

Living Safely & Well In Darien

Who We Are *Atria Darien is an independent and assisted living rental community offering customized care plans, housekeeping, meals, maintenance, wellness and lifestyle programs. Short-term Retreat and Respite stays available.*

Atria

A Note
from
Atria
Darien

The Gift of Engagement

An active mind, body and spirit is vital to **good health**, especially now as we battle COVID-19.

In addition to receiving this daily newsletter, residents at Atria Darien enjoy daily exercise classes, attend live lectures on history and current events, enjoy live musical entertainment, participate in art class, savor chef-prepared meals in our dining room and spend time visiting with their families.

Our community is open to visitors and welcome you to come and see for yourself how our residents are living safely and well at Atria Darien. We hope you enjoy your engagement packet, courtesy of Atria Darien. **Stay strong, stay healthy and stay safe!**

The Sweet Life

Take home Chef Parker's Signature Dessert with two mini cheesecakes wrapped in phyllo dough and a home-made raspberry sauce!

**Schedule your visit today
by calling
203-662-1090**



Feature Exercise

"ELBOW FLEXION"

Bend at the elbows, flexing your biceps during each movement.

Word of the Day

"DOMICILE"

noun

A person's fixed, permanent, and principal home, for legal purposes.

"She was proud to list her bungalow as her domicile on the paperwork."

Love our Newsletter?

- If you would like to continue to receive this newsletter monthly by mail or email, please call us and we will be happy to add you to our monthly mail or email list.

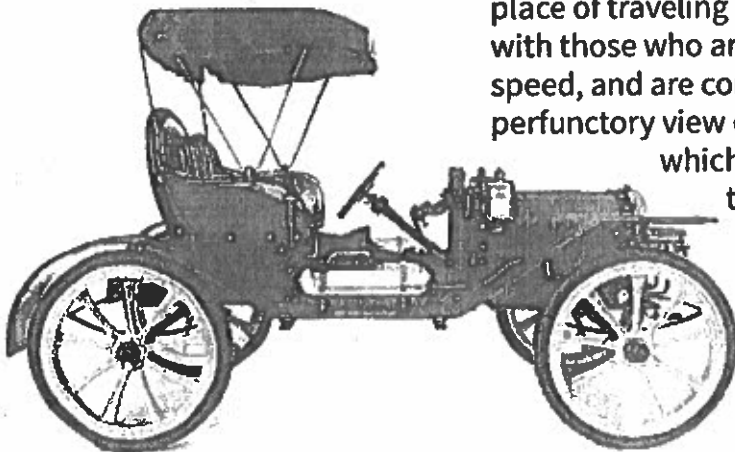
the Perk

DAILY

Today's **perk** is

Horseless Carriage Day

Prior to the invention of the automobile, carriages were typically pulled by horses. While they seem somewhat romantic, The Perk doesn't want to imagine the aroma in the streets on rainy or hot summers days. Horseless carriage is an early name for the motor car. The use of the term can be compared to other transitional terms, such as wireless phone, or other cases in which a new technology is defined by what is *missing* from the previous version.



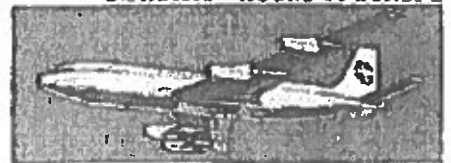
A *New York Times* article discussing the horseless carriage noted "this new form of transportation has introduced upon the public roads a novel and not altogether welcome guest. To those who occupy or drive them, they are undoubtedly a fascinating amusement. The speed of which they are capable intoxicates and bewilders the senses, deadening them to the dangers which surround the machine, and by a sudden mishap may turn in the twinkling of an eye into a terrible engine of destruction. They have largely taken the place of traveling carriages with those who are desirous of speed, and are content with a perfunctory view of the scenery which cannot be thoroughly "taken in" when running at a rate of over twelve miles an hour." Ø

perks in history

1881 The Gunfight at the O.K. Corral takes place at Tombstone, Arizona. The "OK" probably refers to two families—Ormsby and Kimberly—who owned the nearby corral.

1958 Pan American Airways makes the first commercial flight of the Boeing 707, from New York City to Paris, France.

This Fall 6% MAGIC HOURS TO EUROPE



perk fact

Early bad drivers of the horseless carriage caused the loss of horses, wrecked wagons, and the running down of bystanders.

perk pun

The talented equine artist was an export at the horse-drawn carriage.

Life will bring you pain all by itself. Your responsibility is to create joy.

Milton Erickson

Perk Puzzle

Find and circle all of the words that are hidden in the grid. The words may be hidden in any direction.

a.k.a. Motor Car



E	N	I	G	A	M	I	A	R	O	M	A	Y	H	D
D	R	I	W	Y	S	C	E	N	E	R	Y	G	I	E
T	R	A	N	S	P	O	R	T	A	T	I	O	N	S
H	B	E	P	T	E	K	C	M	G	R	F	L	V	T
Y	O	E	L	S	O	A	R	N	B	A	R	O	E	R
G	E	R	U	I	R	X	I	E	S	U	N	N	N	U
D	N	M	S	R	B	N	I	C	P	O	R	H	T	C
M	A	I	I	E	N	O	I	C	I	E	X	C	I	T
L	I	A	S	U	L	N	M	T	A	A	H	E	O	I
L	G	L	R	S	A	E	I	O	W	T	W	T	N	O
E	C	T	E	T	I	S	S	R	T	I	I	N	L	N
V	V	I	I	S	N	M	B	S	S	U	N	N	X	R
A	J	N	L	A	C	I	P	Y	T	S	A	K	G	D
R	G	Y	R	O	T	C	N	U	F	R	E	P	L	R
T	U	T	D	E	S	I	R	A	B	L	E	O	R	E

- ☐ AMUSE
- ☐ AROMA
- ☐ AUTOMOBILE
- ☐ CARRIAGE
- ☐ DESIRABLE
- ☐ DESTRUCTION
- ☐ FASCINATING
- ☐ HORSELESS

- ☐ INTOXICATING
- ☐ INVENTION
- ☐ MILES
- ☐ MISSING
- ☐ PERFUNCTORY
- ☐ RUNNING
- ☐ SCENERY
- ☐ SPEED

- ☐ TECHNOLOGY
- ☐ TRANSITION
- ☐ TRANSPORTATION
- ☐ TRAVEL
- ☐ TWINKLE
- ☐ TYPICAL
- ☐ THE PERK

Yesterday's Perk Puzzle Solution

I	F	R	E	S	H	V	S	L	M	Z	S	I	R	D
H	N	V	K	P	Y	P	G	N	L	D	P	N	A	E
I	Q	I	I	A	L	I	A	N	Q	A	O	Y	S	
N	A	O	R	T	O	R	R	F	W	E	G	T	I	E
I	G	S	Z	A	U	R	A	T	L	D	H	A	O	E
U	A	L	A	O	C	R	T	L	S	O	E	G	L	H
S	E	E	L	G	T	A	E	E	Z	I	T	I	I	C
W	R	F	H	A	N	T	M	R	L	P	I	R	T	P
S	G	A	L	W	A	A	O	L	K	L	I	A	K	A
F	P	L	I	I	C	H	I	U	G	N	I	L	I	S
E	E	E	L	N	P	S	E	C	U	A	S	N	L	T
L	X	G	G	E	U	K	R	F	P	E	H	I	A	
U	A	D	N	F	I	P	Y	N	C	T	K	K	O	X
T	G	N	H	U	T	A	L	P	W	C	Z	Q	R	C
X	E	F	E	I	T	U	C	C	I	N	E	M	N	J



THE DAILY CHRONICLE

MONDAY, OCTOBER 26, 2020

On This Date

1825 – The Erie Canal opened. The waterway was the first transportation conduit between the eastern seaboard and the Great Lakes, and it cut transport costs by about 95%.

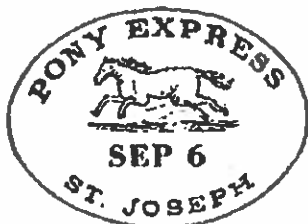
1861 – The Pony Express officially ceased operations after only 19 months. The mail service was made obsolete when the transcontinental telegraph was invented.

1965 – Each member of the Beatles received a medal from Queen Elizabeth II in a formal ceremony at Buckingham Palace.

1986 – Donald Duck was shown for the first time in China. Chinese television launched a weekly half-hour of Donald Duck and Mickey Mouse cartoons.

Did You Know?

Only 250 known examples of Pony Express mail still exist.



Quote of the Day

“Sometimes you just stumble into something that works, and here I am a quarter century later.”

~ Pat Sajak

Happy Birthday!

Pat Sajak, born in 1946, is the host of the popular game show *Wheel of Fortune*. The engaging Chicago-born television personality has been hosting the show for nearly 40 years. Sajak started out in show business as a teen when he won a contest to be a guest deejay. He worked as a



radio newsman on the night shift while in college and as a disc jockey for the army during the Vietnam War, signing on to

the *Dawn Buster* program with the iconic greeting, “Good Morning, Vietnam!” Sajak is also the author of multiple puzzle games, including the 2007 game “Lucky Letters.”

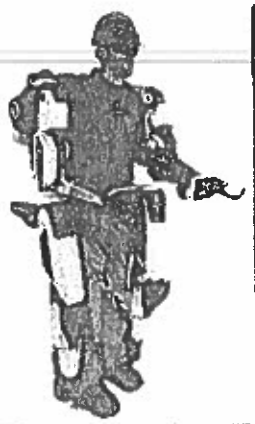


THE DAILY CHRONICLE

MONDAY, OCTOBER 26, 2020

Today is Howl at the Moon Night. Folklore suggests that wolves howl when the moon is full. In truth, full moons have nothing to do with howling. As nocturnal animals, wolves begin their hunts at dusk and howl to communicate with members of the pack. These social animals vocalize to maintain pack stability.

Gadgets & Gizmos



The Sarcos robotics company has been busy engineering the world's first wearable robotic exoskeleton. The Guardian XO was designed for Delta Airlines as protection for workers who lift heavy baggage. While wearing the robotic suit, airline workers can lift up to 200 pounds with ease.

Punny Business

Is it ignorance or apathy that's wrong with the world today? I don't know and I don't really care.

Golden Memories

On this day 50 years ago, Garry Trudeau's comic strip *Doonesbury* made its debut. The strip actually began in the Yale University student newspaper as *Bull Tales*, a comedic take on local campus life fueled by the counterculture revolution of the 1960s and 70s. *Doonesbury* lost none of its biting political and social commentary when it made the leap into 28 national newspapers. In 1975, *Doonesbury* became the first comic strip to win a Pulitzer Prize, and President Gerald Ford even joked that the comic was a reliable bellwether of Washington politics.

Word Scramble

H P L I O D S S

Careless, untidy, or shoddy

ANSWER: SLIPSHOD

8 Surprising Facts About Pat Sajak

For nearly 40 years, Pat Sajak has been the world's most famous man of letters. As host of the seemingly indestructible syndicated game show *Wheel of Fortune*, Sajak might be rivaled only by Alex Trebek in the pantheon of game emcees. Take a look at eight things you might not know about Sajak and his career, from his early days as a DJ in Saigon to the reason why his failed late-night talk show was really a hit. (For him.)

1. HE WORKED FOR A SPANISH RADIO STATION EVEN THOUGH HE SPOKE NO SPANISH.

Preoccupied with broadcasting from an early age—he would pretend a wooden spoon was a microphone and talk into it—Sajak got a job at a Spanish-language radio station in his hometown of Chicago in the 1960s. Sajak spoke no Spanish, but was hired to come on and do an English language news briefing once every hour from midnight until 6 a.m.

2. HE ALSO WORKED AT THE PENTAGON.

Sajak enlisted in the Army in 1968 and was dispatched to Saigon, where he spoke to the troops via armed forces radio for 18 months before being assigned to a military base in Texas. After that, Sajak found himself in the bowels of the Pentagon running slide projectors for military officials. Sajak once said he probably “heard very high-level secrets,” but that most of the talk had to do with the then-pending postal strike.

3. NBC DIDN'T WANT HIM AS HOST OF *WHEEL OF FORTUNE*.

After his service, Sajak bounced between jobs in radio, as a hotel desk clerk, and as a weatherman for KNBC in Los Angeles before game show giant Merv Griffin approached him in 1981 to replace a departing Chuck Woolery on the daytime series *Wheel of Fortune*. The game show's then-network, NBC, was not as enthusiastic. Considering him a "local" talent, they refused. It wasn't until Griffin threatened to shut down the series entirely that the network relented.

4. HE AND VANNA USED TO DRINK BEFORE TAPING THE SHOW.

When he first started on *Wheel of Fortune*, Sajak and co-host Vanna White had exceptionally long dinner breaks due to producers having to shuffle prizes like cars on and off stage between tapings. While appearing on *The Dan Le Batard Show* in 2012, Sajak said that he and White would have "two or three or six" drinks before taping the final shows of the day. (Speaking to ABC later, he said he might have exaggerated a bit, and that he and White might have only indulged a total of six or so times.)

5. HE TURNED DOWN THE COVER OF *PEOPLE* MAGAZINE.

In the 1980s, Sajak was seen by more than 40 million people on *Wheel of Fortune* every week. That level of notoriety led to his being somewhat reserved and publicity-averse in his down time, Sajak told *The New York Times* in 1988. When he was offered the

cover of *People* to help promote his then-debuting talk show on CBS, he declined. Sajak said he didn't want to be "any place where one week it's me and the next week it's John Hinckley."

6. HIS TALK SHOW BOMBED, BUT HE STILL MADE OUT.

Sajak received a certain level of infamy for his attempt to compete with Johnny Carson, the venerable late-night host who remained king of the 11:30 p.m. time slot until his retirement in 1992. *The Pat Sajak Show* debuted on CBS in 1989 and lasted just 15 months—but Sajak's deal called for him to be paid for two years, regardless of whether the show made it that far or not. His salary was \$60,000 a week.

7. HE WAS IN AIRPLANE II.

Sajak has occasionally tried his hand at acting, including one early '80s stint on *Days of Our Lives*. His biggest role came when he had a walk-on in the 1982 film *Airplane II: The Sequel*, a follow-up to the Zucker brothers comedy hit of 1979.

8. HE WAS ONCE A WHEEL CONTESTANT.

In 1997, as part of an unannounced April Fool's prank, Sajak swapped hosting gigs with *Jeopardy!* host Alex Trebek. Trebek hosted *Wheel* with Sajak as a contestant; Sajak hosted *Jeopardy!*, although Trebek did not appear as one of the three vying for game supremacy.

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RESIDENT DAILY DELIGHT

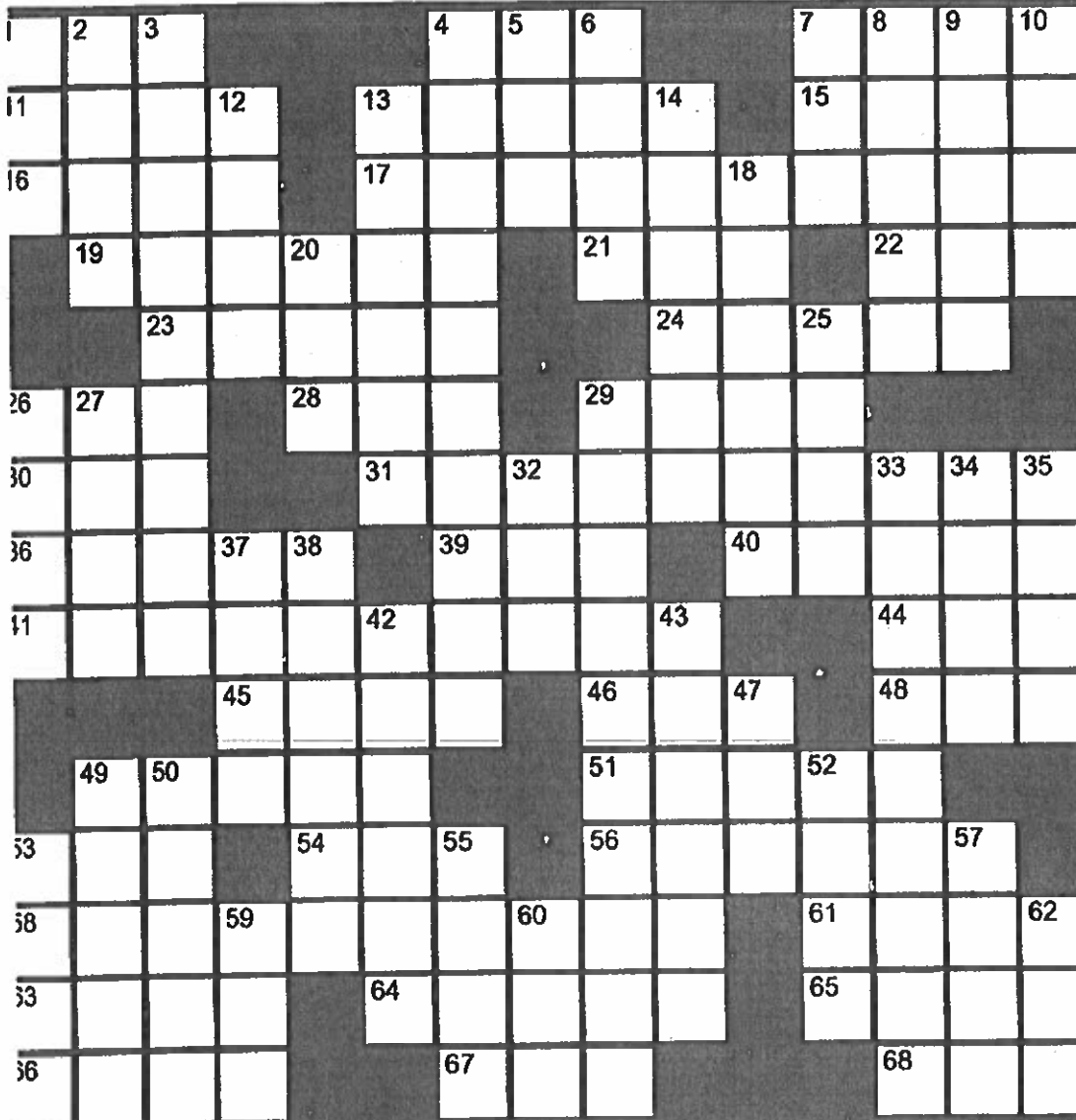
Word Search: Whats The Point

WORD SEARCH

I	P	V	H	G	A	G	N	L	F	D	H	A	I
P	L	D	S	L	Z	X	F	I	N	G	E	R	H
Y	I	K	V	H	X	U	Z	N	I	Q	L	G	U
R	L	N	K	U	A	D	W	B	N	T	R	U	E
A	A	I	E	I	L	R	E	N	P	E	W	M	J
M	Y	F	A	N	T	C	K	C	L	G	K	E	E
I	F	E	D	K	E	D	A	T	I	R	G	N	U
D	B	A	L	L	P	E	N	N	O	M	N	T	A
L	J	K	L	L	S	A	D	F	E	O	A	L	P
T	R	T	Y	O	M	F	A	L	Y	A	T	L	R
T	A	A	N	T	E	N	N	A	E	O	R	H	K
N	W	F	N	W	F	M	R	N	N	O	P	A	I
A	X	L	N	E	N	C	L	T	I	O	L	I	A
T	M	E	U	E	R	M	P	R	L	O	T	R	A

Antenna
Antler
Argument
Ball pen
Crayon
Decimal
Finger
Fork
Knife
Nose
Pine needle
Pyramid
Shark Tooth
Vulcan Ear

Crossword: The Working Man and Women



Across

- 1 "___ aboard!"
 4 Exclude
 7 Funnyman Sandler
 11 Legal action
 13 Hindu blue bloods
 15 Oscar winner Sorvino
 16 Clever tactic
 17 Pub owners, in London
 19 Empty the valise
 21 Prefix with friendly
 22 Hood's gun
 23 Article of faith
 24 Dairy section selections
 26 King preceder
 28 Three, in Cremona
 29 French cordial flavoring
 30 High school class
 31 Moshing practitioner
 36 Bailiwicks
 39 Ballot abbr.
 40 India's first P.M.
 41 He talks rubbish
 44 Cause of wrinkles
 45 Old Roman road
 46 Bro or sis
 48 Herd of seals
 49 Oktoberfest souvenir

Down

- 1 Venomous snake
 2 Humdinger
 3 Circus showman
 4 Monetary guardian
 5 Cape __, Mass.
 6 Winged goddess
 7 Concert prop
 8 San __, Calif.
 9 Rich tapestry
 10 It's rigged
 12 Sort
 13 Kitchen gadgets
 14 Duel participant
 18 Prehistoric Greek
 20 Boric acid target
 25 Lord's worker
 26 King of the Amalekites
 27 Vega's constellation
 29 Always the diplomat
 32 Deadeye's forte
 33 Military clergymen
 34 Proof word
 35 Wished undone
 37 "Irish Rose" guy
 38 Repleting
 42 Brainiac
 43 Most courteous
 47 Wetland
 49 Cathedral topper
 50 Tussocks
 52 Fly catchers
 53 Extended family
 55 Curse
 57 Picture holder
 59 Ultimate ending
 60 Beluga yield
 62 007, for one

- 51 Glower
 53 PC "brain"
 54 Bird's beak
 56 Mediterranean arm
 58 Beach attendants
 61 Partiality
 63 __ and sciences
 64 Condescending one
 65 Scissors cut
 66 Cozy retreat
 67 Suffix with musket
 68 Cunning

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October 26th, 2020

SUDOKU

HOW TO PLAY SUDOKU

OBJECTIVE: Fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

A cell is the smallest block in the game. Rows, columns, and regions each consist of 9 cells, and the whole game consists of 81 cells. A region has thicker lines surrounding it.

The most basic strategy to find missing numbers is scanning and it consists of:

1) Crosshatching - Scan rows and columns to eliminate where a specific number can be in a given region.

2) Counting - Simply count all the different numbers in a row, column, and region that connect to one cell. If there is just one number missing, then that's what should be in the cell.

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

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

HINTS:

Until you've had lots of practice figuring out puzzles, here are some questions that you can ask as you play to help you to make progress:

- Where could I place the value X in this row/column/box? (Go through the numbers 1 to 9, and scan to see if the number is already in that row / column / box)
- What value could I put in this cell? (If there's just one acceptable - put it in!)
- What row / column / box is nearly full, and can I fill it?

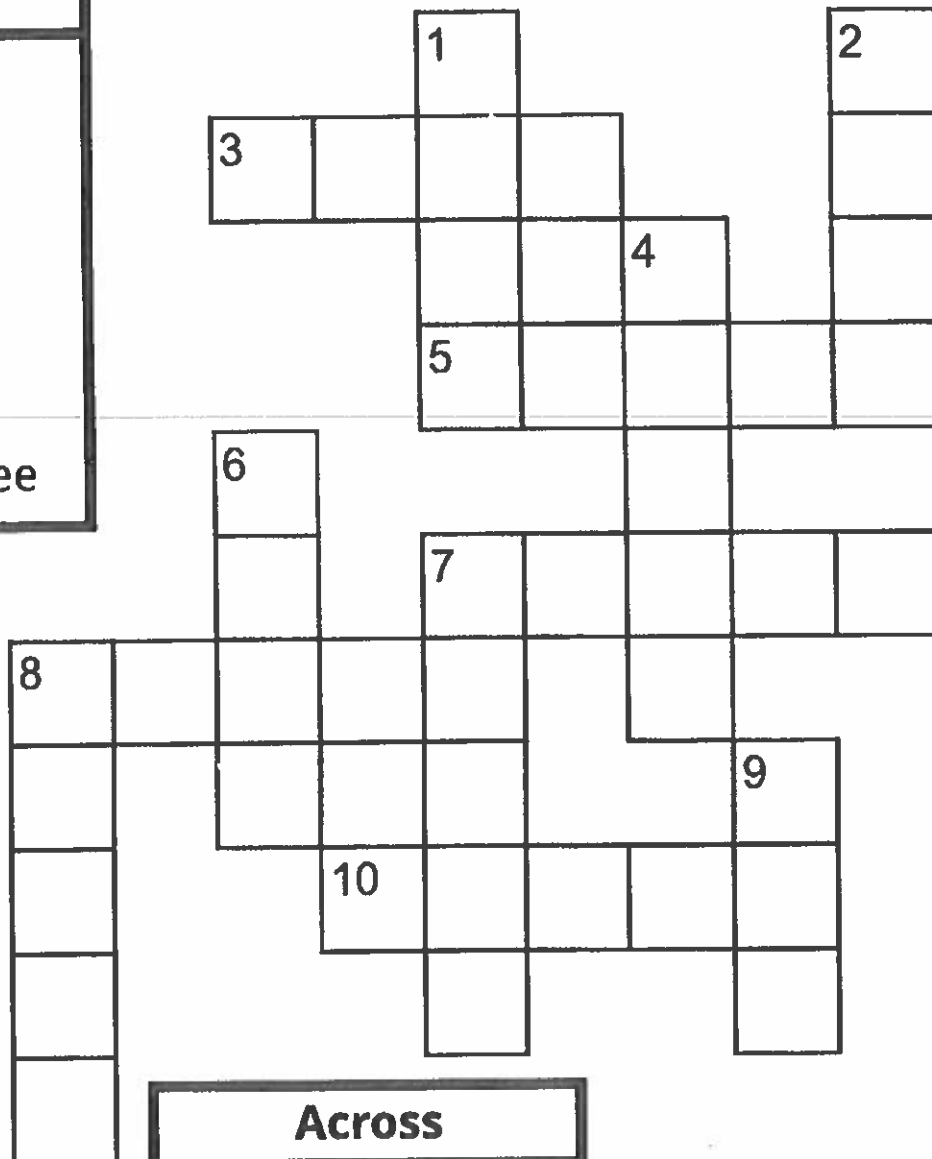
Word Jumble

Every answer uses only the letters in the word:

Decimal

Down

1. Low-Key
2. Ring
4. Fitting
6. Formed
7. Cream
8. Doctor
9. Type of tree



Across

3. Food
5. Reward
7. Allegation
8. Television
10. Emblem

Resident Memories

My Husband's Grandmother

Submitted by Romana M.

For many years I have been fascinated by the stories my husband's family tells about his grandmother. I never met the lady, but she quickly became one of my heroines.

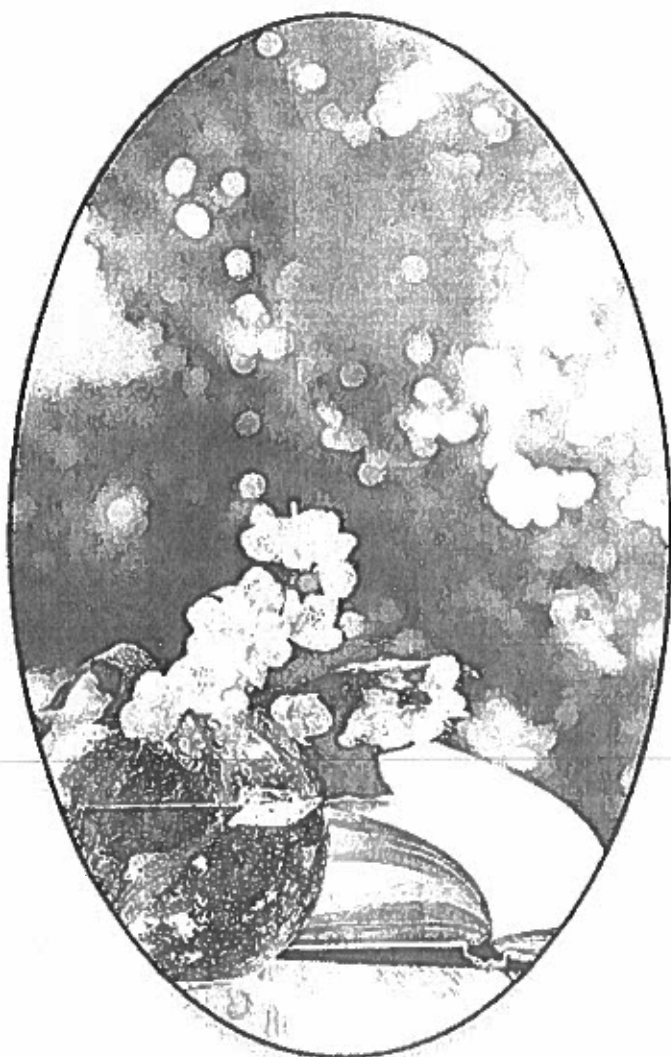
Louise Mallory M. was a Canadian nurse who didn't lack for spunk, and never allowed traditions to stand in her way. As the bride of a physician in Cleveland, she needed transportation. In the 1920's all automobiles came in one color: black. There was no law to that effect, and custom paint schemes were available. So for many years there were two red cars on the streets of Cleveland. One was driven by the Cleveland Fire Chief; and the other one was owned by Grandma Me. A fire run caused police officers, mounted on traffic towers in the intersections, to stop cross-traffic. They would slam on the brakes to speed the Fire Chief on his way. But many drivers didn't notice that the

petite red-haired lady behind the wheel might not be the Chief.

She could get into trouble in a car without being behind the wheel. Once she was the passenger in a car driven by her daughter-in-law. They were in the process of finding a parking space in a parking garage. Suddenly my mother-in-law was horrified that her car seemed to have been possessed and was hurtling toward a wall at the front of a parking space. In the nick of time, she determined what the problem was: Grandma was vigorously tugging her girdle down into place, and her left foot had slid onto the gas pedal. Disaster diverted!

After several years living in Cleveland, the Moore family found the perfect home. "Big Al Palizzi," the head of the Cleveland mob, was called upon to serve time in the Ohio Penitentiary, for his illegal activities. So his home went on the market. The whole family, with the exception of Grandma Moore, was fascinated by

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spectrum



the home's pedigree. But Grandma, always the lady, preferred to refer to it as "Dr. Smith's home", Dr. Smith being the original owner, and totally ignoring the more colorful "Big Al." My husband used to tell me that he was fascinated by the bar in the basement that was outfitted with rifle and shotgun racks. There also were gun racks concealed under the baseboards upstairs near the bedrooms.

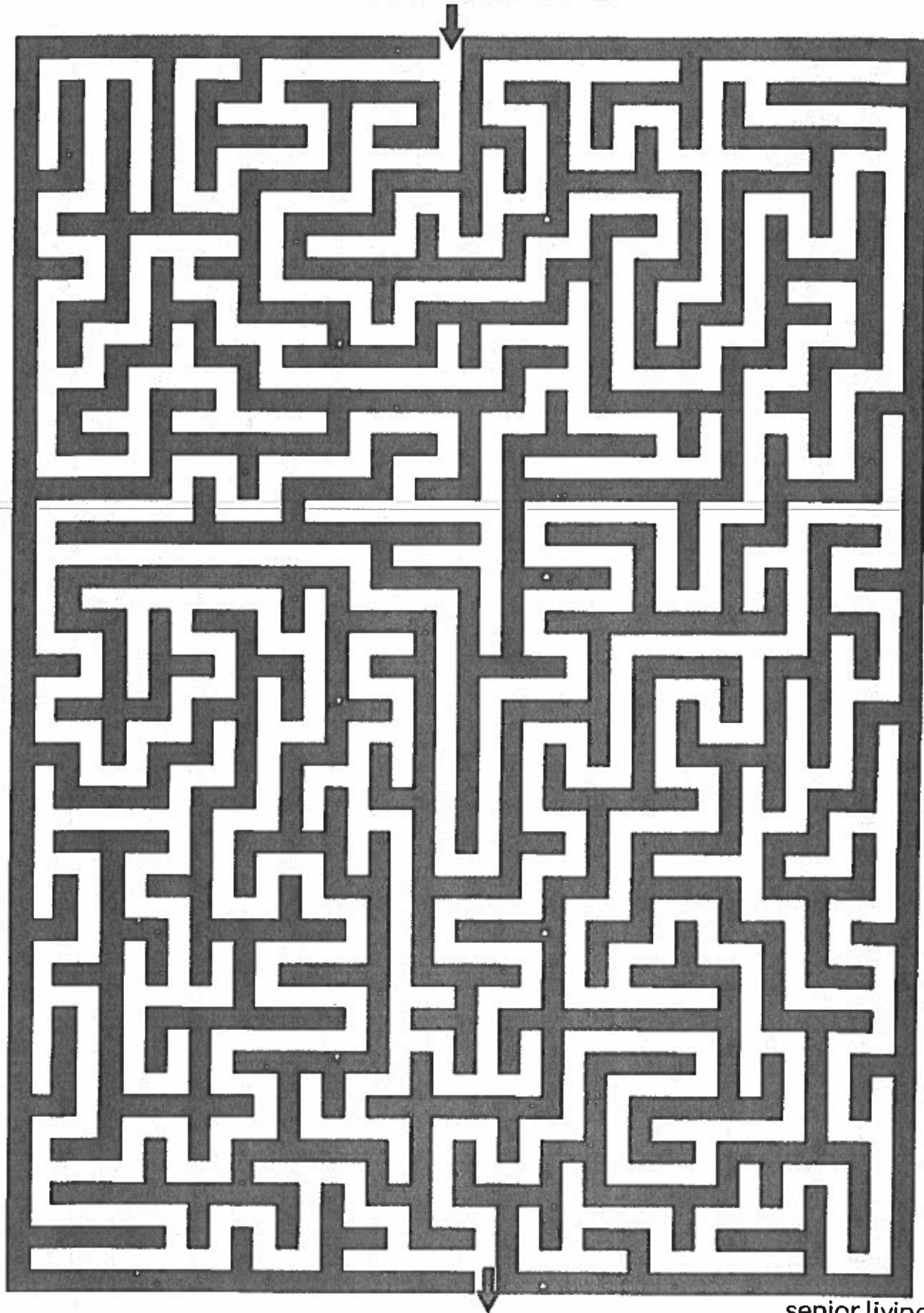
Many years later we were visiting Cleveland and took the opportunity to knock on the door, introduce

ourselves, and ask if my husband could show me some of these quirky features of the house. The homeowner was delighted to oblige, and get the straight story about features she had seen heard about in the home.

Grandma Moore was lucky to find use for one of "Big Al's" innovations. She was an avid gardener, but spending long hours out in the sun, is not good for a fair skinned redhead. "Big Al", in preservation of his criminal hide, had installed security lights all around the backyard, to discourage after-hours visitors. But Grandma Moore found it was handy to sleep late, then do her gardening under the lights, in the wee hours of the morning. I often wondered what the neighbors thought of the bright lights while they were trying to sleep.

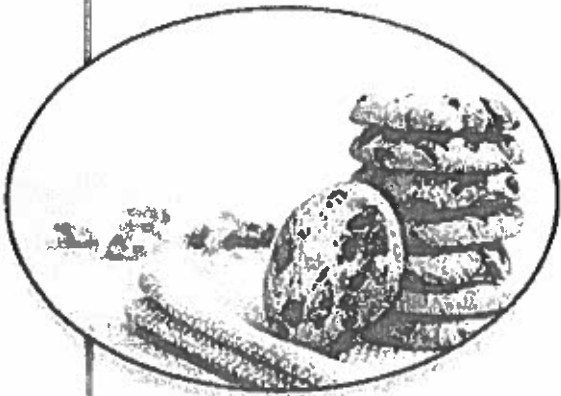
I often wished that she was still alive when I married into the family. I would never have qualified as her definition of a "lady." After all, ladies of her generation did not sweat, they "glowed." But she did supply me with a number of interesting stories after the fact.

Maze



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October 26th, 2020

DID YOU KNOW???

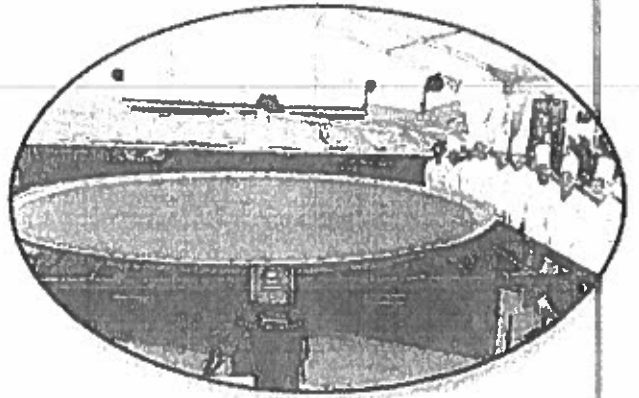


The Most Delicious Accident Ever...

The chocolate chip cookie was created by accident. In the 1930s, Ruth Wakefield, owner of the Toll House Inn in Whitman, Massachusetts, added broken chocolate bar pieces into her cookie batter thinking that they would melt. Instead, the classic dessert was born.

I wonder how many people it fed!

The biggest pumpkin pie ever baked weighed 3,699 lbs. and measured 20 feet across. It was baked in Ohio and used 1,212 cans of pumpkin puree.



Send Us Your Tales!

We are excited that you are sharing your memories and stories with us! Keep 'em coming!

You can submit them via email at stories@seniorlivingmedia.com, or give them to your Community Activity Professional to send to us!

Make sure to put your first name and last initial along with city and state that you live in!

Today's Riddle:



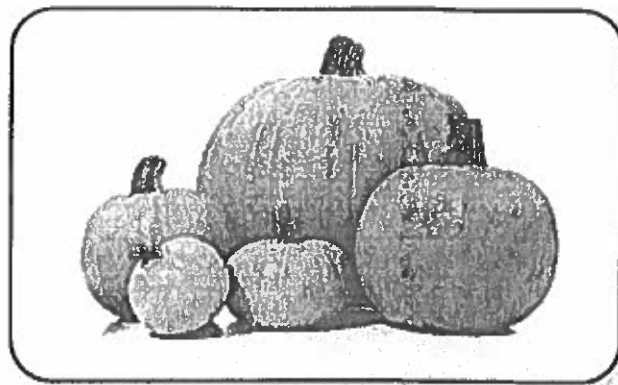
How does a pumpkin listen to Halloween music?

(answer on page 10)

FUN NATIONAL DAYS

National Pumpkin Day

National Pumpkin Day recognizes a favored autumn decoration and food on October 26th. Pumpkin is used in a variety of recipes, competitions, and festivals.



By October 26th, we're in a frenzy of pumpkin obsession. We cannot wait for the big November holiday for pumpkin pie. No Siree, we need pumpkin everything! Bars, cookies, coffee, cheesecake, pasta, and oatmeal. Pumpkin Chunkin', pumpkin patches, festivals, bake-offs, and television specials. Let's not forget jack-o-lantern carving, too! This fruit grabs American's attention.

As it should be. This squash is native to North America. The oldest evidence of pumpkin-related seeds dates back to somewhere between 7000 and 5500 BC to seeds found in Mexico.

The word pumpkin originates from the word *pepon*, which means "large melon" in Greek.

Within recent years, white pumpkins have become more popular in the United States. The United States produces 1.5 billion pounds of pumpkins, with Illinois producing more than any other state.

A 2,145-pound pumpkin from Streator, Illinois holds the current North American record. Grown by Gene McMullen in 2015, the great pumpkin weighed in a few hundred pounds lighter than the current world record pumpkin from 2014. At 2,323-pounds, the giant pumpkin from Switzerland retains the world record prize.

Canned pumpkin may be recommended by veterinarians as a dietary supplement for dogs and cats that are experiencing certain digestive ailments.

Raw pumpkin can be fed to poultry as a supplement to their regular feed during the winter months to help maintain egg production.

ON THIS DAY...

October 26, 1881

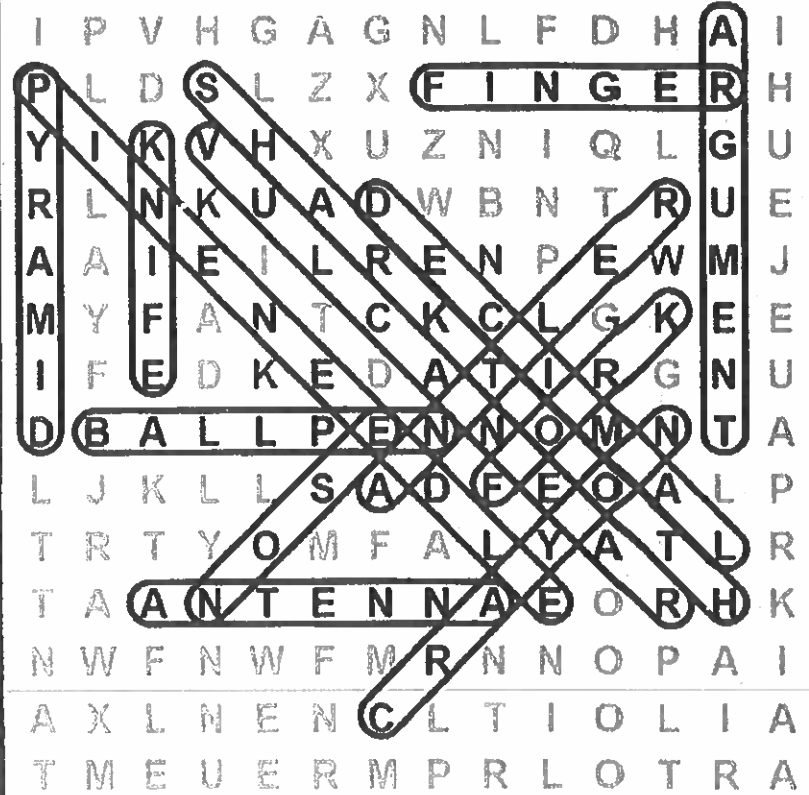
The Earp brothers face off against the Clanton-McLaury gang in the legendary shootout at the O.K. Corral in Tombstone, AZ

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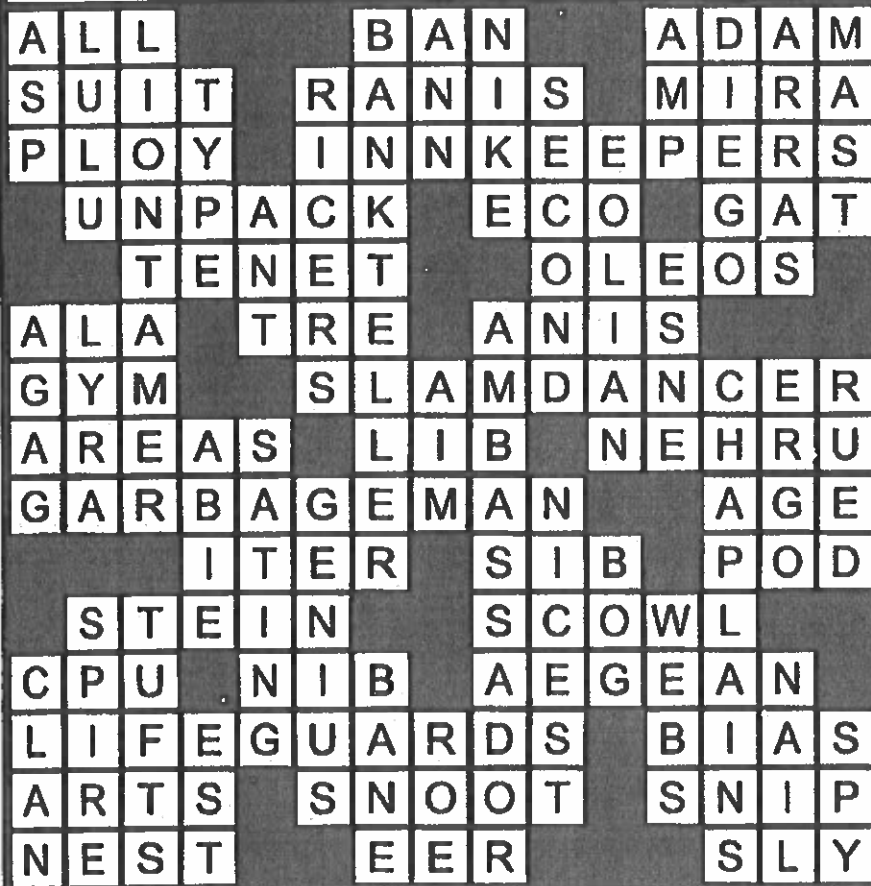
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October 26th, 2020

SOLUTIONS

Whats the Point



The Working Man and Women



Today's Riddle:

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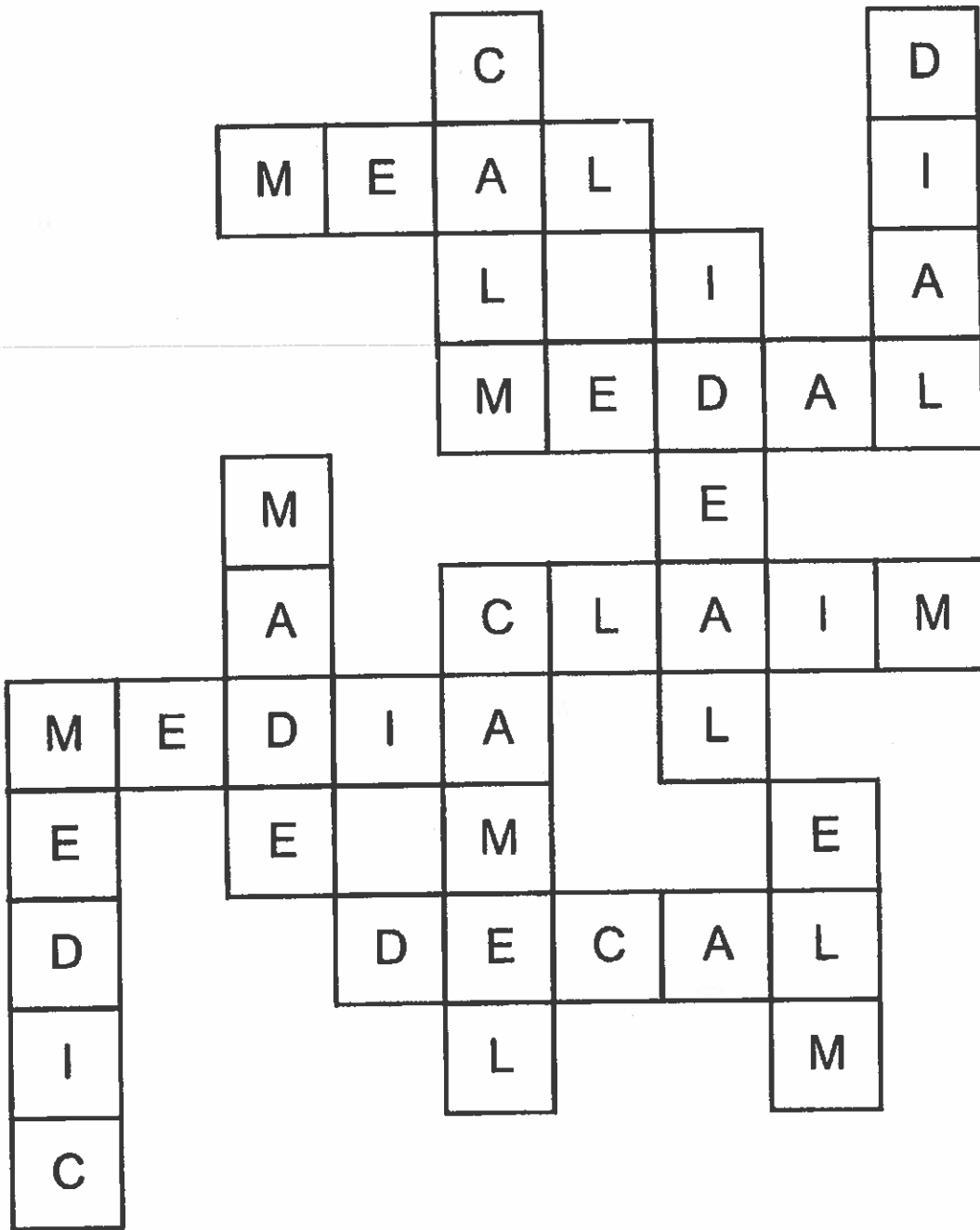
SOLUTIONS

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

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

Word Jumble Answers

Decimal



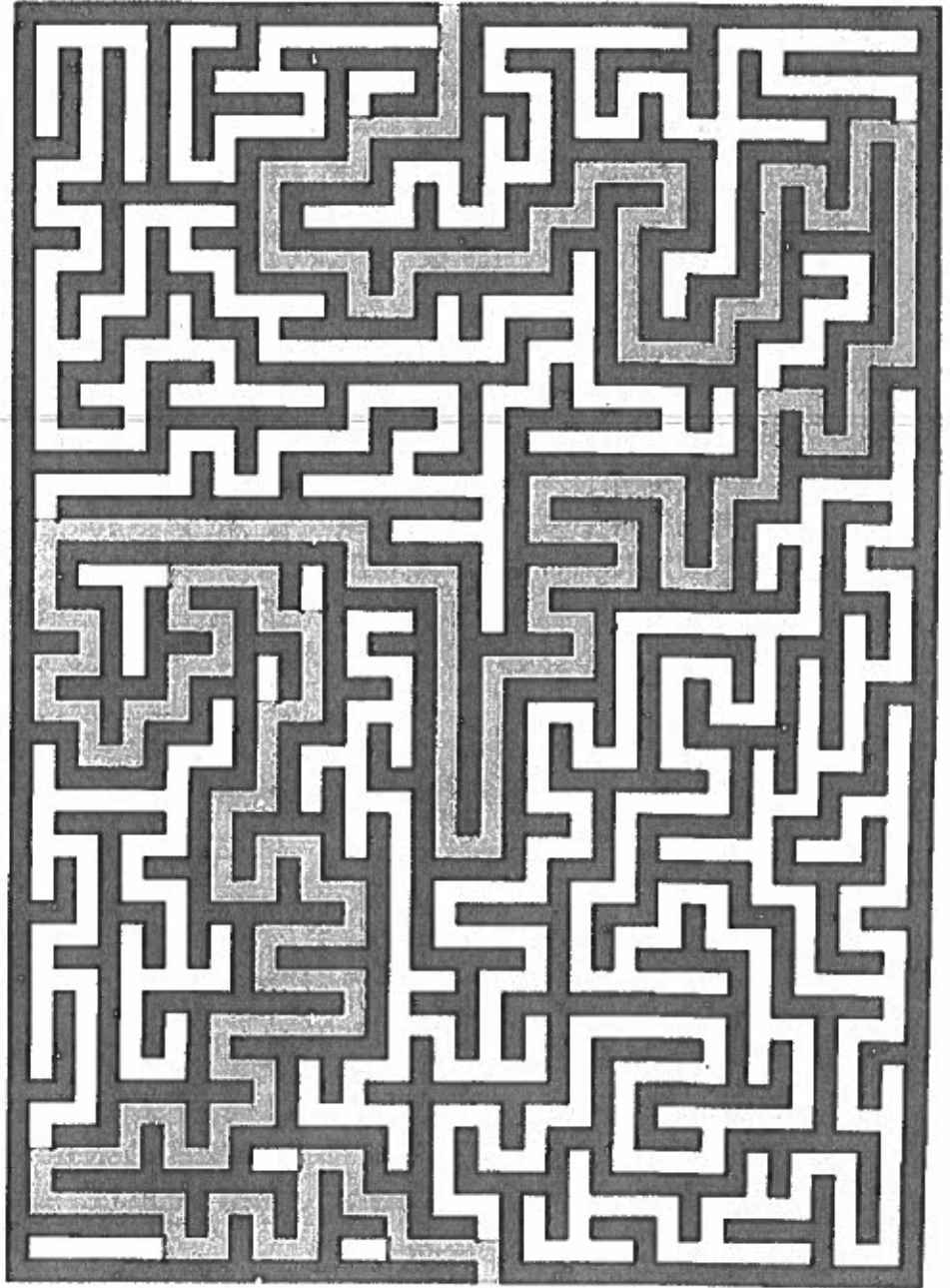
SOLUTIONS

Send Us Your Tales!

We are excited that you are sharing your memories and stories with us! Keep 'em coming!

You can submit them via email at stories@seniorlivingmedia.com, or give them to your Community Activity Professional to send to us!

Make sure to put your first name and last initial along with city and state that you live in!



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