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- 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

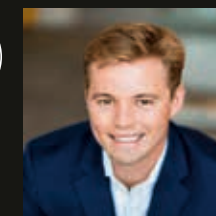
Go 'Active' on MLS & third-party sites with benefit of price discovery from Phases 1 & 2.

- 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.



Jeff Lottmann

Luxury Real Estate Advisor
M: 314.406.8911
jeff.lottmann@compass.com



Chase Lottmann

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M: 314.805.8440
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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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FIELD OF DREAMS



Principia Kickstarts its Field Hockey Program

It has been said, “If you build it, they will come.” And this fall at Principia School, after a 25-year hiatus, it’s coming—field hockey is back!

What makes Principia field hockey such an exciting place to play isn’t just the return of the sport—it’s the coaches, players, and facilities that create a successful runway for the program.

Already a go-to hub for elite club teams in the region, Principia’s field is an almost unheard-of asset for a high

school. Closer to a college-level facility, it delivers faster speeds, more precise passing, less forgiving mistakes, and a technical edge over teams who play and practice on standard grass fields.

“There’s no better time to bring field hockey back,” said Shawn Brown, Principia Athletic Director. “We began to build our own program by taking baby steps. Strategically, we built the infrastructure years ago when we improved our fields across campus.”

“We’ve been slowly building excitement and now is a great time to have our very own team again. It’s exciting for the girls, the school, and our community.”

That long-game approach reveals something deeper about Principia: progress here moves forward with purpose, and impeccable timing. The foundation of this relaunch was laid years ago—literally from the ground up—with the addition of a rare and coveted water turf field—one of only a handful in Missouri.

Principia’s water turf field is already a regional hotspot for elite programs like AIM Field Hockey—the engine behind elite field hockey in the area—coached by Principia alumna Lauren Cornthwaite. Now, both AIM and Principia are training on a surface that mirrors college-level play, preparing athletes for the next level.



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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.



Bill Tuttle
Owner, Publisher, & Area
Marketing Director
Bill.Tuttle@n2co.com
(636) 579-0698
www.StrollMag.com/
locations/clarkson-valley-mo/



Cindy Munich
Delicious Dish
Munichs3@hotmail.com
(314) 920-5311



Jamie Park
Contributing Writer &
Content Coordinator
jpark041@rsdmo.org



Amaya Javitta
Photographer
Amaya Javitta Photography
JavittaDeepu@gmail.com
(255) 678-1357
www.facebook.com/
amayajavitta



John Kaddouri
Photographer
John Kaddouri Photography
John@kaddouriphotography.com
(636) 346-0456
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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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CLARKSON VALLEY
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Do you know where your kids are?

BY CLARKSON VALLEY MAYOR SUE MCNAMARA,
RESIDENT OF KEHRS MILL ESTATES
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I REMEMBER THOSE PSA announcements from when we were kids — and honestly, our parents often didn't! But back then, we were rarely farther than a good, loud holler away from being summoned home for dinner or bedtime.

Today, our kids are much more independently mobile and are more likely to be called home by text message. It's summertime, curfews are a little more relaxed, and many kiddos now have access to golf carts, electric bikes, scooters, and friends with vehicles. But don't forget: drivers are legally required to have a license, and as parents, it's ultimately our responsibility to make sure those rules are followed.

Make sure your kiddos have a valid driver's license, wear seatbelts, and use headlights during evening and nighttime hours. Helmets are another great safety measure — even if they aren't always the most popular accessory!

As a Council, we've been busy. Our trash contract is up for renewal and rates will increase in June. A few weeks ago, we were also notified that Chesterfield will increase our costs for police services beginning in July. We currently have RFPs out for both services to both our existing providers and alternative vendors, and we expect to have contracts to discuss at our June meeting. These increases will significantly impact our budget for the 2026–2027 fiscal year.

We are also continuing work on our Building Code revisions (nobody said this would be fast or easy!). We've also been invited to attend several HOA annual meetings and truly appreciate the

opportunity to participate. We welcome additional invitations.

Good news: we qualified for the recycling grant we applied for! As a result, our recycling event will take place on Saturday, October 3, from 9:00 a.m. to 12:00 p.m. in the City Hall parking lot. Paper shredding will be available on-site, and electronics will be accepted until weight capacity is reached.

We will also be collecting gently used shoes for the "Soles4Souls" program, Soles4Souls creates opportunities for people through shoes and clothing. Since 2006, more than 103 million pairs of shoes and pieces of clothing have helped create opportunities for people across 139 countries. Stay tuned for more information!

Jeff Schweig (Ward 1) and I attended a public meeting at City Hall in mid-April hosted by MoDOT regarding future Clarkson Road resurfacing plans and other roadway safety concerns. Residents provided substantial feedback regarding the current median dividers, along with several additional traffic and safety-related concerns.

- As the weather improves and we all spend more time outdoors, please remember to be a good neighbor:
- Check with your HOA and City Hall before planning large gatherings. Parking, loud music, and excessive noise can quickly become issues.
 - Building projects often require permits — including landscaping and exterior modifications. Before starting your next project, check with City Hall first. Asking for forgiveness instead of permission is not always the best strategy!
 - And finally, keep those trash cans concealed and landscaping tidy — don't be one of "those neighbors"!

Have a wonderful summer, and remember: be safe out there!



Best,
Sue McNamara
Mayor, Clarkson Valley



Most Recent Monthly Recycling Report: 21.49 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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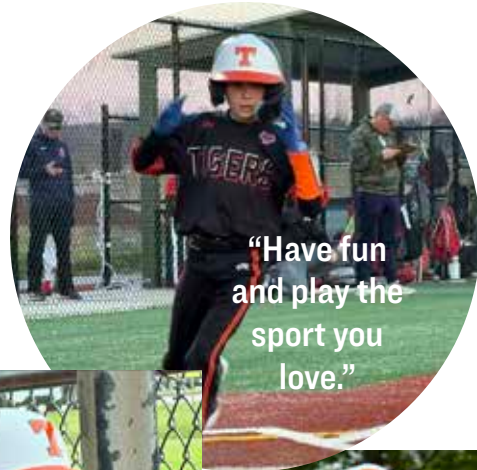
RISING STAR ZANE HOUGHTLING SWINGS BIG DREAMS INTO REALITY

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ZANE HOUGHTLING IS a young athlete already making a strong impression both on and off the field. A student at Kehrs Mill Elementary, Zane has been passionate about sports from an early age, beginning his baseball journey at just five years old and adding flag football to his athletic repertoire over the past two years.

On the baseball diamond, Zane shines as a versatile player, most often taking on the roles of shortstop and second baseman, positions that demand quick reflexes, sharp instincts, and strong leadership. Never one to shy away from a challenge, he's also preparing to step onto the mound and try pitching in an upcoming tournament. His dedication and skill haven't gone unnoticed; teammates have even joked that he's on track for a "Golden Glove," a testament to his defensive talent and work ethic.

What Zane loves most about baseball is the thrill of batting and the camaraderie of his team. He credits his supportive



teammates for making every game enjoyable and meaningful. Among his many memories, his proudest moment remains his very first hit with the Tigers, a milestone that fueled his confidence and love for the game.

When he's not on the baseball field, Zane stays active by playing flag football, continuing to build his athletic skills and competitive spirit. Despite his accomplishments, he keeps a simple and refreshing outlook: have fun and play the sport you love. It's advice he eagerly shares with younger kids in the community.

Looking ahead, Zane has big dreams. He hopes to one day play college baseball for the University of Miami and ultimately go pro. With his passion, determination, and positive attitude, this rising star is certainly one to watch.

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.



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BUILDING WITH HEART

Meet the Koehnemann Family of KBUILD

Stroll Clarkson Valley's Family-Driven Design & Renovation Partner. Craftsmanship, integrity, and a hands-on approach shape every project this Missouri-rooted company touches.



Koehnemann Konstruktion, LLC, better known throughout the community as **KBUILD**, is a name built on heritage, passion, and purpose. Rooted in the Koehnemann family name and paired with what they love most—building! KBUILD reflects both a legacy and a mission: *to create thoughtful, beautifully crafted spaces with honesty, clarity, and heart.*

Growing up in Missouri shaped the company's founder, Josh Koehnemann in ways that still guide the business today. "The values I learned here—hard work, honesty, and taking care of people, are the same values at the center of everything

we do," he shares. Those principles became the foundation for a hands-on career that began not in a classroom, but directly in the trades. By learning the industry from the ground up, he gained a deep understanding of what clients truly need and value: skilled craftsmanship paired with transparent, genuine communication.

That experience ultimately led to the creation of **KBUILD**, a full-service design and build firm specializing in remodels, custom homes, basements, kitchens, baths, additions, and commercial projects. What sets the company apart is its family-driven, client-first approach. Every project

is treated as if it were their own home, with an emphasis on clean job sites, clear expectations, no hidden costs, and a commitment to doing the job right the first time. "Our philosophy is simple," he says. "We put our heart into everything we touch."

For homeowners considering a renovation or a new-build project, the **KBUILD** team emphasizes the importance of investing in the process. Thoughtful planning, open communication, and choosing a team you trust can make all the difference. Quality materials and skilled craftsmanship, they say, aren't just

"Our philosophy is simple. We put our heart into everything we touch."

—JOSH KOEHNEMANN



about aesthetics—they save time, money, and stress for years to come.

KBUILD is also truly a family effort. Josh and his spouse, Rauchel, work side-by-side daily, and their team has become an extension of their family. With more than 25 years of experience, they've built not just transformed spaces but lasting relationships within the community. Their work has been recognized by publications like *St. Louis Homes Magazine* and through multiple Houzz "Best Of" awards, and they proudly support local organizations including When the Saints, the Barry E. Brueggeman Memorial Scholarship, and Jake's Blessings.

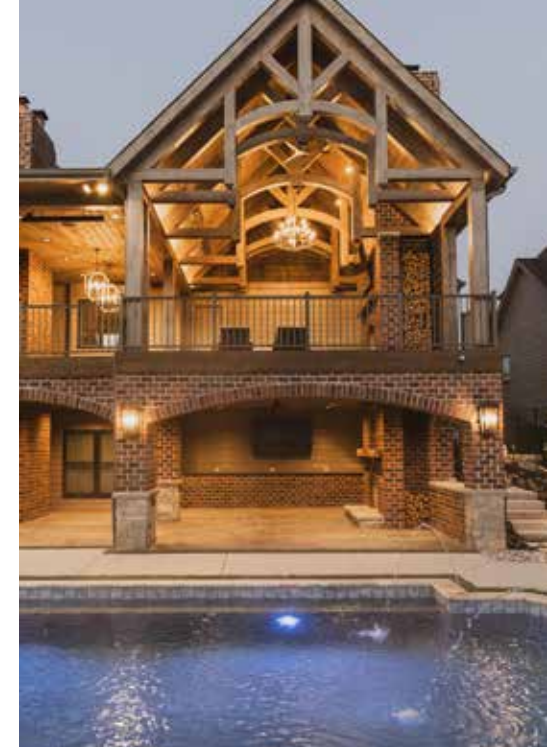
To residents of *Stroll Clarkson Valley*, **KBUILD** offers a simple but heartfelt message: "We're honored to be part of your community. Your home is where your family's story unfolds, and our promise is to listen to your vision, respect your space, and deliver work you'll be proud of for years to come."

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BY KIM WRIGHT

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Meet Belle. The Sweetest Beast!

BY JAMIE PARK, RESIDENT OF FOREST HILLS
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HI! HI! OMG I'm so excited to talk to you guys! I'm Belle, but my full name is Isabella Joy. The "Joy" part of my name is there because my parents knew how much happiness I'd bring them. I'm a super cute cookies and cream colored Yorkie-Poo, and my favorite thing in the world is making friends.

I was adopted in December 2017, and I'm currently nine years old. I like to think that I singlehandedly converted my mom into a dog person. She used to like cats - crazy, right? - but once she met me (an awesome, super smart non-shedder who loves nothing more than a good cuddle) it was no debate.

I'd love to meet each and every one of you, but honestly, I already have so many fans. People are always coming to the



"I'm a super cute cookies and cream colored Yorkie-Poo, and my favorite thing in the world is making friends."

house, and although I let Mom and Dad think the visitors are their guests, I know they're actually coming to visit me.

If the house is too busy, we can always go shopping together! I love shopping with my parents, since there's so many sights and sounds and so much food. Plus, at the store, there's a ton of people who come up and pet me. One time, I was at Home Depot with my parents when an elderly gentleman in a wheelchair asked to hold me. Of course, I sat in his lap and gave him as many kisses as possible. He said, "you made my day!"

When I'm not hanging out with all my friends, I love to cuddle with Pinky Dog. He's my favorite toy, a pink dog with super fun plastic squeakers. I literally play with him all day and all night. My



second favorite thing is hanging out on the outdoor swing, especially when the weather is nice. It's so annoying that I'm too little to jump onto it myself, but Mom and Dad are always willing to pick me up. Once I'm on the swing, I'll lay there for hours soaking in the sun and getting a great tan.

It was so awesome talking to you guys! I wish we could hang out all day, but I have an appointment with Pinky Dog. Please come visit me soon, maybe on my daily walk around the neighborhood!

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Fresh, Fast & Flavorful: The Ultimate Summer Orzo Salad

Packed with vibrant vegetables, protein-rich chickpeas, and bright, zesty flavors, this easy make-ahead orzo salad is the perfect go-to for busy summer days, backyard barbecues, and light, refreshing family meals.

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



Summer brings warm weather, pool days, and a welcome break from school - making it the perfect time to enjoy light, fresh, and flavorful meals. With busy schedules and long days outdoors, there's often little time to cook. That's where orzo shines. This small, versatile pasta is quick to prepare and works beautifully in salads, side dishes, or even as a satisfying main course.

Orzo pairs easily with seasonal vegetables, fresh herbs, and bright, zesty dressings, creating dishes that are both appealing and refreshing. These recipes are easy to make, visually vibrant, and ideal for picnics, barbecues, or easy summer dinners.

One of the best things about pasta dishes is their flexibility. You can mix and match a variety of vegetables, herbs, and proteins to suit your family's preferences. This particular recipe features juicy cherry tomatoes, protein-packed chickpeas, red onions, bell peppers, and fresh herbs for a delicious and well-balanced dish. Feel free to customize it with



whatever you have on hand. It's an easy way to make the dish your own.

Even better, this dish can be prepared ahead of time, making it perfect for busy evenings after ball practice or a long afternoon at the pool with friends. Throw some chicken or burgers on the grill and you've got yourself a meal in no time! *And for a sweet finish, don't forget to have some Crave Cookies ready for a quick snack or dessert.*

INGREDIENTS

- 4 cups chicken broth (vegetable broth if making this dish vegetarian)
- 1 ½ cups orzo
- 1 15-ounce can garbanzo beans, drained and rinsed
- 1 ½ cups red and yellow cherry or grape tomatoes, halved
- ½ finely chopped red onion
- ¼ cup finely chopped bell pepper, green, yellow, or red
- ½ cup chopped fresh basil leaves
- ¼ cup chopped fresh mint leaves
- ¼ cup chopped fresh parsley
- About ¾ cup Red Wine Vinaigrette, recipe follows
- Salt and freshly ground pepper to taste



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.

PREPARATION INSTRUCTIONS

1. Bring broth to a boil in a heavy saucepan.
2. Stir in the orzo.
3. Cover partially and cook until the orzo is tender but still firm to the bite, stirring frequently, about 7 minutes.
4. Drain the orzo and transfer to a large wide bowl and toss until the orzo cools slightly.
5. Set aside to cool completely.
6. Mix the orzo with the beans, peppers, onion, tomatoes, and herbs.
7. Toss enough vinaigrette to coat.
8. Season the salad with salt and pepper and serve at room temperature.
9. Add more vinaigrette at table if needed.

VINAIGRETTE

- ½ cup red wine vinegar
- ¼ cup fresh lemon juice
- 2 tsp. honey
- 2 tsp. salt
- ¾ tsp. freshly ground pepper
- 1 cup extra-virgin olive oil

INSTRUCTIONS

1. Mix the vinegar, lemon juice, honey, salt, and pepper in a blender.
2. With the machine running, slowly add the oil.
3. Blend thoroughly.
4. Season to taste with more salt and pepper if desired.

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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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How to Shake Old Financial Habits

You've advanced in your career, earning more and managing the responsibilities that come with success, yet maybe you've maintained some financial habits that you should have left behind.

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These habits are often rooted in past visions of security or achievement. But if the conditions have changed, it's worth asking

whether the behavior still fits. You might recognize some of these signals:

- Asset allocations that don't match your current goals or risk tolerance
- Continuing to manage some of your investments, even when time is limited

- Shopping based purely on the lowest price, rather than prioritizing value
 - Saying "yes" to every earning opportunity, even when it drains your energy
 - Feeling guilty about spending on your own comfort, well-being, or growth
- These habits and mindsets need updating, not because they are inherently wrong, but because they are no longer aligned with where you are now. This starts with

gaining clarity. What are you optimizing for right now?

- **Is it freedom?** You may value independence, the flexibility to make life and career decisions on your own terms, or the option to pursue passion projects.
- **Is it impact?** You may be focused on making meaningful contributions to your family, community, or causes you care about.

- **Is it security?** You might place high importance on feeling stable and confident about your future, reducing stress by building a strong safety net.
- **Is it flexibility?** Perhaps you value adaptability, creating room in your financial life to pivot easily, seize new opportunities, or respond effectively to life events.

Of course, these aren't mutually exclusive, but clarity about your primary motivation will help you align your financial behaviors.

Updating your approach doesn't require a complete reset. It may be as simple as rethinking how you define value or being more deliberate about allocating time and resources.

A financial advisor can help identify where your habits and goals are out of sync, then work with you to build a more intentional strategy. That process often brings clarity you may not get on your own.

The goal is to align what you're building and how you behave financially. That's where momentum comes from.

"Updating your approach doesn't require a complete reset. It may be as simple as rethinking how you define value or being more deliberate about allocating time and resources."



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REAL RESULTS Redefining What's Possible

The health and fitness industry is often saturated with bold claims and quick-fix solutions, yet sustained, meaningful progress tends to come from individualized approaches rather than standardized programs.

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



Increasingly, professionals in the field are emphasizing the importance of tailoring strategies to the unique needs, lifestyles, and goals of each person.

Reputable performance and health providers increasingly reflect this philosophy, building models around personalization, data-informed decision-making, and long-term consistency. This shift mirrors a broader industry trend toward integrating multiple disciplines—combining medical perspective, structured training, and nutrition guidance—into cohesive strategies tailored to the individual rather than relying on generalized programs.

At the core of this approach is a structured framework designed to assess and adapt. It typically begins with a comprehensive evaluation process, examining factors such as physiology, daily habits, and individual objectives. From there, programming is developed with the expectation that it will evolve over time, rather than remain static.

Case examples illustrate how this model can be applied across different populations. In one instance, a business executive with a demanding travel schedule followed a flexible program that incorporated adaptable workouts and simplified nutrition strategies. Over several months, measurable improvements were observed in energy levels, consistency, and body composition.

In another case, a woman in her late 50s focused on building strength, balance, and long-term health. Through targeted training and guided support, she experienced improved mobility, increased confidence, and a stronger physical foundation.

These outcomes align with a growing consensus among health professionals: sustainable results are typically achieved through consistent effort, personalized planning, and systems designed to adjust alongside the individual. As the industry continues to evolve, this type of integrated, evidence-informed approach may play a larger role in shaping how people pursue long-term health and performance.

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