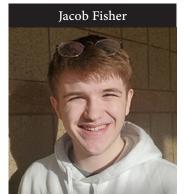
THE MUSTANG POST

Artist Spotlight: Koi Hiller

SHEYENNE HIGH SCHOOL'S OFFICIAL NEWSPAPER - MAY 2022

THE MUSTANG POST



Editor, Journalist, & Broadcaster



Journalist & Sports Commentator

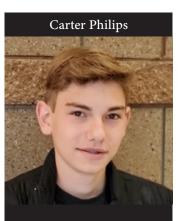


Journalist



Editor & Journalist





Journalist and Broadcaster

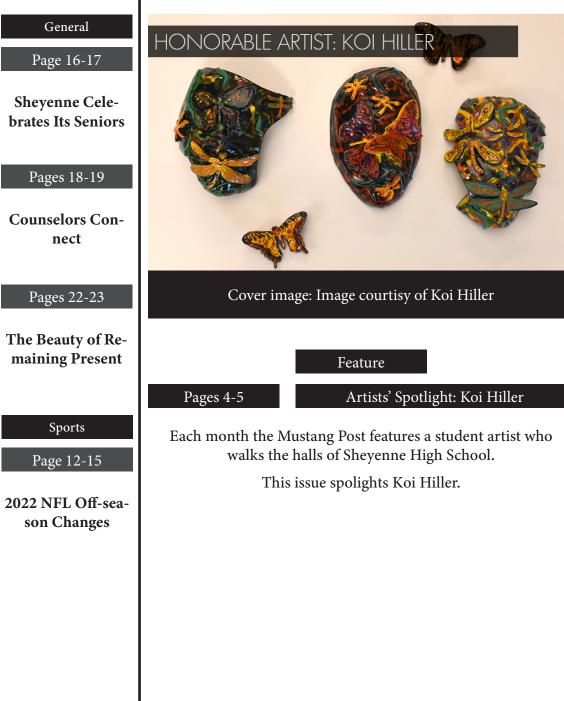


Assistant Editor & Journalist





Journalist and Broadcaster





MAY 2022

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Icon Kendrick Lamar's Music **Evolution**

letter from the editor

Dear Mustang Readers,

Relationships are the key to success and conflict. As the 2021-2022 school year comes to an end, there will be many new relationships continued beyond the walls of Sheyenne.

However, the relationships that have been built here are continually changing, year to year, as we see seniors leaving for new challenges and incoming freshman adapting to the unfamiliar halls of Sheyenne.

Other changes are taking place as well including with the Mustang Post. Beyond the new website and eMagazine, our broadcast crew is focusing their attention on creating monthly broadcasts many students will enjoy. This will strengthen Sheyenne's identiy while building a community and strengthening relationships with all of us at Sheyenne.

With Jaxson Miller and Jacob Fisher as lead an-

Many thanks,

Brooke Markworth, Editor and Journalist for the Mustang Post

nouncers, they hope to spread more news through-

Minneapolis. The desk has a built in TV, plexiglass counter, wood structure, built-in lighting and

within our community is by featuring students through our Arists Spotlight, Star Athletes, Star

incorporated into our Mustang Post Broadcast.

within our sheyenne community.

That news has been helped by Mr. Knodel and the news desk he requisitioned from Fox News in

One way we have incorporated relationships

Performers, and Star Academics. These will also be

By incorporating these new changes, our goal

through the Mustang Post is to build relationships

out Sheyenne.

screen.



SCRUBS CAMP Minnesota State University Moorhead June 27-30, 2022

Explore the growing healthcare industry through engaging, hands-on activities during Scrubs Camp — a three-day course for students entering grades 10-12 this fall. Learn about nursing, microbiology, athletic training, mental health, holistic medicine and more as you jumpstart a potential career in healthcare.



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MNSTATE.EDU/SCRUBS-CAMP

By Hailey Boehme

This year, artists at Sheyenne High School have excelled, achieving local and in Koi's case, national recognition. Senior, Koi Hiller, has been awarded for her hard work and dedication with American Visions Award. The acceptance of this award will take place in New York City at the famous Carnegie Hall.

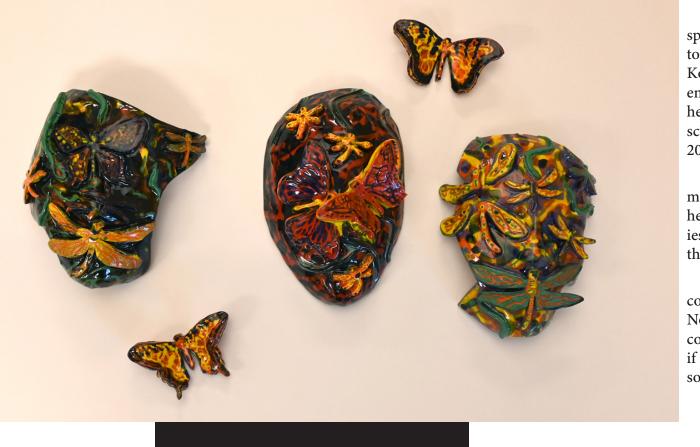
Her artwork titled "Death is Beautiful" was created with red earthenware media and if you look closely, it displays important details. The story behind this project is one that has touched the hearts of many people.

In this year alone, Koi has lost many people dear to her and her family, one of these people being her dad. She shared how her passion for art has helped her cope with all the unknowns of navigating life without these special people. She expressed her desire to rewire her thinking from the hatred she felt to finding the hidden beauty, saying that "that's what art is, you express how you feel."

This story inspired her mask creations as each one represents not only a way to remember those she lost, but also to show the stages of grief she has gone through over this hard time. "This is going to be the series that is after them and their memories that not everyone knows today..." she shared, "there is intention in each mask. This is where I was broken, this is where I started to get put back together, and this is where I'm whole again."

After these losses though, her definition of "whole" has changed, adding that there might always be pieces missing that belong to those who have been lost. This artwork, after all, was about the transition after death, and all the broken pieces that can still be found beautiful. Details such as the butterflies and dragon flies are used to present this to viewers.

Along the way, Koi has had some amazing support,



Part of Koi's artwork submission. "Death is Beautiful"

specifically thanking her art teacher, Ryba, who pushed her to ask questions and explore more concepts in her artwork. Koi spent a lot of time in the art room and found that the environment aided her in the long hours she put towards her work. This project was started at the beginning of this school year, in 2021, and wrapped up in the early months of 2022.

To Koi, a big trip like this will be new. She said she is most excited to experience the culture of New York City for herself rather than only knowing what she sees in the movies. One of her main destinations in NYC is the museums there.

As for her future in art, Koi received scholarships to continue her art. One of the places she is interested in is North Dakota State University (NDSU). Despite these college considerations, Koi will continue making art even if it doesn't result in a career. To her, art is a passion, and in some ways, a lifestyle.



Eighth Wonder Productions: Sheyenne Students Bond through Horror

By Carter Phillips

Eighth Wonder Productions is not a company whose logo will host any of this summer's latest blockbusters.

We are not part of the film industry. We represent a band of outsiders. The presence of our logo at the start of a film stamps it as unique and memorable.

The closest upcoming project from Eighth Wonder is They Came from the Attic: The Revised Cut, which is scheduled to be released on 5/15/2022.

There are hopes that it will get accepted into a few film festivals but the plan is to post it at least on the Eighth Wonder YouTube Channel on release date.

They Came from the Attic is a no budget short film, created by some friends, here in North Dakota.

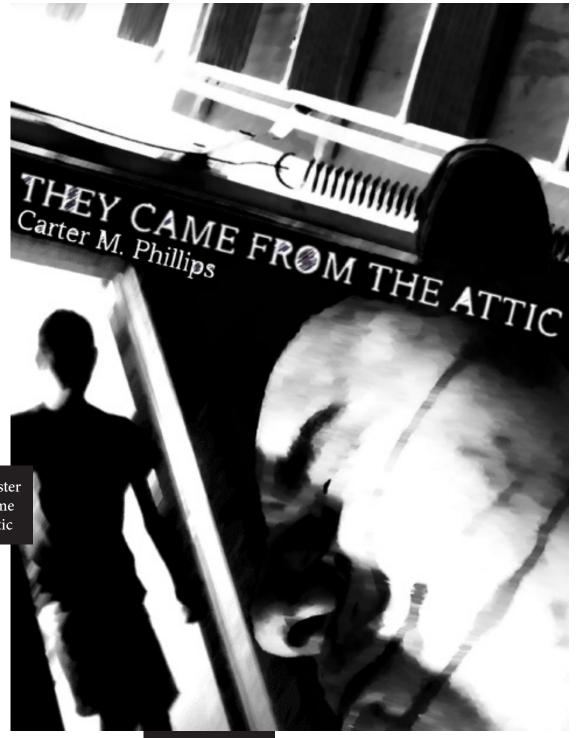
It all started in July of 2021.

I had to abandon a previous horror short film and, in loneliness, and boredom, got the idea to make a strange little movie about creatures living in the attic.

"We had thought that the house we bought was just like any other. Then the owners warned us nev-



The main poster for They came from the Attic





er to keep the attic open after dusk."

"We thought they were just joking, playing some kind of trick. We soon found out why they told us not to and strictly adhered to the rule."

"Eventually I needed something from the attic."

"Evening was still approaching but the sun was still high. Not that I would have known. The clouds covered everything except the ground," I said in the opening monologue of the film.

Although it began as a lone passion project, it would not remain that way. Finished on the eve of a major surgery, the production was picked back up in December for a revised cut.

This time there would be a crew and there would be a full cast.

Ideas that were thought out but not given freedom would be exposed correctly, as to convey necessary plot and nuance.

Joining the production were Gavin and Aiden Villareal, formerly of Sheyenne before an abrupt move to Wahpeton as well as Tuker Heil and Larry Napoleon. Midway into march, as shooting was nearing its end, we gathered at Heil's house to do some promotional interviews. These interviews were never released to the public -even edited- until now.

When asked about the short film Heil said, "I helped position some of the camera features," later mentioning his work with the special effects and lighting.

When asked about working with his friend Larry Napoleon who appeared in the film, he added, "[We were] working great with Larry. He helped feature in one of the key scenes -death scenes."

Meanwhile Gavin mentioned, "I found out sometime about -almost six months ago. I remember uh, the director sending me a script. I remember him sending me that and he's like, 'Hey, want an opportunity? Want to do this?' I had a good time filming it. It's definitely not something I regret doing."

"Before I started making films, I made photographs, so I was a photographer, like an amateur one, I wasn't professional but, I thought if I'm going to make movies, because that's always been my goal, I should start by taking photographs and I can first perfect the craft of composition before I get moving into movement,"

Replying to a question about the inspiration of the film, I continued,

"So, I was looking at these old photos of my attic ... I was looking at them and I remember I added in one and I wrote, 'It was from the attic that they came' ... I had it so that each word was on a step of the ladder and uh, I remember ... when I added that ... I had this vague idea of this story."

"It just kind of came to me. When I get movie ideas, sometimes they all come to me at once. [Or] I just get this prompt that I can go off of."

Part of the appeal of this production is that it combines all the different annals of horror cinema, and places them into a domestic setting.

Because two of the cast and crew members live out of town, the shooting was often done on sporadic dates, weeks apart from one other.

This led to two things.

Firstly, an ungodly amount of time to re-edit, possibly reshoot and re-plan.

I would show scenes from the film to people, usually fellow crew members, to recognize reac-

Low-angle, closeup of a door knob while constraining the viewer's attention leads into a suspenseful reveal once the door is opened. tions.

What got laughs, or signs of boredom would be re-edited and at times reshot until perfection.

This kind of sudden shooting also leads to an uncanny avenue of cinema because the main character ages and matures as the film goes on.

My performance gets better with each scene.

As the world becomes unbelievable, the character only gets more grounded.

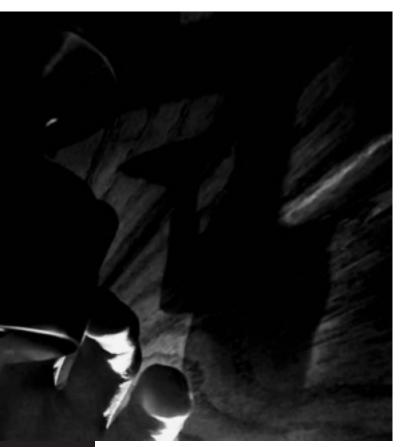
The façade of hidden emotions is breaking and by the climax, it is entirely undone.

Both the character and I, the kid behind it, are different people by the final scene.

Its true that I had been wanting to experiment with something like this long before They Came.

Originally, I had the highly ambitious idea to shoot a film in the span of an actor's entire lifetime, in which a character is able to see and communicate with himself at different stages of his life in a dreamlike limbo.

Although far from a movie about shapeshifters in the attic, the war between past and present as well as reality and fiction is still there.



This time death is brought into the mix. The themes of this film and other finished screenplays seem to have only gotten more relevant to the cast and crew as time goes by.

What's next after They Came from the Attic?

Over the summer we will shoot the highly ambitious anthology horror film: The Memories Lost to Slumber, also known as Nightmares After Sunset. The estimated runtime is 40 to 60 minutes.

There is also talk of a sequel to They Came from the Attic called They Came from the Basement, and possibly even a final third film: They Came from the Countryside.

As mentioned earlier, we have plans for it to be available through Amazon Prime and YouTube.

Again, we plan to submit it to multiple film festivals, but it will seep into the deep abyss of obscurity unless YOU watch it and share it with others.

Low-angle shot from They Came from the Attic using lowkey lighting to create suspense and direct the viewer's attention to the door.

Dutch, low-angle shot used to create a sense of uneasiness in the view while leading up to a tragic scene. The low-key lighting obscures the subject's face to fade into a reveal.









PRODUCTIONS

2022 NFL OFF-SEASON GOES OUT OF HAND WITH NEW CHANGES

By Logan Staska

Cincinnati Bengals loss to the Los Angeles Rams in the Super Bowl ended the 2021-2022 NFL (National Football League) season. Ever since then, one of the wildest off-seasons was launched, which will cause the NFL's 2022 season to look more different than it has before.

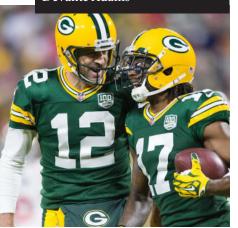
One way the NFL was going to look different was with Tom Brady's retirement.

Tom Brady has played 22 seasons, winning six Super Bowl's with the New England Patriots and one with the Tampa Bay Buccaneers.

Many NFL fans pondered on when his retirement would be. But on February 1st, he announced that he was stepping away from the field.

The league was going to look very different since he's been in it for the past two decades, until he announced his return to the NFL after a one-month retirement.

Tom Brady will be coming back to Tampa Bay to play his 23rd season. Aaron Rodgers celebrating with ex wide reciver for Packers, Devante Adams



Another quarterback that was in the news was Green Bay's Aaron Rodgers. Many thought that Aaron Rodgers wasn't going to be in Green Bay after last year.

Throughout the season, he gave clues on wanting to leave Green Bay to play at another team.

The two teams that showed a lot of interest in him were the Pittsburgh Steelers and the Denver Broncos.

However, Aaron Rodgers resigned to the packers for 50 million a year for four years. Many fans were shocked and Packer fans were ecstatic.

But with this signing of

Aaron Rodgers, the packers were not able to keep, arguably the best wide receiver in the league, Devante Adams.

Devante Adams signed to the Las Vegas Raiders being reunited with his old college quarterback Derek Carr.

With the Packers re-signing a top two quarterback, that left him with nothing much to support him.

Along with Devante Adams leaving Green Bay, one of the top defensive players on the packers, Za'Darius Smith, left the packers to go to the Minnesota Vikings.

It is going to be interesting to see how the Packers are going to be. They could be either one of the best teams or be stuck on the bottom.

With neither the Broncos nor Pittsburgh Steelers being able to land Aaron Rodgers, they both got a new quarterback to lead the team.

Denver Broncos landed on one of the best quarterback options with the signing of Seattle Seahawks quarterback Russel Wilson.



Russel Wilson brought the seahawks to two Super Bowls winning one and losing one.

With the retirement of Ben Roethlisberger, who was the Pittsburgh Steelers starting quarterback for the last 18 seasons, they landed on Buffalo Bills back up quarterback Mitch Trubisky.

Trubisky was the Chicago Bears starting quarterback before being demoted to a backup behind Josh Allen.

Buffalo Bills however also picked up two-time Super Bowl winning linebacker Von Miller.

Von Miller won his first ring with the Denver Broncos and won his second ring with the Los Angeles Rams the previous year.

The Bills already had a dangerous offense and defense, but picking up one of the best linebackers in history will only make them more frightening. Another linebacker to switch teams was Khali Mack, linebacker for the Chicago Bears. During this years off season Khali Mack went to the Los Angeles Chargers.

The Chargers have a dangerous offense being led by Justin Herbert. And now the chargers might have one of the better defenses in the league.

The Chargers also acquired cornerback J.C Jackson to their roster from the New England Patriots, making their defense a top-notch defense.

Bobby Wagener is another linebacker to leave their team. Bobby Wagener left the Seattle Seahawks to go to the previous Super Bowl winners the Los Angeles Rams.

The Rams now have the number one defensive linemen, linebacker, and corner in the league.

Another Bears player to leave was wide receiver

Allen Robinson going to the Los Angeles Rams.

Another major trade to take place was Tyreek Hill leaving Kanas City to go to Miami.

Tyreek Hill is the fastest wide receiver in the NFL and was a major weapon on the field for number one quarterback Patrick Mahomes.

With this trade, the Miami Dolphins now have the fastest wide receiver core with having Jaylen Waddle and now Tyreek Hill.

Miami Dolphins traded Devante Parker to the New England Patriots and the Kansas City Chiefs picked up Pittsburgh Steelers wide receiver JuJu Smith-Schuster.

The Cleveland Browns signed Houston Texans quarterback Deshaun Watson. Watson dealt with legal trouble during last season, and we couldn't see one of the best quarterbacks in the NFL play.

However, Watson beat his case and got off not guilty and will continue his career with the Cleveland Browns.

With this pick up, Baker Mayfield who was the starting quarterback for the Browns, was kicked to the curb and is now on the search for a new team.

Going with Deshaun Watson to the Cleveland Browns is Dallas Cowboys star wide receiver Amari Cooper.

The Jacksonville Jaguars should look way better then they did last year. They had the first overall pick where they picked star college quarterback Trevor Lawrence.

To help Lawrence they picked up Arizona Cardinals wide receiver Christian Kirk after giving wide receiver DJ Chark to the Detroit Lions.

Not only will this move help the jaguars, but another first overall pick in this year's draft will help the Jags.

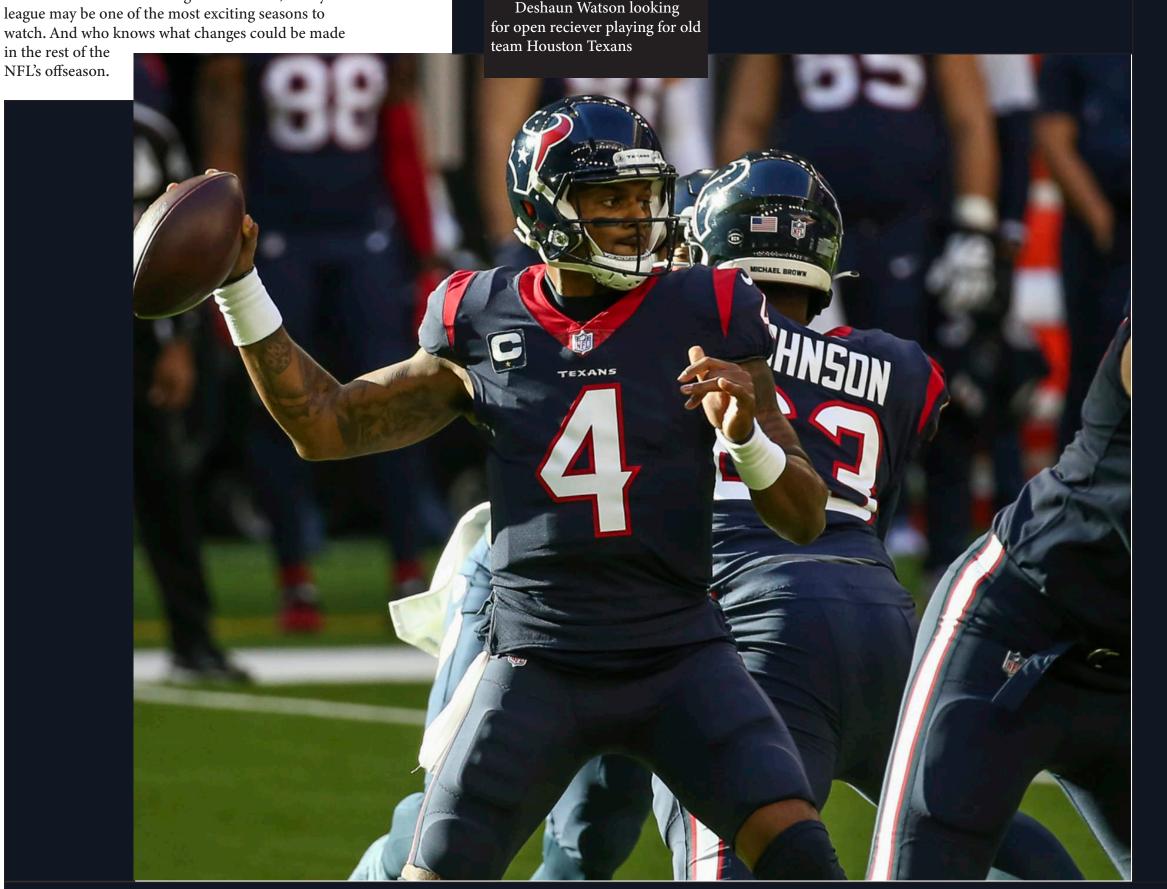
Some other major moves this year includes Carson Wentz going to the Washington Commanders and longtime Falcons quarterback Matt Ryan leaving to take place of Wentz in Indianapolis as the new starting quarterback for the Colts.

College star quarterback Marcus Mariota will cover for Ryan's absence in Atlanta.

With all these new changes to the NFL, next years league may be one of the most exciting seasons to

in the rest of the NFL's offseason.

Deshaun Watson looking team Houston Texans



SHEYENNE CELEBRATES ITS SENIORS



Vivienne Heidt

Vivienne Heidt is a senior who has participated in Sheyenne Volleyball, Track and Field, Student Council, and Philanthropy and Youth. Vivienne is also a member of the National Honor Society at Sheyenne High School. Once she graduates, Vivienne will be attending the University of Wisconsin-Stout to continue her volleyball career, while studying Applied Chemistry and Molecular Biology in order to purse a career in forensic pathology. Vivienne's favorite quote to live by is "It is only with the heart that one can see rightly; what is essential is invisible to the eye"-Antoine de Saint Exupery.

By Brooke Markworth

There are many things to celebrate about our senior 2022 class at Sheyenne High School.

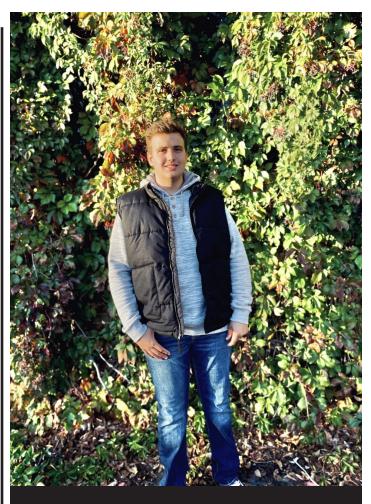
They have worked hard to become the people who they are today and will go into their future with lasting memo-

ries from their time at Sheyenne.

Vivienne Heidt, Paige Harry, and Logan Staska are some of the outstanding seniors who have made a great impact at Sheyenne.



Paige Harry is a senior here at Sheyenne High School who has participated in Swimming, Diving, and Cheer. During her swimming and diving career, she has made the 1st All-State Team, 2nd All-State Team, and the 1st All Conference Team. Paige holds a school record in Diving for Sheyenne. She is also on the National Honor Society, who has volunteered throughout her junior and senior year. Paige has lettered in academics, diving, and cheer. Once Paige graduates, she is going to college at South Dakota State University. She also wants to work at UCLA as a sports performance dietician and help coach their gymnastics program. Her favorite quote to live by is "Dreams don't work unless you do."



Logan Staska

Logan Staska is a senior here at Sheyenne High School who is an inspiration to many of his peers. Logan is one of the broadcasters for Sheyenne Mustang Media. He also enjoys playing lacrosse for the Red River Valley Polars. After high school, Logan is going to the Minneapolis Community and Technical College for Sound Arts. He's looking forward to become an audio engineer. Logan's favorite quote is "Life is 5% of what happens and 95% is how you react to it."

COUNSELORS

The counseling team provides a range of services and implements initiatives to meet the needs of an ever-broadening population at Sheyenne High School. Here's a look at their recent student-centered support and celebrations of success.

Counselors Guide

Last month we talked about transcripts, see the April issue for that information. This month we're talking about Mental Health.

May is Mental Health Awareness Month! The counseling office believes that EVERY DAY is an opportunity to be aware of your mental health and the mental health of those around you. There are a number of ways that you can observe Mental Health Awareness Month, but the 3 most important ways are to: 1) Take care of yourself; 2) Take care of your loved ones; and 3) Talk about mental health.

Mental Health is a very broad term and it is important to know that taking care of your mental health can range anywhere from being stressed out and just needing a good cry, to needing to see a counselor or therapist, to needing to see a medical doctor for medication.

As individuals you know your mind and body



The Counseling Team Back Row, Left to Right

Penny Aipperspach, Erin Beck, Jess Steiner, Christiana Steffen, Laura Stenerson, and Kim Ziemer

> Front Row, Left to Right Krystal Haugen and Jessi Raile



better than anyone else, so if you notice that things have changed and don't seem "right", SAY SOME-THING, TELL SOMEONE. We often notice these changes in the people around us too, so check in on your friends and family if you see a change in their mood or behavior. Whatever you do, don't be afraid to acknowledge these changes and TALK ABOUT MENTAL HEALTH!

With summer break approaching, you may feel disconnected to your usual supports here at school over the summer months, so if you notice any changes in yourself or your loved ones, please make sure that you talk to a trusted adult at home or in your family. There is a lot of mental health support in our area; please don't hesitate to reach out and make your health and happiness a priority.

Local Resources: https://tinyurl.com/2p8722tf

ICON KENDRICK LAMAR'S MUSICAL EVOLUTION

By Logan Jacobs

Kendrick Lamar, is one of the biggest names in music history and an amazing artist who made a name for himself by working hard and making beautiful music.

He started off at a young age releasing small mixtapes which garnered notoriety on the west coast.

Under the name "KDot" he would sign to TDE or Top Dawg Entertainment and slowly release more mixtapes and singles, even receiving a cosign from Lil Wayne.

While releasing two more mixtapes Kendrick would change his stage name to his birth name. Finally going by Kendrick Lamar, he announced his first independent album under the name "Sec-

tion.80".

Section.80 would soon put Kendrick's name even further on the map including features from artists such as GLC and School-Boy Q. The album's first single "HiiiPoWeR" released a few days after the announcement of said album. Section.80 would be released on July 2nd to high praise, with many people around the world coming to the realization that Kendrick is or will soon become the king of the west coast scene.

Kendrick's first studio album "*Good Kid M.A.A.D. City*"(MAAD CITY) was announced in March of 2012, the

lead single, "Drank" releasing July 31st .

MAAD City was an album that told a tale of Kendricks life and was very popular because of it, singing about his life in Compton.

MAAD City started a trend of greatness for

Kendrick with his two following studio albums being some of the greatest of all time.

Kendrick Lamar went on to make *To Pimp a Butterfly* (TPaB) and *Untitled, Unmastered*, with TPaB being seen as Kendrick's masterpiece and one of the best albums of all time. Untitled Unmastered would include cut songs from TPaB, having them all be untitled and unmastered. TPaB and UU would instantly become classics in Kendricks's discography.

DAMN, Kendrick Lamar's latest album* would shock the world with a tale of Duckworth, Kendrick's father. This album would become one of his most popular albums with Humble, the lead single of the album reaching over one billion streams.

The end of this era of Kendrick would be with the

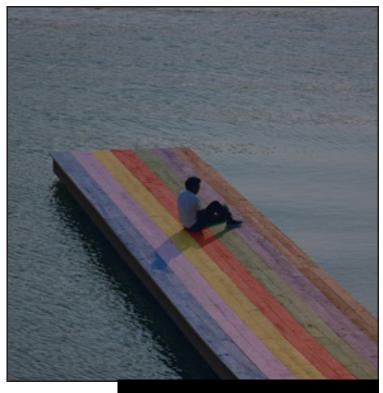
Cover Art For DAMN





Kendrick Lamar Preforming at the Super Bowl

20



The Melodic Blue, Baby Keem's First Studio Album

soundtrack for Black Panther, as Kendrick would soon go into hiatus.

Kendrick Lamar would break this hiatus not with a new album but instead by working with his younger cousin, Baby Keem. Both would work on *The Melodic Blue*, Baby Keems first studio album, even signing him to his new record label PGLang.

oklama.com on April 18th announced Kendrick Lamar's new album, *Mr. Morale and The Big Steppers*, to come out May 13th.

The Beauty of Remaining Present



By Keona Munowenyu

While many might think that nostalgia is a harmless love for the past in reality it just prevents us from accepting new things.

In an article from Goodhousekeeping Dr. Zengel, a psychologist and nostalgia expert, disclosed that personal nostalgia is "yearning for the past in regards to one's individual experience." Although there may not seem any immediate harm from "yearning for the past" this article continues to reveal why that may not be a constructive state of mind. "Too much yearning for the past can negatively take your attention away from the present and lead to feelings of depression by stifling interest in forming new relationships and personal growth" claims phycologist specialist Dr. Batcho.

This doesn't mean we shouldn't wish for the good old days to come back but why have a loaf of bread when you can have it sliced! Society needs to embrace the future without feeling like they are abandoning the past.

For instance, let's buckle up and look back at 1968, when according to the Wisconsin Public Radio seatbelts officially became mandatory in all new United State vehicles. Was this a major change for the American people, yes, but that does not necessarily mean we have to be nostalgic for the past without seatbelts. The United States Department of

Transportation supports this narrative by disclosing That may be true for some but personally I prefer how seat belts have saved an "estimated 14,955 lives the present reality that we live in. Sure am I pretty bummed out that most things I adored about my and could have saved an additional 2,549 people if they had been wearing seat belts, in 2017 alone." childhood are over like watching the Golden Girls on Saturday morning or getting excited to buy can-The advancement of the human mind is something to be proud of. An article from the Smithsonian on dy at the swimming pool, but that's okay. I already Automobile Safety reveals that it wasn't really until feel nostalgic about my time here at Sheyenne and I have yet to receive my diploma. It doesn't make me the 1950's that people actually realized "it was safer any less excited for my future and its finding that to be fastened inside a car than thrown out during a collision." Given this information, I believe it's balance that is important. accurate to say nostalgia applied to everything is Dr. Zengel was right that "Too much yearning not necessary.

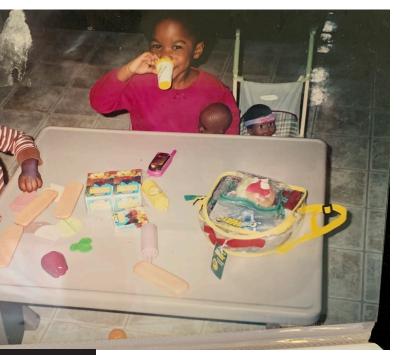
Sometimes it's good to live in the moment. As a graduating senior this year I have tried my hardest to not stress so much about the future. Its almost impossible because I still have at least 3 major things to figure out such as finding a roommate for university (that wont throw up on my carpet), figuring out my grad party, and preparing my self for the National Speech and Debate Tournament.

But instead of thinking "Wow I have a lot of stuff to figure out," I have decided to let that be future Keona's problem. We cling to the past because we believe we were happier then than we are now.

Me and my brother Garret playing pretend

Dr. Zengel was right that "Too much yearning for the past can negatively take your attention away from the present." At first glance it may appear that Dr. Zengel is saying we as humans should never look fondly on the past which is incorrect. You can appreciate something that is gone without yearning for it to come back. I'm grateful for the memories I have and I'm excited for the new ones I'll make.

I feel well prepared to "Live Laugh Love" in these conditions.



CONNECTING THE VAMPIRE DIARIES UNIVERSE

By Catlyn Anderson

If you haven't watched The Vampire Diaries, The Originals or Legacies this is your spoiler alert. I will be going in depth into storylines throughout the shows to explain how they are connected.

In The Vampire Diaries the Mikealson family is introduced. After Bonnie Bennett who is a witch did

a spell to undo the spell that Klaus' mom did on him as a child to suppress his werewolf side, Klaus became the original hybrid.

When Klaus became a hybrid, he met Hayley Marshall. Hayley learns that the werewolf pack that she was born into was in New Orleans.

When the Mikealsons return to New Orleans is where The Originals begins. After Hope was born, the

Mikealsons fight many foes to keep her alive. In season four of The Originals there was a dark magic entity that threatened Hope's life, so her family sent her to the Salvatore Boarding School for the Young and the Gifted at the age of seven.

This is how The Originals ties into Legacies. Legacies follows Hope and her friends, protecting their school and the town from supernatural threats.



In the upper left hand corner are the three main characters from The Vampire Diaries.

In the bottom are the main charavters from The Originals.

In the upper right hand corner are the main charaters from Legacies.

The headmaster of the school is Alaric Saltzman. Alaric was a vampire hunter for a while. After he became a vampire, he stopped hunting them.

After his daughters were born and grew up a little bit, Alaric decided to open the school. That is how The Vampire Diaries, The Originals and Legacies are tied together.

THE MUSTANG POST



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