

FREE

Vol. 31 Issue 08/20

Friday 28th Feb - Thursday 5th March 2020



KINSALE ADVERTISER

INCLUDING THE GUIDE TO **WHAT'S ON** IN KINSALE & DISTRICT



Tel: 021 477 4313 :: Web: www.kinsleadvertiser.com :: Email: info@kinsleadvertiser.com




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Macra na Feirme
f Kinsale Mac Ra

Kinsale Youth Support Services

5K WELLBEING WALK

Kinsale Youth Support Services

Supported by

Riverstick Ramblers & Kinsale Macra

**Sunday 8th March 2020
at 12pm**

**Starting at
Kinsale Community School**

Donations in aid of KYSS

KYSS Health Support Worker, Ger Rice - 085 8725789





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All Irish Boarding School for Girls

Boarding provides an alternative environment that enhances the learning journey and growth. With dedicated Academic Staff and Teams to ensure the well-being of our students, we develop the personal qualities and skills that colleges, universities and employers value. Sociable and supportive, fun and enterprising – Coláiste Íde has everything you could wish for while studying with us.

You are invited to join us on our
OPEN DAY
7TH OF MARCH 2020
12.00-16.00pm

Coláiste Íde, Baile an Ghollin,
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www.colaishteide.com



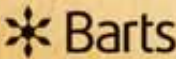
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Lifetime guarantee



KINSALE MEDICAL

KINSALE

NOW INTRODUCING

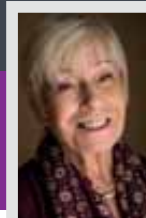
the latest Oticon Opn.
The World's first internet-connected hearing aid.



Karen Underwood
Singer

"As a singer, the combination of Egans and my Opn hearing aid means I can fully enjoy my passion."

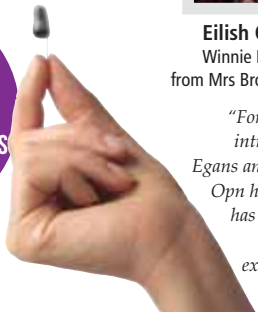
- Proven to make listening easier on the brain
- 30% better speech understanding
- Up to €1000 PPS Grant
- FREE hearing test and consultation
- Made for iPhone



Eilish O'Carroll
Winnie McGoogan
from Mrs Brown's Boys

"For me being introduced to Egans and the new Opn hearing aid has been a life changing experience."

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FASTER THAN PREVIOUS
TECHNOLOGY



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since the Turn
of the Century*

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Honda Engine
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- 53cm Cut
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Over 50 to
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FRIDAY 28th FEBRUARY 10.30pm

THE FRETS

Lively Duo playing Trad / Folk

SATURDAY 29th FEBRUARY 10.30pm

KING K

5 Piece Rockin' Covers

SUNDAY 1st MARCH 9pm

BEN & THE MIGHTY MEN



RAMPART PLAYERS
PRESENT

A DOUBLE SHOT OF

PINTER



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Night Offer*

Buy 1 Get 1
FREE

Tuesday 3rd - Saturday 7th
March | 8pm | **Actons Hotel**

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MINDFULNESS BASED WELLBEING COURSE FOR STRESS AND ANXIETY TYPE SYMPTOMS

The aim of this 5 week program is to enhance self-care and wellbeing by:

- Learning how to respond to stressful situations in a healthier way.
- Gaining some insight into unhelpful thinking patterns.
- Building resilience in the workplace.
- Creating more awareness around your breath, body, thoughts and feelings.
- Increasing your ability to thrive in uncertainty.
- Enhancing your listening and communication skills.

This course is about exploring what mindfulness is about and what it is not about. It is not designed to fix problems nor is it group counselling.

KINSALE COMMUNITY SCHOOL THURSDAY 5TH MARCH

7pm to 8.30pm for 5 weeks Cost: €60 for the full program

**PLACES ARE LIMITED
BOOKING REQUIRED**

Classes are run by Sandra Barry
Psychotherapist/Counsellor MIACP
www.sandrabbarrypsychotherapy.ie

Contact: sandra@sandrabbarrypsychotherapy.ie
or phone **087 7370061** for further information or to make a booking

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COCKTAIL & GASTRO BAR



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Open from 4pm Monday to Friday and from 12 midday Saturday & Sunday



The Glen, Kinsale

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KINSALE GAA

LOTTO

KINSALE GAA WOULD LIKE TO THANK EVERYONE FOR YOUR FANTASTIC SUPPORT OVER THE YEARS AND ASK THAT YOU CONTINUE TO SUPPORT THE FUTURE OF OUR CLUB BY BUYING A LOTTO ENVELOPE.

ENVELOPES ON SALE IN THESE LOCATIONS:

CREDIT UNION, MARKET GARDEN, CO-OP, BARRETT'S BUTCHERS, KINSALE SPORT SHOP, EUROSPAR, CENTRA, MURPHYS SHOP, O'CONNORS PHARMACY, TOP SERVICE STATION.

ENVELOPES ON SALE IN THESE PUBLIC HOUSES:

MILLWHEEL, SPANIARD, WHITE LADY, ARMADA, OSCARS, GREYHOUND, DALTONS, WHITE HOUSE, BLUE HAVEN, SAMS BAR.



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**KINSALE
GAA**



**CELEBRATING
THE
SUCCESS
OF
2019**

**BLUE HAVEN HOTEL
FRIDAY 6TH
MARCH 2020**

DOORS 7.30PM | TICKETS €20
INCLUDES TWO COURSE MEAL
WITH MUSIC AFTERWARDS

TICKETS CAN BE PURCHASED FROM
RECEPTION AT BLUE HAVEN

This is an over 18's event

ONE CLUB. ONE VISION!



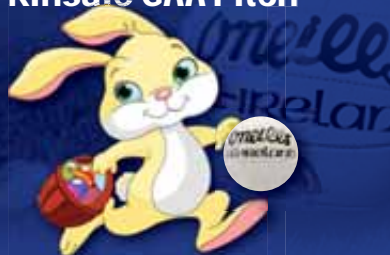
PHOTO: JANE O'NEILL



KINSALE GAA EASTER CAMP

Wed 8th - Fri 10th April

Kinsale GAA Pitch



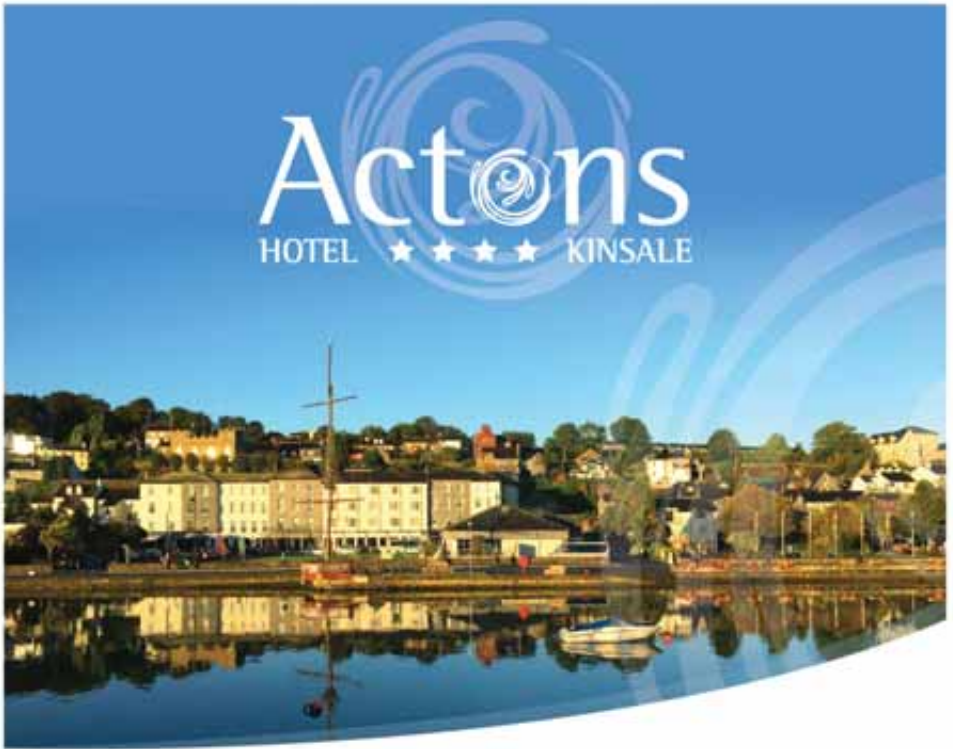
**For children aged 6-12 years
(U6s must be in Primary school)**

Time: 10am to 1pm

Cost: €30 per child

Register online at www.kinsalegaa.com





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KINSALE
ST. PATRICK'S DAY



MONDAY 16th MARCH, 7.30pm



**Light Up & Shine at the
MARITIME PARADE IN THE HARBOUR**

Music & Balloon Making from 7pm

Prizes for Brightest Dressed Adult, Youth & Child

Fireworks Display

Cork's 96FM Street Fleet

ST. PATRICK'S DAY - TUESDAY 17th MARCH

12pm Blessing of the Shamrock at St. John the Baptist Church

1pm-3.30pm Free Face Painting & Balloon Art
at various locations throughout the town

1.30pm Presentation of prizes for Children's Art Competition
at the Tourist Office

3pm **STREET PARADE**

Grand Marshal is Mr. Paul Shea, Newport, Rhode Island.

Starting at Kinsale Fire Station, The Glen, Pearse St,
Barry's Place to Emmet Place, down Pier Road



Prizes for Best Dressed Adult, Youth & Child at the Street Parade

Prizes for Best Dressed Shop Window

Email: kinsaleparade@gmail.com



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Offering outstanding food and service.



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WITH THE
STARS!

AND HIS BAND

LIVE IN CONCERT

FRIDAY
6th MARCH
7.30PM

SUPPORT ACT BY
KCS TALENT

300
TICKETS
ONLY!

TICKETS €15 | FROM SCHOOL OFFICE



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TRIDENT HOTEL
8th March 2020
11 am - 5pm

*A DAY SHOWCASING WOMEN IN BUSINESS
AS WELL AS BUSINESS PROVIDING FEMALE
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WEST CORK SINCE 1925**



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TICKETS
€15

DESIGN BY FGAZAN WWW.FGAZAN.COM



**SAT 29TH FEB 2020,
9.00PM TILL LATE**

FUNDRAISER FOR
ST MULTOSE N.S & SUMMERCOVE N.S

THE WHITE LADY, KINSALE.

Raffle ticket included.

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4 Star AA Guesthouse



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Bar/Bistro 12pm-10pm

Dinner 6pm-10pm



MUSIC

Saturday 29th February

Nightshift, 10.30pm



SPORTS

SPORTS

Friday 28th February

Leinster v Glasgow, 7.35pm

Saturday 29th February

Munster v Scarlets, 5pm

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Your hosts the Frawley Family & Staff

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TO THE COMMUNITY FOR 26 YEARS!

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Here's what some of our customers
are saying.*

"We advertise every week in the Kinsale Advertiser. It is our 'shop window' in Kinsale. I believe that Kinsale people know they can trust us to deliver a great service when they see our ads every week on the Kinsale Advertiser."

"When I don't advertise people think my business is closed."

"Being in Kinsale for only a short while I have found The Advertiser a brilliant way to communicate with my new home town."

Published every Friday Deadline for copy Mondays at 12 noon

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www.kinsaleadvertiser.com

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WWW.CSONLINE.IE



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10 Good Reasons to advertise in the KINSALE ADVERTISER

SERVING THE COMMUNITY SINCE 1976!

- 1) The Definitive Guide to **What's On In Kinsale!**
- 2) Quality local advertising **direct to your target market.**
- 3) **Most competitive and affordable advertising rates** around for a product which we have improved vastly through the years:
(A weekly full page mono costs just €69.30+vat, 25 years ago the same ad cost the equivalent of €57+vat!)
- 4) **No extra charge for ad design.**
- 5) **Weekly & Monthly rates** and further discounts for prepayment on block bookings.
- 6) Kinsale Advertiser is **uploaded to www.kinsalenews.com** every Thursday and is delivered to usual outlets by Friday morning - more people than ever before now see your ads!
- 7) **Follow us on Twitter @kinsalenews and Facebook /kinsalenews.** Advertise your events and we will promote them to our followers on Twitter and Facebook. Over 4300 followers on Twitter, over 4000 likes on Facebook.
- 8) **Full colour adverts available (Full, half, quarter & eighth of a page).**
- 9) Book your preferred space for upcoming events: **St. Patrick's Day, Mother's Day, Easter, etc.**
- 10) **The Kinsale Advertiser, the most effective way to let people know what your business has to offer.**

Deadline: Every Monday @ 12 noon

Publication of adverts cannot be confirmed until payment has been received



T: 021 4774313 E: info@kinsaleadvertiser.com www.kinsalenews.com



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Items for sale • Items wanted • Situations vacant
 Gardening • Services available • Building • Childcare
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www.bluehavenkinsale.com

Daltons Bar

Market St, Kinsale
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Lessons - Trekking - Livery

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No hedge too high

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WHAT'S ON IN KINSALE & DISTRICT



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12 WEEK KERATIN SMOOTHENING TREATMENT NOW AVAILABLE

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Restore your movement and gain relief using:

- Deep Tissue Massage • Sports Cupping
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Supporting Kinsale's first International Women's Day Festival
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Kinsale Health and Wellbeing Centre
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*Ideal candidate will have previous experience
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Bar experience desired. Full training will be given.

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To discuss this opportunity further please
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CVs can be forwarded to the above address
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Baby & Toddler Group

TEMPERANCE HALL, KINSALE
TUESDAY 3rd MARCH
10am - 12noon



Meet, chat & have a cuppa with other parents
while you watch your child play & interact.

Make friends for life.

FOR INFO PLEASE CALL MARY
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**New Mums
& Babies
Welcome**

NOTICES

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www.kinsalenews.com

  **SUNDAY 1st MARCH, 9am-3pm**
Car Boot Sale
Belgooly GAA Pitch
Contact: 086 3923447



**Kinsale Active
Retirement Association**

Tuesday 3rd March, 2.15pm
Temperance Hall

"AGING GRACEFULLY"
Cognitive Exercises
with Neil Hogan



NOTICES

A TALK BY THE MARIE KEATING FOUNDATION "YOUR HEALTH, YOUR CHOICE"

Wed 4th March, 8pm
Kinsale Men's Shed, The Glen

Entrance Fee: €5

REFRESHMENTS SERVED
ALL WELCOME, MALE & FEMALE

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it.

Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. AD

DRUM CIRCLE Fridays, 7pm Temperance Hall *Beginners welcome*

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it.

Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. KC

KINSALE BAPTIST CHURCH Sundays, 11am Temperance Hall *All welcome*

www.kinsaleabc.ie

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it.

Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. KO'D

MISSING CAT FROM ABBEY VIEW, KINSALE.

Huge Maine Coon Cat,
missing November 18th
2019.

Microchipped and
neutered. No collar.

CALL 085 7630024



Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it.

Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. ROM



Are you concerned about the well-being of any young person?

**FOR FREE & CONFIDENTIAL
ADVICE & SUPPORT
CONTACT GER ON
085 872 5789**

Miraculous Prayer

Dear Sacred Heart of Jesus, in the past I have asked for many favours. This time I ask you this very special one (mention favour). Take it, dear Heart of Jesus and place it within your own broken heart, where our Father sees it.

Then in his merciful eyes it will become your favour, not mine, Amen.

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Miraculous Prayer

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Then in his merciful eyes it will become your favour, not mine, Amen.

Say this prayer for 3 days, promise publication and the favour will be granted, no matter how impossible. Never known to fail. KC

WHAT'S ON IN KINSALE & DISTRICT

THURS 27th FEBRUARY

BANDON CO-OP & HOME VALUE:
10% Off Carpet until 29th February.
BLUE HAVEN:
Mike O'Riordan & guest, 9pm.
DALTON'S BAR:
Trad Session.
THE WHITE LADY OF KINSALE: A MUSICAL:
Kinsale Community School, 8pm.
€25. Book at www.gr8events.ie or call 021 4773174.

FRI 28th FEBRUARY

BLUE HAVEN:
Alan Murphy, 9.30pm.
DRUM CIRCLE:
Temperance Hall, 7pm.
FOLK HOUSE:
The Frets, 10.30pm.
KINSALE BRIDGE CLUB:
Trident Hotel, 10am.
TABLE QUIZ & DINNER:
Dalton's Bar, 7pm.
Tickets €20 pp.
For Kinsale Arts Weekend.
THE WHITE LADY OF KINSALE: A MUSICAL:
Kinsale Community School, 8pm.
€25. Book at www.gr8events.ie or call 021 4773174.

SAT 29th FEBRUARY

BLUE HAVEN:
Crazy Chester, 10pm.
FOLK HOUSE:
King K, 10.30pm.
HAMLETS:
DJ.

LEAVING CERT FRENCH

ORAL PREP COURSE:
O'Donovan's Hotel, Clonakilty.
Booking: www.elc.ie
091502542 or 0127844448.
orals@elc.ie
THE WHITE LADY OF KINSALE: A MUSICAL:
Kinsale Community School, 8pm.
€25. Book at www.gr8events.ie or call 021 4773174.
WHITE HOUSE:
Nightshift, 10.30pm.
WHITE LADY, KINSALE:
80's Disco

SUN 1st MARCH

BELGOOLY CAR BOOT SALE:
Belgooly GAA Pitch, 9am - 3pm.
BLUE HAVEN:
Trad Session, 8.30pm.
FOLK HOUSE:
Ben & The Mighty Men, 9pm.
KINSALE BAPTIST CHURCH: 11am, Temperance Hall.

MON 2nd MARCH

BLUE HAVEN:
Traditional Irish Music with Arundo, 9pm.
CROSSFIT BOOTCAMP /CROSSFIT LIGHT:
3 classes per week
Monday, Wednesday, Friday over 6 weeks.
10.30am-11.30am.
Starts today.
DALTON'S BAR:
Trad.

TUES 3rd MARCH

BABY & TODDLER GROUP:
Temperance Hall, 10am - 12 noon.
BLUE HAVEN:
Sonny & Friends, 9pm.
KINSALE ACTIVE RETIREMENT ASSOCIATION:
Aging Gracefully, Cognitive Exercises with Neil Hogan. 2.15pm, Temperance Hall.
KINSALE BRIDGE CLUB:
Trident Hotel, 7pm.
RAMPART PLAYERS PRESENT A DOUBLE SHOT OF PINTER:
Actons Hotel, 8pm.
Tickets €10 from Boathouse Gallery.

WED 4th MARCH

ART CLASSES WITH EILEEN DUFFY:
11.30am-1.30pm.
Starts today.
6 classes for €150.
Small class of 6 to 8 students.
Email: duffy.eileen10@gmail.com
BLUE HAVEN:
Niall McCabe, 9pm.
CROSSFIT TEENS:
13-18 year olds.
2 classes per week: Wednesdays 4pm, Saturdays 10am.
6 week course.
Starts today.
KINSALE MEN'S SHED:
Talk by Marie Keating Foundation "Your health, your choice" . 8pm
Adm: €5.

RAMPART PLAYERS PRESENT A DOUBLE SHOT OF PINTER:
Actons Hotel, 8pm.
Tickets €10 from Boathouse Gallery.

THUR 5th MARCH

ART CLASSES WITH EILEEN DUFFY:
11.30am-1.30pm.
Starts today.
6 classes for €150.
Small class of 6 to 8 students.
myartfulspace.com
Email: duffy.eileen10@gmail.com
BLUE HAVEN:
Traditional Irish Music with Arundo, 9pm.
DALTON'S BAR:
Trad Session.
MINDFULNESS BASED WELLBEING COURSE FOR WORK-RELATED STRESS & ANXIETY:
Run by Sandra Barry, Psychotherapist/ Counsellor MIACP.
Kinsale Community School.
7pm-8.30pm.
€60 for 5 week course.
Booking: 087 7370061
sandra@sandrabarrypsychotherapy.ie
RAMPART PLAYERS PRESENT A DOUBLE SHOT OF PINTER:
Actons Hotel, 8pm.
Tickets €10 from Boathouse Gallery.



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Body Control Pilates
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(non-combat)
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Chi Ball

Chi Exercise
Chi Gong
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contact martial arts)
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Dance Classes
Dance Movement Therapy
Deep Tissue Massage
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Exercise and Health Studies
Exercise Coach
Exercise for the Older Person
Exercise Instructor for
Cardiac Rehabilitation
Exercise to Music
Exercise with Disabled
Exercise, Health Studies
& Personal Training
Exercise/Rehabilitation
Fitball
Fitbox Training
Fitness and Sports Therapy

Fitness Classes
Fitness Instructor
(Incl Gym)
Fitness Testing
Fitness Training
FlabeLos Machine
Flexercise
Food Intolerance Testing
Group Instruction
Healthy Living Advice
Indoor Cycling
Kenku Jutsu
Kettle Bells
Personal Fitness Training
Pole Fitness
Pre & Postnatal Exercise
Spin Cycling
Stability Ball Training
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Strength & Conditioning
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Weight Lifting
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