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FORWARD incorporating BI - POLAR NEWS
A FREE & INDEPENDENT WORK IN PROGRESS

WEEKEND EDITION

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ESTIMATED WEEKLY WORLDWIDE READERSHIP: 17,500

FORWARD is a non-profit mental health news & information publication produced by FORWARD PUBLICATIONS, a social enterprise committed to helping recovering addicts, alcoholics and people with mental health challenges to cross the bridge to so-called normal living through hands-on communication education

Our readers are primarily people who think they may have a bipolar condition, those who know they are bipolar, their care givers, family members, friends, mental health professionals and anyone interested in finding out more.



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SERMON FOR TODAY

FORWARD IS SEEKING SEVEN MORE TRUSTEES.

Trusteeship with a not for profit social enterprise is very much about receiving an invitation. Seven invitations will be sent out before Christmas. If you receive one, we hope you will make our Christmas by accepting. We follow an ethical policy of selective sponsorship and funding. A website is currently under construction. A bipolar book - ***An Inconvenient Truth*** - is a work in progress set to be published at the end of January 2012

WEBINARS ARE THE WAY FORWARD

We happy band of **FORWARD** volunteers – 57 worldwide at the last count - who put the midweek and the weekend editions together each week are indebted to Ashley Retzin programme manager for the San Diego, USA based **International Bipolar Foundation**, for an update on their first Webinar on Monday

The Webinar – basically a seminar on the web - and entitled “Medication Treatment of Bipolar Disorder: A Four Phase Approach,” was delivered for America’s leading activist bipolar mental health organisation by Dr. Thomas Jensen, a private practice psychiatrist and board certified in Child, Adolescent and Adult Psychiatry as well as being a Distinguished Fellow of the American Psychiatric Association.

Jensen specializes in general and neuropsychiatry treating children, adolescents, and adults, but is especially esteems for his work with patients with bipolar disorder. Additionally, he is board certified in the relatively new specialty

of Behavioral Neurology and Neuropsychiatry and serves as the Medical Director of the International Bipolar Foundation.

Three short of 100 people registered for the Webinar including an encouraging number from Dubai, India, the UK, Australia and Canada as well as the USA Dr. Jensen addressed the four phases of medication treatment:

Phase one which is about rapidly stabilizing mania or a mixed state episode to help assure safety.

Phase two which is about the introduction agents that dampen cycles and lengthen the frequency of cycles, rather than just dampening mania.

Phase three which addresses residual depression and **Phase four** which addresses coexisting conditions.

The webinar worked for those who set it up and for those who participated in it.

The **International Bipolar Foundation** who generously agreed to partner with **FORWARD PUBLICATIONS** two weeks ago to assist, support and improve **FORWARD's** up until now distribution weaknesses - will be hosting a monthly webinar from now on, starting in January. If you would like to learn more visit www.InternationalBipolarFoundation.org You could also - in return for a small donation and the cost of postage & packaging - ask **IBF** for an audio copy of Doctor Jensen's seminar. As it's the festive season, they might just say yes...

A WEBSITE WELL WORTH CHECKIN' OUT.

sore media, founded by former drug addict and ex-offender, Jason Turner is an exciting start-up Birmingham-based mental health social enterprise run by and for the socially marginalised, which uses the teaching of media, film making and creative soft-skills to enhance the lives of our service-users as well as their employability prospects.' Great outfit. Well worthwhile checkin' them out at www.isormedia.org

FORWARD IS LOOKING FOR A UK NEWS EDITOR.

necessary however given FORWARD PUBLISHING's aims and objectives as a not-for-profit social enterprise, the successful applicant needs to be either/and/or an addict, an alcoholic or a person with mental health challenges - in recovery. Hands-on communication education guaranteed send an email to ashby300@hotmail.com briefly explaining who you are and why you would like the job. Be as formal, or as informal as you like

FORWARD'S CONTRIBUTION TO GLOBAL ANTI STIGMA CAMPAIGNS

**- a readers' competition where you get the chance to put us right...
...and win a prize....**

FORWARD is firmly behind the anti-stigma campaigns across the USA, Canada, Ireland, Australia and New Zealand as well as the UK **Time-to-Change** campaign

Our commitment is to replace negative, discouraging language with acceptable words and phrases which support and encourage those who seek recovery through self-help training and personal management skills and 12 step recovery programmes

And we would like you, the reader to help us with this

Every week between now and the end of February 2012 we are inviting any reader to submit any word or phrase in each issue which you think could have been replaced with a better word or phrase.

And the most convincing and compelling submission for each issue will get a gift sent to them by snail mail -a copy of the remarkable book, *Impressive Depressives*, published by the UK's leading bipolar charity, MDF the Bipolar Organisation. , All submissions to ashby300@hotmail.com please

IN THIS COMING WEEKEND EDITION OF FORWARD...

A Christmas story to make you think

an extraordinary chapter about Amy Winehouse and her bipolar condition

thought provoking features from John McManamy the USA's foremost bipolar writer and Doctor Liz Miller, the UK's radical, respected mental health champion

And of course, a whole lot more. If you wanna give a good friend a cost free Christmas gift send me their email address with the word **SUBSCRIBE** in the Subject box to ashby300@hotmail.com and it will be activated immediately.

Unsubscribing is just as simple. The word **UNSUBSCRIBE** in the Subject box and sent to ashby300@hotmail.com will deactivate your free subscription immediately

OK. That's today's sermon over and done with.

Enjoy this issue,
whatever,
innit

jonathan ashby
trustee & senior editor

FORWARD PUBLICATIONS
a not-for-profit social enterprise

UK NEWS IN BRIEF

PSYCHIATRIC HOSPITAL WILL SOON BE CONSIGNED TO HISTORY

Health chiefs have monitored services over the decades and have now recommended an overhaul with greater focus of care in the community. Plans for the new £11.5m/\$unit is set to transform mental health provision by the Western Health Trust.

CAMPAIGN TO BOOST POST-TRAUMATIC TREATMENT

Politicians are to consider proposals during a Parliamentary debate on the treatment of soldiers' and veterans' mental health tomorrow. Mr Blower served in Kosovo in 2001 and was the gunner of a Challenger II tank in March 2003 when it was attacked

CHARITIES FOR CHRISTMAS

The greatest cause of maternal deaths in the UK is mental illness, yet NHS provisions for women suffering from PND are largely inadequate.

WHEN HAVING A BABY CAN CAUSE YOU TO 'LOSE YOUR MIND'

Every year, about 1000 women in the UK suffer from what is called postpartum psychosis. Most of them will need several weeks in hospital to help them recover but, because of the stigma of mental illness, it is not often talked about

QUINN HITS OUT AT PFA ON MENTAL HEALTH

Irish football star Niall Quinn has admitted that the Professional Football Association is unsupportive in its attitude to mental health. He feels that priority should be given members who are struggling. These comments come in the wake of Welsh football manager Gary Speed's recent death.

END COLLECTING MENTAL HEALTH SERVICE USERS DNA

Black Mental Health UK, Big Brother Watch and Gene Watch UK have called for changes to be made to the Protection of Freedoms Bill to end the practice of taking the DNA of innocent mental health service users.

POOR ECONOMY HURTING FLAGLER HEALTH

More affordable primary care and pharmaceutical services are badly needed to improve the overall health of the community. - More providers in the areas of dentistry, mental health, and specialty care are needed to serve the substantial numbers

MENTALLY ILL CRIMINALS FREED TO REOFFEND

"It is alarming to find that serious violent offenders with mental

health problems are being released with approval by the Secretary of State to go back into the community unsupervised to go on and reoffend. “

'TOGETHER WE'LL CUT NUMBER OF SUICIDES'

These include training staff from the NHS, police, probation and voluntary agencies so they better understand mental health problems.

THE MYSTERY OF CAROLE MYERS

It seemed the mental-health professionals rarely challenged these impossible horrors. Worse, they'd concluded that Carole's psychological problems came as a result of this fictitious abuse.

t

CARLISLE SAYS HIS BATTLE CAN HELP OTHERS

The very thing you need to do is the last thing you want to do The debate around mental health in football has grown since Germany goalkeeper Robert Enke and Rushden & Diamonds keeper Dale Roberts took their own lives.

NHS POSTCODE LOTTERY REVEALS WIDE UK DISPARITIES

There is a two-fold variation in spending on mental health and nearly two-fold variation on cancer. Others spent six times as much on neonatal care as others.

LESSONS FROM RURAL INNOVATION

Surely the focus would be better spent empowering and enabling people to integrate within the overall health system, something the Mudgee clinic did very well.

POVERTY, MENTAL ILLNESS LINKED

Depression and other mental health problems can strike anyone, no matter how much money that person makes, where he or she lives or what he or she does for a living. But there is a clear link between mental illnesses and poverty

CHARITY GRANT TO FUND MENTAL HEALTH SUPPORT

Students in at least five schools are set get vital help tackling mental health problems thanks to a charity grant. Last month the Wimbledon Guardian

revealed that teen mental health organisation Stem4 had won a £6000/\$9000 grant from the Natwest bank

HOW DO YOU KNOW IF YOU HAVE MENTAL ILLNESS?

How is mental illness diagnosed? And is the line between healthy and mentally ill fuzzy or absolute? Well, abnormal psychology is a science. And most scientists and medical professionals agree

LONG MENTAL HEALTH WAITS OPENS UP TO PRIVATE PROVIDERS

Some of the NHS trusts with the longest waits for mental health treatment have announced plans to invite the private sector to bid to deliver talking therapies.

DERBYSHIRE CAPTAIN SUTTON ANNOUNCES RETIREMENT

The 35-year-old, who has also played for Somerset and Lancashire, said: "I have been aware for some time that I have problems with certain aspects of my mental health. I have always pushed myself to the limit but I reached a point that it was having a detrimental effect

CORONATION STREET STAR GETS 'MAD AND PROUD' IN BOSTON

Former Coronation Street TV star Bruce Jones is pay a special visit to a Boston event about mental health. The Corrie star will be one of many mental health supporters raising money for local charities at the free 'Mad and Proud' evening of live entertainment

BRAIN HEALTH APP NOW AVAILABLE IN THE UK

Based on latest research that links brain health and a reduced risk of dementia, to a healthy heart and cardiovascular system, BrainyApp is the first dementia risk reduction iPhone appliance

CONSERVATIVE COMPASSION EXCLUDES DISABLED

None of us are immune from ill health, disability or poverty. Cancer alone will affect one in three people, mental health problems will affect one in four. We will all rely on a pension when we retire. At some point, all of us will need to use the NHS.

...

UK SELF-HARMING FIGURES RISE BY 11%

Slamming the British government approach to the NHS for overlooking mental illness among children, Paul Burstow, a Liberal Democrat health minister said, "It has really suffered from being the poor cousin of mental health"

GOVERNMENT FUNDS FLAGSHIP SUPPORT SERVICE

Currently, one in six people in the UK suffer from a mental-health condition at any one time. According to mental-health charity Mind, this equates to 70 million working days lost every year for reasons of mental ill health.

DEPORTED FAMILY TO RETURN AND GET PAID £40,000/\$60,000

A refugee family suffering from depression and mental health problems, still felt the psychological effects of their 'nightmarish' experiences. They remained isolated and had never developed settled lives in Germany and wished to be brought back to the UK

ABORTIONS AND RISK OF MENTAL HEALTH PROBLEMS

Having an abortion does not increase a woman's risk of suffering mental health problems, according to the world's biggest review of the issue. It makes no difference to a woman's mental health whether she chooses to have an abortion or continue with her pregnancy.

POVERTY, MENTAL ILLNESS LINKED

Depression and other mental health problems can strike anyone, no matter how much money that person makes, where he or she lives or what he or she does for a living.

PSYCHIATRIC HOSPITAL WILL SOON BE CONSIGNED TO HISTORY

Health chiefs said this was due to an overhaul of services over the decades and a focus on care in the community. The new £11.5m/\$unit is part of major plans to transform mental health provision by the Western Health Trust.

MENTAL HEALTH TREATMENT AT PRISONS FACES SCRUTINY

The Assembly committees on Corrections and Mental Health held the hearing Tuesday to get feedback on how the law, which took effect in July, is working. It requires that inmates with serious mental illness be removed from solitary confinement

USA NEWS IN BRIEF

PENTAGON OPPOSES MENTAL HEALTH PROGRAM

The Pentagon is urging Congress not to create a mental health program for National Guard soldiers that backers argue is necessary at a time when suicides among them are at record levels

COLLEGES SEE MORE MENTAL HEALTH ISSUES

More college students in Maryland are seeking mental health counseling this fall than in past semesters — an increase university counselors attribute to a combination of greater stress and heightened awareness among students. ...

[See all stories on this topic »](#)

COLORADO'S MENTAL-HEALTH CARE SYSTEM BETTER

Over the past decade a year-long assessment found that although Colorado's notoriously underfunded and fragmented mental-health care system has improved substantially there is still more that could be done..

MENTAL HEALTH FOUNDATION SEEKS VOTES FROM COMMUNITY

The Comprehensive Mental Health Foundation needs online votes from the community to win grant money for a project aimed at helping the homeless. The foundation is competing for \$25000 in the national Pepsi Refresh contest, hoping to get funding

BEHAVIORAL HEALTH AWARD

Stairways Behavioral Health, the largest mental health provider serving northwestern Pennsylvania, was recently awarded full accreditation from the Joint Commission for Healthcare Organizations

NEARLY ONE IN THREE COLORADANS HAS A MENTAL ILLNESS

That's according to a report released last week by a group called Advancing Colorado's Mental Health Care, funded by several Colorado-based foundations. The report estimates that 1.5 million residents need mental health care

CALIFORNIA TO OVERHAUL MENTAL HEALTH PROGRAMS

A proposal to create a Department for State Hospitals which would replace the current Department of Mental Health. Officials feel that the new agency would improve treatment, save money and reduce patient violence.

WORLDWIDE NEWS IN BRIEF

AUSTRALIA

HAPPY TO LIVE LONGER

Two conditions emerge as having such a significant and widespread impact on individuals that they negatively affected the whole country's wellbeing - mental health and obesity.

AUSTRALIA

SPIKE IN PUBLIC SERVICE MENTAL HEALTH CLAIMS

They say employers in the private sector still don't understand the impact of mental health issues in the workplace. Excessive workloads and performance targets, harassment and bullying are being blamed for the 30 per cent jump in mental health illness.

CANADA

YOUTH MENTAL HEALTH NEEDS OUTSTRIP OUR CAPACITY TO CARE

The number of children seeking mental health assistance at CHEO each month has nearly doubled in the last year. Two high-profile local teen suicides and intense media coverage of the subject have helped raise the profile of this tragic issue

CANADA

ADVOCATES DECLARE MENTAL HEALTH CRISIS IN JAILS

A Thunder Bay advocate for people in custody applauds a call to action from the Canadian Psychiatric Association. The

association said the number of people with mental illness in jail has reached crisis proportions.

CANADA

INCARCERATED WOMEN FACE MORE MENTAL HEALTH ISSUES

A USC study has found the majority of incarcerated women are facing mental health issues. USC researcher Dana DeHart says her study shows women in jails show rates of posttraumatic stress disorder and substance dependence

CANADA

MENTAL ILLNESS A TSUNAMI OF ECONOMIC LOSS

Sixteen years after his severely depressed 29-year-old son Cameron committed suicide the former federal finance minister, diplomat and Bay Street executive is calling on Corporate Canada to do its part to wipe out the scourge of mental illness in the workplace.

CANADA

MENTAL ILLNESS LINKED TO HIGHER MORTALITY RATES

The Ontario Federation of Community Mental Health and Addiction Programs would like to announce the release of a mortality working group based upon the premise that "40 is too young to die": this follows a call for action from Toronto's Early Onset of Illness department.

NEW ZEALAND

Looking for a theme for The Big reTHiNK 2012 It's official, we will be running a reTHiNK Theatre Challenge again in 2012, and we're looking for a theme. Visit www.rethink.org.nz to comment on your idea for a performance event

“theme” or “Catch Phrase” that will challenge the myths and stereotypes of Mental Illness. We will be inviting submissions from venues, writers, performers, directors, filmmakers, comedians and crew from everywhere in March 2012 so make sure your signed up (top right of the website) to receive updates so that we can invite you to get involved.

AUSTRALIA

PSYCHIATRIST NUMBERS BOOSTED TO HELP CRISIS

THE Department of Immigration will significantly boost the number of psychiatrists available to treat asylum seekers in detention, after sustained lobbying by the mental health profession.

AUSTRALIA

HOCKED EDUCATION MINISTER ORDERS PROBE INTO SUICIDES

"These are lives that are lost ... lives in obvious turmoil" VICTORIAN Education Minister Martin Dixon has ordered an investigation after schools registered "a spate of alerts" about mental health

CANADA

RESHAPE ALBERTA HOSPITAL

What type of health-care leadership decides to close a hospital hastily, without a plan, to save money?

A DAY IN THE BIPOLAR LIFE *of juliette bowden*

Friday 17/06/11

Hertzliya beach, Israel.

Keith is by the hotel pool and I'm on the sand watching the sea.

It's almost time to go in and get ready for the wedding which was the reason we have come here.

I think I'll have to move further up the beach as the sea gets nearer to me. Freddie (my grandson) is still in hospital. He's only had the leg cast on for 8 days. Bless him. He's in a side room which is better for sleep. The baby opposite in the main ward was really noisy and continually moaning for attention.

The doctor saw Freddie yesterday suggested that they may have to an IV line via a canular to give him fluids. Today, though, he has had more to drink. I spoke to Sasha and by 11.30 she had changed his sheet 5 times. I feel terrible about that as well. It was whilst on my watch that he'd broken his leg when he leapt off the changing mat.

Sasha, Paul and Freddie were supposed to go away today. On my insistence they've re-booked their flight for July 14th. They will go to Malaga and will soon look for accommodation a bit later when Freddie is better and back home. Sea time....

I am now further along the beach and free to stay as long as I want. We have been to the wedding.

The pens I have brought are rubbish when balancing on my knees. My heels are firmly dug into the sand with grains between my toes. The Fluorescent pink on my nails are invisible. A few grains are determined to stick to my knees.

My fingers match my toes.

A warm tan stretches across swathes of my partially exposed body. My costume straps are hanging loose under my arms. The tightly elasticated band successfully keeps the top of my purple costume in place.

The design of pleating emphasises my waist. I can feel the tan spreading beneath the sun's rays. My music is playing with the waves crashing around me.

The island of rocks are just within sight with waves moving around the base.

I've walked along the beach until I found somewhere that felt right. No kids and only a few people lying prostrate absorbing the sun in their own way.

It's probably quieter here because it has no entry so there is a danger of strong waves. The intermittent whistles reminding us to move. It's actually a moment's walk to a safe area.

Is it sun, sand, sea or all three combined with this pad and pen, a novel and music which help to clear my head.

Yes, sure things have got awful at home, just thinking about it brings on a headache.

*I am trying to clear my head.
It's almost sea time again.*

*The colours of umbrellas, costumes, tracksuits and bikinis are swirling around me, many not even covering areas usually hidden from public consumption.
The waters where I am sitting are becoming more spectacular....*

EMAILS TO THE EDITOR

Dear Editor

I think I might just have stumbled across an idea or two which might help the current helpless hopeless government of the United Kingdom sort out the country's ailing finances

Let's start by putting all the county's pensioners in jail and the criminals in a nursing home.

This way the pensioners would have access to showers, hobbies and walks. They'd receive unlimited free prescriptions, dental and medical treatment, wheel chairs etc. and they'd receive money instead of paying it out.

They would have constant video monitoring, so they could be helped instantly, if they fell, or needed assistance.

Bedding would be washed twice a week, and all clothing would be ironed and returned to them.

A guard would check on them every 20 minutes and bring their meals and snacks to their cell. They would have family visits in a suite built for that purpose.

They would have access to a library, weight room, spiritual counselling, pool and education. Simple clothing, shoes, slippers, PJ's and legal aid would be free, on request.

There would be private, secure rooms for all, with an exercise outdoor yard, with gardens. Each senior could have a PC a TV radio and daily phone calls.

There would be a board of directors to hear complaints, and the guards would have a code of conduct that would be strictly adhered to.

The criminals would get cold food, be left all alone and unsupervised. Lights off at 8pm, and showers once a week. Live in a tiny room and pay £600.00 per week and have no hope of ever getting out.

This is all worth thinking about, I'm sure you agree

John Nicholas. Cyprus

OOARKATMI from the dark side of the moon

by Spam Van Damn

TODAY'S HUMOUR

from Sandra Turner

Sex at 95?

On hearing that her elderly grandfather had just passed away, Katie went

straight to her grandparents' house to visit her 95 year old grandmother and comfort her.

When she asked how her grandfather had died, her grandmother replied, "He had a heart attack while we were making love on Sunday morning."

Horrified, Katie told her grandmother that two people nearly 100 years old having sex would be asking for some trouble. "Oh no, my dear", replied Granny. "Many years ago, realizing our advanced age, we figured out the best time to do it was on Sunday morning when the church bells would ring.

"It was just the right rhythm, nice and slow and nothing too strenuous, simply IN on the Ding and OUT on the Dong"...

She paused for a second and wiped a tear away and then continued "and if that damned ice cream truck hadn't come along, he'd still be alive today".

TODAY'S THOUGHT

In normal relationships, there may be low times as well as high times.

It's unrealistic to expect every minute to be perfect and filled with happiness. There may be times when my partner and I disagree.

We may want to do something separate from each other,
We may want to spend time alone,
or we may simply be in a bad mood.

Relationships of any kind don't always have to be fun and exciting.
Real life is about experiencing emotions of all kinds.

We may experience sadness, frustration, anger, disappointment,
depression, or any other feeling that isn't usually considered to be
positive.

These feelings are all part of life.

thanks to Hazelden.com for inspiration

WORLDWIDE HELPLINE CONTACT INFO

UNITED KINGDOM

MDF THE BIPOLAR ORGANISATION: www.mdf.org.uk

RECOVERY IN-SIGHT CENTRE: The Recovery In-Sight Social Enterprise (RISE) offers peer support, training, research & advisory services **01923-297122 / 01923-239489** or <http://www.recoveryin-sight.com> or contact@recoveryin-sight.com Bipolar support groups in Watford & Stevenage. **01707 284808** or **01923 239489** The Recovery In-Sight Social Enterprise (RISE) **01923-297122 / 01923-239489** or <http://www.recoveryin-sight.com> or contact@recoveryin-sight.com

RISE: **01923-297122 / 01923-239489** or www.riseuk.org.uk/

MIND: Info line **0845 766 0163** or www.mind.org.uk/

RETHINK: **0845 456 0455** or www.rethink.org

SANE: **0845 767 8000** or www.sane.org.uk/

SAMARITANS: Helpline: **08457 909090** (UK) or **1850 60 90 90** (Republic of Ireland) 24/7 or www.samaritans.org/

PAPYRUS: **08000 68 4141** or **01978 367333** Voluntary organisation committed to the prevention of young suicide and the promotion of mental health and wellbeing. www.papyrus-uk.org/

CHILDLINE: **0800 1111** Free and confidential, 24-hour helpline for children www.childline.org.uk/

SURVIVORS OF BEREAVEMENT BY SUICIDE: **0870 2413 337** 9am-9pm daily. Aims to provide a safe, confidential environment in which bereaved people can share their experiences and feelings, so giving and gaining support from each other www.uk-sobs.org.uk/

CALM: 0800 585858 The Campaign Against Living Miserably is a Department of Health initiative to help alleviate suffering caused by suicidal thoughts, mental illness and drug dependency. Helpline open to anyone. 5:00pm to 12:00am Saturday to Tuesday. Calls are free and confidential and don't show up on landline telephone bills www.thecalmzone.net/

BIPOLAR ABERDEEN: 01224 573910 or www.bipolar.uk.com/

EUROPE

ENUSP: European Network of (ex-) Users and Survivors of Psychiatry
www.enusp.org/

MENTAL HEALTH EUROPE: Mental Health Europe currently has about 67 member organisations in 30 European countries and 72 individual members www.mhe-sme.org/

USA

INTERNATIONAL BIPOLAR FOUNDATION www.internationalbipolarfoundation.org/

NAMI 1 (800) 950-NAMI (6264) or www.nami.org/

WORLD WIDE

MEETUP.COM - Enter relevant search terms such as bipolar, manic etc. to locate groups in your area www.meetup.com

WEBSITE DIRECTORY

Read our deputy editor **BOB HOULSTON'S** comprehensive mental health website at: <http://www.houlston.freeserve.co.uk/zzzz-wr-forward-02.htm>

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