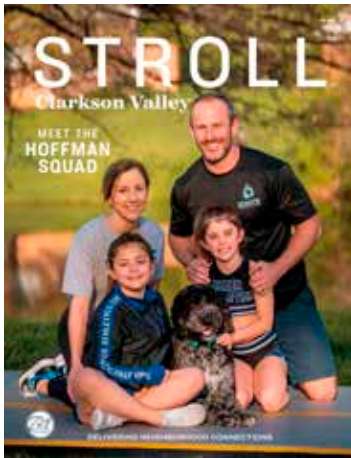
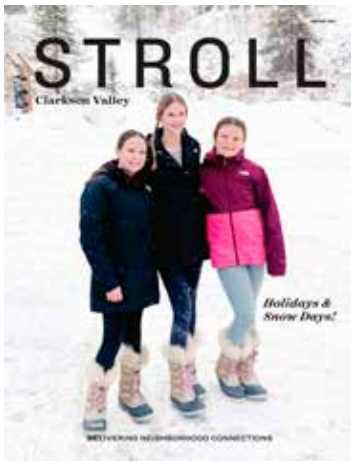
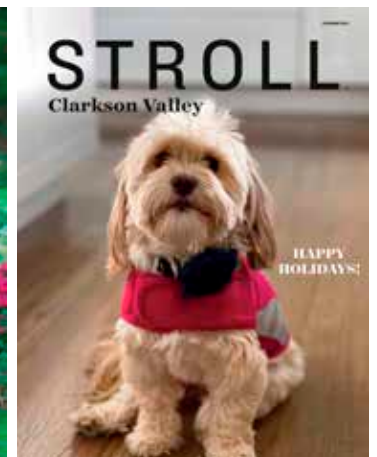
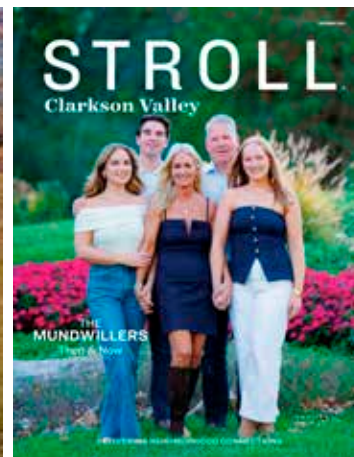
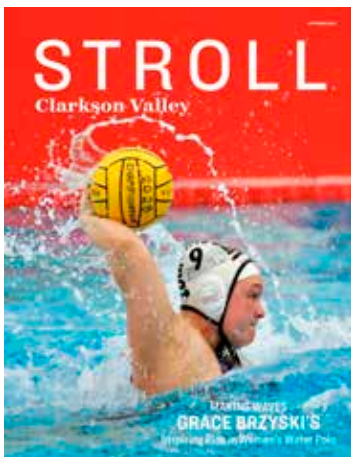


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This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

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You Don't Need
a Resolution.
You Need
a Reset.

There's something about winter that makes you take stock. The pace slows, the noise quiets, and suddenly you realize how run down you really are. The energy dips, the stubborn weight, the restless sleep that no amount of caffeine or supplements seem to fix.

You tell yourself you'll feel better when life calms down — but what if this is your body's way of asking you to pause and rebuild?

At James Clinic, we call this the renewal season. It's when we help patients repair what's been depleted, rebalance hormones, and restore energy so that by spring, you don't just feel caught up — you feel better than you have in years.

This isn't about resolutions, but about reprogramming how your body performs.

THE WINTER RESET

Winter is when your body naturally shifts into repair mode. It's the ideal time to support that process with therapies that recalibrate from the inside out — restoring hormones, balancing metabolism, and improving cellular function.

Popular winter therapies include:

- **Peptide Therapy** – Signals your body to rebuild, recover, and burn fat more efficiently.
- **Hormone Optimization** – Restores balance and focus with precision-based bioidentical therapy.
- **Weight Management Programs** – Personalized, data-driven plans that address metabolism and root causes.
- **Ozone (MAH) Therapy** – Detoxifies and strengthens at the cellular level.

- **IV Vitamin Therapy** – Replenishes nutrients for energy, hydration, and immune support.
- **Hyperbaric Oxygen Therapy** – Enhances healing, circulation, and recovery.

Think of it as giving your body an off-season — a chance to reset before you step into spring stronger, leaner, and clearer.

WHY IT WORKS

Most healthcare stops at managing symptoms. We go further, using advanced diagnostics to understand how your systems are performing — hormones, metabolism, inflammation, mitochondrial function — and build a plan to correct and optimize them.

Our approach combines what conventional medicine gets right with the innovations it often overlooks: peptides, ozone, and nutrient therapy alongside precise lab analysis and medical oversight.

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Whether you're ready for a full concierge partnership or prefer to begin with a few stand-alone therapies, every patient journey starts with the same principle: find what's off, fix it, and make it sustainable.

This winter, give your body what it's been asking for — a strategic reset.

Because when spring arrives, you shouldn't be recovering from another stressful year. You should be thriving, energized, and ready for whatever comes next.

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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!

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.



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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Living

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MAYOR'S CORNER

Happy New Year!

BY CLARKSON VALLEY MAYOR SUE MCNAMARA,
RESIDENT OF KEHRS MILL ESTATES,

Are your ornaments packed away? Have the unwanted holiday gifts been returned, regifted, or quietly burned or buried (Seriously?! What were they thinking?!)? Are you planning trips to warmer climates over the next few months, or just starting to flip through seed catalogs for spring? Yes—it's 2026. It's time to resolve to take on new challenges—your Council has been working toward this over the last year.

After more than 15 years without a comprehensive update, and following months of careful review and collaboration, Clarkson Valley is completing a major, long-awaited effort to modernize its building regulations. The city will soon adopt the 2024 St. Louis County Building Codes, bringing our standards fully up to date and positioning Clarkson Valley for the future.

Our new Building Inspector Paul Mercurio, with valued support from former inspector Brad Holmes, the 2024 International Code Council (ICC) codes were thoroughly evaluated and tailored to fit the unique character and expectations of our city.

Looking ahead, these updated standards will strengthen public safety, protect public health, improve energy efficiency, and streamline the building and permitting process—while remaining cost-conscious and flexible. Four codes were strategically modified, while two will be adopted as written. Most importantly, they ensure that as construction methods, materials, and technologies continue to evolve, Clarkson Valley is now positioned to move forward with confidence, consistency, and quality for years to come.

What this means going forward:

- Stronger safety and health protections for residents
 - More efficient, predictable permitting and construction
 - Improved energy performance and long-term utility savings
 - Standards that keep pace with modern building practices
 - A code framework that supports high-quality, responsible development
- We'll host our first Coffee with the Mayor on Wednesday, January 7, from 9–10 a.m., in the lobby of our office building at 15933 Clayton Road. Come grab a cup, share your thoughts about our City, and take the opportunity to say farewell and offer your best wishes to Lt. Chris Connelly as he retires and completes his service with Clarkson Valley on Friday, January 9, 2026.

Get outside and shake off the holiday hustle—take a walk on a nice January day (yes, it's Missouri, and we have them). Consider some landscape plans and check out Missouri's updated list of invasive plants, which limit other plants' ability to thrive and reduce food and shelter for local wildlife. Although lovely to look at, some may surprise you: Burning Bush, Honeysuckle, and the ubiquitous Bradford Pear (need proof of "invasive"? Just drive through the intersection of Hwy 64/40 and 141 in the spring—those flowering trees were not planted by MoDOT or any other human!). Look for red-tailed hawks, and on cold, quiet winter nights, listen for great horned owls.

Enjoy our City, give thanks for what we have, and consider how we can continue to improve it together—we're listening. Happy New Year—here's to continued success for Clarkson Valley in 2026.

COFFEE WITH THE MAYOR!

Beginning in January, we will host Coffee with the Mayor every other month on the Wednesday following our Council meeting. The first event will be Wednesday, January 7th from 5 – 6 p.m. in the lobby of our office building at 15933 Clayton Rd. Come grab a cup and tell me your thoughts about our City



Ho, Ho, Ho! Happy Holidays to all!

Sue McNamara

Mayor, Clarkson Valley

Clarkson Valley Recycling Results

Most Recent
Most Recent Monthly Recycling
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DO YOU OWN A BUSINESS?

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

The Stroll Clarkson Valley Families of 2025!

PHOTOS COURTESY OF JOHN KADDOURI PHOTOGRAPHY, ZETTL PHOTOGRAPHY, AMAYA JAVITTA PHOTOGRAPHY, AND OUR CLARKSON VALLEY FAMILIES. SPONSORED BY CHRISSY WAGNER RED KEY REALTORS

Stroll Clarkson Valley continues to be a place where neighbors become friends and stories bring our community closer together. To our 2025 featured families, thank you for opening your homes and hearts to us. Your covers and articles have created some of our most memorable moments yet, and we love sharing your stories with the community!

We're also grateful for the incredible photographers who help bring each issue to life. John of Kaddouri Photography, Stephanie of Zettl Photography, and Amaya of Amaya Javitta Photography consistently capture the warmth, beauty, and personality of our families. Their talented work elevates every publication.

And a very special thank you goes to Chrissy Wagner of Red Key Realty Leaders, our trusted community social partner. Chrissy has proudly sponsored the monthly "Family Spotlight" and featured article since we re-launched in January 2020. Her continued support plays a big role in making *Stroll Clarkson Valley* the magazine our neighbors look forward to each month.

Here's to another year of celebrating the people who make Clarkson Valley feel like home!



The Homayoonfars of Forest Hills



The Griggs Family of Kehrs Mill Estates



The Ries Family of Kehrs Mill Estates



The Shuerts of Dunhill Farm



The Hoffmans of Westhampton

Get to know your neighbors better by having your family's story told 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 Bill.Tuttle@n2co.com.



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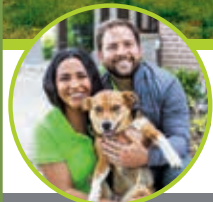
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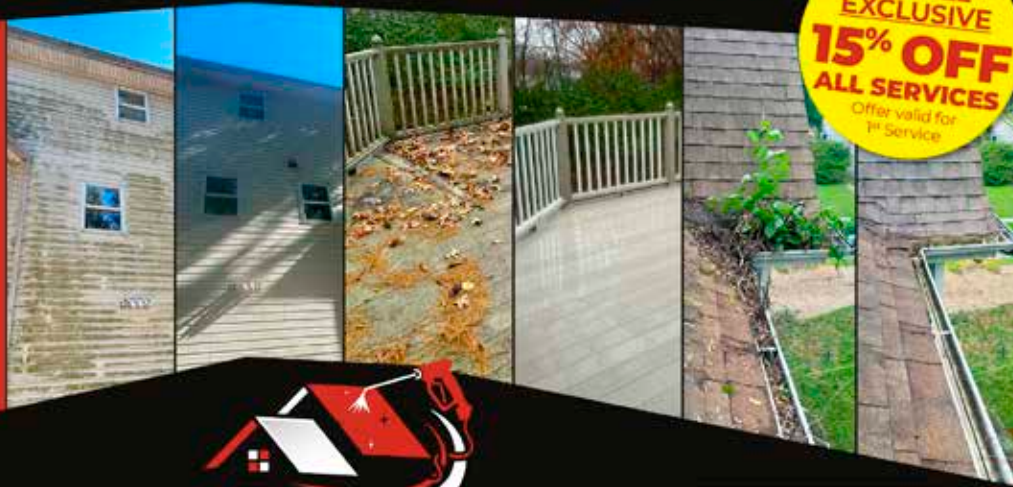
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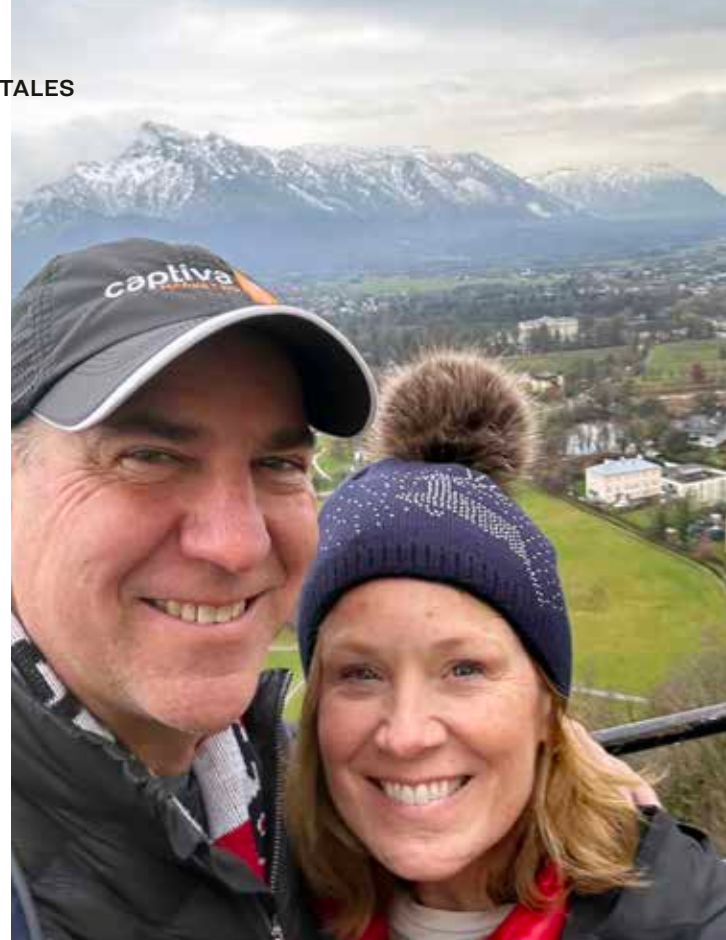
A Year of Journeys

From ancient ruins to river cruises and iconic European cities, 2025's Travel Tales took us around the world through our neighbors' eyes. These stories celebrated history, family, discovery, and unforgettable moments—reminding us that travel's greatest gift is the memories we bring home.

Sharon and Rick spent eight days exploring Nicaragua and Honduras in 2011, focusing on the Mayan ruins of Copan and the tropical island of Roatan. They describe Copan's impressive temples, wildlife encounters, and the value of hiring a guide, followed by Roatan's stunning beaches and world-class snorkeling. Despite occasional challenges—like language barriers and unexpected demonstrations—they encourage others to travel in 2025 and create great stories of their own.



Sharon and Rick visited Greece for their fifth time, starting in Athens where they walked the historic streets, climbed to the Parthenon atop the Acropolis, and explored the Acropolis Museum. They then traveled through several islands—enjoying the lively nights in Mykonos, taking in Santorini's stunning scenery, exploring ancient sites in Crete, wandering the medieval old town of Rhodes, and visiting the sacred ruins on Delos.



Mark and Rachel told us about their December river cruise through Germany and Austria and were surprised by how much they enjoyed it. They explored historic sites like the Nuremberg Trial Museum, visited castles, heard the Danube Waltz performed in Vienna, and sampled local favorites from schnitzel to Glühwein. The highlight of the trip was immersing themselves in the charm and festive spirit of each town's Christmas market.



During spring break, Theresa Karutz participated in an advanced Spanish immersion program in Colombia, traveling from Bogotá to Medellín. The experience included cultural landmarks like Plaza Botero, a visit to Guatapé, and exploring Comuna 13—now a vibrant center of art and history reflecting Colombia's powerful transformation.



Sharon and Rick returned to Mexico, a place deeply connected to Rick's family, and spent a full day exploring the ruins of Chichén Itzá, including El Castillo—the Mayan pyramid they once climbed before it was prohibited. They visited other key structures like the Temple of the Warriors, the Great Ball Court, the Observatory, and the massive cenote, passing through small Mayan villages along the way. Their travels also took them beyond the ruins to places such as Tulum, Mérida, Cozumel, and the Celestún Bird Sanctuary, where flocks of flamingos filled the sky with pink.

Christian's strong first year at St. Clare of Assisi—marked by academic growth and a budding fascination with Christian history—inspired his parents to take him on a memorable summer journey through Italy. Together they explored Florence's great museums and cathedral, glided through Venice on a gondola, posed with the Leaning Tower of Pisa, and braved Rome's heat to visit the Vatican, ancient ruins, and the Colosseum. The trip broadened Christian's faith and curiosity, setting the stage for an exciting new school year, now shared with his sisters Gabby and Hannah.



Sharon and Rick revisited Italy and spent time exploring the "Big Three" cities—Rome, Florence, and Venice—each filled with unforgettable history and culture. In Rome, they visited iconic sites such as the Colosseum, Vatican City, Trevi Fountain, and especially the Pantheon, before heading to Florence to see masterpieces at the Uffizi and Michelangelo's towering David at the Accademia. Their travels also took them to Milan to view The Last Supper, Pisa's grand plaza with its Leaning Tower, and finally Venice, where they wandered canals, admired St. Mark's Basilica and the Doge's Palace, and reflected on the city's remarkable past and its fragile future.



Sharon and Rick's first European adventure in 1989 took them across five countries at a time when the Berlin Wall still stood and travelers relied entirely on paper maps. Over six weeks and 5,000 miles, they explored Bavaria's Neuschwanstein Castle, wandered the medieval streets of Dinkelsbühl and Rothenburg, and continued on to Amsterdam to experience its canals, the Rijksmuseum, and the poignant Anne Frank House. Their journey eventually led them to Paris for the very first time—a memorable finale to a trip through a Europe that no longer exists in the same way.



The Pets Who Made Our Year!

Pets are woven into the heart of our homes, and hearing their stories “in their own words” offers a charming glimpse into life with our Clarkson Valley neighbors. It remains one of our most-loved features—and for good reason!

RALPHIE is the friendly Bernadoodle who has become a comforting and familiar presence for everyone on the street. He loves watching deer with calm fascination and, despite his gentle nature, still likes to stay close to his humans when it gets dark. In Ralphie, the neighborhood has found not just a lovable pet but a gentle friend who brightens everyone's day.



DOTTIE is a 10-month-old Shih Tzu who brought new light and love into the Frechmann home after they lost their puppy Remy, instantly bonding with Brix the moment he picked her up through joyful tears. Life with her new family has been a dream, filled with homemade meals, adventures in the woods, sledding, and endless playtime with her best friend, Brix. Every night she curls up on his head to sleep, knowing she's found her forever home and wouldn't want to be anywhere else.



FIFI MAPLE is a Reverse Sheepadoodle who arrived the day after Christmas and quickly became the joyful, fluffy spark of her family. She loves sticks of every kind, shows off her zoomies, and surprises everyone with her bold little antics like trotting across hearths and coffee tables. With her weekly daycare, her regular grooming, and the love she gets at home, FiFi's life is full of fun and the happy chaos of being a much-loved pup.



BUSTER AND BLUE are two Labrador brothers who bring endless joy to their family, with seven-year-old Buster living for fetch and six-year-old Blue living for food and affection. Their names tell their stories, from Buster's energetic spirit to the Blue Angels flying overhead the day Blue came home. Whether they are racing onto the bed, dodging bath time, enjoying walks and car rides, or simply staying close to their humans, these two pups fill every day with laughter, love, and plenty of unforgettable moments.



PICKLE is a gray and white tabby who was rescued from the streets and now rules the Park household with a very high opinion of himself and a long list of regal demands. He considers his dramatic quirks misunderstood, prefers the safety of indoor life, and fills his days with daring bannister adventures, sibling landings, and mandatory affirmations of his greatness. To Pickle, the residents of Clarkson Valley are merely an audience, best admired from behind a window and never addressed directly.



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



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As defending State Champions, Principia boys basketball continues to make headlines, earning the number one preseason ranking in Missouri by Sports Illustrated, surpassing powerhouse programs of much larger schools across St. Louis and Missouri. The team was also the only Missouri team invited to the prestigious City of Palms Classic in Florida showcasing future college and NBA talent.



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Principia just came off a second place State finish in boys soccer, a first-place finish for girls singles tennis, and the girls basketball team finished second last year in State.

Our students work hard and play hard, but most importantly, they work daily on winning in purpose. Learn more about Principia athletics, as well as the many other facets of academic life in the “news” area of our website: principiaschool.org/news.

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Clarkson Valley's 2025 Amazing Athletes!

Our Clarkson Valley athletes continue to inspire with their talent, drive, and remarkable achievements. We're proud to present our 2025 Amazing Athletes!



Marquette High School celebrates being named a National Banner Unified Champion School! Students assembled to dance, cheer relay races and basketball games to recognize the honor!



Pierce and Sloan Cunningham of Forest Hills take on the Blue runs and moguls at Breckenridge, CO! Vincent Santangelo of Westhampton sports his soccer kit!



The Junior Golf Season wrapped up after a six-week run and a two-day end-of-season tournament. There were over 150 participants this year! Forest Hills' highly attended Tennis program wrapped up Session One with an impressive 220 participants!



Grace Brzyski's journey took her from coed pools in St. Louis to competing against top collegiate programs, and helped make history by winning Missouri's first-ever Girls State Championship before becoming a three-time captain at Mercyhurst during their inaugural Division I season. Known for her toughness and teamwork in the pool, she earned honors including the Curtis Robinette Unsung Hero Award and CWPA All-Tournament Team Honorable Mention. Now pursuing a Doctor of Physical Therapy at Mizzou, she continues to inspire the next generation of female athletes. Forest Hills Swim Club relay team of Hudson Zenk Finn O'Donnell Liam Price and Nathan Parks show off their 1st place ribbons! The Swim and Dive team ended their season with a special green and white practice!



Chloe Hanak grew from a four-year-old on skates into a versatile hockey player, earning wins with the 12U Lady Falcons and the AAA Lady Blues 12U, where she also scored her first AAA goals. She also found success on the track, winning the 400-meter race in both 4th and 5th grade at Kehrs Mill Elementary.



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.



Gwen and Gabby of Westhampton bring serious sparkle to the scene with their competitive cheerleading prowess!



Forest Hills 2025 Member-Member Champions: Eron Cunningham and Brandon Duncan with their families! The Ellis family proudly displays their championship belt!

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Best of 2025!



Birthday wishes to the Karutz's granddaughter Angelina Schratz!



Graduation Day!



Mother's Day with Amanda and Brix Frechmann!



The Cox's Aspen CO inspired home.



Ice Skating Social at Maryville Hockey Center!



The Dienstbach Tennis Museum!

Spring Break - Ray, Sarah, Paxton and august Lello at Longboat Key, FL!

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Back to School!



Mayor's Bowl - Joe Garritano - Mayor of Wildwood, Karen Calccatera - Lafayette Principal, Tracey Waeckerle - Marquette Principal with Sue McNamara - Mayor of Clarkson Valley



Michele McMahon retires - a Michelebration!



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Highlights from 2025 Forest Hills Happenings!

PHOTOS SUBMITTED BY ALI KAPLAN, DIRECTOR OF MEMBERSHIP & MARKETING AT FOREST HILLS COUNTRY CLUB

Membership at Forest Hills Country Club is by invitation only.



4th of July Celebration - With diving contests, a soda and coin dive, DJ entertainment, the pool was the place to be on the 4th of July!



Mother-Son Lego Bash - Cathy & Henry Lui pose with Laura & Tate Eckelkamp



Seafood Boil - David and Jane Ganz!



An Enchanted Father-Daughter Dance Evening - The girls enjoyed a visit from "Taylor Swift"!



Haunted Autumn Extravaganza - August Lello, Kenzie and Karoline Crosse with Paxton Lello!



Loud Summer Night Slushies!



Mother's Day Brunch - The Jacobs family enjoys Mother's Day Brunch



Loud Summer Night Cotton Candy!



Easter Fair Brunch - Balloon art and face paint were favorites!



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Are you a member of Forest Hills Country Club? We'd love to spotlight you! Email Bill.Tuttle@n2co.com for more details.

Breakfast & Brunch with Santa - The hot chocolate bar was a hit for all ages!

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Family Valentine's Brunch - The Homayoonfar Family

Breakfast & Brunch with Santa - The Schanzmeyers show off their face paint and balloons!

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A Simple 5-Step Portfolio Checkup Anyone Can Do

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MOST PEOPLE GLANCE at their accounts, see that the balance is up or down, and move on. But that surface check can hide deeper issues like unnecessary overlap or risks that don't match your current life situation. A simple portfolio review starts with asking the right questions and being crystal clear about what each investment is doing for you.

HERE'S A FIVE-STEP AUDIT YOU CAN RUN ON YOUR OWN ACCOUNTS:

1. List Every Holding and Its Job

Think of your portfolio as a team. Every player, whether it's a stock, bond, mutual fund, or ETF should have a clear role. Growth. Stability. Income. Diversification. If you can't explain what a holding is supposed to do, that's a red flag.

2. Spot Hidden Overlap

Many investors end up owning different funds that follow similar indexes or invest in the same set of companies. When that happens, the portfolio may look diversified on the surface, but in reality a large portion of it is tied to the

same stocks. This can limit the benefit of diversification. Compare the top holdings of your funds. If they all own the same big tech companies, you may be less diversified than you think.

3. Check Fees and Trading Costs

When you invest, there are always costs like fund expense ratios, account fees, or trading costs. While each one may seem small, they quietly reduce your returns over time. Even small percentages add up over time, so it's important to know what you're paying and make sure the costs are reasonable for the value you're getting.

4. Map Risk to Real Goals

Are you taking more risk than you need or not enough? Compare your portfolio's risk level with your personal goals and timeline. A 30-year-old saving for retirement has a very different risk profile than someone five years from drawing down their nest egg. You need to find the right amount of risk for your specific situation.

5. Create a One-Page Keep-or-Cut Plan

After you've gone through the steps, summarize your findings on a single sheet. Write down each holding, its role, the fees, and whether it stays or goes. The act of putting it all on one page forces clarity. Instead of a scattered collection of accounts, you'll have a roster of investments that each play their part, working together toward your real-world goals.

A portfolio review is about shining a light on the details so you can see whether your money is truly working toward your goals. And while you can start this process on your own, getting a professional perspective can add context and help uncover blind spots.

Detalus and its affiliates do not provide tax, legal, or accounting advice. You should consult with your tax, legal, or accounting advisor before engaging in these types of transactions.



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From left to right: Jason Galloway, proud new owner of The Scobis Company, alongside Kim Wright, Fusion Business Broker – the dealmaker who brought it all together. Joining them are Toni and Mike Rachocki, with Mike passing the torch as the former owner.

Photography by Guinevere Lorenz

Helping One Owner Retire & One Buyer Grow: The Successful Sale of Scobis Doors

In today's competitive business market, finding the right match between a retiring owner and a motivated buyer isn't always easy. But that's exactly what I specialize in—and the recent sale of Scobis Doors is a perfect example of how the right guidance can create a win-win transition.

For decades, Mike Rachocki of Scobis Doors built a strong reputation for craftsmanship, reliability, and customer trust. When the owner decided it was time to retire, he faced the challenge many business owners encounter: how to preserve his legacy while securing a smooth exit. That's where I stepped in.

SUPPORTING THE SELLER'S RETIREMENT JOURNEY

Mike had invested years into building a respected business. My role was to ensure his hard work was recognized through a fair valuation and a confidential, stress-free sale. From preparing the business for market to negotiating terms, I handled the details so he could focus on what mattered most—transitioning into a well-earned retirement. Also, confidentiality is the biggest part of our transactions. Keeping the sale quiet till it is over, is our number one priority at Fusion Business Brokers.

"My approach is simple but proven: Understand the seller's goals, identify qualified buyers, and manage every step of the process with professionalism and care."



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At the same time, I worked closely with Jason Galloway, the buyer to help him understand the company's strengths, potential, and long-term opportunities. Scobis Doors represented not just a purchase, but a platform for growth—and with expert guidance, Jason and his team was able to step confidently into ownership of a thriving operation.

A SEAMLESS TRANSITION FROM ONE CHAPTER TO THE NEXT

The successful sale of Scobis Doors is more than a transaction. It's a story of continuity, opportunity, and trusted partnership. My commitment is to ensure that every business transfer I facilitate honors the legacy of the seller while empowering the next owner to build upon a strong foundation.

Whether you're thinking about retirement or looking to acquire a business with real potential, I'm here to guide you through every step—professionally, confidentially, and with your goals at the forefront.

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DELICIOUS DISH

A Cozy Start to 2026: Slow- Cooker Comfort Made Easy

Tomato Florentine Soup

BY CINDY MUNICH, RESIDENT OF THE MANORS OF CLARKSON VALLEY

of soup in the freezer, the curveballs life throws at you feel a little easier—especially when you know dinner is already planned.

And don't forget dessert. What's your favorite Crave Cookie flavor?

INGREDIENTS

(Makes 10 Cups)

- 3 cups chicken or vegetable broth
- Two 14.5-ounce cans diced tomatoes with basil, oregano, and garlic (undrained)
- One 15-ounce can tomato sauce
- One 5-ounce bag fresh spinach, chopped or one 10-ounce box frozen spinach, thawed and drained
- 1 shallot, finely chopped
- 1 ½ teaspoons minced garlic
- ½ teaspoon salt
- ¼ teaspoon pepper
- One 9-ounce package refrigerated cheese-filled tortellini
- Parmesan cheese for garnish

INSTRUCTIONS

1. Combine the first eight ingredients in a 4-quart slow cooker.
2. Cover and cook on LOW for 5 hours.
3. If a smoother consistency is desired, use an immersion blender.*
4. Add the tortellini and cook on LOW for an additional 30 minutes.

5. Garnish with parmesan cheese before serving.

**Tip: If you don't have an immersion blender, cool the soup slightly and puree to the desired consistency in a blender. Only fill the blender halfway and puree in batches.*

Each month Cindy Munich will prepare a recipe that pares with a cookie from Crave Cookies! Do YOU have a special recipe you'd like Cindy to prepare and feature? Email Cindy Munich at Munichs3@hotmail.com.



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Happy New Year to all! I hope you had a spectacular holiday season. It's always wonderful to spend time with friends and family. Now that 2026 has hit the ground running, it feels like we're all trying to keep up! Are you someone who vows to get in better shape, lose those nagging five pounds, or get better organized? I can't promise solutions for all of that, but I can help you get a delicious, nutritious, and effortless dinner on the table in no time.

I'm excited to share this recipe with you. Just toss a few ingredients into the slow cooker before you head off to work or carpool, and you'll come home to a house that smells divine. Add a tossed salad and a loaf of crusty bread, and dinner is done. I know I come across as the queen of "easy-peasy" (our publisher's favorite description!), but simple meals are what keep life manageable. If you keep a casserole or two and a few quarts





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Getting Snug

Inspired by the English tradition of quiet, private corners, the modern snug is your chance to carve out a cozy winter retreat.

BY CAROLINE EDWARDS

There's something irresistible about a small, cozy room where the world outside feels far away. In England, they called it a "snug," a quiet corner in a pub where friends could gather in private, shielded from the noise and bustle around them. Today, that idea has made its way into homes, offering a personal retreat during the long winter months.

Picture this: a soft armchair tucked into a corner by the window, a stack of your favorite books within reach, a warm throw draped across the back. The furniture invites you to linger, the textures beg to be touched, and the space instantly feels like your own. Lighting is everything; soft lamps, flickering candles, or even a gentle string of lights can turn an ordinary room into a cocoon of warmth.

And don't forget the personal touches. Perhaps it's a basket of blankets, a few treasured photos, or a small plant that brings a touch of brightness to the space. A snug isn't just about looks—it's about how it feels when you sink in and let the world slow down for a moment.

A snug can be your reading nook, a quiet corner for tea, or a spot to share intimate conversations with a friend. It's small but mighty, a little haven that carries you through winter with comfort, calm, and style.

This season, embrace the snug. Create a space that feels lived-in, welcoming, and completely yours—and watch how a small corner can bring big joy.

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Meet Clay Deschler of Shelton Landscape & Maintenance

IMAGINE STEPPING OUTSIDE and feeling as if you’ve entered a private retreat designed just for you. No travel required—just the comfort of home elevated by thoughtful design, expert craftsmanship, and ongoing care. That’s the experience homeowners enjoy when they partner with Shelton Landscape and Maintenance, a trusted leader in full-service outdoor transformations.

Today’s backyards are more than lawns and patios—they’re extensions of the home. They’re where families gather, where homeowners unwind, and where everyday life gains a touch of everyday luxury. At Shelton Landscape and Maintenance, every project begins with one essential step: understanding how you want to live outdoors. Whether it’s a cozy firepit for cool evenings, a winding garden pathway, or a fully equipped outdoor kitchen perfect for entertaining, your lifestyle becomes the blueprint.



With professional maintenance, you get all the beauty of a high-end landscape—without the burden of managing it yourself.

Your Backyard, Elevated
A backyard transformation is more than an upgrade—it’s a lifestyle enhancement. It’s morning coffee on a peaceful patio, children exploring colorful garden paths, and evenings spent under soft lighting with friends and family. With Shelton Landscape and Maintenance, your outdoor space becomes a place where memories are made, and everyday life feels a bit more extraordinary.

Ready to reimagine your backyard? Let Shelton Landscape and Maintenance bring your vision to life—and keep it looking its best season after season.

KEEP YOUR EVERGREENS THRIVING THROUGH WINTER



Did you know, ensuring your evergreen trees are well watered is very vital to keeping them alive and healthy, even through the cooler months? If you’ve put off that outdoor project you’ve been wanting to get done, now is the perfect time to begin planning and have things completed by Spring 2026. Call us today to get the process started. Call us today to get on our schedule for Spring!

“These guys are great! They are professional and take pride in their work! They keep my shops lawn and landscaping looking great!” —Jake G.

See more projects on:

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DESIGN WITH PURPOSE
A beautiful backyard doesn’t happen by accident. The designers at Shelton Landscape and Maintenance craft each plan with intention—shaping natural flow, maximizing functionality, and capturing the exact atmosphere you want to create. They consider everything from drainage and sun exposure to materials, privacy needs, and long-term plant health. The result is a cohesive outdoor environment that feels both effortless and inviting.

CRAFTSMANSHIP THAT ENDURES
Your backyard should be stunning not just on day one, but for years to come. Shelton Landscape and Maintenance uses premium materials and proven installation techniques that stand

up to weather, time, and everyday use. From paver patios and retaining walls to water features, accent lighting, and custom structures, every detail reflects durability and artistry. Plantings are selected to bring color, texture, and year-round interest—creating a landscape that matures gracefully with each season.

Maintenance That Protects Your Investment
A transformative outdoor space deserves expert care, and Shelton Landscape and Maintenance offers comprehensive maintenance programs to keep your landscape thriving. Services include seasonal pruning, mulching, plant health monitoring, weed and pest management, edging, irrigation adjustments, lighting checks, and turf care. They even provide annual color updates to refresh your space with vibrant seasonal flowers.

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