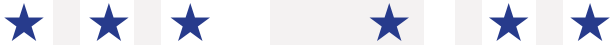


PSRC BENEFIT EVENT



PSRC FALL FUNDRAISER

**AN EVENING WITH SENATOR
AND SATURDAY NIGHT LIVE ALUMNUS
AL FRANKEN**

SATURDAY, OCTOBER 17 AT 7:30 P.M.



princetonsenior.org

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Welcome to An Evening with Senator Al Franken

On behalf of the Princeton Senior Resource Center I am pleased to welcome you to the fall fundraising event with Senator Al Franken. As a community nonprofit, your generosity enables and empowers PSRC to offer critical programs and social services to older adults and their families across the greater Princeton area. We value your participation in this virtual event and are grateful for your generosity.

At this year's annual benefit, I have the special privilege of presenting the *PSRC Volunteer Service Award* to the amazing technology team of **Don Benjamin, Don Gould, Gaurav Kumar, Craig Sanders, and Evelyn Sasmor**. This extraordinary team has given sacrificially of their time and talent over the past six months to help our senior center pivot online. I am sure that many of you have benefited from their service. We have had an outpouring of gratitude from PSRC Technology Lab clients. Many have shared that the services and support of the Tech Lab volunteers have allowed them to stay connected during the pandemic. Their technical support enabled 3,500 PSRC constituents to participate in virtual programs since March. This is an opportunity for us to say thank you to them and pay tribute to their generosity of time, expertise, and patience.



Thank you, again, for supporting this event, the Technology Lab volunteers, and the work of PSRC. We are able to carry out our mission to help older adults thrive because of your kind and thoughtful generosity. I hope you enjoy this virtual event, which I know will be filled with fun and laughter. We can all use a little fun and laughter right now.

With Gratitude,

Drew A. Dyson, PhD, Executive Director

DO YOU KNOW ABOUT THE EVERGREEN FORUM PROGRAM?

The Evergreen Forum provides stimulating daytime study and discussion programs for adults. It encourages active participation for those who enjoy learning for its own sake. Our course leaders are drawn from teachers and other professionals devoted to their subject and wishing to share their enthusiasm. During the pandemic, courses are held online using the Zoom video conferencing system. We welcome you to discovery. Learn more at www.princetonior.org.

Visit princetonior.org/evergreen-forum/



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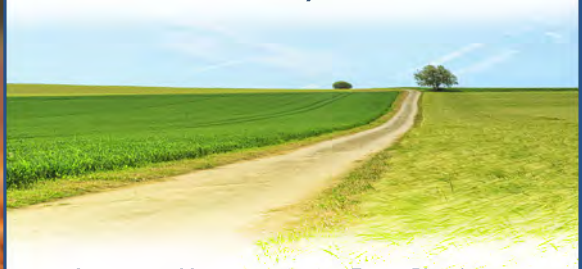
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*“Those who can do, do.
Those who can do more, volunteer.”*
Author Unknown

**Many thanks for the many hours of work the Technology Lab
volunteers dedicate to support PSRC seniors**

Congratulations to

**PSRC Volunteer Appreciation Award Recipients
Don Benjamin, Don Gould, Gaurav Kumar,
Craig Sanders, and Evelyn Sasmor**

With Gratitude, Louise Conley

GRATEFUL THANKS FOR THE SUPPORT OF OUR EVENT SPONSORS:

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Executive Director

In recognition of the PSRC
Technology Volunteers
With Gratitude for Your
Generosity of Time & Talent

Gratefully,
Drew & Diane Dyson

“Alone we can do so little.
Together we can do
so much.”
— *Helen Keller*

Congratulations to the
Technology Lab Volunteers
Evelyn, Don, Don,
Craig, and Gaurav

On the well-deserved honor
We appreciate all you do for PSRC!

With Gratitude,
The PSRC Staff

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2020 VOLUNTEER APPRECIATION AWARD RECIPIENTS



PSRC Technology Lab Volunteers

Evelyn Sasmor

Don Benjamin

Don Gould

Craig Sanders

Gaurav Kumar



Evelyn Sasmor

What brought you to PSRC and what keeps you?

When I retired, I wanted to do something where I could contribute to the larger community. I came across the opportunity to help in the PSRC Tech Lab by chance, and on a whim, I sent in an application. I met with Don Benjamin, thinking it was an interview, but he immediately put me to work — and so it began. In the Tech Lab, and now with remote help and the work on the Evergreen Forum, I've had the opportunity to meet and work with an incredible group of people. In the Tech Lab, I've worked with people of all ages, from high school students who volunteered to a ninety-five-year-old origami expert who was a regular and who required that I learn something of her art. In the lab we meet and help people from many countries, who speak many languages, and who have a great deal to teach and share. After a long career in scientific and educational publishing, working with the Evergreen Forum instructors feels like coming home.

All of us in the lab are thrilled that the remote help and classes have allowed us to reach and help many more members of our community.

(continued on p. 12)

(continued from p. 11)

What is one thing about technology you want people to know about or learn?

Technology is a tool that allows you to do many things that you could not do before. And change is a very good thing. Years ago, when I was searching for ways to make some of the record-keeping involved in the scientific review and publishing process easier, I “discovered” databases. Somehow, although all my background was in the humanities and publishing, I got it to work for us. And I will always remember the IT person who told me that an understanding of what we needed to do (the existing process) was more important than IT training. So look at those devices that you have as tools, think about how they can help you, and don’t be afraid of them. When your phone or computer can be your alarm clock, hold all your reminders, make books easier for you to read, bring all your newspapers to you, and give you access to information, videos, and classes from around the world, how can you resist it?

What brings you joy?

Helping people, friends and family, studying languages and music, sojourns in the places in Europe that I love most. There’s nothing like the smile on someone’s face when they finally “get it.”



Don Benjamin

What brought you to PSRC and what keeps you?

When I retired in 2013, I was looking for things to do that used my skills (such as they were!). I have a degree in computer science from the 1970s when computers were steam-powered, but the principles are the same. It's just the equipment has gotten much smaller.

I really enjoy the challenges our participants bring us, and the folks I've met — scientists, artists, and financial experts — have been fascinating to talk to. It's been an enriching experience far beyond my expectations.

What is one thing about technology you want people to know about or learn?

Making the leap from the analog to the digital world has been a sea of change for lots of folks. But they need to climb on board if they're going to keep up with their peers and families who use the Internet and stay up to date on the news. That said, we all need to be careful about cybersecurity, privacy, and knowing how to separate truth from fiction when we read things online.

What brings you joy?

Making a difference that contributes to the wellbeing of others. And having fun doing it!



Don Gould

What brought you to PSRC and what keeps you?

I was retired. My wife and I had just moved to the Princeton area and I had no friends or family living nearby.

I was looking for a way to engage with the community, meet some of my neighbors and make friends. As a result, I responded to a posting on an online volunteering site that the PSRC Tech Lab needed volunteers. After responding to the post, I was invited to a lunch meet and greet with Don Benjamin. We hit it off immediately and the rest as they say, is history.

What kept me? It was the social aspect. I enjoyed meeting all the interesting people that came to the lab for assistance. Equally important, building friendships with all of the PSRC staff and volunteers. I answered the second part of your question in the past tense, as my wife and I have moved, after our short stay in New Jersey. We are currently living in Upstate New York. It was no longer practical for me to help in the lab.

The pandemic has been rough on all of us for one reason or another. The silver lining for me was that the PSRC lab went virtual. It was "all hands to the pump" for the Tech Support volunteers to continue the wonderful work of the PSRC. I was thrilled when Evelyn and Don B, reached out to me and asked if I could lend another set of hands. I jumped at the chance.

(continued on p. 15)

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Now present tense. It is so wonderful to once again be part of the Tech Lab volunteers and to reengage with all the folks associated with PSRC. With that said, I do miss having my weekly Tuesday pizza lunches with Don Benjamin.

What is one thing about technology you want people to know about or learn?

I want them to know and love their passwords. Specifically, I want you to KNOW them. Keep them close to your heart and always on the tip of your tongue.

If you can't do that, write them down in an organized fashion, in a notebook, that you keep in a secure location.

What brings you joy?

Traveling the world and enjoying a well-prepared meal by a talented chef.



Craig Sanders

What brought you to PSRC and what keeps you?

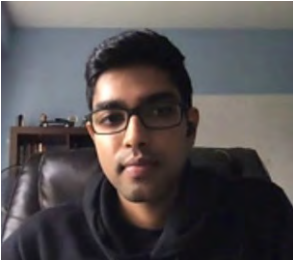
After retiring, I wanted to find a way to give back to the community. With forty years of experience in the computer technology field, it seemed natural to me to use those skills as a path to make a difference. A friend, Don Benjamin, told me about the Technology Lab at PSRC and it sounded exactly what I was looking for. I have been working at the lab for almost two years and every time I help someone, I get tremendous satisfaction.

What is one thing about technology you want people to know about or learn?

Embrace technology and use it to help you in your daily life and if you have a problem, there is always a way to get you through it.

What brings you joy?

The “thank you” received after you helped a client with a problem.



Gaurav Kumar

What brought you to PSRC and what keeps you?

I found out about PSRC through an online volunteering site. When I saw that there was an open position at the Tech Lab, I jumped at the opportunity. I love teaching and technology, and volunteering at the Tech Lab is the perfect synthesis of my favorite hobbies. I enjoy being able to help clients embrace new technology and use it as a helpful tool in their daily lives.

What is one thing about technology you want people to know about or learn?

Although new technology may seem overwhelming at first, it is never too late to learn. A little practice will go a long way. Also, make sure to utilize unique passwords for online accounts and store them in a safe place!

What brings you joy?

Knowing that I was able to utilize my skills to make a meaningful difference in one's life. It is always a humbling experience to see a client return for a new appointment, eager to learn more.



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Al Franken

Former U.S. Senator, Author, Comedy Writer, Comedian, Producer, and Screenwriter

As the only speaker on the lecture circuit who has won five Emmys (Wikipedia missed two for producing), written four *New York Times* #1 best-sellers, taken home two Grammys, and served as a United States Senator, Al Franken brings a unique voice to the stage. Whether discussing his career in comedy or in public service, Franken delivers a singular experience — leaving audiences thoroughly entertained, more knowledgeable, and either optimistic or extremely depressed about our nation’s future — depending on how he feels that day.



Franken is delighted to talk about his fifteen seasons at *Saturday Night Live* — with behind-the-scene stories about the show’s evolution from Gilda, Chevy, Belushi, Aykroyd to Dana Carvey, Phil Hartman, Chris Rock, and Chris Farley. Franken wrote a lion’s share of the show’s political satire with Jim Downey, a Republican. Downey and Franken felt it wasn’t SNL’s job to have a political bias, but rather to do well-observed political satire that made the audience laugh and had the virtue of not being stupid, rewarding viewers for knowing stuff about politics without punishing them for not.

Franken saved his political bias for his books. Immediately upon leaving SNL, Franken wrote *Rush Limbaugh Is a Big Fat Idiot and Other Observations*, the first of his four *New York Times* best-sellers, including *Lies and the Lying Liars Who Tell Them: A Fair and Balance Look at the Right*. From 2004–2007, Franken was the #1 progressive radio talk show host in the country on Air America radio.

In 2008, he ran for the US Senate in Minnesota, clobbering incumbent Norm Coleman in the smallest clobbering ever — by 312 votes. Franken was re-elected to the Senate in 2014 by a margin of over 200,000 votes.

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As Franken said when he left the Senate, “I may be giving up my seat, but not my voice.” The eponymous *AI Franken Podcast* focuses on the most important issues facing our country as we head into the 2020 election. With guests like Jeffrey Toobin, Michael Lewis, Nobel Prize winning climatologist Michael Mann, and Michelle Obama (not her, but guests like her), *The AI Franken Podcast* has been taking deep dives into the Supreme Court, government agencies, and climate change.

As we head into the 2020 elections, Franken will cut through the conventional wisdom and tell you how it really is.

DID YOU KNOW PSRC HAS A TECHNOLOGY LAB?

Our skilled volunteers have transitioned from in-person to online support and can help with Zoom or any other virtual communication platform. If you’re having issues with your tech device, hardware, software, internet, or more, the Tech Lab can help. They can be reached at tech@princetonsenior.org.



MISSION, VISION, & SUPPORT

OUR MISSION

PSRC is the go-to resource where aging adults and their families find support, guidance, education, and social programs to help navigate life transitions and continue to be active, healthy, and engaged in the community.

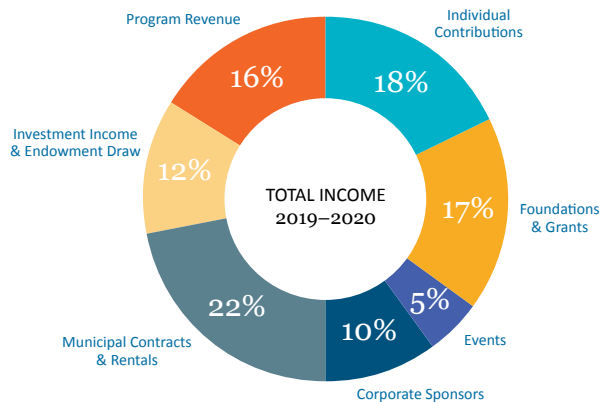
OUR VISION

Our vision is to create a world where aging adults are respected for their experience and wisdom;

- Where everyone has opportunities to be actively engaged physically, mentally, and socially, and to give back;
- Where individuals, families, and intergenerational communities have the resources they need to provide support;
- Where aging is embraced as a natural part of the life cycle.

SUPPORT

PSRC, a nonprofit organization, is sustained largely by donor support. Almost half of our total operating budget comes from individual donations in support of services and fees for programs.



THANK YOU

Live Well, Give Well



Sylvia Stengle
Jocelyn and Carl Helm Legacy
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Did you know there are creative ways to support Princeton Senior Resource Center?

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**Kudos to the remarkable,
innovative PSRC Technology Team!**

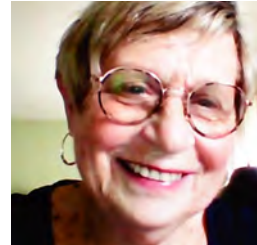
How fitting that Senator Al Franken — who brought great vision to the Senate and made Saturday nights come alive — will take the lead in saluting the tireless tech team who keep the PSRC programming alive and thriving every day of the week!

Judy Scheide — proud to support PSRC

WHAT BROUGHT YOU TO PSRC? AND WHAT KEPT YOU COMING BACK?

Helen Burton, Dedicated PSRC Volunteer

Helen Burton, an avid reader and life coach for many years, scaled down her coaching business in 2012. Trying to find a new next direction in life, a friend suggested that she check out what was going on at Princeton Senior Resource Center. Thinking, “what can the senior center offer me?” she hesitantly attended a TED Talk about the book by Elizabeth Gilbert, “Eat Pray Love.” She was delighted to find a group of contemporaries. The great discussion after the video was engaging and prompted her to return for the following week’s TED Talk. She continued to come back week after week, meeting and engaging with some really great people at PSRC and forming new friendships among the other TED Talk attendees.



Just two classes in, Helen was asked to be the facilitator of the group in August 2013. As a certified empowerment coach, certified facilitator, and experienced public speaker, this was an easy transition. The rich discussions following TED Talk videos, have been enlightening and thought provoking for not only the participants, but Helen as well. Excited about the personal growth she was experiencing from the engaging discussions at TED Talks, she shared the joy in this new-found place, PSRC, with her family. Her grown grandson even started giving her ideas for which TED Talks to play.

The TED Talk participants have formed a true bond over time. With a core group of twenty participants, they celebrate life events and birthdays together, support one-another in time of grief, and share resources.

(continued on p. 25)

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When the pandemic struck and PSRC moved to online programming, our technology services team helped Helen move online. Grateful for the support of the PSRC tech lab, she attended every Zoom workshop PSRC's Director of Technology and Information, Alex Liebler, offered. Helen is also very thankful to PSRC's Program Associate, Breana Newton, who still runs the technology for the TED Talks each week. The group has shifted a bit, but still has twenty to twenty-five people in attendance each week.

Dedicated to lifelong personal development, over the years Helen has taken Evergreen Forum courses and participated in the Princeton University Museum's "Gallery Talks" program. As of late, she joined the memoir writing class with Jennifer Altmann and discovered some new aspects about her own parenting style through that process.

Helen has been facilitating Ted Talks and other programs for PSRC over the last seven years. She led numerous book groups for PSRC, most recently the very popular *Discovering Michelle Obama* and co-facilitated, with Nicole Maccarone, a very successful *Agism Workshop* in partnership with The Princeton Library, just to name a few.

As Donna Cosgrove, Associate Executive Director & Director of Programs said, "Helen is always ready and game for something new. She is creative and innovative with her programs. Helen has spark and style and is everything you want in a volunteer."

Thank you, Helen, for your time, energy, and dedicated service to PSRC. We appreciate your friendship and optimism as we go forward serving older adults in our community.

**The PSRC Board would like to congratulate
the PSRC Technology Lab Volunteers**

**Don Benjamin, Don Gould, Gaurav Kumar,
Craig Sanders, and Evelyn Sasmor**

Volunteer Appreciation Award Recipients

**For some people Volunteering is about giving, but for our Technology Lab
volunteers, it is a way of living.... Thank you for your patience, dedication,
time and effort. Your hard work enabled PSRC seniors to connect
during a time we are forced to be physically distant.**

With Appreciation from the PSRC Board



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A SPECIAL NOTE OF APPRECIATION TO THE TECH LAB VOLUNTEERS

“I have known the PSRC facilities, the Technology Lab more particularly, for more than five years. I am an old-timer, a man of advancing age. As such I am not *au courant* with the ever changing and changing fast communication high tech. Out of necessity I visit the lab every time I run into a problem. It is a privilege and a pleasure to acknowledge that each one of the volunteers I have known and worked with, as a visitor needing help, has been courteous and patient and assiduous in attending to my need. They are all friendly people as volunteers and quite knowledgeable about how to deal with the high tech beast which holds human destiny in its hand, our present and our future, whether we like it or not. Of all the volunteers I hold Donald Benjamin in high respect for his willingness to help beyond the call of duty. I have acknowledged him in my writings as a high tech guru in our PSRC High Tech Lab. I want to admit and say it loudly that this facility for seniors who are left behind in learning the high tech tricks is very special and very unique in our country, and extremely beneficial.”

— Yash Nandan, Tech Lab client

**“The key to our success rests
in people like you, who embody
the spirit of greatness by saying,
“Yes, I can, and you can, too!”**

**We greatly appreciate the time,
talents, and effort
of the amazing PSRC staff.**

**Thank you for all you do to support
our seniors and each other.**

**With Gratitude, Drew Dyson,
Donna Cosgrove, and Lisa Adler**



We appreciate the Technology Lab volunteers' tireless and patient expertise in helping us with any technological problem. It is great to know there is somewhere you can go and someone so generous and patient will help you!

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What would we do without the Princeton Senior Resource Center?

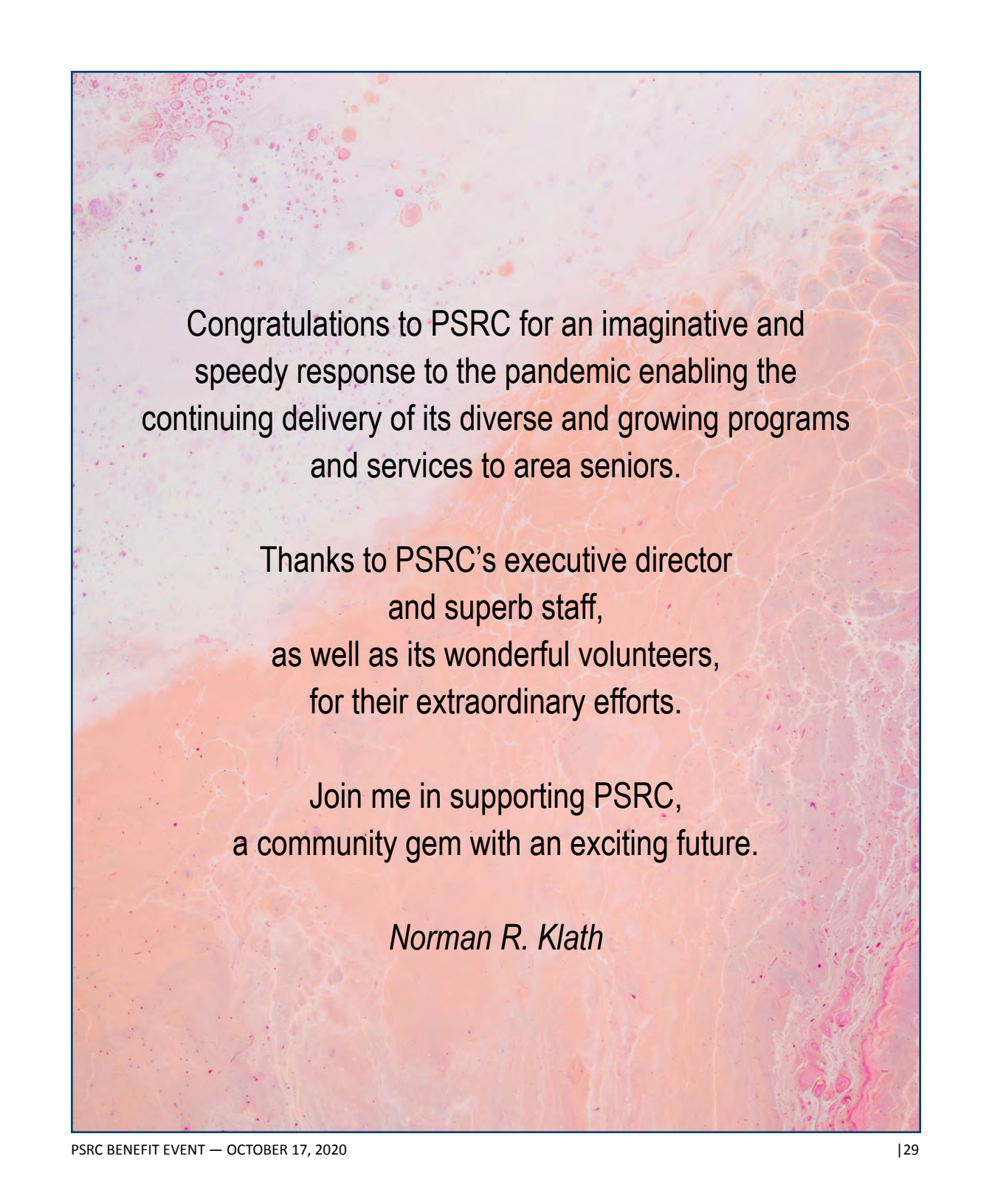


Computer Frustrations??



PSRC Tech Volunteer Team to the Rescue!

With much appreciation – Hazel Stix



Congratulations to PSRC for an imaginative and speedy response to the pandemic enabling the continuing delivery of its diverse and growing programs and services to area seniors.

Thanks to PSRC's executive director and superb staff, as well as its wonderful volunteers, for their extraordinary efforts.

Join me in supporting PSRC, a community gem with an exciting future.

Norman R. Klath

**"We make a living by what we get,
but we make a life by what we give."**

— Winston Churchill

How great that PSRC hasn't missed
a step; everything is on Zoom.

Congratulations to the PSRC
Volunteer Appreciation Award
Recipients:

Don Benjamin, Don Gould,
Gaurav Kumar, Craig Sanders,
and Evelyn Sasmor

**With Appreciation,
Nancy Becker**

**Congratulations to
Princeton Senior
Resource Center
for a job well done!**

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Help PSRC by donating your car.

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Princeton-Senior-Resource-Center](https://careasy.org/nonprofit/Princeton-Senior-Resource-Center)
to get started!

**Thank you to PSRC Staff
& Technology Team Volunteers**

**For keeping your eyes on the ball
and not missing a step.**

PSRC, as vibrant as ever!

Ellen and Albert Stark

**So Proud of the PSRC Staff Team
and Tech Volunteers
for keeping us all in touch
and engaged**

Wishing everyone well.

Bob and Joan Levitt

Congratulations to

PSRC Volunteer Appreciation Award Recipients


**Don Benjamin, Don Gould, Gaurav Kumar,
Craig Sanders, and Evelyn Sasmor**

With Appreciation, Sarah Hockings

**Thank you to Drew and the PSRC Management Team
and Staff and to the
fantastic team of Technology Volunteers
who got so many people
up and running with Zoom
and the host of other technology formats**

You've helped make PSRC's pivot to online programs a real success!

Mike & Marylou Kenny



The Board of PSRC would like to thank the staff for their resilience and creativity during this challenging time, always focusing on the needs of our clients. Our team rallied immediately to mobilize volunteers to reach out and support our seniors who were isolated at home. Our staff quickly pivoted to the Zoom platform and patiently and expertly helped our program attendees learn to use the new technology so they could participate in the programs they love. Everyone kept the organization running, maintaining records, responding to email and phone calls all while working remotely.

The success of PSRC is due to the commitment, energy, and creativity of our staff.

**With Gratitude,
The PSRC Board**



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www.silvercentury.org



Princeton Portfolio Strategies salutes PSRC's enduring dedication to enhancing the lives of Princeton area seniors and their families.

We applaud the many individuals and organizations whose support over the years has helped PSRC become a community treasure.

Analysis



Advice



Access

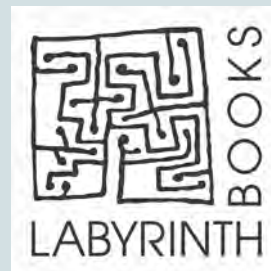
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Thank you to Labyrinth Books for their assistance with this PSRC event.

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PSRC Programs and Activities

Fall 2020

Engaged Retirement

Men in Retirement
Women in Retirement
Transition to Retirement

Education & Enrichment

Art in the Academy
Book Groups
Chess +
Cosmology
Discovering Michelle Obama
Film Series
First Friday Films
FYI Seminars
Gallery Talks on the Road
Healthcare Decisions Workshops
Holiday Celebration
Library Reads
Memoir Writing
Museum Series
Music & Conversation
Painting and Self Expressions
Painting for Beginners
People & Stories
Regardez L'Art
Special Speaker Series
Summer Scholar Speaker Series
Symposium on Race
Technology Lab
Technology Workshops
TED Talks
Understanding the Electoral
College
When Women Lost the Vote
Word Play Poetry

Health & Fitness

Gentle Mat Yoga + Nidra
Mindful Chair Yoga & Meditation
Healthcare Decisions Workshops
Health Fair & Flu Shot Clinic
Town Hall Meetings on public
health issues

Intergenerational Programs

GrandPals
Seniors for Seniors
Think Pink!

Lifelong Learning - Evergreen Forum

Adventures in Geology
Art of the Sonnet
Case Studies in Science
and Technology
Diplomacy: Impact and Strategies
Elizabeth Strout's Linked
Short Stories
Fascism: Theories, Practices,
and Reactions
Finishing School: 2 Novels
Forest for the Trees
Geographical Links: Highlights
Jane Austen 2: Novels and Films
The Lady was a Spy
Migrations: Continuing Stories
More Plays off the Page: Antony
and Cleopatra
Penelope Fitzgerald's Fiction
Reconciling Perspectives:
A Study of the Vietnam War
Ronald Reagan's America
The Roots of Western Art
Science in the News
The Supreme Court and
Nationalism
Swann's Way: Beginning the
Search for Lost Time
Voting Rights and the 2020
Election

PIC (Partners in Caring)

Caregiver Resources & Support
Help with Care Planning
HomeFriends Volunteer Virtual
Visitors
Individual & Family Consultations
Information & Referrals to Area
Resources
Resource Library & Database
Support & Wellness Groups
Transition Support

Social & Recreational

Art Shows
Documentaries
GrandPals GabFests
Music & Conversation
Popular Films
Table Tennis Virtual Get-Togethers
Women in Retirement Coffee
Klatches

Support & Social Groups

Bereavement
Caregivers
Children of Aging Parents
Fireside Chats
Global Conversations
Grandparenting
Knit Wits
Let's Talk
Widow/Widower Support

Virtual Volunteer Opportunities

Community Events
GrandPals
Group Facilitation
HomeFriends
Instructors & Lecturers
Office Assistance
PSRC Development Event Support
Skill-Based Projects
Technology Aides



PSRC Staff

Drew A. Dyson, PhD

Executive Director

Donna Cosgrove

Associate Executive Director & Director of Programs

Lisa Adler

Associate Executive Director for Fundraising & Development

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& Crosstown Coordinator*

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& Volunteer Coordinator*

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Kathleen Whalen

Director of Communications

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