# lifestyle

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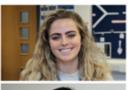
This year we've enhanced our Adult Course Guide to include even more part-time and full-time, leisure and professional courses. So whether your dream is to become a counsellor, digital photographer or florist, we've something to suit you.

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#### **MEET THE NEW YOU...**

Access to HE Student Aimee Molland has been offered a place to study midwifery at her top choice university, Edge Hill.

Aimee, who resides in St Helens, said: "I was so proud of myself when I received an offer from Edge Hill and can't wait to start in September."

Former truck driver Graeme Myall attended the college's I am I can course and has since progressed on to our Level 2 Counselling Concepts course. "I've a new sense of self-pride and motivation. Coming to college is the highlight of my week!"

Food blogger Aini Amin enrolled on to the college's Level 2 Patisserie & Confectionary Certificate to practice professional techniques. Aini said: "The course tutor is brilliant. I've also completed a Digital Photography course at the college which has helped me to photograph food for my blog."

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# Welcome to lifestyle



I find it hard to believe it is the 50th anniversary of the first moon landing - as I can vividly remember the occasion as a six year-old child.

When I heard that the actual landing was during the early hours of the morning I challenged my father on how I had been allowed to stay up so late to watch it!!?

"You went to bed as normal and we got you up to watch it," my father remarked.

Well I am glad my parents did as it has lasted long in the memory and now I can look forward to reliving that memory with my own children when the special occasion is celebrated with a major display at Warrington's Parr Hall.

Culture Warrington are staging Luke Jerram's magnificent "Museum of the Moon" touring installation in the Parr Hall from October 4-14 to mark 50 years since one of man's greatest achievements.

In July 1969, astronauts Neil Armstrong, "Buzz" Aldrin and Michael Collins were launched into space in Apollo 11. On July 20, Armstrong and Aldrin made history as they became the first men to walk on the moon.

On October 4 I will hopefully relive that fabulous memory in my home town with my parents, my wife and my daughters! Magical!



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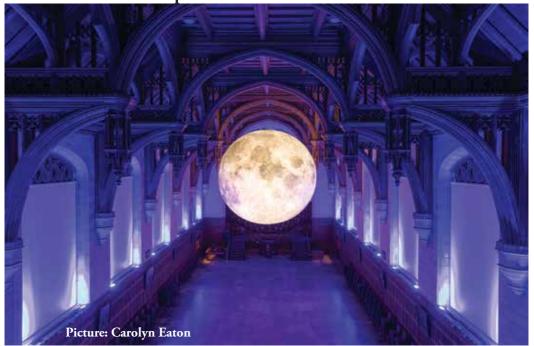








## One small step for moon visit to celebrate la



Space fans will only need to take one small step to the town's Parr Hall to see the majesty of the moon up close as Culture Warrington celebrates the 50th anniversary of the first moon landing.

Luke Jerram's magnificent Museum of the Moon touring installation will be suspended inside the Warrington venue from October 4-14 to mark 50 years since one of man's greatest achievements.

In 1969, astronauts Neil A Armstrong, Edwin E 'Buzz' Aldrin and Michael Collins launched into space in Apollo 11; on 20 July, Armstrong and Aldrin made history as they became the first people to walk on the moon.

Leah Biddle, cultural manager for arts charity Culture Warrington, spoke of her excitement to be welcoming this breathtaking celestial artwork to the town.

"There's a real buzz around this historic anniversary at the moment and I'm thrilled that we are able to join in the excitement by welcoming Luke Jerram's stunning work to Warrington.

"Museum of the Moon is a spectacular installation

which really brings home how awe-inspiring the moon is.

"We will be using the artwork to encourage our audiences and participants to share stories and memories, to talk about what the moon means to them; it's such a magical way to engage children especially."

Measuring seven metres in diameter, the artwork features 120dpi detailed NASA imagery of the lunar surface.

At an approximate scale of 1:500,000, each centimetre of the internally lit spherical sculpture represents 5km of the moon's surface.

Over its lifetime, Museum of the Moon has travelled the world and been displayed in the open air and inside venues as diverse as cathedrals, warehouses and swimming baths, thereby altering the experience and interpretation each time.

More than 3 million people have visited the artwork to date.

Luke explained the inspiration for the work, which first came to him 15 years ago: "From the

anding anniversary

beginning of human history, the moon has acted as a 'cultural mirror' to our beliefs, understanding and ways of seeing.

"Over the centuries, the moon has been interpreted as a god and as a planet; it has been used as a timekeeper, calendar and to aid night-time navigation.

"Throughout history the moon has inspired artists, poets, scientists, writers and musicians the world over.

"Different cultures around the world have their own historical, cultural, scientific and religious relationships to the moon.

"Museum of the Moon allows us to observe and contemplate cultural similarities and differences around the world, and consider the latest moon science."

The installation is a fusion of lunar imagery, moonlight and surround sound composition created by BAFTA and Ivor Novello-award winning composer Dan Jones.

Museum of the Moon is the centrepiece of this year's Warrington Contemporary Arts Festival which will also include a LightNight-style event in Queens Gardens with music, light installations and a family-friendly dance performance.

For those who can't wait until October to go into orbit there is also the Space Odyssey exhibition on display now at Warrington Museum & Art Gallery.

Featuring actual working parts from the Hubble Space Telescope, the exhibition reveals Warrington's astonishing link to space exploration.

Admission: Free

# Exhibition title: Space Odyssey

Dates:

Until Saturday 21 September

Times: All day Location:

Warrington Museum & Art Gallery

#### **Exhibition title:**

#### Museum of the Moon

Dates:

Friday 4 – Monday 14 October

**Times:** Various **Admission:** Free

Location:

Parr Hall, Palmyra Square South, Warrington, Cheshire



# College wins Ofsted praise for high pass rates



Warrington's Priestley College has won praise from Ofsted for its high pass rates and how it prepares young people for their next steps in life.

In a report on the college – which this year celebrates 40 years of excellence in Warrington – inspectors said pass rates at Priestley were consistently high and above the national average.

The report added: "Students who are targeted to 'aspire high' nearly all got a place at prestigious universities including the University of Cambridge. A high proportion go to Russell Group universities."

Principal Matthew Grant said: "It was a positive endorsement of the work we do as a college and the inclusive nature of Priestley.

"The inspection has demonstrated we meet the needs of young people in Warrington and the surrounding areas.

"We know there are things to improve, but are pleased that Ofsted acknowledged we had already identified these issues and are taking action to improve upon them."

Ofsted spent three days at Priestley College meeting students, tutors, governors and parents as well as spending time in classrooms.

They found that 'teachers ensure students develop the skills and knowledge they need to be successful in their qualifications and in their working life'.

"A high proportion of students, many of whom do not have a family history of higher education, go to university," said the report.

Students benefit from a nurturing and inclusive

culture with effective pastoral support.

The college was deemed "good" across the board with inspectors also finding areas of excellence during their visit. In particular the Art and Design, Performing Arts, Music and Sport departments were acknowledged for their very high standards.

Inspectors praised the behaviour of students who they said were "polite and highly respectful of their peers, staff and visitors".

Mr Grant added: "The report told us something we already knew, that our students' behaviour and the respect they show in college is excellent."

It was the first time Priestley had been assessed under the latest Ofsted framework and since it became an academy.

Inspectors noted that "the proportion of students who remain on their course is high in all subjects. The number of students who progress to a second year of study is high, particularly on A-Level courses."

The findings demonstrated that a "very high proportion of students achieve their qualifications and also have the chance to be involved with "interesting and worthwhile additional activities that help them develop their personal, social and communication skills".

Mr Grant said: "Our mission at Priestley is to inspire, challenge and support our students and this Ofsted report shows we are achieving that goal.

"I am very proud of all our staff, students, parents and governors who together make Priestley a wonderful community in which to work and learn."





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Growing up during the NWOBHM (New Wave of British Heavy Metal) in the late 1970s American rockers Kiss were sadly never really on my wave length.

I knew of their existence, some of my school pals enthused about them a little but when they first arrived in the UK at Manchester Free Trade Hall on my 13th birthday, they were sadly not on my radar.

Even after being won over by the big hit in the 80s "Crazy, Crazy Nights," it was not until the Sonic Boom Over Europe tour of 2010 that I first got to see them in the flesh – and of course once you have witnessed the spectacular stage show, you are hooked for life.

I was due to see them again in 2017 in Manchester but missed out due to the bomb attack on the arena, eight days before the band was due to perform. It clearly left its mark as the band made several mentions of the tragedy during the concert and also helped raise £300,000 for a MRI scanner at a local hospital. The fund-raising hasn't ended there as two special guitars, to be autographed by the band and both Manchester United and Manchester City squads, are to be auctioned off in September.

It is good to see that these American superstars

have big hearts, as well as big hair, big boots and a big stage show with big fireworks!

Seeing the final curtain call left me wishing I had got into Kiss in a big way during my school days and taken the time to check them out earlier.

But having seen them twice, both at Manchester, I can honestly say they are one of the best live rock shows you will ever see. If you like the music (and I do!) it is a bonus.

Looking around the audience, a lot were middle aged men like me, but there were also families, with youngsters adorning Kiss face paint.

I'm sure if Kiss wanted to carry on they would easily win over a new Kiss Army – but they insist this is the farewell tour.

It may well be a final world tour, but with their 50th anniversary on the horizon it wouldn't surprise me if they didn't rock up for a few more big gigs before they call it a day! I certainly hope they grace our shores again!

The show pretty much speaks for itself – packed with "Kiss Klassics" from the opening notes of "Detroit Rock City" to the final "Rock 'n' Roll all Nite" – and boy we certainly did.



**Detroit Rock City** 

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War Machine

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God of Thunder

**Psycho Circus** 

Let Me Go, Rock 'N' Roll

Love Gun

I Was Made for Lovin' You

Black Diamond

#### **Encore:**

Beth

**Crazy Crazy Nights** 

**Rock and Roll All Nite** 

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# Sign up to tackle the UK's beach litter in t



The Great British Beach Clean seeks thousands of volunteers for its 26th annual clean-up

The UK's leading marine charity, the Marine Conservation Society (MCS), is looking for thousands of volunteers to clean up the nation's beaches during its 2019 Great British Beach Clean event (20th -23rd September).

Last year,15,000 volunteers took part, that was double the number in 2017. They removed an incredible 8,550 kilos of litter from beaches around the UK.

The Great British Beach Clean is not just a beach cleaning event. Volunteer cleaners become citizen scientists, as they also record the litter they find along a designated 100m stretch of every beach that's cleaned, and it's this aspect that has helped MCS change policy and behaviours over the last 25 years. Last year, 600 items of litter were found on every 100 metres.

The 5p carrier bag charge, a ban on microbeads in wash-off products, consultations on a plastic tax, commitments to deposit return schemes, reduction in the use of plastic straws and the banning of lantern and balloon releases — all have come about following compelling evidence gathered over decades by volunteers at MCS beach cleans. Since 2011, when the 5p single-use carrier bag charge was first introduced, there's been a decrease of almost 50% in plastic bags

found on UK beaches.

494 beaches around the UK coast were cleaned in 2018 (155 more than in 2017), making last year's Great British Beach Clean the biggest MCS had ever organised. Thanks to programmes like Blue Planet II, beach cleaning has become a cool thing to do, says MCS.

Beach cleans take place from Cornwall to Cumbria, Denbighshire to County Down, Hampshire to the Highlands and all places in between. The event incorporates the Great Channel Islands Beach Clean and the Great Northern Irish Beach Clean.

This year, for the first time, the Great British Beach Clean will be sponsored by the Ocado Foundation, the charitable arm of the online supermarket. The Foundation will be sponsoring the event to the tune of £300,000 as part of the Environmental Pillar of its 'Ocado Way – Corporate Responsibility Strategy'.

Less litter on UK beaches will save the lives of some of our best loved marine wildlife, protect our kids when they're building sand castles and show the world what the great British seaside really looks like beneath its escalating mountain of rubbish, says Lizzie Prior, MCS Beachwatch Officer. "Taking part in the Great British Beach Clean really can make a difference. In previous years when we've highlighted increases in dog poo

## he biggest beach clean ever

bags and sewage related debris found on beaches, we've seen drops in numbers subsequently. Due to the massive increase in wet wipes we found between 2013 and 2015, we were able to launch our 'Wet Wipes Turn Nasty' campaign which has resulted in improvements in labelling, removal of plastic from 'flushable' wet wipes in retailers' own brands, and helped introduce the 'Fine to Flush' logo – a water industry standard."

Cleaning and surveying a beach only takes a couple of hours at most. Each beach has a coordinator, who explains how to fill in a simple data form, and then it's just a case of grabbing a litter picker and a bin bag and filling it up with rubbish. And even if the beach looks clean at first glance, you can be sure it really isn't!

"Beach litter is a serious environmental problem," says Lizzie Prior. "But the solution is in our hands. We want the 26th Great British Beach Clean weekend to be the biggest ever. The BBC's Blue Planet II and subsequent programmes have given the UK public a real understanding of the pollution crisis facing our oceans and now people want to make a difference. The more volunteers we have, the better it'll be for our seas."

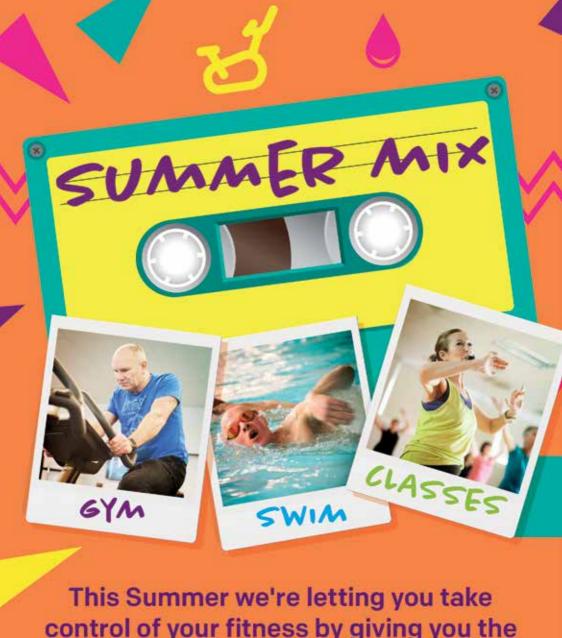
Suzanne Westlake, Head of Corporate Responsibility & Corporate Affairs, said on behalf of the Ocado Foundation: "We're delighted to



Players of People's Postcode Lottery also support the Marine Conservation Society beach litter programme.

Sign up to a clean near you at: www.mcsuk.org/greatbritishbeachclean and if you can't find an event on your preferred beach, call 01989 566017 and find out how you can organise your own.





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# Huge crowds attend another successful Disability Awareness Day

Thousands of people visited another highly successful Warrington Disability Awareness Day at Walton Hall & Gardens which was celebrating its 28th anniversary.

Founded by Warrington Disability Partnership's Chief Executive and founder Dave Thompson OBE, the annual event once again attracted huge crowds on the back of a week long of activities promoting disability awareness.

Dave said: "I would like to thank all our amazing volunteers and our sponsors, without whom this event would not be possible."

During the event Lord-lieutenant of Cheshire David Briggs presented a special Queen's Award for Voluntary Service to the Ella Performing Group who have been entertaining crowds at the event for many years.

Town Crier Peter Powell helped start proceedings as crowds flocked to a tented village in the grounds of Walton Hall.

With around 250 exhibitors there was something for everyone as the event was blessed with warm dry weather.

DAD is the the biggest non-profit disability



exhibition led by volunteers in Europe, if not the world.

The event aims to raise awareness to the voluntary, statutory and private services available to people with disabilities, allowing them to be more independent.

Many of the exhibitors demonstrated equipment showing what disabled people are capable of achieving in the home, work place, sports, arts and entertainment.







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# Electric Dreams bring ultimate 80s party night to Warrington

Electric Dreams are bringing the ultimate 80s party night to Warrington Parr Hall on Friday February 7, 2020.

"I Got Love for You 1980s" will transport Parr Hall back to the iconic era of shoulder pads and leg warmers on Friday 7 February as the walls reverberate to the sounds of Culture Club, Wham! and everything in between.

A beautiful blend of pop and soft rock guarantees an extraordinary evening of chart-topping anthems as live band Electric Dreams perform classics by Duran Duran, Dexy's Midnight Runners, Kim Wilde and Tears for Fears in the ultimate throwback concert.

This night of nostalgia promises a set-list that Top of the Pops would have been proud of.

So make sure you go-go-go to get tickets because



this extravagant 80s experience will leave you feeling on the edge of heaven with hits like Living on a Prayer, The Final Countdown, Don't You Want Me Baby and Relax.

Tickets priced £23 and £25 are on sale now; visit parrhall.culturewarrington.org or call 01925 442345.



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# Superstar students return to their roots

Two 'superstar' former Hospitality and Catering students returned to Warrington & Vale Royal College's award-winning restaurant, Buckley's, to cook a delicious five-course meal for a packed room of diners.

Talented young chefs Russell Wood and Jack Vance won multiple awards during their time at college and were part of the silver-medal winning team at the 2017 Welsh International Culinary Championships.

Upon completing his college course, Russell secured a position as commis chef at one of Manchester's top restaurants, Manchester House, under the guidance of celebrity chef Aiden Byrne and has just recently secured a new position at two-Michelin-starred restaurant Moor Hall in Ormskirk. Jack is currently employed at Aiden Byrne's The Church Green in Lymm as a chef de partie, and is very soon to be promoted to junior sous chef.

The pair worked for two to three months creating the seasonal menu, teaming up with current students to produce the food on the night.

Curriculum Manager for the Service Industries, Andrew MacLeod said: "Each course displayed an array of techniques, textures and ingredients, cleverly delivered by a team passionate about what they were doing. The pair are real credits to the college and their tutors and have fantastic careers ahead of them."



Jack said: "It's an opportunity to give back to the college and show how grateful we are to the tutors for the time they invested in us. It's great to see the department's standards are still extremely high, and it's evidenced in the work we've seen from the current students who've been helping us tonight."

Offering industry advice for aspiring chefs, Russell commented: "Whilst it's important to block negativity, accepting criticism is crucial for your development as a chef. The key is to keep your head down, remain focused and work as hard as you can."

To make a reservation at Buckley's Restaurant or for more information, call 01925 494378 or email buckleys@wvr.ac.uk





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# Fun for all the family at Apple Jack's Adventure Farm



Now that Summer has finally arrived why not join in the fun down at Apple Jack's Adventure Farm and take advantage of a special 10 per cent discount.

It's a great day out for the family, full of fun and activities. Apple Jack has not been idle during the quieter and rainier period and has been sprucing the place up, changing things around and adding additional activities for the enjoyment of the kids.

If you are looking for a bargain that's also a great day out, check out the revised ticket prices on Apple Jack's "The More the Merrier" ticket offer on their website. When booking online in advance, a ticket for a family of four can cost as little as £33, and even less when using our discount code ORBIT1019 at the online payments page.

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Energy provider SP Energy Networks is powering up residents in Cheshire, with important electricity safety information ahead of the summer holidays to help prevent injury or harm as families enjoy their time together outdoors.

The dangers of electricity can often be hidden or overlooked, and SP Energy Networks wants to remind families of its power safety top tips to help raise awareness of staying safe around electricity.

Stephen Stewart, SP Distribution Director at SP Energy Networks, gives his top tips on how to stay safe around electricity this summer:

- Check for overhead power lines —our overhead network spans 40,000km (that's enough to wrap right round the globe) and it carries very high voltages of electricity right above our heads. So when you're fishing, carrying large equipment (such as rugby or football goal posts), putting up a tent or flying a kite or drone, remember to look up and be careful that you don't hit any overhead power lines.
- Avoid playing next to a substation if you do lose a football or toy while playing nearby, never cross the fence into the grounds of a substation. You can contact SP Energy Networks and they will retrieve it for you.

- Don't climb poles there are plenty of hidden dangers around live power lines and climbing poles or even trees. As tempting as it might look, they should only be climbed by engineers with the correct safety equipment as even a low voltage overhead line is enough to cause serious injury or death.
- Look out for the danger of death sign the danger of death sign means just that. If you see this on any surface or area, just steer clear.
- Keep the national 105 hotline and SP Energy Networks phone numbers somewhere handy to report a power cut, damage to power lines or anything relating to local substations, you can call the new national freephone number 105.

For more information on keeping your family safe from the dangers of electricity, visit SP Energy Networks' PowerWise educational tool. This free online education platform aims to raise awareness on the importance of electricity safety for all. Visit powerwise.org.uk to find out more.

SP Energy Networks owns and manages overhead and underground powerlines in Cheshire as well as Merseyside, North Wales, North Shropshire and Southern and Central Scotland. For more information about SP Energy Networks and its services, visit: www.spenergynetworks.co.uk.



# Navigating troubled waters?

"Living in South Manchester, I enjoy the village feel and love having the independent bars and shops nearby. The tram links to the city centre give a great sense of connection."

Mark Heptinstall Head of Family Team



# Slater Heelis has provided expert advice to families for over 240 years.

Our team of Resolution family specialists are here to support you with first-class legal advice to provide the direction you need during separation. The team has expertise in divorce, separation, civil partnerships, finances and children arrangements. When it's appropriate for you, we are also able to offer collaborative law and mediation services.

Our family team all live in the South Manchester and Cheshire area. Living within the same community provides us with unique insight into what affects your daily lives. You are just a ride away from one of our offices in Sale, Timperley or Manchester. We have additional meeting facilities in Warrington.

Get in touch with our family team

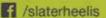
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### The best days out in Cheshire

Based in the charming county of Cheshire, Warrington and Chester are packed with fantastic attractions, activities and places to visit.

Whatever your interests, from planning a family day out with the kids to enjoying a relaxing weekend or spending time with your mates, you're guaranteed to find plenty to keep you entertained between these two towns. Here are some options for a great day out in Warrington and Chester.

#### **Chester Zoo**

Chester Zoo is one of the main highlights of this area and with good reason – it's home to myriad animals and birds, with a range of different species coming under the spotlight at various points of the day where visitors can learn about them. This registered conservation charity supports different animal-related projects around the world, not just in Cheshire, and it's also the largest zoo in the UK. Spending time at this zoo is a great way to spend a day, with over 400 different species and 7,000 animals to explore.

#### **Chester Racecourse**

A day out at Chester Racecourse is a great experience, from the competitive racing and brilliant food to the numerous enclosures and areas around the grounds for relaxing with a drink. There's something for everyone here and horse racing fans are sure to have a great time, whether it's a special occasion you're looking to celebrate, or you want a glamourous weekend with friends, or you're just looking to take advantage of the bookmaker offers and place a few bets. There are events and races taking place throughout the year here, including the Cheshire Oaks and the Chester Cup.

#### Walton Hall and Gardens

Spanning an impressive 32 acres of gorgeous parkland, as well as boasting the award-winning Green Flag gardens, Walton Hall is

the perfect option for a family day out. The spacious manicured lawns are ideal for a picnic or a kickabout with the kids, while the Heritage Centre café is a great choice if you're looking for a place to relax and enjoy great food. There are also numerous activities to enjoy here, from pitch'n'putt and crazy golf, as well as a train around he gardens!

Walton Hall and Gardens recently received the coveted Visit England Tourism Award for 2019/20.

Tourist locations that applied were judged across a number of criteria, with points of comparison ranging from a warm welcome and the availability of staff, to the quality of food and drink and disabled access.

This year, Walton Hall and Gardens scored highly in all areas and was successful in being awarded the much sought after accolade for the second time in a row.

#### **Delamere Forest**

The largest woodland in Cheshire, Delamere Forest, is the perfect spot to soak up the beauty and calm of the countryside and escape the crowds. There are more than 950 hectares of forest here, with a café and an information centre to benefit from as well. From cycling and picnic areas to a forest school for little ones and even the excitement of Go Ape, Delamere Forest is a must-see attraction and makes for a memorable day out in the Chester area.

# Norton Priory Museum and Gardens

The most excavated monastic site in Europe, Norton Priory is an attraction in itself that comprises a 12th century undercroft and 18th century walled garden for visitors to explore. From the history of the site to the activities, workshops and the picturesque meadows surrounding the area, this is a truly stunning attraction to explore and a popular day out for visitors to this area.

# Shellys Summer Pudding with Prosecco Surprise

by Michele Butterworth, of Shelly's Restaurant, Bold Street, Warrington





6 oz SR flour

3 oz butter

2 egg yolks

Rub together, add a little water to bind if needed. Don't roll it simply push it around in a greased flan dish (9 to 10 inch.

Bake it in oven till it firms up.

Moderate oven.

#### Filling

In a large pan place about six sticks of rhubarb washed and cut up into bite size pieces. Add a good two spoonfuls of sugar and a tiny bit of water. Cover with lid.

Cook very slowly till soft. Place in sieve. Save the juice for later.

Whisk up about 4 egg whites ( save the yolks to do scrambled eggs!)

Once the whites have doubled in volume and



peaked, slowly add four spoons of sugar till mixed.

On top of pastry, place the rhubarb which is not too wet. Add the merengue mixture on top of rhubarb. Bake in low oven for about 30 min until a lovely golden colour.

Leave to cool. When your ready to serve take a bottle of Prosecco and divide into glasses top up with bubbly or just use lemonade. It's fabulous. This has Lots of sugar.

It's a treat .... so SHARE!

Enjoy the summer!!

Shelly



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