

The Current

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December 2025

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Spring Harbor
AT GREEN ISLAND



The Holidays are always beautiful at Spring Harbor! Sheri Lawler was just one of many residents who invited everyone to see their holiday decorated homes on our "Holiday Hop" tour of homes.



McDougall's Message

Thank You for Supporting Our Employee Gift Fund

We would like to extend our heartfelt thanks to all our residents who so generously contributed to the Employee Gift Fund at Spring Harbor. Your kindness and thoughtfulness mean more to our team than words can fully express. The Employee Gift Fund plays an important role in recognizing the dedication, compassion, and hard work of the staff members who serve our community every day. Your contributions help us show appreciation in meaningful ways, reinforcing how valued our employees truly are.



Executive Director
Shane McDougall

This support has a real and lasting impact. Feeling appreciated increases employee satisfaction and morale, which in turn helps us retain experienced, caring team members. It also strengthens our ability to recruit new staff who are eager to be part of a community known for its gratitude, respect, and strong sense of connection.

Because of you, Spring Harbor continues to be a place where residents and employees alike feel supported and valued. Thank you for helping us foster a positive environment that benefits everyone who calls this community home. *Please turn to page 7 to see all the happy employees!*

The Spring Harbor Foundation would like to thank the following donors for their contributions:

In Memory of Janice Van Meter:

Paula Norton, Gail Jebavy, Barbara Waller, Bob & Brenda Ammerman, Butch Deaton, Richard & Anne Wilson, Seth & Linda Harp, Angie Gordy, Dot Stotser, Erwin Key, Sally Gates, Tom & Sherry Wade, Karen Wylie, Anonymous, Ron & Karen West, Betty Nicholson, Jim Hollander

In Memory of Anne McCann:

Lucy Tresp, Karen Wylie, Gail Jebavy, Betty Nicholson, Jim Hollander

In Memory of Joyce Fingerhut:

Lucy Tresp, Barbara Waller, Rosemary Addison, Bob & Brenda Ammerman, Betty Nicholson, Jim Hollander

In Memory of Olin Harp: Karen Wylie

In Memory of Martha Gray: Angie Gordy

In Memory of Chris Wine: Angie Gordy

In Memory of Edith Satterwhite, Ann Douglas, Dave Boyanchek, Dixon Belk, Steve Scott, Irene Champion, Judy Thomas, Bea Tremble, Bobby Perkins, Charles Cox:

Seth & Linda Harp

In Memory of Bob Sykes: Joyce Sykes

In Honor of Jim Harbison: Roger & Raylene Parker

In Celebration of The Wilson's Grandchild: Bob & Brenda Ammerman

In Honor of Good Neighbor of 14 years, Fran Watt: Billy & Judee Turner

In Appreciation of Janice Watson:

Bob & Brenda Ammerman, Kay Broda

In Honor of Friendship to Monty Thorne: Bob & Brenda Ammerman

In Honor of Friendship to Butch Deaton:

Bob & Brenda Ammerman

In Honor of Friendship to Erwin Key: Bob & Brenda Ammerman

Foundation General Fund: Norm & Jan Bennett, Bill & Nell Scrantom, Roger & Raylene Parker, Ron & Karen West, Bill Davis, Tom & Sherry Wade, Phil & Sharon Engstrom, Richard & Anne Wilson

Society Foundation Fund: Bill & Becky Rumer

Note to mention: In Joyce Fingerhut's obituary, she suggested in lieu of flowers, please make a donation to the Spring Harbor Employee Gift Fund, (among other things), and some actually did! This is the first time this has ever been done!



Welcome to Council Corner
Monthly news from your Resident Council

Happy New Year!

It is hard to believe that another year has ended, and yet, here we are welcoming 2026. We've had countless enjoyable experiences this year. The 20th Anniversary Celebration has to be one of the highlights of the year. As we ring in the new year, I would like to introduce you to the incoming Resident Council, a dedicated group committed to enhancing your living experiences at Spring Harbor.

We updated the name of Activities Forum to Resident Connections to more fully reflect the many connection opportunities for our residents. I am excited to also announce we added an IT position to the Resident Connections Forum. We appreciate Jim Hutchenson volunteering to serve as a resident resource in the future when the new Community App is implemented and also work with residents on how to use their devices-smart phones and iPads/tablet. (If you have cable or internet problems please continue to call your service provider.) Guidelines and protocols will be published next month.



Sandee Scruggs
Chairwoman

2026 Resident Council Members Spring Harbor January Forums & Town Hall			
Resident Council Chair	Sandee Scruggs		
Resident Council Vice-Chair	Sam Miles		
Resident Council Previous Chair	Mike Hill		
Employee Gift Fund	Norm Bennett		
Forums:			
Resident Connections: 1. Activities -Julie Ebert	1 st Friday January 2, 2026	10:30	Arts & Crafts Room
2. IT (Technology Support) -Jim Hutchenson			
3. Welcoming -Chair, Rosemary Addison -Ann Bingham			
Healthcare -Barbara Waller	1 st Tuesday January 6, 2026	10:30	Event Center
Caregiver Support Group -Karen Wylie			
Spring Harbor Operations & Grounds: 1. Building/Security -Will Sanders	1 st Wednesday January 7, 2026	10:30	Arts & Crafts Room
2. Housekeeping -Gib Richardson			
3. Grounds Co-Chair, George Stanton Co-Chair, David Durant			
Food -Chair, Sam Miles -Vice-Chair, Adley Scott	1 st Thursday January 8, 2026	2:00	Event Center
Town Hall	January 13, 2026	10:30	Event Center

Mission Statement - The Current Newsletter:

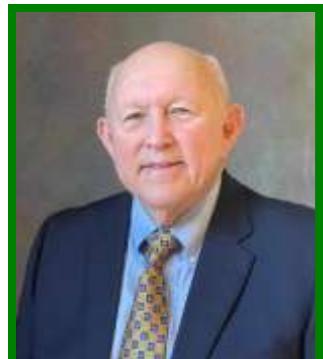
"Our newsletter is a monthly celebration of life in our community – a space to share stories, stay informed, and stay connected. Through updates, reflections, and uplifting moments, we aim to foster a sense of belonging, purpose, and joy for every resident."



Foundation News

Foundation Society 2025

It is with deep appreciation we acknowledge the generosity of Spring Harbor residents for their contributions to our Foundation in 2025. A record total of 99 resident households supported the Foundation with 81 achieving **Foundation Society** status. As a result, the Foundation was able to support numerous projects aimed at *enhancing the quality of life for residents and investing in the future of Spring Harbor.*



Bob Ammerman
Chairman

Foundation Society Members

Sunset Ridge (\$5,000 and above)

Peter & Sharon Anello
Kay Broda
Philip Chan
Bill Davis
Bill Edwards
Mrs. Richard Hallock
Flo Lipham
Sandee Scruggs
Doug & Libby Thom
Janice Watson
Chris Weaver

Morning Light (\$500 - \$999)

Anonymous
Sharon Adams
Pat Blackburn
Greg & Joan Camp
Butch Deaton
Debbie Edwards
Phil & Sharon Engstrom
Angela Gordy
Seth & Linda Harp
William & Ingeborg Henry
Wade & Janice Hill
Tom & Elizabeth Kendrick
Ann Key
Paula Norton
Bill & Becky Rumer
Ed & Sharon Sprouse
Lorraine Stewart
Billy & Judee Turner
Tom & Sherry Wade

Beacon Pier (\$100 - \$249)

Rosemary Addison
Fred & Alice Barlow
Beverly Belk
Peggy Bladen
Betty Brantley
Emmett & Judy Byrum
Sid & Sally Cottingham
Carrie Foushee
Judy Friedlander
Barbara Gilliam
Pat Harmann
Stephen Johnson
Sam & Lee Miles
Emily Miller
Betty Myrtle
Ilona Neaves
Carolyn Phillips
Rosie Rakocy
Edith Satterwhite
Monty Thorne
Lucy Tresp
Carl & Linda Wallman

River Bend (\$2,500 - \$4,999)

Bob & Brenda Ammerman
John Hargrove
Karen Wylie

Bright Horizon (\$1,000 - \$2,499)

Anonymous
Norm & Jan Bennett
Charles & Mary Brown
Dave & Susan Halmrast
Sandra Halouska
Leroy Paul
Gib & Freddie Richardson
Bill & Nell Scrantom
Joyce Sykes
Barbara Waller
Fran Watt
Ron & Karen West
Rex Whiddon
Richard & Anne Wilson

Bay Point (\$250 - \$499)

Sue Bedenbaugh
Mike & Ann Bingham
Sally Gates
Mike & Elizabeth Hippis
Betty Jo Hooks
Gail Jebavy
Erwin Key
Mike & Gail LaFramboise
Jean Lurker
Cheryl Mortenson
Betty Nicholson & Jim Hollander
Donna Page
George & Susan Stanton
Dot Stotser



Thank you for your support of the Spring Harbor Foundation



Jim Gates

Remembering Jim as Jim Remembers Spring Harbor

The estate of James E. (Jim) Gates has gifted \$25,000 to the Spring Harbor Foundation Legacy Society. Jim loved Spring Harbor and everyone loved Jim. He did so much for our community and will be long remembered. His legacy lives on through his generosity. The Legacy Society is comprised of residents who have expressed intent to include the SH Foundation in their estate planning. Jim's gift is being recognized as the first to be made to the program.

"The Art of David Durant"

The Golden Gallery is pleased to announce an exciting art exhibition featuring Spring Harbor's resident, David Durant. "The Art of David Durant" will be on display from Sunday, Jan. 4th thru Feb. 28th in the Golden Gallery located on the 3rd floor hallway near the doctor's office. The exhibition is available for viewing 24/7.

David Durant is an accomplished artist specializing in oil painting. His landscape works reveal his deep-rooted appreciation for nature.

Please take a stroll through the gallery and see this exhibit!
You are welcome to invite a friend or family member!

The Golden Gallery



The Train Trestle of the Chattahoochee by David Durant



In Loving Memory

Janice Van Meter

Olin Harp

Anne McCann

Joyce Fingerhut



New Resident Spotlight

David & Susan Knopf Apartment # 246

David & Susan lived right here in Columbus and they decided to move into Spring Harbor earlier this year. They both are Army brats and came to Columbus when they were children. David has an independent CPA practice and Susan is retired from the federal civil service as a management analyst. They have 2 sons, one lives here in Columbus and is the Chief of Student Services at Muscogee County School

District. Their other son lives in Seattle and works for Microsoft. They have an 11 year old mixed-Golden/Chow fur baby named "Charlie" and he goes to work with David every day! They both enjoy reading and socializing with friends and family. They have 4 grandsons in Columbus that they are able to enjoy. They also love traveling and have taken a number of river and ocean cruises with Viking and Holland America. We made it to Hawaii last year and are going back this month! We spent time in Germany as children and always enjoy visiting Europe. David is currently scaling his work back and this will allow them more time to travel.



Everyone please welcome David & Susan Knopf

Resident Submissions



1



2



3



4



5



6



7



8



9



10



12



13

1) Sandee Scruggs poses by the Spring Harbor Christmas Tree.
2 & 3) These two beautiful red shirts were cross stitched by Ann Venable.



14

4) Ann Johnston hand sews each person in her family a traditional Christmas stocking and has kept this tradition alive for many years. When someone gets married, or has a baby, they too get one made especially for them! 5) Sherry Lawler was looking so adorable in her Grinch outfit! 6) Heidi and Jody Scott with her daughter, enjoyed a trip to Hamaka Oaks in Woodland, Ga., to do some wreath making!

7) Plant Operations Director, Tommy Claridy got a nice photo of our Blue Heron mascot, "Moffitt".

8) Bobbye Clark's adorable beaded reindeer holiday purse that she purchased in our Gift Shoppe!

9) Peggy Bladen with Santa! 10) Betty Jo Hooks and Marsha McLaurin. 11) Christmas Dinner trip to Green Island Country Club. 12) Christmas tree at Green Island. 13 & 14) The "Bar Flies" had a holiday get together!

(Send your submissions to Patricia.haney@springharborccrc.org)

Employee Gift Fund

On Friday December 5th, the employee's of Spring Harbor were filled with joy and CASH! Norm Bennett and his Christmas Elves handed out envelopes from the Employee Holiday Gift Fund! Everyone had a huge smile, a happy heart, and a bigger bank account THANKS to all of the wonderful and giving residents that contributed to the fund this year! The employees created a **HUGE THANK YOU BANNER** for the residents who contributed! Please take time to stop by and read it! It is hanging on the wall, on the 3rd floor next to the Life Enrichment Team offices!

You all made a difference in their lives with your thoughtfulness and donations!



The employees all have big smiles and say a HUGE THANK YOU to the residents!



Employees Receive A Special Gift

Our Leadership Team, Human Resources and Executive Director, Shane McDougall, presented each staff member with a beautifully monogrammed Land's End rain jacket as a small token of appreciation for their hard work, dedication and compassion they have shown throughout the year.



Friends, Family, Feathered and Furry Things



Friends had a wonderful evening by the warm fire out in the Blue Heron courtyard. L-R: Becky Rumer, Sharon & Ed Spouse, Bill Rumer. Warm fireplace. Same folks as the first photo, plus Anne Wilson and Sharon Adams. Richard Wilson was also there but all you can see in the photo is his one foot, because he was taking the photo! LOL!



Next photo is some of our newest residents gathered in the private dining room for a special welcome luncheon. L-R are: Rosemary Addison, Judi Ebert, Shane McDougall, Sandee Scruggs, Greg & Joan Camp, Ann Bingham, Carol & Jimmy Ashmore. The next adorable photo is Sally Cottingham with some of her precious family and her cute granddaughter wearing that fun Christmas tree hat! The last photo (R.) is an amazing photo that Pat Haney's aunt took on her farm in Andalusia, AL. She could not resist sharing such a spectacular photo of this owl in a cedar tree!



We appreciate Pet Partners of Columbus, for bringing their therapy dogs to brighten the lives of our Healthcare residents!

Residents Show their Decor at Our "Holiday Home Hop!"



Pat Harmann



Melba Spurlock



Marsha McLaurin

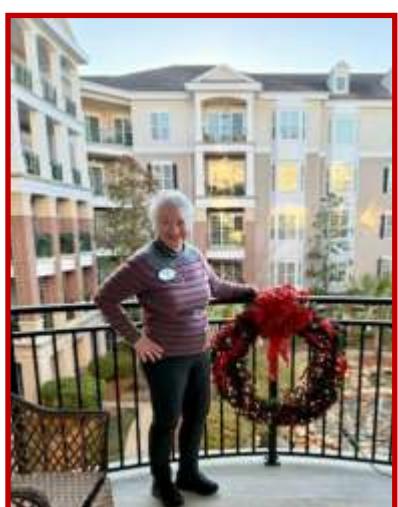
Thank you to
everyone who opened
their homes for our
Holiday Home Hop!



Sandee Scruggs



Sue Bedenbaugh



Peggy Bladen



Angie Gordy



Judi Ebert

Gingerbread House Making Time



Lee Miles



Sandra Halouska



Jody Scott



Judith Degenaar



Betty Jo Hooks



Peggy Bladen



Sandee Scruggs



Rosie Rakocy

Christmas Sing-A-Long



Betty Hollander



Joan Scott



Mary Lu Gunn



Adley Scott & Sherry Lawler



Charles & Mary Brown



Lee & Sam Miles



Bob & Brenda Ammerman

More Christmas Sing-A-Long



Anita McLendon and her 4 yr old granddaughter Autumn, who stole the show!

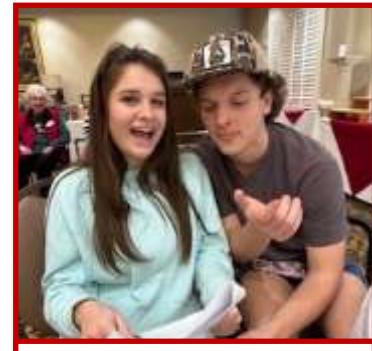


Anne Johnston and her granddaughter Maggie



Pat Haney's grandson Connor, 8 years old

What a blessing to have our annual Christmas sing-a-long! This year we also invited the employees and children to join us in making joyful music! THANK YOU SO MUCH to Gail LaFramboise for playing so beautifully on our Steinway piano and to special guest Zack Hamsley and his amazing voice!



Mike & Martha Hill's grandson and girlfriend



Linda Randall



Emily Miller



Ann Bingham



Jean Lurker



Lucy Tresp



Barbara Waller



Gail & Zack



Betty Brantley

Piedmont Columbus Bariatrics Providers Earn Obesity Medicine Board Certification



Bariatric surgeons Drs. **Kenneth Copperwheat** and **Jeremy Bryner** have been board certified in Obesity Medicine by the American Board of Obesity Medicine after undergoing rigorous training in obesity medicine and an extensive examination process.



Dr. Copperwheat

According to the Centers for Disease Control and Prevention, obesity affects over 42 percent of U.S. adults and increases the risks for heart disease, cancer, diabetes, stroke and musculoskeletal problems. Piedmont Physicians Surgical Specialists and Bariatrics staff are there for adult and adolescent patients from start to finish: they don't just offer surgery or medications but also have patient education and clinical support coaching that provides a hassle-free experience. Patients enjoy encouragement through a support group to connect with others on this transformational journey.



Dr. Bryner

Visit Piedmont.org/ColumbusWeightLoss to learn more about weight management options, and our comprehensive program.



Custom ornaments made by residents

Spring Harbor Uptown Tree

Those ornaments are truly a work of heart. Thank you to our wonderful residents for taking the time to help create these beautiful ornaments for us to showcase on our Uptown Christmas Tree this year.

We're honored to support the Columbus State University Servant Leadership Program each year and proud to be part of the [Uptown Tree Trail](#), a festive showcase of beautifully lit and decorated trees throughout the heart of Uptown Columbus.

*Thank you to every one that participated
in making this tree happen!*



Tricia, Margaret and Amy



**Columbus State
Debate Team**
**On Wednesday,
January 28th**
Join us in the Event

Center as we host the brilliant students, as they deliver a full form debate led by Cindy Tinker, Professor and Dean of Honors at Columbus State. The time for this event will be announced soon, so please watch the "weekly sheets"

New Grief Support Group at Columbus Hospice

Will be held on the 2nd Tuesday of each month at Columbus Hospice.

Spring Harbor will provide transportation and to insure your privacy, you must speak with Sarah-Kate (706-576-6016) or Sean (706-576-6018) to sign up. The bus will leave at 10:45am. For more info, please call Karen Wylie at 706-548-1427



Guess Who?

I am all out of "guess who" photos! Please email me or bring me a childhood photo of YOU!

Email: patricia.haney@springharborcerc.org

In Memory:



In memory of David Durant's precious cat, who was 15 years old. "Camille" has sadly crossed over the rainbow bridge.

Seek-And-Find

Be the first resident to find the 3 items I have hidden somewhere inside the Current, and you win a prize!

Once you find all 3 items, call Pat Haney 706-576-6017 and leave a message stating exactly where you found them and your name. Her phone will record the date and time you called, and she will know who called first!

Have fun looking for them all!

(Last months winner was Marsha McLaurin!)



Bicycle



Wreath



Bird

Thank You Banner

The employees of Spring Harbor have written a huge **THANK YOU BANNER** for all the residents who contributed to the annual Employee Holiday Gift Fund! Please stop by and read the thank you messages! The banner is hanging on the wall directly in front of Pat Haney's office on the 3rd floor. You can't miss it!



Trivia by Margie

1. What is an underground prison called?
2. What causes Lyme disease?
3. What does the Lindt company produce?
4. How does an octopus protect itself?
5. What distinguishes an alligator from a crocodile?
6. What two weather conditions are needed to produce a rainbow?
7. What is the main ingredient in the Japanese liquor sake?
8. The witching hour is also known as what time?
9. What is a cheetah most known for?
10. What astronaut was with Neil Armstrong when he stepped onto the moon?
11. What can go around the Earth 7 1/2 times in one second?
12. What do you call a decorative writing style designed by the Chinese?



(answers on page 15)

New Grocery Store



Green Island Grocery has finally opened for business! Spring Harbor took our big bus over and our residents got a sneak peek before it officially opened! Their bakery even made us a cake!

You can see left, Mike & Gail LaFramboise enjoyed their visit to the new store, and it's so convenient for us all!

January Birthdays



Janet Coppage	2nd
Betty Brantley	3rd
Gail LaFramboise	3rd
Betty King	6th
Debbie Edwards	8th
Tom Hartman	8th
Lee Miles	11th
George Stewart	14th
Sonny Gill	15th
Frank Brown	18th
Janice Boyanchek	19th

Betty Myrtle	23rd
Judy Byrum	24th
Janice Watson	24th
Ann Allen	27th
Jim Hollander	28th

February Early Birthday's:

Alice Barlow	6th
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If your birthday is in the month of January, you and one guest may join us on the third Thursday of the month for cake and champagne! Join us in the Arts & Crafts Room on Thursday, January 15th at 2:00pm

December Birthday Party



Special thanks to Brenda Hamby and Synovus for our beautiful birthday cake!



Celebrating their birthday at the December Birthday Party are: (L-R) Ken Woodfin, Bill Edwards, Jody Scott, Dan & guest Pam Kopec, Angie Gordy, Priscilla Moore and Pat Gill. Jody Scott won the Synovus gift bag prize for winning our LCR game,

Make it your NEW YEARS RESOLUTION to make YOU a better YOU!
Join our fitness classes with JOHN! See calendar for daily classes!



A Very Special Holiday Thank You to all the talented residents who attended the Card Making Class led by Judith Degenaar, and created so many beautiful Christmas cards that were hand delivered to our Healthcare floors so that each resident received a beautiful hand made card to enjoy for the holidays. Ladies: you are all very special!

Share! If you have a special photo, a special event, exciting news, or something you would like to share in The Current newsletter, please email it to:

patricia.haney@springharborccrc.org

Trivia Answers

1. Dungeon
2. Infected tick
3. Chocolate
4. Ejects ink
5. Shape of the snout
6. Sun and rain
7. Rice
8. Midnight
9. Fastest land animal
10. Buzz Aldrin
11. Light
12. Calligraphy



*Alligator Crocodile
(Watch out for the one
in our pond!)*

**A very special THANK YOU
to Margie Cain from everyone at
Spring Harbor for providing
our trivia questions every month!**

Employee of the Year

**Employee
of the
YEAR**

Congratulations to the 2025 Employee of the Year

To be chosen for this award, an employee must have been awarded Employee of the Month during the current year and from those names, our Executive Director and all the department directors choose who will receive the Employee of the YEAR AWARD! This years winner is Pat Haney from the Spring Harbor Life Enrichment Department. Pat has been with us for 10 years and you can always hear her saying "I love my job!"

as she goes around our community taking photos, doing activities with the residents, showing them love, and working on our monthly community newsletter, *The Current*. She always has a big smile and a warm heart. She has been married to her high school sweetheart for 43 years! They have one beautiful daughter, Jessica, a wonderful son-in law, Daniel and one cute grandson, Connar, (which many of you have met by now) he lovingly calls her "Baba" because he struggled to say the letter G when he was a toddler and couldn't say "Grandma"! Pat enjoys hunting, camping, photography, and mostly being with her family, having fun and loving them. She is also has a special love for dogs, she has a 10 year old rescue dog named "Lucy" and 3 adorable grand-dogs, "Benelli", "Diesel" and "Gunner." In fact, she keeps dog treats in her office for all the Spring Harbor furry residents that stop by! **Congrats to our Pat!**



**Showing
in
January**



**Jan. 5th-11th
2 hours**

Come on in the beautiful Spring Harbor theater and enjoy a movie! Bring your friends and make it fun! Movie shows daily at 2pm and 7:15pm.
Ask Life Enrichment to start the movie for you! After hours, see the Concierge Desk!

Ever After 1998 PG13
Period Drama/Romance/Costume Drama

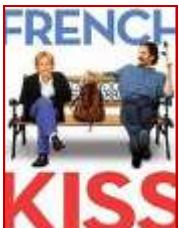
The Brothers arrive at the home of a wealthy Grande Dame who speaks of the many legends surrounding the fable of the cinder girl before telling the "true" story of her ancestor. Starring Drew Barrymore and Angelica Huston



**Jan. 12th-18th
2 hours**

Crazy Rich Asians 2018 PG13
Feel Good Romance/Comedy/Drama

This contemporary romantic comedy based on a global bestseller follows native New Yorker Rachel Chu to Singapore to meet her boyfriend's family. Starring Henry Golding and Constance Wu



**Jan. 19th-25th
1 hour 51 minutes**

French Kiss 1995 PG13
Comedy/Drama/Feel Good Romance

A woman flying to France to confront her straying fiancé gets into trouble when the charming crook seated next to her uses her for smuggling. Stars Meg Ryan and Kevin Kline



**Jan 26th-Feb. 1
1 hour 32 minutes**

From Time to Time 2009 PG
Coming of age/Period Drama/ Adventure

A haunting ghost story spanning two worlds, more than a century apart. When 13-year-old Tolly finds he can mysteriously travel between the two, he begins an adventure that unlocks family secrets laid buried for generations. Starring Alex Etel and Timothy Spall

**** LOST AND FOUND ****

IF YOU ARE MISSING CAR KEYS, EYE GLASSES AND SUCH, PLEASE STOP BY THE CONCIERGE DESK AND SEE IF IT'S IN OUR LOST & FOUND BOX!

Fine Dining Room

Hours: Monday—Saturday 11:00am till 7:00pm

Reservations are required if 5 or more..

Dining Room is closed on Sunday.

Sunday Brunch is served in the Formal Dining Room and
RESERVATIONS ARE REQUIRED FOR BRUNCH

11:00am till 2:00pm

Casual attire/No hats/ No jeans (Jeans ok at Sunday brunch)

Blue Heron Bar & Grill

Hours: Monday-Saturday 7:00am till 7:00pm

Closed on Sunday

Now offering hot breakfast daily,
new menu items and
new Grab-N-Go case options!

Casual attire/Sporty/Jeans ok

The Current is a monthly publication by the Life Enrichment Department of Spring Harbor at Green Island, in beautiful Columbus, Georgia. A fine living continuing care retirement community.



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