



THE FRANKLIN Connection

FRANKLIN SENIOR CENTER'S MONTHLY NEWSLETTER

MARCH 2024

FRANKLIN SENIOR CENTER

10 Daniel McCahill Street
Franklin, MA 02038

P | 508-520-4945
F | 508-520-4917

www.franklinma.gov

OFFICE HOURS

Mon-Fri | 8:30am-4:00pm

Wednesday open until 5:30p

Social Services by appt.

BEN'S BOUNTY GIFT SHOP

Mon-Fri | 10:00am-1:00pm

COMMON GROUND'S CAFÉ

Monday - Friday

Breakfast | 8:30am-10:00am

Lunch | 11:30am-1:00pm

WHAT'S WHAT?

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Irish Wish For A Friend

Wishing you a rainbow
For sunlight after showers

Miles and miles of Irish
smiles
For golden happy hours

Shamrocks at your doorway
For luck and laughter too,

And a host of friends that
never ends
Each day your whole life
through!

Illustrated by Susan P. Cooper
findingourwaynow.com

FRANKLIN SENIOR CENTER : INCLEMENT WEATHER POLICY

As we all know living in New England, Snow Happens! Please call us 508-520-4945 to sign up for our Robocall list to get updates on inclement weather for when the Franklin Senior Center may be closed or have a delayed opening!





FREE HEARING CLINIC
at the Franklin COA
 First and Third Tuesday of each month
10:30 am - 12 pm



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 508-346-3750



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Franklin Senior Center, Franklin, MA 06-5389



CORNER BEEF AND CABBAGE
SAINT PATRICK'S DAY
MARCH 15

Luncheon and BINGO provided by the Franklin Fire Department (Franklin Residents Sign Up First by March 7th)

FRANKLIN FIRE DEPARTMENT



THRIVING
Solo
March 20th @ 2PM



Join other solo agers (single or partnered adults 55+ without the support of adult children or close family members) for a social group focused on what it means to navigate aging on one's own.



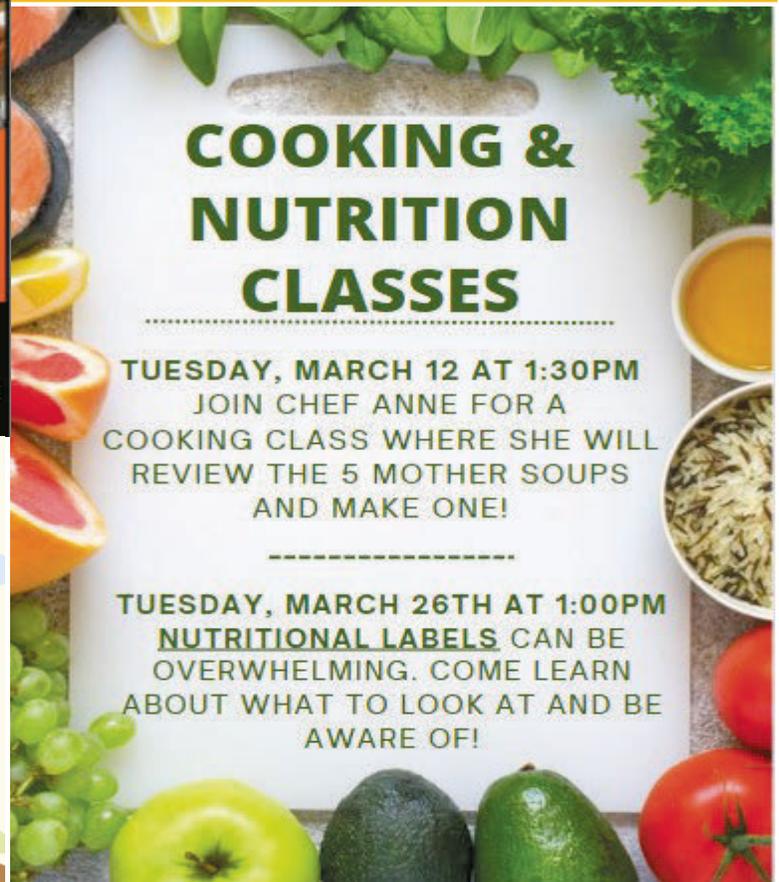
Join our **Planting Party!**
TRY OUT THE NEW GARDEN BEDS!
March 27th at 11am



TECHNOLOGY CORNER

(Sign up now!)

- Dating Your Device
 - ⇒ The Cloud! On 3/18 at 2:30pm
 - ⇒ Siri! On 3/25 at 2:30pm
- Let's Get Social
Let's Talk Connecting through Zoom and Zoom Etiquette 3/7 at 10am
- Google Bootcamps
Let's Talk GMAIL 3/28 at 10am
- Protect Your Bits
Franklin Police present top current scams to be aware of! 3/22 at 11am
- 1:1 Technology Help
Work with our Tech Guru Ryan 1:1



COOKING & NUTRITION CLASSES

TUESDAY, MARCH 12 AT 1:30PM
JOIN CHEF ANNE FOR A COOKING CLASS WHERE SHE WILL REVIEW THE 5 MOTHER SOUPS AND MAKE ONE!

TUESDAY, MARCH 26TH AT 1:00PM
NUTRITIONAL LABELS CAN BE OVERWHELMING. COME LEARN ABOUT WHAT TO LOOK AT AND BE AWARE OF!

04 March Presentations

THE FRANKLIN SENIOR CENTER



MOBILE FOOD PANTRY

PARTNERING WITH THE FRANKLIN FOOD PANTRY AND THE YMCA

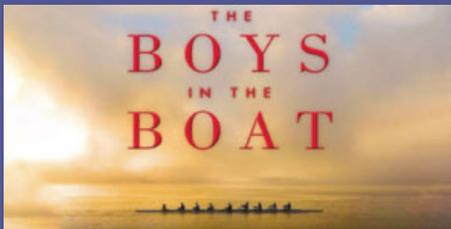
Come to receive a bag of staple items, choice of protein, and dairy items!

WEDNESDAY, MARCH 13th
at 11:00am

PIZZA & MOVIE NIGHT:

BOYS IN THE BOAT

Thursday, MARCH 14th
at 4:30pm (\$3/ person)



EAT AROUND THE WORLD

Once a month, come join us to explore a different country and try out its cuisine!

This Month: **Mozambique**
Friday, March 8th @ 11am

PRESENTATIONS— CALL TO REGISTER!

STEVE AVELLINO— FASCIA TRAINING FOR SENIORS

6 WEEKS— EVERY MONDAY AT 9:30AM (\$35/ 6 WEEK CLASS)

A 6 week program designed to learn about Fascia (connective tissue in the body) & how to make it healthier. An integral factor in how we move. Healthy Fascia slides and glides over our muscles, bones, and internal organs, when unhealthy it can get stuck and make movement difficult. Facilitated by Steve Avellino, MFT, CES, SSF, SSN, CSCS, CET.

HOME SAFETY TIPS FOR FALL PREVENTION

TUESDAY, MARCH 5TH AT 12:00PM

Let's talk about simple things you can do to make your home safer and reduce the risk for falls with Deb Froehlich, OT from Complete VNA.

GET RID OF HAND, FOOT, AND NECK PAIN

WEDNESDAY, MARCH 13TH AT 11:30AM

Discover pain relief and increased joint mobility by enrolling in this Motion Coach class! An evidence-based specialized class was designed by engineers/scientists from Harvard, MIT, & Stanford, and led by co-founder Allen Arseneau. This class will guide you through movements that will help your hands, feet, and neck feel better and work better.

BUYING A NEW HOME BEFORE SELLING YOUR CURRENT

WEDNESDAY, MARCH 13TH AT 4:00PM

Learn how to use the power of your home equity when you want to buy a new home before selling your current one. Discuss the process and possibilities with Nancy Briggs. Appetizers and raffle!

5 WISHES PT 1 & 2 THURSDAYS MARCH 14 & 21 AT 12:00PM

Learn how to prepare an advanced care wishes document.

MINDFUL MOMENTS MONDAY, MARCH 18 AT 1:00PM

Join us in kicking off our "Mindful Moments" Series with Massages with Marvin. The power of touch, massage and connecting with another human being. Licensed massage therapist Marvin Henry will offer free mini hand massages.

BASIC ESTATE PLANNING

MONDAY, MARCH 25TH AT 11:00AM

Let's talk proper estate planning, the best way to provide your family security and peace of mind with Estate Attorney Michael Kasberg.

MEDICARE SUPPLEMENT PLANS OR MEDICARE ADVANTAGE PLANS? WHICH COVERAGE IS BEST FOR ME?

WEDNESDAY, MARCH 27TH AT 12:30PM

Circumstances change, and so can your health plan. Learn What's Original Medicare, Differences between Medicare Supplement and Medicare Advantage Plans, Do I need Prescription Drug Coverage? Real-life case studies, Resources to help you in the decision process.

Caregiver Corner and Support Groups

THE FRANKLIN SENIOR CENTER

THE SUNSHINE CLUB This supportive adult day program offers seniors with memory loss, chronic medical issues, or social isolation a safe & engaging environment. For more info call Kathleen Laughran at 508-520-4945

MEMORY CAFÉ Please join us Wednesday, March 20th at 1pm at our "Where's The Toast" memory Cafe. We will have live entertainment! Memory Café's are safe and inviting spaces for those who are experiencing memory loss and their families. Refreshments sponsored by All American in Wrentham. Please RSVP to Ariel: adoggett@franklinma.gov or 508-520-4945.

This Memory Café is supported by a generous grant from the Franklin Cultural Council, a local agency supported by the Mass Cultural Council, a state agency.



ALZHEIMER'S CAREGIVERS SUPPORT GROUP

Supports caregivers caring for their loved ones with Alzheimer's or dementia. Call The Senior Center for more information. The group meets every second and fourth Wednesday at 4:00pm.

GENERAL CAREGIVER SUPPORT GROUP

Are you a caregiver? Join this monthly group to talk with other caregivers and provide with you tips and support. Meets the **First Thursday of the month at 1:00pm.**

PATHWAY TO HEALING

BEREAVEMENT SUPPORT GROUP Join this monthly group to help people with their journey of healing after a loved one passes. **March 13th and 27th at 1:00pm**





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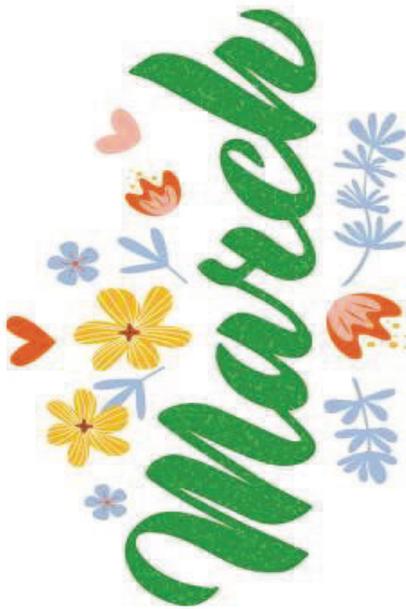
(508) 330-4234

- Senior Residential Specialist
- Notary

eileenmason@remax.net
308 West Central Street
Franklin, MA 02038
<https://eileenmason.remax.com>





MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>04</p> <p>9:30am 6 Week Series with Steve Avellino \$ (1)</p> <p>9:30am Italian Novel Reading</p> <p>10:00am Garden Club</p> <p>10:30am Poker</p> <p>11:00am Line Dancing \$</p> <p>1:00pm Trivia!</p> <p>1:00pm Book Club</p> <p>1:00pm Chair Volleyball</p> <p>1:00pm American Mah Jong</p> <p>1:15pm Movie Matinee: Banshees of Insherin</p> <p>4:00pm Pool Night</p>	 <p>05</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Hand & Foot</p> <p>10:30am Hearing Clinic</p> <p>10:30am Senior Players</p> <p>11:00am Cardio, Strength, and Balance (CSB) \$</p> <p>12:00pm Home Safety Tips</p> <p>1:00pm BINGO</p> <p>1:00pm Chess</p> <p>1:00pm Cribbage Instruct.</p> <p>1:00pm Quilting</p> <p>1:00pm Audio Reading of the Newsletter</p>	<p>SAVE THE DATE</p> <p>An Evening with Psychic Medium Cathy Ripley Greene</p> <p>On Friday, April 26 th at 6:30pm \$25/ ticket (sponsored by F.O.F.E.)</p>	<p>HAIRDRESSER/ BARBER MON & WED BY APPT</p> <p>MANICURES: EVERY OTHER TUESDAY BY APPT</p> <p>BLOOD PRESSURE & SUGAR TESTING WED & THURS</p> <p>PODIATRIST CALL FOR INFO</p>	<p>01</p> <p>9:30am Blanche's Bling</p> <p>9:30am ZUMBA \$</p> <p>10:00am Woodcarving</p> <p>10:00am Political Discussion</p> <p>10:00am Hand & Foot</p> <p>12:30pm T.O.P.S.</p> <p>1:00pm Pokeno</p> <p>1:00pm Darts</p> <p>1:00pm Diamond Art</p> <p>2:00pm Silvertones</p> <p>Choral Group</p>
<p>04</p> <p>9:30am 6 Week Series with Steve Avellino \$ (2)</p> <p>9:30am Italian Novel Reading</p> <p>10:30am Poker</p> <p>11:00am Drum Circle**</p> <p>1:00pm Trivia!</p>	<p>06</p> <p>9:00am Walking Group</p> <p>10:00am Vets Coffee Social</p> <p>10:00am Chair Yoga \$</p> <p>10:00am Knitting</p> <p>10:00am Scrabble</p> <p>10:00am Asian Mah Jong</p> <p>11:00am Pound Fitness \$</p> <p>12:00pm Bridge</p> <p>1:00pm Senior Scribblers</p> <p>1:00pm Pokeno</p> <p>4:00pm Cardio Fusion \$</p>	<p>07</p> <p>9:00am Cribbage</p> <p>9:30am Low Impact \$</p> <p>9:30am Busy Bees</p> <p>10:00am Discussion Group</p> <p>10:00am Let's Get Social: Zoom & Zoom Etiquette</p> <p>10:15am Bible Study</p> <p>11:00am CSB \$</p> <p>1:00pm Low Vision Tech.</p> <p>1:00pm BINGO</p> <p>1:00pm Open Art Studio</p> <p>1:00pm Tai Chi \$</p> <p>1:00pm Caretaker Support</p> <p>1:00pm Cribbage</p> <p>5:30pm Acoustic Jam Session</p>	<p>08</p> <p>LIMITED BREAKFAST</p> <p>9:30am ZUMBA \$</p> <p>10:00am Woodcarving</p> <p>10:00am Political Discussion</p> <p>10:00am Hand & Foot</p> <p>11:00am Eat Around the World: Mozambique **\$</p> <p>12:30pm T.O.P.S.</p> <p>1:00pm Pokeno</p> <p>1:00pm Darts</p> <p>1:00pm Diamond Art</p> <p>2:00pm Silvertones</p> <p>Choral Group</p>	<p>01</p> <p>15 CAFÉ CLOSED!</p> <p>10:00am Woodcarving</p> <p>10:00am Political Discussion</p> <p>10:00am Hand & Foot</p> <p>11:00am Monthly Party: Franklin Fire Dept. Corned Beef and Cabbage Luncheon & BINGO**</p>

March 2024 Calendar Continued 07

FRANKLIN SENIOR CENTER

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>11 CONTINUED 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Waking Ned Devine 4:00pm Pool Night</p>	<p>12 CONTINUED 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Cribbage Instruct. 1:00pm Quilting 1:30pm Delicious Soups</p>	<p>13 CONTINUED 11:30am Get Rid of Pain 1:00pm Senior Scribbles 1:00pm Pokeno 1:00pm Bereavement Support 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support 4:00pm Home Equity</p>	<p>14 CONTINUED 12:00pm Five Wishes Pt 1 1:00pm BINGO 1:00pm Danielle's Art Class**\$ 1:00pm Tai Chi \$ 1:00pm Cribbage 4:30pm Movie & Pizza Night: Boys in the Boat** \$</p>	<p>15 CONTINUED 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group</p>
<p>18 9:30am 6 Week Series with Steve Avellino \$ (3) 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:00pm Mindful Moments** 1:15pm Movie Matinee: Belfast 2:30pm Dating Your Device: The Cloud! 4:00pm Pool Night</p>	<p>19 HAPPY SPRING! 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am COA Meeting 10:00am Hand & Foot 10:30am Hearing Clinic 10:30am Senior Players 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting 1:00pm Legal Clinic</p>	<p>20 9:00am Walking Group 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 11:00am Franklin Q & A 12:00pm Bridge 1:00pm Memory Café 1:00pm Craft Corner** 1:00pm Pokeno 2:00pm Thriving Solo* 4:00pm Cardio Fusion \$</p>	<p>21 8:30am Coffee Hour with State & Local Officials 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:15am Bible Study 11:00am CSB \$ 12:00pm Five Wishes Pt 2 1:00pm BINGO 1:00pm Open Art Studio 1:00pm Tai Chi \$ 1:00pm Cribbage</p>	<p>22 9:30am FOFE Meeting 9:30am ZUMBA \$ 10:00am Woodcarving 10:00am Political Discussion 10:00am Hand & Foot 11:00am Scam Prevention 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art</p>
<p>25 9:30am 6 Week Series with Steve Avellino \$ (4) 9:30am Italian Novel Reading 10:30am Poker 11:00am Line Dancing \$ 11:00am Estate Planning 1:00pm Trivia! 1:00pm Chair Volleyball 1:00pm American Mah Jong 1:15pm Movie Matinee: Jesus Christ Superstar: Live in Concert 2:30pm Dating Your Device Siri 4:00pm Pool Night</p>	<p>26 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Hand & Foot 10:30am Senior Players 11:00am CSB \$ 1:00pm BINGO 1:00pm Chess 1:00pm Nutritional Labels 1:00pm Audio Book Club 1:00pm Cribbage Instruct. 1:00pm Quilting 2:30pm Rainbow Café</p>	<p>27 10:00am Chair Yoga \$ 10:00am Knitting 10:00am Scrabble 10:00am Asian Mah Jong 11:00am Pound Fitness \$ 11:00am Planting Party!** 12:00pm Bridge 12:30pm Medicare Coverage 1:00pm Pokeno 1:00pm Scribbles at Studio 1:00pm Bereavement Support 4:00pm Cardio Fusion \$ 4:00pm Alzheimer's Support</p>	<p>28 9:00am Cribbage 9:30am Low Impact 9:30am Busy Bees 10:00am Discussion Group 10:00am Google Bootcamp: Let's Talk GMAIL 10:15am Bible Study 11:00am CSB \$ 1:00pm BINGO 1:00pm Open Art Studio 1:00pm Tai Chi \$ 1:00pm Cribbage</p>	<p>29 10:00am Woodcarving 10:00am Political Discussion 10:00am Hand & Foot 11:00am ZUMBA \$ 12:30pm T.O.P.S. 1:00pm Pokeno 1:00pm Darts 1:00pm Diamond Art 2:00pm Silvertones Choral Group</p>

08 Low Vision, Veterans, Volunteer Spotlight

THE FRANKLIN SENIOR CENTER

LOW VISION PROGRAMS

Tuesday, March 5th at 1:00pm: Audio Reading of the March Newsletter. (PHONE)

Thursday, March 7th at 1:00pm: Assistive Technology with Jerry Feliz

Tuesday, March 12th at 11:00am: **Low Vision Support:** Come learn about all of the different text to speech devices that are out there!

Tuesday, March 19th and 26th at 1:00pm: Audio Book Club: An Elephant in My Kitchen: What the Heard Taught Me About Love, Courage and Survival by Francoise Malby- Anthony (PHONE)

*For Low Vision via Telephone : 508-206-8603
For more info on Low Vision Programs- give us a call and talk to Danielle or Sarah*

VOLUNTEER SPOTLIGHT!

Talk about a woman with many talents and interests, our volunteer spotlight this month is Phyllis Malcolm. She not only is our wonderful greeter on Fridays, but works in our gift shop, is the secretary of our COA board, and even comes and helps out at the movie nights! Phyllis is one of the most kind hearted, sweetest people and we are so grateful for her dedication and willingness to always lend a helping hand!



VETERANS SERVICE OFFICE (508) 613-1315

March 3 – Navy Reserve’s 109th Birthday

March 5 – Navy Seabee’s 82th Birthday

March 6 – Veterans’ Coffee Social, 10:00 a.m. MA State Senator Becca Rausch, MA State Rep. Jeff Roy and MA Secretary of Veterans’ Services Jon Santiago will discuss legislative efforts that relate to Veterans.

March 15 – American Legion’s 105th Birthday

March 21 – Veterans’ Council Meeting – 7:00 p.m. at the Senior Center. All members of the community interested in Veterans’ activities are invited.

March 29 – National Vietnam War Veterans’ Day honors Vietnam Veterans and their families for their service and sacrifices.

The Tune It Out guitar lessons program for Veterans meets on Tuesdays at 5:30 p.m. at the Senior Center. There is no charge for lessons and no guitar experience is required. Call Veterans’ Services for details.

The Warrior Within Yoga class for Veterans and First Responders meets on Thursdays from 6:00 p.m. – 7:00 p.m. at the Senior Center. There is no charge for classes. Call Veterans’ Services to register.

The next engraved brick installation on the Veterans Memorial Walkway is scheduled to coincide with Memorial Day. Engraved bricks make great birthday, Mother’s or Father’s Day gifts for your special Veteran or current service member. Brick orders are now being accepted for the May installation. Order forms are available in the Town Hall and Senior Center lobbies as well as on the Veterans’ Services page on the Town website. Thank you to all who have supported the Memorial Walkway Project.



FRIENDS OF FRANKLIN ELDERS

The Friends of Franklin Elders, Inc. (FOFE) is a private, non-profit 501c3 organization since 1990, whose purpose is to provide funds for programs, services, and equipment for the Franklin Senior Center that cannot be provided by state or local government. The Friends raise funds through membership fees, donations, and special events. Our next meeting is scheduled for

Friday, March 22nd @ 9:30 am.

The public is welcome to attend.



JoAnn Wright, President
 Nan Rafter, Vice President
 Pam Spicer, Treasurer
 Margie Lane, Secretary

Eileen Burnard, Pat Donnelly, Carol Ellsworth,
 Julie Garilli, Paula Lombardi, Jan Prentice,
 Jean Tolland, and Helen Powers

FOFE MEMORIAL/HONOR DONATION

Your Name

Address

In Memory/Honor of:

MAIL TO: Friends of Franklin Elders, Inc.
 10 Daniel McCahill St. Franklin, MA 02038

FOFE would like to thank everyone who has already become a member of the Friends of Franklin Elders, Inc. (FOFE). We appreciate all your support.

If you haven't yet become a member of FOFE, it's not too late!

Remember your generous support provides all the fun programs, events, and parties!
 - JoAnn Wright, FOFE President

thank you



VETERANS' COFFEE SOCIAL

Join us in a discussion on legislative efforts that relate to Veterans, as well as hear about some of the issues of concern at a state level for Veterans

Featuring:



Jeff Roy

State Representative



Jon Santiago

Secretary of Veterans Services



Becca Rausch

Massachusetts State Senator

For VETERANS Only!

 March 6th, 2024	 Franklin Senior Center 10 Daniel McCahill St, Franklin, MA 02038	 10:00 AM
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TRAVEL OPPORTUNITIES

- BEACH BOYS TRIBUTE SHOW & LUNCHEON AT LAKE PEARL \$89/ PERSON



- RICKY NELSON CONCERT AND LUNCHEON AT LAKE PEARL \$89/ PERSON



- ROLLING STONES TRIBUTE SHOW AND LUNCHEON AT LAKE PEARL \$89/ PERSON

- JIMMY BUFFET TRIBUTE SHOW AND LOBSTERBAKE IN YORK, MAINE \$135/ PERSON



AND MORE!.....

10 FOFE DONATIONS

THE FRANKLIN SENIOR CENTER

Memorial Donations

Pam DeGrazia in Memory of John G. D'Amelio
Massimina Vignone in Memory of Rita Geromini & Marsha Simmler
Patricia Circone in Memory of Beverly Theriault
Roger & Roberta Trahan in Memory of Vincent & Alma DeBaggis, Roland & Gert Trahan
Nancy R. Olson in Memory of Raymond T. Olson
Marilyn Carpenter in Memory of Ted Carpenter
Anthony & Marlane Gromelski in Memory of Edward & Mary Gromelski; Ralph & Dorothy Mendall
Janet McLaughlin in Memory of Dorothy Wilson
Christine Montana in Memory of Pia & Sandy Patete
Lou Mortelli in Memory of Marylou Degnim
Dick Neal in Memory of Mr. & Mrs. Francis Neal
Joyce Hutchinson in Memory of Beverly Theriault
William Reynolds in Memory of Barbara Reynolds
Joanne Roche in Memory of Neil Roche
Pamela Spicer in Memory of Richard H. Spicer
Pierina D'Ascenzo in Memory of Domenic & Paul D'Ascenzo
Leslie Hoop in Memory of William C. Hoop
Helen Kelley in Memory of Mary O'Connell Vipraio
Claire Lewis in Memory of Albert R. Lewis
Mary M. Sweeney in Memory of Mary Ellen Ross
Barbara O. Ward in Memory of James Ward
Rose Bertoni in Memory of Ceide Bartolome, Felix Bertoni, Steven Bertoni, Ciara White
Charles Burr in Memory of Norma Burr, Charles H. Burr
Elizabeth Fisk in Memory of Chester Fisk
Kathy & Marty Kenzerski in Memory of Mr. & Mrs. Louis Creasia
Carol Saster in Memory of Beverly Theriault
Louise Breed in Memory of Arthur C. Breed Jr. and Joseph M Gauthier

In Honor of

Cora Labassiere in Honor of Francis LaBassiere
Dick & Judy Hynes in Honor of Veterans Service Office
Mary Girard in Honor of David W. Girard
Deborah Bergstrom in Honor of Ada Christie

Donations

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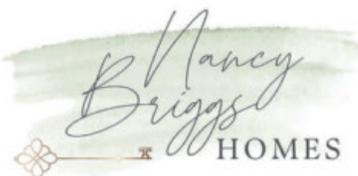
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