



## A message from Kathy Smith

Happy Bike to Work Day! If you had any trouble finding your route, I hope you will stop by my office and pick up one of our countywide bicycle maps produced by the Fairfax County Department of Transportation. The map shows more than 5,000 miles of bike-friendly roadway and 700 miles of trails.

This week, I encourage you to mark you calendars and come out to the Ad Hoc Police Practices Review Commission Recommendations: Year One Progress Report on Monday, May 22. This event will discuss the progress our police department has made in implementing some of the recommendations the Board of Supervisors voted on last year. More information is below.

The newsletter this week also includes helpful information about school gardens, Metro's next Safetrack Surge, parenting education, mental health awareness events, and volunteer opportunities on election day.

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Sincerely,

*Kathy*

[www.facebook.com/sullydistrict](http://www.facebook.com/sullydistrict)

| [www.twitter.com/sullysupervisor](http://www.twitter.com/sullysupervisor)



You are cordially invited to attend a community meeting on

# Ad Hoc Police Practices Review Commission Recommendations: Year One Progress Report

Hosted by Board of Supervisors Chairman Sharon Bulova and Public  
Safety Committee Chair John C. Cook

May 22  
7:30-9:00 P.M.

Fairfax County Government Center  
Board Auditorium  
12000 Government Center Parkway  
Fairfax, VA 22035

## Panel Members:

Ed Roessler  
Fairfax County Chief of Police

Shirley Ginwright  
Communities of Trust Chair

Dave Rohrer  
Deputy County Executive

Richard Schott  
Independent Police Auditor

Adrian Steel  
Vice Chair, Ad Hoc Commission  
Chair, Civilian Review Panel

Hear an update on the implementation of the recommendations of the Ad Hoc Police Practices Review Commission. Brief introductory remarks will be delivered by Chairman Bulova, Supervisor Cook, Chief Roessler, and Communities of Trust Chair Shirley Ginwright. The majority of the meeting will be devoted to the audience, who are welcome to ask questions via town hall format. Come out and offer your thoughts on progress in police reform. For questions or media inquiries, please contact Supervisor Cook's Office at 703-425-9300.



Fairfax County Neighborhood and Community Services

# SULLY SENIOR CENTER

**Address:** 14426 Albemarle Point Place, Chantilly, VA 20151

**Phone:** 703-322-4475, TTY 711

**Hours:** Monday - Friday, 9 a.m. to 4 p.m.

**Website:** [www.fairfaxcounty.gov/ncs/sully](http://www.fairfaxcounty.gov/ncs/sully)

# WELCOME!

Welcome to the Sully Senior Center - part of the Fairfax County Senior Center Network! Senior Centers in Fairfax County are full of life, engagement, learning and fun. Activities at county senior centers are as diverse as the needs and interests of the communities they serve. Here at the Sully Senior Center, older adults (50 and over) come to pursue fitness goals, hobbies (such as art, music and crafting), learn new skills, make new friends and to just plain have fun!

## PROGRAMS AND ACTIVITIES

**Creative Arts and Hobbies:** Arts and Crafts, Cooking Classes, Musical Performances, Drawing, Painting and more!

**Education and Skill Development:** English Classes, Guest Speakers and Presentations, Discussion Groups, Technology Classes and more!

**Fitness and Exercise:** Chair aerobics, Exercise Classes, Fitness Equipment (Treadmills and Ellipticals), Jazzercise, Line Dancing, Tai Chi, Strength Training, Yoga and more!

**Social Engagement:** Games, Discussion/Interest Groups, Morning Coffee, Reading to Students at Bull Run Elementary School, Outings, Community Events/Socials and more!

**Field Trips:** Attend Plays, Museums, Local Points of Interest, Shopping/Restaurants and more!



## GRAND OPENING SCHEDULE OF ACTIVITIES

### 10:30 a.m.

- Early Jazzercise Lite
- Beginning Spanish Demo
- Creative Cooking

### 11 a.m.

- Ribbon Cutting Ceremony & Cake

#### **Guest Speakers:**

- **Chris Leonard**  
*Director, Fairfax County  
Neighborhood and Community  
Services*
- **Kathy Smith**  
*Sully District Supervisor*
- Ballroom Dance Demo

### 12:30 p.m.

- Drawing Class Demo
- Scrabble Group

### 2 p.m.

- Line Dancing Club

**Plus Open House-style activities  
and tours all day long!**



A Fairfax County, Va., publication. 05/17

To obtain this information in an alternative format, please call the Department of Neighborhood and Community Services at 703-324-4600, TTY 711.



# Designing & Implementing School Gardens



FAIRFAX  
**Food Council**  
*healthy • accessible • affordable*

**Garden Workshop Series -- Next Meeting: Tuesday, May 23, 5:30 to 7:30 p.m.**

In cooperation with Virginia Cooperative Extension (VCE), the Fairfax Food Council is sponsoring a Garden Workshop Series throughout 2017. Dates include May 23, July 25, August 29 and September 26. The next session's topic will be "Designing and Implementing School Gardens." The meeting will take place at **Centreville Elementary School, 14330 Green Trails Boulevard, Centreville, VA 20121**. In this session, they will discuss garden design possibilities, available teaching tools and curriculum models, strategies on ways to include the garden in classroom activities, and the unique challenges of school gardens including summer maintenance. They will also be giving a tour of Centreville Elementary School's gardens and their weekly farmer's market. Hear from Adria Bordas about ways to have productive harvests while the students are at school in the spring and the fall. To register, please visit [https://ffc\\_garden\\_ws3.eventbrite.com](https://ffc_garden_ws3.eventbrite.com).

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## Transit Options During Metro's SafeTrack Surge #15

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**SafeTrack Surge #15** will result in a [shutdown on a portion of the Orange Line between New Carrollton and Stadium-Armory stations](#) from **May 16 through June 15, 2017**.

#### **Highlights:**

- New Carrollton, Landover, Cheverly, Deanwood and Minnesota Ave stations closed.
- Orange Line trains will operate near normal service between Vienna and Largo Town Center.
- Silver Line trains will operate between Wiehle-Reston East and Stadium-Armory every 12 minutes.

#### **On Weekdays:**

- New Carrollton, Landover, Cheverly, Deanwood and Minnesota Ave stations closed.
  - Limited free shuttle buses (every 30 minutes) will replace trains between New Carrollton and Stadium-Armory.
  - Express shuttle buses will connect to Blue Line stations for quicker, easier transfers to rail service:
    - - Minnesota Ave to Stadium-Armory
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- Deanwood to Capitol Heights
- Cheverly to Morgan Blvd
- Landover and New Carrollton to Morgan Blvd

**\*Note - riders must tap their SmarTrip card on the shuttle bus to receive a rebate on any difference in fare. More information on [wmata.com/safetrack](http://wmata.com/safetrack).**

- Orange Line trains will run near normal service every 6-8 minutes between Vienna and Largo Town Center.
- Silver Line trains will run every 12-minutes between Wiehle-Reston East and Stadium-Armory.
- During midday and evenings trains will run every 12 minutes.
- After 10:00 p.m. trains will run every 20 minutes.

Weekend train frequencies may change to coordinate with other planned track work on the Metrorail system. [Weekend service information is posted in the WMATA Alerts & Advisories section.](#)

#### **All Regional Travel Alternatives:**

- Visit Wmata's [SafeTrack surge #15 Web page](#) for all regional travel alternatives.

#### **Key Fairfax County Bus Connections:**

- Fairfax Connector weekday express shuttle service from [Reston South Park & Ride](#) to Pentagon/Crystal City:
    - Eastbound ONLY during [AM peak \(timetable\)](#)
    - Westbound ONLY during [PM peak \(timetable\)](#)
    - View [route map](#)
  - There are 4,000+ spaces currently available at Park-and-Rides across Fairfax County for catching an express bus, a VRE train, a carpool/vanpool,
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or to form a slug line. Locations that are currently full but have available parking nearby/connections to available parking are also included.

- **Herndon-Monroe P&R: 900+ spaces**
  - [Metrobus 5A](#) express service to Rosslyn & L'Enfant Plaza
- **Stringfellow Road P&R: 200+ spaces**
  - [Fairfax Connector 630, 301 & 632](#) service to Vienna Metro ->
  - Transfers to Metrobus and ART to Arlington/D.C.
- **Saratoga P&R: 400+ spaces**
  - [Fairfax Connector 393, 394](#) express service to Pentagon ->
  - Transfers to Metrobus and ART to Arlington/D.C.
- **Burke Centre VRE: 600+ spaces**
  - Catch a VRE train or rideshare
- **Rolling Valley P&R: 200+ spaces**
  - [Fairfax Connector 310](#) to Franconia-Springfield and Huntington Metrorail Stations
- **Franconia-Springfield Metro Station: 1,000+ spaces (paid parking)**
  - Catch Metro Blue Line or rideshare
- **Huntington Metro Station: 500+ spaces (paid parking)**
  - Catch Metro Yellow Line or rideshare

#### **Biking and Commuter Rail Connections:**

- [Orange Line Biking Connections](#) | [Map \(PDF\)](#)
- [Virginia Railway Express \(VRE\)](#) | For customers driving on I-66 from west of Vienna, consider taking the [Virginia Railway Express \(VRE\) Manassas Line](#) (via Burke Centre) to Crystal City, L'Enfant Plaza or Union Station

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## **The Parenting Education Program**

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### **What is the Parenting Education Program and what is its philosophy?**

The Department of Family Services Parenting Education Program offers caring, comprehensive classes to parents and their children to help them learn new ways to work together as a family. The program is based on the philosophy that parenting is learned – the way parents were raised directly influences the way they raise their children. The Parenting Education Program teaches positive and effective ways parents can interact with their children at every age and stage of development. The focus is on the family - where children learn the values and beliefs that shape their futures.

### **Who participates in the Parenting Education Program?**

Families enroll in the program to make their families stronger and closer. This program helps participants understand nurturing behaviors and learn how nurturing behaviors can work within their family environment. Together the family learns to:

- Build and develop the ability to recognize and value the thoughts and feelings of others.
  - Handle uncomfortable feelings such as stress and anger.
  - Communicate in non-threatening ways.
  - Establish consistent, nurturing routines for fun family activities.
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- Use alternatives to physical punishment.
- Take charge of their own feelings and behaviors, and interact with others in positive ways.

### Who may participate in the program?

Families living in Fairfax County and City of Fairfax who want to build healthy interactions and create positive change within their family.

### What is the cost?

Classes are FREE and include an evening meal and child care.

### What are the requirements for participating?

- Participants must agree to complete the program as a family.
- Participants should be comfortable in a group learning environment.
- Participants must commit to attend the first three sessions to allow the group learning process to develop.

### How to Enroll?

- Contact the number listed for the program of interest.
- The staff person will provide details as to dates, times, location of the class.
- An enrollment form will be emailed or mailed.
- A appointment will be made for a phone screening to complete the enrollment process.

In partnership with our community and with a commitment to quality service, the program promotes self-reliance in families and individuals by providing essential knowledge and resources tailored to the needs of the children, adolescents, and adults.

### Available classes:

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**Parents and Children** (Newborn to 4 years old) *Offered in English and Spanish. 24 sessions*

Parents learn to recognize and understand feelings; nurturing parenting routines; infant massage; child development; and ways to foster positive self-esteem in themselves and their children. [View the schedule of classes.](#)

**Parents and Children** (5 to 11 years old) *Offered in English and Spanish. 13 sessions*

Parents and children learn to increase their empathy, discover new ways to encourage appropriate behaviors, build positive self-concept and self-esteem, and learn how to have fun as a family. [View the schedule of classes.](#)

**Parents and Adolescents** (12 to 18 years old) *Offered in English. 12 sessions*

Family members learn nurturing communication strategies, how to recognize each other's needs, how to understand the developmental stages of adolescence, and ways to build their own personal power, self-concept and self-esteem. [View the schedule of classes.](#)

**Parents and Children: Family Focused African-American – Focusing on Culture** *Offered in English. 12-24 sessions*

The core program for this curriculum is the same as the basic Parenting Education Program but it also emphasizes how African-American history has affected the parenting style for African-Americans. [View the schedule of classes.](#)

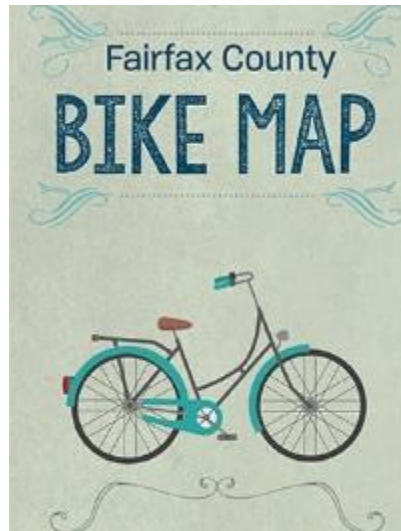
Read about [Course Topics](#) (PDF) in the various classes.

Here's how you can [become involved with parent education](#) as a volunteer or partnering organization.

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# Fairfax County Bicycle Map



The Fairfax County Department of Transportation released the first countywide bicycle route map on May 16, 2008 during Bike to Work Day. Now in its third edition, the printed Fairfax County Bicycle map shows bike friendly routes connecting all of Fairfax County. This map identifies a network of both on and off-road routes to assist bicyclists in navigating Fairfax County. With more than 5,000 miles of roadway and 700 miles of trails, the map highlights the most desirable routes and major trails for recreational and commuter bicyclists as well as out of town visitors. You can obtain a free copy of the print version of this map at a variety of locations around the County including local bike shops, the information desk at the Fairfax County Government Center, any district supervisor's office, and the Fairfax County Department of Transportation office. You can stop by our office located at the 4900 Stonecroft Boulevard, Chantilly, VA 20151 to pick up a copy.

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# Fairfax County to Seek Community Input on Housing Affordability



Fairfax County is a great place to live for a number of reasons – great schools, access to jobs, and recreational opportunities, just to name a few. These factors, as well as many others, have increased the demand for housing in our county, and as a result, increased housing prices to a level in which some people cannot reasonably afford.

Join us for a communitywide discussion about the importance of housing in Fairfax County. How does the county's economic success depend on the availability and affordability of housing? How does stable and affordable housing support families? How do inclusive neighborhoods build strong and exceptional communities?

What: Community Meeting on Housing Affordability

When: **Saturday, May 20, 2017 from 10:00 a.m. to 12:00 p.m.**

Where: **Walt Whitman Middle School Cafeteria, 2500 Parkers Lane, Alexandria, VA 22306**

Your input will help shape the county's Communitywide Housing Strategic Plan. The goals of the Plan are to:

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- Create a shared community vision of how housing supports local economic growth and community sustainability.
- Quantify the housing needed to sensibly accommodate future growth.
- Develop specific, measurable, and actionable strategies for meeting countywide housing goals.
- Identify the programs and policies, and specific funding sources, that will be required to address housing needs in 5, 10, and 15 years.

Your participation will help us to better understand our community's housing needs and to plan for ways to ensure the county has a range of housing options to meet those needs. Be part of the process in deciding how the community can ensure that there are housing options in the county that are affordable to all people who want to call Fairfax County home. Refreshments and childcare will be provided. To request childcare or special accommodations, please contact Navneet Sohi (Navneet.Sohi@fairfaxcounty.gov) at 703-246-5260.

For more information about the Communitywide Housing Strategic Plan, please visit <http://www.fairfaxcounty.gov/rha/communityhousingplan.htm>.

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## **Nominate Superior Architecture for a 2017 Fairfax County Exceptional Design Award**

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Because architecture shapes our daily life—whether we consciously realize it or not—Fairfax County created the [Exceptional Design Awards](#) program to recognize quality design in our community.

**Nominations are [sought for the 2017 awards](#) through now through submissions Friday, June 16, 2017.**

Entries should:

- Exemplify a **superior work of architecture**
- Incorporate **total site design and landscaping**
- Take into account the **context of the work in relationship to its surroundings**, or
- Apply **energy and water conservation** and other **green building practices**

Nominations can be submitted in the following categories:

- **Residential:** single-family residential projects, including homes, additions, restorations, renovations, and interiors and multi-family housing
  - **Commercial:** office, retail, industrial
  - **Commercial Interiors:** primarily the design of commercial interior spaces
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- **Institutional:** such as fire stations, educational facilities and places of worship
- **Recreational:** such as recreational facilities, entertainment or performing arts centers
- **Historical/Adaptive Re-use:** projects involving the preservation, restoration, rehabilitation or sympathetic adaptive reuse of historic structures
- **Adaptive Re-use/Repurposing:** projects involving the rehabilitation and sympathetic adaptive reuse of existing buildings
- **Mixed Use:** some combination of residential, retail or office
- **Community Benefit Project:** such as affordable housing, senior housing or a community center

The awards, judged by a jury, include honor awards, merit awards and honorable mentions. **Winners will be announced on Wednesday, August 16, 2017.**

The program is sponsored by the Fairfax County [Board of Supervisors](#) and administered by the [Department of Planning and Zoning](#), in cooperation with the county's [Architectural Review Board](#) and the Northern Virginia Chapter of the American Institute of Architects.

If you have any questions or if you need assistance with your application, please call the Fairfax County Department of Planning and Zoning at 703-324-1281, TTY 711.

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## **Mental Health Month Conversation: Teen Resilience and Coping Strategies**

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**Thursday, May 25, 2017**

**6:00 to 8:00 p.m.**

[Merrifield Center](#)

**8221 Willow Oaks Corporate Drive, Fairfax, VA 22031**

Being a teen is tough. School, sports, social lives, and social media – all can bring emotional challenges. Caring adults can help.

With the right tools, adults can help teens foster positive relationships, develop resiliency in response to adversity, and increase their ability to cope.

Join the [Fairfax-Falls Church Community Services Board](#) (CSB) and community partners for an honest conversation on strengthening connections within families and helping teens cope with adversity and emotional challenges. Panelists will include CSB clinical and wellness/prevention staff and experts from [Fairfax County Public Schools](#), the [Inova Kellar Center](#) and [PRS CrisisLink](#).

Attendees will learn about:

- Tools to help build resilience and develop coping strategies
  - What is normal, what isn't, and when to worry
  - Anxiety and depression – a deeper understanding
  - Building healthy boundaries
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- Healthy (or constructive) conflict
- How to connect with your child's network

Resource tables will have free, take-home materials about wellness strategies and mental health resources.

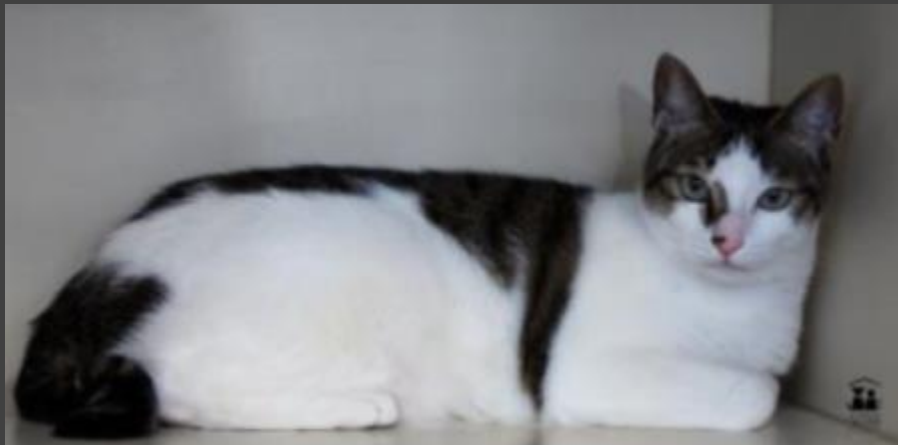
[Register online for the event.](#)

Questions? Call 703-324-7006 (TTY 711).

*Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Reasonable accommodations will be provided upon request. For information, call 703-324-7006, TTY 711.*

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## Animal Shelter Corner



**Meet Shwela!**

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**Age:** 5 years 2 months

**Gender:** Male

**Color:** Black / White

**Spayed/Neutered:** Yes

**Size:** Medium


**Declawed:** No

Shwela was born in Jakarta, Indonesia, and moved here with his owners. He was sadly surrendered because of allergies in the home, but the shelter is confident Shwela will be adopted in no time. He's a great cat and just so darn cute! He's friendly with everyone, including kids, although he can be shy at first. He's got the most interesting markings. Come visit him! To learn more about Shwela email the animal shelter at [animalshelter@fairfaxcounty.gov](mailto:animalshelter@fairfaxcounty.gov).

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**Celebrating Fairfax County's 275<sup>th</sup> Birthday!**



**Explore Summer Fun on the DISCOVERY TRAIL!**

Just in time for Fairfax County's 275th birthday, the Park Authority's Discovery Trail Map reveals milestone moments in the history of 12 distinctive, Fairfax County parks! This year, both adults and children are encouraged to pick up a map and chart the course to discover each park's unique features. Visit eight sites and get a prize pack with tickets to more summer fun such as mini golf, camping, RECenter admission and boat, train and carousel rides – a \$93 value! Plus, you'll also be entered in a drawing for one of four bicycles donated by Spokes, Etc. and Trek through the Fairfax County Park Foundation.

Maps will be available by mid-May at any staffed Park Authority location, at any Fairfax County Public Library and online at [www.fairfaxcounty.gov/parks](http://www.fairfaxcounty.gov/parks). The promotion runs May 29 – Sept. 4. Winners will be announced in the fall issue of Parktakes.



Clockwise from top: Sully Historic Site, c. 1912; Riverbend Park; Burke Lake Park, c. 1963.

# **Memorial Day Celebration**

## **The Church of the Ascension**

**“The Old Stone Church”  
13941 Braddock Road  
Centreville, Va. 20120**

**Sunday May 28, 2017  
5:00 P.M.**

The Old Stone Church served as a hospital during the American Civil War. We will begin with an honor guard and prayers at the memorial burial site behind the church. The service will be from the 1861 prayer book and hymnal. A reception will follow in our fellowship hall.

**Join us to honor the service  
of all veterans.**

**[www.ascension-acc.org](http://www.ascension-acc.org).  
703 830-3176**

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# Autism Safety Fair

For individuals with autism and their families/caretakers in  
Fairfax and surrounding counties

*Brought to you by:*



**AUTISM SOCIETY**  
Improving the Lives of All Affected by Autism  
Northern Virginia

*Supported by:*



Vivint Gives Back



**Saturday, June 10, 2017**

**12:00 pm—3:30 pm**

**Fairfax County Criminal Justice Academy Range  
3721 Stonecroft Blvd, Chantilly, VA**

*Stop by and meet your local First Responders  
Get to know your local service providers  
FREE food and beverages*

- ♦ Tour emergency vehicles—including the Fairfax One Police Helicopter
- ♦ Meet K-9 units, handlers, Search & Rescue officers
- ♦ Meet fire rescue personnel
- ♦ Pictures with Police Officers
- ♦ Elopement prevention: Project Lifesaver, discounted security systems and safety tips
- ♦ Community Resource Fair
- ♦ Safety t-shirts available for free
- ♦ Each family receives a free Safety Kit and other goodies

*ATTENTION SERVICE PROVIDERS:  
Please be a part of our Community Resource Fair  
Participation is FREE*

RSVP as a participant and/or service provider:

[act.autismspeaks.org/fairfaxsafetyfair](http://act.autismspeaks.org/fairfaxsafetyfair)

Questions? Please contact [bradcarruthersfop@gmail.com](mailto:bradcarruthersfop@gmail.com)

# Volunteer Opportunity



## Elections Officer

Fairfax County needs dedicated individuals who take pride in their work, are patient and enjoy working with people, who follow directions, and are detail-oriented.

**We especially encourage bilingual citizens to serve as we need language assistance in many precincts.**

**Duties:** The Election Officer's main priority is to ensure the accuracy and integrity of the election process. A typical Election Day consists of arriving one hour before polls open to set up voting equipment, hanging up pertinent signage, preparing the polling room for voting, processing voters throughout the day, assisting with operating voting equipment, securing voting equipment and closing down the polling place at the end of the day

**Volunteer Benefits:** Election Officers are offered a stipend of \$175 for serving a full day.

**Qualifications:** In order to be an Election Officer, you must: be fluent in English, be a registered voter in the Commonwealth of Virginia, be able to fulfill the Federal I-9 employment eligibility requirements, attend a 3-hour training class, arrive at the polling place at 5:00 am and remain until all work has been completed after the polls close at 7:00 pm, and have basic computer skills

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**Minimum Age to Volunteer: 17**

**Contact:**

703-324-4735

[electionofficers@fairfaxcounty.gov](mailto:electionofficers@fairfaxcounty.gov)

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