

The FRANKFORTARIAN

ROTARY CLUB
OF
FRANKFORT, KENTUCKY

DISTRICT 671 • CLUB NO. 1295 • ORGANIZED DECEMBER 1922

Service Above Self *He Profits Most Who Serves Best*

VOL. NO. XIX ISSUE NO. 31

AUGUST 3, 1994
ANNOUNCEMENTS

Don't Miss Rotary If You Can't Make Up

RAFFLE: This week's raffle item was donated by Dick Richards. It was a Cross Pen & Pencil Set. The winner was Charlie Hinds.

RAFFLE ITEM FOR AUGUST 10th will be donated by Jim Richardson.

TOTAL RAFFLE COLLECTION: \$54.00

HAPPY BIRTHDAY to those Rotarians who will celebrate their birthdays in **AUGUST:**

Jim Boyd
Ed Hatchett, Jr.
Bill Miller
Mike Oder
John Palmore
Steven Gale
Hub Perdew
Leroy Smith



THIS WEEK'S PROGRAM

The speaker for the day was Tom Kenney, newscaster for WLEX-TV. He is a former All-American basketball player from Peoria, Illinois. When an injury ended his college career, the only coach who called to say he was sorry was Bobby Knight. As to the news business, he stated that he has to constantly defend the media from criticism, much of which is justified. He is appalled at the way the media has covered the O. J. Simpson case. Reporters have gone from telling the public simply what happened to giving their personal interpretations. Reporters today act like amateur psychologists. They have gotten away from just telling you what happened. Good news does not sell only bad news and tragic events. This can be beneficial as in Ethiopia, Television is powerful but it is often used in the wrong ways. For example, a charge against a public figure can be unfounded but often no follow-up is done if the person is found not guilty. It is irresponsible for the media not to follow-up stories. The media often loses sensitivity. Many people are not watching news programs like they used to. Both the media and viewers must bear the responsibility. Our priorities are simply not right. The news director has the ultimate say if there is a problem as to what to report. Also the producer exercises a lot of power. As to a question about the reliability of news tips on the tips hot line, 9 out of 10 tips are dead ends.

NEXT WEEK'S PROGRAM

Next week's speaker will be Bob Babbage.

ATTENDANCE

Make-Ups For Week of JULY 27th

Bill Aitken	Bob Johnston
Larry Arnett	Keith Key
Nancy Edwards	Don Nunnally
John Gillig	Ann Wingrove
Don Hines	

ATTENDANCE PERCENTAGE: 86.36%

The following Rotarians need make-ups for **AUGUST 3rd:**

Don Armstrong ✓	Elliott Jones
Bill Averell ✓	Wallace Kent
Pat Badgett	Ron Lees
Jose Bollar ✓	Mike Lile
John Chenault ✓	John Loyd ✓
Roger Crittenden	Don Nunnally ✓
Frank Dailey ✓	Paul Rice ✓
Steven Gale	David Sandidge
Mike Greenwell	Fred Snyder
Jeff Hackbart ✓	Richard Taylor
Alan Halligan	Edmond Thompson ✓
Ed Hatchett	Ken Thompson
Stan Head	Ron Tyrer
Amanda Hunt	Bill Wingfield

This attendance column is published for your information. If you see any errors call Paula Rarden, at 223-3401.

GUEST OF ROTARIANS

Beth Paul	John Paul
Sarah Paul	"

KEENELAND - October 20, 1994. There are still tickets left for the Keeneland trip this year. The cost is \$30.50 each. See Ethel McCray or Denis King if you should like to make reservations.

J. W. "PAT" IRELAND

The following are a list of the \$500 contributors to the J. W. Pat Ireland fellows:

Howell Chirporactors
Kurt Vezner
Linda Wireman

The following are the Sustaining Members and \$100 contributors:

Dean Sorg	Ethel McCray
Elliott Jones	Jim Graves
Bob Johnston	Paul Rice
Greg Fuchs	Tom Cockley
Bill Leroy	Ann Wingrove
Duane Ellis	Tom Potts
Richard Taylor	

GOLF! ! !

The First Annual Frankfort Rotary Club Youth Fund Golf Tournament is scheduled for September 23, 1994. Please, mark it on your calendar.

REMINDERS! ! !

August 13, 1994 - Belle of Louisville Trip.

August 15, 1994 - KSU Freshman Welcoming.


YEARS OF PERFECT ATTENDANCE

BILL YOUNT	47 YEARS
FRANK SOWER	47 YEARS
ASA TIPTON	40 YEARS
LEN SHIRRELL	40 YEARS
ED DAVIS	40 YEARS
HUB PERDEW	33 YEARS
ANDY THOMPSON	32 YEARS
CHARLIE HINDS	30 YEARS
TOM ISAAC	20 YEARS
BARRY K. HOLDER	20 YEARS
OLLIE LEATHERS	19 YEARS
JIM SMITH	19 YEARS
DUANE ELLIS	19 YEARS
LEROY SMITH	17 YEARS
TOM CROSSMAN	13 YEARS
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DAVID WELLER	1 YEAR
ANN WINGROVE	1 YEAR
POLLY GREEN	1 YEAR
GREGORY FUCHS	1 YEAR

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BELIEVE
IN WHAT
YOU DO



DO WHAT
YOU
BELIEVE IN

THE ROTARY INTERNATIONAL THEME,
1993-94

THE FOUR-WAY TEST

- Of things we think, say or do
- 1) Is it the TRUTH?
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NEIGHBORING CLUBS

Monday:	Versailles-Senior Citizen Center	6:15 p.m.
	Owenton-Smith House	12:10 p.m.
Tuesday:	Georgetown-Golden Corral Steak	12:15 p.m.
	Shelbyville-Centenary United Meth.	12:00 noon
Thursday:	Lawrenceburg-Anderson Co. Library	12:00 noon
	Eminence-421 Rest. Market at Pleasureville	7:00 p.m.
	Lexington-Continental Inn	12:00 noon
	Louisville-Galt House	12:10 p.m.
	Capital City-Holiday Inn	6:30 p.m.

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AUGUST 10, 1994
ANNOUNCEMENTS

Don't Miss Rotary If You Can't Make Up

RAFFLE: This week's raffle item was donated by Perry Ryan. It was 2 autographed books by Perry Ryan. The winner was one of our visiting exchange students.

RAFFLE ITEM FOR AUGUST 17th will be donated by Gus Ridgel.

TOTAL RAFFLE COLLECTION: \$56.00



CONGRATULATIONS to those Rotarians who will receive their perfect attendance pins in **AUGUST 1994:**

Bill Aitken	4 Years
Don Armstrong	1 Year
Carl Fudge, Jr.	9 Years
Ollie Leathers	21 Years

OPENING EXERCISES WEDNESDAY, AUGUST 17th:

Leroy Smith will be in charge of the opening exercises.

THIS WEEK'S PROGRAM

Our guest speaker on August 18, 1994 was Bob Babbage, Secretary of State. Secretary Babbage worked hard for the implementation of new voter registration programs in Kentucky that have gained national recognition as recording setting. He has a strong record on ethics in government. While State Auditor, he put into place programs to investigate waste and mismanagement of public funds and implemented a code of ethics for his office.

Secretary Babbage said the ethical voice must come from all of us and especially from those who are in public office. He says there are lessons to be learned and that recently some lessons have been learned as some who have made errors in this have paid the price. We have also learned that the system works.

Secretary Babbage noted several of his recommendations to relative to the ethics issue. Among them:

1. Educate the coming generation
2. Create an independent Office of Inspector General
3. Continue support of campaign finance laws
4. Support election reform laws
5. Invest in our own people for Kentucky's workforce instead of stealing folks from someplace else.

When asked what he thought about candidates for Governor and Lieutenant Governor running as a slate, Secretary Babbage said it is a problem. He says

Continued....

NEXT WEEK'S PROGRAM

Next week's speaker will be Geneva Straub, her topic will be "Stress Management".

ATTENDANCE

Make-Ups For Week of AUGUST 3rd

Don Armstrong	John Loyd
Bill Averell	Don Nunnally
Jose Bollar	Paul Rice
John Chenault	Edmond Thompson
Frank Dailey	
Jeff Hackbart	

Attendance Percentage; 83.33%

The following Rotarians need make-ups for **AUGUST 10th:**

Don Armstrong ✓	Bill May
Jim Boyd	Don Nunnally ✓
RB Brown ✓	Mike Oder
Roger Coomes ✓	John Paul
Ed Dance ✓	Tom Potts
Steve Dooley ✓	Paul Rice ✓
Duane Ellis ✓	Gus Ridgel ✓
John Gillig	Fred Snyder
Polly Green ✓	Dean Sorg ✓
Ed Hatchett	Gary Straub
Doug Howell	Edmond Thompson ✓
Amanda Hunt	Ron Tyrer
Ed Janeway	Bill WIngfield
John Loyd ✓	

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THOUGHT FOR THE DAY

Cooperation is doing with a smile what you have to do anyway.

Continued....

it is taking too much time away from issues that are important to most Kentuckians as everyone is spending too much time trying to figure out who to pick for a running mate.

MEMBERSHIP PROPOSAL

The following have been proposed for membership in the Frankfort Rotary Club:

Mary Ann Kuhn
Classification: Advertising - Media
Proposer: Pat Layton

David Cobb
Classification: Communication Service
- Network Management
Proposer: Henry Leadingham

These applications have been approved by the Board and are now presented to the membership for your approval. If no objections are received within ten days of the date of this publication, these applicants will be accepted for membership.

GUEST OF ROTARIANS

Kate Scott	Ann Wingrove
Davis Bates	"
Lindsay Jordan	Len Shirrell
Mickey Jordan	"
Al Perkins	Ron Durham
Angela Bullock	Bob Bullock
Ed Minter	John Sower
Rhonda Woody	Rene Siria
Carol Czirr	Bob Johnston
Mike Richards	Barry Holder, Jr.

REMINDERS! ! !

August 15, 1994 - KSU Freshman Welcoming from 5 p.m. to 7 p.m.
September 23, 1994 - First Annual Frankfort Rotary Club Youth Fund Golf Tournament.

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BELIEVE IN WHAT YOU DO



DO WHAT YOU BELIEVE IN

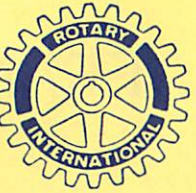
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AUGUST 17, 1994

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RAFFLE ITEM FOR AUGUST 24th will be donated by Bob Rush.

TOTAL RAFFLE COLLECTION: \$53.00

**SUPPORT YOUR ROTARY CLUB
BUY A RAFFLE TICKET! ! !**

FRANKFORT ROTARY CLUB BOARD MEETING

There will be a Board meeting on August 22, 1994 at 5:00 p.m. at the Frankfort Electric and Water Plant Board.

**OPENING EXERCISIES WEDNESDAY,
AUGUST 24th;**
Bill Yount will be in charge of the opening exercises.

THIS WEEK'S PROGRAM

Ms. Geneva Straub, mental health nurse with the Turning Point Center and wife of fellow Rotarian Dr. Gary Straub, was the guest speaker of the Frankfort Rotary Club for Wednesday, August 17, 1994.

Ms. Straub talked to club members about stress management and stress reduction. Stress is defined as the physical or emotional response that follows our interpretation of events (stressors) i.e. job pressures, family responsibilities, teenagers even traffic! These external events are an invitation for you to react. Usually our reactions produce negative effects to our body and mind - such as headaches, stomach-aches, heart palpitations, and depression.

How can we reduce or better handle the stressful situations in our lives? The following suggestions are provided:

- Change the way you react to troublesome things. Try to sharpen your awareness skills and monitor your internal responses.
- Reduce the number of events in your life. If you take on a new responsibility, then drop something else in your life. Set real priorities.
- Change the way you look at things. Practice positive self-talk and imagery. Develop a sense of humor and learn to laugh at yourself!
- Learn to moderate your responses. In other words, why hate when you can simply dislike; why feel anxious when you can feel nervous

NEXT WEEK'S PROGRAM Continued...

Next week's speaker will be William R. Harrod. He will speak on the importance of being involved with your community.

ATTENDANCE

Make-Ups For Week of AUGUST 10th

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RB Brown	Don Nunnely
Roger Coomes	John Paul
Ed Dance	Paul Rice
Steve Dooley	Gus Ridgel
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Ted Collins	Terry Shockley ✓
Miles Franklin	Fred Snyder
John Gillig ✓	Dean Sorg ✓
Mike Greenwell	John Sower
Ed Hatchett ✓	Gary Straub
Stan Head	Jeanne O. Suchanek ✓
Don Hines	Edmond Thompson ✓
Doug Howell	Asa Tipton ✓
Amanda Hunt	David Weller ✓
Pat Layton	
Don Nunnely ✓	
Mike Oder	

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Continued...

and why feel rage when you can feel angry?

These sound very simplistic, however it is up to each of us to reduce the amount of stress in our lives so that we can live longer, happier more productive lives. Thank you Geneva for your timely and useful presentation.

VISITING ROTARIANS

Gary Crumbaugh	Capital City
Brian Ritchie	Lawrenceburg

GUEST OF ROTARIANS

Jim Shrock	Ed Speer
Don Dykman	Hal Leatherby
Allison Kent	Wallace Kent
Angela Bullock	Bob Bullock



KEENELAND - There are still 10 tickets left for the October 20, 1994 trip. Cost this year is \$30.50 each. See Ethel McCray or Denis King if you would like to make reservations.

REMINDERS! ! !

September 23, 1994 -
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THOUGHT FOR THE DAY

Temper is what gets most of us
into trouble.
Pride is what keeps us there.

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		695-5545
		223-3401
		227-9579

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Louisville-Galt House	12:10 p.m.
Capital City-Holiday Inn	6:30 p.m.

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THE Frankfortarian

ROTARY CLUB OF FRANKFORT, KENTUCKY

DISTRICT 6710 • CLUB NO. 1295 • ORGANIZED DECEMBER 1922

Service Above Self

VOL. NO. XIX ISSUE NO. 33

AUGUST 24, 1994

ANNOUNCEMENTS

Don't Miss Rotary If You Can't Make Up

RAFFLE: This week's raffle item was donated by Bob Rush. It was a \$25 Gift Certificate from Capital Barbecue. The winner was Bob Johnston.

RAFFLE ITEM FOR AUGUST 31st will be donated by Perry Ryan.

TOTAL RAFFLE COLLECTION: \$59

**SUPPORT YOUR ROTARY CLUB
BUY A RAFFLE TICKET! ! !**

**OPENING EXERCISES WEDNESDAY,
AUGUST 31st:**

Linda Wireman will be in charge of the Opening Exercises.

You're missing half the fun of Rotary if you don't make up!

Our speaker was Bill Harrod, the Outstanding Franklin Countian for 1994, as selected by our Rotary Club and the Franklin County Fair Board. At the meeting, Senator Fred Bradley presented him with a Kentucky Senate Citation. Mr. Harrod planned on speaking on "Community Involvement", but after looking at his audience, and knowing that a good speaker knows more about his topic than his audience does, he decided to talk about rocks and stones. A real P.R. problem of his industry is that no one like BIG trucks, or people who handle dynamite. As he finished his talk, he stated that the community has done a lot for him, and that he was just trying to pay back the community.

CLASSIFICATION TALKS

The first part of the program was a "Classification" talk by Jim Brockman, who pointed out that Pharmacists remain the country's most honorable professionals (and car salesmen the least) from the 1993 Gallup Poll.

WORK ON GIVING

"The person who takes and never gives may last for years but never lives."

Next week's speaker will be Dr. Robert Mariner, his topic will be "Good Nutrition".

AUGUST 17th

Bill Aitken	Dean Sorg
John Gillig	Jeanne O. Suchanek
Ed Hatchett	Edmond Thompson
Don Nunnally	Asa Tipton
Terry Shockley	David Weller

ATTENDANCE PERCENTAGE: 88.89%

If you miss 4 straight meetings (without approved leave), or if your percentage is under 60% for six months or less than 30% of your attendance is at your home club, then your membership is automatically terminated.

The following Rotarians need make-ups for **AUGUST 24th:**

Jose Bollar	Ron Lees
Jim Boyd	Mike Lile
Roger Crittenden	Bill May
Polly Green	Carol Palmore
Mike Greenwell	Dick Richards ✓
Alan Hamilton	Gus Ridgel ✓
Stan Head	Bob Rush
Charlie Hinds ✓	Perry Ryan ✓
Mark Kessinger	Gary Scott
Hal Leatherby ✓	Fred Snyder
	Edmond Thompson ✓

This attendance column is published for your information. If you see any errors call Paula Rarden.

VISITING ROTARIANS

Dudley Shryock	Lawrenceburg
Don Peach	"
Bob Cox	"
Ernest Hatfield	Lexington
Darlene Craycroft	Capital City

GUEST OF ROTARIANS

Fanne Lyon	Jim Richardson
Joclyn Waddle	Richard Taylor
Frank Thompson	Marianne Kuhn
Brad Feldson	Dave Weller
Fred Bradley	Ron Durham, Jr.

REMINDERS! !

SEPTEMBER 23, 1994 - First Annual Frankfort Rotary Club Youth Fund Gift Tournament.

MEMBERSHIP PROPOSAL

The following individual has been proposed for membership in the Frankfort Rotary Club:

Don Dykman
Classification: Hospital-Personnel
Proposer: Harold Leatherby

This application has been approved by the board and is now presented to the membership for your approval.



YEARS OF PERFECT ATTENDANCE

FRANK SOWER	48 YEARS
BILL YOUNT	48 YEARS
ASA TIPTON	41 YEARS
LEN SHIRRELL	41 YEARS
ED DAVIS	41 YEARS
HUB PERDEW	34 YEARS
ANDY THOMPSON	34 YEARS
CHARLIE HINDS	32 YEARS
BARRY K. HOLDER, SR.	21 YEARS
TOM ISAAC	20 YEARS
OLLIE LEATHERS	20 YEARS
JIM SMITH	20 YEARS
DUANE ELLIS	20 YEARS
LEROY SMITH	18 YEARS
TOM CROSSMAN	15 YEARS
BILL MILLER	13 YEARS
TERRY SHOCKLEY	13 YEARS
TED COLLINS	12 YEARS
EDMOND THOMPSON	12 YEARS
DEAN SORG	12 YEARS
SHERRILL SMITH	12 YEARS
ED DANCE	11 YEARS
JACK OWENS	11 YEARS
WALLACE KENT	11 YEARS
JIM GRAVES	10 YEARS
BARRY K. HOLDER, JR.	10 YEARS
JOHN CHENAULT	9 YEARS
RB BROWN	9 YEARS
JOHN LOYD	9 YEARS
JOE RUSSELL JOHNSON	9 YEARS
CHUCK WILLIS	9 YEARS
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BILL LEROY	1 YEAR
PERRY RYAN	1 YEAR
RON DURHAM, JR.	1 YEAR
HAL LEATHERBY	1 YEAR

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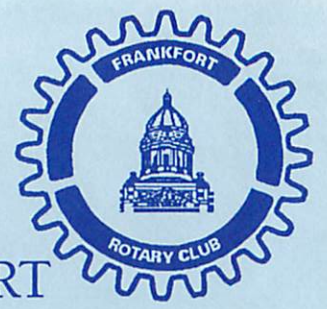


THE FOUR-WAY TEST

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- 1) Is it the TRUTH?
 - 2) Is it FAIR to all concerned?
 - 3) Will it build GOOD WILL and BETTER FRIENDSHIP &?
 - 4) Will it be BENEFICIAL to all concerned?

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Steven B. Shultz, Governor
District 6710
LaGrange, Kentucky

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AUGUST 31, 1994

ANNOUNCEMENTS

Don't Miss Rotary If You Can't Make Up

RAFFLE: This week's raffle item was donated by Perry Ryan. It was a AM/FM Walkman. The winner was Dean Sorg.

RAFFLE ITEM FOR SEPTEMBER 7th will be donated by David Sandidge.

TOTAL RAFFLE COLLECTION: \$59.00

OPENING EXERCISES WEDNESDAY, SEPTEMBER 6th:

Sherrill Smith will be in charge of the Opening Exercises.

NEXT WEEK'S SPEAKER

Next week's speaker will be Virginia Fox, Executive Director of KET. Her topic will be Violence on Television and Advantages of Local Broadcasting.

THIS WEEK'S PROGRAM

The speaker for the day was Dr. Robert Mariner. The theme of his talk is that we should not take the human body for granted. The average human inhales and exhales about 23,000 times every 24 hours which is 2500 gallons of air. Yet we breathe without even thinking about it. The average adult looks at his watch 100-300 times a day, but Dr. Mariner asked that we do not look at our body as casually as we look at our watches. He cited some other statistics. We eat 50 tons during a lifetime and speak 48,000 words in the course of a day. We exercise 7 million brain cells a day. The brain is a chemical factory and sends out thousands of messages at once. Three million impulses are sent out yet we use only 3-6% of our brain. The heart beats 100,000 times in one day or 35 million times a year. Yet we take our hearts for granted. The three leading causes of mortality in order are heart disease, cancer and stroke. These are all life style diseases. We all play a major role in allowing these disease processes. We should all make life style modifications and good food is the best medicine. Excessive protein causes osteoporosis. We should eat less protein in our diets. Cancer cells can live without oxygen but healthy cells cannot. Everyone has cancer cells in their bodies. We don't need full spectrum lighting, he said plants do better in it. Concerning sound, waltz music is better than rock music which causes confusion and dis-orientation. No wonder teenagers are so confused. Dr. Mariner ended his talk by saying we should not take our health or life for granted.

ATTENDANCE

MAKE-UPS FOR WEEK OF AUGUST 24th

Charlie Hinds Gus Ridgel
Hal Leatherby Perry Ryan
Dick Richards Edmond Thompson

ATTENDANCE PERCENTAGE: 86.92%

The following Rotarians need make-ups for AUGUST 31st:

Bill Aitken ✓	Bill May
Jose bollar	Don Nunnelly ✓
Nancy Edwards ✓	Mike Oder
Mike Greenwell	Tom Potts
Jeff Hackbart	Paul Rice
Alan Halligan	Gary Scott
Stan Head	John Sower
Barbara Howard ✓	Gary Straub ✓
Keith Key ✓	Edmond Thompson
Pat Layton	Ken Thompson
Ron Lees	

This attendance column is published for your information. If you see any errors call Paula Rarden.

VISITING ROTARIANS

Wayne Young Lawrenceburg

GUEST OF ROTARIANS

Catherine Per dew Hub Per dew

DUES REMINDER ! ! !

If you have not yet paid your dues please do ASAP since two months of the dues period has past.

ROTARIAN OF THE MONTH

Congratulations to Frank Sower for being voted August's Rotarian of the month.

WELCOME TO ROTARY

We welcome the newest member of our club, David Cobb. David was introduced by Henry Leadingham. His classification will be Communication Service - Network Management.

We look forward to sharing Rotary fellowship and service with David in the years to come.

FRANKFORT ROTARY YOUTH FUND GOLF TOURNAMENT

September 23, 1994



SCRAMBLE FORMAT
Juniper Hills Golf Course

Proceeds will be used for scholarships for local students!

IT'S A BOY

Congratulation to Greg Fuchs and his wife Lana Grandon on the birth of their son, Christopher John Fuchs. He was born on August 26th.

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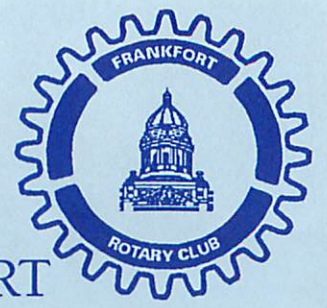


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