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★★★★★
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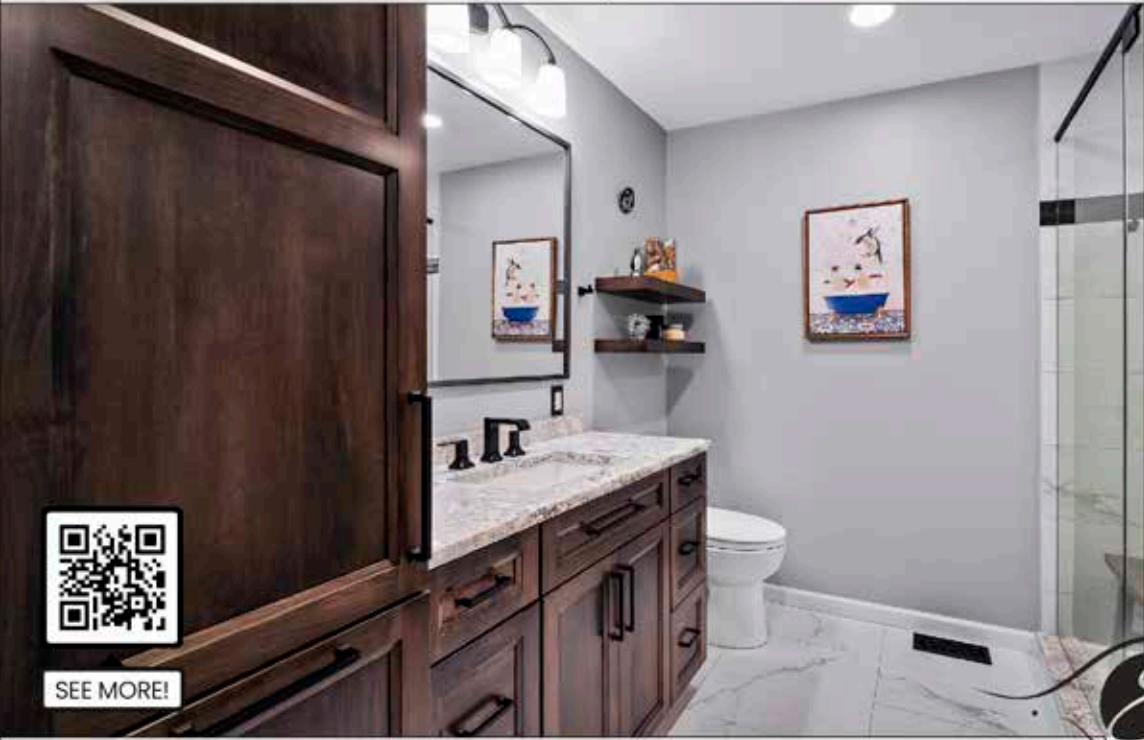


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Dodging Acorns, Welcoming Fall & Moving Our City Forward

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES
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AS I WRITE THIS, it's still September, and we're recovering from the blazingly hot spell of summer, with its long stretch of 100° temperatures. But I know it's fall—I've been whacked by, and have had to dodge, the huge acorns dropping from our giant White Oak tree! Soon, they'll be followed by falling leaves, turning from the bright green of summer to muted tones of olive, mixed with shades of yellow and orange.

Back-to-school traffic has begun in earnest, along with the familiar “beep, beep” of school buses. Please keep your eyes open for parents with kiddos waiting on street corners for pick-up or drop-off, as well as for our new drivers. And Halloween will be upon us before we know it! St. Louis has a tradition of asking Trick-or-Treaters for “one-line groaners” (What does a skeleton order for dinner at a restaurant? A T-bone!). I never know who enjoys them more—the kids or the door openers!

As Halloween approaches, keep an eye out for the decorated golf carts as they ferry little legs from house to house. It's lots

ATTEND OUR MONTHLY CLARKSON VALLEY CITY COUNCIL MEETINGS!
First Tuesday of Each Month
6:30 p.m.
Clarkson Valley City Hall
Third-Floor Meeting Room
15933 Clayton Road
Ballwin, MO 63011

We're looking forward to seeing you!

of fun, but please use caution and remember: you must be a licensed driver to operate a golf cart on the streets.

Last month's cover featured one of our residents, Terri Desloge, who was recognized as a Woman of Achievement for her dedication and work through her foundation, The Synapsory, helping children

COFFEE WITH THE COP & THE MAYOR

October 7th
9:00 a.m.
Clarkson Valley City Hall
Lobby
15933 Clayton Road
Ballwin, MO 63011

Come for some donuts and coffee and share your praises or concerns with our new liaison Officer, LT Jason Bromwich with the Chesterfield Police Dept.

See you there!

with specific needs. Terri is a wonderful example of the generosity and spirit of the residents we have here in Clarkson Valley.

The Council has been busy, with a focus on streamlining as we update procedures, codes and ordinances and close loopholes we identify along the way.

- We have adopted a formal Finance Committee, as well as a Financial Policy, for the first time. We have also issued an RFP for banking services to various financial institutions.
- We've written a new ordinance that will require all companies, including utilities, to obtain a permit before commencing excavation work.
- We're continuing to focus on codes that maintain the aesthetic appearance and character that initially attracted so many of us to Clarkson Valley. This includes property maintenance and the clear and consistent application of regulations that support those standards.
- We're studying regulations other municipalities have adopted for the operation of e-bikes, scooters and similar vehicles to see what we might adopt to strengthen the safety of riders and motorists on our streets. We've all seen the proliferation of these vehicles, and according to NBC News, there has been a 670% increase in the number of injuries to children under the age of 18 between January–May 2023 and January–May 2026. These are great methods of transportation and a wonderful way to get kids outside (and off their screens!), but they can be dangerous if not operated with caution.

Please consider attending one of our meetings to see your Council in action. We meet on the first Tuesday of each month at 6:30 p.m. at City Hall, 15933 Clayton Road, Ballwin, MO 63011, in our third-floor meeting room. We're looking forward to seeing you!



Best,
Sue McNamara
Mayor, Clarkson Valley



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Tom & Terrie Desloge with daughter Faith

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Beckham & Zane Houghtling with Ben MacDonald & other Clarkson Valley friends!

GETTING BACK TO CLASS *in Style!*

Here's a look at some of our Clarkson Valley students on their first day of school. We wish them all the best and a successful school year! Special thanks to all the parents, students, friends, and neighbors for sharing these great photos.



Beckham (2nd) & Zane (5th) Houghtling of The Manors of Clarkson Valley



Thomas (Sophomore) & Lauren (Freshman) of Dunhill Farm at Ole Miss with mom & dad, Steve & Keri



Lily Waiser (4th) of Kehrs Mill Estates



William Zweig (1st) of The Manors of Clarkson Valley



Brandon Waiser (6th) of Kehrs Mill Estates



Charlie Arbini of Forest Hills first day of pre-school!



Ms. Johns of Wild Horse Creek teaching 5th Grade at Kehrs Mill Elementary!



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Willern (K) & Alexandra (4th) Sandee of Kehrs Mill Estates



Luke (9th) & Boe (11th) of Kehrs Mill Estates



Pierce (6th) & Sloan (3rd) Cunningham with foster pups Nova & Midnight



Mirabelle (3rd), Milo (K) & Sylvie (5th) Franklin of Pleasant Valley Forest



Sean & Jacob Fore (K) of Kehrswood



Beckham Houghtling with friends!

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Emily Shuert (11th) of Dunhill Farm

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SPAS AND MORE! IS the exclusive regional dealer for Master Spas and Michael Phelps Signature Swim Spas, with showroom locations in Sunset Hills, MO, and Overland Park, KS. Founded in 2006 by Michael Lahay, a Bishop DuBourg High School graduate, the company boasts a 6,000-square-foot showroom at the corner of Gravois and Rahning Roads, just off Highway 30. The space features more than 20 hot tubs, swim spas, and cold tubs on display, as well as a full line of parts, supplies, and infrared saunas.

Lahay's journey in the spa industry began in 1996 as a traveling salesperson for Master Spas while working with Spa City in Evansville, IN. He returned to St. Louis in 2003 to sell Master Spas for Total Leisure Concepts. When that business closed in 2005, Lahay launched Spas and More! the following year.



Spas and More! is committed to offering top-tier therapeutic spas backed by expert service and support for the life of each Master Spas tub. The company is a trade-certified spa dealer and service center by *Spa Search Magazine* and maintains an A+ rating with the Better Business Bureau.

Master Spas, based in Fort Wayne, IN, is a leading U.S. manufacturer known for its health-focused spa systems. Their spas are designed to improve circulation, relieve joint pain, ease muscle soreness, and reduce stress. With five lines of hot tubs, two lines of swim spas, and two lines of cold plunge tubs and infrared saunas, Master Spas offers over 40 models—making it easy to find the perfect fit for any need.

Spas and More! continues to grow, as it celebrates 20 years in business this October. While Michael Lahay remains the owner, day-to-day operations are now managed by his daughter, Angi Hess. Michael's granddaughter, Samantha Hess, recently moved to Kansas to lead the Overland Park location. The business also includes a factory-trained service department led by long time service manager Brian Oldham, delivery team, and support staff.

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Protecting Your Digital Assets

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Estate planning often focuses on tangible assets such as real estate, investment accounts, and personal property. But today, many people also have valuable digital assets that deserve the same attention. Without a plan, loved ones may struggle to access important accounts or preserve digital property after you're gone.

Start by creating an inventory of your digital assets. A comprehensive list can help ensure nothing is overlooked and give your family or executor a roadmap for locating important accounts. Digital assets extend well beyond online bank accounts and may include:

- Bank, brokerage, and retirement accounts
- Cryptocurrency and digital wallets
- Email accounts and cloud storage
- Digital photo and video libraries
- Social media profiles
- Websites, blogs, and domain names
- Airline miles, hotel rewards, and credit card points
- Subscription services and digital media libraries
- Smart home accounts and connected devices

Once you've identified your digital assets, think about how trusted individuals will access them if necessary. Rather than keeping passwords in a spreadsheet or in your will, which may become part of the public record, consider using a secure



password manager. Many password managers allow you to designate an emergency or legacy contact who can request access to your account. Also, be sure someone you trust knows how to locate your password manager or other secure storage method.

It's also important to review the legacy settings available through many online platforms. Some services allow you to designate a legacy contact, while others let you specify whether an account should be memorialized or deleted after your death. Taking advantage of these features can make the process easier for your loved ones.

Finally, discuss your wishes with your estate planning attorney. State laws governing digital assets vary, and documents such as wills, trusts, and powers of attorney should clearly authorize the appropriate person to access and manage your digital accounts when necessary. Your financial advisor and attorney can work together to help ensure your digital life is incorporated into your broader estate plan.

As our financial and personal lives become increasingly digital, protecting these assets is an essential part of a comprehensive estate plan. Taking a few proactive steps today can help preserve both financial value and cherished memories while making the administration process smoother for those you leave behind.

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A LOST FAMILY RECIPE RESTORED: Warm German Potato Salad

Autumn ushers in a season of transition, bringing changing weather, fuller schedules, and an inviting variety of new foods. In our home, October is a cherished time for gathering and celebrating through cooking. With the surname Munich, it naturally carries an Oktoberfest-inspired spirit.

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



Our kitchen is filled with comforting dishes like Roulades, Sauerbraten, slow-cooked red cabbage, strudel, and more. By far, my husband’s favorite is warm German potato salad. The aroma brings back memories of his family gatherings from childhood. Sadly, the original recipe was never written down by his mother, and we thought it was lost to time. However, after experimenting with different ingredients, I eventually recreated a version that earned my husband’s enthusiastic approval. It’s even great the next day.

After serving a delicious meal at your gathering, set out a tray of Crave Cookies for dessert—your guests will love them! I hope you enjoy this recipe. Let me know what you think.

Guten Appetit!



“After experimenting with different ingredients, I eventually recreated a version that earned my husband’s enthusiastic approval.”

—CINDY MUNICH

INGREDIENTS

- 2 pounds small Yukon gold potatoes
- ½ yellow onion, chopped
- 1 teaspoon salt, for boiling the potatoes
- 12 ounces bacon
- ⅓ cup apple cider vinegar
- 2 to 3 tablespoons granulated sugar
- 1 tablespoon stone ground mustard
- ½ teaspoon salt, for seasoning the potato salad
- Freshly ground black pepper to taste
- 1 tablespoon minced fresh garlic, about 3 cloves
- ½ cup chopped fresh parsley

PREPARATION INSTRUCTIONS

1. Scrub the small potatoes and cut them in half so that all are approximately equally sized. Place the potatoes in a large pot and cover with cold water. Bring to a boil and stir in 1 teaspoon of salt. Reduce heat and simmer the potatoes for 10 to 15 minutes or until tender when stabbed with a fork. Drain the water. Leaving the potatoes in the pot, return the pot to the still hot (but turned off) burner. Leave the lid off the pot and allow the potatoes to steam dry for a couple minutes. This will allow them to absorb the bacon grease-vinegar dressing more easily.
2. Set another large pot over medium heat and cut the bacon strips into approximately 1-inch pieces. Cook the bacon, stirring occasionally, until crispy. While the bacon is cooking, cut the cooked potatoes in half again. Set aside. Once the bacon is done, remove the pot from the stove and use a slotted spoon to remove the bacon pieces to a plate or bowl while leaving the bacon grease in the pot.
3. Sauté onion in bacon grease until translucent. Take the pot off the burner.
4. Slowly and carefully add vinegar, sugar, mustard, salt, and pepper to the pot of bacon grease. Place the pot back on the burner, bring the mixture to a simmer, and stir for a couple of minutes. Stir the minced garlic into the mixture and cook for 30 seconds to 1 minute, until the garlic starts to turn a light golden color.
5. Remove the pot from the heat and toss in the potatoes, gently mixing until potatoes have absorbed all the liquid. Be very gentle when stirring the potatoes into the dressing. Otherwise, your dish may end up looking more like mashed potatoes.

6. Carefully fold in the cooked bacon pieces, hard boiled eggs, and chopped parsley. Season with salt and pepper.



Transfer the potato salad to a serving dish and serve warm. Potato salad should not sit at room temperature for more than two hours before refrigerating any leftovers.

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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Lacey’s Tale

Living the cozy life with her forever family!

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Hi, I’m Lacey! I’m a nine-year-old Coton de Tulear (the breed is considered “The Royal Dog of Madagascar”). But you’d never guess my age when I get excited: that’s when I break out my signature, joyful prance!

My journey here had a bumpy start. Years ago, my original human passed away, and my new home came with a Great Dane who was just way too big and rough for a gentle girl like me. I was once called Petunia, but when Jason and Audrey adopted me at age one, they renamed me Lacey in honor of my delicate nature and snowy-white coat.

I’m a bit of an independent soul. Audrey calls me “cat-like,” which is fair! While my humans would love for me to be a constant lap dog, I prefer having



Gloria, Audrey, William & Jason with Lacey



“The Coton de Tulear is The Royal Dog of Madagascar”

my own personal space. Luckily, I am thoroughly spoiled with four doggy beds scattered throughout the house. My absolute favorite spot? The mini dog couch right by the fireplace, complete with a cozy blanket. There’s truly no better place for a royal snooze.

When I first joined Jason and Audrey, I was the center of their universe. Then came the “rugrats”, William and Gloria! I’ll admit, when those little humans arrived and stole some of my spotlight, I had a brief moment of doggy resentment. But over the years, I’ve grown deeply fond of my tiny siblings. I’ve learned to be remarkably patient and sweet with them, and now I couldn’t imagine our pack without them.

Life with the Zweig family is cozy, full of love, and perfectly tailored to my independent spirit. I couldn’t have asked for a better forever home!

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Gabby Makes a Splash!

This summer, Gabby Macari discovered a new passion—swimming—and quickly proved that she is an amazing athlete with a natural love for competition.

ARTICLE & PHOTOS SUBMITTED BY LESLIE MACARI, RESIDENT OF FOREST HILLS
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“She brings energy, determination, and excitement to everything she does, and swimming has quickly become another place where those qualities shine”



Gabby jumped into swimming for the very first time at Forest Hills this summer. What began as a new experience quickly became an exciting and successful season. She embraced every opportunity to learn, improve, and challenge herself, gaining confidence with every meet and every lap in the pool.

By the end of the season, Gabby had earned an impressive **nine ribbons** as well as the **FH Coaches Award**, a wonderful accomplishment for someone who was brand new to competitive swimming. But for Gabby, the season was about much more than collecting ribbons. She discovered the excitement of competition, the importance of teamwork, and the satisfaction that comes from working hard and seeing yourself improve.

Gabby has always had an enthusiasm for life that is impossible to miss. She brings energy, determination, and excitement to everything she does, and swimming has quickly become another place where those qualities shine. She has embraced the challenge of learning new strokes, improving her technique, and becoming faster and stronger in the water.

Her success at Forest Hills inspired Gabby to take the next step in her swimming journey. After recently trying out for **Gateway Athletic Club**, Gabby was thrilled to begin swimming with the team. This new opportunity will allow her to continue developing her skills, compete at a higher level, and train alongside other young athletes who share her passion for the sport.

Most of all, Gabby is simply **loving swimming**. She has found a sport that challenges her while bringing her tremendous joy. For Gabby, getting in the pool isn't just about winning—it's about learning, improving, having fun, and discovering what she can accomplish next.

With her determination, enthusiasm, and competitive spirit, Gabby is already proving that sometimes the best adventures begin by simply jumping in.

One thing is certain: Gabby is making a splash!

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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ONE FOCUS, BIG RESULTS

*The power of daily habits
before the holidays*

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



As we head into the final stretch of the year, now is the perfect time to simplify your focus. With the holidays just around the corner, trying to overhaul every aspect of your health can quickly become overwhelming. Instead, choose one primary goal to focus on over the next 12 weeks.

The key isn't just setting the goal. It's identifying the daily habits that will help you achieve it. Ask yourself, "What actions

can I consistently control each day?" Small, intentional behaviors lead to lasting results.

FOR EXAMPLE:

- **Want to eat more protein?** Plan your meals, prep protein in advance, and start your day with a high-protein breakfast.
- **Trying to move more?** Aim for 8,000 steps by taking a morning or evening walk, choosing the stairs, or parking farther away.

- **Looking to improve sleep?** Create a consistent bedtime routine by limiting screens, dimming the lights, and sticking to a regular sleep schedule.
- **Want to strength train?** Schedule workouts like appointments, have a backup plan for busy weeks, and remember that even a shorter workout is better than skipping it.
- **Cutting back on alcohol?** Set limits ahead of time, save drinks for special occasions, and have a healthier alternative available.

The goal isn't to tackle everything at once. It's to focus on one meaningful change and build the habits that support it. When you shift your attention from outcomes to daily actions, you rely less on motivation and more on consistency, and that's what creates long-term success.

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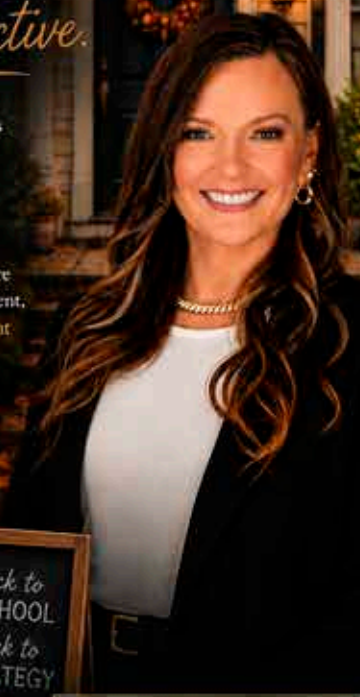
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Why More
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For many Americans, the healthcare journey follows a familiar pattern.

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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Celebrating a Stellar Season at Forest Hills!

It's been an action-packed summer at Forest Hills Country Club, filled with impressive achievements, skill-building, and plenty of club pride across all our youth programs!

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JUNIOR GOLF

Another fantastic Junior Golf season is officially in the books. It was a joy watching our young golfers build confidence on the course and showcase their growing passion for the game week after week. We hope all of our junior golfers enjoy the rest of their summer—we can't wait to see you back on the fairways next year!

SWIM & DIVE TEAM HIGHLIGHTS

What an extraordinary summer for the Forest Hills Swim & Dive Team! FHCC brought home a impressive 1st-place victory in the Country Club League for swimming, alongside a strong 6th-place finish in diving. A huge congratulations goes out to all of our swimmers and divers for their hard work and remarkable accomplishments.

Special recognition goes to Coach Keith and the entire Swim & Dive coaching staff—thank you for your dedication, leadership, and unwavering support throughout the season. Way to go, Forest Hills!

JUNIOR TENNIS

Our young athletes also brought fantastic energy to the courts this summer. A big shoutout to our Junior Tennis team for another great season of skill development, sportsmanship, and lively competition!



All smiles after some fun on the pickleball courts!



Some of the littlest tennis players serving up some fun on the courts!



William Day & Walter Finke during the Junior Golf Member-Guest Tournament



Riley Ellis, Lucy Duncan & Jenna Kimes on the Valley Course during a Junior Golf play day.



Liam Price & Ryan Jerden enjoying a little friendly competition during Junior Golf Member-Guest



Scott & Patti MacDoniels with their grandson, Patrick Rhodes



Haddie O'Shaughnessy, Vivian Gibson & Greta Beste

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



Brie Brasseur & Eliza Rector showcasing their first place ribbons at the meet against Bellerive.



Sadie Duncan & Nora Fridlin building skills and making memories on the Valley Course



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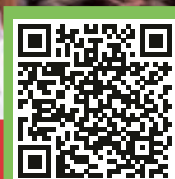
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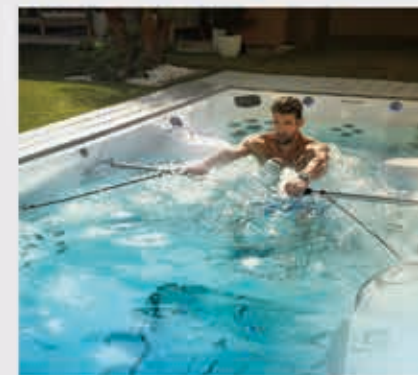
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As summer winds down and school routines return, it's a natural time to organize, plan, and look ahead. While you're checking off supply lists and preparing for the semester, don't overlook the ultimate form of preparation: ensuring your family's future is secure.

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