MidlothianNOW

MAGAZINE

JUNE 2020

Congratulations, Graduates

The Class of 2020's unique year ends

Best of In the Kitchen: Grilling Also inside:
Scavenger Hunt
Kicls' Fun Page

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Fectured Business: Main Street Gym

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CONGRATULATIONS, **GRADUATES**

Superintendent Ledbetter praises our students' resilience.

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Managing Editor, Becky Walker | Midlothian Editor, Angel Morris Editorial Assistant, Rachel Rich Writers, Rick Mauch. Christopher Schmitt

Editors/Proofreaders, Lisa Bell . Sally Fuller . Virginia Riddle

GRAPHICS AND DESIGN

Creative Director, Chris McCalla | Artists, Kristin Bato . Martha Macias London O'Connell . Anthony Sarmienta

PHOTOGRAPHY

Photography Director, Chris McCalla

ADVERTISING

Advertising Representatives, Joyce Sebesta . Cherise Burnett Dustin Dauenhauer . Bryan Frye . Kelsea Locke . Linda Moffett Lori O'Connell . Steve Randle . Keri Roberson . Linda Roberson Melissa Stacy

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ON THE COVER

Hats off to the Class of 2020, which graduates despite a global pandemic upending the school year.

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Angel Morris *MidlothianNOW* Editor angel.morris@nowmagazines.com (972) 533-7216

EDITOR'S NOTE

All aboard ...

While I'm writing this, the state of Texas is on track to re-open in phases. By the time this issue hits mailboxes, we'll have either gradually headed toward a new normal, or we'll be frantically trying to keep a second curve on the rails. Whether you've been Team Quarantine or Team Darwin, you must agree it's been one heckuva ride.

As is often the case, social media and the Internet have been both a blessing and a curse. We've been able to connect with each other for work and school — and perhaps more importantly, for reminders there are still good things happening in the world. The flip side of this instant access is the rapid release of information without all the facts, and some blatant misinformation. We've witnessed humanity in both fine and unfavorable form, all the while trying to decipher which images and reports are real, which are biased and which are completely fictional.

Our world leaders have had to make reasonably quick decisions overshadowed by politics (which is often true, but perhaps more polarizing because we have more time than ever to analyze their every move), and we are acutely aware of their decisions' immediate effects sheltering at home, job loss and the eternal hunt for toilet paper, to name just a few.

Ultimately, there is a light at the end of this pandemic, and those bright spots that shone en route — more time at home, greater focus on simple pleasures and an awareness of the importance of soap — hopefully last long after we've come out the other side of the tunnel.

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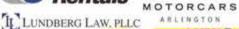
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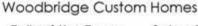


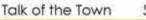












Salon 180



As the Class of 2020 moves from high school toward the future, Superintendent Lane Ledbetter reminds seniors they may be graduating but will not be forgotten. "You will always and forever be a Panther or Jaguar! Most importantly, you will always be a member of the Midlothian Independent School District family," he noted.

Since state-mandated building closures due to the COVID-19 pandemic meant students completed classes remotely, MISD officials have worked hard to provide virtual learning and some sense of normalcy. "While the end of your senior year hasn't been the way you would like, this situation may have reinforced that the most important things in life are family, friends and community," Dr. Ledbetter reflected. "Often these lessons are learned in the most challenging situations."

Before school ended, Dr. Ledbetter visited with members of his Superintendent Advisory Committee, composed of Midlothian and Heritage High School students. "I am incredibly impressed with the way our students, especially our seniors, chose to respond to this situation," he underscored. "Like the song lyric, rise up, they have done that by showing kindness, grit and perseverance during times of uncertainty, which will serve them well as they navigate life's challenges and disappointments, and it will make their celebrations all the more meaningful!"

Following guidelines from local and state health officials, MISD planned modified in-person graduation ceremonies this

year. "Graduation is a significant milestone symbolizing your transition to the next phase of life. It marks the closing of one chapter and the beginning of a new one as you forge ahead to create the future you want for yourself," Dr. Ledbetter reiterated. "Our highest hope is that when you walked across the stage to receive your diploma, you took all of the knowledge, skills and friendships with you — that you looked out onto the stadium field and in the stands and saw the smiles on the faces of everyone who has been with you, supporting you and cheering you on each and every day. One of the best gifts in life is taking in and recognizing how many people care for you and want only the best for you."

Dr. Ledbetter said the seniors fulfilled the district's hashtag, #MISDProud! "Thank you, Class of 2020, for your patience. Thank you for your understanding. Thank you for your grace. And, thank you for demonstrating to our community your integrity as you have faced this incredible challenge. Your actions represent the best of the Class of 2020 and what you stand for as young servant leaders. You have moved beyond the walls of Midlothian ISD and are now pursuing new heights. As your superintendent, it has been an honor to serve you." NOW







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Photos courtesy of Panther Scream Yearbook Staff.

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HealthNOW

Skateboarding Tough on Feet, Ankles

Board tricks, repeated foot impact can lead to serious injury

Children and young adults love the thrill of skateboarding. They learn to master their skills of "riding the rail" and "catching air." But such tricks, while fun, can be physically demanding and cause serious foot and ankle injuries.

Serious lower-extremity skateboard injuries are not all that uncommon. These injuries range from minor bruises, open wounds or cuts to more serious foot and ankle sprains and fractures, which may require surgical repair.

Skateboarders should use caution and wear protective gear, including properly supportive shoes, when skateboarding. Skateboarding can be particularly hard on your feet and ankles because of the impact caused when performing jumps and tricks. Skateboarders should be aware that the strain from

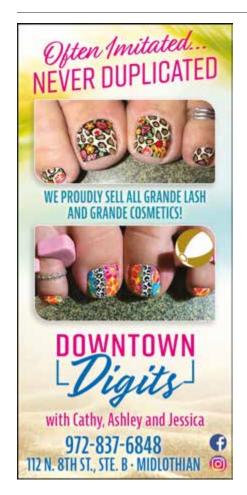
repetitive, forceful motions can also cause painful foot and heel conditions, such as plantar fasciitis, bone spurs and Achilles tendonitis, which may require more intensive, longer-term therapies.

Even minor cuts or abrasions on your feet can cause serious problems. Wounds not cleaned and covered properly on feet and ankles can lead to serious staph infections and may require extensive antibiotic therapy and surgery to heal.

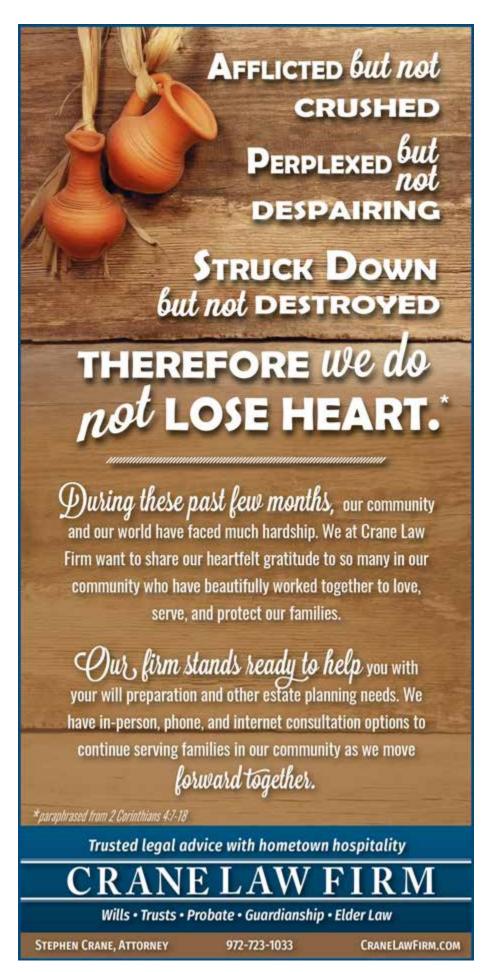
Foot and ankle sprains and fractures are also common skateboarding injuries. Please see a foot and ankle surgeon to ensure proper diagnosis and course of treatment for these injuries. Until you can be seen by a doctor, it is best to take a break from activities and use R.I.C.E. therapy (Rest, Ice, Compression and Elevation), which helps to reduce pain and control swelling around the injury.

A common misconception about foot and ankle fractures is that if you can walk on the foot, there isn't a fracture. That's not always the case, and only a proper diagnosis can rule out a serious injury requiring an advanced treatment plan. Now

Christopher Schmitt, DPM Associate of the American College of Foot and Ankle Surgeons Southern Star Foot & Ankle











BusinessNOW

Main Street Gym

By Rick Mauch

Main Street Gym (est. 2003) 1000 E. Main St., Ste 205

Midlothian, TX 76065 (972) 244-4205 www.mainstgym.net

Hours: Monday-Thursday: 5:00 a.m.-10:00 p.m.

Friday: 5:00 a.m.-9:00 p.m. Saturday: 7:00 a.m.-7:00 p.m. Sunday: Noon-6:00 p.m.

At Main Street Gym, owners John and Suzie Devitto employ one philosophy above all others: At their gym, everyone is family. "We take great pride in that," Suzie said. "We have members from 16 to 92 years old and want everyone to feel comfortable in a nonintimidating atmosphere."

The gym has classes for all ages and fitness levels and enforces a dress code restricting revealing workout attire. Other efforts to make patrons comfortable include a free assessment orientation for newcomers, as well as free fitness and nutritional seminars.

John and Suzie opened the current location in 2014 in Midlothian Plaza. The 25,000-square-foot space includes a 65-foot, five-lane swimming pool, three group fitness rooms, spin studio and large free weight/circuit machine workout space. "We also added a space for Kidscare, which is childsitting that members' children can use while parents work out."

Therapeutic Partners of Texas is the Devittos' outpatient Orthopedic Physical Therapy practice, with a separate entrance from the gym. "We've always been in this shopping center (since 2003). We had a small fitness center, next to Caroline's Café, that shared space with the Physical Therapy clinic," Suzie explained.

Around 2007, space was added including a small aerobic room, cardio room and two showers. "Over the next five years, our businesses continued to grow. In 2012, we decided to build or find a different location that could accommodate the growth," John reported. "We were pleasantly surprised when

our landlord agreed to sell us the vacant anchor space. Literally, we moved maybe 100 feet."

Since then, the Devittos have opened their gym to the MISD swim team as a practice location and to Bridges Foundation special needs youngsters for weekly workouts, in addition to hosting fundraisers for charities and self-defense classes for Midlothian youth. "It fits the philosophy of our gym, serving the whole community," Suzie said.

And whether it's a group or individual activity, the Devittos and their team are there offering encouragement. They have held nutrition seminars, fitness and weight-loss workshops and even Biggest Loser competitions.

The Silver Sneakers/Silver and Fit/ Renew Active programs for senior citizens are also popular at Main Street Gym. Those programs allow senior citizens on certain Medicare supplemental plans to have a membership covered by their insurance. "We have 10-12 group fitness classes a week geared for our elderly members. These focus on maintaining mobility, strength, endurance and function while fostering socialization and friendship," Suzie described.

The gym has about 1,600 members and a caring, motivated staff of more than 25 employees/personal trainers and group fitness instructors. It also has a nutritionist and massage therapist on contract.

When the COVID-19 pandemic forced small business closures, the gym suspended membership drafts and any unused time on month-to-month memberships were credited to members. "We kept Therapeutic Partners of Texas open as physical therapy is deemed an essential business and is vital for postoperative patients. The health and safety of our patients is of utmost importance," John noted.

The Devittos are glad to serve their members again. "It was always a dream of mine to have a physical therapy practice offering a swimming pool and fitness center, so our patients have a close, safe place to continue their exercises," Suzie reflected, "and maintain a fit, healthy independent lifestyle for years to come." NOW

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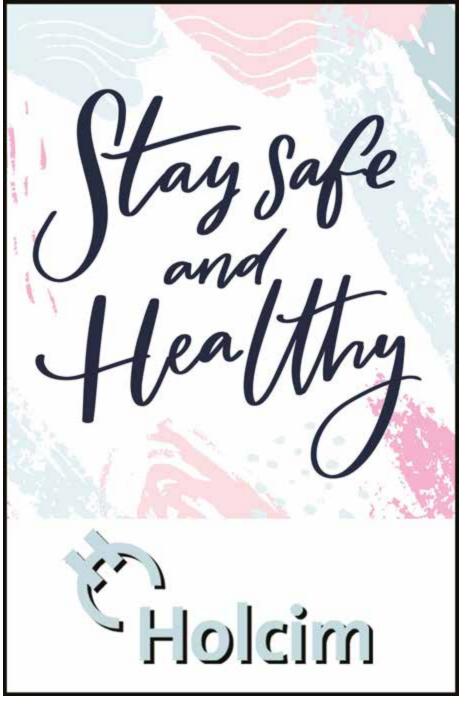
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Around Town



The Maxwell family takes advantage of PORCHraits by Ivey Photography to memorialize the days of sheltering at home.

Zoomed In: Stacie Rios

By Angel Morris

When COVID-19 had Midlothian families sheltering at home, Stacie Rios felt helpless. "I saw my community struggling to find some sense of a new normal and thought, How can I help?" Stacie recalled. "Spending these days at home with our sons, I remembered how fun it is just to be outside and be happy. So, I made the Chalk Your Walk Facebook page, and the response was amazing!"

Packaging more than 1,000 pieces of chalk, Stacie delivered 150-plus baggies to porches across Midlothian. "I've made new friends and gotten to know so many new people," Stacie noted. "Receiving the photos of all of the uplifting messages and gorgeous art all over our city is the best. I don't plan on stopping anytime soon!"



MISD staff practiced safe habits during grab-and-go student meal distribution that was initiated due to pandemic closures.



Midlothian Healthcare Center staff and residents thank families and the community for their support during visitation restrictions.



Rick Hensley and Becky Walker receive a Chamber membership plaque for MidlothianNOW Magazine.



Leslie Harris displays some of the more than 300 masks she has made to assist Fostering Hope Animal Rescue and Hearts & Tails of Hope Pet Rescue.



Kyle and Bonnie Miner offer their Marine Clean powerwash services to Ellis and surrounding counties as people spruce up outdoor spaces.



Fitness instructor Anna Terry leads athome workouts via Instagram to help the community during recent quarantine times.



CJ Searsy, instructor at Dallas International University, takes part in DIU's first ever Virtual Commencement Service.





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For those of you who are spending time outside grilling these days, we thought you might like some new recipes to change things up. We have selected one recipe from each of our nine market areas to add some flavor to your day! NOW

Fire Roasted Black Bean and Corn Salsa

Provided by Matt Mellott for the January 2013 issue of *North Ellis Co.NOW Magazine*.

- 4 large tomatoes, halved and seeded
- 3 jalapeños, seeded
- 2 serrano peppers, seeded
- I corn on the cob
- 1/2 bunch cilantro, finely chopped
- 1/2 cup canned black beans, rinsed
- 3 cloves garlic, minced
- 1/4 tsp. cumin
- 1/4 tsp. coriander
- Salt, to taste
- **1.** Place the tomatoes on a hot grill; char the outsides. Cool in a bowl.
- **2.** Place whole jalapeños and serranos on the grill. Grill until skin is charred; place in the bowl with the tomatoes. Cover with plastic for 5 minutes.
- **3.** Place freshly husked corn on the grill until it is golden brown. Cool; cut corn from the cob. Reserve the corn in a separate large bowl.
- **4.** Remove plastic wrap from the peppers. Scrape charred peppers with a knife to remove the skins. Also remove the seeds. (If using your bare hands, wash right away with

- soap, and avoid contact with your eyes. Or wear latex gloves to remove the seeds.)
- **5.** Place the peppers and tomatoes in a blender; pulse to desired consistency (5 to 6 times is recommended).
- **6** Pour pepper/tomato mixture into the large bowl with the corn. Add cilantro, black beans, garlic, cumin, coriander and salt; stir to mix.
- **7.** Refrigerate for 4 hours; serve.

Island Turkey Burger

Provided by Matt Boggs for the April 2019 issue of *MidlothianNOW Magazine*.

2 lbs. ground turkey
1 whole egg
1/2 cup Panko breadcrumbs
1 pineapple, sliced and cored
Red onions, thinly sliced
Your favorite teriyaki sauce
(room temperature)
Whole wheat burger bun

I. In a mixing bowl, combine the ground turkey, egg and Panko breadcrumbs. Form into patties, pressing firmly together. Grill until the internal temperature is 155 F.

- **2.** While the turkey is cooking, grill pineapple on both sides, just enough to warm pineapple but not to where it falls apart, about 2 minutes on each side.
- **3.** On the bottom half of the bun, place the cooked turkey burger, pineapple slice and red onions. Drizzle with teriyaki sauce; add top bun.

Grilled Bourbon Peaches

Provided by Charles "Chuck" Burns for the April 2018 issue of *WaxahachieNOW Magazine*.

6 ripe peaches, pitted and halved

1 Tbsp. oil

1/4 cup Bulleit Bourbon

3/4 stick butter

2/3 cup brown sugar, firmly packed

I tsp. vanilla extract

2/3 cup apple juice

Vanilla chocolate swirl ice cream

- **1.** Prepare grill for direct heat cooking and preheat.
- **2.** Brush the flesh side of the peaches with oil.
- **3.** In a saucepan, on high heat, flambé the bourbon; add the butter, brown sugar, vanilla and apple juice.
- **4.** Simmer; let it turn to syrup.
- 5. Remove from heat; let cool.
- **6.** Lay the peaches skin side down on the grill rack; cook for 2 minutes, or until charring starts. Turn over; cook for an additional 2 minutes.
- **7.** Remove the peaches from the grill; serve with ice cream and bourbon syrup.

Steak Balsamico

Provided by Cindy Pechal for the July 2016 issue of EnnisNOW Magazine.

2/3 cup balsamic vinaigrette

1/4 cup fig preserves

4 beef steaks, your choice of cut

I tsp. ground sea salt

1 tsp. freshly ground pepper

1 6.5-oz. container buttery garlic and herb spreadable cheese (Alouette suggested)

I. Combine first two ingredients in a blender until smooth; pour into a shallow dish or large zip-top plastic freezer bag. Add steaks; marinate in the refrigerator for at least 2 hours.

2. Remove steaks; discard marinade. Grill over medium-high heat for 5-7 minutes on each side, or to desired degree of doneness. Remove to serving platter. Sprinkle with salt and pepper; cover to keep warm.

3. Heat cheese spread in a small saucepan over low heat, stirring often until melted, 2-4 minutes. Serve cheese sauce in hollowed-out lemon halves with steaks.

Firecracker Marinade

Provided by Phyllis Peel for the April 2018 issue of WeatherfordNOW Magazine.

1/4 cup peanut oil

3 Tbsp. soy sauce

2 Tbsp. balsamic vinegar

2 green onions, sliced

1 tsp. crushed red pepper flakes

1 tsp. brown sugar

1/2 tsp. sesame oil

1/2 tsp. garlic rub (or 2 fresh garlic cloves, minced)

1/2 tsp. ginger/citrus rub (or 1 tsp. fresh grated ginger)

Dash of sea salt

Dash of fresh ground pepper

1. Mix all ingredients; marinate meat for 3-5 hours before grilling. Great for salmon, chicken and pork.

Rob's Famous Brisket Rub

Provided by Rob and Stephanie Schoendienst for the August 2015 issue of MansfieldNOW Magazine.

2 Tbsp. kosher salt

2 Tbsp. black pepper

1 tsp. paprika

I tsp. cayenne pepper

I tsp. granulated garlic

1/2 tsp. ground cumin

1 12-oz. can beer, any brand

1/2 cup apple cider vinegar

1/2 cup water

1/2 cup vegetable oil



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2 Tbsp. Worcestershire sauce 1/3 cup brown sugar

I. Mix all ingredients together in a large mixing bowl. Use as a rub and injection solution for brisket prior to cooking. Perfect for a 10-lb. brisket.

BBQ Chicken-on-the-Grill

Provided by Caleb and Oliver Jackson for the July 2011 issue of *CorsicanaNOW Magazine*.

- 1/2 cup ketchup
- 1 Tbsp. mustard
- 1 Tbsp. molasses
- 1 Tbsp. Worcestershire sauce
- 2 cloves garlic, chopped (optional)
- 2 cups water
- 6 chicken breasts
- **I.** Make barbecue sauce by mixing together all ingredients, except water and chicken, in a bowl.
- **2.** Using aluminum foil, form a pan to fit the grill.
- **3.** Add water to the foil pan.
- 4. Place chicken breasts in the aluminum pan.
- **5.** Close the grill lid; cook about 20 minutes.
- **6.** Open the lid and baste the chicken with barbecue sauce every 10-15 minutes, keeping the door closed until the chicken is done.
- **7.** Total cooking time is about 50 minutes.

Armadillo Eggs

Provided by Robert Boot for the April 2016 issue of *BurlesonNOW Magazine*.

20 large jalapeños

- 2 8-oz. pkgs. Philadelphia cream cheese 2 16-oz. pkgs. extra-thick bacon
- **I.** Cut off the heads and gut the jalapeños. Soak jalapeños in water for a couple of hours before stuffing.
- **2.** Stuff jalapeños with cream cheese. Wrap each jalapeño with bacon. (It usually takes me two toothpicks per jalapeño to get the bacon wrapped well.)
- **3.** Put the peppers on the grill until the bacon is cooked and jalapeños are soft. (Cook over indirect heat; do not put directly over the flame.)

Summer Grilled Chicken Salad

Provided by Carla Hollie for the September 2014 issue of *SouthwestNOW Magazine*.

- 2 split chicken breasts
- 2 Tbsp. McCormick Montreal Chicken Seasoning
- 2 tsp. cracked black pepper
- 1 Tbsp. olive oil
- 3-4 cups spring salad mix (or your choice of greens)

I cup fresh strawberries (divided use) I cup blueberries

- 1/2 cup walnuts, chopped
- **1.** Place chicken in a plastic bag; tenderize using a mallet to thin the chicken. Season chicken with seasoning and pepper. Heat grill or skillet; drizzle grill or pan with olive oil. Cook chicken approximately 5-7 minutes per side, or until done. Remove from grill or pan; let rest for 5 minutes before cutting into angled slices.
- **2.** Wash salad greens and berries. Toss greens with 1/2 cup strawberries and chicken slices. Sprinkle lightly with additional seasoning and pepper, if desired; top with remaining strawberries, blueberries and walnuts. Serve with favorite dressing.







SCAVENGER



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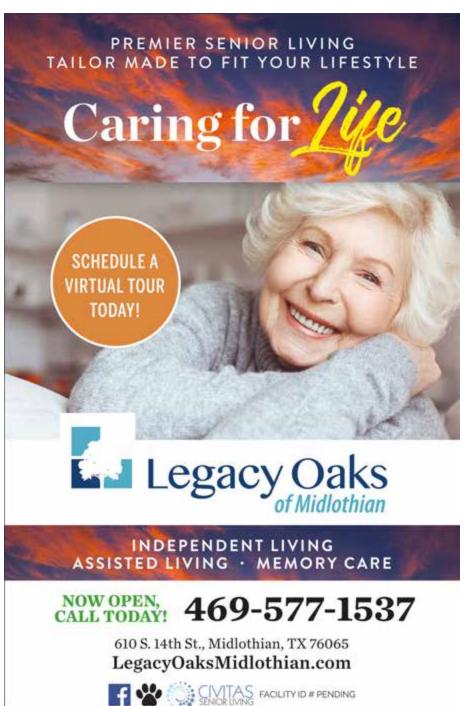


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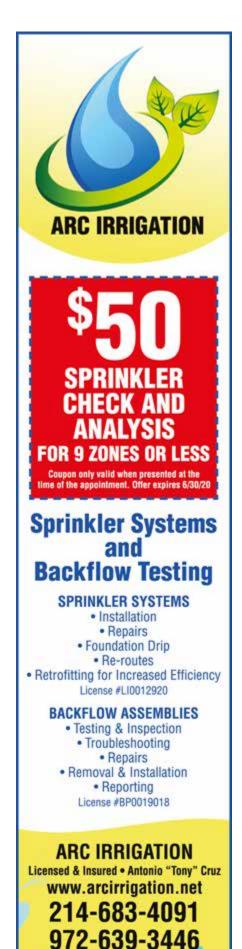


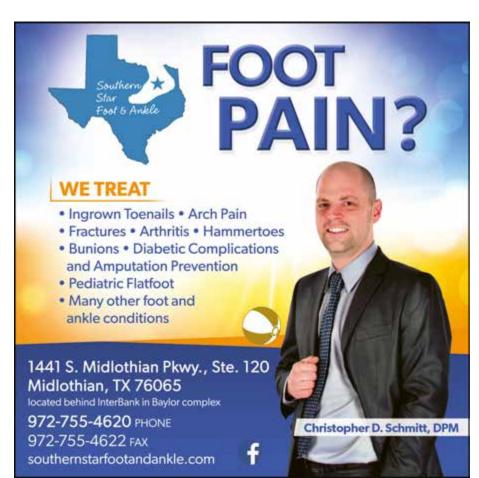














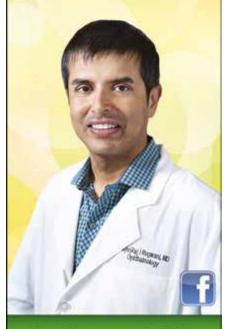


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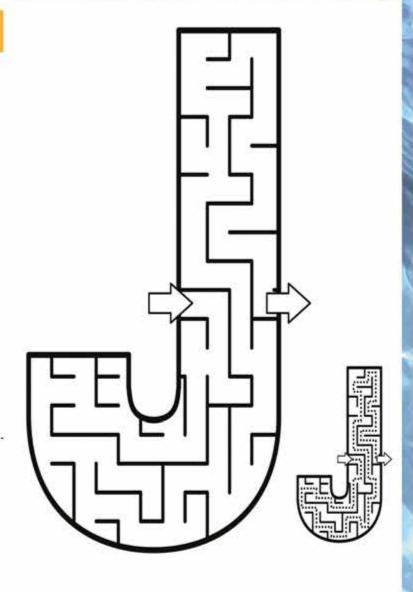
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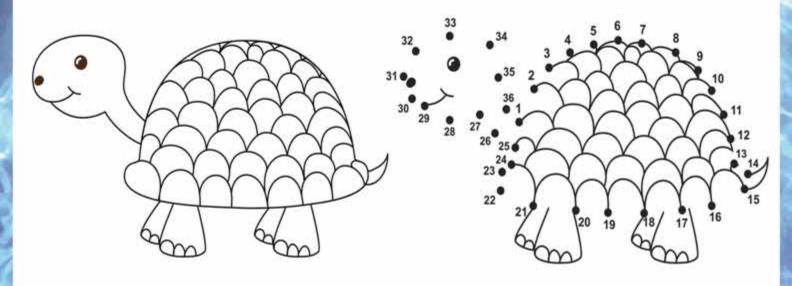
SPELL THE WORD

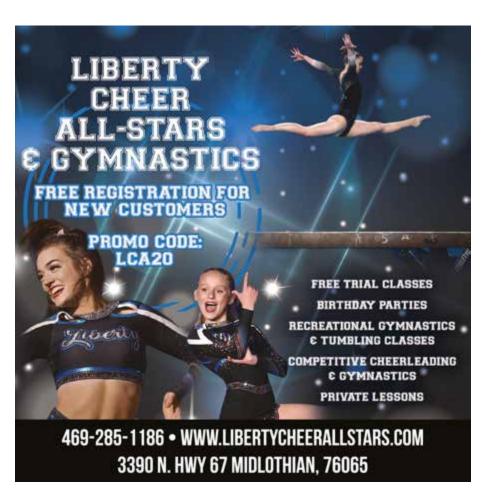


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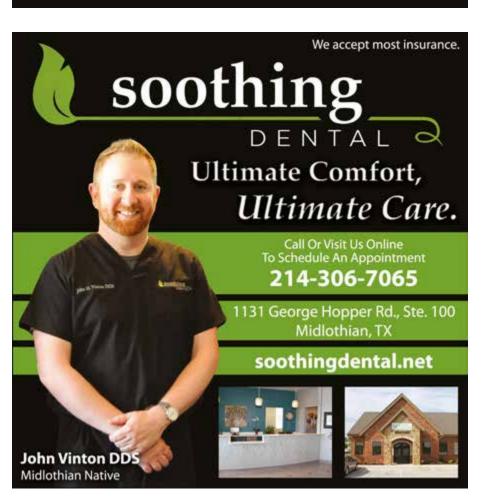
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Crossword Puzzle

	1	2	3			4	5	6		
7		t	T	8		9	\vdash	\vdash	10	
11	1	+	t	+		12	\vdash		\vdash	13
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		36	+	+			37	+	+	

Solutions on page 36

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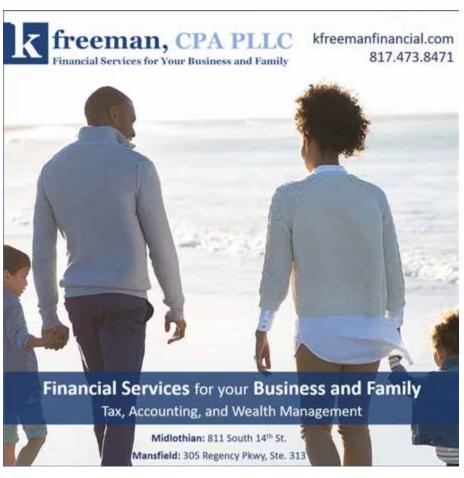
Across

- 1 Plea at sea
- 4 Acquire
- 7 Units of electromotive force
- 9 "A Little Bitty Tear" singer Burl ---
- 11 The ---, Dutch seat of government
- 12 Essayist --- Waldo Emerson
- 14 Infinitely repeated geometric pattern
- 16 Narrative song
- 17 Senior army rank
- 18 Eccentric
- 19 Morning must-have, for many
- 24 Your choice
- 25 Belonging to us
- 26 Source of gas at the track
- 27 Meet expectations
- 31 --- Merman
- 33 Nimble
- 34 Up-and-down toy
- 35 Colossus
- 36 Beak
- 37 Society newcomer

Down

- 1 Rise higher
- 2 Bond girl --- Kurylenko
- 3 House finish
- 4 Vermeer's wore a pearl earning
- 5 "Desperate Housewives" actress ---
- 6 Spread the word about
- 7 From 30 to 300 MHz
- 8 Words before keys or wheels
- 10 Dashiell Hammett's gumshoe
- 13 Twinned with Jekyll
- 15 Aluminum producer
- 19 Sleeveless cloak
- 20 Togethemess
- 21 Squeezing snake
- 22 the elbows, or down-at-heel
- 23 lcy
- 27 No neatnik
- 28 Set of pages
- 29 Excess fat
- 30 Hankering
- 32 Inspect

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Sudoku Puzzle

Easy	sy										m						
					1	7					7			5	6		
		1			3					4				8		3	
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Solutions on page 36

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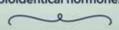
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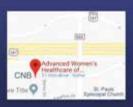
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Crossword Sudoku Solutions

	's	20	3 S			⁴G	⁵ E	⁶ T		
v	0	L	Т	°S		9	٧	Ε	10 S	
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14 F	R	Α	С	Т	15 A	L		16 L	Α	Y
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31 E	Т	Н	32 E	L		33 A	G	1	L	E
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Easy

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Medium

2	7	3	9	4	5	6	1	8
4	9	6	1	2	8	7	3	5
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1	4	5	2	8	7	3	6	9
	3							





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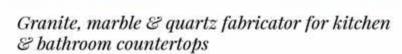
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