SEE AMERICA AGAIN!

Find your next perfect adventure on our summer travel bucket list

Pacific Coast Highway, California
Zion National Park, Utah

Florida Keys
Great Sand Dunes National Park, Colorado
Edmund Pettus Bridge, Alabama
Boundary Waters, Minnesota
Denali National Park, Alaska
TED LASSO IS BACK!

Jason Sudeikis returns as a small-time Midwestern college football coach hired to manage a pro soccer team in England when the second season of the award-winning comedy Ted Lasso premieres (July 23 on Apple TV+). Here are some things you might not know about the actor and funnyman, 45, who has sometimes been confused with Ed Helms of Hangover fame.

He was born with a congenital condition called anosmia (no sense of smell).

Sudeikis attended Fort Scott Community College in Kansas on a basketball scholarship and suited up as a player for the NBA Celebrity All-Star Game in 2011 and 2016.

He has co-starred with Jennifer Aniston in five movies: The Bounty Hunter, Horrible Bosses, We’re the Millers, Horrible Bosses 2 and Mother’s Day.

For Lovers of The Notebook

If The Notebook is your cup of romantic tea, check out The Last Letter From Your Lover (July 23 on Netflix). Set in the 1960s and the present day and based on Jojo Moyes’ best-selling novel, it’s the story of a young woman (Shailene Woodley) whose memory is wiped away by an unfortunate event, but then she comes across hidden love letters from a man who’s not her husband. “I’ve never played anyone from the ‘60s before,” says Woodley, 29, who is engaged to Packers quarterback Aaron Rodgers. “It was a whole new world for me.”

The Jonas Bros’ Olympic Dreams

Joe, Nick and Kevin Jonas—pop superstars the Jonas Brothers—take sibling rivalry to an Olympic level in a new hour-long TV special. Olympic Dreams Featuring Jonas Brothers (July 21 on NBC) shows the New Jersey trio training with top athletes from Team USA to compete and see who’s got the goods to earn bronze, silver or gold in simulated Olympics events. “Competing in Olympic-level events, we’ve always dreamed of this—and competing against each other,” says Joe, 31. “You’re going to see us in a way you’ve never seen us before,” promises Nick, 28.

BY WALTER SCOTT

WHAT WAS HIS MOST AMAZING CONCERT EXPERIENCE?

GO TO PARADE.COM/BROWNE TO FIND OUT.

The Grammy-nominated singer-songwriter of “Running on Empty” and “Doctor My Eyes,” 72, returns with his first new album in nearly seven years, Downhill From Everywhere (July 23). With messages about environmental and political issues in the world, it’s Browne’s most socially conscious album since 1986’s Lives in the Balance. This month, he also begins a live U.S. tour as special guest of James Taylor and His All-Star Band.

What inspired the title, Downhill From Everywhere? Oceanographer Captain Charles Moore, who said, “The ocean is downhill from everywhere.” He was pointing out that everything that humanity produces and everything that we do winds up in the ocean.

Is it easier or more difficult to write songs now in your 70s? It’s harder to write something I like. But it’s always hard, so I don’t know. I have it pretty easy, frankly. I’ve got a room full of instruments, a wonderful studio and great players to play with. The thing is, not just anything will do. I don’t crank out songs; I don’t make lots of records. I just do the stuff that matters to me, and I hold myself to a pretty high standard because I never want to repeat myself.

So how are you doing? You contracted COVID-19 early in the pandemic. I’m fine. It was way back at the beginning, more than a year ago now, March 2020. I was well again really soon. It wasn’t that bad of a case, so I was on the mend within a couple weeks.

You have 50-plus years as a musician. How do you measure success? You measure it in terms of how much you’re able to continue to pursue your goals and how well you’re able to prioritize doing that. I measure my success in terms of my freedom to be creative, not by money. Money plays a role in that, of course, being secure. But it’s never been the object for me.

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2. You’re not a seafarer without something stylish to mop your brow or protect your neck from sunburn, like the Border Stripe Silk Bandana. $30, bananarepublic.com
3. Blunt compared her character to Indiana Jones, so it’s no surprise that she dons the fedora-style hat made famous by the archaeologist. Get the look with the Moose River Hat. $189, llbean.com
4. Bring a bit of Jungle Cruise magic home with VistaBlvd’s Backside of Water Poster, inspired by the theme park ride. $18, etsy.com
5. For an off-the-grid escape of your own, check out Airbnb’s listings for a Treehouse Canopy Getaway in Miami or a houseboat in Playa Vista, Calif. airbnb.com
6. Steal the skipper’s style (minus the ramshackle boat) with this button-up Striped Linen Shirt and some extra-wide vintage Striped Suspenders from English brand Oliver Wicks. $70, mango.com; $119, oliverwicks.com

Buckle up for the rollicking Jungle Cruise (in theaters and on Disney+ Premier Access July 30). The new live-action adventure, based on the Disneyland and Disney World attraction, stars Emily Blunt as the intrepid Dr. Lily Houghton, who hires charismatic riverboat captain Frank Wolff (Dwayne Johnson) to set sail in search of the Tree of Life. With a nod to the Amazonian thrill ride, we pay homage to explorer style. —Megan O’Neill Melle

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Taking in a 360-degree vista from a mountain summit, eating a fried chicken picnic on a shady riverbank, exploring some place you’ve never been before—these are the dreams of summer. Last year such vacations really were dreams, as folks “camped” in their backyards and felt adventurous after baking sourdough bread. Not this summer: Americans are venturing out again, acting on plans they’ve spent 15 months of pandemic isolation dreaming up.

“A year and a half ago, we all took it for granted that we could hop on a plane or set off in our cars. That was the American dream of travel. When that went away without warning, that changed our thinking. Now every trip feels just a little bit sacred,” says Noah Brodsky, president and chief brand officer of Travel + Leisure Co. “It’s going to be the year of the road trip like never before.”

Family reunions also are a “mega trend,” according to Brodsky, with parents, siblings and grandchildren making plans to meet up and vacation together. “For many families, this is the longest they’ve ever gone without seeing each other, and they’re practically giddy thinking about this first trip,” he says.

Travel adviser Jennifer Wilson-Buttigieg, co-president and owner of Valerie Wilson Travel Inc., agrees. “People are looking at travel in this wonderful way, moving forward out of this pandemic and thinking about what they want to see and experience and who they want to connect with,” she says, adding that many people are planning reunions with friends and rescheduling postponed weddings, honeymoons and graduation trips.

Searching for your own inspiration? Parade rounded up 10 standout trips to help the summer of 2021 make up for the one before it. There’s something for everyone—from museum lovers and history buffs to thrill-seekers and train spotters.
TOUR ALASKA BY TRAIN

If there’s one trip every train lover should take, it’s the ride aboard the Denali Star, traveling from Anchorage to Fairbanks via Denali National Park & Preserve (DNP) and the adorable mountain village of Talkeetna. The 356-mile trip affords one stunning view after another, including the heart-stopping vision of 20,310-foot Denali peak gleaming white behind the Susitna River. New this summer on the Denali Star are several options for private dome cars, rentable by families and groups.

Alaska boasts a second world-class rail route as well: the Coastal Classic, which edges the steep slopes of the Chugach range before dipping deep into rugged wilderness and arriving at Seward and Kenai Fjords National Park.

EXPLORE UTAH’S RED ROCK NATIONAL PARKS BY BIKE

From the towering peaks of Zion National Park’s Court of the Patriarchs to the otherworldly hoodoos of Bryce Canyon National Park and the striped canyons of Grand Staircase-Escalante National Monument, the red rock landscapes of southern Utah stun visitors with their variety—even more so when seen from the saddle of a bike.

Cycling trips are offered by numerous well-respected outfitters. Cycling Escapes provides a route through southern Utah that features five national parks—Zion, Bryce, Grand Staircase-Escalante, Capitol Reef National Park and Lake Powell—in eight days. Trek Travel has a six-day Bryce and Zion itinerary and a Zion Long Weekend, with e-bike options for those who want to take it a bit easier while enjoying the scenery.

“I felt like Wonder Woman going uphill,” says Wisconsin native Carole Bukowski Pelot, 65, who, with her husband, Gary, 71, e-biked on Bearclaw Poppy Trail in St. George, Utah, in February. Electric bikes like the RadCity Step-Thru provide a pedal-assist boost for hill riding, so you can spend more time on scenery rather than huffing and puffing.

TRAVEL BACK IN TIME TO THE DAYS OF THE DINOSAURS

From the interactive Dinosaur Journey at the Museums of Western Colorado to the fossilized three-toed tracks in Colorado National Monument, the velociraptor dreams of any budding paleontologist or Jurassic Park fan will be fulfilled by a trip to the Grand Junction area of western Colorado.

Hunt for apatosaurus and allosaurus bones in the Mygatt-Moore Quarry on a paleontologist-led Dino Dig, or hike the Trail Through Time in the Rabbit Valley Natural Research Area to see dinosaur specimens still preserved in ancient stream channels.

Grand Junction has plenty for the Wild West aficionado as well, from horseback riding in the Little Book Cliffs Wild Horse Area to the chance to sit in a real stagecoach at the Museum of the West.

continued on page 8
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With 2020 marking the centennial of the 19th Amendment, which granted women the right to vote, it's a great time to visit the Wesleyan Chapel and tour suffragist leader Elizabeth Cady Stanton's house—the place she called “the center of the rebellion.”

Also in Seneca Falls is the National Women's Hall of Fame, which re-opened last year in the rehabilitated 1844 Seneca Knitting Mill building, the perfect setting to showcase the achievements of women like Dolores Huerta, co-founder of the National Farmworkers Association; Cherokee leader Wilma Mankiller; Supreme Court Justice Ruth Bader Ginsburg; singer Aretha Franklin; and the latest inductee, former first lady Michelle Obama. A planned induction ceremony in October will feature Obama, Katherine Johnson, Mia Hamm and other heroines.

continued on page 9
PADDLE THE BOUNDARY WATERS CANOE AREA WILDERNESS AND VOYAGEURS NATIONAL PARK

Together, these two destinations, adjacent to each other on Minnesota’s northern border, feature more than 1,000 lakes, 900 islands and 1,200 miles of canoe and kayak routes spread across more than 1 million acres. And talk about social distancing—because they are accessed by few roads and navigable almost entirely by water, Boundary Waters Canoe Area Wilderness (BWCAW) and Voyageurs National Park are some of the most remote and undeveloped wilderness areas left in the country.

Less adventurous sorts can stay on the edge of one of these sites and venture in by day or take a daylong guided fishing trip. In Voyageurs, non-paddlers can rent a houseboat and/or take a ranger-led tour on a park boat. The area also offers some of America’s best stargazing, with Voyageurs named an International Dark Sky Park, and BWCAW earning the higher Dark Sky Sanctuary status last year—only the 13th spot worldwide to receive this title, as well as the largest.

This title, as well as the largest.

The American Silver Eagle has been the most popular silver coin on the planet since its introduction in 1986. Its beautiful, iconic design inspires collectors, and investors love it because it’s struck in one full ounce of 99.9% fine silver, and guaranteed for weight and fineness by the U.S. Government. Now in 2021, for the first time ever, the coin’s design is changing.

The Most Important Coins In the Modern Era

When President Ronald Reagan signed the Liberty Coin Act into law, he didn’t know American Eagles would have the impact they’ve had, year after year. The coins were so popular that between 1986 and 2020, over 353 million were struck. That’s more than HALF A BILLION coins, easily making Silver Eagles the most bought coins in the world. Hugely popular now, Silver Eagles may soon become even more popular!

Collectors Crave Firsts

Collectors covet coins with Key Dates. Key Dates mark significance in a coin’s history...firsts, lasts, lowest mintage, new finishes and new designs. Now, for the first time in over three-and-a-half decades, the Silver Eagle is getting a new design, leading to a historic “first” unlike anything we’ve seen. The iconic Heraldic Eagle reverse is being replaced by a beautiful new “Eagle Landing” design. This is arguably a bigger deal than even the actual introduction of the coin because there’s so much more interest now than in 1986, with investors and collectors!

If You Knew Then What You Know Now...

If you’d had a crystal ball in 1986, you undoubtedly would have grabbed every Silver Eagle you could get. Those coins in uncirculated condition continue to be sought-after. Now you’re getting another chance to land a big Silver Eagle first, a Key Date. Additionally, since these newly designed Silver Eagles are only being released during the second half of 2021, it’s quite possible this will be one of the lowest mintsages we’ve seen. That’s significant because it could make 2021 a DOUBLE Key Date, with both a new design and a low mintage. Demand for these coins is already sky-high, but if that happens, watch out! No one can predict the future value of silver, but many Americans are rushing to stock up, for themselves, and their loved ones.

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Towering mountains of sand, some more than 700 feet high, that stretch for more than 30 miles along the foot of the Sangre de Cristo range—some might consider that reason enough to visit Great Sand Dunes National Park & Preserve in Colorado’s remote San Luis Valley. But in recent years sandboarding has become the park’s biggest claim to fame, with fans of the sport careening down the steep slopes on boards specially designed for maximum speed and minimum friction.

But it’s not as easy as it looks, as Sarah Watson, 39, of Fort Collins, Colo., found out when she and her husband, David, 43, visited with their son, Isaac, 13, and daughter, Natalie, 10. “I had been to the sand dunes when I was young myself, and I remember having a blast, so we thought sandboarding would be perfect for our kids to try out,” Watson says. “We tried to stand up like surfers but ended up pretty much crashing in the sand and filling our socks, so we all preferred to go down just sitting on the board holding onto the sides. You still go superfast, and the kids wanted to go over and over again.”

You don’t have to be a daredevil to be wowed by these monumental mounds of sand. Set aside a day to climb 742-foot Hidden Dune, the tallest dune in North America, or relax at Medano Creek, where kids can splash in the water and build sandcastles at Colorado’s “natural beach.”

continued on page 12
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Other highlights include the Brown Chapel AME Church, where protesters prepared for the 1965 march to Montgomery, Ala.; the historic 16th Street Baptist Church, site of the KKK bombing that killed four girls in one of the movement’s deadliest incidents; and the Dexter Avenue King Memorial Baptist Church and Parsonage, where King first preached and lived with his family before moving to Atlanta.

Can’t choose whether to visit Northern or Southern California? Split the difference and head for the Central Coast, where you’ll find a string of classic beach towns, complete with fishing piers, boardwalks, crab shacks and palm-lined promenades perfect for strolling or pedaling. The road connecting them all? That’s the Pacific Coast Highway (the PCH) through Big Sur, which winds along the tops of cliffs so sheer they’ve slid out the past two winters. The road just reopened in April.

Start your trip in Santa Barbara, with its red clay roofs and bougainvillea-draped stucco walls, and finish in Monterey, keeping an eye out for whales and dolphins in the famous bay. Stop along at Pismo Beach for its lively surf-town vibe, San Luis Obispo for its farm-to-table food scene and up-and-coming wine country, and serene Cambria, where Moonstone Beach offers the perfect white-sand setting for sunset watching.

At the Piedras Blancas Rookery, just northwest of San Simeon and its legendary Hearst Castle, elephant seals put on a show with their ungainly antics, while in Big Sur, McWay Falls and the Bixby Bridge provide can’t-miss photo ops.

Visit Parade.com/drive for nostalgic drive-in movie theaters to visit in all 50 states.

**Japanese Chicken**

These easy grilled chicken skewers are a delicious way to celebrate the Olympic Games, which kick off in Tokyo July 23. Serve them with Japanese beer, such as Sapporo or Asahi. —Alison Ashton

**Yakitori Chicken**

Pat 1½ lb skinless boneless chicken thighs dry; cut into 1½-inch pieces. Place in a shallow bowl. Sprinkle with 1 tsp kosher salt and ½ tsp freshly ground black pepper, rubbing to coat. Refrigerate while making marinade.

In a small saucepan, combine ¾ cup soy sauce, ¾ cup mirin or dry vermouth, ¼ cup sake or dry sherry, ½ cup water, 3 Tbsp brown sugar, 1 Tbsp sesame oil, 3 cloves garlic, smashed, and 1 (1-inch) piece ginger, thinly sliced. Bring to a boil; cook 15 minutes or until thick enough to coat back of a spoon. Cool to room temperature.

Set aside ¼ cup marinade. Pour remaining marinade over chicken, tossing to coat. Cover and refrigerate 2 hours.

Soak 8–10 wooden skewers 30 minutes. Preheat grill to high. Cut white and pale-green parts of 5 green onions into 1-inch pieces. Thinly slice darker green parts for garnish. Remove chicken from marinade; discard marinade. Thread chicken, alternating with 1-inch onion pieces, snugly onto skewers.

Oil grill grates. Grill skewers 5–7 minutes or until done, turning to cook evenly and basting with reserved marinade. Serve garnished with sliced green onions and, if desired, toasted sesame seeds.

Serves 4.

Visit Parade.com/japan to find out what celeb chef Giada De Laurentiis learned about Japanese cuisine during the pandemic.
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“GreatCall review”, TechRadar.com (Jul. 21, 2020).

Fall Detection is an optional feature and may not always accurately detect a fall. Users should always push their button when they need help, if possible. Fall detection only available with purchase of Ultimate Health and Safety Plan.

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Americans can finally grow hair so thick “It will cover up your bald spots,” says top US Doctor

Clinical trials show a new hair loss breakthrough can both help men and women naturally regrow a thick, full head of hair – without drugs, surgery, or side effects

Thousands are rushing to get a new hair restoration method based on surprising new studies from the University of California.

It is the world’s first and only hair loss solution that revives dead hair follicles. And studies confirm it helps men and women regrow a thick, full head of hair, even after years of balding.

Now, with news of this breakthrough spreading like wildfire — the manufacturers are struggling to keep up with overwhelming demand.

That’s because, unlike other methods, it is prescription-free, drug-free, and has no side effects. And while hair transplants can cost $4,000 or more, this new approach costs pennies on the dollar and doesn’t involve going to the doctor’s office.

Instead, it leverages cutting-edge technology to prevent hair loss, fill-in embarrassing bald spots, and re-nourish thinning hair — with results you can see and feel in 30 days or less.

As Jeanne F. from San Diego, CA reports: “When my husband began to use this product, all he had on top of his head was fuzz. His hair began to grow after 30 days and now it is about 2 to 3 inches long!”

Surprising Truth About Hair Loss

It is commonly believed that hair loss is hereditary.

Unfortunately, most people think there is nothing they can do to stop it. However, while many doctors will tell you that thinning hair, a receding hairline, and bald spots are due to your genetics, this is not the whole story.

“While genetics play a role, it’s not the main reason you lose hair,” says Dr. Al Sears, the nation’s top anti-aging doctor.

And surprisingly it’s not just your age, thyroid, hormones, stress, or a vitamin deficiency, either.

The latest scientific research reveals that hair loss is primarily caused by the stem cells in your hair follicles dying.

“This discovery is a true breakthrough because by reviving these stem cells on your scalp, you can stop hair loss dead in its tracks and trigger new hair growth, even in areas that have been thinning for years,” explains Dr. Sears.

Now, at his world-famous clinic, the Sears Institute for Anti-Aging Medicine in Palm Beach, Florida, Dr. Sears and his team have used this groundbreaking discovery to develop a brand-new hair restoration formula that is taking the country by storm.

Sold under the name Re-Nourish, it is flying off the shelves with men and women of all ages raving about the results it delivers.

“I have seen a significant improvement in hair growth. Previously, you could see thinning areas at the back of my head and now hair has grown over it,” says Peter W. from Ontario, Canada.

And Susan D. from Fort Pierce, Florida reports, “My hair was thinning. So, I began to use Re-Nourish every day on the front part of my scalp. Now I have thicker hair.”

Regrows Hair In Just 30 Days

Scientists now know that stem cells are the lifeblood of your hair follicles.

Research from the University of California shows they’re the reason you’re able to grow hair. However, these stem cells aren’t always active. In fact, studies reveal they’re only active during certain phases of the hair growth cycle.

“Your hair grows in three phases,” explains Dr. Sears. “First, you have the anagen phase, the hair growing phase. Then the catagen phase, when hair gets ready to shed. And finally, the telogen phase, where your hair is pushed from the follicle and falls out.”

As you get older it becomes harder for your hair follicles to complete this three-phase cycle. The results? Your hairs get stuck in the telogen phase. This is when they start falling out and stop regrowing, no matter what you try.

This process doesn’t happen overnight, says Dr. Sears.

“At first, your hair dries out, becoming brittle, thin, and harder to style. Then, you start finding hairs on your pillow and down the drain. Finally, you’re left with bald spots that age you prematurely.”

Fortunately, Re-Nourish puts a stop to this. It revives the dead stem cells in your hair follicles and reactivates your hair’s three-phase cycle, triggering new growth in as little as 30 days — even in areas that’ve been balding for years.

Reawakens Dead Hair Follicles

For years, scientists couldn’t figure out why hair follicle stem cells died.

However, a study from the University of California finally found the answer.

It has to do with T-cells — an important immune cell in your body. The researchers discovered these T-cells are the only way to command hair follicles to grow new hair.

More importantly, they showed that T-cells helped revive the stem cells in your hair follicles — spurring new growth, filling in bald spots and natural hairline.

Re-Nourish uses a unique blend of all-natural ingredients. By spraying it on your hair once per day, scientific studies show you can revive dead stem cells and improve the appearance of thicker, fuller hair.

For example, the key nutrient of Re-Nourish was tested on a group of severely balding women.

After 6 months, nearly 70% of the women saw significant improvement in hair growth. Their hair was noticeably fuller, thicker, and healthier looking. Most exciting of all, they grew new hair on parts of their scalp that had been bald for years.

In another study, Italian researchers gathered a group of both men and women with thinning hair and applied the core ingredient of Re-Nourish. After 12 weeks, they reported a staggering 74% increase in hair growth.

“It’s really mind-boggling that my hair started growing back,” says Zan R., another Re-Nourish customer.

With results like this, it’s no surprise that demand for Re-Nourish is soaring. Thousands of men and women are scrambling to get their hands on the limited-supply available.

Re-Nourish is not currently available in any store at any price. But we’ve secured a small batch for our readers.

Try Re-Nourish 100% Risk-Free

For the next 48-hours, Dr. Sears is offering readers a risk-free trial of Re-Nourish.

Dr. Sears feels so strongly about this product that he is backing every order with a 100% money-back guarantee. To take advantage of this special offer, simply call the Sears Toll-Free Health Hotline at 1-800-987-9957 now. Use Promo Code PARARN8 when you call in.

[EDITOR’S NOTE]: Due to recent media exposure for Re-Nourish, the Sears Institute for Anti-Aging Medicine is experiencing unprecedented demand. If the phone line is busy when you call, please try again to avoid missing this special one-time-only offer.

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Finally... a computer designed for you, not your grandchildren!

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“I love this computer! It is easy to read and to use! I get photo updates from my children and grandchildren all the time.”
– Janet F.

Have you ever said to yourself “I’d love to get a computer, if only I could figure out how to use it.” Well, you’re not alone. Computers were supposed to make our lives simpler, but they’ve gotten so complicated that they are not worth the trouble. With all of the “pointing and clicking” and “dragging and dropping” you’re lucky if you can figure out where you are. Plus, you are constantly worrying about viruses and freeze-ups. If this sounds familiar, we have great news for you. There is finally a computer that’s designed for simplicity and ease of use. This computer is easy-to-use, worry-free and literally puts the world at your fingertips. From the moment you open the box, you’ll realize how different the WOW Computer is. The components are all connected; all you do is plug it into an outlet and your high-speed Internet connection. Then you’ll see the screen – it’s now 22 inches. This is a completely new touch screen system, without the cluttered look of the normal computer screen. The “buttons” on the screen are easy to see and easy to understand. All you do is touch one of them, from the Web, Email, Calendar to Games – you name it... and a new screen opens up. It’s so easy to use you won’t have to ask your children or grandchildren for help. Until now, the very people who could benefit most from Email and the Internet are the ones that have had the hardest time accessing it. Now, thanks to the WOW Computer, countless older Americans are discovering the wonderful world of the Internet every day. Isn’t it time you took part? Call today!

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