times of the pandemic. Despite the odds, they've thrived, delivering top-notch services that prioritize quality and integrity.

What sets LIME Painting apart is their commitment to excellence. They don't just slap on paint; they ensure that surfaces are properly prepped, offering carpentry and repair services as needed. This dedication to thorough preparation results in longer-lasting finishes and satisfied customers.

The philosophy of LIME Painting is encapsulated in its name: Love, Integrity, Mission, Excellence. These values guide every aspect of the business, from the initial consultation to the final brushstroke. Michael and Daiba's focus on quality isn't just about delivering a product; it's about building relationships based on trust and satisfaction.

As parents to their young son Blake the Hanleys lead by example. From Daiba's experience as the top customer service representative with the Bank of Bolivia in Cochabamba she is prepared to assist and guide homeowners through the



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Owners, Michael and Daiba, with son Blake and their pet dog.



paint and exterior improvement process. To Michael's passion for quality and service from years working on commercial properties and residential rehab projects. They and their team are here to elevate your residential or commercial space with impeccable craftsmanship and unparalleled customer care.

In a world where cutting corners is all too common, LIME Painting stands out as an example of reliability and excellence with a meticulous focus on quality and an unwavering commitment to detail. For those seeking painting services that prioritize quality and integrity, LIME Painting is the obvious choice. Experience the difference for yourself and #GetLIMED today.

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RETIREMENT SEEN THROUGH YOUR EYES



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HOW DO YOU PICTURE YOUR FUTURE?

Some see retirement as a time to start a new career. Others see it as a time to travel. Still others plan to spend more time with family and friends. With that in mind, here are some things to consider.

WHAT DO YOU ABSOLUTELY NEED TO ACCOMPLISH?

If you could only get four or five things done in retirement, what would they be? Answering this question might lead you to compile a “short list” of life goals, and while they may have nothing to do with money, the financial decisions you make may be integral to pursuing them.

WHAT WOULD REVITALIZE YOU?

Some people retire with no particular goals at all. After weeks or months of respite, ambition may return. They start to think about what pursuits or adventures they could embark on to make these years special. Others have known for decades what dreams they will follow... and yet, when the time to follow them arrives, those dreams may unfold differently than anticipated and may even be supplanted by new ones.

In retirement, time is really your most valuable asset. With more free time and opportunity for reflection, you might find your old dreams giving way to new ones.

WHO SHOULD YOU SHARE YOUR TIME WITH?

Here is another profound choice you get to make in retirement. The quick answer to this question for many retirees would be “family.” Today, we have nuclear families, blended families, extended families; some people think of their friends or their employees as family.

HOW MUCH DO YOU ANTICIPATE SPENDING?

We can’t control all retirement expenses, but we can manage some of them. The thought of downsizing your home may have crossed your mind. One benefit of downsizing is that it can potentially lead to no mortgage or a more manageable mortgage payment.

COULD YOU LEAVE A LEGACY?

Many of us would like to give our kids or grandkids a good start in life, but leaving an inheritance can be trickier than

many realize. Tax laws are constantly changing, and the strategies that worked years ago may have more limited benefits today.

Keep in mind this article is for informational purposes only and is not a replacement for real-life advice, so make sure to consult your tax or legal professional before modifying any part of your overall estate strategy.

HOW ARE YOU PREPARING FOR RETIREMENT?

This is the most important question of all. If you feel you need to prepare more for the future or reexamine your existing strategy in light of recent changes in your life, conferring with a financial professional experienced in retirement approaches may offer some guidance.

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Learning to drive is an exciting time and an important milestone for a teenager. With all the excitement, it is also understandable to have concerns, including the safety of family and friends as well as the additional costs of having another driver in the household.

When preparing for a new driver in the family, it is a perfect time to talk to your insurance agent. Your insurance agent should understand all the risks related to youthful drivers and can help tailor the right insurance coverage to help you feel confident that your family will be adequately protected.

Getting a great car insurance quote and the right discounts for new drivers can be a challenge. Make sure you compare rates and coverage on car insurance for teen drivers. Your insurance agent should be able to provide excellent service that meets the needs of teenagers and their parents.

Choose an insurance agent that offers discounts to help reduce teen driver insurance costs, and safe driving tips to help keep them safe such as Good Student Discounts and discounts based on safe driving habits.

Inexperience and immaturity can lead to risky driving, but establishing some house rules will help make your teen safer on the road:

- Restrict night driving.
- Keeping a safe following distance.
- Limit teen passengers.
- Discuss consequences. Teenage speeding puts lives and licenses on the line. It can also be expensive, and pricey tickets can increase insurance rates.
- Be involved. Frequently ride with your teens to be sure they are being safe. And when you are driving, be a good role model.

When is my teen ready to drive alone?

Your instincts are probably the best way to know. Remember, even if your teen is legally old enough to get a license, it is your decision whether he or she is ready.

Questions to consider:

- Has my teen had enough practice to be confident with their ability to handle most situations?
- Will my teen avoid using a cell phone or texting when driving?
- Does my teen always wear a seat belt and remind others to do so?
- Does my teen speed or drive aggressively?
- Will my teen drive the same way when I am not in the car?

If you have or are about to have a youthful driver, contact your Clarkson Valley neighborhood Insurance Agent Tania Interian at State Farm for a no-cost and no-obligation review. The best time to understand risks and coverages is before a claim arises.




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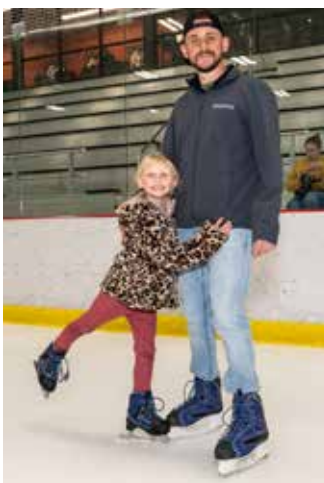
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- 1 / Annie & Alice McKittrick with their balloon animals.
- 2 / The Brockmeier Family
- 3 / The Holthaus Family at Easter Brunch
- 4 / Anna Thornhill with her balloon bunny ears.
- 5 / Laura Abilez & her grandson visit with the Easter Bunny!
- 6 / The Crosse Family
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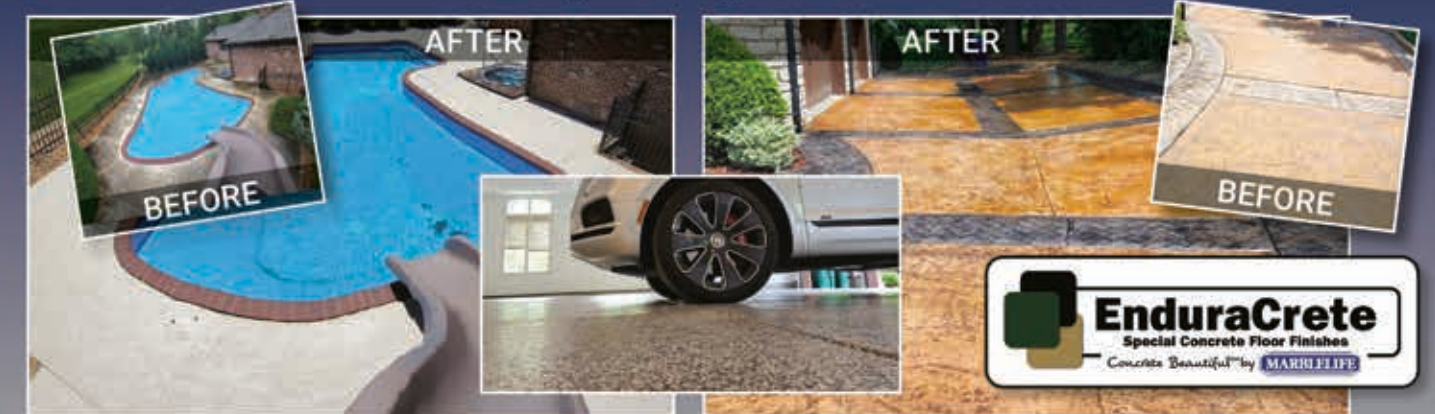
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