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Jonathan Flowers, VP - Sales

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Dr. Leonard Hayes,
Chiropractic Physician

Please welcome Dr. Leonard Hayes, Chiropractic Physician and founder of Bonesetters Critical Care Chiropractic. Located on Olive Blvd. in Chesterfield, Dr. Hayes specializes in advanced, non-surgical care for back pain, disc injuries, neuropathy, migraines, and other complex conditions. Known for his personalized, patient-centered approach, he combines innovative technology with proven chiropractic techniques to help patients find lasting relief and improved quality of life. We're proud to partner with Dr. Hayes and his team!

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Dress made from duct tape and LED lights

The Art of Becoming

How Principia students are transforming creativity into recognition and artistic achievement.

Ingenuity, originality, creativity—resourcefulness. The list of adjectives describing Principia School's burgeoning artists is impressive, extending far beyond its campus into the most respected circles of the local art community.

This year, the work of multiple students was selected for display in the prestigious Young Artist Showcase at the

St. Louis Artists' Guild and the Foundry Art Centre, giving emerging artists a professional platform to share their creativity.

Through opportunities like these exhibitions, Principia's young artists discover not just what they can create, but who they can become through creativity. From ideation to creation—through planning, experimentation, and finally sharing their work—students experience a full creative journey.



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



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WE'D LOVE TO HEAR FROM YOU!

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

NEW TO THE NEIGHBORHOOD?

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



WANT TO WRITE FOR STROLL CLARKSON VALLEY?

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



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CLARKSON VALLEY
Living



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

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

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

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

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

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

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

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

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

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

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

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

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

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

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WHEN IT'S BUILT AROUND YOU.

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JAMES CLINIC

BOURBON, THOROUGHBREDS & SWEET MEMORIES



Natalie & Athena at the Greek Festival at Assumption Greek Orthodox Church in Des Peres last May

Over Father’s Day weekend, we made some special memories with an easy four-hour drive from St. Louis to Louisville, Kentucky—perfect for a quick getaway filled with history, flavor, and fun. The trip also marked a new chapter for our family. Just a few weeks earlier, we helped our daughter, Natalie, settle into her new home in Chicago, making this one of our first family adventures with an empty-nest feel.

Athena, David and I stayed downtown, where everything was walkable and full of great restaurants, including a fantastic meal at The Wild Swann speakeasy located inside the Grady Hotel. The trip kicked off with the



PUBLISHER’S NOTE

excitement of the Downs After Dark event at Churchill Downs, where we enjoyed the races and soaked in the rich history of the track. The following day we explored part of the Bourbon Trail, including a scenic visit to Woodford Reserve, where the rolling countryside—and a couple of well-crafted Manhattans and Old Fashions—made for the perfect way to unwind. We capped off the trip with a visit to Ehrler’s Ice Cream, a historic shop that has been serving the Louisville community for 155 years. Highly recommend the Bourbon Pecan Fudge ice cream!

We hope you all had a wonderful Father’s Day weekend spent with family and loved ones. Whether your family is gathered around the dinner table or spread across a few different cities, those moments together are always worth celebrating. Take care, be well, and travel safely,

*Bill, Athena,
David & Natalie*

At Stroll Clarkson Valley, we love featuring our neighbors' celebrations and travel experiences! If you have a trip or adventure you'd like to share in a future issue, please to reach out to me at Bill.Tuttle@n2co.com.



Join us for LUNCH

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STROLL

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Welcome

Dr. Leonard Hayes, Chiropractic Physician

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“Our family is so grateful for Dr. Hayes and his practice. His thorough knowledge of the human body and its function was evident from our first visit to the office. We came in to the office with an list of issues which included a rib out of place, pain in the ankles and knees, abnormal menstrual cycle, and misalignment, headaches, and colds. Dr. Hayes took care of it all. He is our go to doctor. We highly recommend him to all of our family and friends.”—Oksana G.

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Don't Blink...

Somebody once told me that when it comes to raising kids, the days crawl by, but the years are gone in the blink of an eye. I think the same can be said of summer.

BY CLARKSON VALLEY MAYOR SUE MCNAMARA, RESIDENT OF KEHRS MILL ESTATES
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IT SEEMS AS THOUGH we were just wondering when it would finally be warm enough to plant our annuals, and before long we'll hear the "beep, beep" of school buses as they begin practicing their routes. Two-a-day practices will be underway, marching bands will be back on the field, and school supplies will be flying off the shelves.

Your City Council has been working through several challenging issues, one of which is the use of e-bikes and small motorized bikes operated by children. Like many other municipalities, we are discussing what ordinances would best promote the safe use of these vehicles in Clarkson Valley.

Recently, while at FedEx, I saw three young boys, all of whom appeared to be under the age of 16, riding motorized bikes without pedals. They zipped through the Dierberg's parking lot before riding away along the shoulder of Baxter Road. Thankfully, they were all wearing helmets, but the situation was still concerning, and as unlicensed drivers, they also violated several other traffic regulations—not to mention common sense. Please remind your kiddos to ride safely. No one wants to see a child injured.

We have also been working to develop better guidelines for residential solar installations. Solar technology is evolving rapidly and provides an excellent source of alternative energy. To better understand the preferences of our residents, we first met with representatives from our HOAs. They made their residents' preferences very clear, and the overwhelming feedback we received supported maintaining meaningful municipal oversight.

We also held a public hearing. Attendance was dominated by representatives from the solar industry, environmental organizations, neighboring municipalities, and one Clarkson Valley resident, nearly all of whom spoke against regulations. In July, the Council considered a bill intended to reflect the feedback we had received. Due to some confusion in the language, the bill was voted down. After further discussion, however, the bill has been revised and will be reconsidered in August.

In June, we also renewed our contracts for police protection and trash and recycling services. Both contracts were competitively bid, and after careful review, it was fiscally prudent to continue our long-standing

relationships with the Chesterfield Police Department and Republic Waste Services.

It was a bit of a good news/bad news situation. The bad news is that, due to rising fuel and labor costs, both trash and police contracts increased significantly; trash by 15% and police by 57%. The good news is that we have enjoyed excellent working relationships with both organizations for many years and look forward to continuing those partnerships. We just wish they came at a lower cost; we will need to find ways to absorb those additional expenses within the City's annual budget.

I hope you all have a few "last gasp" summer vacation plans left and can find plenty of ways to stay cool!



Best,

Sue McNamara

Mayor, Clarkson Valley



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SHOUT OUT



Three Generations, One Memorable Father's Day

SHARED BY AUDREY ZWEIG, RESIDENT OF THE
MANORS OF CLARKSON VALLEY

Some of the best Father's Day memories aren't found in fancy restaurants or wrapped in gift boxes—they're made by spending time together. This Father's Day, three generations of the Zweig family enjoyed a day of discovery at the National Museum of Transportation. Jason Zweig shared the adventure with his children, Gloria and William, while their grandfather, Doug Zweig, joined in the fun, making it a special outing for the entire family.

From admiring classic automobiles to exploring the museum's remarkable collection of transportation history, the day was filled with smiles, curiosity, and quality time. It was a wonderful reminder that the

greatest gift of all is creating lasting memories with the people who matter most.

Happy Father's Day to Jason and Doug—and to all the amazing dads, grandfathers, and father figures of Clarkson Valley who make every journey a little more meaningful.

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

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PRIVATE INTRODUCTIONS
BY KIM WRIGHT



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Discover DODS DesignWorks

Where Technology Meets Artistry—From Commercial Spaces to Dream Home Interiors

When most people think of wall graphics or interior décor, they picture paint, wallpaper, or vinyl decals. Steve and Deana (“Dee”) Dods had a much bigger vision—one that combines industrial-grade technology with artistic creativity to transform ordinary spaces into extraordinary experiences. As co-owners of DODS DesignWorks, the husband-and-wife team is introducing the St. Louis area to robotic direct-to-surface printing, an innovative technology capable of producing stunning, high-definition artwork directly onto walls, glass, metal, wood, brick, stone, and more. While the technology is making a significant impact in commercial settings, homeowners are quickly discovering its possibilities as well.

“People are amazed when they realize we can create custom artwork directly on their walls,” says Steve. “Whether it’s a business lobby, a child’s bedroom, a sports simulator room, a garage, or a custom bar area, the possibilities are nearly endless.”

The idea for DODS DesignWorks grew from Steve and Dee’s combined 41 years of experience working with high-resolution industrial printing systems. They recognized that the same advanced technology used for industrial coding and marking could be adapted to create permanent, large-scale artistic installations.

That innovative mindset led Steve and Dee to spend their first year researching equipment, developing processes, and creating custom Augmented Reality tools that allow clients to visualize finished designs before installation begins. The result is a highly collaborative experience that helps customers confidently bring their vision to life.



Of course, building a business around cutting-edge technology came with a few challenges. One of the most memorable involved tracking down what Steve affectionately calls their “Unicorn”—a discontinued cargo van perfectly suited to transport their specialized robotic printer.

“We spent weeks searching and following leads before finally finding the right one,” he laughs. “It turns out finding the perfect mobile workshop requires the same attention to detail as the printing itself.”

Today, that mobile technology allows DODS DesignWorks to bring its capabilities directly to homes and businesses throughout the region.

What truly sets the company apart is its ability to create permanent, seamless artwork with industrial precision. Their UV-cured inks dry instantly, eliminating downtime, strong odors, and lengthy installation schedules. The finished product becomes part of the architecture itself—not something applied on top of it.

For businesses, that means branded environments, feature walls, and customer experiences that leave lasting impressions. For homeowners, it opens the door to personalized spaces unlike anything available through traditional decorating methods. Imagine a sports-themed man cave, a golf simulator room that feels like you’re standing on the course, a custom mural in a

child’s bedroom, a vintage-inspired garage, a dramatic accent wall in a family room, or a one-of-a-kind entertainment space designed around your passions. The company’s philosophy, “Industry to Artistry,” reflects Steve’s lifelong ability to blend technical expertise with creativity. As a child, he was constantly building—from LEGO creations and electronic projects to woodworking and painting. Today, that same curiosity fuels every project.

Together, Steve and Dee have built DODS DesignWorks around collaboration and customization. Whether clients select imagery from the company’s gallery, provide meaningful personal photos, or work with the team to create a completely original design, DODS DesignWorks delivers a seamless result across virtually any surface.

The outcome is more than decoration—it’s a permanent architectural statement. Through innovation, imagination, and technology rarely seen elsewhere, Steve and Dee Dods are helping both businesses and homeowners reimagine what’s possible when blank walls become works of art.

“We didn’t just want to print—we wanted to innovate!”



TURN A SPECIAL MEMORY INTO A PERMANENT PART OF THE HOME!

Captured during a white linen party in Milan, this favorite photo was transformed into a direct-to-wall print. It’s a beautiful example of how DODS DesignWorks can help homeowners relive life’s meaningful moments with every glance, creating personalized spaces filled with memories, emotion, and story.



What Is a Trump Account, and Should You Open One for Your Child?

If you’re responsible for a child’s savings account options, the question worth asking is whether one belongs in your family’s financial picture.

SPONSORED BY ANDREW PHIPPS, DETALUS ADVISORS

IF YOU’RE A PARENT or grandparent reviewing child savings account options, you’ve probably heard about Trump Accounts. Created under the One Big Beautiful Bill Act and signed into law in July 2025, they’re a new federal investment vehicle for children, with a notable hook: a \$1,000 government seed deposit for eligible newborns.⁵

What Is a Trump Account?

A Trump Account is a tax-deferred investment account for U.S. children under 18, structured as a specialized form of traditional IRA.²) Children born between January 1, 2025, and December 31, 2028, are eligible for a one-time \$1,000 federal contribution to get the account started.⁵ After that, parents, grandparents, family members, and employers can contribute on the child’s behalf, up to

a combined \$5,000 per year. Employer contributions can make up as much as \$2,500 of that total and aren’t included in the employee’s taxable income.⁴

The funds are invested in low-cost U.S. equity index funds with capped management fees, and the account grows tax-deferred.⁴ Money stays locked until the child turns 18, at which point the account is treated as a traditional IRA and qualified withdrawals can go toward higher education, a first home purchase, or other approved uses.⁶

How Trump Accounts Work Alongside Other Accounts

Trump Accounts aren’t designed to replace existing savings vehicles. They’re an additional option, and understanding where they fit matters more than understanding them in isolation.

Compared to a 529 plan, a Trump Account is less flexible for education spending but broader in what funds can be used for.¹ Compared to a custodial Roth IRA, it doesn’t require the child to have earned income, opening it up to newborns and young children.³ And compared to a UTMA or UGMA, the tax treatment can be more favorable for long-term growth, though access is more restricted.³

For families already maxing out 529 contributions, a Trump Account may be a useful addition. For families just beginning to save, it could serve as a starting point, especially if the child qualifies for the seed deposit.

Should You Open One?

The answer depends on your broader financial picture. A few things to weigh:

Eligibility for the seed deposit. If your child was born in the qualifying window, the \$1,000 is a starting balance you wouldn’t otherwise capture.

Your existing strategy. If you’re already contributing to a 529 or custodial account, a Trump Account adds another layer rather than replacing what works.

The 18-year lockup. These accounts are built for long-term goals. If you want flexibility for shorter-term expenses, other vehicles may suit you better.

Employer participation. If your employer offers contributions through a Section 125 cafeteria plan, that’s additional funding worth factoring in.⁴ Trump Accounts add a new tool to the child savings account options available to families, but they work best as part of a coordinated plan. A conversation with your financial advisor can help you weigh how one fits with the accounts and goals you’re already working toward.

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Turn Up the Heat on Summer Grilling

Skip the ordinary and bring bold flavor to your backyard table with grilled spicy chicken bowls topped with roasted vegetables, sweet pineapple, and a creamy peanut sauce. This easy summer meal delivers a delicious Asian-inspired twist on grilled chicken!

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



Summer is synonymous with grilling—an effortless way to whip up quick, flavorful meals; it also makes clean-up a breeze. While burgers and brats are classic crowd-pleasers, swapping them out for grilled chicken can offer a fresh, mouthwatering twist to your outdoor dining experience. Sometimes, a perfectly grilled piece of chicken is just what your summer menu needs to keep things exciting and delicious. Here is a recipe using a tasty, spicy rub that elevates that chicken breast.

Combine the chicken with some rice, roasted vegetables, and drizzle peanut sauce over the dish to give dinner an exotic, Asian twist. The rub can be used on many other proteins. I especially like it on grilled salmon.

Top the meal off with a delicious Crave Cookie. These cookies serve as a delightful finale to any meal, offering a sweet and satisfying treat that perfectly rounds out your dinner. I hope you enjoy this dish and the rest of your summer!



INGREDIENTS

- 6 boneless chicken breasts
- 6 slices of pineapple
- Grilled vegetables such as broccoli, red peppers, carrots, and zucchini

RUB INGREDIENTS

- 3 tablespoons raw sugar
- 2 teaspoons sage
- 2 teaspoons cumin
- 2 teaspoons thyme
- 1 teaspoon kosher salt
- 1/4-1/2 teaspoons cayenne pepper

PEANUT SAUCE INGREDIENTS

- 2 teaspoons minced shallots
- 1 tablespoon avocado or olive oil
- 6 tablespoons unsalted natural creamy peanut butter
- 3-4 tablespoons unsweetened coconut milk
- 2 tablespoons fresh lemon juice
- 2 tablespoons soy sauce
- 6 tablespoons water
- 1 tablespoon brown sugar
- 1/2-1 teaspoons Asian chili paste
- 2 tablespoons chopped fresh basil

PEANUT SAUCE PREPARATION INSTRUCTIONS

1. Cook shallots in oil over medium-low heat, for about 5 minutes, until soft.
2. Whisk in peanut butter, milk, lemon juice, and soy sauce until smooth.
3. Stir in water and simmer, stirring often, for about 5 minutes.
4. Stir in brown sugar and chili paste.
5. Cook for an additional 5 minutes. If the sauce is too thick, add a bit more milk.
6. Remove from heat.
7. Stir in basil and additional chili paste if desired.

GRILLED CHICKEN

Preparation Instructions

1. Mix spices and rub on both sides of pineapple and chicken.
2. Grill chicken until done, about 5-6 minutes per side, and pineapple, about 2-3 minutes per side.
3. Create bowl by placing rice in bowl, add chicken, pineapple, and vegetables.
4. Drizzle with peanut sauce



Enjoy the rest of your summer!



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



1. Scott Lambert (pictured left) runner up Men's Club Championship
2. Men's A Flight - Pat Wenstrup (winner) & Luis Rivero (runner-up)
3. Men's B Flight - Eron Cunningham (winner) & Ron Miles (runner-up)
4. Dan Miller Men's Club Champion!
5. Men's C Flight - Steve Schueppert (winner) & Chris Swenson (runner-up)



6. Men's D Flight- James McLaren (winner) & Tim Smith (runner-up)
7. Adult-Child Tournament Players!
8. David, Carter, Hudson & Kelley Zenk won both divisions of the Parent-Child Tournament!

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The Next Evolution of Healthcare

Performance medicine goes beyond treating symptoms and identifying root causes—it focuses on helping people build strength, resilience, energy, and long-term vitality.

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



Healthcare is evolving. For decades, the traditional medical model focused primarily on treating illness after symptoms appeared. Patients sought care when something felt wrong, and treatment was designed to address the immediate problem. Functional medicine advanced that model by looking deeper, seeking to identify and address the root causes behind symptoms rather than simply managing them.

Performance medicine builds upon that foundation.

Rather than focusing solely on helping individuals return to a baseline level of health, performance medicine emphasizes optimizing health, energy, strength, resilience, and longevity. The goal is not simply to avoid disease but to help people function



at their highest potential throughout every stage of life.

While functional medicine identifies factors such as inflammation, nutrient deficiencies, hormone imbalances, and metabolic dysfunction, performance medicine combines those insights with evidence-based fitness training, personalized nutrition strategies, recovery protocols, and ongoing

medical oversight. This integrated approach is designed to help individuals achieve measurable improvements in physical performance, overall wellness, and long-term vitality.

A key component of performance medicine is personalization. Advanced testing and data analysis—including biomarkers, movement assessments, metabolic health indicators, and recovery metrics—provide a comprehensive picture of an individual's health. These insights are then used to create customized plans that support improvements in strength, body composition, energy levels, recovery, and overall quality of life.

Performance medicine is also rooted in the science of longevity. Research continues to demonstrate the importance of maintaining muscle mass, metabolic health, mobility, and stress resilience as people age. By proactively addressing these areas, individuals can build a stronger foundation for long-term independence, capability, and well-being.

For those interested in moving beyond symptom management and taking a proactive approach to optimizing their health and performance, Ignite Performance and Health offers a comprehensive model that combines medical expertise, personalized training, nutrition coaching, recovery strategies, and data-driven guidance to help clients pursue their highest level of health and longevity.

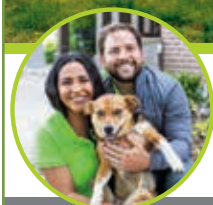


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AROUND THE CLUB

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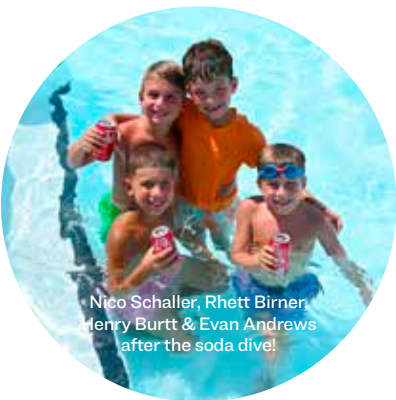
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Nico Schaller, Rhett Birner, Henry Burt & Evan Andrews after the soda dive!



Sadie Duncan & Quinn Ellis!



August Lello participating in the splash contests during the afternoon!



The threat of rain couldn't wash away the fun! Everyone enjoyed the 4th of July Carnival & Celebration at Forest Hills!

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