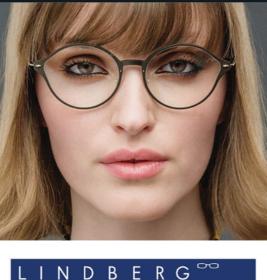


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a message from breeze





Lights, Camera Action!

It's all systems go in our area, with the opening of our new cinema and businesses doing their best to get back on track.

Now more than ever we need to support local. Remember to stay safe and protect others, as we do our best to try and get back to normal.

Enjoy this month's breeze, as we move in to a new phase of opening up.

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Please note all we believe all information given was correct at the time of going to press.

MEET

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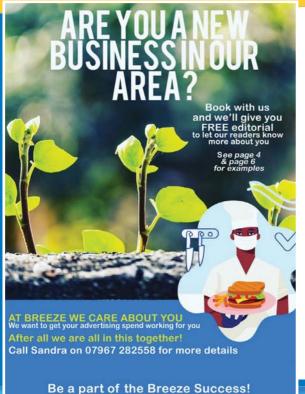
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let's dance once again...

After the year long series of interuptions due to Covid19 it's time to re-start those dance lessons again and enjoy life as we once did!

"Our regular dancers are all welcome back to their familiar and much loved sessions" announces Sharon Moncaster the dance coach at Dancing Feet.

"We have introduced Lateral Flow test kits for our dance tutors so we can all relax and get on with enjoying our favourite activity without stress - which we've all had far too much of this past year" she adds.

With startup classes beginning in May, Sharon aims to add in more classes as confidence returns and more people want to get back on their feet.

"We recognise that everyone feels a bit rusty after lockdown so we are really planning on getting everyone back who can to some normality and go from there - we won't be stressing anyone out and intend on easing into things". Contact Sharon on 0784 693936 for more information.



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fancy a walk?...

keeping it

In the past few months, many of us have discovered - or rediscovered - the benefits to health and mental well-being of walking. Now, local Ramblers are encouraging people to join them as they start their regular group walks again. Broxtowe Ramblers are part of the Ramblers UK national walking charity. As such, they are 'Covid secure' and can walk in slightly larger

groups than are generally permitted. Each walk is led by an experienced 'rambler' who will have previously walked and 'risk-assessed' the route; details of everyone who joins a walk are securely recorded for track and trace purposes, so you can feel safe when walking with them.

You don't have to be a member to join a Broxtowe Ramblers walk - so why not visit their website and see what is on offer? "Our main walks are on a Wednesdays and some on a Sunday," says regular walker Ralph Middlemore.

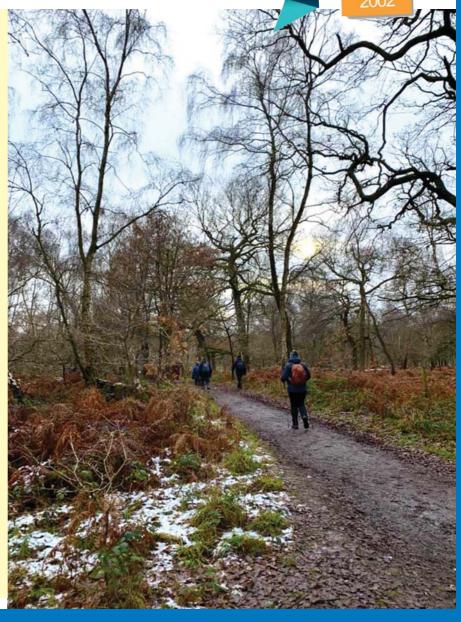
"Wednesday walks are usually between 6 and eight miles, Sunday walks are around 10 -12." Almost all walks are circular, bringing you back to your starting point, and walkers bring lunch for a refreshment stop. In current circumstances, everyone needs to 'book ahead' with the walk leader as places on each walk are limited to 15 or fewer (check website/Walks Programme for details).

The Broxtowe Ramblers are a friendly bunch and walks are as much (socially-distanced) socialising as healthy exercise. "The miles seem to fly by when you're deep in conversation," commented 'rambler' Val Tucker. "Walking through blooming countryside or quiet villages with pleasant views is great for putting things into perspective.'

Over the coming months Broxtowe Ramblers will be trying to find out what kinds of walk - and at what times - other locals would like, leading perhaps to shorter walks and more weekend - or even evening -

They'd love to hear from you, so you could email your thoughts to enquiries@broxtoweramblers.org.uk; visit the website for details of the current walks programme which begins/began on 14th April www.broxtoweramblers.org.uk

We are also on Facebook (search 'Broxtowe Ramblers') and Instagram.









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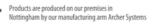














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property of the month

4 Devonshire Avenue

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A stunning fusion of contemporary architecture with period style.

Without doubt one of the most outstanding properties currently available in the Nottingham area. A unique, and superior, architect designed residence where 1910 Edwardian architecture and original features meet Contemporary Grand Design Glass Box. This outstanding property is located in Beeston on Devonshire Avenue, one of Nottingham's prime residential locations.

Having been thoughtfully re-designed and re-configured to exacting standards by a local architect, this stunning home has considerable presence, from its original Edwardian architecture to its modern signature copper canopy and rock wall.

Set behind a 2.0m high front boundary wall with Laurel Hedge for complete privacy, in a 0.5-acre landscaped garden with In/Out Drive and electric gates. This thoughtfully designed five/six-bedroom two storey property will simply take your breath away as soon as you enter through the 7.0m high feature entrance hall with its galleried landing and double height bay window, not forgetting the large cloakroom and Carrera Marbled WC.

Off the stunning entrance hall, you will find a large reception room, a home office and a large Cinema Room, with 4K projector and screen and for the complete cinema experience, a Bose Surround Sound system and Star Light Ceiling. When the movie is over, there are bi-fold doors leading to the garden. In addition, to the rear of the property is a large living room, with patio doors onto the garden, and a two-way fireplace through to the formal lounge, open plan living, dining and kitchen area. In keeping with the original Georgian style architecture, the rooms feature large skirting boards, wood panelling and new coving to maintain an authentic traditional feel.

Off the entrance hall to the right, is the doorway to the future. You will be awestruck by this contemporary, multifunctional living space with its 6.0M high ceiling with double height glazing and landing. This is the perfect space for relaxing or entertaining, with a state-of-the-art Sie Matic Designer Kitchen, in charcoal and bronze and also internally illuminated with every conceivable Miele appliance installed, which includes, Miele colour touchscreen ovens, steamer oven, induction and extractor hob, plate warmer, coffee machine, dishwasher and wine cooler and black hot water tap, not forgetting the Kaelo integrated wine server and sink incinerator. You can also bring the outside in through the 6.0 x 3.0m Schuco Bi-folding doors. Throughout the ground floor is underfloor heating. There are even real lime and lemon Tree's planted within the kitchen area.

This amazing home wants for nothing, off the multifunctional living space there is a large utility room and off the utility room is a separate dog room with access to the garden.

On the first floor of the main house, you have four large bedrooms, 3 of which have large, vaulted ceilings, with designer en-suite, each with rainwater shower heads. There is a family bathroom with feature brass bath.

Detached Annex & Garage:

Adjacent to the main property, above the four-car garage, is a two-bedroom flat/granny annex, with living and kitchenette area. On the ground floor to the side of the garage space, is a garden room/gym space, with underfloor heating and bi-fold doors onto the garden.

For more information contact Robert Ellis 12 High Road, Beeston, Nottingham, NG9 2JP

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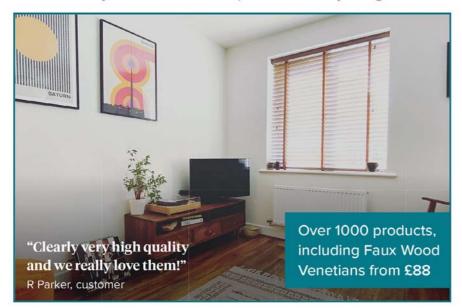






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back on stage

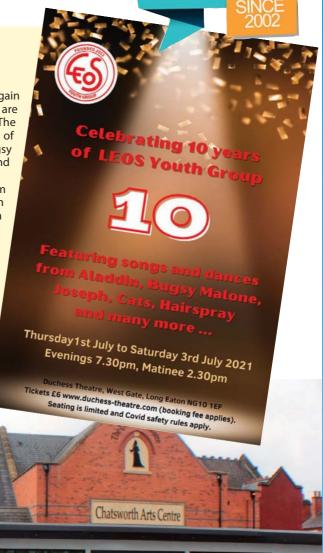
NODA Award Winning LEOS Youth Group Concert '10' - Thursday 1st to Saturday 3rd July 2021 **Duchess Theatre, West Gate, Long Eaton**

With our fingers crossed and hoping that theatres will be opening once again for performances with effect from 21st June 2021, LEOS Youth Group are delighted to be able to present a Concert to showcase their talents. The programme will include songs and dance numbers from a selection of musicals they have previously performed; these include Aladdin, Bugsy Malone, Joseph, Cats, Guys and Dolls, Beauty and the Beast, Hairspray, and many others.

The Youth Group was founded in February 2011 when youngsters from the ages of 10 to 18 were welcomed into the group. This year is their 10th anniversary and, as such, it was thought fitting that a concert to repeat a selection of items from the last ten years of their productions would be an ideal way of celebrating.

This summer concert will delight audiences of all ages with the Youth Group's enthusiasm and eagerness to be able to perform again after such a long and difficult period of time. Rehearsals have had to be organised to stay in line with the rules dictated by the Covid restrictions, and this has been achieved by a dedicated production team.

Accordingly, if you would like an evening of first-class entertainment please come along to the Duchess Theatre on any of the above dates. Tickets are priced at £6 and are available from: www.duchesstheatre.com (booking fee applies). At this time of writing seating is limited and Covid safety rules apply.





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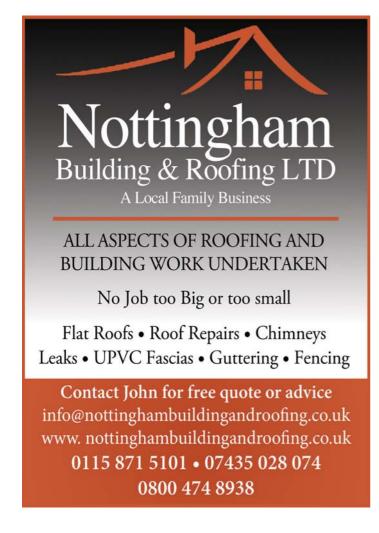
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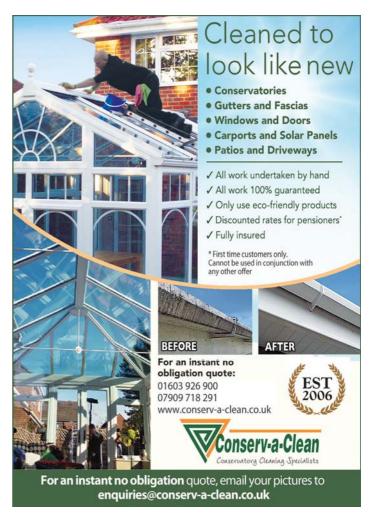
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Out And About With Our CAREGivers...

At Home Instead we are looking forward to being able to take our clients out and about as the days seem longer and the weather gets warmer.

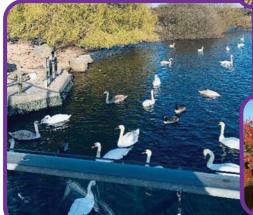
We asked our CAREGivers where they are looking forward to taking their clients.

Saule said: "I can't wait for sunny days when we can feed birds and enjoy good weather with a cup of coffee at Attenborough Nature Reserve."

One of our schedulers Monika enjoys going for walks, she sometimes borrows a companion.

Some of our **CAREGivers** have already taken their clients out and about Amy sent these photos saying: "Out and about with a client on our regular evening walks, looking at the lovely spring

gardens and bright new leaves sprouting. Especially the interesting red leaves on this bush and the neighbour's very friendly cat."









interested in the grass.

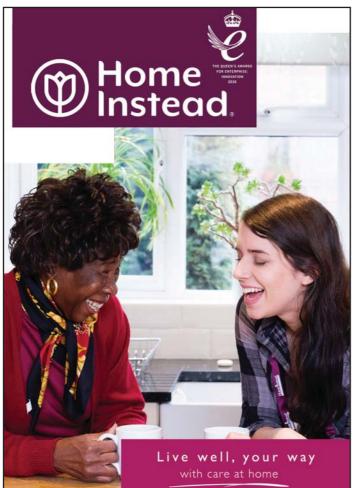
Between client visits CAREGiver Lesley was out and about in Breaston. She emailed "Walking a friends dog called Max. Look at the knitted display it's fantastic our clients would love it now we can take them out"

At Home Instead our main objective is to provide a variety of non-medical services that allow clients to remain in their own homes and to enhance the quality of their life. To help clients and their families meet the challenges of aging with dignity, pride, care and compassion.

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- Going food shopping for them and taking them to appointments.

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for the love of film





The Arc Cinema is delighted to confirm that it will open to the public on Friday May 28th just in time for the bank holiday weekend.

The finishing touches are being applied to this eagerly awaited new asset for Beeston Town Centre which includes 700 luxury leather electric reclining seats, laser digital projection and Dolby Digital 7.1 surround sound in 6 of its 8 screens.

The remaining two screens will boast the company's, new to market, giant Hypersense format which uses 4k laser projection and Dolby Atmos to convey the drama of every scene with maximum impact and precision.

Caroline Smith - a local resident and newly appointed manager of The Arc Cinema - has been recruiting a local team of twenty passionate individuals with a hospitality background and a love of film to deliver a hugely enjoyable leisure experience to the people of Beeston.

Access for all, is key to The Arc Cinema's offer with all screens wheelchair accessible and subtitled screenings, kids' clubs and parent and baby screenings part of the offer.

There is also a café and a bar plus all the screens are licensed so you can enjoy a beer or glass of wine while watching the film.

The cinema will show the latest blockbuster and independent films as well as broadcast screenings of opera, ballet and theatrical productions.

The Arc Cinema is an Irish cinema operator that is currently opening a number of sites in the UK. Established in 2014, they specialise in creating very high-quality cinemas to serve local communities.



"I am really looking forward to lighting up the centre of Beeston with this great new cinema.

Recent research highlighted that for 59% of the UK population cinema-going is their most missed out of home entertainment activity so we know people are as keen to see us as we are to see them.

All the relevant Covid 19 restrictions will be in place but we are certain that they won't detract from the overall experience.

We can't wait to open our doors."



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A brand new touring summer festival brought to you by Adventure Cinema - Film & Food Fest 2021, which will visit 15 major city parks across the UK, has announced its first

set of comedy hosts, with the likes of Ivo Graham and Eshaan Akbar set to deliver side-splitting sets. Also confirmed are local street food traders for guests to enjoy from the likes of Bad Boy Burgers and Nomad Waffles, accompanying open-air screenings of family favourites, cult classics and modern blockbusters. Film & Food Fest is also on a mission to find the UK's best short filmmakers to screen their work in a special showcase on the Thursday evening of each event. Submissions for the showcase can be made through the link below. For more information on tickets for Film & Food Fest, visit filmandfoodfest.com.

Adventure Cinema's inaugural Film & Food Fest will be hosted by some of the UK's most exciting comedians. Friday, Saturday and Sunday nights welcome hilarious comedy names such as Ivo Graham and Eshaan Akbar, who are known for their brilliant appearances on Mock The Week, Live at the Apollo and more and are set to offer a cinema-comedy experience like no other. Ivo Graham was named

one of the best young comedians around by Time Out and The Scotsman had to say that Eshaan Akbar is a fine comic entertainer, an intelligent maker of points and a wealth of fascinating facts. Other hosts include Josh Jones who has been named as one of Chortle's Ones to Watch in 2019 and has become a regular at some of the biggest comedy clubs in the country. All will be performing stand up sets before the evening movies get under way at Film & Food Fest 2021.

The team behind Film & Food Fest have curated a mouth-watering range of street food from local traders to match its blockbuster weekend of movies and comedy. Expect delicious eateries such as The Dog House, who specialise in American cuisine, Battered Shack, where your dreams of eating everything battered can come true and many more. Think gourmet burgers from Bad Boy Burgers,hand crafted waffles on a stick from Nomad Waffles, to loaded treats from Cheeky Pancake and Asian specials by Desert Island Dumplings...if you want it, Film & Food Fest 2021 has it!

While Friday to Sunday in each city will focus on the big movies such as Dirty Dancing, The Greatest Showman, Joker, Onward and more, Thursday nights are all about short film... Film & Food Fest will feature a special showcase of short movies from some of each region's finest independent filmmakers. Excited to highlight and support the work of local creatives, Film & Food Fest has opened up its submission centre to offer the chance to feature upcoming filmmakers' movies on the big screen. For more information on applying, visit www.reelsolutions.co.uk/submission-page

Adventure Cinema will also be donating £2 from every ticket sold for the short film nights to support local film organisations within each city.

To ensure the safety of its events, Film & Food Fest will be taking place exclusively in socially spacious, outdoor venues across the country. There will also be other measures in place, meaning the festival will be 100-per-cent compliant with government safety quidelines.

Ticket holders will be offered a 100% money-back guarantee should anything mean that the events cannot go ahead.

The ultimate summer stay-cation, adult tickets start at £16.50 \pm booking fee. For afternoon showings, children 12 years and under go half-price (plus booking fee). For more information, visit filmandfoodfest.com.

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in the garden

keepingit

There are several common pests that can infest and attack your plants. These two are amongst the most common and really can wreck your efforts in short time so do keep an eye out for

PESTS: Aphids

These are small, soft-bodied pear-shaped insects less than 3mm long and can be many different colours such as beige, green, yellow, red or almost black (this depends on the plant & aphid species). They tend to congregate in groups on new growth or in leaf crevices.

When aphids colonies become crowded or their host plants begin to die, winged aphids are produced that can then disperse to find new host plants so better get them under control as soon as you spot them! The damage they do includes decreased growth rates, mottled leaves, yellowing, stunted growth, curled leaves, browning, wilting, low yields and, eventually, the plant dies. Along with the loss of plant juices being diverted due to direct feeding, aphids can spread diseases.

Preventing Problems:

Check plants often for early outbreaks. Either squash the aphid clusters or remove, contain and destroy the parts of the plants where they are present. Encourage beneficial insects including ladybirds, hoverflies, and lacewings, which are important aphid predators.

Managing Outbreaks:

In small outbreaks, a high-pressure spray from the garden hose can help remove aphids from plants. Where aphid problems persist, as a last resort organic pyrethrum-based pesticides are available from garden centres. Another way to control aphids is to encourage Ladybirds as their larvae are very effective predators of aphids. Other predators such as hoverfly larvae and lacewings also provide effective natural ways of controlling aphids.

PESTS: Slugs and snails

Slugs can make a meal of a wide range of vegetables and ornamental plants, especially seedlings and other soft growth. Hostas, delphiniums, dahlias, gerberas, sweet peas and tulips are regularly attacked by slugs, and it can be difficult to grow these plants if you have a big slug problem. In the vegetable garden peas, beans, lettuce, celery and potato tubers are often damaged.

These slimy visitors can eat their way through young leaves and shoots of most plants before they've had a chance to get going.

Managing Outbreaks:

A natural way to control them is to us nematodes that are watered on to the soil and kill slugs below ground. Another way is to use some sort of trap, such as scooped out half orange, grapefruit or melon skins which can be laid cut side down, or jars part-filled with beer and sunk into the soil near vulnerable plants. Check and empty these regularly, preferably every morning. If using slug pellets you can (and should) only use those based on the active ingredient ferric phosphate. This type of slug pellet is approved for use by organic growers. Older type pellets have been banned due to their highly damaging effects on wildlife so please throw out that old cannister you've had lurking around by taking it to your local recycling centre

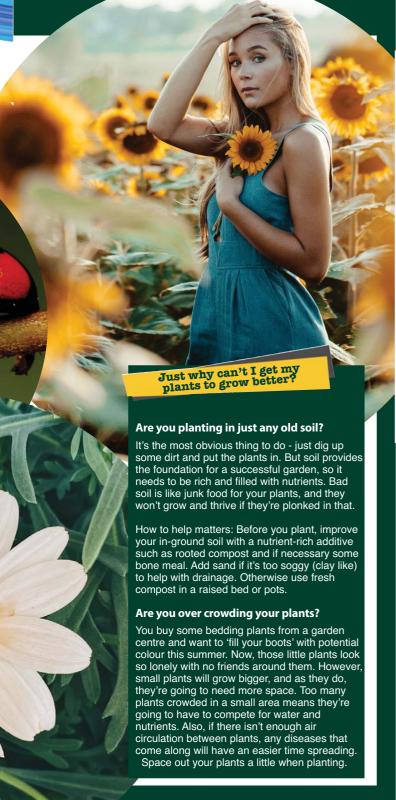
So whilst there are many garden pests we have at least covered two of the most common here so be vigilant so that you don't lose any of your plants to something you might have prevented.

As always, keep learning and refreshing your knowledge and of course, as with all gardening...

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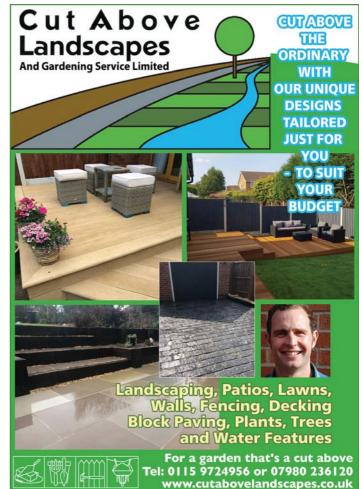
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* Based on a lawn size up to 40m²

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gardens of wildlife...

local

Turning even the smallest spaces into inviting places for people and wildlife

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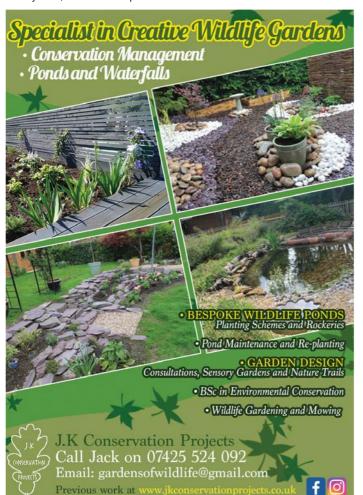
Working with domestic and commercial customers alike, JK Conservations Projects provide a comprehensive wildlife garden service from start to finish. From initial consultation, planning and garden design, to the sourcing of aggregates, nursery plants and reclaimed materials, to soft landscaping, planting schemes and garden maintenance, Jack is confident in achieving the wildlife garden of your dreams. Should you wish to add a space for wildlife in your place of business Jack also welcomes working with schools, care homes, businesses, hospitals, dental practices, medical centres, property developers, architects and more.

Quick Garden Transformations

"In addition to complete re-designs and landscaping, I can achieve "quick garden transformations" by introducing a few key elements to your existing outdoor space. The use of bark and aggregates can help to completely transform the look of your garden, combined with reclaimed materials and stones to create rockeries, beds and interesting structures.



If you're working to a particularly strict budget, Jack can design your wildlife garden to be implemented in stages, segmenting the cost of creating the garden throughout the seasons. For example, shrubs and borders can be planted first to establish garden beds, with bulbs and perennials planted later on in the year. Rockeries, trellis work and garden ponds can be added at any time, as and when preferred.

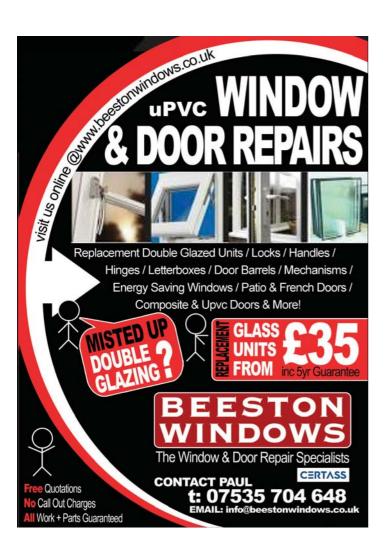








For more information and a free quote call Jack on 07425 524 092 or email: gardensofwildlife@gmail.com www.jkconservationprojects.co.uk www.gardensofwildlife.co.uk





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People increasingly release equity to help their families with property purchase - their inheritance when it's needed most - but the most popular uses are home improvement and boosting retirement income.

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The truth is you'll still own your home; and leading providers guarantee you won't have to pay back more than its market price, even if that's less than the amount of the debt.

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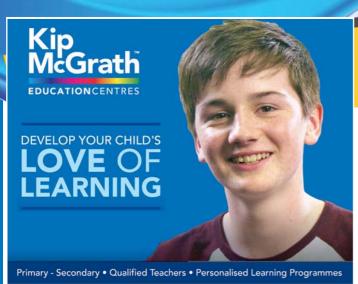












At Kip McGrath, our focus is to help your child reach their full potential.

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We make learning fun and engaging to improve results. You will receive progress reports and updates to track your child's improvement.

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Nick is KIP MCGRATH WOLLATON t: 0115 928 0202 nottinghamwest@kipmcgrath.co.uk

Elaine is KIP MCGRATH LONG EATON t: 0115 871 9949 longeaton@kipmcgrath.co.uk

Is your child struggling at school?Did you know you may be eligible for government financial support to access tuition?

Sadly Covid has impacted on children's lives, both educationally and socially. Schools have worked extremely hard to



keepingit

support them through this period. The Government also offers financial support of up to 70% of costs towards tuition to qualifying families.

The Long Eaton and Wollaton Kip McGrath Education Centres are Ofsted registered and are recognised by the Government, enabling parents to access financial support towards our services.

Visit www.childcarechoices.gov.uk/ to check if you qualify for support.

The Long Eaton and Wollaton Kip McGrath Professional tutoring centres can offer support both in centre and online in maths and English through:

- · Qualified tutors
- · Individually tailored programmes with 1:1 lesson
- Bespoke resources
- · Full tracking and reporting of student progress
- The highest level of student safeguarding
- · A professional service with experts
- · Proven methods and progression

Michelle one of our parents said "My son has found the online tuition invaluable, having a tutor who is present and sets him work to his abilities and encourages him to achieve even more! He is now much more confident with his school work!'

The centres offer a free initial assessment to find gaps in a child's knowledge and use the outcomes to generate a bespoke programme of study unique to that child. The combination of qualified teachers and the Kip programme has proven to be highly successful with children enjoying their studies and achieving success. The Kip McGrath programme uses a blend of both computerised and manual resources. This system has been operating in over 20 countries over the last 40 years delivering a clear track record of results, building both confidence and expertise in children aged 5 to 16 years.

Many of our parents have recognised that starting early in plugging any gaps in these subjects is a key factor in their child's success. The earlier any such gaps are identified and filled the happier the child!

Call us today on 0115 871 9949 (Long Eaton) or 0115 928 0202 (Wollaton) to book your FREE assessment!



2nd June 2021 is the first National u3a DAY, celebrating the UK wide movement of locally run interest groups, first established in 1982.

Membership of u3a is open to everyone in their third age - this is not defined by a particular age, but by a period in life in which full time employment has ceased.

Members explore new ideas, skills and activities together - they draw upon their knowledge and experience to teach and learn from each other. There are no qualifications

involved – it is just for pleasure. And it is all voluntary, run by members for other members. There are more than 1000 groups nationally but it should come as no surprise to local people that the Beeston branch is extremely well supported, with 900+ members, a lively programme of monthly open meetings and more than 90 interest groups.

Beeston u3a is looking forward to its 10th Anniversary, on 18th June 2021, which is being marked by a Virtual Afternoon Tea!

More than half of the Beeston u3a groups have been active during the pandemic, mainly meeting online. Some resourceful members have recently used available technology to form new groups, and groups that usually meet outdoors are starting to make plans to meet in person again.

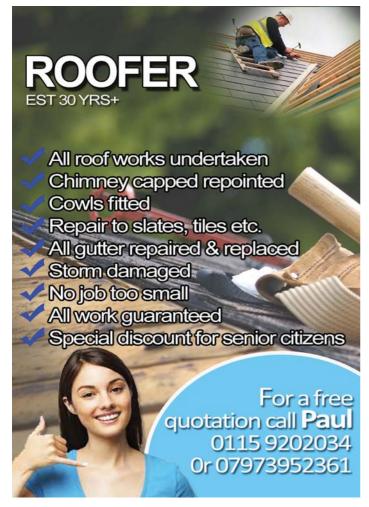
All activities have the support of Group Facilitators, Group Co-ordinators and national advice from the Third Age Trust to ensure members stay well informed and safe.

Monthly Open meetings are held at 10am for 10:30am on the first Thursday of every month, usually at The Methodist Church, Chilwell Road, but currently they are on Zoom.

New members are always welcome! More information at: www.beestonu3a.org.uk or via email: communications@beestonu3a.org.uk









keepingit

breeze puzzler

local

SINCE 2002

CROSSWORD

Across

- 1 Country, capital Belgrade (6)
- 7 T-shaped cleaning implement with a rubber edge across the top (8)
- 8 Exclude (4)
- 10 Song or hymn of mourning (6)
- 11 Eject fluid from the mouth (4)
- 12 Group of warships (5)
- 13 Duplicates (7)
- 17 Make free from confusion or ambiguity (4,3)
- 19 Expect (5)
- 21 Makes a wager (4)
- 23 Lines on which musical notes are written (6)
- 25 Dance party that lasts all night (4)
- 26 Turtle's shell (8)
- 27 Plot, plan (6)

Down

- 1 Exhibitionists (4-4)
- 2 Complain bitterly (4)
- 3 Anaemiclooking (5)
- 4 Sale of goods in lots (7)
- 5 Lairs (4)
- 6 Next to (6)
- 9 Flair (6)
- 14 Water tanker (6)
- 15 Scenery intended to stand alone (3,5)
- 16 Day of the week (7)
- 18 In a single direction (3-3)
- 20 Earnings (5)
- 22 Make very hot and dry (4)
- 24 Wise man (4)

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WORDSEARCH ROCKS AND MINERALS

Can you find the listed words in the grid below? Words may run either forwards or backwards, in either a horizontal, vertical or diagonal direction, but always in a straight line.

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ARKOSE	EMERY	RHYOLITE
BORAX	GYPSUM	SLATE
CALCITE	JASPER	SPAR
CASSITERITE	JET	ZINC
CHALK	MARL	ZIRCON

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