

# Watchung Post

Watchung's Hometown Newspaper

NJ

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ISSUE 117 • JULY 2022

## MAYOR'S REGATTA HOPES TO RETURN AS ANNUAL EVENT

The Mayor's Regatta returned to Watchung on Saturday, June 11, 2022, at Best Lake. The Borough hopes to make this an annual event again. Eight teams competed in four heats. The overall winners were the Watchung Rescue Squad with a final time of 1.58.

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(above) Mayor's Team: Mayor Keith Balla & Councilman Ron Jubin



(above) WHRHS Alumni: Hannah & Kelly



(above) The Cert Team: Karen Pennett & Charlie Weiss



(above) Watchung Boy Scouts of America: Jay Stiles & Chris Vander Fliet



(above) Watchung Rescue Squad members Noa Paradise & Jason Ng, were overall winners.

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(above) The Giving Nest: Debbie Handon & Rosa Sarrico



(above) PBA Team: Officer Mike Cannata and Detective Andrew Chuisano



(above) Watchung Fire Department: Michael Mattiassi & Matt Picone



Photos from this and other events can be found online at [rennamedia.com](http://rennamedia.com) and on the Watchung Post page on [facebook.com](https://www.facebook.com). Feel free to "Like," "Tag," and "Share."



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# Watchung Post

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Watchung Post is published by Renna Media. 2,700 newspapers are printed monthly and mailed to every business and resident in Watchung, NJ.

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Watchung Post

# VACATION BIBLE SCHOOL - CHRISTMAS IN JULY

Wilson Memorial Church will present Christmas in July, a Summer Vacation Bible School (VBS) program, for children aged 3 – 10, from July 25-29. The program's purpose is to incorporate themed activities that entertain kids with the opportunity to learn about God and the people in their community. Wilson Memorial Church will provide a VBS that focuses on a child's opportunities in their church and community while giving families the opportunity to meet people within the church.

Church membership is not required to participate. VBS is a week-long event that takes place in the summer season. Children attend from 9am to 12 pm each day. At each day's opening program, everyone gathers to greet the day and set intentions for the morning to come. Once the day's theme is established, children will travel the campus, with peers of the same age, to explore practical opportunities in art, music, yoga, and age-appropriate Bible study. Snack is provided each day. Each day concludes with a review of what has been learned and exciting news for the day to come. The week ends with a whole camp presentation to kick off a special evening of fun and entertainment for the whole family.

With VBS leaders who are church staff as well as church members volunteering their time, this year's staff pulls together renowned and experienced volunteers in each field. Innovative thinkers like Michelle Marigliano in art, Timothy Walton in Music, Matthew

May leading study, and Cynthia Chiariello leading movement, will work with children daily to examine how each practice can help to inform one's faith walk. There is still space for teen volunteers as well as adult class leaders.

A Spare Change collection will be taken daily to aid to the exploited, the powerless and the forgotten.

This year's focus is the importance of one's unique voice in the workings of their community, faith and otherwise. The church will be transformed into scenes from Santa's workshop to drive home the points of working together, conflict resolution, the celebration of differences, and the joy of being involved in something bigger than oneself.

The cost per child is \$35.00 with a cap of \$70.00 per family. Registration forms can be found at [www.wilsonmemorialchurch.org/vbs](http://www.wilsonmemorialchurch.org/vbs). The deadline for registration is June 15. Walk ins and registrations at the door will not be admitted.

Wilson Memorial Church

## Vacation Bible School

### Christmas in July

**July 25 - 29**

9:00am – 12:00 noon

7 Valley Rd • Watchung, NJ • 908-755-5020

For more information and register

**[WilsonMemorialChurch.org/VBS](http://WilsonMemorialChurch.org/VBS)**

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Oct 1	Winslow, An Evening of The Eagles
Oct 22	Psychic Medium Nini Grace
Oct 28	Motor City Revue
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## SEEKING NEW BOARD OF TRUSTEE MEMBERS

**CASA SHaW**  
Court Appointed Special Advocates of Somerset, Hunterdon, and Warren Counties (CASA SHaW) has announced that the nonprofit, which is dedicated to foster children in our region, is seeking applications from individuals in our community to serve on the CASA SHaW Board of Trustees.

"We not only have a wonderful and diverse Board of Trustees, but board members that have come from all backgrounds and walks of life," said Tracey Heisler, Executive Director of CASA SHaW. "Our goal is to bring new board members into our organization that can not only lend their expertise, but also their life experiences to help us progress in the future for the foster youth we serve," Heisler said.

Individuals in our community who are interested in applying to become a member of the CASA SHaW Board of Trustees should send

their resumes and credentials to CASA SHaW at [info@casashaw.org](mailto:info@casashaw.org).

"It takes a village to help children in our community who have been abused and neglected. We want to expand our village to ensure that all children we advocate for are represented through our leadership at CASA," Heisler said.

CASA of Somerset, Hunterdon, and Warren Counties is part of a statewide network of community-based, non-profit programs that recruit, screen, train and supervise volunteers to "Speak Up for a Child" removed from home due to abuse or neglect. CASA is the only program in New Jersey that uses trained volunteers to work one-on-one with children, ensuring that each one gets the services needed and achieves permanency in a safe, nurturing home. To find a local CASA program in your county, visit [casaofnj.org](http://casaofnj.org).

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## RESCUE SQUAD CELEBRATES GRADUATION OF FOUR MEMBERS

This year the Watchung Rescue Squad celebrates the graduation of 4 members. While balancing education and service to the community is no easy task, these individuals have fulfilled both with stellar results.

Serving as a full member and President of the Squad, Genevieve Nitzsche graduated from Sacred Heart University with a Bachelor's of Science in Nursing and a double minor in Honors and Psychology. She recently accepted a full-time position as an RN in the Emergency Department at Robert Wood Johnson University New Brunswick.

Richard "Richie" Mistichelli is currently a probationary EMT. He recently graduated from Delbarton School and will be attending University of Notre Dame where he plans to double major in neuroscience and film. His career goals include becoming a surgeon.

While riding on Tuesday nights as crew chief, Sarah Wilson completed her Master's in Communication and Media from Rutgers University's School of Communication and Information. She also graduated with her undergraduate Bachelor's of Arts in Mass Communications/Media Studies from University of South Carolina last spring. She currently works full time as an account coordinator at Coyne PR.

Kelly Reyes, a probationary member and Recording Secretary at squad, graduated from Seton Hall University with a Bachelor of Arts in Social & Behavioral Science and a minor in

Social Work. This fall she will be starting her Master's in Applied Behavioral Analysis at Rutgers University.

Congratulations to these new graduates! We can't wait to see what else they'll accomplish next.



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The below programs will be hosted virtually.

To join a virtual program by phone, dial (646) 876-9923. After dialing, you will be prompted to enter a meeting ID. The meeting ID is the series of numbers at the end of the Zoom link posted for each event.

### **The Audacious Adventures of Nellie Bly**

July 6, 7-8:30 p.m.

<https://sclsnj.libnet.info/event/6071405>

### **Meet Me at the Musee d'Orsay in Paris**

July 7, 7-8 p.m.

<https://sclsnj.libnet.info/event/6173404>

### **Movie Trivia**

July 12, 3-4 p.m.

<https://sclsnj.libnet.info/event/6191927>

### **Everything Orchid**

July 12, 7-8 p.m.

<https://sclsnj.libnet.info/event/6072056>

### **Defeating Unconscious Bias - Presented by Greater Raritan OneStop Career Center**

July 13, 10 a.m. - noon

<https://sclsnj.libnet.info/event/6173056>

### **Based on the Book - From Page to Picture**

July 13, 7-8 p.m.

<https://sclsnj.libnet.info/event/6092728>

### **Sidney Poitier at the Crossroads**

July 14, 7-8 p.m.

<https://sclsnj.libnet.info/event/6097639>

### **Put Your Best Self Forward - Presented by The Greater Raritan Workforce Development Board**

July 19, 7-8 p.m.

<https://sclsnj.libnet.info/event/6180122>

### **Photo Organization in the Digital Age**

July 20, 7-8 p.m.

<https://sclsnj.libnet.info/event/6170095>

### **New Jersey Architecture -**

### **Five Centuries in One Hour**

July 21, 7-8 p.m.

<https://sclsnj.libnet.info/event/6127554>

### **Buy and Sell on eBay and Craigslist**

July 25, 7-8 p.m.

<https://sclsnj.libnet.info/event/6236404>

### **Postcards From Indonesia**

July 27, 7-8 p.m.

<https://sclsnj.libnet.info/event/6135129>

### **John Trumbull's Paintings**

### **for the U.S. Capitol Rotunda**

July 28, 7-8 p.m.

<https://sclsnj.libnet.info/event/6214263>

Most programs request registration. To discover all SCLSNJ has to offer, visit [SCLSNJ.org](https://www.sclsnj.org) or connect with SCLSNJ on Facebook, Twitter, or YouTube.

### **ABOUT SOMERSET COUNTY LIBRARY SYSTEM OF NEW JERSEY**

Somerset County Library System of New Jersey (SCLSNJ) partners with you to connect, to explore, to share and to discover. Together we enrich lives, expand knowledge and strengthen communities. SCLSNJ branches can be found in Bridgewater, Bound Brook, Hillsborough, Manville, Montgomery, North Plainfield, Peapack & Gladstone, Rocky Hill at Mary Jacobs Memorial Library, Somerville, Warren Township, and Watchung. Additionally, there are two SCLSNJ reading stations in Branchburg and Washington Valley. Visit [SCLSNJ.org](https://www.sclsnj.org).

## 2022 SUMMER SOCCER TRAINING CLINIC

Hi, my name is Ashton Zhao. I am a rising high school senior who has been playing soccer for most of my life. I currently play for the Watchung Hills NJ Elite Soccer Club and my school's varsity soccer team. As a player myself, I know how to effectively train to improve and have fun in soccer, and I am eager to share my experience with all of you. I will be hosting a 10-week long summer soccer clinic that will take place every

Saturday morning from 10-12 am, from June 25th to August 27th. A part of the proceeds will be donated to charity. Players of all skill levels, ages 8-12, are welcome to attend.

Location: Mountain Park in Basking Ridge (10 Mountain Road, Basking Ridge, NJ)

Cost: \$50 for all 10 sessions (or \$5/session). Cash or check. Please register at: <https://forms.gle/poUKn41Fj1rousDZ6>

## FOOD PANTRY SUMMER SCHEDULE

Twelve Baskets Food Pantry will be moving to the First Presbyterian Church in Stirling, at 158 Central Ave., for the summer months of July, August, and September. The pantry will be open the 1st and 3rd Saturday of each month from 10 a.m. – 11:30 a.m.

Twelve Baskets provides food and various non-perishables to individuals, families, seniors, and Veterans in Long Hill and surrounding areas. A valid driver's license or state ID to verify local address is the only documentation needed. Anyone in need of walk-in hours for emergency appointments can call 908-647-0067 ext. 4 and arrangements will be made. All calls and visits are free and confidential.

Masks are required, and we ask that everyone bring reusable bags for food.

The goal of the pantry is to help supplement families during these difficult times. Donations are accepted and can be placed in our donation barrels located in the side door at All Saints'

Church, 15 Basking Ridge Road, Millington. We do ask that food items should not contain high amounts of salt, sugar or highly processed grains. We ask for foods high in protein, healthy fats and whole grains when possible. At this time, avoid pasta and all bulk sizes.

Items such as fresh produce (fruit, veggies), eggs, milk and bread can be accepted after 9:30 a.m. during open Saturdays. In addition, ShopRite card donations are greatly appreciated and will be used to purchase fresh produce, eggs, milk, etc.

If you would like more information on donating food, perishables, or gift cards, or would like more information, please visit [allsaintsmillington.org/outreach.html](https://allsaintsmillington.org/outreach.html) or call 908-647-0067 ext. 4.

Twelve Baskets Food Pantry is sponsored by All Saints' Episcopal Church, First Presbyterian Church of Stirling, Meyersville Presbyterian Church, Long Hill Community Services, and LHT CERT.

## FREE STATE PARK ADMISSION ALL SUMMER LONG

NJ State Park Service

Starting Memorial Day weekend, entry to all New Jersey State Parks, forests, and recreation areas will be free of charge this summer. Park entrance fees will be waived for all visitors, regardless of residency. Anyone who already purchased a 2022 annual State Park Pass will

automatically receive a full refund.

Other individual park fees remain in place, such as camping, interpretive programs, and mobile sport fishing permits.

Discovery State of New Jersey Parks: [nj.gov/dep/parksandforests/](https://nj.gov/dep/parksandforests/)



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Municipal garbage removal  
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**NEW CUSTOMER DISCOUNT!**

# \$30 OFF

With this coupon. One time discount for first time customers.  
Can't be combined with other offers. Expires 7/31/22



# Marketing Toolbox

Renna Media offers a full range of marketing services, in print and online, hyper-local to regional, for every budget and market size.

## NEWSPAPER ADVERTS

We mail 160,000 newspapers to every home and business in 24 towns. You can advertise in any number of towns. Ads start at \$60.

## FULL COLOR PRINTING

We print flyers and menus, full color, two sided, on coated stock for only \$45 per thousand.

## DIRECT MAIL

Insert your flyer into the newspapers and get it mailed to every home and business for \$60 per thousand and as low as \$30 per thousand for higher quantities.

## ONLINE MARKETING

Online ads and press releases designed and placed to drive traffic to your website and get your phone ringing.

## SOCIAL MEDIA

We can design and/or manage your social media campaign from passive to aggressive plans customized to work within your budget.

## WEBSITE AND SEO SERVICES

Start with an audit/analysis of your website giving you a report and recommendations for \$250.

It is highly recommended to have a marketing plan and budget before spending.

**CALL JOE RENNA FOR A FREE CONSULTATION.**  
**908-447-1295**

# RENNA MEDIA NEWSPAPER RATE SHEET

**WE MAIL 160,000 NEWSPAPERS MONTHLY!**

Tina Renna 908-418-5586 • tinarena@rennamedia.com

Joe Renna 908-447-1295 • joerenna@rennamedia.com

202 Walnut Avenue, Cranford, NJ 07016

Online at RennaMedia.com  
and NJLocalInfo.com



Call today for **FREE** consult on marketing and business plans.

Advertise  
in 1 or all  
24 towns



Qty: 4,700  
Zip: 07922



Qty: 7,500  
Zip: 07928



Qty: 6,700  
Zip: 07066



Qty: 9,900  
Zip: 07016



Qty: 5,400  
Zip: 07208



Qty: 3,000  
Zip: 07023

Section of Elizabeth, NJ



Qty: 5,500  
Zip: 07932



Qty: 2,500  
Zip: 07027



Qty: 3,000  
Zip: 08812



Qty: 3,500  
Zip: 07033



Qty: 17,900  
Zip: 07036



Qty: 3,500  
Zips: 07933, 07946, 07980



Qty: 6,300  
Zip: 07940



Qty: 2,900  
Zip: 07092



Qty: 5,100  
Zip: 07974



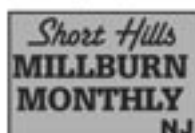
Qty: 13,000  
Zip: 07065



Qty: 5,600  
Zip: 07204



Qty: 9,400  
Zip: 07076



Qty: 8,200  
Zips: 07041, 07078



Qty: 9,600  
Zip: 07901



Qty: 6,800  
Zip: 07083 (partial)



Qty: 6,200  
Zip: 07059



Qty: 2,700  
Zip: 07069



Qty: 11,800  
Zip: 07090

Rates are per month. Artwork included in price. Newspapers are black on white.

### NEWSPAPER AD RATES

Units	Size	1 TOWN	3 TOWNS	6 TOWNS	9 TOWNS	12 TOWNS	15 TOWNS	18 TOWNS	21 TOWNS	24 TOWNS
1 Unit (Business card)	3.25" x 2"	\$60	\$150	\$250	\$350	\$400	\$450	\$500	\$550	\$600
2 Units	6.5" x 2" or 3.25" x 4"	\$100	\$250	\$400	\$500	\$600	\$700	\$800	\$900	\$1000
4 Units	3.25" x 8" or 6.5" x 4"	\$180	\$450	\$700	\$900	\$1100	\$1300	\$1500	\$1700	\$1900
6 Units	6.5" x 6.25" or 10" x 4"	\$240	\$600	\$900	\$1200	\$1400	\$1600	\$1800	\$2000	\$2200
9 HALF PAGE	6.5" x 9" or 10" x 7"	\$320	\$800	\$1000	\$1300	\$1600	\$1900	\$2200	\$2400	\$2700
12 Units	10" x 8"	\$360	\$900	\$1200	\$1500	\$1800	\$2100	\$2400	\$2700	\$3000
18 FULL PAGE	10" x 14"	\$400	\$1000	\$1400	\$1800	\$2200	\$2500	\$2800	\$3000	\$3400
2-PAGE SPREAD	21" x 14"	\$700								
BACK PAGE	10" x 14"	\$500								
FRONT PAGE BANNER	8.25" x 2"	\$320								
FRONT PAGE BOX	1.5" x 4.5"	\$240								

Back cover, front page banner and front box reserved on first-come, first-served basis. Current advertiser has right of first refusal.

**PREPAY 6 MONTHS AND GET 1 MORE FREE**  
**PREPAY 12 MONTHS AND GET 3 MORE FREE**

Make Checks payable to Renna Media, 202 Walnut Avenue, Cranford, NJ 07016

# NATIONAL DOG BITE AWARENESS CAMPAIGN

## U.S. Postal Service

More than 5,400 postal employees were attacked by dogs in the United States in 2021. In New Jersey, there were 137 dog bites in 2020 which declined to fewer than 123 in 2021, knocking the state out of the top ten for incidents.

From nips and bites to vicious attacks, aggressive dog behavior poses a serious threat to postal employees and the public. To highlight the enormity of this serious issue, the U.S. Postal Service is providing information on the do's and don'ts of responsible dog ownership as part of its annual National Dog Bite Awareness Week public service campaign.

"Every year, thousands of postal employees are attacked by dogs as they deliver America's mail. And while it's a dog's natural instinct to protect their family and home, we ask all customers to act responsibly by taking safety precautions with their dogs while the mail is being delivered," said USPS Employee Safety and Health Awareness Manager Leeann Theriault. "When a carrier comes to the residence, keep the dog inside the house and away from the door — or behind a fence on a leash — to avoid an attack."

## BEING A RESPONSIBLE PET OWNER

Dog owners with friendly dogs often expect a friendly reaction from other dogs. However, even friendly dogs will bite, depending on the circumstance. Dogs are primarily territorial in nature and protective of their owners and their

owners' property. Defending its territory sometimes means attacking — and possibly biting — the letter carrier. Dog owners are responsible for controlling their dogs. The best way to keep everyone safe from dog bites is to recognize and promote responsible pet ownership.

Most people know the approximate time their letter carrier arrives every day. Securing your dog before the carrier approaches your property will minimize any dog-carrier interactions.

When a letter carrier comes to your home, keep dogs:

- Inside the house or behind a fence; Away from the door or in another room; or On a leash.
- Pet owners also should remind their children not to take mail directly from a letter carrier as the dog may view the carrier as a threat.
- Informed Delivery is a useful tool for dog-owning customers. It's a free service that gives customers a digital preview of the mail and packages that are scheduled to be delivered so that they can take precautions and secure their dog when parcels are delivered to the door. Sign up at [informedelivery.usps.com](https://informedelivery.usps.com).

"The Postal Service takes the safety of our employees as seriously as we take our commitment to delivering America's mail. Each year, nearly 6,000 employees are attacked by dogs while on their routes," said USPS Occupational Safety and Health Senior Director

Linda DeCarlo. "Please deliver for us by being responsible pet owners and make sure your dogs are secured when our carrier comes to your mailbox."

Last year, many attacks reported by letter carriers came from dogs whose owners regularly stated, "My dog won't bite." Dog bites are entirely preventable. One bite is one too many.

## HOME MOVIES TRANSFERRED to digital files & DVD

- Video Tape Transfers
- DVD & Flash Drive Duplication
- High Speed Photo & Slide Scanning



locally owned since 1984

[www.vdsnj.com](http://www.vdsnj.com)

[facebook.com/vdsnj](https://facebook.com/vdsnj)

email: [ira@vdsnj.com](mailto:ira@vdsnj.com)

**908-964-4004**

406 Chestnut St. • Union, NJ 07083

## ONLINE ADS & PRESS RELEASES DRIVE LOCAL TRAFFIC TO YOUR WEBSITE

- **GET UNLIMITED CLICKS**  
An alternative to expensive pay-per-click programs
- **FREE AD DESIGN AND COPYWRITING**  
Advertising webpage includes many features including write-up, images, video, Google map, etc.
- **POSTS ARE SHARED THROUGH SOCIAL MEDIA**  
Posts shared on multiple Facebook pages and twitter.
- **PAID SEARCH ENGINE PROMOTIONS**  
Posts are promoted by industry, key words and location.
- **TRACKABLE RESULTS**  
All ads include a live view counter.

Joe Renna at 908-447-1295  
email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)



**\$10 PER POST**  
Block of 20 for \$200  
Single post is \$20

## Full Color Flyers and Menus Printed and Mailed to Every Home and Business in Town!

### MENUS - PRINTING - \$50 PER THOUSAND

Rate is for quantities of 25,000 or more.  
For quantities less than 25,000 cost is \$68 per thousand.  
11"x17" / Full color / 2 sided / 60lb gloss coated stock / Includes folding (quarter fold or tri-fold, with or without coupons tab)

### FLYERS - \$35 PER THOUSAND

8.5" x 11" / Full color / 2 sided / 60lb gloss coated stock / Tri-fold add \$10 per thousand

INSERTED AND MAILED TO EVERY HOME AND BUSINESS \$60 per thousand. (as low as \$30 per thousand depending on quantity.)

Joe Renna at 908-447-1295  
email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)



**FLYERS \$45 PER 1,000**

**MENUS \$85 PER 1,000**

## WEBSITE / SEO SERVICES

- **STARTER WEBSITE: \$500**  
Basic static site that can be developed further
- **WEBSITE CREATION/UPDATE: \$2,400**  
Cost for average website: 12 pages, contact form, SEO friendly, responsive design
- **WEBSITE HOSTING: \$300 PER YEAR**  
Includes website hosting, software updates, monthly website content updates
- **SEO SERVICES: AVERAGE COST \$1,000 - \$2,000 PER MONTH**  
Custom tailored solutions: Google Ranking, Local SEO, Social Marketing

Call for free a consultation if you need help developing an online marketing plan.

**STARTER WEBSITE \$500**

Joe Renna at 908-447-1295  
email: [JoeRenna@RennaMedia.com](mailto:JoeRenna@RennaMedia.com)

## CHESS LESSONS

### International Master Yaacov Norowitz

- Group or private lessons
- Live or virtual options
- Classes for all Levels from beginners on up



Call or email Joe Renna:  
[joerenna@rennamedia.com](mailto:joerenna@rennamedia.com)  
908-447-1295

For more info about lessons.



# Let the Cherie Berger Team help guide you home



CHERIE  
BERGER  
TEAM



## Our Featured Watchung Listings



**45 Hill Hollow Road, Watchung, NJ**  
5 Bed | 3 Bath | 3 Half Bath | \$1,335,000



**780 Johnston Drive, Watchung, NJ**  
5 Bed | 4 Bath | 3 Half Bath | \$1,595,000



**Cherie Berger**  
cherie.berger@compass.com  
M 908.410.0931  
O 973.310.6816



**Steven Berger**  
steven.berger@compass.com  
M 908.256.0307



**Ashley Berger-Freitas**  
ashley.freitas@compass.com  
M 908.432.9818

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