

JUNE 2016

# Chesterfield

ChesterfieldLifestyle.com

L I F E S T Y L E <sup>TM</sup>

## THE MEN'S ISSUE

GRAND CANYON HIKE:  
RUGGED AND REWARDING

WORLD'S TALLEST MAN  
HAD TIES TO CHESTERFIELD

NOXXU MAKES DRIVING  
FUN AGAIN: TRACK DAYS

18 | 8 FINE MEN'S SALON:  
MAN AT HIS BEST



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## Gentlemen... Start Your Lists!

This month, Chesterfield Lifestyle celebrates our male readers with our "Men's Issue." I have had the pleasure of meeting many of our gentlemen readers at Chesterfield Lifestyle events and have received a variety of emails from our male readers regarding favorite articles, ideas for features and responses to our mystery picture feature. We are delighted that our carefully chosen and local content appeals to all members of our reader audience.

This issue unlocks some secrets to living a fulfilling, exciting life—a male "bucket list" edition, if you will. Don't have a bucket

list? Basically it is a list of all the things you would like to experience before your number is up (and you kick the bucket—okay, I said it.) Rather than looking at it as a morbid task, look at it as creating a dream list of things you would like to do in your life—heck, you can even call it something else if you like. The point is, Men, that you never stop wishing and dreaming and you make a point to try new things; that combination makes life richer—at any age.

So, what to put on your list? Well, Forbes Magazine recently listed the top 25 life regrets that men have when the end of their life is in sight. Tops on the list were wishes that: more time was spent with family in travel experiences/more trips taken and that men wished they hadn't taken life so seriously and simply had more fun.

Sounds simple enough...as a service to our gentlemen readers we have provided some ideas to kick start your lists. (Okay, you got me...pun intended)

So, about those trips...ever consider purchasing a luxury RV and hitting the road? Read about the many advantages of traveling this way on page 16. And now, about having more FUN...Learn about a local company called Noxxu, on page 34, that puts the fun back in driving and you can drive dream cars on a professional track. Well now...we've helped with items #1 and #2; the rest are up to you!

Happy Father's Day!

Yours in Community,

Elizabeth "Libby" Mullen, Editor  
LMullen@LifestylePubs.com

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**ON THE COVER** Learn about a fantastic hike through the Grand Canyon and how a journey outdoors becomes a journey within, on page 18.

JOIN US



TALK TO US



# Chesterfield

L I F E S T Y L E

JUNE 2016

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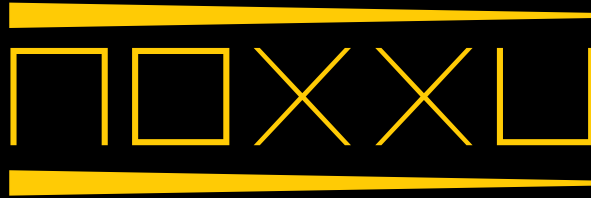
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June 2016

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# STL Motorcars Holds Aston Martin DB11 Launch Party

An elegant launch party for the 2017 Astin Martin DB11 model was hosted by STL Motorcars, at The Butterfly House, in Faust Park. Guests enjoyed wine and good company as they anticipated the unveiling of the latest Aston Martin.



## BUY 3, GET 1 FREE!

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# AROUND TOWN

## 2017 ASTON MARTIN DB11 AT STL MOTORCARS IN CHESTERFIELD



Mr. David Schwartz of Town and Country recently purchased one of the first Aston Martin DB11 show cars in the USA, from STL Motorcars. Mr. Schwartz was given a private viewing of the stunning new 2017 model at his beautiful home.

## SYM•BOWL IN CHESTERFIELD IS NOW OPEN

Lunch and dinner options in Chesterfield just became a lot more healthy. The new fast, casual restaurant, Sym•Bowl, has arrived in Chesterfield. After continued success with The HotPot in Kirkwood, co-owners Gregory Owens and Becky Schoenig wanted to expand their 'health & lifestyle' eating concept by opening a second location, so more people have access to local and seasonally sourced items that are chef-prepared and good for you.

With Chef/Manager Robert McClellan overseeing the kitchen, Sym•Bowl will have a menu that is complementary to their sister restaurant The HotPot, but will expand by offering a more broadened menu with more global tastes. Diners will still be able to customize their dining options according to their dietary needs, with paleo, gluten-free, vegetarian and vegan options. Fans of HotPot, however, have no cause for worry as their beloved Kirkwood location will have a menu update in the next few months, and both locations will offer the same items.

Sym•Bowl, located at 137 Chesterfield Towne Center, is open Monday to Friday, 10:30am to 8pm and Saturday, 10:30am to 3pm.

For more information, please visit **MySymBowl.com** or contact Becky Schoenig at 314.315.4421 or becky@mysymbowl.com.

### SYM•BOWL

137 Chesterfield Towne Center, Chesterfield, MO 63005  
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## TOBAKKO'S FINE CIGARS, ACCESSORIES AND GIFTS RELOCATES

Tobakko's Fine Cigars, Accessories and Gifts, has relocated to 106 Chesterfield Towne Centre. Located in Chesterfield Valley

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## GRAND OPENING OF SPA TAN IN CHESTERFIELD

Announcing the Grand Opening of Spa Tan in Chesterfield. Spa tan is an upscale tanning salon with all brand new beds that feature such things as Spa Music, Aromatherapy, Aqua Mysters, and Bluetooth. Spa tan provide many other services such as Mystic HD sunless tanning, Evolve airbrush tanning, Fit Wrap Body Wraps, Red Light Therapy and Teeth Whitening. Spa tan focuses on giving their customers 100% satisfaction. Spa Tan

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**COOKING UP FUN  
WITH FAMILIES AT  
SWEET BUDS KITCHEN  
IN CHESTERFIELD VALLEY**

Sweet Buds Kitchen is THE place for adults and children to cook up some fun! This brand new addition to Chesterfield Valley offers fun and educational classes for adults and kids of all ages designed to inspire a love of cooking while sparking an interest in good nutrition and healthy eating.

Located in the Chesterfield Towne Center Plaza, at the intersection of Long Road and Edison Avenue, Sweet Buds offers cooking classes in a safe environment that encourages fun and creativity. Children will have fun with a hands-on experience from creation to finish.

In addition to the many fun adult and children classes offered at this location, you can also stop by any time to buy and enjoy delicious gourmet cupcakes and cookies in the Sweet Buds cupcake bar.



Sweet Buds full class schedule can be found on **SweetBudsKitchen.com** including their upcoming Culinary Summer Camp for kids ages 5 – 17 as well as adult cooking classes.

Classes are ideal for birthday parties, sports teams or any time to engage kids to have fun while learning.

Parents and adults can get in on the tasty fun too. Sweet Buds offerings including expectant mother classes, bridal showers, college survival cooking, parents' night out, couples' classes and girls' night out!

For more information about all of the exciting things baking over at Sweet Buds, please call 636.543.8650 or visit **SweetBudsKitchen.com**.



## IT'S YOUR TURN! NOW ACCEPTING READER SUBMISSIONS FOR MYSTERY PICTURES

Readers, please send Mystery pictures to [lmullen@lifestylepubs.com](mailto:lmullen@lifestylepubs.com). Pictures must be good quality and your email must include a description of the item and where in Chesterfield it can be located. Looking forward to receiving your photos! You will receive a photo credit in the Masthead in the front of the issue in which your photo is printed.

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# 18|8

## FINE MEN'S SALON

**LET THE "MAN-  
PAMPERING" BEGIN!**

**ARTICLE ROBERT ALLEN  
PHOTOGRAPHY PROVIDED**

The mantra for the Eighteen Eight FINE MEN'S SALON located off Clarkson and Baxter in Chesterfield is **"MAN AT HIS BEST."** He is in the moment. It's his time and his place—the pinnacle of looking and feeling at his best—completely energized, motivated and respected.

Owner Joe Bryan opened the 18|8 Fine Mens's Salon in early December in an effort to fill the gap between the strip mall barbers, value salons and women's higher end salons and to provide a trusted place for men to have a professional grooming experience.

"The name comes from the 1913 chemical formula of adding 18% chromium and 8 % nickel to general grade steel, which transforms ordinary steel into a better looking and performing stainless steel. 18|8 is our metaphor for the transformation of our male clientele to look better, feel better and perform better," said Bryan.

When you walk into the 18|8 Men's Salon you are greeted by the "Director of First Impressions," shown the way to the stylish waiting lounge and offered a beverage of your choice. This classy, first class feel is enhanced by the drink options available to the clients while you wait for your appointment. There is draught beer on tap, bottled beer and various adult libations. This writer chose a favorite, Knob Creek; it was served in a cocktail glass with a sphere of ice.

The numerous upscale services available to men cover all grooming and feature custom crafted haircuts and straight razor shaves as the most popular services. Beyond haircuts and straight razor shaves, nail treatments, facials and waxing services are the most popular services that are not offered by most unisex salons as well as other "men-only" concepts salons.

Eighteen Eight is all about the quality of service it provides. The 18|8 team takes the time to learn about its clients, their personalities and special needs and caters





services to mirror their lifestyle choices. Customers may even purchase memberships that cover prepaid hair and grooming services. This commitment to quality begins with the changing into a comfortable robe before your grooming begins. Your stylist will be able to personalize your cut and your services to your specific needs. Bryan cites these unmet needs as a reason for the success of the franchise, "Despite the number of competitors, men today are unable to receive the right mix of quality, consistency and convenience that are needed to deliver a customized experience to meet the unique needs of men."

The offering of an Executive Membership is a terrific value which includes seven executive haircuts, seven clean-ups (a pampering appointment to keep your cut and look in top shape) and 50% off one of many grooming services.

Appointments with your personal stylist are conveniently made online or by phone, and for the busy executive can be set on a regular basis for months in advance.

This being Man Month, Father's Day, Flag Day, summer barbecues, etc., what a great opportunity for us to discover how to be our best. After all, for many of us men, in the world of pampering and grooming, "we do not know what we do not know." Eighteen Eight gives us that chance to look better and perform better.

For a great Father's Day present, gift certificates are available at: [EighteenEight.com/Chesterfield-mo](http://EighteenEight.com/Chesterfield-mo)



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**COMFORTS OF HOME:** Traveling in an RV, you can have the best of both worlds. Enjoy the great outdoors with a plethora of creature comforts. RVs are well equipped. You will likely have a kitchen with microwave, fridge and stove, a TV and DVD player, beds, living and dining areas and a bathroom with shower. Some models have fireplaces and additional options. Many RVs have slide out rooms that increase the living area at the touch of a button. You can sit outside under your awning, get out of the rain if the weather changes, and turn on the air conditioner if it gets too hot.

**FAMILY MATTERS:** Family members of all ages tend to connect with each other when they are away from their normal routine enjoying a simpler lifestyle. The general consensus among couples and families that own an RV for travel is that RV vacations tends to bring the family closer together with more communication and the sharing of good times. Family adventures in the RV are a fantastic time to create memories that will last a lifetime.

**INCLUDE KIDS AND PETS:** An RV vacation can be a great way to travel with children and grandchildren. They can go out to play or take part in campground activities.

There are likely to be other kids to meet

and new places to explore. Children of all ages will enjoy an old-fashioned campfire complete with stories, songs and stargazing. And most kids think it's pretty cool to be in an RV "home on wheels." An RV vacation is an adventure. Pets can come along and be included on vacation. This eliminates extra costs and hassles of boarding your pets, worrying about pets when you travel and having to plan a trip around which hotels allow pets.

**CAMPGROUNDS:** There are many choices in campgrounds and RV parks. In peak season and tourist areas, you should make reservations. Look for the amenities that are important to you.



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**FLEXIBILITY:** In an RV, you have the flexibility to change locations if you get the whim. For popular destinations, you may not be able to pick up and find another campground without a reservation. You also want to strike the right balance between seeing different areas, the amount of time spent driving and ensuring you have enough time to relax. Cautions aside, an RV can give you a lot of freedom and spontaneity. RV travel appeals to an inner pioneering spirit and allows you to create your own adventure as you go along your way. You can explore the country at your own pace or take off for last minute mini-vacations, visiting friends and relatives, tailgating events and weekend trips.

**MORE CONTROL:** Driving yourself gives you control over where you go and the pace of your travel. You don't

have the hassle of airline counters and keeping to schedules. You can stop and take a break when you choose. You don't need a special license to drive an RV. It might take a little getting used to driving the larger rigs -- but the number of RVs on the road should tell you that it is certainly "doable" and becoming more and more popular.

With the summer months upon us, couples and families are planning vacations. Wouldn't it be wonderful to travel wherever you wanted, whenever you wanted in comfort and style? An enjoyable vacation with maximum flexibility and luxury awaits. If you have ever considered traveling by RV (Recreational Vehicle) Travers RV can help you find the perfect RV for your travel needs. Travers has a dedicated sales staff that prides itself with performing needs assessments and they will match you with just the right size RV with just the right level of luxury for the best travel experiences of your life.



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# GRAND CANYON HIKE: **RUGGED & REWARDING**

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A Journey Outdoors Becomes a Journey Within

ARTICLE GREG KILPER | PHOTOGRAPHY GREG KILPER AND MARIUS BUSAUSKAS

"A Journey Outdoors Becomes a Journey Within."

These words came to me as I pondered and considered the ways I could best convey what I experienced at Grand Canyon National Park. The experience of hiking down the Southern Rim via the South Kaibab Trail of the Grand Canyon to the Colorado River and then back up the Grand Canyon via the Bright Angel Trail the next day was one I will never forget and vow to complete again.

My past articles for Chesterfield Lifestyle involve real estate investing and appropriately enough I went to Phoenix for a HomeVestors Annual Home Buying Convention this past December. Phoenix happens to be two hours from the Grand Canyon; I figured what better opportunity to experience what many might say is the greatest natural wonder in our country--if not in the world.

Honestly, I was nervous that I would have trouble hiking up from the Grand Canyon --and indeed I did though I made it. What I did not anticipate was the sense of accomplishment and empowerment I would feel by completing the journey and the breadth of experiences I would encounter along the way.

It all started when I found out there was a lodge at the bottom of the Grand Canyon called, Phantom Ranch, which is extremely famous among hikers and park visitors. It is common wisdom among park officials that a little over one percent of the visitors to Grand Canyon National Park actually get to the bottom of the Canyon. I can see why; it is a rugged hike--rugged and rewarding.

CONTINUED >









**“What I did not anticipate was the sense of accomplishment and empowerment I would feel by completing the journey and the breadth of experiences I would encounter along the way.”**







When I started researching everything about the trip, I was only able to reserve one space around the weekend I would be in town for the Home Buying Convention and so I did assuming I would go alone if need be. This was five months out—I told my business partner, Marius what I was planning to do and he told me he would like to go along so we called many times, to no avail, to reserve a room for him at Phantom Ranch. The week before we were planning to leave someone cancelled one spot and we were able to get Marius a room for a night at Phantom Ranch

Lodge the same night I was staying.

The next step was to figure out which path to take. As we were hiking the Southern Rim we had two common choices, without obtaining a back country permit, the South Kaibab Trail and the Bright Angel Trail. The South Kaibab Trail was designed more recently; it was created to have beautiful views and follow a ridge down into the canyon. Needless to say it is the most beautiful and breathtaking path I have taken in my life. You have to catch a bus from Grand Canyon Village and it will take you to Yaki Point which sits at 7,200 feet above sea level. From here you hike 7.1 miles down beautiful switchbacks and trails to an elevation of 2,420 feet above sea level at the Colorado River.

At the bottom of the Grand Canyon you can choose to obtain a back country permit and camp near the Phantom Ranch or you can try to reserve a room or a cabin if you register very far in advance. I have some words of advice and caution for you. We went in December and I drank a lot of water in fact I actually drank some of Marius's water on the way down....It's important to note that the

Southern Kaibab is beautiful but it is also known for not having water most of the year along the trail so you must plan accordingly. Another piece of advice is that eating a big breakfast does not mean you will have plenty of electrolytes right away. Bring plenty of Gatorade, Gatorade gum, bananas and anything else you can think of with electrolytes to keep your trip enjoyable, safe and fun.

The next day, we took the Bright Angel Trail which was created by miners in 1891. The Bright Angel Trail is 9.9 miles from Phantom Ranch to Grand Canyon Village at the top and will take you from an elevation of 2,480 feet above sea level to 6,860 feet above sea level. On the way up, I was breathing so hard at times I had to lay down and stretch my feet out and drink Gatorade. I made it up and in fact I felt so exhilarated by the experience I actually hiked another four to five miles once we arrived at the top. I am still thankful to my business partner, Marius, for helping me along the way.

Half way up the Bright Angel Trail you will run into Indian Gardens which is an old seasonal settlement for the Havasupai Indians who helped to create the top part of the Bright Angel Trail. Indian Gardens boasts a natural spring and a campground for visitors who obtain the proper permits from the park service.

The experience of being in the Grand Canyon--the energy that pervades the entire place--it washes your mind clean and just brings you back to a sense of oneness with nature. Additionally, the journey made me reflect on my life and the interesting people in it.

As Marius and I hiked down the Grand Canyon we ran into some interesting "characters" along the way, including a lady who hikes the entire Grand Canyon hike to the bottom and up, alone, in order to train for the Son Doong Cave hike in Vietnam. Try Googling that if you want an interesting read.

One other person who really sticks out was a 72 year old man named Jack. Jack was a nice guy and I asked him if this was his first time hiking the Grand Canyon. He told me, "No, I try to do this every month." Turns out Jack is in the Guinness book of world







records for being the first man ever to reach the highest point in all 50 states. Being around amazing people like the training woman on the way down and Jack, who we met at the bottom and Marius, who is a true friend and tough as nails, made me realize how lucky I am to have met these people in my lifetime. Then you step back and realize how lucky we all are to have our family, our friends and the incredible opportunities we all have in this country. Sometimes it takes a spectacular journey in the outdoors to stimulate a journey within.



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July 19th  
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# The World's Tallest Man

The "Alton Giant's" ties to Chesterfield

ARTICLE AIMEE PELLET | PHOTOGRAPHY PROVIDED



Several issues ago, I wrote about my great-grandmother's cedar chest. My grandmother also owned one; this was a very common storage method for lifelong, prized possessions. This was long before the basements full of plastic storage bins many of us have today. Shortly after my grandmother passed away, my mom and I sat down to sort through the items in her chest. My grandmother meticulously attached a small piece of paper to each item with a straight pin, describing what it was. It held many of the things you would expect: baby clothes from those long since grown and holiday cards from years past.

As we sorted, we came across something that stopped us in our tracks. Surely this hardened piece of crushed paper napkin couldn't be the actual item described in her small, precise handwriting. It clearly said, "From Bob Wadlow on his 21st birthday – Feb 22, 1939." As we peeled back the napkin's layers, it became evident that the last layers would not \*unpeel\* as yes, it was an actual piece of cake from 1939. So, if you think that cedar chests don't really work as bug deterrents, think again!

Robert Wadlow was known to the world as the Alton Giant—the tallest man who ever lived. He still holds the record to this day. The statistics are just as astounding today as they were in the newspapers of the time. At his tallest he measured 8 feet 11.1 inches, the result of an overactive pituitary gland—a condition which most likely could be treated today. At 6 months old, he weighed 30 pounds and while not overweight for his height, he weighed 495 at his heaviest. His size required constant adaptation of his furniture, clothing and even the family car.

To my family he was "Bob," a close friend. My family knew the Wadlows through my great-uncle's auto business and sponsorship of a racecar in Alton. He and Robert's father, Harold, became friends. I remember both my grandma and my great-aunt talking at length about what a kind and gentle person he was, despite often being in considerable pain and obviously very different from those around him.

He was an intelligent young man who enrolled in law school and sought gainful employment as a spokesman for the Peters Shoe Co., a division of St. Louis' International Shoe Co. After all, this was a time when "giants" and people with other differences were seen as curiosities, often touring with circuses or unable to find employment at all. Wadlow turned down numerous offers from circuses, although he did appear with The Barnum and Bailey Circus for six days after a financial offer too tempting



to resist. Considering one pair of his size 37 shoes cost nearly \$1500 in today's currency, it is difficult to blame him.

He took his reputation very seriously for someone so young. In 1939, Dr. Charles Humberd made disparaging remarks about Wadlow in the Journal of the American Medical Association, saying he had a "soured attitude," despite never fully examining him, instead claiming only to visit the family while on vacation. Wadlow sued the doctor for libel. During court breaks, ever on display, he happily signed autographs for local children. Despite teachers and other doctors attesting to Wadlow's gentleness, kindness and shy demeanor, Wadlow lost the case. Nevertheless, at the time the suit was groundbreaking, as it exposed attitudes of the time—attitudes few people stuck up for. The editor of the Journal of the AMA, Dr. Morris Fishbein openly admitted under oath, "I think Robert is a freak." He elaborated that anyone who was extraordinary in appearance or otherwise unusual was considered by medical men to be freaks.

In a scrapbook my grandma kept, there are Christmas cards from the Wadlows, as well as newspaper articles and photographs. Every Spring the Wadlows would come to my family's house, in Chesterfield, for a get together. Each year was marked with a photograph outside the home that used to be on Olive Blvd near Hog Hollow Rd. Sadly, the photos with Robert in them end with April of 1940 as he lived only a few months after that, passing away from a foot infection at the young age of twenty-two, buried in a casket so long it protruded from the hearse.

Sometimes the greatest sign of a man (or woman) is to face adversity with kindness and positivity. It's good to look back on those who set positive examples of what it meant to be thoughtful and generous and to stand up for yourself. But, perhaps we don't need to save their birthday cake for 77 years?



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## ACTIVE ADULTS SHOULD BE SCREENED FOR HYPERTROPHIC CARDIOMYOPATHY

ARTICLE KEITH MANKOWITZ, MD, ST. LUKE'S HOSPITAL | PHOTOGRAPHY PROVIDED

You've likely seen it - a news story that flashes on screen about an active individual or athlete who suddenly falls to the ground with their life cut short. Being active or involved in sports ourselves, we often fail to realize that we're all potentially at risk for this condition called Hypertrophic Cardiomyopathy.

Most of the time, people hear of Hypertrophic Cardiomyopathy when a famous athlete collapses on the field of play and consequently dies. Some of the most notable cases thought to have been attributed to Hypertrophic Cardiomyopathy include all levels of sport - NBA players Reggie Lewis and Kevin Duckworth, NHL player Sergei Zholtok, NCAA basketball player Hank Gathers and NFL player Thomas Herrion. Just this past year, former Missouri and St. Louis Rams wide receiver, Bud Sasser, was released after the Rams believed he suffered from Hypertrophic Cardiomyopathy.

Hypertrophic cardiomyopathy is very common and can affect people at any age. About one out of every 500 people has hypertrophic cardiomyopathy, and it affects men and women equally.

However, a study in the Journal of the American College of Cardiology shows this condition is oftentimes overlooked in women. Research has indicated that for women, Hypertrophic Cardiomyopathy is regularly underrepresented based on underdiagnosis, low patient awareness and availability of screening programs. Because of these factors, many women with Hypertrophic Cardiomyopathy showed a higher risk of advanced heart failure or death.

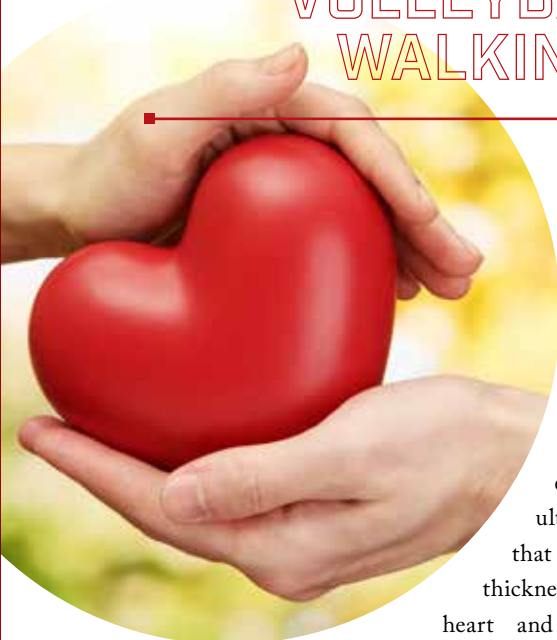
Hypertrophic Cardiomyopathy is the leading cause of heart-related sudden death in people under the age of 35. In short, Hypertrophic Cardiomyopathy is a condition where the myocardium (heart muscle) becomes enlarged, which makes it difficult for the heart to pump blood efficiently. As a result, Hypertrophic Cardiomyopathy can interfere with the heart's electrical system, causing those with the condition to suddenly experience several life-threatening symptoms including: chest pain, dizziness, fainting, fatigue, heart murmurs and arrhythmias, irregular heart rhythms, palpitations and shortness of breath.

Hypertrophic Cardiomyopathy can be genetic, so anyone with a relative who has been diagnosed or treated for



Hypertrophic Cardiomyopathy should seek medical advice and get screened. In other instances, there is no genetic relationship. Because of this, all adults who are physically active or play sports should be screened. This is true of those who take part in some of the most common forms of activities:

AEROBICS  
BASEBALL/SOFTBALL  
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HOCKEY  
RUNNING  
SWIMMING  
TENNIS  
VOLLEYBALL  
WALKING



Typically, following a thorough examination of the patient's history and a physical examination, tests are given to determine if someone is at risk for Hypertrophic Cardiomyopathy. They include a limited view echocardiogram (an ultrasound of the heart) that focuses on assessing the thickness and function of the heart and an electrocardiogram, which tests electrical activity of the heart.

Treatment is given on an individualized basis. Various options, depending on the severity of the condition, include monitoring, medications (beta-blockers) and specialized surgery which resects or removes the muscle tissue that may be obstructing the heart function.

*Dr. Keith Mankowitz is a cardiologist at St. Luke's Hospital and treats those with Hypertrophic Cardiomyopathy across the St. Louis region. For more information or to get screened, call: 314.434.3278.*

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Subdivision	Original List	Sold Price	%Sold/Orig	DOM	Bdrms	F/H Bath
Bent Tree 2	\$299,900	\$300,000	100	3	3	3
Meadowbrook Farm	\$314,900	\$310,000	95	14	4	2/1
Ladue Trails	\$389,000	\$382,000	98	10	4	2/1
Stonebriar One	\$389,900	\$415,000	106	1	3	2/1
Villages at Baxter Ridge	\$399,900	\$390,000	97	9	4	2/1
Villages at Baxter Ridge	\$400,000	\$403,000	101	3	3	3/1
Ladue Trails	\$419,000	\$418,000	99	4	6	2/1
Ladue Glen	\$425,000	\$412,000	97	1	7	3/1
Thousand Oaks 3	\$439,900	\$418,390	95	17	2	3
Scarborough	\$447,500	\$435,000	97	13	4	3/2
Villages at Baxter Ridge	\$450,000	\$450,000	100	12	4	3/1
Scarborough	\$470,000	\$470,000	100	9	4	2/1
Stonebriar	\$489,900	\$489,900	100	4	4	3/1
Baywood	\$569,000	\$569,000	100	2	4	3
Regency Estates	\$725,000	\$700,000	96	3	4	4/1
Reserve at Chesterfield Vig	\$799,000	\$770,000	96	18	4	3/1
Brookhill Estates 2	\$1,010,000	\$1,050,000	104	0	4	4/2

Information obtained from Comparative Market Analysis for 04-01-16 through 04-30-16. \*DOM=Days on Market



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# June



## JUNE 2

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## JUNE 4

### CELEBRATE HEALTH... 150 YEARS OF EXCELLENCE

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## JUNE 6

### CHESTERFIELD LIFESTYLE READER APPRECIATION HAPPY HOUR AT SCARECROW

#### SCARECROW

Readers, be sure to read our Around Town section for periodic announcements of *Chesterfield Lifestyle* events. Those readers who



have already received invitations to the Reader Appreciation Happy Hour at Scarecrow, we will see you there for fun, food, friendships... and a few drinks. Prize drawing held toward end of event; guests must be present to claim prizes.

## JUNE 8

### ARE YOU AT RISK FOR DIABETES OR ITS COMPLICATIONS?

#### DESLOGE OUTPATIENT CENTER 1ST FLOOR

It is important to know your risk factors and your average blood glucose level. This screening program is designed for people at risk of type 2 diabetes or for people with a history of diabetes. Consultation with a certified diabetes educator includes a non-fasting A1C blood test (finger stick with immediate results), blood pressure and an individual action plan. Appointment Required. Call 314.542.4848. Fee: \$12.00

## JUNE 10

### DIABETES STORE TOUR

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## JUNE 15

### INTRODUCTION TO DIABETES MANAGEMENT

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Whether diabetes is new in your life or you have been living with it and feel you need to gain control, this program gives you the knowledge and tools to better manage your health.



This FREE class, taught by a certified diabetes educator and registered dietitian, covers basic diabetes concepts, American Diabetes Association guidelines and self-management strategies. For more information: 314.542.4848

## JUNE 18

### MINDFUL EATING WORKSHOP ST. LUKE'S HOSPITAL 3RD FLOOR CONFERENCE ROOM

A three-hour workshop presented by a stress management instructor and a registered dietitian offers strategies to help you achieve a healthier relationship with food. This program is based on the principle of "mindfulness" as it relates to stress management and eating habits. A light breakfast will be served and a folder of educational materials will be provided. Fees: \$15.00 For more information, call 314.542.4848.

## JUNE 29

### DIABETES STORE TOUR 2 DESLOGE OUTPATIENT CENTER 1ST FLOOR

Join a St. Luke's registered dietitian and certified diabetes educator to learn how to make healthy food choices, decode food labels and get meal planning ideas. The tour includes a tasting, a gift bag and the opportunity to get all your food and nutrition questions answered. Space is limited. Visit Dierbergs.com or call 314.238.0440 for dates, fees and registration.

## JUNE 29

### I HAVE HIP PAIN. WHAT ARE MY OPTIONS? ST. LUKE'S HOSPITAL 3RD FLOOR CONFERENCE ROOM

Join an orthopedic physician to find out the causes of hip pain, from the less severe to more serious issues like osteoarthritis, where cartilage in the hip has been destroyed. Get answers to your questions, and learn how to live the life you are accustomed to - free of pain! Program is free, but class size is limited. For more information, call: 314.542.4848

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# Makes Driving FUN Again

TAKE THE WHEEL! DRIVE!

ARTICLE LIBBY MULLEN | PHOTOGRAPHY PROVIDED

According to Forbes magazine, one of men's biggest life regrets is that they took life too seriously and didn't have more fun. Chesterfield resident, Dustyn Arney, founded Noxxu last October, with the goal of making driving fun again.

Arney said, "I attended a track day driving event through Groupon, looked at a timeshare jet concept, brought a variety of ideas together and thought...why can't we do this with cars?"

Imagine this...you driving fast dream cars on a track...a Lotus, a Porsche, even an Ariel Atom--simply enjoying the

*Noxxu Owner, Dustyn Arney (left)*



thrill of driving and being a member of like-minded people who love cars without the cost of owning and maintaining performance cars. That is what Noxxu is all about.

"I wanted to get the experience down to a price where anyone could drive any car if they wanted to," Arney said.

Are you looking for a great original gift idea for a man in your life? This is it! Forget the neckties this year and give a one-of-a-kind experiential gift with Noxxu.

Noxxu offers events and memberships. With a monthly Noxxu membership, car enthusiasts are entitled to:

\*Track Days- the longer you are a member the longer track time you earn when the driving events are held.

\*Speeding Ticket Protection- the legal department at Noxxu protects you by working for reductions of charges in speeding tickets for the member and spouse or domestic partner, protecting your driving record and insurance rates.

\*Auto Detailing Discounts- a contract with A&G Auto Spa entitles members to 20% off of first detailing and 10% off any additional services. A&G has mobile detailing services and will come to your home.

Arney is constantly networking

to add additional benefits to monthly memberships which may include discounts at car dealerships on services and purchases among other auto related perks that may include a tangible "Noxxu gas card."

"We want to make membership into something that people can use all year round," said Arney.

Arney is also expanding the corporate team building aspect of Noxxu to offer "Pit Stop Crew" team exercises and competitions for all departments of businesses. Teams of up to 10 "crew" members would work together to drive, change drivers, check tire pressure, wash windows and complete the pit stop checklist and get back out on the track.

Giving back is also an important aspect of Arney's life and is infused in the Noxxu business model. Arney organizes and participates in multiple events each year including events that benefit the Multiple Sclerosis Foundation and the Make-a-Wish Foundation.

The time to join Noxxu is now. Memberships are affordable, make an excellent gift and are a sure way to infuse fun and passion into the lives of the special men in your life!

"Years ago, as life progressed, I had given up on the idea of having a dream car. Everybody wants the chance to drive that dream car. With Noxxu, you have that chance," said Arney.

Sounds like fun! We ALL need a little more fun in our lives. So leave regret behind and let Noxxu help you get behind the wheel!



For more information about events, memberships and securing memorable gift experiences, visit: [Noxxu.com](http://Noxxu.com) or call 844.466.9982. Visit [ChesterfieldLifestyle.com](http://ChesterfieldLifestyle.com) for a chance to win a free test drive.





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