

STONESTHROW DIRECTORY

HAPPY FATHER'S DAY



LOOKING AFTER YOUR GARDEN IN HOT WEATHER P.23

USEFUL LOCAL TELEPHONE NUMBERS / ARTICLES / HOROSCOPES

WHAT'S ON / LOCAL RESTAURANTS & TAKEAWAYS / KIDS PAGE

HOW TO OBTAIN TRADE QUOTES P.25



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JUNE / JULY 2024

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FOR MORE
DETAILS

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ESTATE and IHT PLANNING, EDUCATIONAL FEES, EMPLOYEE BENEFITS



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A NOTE FROM THE EDITOR

Welcome to our Summer 2024 Edition!

As the weather begins to brighten up, it's such a great time to get out and enjoy ourselves. There are always plenty of opportunities to get involved in events at this time of year. Summer fetes and fairs often raise funds for local community projects, with stalls, food, and family entertainment on offer for a good cause.

In the UK we celebrate the summer solstice on the 20th of June. This year, Macmillan Cancer Support will host a fundraising event, 'The Longest Day Golf Challenge' encouraging people to take on 36,72, or 100 holes to support people living with cancer. Have a look at the website for more details: Longest Day Golf Challenge (www.macmillan.org.uk).

If golf is not your thing, take a look at this year's Race for Life events, organised by Cancer Research UK. Participants can walk, jog, or run a 5k or 10k course to raise funds and awareness for the cause. Visit www.cancerresearchuk.org for more.

July is the height of summer in the UK and it's usually warmer than our traditionally wet month of June. We have the traditional benchmark of St Swithun's Day; if it rains on July 15th it will continue to rain for forty days, if it's sunny we should look forward to a hot spell of weather for the rest of the summer. We will see!

Not to forget Father's Day on 16th of June this year, bringing an opportunity to spend quality time with our fathers and grandfathers.

As always, we have prepared a few interesting reads for you to enjoy, as well as special offers and discounts generously provided by our advertisers, exclusive to this magazine's readers. Your mentioning of Stonesthrow Directories when claiming the offers would not only redeem them, but also enable us to introduce you to even more local trades and services near you.

Please keep this directory until the next one arrives and make the most of its features and listings!

However you decide to spend next couple of months - keep your heart and your business local.

Yours, Stonesthrow Publications.

01926 8000 84 / 075 111 222 45

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Andy E - 23/01/31 Jan 2024

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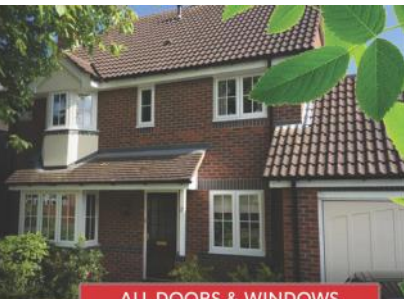
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Knowle Male Voice Choir

Date: every Wednesday during school terms / Time: 7.30pm / Venue: Dorridge Methodist Church, Mill Lane, Dorridge

Ask anyone who sings with a choir or sings anywhere, and they will all agree, Singing is Good for You. Practices are followed by a refreshing trip to the local pub immediately afterwards. If you are interested in joining our choir please contact us at kmvc14@gmail.com or for more information visit www.knowlemalevoicechoir.org.uk

Friends in Retirement

Date: varies / Time: varies / Venue: Elmdon Heath Community Centre B91 2SF; Hobbs Moat Assembly Rooms B92 8JN; Knowle Village Hall B93 0NH; Bentley Heath Community Centre B93 9BQ; Solihull Women's Institute B91 3DQ; Whar Hall Community Centre B92 0PG
FIRS (Friends in Retirement) is a charity where groups of people enjoy a range of activities. Yearly membership is £3 and each activity costs anything from £1.20 to £5. Contact us:
www.friendsinretirement.co.uk; email firs.solihull@yahoo.co.uk; call: 07535 669 018

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Knowle Renew Café

Date: every Wednesday / Time: 2pm - 4pm / Venue: Guild House, Knowle
All welcome, no booking required. A shared wellbeing space where you can enjoy a calm cuppa; spend time with a coffee (activities available or bring your own); have a chat with others; join an optional prayer & meditation session. For more information please visit: www.kpc.org.uk

Dorridge Striders and Strollers

Date: Thursdays fortnightly / Venue: St George & St Teresa Church Centre, Station Road, Dorridge
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Knowle & Dorridge Round Table

Date: every other Tuesday
Knowle and Dorridge Round Table 812 was founded in 1963. We are an organisation run by and for Tablers as a hobby. We bring smiles to the local and wider community by helping and raising as much money as we can whilst having as much fun as we can. We're not just about fund raising. We meet every other Tuesday and indulge in various activities like sports, tours and lots of 'ings' such as gliding, hiking, biking, riding, shooting, kayaking, fishing, rallying, karting, off-roading, making, climbing, bowling, cooking or just enjoying the odd pint (or two). Please email to get in touch: kanddr@gmail.com

Rapport Social Group

Rapport is a, non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

Free Digital Training for older Solihull residents

Various times and Age UK Solihull are offering free digital training for older Solihull residents who would like to improve their digital skills. Group courses and one-to-one support is available, for both beginners and those who already have basic digital skills. The training can help with online shopping, video calling, searching for information, accessing online learning, downloading and using apps, and more. For more information, contact Ashlee on 07397 718 455 or visit www.ageuk.org.uk/solihull/digital-champions

Knowle Probus Club

Date: 3rd Tuesday of the month / Venue: The Solihull Masonic Centre, Warwick Road, Knowle
The Knowle Probus club is a luncheon Club for retired and semi-retired Professional or Businessmen living in or around Knowle. We meet for an excellent three course lunch followed by interesting and informative talks. If you would like to know more go to www.knowleprobus.org.uk or Phone Paul on 07713 94228.

Drinking cans collection

Venue: Ale rooms, Knowle
Please support Ryan's work by dropping off your empty aluminium cans in the blue bin situated right outside the Ale Rooms, Knowle High Street. Ryan from "We Can" collects aluminium drinking cans, crushes them and trades them for money to help buy food to address food poverty locally.

Ladies Circle

Date: Wednesdays / Time: 11am / Venue: Dorridge Methodist Church, Mill Lane, Dorridge B93 8NY
Ladies living locally meet for a coffee & a chat. Every fourth week there will be singing, speakers or games.

Age UK Solihull Weekly Thursday Friends Lunch Club for Over 65s

Date: every Thursday / Time: 12pm- 2.30pm / Venue: Red Lion Pub, High Street, Knowle
Run by Age UK Solihull staff and their volunteers. Come along for a hot meal, tea/coffee, social activities and great company. Cost is £8 (£6 for hot lunch and refreshments, £2 for raffle, bingo/entertainment). For more information please call 0121 704 7846 (Mon-Thurs) or email befriending@ageuksolihull.org.uk.

Welcome Wednesdays

Date: last Wednesday of every month / Time: 2 - 3.30pm / Venue: Eascote Park Care Home and Retirement Village, Knowle Road, Barston B92 0JA
This is a chance meet new people, enjoy a hot drink and a slice of cake, and help raise funds for Age UK Solihull. Everyone is welcome, including carers, older people, and anyone who wants to break up the week and enjoy some company. We ask for a suggested donation of £3 per person to attend, which includes a hot drink and cake. The proceeds will come to Age UK Solihull to help us to provide our services for older and vulnerable Solihull residents who need us. Please let us know if you are planning on coming by calling us on 0121 704 7842 (leave a message) or emailing events@ageuksolihull.org.uk.

Knit & Natter

Date: 3rd Monday of the month / Time: 2- 4pm / Venue: Bentley Heath Community Centre, Widney Road B93 9BN
Bring your own project. Just turn up no charge. Contact Dennise on 07899 914 228

Midsummer Celebrations

Date: 15th of June / Time: 10am - 4pm / Venue: car parks around Knowle Village Hall
Residents and visitors to this free event can expect: A bustling artisan market: Discover unique finds and support local traders as they showcase their wares. Community groups showcase: Learn about the fantastic work local groups do and connect with your neighbours. Delicious street food: Building on last year's success, a variety of irresistible street food vendors will be on hand to satisfy your appetite.

Remember When...?

Date: 29th of June / Time: 2pm / Venue: Knowle Village Hall
An afternoon of musical nostalgia. Amy Price, Vintage Vocalist, will present songs from the 40's, 50's, 60's and 70's, guaranteed to jog your memories. Refreshments will be served during the interval. Tickets £10.00 To book, please call: 01564 779445 or 01564 779898 or call at the Friday Coffee Morning at Knowle Village Hall 10am - 12noon. (Admission by ticket only).

Knowle Party in the Park

Date: 29th of June / Time: 11am - 10.30pm / Venue: Knowle Park
Knowle Party in the Park will provide a vibrant celebration of music and community spirit, featuring KENNY THOMAS, HEATHER SMALL (The voice of M People), KEVIN DAVY WHITE, PLUS local artists: DETROIT SOUL COLLECTIVE, 2 WEEKS NOTICE, ANDY

BENNETT (Ocean Colour Scene) & Simon Foster, KATIE DAVIE, MATILDA PRATT, THE WEDDING CRASHERS. Preregister your interest: www.knowlepartyinthepark.co.uk

Solihull Music Festival

Date: 20th - 23rd of June / Venue: Solihull Town Centre, Mell Square Solihull, B91 3DT
There will be music of all genres to enjoy at our FREE family event with the main stage in Mell Square and plenty of venues around the town centre hosting the action. The Continental Street Market will be in town with live music accompanying the delicious market delights. Catch some fantastic artists on our Mell Square stage or enjoy more intimate performances in some of Solihull town centre's best hospitality venues. All performances are FREE!

Run Solihull

Date: 11th of August / Venue: Malvern Park, Solihull
Take on a local run for a local charity, by signing up to Run Solihull in aid of Age UK Solihull. Complete a half marathon, a 10k, or enter the little ones into the Junior Race. Half Marathon: Starting at Malvern Park, the route takes runners on closed roads and tarmac paths to Knowle, and onto the countryside of Barston and Eastcote, which includes the steeper inclines and declines of the course. The route returns to Knowle before following Widney Manor Road and Malvern Park back to Solihull town centre. The 10k follows the same route as the half marathon, with an earlier turn around point. The route use the same start and finish line as the Half Marathon. Kids Race: A short and sweet race through Malvern Park and along New Road, finishing by St Alpheg Church. For more information visit www.ageuk.org.uk/solihull/

While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events.

For your news, events and group meetings to be featured free of charge on our What's On Page please email Ksenia: info@stonestrowpublications.co.uk

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Kids' Page

There are so many fun things to do in the summer holidays.
Can you find all the activities here in the letter grid?



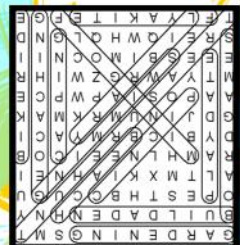
- | | |
|-------------|---------------|
| Beach | Library |
| Bike ride | Mini golf |
| Board games | Picnic |
| Build a den | Playdate |
| Camping | Swimming |
| Fly a kite | Treasure hunt |
| Gardening | |
| Geocaching | |

Everyone is down at the beach. Can you find all ten objects hidden in the picture?



Where do sheep go on holiday?

The Baa-Hamas



Word Grid Solution



LOOKING AFTER YOUR GARDEN IN HOT WEATHER

Summer is here and so is the hot sun. Here are some tips to help you look after your garden in the hot weather.

After the wet winter and spring, the storms and the gales summer is well and truly here. But heat and sunshine can cause problems in our gardens so after you've slapped on the sunscreen and slipped on a hat here some ways to keep that garden looking great whatever the weather.

AVOID GARDENING IN THE HOTTEST PART OF THE DAY.

The first tip is more for gardeners than gardens. Working hard in the hot afternoon sun is not to be recommended. Pick a cooler time of day, early morning, or evening, both you and your plants will benefit.

CHANGE YOUR WATERING TIMES. Plants are mostly water, so in the heat you need to water regularly. But if you usually water in the late morning or after lunch consider changing to a cooler time of day. Water only in early mornings and evenings.

Watering when the sun is out will lead to evaporation. You will be wasting precious water and impeding your plants ability to drink.

Water at the base of plants

Try and avoid watering over foliage in hot sunny weather. If you water over your plants and the leaves retain some of the water on their leaves it can cause damage because it can act as a magnifier of direct sunlight, burning your plants. So, carefully, water at the base of your plants.

Consider installing a watering system which will

direct the water to just where it is needed the most.

CONSERVE SOIL MOISTURE. Evaporation is a big problem, so you need to conserve the moisture in your soil. A good way to do this is to add a thick layer of mulch. You can use various mulches and you need to place them around the rooted areas of your plants. Mulch can be anything from wood chippings to a peat free compost, to good quality well-rotted manure.

EXTRA CARE OF POTS AND CONTAINERS. Hot sunny weather can be even more damaging to pots and containers, but they have the added advantage of being mobile, so do not hesitate to move them to shadier spots on very sunny days. Make sure they are regularly watered and keep them away from areas of your garden that soak up heat, like pavements or walls.

WAGE WAR ON WEEDS. Of course, weeds love the hot weather, and they will be growing fast sucking all the nutrients out of your garden and depriving your plants. So, keep hoeing and removing and keep on top of them.

REDUCE LAWN MOWING. Grass growth slows during hot, dry weather so you should reduce mowing. And if you notice it is looking ragged and has brown areas and patches do not worry. Grass is resilient, it will quickly return to full strength when the weather cools.

Enjoy your garden in the hot, sunny weather!

Rob Bullock

HOROSCOPES: JUNE / JULY

ARIES (MARCH 21 - APRIL 20)

It's all change for new beginnings in June as the Sun, Jupiter and Venus are closely linked in curious and restless Gemini. This month suggests that some exciting and innovative communications are about to begin. Mars, your ruler, remains in your sign until the 8th, examine all your inspirational and creative ideas and then implement them as Mars moves into practical Taurus on the 9th. July continues the powerful theme of dynamic Mars and expansive Jupiter in your sign, Mars remains in Aries until the 5th. Try not to be too impatient, use this month wisely to review your energy levels, particularly where friendships are concerned. With Venus in chatty Gemini until the 18th, your communication skills remain at their best.

TAURUS (APRIL 21 - MAY 21)

This month gives you the opportunity to make some important changes in your financial dealings. Jupiter has arrived in this pivotal area of your chart, suggesting that you could pick up some really good ideas about making and managing your money in a more profitable way. The Gemini new moon on the 6th emphasises intuition and offers a positive breakthrough in all areas of communication. During July your communication skills are positively highlighted as the radiant Sun and Mercury in Cancer suggest encouraging energy for intuitive and original new ways of thinking. The new moon in creative Leo on the 28th brings a new project into focus, your vitality is high and some help may arrive from unexpected quarters.

GEMINI (MAY 22 - JUNE 21)

June suggests that Saturn and Neptune at the highest point of your chart and highlighting your career sector could offer an entirely new way of working. The powerful new moon in your sign on the 6th is pivotal; you should be feeling refreshed and energetic, as all of these cosmic indicators open up your intuition and bring you some amazing insights. The Capricorn full moon the 22nd offers an interesting opportunity. July brings a different kind of energy to the forefront, Venus is in your sign and the way you communicate comes into focus. The Sun and Mercury ask that you look at the way you value yourself and examine creative new ways of increasing your earning potential. Now is the perfect time to reach out and be bold.

CANCER (JUNE 22 - JULY 22)

Cosmic activity at the highest point of your chart offers the prospect of taking up some new intellectual interests and expanding your horizons. Mercury and Uranus are influencing how you feel about friends and any new group activities that you might have in mind. This will all encourage you to learn new things and go places that you have never been before. The Gemini new moon on the 6th could be a turning point for better times. July is your birthday month, the Sun shines brightly and is joined by communicative Mercury on the 5th. Love planet Venus also arrives in your sign on the 18th, illuminating all things to do with love and partnerships. The new moon in creative Leo on the 28th marks a turning point and you'll feel a strong drive to improve your life on many different levels.

LEO (JULY 23 - AUGUST 23)

Innovative Uranus linking with communicative Mercury at the highest point of your chart bodes very well for any career changes that have recently been on your mind. The strong Gemini energy in June also offers lots of social activity, particularly with any projects that involve groups of like-minded people. Being a creative sign, you'll find wonderful new ways of contacting others and bringing them joy and encouragement. July might turn out to be a rather introspective month on some levels. The sensitive Cancerian Sun and Mercury will have you reconsidering some plans that you have recently made and the chances are that you may also have to rethink a career move. The powerful new moon in your sign on the 28th offers up an opportunity to push your creative ideas forward.

VIRGO (AUGUST 24 - SEPTEMBER 22)

June puts your goals and your ambition into the spotlight, you are asked to reflect on what you have learned during the first half of 2024. Now is the time to use your new found confidence and positive thinking to get the very best out of planned changes and social endeavours. Love planet Venus arrives in Cancer on the 17th, new friendships and social connections are on the horizon. July suggests that your career goals are high on the agenda as Venus and Mercury in Gemini ensure that your negotiation and communication skills are at their finest. A relationship that has been on hold can be reviewed and there is opportunity to advance in a positive way. The Capricorn full moon on the 13th indicates that it's time to put something firmly behind you.

LIBRA (SEPTEMBER 23 - OCTOBER 23)

June starts with the emphasis on your partnerships and relationships, impulsive Mars in Aries is in your opposite sign until the 8th, take great care if you want to avoid any confrontations and challenges. Jupiter, Venus and the Sun suggest new ways for broadening your horizons and learning new things. An exciting adventure may be about to begin, take each opportunity as it comes. July: The Gemini Sun and business minded Mercury occupy the highest point of your chart, emphasising your goals and the importance of planning ahead and making long lasting changes. Venus, your ruling planet, is friendly and playful in Gemini, ideal for making plans for a romantic getaway. The Capricorn full moon on the 13th brings a domestic matter to the forefront.

SCORPIO (OCTOBER 24 - NOVEMBER 22)

The Sun, Venus and Jupiter all in the sign of Gemini shine the spotlight on your finances and resources. Maybe some adjustments will need to be made this month and you should now have the courage to move things along. On the whole the cosmic energies placed here look very favourable for any new investments that you have in mind. The Capricorn full moon on the 22nd looks exciting - be alert to a sudden swing in fortune. July: Dynamic Mars arrives in your opposite sign of Taurus on the 5th, emphasising the importance of staying focussed on the task at hand. Pluto and Mars put a strong and challenging planetary emphasis on the way you communicate the plans around your career and your future. The favourable new moon in courageous Leo on the 28th enables you to go after what you want.

SAGITTARIUS (NOVEMBER 23 - DECEMBER 21)

Love, romance and new partnerships are all in the spotlight this month. Jupiter, your ruling planet and beneficial Venus are both indicating that things are likely to go very smoothly if you put your heart and soul into your endeavours. Forceful Mars arrives at your work angle on the 8th suggesting that new initiatives will be on offer if you take the plunge, it's time to discover inspirational new ways forward. July: The full moon in down to earth Capricorn on the 13th puts your finances firmly in the picture, expansive Jupiter is strong in Aries suggesting there are some excellent opportunities for you to be successful and increase your earning potential. Mars enters practical Taurus on the 5th, further indicating that this is the perfect time for you to be much clearer about where you are heading.

CAPRICORN (DECEMBER 22 - JANUARY 20)

The radiant Sun, Jupiter and Venus are all powerful in versatile Gemini this month, highlighting that your professional prospects are poised for growth. This powerful energy will set the scene for the winds of change to blow away any cobwebs that have been holding you back. The full moon in your sign on the 22nd illuminates a new unexplored area for potential job-related alterations. July: The radiant Sun and communicative Mercury are both illuminating the relationship area of your chart, prompting you to go after what you truly desire. The love planet Venus is chatty and flirty in Gemini until the 18th and energetic Mars in practical Taurus is assisting with an important issue that comes to the forefront around the courageous Leo new moon on the 28th.

AQUARIUS (JANUARY 21 - FEBRUARY 18)

June looks like romantic encounters will be on the cards as the Gemini Sun, relationship planet Venus and expansive Jupiter are all illuminating this area of your chart. Gemini is all about communication, therefore saying the right thing at the right time will be essential for positive outcomes. Business minded Mercury arriving in intuitive Cancer on the 17th suggests new insight concerning a project that you have been working on. July: Energy packed Mars is strong in the communication area of your chart during the first week of this month, continuing to put you in a good position to demand something that you have been going after for some time. Love planet Venus in Gemini is flirtatious and playful and brings a welcome boost to your dealings with partners and loved ones. The Leo new moon on the 28th is perfect for romance.

PISCES (FEBRUARY 19 - MARCH 20)

The first week of June will be important as energetic Mars in Aries powers through your financial area and an important decision will take up your time. The Sun, Venus and beneficial Jupiter, all in Gemini, light up your home and family life with positive interaction. Now is the perfect time to absorb new information, connect with others and enjoy some wonderful new experiences with those dear to you. July: New encounters, love and romance are all in the spotlight for July as planetary trends suggest that a deeply rewarding time is coming your way. The Sun encourages you to enjoy the lighter side of life as some positive opportunities arrive from unexpected directions. The Leo new moon on the 28th assists your creative ambitions - new beginnings are ready for take-off.

Christine Chalkin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now - Consultations are available on Skype, Zoom, WhatsApp or telephone.

Mobile: 07813 483549 | www.restyleyourlife.co.uk | christine_chalkin@hotmail.com



HOW TO OBTAIN TRADE QUOTES

If you don't have the skills to do-it-yourself, how do you successfully approach a tradesperson to get the job done? It's important to consider several details to ensure you are making an informed decision.

CHECK A TRADESPERSON'S ACCREDITATION. If they have a listing in any of the trades accreditation bureaux: book a Guaranteed Tradesperson you can be sure that they have been checked, they are guaranteed (check the terms and conditions) and they probably have listed reviews and testimonials for their services. It is still worth independently researching their credentials and checking licences, certifications, and insurance coverage.

ASK FOR REFERENCES FOR LARGER JOBS. If you are about to spend thousands on a huge home improvement project, ask friends and neighbours if they can recommend someone to complete the work. You may be able to see a previous job they have finished and check references for previous work first hand.

DON'T ENTERTAIN PEOPLE SELLING THEIR SERVICES DOOR TO DOOR. If they have a reputable and certified business, they won't need to be knocking on doors looking for business.

OBTAIN AT LEAST THREE QUOTES FOR A JOB. This is especially important for bigger tasks if you think the work will cost you over a thousand pounds. Make sure you give the same instructions for each quotation so that you will receive a 'like for like' quote covering all the same integral work and no costs can be hidden.

ASK FOR A WRITTEN QUOTE. If you have it in writing, either by email or letter, it should outline the scope of the work, a timeline, and a payment schedule, as well as any other details the tradesperson needs to consider before work begins. Keeping a record of all communications and agreements helps protect both parties in case of disputes or misunderstandings.

DO NOT BE AFRAID TO ASK QUESTIONS. If there are some items on a quote that you do not understand, ask for clarification. A professional will always be happy to explain their work process. By clearly communicating your expectations for the project, you can avoid misunderstandings further down the line.

DO NOT FEEL PRESSURED TO MAKE A DECISION ON THE SPOT. A quote should be valid for a few weeks or a month, not twenty-four hours! Let the tradesperson know you will get back to them when you have made your decision.

DO NOT PAY IN FULL BEFORE THE JOB HAS BEEN COMPLETED. Once the project is finished, inspect the work and ensure it meets the expectations and terms outlined in the contract. Raise any issues or concerns immediately.

Keep in mind that the cheapest quote may not be the best option, as quality and reliability are also important factors to consider. By following these steps, you can minimise any stress involved and give yourself a little more confidence when approaching a professional tradesperson for a quote.

By Emma Russell

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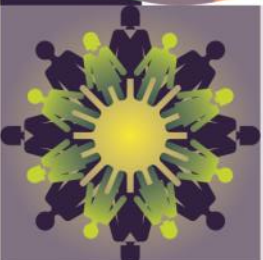


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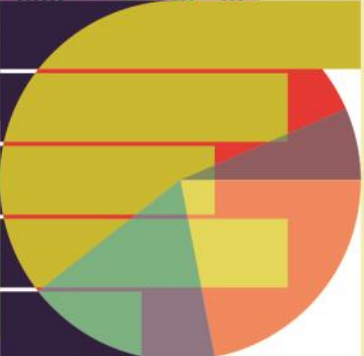
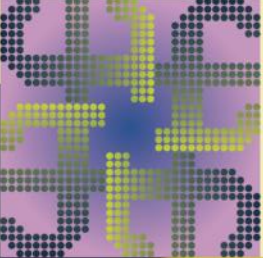
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