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amaya javitta
PHOTOGRAPHS



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- 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

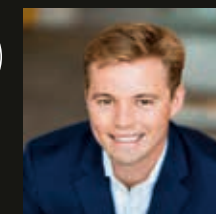
Go 'Active' on MLS & third-party sites with benefit of price discovery from Phases 1 & 2.

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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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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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Understanding the Business Valuation Process



Kim Wright - Fusion Business Broker

For a business broker, determining the right price for a company is one of the most critical steps in the sales process. A well-supported valuation builds credibility with sellers, attracts qualified buyers, and helps transactions move smoothly. While valuation involves both art and science, brokers typically rely on several structured methods to estimate a company's market value.

The process usually begins with gathering accurate financial information. Brokers review at least three years of financial statements, including profit and loss reports, tax returns, and balance sheets. They also examine operational details such as customer concentration, supplier relationships, employee structure, and growth trends. Understanding the story behind the numbers is essential, as adjustments are often needed to reflect the true earnings of the business.

A common step is calculating Seller's Discretionary Earnings (SDE). This metric represents the total financial benefit available to a single owner-operator. Brokers adjust reported profit by adding back items such as owner salary, personal expenses run through the business, one-time costs, depreciation, and interest. The result provides a clearer picture of the business's earning power from a buyer's perspective.

Once normalized earnings are established, brokers apply valuation multiples derived from comparable sales. These multiples vary by industry, size, and risk profile. For example, small service businesses might sell for two to three times SDE, while companies with recurring revenue, strong management teams, or scalable systems may command higher multiples.

In addition to earnings multiples, brokers consider asset value and market conditions. Asset-heavy companies—such as manufacturing firms—may require a detailed review of equipment, inventory, and real estate. Market demand, industry trends, and regional economic factors also influence value.

Finally, the broker synthesizes this information into a pricing recommendation. The goal is not simply to calculate a number but to determine a realistic listing price that reflects both financial performance and market demand. When done carefully, the valuation process sets the foundation for a successful sale and helps align expectations between seller and buyer.

"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, LET'S MAKE IT HAPPEN—TOGETHER.

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Please take a minute to familiarize yourself with these local businesses now sponsoring *Stroll Clarkson Valley*. Not only do they make this magazine free for all our residents, but each business is interviewed and evaluated before allowing them to come on board as a partner. Please support these businesses and thank them for supporting Stroll!

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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

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April — Fooled You: it's Spring!

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES, SPONSORED BY WHACK A MOLE

APRIL IS THE MONTH that reminds me why I never quite put away either my winter coats or our umbrellas. One day feels like spring; the next feels like winter again. But despite the unpredictable weather, April always signals that the seasons are changing and that the energy of spring—and everything that comes with it—is just around the corner.

We've been busy in our offices making landscape changes: in late February, we submitted the City's first application for a federally funded grant to complete the only section of Clarkson Road without a sidewalk between Hwy 64/40 and Manchester Road. This stretch runs along the east side of Clarkson Road between Kehrs Mill Road and Clayton Road and is divided roughly half between Ballwin and Clarkson Valley. Ballwin has agreed to a limited partnership in the application. If our grant is successful, we will then apply to MoDOT for a cost-share portion

of the remaining funds needed to complete the project. We hope to hear sometime in April about the outcome.

We have also nearly completed the enormous effort of updating Clarkson Valley's building codes for the first time in fifteen years. The revisions incorporate various codes from the International Code Council, while tailoring them to the safety, needs, and lifestyle of Clarkson Valley residents, and streamlining the process for residents and contractors alike. A public hearing was held on March 3rd, but residents can review the proposed codes and comment on the proposed changes until June 2026.

Don't forget — elections are 07 Apr 2026. Please get out and cast your vote! Each of our three wards will elect a representative for a two-year term:

- Ward One: **Jeff Schweig**
- Ward Two: **Brock McDonald**
- Ward Three: **Lin Midyett**

Although each candidate is unopposed, your vote still matters. It shows appreciation for their willingness to serve and their efforts on behalf of the community.

Last month we cleaned and opened our gardens and landscaping; this month we're wondering why we encourage our lawns so much, since the grass seems to grow overnight! Our birds are busy as well, trading their dull winter colors for brilliant spring and summer feathers.

Speaking of bright spring colors, before you begin planting, take a look at the Missouri Department of Conservation's list of invasive plants. Many familiar favorites appear there. Some were introduced simply for their beauty—Bradford pear, burning bush, and purple loosestrife—while others were meant to address erosion or weed control, including honeysuckle, crown vetch, and the infamous kudzu. Unfortunately, many have created new problems. Bradford pears were originally bred to be sterile, but they readily cross-pollinate with the (rather stinky!) Callery pear. All of those white blooming trees at the intersection of Highways 141 and 64/40? They are "volunteer" Callery pears. And while Burning Bush and Purple Loosestrife may be beautiful, they displace native plants and wildlife, and overwhelm native ecosystems. Kudzu, also known as "The Plant That Ate the South" and Honeysuckle can quickly crowd out native growth, reducing food sources and nesting areas for wildlife.

And if you boat, remember to clean your boat before transporting it so you don't carry unwanted hitchhikers to other lakes and waterways.

Get outside, soak up some vitamin D — and don't forget the sunblock!



Happy Spring!

Sue McNamara

Mayor, Clarkson Valley



Most Recent Monthly Recycling Report: 22.54 Tons



COFFEE WITH THE MAYOR!

Held every other month on the Wednesday after the Tuesday Board of Aldermen meeting. Meet in the lobby of the Clarkson Executive Building, 15933 Clayton Road, for coffee and conversation!

The next Coffee with the Mayor will be held on **July 8th** from 9 am to 10 am.

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When Jason and Audrey Zweig look around their home in The Manors at Clarkson Valley, they see more than a house—they see the latest chapter in a journey that has stretched from Long Island to mid-Missouri and back home to St. Louis.

Jason, a 2009 graduate of Marquette High School, was born and raised in Chesterfield. After medical school at UMKC, an intern year in New York, residency in Columbia, Missouri, and fellowships in Kansas City, his training eventually brought him full circle. In the summer of 2024, the Zweigs moved from Kansas City to Wilson Creek Court, settling just around the corner from Jason's parents and sister.

But the family's story truly began in New York in 2016. Audrey, a Long Island native who spent a year and a half living in France, met Jason while he was completing his intern year at a New York hospital. When he matched for residency at Mizzou, Audrey

followed as his fiancée. Jason often jokes, "I lived in New York for a year, and when it was time to leave, I took the best thing from New York with me!"

Today, Dr. Jason Zweig specializes in internal medicine, pulmonary medicine, critical care, and sleep medicine—a "mouthful," as Audrey says with a smile. He practices with a pulmonary consultant group in the St. Louis area. Audrey, an LCSW, works as a mental health therapist in Chesterfield, serving individuals and families in the community.

At home, life is lively and love-filled. William (5½), a kindergartener at Kehrs Mill Elementary, keeps busy with gymnastics and swimming, while Gloria (2½) is already making her mark as a spirited, take-charge little sister who loves to dance. Their eight-year-old dog, Lacey, rounds out the household.

Much of the family's free time is spent outdoors or with extended family. Jason enjoys hunting, fishing, cars, and concerts, while Audrey

balances reading (she's devoted to her weekly book club), rowing, biking, running, and baking. The kids love "Kids Watch" at the YMCA—though Audrey admits her workout is often delightfully undone by a post-gym stop at Duck Donuts.

Around town, the Zweigs frequent The Butterfly House, The District during warmer months, and the newly reconstructed Central Park in Chesterfield. Favorite dining spots include Billy G's and Ya-Ya's for brunch, Lefty's Bagels, The Wolf Café, Dogwood Social House, and Tous Les Jours. Audrey's top bakery pick? La Patisserie Chouquette near the Botanical Garden.

Despite busy schedules, evenings are typically spent at home. With two young, sometimes picky eaters, dinner is less about perfection and more about connection—sharing stories from the day in a relaxed (if slightly crumb-covered) setting.



"I LIVED IN NEW YORK FOR A YEAR, AND WHEN IT WAS TIME TO LEAVE, I TOOK THE BEST THING FROM NEW YORK WITH ME!"

—JASON



Traditions anchor the family year-round. They host "The Zweig Tribe" for Thanksgiving and alternate Christmas between Missouri and New York/New Jersey. They also celebrate Chanukah, honoring Audrey's Jewish heritage. One especially cherished tradition happens on the night of the first big snowfall. Before the plows arrive, Audrey bundles up and takes William—soon Gloria, too—on a quiet nighttime walk. The glow of streetlights on fresh snow creates a peaceful moment she first experienced as a child in New York, now passed down to the next generation.

After a year and a half in Clarkson Valley, the Zweigs say their favorite part of the neighborhood is simple: the people. "We have felt so utterly welcomed," Audrey shares. "There's a beautiful sense of community here—we all look out for one another."

From snowy walks to summer poolside gatherings, the Zweigs are grateful to call this community home.

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With Ellisville Mayor Roermerman

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OWNERS OF SMALLS SLIDERS ELLISVILLE

Twin brothers Blake and Ethan are proud St. Louis natives with deep roots in West County and a shared passion for building businesses the right way. Today, they bring that passion to the community as the owners of *Smalls Sliders Ellisville* on Manchester, just east of Clarkson, combining their background in real estate and entrepreneurship with a hands-on, operator-driven approach to running a local restaurant.

Growing up in a close-knit community shaped their appreciation for hard work, accountability, and supporting local businesses. Both brothers pursued business-focused paths early on, building a strong foundation in real estate. Through property operations, deal analysis, and long-term asset management, they learned firsthand that systems, consistency, and disciplined execution are what drive lasting success.

That mindset naturally carried over into *Smalls Sliders Ellisville*. What sets Blake and Ethan apart is their focus on efficiency, team culture, and sustainability rather than short-term wins. They believe strong fundamentals—whether in real estate or the restaurant industry—always outperform shortcuts. Their goal is simple: deliver a great product, create a positive experience for guests, and build something that serves the community for years to come.

As twins, they have always worked closely together and complement each other's strengths. Loyalty, integrity, family, and community involvement are at the core of how they operate. They take pride in being approachable, present, and invested in the day-to-day success of their business.

Blake and Ethan along with their partner Skip Strode are especially grateful for the support of Clarkson Valley families who choose to support local entrepreneurs. They believe strong communities are built when neighbors invest in one another, and they're proud to serve the families of Clarkson Valley and the surrounding West County area each day. Slide thru *Smalls Sliders Ellisville* today!



Owners Skip Strode & Blake Koutroubis with St. Louis Blues Alumnus Tony Twist!

TESTIMONIAL FROM TWISTER:

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



The attendees thoroughly enjoyed all the science stations!



Katelyn & Mikey Dean



Sarah & William Price with Emily, William & Nicholas Price



Henry & Julie Clark are all smiles!

Membership at Forest Hills Country Club is by invitation only.

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



FROM SUNRISE TO STARGAZING, HERE'S HOW TO PLAN YOUR WEEKEND OF DISCOVERY:

FRIDAY, MAY 1

Reserved for School Groups:
8 a.m.–3 p.m.

Students from Principia and area schools will spread out across campus to observe, explore, and document their discoveries.

Open to the Public:
3:30–5 p.m. and 7–10 p.m.

Afternoon activities include snacks, exploration, turtle tracking, and hayrides. At 7 p.m., enjoy s'mores and stargazing, bat netting, and insect discovery.

SATURDAY, MAY 2

Open to the Public:
6:30 a.m.–Noon

Early risers can start the day with birding at 6:30 a.m., followed by donuts, juice, and coffee at 8 a.m. The morning continues with hands-on scientific surveying, nature crafts, and STEM activities for all ages. Be sure to stop by the Plant Sale hosted by Principia School Sustainability students, offering vegetable, herb, and native plant seedlings.

Register today for BioBlitz:



@principiaschool

Come One Come All to the Annual BioBlitz Event

Time to trade screen time for green time at Principia School's 7th Annual BioBlitz, a free event happening on May 1 and 2. Dig into the abundance of life that flourishes across Principia's campus, alongside scientists from the Saint Louis Zoo and the Missouri Department of Conservation.

Younger students will also get the unique chance to work with college-level students studying natural history from Principia College. BioBlitz is an unforgettable opportunity for families, students, scientists, and outdoor enthusiasts of every kind to gather and celebrate the natural beauty that surrounds us.

Curiosity leads the way while discoveries unfold in real time—all while enjoying festive face painting, hayrides, twilight bat-netting, stargazing, s'mores, crafts, and the good company of fellow nature lovers.



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DELICIOUS DISH



with their bright and summery flavor, are a staple in my winter kitchen; they do a wonderful job standing in for sun-ripened beefsteak tomatoes in salads.

And to cap off the meal, why not treat yourself to a stop at Crave Cookies? It's the perfect sweet ending, letting you savor a taste of summer and look forward to the joys of the season ahead.



A Fresh Twist on the Classic BLT

All the flavors of your favorite August sandwich! Crisp bacon, juicy tomatoes, creamy avocado, and garden greens come together in a vibrant salad that brings a taste of sunshine to the table, no matter the season.

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



When I start thinking about the arrival of warmer days, my mind drifts to memories of vibrant garden vegetables enjoyed with family and friends during lively outdoor gatherings. Among all the seasonal produce, tomatoes truly steal the spotlight in summer—there's simply nothing that can compare to the flavor of homegrown tomatoes. In our household, an August favorite is a BLT paired with sweet corn on the cob, a meal that never fails to deliver on taste and nostalgia.

When the weather turns chilly, I find myself searching for ways to capture those quintessential summer flavors. To bridge the gap until the next tomato season, I've created a recipe that channels everything we love about a classic BLT. Cherry tomatoes,

INGREDIENTS

- 8 strips of turkey or center cut bacon 1 ripe avocado, pitted, peeled and roughly chopped
- ¼ cup loosely packed fresh basil leaves
- ½ teaspoon minced garlic
- zest of a lime and 4 teaspoon lime juice
- 3 tablespoons red-wine vinegar
- 3 tablespoons fat-free Greek yogurt or sour cream
- ¼ teaspoon salt
- Freshly ground pepper to taste
- 2 ½ tablespoons olive or avocado oil
- 8 cups spinach or spring mix
- 1 pint cherry tomatoes, cut in half or 3 vine-ripened tomatoes
- Diced croutons, purchased or home made (recipe below)
- Hard boiled egg, optional

PREPARATION & COOKING INSTRUCTIONS

1. Cook bacon until crisp, in a skillet or in the oven at 350 degrees, 10 minutes on each side. Drain on paper towels.
2. Combine avocado, basil, garlic, lime juice and zest, vinegar, sour cream or yogurt, and salt and pepper in a food processor until combined. With the motor running slowly add oil through the feed tube until smooth. If dressing is too thick, stir in water, 1 tablespoon at a time, until desired consistency.
3. Arrange greens in a large salad bowl.
4. Add tomatoes and bacon over greens.
5. Drizzle dressing over the salad.
6. Season with additional pepper, if desired.
7. Toss well.
8. Arrange hard boiled eggs, if using, and croutons on top.
9. Serve immediately (dressing will turn brown as it sits).



CROUTONS

- 1/8 cup extra virgin olive oil
- 1/2 teaspoon garlic powder (not salt)
- 1/8 teaspoon sea salt
- Pinch of ground pepper
- 6 oz. crusty bread (day old is better)

PREPARATION & COOKING INSTRUCTIONS

1. Preheat oven to 375 degrees.
2. Combine the first 4 ingredients in a large bowl.
3. Chop or tear bread. Add to a mixing bowl. Toss until evenly coated.
4. Place bread in a single layer on a rimmed baking sheet and bake for about 15-20 minutes, until golden brown, stirring halfway for even browning.
5. Bake time will vary depending on the size of the croutons.
6. Leftovers can be stored in an airtight container for up to 2 weeks (but they won't last that long!)

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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THE REAL COST OF MARKET TIMING

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Every investor has felt it. That nagging voice saying “maybe I should wait” when markets are high, or “maybe I should get out” when headlines turn dark. It feels like common sense to buy low and sell high. But here’s the problem: by the time you know whether the market is actually high or low, the opportunity has already passed.

NOBODY CAN CONSISTENTLY PREDICT MARKET MOVES

Market timing mistakes start with a flawed assumption—that anyone can reliably call highs and lows. Professional fund managers, with research teams and sophisticated tools, don’t get it right consistently. By the time economic news reaches your inbox, markets have already priced it in. And even if you somehow nail the exit, you still have to be right a second time about when to get back in. That’s two perfect calls in a row.

MISSING THE RECOVERY COSTS MORE THAN YOU’D THINK

Here’s what makes market timing mistakes so costly: the strongest market days tend to cluster around the weakest ones. Markets often rebound sharply after steep drops, usually before the news cycle improves or sentiment shifts. If you sell during a downturn and wait for conditions to “feel safe” before getting back in, you’re likely to miss the recovery entirely. You end up locking in losses by selling low, then buying back in after prices have already recovered. The exact opposite of the goal.

EMOTIONS DISGUISE THEMSELVES AS LOGIC

When markets drop 15% and financial headlines scream crisis, fear feels like prudence. When markets hit new highs and everyone at the dinner party is talking about their gains, confidence feels like validation. But these emotional responses lead to the exact opposite of what investors intend. You sell after the decline (low) and buy back after the recovery (high). The feeling of making a smart move is often the signal you’re making a market timing mistake.

THE HIDDEN COSTS ADD UP QUICKLY

Every sale triggers potential tax consequences. Transaction fees chip away at returns. And while you’re sitting in cash waiting for your moment, you’re earning almost nothing while inflation erodes purchasing power. Meanwhile, invested dollars compound through dividends and growth. Time out of the market suddenly becomes expensive.

WHAT WORKS BETTER THAN TIMING

Staying invested through complete market cycles historically produces better outcomes than jumping in and out. Rebalancing on a set schedule removes emotion from the process. Having a plan that expects volatility, rather than trying to avoid it, keeps you from making reactive decisions. For new money, dollar-cost averaging smooths out entry points without requiring perfect timing.

If you sell during a downturn and wait for conditions to “feel safe” before getting back in, you’re likely to miss the recovery entirely.

The real value of working with an advisor often shows up in moments of panic. When every instinct says to sell, having someone who can provide perspective and keep you invested might be the difference between reaching your goals and falling short.

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20 April 2026

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Empty Nest, Full Potential.

For years, your schedule revolved around everyone else. School drop-offs, practices, games, late nights, early mornings. You planned meals, calendars, and priorities around your kids—and did it without hesitation. Then one day, the house gets quieter.

BY DEREK HOFFMAN, RESIDENT OF WESTHAMPTON & OWNER OF IGNITE PERFORMANCE AND HEALTH



Becoming an empty nester can feel strange. There's pride, relief,

nostalgia, and often a question that sneaks in quietly: *Now what about me?*

This season of life isn't a loss—it's an opening.

Your body has likely changed over the years. Energy isn't what it used to be. Strength may have slipped. Recovery takes longer. Weight creeps on more easily. None of that is a personal failure—it's physiology, stress, and time doing what they do. The good news? This is one of the best moments in life to refocus on your health with intention.

Without the constant pull of carpools and schedules, you finally have space to invest in yourself. Not crash dieting. Not grinding workouts. But a smarter, more sustainable approach—building strength,

restoring energy, improving metabolic health, and creating habits that support the life you want *now* and decades from now.

Health at this stage isn't about chasing youth. It's about protecting independence, confidence, and quality of life. It's about traveling without fatigue, staying active without pain, and feeling strong enough to say “yes” to what excites you next.

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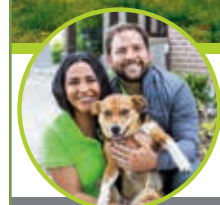
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You Don't Need a Resolution. You Need a Reset.

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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JAMES CLINIC



Tasha's Terms: A Russian Blue in Charge

With Annee and Gracie in the Mix!

SUBMITTED BY CATMAN JACK BECKER



ALLOW ME TO properly introduce myself. I am Tasha, a refined, silver-coated Russian Blue with impeccable posture and an even more impeccable sense of timing. I run a tidy household... despite the daily enthusiasm of my counterpart, Annee.

Annee, for the record, is a German Shorthaired Pointer. If you know the breed, you understand. Energy isn't just a trait, it's a lifestyle. She believes the door is a suggestion. A possibility. An opportunity waiting to happen. Day or night, rain or shine, Annee is prepared for immediate outdoor deployment.

I, however, prefer strategy.

When I wish to go outside, I position myself gracefully by the door. A measured stare. A soft but persuasive meow. The humans rise at once. It's important to maintain standards.

Annee launches out like she's chasing Olympic gold. I step out with composure, silver fur catching the light, conducting a dignified patrol of the perimeter. We are different creatures, but together we create balance, her joyful bursts of motion, my calm authority.

And then there's Gracie, the visiting tabby. She

observes it all with curious eyes, occasionally joining our expeditions. She studies Annee's zoomies from a safe vantage point and seems quietly impressed by my ability to open doors without touching them. (It's a skill.)

Annee keeps the family active. She ensures no one stays seated too long. I ensure no one forgets who's in charge. Between her boundless energy and my elegant oversight, our humans are constantly stepping outside, breathing fresh air, laughing, and staying connected.

So yes, the door opens often in this house. Annee insists. I approve. And Gracie takes notes.

Do you have a family pet we could feature?
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Tasha & Annee square off!



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Marquette Mystique Dance Team Advances to National Finals, Breaking School Record!



The Marquette Mystique Dance Team made school history this February by advancing to the national finals at the UDA National Dance Team Championship, the most prestigious high school dance competition in the country.

Held February 3–9, 2026 at the ESPN Wide World of Sports Complex at Walt Disney World Resort in Orlando, the championship brings together elite dance teams from across the United States. For more than 40 years, the competition has served as the culmination of the high school dance season, showcasing the nation's top programs.

The Mystique team traveled from St. Louis to Orlando to compete, staying at Disney's All-Star Music Resort during the weeklong event.

Competition began with preliminary rounds on Friday, where the team needed to place in the top half of their division to advance. The Mystique dancers delivered a strong performance in the Small Division 1 Pom category, securing a spot in Saturday's semifinal round. There, they again placed in the top half of the field, earning a coveted berth in the national finals.

Finals were held Sunday, February 8. Competing against some of the strongest programs in the nation, Marquette finished 16th in the country in Small Division 1 Pom, out of nearly 73 teams from across the United States.

The placement marks the highest finish in school history for the Mystique program and reflects months of preparation, discipline, and teamwork leading up to the national stage.

Advancing through both preliminary and semifinal rounds to reach the finals is

a significant accomplishment at the UDA championship, where teams are judged on technical execution, synchronization, difficulty, and overall performance quality.

With their record-breaking finish, the Marquette Mystique Dance Team returns home having solidified its place among the nation's top high school dance programs!

Marquette Mystique Varsity Dance Team is coached by Allison Markus, Erin Brooks, Sara Genetti, and Kaylee Schriever.

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.



With their record-breaking finish, the Marquette Mystique Dance Team returns home having solidified its place among the nation's top high school dance programs!



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Back Row: Mira Howren, Beckett Fanger, Giselle Lund, Mia Michel, Addi Forbes

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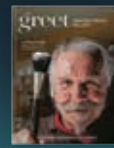
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Spring Awakening

At its best, Spring cleaning is an act of editing, a thoughtful process of curating what truly belongs in your home.

BY CAROLINE EDWARDS

Every spring, we are told to clean. Open the windows. Clear the closets. Start fresh. But the most meaningful resets happening in homes right now have less to do with shine and more to do with intention.

Over the past year, I have noticed a quiet shift in how people talk about their spaces. The conversation is no longer centered on trends or dramatic makeovers. Instead, it is about alignment. Does a room support how life actually unfolds within it? Does it allow for rest, creativity, gathering, or focus without friction?

In this context, spring cleaning becomes an editorial process. Before anything is donated, replaced, or rearranged, it is worth asking what each space is meant to do. A dining room that hosts weekly dinners needs durability and ease. A living room used for reading and unwinding benefits from softer lighting and fewer visual interruptions. When the function is clarified, decisions follow naturally.

This season, sustainability plays a practical role as well. Repairing, repurposing, and rethinking what is already owned is no longer framed as a compromise. It is a design choice rooted in longevity and care. A well-considered home does not need to announce itself. It supports daily life quietly, confidently, and without excess. That is the kind of spring refresh worth pursuing.

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This month's cover photo by Amaya Javitta Photography

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A photograph of a modern outdoor living space featuring a swimming pool, a lounge area with patio furniture, and a large house in the background.

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A photograph of a kitchen counter with various items, including a green bottle, a white pitcher, and some food items.

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