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# Oamaru The Telegram

100% locally owned 8,000 homes weekly

24th July 2018

Phone 434 9651

Issue 402



## LINDSAY WHYTE

### Painters and Decorators Ltd

48 Years Experience Master Painter

**FREE PHONE 0800 242 8611**



- Interior  
- Exterior

**CALL NOW!**

It was great to see so many wonderful entries to the Limelight, North Otago Pharmacy and Oamaru Print colouring competition. With so many entries - this made our job of choosing the winner very hard... We have notified all the winners.

With spring just around the corner, it is time for more outdoor events and activities.. If you have an event - don't forget to give us advanced notice. We would not like you to miss our deadlines! **Regards The Telegram**



## New Zealand Petfoods

# 24/7 DIY DOG WASH

**NOW HAS OUTSIDE LIGHTS**

16 Ouse Street

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And, we'll even come to you for a free in-home measure and quote\*.

Get in quick, order confirmations must be in by 20th August 2018.

So come and choose your new curtains today with your local decorating specialists, Guthrie Bowron.

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**GB**  
Guthrie Bowron  
Decorating Specialists  
TRUSTED SINCE 1896

\*Selected ranges only. Applies to fabrics over \$1000 per meter with a maximum width of 100cm, or \$60 and over for wide width fabrics. Maximum drop of 90cm applies. Orders must be confirmed by 20th August 2018 to be eligible for the offer. \*Fixed distance parameters may apply for free in-home measure and quote. Please contact the store for more details.

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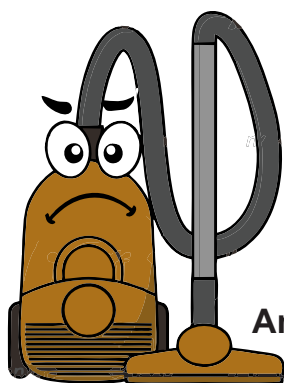
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 & operated  
 for over  
 25 years.

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QUOTES**

# SEL

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## NO SUCKY SUCKY??

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What a cold damp start on Monday to the second week of the School holidays - My Grand Daughters here have been busy cutting out, paper, paper, paper and the sewing machine has been out.....the big reward for keeping themselves busy is the Saturday matinee of Mamma Mia

**Still no encouragement weather wise for Gardeners to get into the garden** right now, but even though there is

plenty to do, however I am sure some here on the coast are out on the sunny days **pruning Roses**. Just in case you need reminding on how to tackle pruning.. make a slanted cut just above a strong outward facing bud.

Standard Roses should be pruned to about 25cm above the main stem and bush Roses can be cut back about two-thirds, leaving 3-4 buds on each branch. Climbers can go back leaving 5-6 strong canes. Secateurs must be sharp to avoid damage by ripping branches which leads to die back.

**With low cloud and rain about**, keeping frosts away the ground and plants are benefiting from the softness for new root development but it also benefits slugs, snails and other annoying insects so it is important to rake out all garden litter, dry leaves, twigs and past plant foliage and stalks. It's time to tidy up died back Dahlias, Peony rose leaves, Cat mint - any plant which has gone through the Winter die back, leave no coverage to pests.

**All shallow rooted shrubs like Camellia**, Rhododendron, Hydrangea, Azalea, Lavender, Hebe, Fuchsia and some perennials such as Ajuga Reptans, Sedum and Euphorbia will be doing well in the damp conditions and I see fat buds forming on Rhododendrons, Debbie Camellia buds are ready to burst into flower. I will be leaving the pea straw off gardens with Host as and perennials until weeds start growing again to avoid creating a place for pests to winter over. Polyanthus and Primulas, want to push through and flower and they benefit from an application of dried blood to increase plant vigour.

**Remember to continue protecting** plants like Margarite Daisies, Pelargoniums and Bougainvillea, because there will be more hard frost right though to the end of August.

**Under glass sow seeds** of Antirrhinum (Snapdragon), Carnation, Calendula, (common Marigold), Verbena and Viola - they should pop up and be ready to plant out in Spring. Sweetpeas can go straight into the ground with a good amount of compost/manure well down for roots to grow deep into. **Dahlias, Gladioli and Peonies** are coming on the market this month and can be planted from now on in good draining soil. If you think there is a chance they would sit in wet soggy soil over Winter, they may rot. Planting can continue until September. **If young trees or shrubs need transplanting**, now is a good time at their most dormant stage and the ground is soft.

**Fruit:** I notice a lot of yellow and blue green lichen on trunks and branches of my fruit and other trees, which I must admit looks as if it could be affecting the health of the trees but no, there is no need to remove lichen. It is not a parasite or other pathogen. This unusual organism cooperates to be self-sustaining throughout the harshest world environments and is beneficial to insects and wildlife for food and shelter. Once leaf cover is back it will not be so noticeable.

**Vegetables:** Seedlings on offer now can be planted, gradually introduce punnets to cold night temperatures before planting out. Cheers, Linda

### Thought You'd Used All Your ACC Treatments?

Wrong - you're most likely still covered for acupuncture treatment. If you're still in pain with your injury, call now to find out if you still have cover for acupuncture.

**Community Acupuncture Oamaru**

www.communityacu.net ~ 0223765960





## Oamaru's Big Latch On

World Breastfeeding Week will be celebrated from 1st to 7th August 2018 with the Big Latch On being the key event. Oamaru's breastfeeding Peer Supporters are organising the celebration to highlight the importance of breastfeeding in our communities. "This is the second year the Milk Room is hosting the Big Latch On, and we're excited for more mothers and families to be involved," said Lydia Quested, Oamaru Breastfeeding Peer Supporter. Registrations for The Big Latch On will take place at 9:45am on Friday 3rd August at the Plunket Rooms, Severn St. The Official count is taken at approximately 10:30am. Morning Tea will be provided, and there's also spot prizes to be won!

The Big Latch On is a way to promote the positive effects of breastfeeding. We know that at the moment most Southern women are doing well to give their babies just breastmilk and nothing else (exclusively breastfed) on discharge from maternity facilities, however, between birth and the 6-week check-up there is a sharp drop in the number of babies exclusively breastfed. Brittani Beavis, Health Promotion Specialist at WellSouth, says "it takes a village to raise a child and the Big Latch On is just one opportunity for mothers to connect with the Breastfeeding Peer Supporters and other support available in Oamaru." Oamaru mums can visit The Milk Room, a drop-in centre run by trained Breastfeeding Peer Supporters who provide non-judgmental breastfeeding support and information on the normal course of breastfeeding, overcoming common barriers and breastfeeding challenges. The Milk Room is located in the Plunket Rooms on Severn St, and is open every Tuesday from 9:30am – 11:30am.

## Threadworms OAMARU + PHARMACY

Threadworms are parasites that live in the human gut. Anyone can become infected with threadworms but they are found more often in children than in adults.

Infections are passed from person to person and this can incur in the home, at kindergarten or at school.

Symptoms include; Itchy bottom - especially at night, restlessness, bed-wetting and irritability, eg grinding teeth, threadworms visible outside of a bowel motion, or around the anus, decreased appetite, sometimes there are no signs.

Treat everyone who lives in the house with a worm medicine. If one person in the house has worms then everyone should be treated- even if people have no signs.

There are several types of threadworm medicines available at Oamaru Pharmacy to treat threadworm infections, such as chocolate squares, chewable tablets, and liquid formulations.

## Extra savings for SuperGold card holders

SuperGold card holders who shop on Tuesdays can pick up some additional savings at two local stores.

Show your SuperGold card at Paper Plus every Tuesday and get 20% off greeting cards, 10% off books and stationery items, and 5% off magazines and ink cartridges.

Show you SuperGold card at Countdown every second Tuesday — on Superannuation Tuesday — and get 5% off your total shop, including items already discounted. The next Superannuation Tuesday is 24th July.

If you would like a PDF file of all the businesses in Waitaki that offer discounts to SuperGold Card holders, email [nogreypower@yahoo.co.nz](mailto:nogreypower@yahoo.co.nz). Citizens Advice Bureau in Community House, 100 Thames Street, also has the list. Courtesy of Grey Power North Otago

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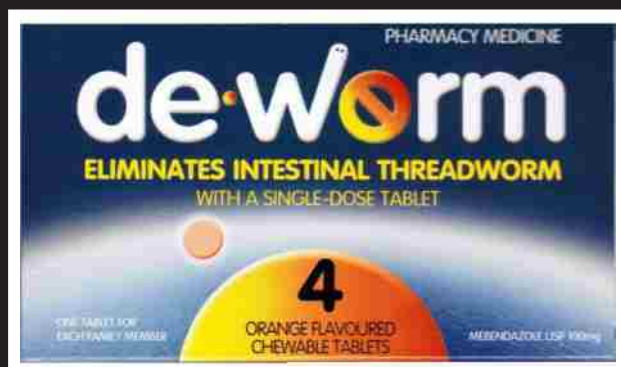
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Phone: 022 086 7300 or 03 550 1544

## OAMARU + PHARMACY



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Sunday 10:30 - 4:30pm

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# Welcome to Property Brokers Real Estate Oamaru

**Hastings McLeod Limited**

**Licensed REA 2008**

**211 Thames Street (Opp Subway)**

**Tel 03 434 3347 Rentals 03 434 1543**

**oamaru@pb.co.nz**



## Ingredients

- 50g Butter
- 4 Potatoes, Medium, unpeeled, sliced
- 3 onion, sliced
- 2 Zucchini, sliced
- 1/2 cup parmesan
- 2 Tbsp water
- 4 eggs

## Directions

Melt the butter in a large heavy frying pan. Cook the sliced onions in the butter over moderate heat, until they are evenly browned.

Add the sliced potatoes, stir well, cover the pan and cook for 15-20 minutes, stirring occasionally. After 10-15 minutes, add the zucchini or other vegetables, so they will be cooked at the same time as the potatoes.

Beat the eggs with the water and half the cheese. Pour this mixture over the pressed-down vegetable mixture, and cook over gentle heat for 10 minutes or until the sides and bottom are cooked.

Sprinkle the remaining parmesan over the top, then place under a grill until the top puffs up and browns lightly.

# COLD OUTSIDE?

## WELL THE SALES ARE STILL HOT!

Contact Property Brokers Oamaru and  
list your property before an influx of  
listings crowd the market.



**Jane van Schreven**  
AREINZ  
Branch Manager  
027 443 8716



**Pip O'Connell**  
Sales Consultant  
027 352 1001



**James Symes**  
Sales Consultant  
027 522 6470



**Steve Dalley**  
Sales Consultant  
021 768 719



## Q&A WITH JANE VAN SCHRVEN

**I have tenants in my investment property on a periodic agreement and wishing to sell so what are my obligations to the tenants?**

- Advise tenants that you intend to sell (in writing)
- Explain to them that notice to vacate (42 days) takes effect from any contract becoming **unconditional** – not necessarily date of sale.
- Any potential viewings with purchasers still requires two days' notice – a viewing agreement is a great suggestion to have.
- Open homes can only be carried out with permission of tenant
- Remain respectful of tenants during this process.
- Permission from tenants to include photos of their belongings

Have a Question? Send it through to Jane at [janev@pb.co.nz](mailto:janev@pb.co.nz)

## THIS WEEKS SUDOKU

			2			3	5	1
9		2				8	4	7
1		5				6	9	2
8			6	1				
								9
2	5			3		7		
	2	8				4	7	
			7	2	6			8
	7							

## GET YOUR HOME SUMMER READY

1. Use vinegar Ice Cubes to Deodorize a Garbage Disposal
2. Use Baking Soda to Clean Silver
3. Use a Pillowcase for Dust-Free Cleaning
4. Use a Dryer Sheet to Get Rid of Soap Residue
5. Use Rice to Clean a Coffee Grinder
6. Use a Rubber Glove to Pick Up Fur
7. Use a Coffee Filter to Dust
8. Use a Lemon to Freshen a Cutting Board
9. Use Baking Soda and vinegar to Unclog a Drain

## ANSWERS FOR THE LAST SUDOKU

7	4	2	3	5	8	1	6	9
9	5	3	6	7	1	8	2	4
1	8	6	4	2	9	7	3	5
2	3	8	5	1	7	4	9	6
6	1	7	9	4	2	3	5	8
5	9	4	8	3	6	2	1	7
8	2	1	7	6	5	9	4	3
3	6	9	1	8	4	5	7	2
4	7	5	2	9	3	6	8	1



**Donna Ingram**  
Property Manager  
027 487 1037



**Paula van den Hondel**  
Sales Support  
03 434 3347



**Meagan Bell**  
Sales Support  
03 434 3347



**Gina Crane**  
Sales Support  
03 434 1543

## Community Diary

### Wednesday 25th

**Excelsior Petanque Club day**, 1pm. Ph. 437 2557 or 437 1590.

**St Pat's Indoor Bowls**, 7pm, Centennial park Centre, all welcome. Ph. Mary 434 7196.

**Yankee Bowls**, 1.30pm, Centennial Park Centre. Enjoy fun & friendly afternoon. Ph. Bob 437 1704.

**Weston Indoor Bowling Club**, Weston Hall at 7.30pm, Ph. Ian 434 8281.

### Thursday 26th

**Awamoa Indoor Bowls**, Awamoa Bowling Pavilion, 1.30pm. Ph. 434 5061.

**Diabetes Walking Group**: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

**Mainly Music** - pre-schoolers/parents. 10am Oamaru Baptist, 14 Sandringham St. \$3. mainlymusic.org.nz

**N.O. Asthma Society**: Respiratory Exercise Class, 10am, St John Hall, Exe Street. Phone Fiona 03 434 3202.

### Friday 27th

**AA Meeting**, Orwell St Chapel, 12 noon, Ph. 432 4191 or 437 2928.

**Lunchtime Recital** - Allen Hogan & friends, "Three's a Crowd". Opera House - Ink Box, 12.15 - 1pm.

**Puzzle Club**, Oamaru Library Community Space, from 10am. All welcome.

### Saturday 28th

**Meadowbank Community Stadium Bowls**, 1.15pm Bowls available. Ph. Graham 434 0951.

**The Healing Team** - 2-3pm, St Mary's Hall.

### Sunday 29th

**AA Meeting**, Orwell St Chapel, 6pm, Ph. 437 2928 or 437 2337.

**Excelsior Petanque Club day**, 1pm. Ph. 437 2557 or 437 1590.

**St Paul's Church**, at Eveline Church. All welcome, 19.30am.

### Monday 30th

**Genealogy Club** 10am-12pm at Oamaru Library - learn how to research your ancestors.

**N.O Creative Fibre**, 10am, St Luke's Hall, Wharfe St, All welcome. Ph. Noeline 437 2501 or Margaret 434 8665.

**N.O. Patchers & Quilters** meet at the St. John's Hall, Exe St, Oamaru, 7.30pm. New members always welcome. Ph. 434 5680.

**N.O. U15 Girls Hockey Tournament Quiz Night Fundraiser**, 6.30pm, Northstar Restaurant, To enter ph/txt 027 368 4355.

**The Happy Scoundrels Over 55 Ten Pin Bowling Club**, 1pm, Galleon Complex. Ph. Mike 4370224 or Garry 434 1463.

**Waitaki Woodturners**, 1-5pm, clubrooms, Oamaru Race course. Ph. 439 5795.

### Tuesday 31st

**AA Meeting**, Orwell St Chapel, 7.30pm, Ph. 432 4191 or 437 2337.

**Age Concern Gentle Exercise Programme**, Orwell St Church Hall, Tuesdays 1.30 - 3pm, \$3 per person. Ph. 434 7008.

**Diabetes Walking Group**: Chelmer St Gardens Car Park, 10.30a.m. Everyone welcome. Ph. Jan 437 2348.

**Indoor Bowls Oamaru Club**, Severn St, 7pm, new members most welcome. Ph. Bev 434 9678 or Bede 027 201 3907.

**Justice of the Peace** 11am - 1pm, WINZ Building, Coquet St

**Meadowbank Indoor Bowls**, 7pm at the Centennial park centre. All welcome. Ph. Noel 437 0217 or Bob 437 1704.

**N.O. Recreational Turf Trust**, Tuesday 31st July 2018 at 7.30pm, at the Turf, Centennial Park, Oamaru. New members welcome.

**St Pauls Indoor Bowls**, 2pm Ph. 437 1294.

**U3A Waitaki**, talks, discussions for enquiring minds, 2-4pm. St Johns Hall Lounge. Ph. Linda 434 6613.

### Raffle Results

Oamaru Repertory Society Inc, Winne the Pooh raffle; Ticket No 38 Sally Grant. Thank you to all who participated.

### Up & Coming

**Oamaru Swim Club A.G.M.** at Waitaki Aquatic Centre Committee Room, Monday 13 August, 6pm.

**Oamaru Stroke Support Group A.G.M.** Friday 3rd August 2018 at 1:30pm, at the Blind Hall, Steward St, Oamaru.

**Cancer Society Volunteer meeting** - 1st Wednesday of each month. Dean O'Reilly Lounge, Reed St at 10.15am. All welcome. Ph Rayna Hamilton 431 7897.

**Afternoon Social Housie**: Wednesday 1st August, 1.30pm St John, 21 Exe Street. All welcome. Relaxed session using counters. Grey Power. Ph: 437 2220.

### Lost & Found

**Camera in Pink Case** - Ardgowan Rd area. Pease call 434 8642, if found.

## Classifieds

### For Free

**Carpet** - suitable for weed matting only. See Simpsons Flooring.

**Horse Manure**, Ph 434 5607.

### For Sale

**A3 Paper 80gsm x 1 ream** \$12.50 at Oamaru Print and Copy Ltd, ph 434 9651.

**Aluminum double door unit**, white, 1 door has a window in top half, size 2080hx 1850w, very good order - \$850. Ph. 027 490 2005 or 437 1275.

**Bathroom vanity unit** (900wide), white, 3 draws, 2 doors like new - \$125, **Swivel top dining table & 2 chairs**, good order - \$85, **Lazyboy chair** - fair \$10, **Tumble clothes dryer** - \$55, **Small Fridge**, goes well - \$95, **Polar Fleece Jackets** - \$5. Ph. 027 490 2005 or 437 1276.

**Bunks, mattresses, new bedding** - \$425, **Chest Freezer** - Elba 360L, as new - \$400. Ph. 434 2256.

**Electri Agee Preserver** - \$55, **Electrolux** - \$45, **Microwave Panasonic 1100w inverter** - goes well, tody condition - \$95, **Yamaha Electric Organ**, 2 keyboards plus peddles & music - \$25. Ph. 437 1276 or 027 490 2005.

**Panasonic DVD Home Theatre Sound System** with sub woofers & wireless rear speakers. Very good cond. \$200. Ph. 434 9612.

### Services

**Smash Palace**, for rental cars/vans/bikes, car parts and shuttle service. Ph. 433 1444.

### Wanted

**Books** - always buying at Oasis Oamaru, 10 Harbour St, Ph 434 6878.

**Books** - we pay a fair price. Slightly Foxed 11 Tyne St, Ph 434 2155 Open 7 days.

**Tools wanted!** Tradesman, carpenters, general gardening tools etc - everything considered. Ph. 021 450 405.

## YOGA

### Classes for Term Three 2018

Begin from the 31st of July

**Tutor: John Guthrie**

**Full term (9 weeks) or casual fees**

Tuesday morning 10.30am-12.00pm -

Tuesday evening 5.45pm-7.15pm

Thursday morning 10.00am-12.00pm

Above classes \$99.00 term fee (\$16.00 casual)

Thursday evening 6.30pm-7.30pm \$72.00 term fee (\$12.00 casual)

All classes at St. John's rooms in Exe Street.

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Email: karunayoga@kinect.co.nz

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For an appointment phone: **0800 664 888**

or email: [welfare@dn-rsa.org.nz](mailto:welfare@dn-rsa.org.nz)



# HANDY PH. LIST

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- ▶ **Community Acupuncture**..022 376 5960  
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NZ RCpN, Grad Dip GT, Prov NZAC
- ▶ **Julie Hales** ..... 021 071 1030  
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- ▶ **Kaye Mattingley** .....434 1188  
.....DipGrad Otago NZRSW MANZASW

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- ▶ **Jacqueline Scott, CST** ..... 021 907 346  
www.ntpages.co.nz/therapist/4259

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- ▶ **Robert Jones - Electrician**..027 445 0523
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## Funeral Directors

- ▶ **Walls Funeral Services**.....434 8266  
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- ▶ **Crew Cut Large Lawns & Rural mowing** .....Paul Houlahan  
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- ▶ **Dug the Gardener**.....027 561 8804  
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.....Mark deBuyzer 0273187413

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- ▶ **Lynne Sinclair, NZ Travel Brokers**.....  
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## Painters & Decorators

- ▶ **0800 Mr Painter** .....0800 677 246  
.....027 437 4367
- ▶ **Matt Geare Painter** .....027 470 3780

## Pest Control Services

- ▶ **Spider proofing & Pest Control**  
.....027 714 4812.....0800 155 166

## Pets

- ▶ **Suds & Paws for dog grooming** 434 5957
- ▶ **Paws Awhile Boarding Cattery** 434 1296

## Plumbers

- ▶ **Foley Plumbers Oamaru**.....434 2330  
.....Tom Palmer.....0800 303 530

## Podiatrist

- ▶ **Simply Feet Podiatry**.....437 9025  
.....316 Thames Hwy, open Mon-Fri

## Print

- ▶ **Oamaru Print and Copy Ltd**.....437 9025  
.....146 Thames St, open Mon-Fri

## Transportation & Rental Vehicles

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- ▶ **Oamaru Private Shuttle** ....0212 668 212  
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- ▶ **Oamaru Transfers** .....434 9506  
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## Transportation & Rental Vehicles

- ▶ **Oamaru - Dunedin/Hospital Shuttle**.....  
Door to door service.....434 7744

## Transportation & Rental Vehicles

- ▶ **Smash Palace**.....433 1444  
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# New Zealand Petfoods



## IT'S OUR 4TH BIRTHDAY!!!!

To celebrate...



# FREE RE-USABLE BAG



When you spend \$20

Conditions apply

16 Ouse Street

### New Zealand Pet Foods shop

in Ouse Street is celebrating its 4th birthday and would love our fantastic customers to share this occasion with us.

We are proud that our company NZ Pet Foods Ltd is now 30 years old and has grown to the point where we are one of New Zealand's leading fresh and frozen pet food manufacturing and distribution companies, and one of the few left that are NZ owned and operated.

The growth of our cool little Ouse Street shop over the last four years is something that we are equally proud of. We specialise in raw feeding for cats and dogs – this extensive range of products is all manufactured by our own company, but we also stock a wide range of pet food for fish, birds, rabbits, guinea pigs etc. We also have pet toys, pet accessories and live fish. If we don't have what the customer wants, we will always do our best to source it!

The most recent addition to the Ouse Street shop is the 24/7 Do It Yourself dog wash which is proving to be very popular.

As with any company, growth and success goes hand in hand with good business practise and great service. Karen and Russell highlight the fantastic people who work in the business with them as one of the biggest assets to the company. Without them we would not be able grow and provide the great products and service that our customers have come to expect.



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10 Eden St, Oamaru

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