

CLASS OF 2023

WELCOME FRESHMAN PARENTS



ORHS College and Career

Planning Overview

- **Importance of Balance and Connection**
- **Graduation Requirements**
- **Grades/Academic Performance**
- **Post High School Options**
- **Additional Opportunities & Events**



Be Real, Dare to Question, Care for Others, Find Balance

HOW TO MAKE HIGH SCHOOL A GREAT AND HEALTHY EXPERIENCE

- Take care of your body!
 - Eat healthy, exercise, and SLEEP AT LEAST 9-9 1/2 HOURS each night
- Pay attention to your mood and feelings! Learn ways to manage stress
 - If you are worried about something, ask for help! Ask a parent, a friend, or an adult on campus (teacher, counselor, assistant principal, etc.)
- Accept yourself! Everyone is unique!
- Develop a good balance between school, extracurriculars and social life.
 - Stay involved but don't overcommit!
 - Study and do your best in school!
 - Advocate if you need help!
- Manage your screen time!
- Maintain a good relationship with your parents!
Communicate
- Treat others with respect!



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LET'S TALK ABOUT THE PRESENT...

HOW TO GRADUATE FROM ORHS!



240 Credits are Required to Graduate

<u>Course Requirements</u>	<u>Credits</u>
English	40
Social Studies	30
Math (minimum Alg. 1)	30
Science (1 Life and 1 Physical Science)	20
Health	5
Computer Technology	5
Fine Arts / World Language / CTE	10
Physical Education	20
Electives	<u>80</u>
	240



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GRADE REPORTS

Grading Periods

- September 13 (progress)*
- October 11 (quarter)
- November 8 (progress)*
- **December 20 (semester)**
- February 7 (progress)*
- March 13 (quarter)
- April 17 (progress)*
- **May 29 (semester)**

*Progress report cards are given to students in their 3rd period class to take home

Semester grades are recorded on permanent transcript

Per	Course Title	Teacher Name	1st		2nd		3rd		4th		2nd	Cred	Cl	WH	Absent	Comments
			Prg	Qtr	Prg	Sem	Prg	Qtr	Prg	Sem						
2	Earth/Space Sci	Larsen E	A								5.00				0	
3	Exp.Comp.Sci	Allen S	A								5.00				0	
4	Adv English 1	Lucidi N	B								5.00				0	
5	Life Fitness 1	Skaggs R	B								5.00				0	
6	Algebra 1	Eisenhart M	B+								5.00				0	Pleasure to have in class Positive Attitude
7	Spanish 1	Rodriguez de la Rosa	A								5.00				0	



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AERIES

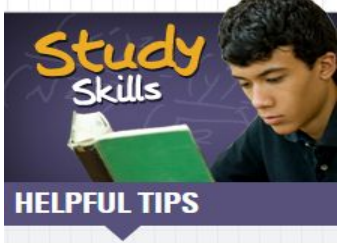
Parent Access (Need E-Mail Address & Password)

- Student Info
 - Demographics
 - Emergency
 - Class Schedule
 - Test Scores
- Attendance
- Grades
 - Class Assignments
 - Homework
 - Grades
 - Graduation Status
 - Transcripts

Email: speterson@eduhsd.net to get connected



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HELPFUL TIPS

Developing strong study skills and time management will help you get through school and succeed in life!

- Pay attention in class
- Take good notes
- Eat well and get rest
- Read all assignments
- Form a study group to test your knowledge with your friends

Check out these other helpful tips:

Successful study techniques

Find resources for homework

Tips for writing effectively

Improve your critical thinking

I AM HAVING DIFFICULTIES IN MY CLASSES. WHAT SHOULD I DO?

1. Have you been completing and turning in your homework? Are you understanding the material? What are your test scores like? Have you been attending class? Do you know how to access the homework required for the class? Sometimes asking these simple questions can help put the “problem into perspective”
2. The next step is to contact the teacher and if necessary arrange for a meeting.



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MY CHILD IS HAVING DIFFICULTIES IN THEIR CLASSES. WHAT SHOULD I DO?

1. The first step is to talk to your child. Have they checked Aeries? Ask them what they think the problem is. Have they been completing and turning in their homework? Is your child understanding the material? What are their test scores like? Have they been attending class? Do you and your student know how to access the homework required for the class? Sometimes asking these simple questions can help put the “problem into perspective”
2. The next step is to contact the teacher (via email or phone) and if necessary arrange for a meeting.



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How do I reach my student's teacher

- Look to see if the teacher has a website under the School Info tab
- Email the teacher :
First letter of their first name, last name, @eduhd.net
- Check Staff Directory on website
 - Phone or email contact

<http://orhs.eduhd.k12.ca.us/> ORHS website

School Info
▶ Administration
▶ Student Expectations
▶ Attendance Information
▶ ORHS Office Contacts
▶ Bell Schedule
▶ Campus Map
▶ Dress Code
▶ Foods & Nutrition Services
▶ Health Information
▶ Library
▶ Mission
▶ Registrar/Transcript Requests
▶ School Reports
▶ Site Council

Teacher Web Pages

You Are Here: [Home](#) » [School Info](#) » [Teacher Web Pages](#)

[Alazzawi, Lauren](#)

[May, Kim](#)

[Argueta, Kristina](#)

[McIntosh, Toby](#)

[Barron, Silvia](#)

[Moraga, Julie](#)

[Bergin, Christy](#)

[Mulert, Ellen](#)

[Bettencourt, Kelly](#)

[Pecoraro, Becky](#)

[Brown, Angela](#)

[Pendleton, Ann](#)

[Campbell, Keith](#)

[Cardinale, Rocco](#)

[Prather, Julie](#)

[Cater, Courtney](#)

[Rhyan, Casey](#)



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COUNSELING OFFICE RESOURCES

- Graduation Requirements
- Course Selection
- Post Secondary Planning
- Tutoring Resources
- Student Wellness

To schedule an appointment, students may stop by the Counseling Office before school, after school, break, or lunch. You may also call to schedule. For quick questions, you may find your Counselor out on campus at Break or Lunch.



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Counseling Website Resources



- Counseling & Career Center
- ▶ **Counseling**
- ▶ News and Information
- ▶ Advanced Placement
- ▶ Career & College Grade Level Planning Guides
- ▶ Counseling Staff Directory
- ▶ Counseling, Registration, and Enrollment Documents
- ▶ Course Information
- ▶ Graduation Requirements &

Counseling

You Are Here: [Home](#) » [Counseling & Career](#)

Welcome to the ORHS Cou

Counselors assist students and paren objectives, school programs, and relat counselors at Oak Ridge High School,

Counselors work with students to dev development. Through individual cou courses, plan for post-secondary educ

- News and Information
- Advanced Placement
- Career & College Grade Level Planning Guides
- Counseling Staff Directory
- Counseling, Registration, and Enrollment Documents
- Course Information >
- Graduation Requirements & College Planning >
- Parenting Resources & Challenge Success
- Teen Wellness
- Tutoring
- Transcript Request
- FAQs

educational and vocational
pupils. There are six

personal, and vocational
students select appropri
goals.



Counselor Assignments

<u>Last Name</u>	<u>Counselor Assignment</u>	<u>Extension</u>
➤ A – Ch	Jon Pratt	3051
➤ Ci - Gr	Jill Howard	3053
➤ Gu - K	Kim Cerutti	3310
➤ L– Per	Jenisse Bovo	3057
➤ Pet - Sn	Darsy Arburn	3052
➤ So - Z	Mandy Fiedler	3055

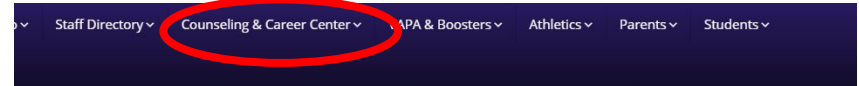
Call (916) 933-6980 X 3050 or Email: first initial & last name [@eduhsd.net](mailto:eduhsd.net)



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College & Career Center Resources


- Volunteer Opportunities
- College information sessions
 - 60+ college rep visits in Fall
- Career exploration
- Post Secondary Planning Events
- Work Permits
- Resume assistance
- SAT and ACT prep study guides
- Spring Career Expo & Job Fair
- Scholarships & Financial Aid guidance



much more! Stop by with your questions or to get connected with upcoming opportunities, college visits, workshops, and presentations.

Alyce Rogers, Career Guidance Specialist
(916) 933-6980 x3065
arogers@eduhdsd.k12.ca.us

Tip: Want to be in-the-know about Career Center opportunities? Make sure you have an updated Student Square account. Add your cell phone number and make sure you're set up to receive text messages if you want.

 **How to Join Student Square**
[Click Here](#)

College & Career Information

Upcoming Events	College Resources	Reference Books	Financial Aid
ACT & SAT	Community College	Scholarships	Work Permits/Jobs
Volunteer	Parent Resources		
Finding the Right Fit <small>Resources for Postsecondary Planning</small>			

Grade Level Information

Freshman	Sophomore	Junior	Senior
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WE ALL WANT OUR STUDENTS TO BE SUCCESSFUL

SO WHAT IS AUTHENTIC SUCCESS?



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CHALLENGE SUCCESS RESOURCES

Home School Info ▾ Staff Directory ▾ Counseling & Career Center ▾ VAPA & Boosters ▾ Athletics ▾ Parents ▾ Students ▾

For Staff ▾ LCAP

Counseling & Career Center

- ▶ Counseling
 - ▶ Advanced Placement
 - ▶ Career & College Grade Level Planning Guides
 - ▶ Counseling Staff Directory
 - ▶ Counseling, Registration, and Enrollment Documents
 - ▶ Course Information
 - ▶ Graduation Requirements & College Planning
 - ▶ **Parenting Resources**
 - ▶ Teen Wellness
 - ▶ Tutoring
 - ▶ Transcript Request
 - ▶ Career Center

Parenting Resources

You Are Here: [Home](#) » [Counseling & Career Center](#) » [Counseling](#) » [Parenting Resources](#)

[Challenge Success](#) is an organization founded at Stanford University that provides information and strategies to schools and families to help promote a better-balanced student both personally and academically. We highly encourage you to visit their website to learn more!

[Kids in the House Videos - Segments based on current research and offer practical strategies to parents.](#)

Kids in the House Videos

Denise Pope and Madeline Levine were invited to share their expertise with Kids in the House. These segments are based on current research and offer practical strategies to parents.

Denise Pope

- AP and Honors Classes [Watch](#)
- Calming College Fears [Watch](#)
- Cheating in School [Watch](#)
- Choosing a Middle School or High School [Watch](#)
- Choosing a Preschool or Elementary School [Watch](#)
- Engaging Kids in Learning [Watch](#)
- Getting Caught Cheating in School [Watch](#)
- Homework During the Elementary School Years [Watch](#)
- How Being Over-Scheduled Affects Kids [Watch](#)
- How Parents and Kids Define Success Differently [Watch](#)
- How to Get Kids to Reach Their Full Potential [Watch](#)



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BEGIN CREATING A 4 YEAR PLAN

Use your 4-year plan
handout as a guide

2018/2019 Oak Ridge High School Sequence of Classes / 4 Year Plan			
Grade 9	Grade 10	Grade 11	Grade 12
English English 1 Advanced English 1	English English 2 Advanced English 2	English English 3 Advanced English 3 AP English Language	English English 4 (Expository Reading & Writing) English 4 (Contemporary Literature) English 4 (Science Fiction) AP English Literature
Mathematics Algebra Foundations Algebra 1 Geometry Advanced Algebra 2	Mathematics Algebra 1 Geometry Algebra 2/Advanced Algebra 2 Pre-Calculus/Advanced Pre-Calculus	Mathematics Geometry Algebra 2/Advanced Algebra 2 Pre-Calculus/Advance Pre-Calculus Probability and Statistics Differential Calculus/AP Calculus AB	Mathematics Financial Analysis Algebra 2 Prob & Stats/Pre-Calculus/AP Stats Pre-Calculus/Differential Calculus/AP Calculus AB AP Calculus AB/AP Calculus BC
Science Elective In Lieu* Earth/Space Science Biology (L)	Science Earth/Space Science Biology (L) Chemistry (L)/Advanced Chemistry (L) Physics (L)	Science** Biology (L) Chemistry (L)/Advanced Chemistry (L) Physics (L) Human Physiology (L) AP Biology (L) AP Chemistry (L) AP Environmental Science (L) AP Physics 1 (L)	Science** Chemistry (L)/Advanced Chemistry (L) Physics (L) Human Physiology (L) AP Biology (L) AP Chemistry (L) AP Environmental Science (L) AP Physics 1 (L)
Health/Technology Proficiency Health/ICT Foundations Health/Leadership Exploring Computer Science	Social Studies World History AP World History	Social Studies US History AP US History	Social Studies American Government/Economics AP Government/AP Economics
Physical Education Life Fitness 1	Physical Education Life Fitness 2	Elective:	Elective:
Elective:	Elective:	Elective:	Elective:

(L) = Lab Science

*If Science is postponed, select an alternate elective.

**If not taking Science, select an alternate elective.



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High School Graduation & CSU/UC Requirements

Oak Ridge High School		
Comparison High School Graduation and CSU/UC Admission Requirements		
	High School Graduation Requirements	UC and CSU Admission (Minimum) Requirements
English	4 years (40 credits)	4 years
History	3 years (30 credits)	2 years
Mathematics	3 years (30 credits)	3 years (Must complete Algebra 2) (UC recommends 4 years)
Science	2 years (20 credits)	2 years (Must be lab classes) (UC recommends 3 years)
Health Education/ Technology Proficiency	.5 year (5 credits) .5 year (5 credits)	
Fine Arts / LOTE/ Career Technical Education (CTE)	1 year (10 credits) (Either / Or)	1 year (Fine Arts)
Language Other Than English (LOTE)		2 years (UC recommends 3 years)
Physical Education	2 years (20 credits)	
Electives	(80 credits)	1 year
	<ul style="list-style-type: none"> ♦ Students must have a total of 240 credits to graduate 	<ul style="list-style-type: none"> ♦ These classes must be passed with a "C" or better ♦ SAT/ACT Testing is required by 4-year colleges ♦ Many colleges consider extracurricular activities in admission decisions



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HEADS UP!



Students will register for next year's classes in February!

- English teacher will play a How-To Video
- Then, they'll be asked to complete a registration packet



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ORHS ELECTIVE FAIR JANUARY 14

More course info can be found online:

<http://orhs.eduhsd.k12.ca.us/Counseling--Career-Center/Counseling-Info>

Faculty and students from every ORHS department will be available to answer questions about course offerings. Learn more about electives such as Computer Science, Art, Digital Imaging, 3D Design, Culinary, Manufacturing, Engineering Design, Auto, Psychology, Film, Leadership, Yearbook, Dance, Band, Choir, Contemporary Literature, Science Fiction, ROP Classes and more!



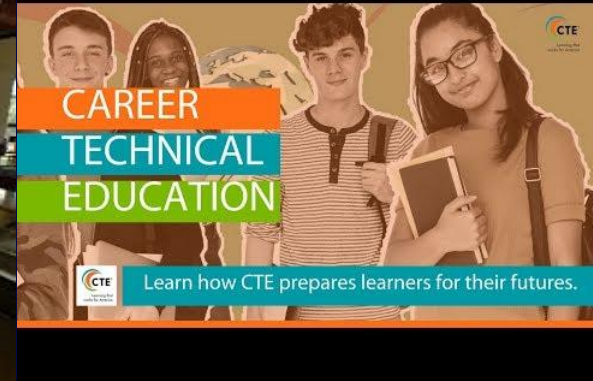
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EDHUSD

Regional Occupational Programs (ROP)

Junior & Senior Year

- Animal Health
- Automotive Engines
- *Cosmetology
- Culinary Arts
- Database Design and SQL Programming (@ORHS)
- Dental Careers
- Diesel Engine
- Fire Control Technician
- Health Careers
- Law Enforcement



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ATTEND THE COLLEGE FAIR!

September 24, 2019

**UNION MINE
HIGH SCHOOL**

6:30 - 8:15 PM

Breakout Sessions

5:30 - Financial Aid Information
(note: start time is BEFORE event start)

7:00 - Career Education Explained

7:45 - UC & CSU Admissions



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Research Colleges

College Navigator

<https://nces.ed.gov/collegenavigator/>

College Scorecard

<https://collegescorecard.ed.gov/>

CollegeBoard.org

<https://bigfuture.collegeboard.org/>



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CAREER EXPO

MARCH 19, 2020 at UNION MINE at 6:30 PM



Talk to local professional to learn more about different careers, practice interviewing, get feedback on a resume, and talk to local employers who are currently hiring!



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Research Careers

mynextmove.org

<https://www.mynextmove.org/>

Who do u want 2b.com

<https://www.whodouwant2b.com/>

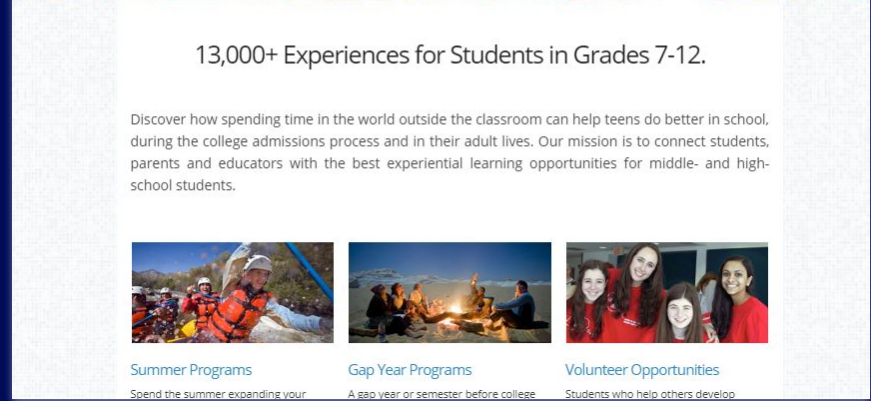
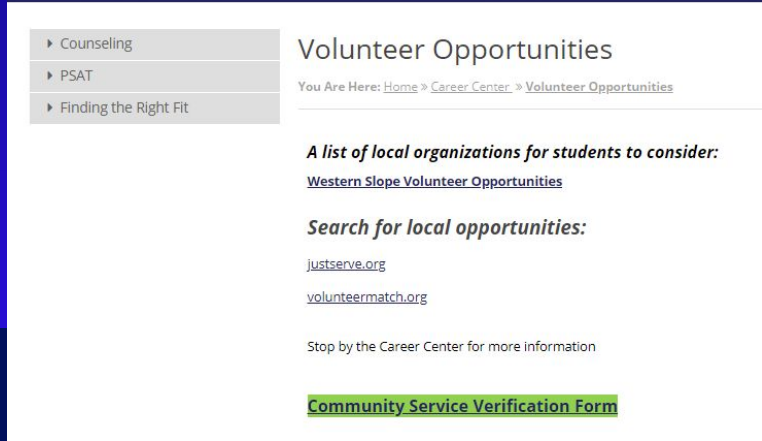
California Career Zone

<https://www.cacareerzone.org/>



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Teenlife.org for Summer Programs, Community Service, and more!



ORHS Career Center Website for info on Western Slope Volunteer Opportunities!



POST SECONDARY OPTIONS

Employment

Career College

College (2 year and/or 4 year)

Military or Military Academy



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Advanced Education at the Community College

Get a head start on college by earning college credit while you are still in high school - pay no enrollment fees!

- Qualified high school students are invited to take classes and earn college credit at any California Community College through the Advanced Education Program. The grades earned in Advanced Education courses will be reflected on a student's permanent college transcript
- Advanced Education students may enroll in up to two (2) courses during any semester

To participate, a student must:

- Be at least 16 years old OR have already completed the 10th grade by the first day of the college class, and be currently enrolled in high school
- Have a high school GPA of 2.7 or higher.*

*There are classes available that do not have a GPA requirement



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BENEFITS OF ADVANCED EDUCATION

- Earn transferable college credits while in high school
- Earn elective high school credits
 - 3 college credits = 10 high school credits
- Opportunities to explore electives ORHS doesn't offer
 - (Examples: Kinesiology, Business, Sociology, Astronomy, Geology, Criminal Justice, Sign Language)
- Career Technical Education classes
 - (Examples: Emergency Medical Technician, Early Childhood Education, Real Estate)
- Take college classes for FREE!

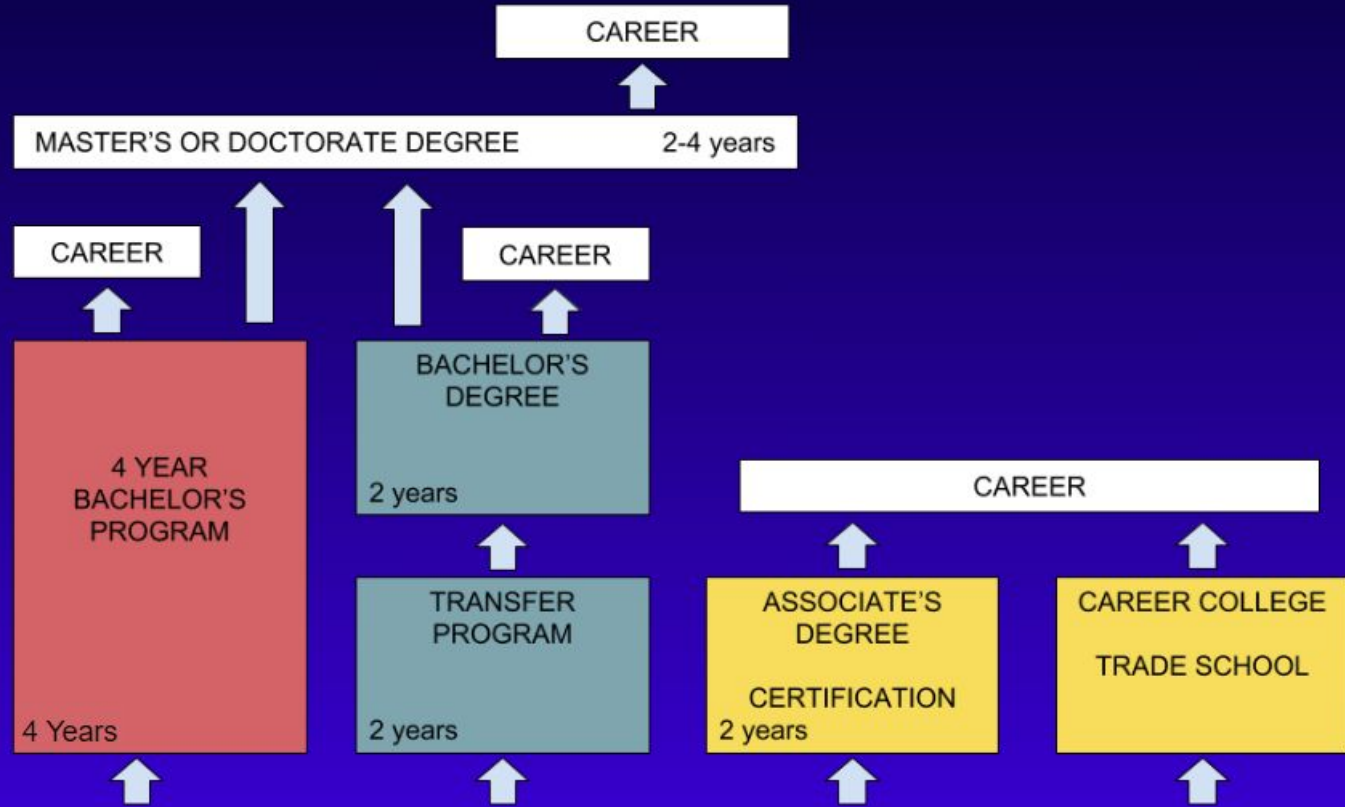


See your counselor to discuss the application process to obtain the Off-Campus Pre-Approval form!



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Multiple Ways to Gain Post-Secondary Skills



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COMMUNITY COLLEGES & CAREER COLLEGES



COMMUNITY COLLEGE

- 112 California Community Colleges
- Transfer to a 4-year college
 - Guarantee Transfer Program
- Associate Degree for Transfer (CSU)
- AA or AS Degree (2 years)
- Certificate Degree Program

1st year of California Community College
is FREE!!!

*Check with each college for details



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CAREER COLLEGES/PROGRAMS

- California Culinary Academy
- Academy of Art
- Art Institute
- FIDM (Fashion Institute of Design & Merchandising)
- Carrington College (Formerly Western Career College)
- Universal Technical Institute (UTI)
- Wyotech



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MILITARY



MILITARY OPTIONS

- Enlist
- Recruiters on campus 1st & 3rd Tuesdays
- ROTCS (programs in college)
- Military Academies



- ASVAB is offered at ORHS
October 7, 2019
1:00 - 4:00 PM
Sign up at Career Center

**ASVAB = Armed Vocational Aptitude Battery
Aptitude Test, Interest Self-Assessment, Career
Exploration Tools
More info: <https://www.asvabprogram.com/>

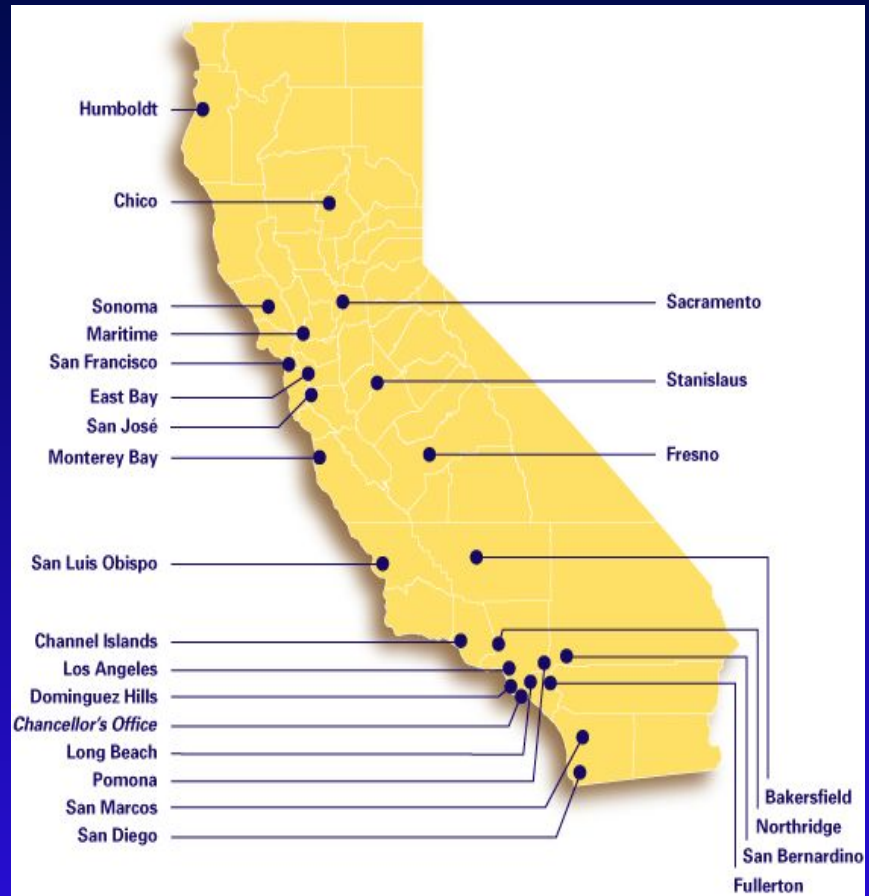


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CALIFORNIA 4-YEAR PUBLIC COLLEGES



California State Universities



Be Real, Dare to Question, Care for Others, Find Balance

University of California

Davis

Berkeley

Santa Cruz

Santa Barbara

Irvine

Riverside

San Diego

Los Angeles



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CSU & UC ELIGIBILITY

Minimum Coursework (Pass with C or better)

- A. 2 years - Social Science
- B. 4 years - English
- C. 3 years - Math-through Alg. 2.
(4 years recommended)
- D. 2 years - Science with a Lab
(3 years recommended)
- E. 2 years - World Language
(3 years recommended)
- F. 1 year - Visual and Performing Arts
- G. 1 year - Elective

Completed with "C" or better

CSUs and UCs use 10th & 11th grade year grades in academic courses

GPA selection may be different



University of California, Merced



San Diego State University



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COLLEGE ENTRANCE TESTS

- Take the PSAT in 10th & 11th grade
- Take the SAT and/or ACT in 11th & 12th grade



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Attention Athletes!

Please be mindful of all requirements of the NCAA and/or NAIA Eligibility Center:

- Core Course Requirements
- Transcripts and Test Scores
- All Other Eligibility Requirements

NCAA - www.ncaa.org

To submit test scores - 9999

NAIA - www.playnaia.org

To submit test scores - 9876



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For Your Information



FRESHMAN UPCOMING EVENTS/ OPPORTUNITIES

*Available online, in the Counseling Office, and the Career Center



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FRESHMAN 2019 - 2020 Post-Secondary and Career Planning Opportunities

College Rep Visits

Admissions representatives from public, private, in-state, and out-of-state universities, technical and trade schools will visit ORHS throughout the year, most commonly during the Fall semester during break and lunch. See the list of upcoming visits posted at the Career Center.

Freshman Parent Night: Tuesday, September 10, 2019 at 6:00pm in the MPR

ORHS counselors will review upcoming career units, freshman priorities, graduation, and planning for post secondary opportunities. Presentation will be followed by an optional college admission panel (with reps from in-state, out-of-state, private, & public colleges).

College Fair: Tuesday, September 24, 2019 at 6:30 - 8:30pm at Union Mine HS

For all EDUHSD families & the community: https://sites.google.com/eduhsd/k12_ca_us/collegefair
Breakout Sessions in the UMHS Theatre: The Financial Aid Process (5:30pm), Career Education Explained (7:00pm) and The Basics of CSU and UC Admissions (7:45pm)

Freshman Career Unit: November 12 -15, 2019

Counselors will visit English classes for a presentation covering the following:

- o Post-Secondary Planning
- o Creating a 4-Year Plan
- o Upcoming Fall Events and Opportunities
- o Freshman Priorities and Getting Connected at ORHS

Elective Fair: January 14, 2020 at Lunch in the MPR

Faculty and students from every ORHS department will be available to answer questions about course offerings. Learn more about electives such as Computer Science, Art, Digital Imaging, 3D Design, Culinary, Manufacturing, Engineering Design, Auto, Psychology, Film, Leadership, Yearbook, Dance, Band, Choir, Contemporary Literature, Science Fiction, ROP classes and more!

2020/21 Class Registration: February 3 - 7, 2020

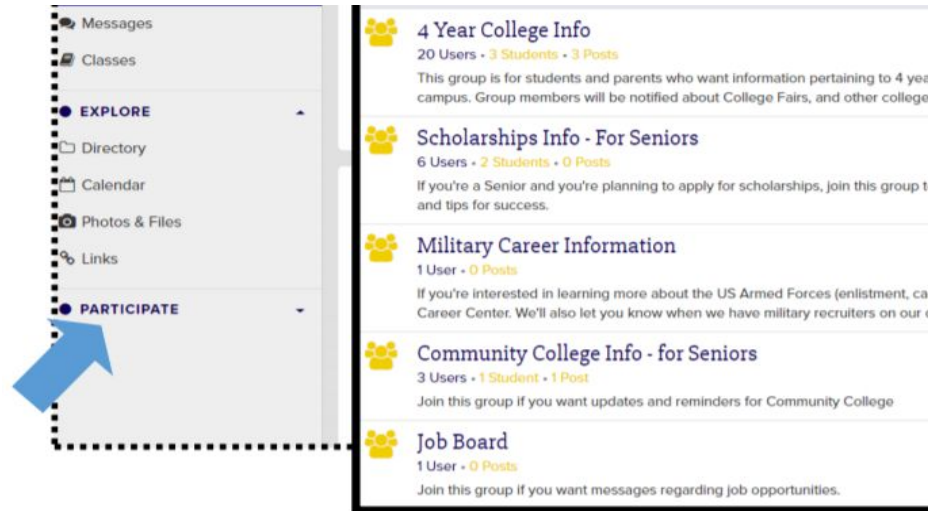
Information and directions for registration will be distributed in class early in the Spring semester.

Career Expo: Thursday, March 19, 2020 at 6:30 - 8:30pm at Union Mine High School

We encourage all EDUHSD students and families to attend this event with a professional from a university or trade school.

Join Parent/Student Square Groups to stay in-the-know

- Add your cell number
- Make sure you're set up to receive texts
- Join the groups that interest you



NEXT UP...

**COLLEGE ADMISSION PANEL IN
THE LARGE GYM**



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THANK YOU

