The Spotlight

May 2022 Vol. 70 Issue 8



Calling All Artists

By Samantha Gaba

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Mental Health Awareness Month It's that time of year, seniors! Not only are we rounding up on AP tests, finals, and graduation, but we are heading toward OFHS's annual May Show! For those of you who don't know or whose interest has been suddenly piqued by the title of this article, the May Show is put on by OFHS's art department and features art from students grades 9-12. The seniors enrolled in Port Prep will be putting up booths at the show to feature their own art, or portfolios, from their current and previous years in art.

The show itself is on May 20th from 8 AM to 8 PM. Students may have the opportunity to view the art show during school hours as teachers have the option to take their classes to the main gym to check it out. The senior reception will take place at 7 PM that night, where friends and family of Port Prep students are invited to hear Mrs. West speak on behalf of the students.

So what can you expect from this year's art show? Take it from me, a Port Prep student. The students in my class and I have been working non-stop this year to produce art to share with the city and students at OFHS. Media ranges from paintings to sculptures to clay projects and even clothing pieces. My favorite project this year was our "Sculpt a Masterpiece," in which the students were asked to choose a famous painting to recreate from a 3D perspective. Choices vary, but I know there are a few to look out for that are exceptionally beautiful and creative.

Each booth at the art show will feature the student's name portrayed in a certain theme and created by the student him/herself. Everything in the booths will have been created by the students and are shared with open hearts. Kindness is appreciated. Other student artwork will be displayed in the center of the gym. Artwork from students who are enrolled in other art classes at OFHS, like Art Foundations or Drawing, will be a part of these features. Admission into the art show is free for all.

For juniors who are looking for booth walls for their Port Prep art show in 2023, clean up begins at 8 PM that Friday, where the seniors will deconstruct their booths and hand off their walls to the future Port Prep students. The juniors who are receiving their walls know who they are and will be expected to transport and store their walls.

As seen in the photo, Port Prep student Holly Robinson is working on her leave-behind project. This particular painting is a recreation of Caspar David Friedrich's "Monastery Graveyard in the Snow," and it will be left behind in Mr. Blake's room. It was the center of a discussion in his AP European History class when covering 19th century Romanticism.



Summer Activities to Add To Your 2022 Bucket List

By Claire Wiggenhorn

Summer is right around the corner. Ever find yourself bored out of your mind and can't stand another Netflix sesh with your besties? Well, look no further! I have put together a list of my favorite spots around!

The first spot is my favorite stop for lunch. Merwin's Wharf downtown in the Flats has been my favorite for years. The views of the water along with the delicious food make the 15 mile trek completely worth it. Between their vegetarian- friendly nachos and salads to their burger and double-decker club (my favorite), there is something for everyone. You can find Merwin's Wharf at 1785 Merwin Ave, Cleveland OH.

Next, enjoy some free live music at Coe Lake in Berea. Running June 17th through July 22nd, you can enjoy some local bands. A great way to spend time with parents or friends is jamming out to some local talent!

Some days can't be picture perfect and the rain will come. Spend some time at the Aquarium downtown, and you will soon forget the weather outside. Between the awesome sharks and the octopus, the gloomy weather will soon fade away. For only \$20 per person, you will be able to pet some sting rays and become friends with pretty cool frogs.

More adventurous than the aquarium? Well, head over to Strongsville where you can visit Go Ape Zipline & Adventure Park. A group of friends will be able to bond over the thrill of flying tree to tree. The 2-3 hour adventure will cost about \$30 per person. You can become your inner monkey at 16200 Valley Pkwy, Strongsville OH.

Want more of that perfect Pintrest day? A picnic at the Solstice Steps in Lakewood might be your next pin. Stop by the grocery store to get your favorite snacks, or order a pizza and enjoy the beautiful sunset over Lake Erie. Maybe the sunrise is more your speed. Make sure to stop by Goodkind Caffeine in Lakewood to get that cup of joe before your



beautiful sunrise. Pack that picnic, a blanket, and your camera and enjoy!

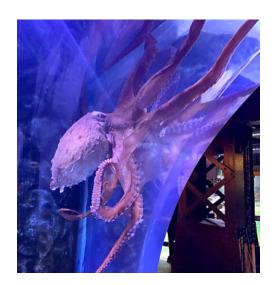
Want to entertain your inner child? The nationally recognized Cleveland Zoo is right in our backyard. Located at 3900 Wildlife Way, Cleveland, OH; the Cleveland Zoo is FREE to residents of Cuyahoga County and Hinckley Township every Monday. All you need is your ID to prove your residence. I would definitely say it is worth it to feed the giraffes. While you're there, you might as well buy some 808 Shaved Ice (my favorite)!2

Make sure you buy some sunscreen for my next favorite spot! If Huntington Beach is too crowded for you, my favorite beach is Veterans Beach! A bit smaller (and less crowded) than Huntington Beach, Veterans has the same charm. Though it has no ice cream place like Huntington, Veterans is my go-to beach. To get there, all you have to do is plug 32756 Lake Rd, Avon Lake, OH into your GPS.

Need to cool off? The Painted Penguin in Southpark Mall is perfect! Grab your besties and make an adorable plate or bowl. This is perfect for our seniors going to college. Why buy boring dishes when you can make memories and the only plate you will need! Open 11am-5 pm daily, this is one of my favorite spots.

Finally, my last idea for a "Not-Bummer Summer" is going on a hike! The sun isn't as hot in the shade of the trees, so this is one of the best ways to be outside and not sweat to death. Some of my favorite trails are Cuyahoga Valley National Park, Worden's Ledges, and our local metroparks. Bring your bug spray to go on these trails since they tend to be quite buggy. If those trails aren't your grove, a simple Google search will take you to some of the best trails around.

Make the most of your summer by trying out some of my favorite spots around Cleveland!



Kick It

By Audrey Helms

The Principal Advisory Committee is hosting a Kick It field day for all OFHS students on May 19th! The day will be filled with kickball, games, music, food trucks, and fundraising.

For the field day, there will be a schoolwide kickball tournament. So, build your teams and get ready to play some kickball! Teams can consist of 10-15 players and will need to fundraise \$25 per person, which will all go toward helping childhood cancer through Kick It. The team and winner who raises the most money will get a Chipotle luncheon the following week! To help fundraise, you can ask family members, friends, neighbors, etc., but if you are stuck on ways to fundraise, below are three ways you can raise money for your kickball team that you may have not thought of already.

Game Day Fundraiser

Are your sports games free for spectators? If so, to help raise money, you can have a home game or two where you request a small donation from each spectator for entrance into the game. This simple fundraiser idea is perfect if you and your sports team will be competing on the same kickball team. This idea can also be used for any other event like shows, concerts, etc., but be

sure to always get permission before the event first.

Selling Your Old Clothes

At used clothing stores like Plato's Closet or Thread Up, you can turn-in your old, gently-used clothes in exchange for money! Although it's not directly fundraising, you can use this money toward your team's goal. Not only are you being more sustainable, but you are raising money for Kick It!

A Bake Sale

Rather than having a traditional bake sale, you can prepare baked goods that can be kept in the freezer and heated when needed. For example, you can make cookie dough and sell it in frozen balls so all people have to do is put them in the oven whenever they feel like having some cookies. Although this is a little work, it can be a really great way to fundraise because people are more likely to buy something that will last!

If you want to know more about field day and ways to fundraise, be sure to follow *ofhs_spac* on both Twitter and Instagram to stay updated on everything Kick It!

Mock Weddings

By Alex Ressler and Gabrielle Guthrie

Every year, Mrs. Radigan's Personal Development classes host a fake wedding for two students. The other students are assigned roles on the planning committee, with the goal of learning how to finance and plan a wedding. Listed below are the announcements constructed for the 2022 weddings. Congrats and good luck to our happy "couples"!

The Wedding Day

On May 13th, 2022, Julie Lavelle and Josh Hoydic will be wedded in a beautiful red, black, and white wedding at 10:40 am in the OFHS Main Gym. After they marry, they plan to make Denali National Park and Reserves, Alaska their romantic honeymoon spot.

How They Met

The pair met at Chuck E. Cheese for a younger sibling's birthday party on Julie's side. Josh was playing at the skeeball area when he saw Julie eating a piece of juicy pizza. He was starstruck and walked over and asked her if she'd like to play the bottle-ring game. They have been together ever since.

About the Bride

Olmsted Falls High School student Julie Lavelle is

known for being outgoing, loud, musically inclined, and helpful. She is involved in several extracurriculars: Vice President of the Music Honor Society, Secretary of the Multicultural Club, member of Golden Expressions, and part of the American Sign Language Club. She's very intelligent and loves helping others and learning new things.

About The Groom

Olmsted Falls High School student Josh Hoydic is often described as funny, loud, and "Emo Jesus" by many of his friends. He is very social and good at telling funny jokes/stories. It is quite obvious that he and Julie are made for each other.



Mr. DeLisio and Mrs. Flanigan of Olmsted Falls High School are pleased to announce the engagement of their daughter, Madelyn Thai, to the son of Mr. Crnobrnja and Ms. Byndas of Olmsted Falls High School. The bride-to-be is an Olmsted Falls High School student who is graduating in June. After school, she likes to hang out with her friends, and she is involved in cheerleading, principal advisory, NHS, French Honor Society, Science Honor Society, Rho Kappa, student ambassadors, SADD, and Student Council. Madelyn plans to attend Kent State University

this coming fall where she will be majoring in education. The groom-to-be, Alessandro Petti, is also an Olmsted Falls High School student who is graduating in June. Alessandro likes to hang out with his friends and exercise. He has plans to attend Ohio University after graduation.

Their engagement took place on March 18th during the Winter Formal Pep Rally. The couple plans to be married on May 18th, 2022 in the main gym of the Olmsted Falls High School during second period. Please congratulate and wish them well in their lives together.

NHS Inductees

Congratulations to our National Honor Society inductees for the 2021-22 school year! This year we will be inducting 79 students who have demonstrated strength in leadership, service, academics, and character. Good work and go Bulldogs!

Carley Abbott	Patrick Deselich	Lauren Lodato	Amanda Simons
Hadley Allen	Michael DiFilippo	Farrah Mobydeen	Hailey Smith
Leah Allman	Megan Dougher	Bianca Montalvo	Preston Staley
Avery Alton	Cameryn Filicko	Ethan Nakoneczny	Elena Strozewski
Carson Atkins	Nicole Gaal	Emma Navratil	Isabella Suchan
Tyler Bartholomew	Kendall Getz	Rachel Neumann	Roger Thoma
Ellen Bernes	Israel Gole	Madison Oberacker	Nicholas Thompson
Erin Birch	Joshua Gonzalez	Addie Odon	Alanna Tighe
Tess Blain	Claire Harries	Sydney Ott	Morgan Truscott
Connor Burdette	Celia Head	Alexandria Palmer	Caden Vasquez
Camden Burkhard	Alyssa Hexter	Raedan Pandya	Carly Vitale
Cameron Byrd	Katherine Iannicca	Trevor Patton	Mia Vojtech
Brady Chapman	James Jones	Gabriella Pellerite	Claire Wiggenhorn
Reagan Chernisky	Mia Kalich	Jack Pinchek	Kamdyn Williams
Kieran Clark	Isabella Kawa	Caden Prada	Enya Williams
Katherine Cleary	Emily Knaggs	Connor Russell	Ryan Wojtowicz
Kathleen Clute	Paige Kohler	Claire Schultz	Ivana Zak
Delaney Condosta	Adrianna Lakota	Lily Schwecke	Kylee Zale
Jacob Davis	Julie Lavelle	John Seward	Haley Zgodzinski
Ryan Davis	Grace Lewarchick	Colin Simon	

May the Fourth Be With You

By Katie Cleary and Hadley Allen

Two bakers. One Kitchen. In a galaxy far, far away....

Baaaa...ba...ba...ba...ba...ba

As the fourth of May approached, we were just itching to attempt another festive Star Wars-esque craft of sorts. After browsing Pinterest for roughly thirty seconds, we decided to make Princess Leia cupcakes. After no time at all, we found the "Perfect Vanilla Cupcake" recipe and began. We started our journey in a medium bowl, whisking together the classic dry ingredients: flour, baking powder, and salt. In a second bowl, we then mixed together some margarine and sugar. We then had to use the electric mixer for "five minutes," which we did not do because five minutes just seemed like a criminally long time to be mixing something. It was probably thick and fluffy enough. Now it was time to add the eggs...omg...the eggs!

Hadley had no eggs.

In our panic, we were about to rush to Shakers, but then an angel from heaven comes in the door: Dave, Hadley's dad. He reminded us that there are neighbors who will most likely have two eggs that we could take. We journeyed over and thankfully, they did. The day was saved.

We got back to the house and added in the eggs as well as some unsweetened almond milk because Hadley's house has no dairy for some unexplained reason. She then took out her cupcake tins, and there were quite a few options. Our options consisted of Valentine's Day, Christmas, bulky and difficult to frost flower tins, and circus themes from Hadley's ninth birthday party. We obviously went with the circus theme..."come one come all" written beautifully on the bottom. They were then placed into the preheated oven on the top shelf, and we waited.

As we wait, let's tell you a bit about ourselves. Hadley has never seen a single Star Wars movie ever. Katie is a huge fan on the cusp of buying one of those fancy lightsabers. That is about all that is necessary to share. Moving on...

We began making the frosting that we would eventually use to decorate our fabulous cupcakes. We separated the clumps of frosting into 3 different bowls. One had a sorry attempt at Princess Leia's skin tone, one red one for the lips, and then one really horrible brown for the hair. We were doing somewhat alright mixing together all of the food dye for the brown, but it needed to be darker. Katie thought it would be a really good idea to add black food coloring, but way too much of it. Hadley told her it would be too much, but Katie refused to listen to

sound advice and mixed it up. It soon became a very grey, green, brown color. Not flattering.

We tried to save it by adding some melted chocolate chips to the mix. Why didn't we just melt chocolate chips and add them to the white frosting in the first place is beyond us. Well, too late now. So we simply added them to the bowl and it actually worked!

Hadley then placed Katie in charge of making Leia's skin tone. We started off with a very peach color, to which Katie thought to add a bit of green. People have olive skin undertones, right? Well, this just made Leia's skintone comparable to Shrek. Hadley, the art student who actually knows the color wheel, came in clutch and managed to scrape the color back together (barely).

The pink was the only one going well. The keyword being "was." Hadley put it in our piping bag and it split and broke open immediately. Luckily, it was very clumpy and stayed in the bag. No pink mess to be seen for miles. Hadley then took out the tiniest ziplock bag we've ever seen and cut a hole in the bottom to craft a new piping bag, something only a professional would do.

We had a pretty good system going. Katie would frost the face, Hadley would then add the hair/fur coloring. Yes...fur. Chewbacca was now a cupcake. We added some pink lips and then two oreos to the side to be Leia's hair and...VOILA!! Leia and Chewbacca, perfect as can be. After they were done, we got many guesses as to who our cupcakes were meant be, the guesses were as follows...

Leia: Tie-Fighter, Coroline, Oopma Loompa with a wig, Donald Trump, Bella Swan, Han Solo, Harry Potter, Stewie Griffin, and of course absolute dead silence from a few people.

Chewbacca: Dracula, Vampire, spider, Jabba the Hutt, werewolf, Edward Cullen, and more dead silence.

Needless to say only two people (out of roughly twenty) guessed them on the first try and everyone else needed a lot of prodding, including singing the Star Wars theme song to get them on the right track.

The vanilla cupcake recipe followed: https://natashaskitchen.com/perfect-vanilla-cupcake-recipe/



Rock and Roll Hall of Fame Exhibits to Check Out During Prom

By Nora Barnard

The Cleveland Rock Hall has to be seen by everyone, regardless of their favorite genres. This year only, the Rock Hall has a special Beatles and The Rolling Stones exhibit featuring the Beatles instruments and Mick Jagger's iconic stage outfits. As you continue through the exhibits, the next one you will come upon would be the It's Been Said All Along exhibit. This showcases the voices of rage, hope and empowerment in music throughout the years. These artists have fought for equal rights and opportunities for everyone through their music and in their everyday lives, ranging from Aretha Franklin's dress she wore the first time she sang her hit "Respect" to handwritten lyrics from rapper D Smoke's "Let It Go" recorded around the time of the killing of George Floyd in 2020. The exhibits showcase the impact that music has had on political and social issues in each century. The following area is dedicated to modern artists that are shaping music as we see it today. This includes handwritten lyrics from various artists including Green Day and performance outfits from the king and queen of pop, Harry Styles and Taylor Swift. Harry Styles has his blue velvet suit that he wore while inducting Stevie Nicks into the Hall of Fame. Stevie Nicks also has her black rumors dress on display in another area.

The following exhibits take visitors back in time to the roots of music and legends of rock, starting with an area featuring Elvis. Although he was not the best person, nobody can deny the fact he changed the course of music and musical culture. Including original posters and artifacts from Presly, the exhibit explains a bit more in depth the impact he had on blues, country, and bluegrass for a younger generation.

Continuing through history, there is a walk through of the legends of rock and roll. Originally

invented with the purpose to show how rock and roll impacted the fashion industry by presenting outfits from rock icons, it now tells the story and has artifacts from an extensive number of legendary rock stars. Rock had an impact on how our current society sees fashion, sexuality, race, youth culture, and free speech. Artists are and have been for decades very diverse in their music style and their fashion style, which has inspired the younger generations to be more open and true to themselves.

Photography has always had a huge impact on history by showing the world something they wouldn't normally see. This is accentuated in the section specifically for Baron Wolman images. In the late sixties Baron Wolman took pictures of numerous musicians for the Rolling Stones magazine. Some artists featured in these pictures are Jimmy Hendrix, The Rolling Stones, and Big Mamma Thornton.

Moving on through the exhibits, you would reach the Hip Hop section. Hip Hop originated in African- and Caribbean- American dance clubs in New York in the late seventies. There is a more in depth history of how Hip Hop began but this section also includes memorabilia from artists like Beastie Boy, Tupak Shakur, and The Notorious B.I.G.

To close out exploring the Rock Hall exhibits, there is a section on Music of Cleveland and The Midwest. This area gives a history of how Cleveland first came into the Rock and Roll spotlight in the early fifties. When I went to the Rock Hall, my favorite things to see were Billie Joe Armstrong from Green Day's guitar and Stevie Nicks from Fleetwood Mac's dress. The Rock Hall is a fun experience for everyone to have fun and be safe during prom!

A Sneak Peak Into Pops

By Samantha Poore

May means it's time for Pops! As the bands and choirs prepare to close out the year with some familiar pieces, here's a snippet of what might be in store...

In a sense, Pops is a "tale as old as time"; it has been an Olmsted Falls tradition for quite a while. Why? It's pretty obvious, music has the ability to transport us to "a whole new world". Honestly, who wouldn't want to hear a little from Queen or go

country with Dolly Parton and/or Florida Georgia Line? Who knows, you could fall Accidentally in Love with a tune or two.

Come support those involved in the arts and make a night of it! Listed below are the concert dates (band performances differ each night). Hope to see you there.

Choir Pops - May 12 Band Pops - May 18 and 19

Spring Sports

By Elaina Phillips

Spring has sprung, and with it so have our spring sports. I have recently had some conversations with athletes from various sports. Below are the questions I asked.

Question 1- "How is your season going so far?" Question 2- "What meet/game/match are you looking most forward to?"

Straight from the mounds, tracks, courts, and fields, here are the answers.

Girls Track and Field

Question 1: Gabby Pellerite- "So far this season has been really good. Everyone has been working super hard to get their PR's (personal records) and it shows in our meets. As a team we've all gotten so much closer this year and I'm really excited to see what we can do at districts and hopefully regionals!"

Question 2: Katie Voisinet- "I'm looking most forward to Bulldog Relays because of the throwers 4x1." The throwers 4x1 is an event that is highly anticipated by all the schools that participate. This is when 4 throwers have to run 100 meters in a relay race. There is a girls and boys race. It is the last event of the night and ran under the lights of the stadium. It gives people an opportunity to run who usually don't get that opportunity. More on Bulldog Relays below.

Boys Track and Field

Question 1: Nick Lisi- "It has been going good, for the most part. The weather hasn't been ideal, but we have pushed through it and made the most of our opportunities at our meets."

Question 2: Cole Sigan- "I'd have to say Bulldog Relays because it's one of the few meets that a lot of people show up to. It's always a fun time with more people."

Bulldog Relays (senior night as well) will take place on Friday, May 6th, at our own track. The meet is scheduled to start at 4 and senior introductions will take place around 5:30.

Girls Lacrosse

Question 1: Grace Solarz- "The team is working really hard and it has been great seeing everyone grow and become closer as the season goes forward."

Question 2: Masyn Naegle- "Definitely Senior night!

We are playing Beaumont and we had a good game (and win) against them last year, so I am excited to play

Senior night is Wednesday, May 4th, at our home field. It is scheduled to start at 7, with senior introductions around 6:45.

Boys Lacrosse

them again!"

Question 1: Spencer Lethbridge- "It's going good, I wish the weather was a little nicer but overall we are doing pretty good. Personally I'm having my best

season so far. It's a little different from last year because we had so many seniors last year leave, so that means many people have to step up. I'm sad that my senior season is ending but super excited for my college career to start."

Colton Strunk was asked Question 2 before the game took place on 4/26- "Senior night because it's usually a really fun game and I'm gonna miss my seniors. Those boys are my brothers for life."

Boys Tennis

Question 1: Brady Chapman- "The season is going ok, the team is doing better but the weather has made the season suck"

Jon Hubeny was asked Question 2 before the match took place on 4/26- "Amherst because my doubles partner, Nick Thompson, and I have had beef with them since the 2021 season. It was very entertaining to see them mad when we beat them all 3 times we faced them."

Girls Softball

Question 1: Emma Navratil- "We started our season with a ton of rainouts, which wasn't too fun. Since the weather let up we started playing again. It has been great to be back on the field and I'm super excited to keep getting our games in and see where the season takes us!"

Question 2: Alana Tighe- "Probably Senior night, to be able to celebrate Emma (Navratil) and all that she had done for the program."

Senior night is currently listed as a date that needs to be rescheduled. When this game takes place, they will celebrate Emma Navratil, the one senior on the softball team this year!

Boys Baseball

Question 1: Andrew Dirk- "So far the season is off to a slow start because the weather has canceled countless games of ours. It's hard for a team to get rolling without having consistent games, especially in a sport like baseball. As for the team aspect we have struggled a bit at the start of the season, but I believe we can turn that around really quick. My teammates and I believe in each other and that's a crucial part of team success. I know in the coming weeks we will turn our season around and we will start performing really well. I just hope for some good weather in the next few weeks so we can finally play some games."

Question 2: Nick Ovelgonne- "I have to say Berea. They have always been the little brother to Olmsted falls."

There are two Berea games coming up that are back to back. They are scheduled for Monday, May 9th, at Berea and Tuesday, May 10th, at home. Both games are scheduled to start at 4:45.

Mental Health Awareness Month

By Abigail Guthrie

May is Mental Health Awareness month, and The Spotlight staff would like to do our part to bring awareness to this serious issue. According to the nonprofit organization Centerstone, 2019 saw more than 51 million people experiencing mental illness. Statistics show that these numbers have continued to rise as our world endured a pandemic and the anxiety that accompanied it.

A lot of people experience some sort of mental health challenges at one point in their lives, ongoing or short-term. Many people don't speak up and get the help they need. Guidance counselor Mrs. Gurtsak quotes nationaltoday.com by stating, "Simple logic dictates that if we are hurt anywhere, we must seek treatment to get better." She encourages students to speak up and get help, even if they are hesitant or afraid. Mental health disorders such as depression, anxiety, PTSD, and bipolar disorder often have a stigma of people just "attention-seeking" or people get labeled as "crazy" or "unstable." Unfortunately, it seems that all of these disorders have some type of stigma attached to them, and sometimes this can keep people from pursuing help. For instance, people will say "you're just a little sad" in response to someone saying they have depression. Some will say, "It is just a little stress, it's healthy for you" in response to someone saying they are having anxiety. PTSD often has the stigma that only people who have been through war can have PTSD, but in reality, yes, PTSD

can come from being in a war, but it can also come from multiple issues such as being involved in domestic violence, sexual assault, childhood abuse, verbal abuse, medical trauma, or so many more traumatic experiences. Mental health struggles should not be ignored. Many mental health disorders take a toll on a person's body.

You may be wondering how you can help. One way you could break the stigma around mental health is to tell your story! If you or anyone you know has struggled with mental health, tell your story, if you are comfortable. According to the American Foundation for Suicide Prevention, in 2020, 45,979 people in America died by suicide, and there were an estimated 1.20M suicide attempts. Suicide is the 12th leading cause of death in the US. Don't be afraid to seek help for yourself or a friend. Report bullying and abuse, and remember that our guidance counselors are always here to help anyone who is struggling with mental illness or any life situation. Finally, the 24-hour crisis helpline number is 216-623-6888. Call this number anytime, even if you have doubts about the severity of the issue. Trained counselors will help you with the next steps.

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