



THE LEBANON LANTERN

FALL 2024



IN THIS ISSUE

| | | | |
|----------------------------------------|----------|-------------------------------------------|--------------|
| Bingo Night Fun in the Boro | 2 | Towns & Townships Crossword | 9 |
| Check Out Our New Residents | 3 | Smart Patient Focus: Mental Health | 10 |
| Better Together at LBS | 4 | Property Maintenance Ordinance | 11 |
| News You Can Use | 6 | Thank You to Garden Club Sponsors | 12 |
| Rec Committee Fall Plans | 7 | Community Calendar | 14-15 |
| Music in the Park Photo Gallery | 8 | OEM Update: Storm Season | 16 |

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WELCOME TO OUR NEW RESIDENTS

Many thanks to the Garden Club for beautifying our town for the season!



CREATING A SOLID FOUNDATION AT LBS!

Dear Lebanon Borough Community,

THE past year at Lebanon Borough School was truly remarkable, filled with countless moments of inspiration and achievement. As I walked the halls and visited classrooms, I was consistently impressed by the dedication and hard work of our students and teachers. It's clear that we're nurturing future leaders, innovators, and critical thinkers.

The education our students receive here is a solid foundation for their future endeavors. We go beyond rote learning to foster curiosity, exploration, and critical thinking. Every interaction, from classroom discussions to extracurricular activities, contributes to a rich tapestry of experiences that will benefit our students throughout their lives.

As we embark on a new school year, I'm filled with excitement for the possibilities ahead. Learning is an adventure, and we are privileged to be our students' guides and cheerleaders. Each day offers a new opportunity to equip them with the skills they need to succeed. By investing in our students' education, we are not only preparing them for the future but also contributing to a brighter tomorrow for all. Here's to a year of growth, learning, and making a positive impact!

LBS Staff Changes

Mrs. Kelly Baker is our new Art Teacher. She comes to us from Califon School District where she teaches K-8 three days per week. She will be with us on Tuesdays this year.

Mr. Jeffrey VanNorman is our new daytime custodian. He comes to us from Warren Hills and has worked this summer to get to know the school building as he and Mr. Corso worked to prepare the school for students and staff. *(continued on page 5)*

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BETTER TOGETHER

(Continued from page 4)

Please take the opportunity to welcome our new staff when you have a chance. For those new to our district, please check out our staff and administration page on the district website at <http://www.lebanonschool.org/Administration-and-Staff>.

School Safety

As always safety is a top priority at LBS. Please note that all doors are locked at Lebanon Borough School and all visitors must enter through the main entrance. As always, we continue to run our monthly drills to ensure that all staff and students are safe. We ask that the community assist us in our efforts to keep our school community and our school building safe.

We have had some issues in the evening and off-hours with some trespassing on the roof and minor vandalism of the building and grounds. If you see something that looks suspicious during the evenings or weekends, please notify the police so that they can check the building.

School Theme

Our theme, **Better Together**, reflects our commitment to fostering strong connections within our school community. By connecting with classmates, families, teachers, and friends, we create a supportive environment that promotes learning and success.

In today's interconnected world, it's essential to understand the global nature of our society. Through our curriculum, teachers, and PTA, we strive to cultivate a deep understanding of these connections. Additionally, we recognize the importance of digital literacy. By teaching our students to use technology responsibly, productively, and safely, we equip them with valuable skills for both school and life. While technology can sometimes be daunting, it's our responsibility as adults to harness its potential as a learning tool and help students navigate the digital landscape without allowing them to stare at screens all day. The staff will be engaging in a study this year on this topic using the book **The Anxious Generation**.

Our goal is to create a school culture where parents, students, and teachers collaborate seamlessly in all aspects of education. I firmly believe that children's educational development is a shared responsibility. To achieve our vision, we need the active involvement of parents, teachers, and students alike.

Before and Aftercare

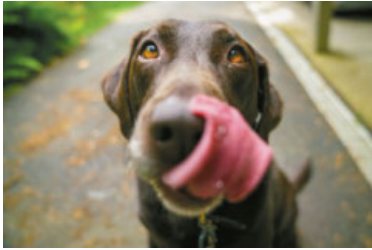
Just a reminder that Lebanon Borough School offers both **Before and Aftercare** through the YMCA. This affordable program has been well received by those who have taken advantage of it. If you are interested in the program please contact the main office for more information or check it out on our website [Before and Aftercare](#).

Better Together,
Bruce Arcurio, Ed.D.
Superintendent

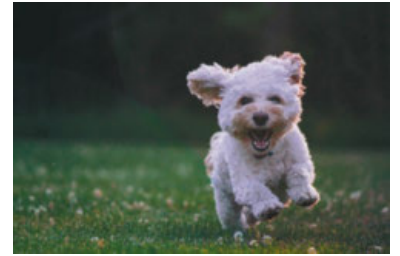


PLEASE KEEP THE BORO BEAUTIFUL

Curb Your Dog. That means the poop bag, too!



Proud of your pet? Let us know! The winter edition of the Lantern will include a photo gallery of resident pets. Send your photos to lantern@lebanonboro.com



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Thank You!



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IT'S GOING TO BE A BUSY, FUN FALL IN LEBANON!

THE Recreation Committee hopes everyone enjoyed our last few events and we look forward to seeing you at future events such as the **Townwide Yard Sale** on October 5, the **Halloween Party** on October 26, Santa's arrival in Lebanon and the Twelfth Night celebration in the park.

Check out the article on decluttering below for helpful hints on organization and decluttering just in time for the Townwide Yard Sale.

Back by popular demand is another recreation-sponsored puzzle. This time, it is a crossword puzzle of the towns and townships of Hunterdon County. Return your completed puzzles to Borough Hall and we will randomly pick three completed puzzles for a prize. It's on page 8. Make sure to put your name and address on the puzzle before handing it in. The deadline for turning in the puzzle is Friday, November 22.

Did you know that in the past 70+ years, the Recreation Committee held many diverse types of activities such as bake sales, arts and crafts shows, picnics in the park and car shows? Do any of these event sound like fun or do you have any suggestions for future events? We would love to hear from you.

If you have any questions or ideas for future recreation events or wish to volunteer at future events, please contact Lisa Porcello at lporcello@Lebanonboro.com.

FIVE REASONS TO DECLUTTER

IN today's fast-paced world, clutter has become an unwelcome companion in our lives. Whether it is the pile of papers on your desk, the overflowing closet, or the forgotten items in the garage, clutter can lead to feelings of stress and anxiety. Decluttering, the process of removing unnecessary items from our environments, not only creates physical space but also fosters mental clarity and emotional well-being.

What is Clutter?

Clutter can take many forms. It might be tangible items like clothes, books, and knick-knacks, or it could be digital clutter such as overflowing email inboxes and disorganized files. Clutter often accumulates when we hold onto things that no longer serve us, either due to sentimental attachment or the belief that we might need them in the future.

What are the Benefits of Decluttering?

- 1. Mental Clarity:** A cluttered space can lead to a cluttered mind. By decluttering, you create a more serene environment that promotes focus and productivity. Studies have shown that a tidy space can enhance creativity and reduce anxiety.
- 2. Increased Space:** Decluttering opens physical space in your home or workplace, making it more functional and easier to navigate. This newfound space can be used for activities you enjoy or for creating a more comfortable living area.
- 3. Easier Cleaning:** Less clutter means fewer things to clean around. A decluttered environment simplifies your cleaning routine, allowing you to maintain a tidy space with less effort.
- 4. Enhanced Decision-Making:** Decluttering encourages you to make decisions about what you truly value and need. This practice can extend beyond physical items, helping you make better choices in other areas of your life.
- 5. Emotional Release:** Letting go of items can be an emotional journey as well as liberating. Many people find that decluttering helps them release attachments to the past and move forward with a lighter heart.

(Continued on page 16)

MUSIC IN THE PARK FEATURING THE REEL TO REAL COUNTRY BAND

THANKS to SUNKEN SILO!

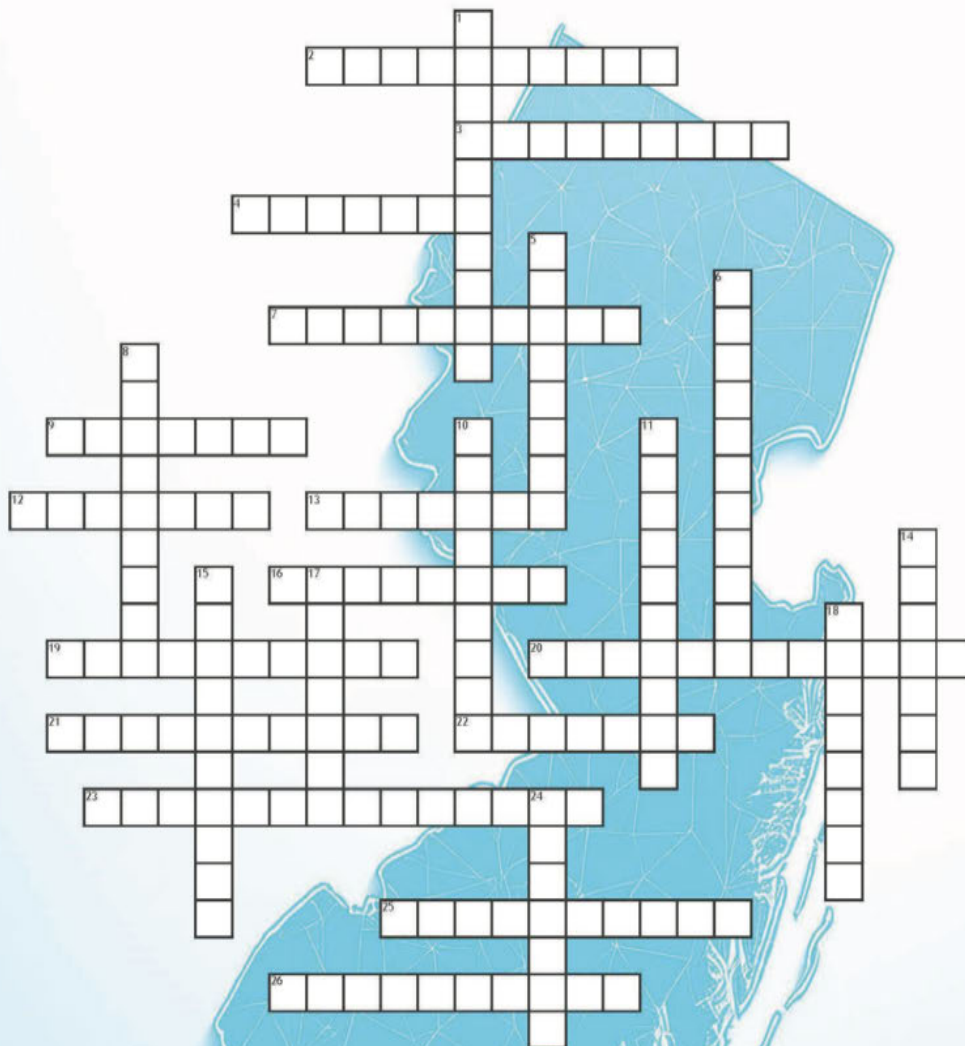


Photo: Lisa Porcello

Photos courtesy of:
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Name and Address:

Towns and Townships



Across

2. This township was the site of the Lindbergh baby kidnapping
3. This township has been one of the state's highest-income communities
4. This town was once called California
7. This town was settled by Quakers from Burlington County
9. This town is the oldest known settlement in Hunterdon County
12. This town is known for a picturesque red mill
13. This town is located on the banks of the Musconetcong River
16. This township was named for the inventor of bifocal glasses
19. This township was named for a surveyor who served as New Jersey Attorney General and owned 10,000 acres of land in the area in 1744

20. This town is a mecca for artists and tourists alike

21. The seat of Hunterdon County

22. This town sits across the Delaware River from Upper Black Eddy

23. This town has the oldest remaining covered bridge in New Jersey

25. This township is one of the southernmost townships of Hunterdon County

26. This town holds La Fete Nationale on Bastille Day

Down

1. From 1904 to 1916, this town was home to a famous amusement park named Bellewood Park

5. This town was named for a U.S. Senator who was instrumental in the creation of the Delaware and Raritan Canal

6. This town was named after two brothers who owned a chair and frame factory in the area

8. This town owes its existence to the construction of the main line of the Central Railroad of New Jersey in the early 1850s

10. This township has a biblical name

11. The third smallest municipality in Hunterdon County

14. There is a windmill located in this township

15. Covering more than 48 square miles, it is the largest township in the county

17. This township has the largest population in Hunterdon County

18. This township is one of the westernmost townships of Hunterdon County

24. The best town in Hunterdon County

THE SMART PATIENT: LET'S END THE MENTAL HEALTH STIGMA

EVERYONE has a bad day or goes through tough times. However, when someone exhibits signs of sadness or hopelessness, feels anxious, or is unable to manage their responsibilities over a period of time, it may indicate the start of a mental health condition.

Mental health disorders range from mild to severe. Severity can be gauged by how much a person's mental condition interferes with their ability to learn, work, laugh and love. Many people can benefit from simple lifestyle changes to alleviate symptoms, while others need more intensive intervention.

Every year, 18.5% of adults in the United States experience a mental illness, yet only 41% receive treatment. According to the National Council for Mental Wellbeing, most people will delay care, on average waiting 10 years before seeking help. Stigma is a huge barrier to people tending to their mental health needs. There is a great deal of misunderstanding about mental health conditions and as a society, we are still not comfortable talking about it. We need to debunk myths and increase knowledge to reduce stigma. We should be able to talk about our mental health as freely as we do our physical health.

When we think of giving first aid, we most likely think of attending to people who have had an accident or a medical incident. Techniques like applying pressure to a bleeding wound, splinting a limb, or performing CPR are skills one might learn in a first aid class. But what about giving first aid to someone who may be experiencing a mental health crisis? What do we do when we see behavior changes in a family member, friend, or neighbor?

The earlier one gets treatment, the less severe their condition is likely to become and the chance for recovery is higher. It encourages us to shift from judging behavior to trying to understand it. Underlying causes may include genetics, trauma, chemical imbalances, organic diseases, tumors, or a head injury. Telling someone to "get over it," change their perspective, or "be happy" does not work.

The good news is that help is here! 988, the three-digit, **National Mental Health Crisis Hotline** builds on the infrastructure of the **National Suicide Prevention Lifeline**, but with a broader directive to provide 24/7 phone or text support for anyone experiencing a mental health crisis or in need of suicide prevention services.

An individual in crisis, their family member, or even a bystander will be able to immediately reach a trained crisis counselor who can provide phone-based triage, support and local resources. If needed, the counselor can activate a mobile mental health crisis team called **Mobile Crisis Outreach Response Team**, or MCORT, that will arrive on site to deescalate the situation, provide brief therapeutic interventions, refer for outpatient follow up or transport the individual for further psychiatric evaluation. They even offer food, drink and hygiene supplies.

This approach can empower families to self-advocate for the right level of mental health care, including avoiding unnecessary Emergency Department visits, which are not typically designed to handle mental health crises and can further traumatize individuals and their families, and to initiate psychiatric assessment and treatment sooner. Emergency 911 dispatchers will also be able to re-route calls to 988 when appropriate, allowing law enforcement personnel to spend more time on their primary role of ensuring public safety. Also, 988 will help offer a middle option for individuals who need rapid linkage to care, including a psychiatric evaluation and initiation of treatment.

As the chair of the board of an organization that provides behavioral health services in 11 counties including Hunterdon, I believe this is a critically important step in increasing our mental health awareness and literacy, while addressing individual issues efficiently and effectively, without delay or stigma.

Councilwoman Marlene G. Baldinger, RN, ARM, CPHQ, CPHRM

If you have suggestions for future articles, please contact me at mbaldinger@lebanonboro.com.

BORO COUNCIL PASSES PROPERTY MAINTENANCE ORDINANCE

AFTER much discussion and research, the Borough Council recently passed a property maintenance ordinance in an effort to strengthen the community's commitment to and responsibility for the beauty of our town.

In addition, the ordinance will help protect the public health, safety and general welfare. Some of the provisions relate to:

- establishing minimum maintenance standards for properties in the borough;
- codifying the responsibilities of owners, tenants and occupants;
- providing for proper notification of violation of the ordinance;
- providing for penalties for violations of the ordinance.

The ordinance outlines guidelines for storing material and equipment, landscaping, general maintenance of property, storage of firewood, vermin control and the maintenance of driveways, sidewalks, walkways and entrance stairways.

The full text of the ordinance is available on the borough's website at lebanonboro.com

HOW DRY I AM

THIS summer has been difficult for the landscape. Long hot dry spells have put many plants and even mature trees in distress. It is sad to see, but what can we do? This type of weather causes a battle in your garden that you may not be aware of. It is easy to see when your lawn is hurting, however a little rain and it will green up. The same is not true for trees and shrubs.

Lawns have something in common with azaleas, rhododendrons, boxwoods, hollies, dogwoods and all varieties of maples. They all have shallow root systems. The similarities end there. Lawns like neutral soil PH while all the others prefer a more acidic soil. Lawns are very fond of sun while the others prefer some shade. When the weather turns hot and dry, they compete rigorously for the water in the first 24 inches of soil. That big maple in the middle of a lawn ends up with serious stress that can cause problems long term. A good soaking every 8-10 days can reduce the damage that this causes. Mulching your shrubs helps retain water in the soil by slowing evaporation. Consider a rain barrel to capture the water from your downspouts. The water from your dehumidifier and air conditioner can also be used, but not for plants you intend to eat.



Photo: Unsplash

Fall Plant Nursery Bargains

THIS is the time of year when nurseries begin to think about buttoning up for winter. They are therefore moving plants and trees inside before the frost comes. Fall is also a very good time to plant. In many cases, it's a better time than spring. While the plants are not blooming, plant prices are easier on the wallet. Cool nights and adequate rain give the roots just what they need to put out new roots. The roots will continue to grow after the leaves have gone, into at least mid-December. Mulch also helps, as it prevents evaporation caused by the dry winter winds and prevents frequent freezing and thawing of the soil which can damage the finer roots that absorb water.

Joe Hauck

THANK YOU FOR SUPPORTING THE GARDEN CLUB!

THE following businesses have generously donated to the Garden Club. Remember, shop local, and say "thanks!" next time you're at any of these local businesses.

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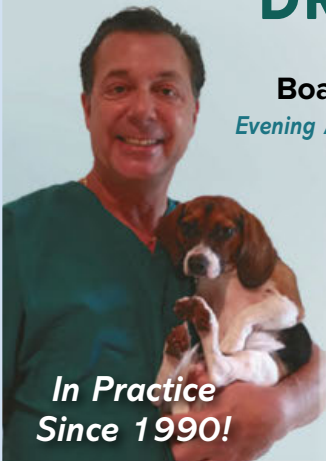
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UNION CEMETERY SCHEDULES CLEAN-UP DAY, ANNUAL MTG

TO keep the cemetery grounds attractive and accessible for maintenance, the **Union Cemetery Association** has scheduled a cleanup day for Sunday, **Nov 10** beginning at 1 p.m. Please double-check the website (<https://www.unioncemeteryoflebanon.org>) for potential changes to the schedule.

Per the association's rules and regulations, cleanup will include removal of worn artificial flowers, old vegetation, bricks or fencing, broken mementos, or other items that could impede the flow of maintenance services. Please remove any items of sentimental value before that time.

The cemetery association's annual meeting will be held Tuesday, **Nov. 19** at 7 p.m. at **Round Valley United Methodist Church** on Main Street. The public is welcome and encouraged to attend.

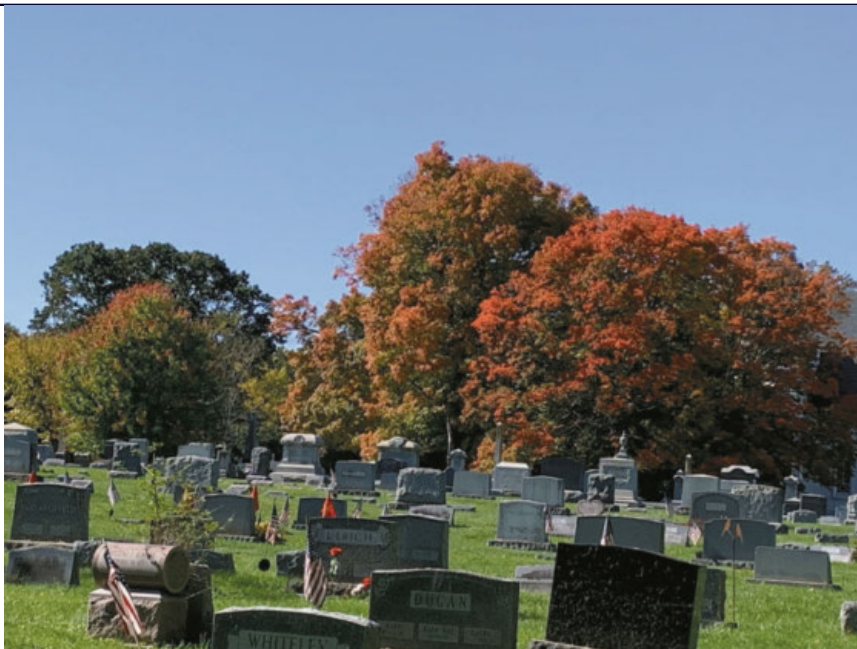


Photo: Beth Crawford

YOUR DRIVING RETIREMENT: PLAN AHEAD FOR SUCCESS!



WHEN it's time to consider "retiring" from driving, creating a driving retirement plan can help you adjust to this new life transition, just like planning retirement from work.

Making a transportation plan will help you stay mobile and engaged in the community. You may not be behind the wheel as a driver, but you can still maintain your independence and meet your transportation needs in the years ahead.

When you create a plan for a time that you may need to stop driving, you have control over how you live your life outside of the driver's seat.

goHunterdon, the local non-profit organization dedicated to transportation safety, mobility, and sustainability, offers a "Your Driving Retirement Plan: Plan Ahead for Success" presentation to senior community groups, free of charge. The hour-long session will walk participants through how to continue to drive safely, what to consider when deciding when it may be time to limit driving, and how to plan for when you decide it is time to give up the keys completely. The presentation features real life scenarios and travel options for seniors to continue to meet their daily needs in their "driving retirement."

Contact **Tara Shepherd**, goHunterdon Executive Director, at tshpherd@gohunterdon.org or 908-930-9053.

(Photos: iStock)



COMMUNITY CALENDAR

October

All meetings are held at Borough Hall unless otherwise noted.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------|---------------------------|---------------------------------|-----------------------------|-----|------------------------------------|
| | | 1 Senior Exercise 1 p.m. | 2 Senior Game Day 1 p.m. | 3 Enviro/ Shade Tree 5 p.m. | 4 | 5 Yard Sale 8 a.m.-3 p.m. |
| 6 | 7 Senior Bingo 1 p.m. | 8 Land Use Board 7 p.m. | 9 Bulk Pickup | 10 | 11 | 12 Scarecrow Fest 10 a.m. The Park |
| 13 | 14 | 15 Senior Exercise 1 p.m. | 16 Senior Game Day Council 7:30 | 17 LBSA 7:30 p.m. | 18 | 19 |
| 20 | 21 Senior Bingo 1 p.m. | 22 | 23 Rec 6 p.m. | 24 | 25 | 26 Halloween Festival |
| 27 | 28 | 29 | 30 | 31 Trick or Treat | | |


November

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|-----|------------------------|---------------------------|---------------------------|--------------------------------------------------------------------------------------|-----|-----|
| | | | | | 1 | 2 |
| 3 | 4 Senior Bingo 1 p.m. | 5 Senior Exercise 1 p.m. | 6 Senior Game Day 1 p.m. | 7 Enviro/ Shade Tree 5 p.m. | 8 | 9 |
| 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 17 | 18 Senior Bingo 1 p.m. | 19 Senior Exercise 1 p.m. | 20 Senior Game Day 1 p.m. | 21 LBSA 7:30 p.m. | 22 | 23 |
| 24 | 25 Boro Council 7:30 | 26 | 27 |  | 29 | 30 |

COMMUNITY CALENDAR

December

Note: All meetings are held at Borough Hall unless otherwise noted.

| Sun | Mon | Tue | Wed | Thu | Fri | Sat |
|------------------|------------------------|---------------------------|--------------------------------------------------------------------------------------|-----------------------------|-----|-----|
| 1 | 2 Senior Bingo 1 p.m. | 3 Senior Exercise 1 p.m. | 4 Senior Game Day 1 p.m. | 5 Enviro/ Shade Tree 5 p.m. | 6 | 7 |
| 8 Santa Arrives! | 9 | 10 Land Use Board, 7 p.m. | 11 | 12 | 13 | 14 |
| 15 | 16 Senior Bingo 1 p.m. | 17 Senior Exercise 1 p.m. | 18 Senior Game Day Council 7:30 | 19 LBSA 7:30 p.m. | 20 | 21 |
| 22 | 23 | 24 | 25  | 26 | 27 | 28 |



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TROPICAL STORM AND HURRICANE SEASON SAFETY TIPS

THE April earthquake had no effect on the dams and dike of Round Valley and we can rest easily.

As you receive this issue of the Lantern, we are now into hurricane and tropical storm season. These weather fronts can have a serious affect on our lives and properties and there are precautions that you should take. The following lists should serve as a reminder in the prevention of unfortunate situations.

First, when these storms bring heavy rains and flooding in Hunterdon County, the following tips can prevent serious conditions.

- When driving, turn around don't drown in swift water flooding. Also, roadway washout cannot be seen, and vehicle damage could be the result.
- Park cars from under trees.
- Clean gutters and obtain plastic pipe to extend leaders that take water away from foundations.
- Walking in flooded basements with electric outlets can be fatal.
- Pumping basements due to deep water conditions can be a disaster since hydraulic outside pressure can push in the foundation.

With rain comes the heavy winds that usually are destructive, and the following can help prevent unfortunate results.

- Have trees evaluated and trimmed when practical.
- Move items such as lawn furniture, grills, trampolines etc.; from under trees.
- Remove flags.
- Remove porch furnishings

Well, here's hoping that the storms stay south and leave us alone, since I have a good feeling about the fall weather and relative conditions.

Enjoy the fall weather and your neighbors.

O.E.M Coordinator,
Lex Saharic

SIX TIPS FOR EFFECTIVE DECLUTTERING

(continued from page 7)

1. **Start Small:** Choose one area to declutter, such as a drawer or a single shelf. Starting small makes the task less daunting and helps build momentum.
2. **Use the Four-Box Method:** Label four boxes as Keep, Donate, Trash, and Relocate. As you go through your items, place them into these boxes to help you make decisions more easily.
3. **Set a Timer:** Allocate a specific amount of time for decluttering, such as 15 or 30 minutes. This can help you stay focused and avoid feeling overwhelmed.
4. **Follow the One-Year Rule:** If you have not used an item in the past year, consider letting it go. This rule can help you assess the value of items in your life.
5. **Digitize:** For items like documents and photos, consider digitizing them to reduce physical clutter. This also makes them easier to organize and access.
6. **Make Decluttering a Habit:** Incorporate decluttering into your routine. Set aside time to reassess your belongings and maintain a clutter-free environment.

By Lisa Porcello

GOHUNTERDON: A 'BUSLOAD' OF TRAVEL AND COMMUTING SERVICES

goHunterdon, a local non-profit organization dedicated to promoting safe and sustainable transportation in Hunterdon County, offers a free Travel Training program designed to support the independent travel of older adults. This program provides information, training, and assistance on local transportation services.

Travel training is an excellent option for those who are new to the community, have never driven, recently decided to stop driving, or those who are unfamiliar with public transportation.

The program focuses on helping seniors navigate the **Hunterdon County LINK Transportation System**, ensuring they can maintain their independence and travel safely and confidently to meet daily needs, such as grocery shopping, medical appointments, or getting to senior center activities.

goHunterdon staff are available to provide training either in person or over the phone. The training covers how to read **LINK** bus timetables, planning a trip using LINK fixed route service, how to contact the LINK Dispatch office to request curb-to-curb service, and what to expect while riding the bus. Staff members will even accompany you on a LINK bus ride!

Training sessions can be arranged individually or in small groups (feel free to include friends or family!).

For more information, contact goHunterdon at 908-788-5553.



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LEBANON RECYCLING CALENDAR

Shaded dates are pick-up dates.

Bulk pick-up is scheduled for Oct. 9

| October | | | | | | | November | | | | | | | December | | | | | | |
|---------|----|----|----|----|----|----|----------|----|----|----|----|----|----|----------|----|----|----|----|----|----|
| Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa | Su | Mo | Tu | We | Th | Fr | Sa |
| | | 1 | 2 | 3 | 4 | 5 | | | | | | 1 | 2 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 6 | 7 | 8 | 9 | 10 | 11 | 12 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 13 | 14 | 15 | 16 | 17 | 18 | 19 | 10 | 11 | 12 | 13 | 14 | 15 | 16 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 20 | 21 | 22 | 23 | 24 | 25 | 26 | 17 | 18 | 19 | 20 | 21 | 22 | 23 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 27 | 28 | 29 | 30 | 31 | | | 24 | 25 | 26 | 27 | 28 | 29 | 30 | 29 | 30 | 31 | | | | |

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Lebanon Borough Governing Body

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