

# Orangevale View

Serving Orangevale, Citrus Heights, Fair Oaks and Folsom

## COMMEMORATE THE 9/11 NATIONAL DAY OF SERVICE

September 11, 2001. A day that could be remembered solely for the tragedy and the disbelief we experienced together as a nation, yet so individually through our television screens, over and over again as the images replayed. Yet, there were also the helpers, those who brought unity, love and even song on the Capital steps in the wake of the billowing dust, ash and loss. There were the helpers.

Born out of the tragedy of Sept. 11, David Paine and others made a decision. A decision on what they would remember and what they would do. Of who they would be and who they would become because of that day.

"We wanted to make sure the terrorists didn't have the last word in forever defining for generations how America would remember and observe 9/11," said Paine, co-founder of MyGoodDeed and the 9/11 National Day of Service and Remembrance. "We wanted instead to honor the victims and those who rose in service by keeping alive the spirit of unity and service that arose in the immediate aftermath of the September 11 attacks."

In 2011, in observance of the 10th anniversary of the September 11 attacks, MyGoodDeed joined with other national service organizations in helping to organize what was then considered to be the largest day of charitable service in U.S. history, with more than 30 million Americans participating.

In 2021 that initiative to do good in the face of tragedy continues in our own communities in various forms of charitable service, including volunteering, donations to charities, and simple good deeds. A hero is the one who sees a need, and fills it for their neighbor. Just because it needed to be done. Just to serve.

Nelson Mandela stated "Sometimes, it falls upon a generation to be great. You can be that great generation. Let your greatness blossom." This generation, this one right now in 2021, right her in Orangevale, Fair Oaks, Citrus Heights, Folsom, Antelope, Sacramento. This is the generation that can bloom right out of the challenges wrought in 2020 and into 2021. As we unite, build, rebuild, heal, lift, serve – together.

Paines good friend Jay Winuk lost his younger

CONTINUED PAGE 2

### Orangevale Summer Nights SEPTEMBER 10TH 6PM

FREE Family Friendly Outdoor Concert brought to you by the Orangevale-Fair Oaks Community Foundation and sponsored by Freedom Insurance Services, Inc.

6-9pm at the Grange on Walnut Ave in Orangevale.

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BOW WOW Days will quickly become an Orangevale tradition for all pet lovers. On Saturday, September 25th from 10am – 3pm at the Orangevale Community Park located at 7301 Filbert Ave. this FREE and family fun event will provide many surprises throughout to keep your tails wagging.

Come support over 60+ vendors and non-profit organizations including exclusive event sponsor Friends of Front Street Shelter who will be showcasing some adoptable furry friends who are ready to become part of your forever home. Other organizations like Almost Home 4ever, Animal Rescue League, Canine Companions, Effie Yeaw Nature Center, Golden Gate Basset Rescue, Gunter's Legacy Animal Rescue, Inc., Hope for Horses, Inc., Norcal Golden Retriever Rescue, RRUFF, Sacramento Shelter Pets Alive, Sacramento SPCA, ShepHeroes, Whisker Warriors Animal Defense Fund, Yolo County Spay And Neuter Group, Northern California Herpetological Society and many, many more will also have pet education information, and details for pets of all kind.

While strolling along with your pet (must be on leash) stop by our event sponsor Rebel Rhythm Cycle's booth who will be sharing how to keep you and your pets healthy and strong in a fun way. You'll also enjoy the live music of Billy Williams Acoustic, delicious food trucks, local crafters, and businesses who have a thing or two for pets and their humans.

What else can you expect at this PETacular event? Bring a donation of pet food to the Helping Hands OV booth and be entered for the chance to win a \$100 gift card.

Sign up for a no obligation quote with State Farm Agent Katie Yount, and for each quote she will be donating \$10 to local shelters. Pet lovers Palmer Real Estate and Grocery Outlet will be handing out some prizes to drool over.

For even more excitement, stop by one of the photography booths for PETacular photo of your pet or enter your pet in one of the many events for a chance to win some PAWsome prizes. Does your dog have a need for speed? Sign them up for the Chihuahua Races, Weenie Races or Running

with the Bull (English or French dogs). Maybe your pet is more of a fashionista? Show off their couture in the costume contest. Does your pet have a special talent and is ready to flaunt their skills? Let your pet do their best to impress our judges. Register for all activities at [www.bowwowdays.com](http://www.bowwowdays.com)

BOW WOW DAYS is produced in partnership with All Events Management Group and Helping Hands OV. For more information about the event. Feel free to email [info@bowwowdays.com](mailto:info@bowwowdays.com)

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# ABOUT THE VIEW



## ABOUT THE ORANGEVALE VIEW

The "Orangevale View" – the ultimate, award-winning community newspaper – serves Orangevale and surrounding areas, including Fair Oaks, Citrus Heights, and Folsom, CA. With a present estimated readership of more than 37,000, this FREE paper grows with every issue. It is delivered twice a month to at least 15,000 residents' homes and to more than 100 high traffic locations.

The views and opinions printed within are not necessarily those of Publisher Brad Tatum or the Orangevale View staff. Rather, the views and opinions expressed are those of each individual contributor.

### SUBMISSION POLICIES:

Submissions from you, our readers, are always welcome, for this is YOUR newspaper. We await school, church, or sports team materials, anniversaries, births, special occasions, memorials, or other items of interest. Donations are encouraged and accepted for anniversaries, births, and other special milestones and announcements. Publication is at the discretion of the Orangevale View staff.

Requirements are simple:

- (1) Acknowledge that either you are the author or you have permission to publish from the original author;
- (2) Articles should not exceed 300 words. We like Community Calendar items of 45 words or less.
- (3) Format: Microsoft Word format with photos at least 300 dpi JPEG or PDF. Please use this format so we do not have to send your work back to you for corrections.
- (4) The View does not verify the accuracy of your submissions, and in some cases, dates and information are subject to change.
- (5) Please email submissions, to YOUR newspaper. The email address is editor@ovview.com. It is you, our contributors, readers and advertisers who make the Orangevale View a newspaper you want to read.

### STAFF:

Brad Tatum -  
Publisher/Advertising  
Lisa Montes -Editor

### VOLUNTEER CONTRIBUTORS

Brandy Wade  
Suzanne Feblowitz  
MaryAnne Povey

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DEC 2021

DEADLINE WED. NOV 27  
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## CONTINUED FROM FRONT PAGE 9/11

brother Glenn J. Winuk, an attorney at Holland & Knight LLP, and a volunteer firefighter affiliated with the Jericho Fire Department, in the rescue efforts when the South Tower of the Trade Center collapsed. He remembers his brother by how he answered the call to help. Grassroots Americans in their own communities can answer a similar call to again step up, again and again committing to respond when they see a need. Even if it's inconvenient. Even if it requires forgiveness. To bring unity and healing by serving.

There are those who see and do. There are those who see and want to do, but don't know how. And there are organizations for nearly every need. If you know where to look. Organizations like JustServe.org and HandsOn Sacramento (www.handsonsacto.org) bring those who want to help to those who need the help, by hosting a network of community organizations and service opportunities on their websites.

As the communities of the greater Sacramento Area, will we stand up to just serve, to just lift, to just unite and build a greater community, a greater tomorrow. Will you?

Let us be that be that greater generation that not only remembers the responders of 9/11, but also sees and remembers their neighbors right at hand, remembers and sees the difficulties of the past two years with an eye of understanding, and remembers the times they have been lifted, so they can lift another.

For more information on how to serve, visit:

JustServe.org or HandOn Sacramento, www.handsonsacto.org

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### KATHY AND BILL COOK FOUNDERS OF CH MARCHING BAND

Citrus Heights Community Marching Band Mourns Loss of Founder Kathy Cook

By MaryAnne Povey

The community has lost an icon. After a long, hard fought battle with cancer, Citrus Heights Community Marching Band (CHCMB), Founder and Program Director, Kathy Cook passed on August 25, 2021.

“Next to her dedication to her husband of 51 years and fellow Program Director Bill Cook, The Citrus Heights Community Marching Band was Kathy’s finest achievement,” said Band Director, Kody Tickner.

Kathy and her husband Bill launched the community marching band back in 2005, bringing together musicians of all ages ranging from age 7 to 70. The band is well known for its performances throughout the community such as the Pow Wow Days

Parade, and Casa Football games as well as throughout the Sacramento region.

While hearts are heavy from the tremendous loss to the community, comfort comes from the great legacy she leaves behind. After a recent band gathering paying trib-



*Kathy’s husband of 51 years by the new sign of the new performing arts center*

ute to Kathy, Band Director Kody Tickner shared this, “It was a momentous occasion as Executive director Bill Cook unveiled the crowning achievement of his 55+ year career in construction; a new home for the Citrus Heights Community Marching Band.”

The new 3400 square foot facility, located at 8436 Jewel Way, Citrus Heights, will be a permanent home for the organization, donated in full by Bill and Kathy Cook. In their honor, the facility has been named The Bill and Kathy Cook Performing Arts Center. The band will host its first practice on September 13, 2021.

County Supervisor Sue Frost had this to say about the impact Kathy had on others,

“Kathy Cook has always been the kindest soul and an inspirational leader who somehow engaged young and old in the joys of music and life. She will forever be remembered by me as the mother of joyful music in our Citrus Heights Community. She has always been loved by all and will be sorely missed.”

# YOU CAN HELP THEM PLAY

## OV SOCCER, WITH NO REFEREES? CALLING ALL SOCCER FANS 13 YRS AND UP. REFS NEEDED IMMEDIATELY SO OUR KIDS CAN PLAY.

"For the love of the game." A local tag-line familiar to players in the Orangevale Youth Soccer League. But a game without referees?

California North Referee Administration is currently short referees to the tune of 66%. With 15,000 referees available to communities in 2019, they have just over 1,500 certified refs for 2021, in a soccer season that has already begun.

"We are possibly facing games with no officials," wrote Scott Taylor, referee training coordinator for the OYSC. "Without proper officiating, we are all going to see a very different kind of year. The worst part of no officials is no games. This is kind of an emergency."

Taylor appeals any fan of soccer to sign up to ref. "Teens can start refing at 13. So get the teens, your neighbors, your social circle friends, your grandparents, your kid's schoolmates and their parents to get on board. It's a FUN job and we pay well!"

While recreational soccer clubs are run by volunteers, the referees are a paid position, contracted and certified through California North Referee Administration. One of the largest referee administrations in the world, CNRA certifies referees with a national license that can be used

anywhere at any club. Taylor says Orangevale stands out the best place to ref. While OYSC will reimburse the refs training costs after refereeing 2 home games and pay a higher pay scale, Taylor says "There's one thing that sets Orangevale apart. I've been in the game for a long time, from all sides as a parent, as a coach, as referee," Taylor explains.

"I can say from experience: Nobody shepherds, mentors, and build up our refs like we do. Our referee program is focused on the youth. We really get to know them, build them up, encourage them, stand by them. Prepare and watch for when they are ready to center ref. We mentor and guide in a meticulous individual way. We build their confidence. We are vested in these youth. They are our future in the game."

Taylor describes refereeing in Orangevale as the third team on the field. "The referees in Orangevale – we take our job seriously. We work as a team, a team of officials supporting the teams on the field, to make it the best game, a fair game, a game where we learn as we play and play well."

Taylor says referees also work and encourage the players. "Especially with the little one, really they are just playing. The coaches are coaching. The players are playing. And the referees, we are the rules coach. We encourage the players, teaching them the rules as they play."

For parents who might have concern with their teenager being the person in charge at a soccer game, Taylor is passionate

about the protecting them and building their confidence. "We really do protect our young refs. They are teamed up with older refs. We will not tolerate a coach or parent who goes off on a ref, especially a young ref. These younger kids need to feel that strength and support. And they do."

Some families make refereeing a family event. Parents coming with their kids to a class so they can referee as a team during the season.

Parents and players are just as anxious to find referees as Taylor is.

"We encourage our kids as they do sports because of the experience they have, being part of a team, overcoming disappointment, learning to work hard and feel the joy of accomplishing hard things. The officials are a significant part of that," says Patsy McGavock, parent of four OVYC players and coach to her youngest daughters under 8 year old team.

"Don't overlook the opportunity," chimes in another parent sitting next to McGavock at their U12 girls practice. "Don't overlook the opportunity to be a part of your community where you can support our young people."

"It is a challenging job. Yet is really is rewarding," concludes Taylor. "Especially if you love the game of soccer. It's a view of the game that very few people get. You're in a position of authority in the game, and when you take the job seriously, is it so rewarding. And it's fun. It really is."

"We do this for the love of the game. We officiate. We respect the rules of the game. Because that is where the game is at."

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Contacts: Scott Taylor, OYSC Referee Training Coordinator  
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Contact: Larry (refereeassignor@ovalesoccer.org).

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# SPIN FOR SUPPORT



Loyal 2 Local of the Orangevale Woman's Club sure knows how to spread the love! Loyal 2 Local attended the Orangevale Summer Nights Concert to give away a chance to win gift cards to our beloved Orangevale restaurants. A total of \$500 worth of gift cards were given out in 1.5 hours! Approximately 20 restaurants were featured, all gift cards were valued at \$5 dollars to \$20 dollars each. Other items such as the Orangevale Woman's Club's cookbooks, bowling coupons, and raffle tickets to the OVWC's raffles were won when you came to spin the wheel.

Overall, the community was very excited to try new restaurants or revisit their favorite place in town! Without the Orangevale Fair Oaks Foundation Grant, the Loyal 2 Local Committee would not have been able to support as many restaurants as they did. A big thank you to the volunteers who made the event possible and to all who have continued to help

keep Orangevale restaurants in the community. For those interested in joining the Orangevale

Woman's Club, visit their website at [www.orangevalewomensclub.org](http://www.orangevalewomensclub.org)

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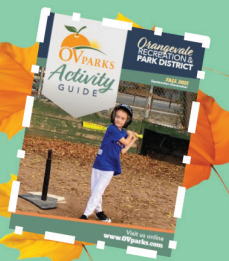
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**ORANGEVALE COOKS** BY *Suzanne Feblowitz*



Have you been tempted to pick out a salad at the deli case of the grocery store? It is tempting and it is quick, but it can be expensive. You can whip up a broccoli salad for a fraction of the cost of the deli version. You also get a fresher and better salad. I am sharing my recipe for broccoli salad that I received a long time ago from my former neighbor.

If you would like to share a favorite quick and easy recipe, please send a copy to Suzanne Feblowitz at the Orangevale View (editor@ovview.com). Be sure to include your phone number or email with your recipe in case we need to contact you. If you wish to remain anonymous, just let us know and we will omit your name.

**BROCCOLI SALAD**

- 2 large heads of broccoli crowns
- 1 cup sunflower seeds
- 1/2 cup raisins

- 8-10 strips cooked bacon, crumbled
- 1/2 red onion, chopped

**Dressing:**

- 1 cup mayonnaise
- 2 TBSP red wine vinegar
- 1/4 cup granulated sugar
- 1 dash Tabasco Sauce, optional

Mix ingredients for dressing together and set aside. Wash broccoli, trim cut ends and then pull apart crowns into bite sized pieces- like mini trees. Place broccoli in a large bowl and then add other ingredients. Toss with dressing and serve.

I have another recipe for broccoli salad that uses Spanish peanuts instead of the sunflower seeds, green onions instead of red and the addition of chopped celery and sliced water chestnuts. The combinations are endless! Enjoy.

**BREAKFAST AT THE GRANGE SUNDAY SEPT. 12th**

Celebrating Grandparents Day with Link Sausages! Starting September 12th we will have our new Breakfast Menu and new pricing. Breakfast is still from 8:00 a.m. to 10:30 a.m. We have tried to hold off increasing our Grange Breakfast for many years. This last year took a toll on many Restaurants and businesses. We find that with the increased cost of items that we buy for our monthly Grange Breakfast that we need to increase and reorganize our breakfast menu. Our Regular Breakfast is \$7.00 - Scrambled Eggs, Meat & all you can eat Blueberry Pancakes. For \$2.00 more you can choose: Hearty Plus Breakfast - our

Regular Breakfast plus our famous Biscuits & Gravy OR French Toast, for just \$9.



**DID YOU SAY CHICKEN FEST??**

On Saturday, September 18th from 7:30 a.m. to 10:00 a.m. we are happy to be serving Breakfast at the Orangevale Grange for the Annual Fair Oaks Chicken Fest. We will miss seeing the chickens running around but are looking forward to serving our famous Biscuits & Gravy twice in September. We will not offer French Toast at this breakfast, only our 2nd Sunday breakfast. Thank you for supporting the Orangevale Grange and the Fair Oaks Chicken Fest

**Food Truck Friday's are back!!!**

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# Local SPORTS

## CASA ROBLE BASEBALL SCHEDULE

Tuesday September 14th  
Lincoln vs Casa Roble 4:00 pm

Tuesday September 28th El Camino vs Casa Roble 4:00 pm

Thursday September 30th Folsom vs Casa Roble 4:00 pm

Tuesday October 5th Vista del Lago vs Casa Roble 4:00 pm

Tuesday October 12th Argonaut vs Casa Roble 4:00 pm



Submitted by M. Povey and Photos by Time Engle

## CASA ROBLE RAMS PAID TRIBUTE TO FALLEN SOLDIERS

The Casa Roble Rams paid tribute to the 13 fallen soldiers at Friday Night's game against

the Vista Eagles. Although it was a hard fought game, the Casa Rams came up short in the final quarter, ending with a 48-40 loss to the Eagles. The Casa Rams play at home against Oakmont on September 17th. If you can't make to the game, watch it live streamed on Orangevale Live's Facebook page. Go Rams!



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**ORANGEVALE**  
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### COMMUNITY SHRED EVENT!

Last year we scheduled a community shred event that eventually was cancelled due to the unknowns of COVID. We have finally been able to schedule this event in partnership with the Orangevale Parks and Rec as well as the Orangevale Farmer's Market. Join us on Thursday, September 16th between 3:00 p.m. and 6:00 p.m. at the OV Community Center during the Farmer's Market. \$5 minimum donation requested per box and donations will go to the Orangevale-Fair Oaks Food Bank. Watch as your documents are shredded then enjoy the wonderful vendors and live music at the Farmer's Market.

Event sponsors include:  
The Orangevale Farmer's Market

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For questions about this event, please contact Luz Johnson's office at 916.860.7035.

all to see and remember those who lost their lives.

"I was literally moved to tears when Dezy kissed the flag, stepped back and saluted. He has so much love and respect for our country and our flag," said community volunteer Monica Sjolín, "The display for our fallen soldiers was im-



portant and necessary. I'm so proud of our town to recognize their sacrifice."

The next and final Food Truck Friday will be held on October 1st, from 5:30 - 7:30 at 9346 Greenback Lane. All are welcome

Photos by Monica Sjolín and article by M. Povey

A Memorable September Food Truck Friday

The community came together for another great Food Truck Friday held at the Downtown Plaza on the first Friday of September. In addition to the usual food trucks and vendors, this month's event included a very special tribute to our 13 fallen soldiers, a visit from Assemblyman Kevin Kiley and a live music performance by Billy Williams Acoustics.

Dezy, an Army veteran/owner of Dezy's Beef, Bread and Beer, put out a memorial display for

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## BALLOT DROP BOXES

### Sacramento Public Library to offer ballot drop boxes at 26 locations

Sacramento County voters can drop off completed ballot envelopes at 26 locations during regular hours of operation through September 14.

"Sacramento Public Library has been proud to support every election since 2014 by providing safe and convenient options for voters," said Library Deputy Director Cathy Crosthwaite. "In our first year, we started with a just few drop box locations for mail-in voters. It is crucial for the library to support our community in taking civic action."

Ballot Drop Boxes  
Arcade, Arden-Dimick, Belle Cooledge, Carmichael, Central, Colonial Heights, Del Paso, Elk Grove, Franklin, Fair Oaks, Galt-Marian O. Lawrence, Isleton, Martin Luther King, Jr., McKinley, Nonie-Wetzel Courtland, North Highlands-Antelope, North Natomas, Orangevale, Rio Linda, Robbie Waters Pocket-Greenhaven, Southgate, South Natomas, Sylvan Oaks, Valley Hi-North Laguna, and Walnut Grove locations. The drop box at Rancho Cordova library will be available starting August 18. Ella K. McClatchy and North Sacramento-Hagginwood are not ballot drop box locations.

Vote Centers  
The following locations will serve as in-person vote centers starting September 11: North Natomas, Robbie Waters Pocket-Greenhaven, South Natomas, Valley-Hi North Laguna and Walnut Grove. Drop boxes will also be available for mail-in voters. Vote center hours on September 11 - 13 are 9 a.m. to 5 p.m. Vote centers will be open from 7 a.m. to 8 p.m. on September 14.

For more information about voting at the library, visit [www.saclibrary.org/vote](http://www.saclibrary.org/vote) or call customer service at (916) 264-2920.

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## YARD SALE

Sept 13/14/15/ no Sat/or/Sun I work those days Fish tank / Shopping Cart / lighted corner curio/ electric fireplace/ Hutch / hand knit/ hats/scarfs/blankets/ children tapes/ knitting needles etc. 9119 Central Ave, Orangevale 95662

## HELP WANTED

We are seeking a Sales Associate to join our team! The insurance industry offers high-income potential and continues strong during recessions or other challenging events. Mentoring program available for new associates. Responsibilities: •Present and sell company insurance products and services to local business owners •Prospect and contact potential customers •Reach agreed upon sales targets by the deadline •Resolve customer inquiries and complaints •Set follow-up appointments to keep customers aware of latest developments •Create sales material to present to customers Qualifications: •Ability to build rapport with clients •Strong negotiation skills •Deadline and detail-orientet •Applicant must meet all HR pre-hire requirements Bozzuto & Company Insurance Svcs. Inc. 9300 Madison Ave. Suite 100, Orangevale CA 95662 P: 800.400.6394 | License OC77495

## HELP WANTED

**Plumbers Needed Immediately,**  
**Competitive Wages** Chapman's Legacy Plumbing is taking applications for full-time plumbers. No experience necessary, experience a plus. Will Train. Must be 18+ years old and hold a valid CA driver's license and have a clean record. Must be able to lift 50+ lbs. Mechanically inclined persons are encouraged to apply. Benefits after 90-days. For an application call 916-869-6606 or 916-600-5569

Lawn care worker part time Mon-Fri. Call John 916-585-6949



### BLOOMING DEALS

Consignment Boutique

6231 Main Avenue  
Orangevale, CA 95662  
Phone: 916-988-8662  
Tues-Sat 11AM-5 PM  
[bloomingdealscb@yahoo.com](mailto:bloomingdealscb@yahoo.com)

**5 TIME BEST OF ORANGEVALE WINNER**

FURNITURE~DECOR~CLOTHING~JEWELRY~COINS~ESTATES



*We are there when you need help*

## ROADSIDE SERVICE

- VEHICLE LOCK OUT
- JUMP STARTS
- TIRE CHANGES
- BATTERY INSTALLS
- FUEL DELIVERY

**CALL 916 728-0364**

MOBILE MECHANIC

# GOLDEN AIRE

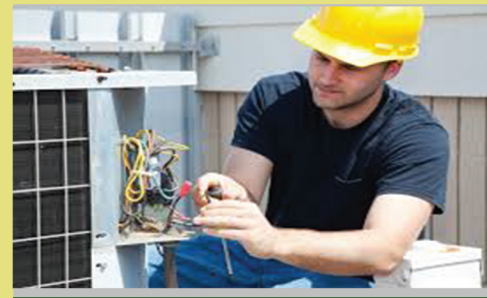
## HEATING AND AIR CONDITIONING



**ROOM CONDITIONING**



**MAINTENANCE CHECK-UP**



**INSTALL AND REPAIR**

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- EPA REFRIGERANT HANDLING CERTIFIED • QUALIFIED DUCT TESTING & SEALING CF-6R COMPLIANCE • A SMUD PARTICIPATING CONTRACTOR
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