



SHABBAT CELEBRATIONS

SECURITY PROVIDED AT ALL IN PERSON SHABBAT SERVICES UNTIL FURTHER NOTICE



Friday - August 2, 2024 - 6:30 p.m.

Led by Cantor Bern-Vogel

Oneg Shabbat hosted by Nancy Darling in honor of Leslie Soltz

Saturday - August 3, 2024

Parashat Matot-Masei - פרשת מטות-מסעי - Numbers 30:2-36:13

Haftarah - Jeremiah 2:4-28, 3:4



Friday - August 9, 2024 - 6:30 p.m.

Led by Cantor Bern-Vogel

Oneg Shabbat hosted by Ellen Weiss

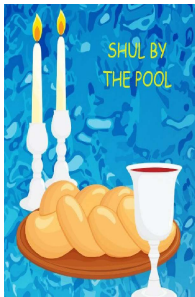
Saturday - August 10, 2024

Shabbat Morning Service - 10:00 a.m.

Led by Cantor Bern-Vogel

- Parashat Devarim - פרשת דברים - Deuteronomy 1:1-3:22

Haftarah - Isaiah 1:1-27



SHUL BY THE POOL

Friday - August 16, 2024 - 6:00 pm

Led by Cantor Bern-Vogel

At the Home of Dr. Samuel Schwartz and Dr. Victoria Vo (more details on page 7)

Oneg Shabbat following the service

Saturday - August 17, 2024

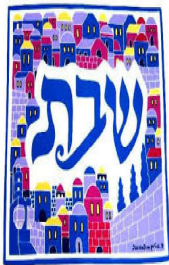
Torah Study - 9:15 a.m.

Shabbat Morning Service - 10:00 a.m.

Led by Cantor Bern-Vogel

Parashat Vaetchanan - פרשת ואתחנן - Deuteronomy 3:23-7:11

Haftarah - Isaiah 40:1-26



Friday - August 23, 2024 - 6:30 p.m.

Led by Chel and Paul Zipperstein

Oneg Shabbat hosted by Barb and Michael Smith in celebration of their daughters',

Michelle and Nicole birthdays

Saturday - August 24, 2024

Shabbat Morning Service - 10:00 a.m. - ZOOM ONLY

Led by Cantor Bern-Vogel -

Parashat Eikev - פרשת עקב - Deuteronomy 7:12-11:25

Haftarah - Isaiah 50:1-51:3



Friday - August 30, 2024 - 6:30 p.m. - ZOOM ONLY

Led by Cantor Bern-Vogel

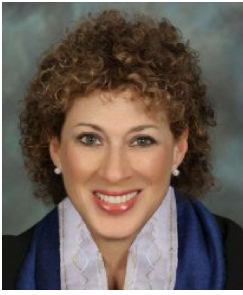
Saturday - August 31, 2024

Parashat Re'eh - פרשת ראה - Deuteronomy 11:26-16:17

Haftarah - Isaiah 54:11-55:5

CONNECT TO ZOOM LINK AT WWW.EMANUELSB.ORG

Cantorial Comments



Connecting with one another through prayer, social events & learning!

I am honored to be entering my sixteenth year serving Congregation Emanu El and the third year as your main spiritual leader.

I've witnessed closely many changes and challenges the congregation has faced over the past decade and a half. I have seen how many people were already migrating from good old San Bernardino to safer, more developed communities. The decision to move from E-Street to Redlands' 'Little Ford' in 2010, gave us all the opportunity to watch first-hand, gazing up the hill, as the foundation was laid for our current building culminating in our sanctuary dedication with fourteen cantors and our choir in 2013.

It has not been without financial strains and worries, not to mention the isolation and heavy cloud of Covid in 2020, with our living and dining rooms being turned into mini sanctuaries as we zoomed from home. 'Post Covid' was like a new-found freedom, when we gradually began to return to our in-person worship services and social events. I have helped to guide Congregation Emanu El throughout all these transitions, along with seven different rabbis. Now with the rise of anti-semitism and the war against terrorism, all Jewish institutions around the world function with heightened awareness and the need for greater security.

We are by far not the only congregation adjusting to the unsettling events of the past few years. And, we are no longer the congregations of the 60's and 70's when everyone's lives revolved around services and Temple events. Like San Bernardino, where I grew up in Cedar Rapids, Iowa, Temple Judah's slogan was "**Make Friday Night Temple Night**".

But...despite the turmoil and unsettling events of the past few years, especially since October 7th, we have all the more reason to be connected with one another - **WE are here and eager to connect with you!** Under the loving and creative direction of **Ilene Mino, our SJL Director**, and the outreach of our younger board members, many new families are excited and involved while our programs are gaining momentum. We've had summer Fun Days, and are makin great plans for the fall. We may not be 'the shul with a pool', but we do have a **GAGA pit**, thanks to the special b'nai mitzvah project of **Ethan and Micah Knox**, who continue to maintain its integrity. Thanks to **Margie Orland** and **Rabbi Hillel Cohn**, **Seniors for Seniors** always lines up great entertainment.

This month, choir rehearsals for the High Holy Days will soon be in full swing. I am planning on scheduling another **Cantor's [plus choir] Concert** for next spring, and am putting together a **Sunday Morning Edult Ed 4-5 Series** with guest speakers on *End of Life Matters [or... Where there's a Will, There's a Way]*, discussing such issues as: cemetery arrangements, writing a will and living trusts; asking questions such as what plans and decisions should I make now for my wishes about my own end-of-life care, death, and burial? What do I want my loved ones to know about these decisions? And even...a Death Cafe! These are important topics for all ages!

The synagogue is a **Bet Ha-tefila, Bet ha-knesset and Bet Ha-midrash** -

a House of Prayer, a House of Assembly and a House of Study.

Isaiah wrote: ***Let this be a house of prayer for all People.*** [56:7]

Whatever connection you may be seeking, whether through prayer, gathering socially, or learning together, may you find it here with us, at Congregation Emanu El!! Please don't hesitate to contact me cantorjenbv@emanuelsb.org

Enjoy the last weeks of summer!

Cantor Jennifer Bern-Vogel

Presidential Perspectives



I'm pleased to announce that congregants Amanda Ramirez and Scott Wilkie will be leading the search for our next Rabbi. Scott is a long-time board member who for many years coordinated High Holy Day Honors. Scott and his wife Ashleigh are busy raising their two children, Elise and Davis. Amanda Ramirez also serves on our Board of Directors and has been instrumental in creating new programs like "Sunday Funday" designed to better promote more robust social connections within our congregation, especially our School for Jewish Living. Amanda and her husband Fernando have three children, Jacob, James, and Jordan. Both Amanda and Scott, along with SJL Director Ilene Mino, have been instrumental in reimagining and supporting SJL to create a more meaningful and fun learning environment designed to grow our school and its students. Professionally, Scott is an executive with Niagara Bottling and has worked diligently to better use and sustain our most precious resource, water. Amanda is CEO and founder at Garden Labs and has worked as a strategy and operations executive for a number of Fortune 500 companies including Pay Pal. While their professional credentials are impressive, I believe what better defines Amanda and Scott is their commitment to family and Congregation Emanu El. I thank Scott and Amanda for agreeing to lead this most sacred mission to find our next spiritual leader.

Finally, thank you to Seth Poulin for heading up our newly formed Safety Committee. Seth is working to assemble a team that will manage and bolster our security needs which are designed to keep our congregants and temple campus safe. In this day and age, proper security is paramount to running a successful synagogue, where all who enter feel safe and secure. I hope you keep in mind that these added services come at a significant cost. As always, your financial support is needed and greatly appreciated.

Well wishes to you all,

Greg Weissman

Treasurer's Report



September is right around the corner; we are making all the arrangements for celebrating the High Holy Days. Soon, we will be welcoming our students back to the School for Jewish Living.

Parents will be receiving registration information the first week of August.. Ilene Mino, our SJL Director along with Karyn Lehmann, have been making plans for the upcoming school year,

High Holy Day service schedule, information and tickets will be mailed the end of August. As a reminder, once again High Holy Day tickets will be issued to all members in good standing, meaning all dues and fees from prior years must have been paid as of June 30, 2024. If you have an outstanding balance on your account you must make arrangements to pay your balance before High Holy Day tickets can be issued.

As always, I encourage any member to reach out to me to discuss any concerns they may have regarding their dues obligations. We NEVER deny membership based on dues. If you have any questions, contact me at 951-317-2003 or jbstrain1130@gmail.com.

Julie Strain

jbstrain1130@gmail.com

Board of Directors

Thursday,
August 15, 2024
7:00 pm
All are welcome

Sisterhood Meeting
Monday, August 5, 2024
10:00 a.m.
All are welcome

From Our School for Jewish Living

On summer break; making plans for the new school year in September.

Enjoy the rest of your summer and see you in September!

Miss Ilene



TISHA B'AV SERVICE
6:30 pm Monday, August 12th

As Reform Jews, we consider our most solemn day to be the fast of YOM KIPPUR. However, traditionally, *Tisha b'Av* - the 9th of Av - is also a fast day commemorating the destruction of the First and Second Temple, expulsions from various countries and even in our own time, World War started on the 9th of Av and in 1942 the killings began at Treblinka on the 9th of Av.

There is much to mourn and heal from in our own time as well. Please join us for a brief, solemn service of candle lighting, readings and chanting from Lamentations

Notice:
Temple Office will be closed
Tuesday, August 13th in
observance of Tisha B'Av

Sisterhood Speaks



Wow, our Sisterhood is definitely on a roll!

There is so much going on so I will give you the highlights for the month of August.

Our first program will be on August 10th, chaired by our in house artist, Karyn Lehmann. It is called "Paint'n Sip". If you have not been to any of these events, then let me explain. Our guests will be given a step by step class in painting on a stretched canvas while our staff comes by with wine. This way you will be relaxed and your creation will become a masterpiece for your home. It is a lot of fun. We are inviting whole families or couples for \$30.00 and an individual person for \$18.00. Please RSVP to the temple when you receive your invite so that we can order the correct amount of paints and hardware.

The next event still follows the artist in all of us with a tour of the Cheech Marin Center for Art and Culture Museum in Riverside on August 18th. We will meet at the temple at noon and carpool to the museum. You will enjoy Cheech's collection of art that reflects Cheech's humor and desire to show Chicano artists from across the United States that he admired and enjoyed. This exhibit is free, so all we need is an RSVP if you want to carpool with us.

These programs are just the start of what we have planned so read your bulletin so that you will not be left out,

Deborah Schwartz
Sisterhood President

Host an Oneg
Shabbat

Oneg Shabbat
Hosts Needed for
September and
October

Contact Kathy Trainor at
kdtrainor@msn.com or
909-659-3518



Mental Health Awareness in Action

Food and more for mental health

You probably have been hearing for years, decades, about food that is good for you to eat. Good for heart, good for arteries, good for all our internal organs. You probably can list them yourself – leafy green vegetables, cold-water fish, fruits, whole grains, olive oil. And of course you know to cut out all that sugar, mammal fat, white flour. You’ve heard it all before.

Would you be surprised to find out that all that good food is good for your mental health? And that the same stuff that’s bad for your body can also cause problems in your mood and thinking?

Guess what? Sweet sodas, diet sodas, fruit juice (as distinct from fruit itself), white bread, ketchup, cake frosting, alcohol, doughnuts and all sweet sweet cakes, and lots of coffee or energy drinks. Much of the evil in these is from sugar, some from caffeine. And how does it affect us? They intensify anxiety, and also depression. And if you’re sensitive to gluten, even soy sauce can be a problem. We were pretty surprised to find out that diet soda can even cause depression.

All this information is from WebMD, a source that Nancy and her physician husband have come to trust over the years. So, here’s to good eating!

But food is not everything, though essential. There are more mysterious things that have significant effect on mental health, mood, energy. Let’s go take a walk.

Before we became glued to our cars and trucks, most of us in the Western world knew that going for a walk felt good, helped us think better, calmed us down. Didn’t the British call the evening walk “a constitutional,” and not just because of the exercise. And don’t most of us know that most of our medicines come from plants? And all the healers before modern

scientific medicine all over the world used plants as specific medicines? But only lately did people seem to wonder if just being around plants was healthful. And when they investigated scientifically, they found excellent chemicals exuding from trees and bushes, chemicals that are healing, that we breathe in. In Japan they started “forest bathing,” just going out together in the forests and spending peaceful time there. It’s a ‘thing’ in Japan, and people find it reinvigorating.

So, look up at the trees, and thank them for their calming, nourishing chemicals, and their beauty.

Heidi Nimmo and Nancy Sidhu, Co-Chairs,
Mental Health Awareness In Action (MHAIA)

In Memoriam

זכרנו לברכה

We note with sorrow the recent death of
former long time member

Lester Kushner

September 27, 1946 - July 15, 2024

Predeceased by his wife Nancy Kushner

Survived by children:

Jacqueline (Renzo) Bernales, Jennifer
Kushner, Deborah (William) Rock, David
(Frances) Kushner; 5 grandchildren,
4 great-grandchildren

Sisters:

Meri Varnai, Elana Levine

Lester was a long-time teacher in the
Congregation Emanu El School for Jewish
Living, choir member and cantorial soloist of
Congregation Emanu El

May the memories of the righteous
be for a blessing



Join Sisterhood for an Evening of Fun

August 10, 2024

6:00 p.m.

Create your own masterpiece!

Our very own artist Karyn Lehmann will guide you in creating a beautiful Hamsa or Tree of Life painting on canvas while sipping on wine and enjoying hors d'oeuvres.

\$18.00 per person or \$30.00 per couple

Please RSVP to the temple office at 909-307-0400 or templeadmin@emanuelsb.org



**Join Sisterhood on
August 18, 2024
for a trip to
The Cheech - Riverside Art Museum
Meet at the temple
12:00 noon to carpool
Admission is free on Sundays**

The Cheech Marin Center for Chicano Art & Culture opened in June 2022 as a public-private partnership between RAM, the City of Riverside, and comedian Cheech Marin—one of the world's foremost collectors of Chicano art.

Located in Riverside's downtown historic core adjacent to The Mission Inn Hotel & Spa in the cultural hub of Inland Southern California.

Call Leslie Soltz at 714-813-1792 for more information.

End of Summer Shul by the Pool!!

Playful, Creative Shabbat evening celebration!

Led by Cantor Bern-Vogel

Services, potluck Shabbat dinner,
swimming, music and Oneg Shabbat
Erev Shabbat,

Friday August 16 th, 6:00 p.m.
Home of Dr. Samuel Schwartz and
Dr. Victoria Vo



Here's what You bring :

<i>Last Name.....</i>	<i>Brings.....</i>
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<i>A-D</i>	<i>Salad or Side Dish</i>
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<i>E-G</i>	<i>Drinks</i>
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<i>H-L</i>	<i>Appetizers</i>
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<i>M-Si</i>	<i>Dessert</i>
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<i>Sm-Z</i>	<i>Main Dish</i>
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1455 Smiley Heights Dr., Redlands

*Contact temple office to RSVP
at 909-307-0400*

Let us know what you're bringing, too!

Youth & Community Programs

This is our second Summer hosting our Sunday Funday series, events that are open to the community and aimed at welcoming more families to our synagogue.

In June, we kicked things off with Builder Day, where the kids spent hours using their imaginations to build cars, forts, donation boxes and more. We were thrilled to host over 40 attendees!



In July, we had Art Day -- focused on painting and other forms of artistic expression



Sunday Aug 11



Intro to Breakdancing!

 partiful

And finally, on August 11th, we will host a Breakdancing Fundamentals class (registration is \$10, open to all) where we will learn both breakdancing culture and moves from an incredible breakdancing crew out of Los Angeles.

RSVP at this link:

<https://partiful.com/e/kcihn2R4uUxVipGokcpO>

SISTERHOOD GIFT SHOP

Attention all Sisterhood Members:

Help is needed during August for our inventory verification, including attaching new, clear and clean labels to our amazing array of merchandise.



**Gift Shop will be open by
appointment
during the summer months.**

**Gift shop needs volunteers
11 to 3 Wednesdays,
Thursdays or Fridays (when
convenient for you) to help
do a thorough inventory to
update our records.**



It's not too early to get ready for the month of Elul.... our soul searching prior to the High Holidays. Jewish spirituality practices and living, Journaling, Soul Judaism, God's to do list, Rosh Hashanah and Yom Kippur readings. We have many books in our shop to help you with your journey this year. Honey jars, new Tallit sets, Shofars, new gifts for the new year. Come on into your gift shop to explore.

Please contact Lisa Wise-Wolk at 909-723-3238 or Barb Smith 909-801-4436

CONGREGATION EMANU EL – FUNDRAISING WITH SCRIP PROGRAM ***SCRIP IS PERFECT FOR GIFTS, TOO!***

RaiseRight: Simply the right way to fundraise.

Raise funds by buying gift cards from RaiseRight to pay for your everyday shopping and spending year-round. Groceries, dining out, home improvement, and everything in between. It's the most convenient and effective way to fundraise because earning becomes part of your everyday life. Plus, gift cards are great for helping you to set and keep a weekly budget.

It's never been easier to create opportunities for what matters most to you. No extra money spent. No extra time wasted.

How it works:

- Buy gift cards at full value from 750+ brands. Pick from eGift cards and physical gift cards.
- Earn up to 20% on every gift card you buy.
- Use gift cards at full value for your everyday purchases.
- Watch your fundraising account grow throughout the year, thanks to the brands that give back to support your community!

Get started today!

Create a free fundraising account on the RaiseRight mobile app or at RaiseRight.com.

Congregation Emanu El - Our Enrollment code is **477F26554739**.

Have questions? Contact: Julie Strain at scrip@emanuelsb.org.



**Turn everyday shopping
into fundraising dollars**

RaiseRight.
Formerly ShopWithScrip

Happy Birthday!!! יום הולדת שמח

We rejoice with those whose birthdays occur in August and wish them a *Mazal Tov*:

2-August Margie Orland
3-August Philip Snofsky
3-August Asher Schwartz-Vo (5 years old)
7-August Richard Nachman
8-August Heidi Nimmo
8-August Cindy Douglas
9-August David Mino
11-August Myriam Acevedo
13-August Dip Sidhu
14-August G. Bud Charlick

17-August Alan Helfman
19-August Jeffrey Raynes
20-August Philip Gold
21-August Jake Kurily
21-August Gerry Porter
24-August Nicole Smith
24-August Michelle Smith
25-August Stephen Levine
27-August Jay Donenfeld
30-August Richard Malacoff

Happy Anniversary!!!

We extend a hearty *Mazal Tov* to the following whose wedding anniversaries occur in the month of August:

3-August Zeeda & Roy Nierman
5-August Janet & Fredric Rabinowitz
6-August Kathleen & Alan Helfman
18-August Judy & Martin Handleman

18-August Kimberly Wolfe-Morgan & David Morgan
18-August Barbara & Michael Smith
22-August Roberta & Philip Gold
27-August Susan & Paul Shimoff



We Gratefully Acknowledge

We gratefully acknowledge these contributions to our various temple funds:

TEMPLE FUND

In observance of the Yahrzeits of...

Rachel Glogas by Ethel McAfee
Irmagard Blum by Sonia Lavitt
Sally Meiman by Michael Gregory
Eleanore Zipperstein by Michele and Paul Zipperstein
Ryan Clark by Shauna and Walt Van Horn
Linda Prestidge by Shauna and Walt Van Horn
Charles Silverberg by Norman Hanover
Eva Emanuel-Westerling by Michelle Ancil
Edith Kaufman Emanuel by Michelle Ancil
Harry L. Osler by Judy and Marty Handleman
Jean Ann Osler by Judy and Marty Handleman
Harry Handleman by Judy and Marty Handleman
Eve Klingman by Lawrence Novack
Ronald Blumberg by Michelle Ancil and Judith Smith
Marilyn B. Jaffe by Heidi and Mark Denhertog
Jack Wixen by Francine Wixen
Tanya Wixen by Francine Wixen

In Memory of...

Renee Brounstein by Deborah and Daniel Schwartz

In Honor of...

Peytra Becker-Kurily's Bat Mitzvah Anniversary and the Hebrew naming of Calum and Holden Kurily by Deborah and Daniel Schwartz

CHERRIE LUBEY SISTERHOOD FLOWER FUND

In observance of the Yahrzeits of...

Carol Pohja by Nancy Darling
Ethel Zelen by Lori and David Zelen
Dr. William Coleman by Monique Coleman
Ruth Trainor by Kathy and Daniel Trainor

CANTOR'S DISCRETIONARY FUND

In observance of the Yahrzeits of...

Irving Donenfeld by Jay Donenfeld

CEMETERY FUND

In observance of the Yahrzeits of...

Eliot Moss by Sonia Moss

Yahrzeits

The following Yahrzeits will be observed during the month of August: Those with a (★) are inscribed on the Wall of Perpetual Memorial:

August 2-3	August 9-10	August 16-17	August 23-24	August 30-31
★Morris Abrams ★Sarah Alexander ★Lena Anker ★Walter Becker ★ Sylvia Becker ★Maurice Birnkrant ★Judith A. Braviroff ★Mildred Cohen ★Randal Ernstein ★Tom Feigenson ★Jack Golden ★David Goodman ★Ellen Gruber June Hyman ★Celia Jaffrey ★Moses Lerner ★Lena Lewis ★Julius Mendelsohn ★Abe Meyer ★Florence I. Michael ★Alan Michael ★Ben Newberger ★Capt. Travis Patriquin ★Barney Rosenbloom ★Max Schoenheim ★Grayce Tannenbaum ★J. Leonard Weitzman ★Abraham N. Wilkin Benjamin Wise ★Nettie Woldenberg ★Sol Zelony	★Hermine Alexander ★Rose Litwin Bader ★Helen Berk ★Louis Cohen ★Bella Cohen ★Leo M. Cutler ★Mollie David ★Selma Davidson ★Hyman Fox ★Estelle Gold ★Sonia Goodman ★Frances Herzig ★Constance Hochstein ★Dorothy Johnson Al Joseph ★Martin Kronick ★Samuel Levenson ★Edward J. Metz ★Alex Newman ★Bessie Novack ★Sol Parkin ★Joe Philipson ★Sunny Rabenstock ★Sarah Reiter ★Sadye R. Roth ★Fannie Sabin ★Gyrtrude Stept ★Tanya Wixen Balfour Wixen Jack Wixen	Francisco Acevedo Richard Altheimer ★Harold Amerman ★Albert Bell ★Abrom Belovsky ★Florence Brill ★Paige Cowan ★Charles H. Edelman ★Isaac Fremland ★Harriet Gimpel Bertha Goldschlager ★Ruth Greenwood ★Fannie Haydis ★Harry L. Hirsch ★Samuel Kassel ★Jerry Kravitz ★Henrietta Lubey ★Samuel Lubinsky ★Saydee Philipson Carol Pohja ★Bernard Rubel ★Selma Shutt ★Carolayne Swedlove ★Bluma Weissner	★Morris Coleman ★Minnie Einbinder ★Marguerite Feldheim ★Sarah Finkleman ★Aaron Jacobs ★Rose Jaffe ★Bertha Lavitt ★Louis Lubinsky ★Steven Maltzman ★Martha G. Rosen ★Adele Rosenzweig ★Mary Rushall ★Ida Silk ★Adelaide Snyder ★Sol Sussman ★Carolayne Swedlove ★Sherwin Tilton Bonnie Tonneson ★Jack Trachtenberg	★Kurt Becker ★Leah Blizin ★David Hearsh ★Carol Heller ★Beatrice Kay ★Marie Claire Kirsch Micaela Lang ★Yetta Litwin ★Herbert Maltzman ★Fred J. Miller ★Michael Orland ★Lewis Plaut ★Bess Pollack ★Sonia Rovell ★Bertha Sacks ★Esther Steinsapir ★Harold A. Victor ★Fannie Walder ★Geraldine Weinstein ★Gertrude R. Weiss

Cantor Jennifer Bern-Vogel
Hillel Cohn, Rabbi Emeritus

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Rabbi Hillel Cohn: 909-771-6178 / rabbihcohn1@cs.com

Judy Filsinger, Temple Administrator: 909-307-0400 / templeadmin@emanuelsb.org

Greg Weissman, President • Amanda Ramirez, Vice President • Scott Wilkie, Vice President • Julie Strain, CFO • Sidra Knox, Secretary
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Deborah Schwartz, President, Sisterhood
Steven Becker, Jeffrey Rosenfeld, Members-at-Large

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Kathy Rosenfeld • Daniel Schwartz • Leah Zipperstein

Member, Union for Reform Judaism (URJ)

THE BULLETIN - CONGREGATION EMANUEL

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