



TRAGER TRAINING SCHEDULE

(Please discard recent schedule)

Membership Newsletter of The Trager Institute

Winter/Spring

January 1983

Vol. 5, No. 4

Winter Quarter Dues Extension

A vote of the Advisory Council on December 21, 1982, established a new dues schedule for membership in The Trager Institute. It includes a raise in dues along with a revised schedule for payment in increments as one advances on the training track. It will be explained in full in the newsletter which follows soon. Because this action was voted late in December, an extension to February 28th has been granted at last year's rate for those of you whose memberships expired on December 31, 1982. **Any** Institute member who wishes to take advantage of the Feb. 28th extension to avoid the dues hike, is welcome to pay for **their** next year's dues at the old rate by the end of February.

Your payment in full by February 28., 1983 will maintain your active standing in The Trager Institute with all rights, services and privileges thereof and insure your inclusion in the new Membership Roster which is in the final stages of preparation for the printer. Make your dues payable to The Trager Institute in USA funds. Non-USA members, we will except **ONLY** international money orders in USA funds as we have been very heavily taxed by bank charges on any other form of payment. Be sure to send us your most current address and phone with all zip codes, etc. We appreciate your prompt response to this opportunity and look forward to hearing from you.

CREDITS

Editor: Betty Fuller
 Assistance: Don Schwartz
 Typesetting & Layout: Classic Graphics
 Printing: Pronto Press

Trager Conference Up-Date

Work on the conference is continuing splendidly. You may still submit program ideas and volunteer services. Write directly to Mili Kari, our chairperson, at Box 915, Yuba City, CA 95991. If you need another Conference reservation form, contact Don Schwartz at the Institute office. See you there!

Public Events With MILTON TRAGER, M.D.

Details of local time and location will be supplied in the newsletter which follows, along with directions on how to volunteer assistance and services. In order to alert your family and friends to save the time, we list here the cities and dates. A donation of \$5.00 will be asked to benefit The Trager Institute.

- Miami, FL — Tues., April 19**
- Washington, D.C. — Wed., April 27**
- Yellow Springs, OH (Antioch Univ.) — Mon., May 2**
- Minneapolis, MN — Sat., May 7**
- Omaha, NE — Mon., May 9**
- Marin Co., CA — Fri., May 27**

NOTE: At the Advisory Council Meeting, December 21, 1982, it was decided to separate the training schedule from the newsletter. Both will be mailed quarterly. This move will enable us to get The Trager Training Schedule to you promptly. The newsletter can follow as news is gathered, and can announce schedule updates. Please mail your letters, contributions, etc., NOW for the forthcoming issue of The Trager Family News. **SCHEDULE DEADLINE: FEB. 21. All schedule updates and changes must be mailed to Classic Graphics (Debbie) and the Institute by Feb. 21st for the Winter Newsletter.**

About Dr. Trager's Training Schedule

Dr. Trager's schedule is carried in detail inside. We're really delighted as it includes a number of "firsts" and greatly expands our ability not only to make him more available to many of you, but to bring his "vibes" into new parts of the country. Intermediate trainings with Milton will be offered for the first time in Miami, Florida; Washington, D.C. and Yellow Springs, Ohio. We are indeed beginning to encircle the nation with the good news of Trager!

In addition to these trainings, Dr. Trager will be presenting public demos (see box this page). These events offer a marvelous way for you to introduce your family and friends in these areas to Milton and Emily and the work. All the public events benefit The Trager Institute, so the \$5.00 donation is tax deductible.

We ask your assistance in these two specifics: Please send us any and all suggestions you have for promoting these events. Include individuals, media, allied professional organizations, newsletter calendars, etc. Be specific. Second, please read all the directions in the master schedule and follow them **exactly**. The Institute office in Mill Valley is coordinating all of Milton's trainings and events with the sponsoring groups (except San Diego).

In order to insure that you get what you want, apply exactly as directed, get your deposit and reservation in right away. Wherever possible, indicate a second choice of training location to insure that you get into something that works for you. See you this spring!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday 13	Saturday 14
Trager Conference and Trainings on One Round-Trip!					MAY	
15 FREE	16 Marin County Adv. Tr. TLC Trager Learning Clinic 1:00 p.m. — 2½ days	17	18	19 ALL Instructors Review Day	20 The Trager Conference Sonoma County (1 Hr. North of San Francisco)	21
22 Conference (Last day)	23 Trager Alternatives	24 25 26 3-day Intermediate Training with Dr. Trager (Marin Co.)			27 FREE	28 3-day Inter. with Dr. Trager (Marin Co.)
29 Continuation of Dr. Trager's 3-day Intermediate		30	31 "So long, it's been good ta know ya!"		JUNE 1983	

WINTER/SPRING 1983 COURSE SCHEDULE

Membership in The Trager Institute for Psychophysical Integration and Mentastics is **REQUIRED** for admission to **ANY** Trager Training.

The Board of Registered Nursing in the State of California has approved The Trager Institute as a provider of continuing education for registered nurses. The courses listed here are approved for California registered nurses.

BEGINNING TRAININGS

Feb. 19-21, 25-27	Honolulu, HI	Carol Campbell	\$500
CONTACT: Sara Michael Davidson, 44-436 Kaneohe Bay Dr., Kaneohe, HI 96744, 808-254-1741 — NR.			
Feb. 25-27, Mar. 4-6	Seattle, WA	Cathy Guadagno	\$450
CONTACT: Gwen Crowell, 12718 - 8th Ave., N.E., Seattle, WA 98125, 206-367-3939 — NR: Sleeping bag arrangements available.			
March 2-6	Boulder, CO	Sheila Merle Johnson	\$450*
Note: Public demonstration 3/28 evening CONTACT: Lael Keen, 2730 - 17th St., Boulder, CO 80302, 303-449-2232			
Mar. 4-9	Ojai, CA	Carol Campbell	\$450
CONTACT: John Christianson, 102 West Summer #9, Ojai, CA 93023, 805-646-5740 — NR.			
Mar. 13-19	Toronto, Ontario	Cathy Guadagno	\$450 US
CONTACT: Norma Fine, 63 Dell Park Ave., Toronto, Ontario M6B 2T7, 416-783-9863			
Mar. 14-20	Marble Falls, TX	Carol Campbell	\$600
CONTACT: Lynette Brannon, 3803-B Speedway, Austin, Texas 78751, 512-454-9768; or Barbara J. Hewitt, 613 Baylor, Austin, TX 78703, 512-477-8708 — R: 7 day intensive			
Mar. 14-20	Montreal, Quebec	Gail Stewart	\$400 US
CONTACT: Roland Burgalierres, 514-279-1813 — NR.			
Mar. 18-20, 25-27	Washington, D.C.	Betty Fuller	\$475
CONTACT: Sandy Zimmerman, PMTI, 7826 Eastern Ave., NW, LL-1, Washington, D.C. 20012, 202-726-1150 — NR.			
Mar. 20-25	Mill Valley, CA	Sheila Merle Johnson	\$450*
CONTACT: Sheila Merle Johnson, 112 Janes, Mill Valley, CA 94941, 415-332-7559			
Mar. 23-29	Quebec City, Quebec	Gail Stewart	\$400 US
CONTACT: Amrita Daigle, 3141-A Milleret, Quebec, Quebec G1X 1N5, 418-658-4851 — NR.			
Mar. 31-Apr. 2, Apr 4-5	Portland, OR	Sheila Merle Johnson	\$450*
NOTE: Public demonstration 3/30 evening CONTACT: Carlos Martin, 2917 N.E. Everett, Portland, OR 97232, 502-238-4010 — NR: Sleeping bag arrangements available.			
Apr. 2-10	Santa Cruz, CA	Carol Campbell	\$400
CONTACT: Twin Lakes College of the Healing Arts (see above) —NR: 2 weekends and 3 week day eves.			
Apr. 8-10, 15-17	Amherst, MA	Gail Stewart	\$450
CONTACT: Jackson Friedman, Inner Arts, 42 Pleasant St., #1, Northampton, MA 06010, 413-586-8890			
April 13-17	Madrid, Spain	Sheila Merle Johnson	TBA*
CONTACT: Teresa Fernandez Herrera, Puerta Sierra II, Grados 5, Majadahonda (Madrid), Spain			
Apr. 25-29	Paris, France	Sheila Merle Johnson	TBA*
CONTACT: Michel Meignant, 1 rue de l'Etang, Louveciennes, Yvelines, 78430, France, 918-33-25 or 918-45-93			
April 26	Miami, FL	Carol Campbell	\$450
CONTACT: Educating Hands Clinic, 320 N.E. 23rd St., Miami, FL 33136, 305-576-6542 — NR.			
May 7-9, 28-30	Berkeley, CA	Gail Stewart	\$435
CONTACT: Gail Stewart, 415-841-4732 — NR.			
June 5-7, 12-14	Calistoga, CA	Carol Campbell	\$450
CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986 — NR: Sleeping bag arrangements available at extra fee			
June 10-16	Yellow Springs, OH	Betty Fuller	\$500
CONTACT: Elizabeth McInnis Davis, 529, McLain St., Dayton, OH 45403, 513-223-7921 — Board & room extra, available at Antioch Univ. campus.			

R = Residential NR = Non-Residential

June 20-25	Mill Valley, CA	Sheila Merle Johnson	\$450*
CONTACT: Sheila Merle Johnson (see above) — NR.			
June 30-July 5	Minneapolis, MN	Betty Fuller	\$500
CONTACT: Marilyn Krueger, 1519 6th St. N.E., Minneapolis, MN 55413, 612-781-3540 — NR.			

BETTY'S INTERMEDIATE TRAININGS

A prerequisite for admission to Dr. Trager's trainings, Betty's training is open to Practitioner Candidates and Practitioners. It includes, review, instruction and integration of intermediate material, Mentastics and discussion.

Feb. 11-13	Seattle, WA	\$350
CONTACT: Gwen Crowell, 12718 8th Ave., Seattle, WA 98125, 206-367-3939 — NR.		
Feb. 18-20	Marble Falls, TX	\$350
CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768 — R: 3-day and 1-day Betty's Alternatives.		
Mar. 4-6	Miami, FL	\$350
CONTACT: Educated Hands Clinic, 320 N.E. 23rd St., Miami, FL 33136, 305-576-6542		
Mar. 11-13	Washington, D.C.	\$320
CONTACT: Sandy Zimmerman, PMTI, 7826 Eastern Ave., NW, LL-1, Washington, D.C. 20012, 202-726-1150 —NR.		
Mar. 30-April 1	Yellow Springs, OH	\$350
CONTACT: Patricia Brade, 395 W. Center College, Apt. 150, Yellow Springs, OH 45387, 513-767-1816 — B/R extra.		
April 2-4	Trenton, N.J.	\$350
CONTACT: Jim & Carol Day, 21 Whittier Ave., Trenton, NJ 08618, 609-392-7653 — NR.		
April 8-10	Marin County, CA	\$350
CONTACT: The Trager Institute		
June 18-20	Toronto, Ontario	\$350
CONTACT: Karen Goren, 33 Rosehill Ave. #207, Toronto M4T 1G4, 416-427-0707 — NR.		

BETTY'S TRAGER ALTERNATIVES DAYS

The Trager Approach in special circumstances (re: people in wheel chairs, lying on their sides, etc.)

Feb. 21	Marble Falls, TX	Betty Fuller	\$50
CONTACT: Lynette Brannon (see above)			
Mar. 24	Washington, D.C.		\$35
CONTACT: Sandy Zimmerman (see above). ½-day			
May 23	Marin County, CA		\$35
CONTACT: The Trager Institute.			

PRACTICE AND POLISH

February 26 & 27 (Level I)	Mill Valley, CA	B.F.	\$150
April 16 & 16 (Level II)			

Each 2-day Review Intensive with Betty Fuller includes review, correction and clarification of purpose using video feedback, with emphasis on feeling and flow, as well as Mentastics with emphasis on teaching the essence to others. Full trades and discussion. Level I includes ONLY Beginning work and is open to any trained member. Level II includes BOTH Beginning and Intermediate work and is open only to Intermediate graduate members. Hours are 9 a.m. to 9 p.m. on Saturday and 10 a.m. to 6 p.m. on Sunday with one 1½ hour meal break a day. Sleeping bag arrangements available. Contact The Trager Institute to make reservations.

*Reduced fee for advance payment in full.

URGENT RESERVATION NOTICE: Even if you already wrote or called to express interest, you must now make formal application. ONLY your application with your non-refundable deposit will reserve your space. First reserved/first served. Waiting lists are maintained at all locations.

MILTON TRAGER, M.D. INTERMEDIATE TRAININGS

Open ONLY to Trager Practitioner Candidates and Practitioners who have satisfactorily completed an Intermediate with Betty Fuller OR a prior Intermediate with Dr. Trager.

To apply state your name, address(es), with zip code, phone(s) with area code and a list of your prior trainings with dates, locations and instructors. Send with your non-refundable deposit to the contact listed below.

Mar. 4-6 Honolulu, HI Milton Trager, M.D. \$375
You must have had at least one Intermediate by Dr. Trager to apply. Send your \$100 non-refundable deposit payable to Milton Trager, M.D. to The Trager Institute.

April 11-13 San Diego, CA \$400
CONTACT: Cathy Guadagno, P.O. Box 901, Del Mar, CA 92014, 619-481-6215 — NR.

April 15-17 San Diego, CA \$400
CONTACT: Cathy Guadagno (see above) — NR.

Enrollment in the following trainings is handled by The Trager Institute ONLY. Make your \$100 non-refundable deposit check or money order payable to Milton Trager, M.D. in USA Funds. Non-USA people use ONLY international money orders in USA funds. Balance is due at The Trager Institute office on April 6 for Miami, April 13 for Washington, D.C., April 19 for Ohio, and May 11 for the California trainings. Waiting lists will be maintained at all locations.
NOTE: Registration will be handled on a first come/first serve basis.

April 20-22 Miami, FL \$400
CONTACT: The Trager Institute, 300 Poplar #5, Mill Valley, CA 94941, 415-388-2688 — NR. Public demo, April 19.

April 29-May 1 Washington, D.C. \$400
CONTACT: The Trager Institute — NR. Public demo, April 27.

May 3-5 Yellow Springs, OH \$400
CONTACT: The Trager Institute — NR. Public demo, May 2.

May 24-26 Marin County, CA \$400
CONTACT: The Trager Institute — NR. Public demo, May 27.

May 28-30 Marin County, CA \$400
CONTACT: The Trager Institute — NR.

TRAGER ADVANCED TRAINING

The Advanced Training is a small class open ONLY to Certified Trager Practitioners who are current members in good standing of The Trager Institute. The training consists of two parts — a Reflex Response Lab followed by the Trager Learning Clinic. In the R/R Lab, Dr. Trager teaches his work with paralysis, a special aspect of Psychophysical Integration which he employed most successfully in his own clinic in Mexico. In the TLC, Dr. Trager supervises the Advanced student's work with people who have such learning difficulties as MS, MD, polio, stroke, post-accident, arthritis, chronic pain, LBS, ALS, Parkinsons, asthma-empysema, CP and the like. Advanced students in the TLC will have several opportunities to work and to observe as well as to discuss the experience with Dr. Trager. Parts of the Training will be video taped. **Applicants need to have completed at least 2 Intermediate trainings with Dr. Trager to be considered.**

May 1983 Marin County \$600
May 13 & 14 Reflex Response Lab (R/R Lab)
May 16, 17 & 18 Trager Learning Clinic (TLC)

To apply for the May 1983 Advanced Training, please type the following information.

1. Summarize your Trager Trainings, with whom, where, when and what levels, include Trainings which you assisted.
2. State the nature of your Trager practice and whether or not you work with special problems requiring this type of training. Do you Trager full time? Part time? Do you practice other disciplines with Trager as a part? Be specific.
3. List all services performed on behalf of The Trager Institute, its trainings, public events, etc., such as assisting, promoting a demo, video crew, Asilomar conference, etc. Be specific.
4. State your background and experience in working with the public and/or individuals or small groups in such forms as teaching, counseling, organizing, performing, etc.
5. Please list other trainings, education and the like which support you in your Trager work.
6. Say anything else you feel will assist the selection committee and Milton to know you and to understand your preparation, readiness and need for this kind of training.

NOTE: IF YOU HAVE ALREADY WRITTEN TO EXPRESS YOUR INTEREST IN THIS CLASS . . . WRITE AGAIN . . . FOLLOWING THE DIRECTIONS GIVEN ABOVE & BELOW.

Mail your application with your non-refundable deposit of \$100 made payable in USA funds to Milton Trager, M.D. to The Trager Institute, 300 Poplar Ave., #5, Mill Valley, CA 94941 by March 21. Selection should be complete and confirmed by mid-April. (Graduates of former Advanced Trainings may apply for either the R/R Lab or the TLC or both. Acceptance will be considered ONLY on a space available basis.) Deposits will be returned if not accepted.

REVIEW CLASSES

Feb. 12 Santa Cruz, CA Carol Campbell \$35
9 am - 7 pm
CONTACT: Carol Campbell, 502 Poplar Ave., Santa Cruz, CA 95062, 408-429-8216

Feb. 12 Berkeley, CA Gail Stewart \$35
CONTACT: Gail Stewart, 415-841-4732

Feb. 28 Boulder, CO Sheila Merle Johnson \$45
CONTACT: Lael Keen, 2730 - 17th St., Boulder, CO 80302, 303-449-2232

March 15 Washington, D.C. Betty Fuller \$35
(Level I) 1/2-day
CONTACT: Sandy Zimmerman, PMTI, 7826 Eastern Ave., NW, LL-1, Washington, D.C. 20012, 202-726-1150

March 22 Washington, D.C. Betty Fuller \$35
(Level II) 1/2-day
CONTACT: Sandy Zimmerman (see above)

March 26 Santa Cruz, CA Carol Campbell \$35
9 a.m. - 7 p.m.
CONTACT: Carol Campbell (see above)

March 29 Yellow Springs, OH Betty Fuller \$50
CONTACT: Patricia Brade, 395 W. Center College, Apt. 150, Yellow Springs, OH 45387, 513-767-1816 Full day.

May 2-4 Paris, France Sheila Merle Johnson TBA
Residential
CONTACT: Michel Meignant, 1 rue de l'Etang, Louveciennes, Yvelines, 78430, France, 918-33-25 or 918-45-93

May 11 Santa Cruz, CA Carol Campbell \$35
9 a.m. - 7 p.m.
CONTACT: Carol Campbell (see above)

May 19 Mill Valley or Santa Rosa The Trager Instructors \$30
PRE-CONFERENCE REVIEW DAY
CONTACT: The Trager Institute

June 13 Mill Valley, CA Sheila Merle Johnson \$40
CONTACT: Sheila Merle Johnson, 112 Janes St., Mill Valley, CA 94941, 415-332-7557

SUPERVISED PRACTICE DAYS

Mar. 26 Marble Falls, TX Lynette Brannon \$20
CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768

Apr. 23 Marble Falls, TX Lynette Brannon \$20
CONTACT: Lynette Brannon, 3803-B Speedway, Austin, TX 78751, 512-454-9768

MENTASTICS CLASSES

- March 17** **Washington, D.C.** **Betty Fuller** **\$50**
 (For TI Members and the Public)
 CONTACT: Sandy Zimmerman, PMTI, 7826 Eastern Ave., NW, LL-1, Washington, D.C. 20012, 202-726-1150
- On-going Mentastics** **San Francisco, CA** **Delores Kvigne** **\$4**
 Saturdays, 9:30-10:30 a.m., 2480 Mariposa (at Alabama)
 CONTACT: Delores Kvigne, 388-7633 for more details.
- On-going Mentastics** **San Diego, CA** **Peggy Reynolds** **\$5**
 CONTACT: San Diego Trager Center
- On-going Mentastics** **Portland, OR** **Carlos Martin** **\$5**
 CONTACT: Carlos Martin, Everett Community Ctr., 503-238-4010

- Feb. 20** **San Francisco, CA** **Deborah Simon** **\$35**
 CONTACT: Deborah Simon, Sacramento Street Center, 2859 Sacramento St., San Francisco, CA 94115, 415-922-3478
- Feb. 26** **Kingston, Ontario** **Karen Goren** **\$35**
 CONTACT: Jack Watkins, 43 Huff Ave., Kingston, Ontario K7N 1S5, 613-389-4354
- Feb. 27** **Oakland, CA** **Julie Greene** **\$40**
 CONTACT: Julie Greene, Holistic Health Associates, 2080 Mountain Blvd., Suite 203, Oakland, CA 94611, 415-535-2434
- Feb. 27** **Palo Alto, CA** **Mark Bauman** **\$35**
 CONTACT: Mark Bauman, 745 Webster, Palo Alto, CA 94301, 415-324-1824
- Mar. 5** **London Ontario** **Karen Goren** **\$35**
 CONTACT: Nutan Joy, 49 Afkin Ave., London, Ontario N6C 1E5, 514-432-9606 or Danny Gadwa, 540 Colburne St., London, Ontario N63 2T8, 519-433-9988
- Mar. 11** **Virginia Beach, VA** **Jerry Tepifitz** **\$35**
 7:30 - 10:30 p.m.
 CONTACT: Judith Davidson, Fellowship of The Inner Light, 620 -14th St., Virginia Beach, VA 23451, 804-422-0635
- Mar. 12** **Calistoga, CA** **Sage Madrone** **\$35**
 CONTACT: Sage Madrone (see above)
- Mar. 20** **San Francisco, CA** **Deborah Simon** **\$35**
 CONTACT: Deborah Simon (see above)
- Mar. 26** **Toronto, Ontario** **Karen Goren** **\$35**
 CONTACT: Karen Goren (see above)
- Mar. TBA** **Palo Alto, CA** **Mark Bauman** **\$35**
 CONTACT: Mark Bauman (see above)
- Apr. 4** **Calistoga, CA** **Sage Madrone** **\$35**
 CONTACT: Sage Madrone (see above)
- Apr. 17** **Toronto, Ontario** **Karen Goren** **\$35**
 CONTACT: Karen Goren (see above)

ONE-DAY INTRODUCTORY WORKSHOPS

- Feb. 5** **Midland, TX** **Lynette Brannon** **\$35**
Barbara J. Hewitt
 CONTACT: Lynette Brannon, 3803 B Speedway, Austin, TX 512-454-9768, Barbara J. Hewitt, 613 Baylor, Austin, TX 78703, 512-477-8708
- Feb. 6** **Portland, OR** **Gwen Crowell** **\$30**
 CONTACT: Carlos Martin, 2917 N.E. Everett, Portland, OR 97232, 503-238-4010
- Feb. 12** **Houston, TX** **Lynette Brannon** **\$35**
Barbara J. Hewitt, Bill Scholl
 CONTACT: Lynette Brannon, Barbara J. Hewitt or Bill Scholl, Rt. 2, Box 10, Marble Falls, TX 78654, 512-693-2601
- Feb. 12** **Toronto, Ontario** **Karen Goren** **\$35**
(Walton)
 CONTACT: Karen Goren, 33 Rosehill Ave., Apt. 207, Toronto, Ontario M4T 1G4, 416-927-0707
- Feb. 20** **Calistoga, CA** **Sage Madrone** **\$35**
 CONTACT: Sage Madrone, 5150 Hwy. 29, Calistoga, CA 94515, 707-942-5986

BETTY FULLER will offer 2 special Introduction to Trager Workshops in June. The first is a full day Institute, June 22 in Toronto, Ontario for the annual meeting of the Association of Humanistic Psychology (AHP.) Details about participation for Trager folk in the area will be in the forthcoming newsletter. AHP is attend by several thousand professionals and students from all over the world. She'll fly out that evening for Helena, Montana to begin a week-long residential workshop at the world reknown Feathered Pipe Ranch. The Ranch Review write-up follows. For more information write to Yoga Vacations, Box 255, Helena, MT 59624.

JUNE 22-29, 1983

FEATHERED PIPE RANCH

COST: \$595.

Through the principles of Trager, Feldenkrais, Alexander, and Rolf, BETTY FULLER will guide us in experiencing *The Levity of Gravity*, allowing us to lighten our load, lift our hearts and soar with the sundancers. She draws on backgrounds in theater and counseling to create a bodywork that is playful, practical and uplifting. A remarkable woman, Betty comes highly recommended and is an instructor requested by many of you. She is Director of The Trager Institute and the first person trained to practice and teach Dr. Milton Trager's work.



THE TRAGER INSTITUTE
 300 Poplar Ave., Suite 5
 Mill Valley, CA 94941
 (415) 388-2688



FIRST CLASS

PLEASE FORWARD

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