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A Paddler's Guide to Eastern North Carolina

Canoe Kayak South Carolina

The rivers of Maryland and Washington, D.C. hold a wealth of splendor from Annapolis to Worcester County. Paddling Maryland and Washington, D.C. features fifty river trips for avid paddlers, floaters, and anglers searching for the perfect paddle, whether it is a half-day or a full-day trip. History buffs will appreciate the sidebars

detailing local information. Look inside to find: Full-color photos
GPS coordinates Detailed river descriptions Maps showing access
points and river miles Level of difficulty, optimal flows, rapids, and
other hazards Historical information For more than twenty-five
years, FalconGuides® have set the standard for outdoor
guidebooks. Written by top experts, each guide invites you to
experience the adventure and beauty of the outdoors.

The River Home

Carolina Whitewater

With the same narrative skills and evocative powers that made her first novel, *The Joy Luck Club*, a national bestseller, Tan now tells the story of Winnie Louie, an aging Chinese woman unfolding a life's worth of secrets to her suspicious, Americanized daughter.

Even As We Breathe

This book is a reference volume and a digest of more than a century of scholarly work on troubadour poetry. Written by leading scholars, it summarizes the current consensus on the various facets of troubadour studies. Standing at the beginning of the history of modern European verse, the troubadours were the prime poets and composers of the twelfth and thirteenth centuries in the South of France. No study of medieval literature is complete without an examination of the courtly love which is celebrated in the elaborately rhymed stanzas of troubadour verse, creations whose words and melodies were imitated by poets and musicians all over medieval Europe. The words of about 2,500 troubadour songs have survived, along with 250 melodies, and all have come under intense scholarly scrutiny. This Handbook brings together the fruits of this

scrutiny, giving teachers and students an overview of the fundamental issues in troubadour scholarship. All quotations are given in the original Old Occitan and in English. The editors provide a list of troubadour editions and an index, and each chapter includes a list of additional readings.

The Academic Presentation: Situated Talk in Action

North Carolina is home to the longest continuous barbecue tradition on the North American mainland. Now available for the first time in paperback, *Holy Smoke* is a passionate exploration of the lore, recipes, traditions, and people who have helped shape North Carolina's signature slow-food dish. A new preface by the authors examines the latest news, good and bad, from the world of Tar Heel barbecue, and their updated guide to relevant writing, films, and websites is an essential. They trace the origins of North Carolina 'cue and the emergence of the heated rivalry between Eastern and Piedmont styles. They provide detailed instructions for cooking barbecue at home, along with recipes for the traditional array of side dishes that should accompany it. The final section of the book presents some of the people who cook barbecue for a living, recording firsthand what experts say about the past and future of North Carolina barbecue. Filled with historic and contemporary photographs showing centuries of North Carolina's "barbecueculture," as the authors call it, *Holy Smoke* is one of a kind, offering a comprehensive exploration of the Tar Heel barbecue tradition.

The Kitchen God's Wife

Who says you have to travel far from home to go on a great hike, paddle, or bike ride? *Best Outdoor Adventures Asheville* details forty of the best hikes, paddles, and bike routes within an hour's drive of the Land of the Sky (along with extra information on

climbing and camping adventures), perfect for the urban dweller and suburbanite who may be hard-pressed to find great outdoor activities close to home.

Phenomenal

Elizabeth Gilbert, author of *The Signature of All Things* and *Eat, Pray, Love* “What a cool and fascinating ride. Leigh Ann Henion has tackled one of the great questions of contemporary, intelligent, adventurous women: Is it possible to be a wife and mother and still explore the world? Her answer seems to be that this is not only possible, but essential. This story shows how. I think it will open doors for many.” Heartfelt and awe-inspiring, Leigh Ann Henion’s *Phenomenal* is a moving tale of physical grandeur and emotional transformation, a journey around the world that ultimately explores the depths of the human heart. A journalist and young mother, Henion combines her own varied experiences as a parent with a panoramic tour of the world’s most extraordinary natural wonders. *Phenomenal* begins in hardship: with Henion deeply shaken by the birth of her beloved son, shocked at the adversity a young mother faces with a newborn. The lack of sleep, the shrinking social circle, the health difficulties all collide and force Henion to ask hard questions about our accepted wisdom on parenting and the lives of women. Convinced that the greatest key to happiness—both her own and that of her family—lies in periodically venturing into the wider world beyond home, Henion sets out on a global trek to rekindle her sense of wonder. Henion’s quest takes her far afield, but it swiftly teaches her that freedom is its own form of parenting—one that ultimately allows her to meet her son on his own terms with a visceral understanding of the awe he experiences every day at the fresh new world. Whether standing on the still-burning volcanoes of Hawai‘i or in the fearsome lightning storms of Venezuela, amid the vast animal movements of Tanzania or the elegant butterfly

migrations of Mexico, Henion relates a world of sublimity and revelation. Henion's spiritual wanderlust puts her in the path of modern-day shamans, reindeer herders, and astrophysicists. She meets laypeople from all over the world, from all walks of life, going to great lengths to chase migrations, auroras, eclipses, and other phenomena. These seekers trust their instincts, follow their passions, shape their days into the lives they most want to lead. And, somewhere along the way, Leigh Ann Henion becomes one of them. A breathtaking memoir, *Phenomenal* reveals unforgettable truths about motherhood, spirituality, and the beauty of nature. Oprah.com "Part travel memoir, part parenting manifesto and part inquiry into those 'fleeting, extraordinary glimpses of something that left us groping for rational explanations in the quicksand of all-encompassing wonder.'" From the Hardcover edition.

Far Appalachia

New River Guide

Quiet Water New Jersey & Eastern Pennsylvania

Rock & roll has transformed American culture more profoundly than any other art form. During the 1960s, it defined a generation of young people as political and social idealists, helped end the Vietnam War, and ushered in the sexual revolution. In *Dixie Lullaby*, veteran music journalist Mark Kemp shows that rock also renewed the identity of a generation of white southerners who came of age in the decade after segregation -- the heyday of disco, Jimmy Carter, and Saturday Night Live. Growing up in North Carolina in the 1970s, Kemp experienced pain, confusion, and shame as a result of the South's residual civil rights battles. His elementary school

was integrated in 1968, the year Kemp reached third grade; his aunts, uncles, and grandparents held outdated racist views that were typical of the time; his parents, however, believed blacks should be extended the same treatment as whites, but also counseled their children to respect their elder relatives. "I loved the land that surrounded me but hated the history that haunted that land," Kemp writes. When rock music, specifically southern rock, entered his life, he began to see a new way to identify himself, beyond the legacy of racism and stereotypes of southern small-mindedness that had marked his early childhood. Well into adulthood Kemp struggled with the self-loathing familiar to many white southerners. But the seeds of forgiveness were planted in adolescence when he first heard Duane Allman and Ronnie Van Zant pour their feelings into their songs. In the tradition of music historians such as Nick Tosches and Peter Guralnick, Kemp masterfully blends into his narrative the stories of southern rock bands --from heavy hitters such as the Allman Brothers Band, Lynyrd Skynyrd, and R.E.M. to influential but less-known groups such as Drive-By Truckers -- as well as the personal experiences of their fans. In dozens of interviews, he charts the course of southern rock & roll. Before civil rights, the popular music of the South was a small, often racially integrated world, but after Martin Luther King Jr.'s assassination, black musicians struck out on their own. Their white counterparts were left to their own devices, and thus southern rock was born: a mix of popular southern styles that arose when predominantly white rockers combined rural folk, country, and rockabilly with the blues and jazz of African-American culture. This down-home, flannel-wearing, ass-kicking brand of rock took the nation by storm in the 1970s. The music gave southern kids who emulated these musicians a newfound voice. Kemp and his peers now had something they could be proud of: southern rock united them and gave them a new identity that went beyond outside perceptions of the South as one big racist backwater. Kemp offers a lyrical, thought-provoking, searingly intimate, and utterly original journey through the South of

the 1960s, '70s, '80s, and '90s, viewed through the prism of rock & roll. With brilliant insight, he reveals the curative and unifying impact of rock on southerners who came of age under its influence in the chaotic years following desegregation. Dixie Lullaby fairly resonates with redemption.

Health Care Organizations, a Model for Management

North Carolina's Haw River has a rich geographic, ecological and cultural history, tracked here from its source to its confluence with the Atlantic Ocean. From grinding mills to algae science, this popular history features interviews with mill owners and workers, archaeologists, environmentalists, farmers, water treatment managers and many others whose lives have been connected to this river. Additionally, it explores life on the river's banks and humans' place in its rich ecology.

Little Rivers and Waterway Tales

About The Mother TreeThe water that surrounds Oriental, N.C. attracts people who need to heal. In Heather Cobham's debut novel, *Hungry Mother Creek*, Maya Sommers landed in Oriental reeling from the trauma of Hurricane Katrina and the death of her husband. Now, Sloan Bostwick, a successful realtor from Raleigh, returns there in hopes of regaining the peace she experienced during the summers with her grandparents. Sloan purchases the oldest home in the county with plans to create a retreat center. Unbeknownst to Sloan, part of her property contains the Mother Tree, a live oak, where for over a hundred years, women have gathered. It was here, with the help of her women's circle, that Maya recovered from her husband's death. Maya and Sloan's lives intersect over the fate of the Mother Tree when the women's circle rallies the community to protect the sacred tree. Travis, the handsome kayak guide Maya had

a brief affair with, joins their efforts and Maya's feelings for him are reignited. Will Travis fill the sense of yearning she's had the past few months? What's standing between her and true happiness? Meanwhile Sloan must admit that wounds from her childhood are still festering, waking her every night and distracting her from the retreat center. Though Maya and Sloan clash over the fate of the Mother Tree, they have more in common than they realize. Join them on the banks of the Neuse River as the wisdom of women, past and present, helps Maya and Sloan transform their suffering into resilience.

Salt Runs in My Blood

Covering thousands of miles of Georgia's waterways, *Canoeing & Kayaking Georgia* is the definitive guide to Georgia's whitewater to wilderness swamps — and everything in between. This updated edition incorporates the exhilarating new urban whitewater course in Columbus, and the recently established water trails that actively welcome recreational paddlers throughout the state. Now expanded to cover more waterways in Southwest Georgia — Kinchafoonee, Muckalee, and Ichawaynochaway Creeks — you only need one book to figure out where to float, no matter what type of boat you paddle.

My Paddle to the Sea

This book is bible for beginning radio professionals: the complete, definitive guide to the internal workings of radio stations and the radio industry. Not only will you begin understand how each job at a radio station is best performed, you will learn how it meshes with those of the rest of the radio station staff. If you are uncertain of your career goals, this book provides a solid foundation in who does what, when, and why. *The Radio Station* details all departments within a radio station. Topics explained include satellite radio, Web

radio, AM stereo, cable and podcasting. Also, mergers and consolidation, future prospects, new digital technologies. This edition is loaded with new illustrations, feature boxes and quotes from industry pros, bringing it all together for the reader. Going strong after 20 years The Radio Station is now in its eighth edition and long considered the standard work on this audio medium. It remains a concise and candid guide to the internal workings of radio stations and the radio industry, explaining the functions performed successfully within every well-run station.

Holy Smoke

In this revised edition, the authors discuss the history, life-style, and culture of the native people of the region before the arrival of Europeans. They expand the discussion to include the interaction of the Indians with white settlers during the colonial period. In separate chapters, they chronicle the experiences of the Cherokees and the Lumbees in the 19th and 20th centuries. The study concludes with a discussion of native Carolinians today and a detailed timeline of important dates and events in North Carolina Indian history.

Paddling Virginia and West Virginia

Each title in Globe Pequot's Guide to Sea Kayaking series presents more than 40 detailed tours, providing paddlers with all the information they need to safely enjoy all of their trips.

Dixie Lullaby

Along the fertile banks of the Mississippi River across from New Orleans, planter Camille Zeringue transformed a mediocre colonial plantation into a thriving gem of antebellum sugar production,

complete with a columned mansion known as Seven Oaks. Under the moss-strewn oaks, the privileged master nurtured his own family, but enslaved many others. Excelling at agriculture, business, an ambitious canal enterprise, and local politics, Zeringue ascended to the very pinnacle of southern society. But his empire soon came crashing down. After the ravages of the Civil War and a nasty battle with a railroad company the family eventually lost the great estate. Seven Oaks ultimately ended up in the hands of distant railroad executives whose only desire was to rid themselves of this heap of history. *Lost Plantation: The Rise and Fall of Seven Oaks* tells both of Zeringue's climb to the top and of his legacy's eventual ruin. Preservationists and community members abhorred the railroad's indifferent attitude, and the question of the plantation mansion's fate fueled years of fiery, political battles. These hard-fought confrontations ended in 1977 when the exasperated railroad executives sent bulldozers through the decaying house. By analyzing one failed effort, *Lost Plantation* provides insight into the complex workings of American historical preservation efforts as a whole, while illustrating how southerners deal with their multifaceted past. The rise and fall of Seven Oaks is much more than just a local tragedy-it is a glaring example of how any community can be robbed of its history. Now, as parishes around New Orleans recognize the great aesthetic and monetary value of restoring plantation homes and attracting tourism, Jefferson Parish mourns a manor lost. Marc R. Matrana, Westwego, Louisiana, is a local historian and preservationist. See the author's site.

Guide to Sea Kayaking in North Carolina

A Handbook of the Troubadours

Like Huck Finn, Lane sees a river journey as a portal to change, but

unlike Twain's character, Lane isn't escaping. He's getting intimate with the river that flows right past his home in the Spartanburg suburbs. Lane's three hundred mile float trip takes his down the Broad River and into Lake Marion before continuing down the Santee River.

Piedmont Lakes

The New River is one of the most changeable and fickle rivers on the East Coast--and also one of the most beautiful and rewarding. It attracts anglers, canoeists, kayakers, rafters, bird watchers, rock climbers, and those who simply enjoy the great outdoors. The New River Guide provides an indispensable overview of this untamed and scenic waterway as it winds through three states, including the bucolic South Fork in North Carolina, the ridges of Virginia, and the gorges of West Virginia. Both casual and hardcore anglers will learn of the best places to fish for smallmouth bass. Canoeists will find the most enticing sections to paddle, whether they prefer placid stretches or white water. Rafters and kayakers headed for Class IV rapids in the New River Gorge will find The New River Guide a must-read. This new edition for 2015 includes updated and expanded information on favorite float trips, fishing spots, access points, bass lines and lures, and river guides and other resources.

The Radio Station

Canoe Kayak South Carolina: A Guide to Paddling the Palmetto State is a new guidebook to canoeing and kayaking rivers, creeks, and swamps of South Carolina. This guidebook includes over 1,700 miles of paddling trips on 31 streams in South Carolina's river basins. Each trip includes detailed descriptions, maps, distance, difficulty, width, and gauge information. Also included is information about River Rating Systems, Paddling Safety, Paddlers

Rights, Paddling Courtesy, River Camping, River Gauges, Water Quality, River Selection, and Clubs and Organizations.

Canoeing & Kayaking Georgia

Nineteen-year-old Cowney Sequoyah yearns to escape his hometown of Cherokee, North Carolina, in the heart of the Smoky Mountains. When a summer job at Asheville's luxurious Grove Park Inn and Resort brings him one step closer to escaping the hills that both cradle and suffocate him, he sees it as an opportunity. With World War II raging in Europe, the inn is the temporary home of Axis diplomats and their families, who are being held as prisoners of war. Soon, Cowney's refuge becomes a cage when the daughter of one of the residents goes missing and he finds himself accused of abduction and murder. *Even As We Breathe* invokes the elements of bone, blood, and flesh as Cowney navigates difficult social, cultural, and ethnic divides. After leaving the seclusion of the Cherokee reservation, he is able to explore a future free from the consequences of his family's choices and to construct a new worldview, for a time. However, prejudice and persecution in the white world of the resort eventually compel Cowney to free himself from larger forces that hold him back as he struggles to unearth evidence of his innocence and clear his name.

Paddling Eastern North Carolina

As sailboat captain, rower, flyfisher, gardener, and Quaker naturalist, SUSAN SCHMIDT writes poems about moving from dark into light as she plays in boats and walks long trails. She remembers bright parrots, big trout, gales at sea, glaciers, peach pie, old loves, Celtic ancestry, Civil War battlefields, and learning to navigate. Her Carolina Parakeet poem appears in *Literary Trails of Eastern North Carolina* (UNC Press, 2013). Her Gettysburg poem

won the 2012 Guy Owen Poetry Prize. Susan has worked as science-policy analyst and professor of literature and environmental decision-making. Susan now edits books, with the same mindfulness as pruning apple trees, and walks beaches with her Boykin Spaniel, a Silkie like her, happiest wet. *Salt Runs in My Blood* relates the poet's personal journey—mostly by boat: her inner flights and actual escape as she loves her family and natural neighbors. Observing birds, she learns her own survival strategies. She travels to New Zealand, Alaska, the West Indies, but stays South where she can name the trees and swim year round. Vulnerable on land, she is more confident on the water. The book could have been called "The Watery Part of the World." Part I of *Salt Runs in My Blood*, "Estuary," opens with the poet's Chesapeake homeplace; learning to sail from her father whose ancestors were Chesapeake ship captains four hundred years (salt), her mother's Irish side (soil and ink), Civil War generals, and scuba diving. Falling as a rockclimber, she turns to paddling. Fleeing a scary marriage, she goes to sea. "Open Ocean," part II, follows her delivering sailboats across oceans to the islands. In "Pocket Water," part III, she flyfishes in North Carolina mountains, leaves a tired romance, returns to Virginia rivers. In "Sea Level," part IV, the poet walks the Camino de Santiago and settles on the Carolina coast where she survives hurricanes, rows and swims.

Paddling South Carolina

Explore the scenic flat-water lakes, ponds, and rivers of New Jersey and Eastern Pennsylvania with this new guide from AMC's Quiet Water series. Great for families, anglers, and canoeists and kayakers of all abilities, *Quiet Water New Jersey and Eastern Pennsylvania* features 80 trips, covering the best calm water paddling in the region. Take a long paddle through Lake Aeroflex and connecting ponds, spot wildlife in South Jersey's Great Bay, or discover the

beautiful French Creek State Park on water. Each trip includes detailed descriptions of the lake, pond, or river with maps, photographs, paddling routes, and GPS coordinates to help drivers reach the access point for the trip. Selecting and planning your trip is made easy with the useful At-a-Glance Trip Planner, featuring helpful information about trip time, distance, difficulty, and special features. Inside you'll also find resources on local outfitters, safety and equipment tips, and complete driving, parking, and put-in instructions.

A Study of Maya Art, Its Subject Matter and Historical Development

Burroughs chronicles a canoe voyage through the Carolinas, visiting his ancestral homeland and the people who inhabit the banks of the Waccamaw River.

Native Carolinians

Bland Simpson regales us with new tales of coastal North Carolina's "water-loving land," revealing how its creeks, streams, and rivers shape the region's geography as well as its culture. Drawing on deep family ties and coastal travels, Simpson and wife and collaborator Ann Cary Simpson tell the stories of those who have lived and worked in this country, chronicling both a distinct environment and a way of life. Whether rhapsodizing about learning to sail on the Pasquotank River or eating oysters on Ocracoke, he introduces readers to the people and communities along the watery web of myriad "little rivers" that define North Carolina's sound country as it meets the Atlantic. With nearly sixty of Ann Simpson's photographs, Little Rivers joins the Simpsons' two previous works, Into the Sound Country and The Inner Islands, in offering a rich narrative and visual document of eastern North Carolina's particular

beauty. Urging readers to take note of the poetry in "every rivulet and rill, every creek, crick, branch, run, stream, prong, fork, river, pocosin, swamp, basin, estuary, cove, bay, and sound," the Simpsons show how the coastal plain's river systems are in many ways the region's heart and soul.

Paddling Eastern North Carolina

"Paddling Eastern North Carolina" is an expanded and updated second edition guidebook to canoeing and kayaking rivers, creeks, and swamps of eastern North Carolina. From exciting whitewater of the Piedmont foothills to quiet blackwater of the Coastal Plain, the guidebook includes over 3,200 miles of paddling trips on 97 streams. The trips are selected from over three-quarters of North Carolina from the Yadkin-Pee Dee Basin to the coast: Some of these streams are covered by a guidebook for the first time. Each trip includes detailed descriptions, maps, distance, difficulty, width, and gauge information. Also included is information about River Rating Systems, Paddling Safety, Paddlers Rights, Paddling Courtesy, River Camping, River Gauges, Water Quality, River Selection, and Clubs and Organizations.

Courting the Diamond Sow

Voyage of the Paper Canoe

The ultimate guide to paddling whitewater in the western Carolinas, Carolina Whitewater has guided boaters to the best water in the Tar Heel and Palmetto states for almost 30 years. This latest edition includes expanded and updated information for the classic rivers, like the Chattooga, French Broad, and Nantahala, in addition to many new steep creeks including Cove, Rockhouse, and Hurricane.

New to this edition is a section on flatwater that is suitable for canoe camping and can be handled by beginner and novice paddlers. Profiled runs are from the Broad River and two of its tributaries, the Enoree and the Tyger. The convenient at-a-glance format for each river section makes it easy to find critical details such as difficulty, length, paddling time, gradient, and more. River descriptions, shuttle and gauge information, and topographic-based maps complete the useful information needed to help boaters pick rivers to match their ability. With over 80 detailed profiles and more than 60 maps of the best canoeing and kayaking waterways in the Carolinas, this guide is indispensable. From quiet float trips on the French Broad to exciting runs on the fast-flowing Nolichucky, Carolina Whitewater details the best paddling experiences in both states.

Best Outdoor Adventures Asheville

A comprehensive guide to Virginia and West Virginia's best paddling trips with routes for every type of paddler, including access points, difficulty ratings, special points of interest, history and more.

Lost Plantation

The hardest part of paddling South Carolina is choosing your route! From the mountain-rimmed waters of Lake Jocassee to the rapids of the Saluda River to rice-field canals along Wadboo Creek, the Palmetto State offers a variety of great paddles all year-round. Paddling South Carolina features 40 paddling adventures throughout the state. With a focus on recreational paddling, all trips avoid complicated put-ins, portages, and dangerous expert sections but offers concise paddle summaries, excellent route descriptions, GPS coordinates, and sidebars on geology and wildlife. Lakes and

ponds, rivers and creeks are featured.

The Achievers

There are many lakes in the NC Piedmont, this guide book lists twenty eight of the most popular, as well as some of the lesser known lakes to kayak, motorboat, stand up paddle board, fish, picnic, hike, camp and more. This third edition includes gps information, directions, lake schedules, ramp descriptions, lake maps, marina contact information, quick references guides, kayak gear trip lists outfitters and much more!

The Mother Tree

Paddling Maryland and Washington, D.C.

Landmark classic interprets Maya symbolism, estimates styles, covers ceramics, architecture, murals, stone carvings as art forms. Over 750 illustrations.

Archeology of the Funeral Mound, Ocmulgee National Monument, Georgia

How is the task of giving a presentation accomplished? In this insightful book Johanna Rendle-Short unpacks this seemingly simple task to show the complexity that underlies it. Examining the academic presentation as a case in point, she details how seminar presenters interact with the audience and objects around them to produce a coherent whole. Through detailed examination of talk-in-interaction the book throws light on one instance of talk as situated practice, demonstrating both the ordinariness of the academic presentation, and its intricate complexity. While audience members

recognize that a seminar is underway, this book shows how this recognition comes about. The Academic Presentation will greatly interest scholars of talk and interaction analysis, situated talk, ethnomethodology and conversation analysis.

Fishing North Carolina

Appalachian Mountain Club Quiet Water New Jersey

Firsthand accounts and journal entries offer a dramatic chronicle of a four-man kayaking expedition that tried to become the first to navigate a remote stretch of the Tsangpo River in Tibet, a quest that ended in tragedy when one of the men, kayak racer Doug Gordon, was killed in the attempt. Reprint.

Down Along the Haw

The first section of the book covers more than 50 different freshwater and saltwater fish. For each specific fish, you'll find information about the types of waters where you can find the fish, details about their habits, the best ways of presenting baits or lures, and consistent places where you can catch that fish. The second section gives details about 100 bodies of water, arranged geographically into mountains, Piedmont, and coastal sections. Each entry covers the best ways to catch particular species at that location and the best places in the water body to begin fishing. It also offers general information such as special rules and regulations, nearest campgrounds, and directions to access points. Using this guide will help you know where to go, what to bring, and what to expect when fishing throughout the state.

The French Broad

The host of NPR's "All Things Considered" and best-selling author of *Piano Lessons* journeys back to the America of his ancestors as he follows the the New River into the heart of modern-day Appalachia on a 330-mile odyssey on foot, by mountain bike, by canoe, and by whitewater raft. Reprint.

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