

THE GRAPEVINE

FROM CAPITAL CITY ACTIVITY CENTER

CONTINUING TO DANCE

Anne Robbins

To celebrate Women's History Month, Capital City Activity Center highlights two amazing African American women who both attended and loved the Senior Activity Center when it was located on Second Street in the basement of the Southern Hotel. Millie Combs enjoyed her time at the Senior Citizens Center. And Mary Ellis said the center "kept her going." In the Foreward of 2003, Community Memories: A Glimpse of African American Life in Frankfort, Kentucky published by Kentucky Historical Society, Mary and Millie both remembered "using the church as a one-room schoolhouse and of hiding our old victrola in the nearby woods until church meetings let out so that we could return to the all-purpose building and start dancing. I don't think they never stopped dancing.

Millie Carter Combs,

born March 4, 1902, lived at 929 Atwood Avenue in the Green Hill community. She was born in Hickman Hill, once a home place to blacks where many were farmers who also hunted to sell hides. They raised cattle and tobacco and had gardens. Since no school building was provided, Millie went to school at

the old Hickman Hill Methodist Church. All the classes up to 8th grade were in one room, and her first teacher was a cousin, Kate Clay. Growing up her main entertainment was dancing, and she sure could cut a rug. Millie married William Taylor Combs, and they had nine children that attended Mayo-Underwood High School and Elkhorn High School. Her husband died young of a heart attack leaving Millie to raise their children on \$30 a month Social Security and doing domestic work.

Millie "MeMe" Combs loved to cook and would give food to friends and bake cookies to be passed out at church or other functions. Everyone loved her delicious pies. There was nothing like her

Christmas dinner! Millie did the cooking, and those that ate cleaned up the kitchen. She never used recipes. Millie said, "I cook just by the feel. I can tell you how to cook, what to cook, what to put in it, but I can't tell you the proportions. You just dump it in." Everyone loved her "good old Millie cooking." When Millie reached her 98th birthday, KY House Representative Gippy Graham introduced a resolution adjourning the House of Representatives in her honor for her many contributions to her community and state. In an interview with Sheila Burton, Millie said, "I've tried to treat everybody like I want to be treated, and I think it's paid off. "MeMe" passed away just two years short of her 100th birthday on July 30, 2002.



Mary Emma Tracey Ellis,

"Mother," was born just a few months after "MeMe" on June 18, 1902. Her first home was in Frankfort's Craw on Mero Street near St. Clair. She attended Clinton Street High School graduating in 1921 and continued her education at Kentucky State University (at that time called Kentucky Normal Institute). Mrs.

Ellis graduated from K-State in 1934. She taught in the public schools for over thirty years. Mrs. Ellis loved and worshipped at St. John A. M. E. Church, the same church where her parents and grandparents worshipped. Because her mother was blind, members of the church had cared for Mary in her younger years. Mary was a member of the Board of Trustees for over fifty years, was a Sunday School teacher and Sunday School Superintendent, she was organist for the Junior Choir, a member of the Senior Choir, a class leader, church secretary and church historian. In 1921 Mary became one of the church's first and youngest Deaconess.

"Mother" moved with her husband Reverend James Scott Ellis to 214 E. Fourth Street, her home for nearly 40 years. For over thirty years she enjoyed being a member of the Senior Citizens Center which she said: "kept me going." Not only did the Center keep her going, she kept the Center going.

Continued on Page 2



MARCH 2021

202 Medical Heights Dr. Frankfort, KY 40601 | Facebook: Capital City Activity Center
Phone: 502-223-5794 | Fax: 502-227-8019 | Website: www.frankfortkyseniors.org

2 THANKING OUR SUPPORTERS



IN MEMORY OF GLADYS ALDRIDGE

Virginia Hensley

IN MEMORY OF ARNOLD CLARK

Odessa Clark

IN MEMORY OF PAUL V. GRAHAM

Derrick & Mildred Graham

IN MEMORY OF WEBSTER GRIFFIN

Elizabeth Griffin

IN MEMORY OF MY AUNT, HELEN HARTLEY

Joan Lee

IN MEMORY OF PAUL HILES

Margie Hiles

IN MEMORY OF CHARLIE HODGE

Patsy Hodge

IN MEMORY OF MY PARENTS, LOUISE & ESTELL HONAKER

Marvin Honaker

IN MEMORY OF DARYL HYATT & ADAM HYATT

Doris Hyatt

IN MEMORY OF ERIKA KAISER

Tim & Ingeborg Pennington
Henry Pfischner
Phil & Dena Plant

IN MEMORY OF RUTH KENDALL

William A. Kendall, Jr.

IN MEMORY OF EDDIE TUTT

June Smith



IN HONOR OF KITCHEN & DELIVERY STAFF/VOLUNTEERS

Virginia Hensley

IN HONOR OF WILLIAM LYNCH

Anne Lynch Irish

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Peaks Mill Christian Church

Ladies Class,
Peaks Mill Christian Church

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Dorothy McGowan
Michele Morgan
Brenda Parker
Mae Perry
Louis Sams
John & Carol Strippelhoff
Elizabeth Sullivan
Nancy Taylor
Eula Thomas
Alice Tillett
Priscilla West
Bob Whitaker
Pat Whitis
Lillie Mae Wise

CONTINUING TO DANCE

(Continued from Page 1)

Mary was instrumental in organizing the first homecare and home delivered meals programs. She worked tirelessly to get the word out about the Center and its services. And she served on the FCCOA Board of Directors for 26 years. During Older American's Month in 1996 the Center recognized her with a special honor: The Pillar of the Year Award, an award sponsored by J.C. Penney's and United Way to highlight outstanding community volunteers. Another time according to the *State Journal*, May 22, 1996, Mary "led the audience in singing *The Battle Hymn of the Republic* after she received the JCPenney Golden Rule Award in the adult category."

When she died in 2000, Mother Ellis was the widow of Reverend James Scott Ellis, her companion for 46 years.

At the 2014 inaugural of St. John Legacy Wall of Fame, Sheila Mason Burton said of Mrs. Ellis, "She knew everything about the young people of the church, and she didn't hesitate to let you know what you were doing wrong."

I am indebted to Russ Hatter, Frankfort Historian, and Capital City Museum for this information. Also, COMMUNITY MEMORIES A Glimpse of African American Life in Frankfort, Kentucky, Winona L. Fletcher, Senior Editor, Sheila Mason Burton, James E. Wallace, Mary E. Winter, Douglas A. Boyd, Associate Editors, The Kentucky Historical Society Frankfort, KY 2003. Copies may be purchased from www.ukpress.com or Amazon. Oral interviews are available at kyhistory.com/digital/collection.

CRISP & SPICY CUCUMBER SALAD



2 small English cucumbers, thinly sliced
 2 medium carrots, thinly sliced
 1 large sweet red pepper, julienned
 1/2 medium red onion, thinly sliced

2 green onions, sliced
 1/2 serrano or jalapeno pepper, seeded and thinly sliced (optional)

MARINADE:

1/3 c. sugar
 1/3 c. rice vinegar
 1/3 c. water
 1 t. each of salt, garlic powder, pepper
 1 t. sesame oil
 1 t. reduced-sodium soy sauce
 1 small garlic clove, minced
 1/2 t. minced fresh gingerroot
 1/4 t. cayenne pepper (optional)
 Optional toppings: minced fresh cilantro, chopped peanuts; additional sliced green onions.

In a large bowl, combine the first 6 ingredients. In a small bowl, mix marinade ingredients, stirring to dissolve sugar. Pour over vegetables; toss to combine. Refrigerate (covered) 30 minutes or overnight. Serve with a slotted spoon.

NUTRITION (3/4 CUP serving)

96 calories | 1g fat (0 sat. fat | 0 cholesterol | 51mg sodium | 22g carbohydrate (16g sugar, 3g fiber) | 2g protein

TRIVIA PLUS

WORD PICTURES

1. I I I I I HCTARQZ

2. FLAME
 + FUEL

3. JOHNNY

4. 1 1 1
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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★★☆☆☆

Dr. Jan Weisberg

I have been double masking for almost a year now. The main reason is that I was not using a surgical mask. In the last couple of weeks I have learned that a surgical mask, by itself, is not adequate for protection against the coronavirus. The CDC, as I was writing this, reported the results of lab experiment which found that wearing one mask--surgical or cloth--blocks only 40% of the particles coming toward the head that was breathing in. When a cloth mask was worn on top of a surgical mask, about 80% were blocked. When both the exhaling and inhaling heads were double masked, more than 95% of the particles were blocked.

The most efficient mask is actually the N95 surgical mask, but that is recommended for health care workers only. It filters 95% of particles as small as 0.3 microns in size. Coronavirus particles are about 0.1 μ in size but are usually attached to something bigger, like the respiratory droplets generated when talking. For the general public, KN95 masks are available. These filter 95% of the droplets and are considered equivalent to the N95 masks. They are not regulated when manufactured, and only some are authorized for use in healthcare settings.



There is also a newer mask, the KF94. This filters 94% of particles and the KF stands for "Korean filter." It features ear loops, an in and out adjustable nose bridge and side flaps to create a tight fit. All of



these masks are a big upgrade over a cotton face cover. They also, however, have become a major problem because of fraudulent face masks. It is best to buy from reputable retailers such as CVS or Walgreens and look at ratings and product reviews.

The critical factor with all masks is a good fit.

- It must fit snugly with no gaps.
- It has a nose wire to contour it over the nose.
- There definitely should be a nose wire to contour it over the nose.
- It should **completely** cover the nose and mouth.

Face shields are not presently recommended because their effectiveness is not known at this time. Masks with valves or vents are not recommended. You should also wash your reusable mask regularly.



I hope everybody is going to sign up or has received a vaccine. I just read a very brief article that said more than 97% of recent COVID deaths in Israel occurred in people who were not vaccinated. Israel is far ahead of everybody else with vaccinations. While some vaccines are more effective than others, the bottom line is that they all are very effective in preventing serious disease and hospitalizations. While you may have some brief side effects from the vaccine they are very short-lived and rarely significant. The same cannot be said for a true COVID 19 infection.

Bluegrass Transitional Care Dementia Program Tuesday, March 9, 2 p.m. Call 502-209-7085

Renda Thomas, Provider Liaison for Bluegrass Care Navigators (BCN), will be available through Capital City Activity Center Conference Call number to answer questions about a new grant program BCN has recently been awarded. All you need to do is call the number above at 2 p.m. on March 9.

Bluegrass Transitional Care Dementia Program is dedicated to provide in-home care and support for caregivers and patients living with Alzheimer's and related dementia. The services provided aim to decrease hospitalizations as well as support people living with dementia, intellectual or developmental disabilities who want to live at home as well as their caregivers.

During the 6-month program, each family will be assigned a home coach who will visit periodically. The coach will help assess caregivers for risk of burnout and depression, provide caregivers tools for managing stress and making time for self-care as well as help finding social support. For persons with dementia or qualifying disabilities, the coach will assist them with personal care needs, safety and medication management as well as consultations for family caregivers. In addition, the coach may suggest volunteer companionship and appropriate community-based resources.

In addition to the family coach, the grant provides six home visits plus an additional three visits as needed, ongoing telephone support for each family as needed, and support and companionship from volunteers—as needed.

A brochure and referral form are available under the Services tab at www.frankfortkyseniors.org. To learn more or refer a patient, call 877.439.0262 or email bcndementia@bgcarenav.org

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>01 Chicken Strips Macaroni & Cheese Green Beans Wheat Bread, 2 slices Ambrosia</p>	<p>02 Beef & Bean Chili Tossed Salad w/ Dressing Pineapple/Mandarin Orange Cornbread</p>	<p>03 Red Beans & Ham Mixed Greens Deluxe Cornbread Mandarin Oranges</p>	<p>04 Meatballs w/ Mushroom Gravy and Noodles Green Beans Mandarin Orange/ Banana</p>	<p>05 Creamy Chipped Beef on Wheat Toast Lima Beans Mandarin Orange Delight</p>
<p>08 Turkey in Herb Sauce Herbed Bread Dressing Whipped Sweet Potatoes Lima Beans w/ Onions Mandarin Orange/ Banana</p>	<p>09 Cheddar Baked Fish Au Gratin Potatoes Green Beans Fruit Salad Wheat Bread, 2 slices</p>	<p>10 Baked Potato w/Sour Cream, Broccoli Bacon Bits, Cheese Black Eye Pea Salad Applesauce</p>	<p>11 Vegetable Beef Stew Southern Lima Beans Cheesy Corn Muffin Mandarin Orange/ Banana</p>	<p>12 Turkey & Noodles Mixed Vegetables Blend w/Margarine Gelatin Delight</p>
<p>15 BBQ Baked Chicken Baked Beans Creamy Coleslaw Fruit Cup</p>	<p>16 Meatballs w/Sweet & Sour Sauce Green & Wax Beans Brown Rice Mandarin Oranges</p>	<p>17 Chicken Florentine w/Spinach, Penne Pasta Tossed Salad Strawberry Delight Gelatin</p>	<p>18 Chef Salad w/ Turkey Northern Beans Pineapple & Mandarins</p>	<p>19 Chicken Pot Pie Garlic Lima Beans Mandarin Orange/ Bananas</p>
<p>22 Country Fried Chicken Mashed Potatoes w/ Gravy Lima Beans w/ Onion Chilled Peaches</p>	<p>23 Sloppy Joe on Bun Deluxe Baked Beans Creamy Coleslaw Mixed Fruit</p>	<p>24 Salmon Patty w/Dill Sauce Baked Potato Broccoli Cuts Chilled Peaches</p>	<p>25 Vegetarian Bean Soup Grilled Chicken Sandwich Saltine Crackers Mandarin Orange/ Banana</p>	<p>26 Fried Chicken Livers Creamed Potatoes Lima Beans w/ Onion Applesauce</p>
<p>29 Chicken Strips Macaroni & Cheese Green Beans Wheat Bread, 2 slices Ambrosia</p>	<p>30 Beef & Bean Chili Tossed Salad w/ Dressing Pineapple/Mandarin Orange Cornbread</p>	<p>31 Red Beans & Ham Mixed Greens Deluxe Cornbread Mandarin Oranges</p>	<p>Lunch is available for pick up to anyone over 60 between 11:30 a.m.—12:15 p.m. Call the Center, 502-223-5794, 24 hours ahead of time to order.</p> <p>Skim milk and wheat bread are served with each meal—except where noted.</p>	

AARP TAX PREPARATION 7

AARP TAX AIDES ARE BACK!



--On a very limited basis and with a much different system than in the past. This year's procedure was designed and approved by AARP Tax Aides national organization, and although different, it will protect both the tax aides and YOU.

WHEN: Wednesdays, March 3, 10, 17, 24, 31

HOW: By appointment only.

1. Between 10 a.m. and 4 p.m., Monday through Friday, call 502-353-0189 between the hours and set up an appointment.
2. Once you have confirmed an appointment with AARP Tax Aides, go to Paul Sawyer Public Library and pick up a packet of information. Your packet will be available at the library on Monday, Tuesday or Wednesday the **week of your appointment**. You will not be able to pick up your packet until the week of your first appointment.

3. Fill out the necessary papers as instructed in the packet.
4. Come to Capital City Activity Center, 202 Medical Heights Dr., at your appointed time. Pull around to the back of the building as close to the Pool Room door as possible.
5. Call the number provided in the packet. The tax aides will come to your car to get your materials, take them back in the building, scan them and return them to you in your car.
6. Then you go home. Be sure you keep the number they will provide and answer your phone when the tax aides call you to get more information and ask any questions they and/or you might have.
7. The tax aides will provide you with an appointment time a week from your first appointment so that you may come back to Capital City Activity Center and sign your papers.
8. The procedure for the second visit will be the same: call the number provided and the tax aide will bring your return to you for signature.

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of the Bluegrass

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Helping Hands Food Pantry Fridays, 9:30—11 a.m.



Eligibility:

- 18 years of age or older
- resident of Franklin Co.
- ONE box per household per month

Procedure during COVID:

1. Between 9 a.m. Monday morning and Wednesday noon call the Center, 502-223-5794, to reserve a box. The number of boxes available is limited, so please call early in the week.
2. Make arrangements to pick up your box between 9:30 and 11 a.m. on Friday.
3. Come to the Center BEFORE 11 a.m. Friday; pull into the drive through to pick up your box; show a valid ID or proof of Franklin Co. residency. NOTE: If you do not pick up your box by 11 a.m. on Friday, your box will be given to the next person on the list.

Part of God's Pantry in Lexington, KY, the Food Pantry accepts donations from B's Bakery, Big Lots, Kroger, Little Casear's Pizza, Panera, Papa John's Pizza, Poppy's Bakery and Walmart. In FY 2020 over 4800 participants received food from the Helping Hands Food Pantry.

LINE DANCING 101 Tuesday, March 2 thru March 15.

Join this 'class' as Carol Martin leads you through "Cupid Shuffle." Line Dancing 101 is for beginners. Yes, those of you who have never tried line dancing but always thought you might like it. We know you'll miss your friends, but this will give you a chance to hone your skills before you can gather again. This is how it'll work:

1. You email arobbins@fccoa.com.
2. Anne will email you a link that will be open on March 2. This link will be open until March 15.
3. Each time you participate in the video, please email Anne and answer 3 question:
 - Date and time you participated in the video.
 - One comment about how you did.
 - Suggestions for what we could do to make the experience better for you. (This might include suggestions for Carol, suggestions for access, program topics—or anything else.)

Cupid Shuffle will be available until March 15. On March 16, a new video will be available for 2 weeks.

Questions? Email Anne at arobbins@fccoa.com

BLUEGRASS TRANSITIONAL CARE DEMENTIA PROGRAM Tuesday, March 9, 2 p.m. No registration necessary. Call 502-209-7085

See Page 4 for details.

LINE DANCING FOR BEGINNERS Tuesday, March 16 thru March 30.

This class is designed for "high" beginners and up. "Intoxicating" will provide you an opportunity to further your skills. To register, please follow the procedure under Line Dancing 101. "Intoxicating" will

be available until March 30. New videos will be available in the future.

Questions? Email Anne at arobbins@fccoa.com

EXERCISE WITH HAPPY Opens Tuesday, March 23

Join Happy Raffale of KSU SNAP-Ed today as she gets moving with some chair based exercises. No special equipment needed and do what you feel you can safely do. To get the link for the exercise video, please follow the procedure under Line Dancing 101. Be sure to identify that you want the link to Exercise with Happy.

New videos will be available in the future. Questions? Email Anne at arobbins@fccoa.com

PHONE CALL BINGO TUESDAY, March 30, 2:00 p.m. No registration necessary.

Yes. You read it correctly. We're going to play Bingo over the phone. This is how it'll work:

1. Download 2 Bingo cards from the Internet, call the Center and ask for us to mail you 2 cards OR stop by the Center on March 29, 9 a.m.—2 p.m., and pick up cards.
 2. On March 30 about 2 p.m., call **(502) 209-7085** from your phone—either land line or cell phone.
 3. When the phone at Capital City Center is answered, tell your name to the person answering. Be sure you have your Bingo cards ready.
 4. Then stay on the line and follow the directions. The caller (maybe even someone you've missed at the Center) will call the numbers and tell you exactly what to do.
- IF you are a lucky winner, the Caller will tell you how to claim your prize. This will be an experience you don't want to miss.

ENIGMA™ Cryptogram
Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "E" = "A"*

"DN PULPFD HPMPED IS XIXP-DPXDKS
NM HPMPED IDSPWM."
— MYEXFIS FYETMNYH

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ENIGMA™ Cryptogram
Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. *Hint: "T" = "R"*

"LKS EAUS VG O WON'E DKOTODLST
DON ZS EKVPN ZM LKS LKANFE LKOL
WOQS KAW ONFTM."
— OXLKVT XNQNVPN

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Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

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

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DIFFICULTY: ★★★★★

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Tuesday, May 12, 2020 – Estate Planning Workshop 10:00 A.M. - 12:00 P.M.
Thursday, May 21, 2020 – Medicaid Workshop 6:00 P.M. - 8:00 P.M.
(Seating is limited and reservations are required)

Please call us at (502) 219-7371
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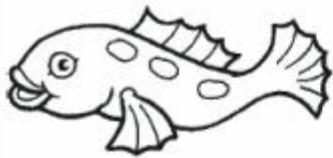
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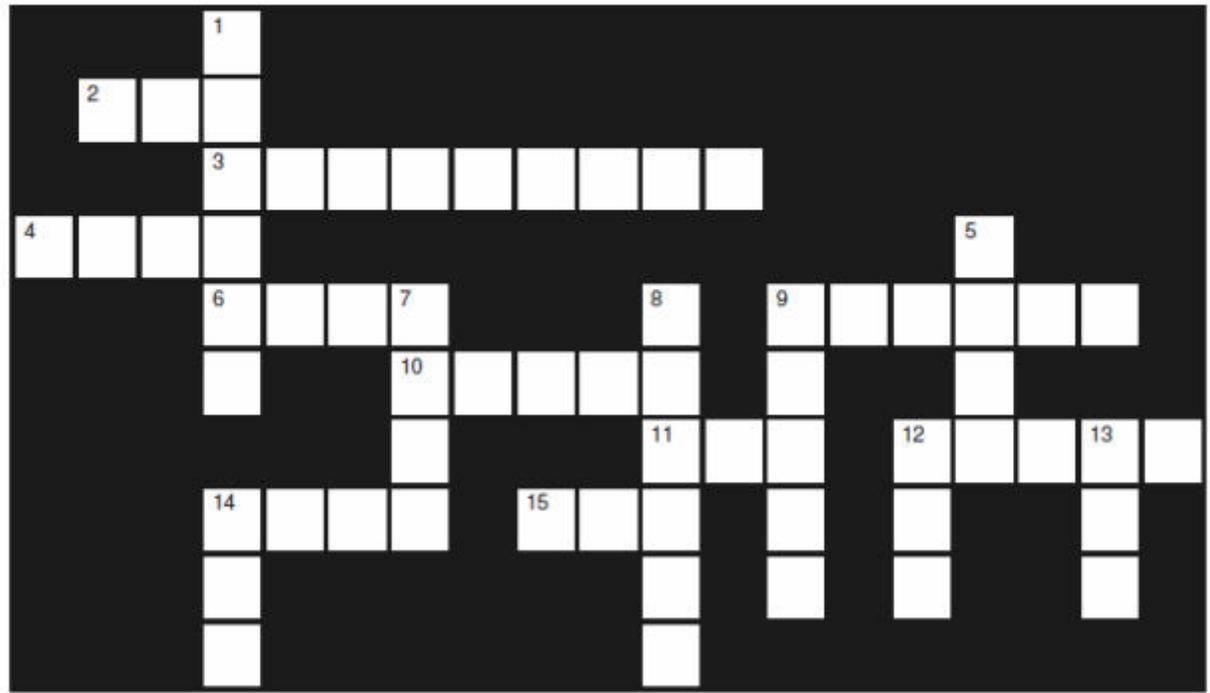
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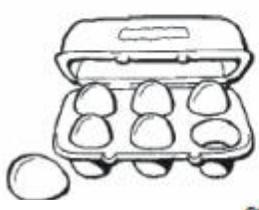
ACROSS

- 2. MR. BROWN CAN ____ I CAN YOU? (1970)
- 3. HOW THE GRINCH STOLE ____ (1957)
- 4. IF I HAD ____ FEET (1965)
- 6. GREEN ____ AND HAM (1960)
- 9. OH, THE ____ YOU CAN THINK! (1975)
- 10. COME OVER TO MY ____ (1966)
- 11. ONE FISH, TWO FISH, ____ FISH, BLUE FISH (1960)
- 12. HORTON ____ A WHO (1954)
- 14. THE ____ BOOK (1968)
- 15. THE ____ IN THE HAT (1957)

DOWN

- 1. THERE'S A ____ IN MY POCKET (1974)
- 5. YOU'RE ONLY OLD ____! (1986)
- 7. I CAN READ WITH MY EYES ____ (1978)
- 8. ____ THE TURTLE AND OTHER STORIES (1958)
- 9. I AM NOT GOING TO GET UP ____ (1978)
- 12. ____ ON POP (1963)
- 13. IF I ____ THE CIRCUS (1956)
- 14. ____ IN SOCKS (1965)

WORD LIST: CAT, CHRISTMAS, DUCK, EGGS, FOOT, FOX, HEARS, HOP, HOUSE, MOO, ONCE, RAN, RED, SHUT, THINKS, TODAY, WOCKET, YERTLE



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FROM THE DIRECTOR, MARCHELE JENKINS

Perhaps you saw the article in the *State Journal* that Frankfort Area Chamber of Commerce awarded me the President's Award, an award designed to recognize a resident or someone who works in Franklin County "whose service and dedication has made a significant impact in Frankfort and Franklin County." First of all, I get to work with the most awesome TEAM every day. They work together, fill in for each other and take care of the gaps. And most all the time, all have smiles on their faces. And the FCCOA Board of Directors has supported me as Capital City Activity Center has made drastic changes in how we try to serve the seniors in Franklin County.

As I said in my acceptance, "I am able to continue to give back to the community that has given so much to me." And it's true. I can't remember a time in my life that I haven't been involved in the community. What I didn't say is that no matter what I've given to my community, I've received blessings upon blessings. Who wouldn't like to try to help feed people in Franklin County? In non-COVID years, who wouldn't try to come up with ways to help seniors find programs, activities and transportation to keep them healthy and keep them from being lonely? Who wouldn't enjoy hugs and smiles from people who appreciate what we do?

I am humbled by this award, and I am so grateful for all the blessings Capital City Activity Center has given me. RIGHT HERE is an awesome place to be.

Blessings, *Marchele*

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