President’s Message

After an invigorating biennial state conference in San Francisco and an electrifying national meeting in St. Louis, it is a wonderful time to be taking the helm of CA-AFCS. We have a new generation of FCS professionals coming on board and they are shaping the way we think about and do our professional organization’s activities. Taking a special interest in providing opportunities for our Millennium members, Patti Wooten-Swanson and Gus Vouchilas are teaming together with me. With this charge in mind, Patti and I met with other like-minded affiliate leaders at a Research-to-Practice Roundtable discussion that we lead at the recent AAFCS meeting. Gus is leading up a project based competition that promises to inspire some worthy innovations.

Also on the docket for this year are some bylaw revisions. An outcome of the CA-AFCS meeting in March of 2013 is the recommendation that a scholarship chair be added to the membership of the Board of the Extended Education Fund (EEF). This position would be appointed by the CA-AFCS president, and could serve continuous terms. Dr. Nancy Rabolt is currently serving in this position, and all members of the EEF can attest to the benefits of someone with a history of working with these scholarships. It is complicated! Another change that will be necessary is the designation of voting delegates at the AAFCS Leadership Council (discussed below). We have a couple of years before these changes can become official. We won’t vote on it until the 2016 CA-AFCS biennial conference (in Los Angeles).

If you have been keeping up with your reading of the Contempo, you are probably aware that a major vote took place during the 2014 AAFCS Senate on restructuring the AAFCs organization. The proposal passed, which essentially means there will be fewer committees and fewer Board of Director members at the national level. There was no proposal on the table to change AAFCS to an academy structure (this idea was nixed in March 2014 by the AAFCS Board of Directors). AAFCS is still pursuing the coalescence of AAFCS with other FCS professional organizations, but AAFCS is NOT taking the leadership role in the formation of this alliance. The adopted change of the AAFCS governance structure does have implications for CA-AFCS, most immediate of which is a bylaws change. Essentially the AAFCS Senate is morphing into the Leadership Council, and AAFCS outlines strict parameters on who can serve on the Leadership Council. From our affiliate it will be the president and president-elect or past president (depending on the year).

During the Open Forum and the Senate discussions on the proposed streamlined structure, California was called on several times to share findings about working with Millennials and implications for this change. I reported that to keep our organization vital our grassroots efforts need to allure millennial members and be relevant to their own interests and values. At the Pacesetter event when we were awarding Barbara Kilborn and Shirley Ann Vernon as significant AAFCS leaders, I was struck with rich history that we have in our organization of making a lasting difference. It seems to me that our challenge now is to engage new generations in that same mission by providing the support of past experiences to better help them forge a future that engages their heart and soul in the profession. It is an honor to be your 2014-2016 president!

Sincerely,

www.aafcs-ca.org

Dr. Jody L. Roubanis, CFCS
2014-2016 CA-AFCS President
The theme of the 105th AAFCS Annual Conference and Expo was *Global Gateway to Healthy and Sustainable Families*. It was held June 25 through 28 next to the arch in St. Louis Missouri. The California delegation had a strong presence! Sandra J. Coulter was recognized at the opening session and the ESAE luncheon as a merit finalist for the Teacher of the Year Award. Barbara Kilborn and Shirley Vernon were recognized for Leader Awards. And several CA-AFCS members were recognized for reaching 50 years of membership: Sharlene Cossairt (Gold River), Nancy Fisher (San Diego), Willy Hall CFCS (Orange), Mary Anne Nesalhous (San Gabriel), and Joan Tucker (Vacaville). Mary Anne Nesalhous was quoted in the program “As an FCS professional in today’s environment, you must be prepared to be proactive when defending your programs. Do what is necessary to ‘show-off’ your programs and be able to explain the benefits earned by your students.”

In all there were 12 delegates from California, including: Amber Bradley, Sandy Carpenter-Stevenson, Sandra Coulter, Teresa English, Mary Gilliland, Barbara Kilborn, Lisa Ledeboer, Diane Lewis-Goldstein, Mary Anne Nesalhous, Roberta Null, Jody Roubanis, and Patti Wooten Swanson.

Next year the 106th AAFCS Conference and Expo will be in Jacksonville Florida. Hope to see you there!
OPENING KEYNOTE ADDRESS

On Becoming My Mother presented by Dr. Geraldene B. Hodelin, University of Technology, Jamaica, Western Campus and also IFHE Immediate Past President

A collection of thoughts from Amber Bradley

Dr. Hodelin related that her mother was an important part of her professional life. Not only her biological mother, but many who helped were "proxy" mothers that helped her reach new levels in her career. We have to learn to become a "mother" to others to expand our careers.

We need to document our programs and successes. When did I start to become my mother? Where is the evidence of transformation? Our friends, heroes, mentors, etc., provide the inspiration. We need to be patient and committed to what we bring and take away from this conference. It will help us provide aid to others. Over the years we hone these skills.

Becoming a person of worth takes time and self examination on the journey to where you are going. When you are "given" an award or recognition you should relate to others that the award or recognition was earned, not given. Becoming a person of worth is an uncharted journey and requires frequent glances in the mirror.

People who help us reach our goals may be younger, older, friends, strangers or even people we disagree with.

Raise your children in such a way others will love them. You are raising "children" for the family, community and the world. We learn from even those who are negative models. We shape how people handle a situation.

Remember your roots, they are stabilizing forces along the journey to becoming you!

Let your heart take you where you want to go, but be sure it is where you want to go. Success can be a lonely road. Make friends where it is appropriate.

Faith in God has three purposes, to ask God, to thank God and to praise God. You do not need an excuse or should not have to seek permission to practice your faith.

Never be sparing with the love you give your family. There is too much hatred in this world. Appearance matters the first time and every time afterwards.

Balance is a good thing. You don't need to know everything. Practice paying attention to yourself. You are called many things as you "wear many hats". You are a different person to different people. Know and embrace your identity with
AAFCS Annual Meeting Highlights

AAFCS National Conference—Virtual!

Submitted by Cynthia M. Figueiredo, M.A., CFCS, CFLE

The ability to connect virtually was a terrific opportunity to connect with the organization! So many achievements to celebrate! For our Growth, Sustainability & Equity we were encouraged to (1) Simplify and Lead the Way, and (2) To Develop a Collaborative Model by (a) being open to all possibilities, (b) communicate, and (c) collaborate. So often we feel we may be alone in our struggles, but we can form partners and be active in developing our own sustainable family. We were encouraged to:

Have Courage - Be Bold - Be Brave!

Delight in Your Achievements

Celebrate Your Accomplishments

You can develop a FCS Brand for Public Awareness! Write! Propose resolutions, tell how you have supported families, connect with other alliance members, meet with legislators annually, and become more VISIBLE yourself and through our youth! ACTION! It is great advice and so much easier to do now with Facebook, Twitter, etc. A great opportunity to connect and find partners in accomplishing all that we see needs to be done.

A university is there to insure we meet the needs of people in our country/world.

Sometimes people that you scarcely know are your greatest facilitators. Sometimes you have to resist in order to grow. Appeal to a higher force! Even as you learn from others, you may have to turn it around to grow. Update yourself. You are often better off than you give yourself credit for being. Celebrate you for your accomplishments and share and help others grow.

Summing this up is a quote from John Dunne: "Our critical day is not the day of our death, but the whole course of our life. I thank them much more that categorize me, or preach to me or instruct me how to live".

How do you become a person of substance you want to be? Share with others, bring them along with you and pass it forward. Those who shape us take us into the future.

KEYNOTE ADDRESS THOUGHTS (continued)

confidence. Be inspired to create and show your personality as well as your preferences.

Prioritize thoughtfully. Who is important to you? What's going to help you reach the finish line? Celebrate after you cross the finish line. You are being watched even when you don't wish to be.

Service is an investment in others as well as in our personal growth. Some persons will always challenge you. There are often more questions than answers. Listen to the stories others tell and hear what they say, not "know" what you want to hear. If you are going to speak up for others, you must first hear and understand them.

A university is a development in response to a country/nation to civilizations of the world. It grows people. A university is there to insure we have civilizations of the world. It grows people.
CAPSTONE GENERAL SESSION


Ms. Wallace then highlighted three of the many programs they support:

One Heart World Wide concentrates on reducing maternal and infant death. The maternal death rate is 1000 times higher in many developing countries. Pregnancy and childbirth are the biggest cause of death in women. Between 1990 and 2010 the death rate has been cut in half. One Heart World Wide trains birth workers to help with prenatal education and assist with birth. The death rate has dropped 80% in Nepal where One Heart World Wide is working.

Starfish One-by-One is another educational program that Dinning for Women supports.

Education is the most effective force to transform society. Thirty-three (33) girls are denied an education for each male. This organization provides scholarships, peer support, mentoring, and a bridge program for 6-12 graders to help girls reach a university education. Ninety-five percent stay in school, 66% go to a university, and 85% got work outside the home. Education is a burden to the family with the loss of income to the family and increased cost to send a child to school. After graduation most girls help not only to support their family, but society and promote freedom. One billion women are poised to enter the workforce in the near future but 85% will be prevented from doing this.

BOMA, a program in Kenya, is the third program highlighted. In Kenya, many women are raising the children as men are herding animals and away from home leaving women to raise the children. Women are mentored in their homes by BOMA and given jobs they can do from their homes. 38,000 families have been removed from extreme poverty because of BOMA training. After five years, 80% of their children are enrolled in school and 99% of the businesses are still thriving.

These represent three of Dinning for Women’s successes. There are hundreds and hundreds of programs that need help. The global empowerment of women is a moral challenge for our world. It takes all of us working together to have a more prosperous, peaceful world. We need to learn more about the challenges facing us, share information with others and get involved. Volunteer! We all have the power to change the world, if we want to. Women can change everything!

Submitted by Amber Bradley

www.aafcs-ca.org
Conference Highlights

Highlights

Jody Roubanis with Sharon Nickols and Carol Anderson at Senate Meeting.

Student participation in research.

Honoring Barbara Kilborn at Pace Setter Dinner

Mary Gilliland with Jody Roubanis

Generating Financial Support

Attending informative Meetings

Celebrating accomplishments.

Professional Activity and Personal Enrichment
Conference Highlights

Passing the Torch. Three generations of CA Presidents

Taking time to catch-up with friends

Having fun nourishing the body and soul.

Enjoying relationships.

Seeing the sites.

www.aafcs-ca.org
Barbara Kilborn, was awarded a National Leadership Award from the American Association of Family and Consumer Sciences (AAFCS) on Saturday evening, June 28 in St. Louis, MO. She has served California over the past 45 years as its Affiliate President (2010-12), two different terms as state vice-president, served as district president in both Sacramento and San Diego and chaired five different statewide conferences.

She retired as adjunct professor of nutrition at Sierra College in Grass Valley in 2010. Prior to teaching for Sierra, she was at CSU Sacramento, where she taught a variety of food and nutrition courses in the department of Family and Consumer Studies. She produced the "Healthy Gourmet" cooking program for Lake of the Pines television news program for over 17 years and is well known in the community. She has been very involved with the Friendship Club of Nevada County serving as an Angel for 5 years.
Professional Recognition Highlights

Todd Shaffer of Goodheart Wilcox and Bev Card honor Sandy Coulter as 2014 Merit Teacher of the Year.

Submit Articles!
Send them to our Contempo Editor at articles@aafcs-ca.org

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whelanjf@gmail.com

Years of Service

Willy Hall CFCS
(Orange)

Sharlene Cossairt
(Gold River)

1964-2014

Nancy Fisher
(San Diego)

Joan Tucker
(Vacaville)

Mary Anne Nesalhous
(San Gabriel)

Thank You!

www.aafcs-ca.org
Scholarship Activity

Bay District Scholarship Winners

Marguerite Fenner Scholarship
Melissa Eakin (Fashion) City College of San Francisco

Marguerite Fenner Scholarship
Friederike Geiken (BS in Apparel Design & Merchandising), San Francisco State University

Bay District Scholarship
Russell Allen Esmus (MA FCS, Apparel Specialization), San Francisco State University

NCD 2014/2015 Scholarship Winners

High School Winners
Tiana Davall (Fashion Design and Merchandising), Shasta College
Tenanile Fletcher (Fashion and Business), Chico State or American River College

College Winners
Kristen McDermed (Nutrition and Food Science) transfer to Sacramento State
Joshuana Painter, (Nutrition and Culinary Arts), Bastyr University, Washington

2014-2015 LA District CA-AFCS Scholarship Recipients

Scholarships: Graduate
Emily Byars
CSUN graduate student
Received B.S Degree in FCS Education
Seeking CA teaching credential for FCS Education

Scholarships: Essie Elliott
Elmora David
CSUN student- working toward B.S. degree in Nutrition/Dietetics
Presently working as an EMT at Children’s Hospital of Orange County
Also a CPR instructor

SD District Scholarship Recipients

Hague Scholarship
Shannon Barry (Fashion Merchandising), CSU-LB, PLNU

Hollenbeck Scholarship
Kristen Stephens (Family Financial. Counseling), OSU (Okla)

Steinberg Scholarship
Jose Torres (Fashion), Priv-Parsons NY, Pratt

Annin Scholarship
Nicole Tverberg (Family Therapy), SDSU

HEHC Scholarship
Ferguson Scholarship
Annie Dye (Nutrition), BYU
Codi Groves (Interior Design), PLNU
Katelyn Mazza (Reg. Dietitian), PLNU
Guadalupe Santiago (Child&Fam Wkr), CC-Palom., Mira Costa
Sara West (Reg. Dietitian), UCBerkley

www.aafcs-ca.org
California Association of Family Consumer Sciences
Extended Education Fund
Fall 2014 Scholarship Recipients

**Graduate**

**ANNIE MC DONALD LINDSAY GRADUATE SCHOLARSHIP**
Amanda Blake (Nutrition & Dietetics), California State University Northridge

**HAZEL M. KUEHN GRADUATE SCHOLARSHIP**
Hsiao-chi Ho (Apparel), San Francisco State University

**CA-AFCS GRADUATE SCHOLARSHIP**
Jocelyn Harrison (Nutrition & Dietetics), California State University Northridge

**CA-AFCS STUDENT TEACHER SCHOLARSHIP**
Emily Byars (FCS Education), California State University Northridge

**Undergraduate**

**WHITTIER HOME ECONOMICS IN HOME AND COMMUNITY SCHOLARSHIP**
Samantha Spiegel (Nutritional Science), California State University Long Beach

**THEODORA COREY UNDERGRADUATE SCHOLARSHIP**
Payton Planiden (Dietetics), Point Loma Nazarene University

**FHA/HERO SCHOLARSHIP**
Amanda Smith, Sierra High School, Manteca, CA

**CA-AFCS UNDERGRADUATE SCHOLARSHIP**
Esperanza Aceves (Child Development/Family Life Educator), California State University Long Beach
Leona Alcorn (Dietetics), San Francisco State University
Jenna Barreras (Fashion Merchandising & Design), Point Loma Nazarene University
Deanna Caserza (Interior Design), San Francisco State University
Madelynn Esquivias (Fashion Merchandising & Design), California State University Sacramento
Brittany Hernandez (Fashion Merchandising), Point Loma Nazarene University
Vivian Huang (Child Development/Family Life Educator), California State University Long Beach
Lisa Lane (Interior Design), San Francisco State University
Andrea Marincovich (Nutrition & Dietetics), California State University Long Beach
Wing Yiu Tsang (Fashion Merchandising), California State University Long Beach
Madison White (Fashion Merchandising), Point Loma Nazarene University
Wing-Hei Wong (Interior Design), San Francisco State University

2014-2015 LA District CA-AFCS Grants

**Cindy Schwanke**
Department Chair/Chef Instructor of Culinary Arts & Wine Studies, College of the Canyons
Did a study abroad program with students in Paris to enhance the wine studies program at College of the Canyons

**Dr. Terri Lisagor EdD RD**
Acting Department Chair of Family and Consumer Sciences-CSUN, Professor of Nutrition, Dietetics, & Food Science
Took three students to the FCS Western Region Biennial conference in San Francisco, CA to present their abstract: “Making a Difference in Guatemala: Prenatal and infant nutrition and oral hygiene education to the indigenous women and children along the Rio Dulce.”

With gratitude,
Dr. Terri Lisagor, EdD, RD
Acting Department Chair of Family and Consumer Sciences-CSUN, Professor of Nutrition, Dietetics, & Food Science

What a privilege and honor it was to receive a Teacher Grant from the LA District CA-AFCS! Because of your generosity, three incredible graduate students and dietetic interns from California State University, Northridge (CSUN), Hissa Alsudairy, Joceline Hernandez, and Silvia Juarez-Viveros, got to experience something that might have been beyond their reaches.

The LAD CA-AFCS grant allowed them to travel from CSUN to San Francisco to deliver two presentations about their work over the past three years which included participation in/with:

- a minority mentoring outreach opportunity,
- two very important health-based programs: lactation education for minority populations (USDA grant) and childhood obesity prevention (with the support of a grant from the Department of Housing and Urban Development).
- the WIC population to guide new mommies with breastfeeding which involved planning and implementing lessons in three local low-income elementary schools, teaching 1st and 2nd graders and their parents about healthy eating, gardening, and physical activity.
- a health education program in Guatemala, where they taught prenatal and infant nutrition and oral hygiene to an indigenous population.

Your generous grant provided the resources to expand their horizons toward professional growth and development in becoming FCS healthcare professionals. We thank you from the bottom of our hearts.

www.aafcs-ca.org
CA-AFCS Members Sponsor 35 Students!

In attendance at the recent CA-AFCS Biennial Conference were 35 students from California universities and colleges. The registration fees for ALL 35 students were covered by CA-AFCS members and districts. Most of the students in attendance either presented a research poster or co-presented a workshop. The students brought a wonderful energy to the conference, and sparked much optimism about our next generation of family and consumer sciences professionals. Thanks to all who reached into their pockets!

Amber Bradley
Sue Chelini
Susan DeCristofaro Rogers
Adina Dugan
Gretchen George
Gerry Hodge
Terri Lisagor
Ivana Markova
Sharon McKenzie
Nancy K Murray
Shireen Perry
Gwendolyn Stanford
Cindy Swann
Shirley Vernon
Gus Vouchilas
Los Angeles District
North Central District

Gift of an AAFCS Annual Meeting

At the recent CA-AFCS Biennial Conference in San Francisco, 50+ year member Sharyl Heavin gifted one registration to an AAFCS annual meeting to Point Loma Nazarene University students Jamie Scott (left) and Nicole Baird (right).
# CA-AFCS FINANCIAL REPORT For June 1, 2013 to May 31, 2014

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<td>Donations **</td>
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|                         |               |               |
| **Balance in Checking 5-31-2014** | $8,213.31 |               |
| **Savings**            | $12,730.63    |               |
| **Certificate of Deposit** | $35,261.79  |               |
| **Total Assets as of 5-31-2014** | $56,205.73 |               |

*Profit overpaid by $1000 because donations to student registration were inadvertently counted twice; to be refunded to Bay District in 2014-15 budget.

**Donations for student conference registration are in budget for Bay District.

2014/15 Budget Approved March 29, 2014
Jeri Whelan, Treasurer 7/14/14
EXTENDED EDUCATION FUND REPORT  For June 1, 2013 to May 31, 2014

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<td>$26,416.41</td>
<td>$3,765.34</td>
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| Expenses                        |                |               |              |                  |
| commissions & fees              | $4,164.44      |               |              |                  |
| bank fees/checking              | $-             | $-            | $-           |                  |
| postage                         | $32.03         | $47.62        | $65.25       |                  |
| printing                        | $-             | $-            | $108.11      |                  |
| tax prep/filing                 | $625.00        | $625.00       | $625.00      |                  |
| EEF Bd meeting                  | $996.38        | $801.10       | $821.77,  June.2013 |
| Pres to AAFCS                   | $-             | $241.50       | $-           |                  |
| State conference                | $-             | $-            | $654.42,  March.2014 |
| Publicity                       | $-             | $-            | $-           |                  |
| office supplies                 | $-             | $-            | $-           |                  |
| Operational total               | $1,653.41      | $1,715.22     | $6,438.99    |                  |

Grants

A. Besnilian                    | 2471.69        |
B. Kilborn                      | 876.57         |

Total Grants                    | $6,221.25      | $-            | $3,348.26    |
Scholarships                    | $10,500.00     | $14,000.00    | $14,000.00   |
Total Expenses                  | $18,374.66     | $15,715.22    | $23,787.25   |

Assets

Chase (checking)                | $10,291.42     | $9,576.20     | $15,007.39   |
EK Riley (cash/val)             | $161,351.20    | $188,847.93   | $197,152.25  |
Oppenheimer                     | $102,957.32    | $102,592.11   | $92,643.66   |

Total                          | $274,599.94    | $301,016.24   | $304,803.30  |

* prepared on June 21, 2014 by Barbara Kilborn from records provided by Betty Knopf

www.aafcs-ca.org

Recently California’s UC President, Janet Napolitano, emphasized that “the lifeblood of an institution like Berkeley or UCLA or any other UC campus is faculty and what they do, which is not only to teach but to do research.” EEF couldn’t agree with her more.

This is the perfect time to tackle our AAFCS challenges. In 2013 AAFCS began exploring how to thrive in these challenging times. Our members suggested AAFCS should collaborate with multiple like-minded organizations, agencies and corporations to increase the effectiveness of the profession in the public arena and advocate in a united way for the field and those who study and work in it.

The EEF Grant Application Form has been recently revised and now published on the CA-AFCS website. Go to http://www.aafcs-ca.org/ca and select Scholarships/Grants. Review the application and put together a grant proposal to submit. We need our members to engage. Grant applications are due by April 1, 2015.

Bonnye Whamond
EEF Chairperson
San Francisco Bay Area

Teaching Position that involves team teaching with the current Living Skills Teacher. Instruction in home management, personal appearance, and other life skills to visually impaired/blind adults to support their adjustment to blindness and towards independence.

Deadline extended to August 29, 2014.

Location: Orientation Center for the Blind
400 Adams Street
Albany, CA  94706

Contact: Teresa Torres-Garcia,
Living Skills Teacher
(510) 559-1216 or ttoresg@gor.ca.gov

Web Bulletin: https://jobs.ca.gov
Write in job title: Home Economics.
Rehabilitation, Department of.
Then click on the blue print words to get more details.

The University of California, Division of Agriculture and Natural Resources has just listed new academic positions:

Nutrition, Family and Consumer Sciences Advisor

County Location: Fresno County
Posted on June 23, 2014
Closing on August 25, 2014

The position is at the associate advisor level. The NFCS advisor will assess and evaluate clientele needs that can be effectively addressed through UC Cooperative Extension nutrition, family, and consumer sciences programs. The advisor will provide leadership to the UCCE low-income nutrition education programs funded by the Expanded Food and Nutrition Education Program (EFNEP) and the Supplemental Nutrition Assistance Program Education (known as UC CalFresh Nutrition Education Program). The advisor may also participate in the Master Food Preservation Program, after settling into program and research responsibilities.

http://ucanr.edu/Work_in_Progress/Jobs_990/?jobnum=640

4-H Youth Development Advisor

County Location: Fresno-, Kings-, and Tulare County
Posted on July 1, 2014
Closing on August 15, 2014

The UC Cooperative Extension Youth Development Advisor will facilitate interactions and information exchange among campus-based academics, CE advisors and community stakeholders. Focus is expected to be directed on the development, implementation, expansion, and evaluation of youth development programs in each county, strengthening local 4-H programming through academic leadership to 4-H program staff and volunteers. The advisor will be based in Hanford and provide leadership and expertise in youth development to youth-oriented programs in Kings, Fresno and Kern counties.

http://ucanr.edu/Work_in_Progress/Jobs_990/?jobnum=643
Calendar

September 15, 2014
Deadline for Contempo newsletter articles

September 13, 2014
CA-AFCS Executive Committee Teleconference Meeting (8:00a-9:00a)

September 20, 2014
CA-AFCS Board Teleconference Meeting (9:00a-11:00a)

October 10-12, 2014
Fall Leadership Workshop in Alexandria, VA.

June 24-27, 2015
106th AAFCS Annual Meeting in Jacksonville, Florida

View our complete calendar online at www.aafcs-ca.org/ca/calendar/

Ask district leaders for more information on activities specific to your district!

Students

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Keep up-to-date with the latest CA-AFCS happenings by friending us “AAFCS—California Affiliate”

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