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JFK community held carwash fundraiser for the Antwi family at the Elks Lodge

see page 4

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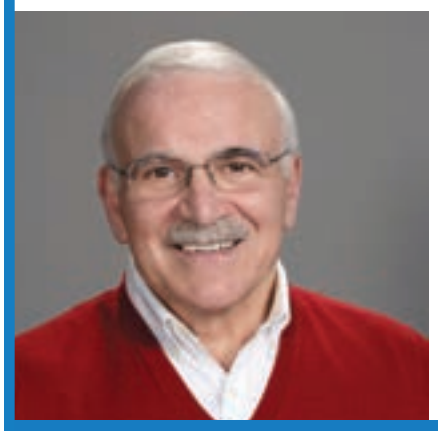

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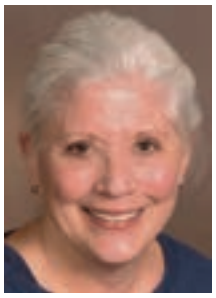

THIS 'n' THAT

by Carol Bogart

Cow Cuddles: A Pandemic Trend



PHOTO COURTESY OF USDA

If you know a 4-H kid raising a friendly cow, maybe you can pet it.

Here's what I've missed most this past year. Exchanging smiles with people – and hugging them.

For all of my childhood and most of college, there was not a lot of hugging in my family. I only saw my dad hug my mom once. The time she met him at the door after his mother died.

My parents rarely hugged me, either. Mom said I was 'squirmy' as a toddler. If she tried to hold me I straightened out like a board, she said, and slid right off her lap.

She said each time she tried to put on my shoes, I curled up my toes. No part of me liked confinement? Or maybe these annoying behaviors were just symptoms of being ADHD tactile-sensitive. Wool or nylon against my skin – couldn't stand it. Snug collars, hated those.

This 'thing' with textures extended to what went in my mouth. Applesauce, for instance, was rejected. Mom could scrape it off my chin a million times – I wouldn't eat it. That day to this, orange juice was/is a big N-O. When mom strained it she might get me to take a sip or two (pulp!

see This 'n' That page 10

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Cover photo by: George Young

Two Sacramentans honored with Women in American History Award





Photos courtesy of Shirley Hazlett

Daisy Mah (left) and Belle Cooledge (right) have been honored with the Women in American History Award by the Daughters of the American Revolution, Sacramento Chapter. Daisy was photographed in William Land Park at the sacred lotus garden in the Duck Pond.

The Sacramento Chapter, National Society Daughters of the American Revolution (NSDAR), has recognized two Sacramento women with the society's prestigious Women in American History Award. The awardees, Daisy Mah and the late former mayor of Sacramento Belle Cooledge, are innovators who have made a difference in their community.

Daisy Mah, an extraordinary Sacramento gardener, has carried out a 25-year campaign to beautify Sacramento parks in conjunction with the team of volunteers she organized. She transformed the WPA Rock Garden, established the sacred lotus garden in the Duck Pond, and renovated the island in the Anne Rudin Peace Pond, all in William Land Park. She also established gardens in Sacramento's Midtown, McKinley Park, and in the Delta community of Locke. In 1988, Mah established the Perennial Plant Club in Sacramento.

Belle Cooledge, Sacramento's first woman mayor (1948-1949), founded Sacramento City College in 1916 where she also served as Vice President and the Dean of Women Students. In addition, she was a founding member of the Sacramento Chapter NSDAR. Her accomplishments are acknowledged by the Sacramento public library and community center both named in her honor. Ms. Mah and Miss Cooledge are the first two women to receive this award from the Sacramento Chapter. Their accomplishments will be permanently recognized in the Women in American History archives of the National Society of the Daughters of the American Revolution.

Janet Fulton, Regent of the Sacramento Chapter, said, "It is an honor to inaugurate our Women in American History awards with these two stellar women. As we recognize Women's History Month, Belle Cooledge and Daisy Oy Mah exemplify women who developed their talents and persevered in serving Sacramento, and, in doing so, permanently improved their spheres."

The National Society Daughters of the American Revolution is a women's service organization whose members can trace their lineage to an individual who contributed to securing American independence during the Revolutionary War. Today's DAR is dynamic and diverse, with over 185,000 members in 3,000 chapters in the United States and abroad. DAR members annually provide millions of hours of volunteer service to their local communities across the country and world. DAR chapters participate in projects to promote historic preservation, education, and patriotism. Over one million members have joined the organization since its founding in 1890.

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JFK community held carwash fundraiser for the Antwi family at the Elks Lodge





By Michael Wiggins
Photos by George Young
Special to the Pocket News

The Kennedy High School MCJROTC program hosted a car wash fundraiser on Sunday, March 28, 2021, in support of the Antwi family. Several students, faculty members and parents volunteered and attended the event, which raised over $2,000 for the family.

Emmanuel Antwi, a senior at Kennedy High, collapsed on the school's field during the first football game of the season after suffering a medical emergency and later died, the Sacramento City Unified District confirmed. The cause of the medical emergency is unclear.

A gofundme account was created for the Antwi family with a goal of raising $20,000 to help cover funeral and memorial expenses. As of Monday, March 29, the gofundme has raised over $49,000.

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Happy 100th birthday, Jean!



All photos by Stephen Crowley

By Jennifer Holden of Mangan Park
Special to Valley Community Newspapers

On Feb. 28, 2021, Jean Crawford turned 100 years old.

That in and of itself is a tremendous accomplishment. On her birthday, I found her to be as bright as a button and in love with life, her family, and her neighbors. Sitting with Jean in her backyard, I found it hard to separate those three things in our conversation. She has a large and close-knit family that she raised, and neighbors she has lived with for over 70 years. The other neighborhood families grew up with her family and everyone has spent so much time together that it's hard to tell the neighbors from her family and she is in love with them all...

Bill and Jean Crawford moved into a brand-new house in Mangan Park the first week of April 1950 with their young child. The house cost around $8,000. A month later, Bill and Virginia Emick moved into a house a couple of doors down. More children arrived in both families. The children grew up together, rode bicycles down 24th Ave and Franklin Blvd. to go get treats and games (and unattended by adults). They swam mornings and afternoons in Mangan Park's pool during the summer. It was a dime to swim in the morning and a dime to swim in the afternoon. They all went to McClatchy High School together before going out into the world... and had children of their own, and grandchildren and great-grandchildren. They all still come back to the Mangan Park homes of Jean Crawford and Virginia Emick

see Birthday page 7







Birthday:

continued from page 6

to be together. They tell the old stories, share some new ones, and are the friends and family they have been their entire lives.

To celebrate Jean's birthday, the family held a front-yard party where friends could drive past in brightly decorated cars to wave to Jean, who was sitting at a table on the driveway. Many of Jean's friends driving by her driveway were from nearby Centennial United Methodist Church, where Jean has worshipped with the congregation since moving to Mangan Park in 1950. Among Jean's church friends driving by were other Mangan Park neighbors, and Jean was very surprised and pleased to see four Sacramento Police Department patrol vehicles join in the car salute. The drive-by salute started at 1 p.m. and lasted until around 2 p.m. At one point, the line of cars waiting to wave to Jean was four blocks long, so it is estimated that more than 50 cars drove past to show their love and appreciation for Jean.

She was touched and overwhelmed by the attention and devotion of her friends.

And then there was a small backyard gathering where I heard some stories of her life, as well as some of her family and friends' stories, too. Virginia Emick was also there, and shared some of her stories, as well. If Virginia's name sounds familiar, especially to local fans of the railroad, it is because she volunteered at the Sacramento Railroad Museum for around 20 years until she was in her mid-80's.

Altogether, Jean, Virginia, and their friends and family inspired awe in me - so many remarkable people with remarkable stories and memories! If I could, I would preserve them so we can all learn from them. Perhaps someday soon, I will go back and gather more. Lives such as Jean's should be honored on birthdays, as well as the ordinary days that follow.

And we were all blessed to be with Jean Crawford on her 100th birthday.

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The Land Park Harlequins gear up for a fun spring season

By Monica Stark

The Land Park Harlequins runs on the mission: Where every girl has a chance to play rugby. Coached by Wes Hilger and Clifton Rouse, the team currently has an ongoing program of non-contact flag and touch rugby for middle school and high school girls, giving the players a chance to experience rugby without contact.

"As the Covid numbers have improved, we will be transitioning to our contact season," says Hilger.

The team currently plays in the Rugby Norcal League and competitions will start in April with practices throughout March, April, and May for both middle school and high school teams. In the summer, Hilger says the team plans to play in the Rugby Norcal Summer 7s league and will travel to Salt Lake City for the North American Invitational 7's tournament. They will also continue to promote the girls' program with introductory flag mini camps.

Spearheaded in 2015 by former player Olivia Popp's desire to have a girls-only middle school and high school team, the Harlequins quickly grew and attained success including a top 4 finish at the National Invitational tournament in 2017, as well as first-place finishes in Rugby Norcal League, play for both 15's and 7's divisions in 2018, 2019.

Curtis Popp, Olivia's father, had a strong desire to help the Harlequins carry their rugby careers to the collegiate level. He has helped players obtain opportunities in several universities including Harvard, Brown, Bowdoin, West Point, UC Berkeley, UC Santa Barbara, UC San Diego, and Grand Canyon University. Curtis has helped players use rugby to help fund their college education and continues to be an important resource for players who wish to take their game to the next level.

Olivia, 19, currently plays Scrumhalf and Flyhalf positions for WAR, Women's Army Rugby, at the U.S. Military Academy at West

see Harlequins page 9



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Harlequins:

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Point. "The Army expects much of you in regards to physical fitness, military proficiency, and character, but I can confidently say that playing rugby for the Land Park Harlequins prepared me for that challenge," Olivia said.

A cadet for Bravo Company's 4th Regiment and a member of the USMA's class of 2024, Olivia said that for the first few years, the skill level of many of her former Harlequin teammates was well beyond her own. "This, in addition to top-notch coaching, pushed me to be a better player. Additionally, the discipline and mental toughness required on the pitch was crucial in my personal development prior to coming to West Point."

"An important part of our rugby program are the social events we like to hold with our players. We believe fun off the field creates lasting bonds between the players, a stronger team culture, and memories that last beyond the last whistle," Hilger said. In the past, they have had barbecues, lip sync contests, skate night, and movie nights.

Fundraising is another important part of their program. "We do not want lack of funds to be an impediment to girls playing for our club," he said. They have provided players opportunities to earn money to pay for their registration through the annual lift-a-thon and candy sales. Also, we solicit sponsorship and donations to raise funds to bridge any other financial gaps that may prevent players from full participation," Hilger said.

Olivia Popp said she has always appreciated the Harlequins' diversity— in every sense of the word, as the team fosters girls from all sorts of racial, ethnic, cultural, socio-economic, and rugby backgrounds and brings everyone together as one unit and family. "Additionally, the 'Quin's are known for being incredibly scrappy and relentless. There may be bigger or faster teams out there, but the Harlequins will never be outworked," she said.

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PHOTO BY CAROL BOGART

Most animals, if you love them, they love you back. This is Gobble. I had four turkeys when I had my farm: Gobble 1 (pictured); Gobble 2; Dinner 1 (joke) and Dinner 2. Gobble 1 liked my hugs. Gobble 2 endured them. The Dinners – wild turkeys I got at the grain elevator – were a bit standoffish. The wild in them, I guess.

This 'n' That:

continued from page 10

uck!). My poor mother. "Persnickety," she said. (Nobody'd heard of ADHD back then.)

Even today, my son likes to point out that I 'arrange' my food. 'Like with like' so nothing touches. Just thinking about certain textures gives me shivers. Kidney beans, Navy beans, Lima beans – eeeyow. Chickpeas in the salad? Out they go.

Mom once said, "We should have taken you to child psychologist when you were 3." I was a 'difficult' child, she'd say. I assumed my unruliness was why she said it. But when I was 3, a neighborhood kid, 16, molested me during hide 'n' seek. When, as was our custom at the dinner table, dad asked us each about our day, I told about my icky experience behind a bush. Dad and Keith, baseball bats in hand, ran out. Mom, white faced, sat stock still and speechless 'til they got back. Dad, headed back to the garage with the baseball bats, said, "They're going to get that boy some help." Not another word was said about it. Not then. Not ever.

Maybe she meant that?

For the most part, things went well for me through high school. Good grades, extracurriculars, all of that. But I couldn't handle college. Too little structure. Too much time to think. My brother, by then a doctor, researched psychiatrists. My parents took me. The shrink said I'd been depressed so long; I couldn't remember 'happy'. "What do you want?" he asked. I said, "I want my parents to hug me." "If you want things different," he responded, "you'll have to change, because they can't."

So, I did.

And turned them into huggers.

Before the pandemic, I was big on hugging. Also exchanging smiles with people. The other day, a tiny boy at Walmart smiled up at me. Since he couldn't see behind my mask, I squinched my eyes up (like a cat to show him I was smiling back.

This virus has left far too many of us are affection starved. Some enterprising livestock owners are cashing in. According to a recent article in Forbes; cows and sheep are being rented out for cuddles. $75 an hour to hug a cow! Seem expensive? Through July, those cows are all booked up!

Now if you hear of a not-fractious rental cow near here, please let me know. I just might have to hug it.

Prefer dogs and cats to sheep, cows or turkeys? As this lonely pandemic's lengthened; shelter adoptions have been up. Win-win. Forever homes for lonely animals. Questions, comments? Contact Carol at carol@bogartonline.com.

Meet the Sacramento Nonprofit on a mission to raise kale (and why you should too)

The local Sacramento nonprofit, Food Literacy Center, has been fighting against food injustice and inspiring children to eat their vegetables through education and interactive activities since 2011. This month, Food Literacy Center launched the podcast, Raising Kale, to tell the stories of our multi-layered food system. Host and Food Literacy Center's Founder, Amber Stott talks to the kale raisers who are solving problems and enacting change in their communities.

Amber speaks to guests with a variety of backgrounds: Krystal Oriadha from National Farm to School Network, Elise Bauer from Simply Recipes, and Ken Myszka from Epiphany Farms Hospitality Group are just a few people listeners can learn from when it comes to the fight against food injustice.

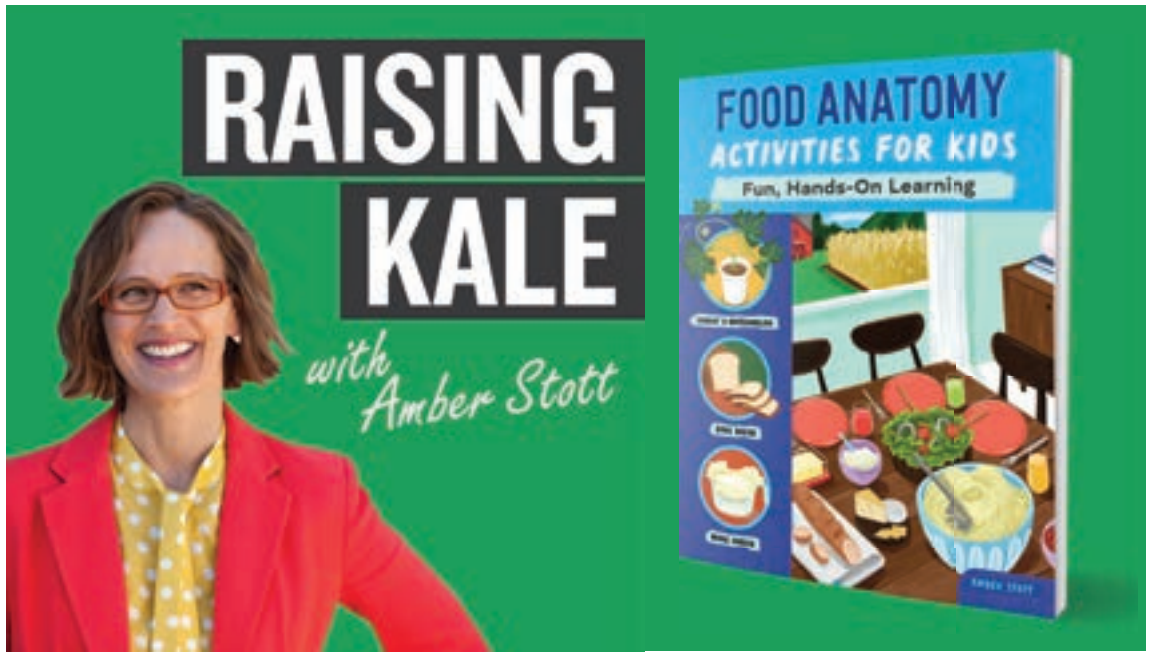
What exactly is a kale raiser? A person who gets in good trouble, using food as a tool. Raising Kale's guests are involved with remarkable, action-oriented initiatives from improving school lunches to building local food economies in Haiti to ending hunger through culinary education in San Diego.

"The Raising Kale podcast represents a long-time goal of mine for the nonprofit: to provide wider education to the public outside the walls of our elementary schools," said Amber Stott, Food Literacy Center's Founder and Chief Food Genius. "I get to speak to my peers in food thought leadership across the nation and share their powerful stories. I hope listeners will join me to learn more and to raise kale in their own community."

In addition to launching a podcast, Food Literacy Center announced their very first book, Food Anatomy Activities for Kids: Fun, Hands-On Learning, perfect for middle school-aged students and available for pre-order on Amazon. Stott noted "this is a true food literacy book. I was the book's author, but the entire staff helped! We divided up the recipes and experiments, and everyone created some of them. It's something we created that will be available for the public to purchase because we know that everyone needs food literacy."

With hands-on education for elementary students, a book for middle schoolers, and a podcast for adults, Food Literacy Center is teaching everyone the importance of food literacy!

Raising Kale is streaming on Radio.com. Follow Raising Kale on Facebook, Instagram, and Twitter. To learn more about Food Literacy Center and the work they are doing in Sacramento neighborhoods, www.foodliteracycenter.org.



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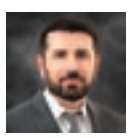
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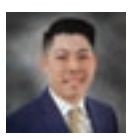
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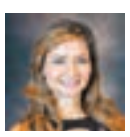
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The Tower Theatre reopens with four Oscar-nominated films

The Tower Theatre in Sacramento, California, owned and operated by Reading International, Inc. (NASDAQ:RDI), welcomed back film lovers to the Greater Broadway District on Friday, March 19, while addressing COVID-19 concerns.

Along with its reopening, The Tower Theatre joined the Angelika Film Center family of theaters and will now be known as The Tower Theatre by Angelika ("The Tower").

"We are so thrilled to finally welcome back film lovers and are proud to maintain the integrity of this iconic Sacramento theater, while bringing it the Angelika's standard for best-in-class arthouse, independent and international film," said Kelley Anderson, the Angelika's director of marketing.

On Friday, March 19, The Tower showcased some of the latest and greatest in arthouse cinema, including the Academy Award nominee and Golden Globe winner for Best Foreign Language Film Minari, a tender and sweeping story of family and resilience from director Lee Isaac Chung; critically acclaimed Academy Award and Golden Globe nominee The Father, a heartbreaking and uncompromisingly poignant story from director Florian Zeller, starring Sir Anthony Hopkins and Olivia Colman; Mank, starring Oscar winner Gary Oldman, nominated for 10 Academy Awards; and Nomadland starring Frances McDormand as a woman who packs her van and sets off on the road to explore a life outside conventional society as a modern-day nomad. This Academy Award nominee and 2021 Golden Globe winner for Best Motion Picture - Drama has also received two Best Director wins for Chloé Zhao from both the New York Film Critics Circle Awards and 2021 Golden Globe.

The Tower is committed to meet or exceed all CDC, state and local regulations, as well as expert-backed suggestions from the National Association of Theater Owners' CinemaSafe. The Tower will reopen with extensive sanitation and safety measures in place, and per the State's regulations, auditorium capacity will be limited to 25%.

"The Tower team has been working hard to enrich safety protocols and to train our team to abide by federal, state, local and industry guidelines," said Division Manager Jennifer Deering. "We are delighted to welcome back our guests and the community to enjoy movies in a safe and responsible way."



File photo by Rene Domingo

The Tower has implemented the following policies and procedures for health and safety:

- Masks are required to be worn by all guests and staff. Guest are permitted to remove masks when seated in their auditorium enjoying fresh popcorn and other refreshments.
- Guests will be encouraged to skip the box office and buy tickets in advance, either online or through the Angelika Film Center mobile app in order to decrease physical contact.
- Only credit, debit, or gift cards will be accepted to limit monetary exchanges. A designated transactional space will be available on site where cash amounts can be transferred onto a gift card.
- Guests should arrive no earlier than 30 minutes before their showtimes to decrease building traffic and allow for increased sanitization.
- Auditoriums will be limited to 25% capacity, and theater staff will be overseeing guest seating to ensure six feet of social distancing between parties, by blocking off every other row, as well as the seats surrounding each group. The Tower Theatre further encourages parties to be made up of immediate household members where possible.
- Increased cleaning and sanitation will take place regularly, with extra sanitation at high touch point areas. Auditorium seating and armrests will be disinfected after each use.
- To improve air quality, The Tower has upgraded all HVAC filters and increased maintenance frequency.
- Floor decals and signage have been placed throughout the theater to help guests maintain a safe distance from others.
- Hand sanitizer stations will be placed throughout the theater. Guests will be encouraged to wash their hands before and after consuming food and drinks.

Beginning in April, guests will have the option to reserve an auditorium for a VIP Screening, a complete package allowing guests to select from a variety of over 60 movie options and pre-paid concessions. Guests also have the option to view their own content on the big screen by booking a Private Rental Event.

VIP Screenings start at $250 and Private Rental Events start at $100 per hour, with a 2-hour/$200 minimum. Each of these event options require a $100 concession minimum and will be available at angelikablog.com/vip.

For film lovers staying at home, The Tower is pleased to allow audiences access to the Angelika Film Center experience on the new streaming platform Angelika Anywhere. In addition to curated programming, Angelika Anywhere also offers exclusive Q&A content with filmmakers and talent from live events at the Angelika Film Centers. Concessions to go are also available during operating hours for those watching at home.

For more information, visit angelikafilmcenter.com/tower, or follow the Tower on Facebook, Twitter, Instagram @TowerTheatreCA.

About Reading International, Inc.

Reading International, Inc. (NASDAQ: RDI), an internationally diversified cinema and real estate company, is a leading entertainment and real estate company, engaged in the development, ownership and operation of cinemas and retail and commercial real estate in the United States, Australia, and New Zealand.

The family of Reading brands includes cinema brands: Reading Cinemas, Angelika Film Centers, Consolidated Theatres, and the State Cinema in Tasmania; live theatres operated by Liberty Theatres in the United States; signature property developments, including Newmarket Village, Auburn Redyard, Cannon Park, and The Belmont Common in Australia, Courtenay Central in New Zealand, and 44 Union Square in New York City; and a streaming platform, Angelika Anywhere.

Additional information about Reading International, Inc can be obtained from the Company's website: https://www.readingrdi.com.

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Featured Business



By Devin Lavelle

The Pocket Greenhaven Community Association's featured business is 9Round Fitness, join us as we get to know its new co-owner Adrienne Chargin.

Devin: Thanks for taking the time, Adrienne. Congratulations! Can you tell us what 9Rounds is?

Adrienne: Thank you so much, we're excited to get everyone moving! 9Round is a world-wide organization that specializes in a 30 minute full body workout, which focuses on the skills of kickboxing. All skill levels can easily participate in the program, as it is adaptable to meet the needs of all members. In the 30 minutes that our members are working out, we are meeting all of their individual needs. We are able to do so by listening to what our members have to share with us about their health history, as well as their current fitness level. These are things that we take very seriously. We always look to create a dynamic workout that will push our members to their absolute best, while also taking into account any injuries or limitations that they may have. There is a place for all fitness and skill levels in 9Round.

Devin: Sounds fun! Functional exercise has always been my favorite. Tell me a little about yourselves.

Adrienne: Absolutely-the 30 minutes fly by and it is an extremely efficient workout given the fact that we are able to incorporate multiple muscle groups into each round! We're proud to say our gym is owned and operated by three local women. We are all longtime residents who share a lifelong devotion to health and wellness. My partners, Suzy Foote and Heather Hoskins, have lived in the community for the last decade. They enjoy the beauty of the greenbelt and the spirit of the neighborhood with events such as the 4th of July Parade and the Canal Holiday Lights. I was born and raised in the Pocket, and returned to raise my family. I love watching my son and daughter participate in Pocket Little League/Softball, just like I did as a child growing up here. In addition, all three of us have been participants and former clients, turned trainers/owners, of the 9Round Family. At 9Round we truly are a family. We are all devoted to each member and helping them to meet their successes in health and fitness goals.

Devin: That's awesome. My oldest son is just getting to the age of playing Little League. How does your team work? Does everyone teach classes? How do your styles vary?

Adrienne: Here at our gym we are truly a team. Each of us work in the training of members and implementation of the awesome 9Round philosophy, which is to always continue to make our members stronger- mentally and physically in 30 minutes. We all have different personalities, yet we all show up with the mindset of providing the highest quality experience to each individual whom we have the pleasure of working with.

Devin: What are some of your favorite things about doing business in the Pocket-Greenhaven community?

Adrienne: The Pocket community has provided us with a safe and secure community in which to grow our families, and we look forward to adding to that sentiment for our neighbors. We believe that small business is a hallmark of thriving communities, such as ours here in Pocket-Greenhaven. We take pride in giving our members a quality health and wellness option that is affordable. We very much enjoy seeing our members daily, whether it be in our gym, or at the grocery store or local city park. We believe that these are the experiences that are the backbone of a strong community. As longtime residents of the Pocket-Greenhaven community we are dedicated to our neighbors in ensuring that we are offering the best service possible. We all enjoy supporting our local businesses and have already felt that same sentiment being given back to us. Our fellow tenants at Lake Crest Village have been very welcoming, and our local neighbors have been extremely encouraging. None of this has surprised us because it truly embodies what the Pocket is all about!

Devin: That's awesome, love to hear that. So now that you have everyone motivated, what should they do to get moving?

Adrienne: The biggest factor to success is to make something a habit. Showing up is half the battle, and once you are here, we will make it worth your time. We truly feel that our program is a recipe for reward. It is a 30 minute program, which we feel everyone deserves to treat themselves to 3-5 times a week. It is very gratifying to achieve not only physical results, but also the added gain of mental and emotional achievement. We encourage everyone to come out and try our program with a first time free workout! Check us out at 9Round.com and click on the link for the first time workout- we look forward to assisting in making the community stronger!!

Devin: Great, thanks for taking the time to talk and thanks for investing in our community!

Local businesses interested in being featured can visit featured.pocketgreenhaven.org.

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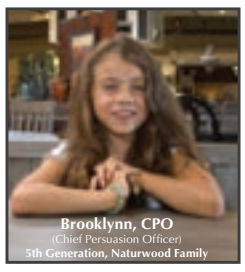

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