

# THE SCOOP



## Clearwater Senior Center

921 Janet Ave

Activities held at the Clearwater Senior Center are available to those 55 & older. No membership fee is required to participate in most activities. For more information on events or programs, please contact the Center director at 620-584-2332.

### Mission Statement

To provide services and programs for people 55 & older that promotes their well-being, supports their independence and encourages their involvement in community life.

### Staff

Sonja Froggatte— Director  
Marlene Parret— Assistant Director

### Advisory Committee

Terry Sullivan—Chair  
James Charles—Member at Large  
Maureen Bailey—Member at Large  
TC Wallace—Member at Large

## FROM THE DIRECTOR'S DESK

**St. Valentine**, (died 3rd century Rome); name of one or two legendary Christian martyrs whose lives seem to be historically based. Although the Roman Catholic Church continues to recognize St. Valentine as a saint of the church, he was removed from the General Roman Calendar in 1969 because of the lack of reliable information about him. He is the patron saint of lovers, epileptics, and beekeepers.

By some accounts, St. Valentine was a Roman priest and physician who suffered martyrdom during the persecution of Christians by the emperor Claudius II Gothicus about 270. He was buried on the Via Flaminia, and Pope Julius I reportedly built a basilica over his grave. Other narratives identify him as the bishop of Terni, Italy, who was martyred, apparently also in Rome, and whose relics were later taken to Terni. It is possible these are different versions of the same original account and refer to only one person.

According to legend, St. Valentine signed a letter "from your Valentine" to his jailer's daughter, whom he had befriended and healed from blindness. Another common legend states that he defied the emperor's orders and secretly married couples to spare the husbands from war.

From [brintannica.com/biography/Saint-Valentine](http://brintannica.com/biography/Saint-Valentine)

Sonja Froggatte

OFFICE PHONE: 620-584-2332

Email Address: [communitycenter@clearwaterks.org](mailto:communitycenter@clearwaterks.org)



### Thank you Volunteers!!

Volunteers are the backbone of our programs. Not only do they provide transportation to seniors in this community, they also provide them with companionship. The Clearwater Senior Center is looking for drivers who have time to spare during the week, even if it is only a couple days a month. Any help is appreciated! Anyone interested, please contact the director at (620) 584-2332.



Peggy Brockman 2/21  
Janetta Burris 2/3  
Janice Casey 2/28  
Yvonne Coon 2/6

Gary Hunt 2/6  
Marilyn Lies 2/6  
Jim Lyons 2/8  
Karen Matzen 2/24

David Papish 2/27  
Marlene Parret 2/4  
Charles Rhinehart 2/21  
Ann Seba 2/23



The name “*amethyst*” derives from the Greek *amethystos*, which means “a remedy against drunkenness,” a benefit long ascribed to the purple birthstone. Because of its wine-like color, early Greek mythology associated the gem with Bacchus, the god of wine. Amethyst was also believed to keep the wearer clear headed and quick witted in battle and business affairs. Renaissance Europeans thought it calmed lovers overrun by passion.

Amethyst is the gem traditionally given for the sixth wedding anniversary. Wear it in celebration of your wedding nuptials or as your February birthstone and you’ll be in royal company: Catherine the Great (Empress Catherine II of Russia, 1729–1796) had a penchant for the gem and decked herself in amethyst necklaces, earrings and other ornaments. The famous jewelry connoisseur Wallis, Duchess of Windsor (1896–1986), made a memorable statement when she wore a lavish Cartier-designed amethyst bib necklace to a gala in Versailles in 1953.

Russia was the major source of amethyst until the 19th century, when large deposits were found in Brazil. Once as rare as ruby or emerald, amethyst was suddenly in abundance. Today, the most important sources of amethyst are in Africa and South America. Brazil is still a major supplier, especially its southernmost state, Rio Grande do Sul, though the rough amethyst mined there tends to have a lighter color than amethyst found in other countries. Amethyst from Brazil sometimes forms in hollow, crystal-lined geodes so large you can stand in them.

The Anahí mine in Bolivia is another prominent source for amethyst. Hidden in the Pantanal wetlands, the Anahí mine is shrouded in fascinating lore. It was discovered by a Spanish conquistador in the 1600s, given to him as dowry when he married Anahí (a princess from the Ayoreo tribe), forgotten for three centuries, and rediscovered in the 1960s. Continued...



The Anahi mine is also famous in gem circles as the source of the unusual bicolored amethyst-citrine crystals called ametrine.

In Africa, Zambia's Kariba mine is one of the largest amethyst producers in the world. Amethyst mined there tends to be of superb quality with richly saturated colors.

Amethyst is also found in the United States, just 46 miles (74 km) outside of Phoenix, Arizona. The Four Peaks amethyst mine is located high in the most rugged part of the Mazatzal Mountains. A remote location, hot summer temperatures, and a lack of water and power at the mine make for challenging conditions. Yet this jagged, arid, rattlesnake-infested terrain produces some very fine dark purple and purplish red amethyst crystals.

Amethyst is a 7 on the Mohs scale of hardness. This means that it is appropriate for daily use in rings and other jewelry, but over time it may show wear and require repolishing. Because this February birthstone is more susceptible to damage than harder gems such as rubies, sapphires and diamonds, you risk scratching your amethyst jewelry if you place it next to these harder stones...

Heat treatment is the most common technique for improving the color and marketability of natural amethyst. Heat treatment can't make pale amethyst darker, but it can lighten the color of very dark amethyst and make it more attractive. It can also remove unwanted brownish inclusions in some amethysts. Some amethyst turns yellow – to citrine – with heat treatment.

## Fun Facts about February

In the Southern Hemisphere **February** is a summer **month** the equivalent of August. The **month** is named for the Latin word februum which means purification. Together with January, it was the last of the **months** added to the Roman calendar. The largest American sporting event of the year, the Super Bowl, is held in **February**.

**February 1, 1960** - In Greensboro, North Carolina, four African American students sat down and ordered coffee at a lunch counter inside a Woolworth's store. They were refused service, but did not leave. Instead, they waited all day. The scene was repeated over the next few days, with protests spreading to other southern states, resulting in the eventual arrest of over 1,600 persons for participating in sit-ins.

**February 1, 2003** - Sixteen minutes before it was scheduled to land, the Space Shuttle *Columbia* broke apart in flight over west Texas, killing all seven crew members. The accident may have resulted from damage caused during liftoff when a piece of insulating foam from the external fuel tank broke off, piercing a hole in the shuttle's left wing that allowed hot gases to penetrate the wing upon re-entry into the Earth's atmosphere. This was the second space shuttle lost in flight. In January 1986, *Challenger* exploded during liftoff.

**February 2, 1848** - The war between the U.S. and Mexico ended with the signing of the Treaty of Guadalupe Hidalgo. In exchange for \$15 million, the U.S. acquired the areas encompassing parts or all of present day California, Nevada, Utah, Arizona, New Mexico, Colorado, Wyoming, and Texas. The treaty was ratified on March 10, 1848.

**February 2, 1990** - In South Africa, the 30-year-old ban on the African National Congress was lifted by President F.W. de Klerk, who also promised to free Nelson Mandela and remove restrictions on political opposition groups.

**February 3, 1870** - The 15th Amendment to the U.S. Constitution was ratified, guaranteeing the right of citizens to vote, regardless of race, color, or previous condition of servitude.

## February 3

**February 3, 1865** - A four-hour peace conference occurred between President Abraham Lincoln and Confederate Vice President Alexander Stephens at Hampton Roads, Virginia. The meeting was unsuccessful as President Lincoln insisted there could be no armistice until the Confederates acknowledged Federal authority. The Confederates wanted an armistice first. Thus the Civil War continued.

**February 3, 1943** - An extraordinary act of heroism occurred in the icy waters off Greenland after the U.S. Army transport ship *Dorchester* was hit by a German torpedo and began to sink rapidly. When it became apparent there were not enough life jackets, four U.S. Army chaplains on board removed theirs, handed them to frightened young soldiers, and chose to go down with the ship while praying.

**Birthday** - American artist and illustrator Norman Rockwell (1894-1978) was born in New York City. Best known for depicting ordinary scenes from small town American life for the covers of *Saturday Evening Post* magazine.

## February 4

**February 4, 1861** - Apache Chief Cochise was arrested in Arizona by the U.S. Army for raiding a ranch. Cochise then escaped and declared war, beginning the period known as the Apache Wars, which lasted 25 years.

**February 4, 1985** - Twenty countries in the United Nations signed a document entitled "Convention Against Torture and Other Cruel, Inhuman or Degrading Treatment or Punishment."

**Birthday** - Thaddeus Kosciuszko (1746-1817) was born in Poland. He served in the American Revolution, building the first fortifications at West Point. He then returned to Poland and fought against a Russian invasion.

**Birthday** - Aviation pioneer Charles Lindbergh (1902-1974) was born in Detroit, Michigan. He made the first non-stop solo flight from New York to Paris, May 20-21, 1927.

## February 14

**February 14th** - Celebrated as (Saint) Valentine's Day around the world, now one of the most widely observed unofficial holidays in which romantic greeting cards and gifts are exchanged.

**February 14, 1849** - Photographer Mathew Brady took the first photograph of a U.S. President in office, James Polk.

**February 14, 1929** - The St. Valentine's Day massacre occurred in Chicago as seven members of the Bugs Moran gang were gunned down by five of Al Capone's mobsters posing as police.

## February 28

**February 28, 1844** - During a demonstration of naval fire power, one of the guns aboard the USS *Princeton* exploded, killing several top U.S. government officials on the steamer ship, and narrowly missed killing President John Tyler.

**February 28, 1986** - Swedish Prime Minister Olof Palme (1927-1986) was assassinated in Stockholm while exiting a movie theater with his wife.

**February 28, 1994** - NATO conducted its first combat action in its 45 year history as four Bosnian Serb jets were shot down by American fighters in a no-fly zone.

## SPECIAL EVENTS

### Carry-In Luncheon

You are invited to join us on the 11th at 12:00 for our monthly carry-in luncheon. After lunch City Arts staff will be here to assist us in painting. The supplies will cost \$5. Bring a side dish to share. Donations are appreciated!

The Center will be **Closed** February 17 in observance of Presidents Day.

### Commodities

Commodities will be provided the last Tuesday of the month, which is the 25th, unless we have perishable items. If so you will be notified.

February 25th is National Pancake Day! The I-Hop in Hutchinson is offering free pancakes.

### **Ongoing Events**

- Monday's at 1:00 we have a painting group in the Arts and Crafts room. At 1:30 we have a Chair Yoga class in the Main Room.
- Tuesday's at 9:00 we have exercise in the main room. And on the second Tuesday of the month at 12:00 p.m. we have our Carry-In Luncheon .
- Wednesday's at 9:00, join us for coffee; and at 10:00 we have Bible Study in the Arts and Crafts room.
- Thursday's at 1:00 we have BINGO in the Arts and Crafts room.
- Friday's at 9:00 we have exercise.

### 31st Annual Winter Bluegrass Festival

2:00 p.m. on February 21, 2020 - February 22, 2020 | Wichita Marriot Hotel  
 Performers include:- Up-and-coming **Mile Twelve**, who have been nominated for IBMA's Album of the Year and New Artist of the Year  
 - Crowd favorite **Breaking Grass** who literally rock the stage  
     - Hard-drivin' **Driven**  
 - **That Dalton Gang** with Kansas' own Mason Ruble  
     - Oklahoma's **Steelwind**  
 - Wichita's very own **Haymakers**

A structured slow jam kicks off the festival on Friday at 2pm. Shows start at 6pm. Six music workshops will be held Saturday morning. Some workshops will be lead by members of Mile Twelve, who lead some amazing classes at Kauffman Kamp this year! Workshop details will be released closer to the festival. Saturday activities also include a kid-friendly instrument petting zoo, a structured kid's jam for all ages and a youth showcase, which is free for showcase participants. Nearly around-the-clock bluegrass and old time jamming at all skill levels is also included with your ticket price. Join us!

Tickets can be purchased in advance online, or at the door.

- Weekend (Friday and Saturday) - \$60
  - Friday evening only - \$40
  - Saturday (all day) - \$50
  - Saturday afternoon only \$35
  - Saturday evening only \$40

Hotel rooms can be reserved in advance online as well. The reduced "bluegrass rate" is \$101 a night (available 2/20 – 2/22) or call the Marriott directly at 316-651-0333. Be sure to request the special bluegrass rate when booking.

## Medicare Options - February 5, 2020

Get ready to embark into the world of Medicare. Each paid participant will receive a copy of the program materials. Plan to attend several months before you become Medicare eligible. Registration required. \$10 fee per registrant (monetary help for fee available). Contact our office for more information, (316) 660-0100.

**Wednesday, February 5 at 11:30am to 1:00pm; Sedgwick County Extension, Sunflower 7001 W. 21st St. N, Wichita KS 67205**



### Welcome to Your FOOD PACKAGING EVENT:

#### DETAILS

DATE: February 9

TIME: 1:00 pm—3:00 pm

#### EVENT CATEGORY:

Numana Event

a-heart-kansas/

Zion Lutheran Church,

#### VENUE

Sedgwick County Extension Center

7001 W 21st St. N

Wichita, KS 67205

Registration Required: <https://numanainc.com/event/rrc-with->

Pathway Assembly of God

## FEBRUARY 14, 2020

### *FRIENDS UNIVERSITY JAZZ ENSEMBLE I*

With a guest appearance from Bobby Shew, trumpet

Friday, Feb. 14, 12 p.m.

Sebits Auditorium – Riney Fine Arts Center

Free

Bobby Shew is Co-Designer / developer of SHEW model Yamaha 6310Z & 8310Z trumpets and 6310Z & 8310Z flugelhorn and designer of the SOLOIST mute, Yamaha SHEW series trumpet and flugelhorn mouthpieces, and SHEW series mouthpieces for the Marcinkiewicz Company and for Kelly Mouthpieces (Lexan mouthpieces).

## January's Carry-In Luncheon

### Tuesday 1/14/19 Information

All were greeted and welcomed to the first monthly luncheon of the new year. Everyone joined in reciting the Pledge of Allegiance and singing the National Anthem; then Marlene offered the blessing for the meal. There was no one who acknowledged having a January birthday.

#### Announcements:

Sonja announced she is working on activities for January & February. She also announced that Kitty Wong, who is Tina Welch's sister-in-law (Tina is the Clearwater librarian), will be informing us about Chinese Medicine on 1/29/20, during our lunch at 11:30. On January 25th at 6:00 p.m. we will have our first Jam Session of the new year.

Then we had an enjoyable time with a sing-along from some oldies-but-goodie song books.

# February 2020

The Clearwater Senior Center

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	3 Exercise 9:00 am AAVAI Anon 7-9 pm	4 9:00 am Morning Coffee Bible Study 10 am	5 1:00 pm BINGO	6 Exercise 9:00 am	7
9	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	10 Exercise 9:00 am Carry-In Lunch 12:00; <b>City Arts</b> will help us paint (\$5 each) * AAVAI Anon 7-9 pm	11 9:00 am Morning Coffee Bible Study 10 am	12 1:00 pm BINGO	13 Exercise 9:00 am <b>Happy Valentine's Day!</b> 	14
16	<b>Closed in observance of Presidents Day</b>	17 Exercise 9:00 am AAVAI Anon 7-9 pm	18 9:00 am Morning Coffee Bible Study 10 am	19 1:00 pm BINGO	20 Exercise 9:00 am	21
23	Center Open at 10:00 Painting 1 pm-3 pm Chair Yoga 1:30 pm	24 Exercise 9:00 am <b>Fat Tuesday</b> Commodities (Food Assistance) Distribution 9-3 AAVAI Anon 7-9 pm	25 9:00 am Morning Coffee Bible Study 10 am	26 1:00 pm BINGO	27 Exercise 9:00 am	28
						29 Live Music at the Center 6:00 pm 

\*Scholarships may be available

**Mon**

**Wed**

**Thu**

**Fri**

Birthday Day - 13th Choice Day - 25th Circled Days - meals that freeze well Valentine Day - 14th Ash Wednesday - 26th		Meals fall in the following ranges: Calories: 650-750 Protein: 25 grams or higher Fat: 20-30% of calories Calcium: 400 mg or higher Sodium: 800-1,000 mg or less Fiber: 9 gm or higher	
3 Oven fried chicken Creamed potatoes 4 oz Harvard beets 4 oz Mixed fruit 4 oz Bread Milk	4 Soft tacos-2 (meat, lettuce, tomato, cheese, tortillas) Refried beans 4 oz Corn 4 oz Strawberries 4 oz Sugar cookie Milk	5 Baked fish w/tartar sauce Macaroni & cheese 4 oz Cole slaw 4 oz Blushing pears 4 oz Pineapple bread Milk	6 Ham & beans 8 oz Potatoes & onions 4 oz Parslied carrots 4 oz Plums 4 oz Cornbread Milk
10 Open faced pork biscuit w/Cream gravy Tater tots— 8 each Peas and carrots 4 oz Strawberries 4 oz Milk	11 BBQ beef 4 oz on a Bun Green beans 4 oz Chick pea salad 4 oz Pears 4 oz Lemon pudding 4 oz Milk	12 Chicken fajita salad 8 oz (chicken, lettuce, tomato, cheese, chips) Salsa Refried beans 4 oz Mandarin oranges 4 oz Cinnamon roll Milk	13 Pork roast 3 oz w/Gravy Cabbage au gratin 4 oz Spinach 4 oz Applesauce 4 oz Spice cake Wheat roll Milk
17 Ham salad 4 oz Bun Split pea soup 4 oz Broccoli 4 oz Banana Cracker-1 Milk	18 Chicken & noodles 8 oz over Mashed potatoes 4 oz Green beans 4 oz Pineapple 4 oz Molasses cookie Bread Milk	19 Chili 8 oz Combination salad 4 oz Salad dressing 1 pkg Peaches 4 oz Bread pudding Crackers-2 Milk	20 Southwest chix bake 8 oz Cauliflower 4 oz Apricots 4 oz Cornbread Milk
24 Chicken pasta salad 8 oz Tomato soup 4 oz Pickled beets 4 oz Peaches 4 oz Banana bread Crackers -1 Milk	25 Liver & onions OR Beef cutlet Mashed potatoes 4 oz /Gravy Peas 4 oz Mixed fruit 4 oz Bread Milk	26 ASH WEDNESDAY Tuna noodle cass./peas 8 oz Split pea salad 4 oz Mandarin oranges 4 oz Sweet muffin Milk	27 Cranberry meatballs 4 oz Cooked cabbage 4 oz Green beans 4 oz Pears 4 oz Roll Milk
			7 Goulash 8 oz Broccoli 4 oz Peaches 4 oz Easy fruit cobbler Garlic bread Milk
			14 Chicken fried steak Mashed pot 4 oz/crm gravy Combination salad 4 oz Salad dressing 1 pkg Spice peaches 4 oz Brownie Milk Bread
			21 Meatloaf 4 oz Scalloped potatoes 4 oz Mixed green salad 4 oz w/ Chick peas 2 oz Salad dressing 1 pkg Pears 4 oz Milk Roll
			28 Cheesy potato & egg bake 8 oz Parslied carrots 4 oz Orange juice 4 oz Banana Coffee cake Milk

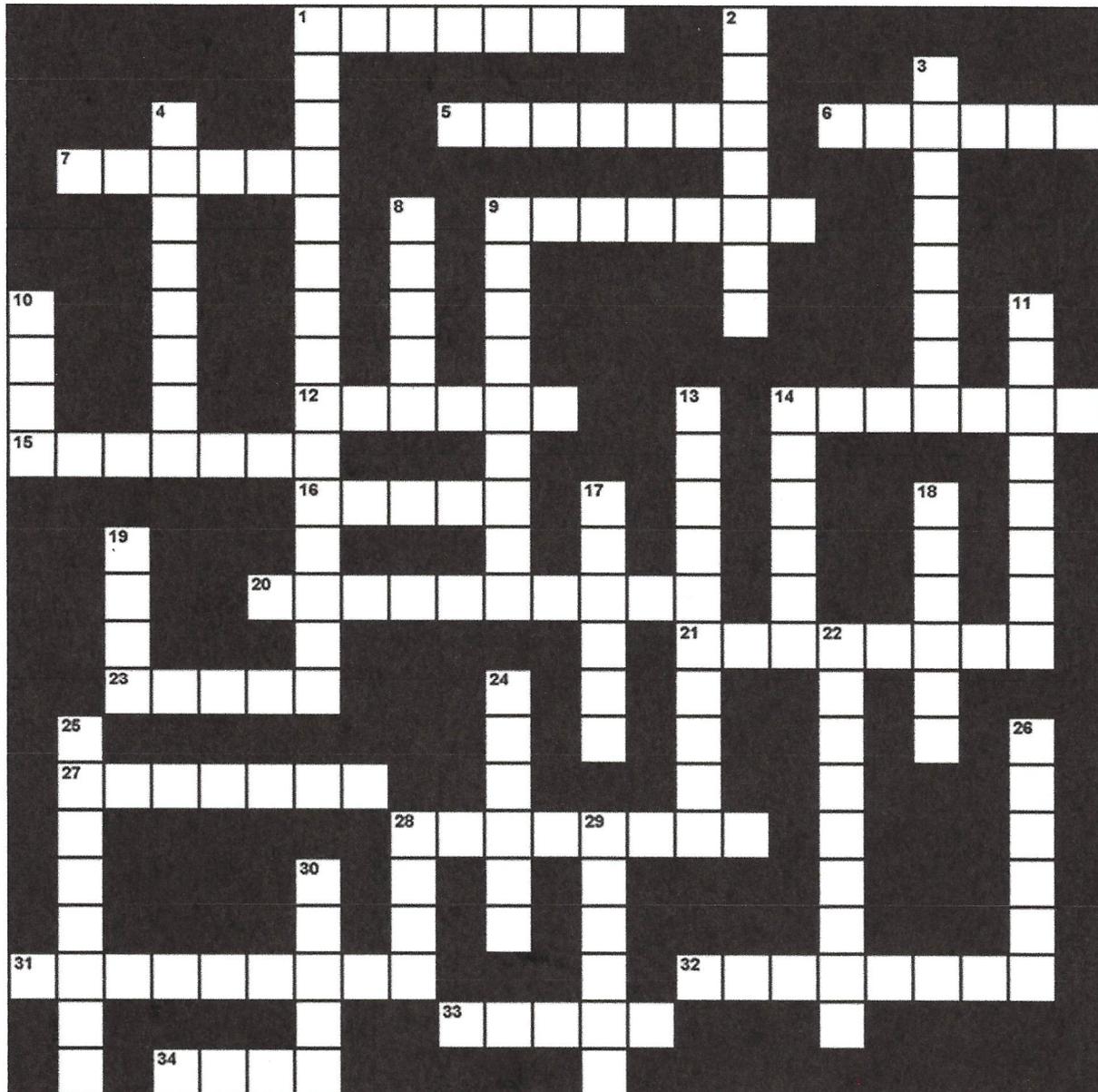
# PRESIDENTS DAY

Find the words in the grid. When you are done, the unused letters in the grid will spell out a hidden message. Pick them out from left to right, top line to bottom line. Words can go horizontally, vertically and diagonally in all eight directions.

H O N E S T N E D I S E R P  
A T Y N O I T C E L E R I S  
S T H D E M O C R A C Y A Y  
U E F I S T A T E S R W R W  
C O L O N I S T S S A A T C  
F B I R T H D A Y S T H N H  
E R C A P T N A H I L L L O  
B E E O R I C I L I O Y A L  
R D N T N I N I B C H R T I  
U A E B R G M E N A O O I D  
A E O E T K R I O F C T P A  
R L M O W T L E I S D S A Y  
Y A N O Y M T T S W R I C D  
N T O I R T A P T S N H L V

By Evelyn Johnson - [www.qets.com](http://www.qets.com)

America	Election	Military
Birthday	February	Patriot
Cabin	History	President
Capital	Holiday	States
Colonists	Leader	USA
Congress	Liberty	War
Democracy	Lincoln	Washington



**Across**

1. He was the first president to be impeached and was acquitted in the Senate by just one vote; he is the only president not to have any type of schooling
5. He was president during the War of 1812 which his critics named HIS war; both of his vice presidents (George Clinton, Elbridge Gerry) died in office
6. He was the oldest man elected president; he appointed the first woman to the supreme court, Supreme Court Justice Sandra Day O'Connor
7. He made the decision to drop the atomic bomb on Hiroshima and Nagasaki, which led to the end of World War II; he approved the creation of NATO
9. He survived the first attempt to assassinate a president; he was the first president to ride on a railroad train, the first to be born in a log cabin and the first president to be nominated by a political party
12. During his term, the Panama Canal treaties and the Camp David Accord were signed; defeated in 1981
14. While in office, he was the first president to visit both Alaska and Canada; 29th President
15. He received the Pulitzer Prize for his book, "Profiles in Courage."; served exactly 1,000 days in office
16. He was the first president to live in the White House—then referred to as the Executive Mansion; died

on July 4, 1826, the same day as his friend and political rival Thomas Jefferson

**20.** The only president to be elected unanimously; he never lived in DC, although he was interested in the construction of the city and brought property in DC

**21.** He served one month, the shortest term of any president; he was the first candidate to have a campaign slogan—"Tippecanoe and Tyler, Too."

**23.** He ended Reconstruction and withdrew federal troops from the South

**27.** He was the second president to be impeached; he was elected Governor of Arkansas for five terms

**28.** He signed the Compromise Measure of 1850, which included the Fugitive Slave Act

**31.** He is the only president to have been elected to two non-consecutive terms; during his term, the Statue of Liberty was unveiled in New York Harbor

**32.** He was president when Babe Ruth hit 60 home runs; 30th President

**33.** He is the only president to have resigned; the SALT agreement passed while he was in the White House

**34.** He was the first president to have a presidential car; he was the first president to go to the Supreme Court after his presidency

## Down

**1.** He is the first president whose father was also president; at the time of his inauguration, all of the former presidents except for Washington were still alive (3 words)

**2.** He was the first president to be assassinated. he was shot five days after the end of the Civil War

**3.** On September 19, 1881, after only serving a few months in office, he became the second president to be assassinated; he was the last president born in a log cabin

**4.** He was the only president never to be married; during his term, the Confederate States of America declared their independence

**8.** He was the first president to be widowed and re-married; he was nicknamed "His Accidency," due to the way in which he assumed office

**9.** He wanted to be remembered not for his Presidency but for the roles he played in the creation of the Declaration of Independence, the Virginia Statute of Religious Freedom and the University of Virginia

**10.** He was president during the California gold rush; he helped settle the Northwest boundary of the United States

**11.** He was the first president born as a United States citizen; 8th President (2 words)

**13.** He was the allied commander of the D-Day invasion; he was responsible for the creation of NASA

**14.** During his term as President, Adolph Hitler came into power, and he was president during the 1929 Stock Market Crash

**17.** He dedicated the Washington Monument on February 21, 1885; 21st President

**18.** While he was in office, the United States fought in World War I, despite his campaigning against it; awarded the Nobel Peace Prize for his commitment to world peace

**19.** He presided over the American invasion of Panama and his son will become the 43rd U.S. President

**22.** He was the first president to win the Nobel Peace Prize; he was awarded it for the Russo-Japanese Treaty

**24.** His nickname was "Old Rough and Ready," due to his slovenly dress; 12th President 3/5/1849 – 7/9/1850

**25.** During his term, the United States was involved in the Spanish-American War; 25th President; assassinated in 1901

**26.** He was the first president to memorize his inaugural address and recite it from memory; 14th President, 3/4/1853 – 3/3/1857

**28.** He issued Richard Nixon a presidential pardon in 1974; he gave amnesty to Vietnam War resisters

**29.** He agreed to purchase Florida from Spain in 1819; in the election of 1820, he received all but one vote from the electoral college

**30.** Even though he had throat cancer, he finished his memoirs and had them published with the help of Mark Twain; 18th President, 3/4/1869 -3/3/1877

<https://www.surfnetkids.com/games/president-cwpp/>

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Community Center  
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Center**

**Mission Statement:**

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**Staff**

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