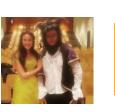


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December 2017 Edition

# A Tale As Old As Time Gets a New Twist!

Be our guest at Ancaster High's 2017 winter musical: Beauty and the Beast Jr.!

by Ashley Barry



This semester, Ancaster High's drama teacher, Ms. Turner, stepped up to become the teacher supervisor of this year's musical, *Beauty and the Beast*!

"It's all about the kids," Ms. T stated. "I was part of last year's musical *Legally Blonde*, and I saw the dedication and talent in Ancaster High's students. I did theatre when I was young and I know how much of an impact theatre has on the cast and their lives. You become one giant family. I also wanted to build confidence and inspire the cast to embrace their characters and have fun!"

Regardless of the excitement surrounding the show, there are highs and lows of doing a production that both cast and crew had to come to recognize. "I think that the amount of time and commitment is overwhelming for everyone at first. The cast and crew have long days at school and then have rehearsals for five hours after school, sometimes totalling to twenty hours a week," she said.

However, despite all the hard work, there is a lot of satisfaction and reward. "The best parts for me are watching the student leaders, cast, crew and directors take their own ideas and totally bring it to life on stage. I love watching unbreakable friendships form between this group of kids that all share the same love for music, dancing and acting," Ms. Turner said.

The decision was made to do *Beauty* and the *Beast* for this year's production over the production of *Into* the Woods because "it's something entirely different from last year's *Legally Blonde. Beauty and the Beast* is magical and fantasy whereas *Legally Blonde* was modern. It also revolves around the storytelling and character development," she said. To Ms. Turner, the success of the show is in everyone's best interest. "When you work that hard on a project, you want the entire team effort to pay off and have a positive and dazzling influence on the show's audience," she explained.

However, there is a key to having a good show. According to Ms. Turner, "A good team is the ultimate key to putting on an outstanding show. To have a good team everyone from the cast and crew needed to do their part, stay motivated, and have fun."

Overall, *Beauty and the Beast* is going to be an exciting musical to watch and showcases many of Ancaster High's students out front singing and dancing, as well as behind the scenes with the directors, crew, props, set designers, lighting, publicists, makeup and sound crew. Support your fellow Royals and, as Ms. Turner requests, "Please be our guest at our show!"

Free Food for All by Sophie Jensen

No breakfast? No worries. Check out the Healthy Action Team and their new Friday breakfast program.

Feeling hungry? The breakfast epidemic has finally reached Ancaster High's students. Fewer students are opting for breakfast in the morning, let alone a healthy one. Breakfast is the most important meal of the day, since it replenishes your blood sugar levels necessary for any and all kinds of bodily functions. Essentially, it provides with energy to vou perform better during class, and as a result, to optimize your productivity throughout the dav. Running out of the door with nothing but a coffee in your stomach is dangerous, as it has been proven to lead to higher levels of choles-

terol, increased chances of heart disease and, most commonly, obesity.

A survey was created to find out whether students at Ancaster High actually eat breakfast, and what types of food they start their days with. The results indicate that breakfast consumption is low, and most students are not eating the right foods, if they do eat at all. The cause? For the majority of our Royals, a lack of time is the only obstacle standing in their to leading wav а nourishing lifestyle.

The Healthy Action Team saw and understood the issue,



immediately deciding to take "action" on it by implementing their new breakfast program.

Every Friday, the team sets up stations for breakfast from 8:00 - 8:25 a.m., where any passerby can indulge in many varieties of breakfast

foods. These foods as a lack of time. include granola bars, apples, bananas, juice boxes, and other wholesome, nutritious snacks.

station is designed to initiative! be efficient, removobstacle ina the previously presented

So, next time you by pass the Healthy Action Team's table, don't forget to express your gratitude for Best of all, their their much-needed

pg 2

The Dish on DECA, DECA, DECA

Wondering what in the world DECA is, and why you should join? Look no further!

#### by Erika Ehrenberg

You've probably heard it all over the announcements, but do you have any idea what DECA is? I didn't until I joined, and here's why you should too.

DECA is a business competition that challenges students to take on the role of someone in the business world, and apply that knowledge to a business situation. It develops leadership, presentation and communication skills, confidence, and business knowledge. At Ancaster High, DECA is led by Mr. Ciulini, and there are more than 80 members, making it our largest club.

When you join DECA, you select what type of event and what specific event series you will compete in. DECA offers individual, partner, written, or oral events in dozens of categories ranging from accounting applications, business law and ethics, and international business, to sports and entertainment marketing, fashion merchandising, and restaurant and food service management.



three levels of DECA competition: for you. Regionals, Provincials, and ICDC (International Career Development Conference). At each level, there is an exam and a situational role play with a judge. Even if you don't qualify for the next level of competition, almost everyone that goes can tell you that they are glad they went and had that experience.

While business may seem like numbers, meetings, large words, and fancy clothes, it is so much more

Whether you enjoy working with than that, and you'd be surprised at numbers by yourself, or you prefer where you could excel. While it does take working as a team to sell a product, time, effort, and dedication, DECA is DECA has an event that is tailored to more than just a club, and it will open the your strengths and interests. There are door for many opportunities in business



## Production of Beauty and the

Beast by Ashley Barry



Beauty and the Beast has been a fun ongoing project at Ancaster High starting in September and ending with the final shows in December. There are 38 cast members, crew members, two 45 directors, a stage manager, an assistant stage manager, and a choreographer. The cast and crew started rehearsing three nights a week from 3 - 6 p.m. In November they moved to four nights a week from 3 - 8 p.m.

"Rehearsals are usually busy, but fun and energetic. A 3 - 8 p.m. rehearsal may seem like a lot to some people, but usually it goes by too quickly. Cast is either on stage blocking the scenes, practicing vocals, running lines, or tweaking dances. Crew is always hard at work. Everyone on crew has a responsibility, and a show doesn't come together unless everyone is working hard. Each department has their unique tasks that contribute to the overall success of the show," Jason Amri explains.

Beauty and the Beast is almost here! Both cast and crew have dedicated their time to put on a wonderful performance for the Ancaster Community.



### Peer Pressure Problems

Q: My best friend that I have known since kindergarten is nagging me to go with her/him to a party where there will be drinking and vaping. I don't want to go to the party, but I also don't want to let my friend down. What should I do?

A. Trust your instincts: Trust yourself and your thoughts before other people's. If you don't want to go, you should not feel obligated to. It is important to remember that there is no shame in speaking the truth. Even though you have been friends for a long time, people change and you have to respect that.

**Talk to your friend:** Confronting your friend directly might help the situation because your friend will be able to hear you out and give his/her opinion. Since you have been friends for so long, your friend should understand where you're coming from. If they don't agree with your opinion, and keep pressuring you, just step back. Maybe consider talking to a trusted adult for more advice and clarity on what to do.

### Not-So-Great Grades?

Q: My marks have been dropping and I can't seem to get them back up. I don't want to get low grades on my report card; what should I do?

A: Work hard: If your marks are not faring so well and you are close to failing or are failing, I recommend that you (even if you may not like it) have to be prepared to work really hard to get your grades up. First, I recommend that you talk to your teacher so that they can give you some insight into what you are doing wrong. Second, talk to your parents so they know about your situation. Don't be afraid to go in for extra help, and ask questions in class. When you have a test, consider asking your friends to help you study. Lastly, If you are still struggling, talk to your parents about getting a tutor and if they approve ask your teacher if they know anyone that could tutor you.

# Stress and School and Exams, oh my!

Q: I am a freshman and I am very stressed with the amount of homework I have. My first exams are coming up and I don't know how to prepare and properly manage my time! I work hard but there is a lot more to manage compared to grade 8.

A: Commit to preparation: Every day, especially in core subjects like math and science, try not to leave your class without understanding the material you have learned. If you go home not understanding the lesson, it will begin to build up. Doing this will make studying for tests and exams a whole lot easier in the long run.

Got a problem you'd like the advice team to help with? Email us with your problem at: gazetteroyal@gmail.com (We'll keep it anonymous!)

## How to Not Get Coal in Your Stocking This Christmas by Ayeza Tahir



A woman helps at a Toronto soup kitchen over the holidays. Source: minuspink.com

Exam Prep Tips

It's that time of the year again; the toy drives are in full swing, the bells won't stop jingling and the secret Santas are running rampant. Carried away in a wave of "70% off" and "buy one get one free", most people find themselves with maxed out credit cards and the same old Bath and Body Works' scents, along with an overlying feeling of discontentment. There is only one way to break this cycle, and it is to give.

by Adrienne Jonathan

Give money, time and effort to loved ones and strangers alike. Perhaps volunteer at Ancaster's Village Christmas on the 7th of December, or endeavor to fundraise for the St. Joseph's Hospital's food drive, or simply buy the block's crossing guard a doughnut. At the end of the day, whatever it is you do, just remember what Winston Churchill once said, "We make a life by what we give back."

pg 4

Source: passthenpte.com

It's almost Winter Break, which means exams are coming up! Your first instinct might be to panic, but don't fret! Whether you're in grade 9 and this is your first time taking exams, or you're in grade 12 and you need a little refresher, these 5 tips will certainly help you through this semester's exam season.

#### 1. Don't stress!

Stress is NOT your friend. You may be swamped with work, but a nap or some self-love will do much more good than freaking out. Take some time to watch your favourite TV show, hang out with friends or family, maybe play a sport. Panicking about your average, or how the exam will affect your grade isn't going to help you study.

#### 2. Take your time.

Don't try to do an all-nighter. Cramming a whole course worth of information into your head over one night is one foolproof way to flunk your exams. Try to break your study sessions into 30 minute intervals, or one hour intervals.

### 3. Grab a study buddy.

For some people, working with friends is extremely effective. Make plans with a friend (or several

friends) taking the same courses as you and do a group study session. Try testing each other on each subject, or sharing study tactics. This strategy may not be for everyone though; friends can be a distraction.

### 4. Get a planner.

Time-management is essential when studying for exams. Filling in a day planner can help you keep track of your daily tasks. Writing down times along with these tasks can help you juggle work, chores, social life, and school work.

## 5. Eat well, drink water, exercise, and repeat!

Taking care of your body is hands down the most important takeaway from these tips. It would be unrealistic to ask high school students to drink 8 cups of water and eat 5-9 servings of fruits and vegetables a day, but at least *try*. A few carrots and a glass of water won't kill you



## What to Do Over Winter Break! 🧲

#### by Erika Ehrenberg

It's the most wonderful time of the year - winter break is fast approaching! Two weeks of snow-covered freedom; sleeping in, binge watching Netflix, and no school! With all that free time on your hands, what are you going to do to keep busy? Here are 10 ways to make the most of your winter break.

### 1. Give back to the community!

It's the season of giving, and a great way to spend some of your free time is giving back to the community through donating and/or volunteering. There are always food and toy drives going on in the community, and this time of year is when supplies are needed more than ever. Consider contacting a local shelter or food bank and see if they could use your help.

### 2. Attend community events!

It's not quite during winter break, but the Annual Ancaster Christmas Tree Lighting ceremony will take place on December 7th at 6 p.m. at the Old Town Hall on Wilson Street. There will be wagon rides, live reindeer, music, and free food and drinks. Grab a friend and participate in this great community event!

#### 3. Start a new hobby!

Why not use the extra time to pick up a new hobby, or learn a new skill? Practice a new language, or try a new sport? YouTube tutorials and an endless blogs are resource, and recreational facilities within the community offer gyms, ice rinks, and studios if you want to get active.

### 4. Bake or cook something new!

Winter break is an awesome time to get in the kitchen and help out with all the cooking and baking, so why not try a new recipe? Allrecipes.com has tons of great recipes for everything from cookies to carbonara!

#### 5. Get outside!

Winter break is like two straight weeks of snow days, so why not embrace the season and play in the freshly fallen snow, or, if you prefer artificial cold, head indoors to an ice rink and go to public skating. Exercise releases endorphins which makes you happy, so why not embrace the weather and make the most of the season while it lasts? You're never too old for a good, old-fashioned snowball fight!

### 6. DIY some holiday crafts!

I don't know about you, but I love a good DIY. If I'm ever getting bored, I love to look one up and give it a try. What's great about doing DIY's over winter break is that you can also use them personalized gifts to as family and friends, and they won't break the bank! Check out @diy.learning on Instagram for daily DIYs, life hacks, and more.

### 7. Get together with friends

Just because there's no school doesn't mean you don't get to see your friends. Make plans and have a cookie-exchange party (it's a real thing, and it's amazing -look it up!), have a secret Santa present swap, or take a risk and go carolling! Hikes, Starbucks dates, and movie marathons are also great ways to hang with friends while school is out.

### 8. Start studying for exams

I know, I know. Winter break is supposed to be two weeks of school-free bliss. I hate to be the one to remind you, but when you have to go back to school in January, it's only a few short weeks until the dreaded culminatings and exams start to pile up. The earlier you start studying, the better you'll have chance of retaining information, handling the stress, and ultimately, having success. Trust me, you really won't regret doing even a bit of homework or studying to get ahead. While it may seem like a waste of precious vacation time, it'll be worth it in the long run. At the very least, take an hour or two and organize your binders and notes. It's a small thing that doesn't take much time but will really help you when it's time to get back to work with school.

#### 9. Watch holiday movies

I think that Netflix and movie marathons are synonymous with winter break, so why not indulge in a Netflix binge watch and start a new show, or rewatch every season of your old favourite? If you're like me, and you don't have Netflix, here's a list of some of the classic holidav movies that you can't go without watching: It's a Wonderful Life, A Christmas Story, Home Alone, Elf, The Nightmare **Before** Christmas, Miracle on 34th Street, Love Actually, Rudolph the Red Nosed Reindeer, and How the Grinch Stole Christmas.

#### 10. Take a day trip

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Winter break can sometimes get a bit stuffy and if you're not getting out of the house, you can go a little stir-crazy. It doesn't have to be a big trip that takes you out of the province, or even out of the country, but taking a day trip to local ski hill, national park, or sugar shack with family or friends is guaranteed to be a fun and exciting way to get out of the house and see or do something you wouldn't have otherwise. Plus, it's a great opportunity to take instagram-worthy pictures!





Mrs. Bentham Interviewed by Ashley Barry



#### Assistant Head of English

- Gr 9 Enriched English
- Gr 9 Academic English
- Gr 12 University English

Mrs. Bentham is a part of Ancaster High's fabulous crew of English teachers, who herself was a former Royal student and graduate. When asked why Mrs. B wanted to teach high school she replied, "I had wonderful English teachers when I attended Ancaster High who inspired me to follow in their footsteps. I did a co-op semester in an elementary school, but discovered I was far too sarcastic for that demographic." Mrs. B is known by many students who enjoyed the tasks done in her classes last year, such as reading *To Kill A Mockingbird*, or battling it out in Shakespeare's *Romeo and Juliet*, and, unforgettably, her sarcasm. "My students inspire me. I have the privilege of spending my days with the funniest, most genuine people I will ever meet. I never go a day without laughing," she stated.

Although Mrs. Bentham enjoys her job, there are highs and lows in the profession. "I love being able to come to work and speak about what I am passionate about every day. The worst thing is the marking; I spend many evenings and weekends trying to keep up with it all."

Mrs. Bentham is a great teacher and many of her former and current students look up to her. "I am always honoured if I have a positive impact on a student's life. I think the fact that I love my job is exuded in everything I do. I truly love teaching Shakespeare; I love it when a student makes a connection in a text and they just light up. I love it when a student is proud of their work and their effort pays off. This is a hard profession, and teaching English comes with an enormous workload, but if I had to choose my pathway again, I would still become an English teacher."

Ms. Fletcher Interviewed by Lily McCowan

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Student Success
Student Success
Former Drama teacher

Ms. Fletcher is a teacher many students know and love. Last year she taught Dramatic Arts and Student Success and this year she is Ancaster's full time Student Success teacher. Before working in education, Ms. Fletcher worked in the film industry, first in the locations department and then principal and background casting; both as a casting associate and later as an agent. While the work was rewarding, the "feast or famine" nature of the film industry resulted in Ms. Fletcher re-examining her options and eventually returning to university to complete a second degree.

"While I grew up in a family that didn't express much respect for the profession, I always wanted to teach, and I'm glad I didn't listen to the negativity because I love working with teenagers," she says. The main expectation that Ms. Fletcher has of her students is that they are honest and true to themselves. Though thiss may surprise some, when she was in school, Ms. Fletcher wasn't always a "good student". She spent a significant amount of time in the office! Around grade 10, however, she decided to turn herself and her studies around, earning a full renewable scholarship to York University.

When I ask Ms.Fletcher about her embarrassing teacher moments, she laughs, "There are so many! One time I wore my Lululemons inside-out with the long tag hanging out. I was pretty cool that day!" Ms. Fletcher, however, has a positive attitude about life's embarrassing moments, saying that these moments happen and it's best to just embrace them and laugh at yourself.

## **02. SPORTS**

## Senior Boys Volleyball Team Wins City Championships

by Abbey Alliston



Congratulations to the Senior Boys volleyball team for winning the city championships this month! They went on to compete at the SOSSA Sr. Boys Volleyball Championship last week. They played a spectacular match that was called "the strongest play in over a decade of volleyball". The team lost in 5 sets giving their all to each point. They had an outstanding season record with 30 wins and only 9 losses. Huge congratulations goes out to the players: Turner, Ben, Thomas, Carter, Sabur, Jalen, Liam K, Liam C, Eric, Quincy, Adam and Jack who had an incredible season. Well done Royals!

## Varsity Boys Hockey Finishes With 3rd

by Erika Ehrenberg

Congratulations to the Varsity Boys Hockey team who travelled to the nation's capital, Ottawa, and competed in the 12th annual Capital High School Hockey Tournament from November 20th to 21st. With a record of 2 wins and 2 losses, the team went on to play in the bronze medal game. The Royals defeated the Holy Trinity Tornadoes, finishing 3rd place in the tournament and bringing the bronze medals back to Ancaster High. Good luck with the rest of your season!

## Dundas Valley Jr. Tournament Won By Junior Boys Basketball

by Abbey Alliston

Meet the Junior boys Basketball team! This strong and dominant team won the Dundas Valley Jr tournament and and went a perfect 3-0 last week. Congratulations goes out to Troy and Skylar for taking home first team all star as well as Kyle who won tournament MVP showing just how tough the royals really are. Great job Royals and good luck on the rest of your season!

## *DIY Holiday Present!*

#### by Ayaet Rakem and Ilijana Popovic

The holiday season is among us! A key part of the holidays is picking out the perfect gift for family and friends, and spreading joy and happiness. Here is a great DIY gift idea that anyone will love!

### Gingerbread Bath Bombs

### You will need:

- ►½ cup baking soda
- ¼ cup epsom salt
- ¼ cup citric acid
- ½ tsp cinnamon
- ►<sup>1</sup>/<sub>2</sub> tsp ground ginger
- 1 tbs coconut oil (melted)
- ▶½ tsp molasses

#### Directions

1. Whisk all dry ingredients in a bowl.

2. Add coconut oil and molasses to the dry ingredients and mix well. (Note: you want to be able to mold the mixture into your hand, but it still has to feel more dry than wet)

3. Pack the mixture into desired shape. (Preferably a gingerman using a gingerbread man mold)

4. Let them dry in a cool and dry area for 24 hours.

### 03. ARTS



# Student Feature

Each issue, we feature art from Ancaster High's own students. This month, we showcase work by Nathaniel Van Den Heuvel, Amber Carol, Alexa Koukouris and 2 anonymous writers.

### **AHS Against Bullying**

### To the Young and the Beautiful and the Bullied by Anonymous

To this day, to the young and beautiful and the bullied.

I guarantee everyone has been challenged with their own experiences dancing with the demons of bullying, or have witnessed the damage it can cause, or have even been the bully them self. No matter what part you play in the scheme of bullying, it negatively affects lives and changes people. It is unwanted harassment, unneeded words spoken or unnecessary posts online for everyone to see. It happens everywhere: on social media, face to face, physically, at home, at school, behind backs or whispers you may hear from peers.

We are told to stand up for ourselves. "Don't be the bystander or the follower", but what is standing up for yourself in today's society, where most situations conclude in fights, or where so called "snitching" or "snaking" is judged like a committed crime? Speak up, tell your story, but if you speak too loudly someone might actually hear you. The effects of bullying forever touch people's lives. The words you say, the posts you put on your wall, the punches you throw - they hurt.

I am not invincible. I am human and I am imperfect. We see bullying happening all the time but we choose to stay silent. We live in a world where people are judged off of their looks, where young girls and boys look in the mirror and don't see themselves as fit because they don't have what our society classifies as beauty. We blame problems on others and tear each other apart on social media because it gives people the power to hide behind a screen. To say things that they would never dare to say to someone in person. It can lead to the demise of a person's mental health. When a bully is successful in their campaign of destruction, they cause you to believe that *you* are responsible for everything that is happening to you. Many victims of bullying know first hand what it's like to feel completely alone and to hate yourself.

Toxic relationships. Toxic friendships. The victim throws

their hearts out to the people they trust most, but sometimes in reality it's the people we think are our friends that can inflict the most pain. The victims are crying out to be noticed, but often don't have the courage to admit they are not okay. They are forced to bottle up their emotions. We have to act a certain way in front of people to contain a socially acceptable reputation, but alone you find yourself unrecognizable. Where words such as slut, labeling sexuality and labeling identity can destroy someone's outlook and confidence about themselves. Where you may take it as joke, they may find it less than humorous.Your words can kill, your actions will be remembered, you can be the reason someone wants to give up, or the reason for someone to keep going.

So pick carefully. They tell you to be yourself, then they judge you. But let them judge you. Let them misunderstand you. Their opinions aren't your problem. You stay kind, committed to love, and free in your authenticity. No matter what they say or do, don't you dare doubt your worth or the beauty of your truth. Just keep shining like you do.

To this day... for the young, the beautiful and the bullied.

### Student Artwork





**Clockwise from right:** by Alexa Koukouris, grade 11, by Amber Carol, grade 10, by Nathaniel Den Van Heuvel, grade 11

Hey, you! Want to see your work featured in the Royal Gazette? Email it, along with your name, grade and title of the work to: gazetteroyal@gmail.com

# 04. ENTERTAINMENT



When Elle is accepted into the most prestigious university in Liornabella, her life becomes entwined in the Viridian Isles' dark, mysterious past in ways she never could've imagined. Join Elle as she unravels the mysteries of Liornabella and Eidolon University, and the connections these past events have in her own life. Alongside Elle are her friends, whose realistic personalities and quirks bring an authentic feel to the novel. With a strong female protagonist at its centre, intriguing backstory, and sharp twists and turns, *Liornabella* is a novel neither to miss nor forget.







#### $\star$ $\star$ $\star$ $\star$ $\star$ 5/5 stars

Welcome to Ketterdam: a city of filth, wonder and broken beauty. A city in which a group of thieves and misfits are created between the shadows. They are cunning, precise, hopeful and vicious. They can either be the city's rise or the world's demise.

This is a novel for the lovers of all things wicked and gritty. It starts off with a heist and ends with a bitter twist. A novel brimming with dark, whimsical fantasy, yet darkness isn't all you get; relentless sassiness, witty banter and just a bit of romance that will satisfy the hopeless romantics of the world (like myself). It's a must read for anyone seeking a thrill.

## Album Review "The Space Between" by Majid Jordan

#### **Reviewed by Peighton Williams**

This amazing album is by Majid and Jordan, more commonly know as just Majid Jordan. These artists are R&B singers from the OVO Sound label. This album covers the topics of past love interests and the various reminders and impacts that still occur in their lives because of attachment to their exes.

There are 13 songs on 'The Space Between', and the album's entire duration is 50 minutes. However, this album feels like one big song because the ending of each song fades into the next song, which I enjoy because it provides an illustration to the meaning of the album. Where to Listen: 'The Space Between' is perfect for long car rides, and if you enjoy listening to music while doing schoolwork, this is definitely a good choice because the beats on this album are both amazing and calming.

**Favourite Song:** My favourite song on 'The Space Between' is coincidentally called 'The Space Between'.

**Favourite Lyrics:** My two favourite lyrics from this album are, "This time it's different, believe me. Different day, but the same old story. Not ashamed of the way you ignore me." from the song 'Not Ashamed' (track 5) and"I think 'til I fall asleep." from the song



'Asleep' (track 9).

**Availability:** What makes this album even better is that it's available on many different music streaming services such as: Spotify, Youtube, Apple Music, and Soundcloud.

Majid Jordan said that the name of the album 'The Space Between' is open to many different interpretations. Some interpretations include: the space between reality and fiction, or the space between reality and perception, or even just the space between people - so be sure to give this album a listen and find your own interpretation!



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