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## September 2023 Spotlight

### Uplift Solutions

**Presenter: Barry Johnson and Wayne Garrett**

Thank you to Barry and Wayne from Uplift Solutions for sharing about the work they are doing in the Chester community.

Uplift Solutions is actively recruiting for two programs - "Food for Thought" and their Employment Readiness program. See the fliers in the "Announcements" section for more information, and please share with your networks.

***If you would like to contact Barry Johnson for more information on services, volunteer or partnership opportunities, click [here](#).***

[Learn More](#)

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## September 2023 Spotlight

# Keystone First Wellness and Opportunity Center

**Presenter: Elizabeth A. Lee-Holmes**

Thank you to Elizabeth for sharing an overview of all the fantastic resources for improving overall health and well-being available at the Wellness and Opportunity Center.

***If you would like to contact Elizabeth A. Lee-Holmes for more information on services, volunteer or partnership opportunities, click [here](#).***

Learn More

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**During the September CTC meeting, we asked attendees to answer the following trivia question:**

*Q: "In the academic year of 2020-2021 how many degrees were conferred by HBCUs? This includes associate, bachelor, master, and doctorate degrees."*

*A: 48,200*

*Source: National Center for Education Statistics*

**Congratulations to our September CTC trivia winner, Beth Bruton from Holcomb Behavioral Health Systems.**



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## DELAWARE COUNTY CTC NETWORK ANNOUNCEMENTS SEPTEMBER 2023

September 2023

### **Chester Education Foundation**

Dionna Coleman, Chester Education Foundation's Program Manager, announced the successful launch of CEF's Jetter Center Pharmacy Tech program in July. The Jetter Center, named in honor of Chester educators, Marie and Cynthia Jetter, includes Chester Education Foundation's college and career programs. The Pharmacy Tech program combines ten weeks of classroom instruction with 150 hours of paid internship in partnership with local pharmacies. This in-demand occupation is a great entry level opportunity for someone who is interested in the health sector.

The Foundation is proud to partner with Dr. Kristin Motley, PharmD (a Chester Education Foundation alum) on this program. We are also proud to share that the response from the community was so enthusiastic that the initial goal of 10

participants was quickly exceeded and the inaugural class doubled to twenty!

For more information on CEF's programs, please contact [cef@chestereducation.org](mailto:cef@chestereducation.org).

September 2023

## Uplift Solutions

# FOOD FOR *Thought*

A **SAFE** environment where **MEN** can engage in discussions with other men facing similar challenges.

SEPTEMBER 20TH  
6:30PM - 8:00PM

### FOR MORE INFO

**Wayne Garrett**

(267) 973-7534

[Wayne.Garrett@upliftsolutions.org](mailto:Wayne.Garrett@upliftsolutions.org)

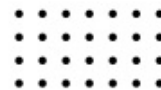
**William Every**

(267) 205-2115

KEYSTONE WELLNESS  
CENTER

1929 WEST 9TH STREET  
CHESTER, PA 19013





## EMPLOYMENT READINESS

# CLASSES



### Topics Include

- Job Preparation
- Resume and Cover Letter Building
- Online Job Searching
- Completing Online Applications
- Interview Preparation
- Proper Interview Attire
- Answering Tough Interview Questions



### TIME

MORNING: 10AM-12PM  
AFTERNOON: 1PM-3PM  
\*two sessions being held per day



**CLASSES START**  
26 SEPTEMBER 2023



**Program Length**  
4 weeks

Tuesdays and Thursdays

### LOCATION

Keystone First Wellness and Opportunity Center  
1929 West 9th Street, Chester, PA 19013

### PARTNERS



Keystone First



### CONTACT INFORMATION

Wayne Garrett | (610) 245-9847 | [wayne.garrett@upliftsolutions.org](mailto:wayne.garrett@upliftsolutions.org)

September 2023

## Keystone First Wellness and Opportunity Center

Keystone First will offer resources for improving overall health and well-being. We will connect you to programs for mind, body, and spirit. These programs may include:

- Art classes.
- Music performances and classes.
- Exercise and fitness classes.
- Educational opportunities.
- Job training and employment readiness.
- Access to computers and printing.



- GED classes.
- Cooking demonstrations.
- Weekly food pantry.
- Caregiver support.
- Loss and bereavement groups.
- Help with understanding plan benefits and services.
- Health education and screenings.
- Community resource information.

### Regular hours

Monday through Friday: 9 a.m. – 5 p.m.

*Please call the center at [1-610-245-9847](tel:1-610-245-9847) for information on special programming.*

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September 2023

## Cease Fire PA

# Town Hall: Keeping Kids Safe at School

**Bulletproof backpacks?! Armed teachers?!**  
**Our schools need REAL solutions to protect kids from gun violence. Come be a part of the conversation!**

**Wednesday, 9/20 | 7 pm - 8:30 pm**

Panelists: State Rep. Lisa Borowski, Radnor High School student activist Martina B., PA State Trooper Jess Tobin, and Main Line Health EMS Director Robert Girardeau

**Rocky Run YMCA**  
**1299 W Baltimore Pike**  
**Media, PA 19063**

Click [HERE](#) to Register

Or Scan:



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September 2023

**Chester Exchange**



## CURIOUS ABOUT CHESTER EXCHANGE?

Learn about who we are and what we do

**Virtual via Zoom** – September 20th, 10:00-11:30 a.m. Email us for the link

or

**In-person** – September 26, 1:00-2:30 p.m. at Chester City Hall

We support a network of partners from various sectors (e.g., youth agencies, community groups, schools, businesses, government, funders, higher education, churches) working together on behalf of Chester's young people.





## ANNUAL FALL NETWORK GATHERING

**Join us!**

**We'll give you 3 reasons why. You...**

- get to have lunch and connect with others who also want to support Chester's young people.
- can pitch an idea for an initiative that the Network of child advocate partners might want to take on or join one that piques your interest.
- will be helping to set the direction and goals for how the Network serves Chester's children during out-of-school-time in the coming year.

**DATE:** October 11, 2023  
**TIME:** 11:00-2:00 p.m.  
**PLACE:** Sanai Dior Ballroom  
802 Welsh St., Chester, PA 19013

**RSVP [here](#), on web, or email to help us with the lunch count.**

ELIZABETH DOHERTY • KATHRYN REDD  
CONTACT US: CHESTEREXCHANGE@GMAIL.COM  
CHESTEREXCHANGE.ORG

**CHESTER EXCHANGE** Connect. Collaborate. Champion Children!

September 2023

**Delaware County Recovery Community**





## **SOFTBALL TOURNAMENT**

SEPTEMBER 24TH. 11AM TO 4PM

8500 Furey Rd. Aston PA. 19014

*EVENT FUNDED BY DELAWARE COUNTY  
DEPARTMENT OF HUMAN SERVICES  
OFFICE OF DRUG AND ALCOHOL*

**HOSTED BY WAY OF LIFE RECOVERY HOUSE**

To Register Text Rachel At 610-333-3634

## **EVERYONE IS WELCOME**

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September 2023

**Penn State Extension**





# SAVE THE DATE

**PENN STATE EXTENSION**

**MASTER GARDENERS' FALL FEST**

**JOIN US FOR FALL FEST  
2023**

**Date:** September 30, 2023  
**Time:** 9:00 AM - 3:00 PM  
**Location:** Smedley Park,  
Springfield PA  
**Activities Include:**

- Workshops
- Plant Sale
- Frugal Gardeners' Marketplace

Penn State is an equal opportunity, affirmative action employer, and is committed to providing equal access to University programs and activities to all persons without regard to actual or perceived age, race, color, ancestry, national origin, sex, sexual orientation, gender, gender identity, physical or mental disability, religion, creed, service in the uniformed services (as defined in state and federal law), veteran status, marital or family status, pregnancy, pregnancy-related conditions, genetic information or political ideas.

**PennState Extension**

**Penn State Extension x DCHD**

## Are you a Certified Food Manager?

If you are the owner or manager of a business that prepares food, then you are required to be a Certified Food Manager. \*

The Delaware County Health Department is partnering with Penn State Extension and offering a 2-day class for you to become a Certified Food Manager.

Classes will be held at:

DCHD Office at Baldwin Tower, 1510 Chester Pike,  
Suite 700, Eddystone, PA 19022

Space is limited so please register online at

<https://extension.psu.edu/servsafer-54>

\*does not apply to certain types of food establishments deemed by the DCHD to pose minimal risk of causing foodborne illness based on the extent of the food preparation



Penn State Extension



September 2023

**The Scott Arboretum of Swarthmore College**



Bring the family to celebrate the first day of fall at the Scott Arboretum!

# Autumn Equinox

C E L E B R A T I O N

**Saturday, September 23**  
**3 to 7 pm | Wister Center**



- Enjoy live music • Make a nature craft • Play lawn games
- Bring your own blanket/chair to relax in our gorgeous gardens
- Learn with guided tours of the garden (departs at 3:30 & 5:30 pm)
- Relish food truck fare (Bring cash or credit cards for food vendors)



THE SCOTT ARBORETUM  
OF SWARTHMORE COLLEGE



@ScottArboretum [scottarboretum.org](http://scottarboretum.org) @scott\_arboretum

# NATURE NOOK

**Series 1: 9/8 - 10/13**  
**Series 2: 10/27 - 11/16**

**Session A: 10:00 - 10:45 am**  
**Session B: 11:15 am - 12:00 pm**

Join us for Friday mornings full of nature-themed singing, stories, crafts and dancing with your 18 month - 3 year olds.

**Registration Required**

AT THE

**SCOTT**

**ARBORETUM**

Design & illustration by Super Nature Adventures



THE SCOTT ARBORETUM  
OF SWARTHMORE COLLEGE

**YOUTH & FAMILY**

**Visit the Scott Arboretum**

FREE and open to the public 365 days a year

Learn more at [scottarboretum.org](http://scottarboretum.org)





# SCHOOL'S OUT

**Monday, October 9**  
**Tuesday, November 7**

*9:30 am - 12:00 pm*

Children ages 3 - 12 with caregiver  
Complete nature related activities and  
enjoy the Arboretum!

***FREE, Drop-In Event***  
***Registration Not Required***



**AT THE SCOTT ARBORETUM**

Design & illustration by Super Nature Adventures



THE SCOTT ARBORETUM  
OF SWARTHMORE COLLEGE

**YOUTH & FAMILY**

**Visit the Scott Arboretum**

FREE and open to the public 365 days a year

Learn more at [scottarboretum.org](http://scottarboretum.org)

September 2023

**Voices for Children Coalition**



**Voices for Children is excited to host our new  
Legislative Education Advocacy Training  
on Tuesday November 14th.**

Join our legislative advocacy workshop to gain the skills and knowledge necessary to effectively advocate for policy change to benefit the lives of children and families in Delaware County.

Our full day training offers hands-on support to develop talking points and data-driven child well-being policy suggestions, as well as classroom instruction to increase your understanding of governmental structure, with a focus on your local legislators.

The workshop concludes with a visit to a local legislator to share your newly developed advocacy asks and practice speaking with change makers.

Don't miss this opportunity to become a more effective advocate for the issues you care about.

**This training will be held at the CASA Youth Advocates office at 117 Gayley Street, Media PA 19063, from 10:00-4:30 pm.**

**Training is free, seating is limited to 12 participants.  
Lunch will be provided.**

**Voices**  
for children  
coalition  
[VoicesforChildrenDelco.org](http://VoicesforChildrenDelco.org)

**Register for this  
training here**





# YOU ARE INVITED

## Voices for Children Database Unveiling



Voices  
for children  
coalition

Voices for Children is excited to unveil our Delaware County Child Wellbeing Database.

This brand new resource for our community is user-friendly and easy to navigate, offering local data with comparison data for surrounding counties.

This virtual event will include a walk-through demonstration of the database, how to utilize it, and a presentation on data literacy and use of data in advocacy.

**Dr. Marina Barnett from Widener University** will present on using data to reveal narratives, critical thinking regarding the implications of data, and the ethical use of data in drawing conclusions.

**Shakira Hansley Ellerson** will share how data is used to influence policy and as an advocacy tool.

Sessions will be held over Zoom:

- Thursday, October 12th, at 3:00
- Tuesday, October 17th, at 10:00.

Register for this event to receive updates and our Zoom link at <https://tinyurl.com/37vd3hn5>.

[VoicesforChildrenDelco.org](https://www.voicesforchildren.org)



September 2023

## Widener University

### About SWCS

Social Work Counseling Services (SWCS) is a human services agency of the Center for Social Work Education that serves a dual mission of helping the community, while also providing internship experiences in an agency setting, offering real-world generalist or clinical social worker experience.

### Eligibility for Services

- 18 and over
- Not currently receiving therapeutic services elsewhere

### Contact Us



## Social Work Counseling Services



**Contact Us**  
610-499-4682



**Our Website**  
<https://www.widener.edu/about/campus-community-resources/clinics-centers/social-work-counseling-services>



**Our Address**  
Hannum House  
524 East 14th St  
Chester, PA 19013  
Intersection of 14th and Walnut

Meeting people where they are...  
supporting where they want to be.

September 2023



# Child and Family Focus

CHILDREN'S  
MENTAL HEALTH  
RESPIRE  
PROGRAM

**CAREGIVERS, DO  
YOU NEED A  
BREAK?!**

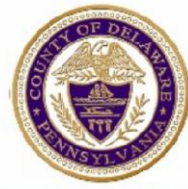
**EMAIL:** [RESPITE@CHILDANDFAMILYFOCUS.ORG](mailto:RESPITE@CHILDANDFAMILYFOCUS.ORG)  
**CALL:** 610-732-8682  
**VISIT:** [WWW.CHILDANDFAMILYFOCUS.ORG](http://WWW.CHILDANDFAMILYFOCUS.ORG)

**FIND OUT IF YOUR  
FAMILY IS ELIGIBLE  
FOR FREE RESPIRE  
CHILD CARE:**

Children ages 3-21 with a mental health diagnosis, and mental health services, residing in Bucks, Chester, or Delaware Counties may be eligible.







DELAWARE COUNTY RECOVERY COMMUNITY

**JOIN MVP AND  
RAGS2RICHES  
FOR A RECOVERY  
COMMUNITY DAY AND  
PET ADOPTION EVENT!**



**JOIN US TO CELEBRATE RECOVERY & ADOPT A PUP!**

**FOOD-FUN-FELLOWSHIP.....AND PUPPIES!**

**SUNDAY | OCTOBER | 15, 2023**

**12:00PM-4:00PM**

**Ridley Creek State Park  
1023 Sycamore Mills Rd  
Media, PA 19063  
Pavilion 11a & 11b**

**This Event is Open to the Community!**

Event Funded by Delaware County Department of Human Services Office of Drug and Alcohol

For more information or to RSVP  
contact us at

[info@mvp Recovery.org](mailto:info@mvp Recovery.org)

855-MVP-2410 / [mvp Recovery.org](http://mvp Recovery.org)

**Hosted by MVP RECOVERY**

September 2023

**Shevlin Foundation**

You're Invited!

**Shevlin**  
FAMILY FOUNDATION

*gala*

**OUR *8<sup>th</sup>* FOUNDERS' DAY**

Thursday, October 12th, 2023

6:00-10:00PM

THE DREXELBROOK

4700 Drexelbrook Drive

Drexel Hill, PA

\$200 per person

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September 2023

**Delaware County Faith and Blue Event**





You're invited to  
**NATIONAL  
 FAITH & BLUE  
 WEEKEND**



The community is invited to join law enforcement and faith-based organizations to participate in Delaware County's Crucial Conversation Panel Discussion on Gun Violence and a Community BBQ.

**Hosted By:**  
 Delaware County Sheriff Jerry Sanders

Chaplain Bishop Febus AM  
 Lead Organizer, Faith & Blue

Registration is highly suggested



**Panel Discussion**  
 Friday, October 6<sup>th</sup>, 2023  
 1:30p.m. – 4:00p.m.  
 Trainer Borough Municipal  
 Complex  
 4300 Township Line Road,  
 Trainer, PA 19061

**Community BBQ**  
 Sunday, October 8<sup>th</sup>, 2023  
 1:00p.m. – 4:00p.m.  
 Second Baptist Church  
 400 East State Street,  
 Media, PA 19063



September 2023

## Holcomb Behavioral Health Systems

## Holcomb Behavioral Health Systems is pleased to offer the following programs FREE to Delaware County Schools & Community Organizations

**Positive Action (1st-3rd Grade):** Positive Action is a 6-lesson program which encourages students to make positive choices. It works by teaching and reinforcing that you feel good about yourself when you do positive actions, and there's a positive way to do everything. Positive Action is designed to improve academic achievement, school attendance, and problem behaviors.

**Keep A Clear Mind (4th-6th Grade):** KACM is a 5-lesson program that introduces the topics of Alcohol, Tobacco, Marijuana, and Making Good Choices, and the harmful effects and consequences of each substance. Each week, a Prevention Specialist will introduce the weekly topic and students are given a workbook to be completed with a parent or guardian at home. KACM encourages parents and youth to start the discussion of drugs and alcohol prevention together at home. KACM is a great way to increase parent engagement in your school!

**We Know BETter (4th-9th Grade):** We Know BETter is a skill building program that will help students from 4th through 9th grade live lives free of alcohol, tobacco, other drugs and gambling. Problem areas addressed include; media's influence on decision making, perception of peer use and engagement in risky behaviors, and understanding that gambling is a risky behavior.

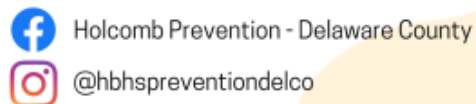
**Safe Dates (6th-12th Grade):** Safe Dates is a highly engaging and interactive 6-8 session program designed to stop or prevent the initiation of emotional, physical, or sexual abuse between individuals in a dating relationship. Teens learn to recognize the difference between caring, supportive relationships and controlling, manipulative, or abusive relationships.

**AVOID (6th-12th Grade):** The Anti-Vaping Online Information Dissemination (AVOID) Program is a media-based online prevention toolkit for vape prevention for middle and high school students. It is presented in one-hour weekly sessions, for five weeks. AVOID contains brief educational videos and discussion guides. The videos engage students and provide information. The accompanying discussion guides help Prevention Specialists present these videos to youth and conduct a deeper conversation on vaping topics.

**Environmental Campaigns (All Ages):** These monthly campaigns aim to break the belief that "everyone is doing it" and educate youth through printed materials, speaking engagements, and activities that, in fact, most youth today are not using drugs or alcohol.

**Stall Stories (All Ages):** Stall Stories are monthly flyers which highlight environmental campaigns that aim to increase awareness and educate the community on important topics to prevent ATOD use.

2023-2024



For additional information please contact Allison Doherty at [Allison.Doherty@chimes.org](mailto:Allison.Doherty@chimes.org)

These programs are coordinated by Holcomb Behavioral Health Systems and funded by the Delaware County Department of Human Services, Division of Drug and Alcohol.

September 2023

## Marcus Hook Area Neighbors For Public Health





# Art Contest!

 @marcushookareaneighbors

**We want YOUR help to create art for Marcus Hook Area Neighbors for Public Health!**

**Our Theme: Reimagine Your Environment!**

What if there were no tank farms or industrial sites in our community? What could the land be used for instead, and what could that look like? Imagine something that you would build or change in our community to make it a healthier place, and then bring it to life in your art!

- Contest open to residents aged 5-21 living in the 19061 and 19013 zip codes. (Submissions from other communities are welcome but will not be eligible for cash prizes)
- Winners will be selected from two age categories: ages 5-12 and 13-21
- Entries should be 11"x14" (1375x1750 px) in any medium including digital art
- 5-10 finalists in each age group will be chosen by Marcus Hook Area Neighbors leadership team, depending on number of entries
- Community members will vote to choose a winner from the finalists via social media and email
- Winners will receive a cash prize according to their age category (\$100 ages 13-21 and \$75 ages 5-13) and their designs will be featured on Marcus Hook Area Neighbors merch such as t-shirts and totes
- Participants will be invited to show their entries at a community art show and other events

To enter:

Submit scanned artwork to [marcushookneighbors@gmail.com](mailto:marcushookneighbors@gmail.com)  
Please include: artist's name, address (will not be made public), and age, along with a title and description of the piece. Submissions will be accepted until November 1, 2023

September 2023

**Clean Air Council**





# Do you have concerns about how the environment impacts your health and your family's health? Take the ASSESS survey to make your voice heard!

Are you 18 or over and living in Boothwyn, Chester City, Chester Township, Eddystone, Linwood, Marcus Hook, Ogden, Parkside, Trainer, Twin Oaks, Upland or Upper Chichester? If you answered yes to these questions, we would like to invite you to complete our survey!

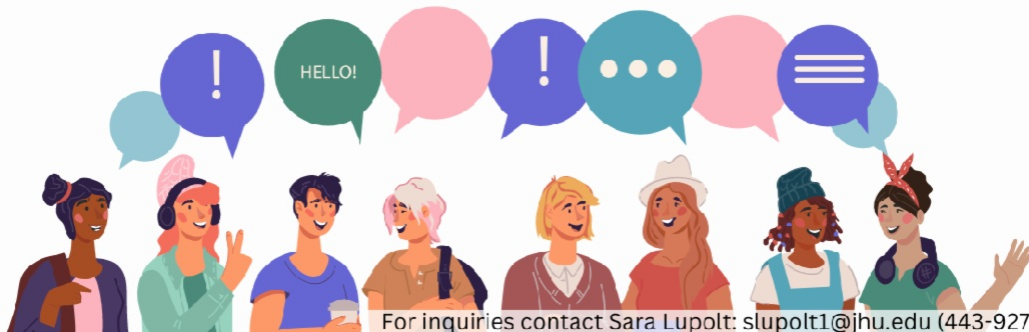
The Clean Air Council, Johns Hopkins Bloomberg School of Public Health, Energy Justice Network, Marcus Hook Area Neighbors for Public Health, and Delco Environmental Justice are conducting a study to investigate the strengths, stressors, and needs of Southern Delaware County communities, as well as health concerns among residents. As part of this study, we are conducting a community health survey. This study will provide information that can be used to advocate for improved public health in the communities of Southern Delaware County. Our study also aims to engage policymakers in the issues that matter most to residents and to empower future community research efforts.

The survey will require approximately 15 to 25 minutes to complete. Participants will be compensated with a \$10 gift card for completion of all required questions in the survey. Participants may also be entered into a raffle to win one of three additional \$50 gift cards if they choose. In order to qualify for participation, you must be 18 and up, live within the study area as listed above, and must provide an email address.

Following the completion of the survey, there will be an opportunity to participate in a focus group which will further investigate the intersection of physical, mental, and community health concerns. Additional compensation will be provided for participation in the focus group. Don't miss this opportunity to engage in these important conversations so that we can work together to advocate for better health outcomes in our community!



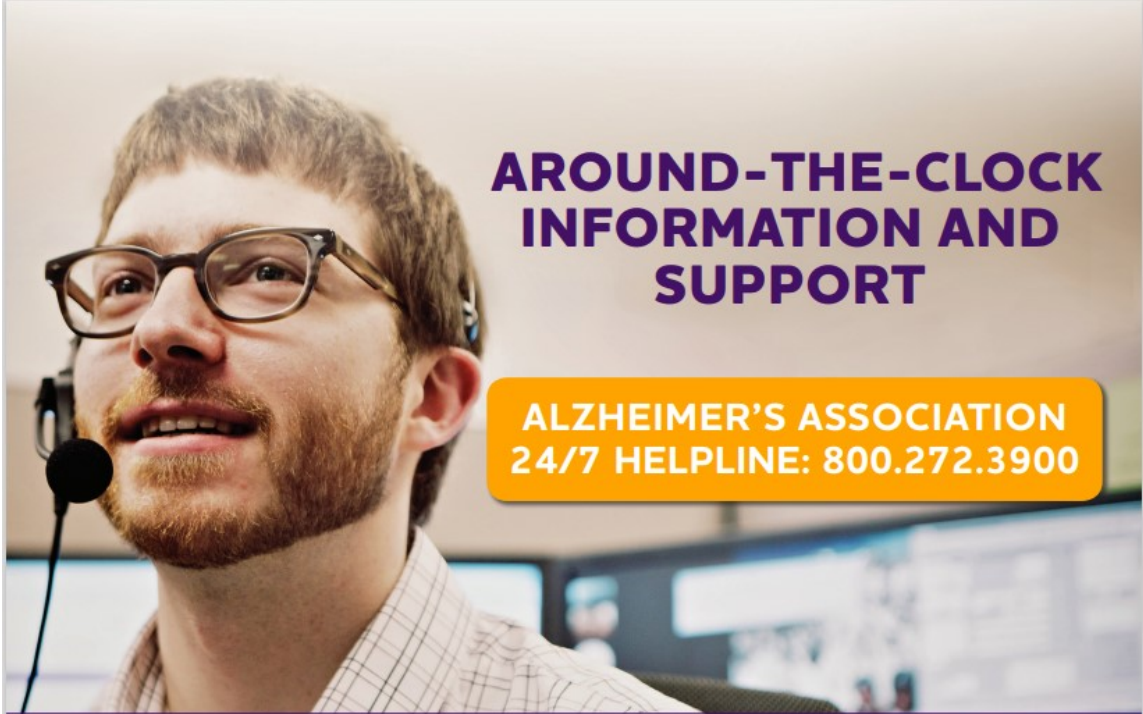
**To take the survey scan the QR code with your smart phone camera or visit: [redcap.link/assess\\_survey](https://redcap.link/assess_survey)  
Password: healthy families**



For inquiries contact Sara Lupolt: [slupolt1@jhu.edu](mailto:slupolt1@jhu.edu) (443-927-3388)

September 2023

**Alzheimer Association**



## AROUND-THE-CLOCK INFORMATION AND SUPPORT

ALZHEIMER'S ASSOCIATION  
24/7 HELPLINE: 800.272.3900

The free Alzheimer's Association® 24/7 Helpline allows people living with Alzheimer's disease or dementia, caregivers, families and the public to:

- » Speak confidentially with master's-level care consultants for decision-making support, crisis assistance and education on issues families face every day.
- » Learn about the signs of Alzheimer's and other dementias.
- » Get general information about medications and other treatment options, and legal, financial and care decisions.
- » Find out about local programs and services.
- » Receive help in their preferred language through our bilingual staff or translation service, which accommodates more than 200 languages.
- » Access support through our TTY service (TTY: 866.403.3073) if assistance is required via a teletype device.

This project was supported, in part by grant number 90AC2811-01-00 from the U.S. Administration for Community Living, Department of Health and Human Services, Washington, D.C. 20201. Grantees undertaking projects with government sponsorship are encouraged to express freely their findings and conclusions. Points of view or opinions do not, therefore, necessarily represent official ACL policy.

alzheimer's  association®

800.272.3900 | alz.org®

[alz.org/delval](https://alz.org/delval)

***Please join us for the October CTC meeting  
on Thursday, October 12th at 9:00AM.***

**ZOOM INFORMATION FOR MEETING**

**Zoom ID: 955 2608 7607**

**Passcode: 982073**

*Join Zoom Meeting*

*[https://zoom.us/j/95526087607?](https://zoom.us/j/95526087607?pwd=NG9BeWpMTFdVNnJSSHJGZm1EQmNWdz09)*

*[pwd=NG9BeWpMTFdVNnJSSHJGZm1EQmNWdz09](https://zoom.us/j/95526087607?pwd=NG9BeWpMTFdVNnJSSHJGZm1EQmNWdz09)*



Visit CEF's  
website



*The CTC Newsletter is funded in part by the COPE Grant which is Coordinated by Holcomb Behavioral Health Systems, and funded by the Delaware County Department of Human Services, Division of Drug of Alcohol.*

Chester Education Foundation | Chester Education Foundation, 419 Avenue of the States , Suite  
700,  
Chester, PA 19013

[Unsubscribe robert@chestereducation.org](mailto:robert@chestereducation.org)

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Sent by robert@chestereducation.org powered by



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