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Netball fever!

The 2023 Vitality Netball World Cup Trophy Tour kicked off in style on 25 May in Durban when the trophy arrived at the King Shaka International Airport. From there, the trophy embarked on a nationwide excursion to hype up enthusiasm for the tournament starting on 28 July in Cape Town. Last week, the entourage, with mascot, Letsatsi, visited Rustenburg before continuing their expedition en route to the Mother City. Read more about their visit to Rustenburg in this week's edition of the Rustenburg Herald.



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Miss Citrus Festival

Nicole Grobler, a model of GML (Globe Modellook) was the winner of the Miss Citrus Festival (18+) held at Buffelspoort recently.

Chanëlle Britz (model of GML - Globe Modellook), winner of Miss Citrus Festival (16 - 18) held at Buffelspoort recently.



Miss Citrus Festival 2023 Debutant first princess: Belinda Brown, a model of GML (Globe Modellook).

Uitsoek-wooneenheid in Pretoria te koop

St Peter's

Garden Estate | Lifestyle Village

Een eenheid in "mid care - assisted living" met uiters professionele versorging en uitsoekpersoneel NOU beskikbaar in die hierdie uiters gesogte aftreeoord in Garsfontein in die Ooste van Pretoria.

Menlyn en verskeie inkoopentrums en baie goeie hospitale is net 'n klipgooi ver.

Eenheid geskik vir 'n enkeling of egpaar.

Moenie hierdie unieke geleentheid deur u vingers laat glip nie!

Skakel Lynette op 082 877 0231



SPCA Book Sale

BONUS - RUSTENBURG - SPCA Book Sale: The next SPCA Book Sale will be taking place on Saturday 1 July at the Safari Gardens Shopping Centre, starting from 08:30 till 12:00. Please support the Book Sale and the Rustenburg SPCA. Looking forward to meeting you on Saturday.

"Boeremusiekilde" Dance

BONUS - RUSTENBURG - Come and enjoy a wonderful evening at the "Boeremusiekilde" Rustenburg branch Dance on Saturday 1 July at 18:00 - 23:30 at Laerskool Proteapark (38 Soetdoring Ave). Enough safe parking available and dress is semi-formal. Entrance: R60 for non-members, R40 for members and R20 for high school learners. Bring your refreshments, coffee and tea will be provided. For more information please contact Corrie Bothma at 083 268 9445, Koos Nel at 082 563 7725 or Eddie Roets at 072 171 0600.

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Book now for Farmers Market this Saturday

BONUS - RUSTENBURG - This weekend, Saturday 1 July, will see Rustenburg's hand and home craft enthusiasts as well as those favouring home cooked delicacies flocking to the former Rustenburg show grounds where the latest edition of the Rustenburg Farmers Market will be hosted between 09:00 and 15:00.

The Rustenburg Farmers Market is an initiative by the Farmers Production Support Unit and is also supported by the Rustenburg Municipality with the goal of giving people the opportunity to earn a little money from home cooked meals, jams, chutneys, biltong, sweets, bottled and fresh produce, as well as the basic rudiments of a small scale farming layout or the cultivation of fruit, vegetables and other fresh produce. Of course the market also offers to opportunity to learn from others who are by now regulars at the market.

Other items on the "menu" include livestock, music, a cash bar, wooden toys, handy hand-made items and a wide variety of baked delicacies. The Rustenburg Farmers Market is hosted at exactly the same premises as during the glory days of the former Rustenburg Show and is held once a month. For those who are new to the Farmers Market and who would like to take up a stall to sell their own goods or produce, stalls are available at only R100 each. Stalls can be booked with Tracy on farmers.tracy.ad@gmail.com. Interested parties are also welcome to phone 072 580 1076 or 078 397 1397. Remember to bring along your own tables, display stands and/or chairs.

The market is hosted in a well-prepared, roofed area and offers plenty of space to display your goods. There is ample and safe parking with security and no entry fee. If you are on the lookout for something fresh in terms of a friendly, fresh and enjoyable shopping environment, the Rustenburg Farmers Market is definitely for you. Bring the whole family and friends along and enjoy a relaxing outing which indeed offers something different.



GML models at Mrs/Miss/Mr Grand Sea World

Claudia Pita Ferreira (GML model) and currently Miss Grand Sea South Africa 2023 took part in the Miss Grand Sea World 2023 from 4 - 11 June in Kuala Lumpur, Malaysia where 20 countries competed. She was the youngest contestant and also won Miss Congeniality as well as first princess Miss Grand Sea World 2023.

Kelebogile Ramafsi (GML model) won Top Model International, Mrs Catwalk, Mrs Beauty and first princess Mrs Grand Sea World at the Mrs/Miss/Mr Grand Sea World Pageant in Malaysia.

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Rocking warm festival

BONUS - RUSTENBURG - Many people love the winter.

Snuggly sweaters, cozy blankets, drinking hot chocolate in mugs in front of the dancing flames in a fireplace. But what if your winter consists of sleeping outside, with barely anything to protect you from the cold? What if you are an organization trying your best to take care of more and more vulnerable people?

Or an organization looking after abandoned or stray animals?

To try and alleviate the enormous need for blankets the less fortunate and vulnerable, JacarandaFM initiated the Warm Fest. Popular breakfast show host, Martin Bester is the driving force of the festival. This year, Rustenburg will once again benefit from one of the Warm Fest performances. And, like last year, the Waterfall Mall will play host for the event. On Saturday (8 July), from 10:00 to morning some of the country's popular artist will do the entertaining, while you can just come and enjoy. You do not even have to have money to attend the concert! A donation of a warm blanket - or more than one, if you feel like it - is all that's required. The artists performing at the Rustenburg Warm Fest this year include Martin Bester, Bernice West, Samantha Leonard, Lungi, Wikus Botma, Min-Gespin and the very popular duo Droomsindroom. Make sure that you are there!



Jacaranda breakfast show host and popular musician, Martin Bester, as well as 'local lass' Bernice West will be performing at this year's Rustenburg Warm Fest, hosted again by the Waterfall Mall.



The sultry songstress with the powerful vocals, Samantha Leonard, will also be performing during the Rustenburg Warm Fest on 8 July.



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The Quality of Mercy

Siphiwe Gloria Ndlovu is a writer, filmmaker and academic who holds a PhD in Modern Thought and Literature from Stanford University, as well as master's degrees in African Studies and Film. She has published research on Saartjie Baartman and she wrote, directed and edited the award-winning short film Graffiti. Born in Zimbabwe, she worked as a teacher in Johannesburg before returning to Zimbabwe.

Her latest novel, The Quality of Mercy, has recently been published by Penguin Random House SA.

On the eve of his retirement, Spokes Moloi, a police officer of spotless integrity, investigates one final the possible murder of Emil Coetzee, head of the sinister Organisation of Domestic Affairs, who disappears on the same day a ceasefire is declared and the country's independence beckons. In following the tangled threads of Coetzee's life, Spokes raises and resolves conundrums that have haunted him, and his country, for decades under colonial rule. In all this, he is staunchly supported by his paragon spouse, Loveness, and his unofficially adopted daughter, the unorthodox postman Dikiledi.

Following on her award-winning novels The Theory of Flight and The History of Man, The Quality of Mercy is a novel of comfort and, indeed, mercy. Ndlovu weaves together elements of social comedy and cosy crime while examining the history of a country transitioning from a colonial to a postcolonial state.

From the City of Kings and surrounding villages steps a cast of engaging characters who will criss-cross each other's lives in delightful and poignant ways. Here, where everyone knows everyone else, the ties of kinship and affiliation can never be completely broken.

This is a story filled with curious, strange, charming, good and evil characters, winding their way from chapter to chapter. The detail of each character is such a richly embroidered that their stories almost feel like short stories within the greater narrative of murder, quirk, politics, freedom, infidelity and intrigue.



Award-winning author Siphiwe Gloria Ndlovu. (Photo: Penguin Random House SA)





Hey amigo

•let's make Churros!

Mmhmm, looks appetizing doesn't it? Well, what you see here is so-called Churros - a Spanish delicacy or simply put - "sweets" if you like. More importantly these are not difficult to make and would be a great alternative to the usual snacks one enjoys in front of the tv over weekends. Just think what this could "do" for the family and friends during the World Cup Rugby tournament which starts in just over two months? Don't miss this week's Rustenburg Herald where a process to prepare Churros is explained and demonstrated in detail.

GANSWYFIE

Ek is op soek na 'n jong ganswyfie om te koop.

± 2 of 3 Jaar oud.



Skakel Deon Kemp

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Die Fantastiese Mevrou Smit



ELIZABETH WASSERMAN

Mevrou Smit se aankoms in Aronspoort is beslis nie ongemerk nie!

Indien die eerste mens met wie jy op jou nuwe tuisdorp in aanraking kom, 'n hardekwas polisieman is, is dit 'n redelike aanduiding dat jou verblyf dalk nie so ongebeurlik gaan wees soos waarop jy gehoop het nie. As jy dan die volgende dag, na jou nag in die tjoekie, by jou nuwe huis opdaag en daar is 'n lyk op jou kombuisvloer, kan jy maar vergeet om rustig en ongestoord jou gang te gaan. Boonop is daar vele geraamtes in Mevrou Smit se kas wat sy baie graag - en lewensnoodsaaklik - deeglik agter slot en grendel wil hou. Die Fantastiese Mevrou Smit is uit die pen van die bekroonde skrywer Elizabeth Wasserman en word deur Penguin Random House SA uitgegee. Dié lekker 'cozy crime' is perfekte leesstof vir 'n wintersdag en sal jou laat skater - maar ook laat naels kou.



SCHOOL BUS

Plan holiday journeys in advance - Bakwena

BONUS - RUSTENBURG - Bakwena, the toll concessionaire responsible for managing 385 km of the N1N4 route in South Africa, is geared up to handle increased traffic during the upcoming winter school holidays.

With the possibility of increased stages of loadshedding, Bakwena has taken proactive measures to ensure efficient operations at its toll plazas, according to Bakwena's Chief Operating Officer - Solomon Kganyago.

"As families embark on their winter vacation, traveling to warmer parts of the country along the Bakwena N1N4 route, we are fully prepared to accommodate the anticipated increase in traffic. Our top priority is to provide a safe and enjoyable journey for all motorists during this holiday season," says Solomon Kganyago, Chief Operating Officer at Bakwena.

Schools across the province and Gauteng have closed for the winter holidays on Friday, June 23. Bakwena advises road users to plan their journeys in advance around the closing and re-opening of their schools. Increased traffic can be anticipated on Sunday, July 16th, as schools reopen for the next terms on Tuesday, July 18th, Kganyago said.

"Motorists are encouraged to stay informed, plan their journeys ahead of time, and co-operate with the toll operator's instructions to ensure a safe and enjoyable travel experience along the Bakwena N1N4 route", Kganyago concluded.

Pretend 'policeman' arrested

BONUS - RUSTENBURG - A man pretending to be a detective is due to appear in court here. The 47-year-old suspect was arrested and charged on Friday (23 June). To read the full story, see this week's Rustenburg Herald.

Motorcyclist killed

BONUS - RUSTENBURG - A motorcyclist died here after an accident late Saturday afternoon. According to North West police spokesperson, Capt Aafje Botma, the 52-year-old motorcyclist died on the scene of the accident. For the full story, see this week's Rustenburg Herald.

"Animal people" sit for AGM

BONUS - RUSTENBURG - Notice is hereby given that the Rustenburg SPCA will hold it's AGM at the SPCA premises, 11 Escom Street Rustenburg, on 15 July at 13:00.

The meeting is open for all interested parties. SPCA staff also wish to share all that has happened during the past year with everyone so all are invited to join. Management of the SPCA also wish to thank those Samaritans from the Rustenburg community whose support has kept the Rustenburg SPCA going through difficult times. The SPCA hopes to see you at the AGM.



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Amateur Art competition to re-open on Monday

BONUS - RUSTENBURG - With our latest “batch” of winners in our Rustenburg Herald/Bonus Art competition announced, it is very likely that there may be more artists who feel that they could benefit from a cash prize of R1 000 not the mention a Pick n Pay shopping voucher to the value of R10 000 which will be awarded in the final round at the end of the year.

Good news for these artists is that the new Art competition will officially kick off on Monday, 3 July. To enter - remember the following: Look for the entry form printed in every week’s edition of Rustenburg Herald. Complete this and attach it to your artwork which could be any full page in Rustenburg Herald provided that the name of the publication and the date are clearly visible.

You are welcome to paint the full page with a base colour in white, black or any colour your prefer and to work on the base coat to complete your artwork.

You may enter as many artworks as you wish and there is no entry fee. Keep watching Rustenburg Herald and Bonus for regular news and/or updates on the competition. You can “post” your entries in the entry boxes at the two Pick n Pay stores which are clearly marked “Art competition” at the art display boards in both Pick n Pay stores. The closing date will be announced at a much later stage. Good luck with your entries.



Does this make you hungry? An entry by another talented artist in our Rustenburg Herald/Bonus Art competition.



Remember that our Rustenburg Herald/Bonus art competition has no entry fee - “big money” is up for grabs!

SARS Filing season coming

BONUS - RUSTENBURG - The 2023 Tax Season for individuals and non-provisional taxpayers is upon us, with the dates now announced as from 7 July (after 8pm) until 23 October.

The previous introduction of auto-assessments, among other improvements, was in line with SARS’ journey to build a smart, modern revenue service with unquestionable integrity, trusted and admired by all.

Improved technology, the use of data, artificial intelligence and algorithms have enabled SARS to make it easier for taxpayers to comply with their tax obligations.

SARS anticipates that there will be a mad rush to submit as soon as Filing Season opens. To reduce the number of walk-ins and long queues, SARS will again issue auto-assessed tax returns to numerous non-provisional individual taxpayers with less complicated tax matters.

Employers, medical aid schemes and financial institutions, among others, who submitted correct information and data on time, enabled the effective implementation of the SARS Auto-Assessment programme.

Importantly, the use of technology and data has made it easy for SARS to refine and improve its resources to detect non-compliance. This, then, makes non-compliance hard and costly.

As a result, SARS will impose penalties on taxpayers who intentionally attempt to claim impermissible expenses or understate their income. In addition, there will be administrative non-compliance penalties for those taxpayers who do not adhere to the deadlines of this year’s Filing Season.

Auto Assessment Changes for 2023

Last year auto-assessed taxpayers had 40 days to file a return if they did not agree with the auto-assessment. But this year SARS will

allow auto-assessed taxpayers to file until the normal filing season deadline.

PAYE admin penalties for Employers

Administrative penalties are imposed for PAYE where an employer has failed to submit an EMP501 reconciliation declaration on time (that is, after the final due date for submission). This will apply to employers who failed to submit a reconciliation on or before 31 May 2023.

PIT admin penalties

With effect from 1 December 2022, administrative penalties relating to the late submission of a tax return are charged when one or more tax return(s) relating to prior tax years are outstanding.

Penalties will be imposed for Personal Income Tax (PIT) for late or non-submission at a fixed amount ranging from R250 to R16 000.

To avoid further penalties, taxpayers must submit the required returns. Failure to do so will result in a monthly recurring admin penalty being levied until the taxpayer is compliant.

Changes to eFiling platform

In accordance with SARS’ vision and strategic objectives, which includes modernising our systems to provide digital and streamlined online services, SARS continues to upgrade its technology infrastructure and digital offerings to offer effective and smooth service to taxpayers, traders, and travellers. SARS will continue to ensure that these systems are strong and secure, and will perform regular upgrades, enhancements, and maintenance.

Appointments at branches

- Taxpayers are reminded that if they wish to visit a SARS branch, they should first make an appointment. They can do this by:
- Sending an SMS to 47277 (iSARS) with the word Booking (Space) ID number/Passport number.
 - Dialling *134*7277# free of charge on their cellphone and choosing the eBooking option.
 - Going to the SARS website and clicking on the “Book an Appointment” icon. Complete the online form.







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Adopting a Mediterranean diet has the same benefit as 4 000 extra steps, study reveals

by YesWeCare/Arrie Nel Pharmacies

BONUS - RUSTENBURG - A recent study, published in the *European Journal of Preventive Cardiology*, recruited 2,380 participants with an average age of 54 years.

An equal split of men and women were selected to take part in the dietary related study.

After completing a fitness test and a year-long food questionnaire, higher scores indicated that participants’ diets prioritized fruits, vegetables, nuts, whole grains, legumes, fish, and healthy fats while limiting red meat and alcohol.

Interestingly, the researchers found a significant link between adopting a Mediterranean-style diet and better fitness levels. In fact, study author Dr Michael Mi said, “This study provides some of the strongest and most rigorous data thus far to support the connection that better diets may lead to higher fitness.” So, what are the benefits of a

Mediterranean-style diet? Let’s take a closer look:

Improved heart health

One of the most significant benefits of eating a Mediterranean-style diet is improved heart health. This type of diet is filled with foods that can lower your risk of developing heart disease, stroke, and other cardiovascular diseases.



Weight loss

A Mediterranean-style diet emphasizes whole, unprocessed foods, which can help you feel fuller for longer and lose weight in the process.

Better gut health

This diet is rich in fibre, which can help improve your gut health and reduce your risk of developing digestive issues.

Reduced inflammation

Eating a diet rich in fruits, vegetables, nuts, whole grains, and healthy fats can help reduce inflammation throughout your body, which can have a positive impact on numerous health conditions.

meals from scratch and increase intake of beans, legumes, brown rice, oats and lentils which are affordable sources of protein, and high in fibre, vitamins and minerals,” she said. “Reduce intake of red meat, processed food and alcohol. Avoid smoking and get active. Walking regularly throughout the day especially after each meal, can help reduce blood pressure and blood sugar levels, improve muscle development and elevate mood”. She recommends getting enough restorative sleep, reducing stress, and trying high-quality natural supplements like Spirulina, as modern diets have been overly processed and are low in nutrients.

Noting that Spirulina was a great addition to your diet because it is made entirely from natural ingredients and has over a hundred vitamins, minerals, antioxidants, and anti-inflammatory characteristics that are vital for good health.

What is the Mediterranean diet?

The Mediterranean diet or way of eating is a plant-heavy diet that focuses more on vegetables, fruits, whole grains, beans, nuts and legumes with some lean proteins from fish and poultry, and good fats from things like extra virgin olive oil.

Eat more vegetables, fruits, grains, and legumes. When you can, opt for vegetarian dishes like this Cauliflower and Chickpea Stew or Spicy Spinach and Lentil Soup. Rely more on satisfying, flavor-packed salads to make up a good portion of your plate. Some ideas: Kidney Bean Salad; Mediterranean Chickpea Salad or Greek Salad.

Eat some dairy and eggs. Consumption of dairy products (in moderation) provides health benefits including lower risk of diabetes, metabolic syndrome, cardiovascular disease and obesity. Perhaps for a snack, swap your chips for a low-fat Greek yogurt. Add a sprinkle of feta cheese to your salad, or swap mayonnaise or your sandwich spread for low-fat Tzatziki sauce.

Do not drink your calories. In the Mediterranean diet, this translates to drinking more water and swapping calorie-laden Margaritas for an occasional glass of red wine.

Ramokgadi Care Foundation

BONUS - RUSTENBURG - On the 15 June Ramokgadi Care Foundation in partnership with Orbit TVET College Rustenburg campus, South African Police Services, June and Andrew Mlangeni Foundation, Lancet Laboratories, PEP Stores, Department of Communication & digital technologies, National Youth Development Agency and Inspired Mabeskraal Foundation hosted an Youth orientated event.

The “Todays Youth, Tomorrow’s Leaders of South Africa” career exhibition and motivational event was in commemoration of 16 June 1976 and inspiring students also informing them of opportunities that are available for youth.

Ramokgadi Care Foundation had also



Pictured here are Mr Sello Mlangeni (June and Andrew Mlangeni Foundation), Ms Louise Peyper (Student Support Officer at Orbit TVET College Rustenburg Campus) and Mr Tshepo Ramokgadi (Ramokgadi Care Foundation).

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Eben Basson and Leander Pienaar. (Photo: Plan C Productions)

BONUS - RUSTENBURG - History was made at the 2023 Toyota Gazoo Racing 1000 Kalahari Botswana Desert Race, the third round of the SA Rally-Raid Championship that ended on Sunday in Jwaneng, after three days of extremely tough racing when Gareth Woolridge and Boyd Dreyer claimed the victory in their NWM Ford Castrol T1+ Ranger.

When their team-mates, Lance Woolridge and Kenny Gilbert finished second, the history books received another inscription.

Gareth and Lance, sons of Neil Woolridge who won the Toyota Desert Race in

Botswana a total of three times including in a Ford Ranger in 2001, added their names to the list of winners while the victory drought for Ford, who last won in 2011, was broken.

After completing almost a thousand

Rustenburg Herald's Bonus Sport News



Gareth Woolridge and Boyd Dreyer. (Photo: Plan C Productions)



Geoff Minnitt and Rodney Burke. (Photo: Plan C Productions)

kilometres and racing for a total of 11 hours, 14 minutes and 33 seconds (Woolridge/Dreyer), only three minutes 42 seconds separated them from their team-mates with both teams having a relatively clean run on the final day.

They were joined on the podium by Guy Botterill/Simon Vacy-Lyle (Toyota DKR Hilux T1+) who started the final day from fourth position and arrived at the finish with a broken windscreen after hitting a vulture shortly after starting the second of the two 213 kilometre loops. Botterill/Vacy-Lyle

trailed Woolridge/Gilbert by four minutes 37 seconds (11:22:52) and were followed by their team-mates and former winners, Giniel de Villiers/Dennis Murphy (11:39:23) who could not make up for the time lost due to electrical issues the previous day.

The TGR 1000 Desert Race was described as tough and extremely challenging with a good mix of tight and bushy routes as well as fast, open sections. The competitors and teams were full of compliments for the organisers and by all accounts enjoyed the 2023 experience in Botswana.

Absa Run Your City Series excited to welcome Tshwane as its latest destination

BONUS - RUSTENBURG - Stillwater Sports, the organizer of SA's award-winning road running series is excited to welcome Tshwane as the latest destination of the Absa Run Your City Series with the Absa Run Your City Tshwane 10K set to make its debut on Sunday 27 August, starting at 08:00 with the start and finish at the Union Buildings (Government Ave, Pretoria).

Featuring five groundbreaking events in 2023, the Absa Run Your City Series is more than just a series of traditional road races, this premium series has redefined the concept of mass participation, encouraging walkers, lifestyle enthusiasts, friends, and families, as well as elites both locally and from abroad to come together and take part in the most experiential road running events in the country.


The Absa Run Your City Series comprises five unique events namely the Absa Run Your City Gqeberha 10K (launched in 2023), Absa Run Your City Cape Town 10K (launched in 2015), the Absa Run Your City Durban 10K (launched in 2017), Absa Run Your City Tshwane 10K (launched in 2023) and the Absa Run Your City Joburg 10K (launched in 2016). For further information please visit <https://runyourcityseries.com/>.



Pictured here are Michael Meyer (Managing Director of Stillwater Sports and Founder of the Absa Run Your City Series), Mr Hendrick Mokganyetsi (President of Athletics Gauteng North), Boxer Elite Athletes Stephen Mokoka and Glenrose Xaba with Jolene Grobler (Absa Regional Segment Head, Premium) and Tshepo Rakgahla (City of Tshwane Director: Sport and Recreation). (Photo: Charles Ndou)



Boxer elite athletes Stephen Mokoka and Glenrose Xaba are no strangers to the Absa Run Your City Series and will be seen in action at the inaugural Absa Run Your City Tshwane 10K on Sunday 27 August. (Photo: Charles Ndou)



Konka Farm Run

BONUS - RUSTENBURG - Situated at the foothills of the Magalies Mountain range, Konka Farms will host the fourth Konka Farm Run, proudly presented by Run Walk for Life on Saturday 26 August at Konka.

Enter for the 20km, 10km, 5km online: <https://www.entryninja.com/events/79167-konka-farm-run>. Contact Hetta at 083 350 7839 for more information.



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