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PHASE 2

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Publicly launch your property on Compass.com, showcasing it to all agents and consumers on the internet without displaying days on market or price drop history. Signal to the market that increased competition for the listing will be coming soon when it's launched on all other sites.

- Receive key engagement insights from your agent about how agents and their buyers are viewing, commenting, and sharing your listing on Compass.com — data that is lost when listings go into other platforms.
- Improve the chance of ranking higher on Google while increasing the likelihood that serious buyers contact us directly, instead of an agent who may not be familiar with your home.
- In this phase, have more control over your data so photos of your home and personal information don't stay on the Internet.

PHASE 3

Go Live on All Platforms

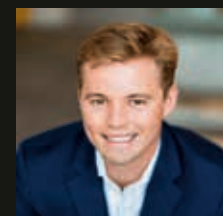
Go 'Active' on MLS & third-party sites with benefit of price discovery from Phases 1 & 2.

- Armed with feedback from agents and buyers, we strategically launch your home on the public market to help ensure maximum demand and confidence to achieve the best outcome for you. Now that your home is launched, it will accrue days on market and visible price drop history.



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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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Delivering Neighborhood Connections
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CLARKSON VALLEY
Living

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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.

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A DIFFERENT KIND OF MEDICINE

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.

**COME SEE WHAT CARE CAN LOOK LIKE
WHEN IT'S BUILT AROUND YOU.**

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Mountain Air & Family Time

*Finding Fresh
Perspective this Winter!*

This winter, our family spent some time in Colorado, enjoying the mountain air and the beautiful settings around Beaver Creek and Vail. While some of us took to the slopes and others enjoyed the views from below, it was a great reminder of how refreshing it can be to step away and spend time together. Between cozy meals, good conversation, and the energy of the resorts, it was a wonderful break from routine.

At *Stroll Clarkson Valley*, we love featuring our neighbors' travel experiences! If you have a trip or adventure you'd like to share in a future issue, please to reach out to me at Bill.Tuttle@n2co.com.

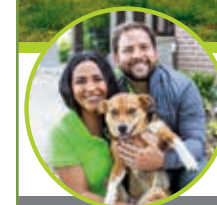
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*Bill, Athena,
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You're Invited!

Neighbors Night Out Ice Skating & Social Event

Date: Sunday, March 29th
Time: From 3:00 to 5:00 pm
Location: Maryville Ice Skating Rink · 18383 Chesterfield Airport Rd, 63005

All *Stroll Clarkson Valley* families are invited to the **FREE** social event! Ice skating for all—adults can skate with the kiddos or socialize in The Falcon's Nest Bar and Lounge overlooking the rink! (No drop-offs please). Sandwich, chips, and drink provided for each kiddo & 1 **FREE** Adult Beverage for each adult! There will be Door Prizes from our Advertising Sponsors as well!

• RSVP using the QR Code below or email: Bill.Tuttle@n2co.com



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It's Spring Cleaning Time!

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

If you're anything like me, you're finally getting all the detritus from the holidays cleaned up and beginning to consider new projects for 2026. It may still be a bit too cool to dig into our gardens, but I'm turning my attention to other spring efforts. I cringe to recall the last time I cleaned out my closets—shoes and clothes to be discarded or donated—and then there's the garage, the basement... whatever! Yikes!

Speaking of getting rid of things, did you know you can request a single bulk-item curbside pickup from Republic once a week? They'll take household items such as bedsprings, mattresses, appliances up to 50 lbs., and other furniture items (like that lamp you received for Christmas that was so ugly it was declined by the thrift shop!). The only limitations are that the item must be liftable by one person and cannot contain freon.

The City of Clarkson Valley has a very clean recycling rate, with an outstanding collection record: 94% of what we recycle can be sorted and reclaimed, and only 6% of what we place in our recycling bins must be redirected to a landfill. Of the 47 municipalities in St. Louis County, we are tied with two others—Chesterfield and Manchester—for the #2 spot. We are topped only by Creve Coeur, which has a 95% clean rate. Can we beat that?

Speaking of recycling, we will be hosting an event on **Saturday, 03 October, from 9:00 a.m. until noon.** Both paper and electronic items will be accepted up to a weight limit to be set by the vendor (first come, first served). Paper shredding will be on-site but will not be available if it rains. An ID with a St. Louis County ZIP code will be required.

Thankfully, cleaning out our Board of Aldermen does not look threatening; the election will be held on **07 April 2026**, and

each of our three wards has one candidate standing for reelection to another two-year term. All are unopposed:

- **Ward One:** Andrew Low
- **Ward Two:** Brock McDonald
- **Ward Three:** Lin Midyett

All have been valuable assets to you as residents and have contributed greatly to our success this year.

Our police force has also seen some changes. Marquette High School has a new School Resource Officer, Officer Frank Wood, whose first day at the school was Monday, 09 February 2026. In January, we said farewell to Lt. Chris Connelly upon his retirement, and as of 08 February, our new Commander is Lt. John Bodi. He has been with the Chesterfield Police Department for ten years. Please stop by and say hello as he attends his first meeting of the Clarkson Valley Board of Aldermen on **Tuesday, 03 March 2026.**

As March can be a harbinger of stormy weather, I'd like to remind all of you that we have partnered with our neighboring municipalities should we experience anything like the severe storms of 2025. While we do not have large equipment, we have neighbors with large hearts who have promised their help if we need it. In return, we can—and will—offer our hands and hearts to support them.

And speaking of cleanup, as spring arrives and more people spend time outdoors, we typically see an increase in reports regarding dead trees, overgrown landscaping, and exterior housing conditions. Please remember that while the City does not seek out code violations, we are required to follow up on complaints. A good rule of thumb: regardless of personal taste, if the appearance of your home negatively impacts your neighbor's, it may be a problem.



Happy [almost] Spring!

Sue McNamara

Mayor, Clarkson Valley



Clarkson Valley
Recent Monthly Recycling Report:
50.36 Tons



COFFEE WITH THE MAYOR!

Every other month on the Wednesday following our Tuesday Council meeting in the lobby of the Clarkson Valley City Hall office building at 15933 Clayton Rd. Check below for dates and times!

March Coffee with the Mayor will be held on **Wednesday the 4th from 5:00 to 6:00 p.m.** We had a few residents and some good conversation at our first gathering. Please stop by for a moment or two, say hello, and share your thoughts, observations, or suggestions. If you miss March, the **May Coffee with the Mayor** will be on **Wednesday the 6th from 9:00 to 10:00 am.**

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Children's Hospital and passed away at seven months old. January marked the ten year anniversary of his passing. In David's honor, Scott and Sarah previously hosted an annual golf tournament benefiting St. Louis Children's Hospital. Over eight years, the event raised more than \$500,000, a lasting reflection of their gratitude and commitment to helping other families.

Golf and community play a large role in the Schaefer family's everyday life. After joining Forest Hills Country Club in 2019, they quickly fell in love with the club and its welcoming atmosphere. That connection led them to purchase a home in the subdivision in the spring of 2023. After remodeling, they officially moved in January of 2025 and have been extremely happy with the decision. They have formed close friendships within the neighborhood, with Sarah enjoying



amaya javitta
PHOTOGRAPHY

Scott and Sarah met in 2007 after Sarah moved from Effingham County, Illinois, to the Missouri side in 2004. They married in 2010 and soon settled into the home where Scott grew up in January of 2011, following his parents' retirement to Orcas Island. Scott, originally from the West County area, spent a year living in Brazil after high school and speaks fluent Portuguese. He later attended college in Florida. Sarah enjoys reading, spending time with family and friends, and often joins the family on the golf course. She is also actively involved in their daughter's school, serving as a room mom and chairing Teacher Appreciation Week for the first time this year.

Their daughter Olivia, age seven, is a first grader at Ascension and brings energy and enthusiasm to family life. She especially enjoys horseback riding, swimming, tennis, and playing golf with her family. One of her favorite traditions is playing chess with her dad, a simple activity that reflects the close bond they share.

The Schaefer family also lovingly remembers their son David, who spent his entire life in the NICU at St. Louis

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“For the Schaefers, family time and community connections are what matter most.”



walks with neighbors when the weather is nice and Scott often found golfing with friends. One of their favorite parts of the move has been driving their golf cart through the neighborhood, chatting with neighbors, and heading up to the club. They also discovered a new family favorite restaurant nearby, Salina's.

Their household is rounded out by two beloved dogs, Palmer, an eight year old German Shepherd, and Lola, a ten month old Cavapoo, who are rarely far from the action.

Christmas is the family's favorite holiday, with the weeks leading up to it spent celebrating with family and friends. The day after Christmas, they typically travel to St. Petersburg, Florida, where they keep a boat. Those trips often include extended family or friends and blend time spent boating to favorite destinations such as South Seas and Longboat Key with days back in St. Petersburg, ending the year watching the New Year's Eve fireworks together.



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EYMAN KITCHEN & BATH IS committed to being one of the most trusted home remodeling partners in Greater St. Louis. Known for transparency, honesty, and collaboration, the company believes open communication is essential to a successful remodeling experience.

From the initial consultation through the final walkthrough, the Eyman Kitchen & Bath team works closely with homeowners—listening to ideas, addressing concerns, and providing expert guidance at every stage. The company places a strong emphasis on accurate project estimates, clear timelines, and consistent communication throughout each remodeling project.

Integrity is the cornerstone of Eyman Kitchen & Bath's work. The experienced team delivers high-quality craftsmanship using premium materials to create beautiful, functional, and durable kitchen and bath spaces. Attention to detail and a commitment to the highest standards ensure a smooth, stress-free experience and results that truly transform homes.

Locally and family owned, Eyman Kitchen & Bath brings a personalized approach to every project. As a local contractor, the company offers a deep understanding of the market, a strong commitment to the community, and a level of service often unmatched by larger firms.



“Integrity, craftsmanship, and clear communication are the foundation of every Eyman Kitchen & Bath remodeling project.”

With more than sixteen years of progressive industry experience, Eyman Kitchen & Bath has a proven track record of managing complex remodeling and renovation projects. The company offers comprehensive services, making it a one-stop resource for kitchen, bathroom, and whole-home renovations.

Dedicated to quality workmanship, Eyman Kitchen & Bath ensures every project is completed to the highest standards for lasting beauty and performance. Client satisfaction remains

a top priority, supported by open communication, transparency, and collaboration throughout the process.

Serving select areas of Greater St. Charles and St. Louis, the team's familiarity with local permitting requirements and building codes allows for efficient project execution. By combining expertise, personalized service, and a commitment to excellence, Eyman Kitchen & Bath continues to earn the trust of homeowners throughout the region.

Eric Eyman, Owner/
Managing Director



HERE IS WHAT THEY ARE SAYING:

“WOW! We are extremely pleased with our complete bathroom remodel. Eric, Simone, and their team are all incredibly professional and knowledgeable. Initially, they helped us with the design, and we loved what they came up with! Our project started right on time, stayed on schedule and was completed on time as well. The communication, workmanship, and level of professionalism exceeded our expectations. Any issues or concerns that came up were addressed and taken care of promptly by Eric and Ryan, the project manager. Eyman Kitchen & Bath came highly recommended from a friend, and we will now pass on that recommendation to anyone looking to update or completely remodel their bathroom and/or kitchen. Thank you, Eric, Simone, Ryan, Marty, Patrick, Brian, Olivia, Scott and the rest of the Eyman team. You all do top-notch, amazing work!”

—MARCY M., BALLWIN MO

“We had our entire kitchen replaced, taking it down to studs and doing a full installation. It included changing an existing window to a sliding door and modifying the size of a second window. The gas stove and sink were moved. It was a rather involved project. The whole process went amazingly well! Everyone who worked on the project was professional and friendly. I felt very comfortable with the whole crew. Any questions that I had were addressed quickly and thoroughly. The project was done perfectly! I could not have asked for better! I would highly recommend!”

—JIM B., ST. CHARLES MO



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HOME MATTERS

Not Your Grandma's Antiques

*Mix old and new with
confidence to create layered,
story-filled interiors.*

BY CAROLINE EDWARDS

These past couple of years, we've seen an increase in the popularity of antique, vintage and consignment furniture and decor across all generations. What was once considered niche has become a go-to for adding character, history, and personality to modern homes.

If you are looking to add an antique layer to your home, start by knowing what to look for. Quality craftsmanship, solid materials, and timeless design are hallmarks of pieces that will last and elevate a room. Don't worry about collecting entire sets; a single statement item, a mirror, a side table, or a piece of artwork can anchor a space and tell a story.

Next, consider where to shop. Local antique shops, flea markets, estate sales, and curated online marketplaces all offer unique finds. Take your time, trust your eye, and be willing to walk away if something doesn't feel right.

When mixing old with new, balance is key. Pair a vintage mirror with contemporary furniture, a retro lamp on a modern sideboard, or layered textiles to create a sense of warmth and personality. Even small touches, frames, textiles, or collectibles can add texture and depth without overwhelming the space.

PRO TIP:

Once you start antiques regularly, keep a running list on your phone of items you're seeking. Anything you'd normally buy at Target for organization, like a coffee table tray, utensil holder, salt and pepper shakers, or a toothbrush holder, can be replaced with a unique antique find.

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What's Your Financial "Why" for the New Year?

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With wealth comes an expansive list of financial opportunities: paying down debt, upgrading homes, maximizing retirement savings, or supporting future generations. The real question isn't what's possible, but what's most important.

This is where clarity and intentionality come into play. Financial planning, done properly, helps you make choices in alignment with your values.

Establishing the "why" behind your wealth can provide a helpful foundation. What does financial success mean to you? Is it about flexibility and independence? Generational legacy? Giving back to your community? Your "why" serves as your guidepost, helping you prioritize and sequence your financial goals.

For example, if leaving a legacy is what drives you, focus your resources on estate planning and financial education for your heirs. By rooting your decisions in your core values, every action you take aligns with the life you envision for yourself and your family.

If you're unsure where to start, consider the "5 Whys Technique." Start with a goal (e.g., "Save more for retirement") and ask yourself "why" five times to uncover the deeper motivation. For example:

- Why save more? To retire early.
- Why retire early? To travel with family.
- Why travel? To create lasting memories together.

With these drivers in mind, it might help to envision yourself in a future state...10, 20, or 30 years from now. What accomplishments do you want to celebrate? What regrets do you want to avoid? Write these things down with as much detail as you can muster.

When you have a clear vision, every financial decision feels intentional, reducing the stress that can come with managing wealth. It fosters a sense of control and peace of mind, allowing

When you have a clear vision, every financial decision feels intentional, reducing the stress that can come with managing wealth.



you to focus on what truly matters—whether it's spending time with loved ones, building a legacy, or giving back to your community.

This coming year, resolve to approach your financial decisions with intentionality. Reconnect with what drives your financial goals, refine your plan with expert guidance, and take steps that move you closer to your vision. With a strong sense of purpose, this can be the year you achieve meaningful progress—and set the stage for an enduring legacy.

This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. This information also should not be construed as investment, tax or legal advice. You should consult with your tax, legal or other advisor prior to making a financial decision.

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DELICIOUS DISH

Bacon. Bacon. Bacon.

Caramelized Goodness!

BY CINDY MUNICH, RESIDENT OF THE MANORS OF CLARKSON VALLEY
SPONSORED BY CRAVE COOKIES

Life is undeniably better with bacon, isn't it? This recipe offers a delightful twist on the traditional preparation. It's a crowd-pleaser as an appetizer (I typically cut each slice into four pieces before serving), a favorite side dish for brunch, or a delicious alternative for "breakfast for dinner" meals. Plus, it only takes a few minutes to prepare, which is a definite bonus!

If you use turkey or plant-based bacon for this recipe, you will need to reduce the cooking time and monitor it very carefully.

Serve this at your next party, and it will vanish almost as soon as it comes out of the oven. *Speaking of party, don't forget to order an assortment of cookies from Crave Cookie to delight your guests!*

INGREDIENTS

- 1 cup brown sugar
- 2 tablespoons Dijon mustard
- 1 tablespoon maple syrup
- 1 pound thick sliced center cut bacon

PREPARATION & COOKING INSTRUCTIONS

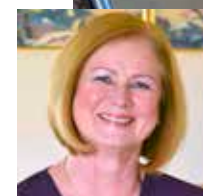
1. Preheat oven to 350 degrees.
2. Line a baking sheet with foil and a cooling rack on top of it.



3. In a bowl, mix brown sugar, mustard, and maple syrup. It will look a bit like a paste.
4. Place bacon on the rack. You will need to work in batches.
5. Using a table knife spread a thin layer of the mixture on each slice of bacon. Turn the slices over and repeat.
6. Place in oven and bake for 18-20 minutes. Watch carefully to avoid burning.
7. Move cooked strips to a separate rack to cool and repeat process with remaining slices.
8. When cooled, cut slices in half or quarters and stack on serving platter.
9. Watch it disappear!

Pro Tip

Do not cool the bacon on a paper towel to absorb any grease. The bacon will stick to the paper. Not that this author has any knowledge of ever doing this!



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.



(Left to Right): (Standing) Broker Chris Shocklee and Dominic Bergfeld, (Sitting) Joe Bergfeld (Standing) Eva Catarinicchia, (Sitting) Tony Catarinicchia, (Standing) Lisa Catarinicchia and Broker Kim Wright

A Beloved Legacy Continues: Gian Tony's Changes Hands After Successful Sale

After years of serving as a cornerstone of the local dining scene, Gian Tony's restaurant has officially entered an exciting new chapter. The iconic establishment, long owned and operated by Tony and Eva Catarinicchia, has been successfully sold to Joe Bergfeld and his family, marking a thoughtful transition that honors the restaurant's rich history while positioning it for continued success.

For the Catarinicchias, Gian Tony's was more than a business—it was a labor of love. Through their dedication, hospitality, and commitment to quality, they built a restaurant that became a gathering place for generations of loyal patrons. From milestone celebrations to everyday dinners, Gian Tony's earned its reputation as a trusted and cherished community institution.

The sale represents the culmination of careful planning and collaboration. Brokers Kim Wright & Chris Shocklee guided both parties through the process, ensuring a smooth transaction that aligned with the goals of the sellers and the vision of the buyers. "Successful transitions like this happen when respect for the past meets confidence in the future,"

Wright noted. "Tony and Eva were deeply invested in finding the right family to carry on what they built."

Joe Bergfeld and his family bring enthusiasm, experience, and a strong appreciation for the restaurant's legacy. Their intention is to preserve the essence of Gian Tony's while gradually introducing their own energy and ideas, ensuring continuity for customers and staff alike. This thoughtful approach has been welcomed by the community, many of whom are eager to see the restaurant thrive for years to come. They will be rebranding the restaurant as Fiore's in the Spring.

For Tony and Eva Catarinicchia, the sale offers a well-earned opportunity to step into retirement confident that their restaurant is in capable hands. For the Bergfeld family, it represents the beginning of an exciting new journey.

With this successful sale, Gian Tony's stands as a testament to what can be achieved when passion, legacy, and strategic guidance come together—proving that some traditions don't end, they simply evolve.

"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."



**IF YOU'RE READY FOR YOUR NEXT CHAPTER,
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HI, I'M STEWART, but everyone calls me Stewie. I am a three-and-a-half-year-old male giant Schnoodle, and I live with my family Derek, Rebecca, Gwen, and Gabby.

I came to my family from Indiana, just outside of Indianapolis. They decided it was time for a new dog, and that is how I found my way into their home. Choosing my name took some time. The humans could not agree at first, but I was very persistent, much like Stewie Griffin trying to get his mother's attention. Eventually, they realized Stewie was the right fit. The runner-up name was Oreos, but I am glad they chose the one that suits my personality.

One of the first things people notice about me is my golden eyes. I am also known for having very intense zoomies, which tend to surprise everyone. Despite my energy, I am a very loving dog and do not have a mean bone in my body. That is what my family loves most about me.

I have also had a few funny moments. One time, there was a hole in the pool fence that needed to be repaired. I saw my chance and took it, joining the kids for an impromptu swim. It turned into a moment my family still laughs about.

If I had to rate how spoiled I am, I would give it an eight out of ten. I am too big to be allowed on the furniture or beds, although Gwen sometimes sneaks me up there when the parents are not home. I do, however, have my own custom dog nook with built-in granite bowl shelves, a water feeder, and a custom door built through a cabinet so I can go in and out whenever I like.

I always try to bring a little spark of happiness to my family. I am a very human-focused dog who loves cuddling, butt scratches, and spending time with the people I care about. I always have love to give, and I think that is what makes me such an important part of my home.

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

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The High Cost of Neglect

Why Your 40s Are a Health Tipping Point

BY DEREK HOFFMAN, RESIDENT OF WESTHAMPTON
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In your 40s, life is often at its peak—careers are established and families are growing. However, this decade is also a critical biological “tipping point.” The physical and financial “warranty” on your body begins to expire, and the choices of your past start presenting their bill. Ignoring your health now isn’t just about fatigue; it’s a high-interest loan against your future.

THE PHYSICAL TOLL

During this decade, the body’s “forgiveness” fades. **Metabolic slowdown** leads to visceral fat and insulin resistance, precursors to chronic disease.

Simultaneously, **sarcopenia** (age-related muscle loss) accelerates. Without resistance training, you lose the tissue that keeps your metabolism robust and bones strong. Chronic inflammation, fueled by stress and poor sleep, quietly damages tissues, laying the groundwork for heart disease and autoimmune issues.

THE FINANCIAL REALITY

We often view wellness as a “cost,” but chronic sickness is the true expense. Managing a condition like diabetes or recovering from a heart attack can result in six-figure bills and lost wages during your peak earning years.

Furthermore, neglecting your health leads to **reduced productivity** and the risk of early disability, potentially draining retirement savings on long-term care later in life.

THE POWER OF PROACTIVITY

Early intervention changes the trajectory. Biology is not destiny; habits like resistance training, prioritizing protein, and deep diagnostic testing act as “compound interest” for your vitality. Identifying a risk in your 40s allows for lifestyle corrections; waiting until your 50s often requires lifetime medication.

The Bottom Line: We meticulously plan for financial retirement but often leave our physical retirement to chance. Health in your 40s is the foundation for the next 40 years. Don’t wait for a crisis to force your hand—invest in your health today.

Visit www.ignitepah.com to learn more.

“Modern estrogen therapy, paired with progesterone when appropriate, has strong evidence for supporting heart, brain, and bone health. It’s about balance, not excess.”



Where Learning Comes Alive: Monica Adams Discovers the Heart of Principia School

Principia welcomed seasoned St. Louis broadcaster, Monica Adams, to campus this past fall to get a glimpse into what makes this PreK through grade 12 day and boarding school so unique. She arrived full of curiosity and enthusiasm after hosting a live interview with Head of School, Terry Grigsby, who shared Principia’s whole-child approach to education. Grigsby emphasized Principia’s focus on seeing every child as limitless, noting, “We want to cultivate a student’s intellectual, spiritual, and ethical capacity,” he continued, “Principia changed my life, and it has changed lives for 127 years.”

After Monica came onto campus and met students eager to share what makes life at Principia meaningful, and faculty and staff who embody the School’s vision of academic innovation and experiential learning, she exclaimed: “I want to go back school!”



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While touring the School building and state-of-the-art Simon Field House on Principia’s 360-acre campus, Monica was moved by the sheer breadth of programs offered, character education, and clear theme of love and community. From next-generation learning spaces to theater and sustainability programs, athletics, global travel, monarch gardens and yes—even chicken coops. “We had nothing like that when I went to school,” Monica mused. “What kid would not want to wake up and go to this school?”

What surprised Monica most wasn’t just the impressive facilities or the beautiful campus—it was the sense of deep connection she felt among students

and faculty, and the opportunity for experiential learning. “Community, camaraderie, family, and overall love. It’s all about love and feeling connection,” she said, a simple statement that captured the spirit of Principia where relationships are just as important as grades and students feel supported and seen.

This immersive tour of Principia School brings together students, educators, and leaders from across campus to share how learning comes alive—through academics, theater, athletics, sustainability, spiritual life, and boarding. Viewers hear directly from Principia’s faculty and students as they reflect on what makes this community distinctive, supportive, and deeply engaging.

Watch the campus tour:



@principiaschool



PRINCIPIA
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MARQUETTE CHEERLEADING

*A History Steeped in
School Spirit, Community,
and Leadership*

Mustangs... Let's ride! As fans erupt in cheers for the Blue and Green, there is a consistently familiar support permeating throughout the game from the Marquette cheerleaders. Unwavering in their commitment to the school and its teams, these student-athletes are the epitome of Mustang spirit. Athletes in their own right—Marquette's cheerleaders have competed at regional, state, and national levels for years while supporting teams throughout each MHS athletic season. They flip, jump, lift, fly and work tirelessly at a sport that incorporates advanced stunting and tumbling—demanding endurance, strength, flexibility, precision, and courage.

The program represents the school year-round inside and outside of the community. Being a Mustang cheerleader also means giving back through charitable causes and leveraging leadership skills to prepare them for life after high school.

For the current school year, Marquette Cheer has two teams—Varsity and Junior Varsity (JV). For the 26/27 school year, the program is bringing back the *Blue & Green* team—for freshman and first-year cheerleaders—offering them the option to cheer a full year, or just fall or winter. This opens opportunities for new students to try other sports during fall and winter, in addition to the cheer program. All cheerleaders have the chance to play spring sports after the season ends in March.

The full program also provides the support and growth needed for cheerleaders who have an interest in pursuing cheer at the collegiate level. Marquette Cheerleaders have a history of being part of squads at Mizzou, Morehead, Kentucky, Loyola, Arkansas, Florida, SEMO, Northwest Missouri State, Lindenwood, Memphis, and more. This year, two seniors are heading to



college to cheer on scholarships. Some former athletes have continued in the cheer world working for the Universal Cheerleaders Association (UCA) and National Cheerleaders Association (NCA), plus coaching at various levels.

Marquette's current coaching staff have cheer backgrounds ranging from young ages to the collegiate level, as well as experiences coaching in Florida, Tennessee, and St. Louis. Two coaches are former alumni who were part of the 2019 State Championship team and National finalists in the small DI National High School Cheerleading Championship (NHSCC).

Marquette's Cheer program also offers a Summer Youth Kids Camp and a Winter Youth Kids Camp (ages K-grade 8) where high school cheerleaders give back by teaching and leading the camp groups. Marquette cheerleaders also work with Sensory Friendly athletes during these camps, which provides so much joy and fulfillment to these campers and their families. The Marquette Cheer program also works with the MHS Dazzlers Program for inclusion and social mentoring, where the Dazzlers perform during home football games and basketball games alongside the high school cheerleaders. As an athlete with Marquette Cheer, they also work with the youth Junior Mustang teams (grades 5-8) once a month, helping them prepare for their halftime routines, and providing overall mentoring and support.

Marquette Cheer invites you to support the beloved Mustangs at every sport and level. For more information about the Marquette Cheer Program and Kids Camps visit their website: www.marquettecheer.com.

Go Stangs!

COMPETITIONS

MISSOURI CHEERLEADING COACHES ASSOCIATION:

- Varsity Regional Championships: 1st Place 2007, 2009-2019
- Varsity State Championships: 1st Place 2008, 2013, 2017, and 2019
- Varsity Game Day State Championships: 1st Place 2025, 2nd Place 2026
- JV Regionals: 1st Place 2024, 2nd Place 2025
- JV Game Day State Classic: 1st Place 2025 and 2026

UNIVERSAL CHEERLEADERS ASSOCIATION:

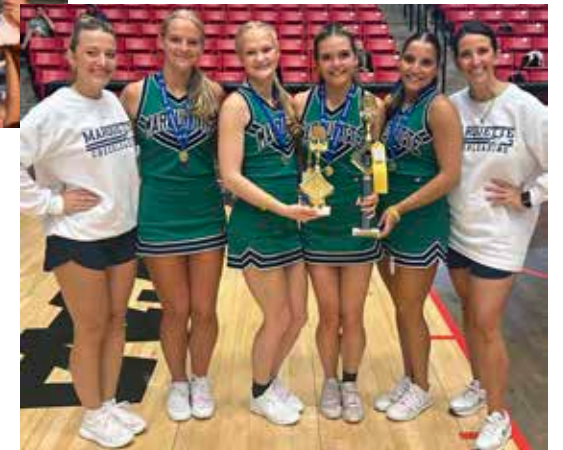
- Varsity Regionals Qualifiers for Traditional and Game Day: 1st Place, Six-time consecutive year wins
- Varsity Traditional: 14th Place in the nation 2019
- Varsity Game Day: 5th Place in the nation 2021, 7th Place in the nation 2022, 9th Place in the nation 2023, 8th Place in the nation 2024
- JV Regionals: 1st Place 2024 and 2025



Learn more

CONNECT WITH US!

- @marquette_cheerleading
- @MarquetteCheerBoosters



"I learned a lot cheering at Marquette. Growing up, I watched the Marquette cheerleaders on the sideline while my mom coached and couldn't wait to be a cheerleader. It was really exciting to fulfill the role that I saw so many others fill while I was a child. I learned how to overcome adversity while participating in a sport I love. I built resiliency and became a stronger person. It was a way for me to be involved in my school and the Marquette community."

—SOPHIE, MARQUETTE SENIOR



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