January 25 - February 7, 2013

parable to and competitive with other

tion, school construction and public in-

Mass. governor proposes higher income tax, lower sales tax

Americans and Hispanics are higher than

elected Asian American officials and Wing

of the great dream Dr. Martin Luther King

the Division of Community Services for

was honored with poems, dances and live

nities.)

Hong Lok residents with Ruth Moy (second from right). (Image courtesy of Rogerson Commu-

— took place March 10 at North Quincy

Winter Storm Nemo, the 25th Annual

origi-

nally brought up the neighborhood.”

the Greater Boston Chinese Golden Age

success, as the company's Chief Ex-

ecutive Officer and President Agnes

wasn't jail but I was chained to a bench

Young would suggest. Patrolling,

ever, neither the sophisticated ma-

terials, turning dials, peering through

how-

ically, Inc., formed Adcotron EMS, Inc.

the assets from Advanced Electron-

ics, Inc., formed Adcotron EMS, Inc.

the $38 million project will feature

2005. When Advanced Electronics, a

company that had been around since

1983, bought into Advanced Structured

products, it acquired Adcotron’s Assets

in South Boston's Marine Industrial

Park - but in a supremely organized

way services we have laid out; and

road services we have laid out; and

36%『土木工程學』

24.5%『事業與技術教育』

0.1%『人文社會學』

中的35%是華裔

者

因為

州長派屈克在近期出席一

省與財富的轉移, 以及因為發展而產生的困難

減少他所指出的80%的移民

為了

的35,000平方英尺中珍珠白的牆壁到處可見──而且以一個高

為

些瓷器來裝飾紫禁城。

其中一些展示的瓷器甚至會標

記曾經摞放的宮殿和房間名稱，是

乾隆皇帝統治時期（1736-1795）

的做法。根據上面的銘文, 編號鈞瓷

攤報於皇帝居住的內宮中。

編號鈞瓷非常少見，應該只用

於紫禁城使用，不會出口。

入場

華州居民可以在週五上午10點

至中午12點免費參觀，需要提供居

住證明，創價市居民可以在每一天

免費參觀, 成人票15美元。

玲陶英美。展覽8月13日

哈佛建築博物館，32 Quincy

Street, Cambridge, MA 02138

—文章由馮喬羽翻譯

Adcotron EMS, Inc.

薩滿新聞

以華人根源為榮的音樂奇才

中文第四版

研

研究發現大陸極大減少

肺結核中期症狀

中文第七版

usatp.org
Eastern Bank is committed to celebrating the good in our communities. We proudly support the Asian American Civic Association.

Eastern Bank proudly gives 10% of its net income to local charities. To learn more please visit joinusforgood.com.
Chinese chat group

Boston, MA 02111
The Asian American Civic Association nationalization workshop offers free instruction on the nationalization applications, translated study material and much more. Please register at (617) 426-0492 x 0 or melody@aacu.boston.org.

Free tai chi class
Every Thursday 10 a.m.
Symphony Park Instructor Huan Zhang will lead tai chi at Symphony Park, on the corner of Edgerly Road and Norway Street. A class at QAR's Tuition is $40.

ThinkChinatown mural unveiling
Saturday, July 15
11:30 a.m. to 12:30 p.m.
15 Harrison Avenue Boston, MA 02111

Chinese chat group

The Sharewood Project offers free, unscheduled health care to the medically underserved populations of the greater Boston area. For more information please call (781) 324-8991 or e-mail sharewood.director@gmail.com.

Free immigration clinic
Wednesday, July 19
Noon to 2 p.m.
1 City Hall Square Boston, MA 02101
The Mayor’s Office for Immigrant Advancement offers free private immigration clinics at the Boston City Hall Room 806. For interpreters other than Spanish, please call at least one week in advance at (617) 635-2980.

Chinese art talk
Thursday, July 20
12:30 p.m. to 1 p.m.
22 Quincy Street Cambridge MA 02138

Chinese art talk
Tuesday, July 25
11 a.m. to 12:30 p.m.
Josiah Quincy Elementary School. The public is welcome to attend. For more information, email chinatownresidents@gmail.com. More information, visit www.anap.org.

Chinese chat group

NAAAP Boston barbecue
Saturday, July 29
Noon to 4 p.m.
485 Arsenal Street Watertown, MA 02472
NAAAP Boston will host its annual barbecue at Arsenal Park. Tickets $20 for members and $10 for seniors. For more information, visit https://gogo.gl/2VXGQq.

National Night Out
Tuesday, August 1
5 p.m. to 6 p.m.
Chinatown’s National Night Out will take place at Tai Tung Village.

Chinatown Resident Association meeting
Wednesday, August 2
6:30 p.m.
885 Washington Street Boston, MA 02111

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Winthrop Square open house
Tuesday, July 25
11 a.m. to 12:30 p.m.
Malcolm X Boulevard Boston, MA 02201
Milennium Partners will have a diversity workshop for minority-owned and women-owned subcontractors, vendors and suppliers at Madison Park High School. Registration required at www.hhf.org.

South Cove Neighborhood Committee meeting
Monday, July 17
6 p.m.
90 Tyler Street Boston, MA 02111
The Chinatown/South Cove Neighborhood Committee will take place at the Chinese Consolidated Benevolent Association. The public is welcome to attend. For more information, email BostonCSCNC@gmail.com.

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Chinatown meeting roundup: CSC, CRA

BY LING-MEI WONG

The Chinatown Resident Association held its monthly meeting July 5 at the Josiah Quincy Elementary School. (Image courtesy of the Sampan editorial team.)

The Chinatown Safety Committee met July 5 for its monthly meeting at the Doubletree Hotel. Empire Garden underwent a change of ownership, with David Wong turning over operations to Qian Wang, proprietor of Joy Luck Hot Pot and Seafood. Wang plans to reopen Empire Garden in four to five weeks, once the business permits and licenses are transferred.

Boston Police Department Area A-1 Capt. Ken Fong reported 43 arrests were made in the past 30 days, including 23 warrant arrests, and one drug arrest for heroin and cocaine. Part 1 crimes are down 3 percent for the year for District A-1, which includes Chinatown, Downtown Crossing and Government Center.

Three aggravated assaults took place, Fong said. One incident involved a combative patient at Tufts Medical Center. The second was a stabbing at Essex and Oxford streets on July 1. The third incident occurred on Beach Street, after officers were called for an individual with a knife. It turned out the suspect had a syringe in his pocket and was arrested for assault by means of a dangerous weapon.

Chinatown crime for June 24 to July 7

BY THE BOSTON POLICE DEPARTMENT

All reports are submitted by the Boston Police Department. The time period is from June 24 to July 7 for District A-1, which includes Chinatown.

To report a crime or suspicious activity, call 911. Interpreters are available for Chinese speakers.

Mason Place Apartments

80 Mason Street, Boston MA, 02111

Mason Place is re-opening the waitlist for Studio, 1 Bedroom and 2 Bedroom affordable units. Applications will be available beginning at 8:00am on July 6, 2017 through July 20, 2017.

Applications can be picked up at the security desk in the lobby from 8:00 am until 8:00 pm every day of the week (including Saturdays and Sundays). You may also request to have an application mailed to you by calling the office at 617-426-6198 or faxing to 617-451-1034. TTY/TDD: 711. Applications will also be available for pickup at the Boston Public Library located at 700 Commonwealth Avenue.

There will be a secure, locked drop box by the security desk at Mason Place where completed applications can be placed. We will also accept mailed applications that are postmarked by June 28, 2017. Position on the waitlist will be determined by lottery. The timing of an application submission will have no bearing on its place on the Mason Place wait list.

Mason Place is subsidized under the federal Section 8 program and subject to IRS Code Section 42 (Low Income Housing Tax Credit). In order to be eligible you must be 62 or older, or disabled, and your total family income must be below the HUD income limits listed below:

<table>
<thead>
<tr>
<th>Household Size</th>
<th>1 Person</th>
<th>2 Person</th>
<th>3 Person</th>
</tr>
</thead>
<tbody>
<tr>
<td>Boston 30% Income (Extremely Low Limits)</td>
<td>21,700.00</td>
<td>24,800.00</td>
<td>27,900.00</td>
</tr>
<tr>
<td>Boston 50% Income (Very Low Limits)</td>
<td>36,200.00</td>
<td>41,400.00</td>
<td>46,550.00</td>
</tr>
</tbody>
</table>

If your application shows that you are eligible, your place on the waiting list will be decided by an offsite lottery conducted by US Housing Consultants on July 27, 2017.

Rents are based on 30% of adjusted monthly income for eligible families.

To be eligible to participate in the lottery completed applications must be either received before 5:00 pm on Thursday July 20, 2017 or postmarked by July 20, 2017.

The lottery will be held on July 27, 2017

Equal Housing Opportunity

Mason Place and Schochet Companies do not discriminate on the basis of race, color, disability, religion, sex, national origin, sexual orientation, familial status, marital status, legal source of income, gender identity, ancestry, genetic information, or children in the access or admission to its programs or employment or in its programs, activities, functions or services.
BY LING-MEI WONG

Hannah To, 17, is a proud Chinese-American musical prodigy. She was one of four high school winners of the Fidelity Investments Young Artists Competition, selected to perform with the Boston Pops Orchestra at Symphony Hall on June 6 with conductor Keith Lockhart and Leslie Odom, Jr. of “Hamilton” fame. The piece was composed in 1952 for a Western orchestra, based on traditional Yao melodies.

“I thought this was a great opportunity to showcase yangqin to a broader audience than it would usually reach,” Hannah said. “As first-generation Chinese American, I really related with the concept being Western and Chinese.” Hannah will be a senior at Oliver Ames High School. She was born in America to Charlotte Lam and Wing-ki To, both immigrants from Hong Kong. To teaches history and Asian studies at Bridgewater State University, while Lam is a member of the cooperative education faculty at Northeastern University. Hannah’s parents cultivated a love of music early on, with yangqin lessons at age 6 at Kwong Kow Chinese School.

“There’s a sense of freedom, when you’re playing an instrument,” Hannah said. “You get lost in the music.” Hannah’s yangqin mentor Hui Weng of the New England Conservatory Preparatory School helped her prepare for the June 6 concert.

Lam said, “Her dulcimer teacher once said that it was impossible for the Chinese dulcimer to be played in Symphony Hall and performed with the Boston Symphony Orchestra. It is exciting that Hannah can be the pioneer on that front and bridge the Chinese dulcimer with Western music.”

Hannah has recorded three professional CDs on the yangqin. She is also a piano virtuoso, touring Germany in summer 2016. Outside of music, Hannah partakes in FIRST robotics and volunteers at the Tech Studio in the Museum of Science. She is considering a major in aerospace engineering, with a double major or minor in music.

“I’m going to keep music in my life,” Hannah said. “Music can cross boundaries. Music can open new worlds.”

Musical prodigy proud of Chinese roots

BY LING-MEI WONG

Hannah To (front second left) performed the “Dance of the Yao Tribe” concerto with the Boston Pops on June 6 at Symphony Hall. (Image courtesy of Charlotte Lam.)

Hannah To, YW Boston. (Image courtesy of YW Boston.)

Boston Anchor, Emcee; Dr. Beverly Edgehill, Honoree; Liz Brunner, Honoree; Sylvia Ferrell Chandler, YW Boston; Valerie Mosley, Honoree; Rebecca Lee, Honoree; Latoyia Edwards, NBC Plaza on June 26. (From left) Sandra Fenwick, Honoree; Lindsay Gould; Ashley Sanchez; Beth

East Boston Savings Bank’s Chairman, CEO and President Richard Gavegnano, presented a check to the Chung Wah Academy of New England at Hei La Moon. (Image courtesy of East Boston Savings Bank.)

East Boston Savings Bank’s Chairman, CEO and President Richard Gavegnano, presented a check to the Chung Wah Academy of New England, located in Chinatown Boston, with a sponsorship check towards its continued educational efforts to promote the Chinese Culture and rich American multiculturalism into mainstream society.

Rep. Katherine Clark recognizes residents

Congresswoman Clark recognized two Malden residents for their service. (From left) Franklin Lam, Jimmy Santos, Jason Law. (Image courtesy of Jason Law.)

WESTON Water and Sewer Commission

IN YOUR NEIGHBORHOOD

CHINatown

CCBA | 90 Tyler Street

Thursdays, 11 AM - 1 PM

JULY 13 & AUGUST 10

Come meet our team!

Come meet with Boston Water and Sewer Commission staff in your neighborhood and learn why it’s important to keep wipes out of pipes.

You can also pay your water bill with a check or money order, talk about billing or service problems, and more.

For information:

www.bwc.org  617-989-7000
980 Harrison Avenue • Boston, MA 02119


Applications are available at:
Norfolk Town Hall
1 Liberty Lane, Norfolk at 7pm

For more information and to apply,

Call Renee at Delphic Associates
508-994-4100

Lottery Drawing, August 1, 2017

To be held at Norfolk Town Hall

1 Liberty Lane, Norfolk at 7pm

Applications must be received by July 26, 2017

TOWN OF NORFOLK

Affordable Housing Lottery

Boyle’s Crossing

2 Bedroom - $196,500 3 Bedroom - $218,400

NEW 2 & 3 BEDROOM SINGLE FAMILY HOMES

LIMIT

1 $54,750
2 $62,550
3 $70,350
4 $78,150
5 $84,450
6 $90,700

Must be income and asset qualified first time home buyers. Assets cannot exceed $75,000.

www.chapa.org

www.massaffordablehomes.org

Applications are available at:
Norfolk Town Hall
1 Liberty Lane & Norfolk Public Library
139 Main Street

Boston Water and Sewer Commission

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A study by MGH found tai chi significantly reduced depression for Chinese Americans.

**Study finds tai chi reduces depression in Chinese Americans**

BY MASSACHUSETTS GENERAL HOSPITAL

A 12-week program of practice and instruction of the Chinese martial art tai chi led to significantly reduced symptoms of depression in Chinese Americans not receiving any other treatments. The pilot study, conducted by investigators at Massachusetts General Hospital (MGH) and published in the Journal of Clinical Psychiatry enrolled members of Boston’s Chinese community who had mild to moderate depression.

“While some previous studies have suggested that tai chi may be useful in treating anxiety and depression, most have used it as a supplement to treatment for other medical conditions, rather than patients with depression,” explained Dr. Albert Yeung of the Depression Clinical and Research Program in the MGH Department of Psychiatry, lead and corresponding author of the report. “Finding that tai chi can be effective is particularly significant because it is culturally accepted by this group of patients who tend to avoid conventional psychiatric treatment.”

Participants were recruited through advertisements offering tai chi for stress reduction, and their eligibility for the study was determined based on in-person interviews and assessments of overall health and depression symptoms. Eligible participants were Chinese-American adults fluent in either Cantonese or Mandarin, with a diagnosis of major depressive disorder in the mild to moderate range, no history of other psychiatric disorders, no recent practice of tai chi or other mind-body interventions, and no current use of body interventions, and no current use of any other treatments, most receiving any other treatments. The participants were taught and practiced basic traditional tai chi movements. They were asked to practice at home three times a week and to document their practice. The education group also met twice weekly for 12 weeks, and sessions for both groups were offered in Cantonese or Mandarin. Members of both the education and waitlist groups were able to join free tai chi classes after the initial study period, something they were informed of at the study’s outset.

Of the 50 participants who completed the 12-week intervention period, 17 were in the tai chi group, 14 in the education group and 19 in the waitlist group. The 12-week assessments showed that the tai chi group had significantly improved in depression symptoms than did members of either control group.

Follow-up assessment at 24 weeks showed sustained improvement among the tai chi group, with statistically significant differences remaining compared with the waitlist group.

“If these findings are confirmed in larger studies at other sites, that would indicate that tai chi could be a primary depression treatment for Chinese and Chinese American patients, who rarely take advantage of mental health services, and may also help address the shortage of mental health practitioners,” said Yeung, who is an associate professor of psychiatry at Harvard Medical School.

**AMA adopts new policy to reduce consumption of sugar-sweetened beverages**

BY THE AMERICAN MEDICAL ASSOCIATION

With consistent evidence showing a link between consumption of sugar-sweetened beverages (SSB) and an increase in type 2 diabetes and coronary heart disease, the American Medical Association (AMA) adopted policy during its annual meeting on June 15, as part of a comprehensive report on SSBs, aimed at reducing the amount of sugar Americans consume.

According to the U.S. Food and Drug Administration, on average, Americans get 16 percent of their total calories from added sugars that provide no nutrient value and are often referred to as “empty calories.” A recent JAMA study also found that a majority of U.S. adults consume more added sugar than recommended for a healthy diet.

“Excessive sugar consumption has been linked to some of the nation’s most debilitating diseases, and limiting the consumption of sugar-sweetened beverages will go a long way toward helping people prevent the onset of these diseases, improve health outcomes, and rein in health costs associated with chronic diseases,” said AMA board member Dr. William E. Kobler.

The new policy adopted supports evidence-based strategies to reduce the consumption of sugar sweetened beverages, including excise taxes on SSBs, removing options to purchase SSBs in primary and secondary schools, the use of warning labels to inform consumers about the health consequences of SSB consumption, and the use of plain packaging.

The AMA has a long history of research into other strategies that may be effective in limiting SSB consumption, such as controlling portion sizes, limiting options to purchase or access SSBs in early childhood settings, workplaces, and public venues, restrictions on marketing SSBs to children, and changes to the agricultural subsidies system.

AMA's new policy also encourages hospitals and medical facilities to offer healthier beverages, such as water, unflavored milk, coffee, and unsweetened tea, for purchase in place of SSBs. Additionally, the policy calls for these facilities to make calorie counts visible next to the price of beverages sold in their vending machines.

Under the policy, physicians are also encouraged to discuss with patients about the health consequences of SSB consumption and importance of replacing SSBs with healthier beverage choices. The new policy also calls for working with school districts to promote healthy beverage choices for students.

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**Kids and headaches: Sorting through the pain**

BY TUTFS MEDICAL CENTER

Not long ago, a 12-year-old girl and her mother came to see Dr. Anthony Rodrigues, a pediatric neurologist at Floating Hospital who specializes in pain conditions such as headaches, migraines, and what’s known as chronic regional pain syndrome. The girl had been experiencing daily headaches for some time, but her pediatrician had been unable to pinpoint the cause of the problem. So he referred her to Dr. Rodrigues, who now stood before a mother and daughter fearing the worst—a brain tumor, perhaps, or meningitis.

Many of the elements of modern childhood—phones and tablets, jam-packed schedules, and stress related to school or the family—are at odds with proper headache hygiene.

Headaches are a fairly normal part of childhood these days. “The frequency of headaches among children is quite high,” says Dr. John Gaitanis, chief of pediatric neurology at Floating. “Most kids will experience headaches—a very high percentage will have occasional occurrences.” Indeed, according to the American Academy of Pediatrics, headaches are one of the three most common reasons that children go to the doctor.

When kids see their local pediatrician for headaches, Dr. Gaitanis says, sleep disturbance, hot weather, dehydration, and certain foods can all set off migraine headaches.

Secondary headaches, on the other hand, do have underlying causes. The good news, Dr. Gaitanis says, is that the majority of those severe and underlying causes are rare. “Brain tumors and other serious problems are very rarely the cause,” he said.

**Forum explores mental health**

A mental health forum took place June 3 at Boston Chinatown’s Asian Evangelical Church. (From left) Dr. Enrico Yu, Bruce Chen, Nancy Chi, Barbara Tan, Dr. Samuel Tan, a volunteer, and EACH board member Esther Tang. (Image courtesy of EACH.)
**Harvard art exhibit highlights Chinese ceramics**

BY LING-MEI WONG

Amid the Harvard Art Museums’ extensive holdings is a glimpse of Chinese palace life. Numbered Jun ware are ceramic flowerpots, so named for the numbers one through 10 in Chinese characters on the base. The numbers matched flowerpots to basins by size and were possibly made for the imperial palace in Beijing.

“Numbered Jun ware is something special and unique among Harvard’s excellent holdings of Chinese art,” said Melissa Moy, Alan J. Dworsky associate curator of Chinese art at Harvard Art Museums. “When people think of China, they think of blue and white porcelain, but Chinese ceramics are so much richer than that.”

Harvard has one of the largest and finest collections of numbered Jun ware outside the imperial collections in Beijing and Taipei, with 60 objects representing all 14 known shapes. The flowerpots are beautiful blue, purple or magenta, the result of glazes fired at high temperatures.

**History**

Jun ware dates to the Song dynasty (960-1279), while numbered Jun ware was developed later. By the 18th century, emperors of the Qing dynasty (1644-1911) collected these wares to adorn the inner court of the Forbidden City — the private residences of the famed imperial palace in Beijing.

Some of the pieces on display even mark the palace and room where they were placed, applied during the reign of collector-emperor Qianlong (r. 1736-95). Based on the inscriptions, the numbered Jun ware was kept in the private inner court for the emperor’s living quarters.

Numbered Jun ware is extremely rare, as it was likely intended for the Forbidden City and not for export.

**Boston connection**

The numbered Jun ware was donated in 1942 by Harvard alumnus Ernest B. Dane and his wife Helen Pratt Dane. The Danes were art collectors who lived in Brookline. While there is limited documentation of how the flowerpots left China, they were likely sold by members of the imperial family and purchased by the Danes from art dealers.

**Admission**

Massachusetts residents can visit for free on Saturdays from 10 a.m. to noon, with proof of residency. Cambridge residents can visit free any day. Tickets are $15 for adults.

The special exhibit can be viewed at www.harvardartmuseums.org.

**Fourth of July gala honors veterans**

The Chinese community honored Chinese-American veterans on the Fourth of July at Hei La Moon.

The event was hosted by the Kwong Tung Association of New England and the Friends of Hong Kong & Macau to honor Gulf War Chinese-American veterans.

**Food review: Shanxi Mun Noodles**

BY KINGSLEY TAN

Shanxi Mun Noodles signature dish Shanxi green bean noodles features handmade noodles, green beans and sliced pork. (Image courtesy of Kingsley Tan.)

Sampling the biggest food craze on WeChat requires luck and patience. Shanxi Mun Noodles has scored high marks with Chinese international students since its April launch. Its signature dish, Shanxi green bean noodles ($8), draws raves for capturing authentic flavors of northern China. Run by a couple from Shanxi province, they take 12 orders a day through WeChat. Delivery orders are only for dinner and are first come first served, frequently selling out by 4 p.m.

Shanxi noodles are made four ways: Stretched, pulled, peeled and cut. Mun noodles are handmade but not boiled. Instead, pork and green beans are first stir-fried in a wok, then fresh noodles are laid over the pork and beans before they are done. The noodles absorb the pork and bean essence, with liquid added to steam (“mum”) the noodles over the stir-fry ingredients. Once the noodles soak up the liquid, they are tossed with the pork and beans, along with vinegar and garlic to taste. This is homely comfort food, rarely served in restaurants.

Shanxi Mun Noodles’ green bean noodles are flavorful, with the chewy hand-made noodles letting the green beans shine. The in-house brewed Shanxi vinegar is an exclusive recipe. Appetizers from the Shanxi duo are well executed. The homemade beef meatballs ($5) melt in your mouth. Roast beef ($6) is tender. The stewed shrimp bun ($2) is stuffed with diced shrimp, scallions and carrots in a fluffy bao. The proprietors deliver to Malden, Chelsea, Everett and Revere for orders of $20, or a $2 delivery fee. They also deliver to Allston and Boston for a $3 delivery fee, or orders over $30.

Shanxi Mun Noodles fill the belly and warm the heart.

**Shanxi Mun Noodles**

WeChat ID: mandylarr

**AACA celebrates graduation**

New Roots to Employment students celebrated graduation on June 15 at the Asian American Civic Association. (Image courtesy of AACA.)

The Asian American Civic Association celebrated graduation for adult learners in its New Roots to Employment program on June 15.

New Roots to Employment is an innovative English program that blends distance learning, classroom instruction and job search activities. It is designed to meet the educational and employment needs of immigrants with college degrees and professional backgrounds from their native countries so that they can reclaim their careers.

**Anna Tse receives Unsung Heroine Award**

Anna Tse receives an honorary citation from Rep. Steve Ultrino on June 21 at the Statehouse. (Image courtesy of Anna Tse.)
We recognize our most precious resource — the people in our community

Thanks to you, things are getting done. Thanks to you, our community is a better place and the lives of real people are being changed for the better.

Bank of America supports the Asian American Civic Association for helping to make a lasting difference where we live and work. Thank you for being an inspiration to us all.

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