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This section is here to give our readers easier access when searching for a trusted neighborhood partner to use. Get to know the businesses that make this magazine possible. Please support them in return and thank them if you get the chance!

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Meet your Stroll Clarkson Valley team! We'd like to thank all of our writers for their valuable contributions to the magazine.



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WE'D LOVE TO HEAR FROM YOU!

Our goal is to build community in the neighborhood by helping everyone get to know each other a little better and make Stroll Clarkson Valley the best it can be! Please let us know how we are doing. Do you have any article ideas? How about ideas on neighborhood events? This is your publication!

NEW TO THE NEIGHBORHOOD?

Are you and your family new to the neighborhood? If so, welcome! Please send your contact information to Bill.Tuttle@n2co.com to be added to our event invitations and contact list.



WANT TO WRITE FOR STROLL CLARKSON VALLEY?

We are always looking for community members who would like to take an active role in writing stories for *Stroll Clarkson Valley*. We currently have openings for resident article contributors and junior writers — kids who want to get involved, gain valuable experience, and/or build their resumes and portfolios! If you or someone you know might be interested, please email Bill.Tuttle@n2co.com.



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It's the Most Wonderful Time of the Year!

BY CLARKSON VALLEY MAYOR SUE MCNAMARA,
RESIDENT OF KEHRS MILL ESTATES



Thank you for your service Lt. Chris Connelly.
Enjoy your retirement!

are caused by Fats, Oils, and Grease. Rinsing pots and dishes in the sink may seem harmless, but those leftovers often leave deposits inside pipes. **Cool it, can it, and trash it.** Wipe off utensils and throw the scraps away. And please secure your trash cans: not only are visible cans on non-pickup days a code violation, they can attract hungry critters.

Sadly, we are saying goodbye to our police commander: **Lt. Chris Connelly** is retiring. After forty-six years of dedicated service, his last day will be January 9, 2026. Chris began with St Louis County Police in 1979 and has been with the Chesterfield Police Department since 1989. He became the Clarkson Valley Police Commander in 2017. He and his lovely wife are looking forward to a well-deserved exotic vacation and more family time! At the time of this writing, his successor has not yet been named but they will have big shoes to fill — he will be greatly missed. Please stop by the first (and his final) Coffee with the Mayor to wish him well.

Interested in making a difference? Our City has three Wards, each represented by two Aldermen, serving staggered two-year terms. The filing period for the April 2026 election begins December 9, 2025, and closes December 30, 2025.

As the year winds down, there are many ways to enjoy our unpredictable Missouri weather — just be prepared: keep your gas tank full and your cell phone charged. Check your tire pressure, and carry a windshield scraper — maybe a blanket too.

Our wildlife is active and stocking up for winter. Deer mating season is winding down, but please continue to watch for them, especially at dusk and dawn. Muskrats, beavers, and squirrels are busy as well. From now through March, coyotes are more visible due to their mating season and they are more active and territorial, so keep a close eye on small pets.

But don't hesitate to get outside! It's a wonderful time to enjoy holiday lights and bird-watching. Our feeders are full and well attended. Huge flocks of white-bellied geese soar high overhead as they head south. Wait... I *think* those are geese? They look more like white-tailed deer?!? And it appears they're pulling a *sled*??? I swear I hear the driver shouting, "Rudolph, move your tail!"

It's a great time for soup — the turkey carcass is in the pot, and football seems to be on every night (and day!). What are your plans for the holidays? Traveling, hosting, or staying in? If you'll be cooking, think **"FOG"**: it's not just a weather condition — it's MSD's reminder that about 15% of sewer blockages

COFFEE WITH THE MAYOR!

Beginning in January, we will host Coffee with the Mayor every other month on the Wednesday following our Council meeting. The first event will be Wednesday, January 7th from 5 – 6 p.m. in the lobby of our office building at 15933 Clayton Rd. Come grab a cup and tell me your thoughts about our City



Ho, Ho, Ho! Happy Holidays to all!

Sue McNamara

Mayor, Clarkson Valley



Clarkson Valley Recycling Results

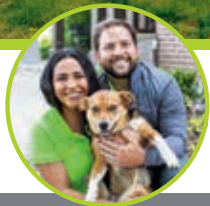
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Fueled by Curiosity

Marquette’s Caterina “Cat” Speziali Is Ready to Take On the World

BY JAMIE PARK, RESIDENT OF FOREST HILLS
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Caterina “Cat” Speziali - a rising Marquette senior from Forest Hills - can only be described as a whirlwind of positivity, ambition, and creativity. Always ready to take on a challenge and always ready to learn, Cat brings

determination and color into every aspect of her life, whether that be her home, her school, or her community.

A SCIENTIST AT HEART

While balancing equations and mixing beakers may seem like torture to some students, Cat - who is also an AP Chemistry aficionado - has always had a special place in her heart for science. “It just gives such a strong understanding of the world around you - how could you not love it?”

From the logic of physics to the mystery of chemistry to the wonder of biology, she’s fascinated by every side of the field, and takes the hardest classes MHS has to offer. “I love the idea that everything we know in science is just the current best working theory,” Cat said. “Everything is always changing and growing. Everything we have thought for years could one day be completely different.”

A VISIONARY

Though she’s more than certain about her love for science, Cat is less certain about her plans for the future. While a neuroscience major on the pre-med track seems to be calling her name, she would also love to be a patent lawyer, economic consultant, or startup creator.

“It’s all in the air right now,” Cat said. “I want to be incredibly passionate about whatever I end up doing, and I’m sure I’ll find it.”

A WORLD TRAVELER

Cat’s ambition is surely shaped by her world travels. She spent the summer before her senior year, in her own words, “everywhere but home.”

After attending a two-week Neuroscience summer program at Notre Dame, she jetted off to a program at LMU in California

“I want to be incredibly passionate about whatever I end up doing — and I’m sure I’ll find it.”

for Hispanic students applying to college. She then went back to her roots, visiting her grandmother in the tiny Alpine town of Cataeggio, Italy. The Speziali family, who visits Italy every year, made sure to make some pit stops around the rest of Europe as well, including Germany, Monaco, and Nice, France. “It was all beautiful and incredible and overwhelming,” Cat said. “By the time we got back home to STL, I was actually ready for school to start.”

A DEVOTED FAMILY MEMBER

When she’s not using a microscope or traveling the world, Cat loves to spend time with her family and her Havanese dog, Mimi—that’s her on the cover! Mimi, who loves to eat human food and play with her teddy bear, is always up for barking and tummy rubs. “I secretly love when it thunders,” Cat said, “because Mimi gets scared, climbs up the stairs, and paws at my door looking for comfort and cuddles.”

Cat also has two brothers. Her older brother, Francesco, is a travel nurse who journeys throughout the U.S. Despite his nomadic lifestyle, Cat says her family gets to see Francesco all

the time. “Whenever I see him, he’ll take my brother and I out for ice cream or wings basically every night,” said Cat. “Sure, he’ll make as listen to three 8-minute heavy metal songs in a row...but he’s funny enough that I don’t mind.”

Cat’s younger brother, Nico, is a freshman at Marquette. A talented musician, Nico is a great drum player and can pick up almost any instrument on the spot. Some of Cat’s favorite moments have been driving Nico back and forth from school. “Those short car trips are fun,” Cat said, “We either bicker the whole time or are dying laughing.”

A JACK OF ALL TRADES

Despite her challenging course load, Cat still finds time to be an artist and an athlete. Painting and drawing are her favorite hobbies.

Cat has also been running on the Marquette track team since her freshman year. Despite having initial qualms about the idea of a sport that’s just running, Cat “fell in love with the atmosphere of the sport.” As a sprinter, Cat has taken up running on her own during the off-season, somehow managing to train 3-4 times a week in spite of her busy schedule. “There have been lots of ups and downs due to all the travel I’ve done,” said Cat, “but I’m finally back on track.”



Cat (far right) with fellow students at the Notre Dame Neuroscience summer program.

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Step inside, and you're greeted by the comforting aroma of fresh coffee, soft music, and a thoughtfully curated collection of home furnishings, décor, and lifestyle pieces. Every corner feels warm and intentional, from elegant lamps and rugs to artwork, pillows, and custom furniture that can be tailored to your style. Jan refreshes the shop every two weeks, ensuring there's

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Jan's love for Wildwood runs deep. She believes in supporting local makers, carrying handmade jewelry, Missouri-made goods, and thoughtful gifts alongside national brands. Her passion for design is matched only



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Read the Ladue News Article:



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Based on local guides and recent buzz, here's a curated top 7 list—perfect for a festive road trip. Dates and details are for 2025. Check websites for updates. Bundle up, grab hot cocoa, and enjoy!

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When: Nov. 16–Jan. 14 (evenings, 4:30–10 p.m. peak).
Where: 4344 Shaw Blvd.
Cost: \$20–\$28 adults; kids free/under 3.
Why visit: Ultimate immersive magic—St. Louis's crown jewel.

U.S. BANK WILD LIGHTS AT THE SAINT LOUIS ZOO
Whimsical animal-themed displays light up exhibits, with fire pits for s'mores and sensory-friendly nights. Free parking!
When: Nov. 29–Dec. 29 (5–8 p.m.).
Where: 1 Government Dr.
Cost: Zoo admission (\$14–\$21).
Why visit: Family-friendly with a wild twist—roaming reindeer add charm.

BREWERY LIGHTS AT ANHEUSER-BUSCH BREWERY
1 million+ lights drape historic buildings; sync to music via car radio. Adults get a free beer with ticket.
When: Nov. 22–Dec. 30 (5–9 p.m.).
Where: 1200 Lynch St.
Cost: \$12 adults (includes beer); \$5 kids.
Why visit: Beer + lights = grown-up holiday cheer.

CANDY CANE LANE & NEIGHBORHOOD TRIO
St. Louis Hills transforms: Trees wrapped like candy canes, inflatable characters, and light tunnels. Neighbors collect donations for charities (over \$200K raised historically). Includes Angel Avenue, Snowflake Street, and Wonderland Way.
When: Mid-Nov.–early Jan. (dusk–10 p.m.).
Where: 6500 Murdoch Ave. (and nearby blocks).
Cost: Free (donations appreciated).

Why visit: Heartwarming community vibe—pure St. Louis spirit.

WONDERLIGHT'S CHRISTMAS DRIVE-THRU
1 million+ synchronized LEDs to holiday tunes—shooting stars, snowflakes, and candy cane tunnels from your car.
When: Late Nov.–early Jan. (5–10 p.m.; check site).
Where: Greater St. Louis area (TBD venue).
Cost: \$25–\$35 per vehicle.
Why visit: Hassle-free spectacle for chilly nights.

WINTER WONDERLAND AT TILLES PARK
Drive-through with jumping deer, North Pole scenes, and twinkling forests—pair with nearby Ted Drewes frozen custard.
When: Nov. 27–Dec. 30 (5–9 p.m.).
Where: McKnight & Litzsinger Rds., Ladue.
Cost: \$15–\$20 per car.
Why visit: Classic drive-thru joy with sweet treats nearby.

JINGLE! AT CARSHIELD FIELD
Massive outdoor fest: Light maze, ice skating trail, snow tubing, and pop-up markets under dazzling displays.
When: Nov.–Dec. (check site for hours).
Where: 700 CarShield Dr., O'Fallon.
Cost: Varies by activity (\$10–\$25).
Why visit: Interactive fun beyond just lights—skate under the stars.
Pro tip: Use apps like Holiday Light Hopping for real-time home displays in St. Louis.

Share your faves with #STLHolidayLights!
Safe travels—St. Louis shines brightest together.

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.

A DIFFERENT KIND OF MEDICINE

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.

COME SEE WHAT CARE CAN LOOK LIKE WHEN IT'S BUILT AROUND YOU.
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JAMES CLINIC

18 December 2025



What if We're Asking the Wrong Question?

OVER THE LAST FEW WEEKS, the media has constantly speculated about an “AI Bubble,” or the idea that investments in artificial intelligence have become oversaturated and the industry might soon collapse. Logically, reallocating into safer investments would seem reasonable, but that might not be the most beneficial plan.

Sure, there might be a market drawdown in the near future, but what if there's not? What if investors sold out of equities and held cash for the remainder of a historical bull market?

While it's easy to expect the market to maintain its current trajectory, it's just as important to consider what happens if it doesn't - and be ready for both.

What if we've been asking the wrong question the whole time? What if it's not “When (if at all) does the AI bubble pop?” but rather, “Am I going to be prepared in case it does?”

Many investors try to time the market, but fairly often, they get it wrong. Historically, significant returns over time come from just a handful of key days. Data from J.P. Morgan illustrates that a \$10,000 investment in the S&P 500 Index in 2005 would have grown to \$71,750 today. However, if that same investor had attempted to time the market and missed just the ten best-performing days of the S&P 500 during that period, their investment would only be worth \$32,871. An attempt to time the market would have resulted in lost potential gain of over 50%.

Market downturns can be unsettling, but it's equally important to note that every S&P 500 decline of 15% or more from 1929 through 2023 has been followed by a recovery, with an average return of 52% in the first year after each decline (Capital Group). A market downturn is never positive in the moment, but there's proven optimism for outsized returns following a bear market.

We've established that staying in the market over the long run is beneficial, but how do we create a portfolio built to limit the effects

You can time the market and ensure you're around for the ten best days, but a wiser approach would be to construct a portfolio built to endure a drawdown while also taking advantage of recent returns.

of a potential drawdown? Two key principles come to mind: diversification and asset allocation.

Morgan Stanley recently reported that nearly 40% of the S&P 500's market capitalization is concentrated in its top 10 companies. Many of these companies are heavily exposed to AI, with increasing reliance on the performance of a small group of tech giants. With a potential AI sell-off looming, simply holding an S&P 500 Index Fund may not provide adequate diversification. Given this heavy concentration, it's important to explore strategies that broaden exposure beyond the top holdings, including potential investments in foreign markets.

Investors should maintain a comfortable allocation of fixed income

or cash to avoid selling equities during market downturns. Over time, an investor's fixed income exposure should gradually increase as they accumulate expenses and protect assets for retirement. Additionally, establishing an emergency fund is crucial to surviving a market downturn. Setting aside three to six months' worth of expenses in cash provides a financial cushion, reducing the need to sell investments during a market downturn and preserving long-term returns.

We can watch the media try to call the “Top” of the market for as long as it continues to run, or we can prepare for it. By staying in the market with a diversified portfolio and specific asset allocation, we can plan for the future while capitalizing on current market growth. Instead of waiting and wondering when the AI bubble will pop, we can be confident knowing we've created a portfolio built to withstand it.

This is neither a solicitation nor recommendation to purchase or sell any investment or insurance product or service, and should not be relied upon as such. This information also should not be construed as investment, tax or legal advice. You should consult with your tax, legal or other advisor prior to making a financial decision

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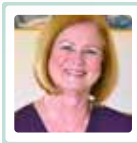
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A Festive Feast of Flavor

Roasted Beet & Goat Cheese Salad

BY CINDY MUNICH, RESIDENT OF THE MANORS OF CLARKSON VALLEY



Christmas dinner is beauty on display! Everyone bringing a dish is playing their best game that day. There are always

a couple of potato dishes on the table, as well as a vegetable casserole or two. You cannot forget the dressing, or does your family say stuffing? I have something that will allow you to save room for dessert (did someone say Crave Cookies?!)

This salad is light, nutritious, flavorful, and has the colors of the season. It is so easy to prepare ahead. The dressing can be made days before, and cooked beets will stay perfect in the fridge for a day or two. Go ahead and grab a bag salad or two so you aren't in the kitchen chopping greens while everyone else is enjoying the presents.

Enjoy your holidays with those you love and Happy New Year!

INGREDIENTS

(Serves 4)

- 1 pound beets, about 2 to 2 ½ inches in diameter
- ¾ cups olive oil (plus more for roasting the beets)
- 1/8tsp kosher salt (plus more for roasting the beets)
- black pepper for roasting and seasoning
- 1 tsp dill for roasting
- ½ cup pomegranate juice
- 2 tsp apple cider vinegar
- 2 tsp minced shallots
- 1 tsp Dijon mustard
- 2 tsp pure maple syrup
- 5 oz mixed greens
- ¼ cup goat cheese
- ¼ cup pomegranate arils (optional)
- ¼ cup pecans

PREPARATION & COOKING

1. Preheat oven to 400 degrees.
2. Trim tops off beets, leaving ½ inch of the stem. Wash and scrub dirt from them and dry well.
3. Place cleaned beets on a sheet of foil, large enough to make a pouch. Drizzle with olive oil to coat, then sprinkle with dill, salt and pepper.
4. Wrap tightly and place on baking sheet.
5. Roast until tender, about 45-50 minutes, depending on size. Beets should be fork tender.
6. Allow beets to cool, peel and cut into ½ inch wedges. Set aside.
7. For dressing add pomegranate juice, apple cider vinegar, shallots, and maple syrup into a blender. Blend on medium until smooth.
8. Slowly add ¾ cups olive oil to the running blender until the dressing has thickened and is emulsified. Add salt and pepper to taste.
9. To serve top the mixed greens with wedged beets, goat cheese, pomegranate arils, and pecans. Serve with pomegranate dressing.

**Note: If you cannot find the pomegranate arils in the produce sections most grocers have some in the frozen fruit section.*

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Smart Trips Only

Planning a holiday getaway shouldn't feel like work. Learn how AI can handle the details, uncover hidden experiences, and help you travel smarter so you can focus on what really matters.

BY CAROLINE PERROTT

Travel planning is supposed to be fun but all too often it feels like a full-time job. Booking flights, comparing hotels, mapping out activities — before you know it, the joy of the trip is buried under spreadsheets and tabs. That's where AI comes in.

With just a few clicks, AI can organize your trip, suggest experiences you might never find on your own, and keep your budget in check. Instead of scrolling endlessly, you get an itinerary that feels tailored to you. Maybe it's a tucked-away café in Rome, a quiet hiking trail in Costa Rica, or a local festival in Tokyo that most travelers miss. These are the moments that turn a trip from ordinary to unforgettable.

The real value isn't just efficiency — it's freedom. By letting technology handle the logistics, you reclaim time and energy for the part of travel you actually enjoy: exploring, relaxing, and connecting with the places you visit. AI doesn't just save hours of planning; it opens the door to experiences that make the trip uniquely yours.

Even seasoned travelers can find new inspiration. Suddenly, your holiday isn't just a series of bookings; it's a curated adventure with room for spontaneity. Planning becomes less about stress and more about possibility. The takeaway is simple: AI transforms travel from a chore into a smart, hands-off experience, letting you focus on what really matters — making memories you'll actually remember.

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MAYOR'S BOWL 2025

The Lafayette Lancers hosted The Mayors Bowl Friday, October 24th remained victorious over our Marquette Mustangs to retain The Mayor's Cup. Let's get that win next year Mustangs, and bring The Cup back to Clarkson Valley!

PHOTOS COURTESY OF MADDIE ROBERTS,
LAFAYETTE LEGEND CO-EDITOR IN CHIEF



Marquette Coach, Michael Stewart shakes hands pre-game with Lafayette Coach, Curt Mueller



Joe Garritano, Mayor of Wildwood & Sue McNamara,
Mayor of Clarkson Valley with The Mayor's Cup

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The Truth About Women and Testosterone

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



Walk into many wellness clinics today, and you'll hear the same story: a woman in midlife, feeling drained, gaining weight, and told her testosterone is "low." A prescription follows—usually a pellet, gel, or injection—and for a short time she feels great. But soon, side effects like hair loss, acne, mood swings, and voice changes appear.

At Ignite Performance and Health, we often meet women in this situation. Testosterone isn't a "bad" hormone—women naturally produce small amounts that support libido, energy, and



“Modern estrogen therapy, paired with progesterone when appropriate, has strong evidence for supporting heart, brain, and bone health. It’s about balance, not excess.”

muscle tone. But the line between a helpful dose and harmful excess is razor thin.

When levels rise too high, women can experience permanent changes like facial hair, deepened voice, mood instability, and increased cardiovascular risk. The temporary “boost” some feel is often just a short-term stimulant effect, not sustainable balance.

In most cases, the real issue isn't low testosterone—it's low estrogen. As estrogen declines during perimenopause and menopause, testosterone's effects become more pronounced even without adding more. Restoring estrogen, not testosterone, usually brings back energy, mood stability, and libido safely.

At Ignite, we guide women with data-driven, individualized care—integrating hormone optimization, nutrition, and strength training. Because real vitality doesn't come from chasing one hormone. It comes from restoring the body's natural equilibrium.

If you've been told your testosterone is “too low,” get a second opinion. The right balance—not “more”—is what helps women feel strong, confident, and truly well.

Visit www.ignitepah.com to learn more.

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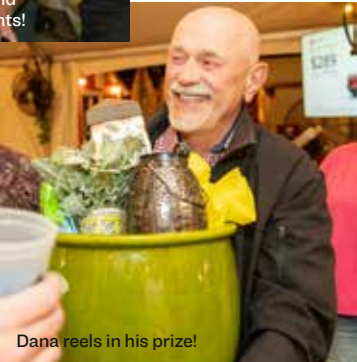


Recently, our *Stroll Clarkson Valley* neighbors, along with a few preferred community partners, enjoyed a social Neighbors' Night Out hosted by **Marla Conn** at **Wente's Food Shack & Saloon** with cocktails, wings, conversation and live entertainment featuring **Southern Lights**—sponsored by our own Clarkson Valley Resident Realtor Expert **Jeff Lottmann**! **John Kaddouri Photography** provided the photos. We wrapped up the evening with wonderful door prizes from Realtor **Debbie Weber**, **Passiglia Landscape, Nursery & Garden Center**, and **Spas and More**! Fun was had by all!

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Awesome band Southern Lights!



Dana reels in his prize!



Realtor Suzanne Otto of The Otto Group



Realtor Debbie Weber with husband William



Carol & Gary Presley of Kehrswood with Realtor Debbie Weber and their door prize!



Stroll advertising partners, Mary Beth Marshall of Slyman Bros Appliances, Angi Hess of Spas and More! & Realtor Julie Otto!



Bill with Passiglia Landscape, Nursery & Garden Center door prize winners Diana & Dana Griggs of Clarkson Mill!



Wente's - Best wings in town!



Mike Schlipp & Danielle Lorenz of Southern Lights!



Chase Lottmann!





Resident Realtor Jeff Lottmann (center) with Matt Travaglini & Jason Pashia of Compass Realty Group

Wente's owner's Ben and Marla Conn

Bill Tuttle with wife Athena & son David

Bill & Marla!

Angi Hess of Spas and More! with door prize winners Brett & Tracie Grimm of Kehrs Mill Estates!

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Halloween 2025 in Clarkson Valley!



Paul Spotten & Joe Day

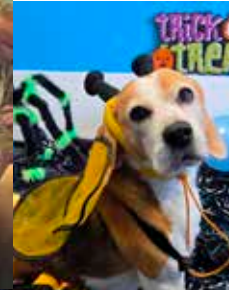
Kids of all ages enjoyed trick-or-treating in our Clarkson Valley neighborhoods! A balmy evening had our streets filled with princesses, witches, ghouls, trolls, superheroes, and more interesting characters! Spooky and fun!



Becky Berkeley, Maurie Smith, Kate Day & Kim Levey at the Pleasant Valley Forest Halloween Party!



Sandy Schwartz, Sherri Schultz, Dave & Jane Looms, Ann Ficken, & Jen Fitzgerald at a Halloween Disco Party in Forest Hills!



Darby Munich (John & Cindy of The Manors)



Nellie's home made honey pot... made by her Daddy



Sloan Cunningham & Georgia Rector of Forest Hills!



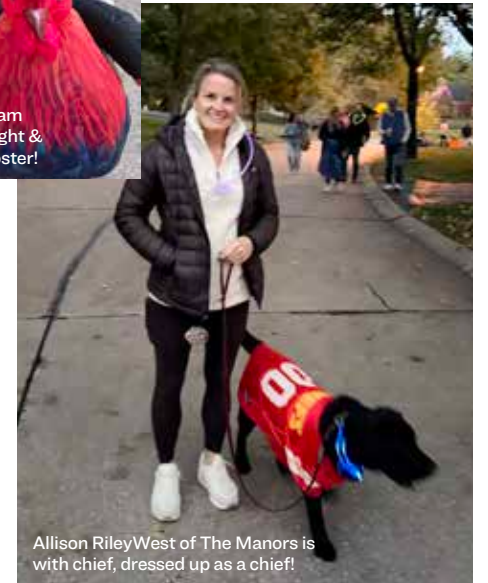
From The Manors, Beckham Houghtling is the traffic light & Ben MacDonald is the rooster!



Charlie Arbini of Forest Hills!



Kate, Claire, Molly & Jack Pratzel of Westhampton!



Allison Riley West of The Manors is with chief, dressed up as a chief!



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Mike & Danielle Bond
with their daughters
Sophia, Cecelia & Nina



Scott Reynolds, Golf Course
Superintendent, was all smiles
driving hayride guests!



Kids enjoyed pumpkin
decorating on the Veranda!



S'mores roasting on the
Veranda is always a favorite
with the younger crowd!



The Swartz family



Haunted Autumn Extravaganza!

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

The Haunted Autumn Extravaganza was once again a night to remember at Forest Hills! Members and their families enjoyed one of the most anticipated events of the year, complete with a spooky haunted house, both family-friendly and fright-filled hayrides, festive pumpkin decorating, and lively DJ entertainment. It was a fantastic evening filled with laughter, costumes, and Halloween spirit throughout the Club!

Membership at Forest Hills Country Club is by invitation only.

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