

# THE SENIOR SCOOP

Be connected. Be supported. Be home.

## July 2017

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What do you call a Patriot's Drawing? YANKEE DOODLE!

What was the Patriot's favorite food in The Revolutionary War? CHICKEN CATCH-A-TORY!

Where was the Declaration of Independence signed? AT THE BOTTOM.

What did the flag say to the pole? NOTHING, IT JUST WAVED!

Why did the duck say bang? HE WAS A FIRE-QUACKER.

Why did Paul Revere ride his horse from Boston to Lexington? BECAUSE THE HORSE WAS TOO HEAVY TO CARRY!



**Donations** 

# July is:

13

National Blueberry Month

National Ice Cream Month

National Hot Dog Month





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#### **DIRECTORY**

Phone: 231-525-0600 or Toll Free: 888-893-1102 Fax: 231-325-4855

**Email:** 

info@BenzieSeniorResources.org.

Website:

www.BenzieSeniorResources.org

#### **OFFICE HOURS**

Monday – Friday: 8:00 a.m. – 4:00 p.m.

# THE SENIOR SCOOP IS A MONTHLY PUBLICATION BROUGHT TO YOU BY:

Benzie Senior Resources 10542 Main Street Honor, MI 49640

Douglas Durand, Executive Director

Dawn Bousamra, Editor

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Benzie Senior Resources will not discriminate against any individual or group because of race, sex, religion, age, national origin, marital status, disability, or political beliefs.

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annual mailing the subscription fee is \$10.00 which helps to cover printing and mailing costs. Subscription expiration dates are listed on the bottom of the mailing label.				

#### From Our Director

Greetings,

Now that the warm weather is upon us, people will be spending more time outside gardening, walking, picnic-king and barbecuing. We try to make the most of the limited number of sunny, warm days we have in Northern Michigan.

Here try some summer safety tips:

#### Limit sun exposure

Be sure you wear protective clothing, and use sunscreen. Use water-resistant sunscreen with a sun protection factor (SPF) of 15 or higher. Sunscreen is formulated to protect the skin against the sun's damaging ultraviolet light (UV), not to help the skin tan. Apply sunscreen to exposed skin 30 minutes before going out into the sun and re-apply every two hours.

**NOTE:** Some medications can increase sensitivity to the sun. Some examples are tetracycline antibiotics, sulfonamides such as Bactrim, non-steroidal anti-inflammatory drugs such as ibuprofen and even some cosmetics that contain alpha hydroxyl acids can increase sensitivity. A good rule is to check with your pharmacist or physician.

When outdoors, wear a wide brim hat. Hats keep the sensitive scalp area protected and shade the face. Even thick hair cannot protect against UV rays.

Seek shade. Allowing some time in the sun while gardening or swimming is fine - but take time out of the sun or use beach umbrellas to create shade.

Wear sunglasses with UV absorbing lenses to protect sensitive skin around the eyes. This may also reduce long-term risk of developing cataracts.

If you do get sunburned do not put ice or butter on it. Use a cold compress. If you don't have one, a pack of frozen vegetables wrapped in a light clean cloth will do. Over the counter pain relievers may also be helpful. Mild to moderate cases of sunburn may be helped by topical corticosteroids such as hydrocortisone. In the case of severe sunburn - (blistering, intense pain, deep redness, dizziness, vomiting...) seek medical attention promptly.

#### Heat Illness

During heat illness, the body's cooling system shuts down. Body temperature goes up, which inhibits the ability to sweat. Mild symptoms of heat exhaustion include thirst, fatigue, and cramps in the legs or abdomen. Left untreated, heat exhaustion can progress to heat stroke. Serious heat-related symptoms include dizziness, headaches, nausea, rapid heartbeat, vomiting, decreased alertness and a temperature as high as 105 degrees F or more. In severe cases, the liver, kidneys and brain may be damaged.

People age 65 and older are especially vulnerable to heat illness. Air conditioning is the number one protective factor against heat illness. If you don't have air conditioning, spend time in public facilities, such as The Gathering Place Senior Center, libraries and stores/malls that have air conditioning. Reduce strenuous activities or do them during the early morning or evening when it's cooler. Carry a water bottle with you whenever outside and drink fluids regularly. Wear light colored, loose fitting clothing. If you see someone experiencing heat illness, have them lie down in a cool place and elevate their legs. Use water, wet towels and fanning to help cool the person down until emergency help comes.

Be prepared for warm weather risks and enjoy your summer in safety! Happy 4th of July!

As always, I welcome your thoughts.

Take care.

Douglas



# July Menu

Lunch is served Monday thru Friday at The Gathering Place from 11:30 a.m. — 1:00 p.m.

Monday	Tuesday	Wednesday	Thursday	Friday
3 Sweet Potato Encrusted Pollock Cauliflower Broccoli Bread Plum	Closed  4 Closed	5 Pork Chops with Stuffing California Blend Hawaiian Rolls Apple	6 Chicken Tenders Herb Mashed Potatoes Green Beans Bread Pear	7 Spaghetti with Meat Sauce Italian Beans Pesto Cauliflower Garlic Toast Orange
10 Country Style Beef Fritters Herb Mashed Potatoes Malibu Blend Bread Watermelon	11 Sloppy Joes Tater Tots California Blend Banana	Crispy Cod Sandwich Corn Broccoli Apple  13 BBQ Meatballs Sweet Potato Tots Spinach Bread Pear		14 Rosemary Garlic Pork Roast Green Beans Carrots Bread Apricots
17 Grilled Chicken Caesar Salad Breadsticks Applesauce	18 Cheeseburger Sweet Potato Tots Mixed Vegetables Orange	19 Hot Beef Sandwich Herb Mashed Potatoes California Blend Bread Pineapple	20 Chicken A La King Green Peas Carrots Biscuits Banana	21 Ham Dinner Sweet Potato Broccoli Bread Apple
24 Beef Stir-Fry over Rice Broccoli Chow Mein Noodles Fortune Cookie Pear	25 Chicken Primavera over Pasta Italian Beans Pesto Cauliflower Garlic Toast Apple	26 Deluxe Chicken Sandwich Green Beans Carrots Plum	27 Goulash Green Peas Carrots Bread Banana	28 Slow Roasted Beef Herb Mashed Potatoes Malibu Blend Bread Watermelon
31 Bratwurst and Pepper on Bun Baked Beans Corn Orange				



# **July Calendar of Events**

Monday	Tuesday	Wednesday	Thursday	Friday
3 10:00 Yoga 11:30 Lunch—The Maples Blood Pressure Clinic 12:00 CARDS 2:30 Zumba	4 Closed Happy 4th!	5 8:30 Zumba 9:00 Foot Clinic at The Administration Office 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	6 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	7 9:30 BUNCO 10:30 Thompsonville Lunch, Bingo and Music 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
10 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	11 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	12 8:30 Zumba 9:00 Foot Clinic at The Administration Office 10:00 Stay Fit with Doris 11:30 Lunch—Birthday Party 12:30 BINGO 1:15 PLARN	13 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 Phil Gates Concert NO Bunco	14 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support
17 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	18 10:30 Music by The Melody Makers 11:30 Lunch NO CHAIR YOGA 5:15 Zumba	19 8:30 Zumba 9:00 Foot Clinic at The Administration Office 10:00 Stay Fit with Doris 11:30 Lunch 12:30 Bingo 1:15 PLARN 4:30 Board of Directors Meeting	20 10:00 Bible Study 11:30 Lunch—Paul Oliver Blood Pressure Clinic and Medication 1:00 BUNCO	9:30 BUNCO 11:30 Lunch 1:00 Cliff Shelder Concert
24 10:00 Yoga 11:30 Lunch 12:00 CARDS 2:30 Zumba	9:00 Essential Estate Planning in Administration Office 10:30 Music by The Melody Makers 11:30 Lunch 3:30 Chair Yoga 5:15 Zumba	26 8:30 Zumba 9:00 Foot Clinic at The Administration Office 10:00 Stay Fit with Doris 11:30 Lunch 12:30 BINGO 1:15 PLARN	27 8:45 Little River Casino 10:00 Bible Study 11:30 Lunch 1:00 BUNCO	28 9:30 BUNCO 11:30 Lunch 1:00 Wii Bowling 1:00 Tech Support 6:00 Ol' Time Gathering
31 10:00 Yoga 11:30 Lunch 12:00 CARDS 1:00 Spinning 2:30 Zumba				



### **Dawn's Dish**

Please remember we are closed Tuesday, July 4th to celebrate Independence Day. Please have a safe holiday!

I see so many new faces walk through our door each week! Many of you are hosting friends and family from out-of-town; who doesn't want to visit us and enjoy the beauty of Benzie County in the summer?! We know summers are busy and having visitors can be a little exhausting. Why not alleviate your stress a bit and bring them here for lunch? All ages are welcome!

Zumba is back! Mondays at 2:30 p.m., Tuesdays at 5:15 p.m. and Wednesdays at 8:30 a.m. If you do all three classes it's ONLY \$3 for the whole week! Otherwise, \$3 each class and everyone of all ability levels is welcome to join in on the fun! As always, your first class is FREE!

Foot Clinics are now on every Wednesday at the Benzie Senior Resources Administration Building. Emily Rice, R.N. will take care of those tootsies! Call 231-525-0600 for your appointment. Donations toward this service are always appreciated.

Do you love to crochet? Join Ann at **1:15 p.m. on Wednesdays** crocheting plastic mats to donate to the homeless. These mats are created from plastic bag yarn also known as PLARN. For more information, please call Dawn at 231-525-0601. Sign up at the front desk! No experience necessary as we need people to cut our bags into PLARN.

Feeling frustrated with your "smart" phone or tablet? Just want to get on Facebook so you can see pictures of your darling grandchildren? Want to learn how to Facetime or use Skype so you can videochat with your loved ones? Every Friday at 1:00 p.m. we have Tech Support at The Gathering Place to help you navigate the tech world.

Please note: There is no Bunco on Thursday, July 13th and there is no Wii Bowling on Friday, July 21st.

<u>Thursday</u>, July 13—1:00 p.m. Phil Gates, The Sing-Along Man will be here for a concert! Phil is an accomplished musician who has sung in numerous choral groups for more than 20 years. He'll sing old-time favorites from the 20's to the 50's. Don't miss this opportunity to hear a great talent. There is no charge for this event, but donations are always appreciated.

<u>Thursdays</u>, July 13 & 27—Little River Casino Trip. Leave The Gathering Place at 8:45 a.m. and Shop-n-Save at 9:00 a.m. Trip fee \$10. Receive \$20 River Credits & \$5 food voucher. Return by 3pm. Call now to reserve your spot on the bus! 231-525-0601 or toll free at 877-277-1306.

<u>Friday, July 21</u>—1:00 p.m. Cliff Shelder Concert. An award-winning singer, songwriter and record producer, Cliff has performed at fairs, festivals, and restaurants, including the Bluebird Cafe in Nashville, and corporate and social events in several states. He sings Classic and Traditional Country music from the 1940's through the present. His show includes songs from such artists as Ernest Tubb; Alan Jackson; Merle Haggard; Hank Williams; Jim Reeves; George Strait; Randy Travis and Willie Nelson. What a great way to start your weekend! Donations are appreciated to cover the cost of Cliff's performance. Mark your calendars and bring a friend!

<u>Tuesday, July 25</u>—Essential Estate Planning. 9:00 a.m. to 4:00 p.m. at the Administration Office. Appointments are approximately one hour. This is an opportunity to speak with an experienced estate planning attorney for free to review, update and/or create an estate plan. Schedule an appointment by calling 231-525-0600.

<u>Friday, July 28</u>—Ol' Time Gathering. Please bring a dish to pass. All ages are welcome. No charge to attend and donations are accepted. Music starts at 6:00 p.m. with a potluck dinner at 7:00 p.m.



# **Consumer Travel Alert from Attorney General**



Being an informed consumer will make you a wise traveler. This Alert gives you information and tips to help protect you before and during your travels.

The Attorney General received complaints about bus tours that were cancelled just before—and even on—the scheduled departure date. This happened to consumers who booked online and to those who booked through a travel agent. Some lost their deposits and others lost their complete payments.

#### What you need to know:

How to spot and stop common tricks used to separate travelers from their money. You need to be mindful when planning and when taking your trip.

#### Signs of a travel scam

Whether you book your trip yourself online or through a travel agent, when planning your trip, do these three things:

- 1. Research the agent or online booking site.
- 2. Read all documents carefully.
- 3. Pay with a credit card.

Michigan law does not license travel agents, so the best way to research an agent or online booking site is to check with the Attorney General's Consumer Protection Division and the Better Business Bureau to see if any complaints have been filed. Word of mouth, personal recommendations, and online reviews are also ways to learn more about an agent or online service. Travel documents and contracts are often lengthy with fine print. It is important to read them completely and look for hidden costs or fees—especially when you are booking an all-inclusive vacation.

Advertised prices often don't include fees, taxes, or service charges.

- 1. Look for an asterisk (\*) and then read the details.
- 2. Take copies of your agreements with you in case you face unexpected fees or charges.

Some of the canceled bus tour consumers got their money back because they paid for their bookings with a credit card. Credit cards offer fraud and cancellation protections not offered with other forms of payment. And many cards offer bonus points or miles if you use them to pay for your travel.

# When travelling, look out for these common travel scams:

- The "pizza flyer" scam. Once you are checked in,
   a flyer to a local eatery is placed under your
   door offering quick delivery. When you call in
   your
   order and give them your credit or debit card
   number (because that is all they accept), the food
   will never arrive, but a fraudulent charge will be
   placed on your card.
- 2. The "front desk call" scam. This is a call to your room from someone claiming to be from the front desk. The caller apologizes for the interruption but needs your credit card number to ensure your stay because a computer glitch failed to verify your account when you checked in. Like the pizza flyer, the ruse is to get you to give the person on the call your credit card number.
- 3. The classic "bait and switch" scam. The technique is nothing new, but scammers are endlessly creative in how they present it. Travelers find out about the "bait-and-switch" when they are lured by outrageously low airfare, hotel rates, or car rental rates, and they wind up being pressured into spending far more money than anticipated. One example reported to the Attorney General's office involved a tourist entering a souvenir shop and placing an order for a personalized item at a low price. When the tourist returned to pick up the souvenir, a more expensive item had been personalized, and the tourist was told that, if the more expensive item was not paid for, the shop owner would call the local police department and file charges.





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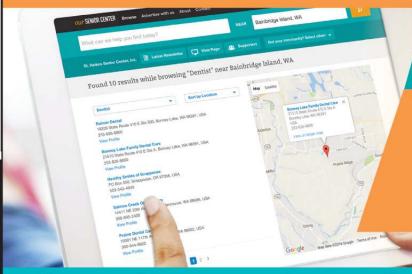
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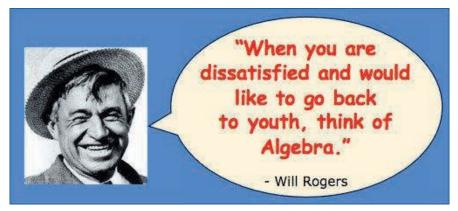


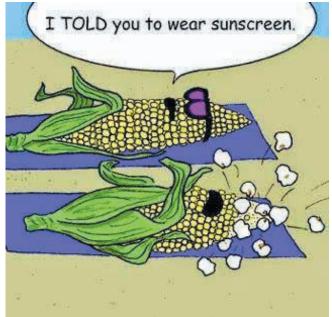
## **More Consumer Travel Alert...**

#### STOP IT: How to avoid being scammed

- If you booked through an agent or third-party, then as soon as you receive confirmation of your reservation, contact the hotel, airline, or venue directly to verify your hotel, travel, passage, or ticket and payment.
- Read every document and look for fees and charges not included in the advertised price especially with "all-inclusive" trips.
- Don't pay for travel with cash, checks, or prepaid cards: use a credit card with fraud and cancelation protections.
- Take copies of all travel documents with you to dispute any unexpected charges or fees.

- · Get all orders and agreements in writing.
- Consider using a designated travel card just to pay for travel-related purchases, such as airline tickets, hotel reservations, rental cars, and other purchases. For more travel tips and information: in Michigan, visit Pure Michigan, Michigan's Official Travel and Tourism website. The federal Transportation Security Administration (TSA) provides tips to help travelers navigate airport security. The U.S. State Department provides information on traveling safely abroad. Report Fraud if you have been the victim of a travel-related scam, or if you would like to file a general consumer complaint, please contact the Attorney General's Consumer Protection Division: Consumer Protection Division P.O. Box 30213 Lansing, MI. Phone: 48909 517-373-1140 Fax: 517 -241-3771 Toll free: 877-765-8388.



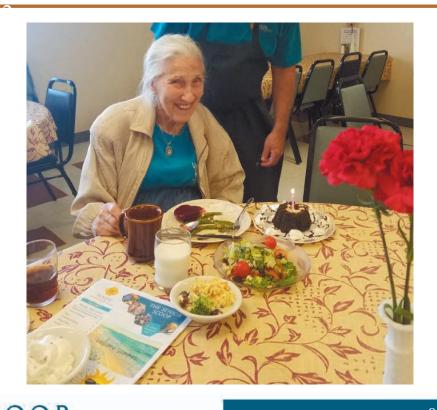




# **July Birthdays**

Ester Cooper	1	DeAnne Loll	12	Richard Strom	23
Cleo Finch	1	Maudie Anderson	14	Shirley Damer	24
Fred Kerby	1	Monica Henry	14	Karen Keranen	24
Carroll Volpe	1	Thelma McCaughna	14	Alva Brun	25
Evelyn Kirby	2	Susan Mead	14	Daniel Faltinowski	25
Kenneth Kulow	2	Deborah Raphael	14	Rosemary Friend	25
Thomas Priest	2	Benjamin Taylor	14	Diane Goodson	25
Ron Fast	3	Judy Pendygraft	14	Lois Link	25
Darlene Morden	3	Mary Lou Allen	15	James Kohn	26
Margaret Boyd	4	David Browne	15	Dan Rayner	26
Ida Pim Dodge	4	Nellie Thomas	15	Dan Sheffer	26
Lorna McGill	5	Joan Cheeseman	15	Neil Nugent	27
Richard Scott	5	Darlene Gray	16	Richard Haan	27
Paul Hammond	7	Gladys Wilson	17	Jereen Sneller	27
Lucille Harris	7	Zelda Hodge	18	Lois Weaver	27
Margaret Small	7	Arlis Bryan	18	Bernice Beugnot	27
Cindy Schnarr	8	Margaret Chalmers	18	Christine Dowd	28
Shirley Sheronick	8	Zoraida Kenner	18	Judy McQuilkin	28
Karen Bischoff	9	Leila Mackenzie	18	John Pietryka	28
Geraldine Hyams	10	Joyce Sauer	20	Luana Denzel	29
John Snow	10	Dave Weiss	21	Floyd Kuhn	30
Marjorie Patterson	10	Arnold Wurm	22	Evelyn Shelder	30
Maryjo Allen	11	Leroy Worden	22	David VanHammen	30
Clint Hoxie	11	Jackie Fine	23	Fred Werth	30
Nancy Kage	11	James Gauthier	23	Herman Heuer	31
Sheila Saier	11	Elizabeth Koski	23	Jane Kennedy	31
David Harden	12	Ann Howell	23	•	

The Benzie Area Alzheimer's
Caregivers Support Group meets at
2:00 p.m. on the first Wednesday
of each month in the REMEC room
at Paul Oliver Memorial Hospital in
Frankfort. Friends and family
members of those with memory
loss, Alzheimer's or other dementia
issues are welcome.
For information,
contact Nancy VanderLinde
231-399-0253 or
vanderlinde1233@gmail.com or
Jeanette McNinch at POMH,
231-352-9621.



#### **50 States Crossword Puzzle**

ENEWJER SE S A X E X D A W A E S K Н A A S K A W S R S F Y C P E X A S O T N R D AK A G S S B W P S E NE S R A Н E N N Z G S S R S S A U F S S F C B S В X E К R R R K A S S P R R N C A 0 A N N 0 R A A 0 S X Н В K SH NGTONHM S S R

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UTAH
VERMONT
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WYOMING

### Senior Millage/ Walk-A-Thon

#### The Commission on Aging Senior Millage Helps Your Family, Your Friends and You!

On August 8, when you go to the polls to vote, the millage to help older citizens in Benzie County will be on the ballot. This millage supports programs that are essential to the well-being of older adults in our Benzie Communities. Passing the millage for older citizens assures seniors will continue to receive vital services such as:

- Home Delivered Meals
- Medication Management
- Dining Out Vouchers
- •Tax Preparation
- •Respite Care
- •Farmer's Market Coupons
- Senior Centers
- •Blood Pressure Clinic
- •Essential Needs Fund
- Care Coordination

- Personal Care
- •Dental Oral Health Care
- •Benzie Bus Passes
- •Lawn Chore
- Foot Care Clinic
- •Events & Activities
- Medicare/Medicaid Assistance
- Homemaker Services
- •Information and Assistance
- Project LifeSaver

- Snow Removal
- Hearing Clinic
- •Estate Planning
- Friendly Visitor Program
- •Senior Community Meals
- •Equipment Loan Closet
- Telephone Reassurance
- •Guardian Medical Monitoring
- •Volunteer Opportunities
- •Senior Scoop Newsletter

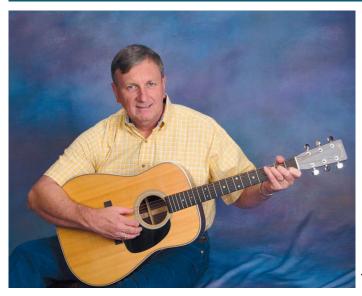
If you come down to The Gathering Place for lunch from now until the first Saturday in August, please consider purchasing a shoe to help support our Walk-A-Thon! We're selling FOUR different colors of our shoes. Our aqua blue shoe is \$1, dark blue is \$5, purple is \$10 and gold is "the sky is the limit!" We are grateful for any support! This is our largest fundraiser, so please help us spread the word. Perhaps you know someone who might be interested in participating? You can get registration packets at The Gathering Place or Benzie Senior Resources office!







## Music in July



Musician Cliff Shelder will be back to play for us on **Friday, July 21st** at 1:00 p.m. Cliff's style is old Country Cliff Shelder is an award winning singer-songwriter, and seasoned country artist who performs nearly 200 shows a year. He has entertained at various venues throughout the country including: Hear the songs of Hank Williams, George Strait, Ernest Tubb, Jim Reeves, Ray Price, Randy Travis, Merle Haggard, Alan Jackson. ...and many more performed live with full backing soundtracks and guitar.

Phil Gates, The Sing-Along Man will be playing at 1:00 p.m. on **Thursday, July 13th.** Phil is an accomplished musician who has sung in numerous choral groups for more than 20 years. He'll sing old-time favorites from the

20's to the 50's. Don't miss this opportunity to hear a great talent. There is no charge for this event, but donations are always appreciated.

Need help figuring out your smart phone, tablet or laptop? Fear not! Every Friday at 1:00 p.m. Robert Swanson will be here, at The Gathering Place, to answer your tech questions and help you figure out how to use your smart devices.



Please don't forget to help us keep our loan closet active with your donations of bathchairs, commodes, wheeled walkers, etc. Thanks!

#### **Donations**

#### When You Donate... You Make a Difference

Benzie Senior Resources is an independent 501c3 not-for-profit organization that depends upon donations to sustain our programs. We need your support to continue to provide caring and professional services to the seniors of Benzie County and the need is greater than ever as the population over the age of 60 rises and our traditional funding sources diminish. Your support, in any way or amount, helps us continue this important work!

When you make a donation to Benzie Senior Resources, you will be helping provide important services and programs to seniors in our county. Some of these services include Home Delivered Meals Program, Homemaking Services, Senior Center Operations, Educational Programs, Chore Service, Snow Removal and more. There are many other ways to contribute to Benzie Senior Resources, now and in the future, that may fit your interests.

Tribute Donations: Tribute gifts of any amount can also be made in memory of a loved one or in honor of an individual to commemorate a birthday, anniversary, end-of-year holiday or special occasion. Benzie Senior Resources will send a card acknowledging your gift to the one you have honored, or to surviving family members of the one you have remembered.

Planned Giving: As you prepare your legacy for your family and your community, please consider including Benzie Senior Resources as part of your plans. Please remember us in your estate planning or simply have your attorney add an addendum to your will. Your bequest to Benzie Senior Resources will benefit many seniors and help us to continue vitally needed services for years to come.

Your tax-deductible donation can and will make a world of difference in the life of an area senior citizen or disabled individual. You can be assured we will continue to be good stewards of your gifts. If you would like to designate your gift to a specific program or in memory of or honor of an individual, please tell us and we will do our best to meet your wishes.

If you have any questions, please feel free to call us at (231)525-0600 or toll free 888-893-1102.

#### **DONOR INFORMATION:**

Name:			
Check here if ye	ou wish to remain ANONYMOUS		
Mailing Address:			
City:	State:	Zip:	
Phone Number:	Amount Enclosed	Amount Enclosed:	

Make Checks Payable To: Benzie Senior Resources

Benzie Senior Resources is an independent 501c3 not-for-profit organization. Gifts to Benzie Senior Resources are tax deductible under appropriate I.R.S. regulations. Consult your tax or legal advisor for details.





10542 Main Street, Honor, MI 49640

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