

THE OFFICIAL MAGAZINE OF SWEETGRASS • APRIL 2019



A publication of the

Fort Bend & Hers

# BAYOU BUZZ









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The spring weather hits the Texas coastal plains and folks are out enjoying the blooms and blossoms.



THE OFFICIAL MAGAZINE

# **SWEETGRASS**

707 DEL WEBB BLVD.
RICHMOND, TX 77469
WWW.MYSWEETGRASS.NET



### **IMPORTANT INFO:**

Lakehouse Phone:

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**HOA After-Hours Emergency:** 

800-274-3165

Official Website:

### www.mysweetgrass.net

Facebook: https://www.facebook.com/dwsweetgrass

Email: dwsweet grass HOA@gmail.com

\*Doors lock at 5:30 p.m. daily; please bring your access card for entry.

### **WHO'S WHO**

### **HOA Staff**

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# SPECIAL PRICING AND BENEFITS DESIGNED EXCLUSIVELY FOR DEL WEBB SWEETGRASS RESIDENTS AND FAMILY!



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## What To Do If You Smell Natural Gas

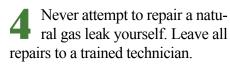
Evacuate the area by foot immediately! Do not use electric switches, landline and cell phones or anything that could cause a spark. If you are outside, travel in the opposite direction of the wind and away from the leak or vapor cloud. Make sure to keep a safe distance.

2 Get to a safe location and call 911 and CenterPoint Energy at (731)-659-2111. Be sure to call CenterPoint Energy when reporting a leak rather than emailing or using the internet. Never make the assumption that someone else has already reported the leak.





Warn and alert your neighbors and others to stay far away from the leak. Leave any and all equipment being used in or near the area of the leak. CenterPoint Energy offers to investigate suspected natural gas leaks at no cost to you.





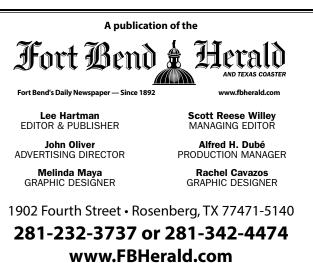
# CenterPoint Energy's actions during an emergency:

CenterPoint Energy immediately dispatches personnel to the site to help handle the emergency and provide information to public safety officials to aid in their response. Our personnel will restrict the flow of gas as needed to protect people, property and the environment.

See more at: https://www.centerpointenergy.com/en-us/residential/safety/natural-gas-leaks/

This information was received on https://www.center-pointenergy.com and submitted by the Emergency Preparedness Committee.







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# Boost health with these breakfast tips

Looking to make some changes to your nutrition? Start by examining what is often referred to as the most important meal of the day; breakfast.

Here are some fast facts about breakfast from Kelly Springer, MS, RD, CDN, and president of Kelly's Choice, a collective of registered dietitians, nutritionists and educators that offers customized nutrition coaching programs for schools, workplaces, medical facilities, athletes and individuals.

**♥ Don't Skip It:** Breakfast is not only essential to weight maintenance, it can help ensure you avoid nutritional deficiencies, so don't avoid it.

"Think about bonfires. If you don't add wood to the flames, the fire will go out. Metabolism works the same way. If you don't add food as fuel to your body, your metabolism will slow down," says Springer. "To maintain a healthy diet, you need to eat regularly scheduled meals. Breakfast is particularly important because your metabolism slows during a night of sleep."

Skipping breakfast has also been proven to be linked to nutrient deficiencies, points out Springer.

"Breakfast provides essential nutrients that can't be made up for later in the day," says. "A good breakfast will



Bagels are a good source of protein, essential to a good breakfast.

provide protein, b vitamins, fiber, calcium and iron."

✓ Include Protein: Protein helps to maintain blood sugar levels, keeps you fuller longer and provides the building blocks for skin, hair, nails and muscle. But because protein can't be stored as protein in the body, it needs to be consumed throughout the day.

"Be sure your first meal includes protein. You don't





have to search hard to do so. Some of your favorite breakfast items are already a great source," says Springer.

Did you know that a bagel at Einstein Bros. Bagels has between 9 and 17 grams of protein? This is more than or as much protein as one large egg, three slices of turkey, one cup of 2 percent milk or two tablespoons of creamy peanut butter.

- ✓ Include Carbohydrates: Many new diets encourage you to skip carbohydrates, but carbs are the number one source of energy for the body and brain food to boot. Carbohydrates convert to glucose in the body -- and our brain, one of the most demanding organs in the body, cannot function without glucose.
- **♥ Streamline:** Habits are most successfully formed when they are easy to adopt. To that end, consider streamlining your breakfast by seeking out one location for your morning cup of joe as well as your protein-rich, meal, such as Einstein Bros. Bagels, which offers a full breakfast menu.

A nutritious day all starts with a balanced breakfast. To keep your body and metabolism fueled, give your breakfasts a makeover. (StatePoint)

### Did you know?

Carbohydrates are seen as the enemy by many people looking to lose weight, but that reputation is ill-

deserved for certain types of carbs. Carbohydrates referred to as "smart carbs" can boost energy and mood and help people, even dieters, maintain healthy weights. Smart carbs, which can be found in fruits,



vegetables, minimally processed whole

grain products such as brown rice and quinoa, and whole wheat bread among other foods, contain vital nutrients and fiber. The body takes longer to absorb whole grains than it does processed carbohydrates, stabilizing blood sugar and energy levels as a result. Because the body takes longer to absorb whole grains, feelings of satiety and fullness are extended. That reduces the likelihood of being hungry again shortly after eating, thereby helping people maintain healthy weights. Those who want to avoid carbohydrates should avoid products made with white flour, such as white bread, non-whole grain pastas, potato chips, and breakfast cereals with high amounts of sugar.



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# Committee Spotlight





### **Communications Committee**

The Communications Committee has been working with the HOA management team to enhance communication throughout the community. These dedicated individuals volunteer their time to serve Sweetgrass. After months of brainstorming and hard work, the new website went live on February 18th. There are currently six active Communications Committee members:

- **★ Don Stewart, Chairman**
- **★** Barbara Grace
- **★** David Vrshek
- **★** Gene Pfalzgraf
- **★** Janis Wesp
- **★** Miche Broussard



If you have not already updated your profile information on the new website, phone numbers did not transfer over to the new **www.mysweetgrass.net**, please do so.

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**Alzheimer's and Dementia:** 

The Patient and the Caregiver

arbara Reynolds, R.N., L.P.C., gave a most informative speech about Alzheimer's and dementia and the effects on the patient and the caregiver at FBHRE's February meeting. Having had a husband who battled brain cancer and dementia and lost, Mrs. Reynolds proved to be the perfect person to give a first-hand account of the subject.





for Del Webb residents

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Although it can be genetic and caused by gene mutations, not everyone with gene mutations gets Alzheimer's.

Dementia is not a disease, but Alzheimer's is. Dementia is a term that is used to describe symptoms related to memory loss. Alzheimer's is described as a form of dementia. It is not the same as normal aging. Although it can be genetic and caused by gene mutations, not everyone with gene mutations gets Alzheimer's. The actual cause is unknown. Alzheimer's may not have a genetic component in all cases. Researchers think lifestyle and environment can also be factors. Onset is usually at age 65 or older: however, it can have early onset.

Major signs of the disease are gene mutations which cause toxic amyloid beta peptide to build up, resulting in plaques which cause Tau protein to malfunction. Multiple tiny, dense Tau protein deposits throughout the brain stick together as neurofibrillary tangles that inter-fere with vital processes. As brain cells deteriorate and eventually die, brain scans show brain shrinkage in some areas. There is no cure.

The hippocampus is usually the first part of the brain to be affected, so memory loss occurs. If memory loss seems abnormal, get help immediately from a doctor specializing in treatment of dementia and Alzheimer's to slow the progression of the disease.

In the early stages, social activities and give-and-take conversations help the patient. In subsequent stages, memory loss progresses to the point that the patient easily gets lost, has

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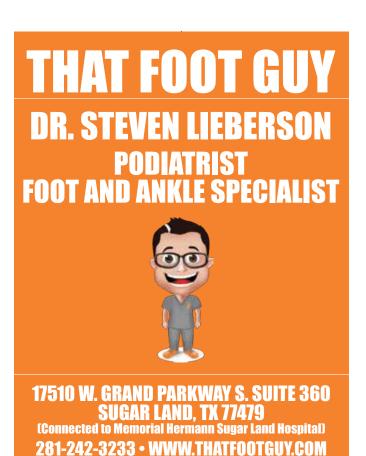
Shane Wooten 281-726-2034
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difficulty learning new tasks, and forgets how to do tasks that the patient has done for years. The patient may forget to pay bills, and the result is no electricity, gas, or water.

Next, the patient suffers from visuoperceptual difficulty and has problems identifying people and objects. Confusion, memory loss, and visuoperceptual difficulty significantly impact fine motor skill set. Example: The patient sooner or later may forget how to use a spoon. Conversation becomes difficult, and being in a room with many people talking frustrates the patient. In this situation, escort the patient from the room.

In the end stage, childlike behavior or bizarre behavior may appear. Alzheimer's patients have been seen roaming hallways. As the brain further deteriorates, the patient becomes as emotional as a child. This stage is one of the hardest to deal with. Patients have been known to overreact to a stimulus, strike the caregiver, or suffer repeated falls. The patient withdraws from activity, becomes lethargic, and suffers from increased anxiety.

The caregiver needs relief, especially in the patient's middle to end stages. Friends may offer to help, but the caregiver might not accept the help. Friends, therefore, may have to tell the caregiver they will drop by at a certain time to allow the caregiver to take a break, relax, go grocery shopping, or run errands. When assisted living centers or nursing homes are needed, the Alzheimer's Association can help. The address is 6055 South Loop E, Houston, TX 77087. The phone number is (713) 314-1313. – *Eleanor Blain* 



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# Still to come in April

# Crescent Circus Variety Show Friday, April 5th – 7:00 p.m.

The Circus is coming to Sweetgrass. Come see the variety, juggling, quick changes, and the Magic of the Crescent

Circus. They will be here for one night only coming direct from New Orleans. They have played around the world and were on the Tonight Show.

They will be here Friday, April 5th at 7:00 p.m. Doors will open at 6:30 p.m. The stars of the show will stick around after the show for selfies and questions. The price is only \$12.00. The profit will be



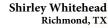
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# Garage Sale Saturday, April 6th – 8:00-12:00 p.m.

Getting ready for spring cleaning?
Start off by getting rid of some junk at the upcoming Sweetgrass Garage Sale! Get a Sweetgrass Garage Sale sign and register your home for only \$5. Already have a Sweetgrass Garage Sale sign? You can register your home for just \$1.
Registration purchase includes placement on garage sale map and in garage sale directory.

# Refuse To Be A Victim NRA Course Sunday, April 7th – 3:00-6:00 p.m.

On Sunday April, 7th, the SG Golden Marksmanship Club will present a "Refuse To Be A Victim NRA Course" from 3:00-6:00 pm. This course will be given in the DWSG Lakehouse in the Learning Center. The cost is \$35. You may register now on Activenet or at the Lakehouse front desk.

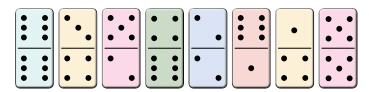
"The Boardinghouse" Friday & Saturday – April 12th & 13th

Sweetgrass Drama Club presents "The Boardinghouse" on Friday April 12th at 6:30 p.m. and Saturday April 13th at 2:00 and 6:30 p.m.

Welcome to the Home Sweet Home Boardinghouse, where life

is anything but normal. Miss Harriet runs a clean, cozy home with the help of the none-too-bright and perpetually terrified Tweenie, and accompanied by as zany a cast of boarders as you are likely to meet. Directed by Peggy Norman with a terrific cast of your Sweetgrass neighbors, you are sure to have a fun time enjoying this production. Tickets are \$10 and are on sale now!





### Mexican Train Friday, April 26th – 6:00-8:00 p.m.

Mark your calendars for Mexican Train on Friday, April 26th from 6:00-8:00 p.m. Light snacks will be provided and door prizes will be given away. Tickets will be on sale April 1st through Activenet or at the Lakehouse front desk for \$5.

### Boots & Bling Saturday, April 27th – 6:00-9:00 p.m.

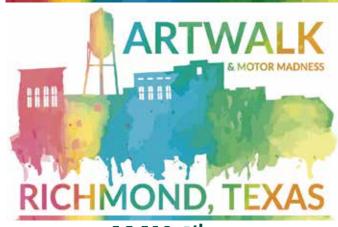
Pull out your boots and join us for the Boots & Bling Dance on Saturday, April 27th, 6:00-9:00 p.m. We will have a live DJ and more! Tickets are \$12 and go on sale April 3rd.



# "10 Tips for Better Pics" Saturday, April 27th – 9:00 a.m.-12:00 p.m.

On Saturday, April 27th, Jim Skarzynski will present a free class to all Sweetgrass residents titled, "10 Tips for Better Pics," from 9:00 a.m.-12:00 p.m. in the Bluebell. No matter if you shoot a camera phone or the latest DSLR camera you may discover something new.





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### **Oscar/Red Carpet Party Photos**

The formal photos taken by Your Best Shot Photography at the Oscars Night Party are ready to view with an option to purchase. The website is www.YourBestShot-Photography. com or www.Rsl.Photoreflect.com. If you have questions please contact Sheryl Lochridge at (713)-545-0384

### **Veterans Club**

Sweetgrass Community Residents who have deceased relatives who served in the United States Military are invited to submit a photo and short bio for inclusion on the Sweetgrass Community Remembrance Wall. Forms are available at the Kiosk by the Lakehouse front desk and need to be submitted by April 30th. The Remembrance Wall will be on display in the Lakehouse Lobby May 26th - Jun 1st.

The Veterans Club is hosting a Memorial Day Observance for the Sweetgrass Community at 1:00 p.m. on Monday, May 30th in the Lakehouse Ballroom. Music will be provided by the Missouri City Pops. Parking is limited - please try to carpool.

Do you have American flags that need retired? Please notify Claudia Johnson at (281)-341-5043 and/or take them to the Lakehouse front desk.

### **Sweetgrass Poker Club**

The Sweetgrass Poker Club meets in the Lakehouse on Mondays and Thursdays from 5:30 to 8:30 p.m. Buy-in is \$10 and all are welcomed. Games include variations of draw, stud, Texas Hold-em, Omaha, high-low split pots and more! The deal rotates with the dealer calling the game. There is also a high hand jackpot most nights. Come join us! For more info contact Mark Hochstein at hochstein@comcast.net



### Social Mah Jongg

Social Mah Jongg meets every Monday from 1:00-4:00 p.m. in the Lantana. Players attain winnings for successful hands, with a total loss not to exceed \$3 per day. A player who loses the entire \$3 continues to play for free. Mah Jongg tutorials and free play are held every Wednesday from 6:00 to 9:00 p.m. in the Activity Center. No RSVP is necessary. For more information, contact Susie Stern at srstern7911@gmail.com.

### Social Canasta

The "March Madness" Canasta tournament TIPPED-OFF at our Sweetgrass Social Canasta Club Quarterly Meeting on March 7th. Twenty-six teams competed for prizes and bragging rights in this double elimination bracketed tournament throughout the month of March. The Canasta Activities Committee has fun special events planned each month, and all members are invited to participate. Canasta play is held every Wednesday and Thursday at 12:15 p.m. in the Ballroom. Mark your calendars now for "High Five Game Day" on April 24th and "Crazy Coconut Canasta" on May 16th. If you are new to Sweetgrass, or just new to "Sweetgrass Canasta", consider registering for three free lessons so you can join in on the fun. Email your contact information to Sweetgrass-SocialCanasta@gmail.com to register.

### Sweetgrass Singers

On Tuesday, April 30th, 2:00 p.m., Join the Sweetgrass Singers for an afternoon of story and song! We welcome the George Ranch High School Longhorn Players as they present "Journey." Through song, prose, poetry, and script they will examine how people go through their lives looking for a sense of self and a place to call home. The Singers will also perform. The Longhorn Players were set to join us in December, but had to cancel due to bad weather. The spring season is a busy competition season, and we are grateful they have been able to reschedule. Last November they received the highest possible ratings and achieved record-breaking results at the 2018 Texas State Thespian Festival. Members of the Players will be competing in the Fringe Festival this summer during the Royal Edinburgh Military Tattoo. Established in 1947, the Fringe Festival is now the largest arts festival in the world. GRHS will be presenting an original musical at the Festival. This is a wonderful opportunity to support these

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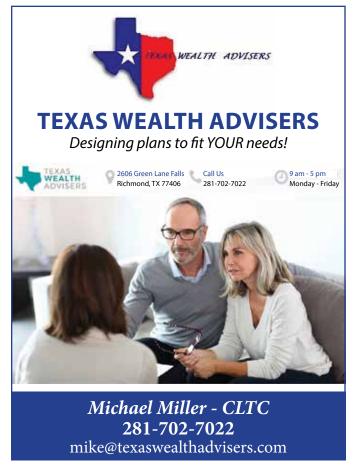
### **Photography Club**

The next meeting of the Sweetgrass Photography Club will be on Thursday, April 4th, 6:30 p.m. in the Learning Center. Our monthly photo challenge will be "Mardi Gras" pictures or "Pictures that are Colorful" for those that didn't make it to the Mardi Gras celebrations. Members are to submit photos by April 3rd to jims@aiomachine.com.

### That's Entertainment

That's Entertainment is a club dedicated to bringing members to live performances throughout the Houston Metropolitan Area. For a small membership fee of \$10.00 a year you will have access to discounted cultural arts events and the joy of riding the bus to and from the events. No worries about driving, especially at night with door to door service. March 4th





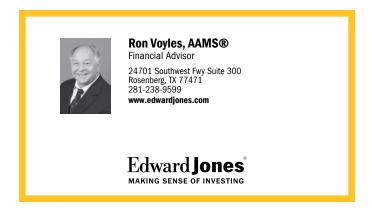
we ventured out on the coldest day of the year to the Houston Rodeo. Old Dominion entertained us with a selection of their music and a good time was had by all! Bravo to the brave souls who huddled together to make this an enjoyable evening. On March 29th, Barbara Sims shared with us the wonderful stories of her experience working for Sun Records. It was followed up with a reception, offering a variety of appetizers, desserts, wine and punch. Elvis' music playing in the background brought us all back to the "oldies but goodies" time of our lives! On April 18th we are off to see "Crimes of the Heart". Once again the Alley Theatre is providing a lovely complementary reception of delicious finger foods and wine. A big thank you to their staff for always welcoming our club in such fine fashion! April 27th we are looking forward to visiting the Round Top Festival to experience a performance by the Split Second Piano Duo. We will start with lunch at the renowned It Must Be Heaven restaurant.

### Dialogue and Learning

Do I have a book in me? The next meeting of the Dialogue and Learning Group will be on Wednesday, April 10th, 6:30 p.m. in The Learning Center. As many of us have more time and more life experience than most, are you asking yourself if you should write a book? Where do you start? How do you approach a publisher, a printer, a distributor? Join local author Elizabeth Dettling Moreno as she shares the inspiration, the ups and downs of dealing with a publisher and printer, lessons learned and ultimate rewards of publishing a book. Do you have a story to tell?

### **Sweetgrass Quilters**

The Sweetgrass Quilters meet on the first and third Tuesdays of each month at the Lakehouse from 12:00- 4:00 p.m. Since we convene at noon, members can feel free to bring their lunches and/or snacks with them. The business part of each meeting is during the first hour leaving the remaining time for members to work on quilting projects that sometimes are provided or what they bring with them. Last month's project, a guilted accordion pouch, was a great success and members were able to complete them at the meeting. Plans include having a Blockof-the-Month, Sew Days, and displaying our guilts at the Lakehouse. Due to the success of the trip to Painted Pony n Quilts, more trips are planned. Quilters at all levels (from "I want to learn to guilt." to "I've been guilting all of my life!") are always welcome at our Sweetgrass Quilters' meetings so please invite friends and new neighbors to come with you. Our tagline is "We don't collect dues. We just have fun!"





### First Baptist Church Richmond

502 S. Fifth Street, Downtown Richmond 281.342.8664 www.fbcrichmond.net (2 miles from Del Webb Sweetgrass)

### Thursdays at Del Webb Sweetgrass Lakehouse 10 am:

April 11 Bible Study April 25 Bible Study Bible Study May 9 May 23 Bible Study June 6 Bible Study June 20 Bible Study July 4 Bible Study Bible Study July 18

### Sundays at FBC Richmond:

9:00 am Bible Study for all ages

Worship 10:30 am

6:00 pm Adult Bible Study

### Wednesdays at FBC Richmond:

5:00 pm Church-wide Supper, August - May 6:00 pm Prayer Meeting, John Lockhart Youth Connect, Children's Activities

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John Lockhart, Pastor

Mark Moeller, Associate Pastor, Music & Worship Sandy Bills, Minister with Students and Families



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Code Nelson (Staff) conelson@ccmcnet.com

### Lakehouse Sub-Committee

Rudy Grossenbacher rudijg@gmail.com

### Lakes & Waterways Sub-Committee

Tony Evers smileitsonlyme@yahoo.com

### Communications Committee

Don Stewart sbcdonstewart@hotmail.com

### **Finance Committee**

Larry Girven soa@flash.net

### Health & Wellness Committee

Yvonne McQueen mcqueenyv@att.net

### Needs Assesment Committee

Rich Danelutti rich6104594701@att.net

### Purple Martin Committee

Andrew Farnum andrew 116@att.net

### **Safety Committee**

Greg Gibson gl.gibson49@gmail.com

### Emergency Management Sub-Committee

Jerry Brooks btexashome@yahoo.com

### **Social Committee**

Lee Roach roach.lee@gmail.com

### **Welcome Committee**

Richard and Peggy Norman ranpan1962@hotmail.com

### **Chartered Clubs**

### Alzheimers and Dementia Support

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### **Art at Sweetgrass**

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### **Book Club**

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### **Card Crafters**

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### **Dialog and Learning**

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Carolyn Dominjuez cfdtogo@gmail.com

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Maryann Metcalf d.metcalf@sbcglobal.net

### **Genealogy Club**

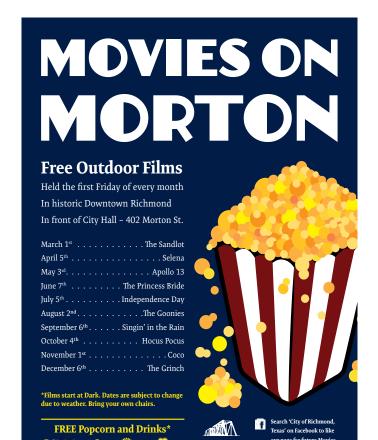
Terry Seaton trseato@me.com

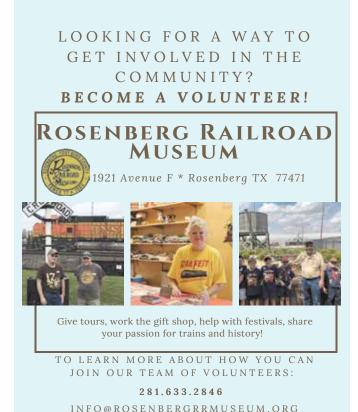
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### **Photography Club**

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### Pickleball

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### **Poker Club**

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### RV Club

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Al Ohliger hligaa@gmail.com

### Social Bridge

Charlotte Smith cksmith956@gmail.com

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### **Stamp Club**

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### Sweetgrass Golf Association

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### Sweetgrass Singles

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### Travel Club

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### **Veterans Club**

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### Women's Club

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# Special Interest Groups

### **Bible Study**

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### **Front Porch Democrats**

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### Havurah

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### Rabbs Bayou Investment Group

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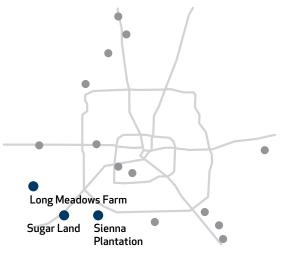
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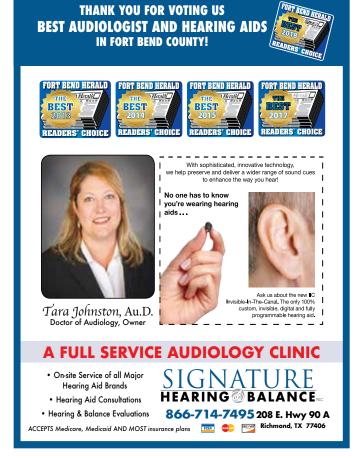
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This technology is helping thousands of patients with chronic pain who thought there was no hope, some even had prior surgery, says Dr. Dees.

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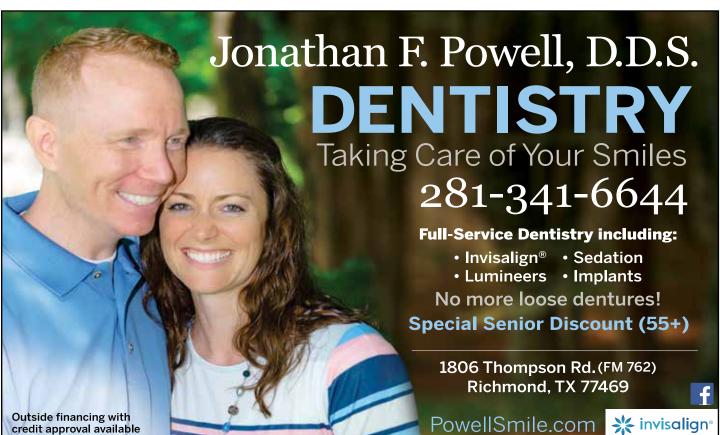
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