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AKEHGHLAND

ctober 2023

Issue 8 7th Year

Happy Halloween!
Thank you to Norma Rowe of Shangri La for sharing this picture!

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E-mail: LHRO@tampabay.rr.com OFFICE: 733-5522 - FAX: 735-9631

Clubhouse - 733-4890

Park ManagerMary Beth Carroll733-5522

2023 BOARD OF DIRECTORS

President	Steve McCasky	620-388-1880
	Sue Zerbe	
Secretary	Kathy Burgan	616-283-5368
	Deb Modesto	
Directors	Warren Bowman	727-239-0695
	Jenna Wilk	989-733-2474
	Cathy Quast	

CONTACTS FOR SOCIAL AND SPORTING ACTIVITIES

Arts & Crafts	Lynn Marro	#256	. 786-5719
Athletic Club			
Bingo	Cathy Sargeant	#282	. 802-999-9201
Bowling			
Residents Office	• • • • • • • • • • • • • • • • • • • •		. 733-5522
Card Bingo	Mark Durbin	#2	. 412-997-1933
Chaplain	Darlene Johnson		. 727-686-2842
Coffee Hour	Jerry Santerre	#88	. 727-218-8348
Dance Class	Joy Skeie	#57	. 734-0583
Decorating Comm	Karen Judson	#184	. 210-7927
Directory (Book)	Residents Office		. 733-5522
Golf	Ron Noble	#221	. 802-274-0782
Java Junction	Mary Lou Fraher	#204	. 515-571-7804
Library	Julie Decot	#305	. 508-776-3363
Name Tags	Becky Holender	#80	. 470-9272
Piper Editor/Calendar	JoLynn Kendzora	#209	. 352-391-4995
Shuffleboard			
Social Club President	Sandy Clark		. 802-535-4040
Sunshine Reporter			
Water Aerobics			
White Elephant Chrmn	Jerry Santerre	#88	. 727-218-8348

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Carol Zapiecki, Clearwater, FL



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HALLOWEEN DANCE PARTY

et your costumes ready!!! We will be having a Halloween Dance Party on Saturday, October 28 from 7-10 pm at the Clubhouse. Bring a dish or appetizer to share and BYOB!!! Costumes are encouraged – always makes a party more fun!!!

EUCHRE RETURNS!!

tarting on October 12, Euchre returns! We play at 6:30 in the library, it's \$2.00 to play. Our organizer is Lydia VanAken, so if you have any questions, please contact her. New player welcome!



LAKE HIGHLANDER BOWLING LEAGUE 2023 – 2024

The Lake Highlander Bowling League will start on Tuesday, October 3, 2023. Last day of bowling is March 26, 2024, a total of 24 weeks of bowling, the last day of bowling is fun bowling only. Christmas break is the week of December 26, 2023, bowling will resume on January 5, 2024.



The cost of bowling is: \$ 8.50 (3 games, goes to the bowling alley). Plus: Prize fund charge of: \$ 3.50 (goes to the prizes and extras). Total each week will be: \$12.00 per person per week. If/

when you are absent from play, there is no charge for bowling, but you will pay \$3.50 toward the Prize Fund Account. A number of the bowlers don't start until November. Not a problem, pay to the prize fund only for the weeks you miss. Prize fund: Each teams gets prize money at the end of the season. Bowling begins at 12:00 noon. 10-minute practice prior to the league play begins at 11:50 am. A sign-up sheet will be posted on the bulletin board. Or call me, Cathy Quast, Lot 54 (580-695-5534) to sign up, or for answers to questions you may have. You may also call Dunedin Lanes at 727-736-1282 and let them know that you would like to join the Lake Highlander Bowling League. We are a friendly group. You don't have to be a resident of Lake Highlander to be part of our league. Invite your friends to join us. ALL GRADES OF BOWLERS ARE GRATEFULLY WELCOMED.

Below are the names of prior bowlers that we hope will be returning this season. Please feel free to add and/or edit to the list.

View this Newsletter in full color at www.monthly-media.com right click with mouse to download to your computer

BOWLERS EXPECTED FOR THE 2023/2024

Sandy Clark
Dave Poole
Jack Alexander
Dean Reynolds
Cathy Quast
Pat Reynolds
Gloria MacMillan
Wendy Porte
Mark Gilbert
Jerry Niedbaski
Mary Hollis

Dan Faber
Sandy Poole
Marilyn Hale
Cathy Sargeant
Kathy Hartwell
Jerrie Lance
Larry Tillery
Bob Rehman
Jack Dreiwaga
Dee Crawford
Tom Eperthener

Betty West Aggie Bowman Bev Hallwood Neil Sargeant Jack French Brian Lance Wilma Tillery Connie Rehman Ann Machaud Doreen Hudson



UPCOMING NOVEMBER DATES

ovember 11, Saturday --- Veteran's Day Celebration --- more info to come



November 13, Monday --- Social Club Members

Meeting at 7 pm in clubhouse, new residents and renters welcome – please attend – we need new ideas. Come and join for just \$5.00 per person (gets you into all of the social club events free).

November 15, Wednesday --- 4-6 pm Wine & Cheese gathering in clubhouse, snacks provided, BYOB.

November 19, Sunday --- 3-5 pm Music in the Park --- featuring Mark Doran on Acoustical guitar, bring a chair and your own beverage, outside clubhouse area, snacks provided – NEW Monthly Event this season!!!





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he purpose of our Federation is to promote the general welfare of its members, protect the rights and interests of, and be a consumer advocate FOR MANUFACTURED/MOBILE **HOME OWNERS ON RENTED LOTS** Our accomplishments are numerous and include the creation of Florida Statute 723, "The Florida Mobile Home Act", which safeguards your rights as homeowners on rented lots in Florida. Most recently we've successfully lobbied for the extension of The Mobile Home Tie-Down Program for to more years. Download an Application www.FMO.org We owe our success to our dedicated members. Join us in our fight to protect our lifestyle. Together we can, and do, make a difference! IOIN TODAY 321-214-4300

GREAT IDEAS

Our Water into Large Containers with Small Sinks using A Dustpan

We've all been there. Trying to fill up a large container with water using nothing but a tiny bathroom sink. It's not going to happen... Or is it? The secret is a small, nondescript cleaning tool: the dustpan. How does it work? Well, it's devilishly simple.



Just insert the dustpan's collection tray under the faucet so that the handle hangs over the edge of the sink. The water will pool in the collection tray and flow through the handle.

Easily Dispensable Snacks

Placing cheerios, trail mix and more in empty coffee creamer bottles or empty parmesan cheese bottles allows you to easily pour just the right amount out to keep your grandkids entertained (and full). They're not only great for in-house storage but at the park, in the pocket of your car or on a boat, as it keeps the snacks from getting smushed. Coffee creamer bottles... perfect for on-the-go snacks for kids, or throw in some dog treats during a long walk, or simply a great treat container for you in the car!

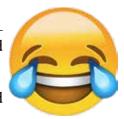
Scatter Soap In Your Yard During Summer

Chop up a bar of soap into chunks and scatter around the area you want to keep bug-free. This hack works because "Most pests, including larger animals like rabbits and deer, hate the smell of strong soap, so this trick should keep your social gatherings and garden pest-free all summer."



THE FUNNIES

get plenty of exercise – jumping to conclusions, pushing my luck and dodging deadlines.



Why don't calculus majors throw house parties? Because you should never drink derive.

Two men were sitting in a bar. One suddenly turned to the other and said, "see that guy over there? Don't you think he looks just like me?" The man went over to his doppelganger and said, "Excuse me, but I couldn't help noticing that you're a dead ringer for me." "You're right!" the other man said. "Where are you from?" "Charlestown." "Me too!" "Which street?" "Kilfoyle Road." "Kilfoyle? That's incredible! That's my road, too. What number?" "76." "Me too! What are your parents' names?" "Joe and Kitty." "What? Unbelievable! So are mine!" About that time, the bartenders changed shifts. "Anything happening?" the new bartender asked. "Not really," the old bartender answered. "The Smith twins are drunk again!"

Nothing ruins a Friday more than the realization that it's actually Tuesday.

A man tried to sell his dog to a neighbor. "This is a talking dog," he said, "and he's yours for \$5." "I don't believe you," the neighbor replied. "There's no such thing as a talking dog." Just then the dog looked up dolefully and said, "Please buy me sir. This man has been cruel to me. He never takes me for a walk, he buys me the cheapest dog food and he makes me sleep in the garage. He doesn't realize what a special dog I am. I swam the Atlantic two years ago, and I went to the North Pole the year before that." "Wow!" the neighbor exclaimed. "You were right! This dog can talk! So why are you selling him so cheap?" The owner replied, "Because I'm sick of his lies."

"A new report says that the U.S. military is running out of bombs. As of now, the Pentagon is down to 100 bunker busters and six copies of "The Emoji Movie". – *Conan O'Brien*



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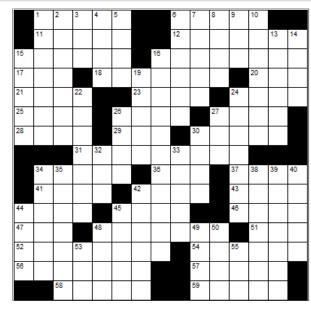
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ACROSS

- 1. Without delay
- 6. Days in a week
- 11. Nigerian money
- 12. Cut in thirds
- 15. Affectionate
- 16. Break
- 17. American Medical
- Association
- 18. Surround completely
- 20. Golf ball support
- 21. Scottish lake
- 23. Codlike fish
- 24. Streetcar
- 25. Leg joint
- 26. Anger
- 27. Unit of paper
- 28. Burn the surface of
- 29. Before, in poetry
- 30. Gelatin
- 31. Overburdens
- 34. Most important
- 36. Chemist's workplace
- 37. Chits
- 41. Be suspended from above
- 42. Young woman
- 43. Anagram of "Care"
- 44. Mark down
- 45. Not early
- 46. Marsh plant
- 47. Petroleum
- 48. Think likely
- 51. Label
- 52. Large masses of ice
- 54. Annul
- 56. Clear up
- 57. Fatuous
- 58. Primitive weapon
- 59. Daisylike bloom







DOWN

- 1. Windflower
- 2. Greek goddess of
- healing
- 3. Assist
- 4. Algonquian Indian
- 5. Deserve
- 6. Golf shot
- 7. Delete
- 8. Moral weakness
- 9. Estimated (abbrev.)
- 10. Indifferent
- 13. Smooth
- 14. Abound

- 15. Speaks
- 16. Scourges
- 19. Small trout-like fish
- 22. Female protagonist 24. Early

- 32. Chill (out)

- communications satellite 44. French for "Black"
- 26. Coral formation
- 27. Crimson
- 30. Quick short straight
- punches
- 33. Desert watering holes 53. Clobber
- 34. Pick

55. Tank

35. Bareheaded

40. Marsh plant

39. Wave

42. Bigger

and pupa

48. Expunge

50. Cravings

49. Diva's solo

38. Common solvent

45. Stage between egg







October Calendar

Monthly

dopt-A-Shelter-Dog Month. Oct. 1–31. To promote the adoption of dogs from local shelters, the ASPCA sponsors the observance. For more information, browse www.aspca.org.



Halloween Safety Month. Oct. 1–31. There are steps you can take to make it a safe Halloween for children and teens. Fore more information, browse www.preventblindness.org.

National Book Month. Oct. 1–31. To invite everyone in America to take time out to treat themselves to a unique pleasure: reading a good book. Literary events are held throughout the month. For more information, browse www.nationalbook.org.

National Breast Cancer Awareness Month. Oct. 1–31. To raise awareness of breast cancer and to provide access to screening services. For more information, browse www.nbcam.org.

National Crime Prevention Month. Oct. 1–31. To drive violence and drugs from our families, neighborhoods and communities. For more information, browse www.ncpc.org.

Weekly

National Work from Home Week. Oct. 8–14. A week to celebrate the trends, technology and tactics that allow millions of Americans to work from home as entrepreneurs and corporate teleworkers. For more information, browse www.chiefhomeofficer.com.

Fire Prevention Week. Oct. 7–13. To increase awareness of the dangers of fire and to educate the public on how to stay safe from fire.

For more information, browse www.firepreventionweek.org or www.sparky.org.

Freedom from Bullies Week. Oct. 15–21. A time for courage, support, inspiration and peace for people suffering health-endangering bullying and for others who witness the mistreatment. For more information, browse www.bullyinginstitute.com.

Give Wildlife a Brake Week. Oct. 22–28. A reminder to scan the road as you drive, watching the edges for wildlife about to cross.

For more information, browse www.hsus.org/wildlife.

Daily

International Frugal Fun Day. Oct. 7. A day to celebrate that having fun doesn't have to be costly. Do at least one fun thing for yourself and/or your family that is free of cost or under \$5 per person. For more information, browse www.frugalfun.com/frugalfundayideas.html.

Columbus Day. Oct. 9. To commemorate the landing of Columbus in the New World, Oct. 12, 1492.

Evaluate Your Life Day. Oct. 19. To encourage everyone to check and see if they're really headed where they want to be. For more information, browse www.wellcat.com.

National Mammography Day. Oct. 20. On this day, or throughout the month of October, radiologists provide discounted or free screenings. For more information, browse www.nbcam.org.

Make a Difference Day. Oct. 28. A national day of community service sponsored by USA Weekend magazine. For more information, browse www.makeadifferenceday.com.

Halloween or All Hallow's Eve. Oct. 31. An ancient celebration combining Druid autumn and Christian customs.





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OCTOBER • 2023

Monday

Sunday

Sunday	Monday	1
1	10:00 am – Aqua Aerobics 6 pm – Men's Poker	10:00 ar Aerobic 9-10am Walking 11:30 ar 7 pm
6:30 pm – "31" in card room	9 10:00 am – Aqua Aerobics 6 pm – Men's Poker Columbus Day	10:00 ar Aerobic 9-10am Walking 11:30 ar 7 pm
15 6:30 pm – "31" in card room	16 10:00 am – Aqua Aerobics 6 pm – Men's Poker	10:00 ar Aerobic 9-10am Walking 11:30 ar 7 pm
6:30 pm – "31" in card room	23 10:00 am – Aqua Aerobics 6 pm – Men's Poker	10:00 ar Aerobic 9-10am Walkinş 11:30 ar 7 pm
6:30 pm – "31" in card room	30 10:00 am – Aqua Aerobics 6 pm – Men's Poker	10:00 ar Aerobic 9-10am

Walkin

11:30 aı

7 pm --

Lake Highlander

uesday	Wednesday	Thursday	Friday	Saturday
3 n – Aqua ts – Brisk g DVD n – Bowling Bingo	4 10:00 am – Aqua Aerobics 6 pm – Men's Poker	5 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD 7 pm – Card Bingo	6 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD	7
10 n – Aqua ts – Brisk g DVD n – Bowling Bingo	11 10:00 am – Aqua Aerobics 6 pm – Men's Poker	12 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD 6:30 pm – Euchre 7 pm – Card Bingo	13 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD	14
17 n – Aqua ts – Brisk g DVD n – Bowling Bingo	18 10:00 am – Aqua Aerobics 6 pm – Men's Poker	19 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD 6:30 pm – Euchre 7 pm – Card Bingo	20 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD	21
24 n – Aqua ts – Brisk g DVD n – Bowling Bingo	25 10:00 am – Aqua Aerobics 6 pm – Men's Poker	26 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD 6:30 pm – Euchre 7 pm – Card Bingo	27 10:00 am – Aqua Aerobics 9-10am – Brisk Walking DVD	28 7-10 pm – Hallow- een Dance Party
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What are the four most familiar lines in English?

o you know who wrote Mary Had a Little Lamb? Her name was Sarah Josepha Hale, born in 1788, and she was a feminist. Hale was a self-educated woman and she eventually became a teacher—she also wrote short stories and verse in her spare time. After her husband died, she wrote a novel to critical acclaim and became an editor of a magazine. She also became the editor of a children's magazine called Juvenile Miscellany, and in 1830 her poem, originally titled Mary's Lamb, first appeared.

Here it is: Mary had a little lamb Its fleece as white as snow And every where that Mary went, The lamb was sure to go.

Hale began to travel in esteemed social circles, with the likes of Oliver Wendell Holmes and other well-thought-of people of her day. She also petitioned several presidents to get Thanksgiving recognized as a legal holiday—Abraham Lincoln finally approved the measure. She kicked off the movement to have Mount Vernon recognized as a historic landmark. Thomas Edison used her little poem for the first-ever sound recording on his invention—the phonograph.

Hale wrote many brilliant pieces during her lifetime, but is remembered for what are probably the best-known four lines in the English language. — adapted from the mental_floss Web site

On the origins of the jack o'lantern



ave you ever wondered how the practice of turning pumpkins into scary jack o'lanterns was born? The origin is quite fascinating

O'lantern sounds Irish, and it is. The flickering, carved pumpkin faces that animate the American Halloween derive from an old Irish custom of creating rustic lanterns from vegetables. The Irish child's typical Halloween flashlight was a hollowed-out turnip or potato with a candle inside, and when the Irish landed in America in the nineteenth century, they were quick to spot the possibilities in the pumpkin. — *from IdeaBank*

In good company

Do you know the derivation of the word company? Most people probably don't think of a group of people sitting down and eating bread together when they hear the word company, but that is exactly what the word meant in its original sense. The word comes from the Latin con, which means together, and panis, which means bread. Thus, company originally encompassed the idea of people being such good friends that you share your bread with them.

— adapted from Thereby Hangs a Tale, by Charles Earl Funk

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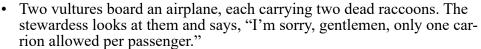






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Puns to ponder





- Did you hear that NASA recently put a bunch of Holsteins into low earth orbit? They called it the herd shot 'round the world.
- Two boll weevils grew up in South Carolina. One went to Hollywood and became a famous actor. The other stayed behind and never amounted to much. The second one, naturally, became known as the lesser of two weevils.
- A three-legged dog walks into a saloon in the Old West. He slides up to the bar and announces: "I'm looking for the man who shot my paw."
- Did you hear about the Buddhist who refused Novocain during a root canal? He wanted to transcend dental medication.
- A group of chess enthusiasts checked into a hotel and were standing in the lobby discussing their recent tournament victories. After about an hour, the manager came out of the office and asked them to disperse. "But why?" they asked, as they moved off. "Because," he said, "I can't stand chess nuts boasting in an open foyer."
- A woman has twins, and gives them up for adoption. One of them goes to a family in Egypt and is named "Amal." The other goes to a family in Spain; they name him "Juan." Years later, Juan sends a picture of himself to his birth mother. Upon receiving the picture, she tells her husband that she wishes she also had a picture of Amal. Her husband responds, "They're twins! If you've seen Juan, you've seen Amal."
- These friars were behind on their belfry payments, so they opened up a small florist shop to raise funds. Since everyone liked to buy flowers from the men of God, a rival florist across town thought the competition was unfair. He asked the good fathers to close down, but they would not. He went back and begged the friars to close. They ignored him. So, the rival florist hired Hugh MacTaggart, the roughest and most vicious thug in town to "persuade" them to close. Hugh beat up the friars and trashed their store, saying he'd be back if they didn't close up shop. Terrified, they did so, thereby proving that: Hugh, and only Hugh, can prevent florist friars.
- And finally, there was a person (guess who?) who sent 10 different puns to friends, in the hope that at least one of the puns would make them laugh. Unfortunately, no pun in ten did. from the Today's Senior Web site

On being in the know

man plummeted out of a ninth story window. He was lying on the ground when a crowd started to gather round him. Then a uniformed police officer came on the scene and looked at the man with astonishment.

"What happened?" the police officer asked.

"I don't know," the stunned and confused man answered. "I just got here myself."

— adapted from The Giant Book of Jokes, edited by Dave Phillips

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Want to enjoy life? Then optimism is the best policy

I ow you look at life can drastically affect how much you enjoy your life. If you have a positive attitude, then you will be considered an optimistic person. If you have a negative attitude, then you will be considered a pessimistic person. Optimists expect the best out of life. If you were not lucky enough to be raised with this attitude as a child, don't fret, it can be learned.

Here are the tenets that optimism is based on:

- Bad things do happen in life, but they are temporary.
- Bad things in life are limited in scope.(They're small or insignificant.)
- People have control over their environments. Here are the tenets that pessimism are based on:
 - Good things in life are temporary.
 - Good things in life are limited in scope. (They're small or insignificant.)
 - People have no control over their environments.

According to conventional wisdom, optimists and pessimists are both right about the same number of times, but optimists get to enjoy their lives more.

Optimists help create some of the good they come to expect, so they are probably right more than not—and they don't waste time worrying about what they're not right about.

Think of the benefits of being an optimist. Optimism relaxes people. When we're relaxed, there is better blood flow to the brain, which results in more energy and creativity in your life.

In Learned Optimism, Martin Seligman lists many studies that report that optimists are:

- healthier
- less likely to give up
- more successful in school, on the job and on the playing field
- have more successful relationships
- are depressed less often, and for shorter periods of time.
 - —adapted from Taking Care of Me: The Habits of Happiness, by Mary Kay Mueller

On eating your words

vacuum salesman wound his way into a remote valley. Once there he found a little house and went up and knocked on the door.

"This machine is wonderful," he crowed to the woman who answered. "Just look at this." He then took a bag full of dirt and poured it on the

carpet in the living room. "Watch," he said. "If this machine doesn't pick up every last piece of dirt. I'll lick it up personally for you."

The woman smiled and said, "Would you like some ketchup to go with that. We don't have any electricity out in these parts." — adapted from The Giant Book of Jokes, edited by Dave Phillips

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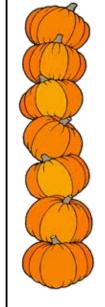
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ere is a miracle exercise recommended by a doctor. You can do this standing or sitting down. Do it in front of a mirror, or better still, with someone. Here's how:



- Raise the corners of your mouth an inch, take a deep breath and hold it for 10 seconds.
- You are smiling. If you have people watching you, they'll probably start smiling too.
- Now release your breath in short exhalations. You're now laughing. Unless those with you are curmudgeons, they'll undoubtedly start laughing, too.

This simple muscular action of inhaling, raising the corners of the mouth, then exhaling in rhythmic, short bursts causes the diaphragm to bounce up and down, pats the liver on the back, and pleasantly vibrates the stomach. The heart, which rests above the diaphragm, begins to pump at a slightly faster rate, sending blood coursing throughout the body.

The effect is a general feeling of well-being. More important than this, however, is the effect on others who observe you going through this exercise. They feel better, too. This triggers happy emotions within you, and the stage is set for any number of pleasant personal and business relationships.

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The old man answered, "There are two goddesses that reside in your heart, that reside in the hearts of all men and women. Every person falls deeply in love with both of these goddesses."

The old man went on, "Though it is true that you have great love in your heart for both of these supreme beings, you must choose one. You must choose the one who reigns over the kingdom of knowledge. She is Sarasvati. Seduce her. Love her boldly. Pay great attention to her, because she adores attention. The other, Lakshmi, rules over the kingdom of wealth. The secret is to pay more attention to the goddess of knowledge, because then the goddess of wealth will become jealous and pay more attention to you. The more you seek and pursue Sarasvati, the more Lakshmi will pursue you. She will never go away and will be yours for the taking. Then you will always have what you desire—unlimited wealth.

— adapted from Creating Affluence, by Deepak Chopra

On wisdom

Some folks are wise, and some otherwise.

— Josh Billings





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