

OUTLOOK

A publication of OLLI at the University of New Hampshire



Spring Term 2025

What You Need to Know

REGISTRATION begins February 3 at 9:00 a.m.

- Your membership must be active in order to sign up for courses. [Renew ahead of time.](#)
- Registering online is the fastest way to secure your courses. [Log in to your account here.](#)
- If you need help, call the OLLI office at (603) 255-3553, but know that hundreds of calls come in on registration morning. **DO leave a voicemail rather than calling repeatedly.** Calls will be returned as soon as possible.
- Mailed-in registrations are processed by the same four staff members who are answering phones and troubleshooting problems; processing could be any time during the day on February 3.
- Some courses fill up fast! If a course you want is full, **DO put yourself on the waitlist.** Our track record for getting waitlisted members into classes is pretty good. But, if we don't know you're interested in a course, we can't take action. You are not obligated to register if/when a space becomes available and there is no charge until you do enroll.
- Sign in to your account between now and registration day to be sure you know your username and password.
- If you log into the registration system before 9:00 a.m., you may have to refresh your browser to activate the "add to cart" option. Simply click the refresh icon.

Don't Forget: Registration BEGINS on February 3, but you can register for any course that is not filled up at any time during the term – online up to 7 days before the course start date, after that by calling the OLLI office at (603) 255-3553.

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Spring Term Catalog Updates

Date Changes

Seacoast

Twice Whittier: John Greenleaf Whittier In Poem & Song – new date: 6/13

Cancellations

Manchester

Rafting the Grand Canyon on the Colorado River
Making Friends with Ourselves: An Introduction to Meditation

Remember, changes to course information will not be found in the print catalog or in the online version of the print catalog (PDF); only the individual online course descriptions are updated with changed dates, times or locations.

Learning for the Fun of It!

Director's Notes

Reaching Out and Engaging With You

Submitted by Toniann Leavitt, Program Director

Note: All underlined blue words or phrases are clickable links.

Hello!

I am excited to be back as we turn the page to 2025 and have a chance to welcome you back for another great semester of courses, SIGs, travel and more opportunities provided by our wonderful learning community!

Course registration will open on **Monday, February 3 at 9:00 a.m.** Whether you're returning to your favorite subject or exploring new interests, our upcoming semester offers a wide variety of opportunities to learn and grow. From thought-provoking lectures to hands-on workshops, we have something for everyone, and we can't wait to see what sparks your curiosity.

This past fall, we were fortunate to receive tremendous support from our generous donors, and we want to take a moment to express our heartfelt gratitude. Thanks to your contributions, we continue to enhance the experiences and opportunities available to our members, ensuring that OLLI at UNH remains a place of lifelong learning for all. We are truly grateful for this vital support. If you did not have an opportunity to donate through our mail campaign, you can give by clicking [here](#) or submitting a donation with your course registration.

As we look ahead to the spring semester, we also want to invite you to take the opportunity to engage in the various volunteer opportunities available throughout our organization.

Volunteers play an essential role in the success of our programs, and we have a range of ways for you to get involved. Whether you're helping with an event, assisting our presenters, or working alongside the administrative team and fellow dedicated members on a committee, your involvement is crucial in helping us continue to grow and thrive.

Mark your calendar for **February 3 at 9:00 a.m.**, and we look forward to seeing you in our upcoming courses. Thank you again for being part of the OLLI at UNH family, and here's to a wonderful year of learning and connection!

Warm regards,
Toniann

What I Did on my Winter "Vacation"



Sustainability in Three Lectures

Monday, February 10, 5:00 p.m.

UNH Manchester

UNH Manchester invites you to the Sidore Lecture Series, a three-part discussion centering on environmental, food and social sustainability. This year's series is aligned with the College of Professional Studies' Focus Forward: Sustainable Futures initiative, which focuses on the broad theme of sustainability and how we can create a more sustainable community and campus, supporting health, well-being and sustainability for all.

For more information on the series, and to RSVP to attend, please click [here](#).

Seacoast Sips of Science: Marine Mammal Ecology

Wednesday, February 19

Doors open at 5:30 p.m.; program begins at 6:00 p.m.

The Music Hall Lounge, Portsmouth



Michelle Fournet, UNH assistant professor of marine bioacoustics, and Michelle Caputo, assistant professor, University of New England, will discuss marine mammal ecology around the globe with a focus on the Arctic and Caribbean seas, as well as observations of these large mammals in the Gulf of Maine. Inga Sidor, veterinary pathologist with the N.H. Veterinary Diagnostic Lab at UNH, will discuss mammals in the Gulf of Maine. Information and tickets [here](#).

Lunching, Munching & Learning

Lunch & Learn

Swamped With Email? -- Tips to Master Your Inbox

Friday, February 28, 12:00 p.m.

Free!

On Zoom



Are you overwhelmed by a never-ending stream of emails?

Join us for an engaging and practical OLLI Lunch & Learn session designed to help you regain control of your inbox. You'll learn effective strategies for organizing, prioritizing, and managing your emails efficiently and effectively. Discover tools and techniques to reduce clutter and spam, streamline communication, and enhance productivity.

Technology You Can Use

Tour the Seacoast Region 2025 – January Kickoff

Thirty-nine people enjoyed good company and delicious food at the launch of this year's Seacoast tour at the Airfield Café in Hampton.



Mt. Washington Valley Munch Bunch

February 27

Time and Place TBD

Diane Rozek, Munch Bunch Coordinator

Email at dlrnh2002@yahoo.com or call

(603) 367-8568 (H) (603) 662-8640 (C)

Bring your friends!



SEACOAST BOOK SWAP

Continuing our outreach to other senior groups, Seacoast Region hosted a Book Swap with the Stratham Recreation Department Senior Center (left). OLLI members joined Stratham residents to tell tales about their favorite (or not-so-favorite) authors. History, comedy, biography, thrillers, and real-life adventures were shared along with what and why we enjoy escaping into the pages of books. Books were swapped as folks browsed from table to table and took home their next reads.

Kicking Off Spring 2025

At the Capital Region Preview, presenters Norman Silber (right) and Graham Gifford (far right) achieved a key Preview objective as the buzz in the lobby was, "I didn't think I was interested in that course, but I'm going to sign up!"



Despite the frigid temperatures, forty folks came out to hear about Seacoast Region's spring courses and enjoy some social time together.

Virtual Previews

Sixty presenters recorded a clip briefly describing their courses. Click [here](#) and scroll down the page to find a list of clickable links to these presentations.

*Arlo, pictured below, right, belongs to presenter Rianna Lane (let's call him her co-presenter!) who will be presenting **Ready, Set, Rescue: Pet Emergency Planning & Community Rescue Efforts.***

Mt. Washington Valley's Preview was in the form of an Open House, held in MWV's new classroom space, well-attended by members, prospective members and presenters.



On the Road With OLLI: Experience a Day of Music, Art & Exploration Boston Symphony Open Rehearsal and Mapparium

Thursday, April 3

Bus pick-ups in Concord & Manchester -- \$130 per member (nonmember fee \$150)

BSO Open Rehearsals offer audience members a unique perspective on the creative dynamic between orchestra and conductor. This presentation will feature Dima Slobodeniouk, conductor, and Frank Peter Zimmermann, on the violin, playing Adolphus Hailstork's *Lachrymosa: 1919*, Stravinsky's *Symphony in Three Movements* and Elgar's *Violin Concerto*, three works notable for their proximity to wartime.



Following the morning's musical performance, members will pursue lunch on their own, choosing from numerous excellent eateries in the vicinity of Symphony Hall.

After lunch the group comes together again to visit the Mapparium, a three-story-tall [globe](#) made of [stained glass](#) that is viewed from a 30-foot-long bridge through its interior. Notable is that the visitor views the perfectly proportional globe from the inside allowing complete sight of the entire world.

Spring 2025 Courses – Cool Facts

How many sessions per course?

- 104 courses (64%) – 1 session
- 20 courses (12%) – 2 sessions
- 13 courses (8%) – 3 sessions
- 18 courses (11%) – 4 sessions
- 4 courses (3%) – 5 sessions
- 2 courses (1%) – 6 sessions
- 2 courses (1%) – 8 sessions

How many courses per region?

- Capital Region – 32* (21 classroom; 12 in community)
- Greater Manchester – 47 (35 classroom; 12 in community)
- Seacoast – 23* (14 classroom; 10 in community)
- MWV – 21 (17 classroom; 4 in community)

*mixed sessions – both classroom and in community

How many Zoom courses?

- 37

OLLI members have always had a stated preference for history courses . . . and have always asked for more arts and crafts courses.

- 24 courses categorized as history
- 11 courses categorized as creative arts

In the last several weeks, each creative arts course has been featured on the OLLI at UNH Facebook page with a picture of the type of project the course will produce. Click below to review these posts:

<https://www.facebook.com/olliunh>

If you don't have a Facebook account, consider signing up for one to see OLLI news & info.

Fun Times Coming!



Mt. Washington Valley Game Day

**Tuesday, February 4, 1:00-3:00 p.m.
Mt. Washington Observatory Office**

It's a great opportunity to meet fellow OLLI members you may have only seen in classes.

It's a chance for friendly competition and laughs.

It's also a great way to learn new games.

Bring a game if you like but not a requirement as we will have games on hand.

We invite you to bring a guest & introduce them to OLLI at UNH!

We'll provide bottled water and snacks!

To RSVP for this enjoyable afternoon, please email Cindy Graham at graham168@icloud.com by Sunday, February 2.



It's a perfect time to become a Class Assistant!
Training and support will be provided.
Enjoy one of the most fun volunteer roles in OLLI.
Meet and greet presenters and members.
Call the OLLI Office at (603) 255-3553.



Save the Date!

Capital Region Mug 'n' Muffin

**Thursday, March 13, 2:00 p.m.
City-Wide Community Center, Concord**

Featuring



Nice & Naughty

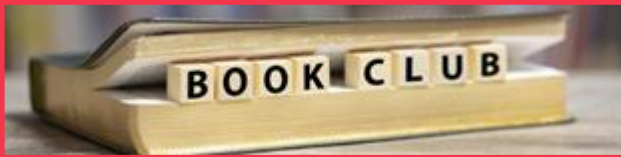
—and—

**Your stories about Irish Luck
When you had it,
When you didn't
Irish Trivia
and**

**All manner of green snacks
and who knows what else!**

**Look for more information in
your email inbox in a few weeks.**

All OLLI members welcome!



All OLLI Book Clubs welcome members from any region

Capital Region Chapter Chats

Submitted by Mary Davies, Class of 2007

Meetings are held the last Monday of the month at 1:30 p.m. via Zoom. To receive the Zoom link contact Donna Frost at dfrost49@hotmail.com.

February's book, *The Demon of Unrest* by Erik Larson, is a gripping account of the months between Lincoln's election and the Confederacy's brazen shelling of Fort Sumter, starting the Civil War. Larson weaves telegrams, personal letters, diaries, military records and news articles into this nonfiction thriller.

Books for March and April:

- March 31 - *Never Caught: the Washingtons' Relentless Pursuit of Their Runaway Slave, Ona Judge* by Erica Dunbar
- April 28 - *The Kitchen Front* by Jennifer Ryan

There's no requirement to finish or even read the book before the meetings. Readers residing anywhere are welcome to join us by Zoom on Monday, February 24, starting at 1:30 p.m. Try us out!

Manchester Book Club

Submitted by Mike Baker, Class of 2011

The Manchester Book Group will meet on Tuesday, February 25 at 7:00 p.m. The book will be announced shortly. Contact Mike Baker at mbmikebaker0@gmail.com for a Zoom link.

Fresh Reads - Seacoast

Submitted by John Russell, Class of 2014

February's Fresh Reads selection is *Why We Read* by Shannon Reed, a longtime teacher, lifelong reader and *New Yorker* contributor. We read to escape, to learn, to find love, to feel seen. We read to encounter new worlds, to discover new recipes, to find connections across differences, or simply to pass a rainy afternoon. No matter the reason, books have the power to keep us safe, to challenge us and, perhaps most importantly, to make us more fully human.

Shannon Reed gets it. With one simple goal in mind, she makes the case that we should read for pleasure above all else. In this whip-smart, laugh-out-loud-funny collection, Reed shares surprising stories from her life as a reader and the poignant ways in which books have impacted her students. From the varied novels she cherishes (*Gone Girl*, *Their Eyes Were Watching God*) to the ones she didn't (*Tess of the d'Urbervilles*), Reed takes us on a rollicking tour through the comforting world of literature, celebrating the books we love, the readers who love them and how literature can transform us for the better.

Then join us via Zoom on Monday, February 17 at 1:30 p.m. to discuss it. Contact John Russell (russelljohnt@comcast.net) to request a Zoom invitation.

SIG-Bits*

*These are tidbits your SIG (Special Interest Group) leaders want you to know.

(contact information on next page)

The **Mt. Washington Valley Hiking/Snowshoeing SIG** has three hikes scheduled:

- Tuesday, February 4 at White Lake State Park, Tamworth, time TBD
- Tuesday, February 11 at Town Hall Road Trail, Bartlett, time TBD
- Tuesday, February 25 at Cotton Valley Rail Trail and Wolfeboro Singletrack trails in Wolfeboro

Contact Betsy Gemmecke at betsygemmecke@gmail.com if you want to be on the snowshoe SIG list. She will send out hike details closer to the times as weather and conditions may affect the hike schedule.

Greater Manchester AI (Artificial Intelligence) SIG will meet on Mondays, February 3 and 17 at 3:00 p.m. on Zoom. This group actively exchanges information and resources in between meetings. Contact Jim Isaak (OLLI@jimisaak.com) for a Zoom link.

SIG News & New SIGs

Capital Region Arts & Crafts SIG Takes Shape

Submitted by Iris Altilio, SIG Leader

The first in-person meeting of what we hope will become the OLLI@UNH Capital Region "Name to be Determined" Arts and Crafts SIG was full of good ideas, conversation and talent.

A show-and-tell, intended to showcase the types of projects members enjoy and would like to share, revealed a broad spectrum of interests: botanical art, jewelry making, beading projects, vignette art, die-cut flowers, polymer clay jewelry, painting (oil and watercolor), spinning and weaving.

Plans for this SIG include a combination of doing and viewing:

- creating arts and crafts
- visiting galleries, museums and art/craft studios
- perhaps attending a class, such as fused glass, stained glass, etc.
- arts and crafts supplies providers

To join this SIG or for more information, please contact Iris Altilio at:

olli.concord.volunteer.iris@gmail.com.

Greater Manchester Virtual Happy Hour

Tuesday, February 11, 6:00 p.m.

Theme: Seeing Red

Sure, February always has us seeing red – Valentines, Roses, Wine. But what else can you think of that brings forth that color? This month, impress us with an amuse-bouche, a petit fours or a snack that highlights the color of the month. Ideally, it will complement your beverage of choice.



All OLLI members are invited to attend. For a Zoom link to Happy Hour, contact Dennis McGivern at:

dmcgivern52@gmail.com)

We asked Dennis McGivern what really goes on at Manchester's Virtual Happy Hour. Do they just sit around a computer screen, gossip and get drunk? But no, there's more!

Reporting Out: January's Virtual Happy Hour Theme: Ice Cold Warmth

To start, they do share the details of their drinks and snacks. Taking careful notes, Dennis publishes the details and, where provided, recipes for the yummys seen online.

Among the beverages shared today we enjoyed:

- 🍷 Trader Joes Canyon Rose
- 🍷 Rocky Peak Avalanche
- 🍷 Absolute Berry Vodka Cocktail (10%)
- 🍷 Muscato 5% Kosher too
- 🍷 Morcello Raspberry Cello and Fabrizia Lemoncello
- 🍷 Scotch Cobbler - McClelland Scotch, Cointreau, simple syrup
- 🍷 Hot Water brand lemonade
- 🍷 Absinthe and Sprite (69%)
- 🍷 Vodka
- 🍷 Rum and Coke
- 🍷 Vodka and OJ

We also discussed:

- 🍷 Ithaca Hummus
- 🍷 Trader Joe's cheddar cheese
- 🍷 the glass exhibit at the Currier (with a plug for Betsy's forthcoming class)
- 🍷 *Chronicle* on WMUR - with a nod to new member Anne Marie

And finally, a few recipes, but you might be surprised:

Simple Syrup:

equal parts of sugar and water - heated until the sugar fully dissolves

Hummingbird food: (huh?)

1 part sugar and 4 parts water - heated until the sugar fully dissolves

(let it cool before feeding the birds)

So, if this tells you there's more to Happy Hour than meets the eye, and you want to join in the fun, you'll be welcome!

SIGs (Special Interest Groups)

What Are They?

A member benefit – you participate for free with other OLLI members who share your interest. All OLLI SIGs welcome members from any region. Nonmembers may attend up to three SIG meetings but must join OLLI to continue.

Capital Region

Movie Club

Meets every Monday 3:00-4:00 p.m. on Zoom. Watch a member-chosen movie every week and discuss it at the SIG meeting.

Contact: Marty Bender (mbender@tds.net).

Creative Writing

Meets every other Thursday (2/13 & 2/27) 1:00 p.m. on Zoom. Prompted writing assignments are shared for group feedback.

Contact: Alan Parry (alan.parry@icloud.com).

Arts & Crafts

Meeting schedule to be determined. Work on favorite crafts together or individually, learn new ones, visit craft shows & galleries.

Contact: Iris Altilio

(olli.concord.volunteer.iris@gmail.com).

Lunch Bunch

Meets to enjoy a lunch together – no set schedule. On winter vacation.

Contact: Jean Russell (j6russ@aol.com) to get on the mailing list.

Healthy Walking

Meets twice a month to enjoy easy walks on gentle trails in the greater Concord area. On winter vacation.

Contact: Ray Mercier (mercier.raymond@gmail.com).

Seacoast

Favorite Local Hiking Trails SIG

Meets on second Wednesday of the month at 10:00 a.m. to hike (rain or shine) or snowshoe. On winter vacation.

Contact: Sandy O'Neill (sandy_oneill@comcast.net).

Greater Manchester

Manchester Meditation

Meets weekly on Wednesdays at 2:00 p.m. for silent meditation practice and discussion.

Contact: Janet Romaine (jromaine@anselm.edu).

Happy Hour

Meets monthly on a Tuesday (2/11) 6:00-7:00 p.m. on Zoom to share drinks and desserts, discuss wine and spirits and enjoy a themed virtual get-together whose motto is "Zoom responsibly."

Contact: Dennis McGivern (dmcgivern52@gmail.com).

Artificial Intelligence (AI)

Meets on the first and third Monday of the month at 3:00 p.m. on Zoom. Share observations and experiences on all things AI.

Contact: Jim Isaak (OLLI@jimisaak.com).

Lunch Bunch

No set schedule. Get on a mailing list for information.

Contact: Mike Baker (mbmikebaker0@gmail.com).

Mt. Washington Valley

Hiking/Walking

Meets in the fall and spring; no set schedule; get on a mailing list for information.

Contact: John Rozek (ejohninnh@yahoo.com).

Hiking/Snowshoeing

Meets in winter; no set schedule (2/4, 2/11 & 2/25); get on a mailing list for information.

Contact: Betsy Gemmecke (betsygemmecke@gmail.com).

Candlepin Bowling

Saco Valley Sports Center at 1:00 p.m. on selected days (2/12).

Contact: Barb Butler (barbara.butler@yahoo.com).

Munch Bunch

Meets to enjoy a meal together generally on the fourth Thursday of the month. (2/27)

Contact: Diane Rozek (dlnh2002@yahoo.com).

Ice Cream Trail

Meets biweekly in the summer to visit specialty ice cream shops in the MWV area. (on hiatus until summer)

Contact: Cindy Graham (graham02171@gmail.com).

Try out a SIG this month! They're fun and there's no commitment.

Got an idea for a SIG? Contact your learning region's Central Committee.



Co-Chair's Chat

Submitted by Su Bennett

"Life begins at the end of your comfort zone."

Neale Donald Walsch

So, by now you have received your catalog for Spring 2025. If you haven't, call the OLLI Office ASAP at (603) 255-3553. The four Curriculum Committees have outdone themselves. We, in NH, are so fortunate to be offered so many learning opportunities across so many disciplines – Art, Films, Literature, Music, Finance, Games, Personal Development, Philosophy, Politics, Gardening, Math, Science, Exploring the Community, Outdoor Adventures and so much more.

Did you squirm or dismiss any of these categories? Then I challenge you to take a course out of your "comfort zone." Something new, different, a topic you might hear others chatting about. Or perhaps a location just a little further away – combine it with a stop at a local eatery or maybe an ice cream. We New Englanders are known to love our ice cream all year round!

And here's this chat's riddle:

"What flies when it is born, lies when it lives and runs when it dies?"

A big shout out to all the people on the Curriculum Committees for searching and finding so many diverse and interesting presenters who are willing to share their knowledge and talents with us. And to all the presenters who so willingly give of their precious time with no compensation but the pleasure of interacting with YOU. We thank you.

On the other side of that coin, if any of you, our members, would like to share your knowledge and passion, contact the OLLI Office and you will be referred to someone on a Curriculum Committee who can then give you all the details of submitting a course proposal. We even have a Presenter's Handbook with lots of helpful information.

Registration opens Monday, February 3 at 9:00 a.m. and the first class is on Wednesday, February 19.

Oh, the answer to the riddle?? – *A snowflake.*

And remember – *"You miss 100% of the shots you don't take."*

Wayne Gretzky

Hope to see you in a class or two,
Su Bennett

Leadership Council meetings are generally held on the Zoom platform on the fourth Monday of the month from 10:00 a.m. to noon, giving members the opportunity to observe our governance structure firsthand. The next meeting will be Monday, February 24. All members are welcome.

Contact John Russell, at russelljohn@comcast.net for information or a Zoom link.



OLLI on Radio and TV



OLLI at UNH Program Manager Tori Berube promoted OLLI and its Spring Term on [Capital Area Chats](#) with Paul Brogan and on [Cail and Company](#) with Mike Morin. In Conway Cindy Graham and Bob Muzerall appeared on [Charity Chatter](#).

Click the links to listen to each show.



February Calendar

All meetings are by Zoom unless otherwise noted.

NOTE: Dates and contact information of SIG meetings (including Book Clubs) are now found on the SIG and Book Club pages.

Capital Region

Monday, February 10 Capital Region Membership/Central Committee – 10:00 a.m. (Jacki Fogarty, contact)
Friday, February 21 Capital Region Curriculum Committee – 1:00 p.m. (Donna Frost, contact)

Greater Manchester Region

Friday, February 14 Manchester Curriculum Committee – 10:00 a.m. (Bob Jones, contact)
Friday, February 28 Manchester Central Committee – 11:00 a.m. (Su Bennett, contact)

Mt. Washington Valley Region

Wednesday, February 12 MWV Central/Curriculum Committee – 10:30 a.m., Carroll County Extension (Cindy Graham, contact)

Seacoast Region

Thursday, February 13 Seacoast Central/Curriculum Committee – 1:30 p.m. (Tessa McDonnell, contact)

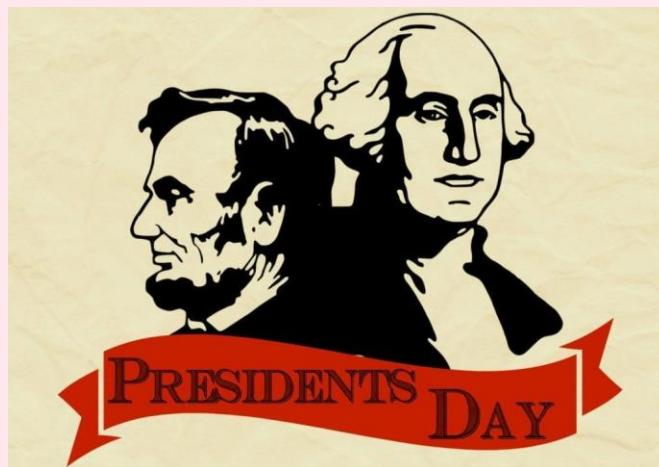
Statewide Meetings and Events

Monday, February 3 Spring Term Registration – 9:00 a.m.
Monday, February 17 Presidents Day
Monday, February 24 Leadership Council – 10:00 a.m. (John Russell, contact)
Friday, February 28 Lunch & Learn – Technology – 12:00 p.m. (Jacki Fogarty, contact)

Looking Ahead

Thursday, April 3 On the Road With OLLI – Boston Symphony & Mapparium
Wednesday, June 4 On the Road With OLLI – Concord, MA

Directory of Contacts' Email Addresses and Directory of Class and Event Locations
– Click here or scroll down to the next page.



OLLI at the University of New Hampshire

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(603) 255-3553

olli.office@unh.edu

unh.edu/OLLI

[OLLI National Resource Center](#)

*Learning regions: Capital Region, Greater Manchester,
Mt. Washington Valley & the Seacoast*

The *Outlook* is published monthly and sent to all current OLLI members. OLLI members are invited to submit articles of interest to the general membership. Articles, pictures and comments may be emailed to *Outlook* at OLLIOutlook@aol.com. Thank you.

Jacki G. Fogarty, Editor

Directory (Addendum)

Contact Email Addresses

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Dee Angwin
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OLLI Class & Event Locations

NHTI – Sweeney Hall

31 College Drive, Concord
Park in Lot C

City Wide Community Center

14 Canterbury Road, Concord

UNH Manchester

88 Commercial Street, Manchester
Remember your parking pass

Professional Development & Training (PD&T)

230 Commerce Way, Portsmouth

The Gibson Center

14 Grove Street, North Conway

Mt. Washington Observatory Offices

2779 White Mountain Highway,
North Conway

OLLI at UNH is a department within the
Office of Outreach and Extension (OE).

OLLI Office Contact Information

OLLI.office@unh.edu

(603) 255-3553

Mailing Address

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