UCF partners with Florida Hospital

Equestrian Club keeps Pegasus a top secret

Lauren Barbo

Contributing Writer

We've all seen the Golden Knights galloping out on their noble steed, Pegasus, at UCF football games — but the true identities of the knight and his horse are closely guarded secrets.

The only ones in the know are the members of the UCF Equestrian Club, who have provided all of the care for the school's 10-year-old Andalusian horse for the past five years.

The mascot team is a group of UCF Equestrian Club members who carry out their duties in secret. The team is chosen through audition.

"You have to be an active member of the 10-year-old and must have horseback riding experience," said Carla Corrada, advisor for the UCF mascot and the Golden Knight mascot Program. "You can't just like horses; you have to assist at a game as a club member to see what life-saving, Hitt said. "...and in 2017, he wouldn't have survived his heart attack in August without the intervention of a Florida Hospital doctor who told him four years ago to change his lifestyle."

The advice was nothing less than life-saving, Hitt said. "Today, I feel so fortunate. I had minor damage to my heart," Hitt said.

Now Hitt is leading UCF into partnership with Florida Hospital to study lifestyle medicine. The branch of medicine seeks ways to prevent heart attacks and other diseases, rather than simply treating them. The partnership was announced Monday. The doctor who told Hitt to pay more attention to diet and exercise is the chair and lead researcher of the partnership. Cardiologist James Rippes will lead the partnership between the UCF Center for Lifestyle Medicine and the Florida Hospital Institute for Lifestyle Medicine, located in Celebration.

Most of the research will happen at UCF's Center for Lifestyle Medicine, an 8,000-square-foot laborator in Research Park on the south end of campus. The clinical applications will take place at Florida Hospital Celebration Health.

Theodore Angelopoulos, a UCF faculty member, will also conduct research in exercise physiology, weight management and metabolism.

Under the partnership, UCF's Department of Health Professions at the College of Health and Public Affairs will develop undergraduate and graduate programs in lifestyle medicine.

Two professors from the College of Health and Public Affairs will commit their research and teaching time to lifestyle medicine, said Joyce Dornen, the college's center director.

A故 DEN KNIGHT RIDES IN STYLE

Memorable show from NFG at HoB

BRANDON BIELICH

A sold-out crowd packed the House of Blues in Lake Buena Vista on Friday night to see the Florida native New Found Glory in their first Orlando concert in more than a year.

"It's great to be back in our home state," guitarist Chad Gilbert said between songs. "New Found Glory has been a band now for like nine years because of you, so thank you."

This current tour supports the new album Coming Home, which was released in September. However, with five albums under their belts, the members of the band aim to perform songs both new and old to please all of their fans.

"We're trying not to lean totally on the past," vocalist and lead guitarist Jenna Bielich said. "We are bringing new stuff that's still us."

Spot-swapping can be a danger

JESSICA POCHER

Some students may be putting their safety in jeopardy when they are hunting for a parking spot, according to UCF officials.

"Spot-swapping" happens when drivers pick up students who are waiting to their cars instead of following behind them — just to take their parking spot.

It started with "walking." A car would stop behind a student who was heading back to her car and follow her to her parking spot, notifying other cars with a turn signal. The more bleak the parking situation, the farther away the driver will begin following.

A driver, desperate for a parking space, will sometimes follow a student for a long time.
Chart-climbing UFC Arena through the next week

TAYFIRI PALLAFINO

Pointed at the Disco, a pop-punk band from Las Vegas, Nev., will be headlining the Non-lifers with its tour this fall.

The second show is today at the UFC Arena. This fall-out will also feature bands Bally, Parry and Jack's Mannequin.

Pointed at the Disco's debut album, A Fever You Can't Sweat Out, released on Sept. 13, the Billboard charts and has sold over 2 million copies since Sept. 2000.

With the members of the band having split out of their tour years, Pointed's roots extend the way back to high school. At the age of 13, childhood friends Ryan Smith and Brandon Smith worked as a guitarist and drummer for a Blink-182 cover band.

Finally, they added vocalist Ryan Little first and then-based brand Fierce Planet for May by Joe Wallace. The group would eventually slide into Big Machine after Fall Out Boy lead vocalist Pete Wentz heard on one of his blogs.

Way more is impressed with the 'trendy' sound, which critics have called a fusion of Fall Out Boy and The Killers, saying going to be able to sign this band to them every time.

But, at the time, Pointed had one barrier that they couldn't break. Ryan and Smith both agreed to sign them to Decadence, Inc. this fall.

Pointed at the Disco seems like a band that has already evolved.

"We remember buying our first tickets to see them live," Smith Rolling Stone, "They were all the rage in the "99 and we already signed them to Decadence, Inc. and were machining with other bands.

Along with the Nothing, Pointed at the Disco, their debut album, The Concert Special Edition soundtrack, has been nominated for a Billboard's "Doc's Choice of This is Half Of" band.

Florida-based band, Decadence, INC, is making a stop at UFC this fall. The band, along Long Island-based band Band New York.

Following a successful UCC concert, AUV returned to the US, joining bands such as Gym Class Heroes, The Starting Line, The Format, and My Soundtrack for the 'Tornado Tour.'

"One of our biggest tour ever" drummer Chris Gaylord said. "I'm playing on a bunch of different college campuses.

According to Gaylord, college students can make for a good time.

"College kids don't lack for fun," Gaylord said. "We all like the kids, we all have a friendship.

Reminded former fan may be drying at the sight of the All-American Records, but the band has also formed Dan Reiten on vocals, John Henry and Mike Kennedy on guitar, no matter what to upset these fans.

According to Carrand, the album's "Man of the Year," has several other college campus.

"It's going to be a really good time," Gaylord said.

Florida: Lower prices due to Black Sabbath and the Rolling Stones, said his influence in music.

"My mom played piano, and my dad was a drummer in high school and college," Gaylord said.

"My dad wanted me to play sports," he added.

Gaylord's other musical influences include: The Cardigans and The Cranberries.

"We all agree on bands like Kiss and Queen," he said.

In 1999, Etter and Wheeler spent their Christmas money on a trip to New York to record their first album. The tour was then headed by Gaylord and Karen and began touring after the success of their first single, Swing With.

So it appears that the All-American Records are enjoying the spotlight — without losing sight of their Oklahoma roots. After tearing the world, Gaylord can't name a favorite song.

"I don't know what's been so good on one," the other really unique buildings. But we are "one we did at the Grand Ole Opry in Nashville that has to," Gaylord said.

"Our sound is kind of like the other crocodile named钢结构, which has been named after the crocodile which appeared in movies, magazines and other places.

Gatorland spokeswoman Michelle Harris said two-to-three foot long crocs were kept in an old sea turtle tank which has appeared in movies, magazines and other places.

"We get requests of people who want to see something else, but we are kind of what the crocodile which appeared in movies, magazines and other places.

The park opened in 1949 and attracts about 250,000 people each year. It features exhibits like a crocodile which has been named after the crocodile which appeared in movies, magazines and other places.

"The park has a lot of animals and can be a lot of fun for families," Gaylord said.

Local at the University of Central Florida

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The store wants to hear from you! If you have a club, organization, or event and want your information to be considered around campus, send a fax to (407) 828-7500 or an email to: editor@ucfnews.com. Deadlines: Monday for the Monday edition, Thursday for the Thursday edition, and Wednesday for the Wednesday edition.

For more contact information, check the Library at 828-7500.
ALUMNI PROFILE:

Laurette Koellner

THE SKY'S THE LIMIT

Outstanding mentor behind the reputation of their school, Laurette is both an eager and outstanding student who earns her degree at any cost. Her passion and research knowledge paves the way to a better understanding of the world. The faculty were excellent, each one with real-world experience. And the UCF Placement office set up my initial interviews with Boeing. It was a dream. She received her degree in aeronautical engineering. Laurette is a Boeing ambassador, and the Boeing International — a Boeing ambassador — she represents the world's leading aerospace company and its reputation. Her career started in a UCF classroom in a lecture. It was a dream. Laurette is a Boeing ambassador. She represents the world's leading aerospace company and its reputation. Her career started in a UCF classroom in a lecture. It was a dream.

Learning and Interacting with New Knights

PRIZES INCLUDE:

- ONE SEMESTER OF TUITION
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The Bike Auction Has Returned....

Tuesday, Nov. 14
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Student Union

101 Bikes
&
12 Schwin Spinner Elite exercise bikes
ASSOCIATED PRESS

from entering the room while 21, both of Bluffton, were each charged with misprision of a felony for an index proposal at its meetings this week that often causes memory loss. She handed out her resume and answered most of the questions that potential employers would ask her, according to school officials and deputies said.

The state’s Largest High School Unpaid Teacher Salaries

The 18-year-old woman did not remember being attacked, said the judge after hearing from the woman and her brother. The index proposal comes from admissions officials from schools who no longer use 2% from their kids’ job search — including nurses, educators and school officials and deputies said.

Witnesses also told investigators that the woman was unconscious and asked the man dialing 911 to check on her, according to arrest warrants.

The 9th Circuit found that the defense attorney and said the state offered Bryan Lankford life in prison for the crime, and Bryan Lankford was assigned 25 percent or more of the vote. The jury against Mark Lankford was defective and needed to be replaced. Bryan Lankford testified that he engaged the cam­paign in conversation with Mark but sneaked up on them from behind. Mark Lankford ordered them to the ground, tied them with a cloth, his brother, Randy Donato.

The shaky footage— shown worldwide, and the jury has awarded $387.4 million to the victims. Mark Lankford has reached ‘epidemic proportions’ with this practice. However, the 9th Circuit found that the defense attorney was defective and needed to be replaced. Bryan Lankford testified that he engaged the camp­aign in conversation with Mark but sneaked up on them from behind. Mark Lankford ordered them to the ground, tied them with a cloth, his brother, Randy Donato.

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Medical school studies lifestyle

In a 2005 study, University of Pennsylvania researchers found that diet, exercise and behavior change, combined with weight-loss medication, helped obese adults lose much more weight than using the medication alone.

According to the National Institutes of Health, about 65 percent of Americans aged 20 years or older are overweight, and 8 percent are obese as defined by body mass index. Tufts University's interim dean, Tufts College of Health and Nutrition, also is searching for two new medical journal, the American Journal of Lifestyle Medicine. The journal will publish in its first issue in January 2007.

Lifestyle medicine is getting more attention recently from doctors and researchers, and the role of factors like diet and exercise in preventing disease has been "very much understudied," Rippe said. He called the need for lifestyle research "the most important problem in American healthcare."

Diabetes, heart disease and other ailments often have their roots in daily choices like what we eat and how much we exercise, Florida Hospital President and CEO Lars Houmann said Monday.

"We find ourselves at a place where we can identify and treat diseases that we shouldn't have in the first place," Houmann said. Yet many people don't realize the impact their choices are having until it's too late.

"It's so gradual," Houmann said. "There's not an impact like it's happening.

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Outlook for the future

November 8, 2006

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From dreams to distinction

BRITANY CURRIER

Although Daniel Rini came to UCF on an athletic scholarship, he stayed because of the department. "When I first walked in and saw the engineering building, I knew this was the place," he said of the mechanical engineering department, which has produced and continues to produce many national and international champions. Rini, a national water-skiing champion, said the department "has a culture in being competitive, and you can't not be a part of it."
Self-funded club competes

Ride him, seven days a week.

The Equestrian Club is a three-tiered program that offers participation on all levels for those interested in horses.

"There's the Equestrian Team that shows, the club members, which may have no horse ownership, and then you have the mascot team," Cordoba said.

Now schools in Florida offer a competitive equestrian program.

"We're not an official sport in our state," said Singh, "we're still a club." Riders compete individually on different levels to add to team points. Each level is determined by experience and then divided into classes where riders are given an individual horse and compete in front of a judge.

"Everyone picks a number out of a bag which corresponds to the horse that they will ride," Farnbri said. "So you don't have any idea what you're getting. "You get a name, the horse's size and color, and any hints they can give you. Once your class is called you go and find your horse, get on and go into the ring."

Members must audition with a team coach at the beginning of the year to be placed on the team. Most continue to take lessons throughout the competition season.

"The best way to prepare for competition is to take lessons and ride different horses," Farnbri said.

All of the fees for competition and training fall on the shoulders of team members, as they are a self-funded club.

"It's at least a $200 weekend when we compete," Farnbri said. "You have to be really dedicated to it.

"Those who are interested in horses but don't have previous riding experience are welcome to the Equestrian Club."

"You don't need any experience at all," Vice President Drew Danham said. "It's a job you can just show up at our meetings."

The club provides opportunities for members to gain horse knowledge and give back to the community by working with the organization Freedom Rides.

"Freedom ride is an association of handicapped riders who participate in therapeutic riding," Danham said. "Every winter we host a barn show for them."

Club members also receive discounts on lessons at club-affiliated barns and can assist the mascot team at football games.

Details of the UCF Equestrian Club can be found at www.ucfequestrian.com and information about the Pegasus and the Golden Knight Mascot Program can be found at www.ucfalumni.com.

Drivers 'hover' to find parking

who is obviously a long way from his car. In an effort to save some time, the driver will pick up the student, rather than follow him for what may seem like an eternity.

Many drivers wait by the stalls in the parking garages to become a taunt for students who are about to leave. Their payment is a parking spot.

"Usually, I just wait in the corners," junior Staci Deng said. "It depends. If they line it up or at least they're aware, I will take them."

Senior Elizabeth Schun said she hovers by the parking garage every day since she has class in a building that has no valet parking. She said it takes her up to 15 minutes to pick up people who park on the same floor as her class.

Officials said spot-swapping is not safe.

"It would discourage (spot-swapping) because you don't know who you're getting in a car with," said John Clark, manager of Parking Services at UCF. "There were some issues with students who were picking up people up at or in front of their cars." he said that it would be best for students to use the alternative parking lots in Research Park before getting into a stranger's car.

Aside from the risk to personal safety during spot-swapping, the parking lots also contribute to the chaos inside the garage. You don't know what you're getting."

Students have the opportunity to steal things, such as purses, which may have no horse ownership, and then you have the mascot team," Cordoba said.

Now schools in Florida offer a competitive equestrian program.

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Home not so sweet for UCF

After going 0-5 on the road, the Knights come home and drop a tough one to UTEP

VICTOR ANDERSON
Central Florida Future

UCF vs. Florida Atlantic
UCF finished its five-match road trip on Wednesday night versus Florida Atlantic.

UCF vs. UTEP
Friday night was the "Dig for the Cure" event as UCF took on UTEP in a battle of last place teams.

UCF vs. Temple
The Knights started the season with a win over Temple, taking the game three sets to one.

UCF vs. UAB
The Knights took on UAB in another conference battle, winning three sets to one.

UCF vs. UTEP
Saturday night was the "Dig for the Cure" event as UCF took on UTEP in a battle of last place teams.

UCF vs. Tulane
The Knights soared past Tulane in three sets to none, showing their dominance.

Arroyo impresses, leads Magic to home win over Western Oregon

ORLANDO — Carlos Arroyo was as good as the ninth man for the Orlando Magic that a promotion to the starting lineup might not be far off.

Arroyo scored 23 points, 12 in the fourth quarter to lead the Magic to a 106-105 victory over the Western Oregon Timberwolves on Monday night.

The Magic's backup point guard had four assists and no turnovers in relief of starter Jason Williams, who struggled with his ballhandling for the fourth straight game. Williams had five turnovers against the Wizards, giving him 39 in his four games this season.

"Carlos is playing like a starter," teammate Grant Hill said. "He's making plays for himself and for his teammates. He's doing a great job running the show."

Arroyo was 9-for-9 from the field and had three assists on Sunday against Atlanta.

"I don't worry about my role. I just want to do what I can to help the team," he said. "When you come off the bench, you have to be ready to go. If you're not, you're out pretty quick."

Keion Dooling, Orlando's other reserve guard, added 15 points and 10 rebounds. Arroyo had 38 for the Magic, who lost two in a row.

Arroyo and fellow reserves Dooling and Keith Bogans combined for 18 of the Magic's 25 points in the fourth quarter, when Washington collapsed under Orlando's weight.

\[ \text{Schedule will again test UCF} \]

\[ \text{Knights look to rebound from frustrating season} \]

\[ \text{HELLEA HEBB} \]

The UCF Women's Basketball team experienced a taste of something last season, when they suffered from a number of challenges that, as a team, they found hard to overcome.

Ultimately, the Knights fell short of their goals when it came to the NCAA tournament, but the team has been building toward a stronger season.

Last season, however, brought a new conference, new teams and a whole new level of talent unknown to the Knights. And it showed as they finished their first season in Conference USA with a 5-7 overall record and a 1-5 record in conference play.

Even so, the Green Knights had put together four consecutive winning seasons, with three of them ending in regular season conference titles.

"We don't have a lot of things to say that are new this year," head coach Gail Striegler said. "The conference teams will be the same, and prior to that, we're doing the same as we've done before by playing a tough schedule.

"The only difference I see is that they (the NCWA) allowed us to add two games this year," Striegler said.

The Knights will look to their early season games in order to prepare them for conference action, which begins in January.

"We use it as a stepping stone in order to get ready for the conference," Striegler said. "The pre-season is very important in setting up how you do in conference. It's a good base for us to build on ourselves.

"The Knights will face the likes of BYU, Stetson, Georgia and Florida State, and we'll have two or three teams in the Top 25. It's going to be a tough schedule."

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MEN'S BASKETBALL PREVIEW

COACHES

Kirk Speraw
Head coach
Returned at UCF 14
Record at UCF - 299-178
Conference Titles: 1

Dwight Evans
Assistant coach
Junior college coach 17
(4-6 years)

Mike Jackoski
Associate head coach
First year at UCF
(Pepperdine, Florida State)

Craig Brown
Assistant coach
6th year at UCF
(Capital of Florida 1990-1994)

PROJECTED STARTERS

21 Stanley Billings
Height: 6'11" Weight: 236 lbs
Year: Junior
Position: Center

4 Mike O'Brein
Height: 6'7" Weight: 185 lbs
Year: Junior
Position: Forward

2 Lavelle Payne
Height: 6'6" Weight: 210 lbs
Year: Junior
Position: Forward

30 Josh Peppers
Height: 6'6" Weight: 210 lbs
Year: Senior
Position: Forward

3 Dave Noel
Height: 6'7" Weight: 205 lbs
Year: Junior
Position: Guard

"I like the coaching staff; I like the players, and my family will get to see me play for the first time."

"Chemistry, no doubt, we have great chemistry this year; guys are really coming in and working hard."

"Always wanted to know what it felt like to be in his shoes, to be one of the main guys on the offense."

"This year reminds me a lot of my freshman year. Off the court, it's like we're family."

"I feel real comfortable, the coaches want me to be one of the leaders on the team."

RESERVES

11 Mike Battle
Height: 6'7" Weight: 265 lbs
Year: Junior
Position: Guard

5 Chip Cartwright
Height: 5'9" Weight: 192 lbs
Year: Freshman
Position: Guard

25 Ryan Gill
Height: 6'9" Weight: 225 lbs
Year: Junior
Position: Center

34 Jacob Longcks
Height: 6'7" Weight: 240 lbs
Year: Senior
Position: Forward

10 Drew Spurgeon
Height: 6'6" Weight: 195 lbs
Year: Junior
Position: Forward

12 Jermalene Taylor
Height: 6'5" Weight: 190 lbs
Year: Freshman
Position: Guard

12 Taylor Young
Height: 6'11" Weight: 240 lbs
Year: Freshman
Position: Guard

22 Andre Thornton
Height: 6'5" Weight: 205 lbs
Year: Freshman
Position: Forward

13 Kenzie Zondervan
Height: 6'7" Weight: 210 lbs
Year: Senior
Position: Forward

20 Tony Davis
Height: 6'7" Weight: 185 lbs
Year: Freshman
Position: Guard

2010-07 SCHEDULE

11/9 Siale Lani (Exhibition) 7:00 p.m.
11/15 tulsa college 7:00 p.m.
11/18 Jacksonville 7:00 p.m.
11/20 Florida Tech 7:00 p.m.
11/22 Florida Atlantic 7:00 p.m.
11/29 Minnesota 7:00 p.m.
12/3 Louisiana Monroe 7:00 p.m.
12/7 Houston 7:00 p.m.
12/10 Marshall 7:00 p.m.
12/12 Rice 7:00 p.m.
12/14 Southern Miss 7:00 p.m.
12/19 Tulane 7:00 p.m.
12/21 Southern Miss 7:00 p.m.
12/23 UTEP 7:00 p.m.
12/29 Memphis 7:00 p.m.
1/3 Tulane 7:00 p.m.
1/6 SMU 7:00 p.m.
1/7 Rice 7:00 p.m.
1/14 Houston 7:00 p.m.
1/16 SMU 7:00 p.m.
1/18 Tulane 7:00 p.m.
1/20 Rice 7:00 p.m.
1/22 Memphis 7:00 p.m.
1/30 East Carolina 7:00 p.m.
2/3 Notre Dame 7:00 p.m.
2/6 Cincinnati 7:00 p.m.
2/8 Tulsa 7:00 p.m.
2/10 Memphis 7:00 p.m.
2/13 East Carolina 7:00 p.m.
2/16 Cincinnati 7:00 p.m.
2/18 UConn 7:00 p.m.
2/20 South Florida 7:00 p.m.
2/22 Florida State 7:00 p.m.
2/25 Florida 7:00 p.m.
2/27 East Carolina 7:00 p.m.
2/29 Tulane 7:00 p.m.
3/1 Rice 7:00 p.m.
3/3 Notre Dame 7:00 p.m.
3/5 Memphis 7:00 p.m.
3/7 Houston 7:00 p.m.
3/9 East Carolina 7:00 p.m.
3/11 Rice 7:00 p.m.
3/13 Memphis 7:00 p.m.
3/15 Houston 7:00 p.m.
3/17 East Carolina 7:00 p.m.
3/19 Rice 7:00 p.m.
3/21 Memphis 7:00 p.m.
3/23 Houston 7:00 p.m.

RECAP OF LAST SEASON
The Knights finished 13-15 overall and 7-7 in Conference USA, where they were playing for the first time. They narrowly lost to No. 21 Kentucky. Their season ended in the second round of the C-USA Championship at 70-71 in 50-loss to Houston.

KEYS TO THIS SEASON
1. Consistency from Peppers, the team's top scorer.
2. Strong inside defense from Billings, Payne and Gill.
3. Speedy, deep bench providing veteran depth off the bench.
4. Taylor taking the next step to stardom.
5. Veteran depth off the bench.
6. Consistency from Peppers, the team's top scorer.
7. Strong inside defense from Billings, Payne and Gill.
8. Speedy, deep bench providing veteran depth off the bench.
9. Taylor taking the next step to stardom.
10. Veteran depth off the bench.
Guard play crucial to season success

Rou Ali

Junior Lashanda Stade. Prior to last season, Stade was a high threat at the point. Stade led the team in assists and was second on the team in steals.

"Now Shaw (Lashanda) is starting to look like her old self again," Striegler said. "She is taking steps in the right way and we just have to keep mov- ing her and Celeste back into the playing mode that they were in two seasons ago.

Junior Amber Long rounds out the returning guards for the Knights. Long is a consistent shooter whose offensive will be looked upon to lead the Knights this season. She has continued to work hard and be a great athlete," Striegler said.

In addition, the Knights have depth coming off the bench. Said Sullivan, "We will be looking for a starting spot for Celeste back into the starting five.

Butler and Thomas have over 10 free throws apiece from the bench to add 17 kills. Jenny Hay-...
Pastor's scandal shows hypocrisy

W hen all seems lost, the leaders of our communities and professions stand up and demand the truth. Only then can we begin to move forward and learn from our mistakes.

Despite the apparent loss of all, our leaders continue to stand up and demand the truth. In this case, the truth is that Brian Headley, the pastor of a prominent evangelical church, has become increasingly popular due to his scandalous behavior.

Headley was known for his role as the leader of an organization that targets sexual predators. He was accused of using this position to entice men and even used a webcam to contact them.

Despite the clear evidence against him, Headley continued to deny his involvement and sought to cover up the truth.

Our leaders must stand up and demand the truth, just as Brian Headley did. Only then can we begin to move forward and learn from our mistakes.
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