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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

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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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CLARKSON VALLEY
Living



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For many Americans, the healthcare journey follows a familiar pattern.

A symptom appears. A test is ordered. The results come back "normal." Yet the fatigue, brain fog, weight gain, digestive issues, sleep problems, chronic pain, or declining performance remain.

PATIENTS ARE OFTEN LEFT WONDERING: IF EVERYTHING IS NORMAL, WHY DON'T I FEEL WELL?

It's a question more people are asking as chronic illness continues to rise across the country. According to the Centers for Disease Control and Prevention (CDC), approximately three in four American adults now have at least one chronic health condition, and more than half have two or more. Chronic diseases remain the leading cause of illness, disability, and healthcare spending in the United States.

The challenge is that many traditional healthcare models were designed to diagnose disease, not necessarily to identify dysfunction before it becomes disease.

THAT'S WHERE CLINICS LIKE JAMES CLINIC ARE TAKING A DIFFERENT APPROACH.

Founded by Dr. Mollie James, James Clinic combines conventional medicine with advanced functional and precision diagnostics to help patients better understand how their bodies are actually performing. The clinic serves both individuals struggling with chronic symptoms and high-performing adults who want to optimize energy, longevity, and overall health.

Rather than relying solely on standard screening tests, James Clinic utilizes a broad range of advanced diagnostic tools that evaluate metabolism, cardiovascular health, hormones, inflammation, mitochondrial function, nutrient status, and other key drivers of health. Many of these assessments are not routinely offered in traditional primary care settings.

THE PHILOSOPHY IS SIMPLE: IF YOU DON'T MEASURE IT, YOU'RE GUESSING.

For patients who have been told their labs are normal but still don't feel like themselves, advanced testing can often provide a more complete picture. For others, it offers an opportunity to identify potential risks early and take a proactive approach before symptoms develop.

PERHAPS MOST IMPORTANTLY, THE CLINIC FOCUSES ON TREATING PEOPLE, NOT JUST LAB VALUES.

That means understanding the whole person, their history, goals, lifestyle, and biology, then building an individualized strategy around what they actually need.

Whether someone is seeking answers for a chronic health concern, support during a major health challenge, or simply wants to perform at a higher level, the goal remains the same: uncover what matters, address root causes, and help patients feel their best.

To learn more about James Clinic, explore educational resources, or subscribe to the weekly health newsletter, visit www.JamesClinic.com.

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JAMES CLINIC



It's July—a time for swimming, fireworks, and summer fun! It's also a time to focus on safety and make sure we and the kiddos stay safe while enjoying these quintessential summer activities.

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

Many of us have pools, so please ensure they are secure and that your children and their friends are water-safe. Personal fireworks are illegal in St. Louis County, but it can be difficult to resist the temptation of the vendors' tents set up just outside the county line. As a result, fireworks still find their way into backyards, picnics, and driveways. Fortunately, professional public displays are readily accessible. Last year alone, more than 14,700 fireworks-related injuries were treated in emergency rooms across the country.

We've also been busy at City Hall. We are tying up the last few loose ends of our Building Codes. This has been a challenging task, as the Codes had not undergone a comprehensive update in 16 years.

We have completed the 2026–2027 budget with several significant modifications. Clarkson Valley is a private city and does not incur the typical municipal expenses associated with street maintenance, parks, and similar services. We are a “pool tax city” and are funded largely through sales tax revenue distributed by St. Louis County. However, we remain responsible for expenses such as law enforcement, trash collection, and snow removal. The costs of these services have risen dramatically in recent years and have required some difficult decisions. We expect to have all remaining details finalized and ready to share next month.

During the summer months, our **Coffee With the Mayor** gatherings will move to the mornings from 9:00–10:00 a.m. Our next event will be held on July 8 at City Hall. Please stop by for a cup of coffee and share your questions, concerns, and ideas. We are always interested in hearing what you have to say.

July is also a birthday month—mine in particular! Birthdays are funny. As children, we can hardly wait for the next one to arrive, hopefully accompanied by presents and parties. Then come those years when we would prefer they not be mentioned at all. I am now at the stage where I am simply grateful to celebrate another one.

And I share my birthday month with our country. This year, the United States celebrates its 250th anniversary—quite an achievement for a republic. Yes, we have our political controversies, but we have faced them before and will undoubtedly survive them again.

Last month, many of us had the privilege of attending the Spirit of St. Louis Airport Air Show. The static air displays were wonderful and watching aerobatics was mesmerizing. Seeing the Blue Angels and the Canadian Snowbirds, the military flight demonstration teams of the United States and Canada, perform were thrilling. They were loud, proud, and spectacular as they streaked across the sky in amazing displays of precision and skill.

While we often hear concerns about the cost of maintaining our military, there is wisdom in the old Latin proverb: *Si vis pacem, para bellum*—“If you want peace, prepare for war.” Our strength remains one of the greatest assurances of our security. We have paid dearly for our freedoms, and we remain The Home of The Free Because of The Brave.

May you and your family have a safe, happy, and blessed Fourth of July.



Best,
Sue McNamara
Mayor, Clarkson Valley



Most Recent Monthly Recycling Report: 24.43 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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Alexandra is Nutella & Caramel's Guinea Pig Mom!

Nutella & Caramel

The Tiny Queens of the Sandee Household!

BY NUTELLA & CAMEL (WITH A LITTLE HELP FROM OUR HUMANS), SPONSORED BY DAZEY HOUSE CLEANING



Hello, neighbors! We're Nutella and Caramel—two adorable guinea pig sisters living our best spoiled lives with the Sandee family. We joined the family on Christmas 2024 after being adopted from Petco, and honestly, we think it was the best gift anyone received that year.

People always ask how we got our names. Well, just look at us! Our fluffy fur looks exactly like a caramel and Nutella swirl. Sweet names for sweet girls, if you ask us.

Even though we're small, we have BIG personalities. Nutella here is the calmer sister—chill, cuddly, and happy to relax while being held. Caramel? Let's just say she has a little extra energy. She's famous for zooming around once you catch her and making everyone laugh with her silly antics.

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“The best part of living with the Sandees is all the love and cuddles.”



One thing humans should know about guinea pigs: we are very vocal about our needs. Every time someone walks into the room, we squeak loudly to remind the family that we obviously need more snacks. Hay is good, but lettuce is our absolute favorite. If the refrigerator door opens, we come running and squealing like tiny furry alarm systems.

We’ve also grown out of one funny habit. When we were babies, we used to sleep with our eyes open! Our humans thought it was hilarious—and maybe a little creepy. Thankfully, we now sleep with our eyes closed like proper ladies.

The best part of living with the Sandees is all the love and cuddles. Family and friends hold us, hug us, and sometimes even dress us up. We may be tiny pets, but we’ve brought huge joy to our home—one squeak at a time.

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Happy Mother's Day

A Tribute to the Mothers of Clarkson Valley

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Mothers are the quiet architects of our neighborhood. They turn houses into homes and make Clarkson Valley a better place to live. Whether they are coordinating school schedules, cheering at local games, or simply offering a hand to a neighbor, their impact is felt everywhere.

This collection of photos is a collective “thank you” to the women who give so much to our community. These snapshots celebrate the many faces of motherhood in our neck of the woods, from candid moments in the garden to morning walks through the neighborhood.

Thank you to all the mothers in Clarkson Valley for being that precious gift. We are proud to share your smiles in this special tribute.



Gina Homayoonfar of Forest Hills with Camilla (Coco)!



The Cunninghams of Forest Hills—Tasha & Eron with Sloan & Pierce!



Guys & Gals scramble to kick off Mother's Day weekend in Forest Hills! Cunninghams, Lellos, Crosses, Solomons, Schwartzs, Lambrechts, & Schallers!



Moms Patti MacDoniels & Amy Rhodes of Westhampton with Danny & Patrick!



The Schaller Family of Forest Hills—Steve & Amanda with Nico, Anthony & Julianna!



Ana & Erwin Sandee of Kehrs Mill Estates with kiddos Alexandra & Willem celebrate “King's Day” which is a national holiday in the Netherlands to celebrate the King's birthday (King Willem Alexander) and everyone wears orange and has a great time! Erwin is Dutch!



The Ries Family of Kehrs Mill Estates—Molly & Charlie with Taylor, Luke, Bo & Charlie at Sugar Creek Winery in Defiance!

“Mothers are the only people who love us for no good reason. And those of us who have them realize that we have the most precious gift in the world.”

—LOUISA MAY ALCOTT

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L to R: Jake Waterkotte (3rd Gen), Jon Slyman (2nd Gen), Chris Slyman (3rd Gen) & Bobby Slyman (3rd Gen)

Tops in Town for 61 Years!

GET TO KNOW SLYMAN BROS APPLIANCES

BY CHRIS SLYMAN, PRESIDENT OF SLYMAN BROS APPLIANCES

It was 1965. A loaf of bread cost 21 cents and you could buy a new house for around \$13,000. Running a business didn't mean needing an online presence and social media wasn't even a blip on our radar. Two brothers decided to get into the appliance selling business and opened their first store. They named it Slyman Bros. Appliances.

As our family grew, so did our business. Fast forward to today and Slyman Bros. has grown to five locations, with at least one Slyman in every store. We've managed to get to a place that Bob and Harry never could have predicted. And through the setbacks, triumphs and milestones, the legacy they laid out for us lives on: keep family at the

*“As our family grew,
so did our business.
Fast forward to
today and Slyman
Bros. has grown to
five locations, with
at least one Slyman
in every store.”*

forefront and deliver savings and quality service to our customers. I grew up in Ballwin and went to Parkway South High School where I played baseball then to Mizzou. I always knew I wanted to work for the family business, never a doubt. Slyman Bros Appliances is an appliance retailer with every day, premium and luxury appliance brands. We carry outdoor appliances as well. Our sales team goes through extensive and on-going training to stay up on the latest trends and technologies. In addition to our 5 stores, customers can purchase online at www.slymanbros.com or shop at our Outlet Showroom at 14292 Manchester Rd. on Wednesday afternoon's from noon - 4pm.

These open boxed items can be viewed and purchased on our website as well – www.slymanbros.com/open-box/ A growing division of our company is our builder division. We work closely with designers, remodelers and single-family home builders along with construction companies providing appliances for multifamily and commercial spaces. We are thrilled to have a location with a warehouse outside of the St. Louis metro area now in Mid-Missouri located in Columbia MO! This allows us to better serve our growing customer base in this part of Missouri, and we can provide free delivery to the Lake of the Ozarks.



CALLING ALL GOLFERS!

Making Dreams Come True!

This year we are proud to present our inaugural, **1st Annual Slyman Bros Appliances Charity Golf Open** on Tuesday, September 1st at Tapawingo National Golf Club! The proceeds will support the meaningful mission of Dream Factory of St. Louis. An extraordinary volunteer-run organization that brings hope and unforgettable memories to local critically and chronically ill children ages 3-18 years old. Help us grant as many dreams as possible! For more information and registration, please visit our event website: <https://onecau.se/slymanbros>.



Bob & Harry Slyman Circa 1965

A WEEKNIGHT WINNER FOR BUSY SUMMER EVENINGS

Cream cheese, olives, parmesan, and tender pork or chicken come together in a simple, flavor-packed dish that's easy enough for weeknights and special enough for guests!

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

If your house is anything like ours, summer is a whirlwind of activity. We always seem to be on the go, and while I'm not complaining—it's a lot of fun—there's almost always a ball game, outdoor concert, or picnic to attend on any given evening. Although I do my best to keep a supply of previously prepared meals in the freezer, there are times when my schedule gets



away from me, and I simply don't have a chance to restock. That's precisely why I love this recipe—it's incredibly fast to make and absolutely delicious, so even after a busy day or a late evening, you'll still be able to whip it up with ease. Even better, this recipe offers flexibility - you can prepare it with butterflied pork tenderloin or opt for boneless chicken breasts, depending on your preference or what you have on hand. Pair the main dish with your family's favorite vegetable or a fresh, crisp salad, and add some crusty bread to round out the meal for a truly satisfying dining experience. *To finish on a sweet note, treat everyone to a Crave Cookie for dessert!*

INGREDIENTS

- 1 pork tenderloin, butterflied or 4 boneless, skinless chicken breasts
- 4 ounces flavored cream cheese (chive), Boursin (garlic and herb), or plain cream cheese with 1/2 tsp. garlic powder and 1 tsp. Italian herbs



- 2 ounces pitted Kalamata olives or green olives, finely chopped with garlic powder to taste
- Extra virgin olive oil
- 1/4-1/2 cup breadcrumbs (I like the texture of panko)
- 1/4-1/2 cup grated parmesan cheese

PREPARATION INSTRUCTIONS

1. Preheat oven to 350.
2. Place meat on a parchment paper lined baking sheet.
3. Lightly sprinkle with garlic powder, salt, and pepper.
4. Layer the meat with cheese, olives, breadcrumbs, and parmesan.
5. Drizzle a bit of olive oil over the meat mixture. (This can be done ahead of time and refrigerated.)



6. Bring to room temperature one-half hour before baking.
7. Bake for approximately 30 minutes.
8. Let meat rest for a few minutes and slice 3/4" thick on a diagonal.



Wishing you many enjoyable and flavorful moments during these beautiful summer days!

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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Jamie Park

Congratulations to Forest Hills resident and Marquette High School graduate, Jamie Park who is headed to the University of Chicago for Economics! Jamie is a valuable asset to Stroll Magazine as a Content Coordinator contributing and writing many of our neighborhood stories. Best of luck Jamie!



Do you have anyone you want to wish a happy birthday, anniversary, congratulations, thank you, good luck, etc.? Do you have an engagement, wedding, or new baby announcement? Send what you want to say along with a photo to Bill.Tuttle@n2co.com.



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BY KIM WRIGHT



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Lauren Shuert

Congratulations to Dunhill Farm resident and Marquette High School graduate, Lauren Shuert who is headed to the University of Mississippi. Well done Lauren!

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Connor O'Brien

Congratulations to Kehrs Mill Estates resident and Marquette High School graduate, Connor O'Brien who is headed to Auburn University to study Aerospace Engineering. Way to go Connor!



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La Dolce Vita at Forest Hills

Summer Kickoff Party Brings Coastal Charm to the Club!

PHOTOS SUBMITTED BY ALI KAPLAN, DIRECTOR OF MEMBERSHIP & MARKETING AT FOREST HILLS COUNTRY CLUB, SPONSORED BY THE JEFF LOTTOMANN GROUP COMPASS REALTY GROUP, RESIDENT OF FOREST HILLS,



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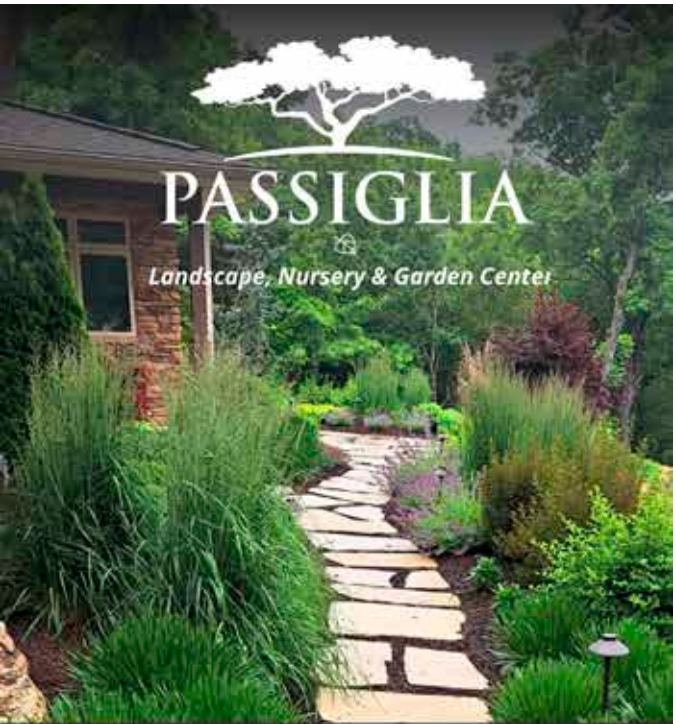
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Forest Hills members kicked off the summer in unforgettable fashion at this year's Summer Kickoff Party, themed around the beauty and charm of Italy's Amalfi Coast. Guests enjoyed an evening filled with Mediterranean-inspired cuisine, handcrafted cocktails, live music, and vibrant entertainment as the Club transformed into a coastal getaway for the night. From the lively dance floor in the Ballroom to the relaxed atmosphere overlooking Eagles' View, members mingled, celebrated, and welcomed the summer season in style.

Membership at Forest Hills Country Club is by invitation only.

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PHOTOS SUBMITTED BY AVA REYNOLDS, MARKETING & COMMUNICATIONS COORDINATOR AT FOREST HILLS COUNTRY CLUB,



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Member-Member Runners Up and Third Place were Mike Flavin & Marty Carrow and Paxton Moran & Joe Rector

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From Toys to Tech: Principia Fourth Graders and College Students Power-up Together

At Principia School, learning doesn't stop at the classroom door—it scales. So, when the fourth-grade class was presented with a renewable energy unit—building toy solar cars—a natural opportunity emerged to collaborate with experts in the field just up the River Road—the award-winning Principia College Solar Car Team.

To tap into the insights of our affiliated College scholars, Principia fourth graders donned their winter jackets and boarded the bus to travel to Principia College to meet with role models and mentors from its nationally

acclaimed solar car team. And what began as a toy solar car build quickly turned into real-world implementation, and genuine connection.

This cross-campus connection illustrates that there are no closed doors to knowledge at Principia—just a shared mission. College students gained leadership and mentorship skills while they imparted years of engineering insights and knowledge to the younger students. Together, Principia School and College form a single pathway of growth—proof that when education is vertically aligned, even a toy car can carry a grand vision.



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When markets swing sharply, the instinct to do something feels almost overwhelming. People check their balances more often. They sometimes move money to cash. These reactions are completely understandable, and they're also among the most reliable ways to turn a temporary market decline into a permanent loss.

Staying calm during market volatility isn't about ignoring what's happening. It's about remembering why your portfolio was structured the way it was in the first place.

YOUR PORTFOLIO ASSUMES UNCERTAINTY

When your financial plan was put together, nobody assumed markets would move in a straight line. The mix of stocks, bonds, and other assets in your portfolio reflect an honest accounting of the fact that markets decline periodically, sometimes sharply and sometimes for longer than feels comfortable. That allocation wasn't designed for good times only.

Diversification works precisely because different assets respond differently to the same conditions. When one area of your portfolio drops, another may hold steady or recover faster. That cushioning effect doesn't make volatility painless, but it does mean your portfolio is doing exactly what it was built to do.

WHY SELLING RARELY SOLVES THE PROBLEM

The question many investors ask themselves during a downturn is whether they should sell their investments and wait for things to improve. The problem is that markets rarely announce their bottom before recovering. Investors who moved to cash during past downturns often missed the sharpest recovery days, which tend to cluster close to the worst ones. Missing just a handful of those days over a long investing period can significantly reduce long-term returns.

WHAT STAYING THE COURSE ACTUALLY LOOKS LIKE

Staying invested doesn't mean doing nothing. Volatility can create practical opportunities worth discussing with your advisor: tax-loss harvesting, rebalancing back to your target allocation, or adding to positions that have become more attractively priced. These are deliberate, planned responses rather than emotional reactions.

Volatility feels urgent. But the decisions you make don't have to be. Your plan was built to outlast periods like this one, and that's worth remembering before making any changes.

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

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Clarkson Valley Teen Turns Home Bakery Into a Force for Good

Marquette High senior Jamie Park blends her passion for baking with a mission to support eating disorder awareness, raising thousands for a national nonprofit—all from her home kitchen. She calls her bakery: Mental Bakedown!

SOURCE: SHWETHA SUNDARRAJAN, SAUCE MAGAZINE

IN OUR COMMUNITY, one high school student is turning a simple love of baking into something far more meaningful. For Jamie Park, a senior at Marquette High School, her home-based cookie venture is not just about satisfying a sweet tooth—it’s

about supporting a cause close to her heart.

What began a couple of years ago as a small project in her family’s kitchen has grown into a purposeful initiative. Inspired by the challenges faced by someone she cares about, Park decided to channel her energy into raising awareness and funds for those affected by eating disorders. Through her cookie sales, she has already contributed thousands of dollars to the National Eating Disorders Association (NEDA), with plans to donate more as she approaches graduation.

Park describes her mission as rooted in compassion. She understands that eating disorders are complex and often difficult to treat, and believes that consistent support can make a meaningful difference. Her bakery is her way of offering that support—both financially and through raising awareness in her community.

Balancing schoolwork with running a small business hasn’t always been easy. In the early days, Park found herself baking late into the night and juggling orders before heading to class the next morning. Realizing that pace wasn’t sustainable, she reworked her schedule. Now, she limits baking to select days each week and organizes deliveries and shipments at designated times, creating a healthier balance.

Operating entirely from her home kitchen, Park manages every aspect of the business herself. From experimenting with recipes to packaging orders and connecting with customers online, she has built an efficient system that allows her to keep up with demand while maintaining her academic responsibilities.

Her creative process is a constant work in progress. Cabinets lined with handwritten notes reflect countless recipe trials, adjustments, and refinements. After months of testing, she



perfected a rich brown butter cookie that now serves as the foundation for many of her offerings. Current flavors range from classic chocolate varieties to more indulgent creations filled with marshmallow, graham cracker, or Oreo centers.

Park hopes her cookies represent more than just a dessert. She wants them to be a reminder that food can be enjoyed without guilt and that small acts—like buying a cookie—can contribute to a larger purpose.

For Clarkson Valley residents, supporting her bakery means more than picking up a treat; it’s a chance to be part of a community effort that blends kindness, awareness, and a passion for baking.



HOW TO ORDER COOKIES!

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“Park would like her cookies to be a reminder that food can be enjoyed without guilt and that small acts—like buying a cookie—can contribute to a larger purpose.”



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