



VOLUME 63 ISSUE 8 August 20 Coping and Connecting During Covid-19

9888 Pensacola Blvd Pensacola, FL 32534

Special Announcement from the Unitarian Universalist Association and our UUA President, the Rev. Dr. Susan Frederick-Gray

Dear Friends.

www.uupensacola.org

Office Hours: Closed until further notice calls and emails checked as usual.

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For a full list of Ministry Teams and Leadership, please visit our website.



I hope that you have had time off in recent weeks or will have some soon. This has been a brutal stretch of months. It is essential that we take time to rest and renew our spirits, because we deserve time to care for ourselves and because caring for each other and working for social and racial justice are long haul endeavors.

As I reflect on what we all have been navigating together over the last five months, I am astounded. We have created new ways of gathering, new systems and practices, new ways of working and being in relationship. In our daily decisions at the UUA, we returned frequently to a core question: What is essential?

Now that we are contemplating a longer horizon of virtual gatherings, along with the vital work of organizing for justice, the core question remains, even as our answers may change.

What is essential? What are your goals and what might be the best way to achieve them? If I am honest, the idea of a whole year like the last five months is overwhelming. As a parent, as the beginning of the school year looms, I am wrestling with the anxiety, uncertainty and complexity of trying to figure out what this coming year will look like and how to manage working and parenting. This is alive for so many of us who are caring for children. Similar uncertainties and demands are alive for a whole host of reasons. I find myself asking what is essential and what is realistically possible.

Recently Jan Gartner of the UUA noted that the stresses of our times restrict the very creativity these times require of us. So, take time for yourself, dear friends, and support those around you in taking the time they need. Rest and joy are sources of our creativity and critical for our spiritual strength, resilience and survival. We and our faith will be better for it.

Yours in love,

Susan

P.S. As part of my President's Report at Virtual General Assembly, I shared this short video, Stories of Impact: The UUA's Response to COVID-19. It is a testimony to what it means to pull together and attend to what is essential.

And for all who are parenting: Resources for Parenting During a Pandemic.

*Rev. Alice Syltie is on vacation and her regular column will return next month.

No great task is ever accomplished alone. It's going to take all of us to move our world, and our faith, forward in the ways of truth, compassion, and justice. -UUA President Susan Frederick-Gray,

UU World

Rev. Dr. Susan Frederick-Gray spends her days strengthening the thriving mission of this faith. In her spare time, she enjoys being with her family and playing with their dog, Hercules.



How do we inspire love?

FROM THE BOARD

I recently participated in a summer leadership seminar offered free by the UUA Southern Region. Gathered with fellow Board members of UU congregations, our discussion centered on how to stay connected and meet the spiritual, social, intellectual, and emotional needs of the congregants we serve. My counterparts reported using phone trees, the Soul Matters curriculum, virtual youth groups, and the ever-present Zoom platform to minister to their congregants. Sharing about the goings-on at UUCP, I realized how blessed we are to have a variety of avenues for socializing and collaborating as a congregation. Since we haven't been meeting in person, it may not feel that our congregational life is very robust, but truly we have some innovative offerings that allow us to stay in touch and experience the fellowship, love, and support of one another.



Touching our spirits and our minds are the incredible Sunday Services available each week. These video recordings can be accessed on our UUCP website and Facebook and also through the web link that is emailed to our more than 110 members and friends each week. The videos were produced mainly by Rev. Alice until Laura Keith King and her daughter, Stephanie Ball, began contributing so that Rev. Alice could take a much-needed vacation this summer. Doing business as Creative Fuel Co., Stephanie is working pro bono to ensure the quality of our audio and visual products each week. (See the advertisement for Creative Fuel on the last page of the newsletter.) Laura also launched our church YouTube channel, so now we can be found on that platform at The Unitarian Universalist Church of Pensacola. Besides Sunday Service recordings, other videos will be posted for viewing any time. Among the offerings now on YouTube are the webinars on COVID-19 and the emotional impact of the pandemic presented in July by members Jean Siebenaler and Nancy Hagman, respectively.

Coffee Hour on Sundays at 12:30pm and Happy Hour on Fridays at 5:30pm are great ways to catch up and check in with members and friends through Zoom. Happy Hours hosted by Trista Blouin are usually themed around topics such as pets or travels, and there is lots of laughter.

In the fashion of true thinking and engaged UUs, we also offer outlets for readers. Earlier this year, we offered a book discussion series focusing on the 2019-20 UU Common Read, *An Indigenous People's History of the United States* by Roxanne Dunbar Ortiz. More recently, Reader's Groups were relaunched last month. The online groups provide members and friends who love to read with an opportunity to chat with others and share what's on their nightstand or bookshelf.

Our CRE families and teachers are taking advantage of Zoom, too. They have been gathering weekly under the banner Looking with Love. During this time, they share Joys and Concerns and hear stories and lessons along with engaging in experiential activities such as playing with clay to keep young hands occupied and minds open while listening.

The good ol' phone tree is also in play at UUCP as our Cluster Group Captains call and check in with the members assigned to their cluster. Organized geographically based on ZIP codes, the Cluster Groups were devised to help us check on one another before and after natural disasters. Few could have predicted a national pandemic such as this one, but the groups have offered a helpful, structured way to convey and gather information during COVID. Remember that you can reach out to your Cluster Group Captain if you have a need or a question. Captains can be identified on our Simple Church directory by virtue of their name being IN CAPS when you pull up your group. Some groups have co-captains, so there may be two names in uppercase letters.

The U.S. mail has also kept us in touch. Nadine Hubble sends cards by request to members for significant birthdays, getwell wishes, pick-you-ups, or thank yous. Our newsletter also goes out by mail to those who don't have an email address on file or who don't access email often.

Our most innovative project of all during this time has been the group puzzle-decorating project spearheaded by Sarah Stubbs. Sarah designed two large puzzles: one with a chalice and the other depicting Earth as our Blue Boat Home. Congregants of all ages requested a puzzle piece to decorate, and Sarah distributed and collected the pieces through the mail. Check out the July issue of *The Light* and our UUCP Facebook page for pictures of the puzzles taking shape. These striking puzzles represent the creative efforts of our beloved community. The puzzles are beautiful and unique like each of us. The puzzles also reflect the interlocking nature of our congregation. Each piece is vital, and any missing piece is noticed. Like these special, one-of-a-kind puzzles, our congregation depends on our varied contributions and is enhanced by our diversity.

Until next time,

Lauren Anzaldo, President of the Governing Board



One Room Sunday School

At the Table

Have you ever sat at the dinner table with nothing to say? Or worse, all the answers you get are "Fine." Here are some questions that might stimulate a good discussion.

- 1. If compassion were a color, what color would it be?
- 2. Which fairy or folk tale character is the most compassionate?
- 3. Can animals be compassionate? If so, how do they show it?

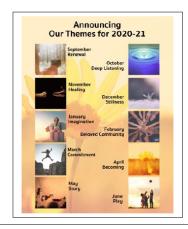


<u>August Schedule</u> for Sunday School to be determined: continue to check weekly emails for more information.

Children's Religious Education (CRE) Advisory Team

Coordinator: Sarah Stubbs (850-437-5979) Team Leader: Open

Team Members: Linda Cobb, Penny Featherstone, Pam Levitt, Emma Mulvaney, Kate Wolverton Feel free to contact any member with comments or suggestions!



ZOOM Age Groupings

I know, there is always something new, right? To better serve our population we are now breaking the children out as follows: 1st - 6th graders are in the ORSS in the Rainforest group 7th - 12th graders are in the Youth Pathfinders group.

<u>CRE Anachronisms & Jargon explained</u> SFAA: Service For All Ages ORSS: One Room Sunday School Children's Chapel: Mini Service for small people CRE: Children's Religious Education CREC: Children's Religious Education Coordinator Youth: Children 13ish to senior in HS ZOOM: on line live streaming classes/meetings



For Emma Mulvaney reality of the Covid-19 pandemic struck in early March when she saw family and friends in Italy and Spain hit hard by the virus. The Pensacola Mulvaney family had planned to visit Ireland, Emma's home country, over spring break to see her 3-year-old niece, Juno, who had just been diagnosed



with leukemia. They canceled the flights to avoid putting her niece and Emma's elderly parents in more jeopardy.

At home in Pace, "Our little family rearranged the house and adapted to the pandemic," says Emma. In April, Maeve (9) started remote school from the living room, Mike brought his office home from West Florida Research and Education Center to Emma's workroom, and she moved her workroom into the spare room. During the pandemic, the family poured time and money into their garden, but they saved time and money on haircuts, relates Emma. "Maeve gave Mike a buzzcut, Mike cut my hair, and I cut Maeve's hair -- though not all at the same time."

While the usual summer trips—camping in the Smokies, visiting family in Ireland, or staying with Emma's mother-in-law in Ocala – were off-list, day trips were still a go. "We biked and picked dewberries and mulberries on the Blackwater trail... (and) picked strawberries and blueberries with Kate Wolverton on fruit farms." Throughout the summer, Maeve went through various creative phases — clay modelling, comic drawing, sewing, Lego, fairy gardening, and cooking. For the family, less travel meant more family board games, lying in the hammock together and reading, morning cuddles with the dog, Coosa, and more time for Maeve to run barefoot around the yard and neighborhood.



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"I celebrated my birthday with a family campout in the backyard," says Emma. "Coosa thought we had finally come to our senses as we cooked dinner around a fire and then all piled into the tent for the night."

"On a personal level, my family and I have been lucky," says Emma, "but it has been hard to watch all the suffering going on as a result of Covid-19 and racial injustice around the world."

The rumor is real, affirm Bob and Lesley Ortiz: They have fled Florida – and its periodic summertime 2020 status as an epicenter of Covid-19 – and are nesting in their often-summertime abode in Waterboro, ME. (See photo below.) They arrived there on Monday, June 29th, after a two-day journey described as "knee-deep in traffic all 1,600 miles."

"We are tentatively planning to stay until the week after Labor Day," says Bob. "That will depend a lot on what our fair state is looking like at that time, also how high the temperatures are." No extensive touring is planned this year, they say, just an occasional venture into the White Mountains of Maine or the Green Mountains of Vermont, either easily only a day trip away.



Socializing, with social distancing being required, will be limited. "We especially will miss being with our church friends in the Sanford UU church," says Bob. "I am planning to give a 'Zoom' message at the church on Sept. 7th, but we miss going to church."

We too.

Find us on Facebook: facebook.com/uucpensacola

The Light – August 2020

Carol Michalski also has a trip north on her travel plans – hers however, a residential move rather than a summer visit. "I'm planning to move to a retirement home, similar to Azalea Trace, called Wittenberg Village in a small town in Northwest Indiana called Crown Point." Her younger son, Michael, lives just about a mile away from there, in Valparaiso, where he owns a business; her older son, Raymond, lives in Rockport, IL. Her move likely will take place sometime in August, depending on arrangements for rental of moving trucks.

Carol's fellow Chalice Circle members and all the good friends she's made will miss her terribly and we will all miss Carol's organization and hostessing for the wonderful UUCP after-church (pre-Pandemic) coffee hours and potlucks – and her friendly smiles and laughter.

Our Caring Community - continued



What does a gardener do when virus fears are up and yardwork requests are down? Michael Newcomb's answer: Bring the endeavor to your own back yard. "I started in January. It had become overgrown – with seeds and plants coming over and under the fence from the neighbors' yards. I said, 'It's so overgrown; you have all this time.' "

Michael finished the primary edge of the work in July – cutting down all the plants and bushes (the uninvited). He's now taking a break while he ponders the refurbishment. "I'll start this fall to do planting when it becomes a bit cooler. I called the Extension office to inquire about what would be good to plant. She gave me a list: four different bushes and six trees." Michael lives in West Pensacola, in the Myrtle Grove area.

Monty Mountcastle isn't working for the moment on a sequel to his fascinating book exploring *The Secret Ministry of Jesus*, but instead he's attending to recovery from two setbacks, in subsequent Novembers: a 2018 ulcer and a 2019 sidewalk fall while rolling a garbage can up the hill, causing him to hit his head on the concrete and resulting in blood poisoning from cement contact.

"He's doing pretty well now – using a walker and swimming 2-3 days a week at PSC," says wife Kaye, who has delighted UUCP members in pre-Corona times with her solo singing in church services. Monty, an ordained United Methodist minister and UWF philosophy and religious professor emeritus, especially enjoys attending UUCP, says Kaye, because of members' open-mindedness and interest in studying the major religions.

The Mountcastle family, which includes six grown children and numerous grandchildren and greatgrandchildren of many ages and locations, keeps them happily engaged. And, Kaye notes: "We still try to have fun when we can." Among the pleasures, dining out (always wearing masks) and watching swimmers, boaters and Sound dwellers from their Bayou Boulevard home overlooking the bay, and from Shoreline Park in Gulf Breeze.

Congratulations to Jay Butcher on his retirement! We're so glad you'll have more time to ride your Harley, so enjoy every moment, Jay!

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Charlotte Crane



Left to Right: Bob Ortiz, RC Edwards, the late Rev. Bob Eddy, Lesley Ortiz, Paula Montgomery and Kaye Mountcastle singing in 2012

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WHAT WERE YOU DOING IN 1972?

Recognizing our long-time members - who've been a part of our little beacon of liberal faith tradition.

If you were **Evelyn Jackson** - in 1972 you could say, "I just joined a small liberal religious fellowship right here in Pensacola!" Evelyn currently lives at Homestead Village. She was recently named an Honorary Lifetime Member.

Folks who have been members for **30 to 39 years** include (in order by the number of years of membership with members of longest standing listed first):

JJ Jackson Barbara Goggins Paula Montgomery Kaye and Monty Mountcastle Dolly Berthelot Margaret McLarin Eleanor Cutts Georgieanna Bryant Linda Cobb Flo Fulwiler Hannelore Musial Bill Caplinger Michael Newcomb Jay and Lynn Butcher

Members for **20 to 29** years include: Thom Botsford Hugh Turner Sarah Stubbs Laurie Winterberg Mae O'Shea Betty Myers Jack and Kate Wolverton

In next month's September LIGHT, check out members from 10 to 19 years and over 5 years.

LONGEST-TIME UUCP MEMBER, EVELYN JACKSON, RECOLLECTS:

"I was brought up in the First Parish Unitarian Church of Westwood, Massachusetts for 16 years. We were a very fortunate church and had two choirs, etc....We were chosen to go to all the camps and one summer to the University of New Hampshire.

One of the classes then was 'Courtship and Marriage.' Even then, at sixteen in the 1940's, we were the first church to always be involved in social issues so it is natural that JJ and I were drawn to our fellowship at E. Scott Street.

I'll never forget the time the Rabbi came to us before WWII. No one then believed what was happening to the Jews."

A MOUSE IN THE HOUSE

Smokey Kelly is thrilled to be in upstate New York, because although an inside cat she's able to catch the occasional mouse.

There's an enclosed patio between the house and attached garage where insulation from years past offers attractive lodgings for mice to raise families. And the garage's old foundation provides an easy portal to the patio. "Not this year," thought Marianne, who made sure the insulation was removed before she and Smokey returned from Pensacola.

Wrong. While watching CNN one evening, Marianne hears a great scuffle and in comes Smokey proudly carrying a live baby mouse. Being an inside cat, Smokey does not eat the mouse but supposes it will be like a wind up toy for her amusement. Of course as soon as the mouse is released it runs under furniture and is now a semi-permanent member of the household, coming out once in awhile to see if the coast is clear.

It isn't. Smokey is on guard and chases mouse to another room and another piece of furniture.

And so it goes, leaving Marianne to wonder how long we will have this boarder. Stay tuned.

Marianne Kelly

5TH SUNDAY SHARE THE PLATE OFFERING FOR HUMANISTS OF WEST FLORIDA TO BUILD LITTLE FREE LIBRARIES

August is a month with five Sundays. It is our custom to share the offering on the fifth Sunday with a local non-profit doing work that benefits our larger community. Humanists of West Florida will be the recipient of our offering in August.

<u>Humanists of West Florida</u> have resumed building Little Free Libraries. Community partners such as yourselves have committed to paying the building cost of \$175 per library

which includes national registry of the library. UUCP would be entitled to determine where on private property they want the library placed. A UUCP decal along with one from HWF and Open Books will be permanently posted. HWF will monitor the library and restock

Humanists of West Florida Building community for non-theists in the Gulf Coast. it periodically.

The HWF Little Free Library team announces the prototype plans for future libraries are now complete. They intend to resume building in October. Exciting times are on the horizon for us. The national LFL project will register our libraries in their directory.





YES, EVERYONE CAN ZOOM — AND YOU DON'T NEED A COMPUTER OR SMARTPHONE

Did you notice that all invitations to Zoom conferences include a **telephone number**? This is so people without internet access or the equipment to video conference can still participate in these events.

You can even use a landline! The best number to use is the Chicago number, which is **1-312-626-6799**. Your face will not be visible to other participants, but your name will appear and your voice will be heard. You will be able to hear everyone else, too, just like in a telephone conference. (Be aware that if you are using a landline, there may be long-distance charges. Our UUA-sponsored account does not include an audio plan so we do not have the ability to request toll-free numbers.)

So don't miss out on our Coffee Hours, Happy Hours or other events just because you're not tech-savvy or fully equipped. If you need help figuring out how to do it, call a friend and ask - we're all happy to help. *We miss you!*

MEMBERS AND FRIENDS ALSO ARE INVITED TO THE:

UUCP VIRTUAL ZOOM COFFEE HOUR at 12:30pm on Sundays: Please join us at 12:30pm Sundays for a virtual Coffee Hour through the Zoom platform. Look for the Facebook post each week or a separate email from Rev. Alice or Lauren Anzaldo with info on how to get into the Coffee Hour online. To join the Zoom Meeting, you'll be sent an email that will give you the link, the Meeting ID number and a password to use.

UUCP VIRTUAL ZOOM HAPPY HOUR at 5:30pm on Fridays: Trista Blouin says, "Please grab a beverage and join your UUCP family on Friday evenings for a time of light-hearted conversation. We're finding it to be a great time to just laugh and let go of cares for an hour. Hope to see you there." To join the Zoom Meeting, you'll be sent an email that will give you the link, the Meeting ID number and a password to use.

UUCP VIRTUAL ZOOM READERS' GROUPS For the last two years we've had small, face-to-face, monthly groups for folks who like to read, share recommendations and often, share books. When asked if they'd be interested in continuing the Readers' Groups meeting a la Zoom, the folks who've participated in previous years answered, "Yes!" How about you?

There will be two sessions per month—one in the morning—and one in the afternoon—for the months of August and September. Past participants have told me their preferences for which days and times work for them. Later we'll evaluate to see if Zooming should continue into October. In the past, our face-to-face season was 6 months. Notices will be sent via email to all UUCPers, so anyone who's a Member or Friend will have the login info. Please contact Laurie Winterberg with questions or to sign up for the group whose schedule works best with yours.

AUGUST

Monday, August 10 - 1-2 pm Thursday, August 27 - 10-11 am

SEPTEMBER

Monday, September 14 - 1-2 pm Thursday, September 24 - 10-11 am

No sign-up is required. The ZOOM meeting login and password information will be sent out via Simple Church email a few days prior to each session.

If you have any questions, please contact Laurie Winterberg.

UUCP'S 2020 AUCTION

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Yes, it's happening! Your 2020 Auction team is hard at work shaping an event that everyone will enjoy despite our distance. Stay tuned for news!

In the meantime, we're gathering donations. The themed baskets were a hit last year, so we're looking for plenty of those in a variety of price ranges. Think: Rainy Day Readers, Eco-Friendly Household, Kids' Crafts - or a basket with all the ingredients to make your grandmother's best cookie recipe or your favorite cocktail. Your imagination is the limit.

Dinners and services are still welcome, just remember to plan for social distancing and safe interactions: small numbers, a flexible schedule, and lots of activities that can be done outdoors.

Contact Kate Wolverton to make your donation. And thank you with your help, we'll make this a great event, within and beyond our walls.

A BIG THANK YOU FROM UUCP TO CREATIVE FUEL COMPANY

We at UUCP owe a big thanks to Laura Keith King and her daughter Stephanie Ball for their work producing our virtual Sunday Services since July. Doing business as Creative Fuel Co., Stephanie is using her time, expertise, and equipment to edit together the pieces of each service on a pro bono basis. Stephanie is doing the construction, editing, layering of graphics and sound, and volume management. Laura is creating the graphic elements and some of the music videos, and she and Sunday Services Team Leader Marylee Donnelly are coordinating the musicians and contributors for each service.

When we moved to virtual Sunday Services in March, Rev. Alice took the leadership in producing nearly all of the

services with the help of her grandson, Alessio. Once we realized that the pandemic was continuing, Rev. Alice began www.creativefuelco.com looking for others with the talent and willingness to help with the technological aspects of creating virtual services. Laura and Stephanie with Marylee have assumed that role, allowing Rev. Alice to take some much-needed and earned vacation time this summer.

Thank you to Stephanie and Creative Fuel Co for producing appealing, quality Sunday Services for UUCP!



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How do we strive for justice?



JUST Pensacola belongs to the DART network, which sponsored a statewide "Rally to Reduce Arrests" on Zoom with over 400 people from Justice Ministry Networks all over Florida in attendance on July 9th. It is inspiring to hear about the progress that has been made in Pinellas, Duvall and Miami-Dade and Pasco counties. These counties lead the state in choosing civil citations over arrests of juveniles in over 80% of incidents. Though it took years of working with civil servants and law enforcement to make these improvements, their progress shows us that the DART process does work. When large numbers of people come together, we cannot be ignored.

Our UUCP mission is to **Celebrate Diversity**, **Strive for Justice and Inspire Love**. DART is providing training so we can be effective in building our **UUCP Justice Ministry Network (JMN)** to be a vital part of **JUST Pensacola**. I'm excited to be a part of this process and want to encourage you to answer the call when one of our own JMN members contacts you. All meetings will be virtual on Zoom. If you do not have access to Zoom, please let the JMN team member who contacts you know so they can help you get plugged in.

Upcoming events include:

Monday, August 10 at 6 pm JUST Pensacola Rally (Zoom invite will be sent.) Purpose: to prepare for Nehemiah Action Assembly.

Monday, **August 31**, **6pm - 8pm JUST Pensacola's Nehemiah Action Assembly**. (Zoom invite will be sent.) Purpose: to join other congregations who are committed to **Justice United Seeking Transformation** in **Pensacola** and create a critical mass to influence public leaders who have been invited to this event.

Please answer the call to Strive for Justice! Contacts for more information: Penny Featherstone, Arnie Ondis and Rev. Maggie Lovins

By Penny Featherstone

How do we celebrate diversity?

HOW CAN UUCP HELP ENSURE THAT ALL ELIGIBLE VOTERS ARE ABLE TO EXERCISE THEIR RIGHT TO VOTE?

The mission of **Elders Stand for Fair Elections** is to ensure that all eligible voters are able to exercise their right to cast a vote in the November 2020 general election safely, easily and with confidence that their vote is duly counted. In Florida, our particular focus is on dissemination of information about Vote by Mail — for all voters, but particularly to seniors.

How are some of the ways that UUCP can help to ensure that Florida citizens are able to fully — and safely — exercise their right to vote in the 2020 Elections?

• Share county specific informational items in your congregation bulletin, newsletter, website and Facebook page about Vote By Mail (VBM).

• Help develop your own internal member outreach program. We can provide outreach materials for you to adapt and personalize to send to or share with other members.

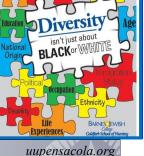
• Engage in a "Friends and Family" outreach project regarding Vote By Mail. We can provide the outreach materials for you to adapt and personalize to send to or share with friends and family.

• Share volunteer opportunities with each other related to voting in the upcoming election, including phone banking, postcard-sending, texting, etc. from Elders Stand for Fair Elections, relating either to Vote By Mail or returning citizen outreach. Please click on the link below that explains some of the things that you can do to help.

Elders Stand for Fair Elections, a project of Elders Action Network

www.eldersaction.org/fair-elections

Find us on Facebook: facebook.com/uucpensacola



Unitarian Universalist Church of Pensacola 9888 Pensacola Blvd. Pensacola, FL 32534

Return service requested

<u>uupensacola@gmail.com</u> www.uupensacola.org

> Deadline for submissions for SEPTEMBER LIGHT: Sunday, AUGUST 16th

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Who Does UUCP's Lawn Service? Give Samuel Sample a call!



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