

Rio's Trio +1

SUMMER

2021

ISSUE 5

**LAUREN
ALEX AND
RIO**

Baby Joy shows her colours

Road Trippin'

Spain opens up

THE BENIDORM TRIO

SUMMER 2021

BENIDORM TRIO

SUMMER 2021 • ISSUE 5 • FREE



TURNING UP THE HEAT

If there was a photo to describe how I'm feeling right now, this would be the one to sum it up.

There's tired, and then there's 7 months pregnant in 30 degree heat tired. (Please don't take this opportunity to remind me that newborn baby tired is on a whole new level, trust me, I KNOW!).

It's like somebody has come along and really turned up the heat in Benidorm, and they're not playing about! I must say the cooler weather in England has been very welcomed, but on the hotter day, I do miss the air con and pool!



BACK TO ENGLAND

We made it back to England! Slowly things seem to be getting a little more stable in terms of travel and despite undergoing quarantine, paying out for cast a thousand tests both pre-departure and arrival to the country, we have been able to bring Rio back over to England and see friends and family, some that we haven't seen for over a year.

I'll share more details about our journey back to England for those who are interested further along in the issue, to help understand the guidelines at the time and to perhaps settle some nerves for those who are on the fence about whether to take the journey to Spain or England.

We're also seeing the return of many bars, nightlife and... tourists! in Benidorm recently so it really does seem like things are heading in the right direction.



GIMME 5!

Claire Sweeney, best known for playing the role of Lindsey Corkhill in Brookside, gives us the exclusive lowdown on five things she loves about Benidorm.

Follow Claire on Instagram by searching @claire.sweeney

BEING IN SPAIN

Spain has always been a love of mine, I have spent a lot of time in Mallorca and when Derren Litten asked me to be in his comedy Benidorm apart from looking forward to filming with a fabulous cast on a show I had been enjoying for nine series, just the thought of being back in Spain again was a total joy.

SURROUNDING AREAS

It was so wonderful to enjoy not only everything Benidorm had to offer but to explore the surrounding areas, Albir is very relaxed and Altea is simply beautiful.

KARAOKE

I love singing and it surprises me when many professional singers prefer not to do karaoke. I could sing all day and night if I could and I love a sing-a-long with friends old and new.

THE CABARET

There really is nowhere on earth like Benidorm. You can go from club to club watching comedians and singers until the early hours with no entry fee in any of the venues. No wonder people come back to Benidorm year after year.

THE FOOD

I loved the food in the old town of Benidorm, restaurants like La Rana, Mal Pas and La Cava Aragonesa reminded me of the many restaurants I've enjoyed in Mallorca for years. I can't wait to come back to Benidorm and I know it was come back after these troubled times bigger and better than ever.



GET OUTDOORS: COOMBE ABBEY

Located in Coventry, Coombe Abbey is perfect for a family day out, or a quiet little picnic. It's somewhere we used to love to visit back when we lived locally, so it was lovely to be able to take Rio and Marley together to have a wander around.

The park offers 500 acres of beautiful gardens, woodland, lakeside walks, and bird watching. There's also an onsite dog-friendly café and usually a funfair on site. Parking is cheap, with it costing around £1 per hour.

Coombe Abbey Park is a great place to bring your dog for a walk. It has vast areas of parkland available for exercising your dog both on and off the lead.

Bringing cash with you is advisable as there is no cash machine on site - many of the activities and refreshment stands on site do not accept card payments.



BENIDORM RESTRICTIONS

Restrictions are much more relaxed than they have been in very long time in Benidorm and the one that is most welcomed is perhaps the removal of masks outdoors. It is not compulsory to wear a mask outdoors now in Spain. However, the following restrictions are in place still in Benidorm:

1. Social meetings limited to 10 people.
2. Curfew from 1:00-6am.
3. Reduction of capacity in spectacles and celebrations in interiors, with a maximum of 1.500 people. All events must conclude at 00:30 pm.
4. In sports areas, their capacity is reduced by 50 %, with a maximum of 1.500 people.
5. The capacity in recreational pools is reduced by 50 %

Restrictions are in place until September 6th.

SUMMER 2021

MATEOS BENIDORM

Although Mateos is still not opening until September, which is quickly coming around, you can still get your Mateos Benidorm fix by watching DLTV on a Wednesday night at 10pm UK time or by catching Derren live on Instagram.

Don't miss the Benidorm Quiz on Mateo's Facebook this Wednesday evening at 9pm UK time. Tag two friends in their post to be entered in a free prize draw.

You can now also join the Mateos Benidorm Facebook Group where you can chat to fellow Benidorm TV series lovers and future bar pundits, who knows you might meet them in the bar one day!



Derren Litten and bar manager Karen can't wait to welcome you back to Mateo's. Fabulous cocktails, great karaoke and special events featuring your favourite Benidorm celebrities. You may even meet Mateo himself! Enjoy photos, props and awards from 10 years of ITV's favourite comedy. Dare you try 'The Madge'? A cocktail so strong you'll need a mobility scooter to get you home!

Av. de Almería, 8, 03503 Benidorm, Alicante

DRINKS

TV MEMORABILIA

KARAOKE



ALEX'S SPACE

Hi Everyone!

Hope you are all good!

It is August! Summer is passing and means we are closer to the biggest change ever.

We have come back to England for majority of August to see friends and family and it's been great!! Maybe not the weather but getting to see everyone's faces after such a long time has been good.

As we get ready for our new addition we have been shopping and getting things ready for when she does arrive. One of our big moments coming back was the baby shower. A great occasion to celebrate with some of our family and friends and we are so fortunate for the presents we have received. A cute thing to note was how Rio saw every person who came off at the door to make sure they got away ok and thank them for coming, no matter how tired he was by that point. Taking his big brother role seriously as ever!

A return to work soon and getting closer to her arrival things are about to get busy around here!

Take care and stay safe
Catch you in the next one!!



RIO PUPDATE

Rio has had quite a little adventure this summer, not in the sense of country hopping like he did last year on his road trip, but in terms of hanging around with his absolute best friend.

Before travelling back to the U.K, Rio needed a worming tablet at his local vets. This has to be signed in their EU passport or, if they're a British dog, on their medical certificate. This has to be taken between 24 hours and 5 days of crossing into the U.K.

We used the Eurotunnel to cross into the U.K, despite France being on the Amber plus list at the time, primarily because it's an easy option to cross with dogs and, at the time, the U.K wasn't accepting EU fully vaccinated certificates (which has since changed), so we would have had to quarantine and do the day 2 and day 8 tests anyway.

Since removing chicken from his diet, his skin has completely cleared up and he's having plenty of fun playing in the garden with Marley. It's so lovely to see him be able to play for so many hours and not be uncomfortable in the crazy August heat in Benidorm.



GOODBYE OUTDOOR MASKS!

On June 26th 2021, Spain removed the mandate for the compulsory use of masks outdoors and it felt absolutely amazing. Just to be able to breathe in fresh air again and see people's faces was a huge boost for seemingly everybody. It always felt a pointless task, especially in Benidorm, to wear a mask outdoors when walking down the street when there was absolutely nobody around at the time. The streets would be deserted or you'd be walking along the beach with zero chance of transmission as you were completely alone but still required to be masked up. Yet, if you were drinking or eating as you walked you didn't need to. It felt very bizarre.

There was a definite lift in mood when the announcement was made. There were, of course, a few moans and groans from a minority, but I am definitely on the side that it should be a choice and we should respect people's decision to wear or not wear a mask, especially when it comes to outdoors where there's plenty of scientific evidence to back that transmission is low outdoors and the use of masks isn't that important in curbing infection rates.


I must say, coming back to England and not having to wear a mask indoors has felt rather strange at times. I have been apprehensive at times and have still worn my mask indoors in certain places where I have felt necessary, especially as I am pregnant.



PHOTO OF THE MONTH

This month, I'd love to share with you this photo that Alex took with his iPhone 11 of the Basilica de Nuestra Lady Pilar in Zaragoza.

WEATHER IN BENIDORM



You have probably seen that Benidorm is roasting at the moment. With temperatures not dropping below the 30's at night, it really is an uncomfortable heatwave. How glad I am to be in the cool and rain of England at the moment!

I can't say I'm looking forward to spending the last few weeks of pregnancy in September heat but hopefully it'll start to cool down again in October.



Facebook.com/diaryofaspanglishgirl



@spainwithlauren



TRAVELLING BACK TO ENGLAND

Before leaving Spain, whether you're a British citizen on holiday or an EU citizen, you need to take an antigen test to enter the U.K. This has to be taken within 3 days of entering British territory. The U.K government does advise taking a PCR, but this is not compulsory or law.

We had our antigen at the IMED Levante, where the results are returned to you within 20 minutes and all available online with a quick option to have it translated into English, Spanish, German or French. Although appointments are recommended, they do have a walk-in service. We opted to walk-in and within 10 minutes of walking in the hospital, we were walking back out again.

Like Spain, France has now lifted most of its restrictions. We didn't have any difficulties crossing the border and masks are only compulsory indoors. There isn't a curfew and we didn't need to provide a reason to travel or provide any documentation.

Within 48 hours of entering the U.K, you need to have your locator form and coronavirus test package booked. You cannot do this locator form early, it has to be done within the 48 hours. France and Spain are on the amber list so if you're not fully vaccinated you need a day 2 and 8 test with 10 days home quarantine. If you are fully vaccinated, you need a day 2 test with no quarantine necessary. Either one of these packages MUST be booked before attempting to enter British territory as you cannot complete the locator form without a booking reference for one. We used Regenerative Clinic for our tests, though we did have some teething problems.

The Eurotunnel was completely stress-free and the staff were all very friendly, which we've always found. At the time, France was amber plus so there was only four people on our crossing, I imagine it's busier again now!



C.C LA MARINA OPENS ITS TERRACE

We were thrilled to be invited to the opening of the terrace at Centro Comercial La Marina, Finestrat. The popular shopping centre is filled with some of my favourites like Bershka, Pull and Bear and Zara. You'll also find some other great places like C&A, Poundland (Dealz) and Ale Hop.

The newly renovated terrace is a bright and vibrant area of the shopping centre with bars, restaurants and entertainment for both adults and kids. On the same level, you'll also find a variety of kids play activities.

The grand opening of Terrace 1 of La Marina Finestrat Shopping Centre took place on Saturday 3rd July.

La Terraza has 3100 m2 of recently refurbished space with wonderful views of the skyline of Benidorm and Finestrat. This new space is equipped with shaded areas, a show and live music area, sunbathing areas and a wide range of restaurants. They also have the following restaurants: the well-known Mexican restaurant Cantina Mariachi, the Brasería Vaca Vieja, the new tapas bar Pan y Tapas, the popular Cervecería L'abadia and the charming truck converted into Azotea Bar.

What a great day to be had by all!



MFB EVENT AT TERRA NATURA

Another event we had great fun attending was the MFB (Mediterranean Fashion Beach) casting event on Saturday July 10, as they searched for Moda España 2021.

The event was held at Terra Natura Benidorm, where I was welcomed with a front row seat at the event and a goodie bag from Terra Natura.

I felt the pressure with me being the one in charge of Alex's camera to get some shots of the models parading across the stage.

MFB provided a very diverse production with the combination of fashion, musical performances and an exclusive presentation related to an emerging brand.

We were entertained with live music from Paula Muñoz and Yuri De Oz.



NORTHERN SPAIN TRIP

In June, Alex, Rio and I embarked on a mini trip up north to celebrate my birthday and have a last proper holiday before the big day in October (or September!).

The north is much cooler, and much rainier compared to the Costa Blanca so if you are going to visit, be prepared to have some days be humid and boiling hot and guaranteed to have some cool days with heavy rain.

We did the trip in five nights, starting with the first night staying in Santander. The original plan wasn't to visit Barcelona, but once we saw we were only a 20 minute drive away, we couldn't resist. We love Park Güell and it had been a while since we last took Rio, so we took the opportunity to take him back.

We had breakfast in a small café overlooking La Sagrada Familia before heading further north to Martinet. Martinet is a small village located near the Andorra border and is perfect for a wind down evening, or a full packed day doing snow sports in the winter. It's also a great connection for La Seu water sports or to visit Andorra.

We then visited Zaragoza where we stayed in a gorgeous NH Hotel which overlooked the Basílica de Nuestra Señora del Pilar. We had a cracking view of the cathedral. The location was perfect for a quick walk into the centre.

The following day, we travelled north to San Sebastian, one of my favourite places in Spain. We had a quick stop off in Pamplona to break up the journey. Each place was around 2-4 hours drive, so we only had two days of long drives: the first being to Santander from Benidorm and the other one being San Sebastian to Benidorm, which was about 8.5 hours with comfort stops.

Rio loves going on a trip and we love being able to take him with us.



PREPARING FOR OUR LITTLE GIRL

On Saturday 14th August 2021, we celebrated our baby shower with plenty of friends and family. All of the people visited took a rapid test before they came to help keep everybody as safe as possible and we had an amazing day.

I planned the majority of the baby shower, with the help of Alex and my mum and dad. We went for a pastel themed elephant party which I'm sure you'll all agree was very me!

The cake was made by Julie, a friend of my dad's, which was a delicious two tier naked cake topped with raspberries, strawberries and blueberries. The topper was an icing elephant with pink elements. We also had a biscuit, brownie, scone and cupcake assortment from a local business in Leicestershire. My dad then did a BBQ in the afternoon with hog roast rolls, chicken drumsticks, hotdogs and nibbles.

For our early guests, I prepared a little gift bag filled with sweets, a succulent to grow alongside our little one, party games, a pink pen, the scan photo made into a mini chocolate bar, a baby bottle filled with more sweets, a pink candle, a mini rattle, a wooden elephant with "gracias por venir, Baby Joy" engraved on which means "thanks for coming" in Spanish.

The day went really well despite the rain that poured just as it began, it really was a baby shower! Thankfully, we had a few areas undercover in the garden with a marquee set up and a pegola with some seating below. The balloon arch stayed in tact and things went relatively smoothly!

I'm hoping everybody had as great day as we did, we're so glad we were able to celebrate in real life with friends and family and we're super grateful for such lovely gifts, she's already so spoilt!



DAY 5 TEST TO RELEASE WITH DAM HEALTH

As I'm not fully vaccinated, and France was on the Amber Plus list, we were subject to a 10 day quarantine. We took advantage of shortening our quarantine on Day 5 by taking a test at the Dam Health clinic in Leicester. We took our test in the clinic at 12:30 and by 21:00 our PCR results had returned and allowed us to end our quarantine period.

The service was quick, efficient and we didn't have any problems in terms of chasing up results or chasing actual test packages to arrive like we had, neither did we have any problems in terms of wait times and result times like others had reported with other companies.

DAM Health actually have clinics in Spain too, which means you can make use of their services with the return to the UK fit to fly, or other tests if they are required, like non-vaccinated wanting to visit other places in the EU from Spain.

There are two clinics in Benidorm, one on Av Emilio Ortuño and another on Av. Castelló. They offer PCR tests from 99€ and Antigen tests from 39€. The cheapest PCR provides results the next day, and the emergency PCR and Antigen tests provide results by midnight,



MAISOLENCE BEAUTY, SIERRA CORTINA

Back in June, I visited MAISOLENCE - ATELIER DE BEAUTÉ which aims to provide a beauty unique experience in a stunning location surrounded by nature, peace and quiet.

The quality of work and the detail came together to offer an exceptional service.

I had a M1 DETOX THERAPY which was 50 minutes for €80. The skin detox targetted the black heads and impurities under my skin to lift them and remove them. There was a range of fast acting creams and lotions, as well as various pieces of technical kit, like an air sucker which used a sucker with foaming water action to remove blemishes and impurities.

My skin was visibly clearer after just one session and felt much more elastic.

INSTAGRAMMABLE PLACES



CATTOWS FARM



COOMBE ABBEY



GARDEN HEDGE





‘GALAXIA HUNG’ EXTENDS ITS STAY IN BENIDORM UNTIL MID-SEPTEMBER

‘Galaxia Hung’, the colorful sculpture exhibition by Taiwanese artist Hung-Yi, will spend the summer in Benidorm. The mayor, Toni Pérez, and the Councilor for Historical and Cultural Heritage, Ana Pellicer, has announced that “the exhibition extends its stay in our city until mid-September, enabling residents to enjoy this exhibition, and so the tourists who visit us this summer will be able to appreciate it”.

Taking advantage of this 'extra' exhibition period, and in coordination with the artist himself and the exhibition curator, Eduardo Alcalde, one of the most iconic and photographed sculptures from 'Hung Galaxy' will move to the Poniente area, one of the most touristic points of the city during the high season”.

The pair of swans that currently presides over Plaza de SSMM Reyes de España will move to Avenida Armada Española, at an intermediate point on Paseo de Poniente.

"Hung Galaxy" exhibition arrived in Benidorm on April 16. Initially, the show was scheduled to be in the city until July 12, a date that is now being extended by two more months.

Since the arrival, the City Council has promoted a popular photography contest and a drawing contest among the little ones. The six best snapshots from the photography contest complement the Taiwanese artist's sculpture exhibition and are on display at l’Espai d’Art Urbà El Pont.

MEXICAN BAKED SWEET POTATO WITH BLACK BEANS

INGREDIENTS

Sweet potatoes
1 tin of black beans
70g Brown rice (cooked according to packet) feel free to use a microwave pack
150g Grated cheese
60g Cherry tomatoes (quartered)
1 Spring onion (thinly sliced)
1 Small green chilli (thinly sliced)
Olive oil, salt and pepper
You could always add some mince meat too if you want or an avocado



HOW TO

Jacket spud is a go to meal for when you can't be bothered to cook as it does itself really. This one is almost just as easy but is totally different.

1. Preheat the oven to 220/fan 200/ gas mark 7 and line the baking tray with baking paper or tin foil.
2. Cut the sweet potato in half lengthways, rub with oil and place cut side down on tray. Season with salt and pepper and roast for 25 minutes until very tender.
3. In a small bowl toss beans, rice and cheese, then spoon over cooked potatoes. Return to oven to slightly melt cheese and warm through.
4. Once cheese is melted remove potatoes and top with tomatoes, onion and chilli. Season with salt and pepper to serve.
5. Add more cheese!!!! (If you wish).

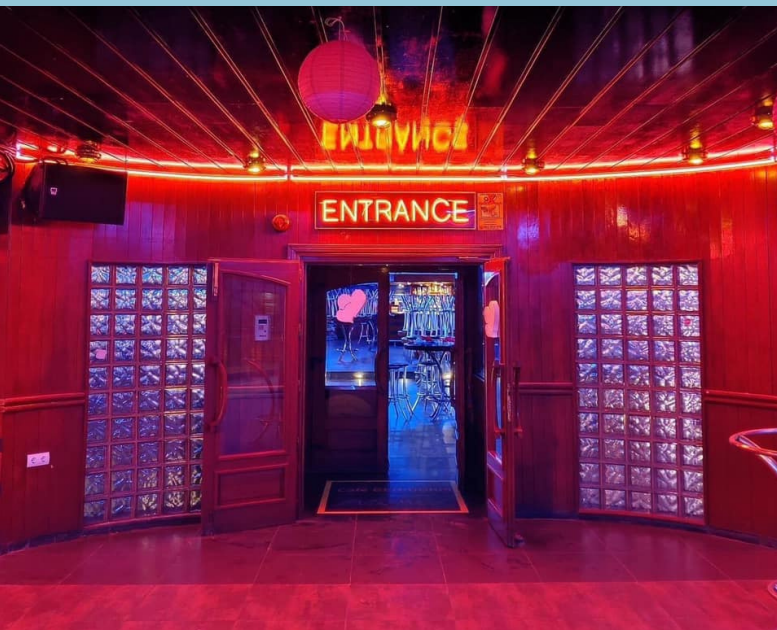
Jacket spuds with a kick. As ever mix and match with what you have and like. I go by sight so how much of an ingredient you use, use your judgment and what I have put as a guide rather than a rule.

SUMMER 2021

HOTEL CALIFORNIA BAR

The hugely popular Hotel California bar reopened on Wednesday 11th August.

They have already welcomed live music back such as the Amy Winehouse Tribute who performed on Thursday.



CAFE BENIDORM

The day many people have been waiting for is finally here. Cafe Benidorm will open its doors for the first time since before lockdown on Wednesday 18th. It will be open from 5pm to 12:30am. Shows will be starting up again, so don't miss out!

THEME PARK OPENING TIMES

Aqualandia: OPEN
Open from 10:00-20:00

Terra Mitica: PARTYL OPEN
Opening Iberia and "Las Islas" from 11:00-20:00

Aqua Natura: OPEN
Open from 10:30-19:30

Terra Natura: OPEN
Open from 10:00-20:00

CURRENTLY...



WATCHING

Love Island. I know it's so bad that it's good but I can't stop watching the drama unfold whilst we're back in England! It's nice to actually be involved in Twitter Talk for a change!

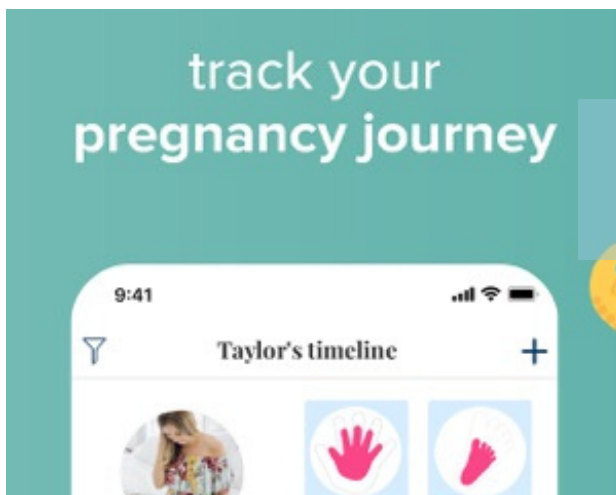
LISTENING

Cody Simpson has released a new song "Castle Walls", which I'm loving at the moment. It's made me revisit some of his older stuff too.



USING

This one is quite niche so I apologise in advance! But I'm loving tracking our baby girl's development with the app "Ovia Pregnancy". Pregnant mum's, get it downloaded (it's free!).



ENSALADILLA RUSA "RUSSIAN POTATO SALAD"



It's one of the most common dishes in any Spanish tapas bar, and you either love it or hate it. I am not a fan of potato salad anyway, so I'm not here to fight the corner for the Russian salad, but many people rave about it being light and refreshing especially in the summer months. If you do like a potato salad, I'm going to hazard a guess that you'll enjoy this staple tapas dish.

In Spain, your typical ensaladilla rusa recipe includes potatoes, peas, and carrots, and it is typical to add tuna as well. In some places, especially southern Spain like Seville and Cadiz, they sometimes add shrimp and hard boiled egg.

Despite the Russian name, ensaladilla Rusa has become as Spanish as you can get, and is an important dish in Spain's culinary history.

It is commonly eaten as a starter or appetiser.

Hotel Talk

The hotels Servigroup Calypso and Servigroup Orange are officially reopening on Monday 30th August! More great news for the reopening of hotels in Benidorm.



Palau d'Esports Pool Closed

The indoor pool at Palau d'Esports l'Illa de Benidorm will remain closed until the end of the month "to undertake maintenance services and scheduled improvement works," as reported by the Sports Councilor, Mariló Cebreros. The objective, she specified, "is to be perfectly operational for the beginning of courses and activities in September."



PCR OR ANTIGEN?

Many people have been asking whether it's compulsory to have a PCR test taken in Spain to return to the U.K.

You do not need to have a PCR in Spain to return to the U.K, an antigen, which is much cheaper is perfectly acceptable. It is only recommended to take a PCR, not the law to take one.

Anybody over the age of 12 who is returning to the UK from Spain must take a test in Spain to return, regardless of whether you are fully vaccinated or not. All fully-vaccinated passengers entering the UK must book a day 2 PCR to take when back in the U.K but no quarantine is required. Those who aren't fully vaccinated must self-isolate for 10 days and book a day 2 and day 8 PCR.



BRIGHT AND COMFY

The main bedroom is decorated in a modern contemporary style with your comfort in mind, with two single beds and a furniture bed, and in the extra sleeping area there is also a single bed. This area can also be used as a quiet relaxing space.

HOTEL RIO PARK

MEDPLAYA BENIDORM

We had the pleasure of staying at the Hotel Rio Park for the night in July. Having never stayed in the hotel, and only ever visited before the refurb, we were pleasantly surprised at just how lovely it is inside and absolutely loved our stay.

We stayed in one of the quadruple rooms which doubles as either a family room or an accessible room. There were wide doors for entering the bathroom and a walk-in wide shower which could easily accommodate an assisted chair. We found the entire hotel was absolutely perfect for either wheelchairs or pushchairs with everywhere having amazing accessibility in terms of ramps or lifts, even down to the pathway leading to Levante Beach in only 7 minutes arriving directly at the accessible area of the beach.

The food was not only tasty but to a good temperature and all of the staff were both friendly and welcoming. We also enjoyed the evening entertainment, even though it was currently adapted to appease COVID restrictions. We'd 100% visit again, giving it a thumbs up for both families with young children and teens or for those who might need more in terms of special adaptations.

HAVE A BLAST WITH A
GAME OF POOL OR AIR
HOCKEY IN THE BRIGHT
AIR CONDITIONED
GAMES ROOM LOCATED
NEAR RECEPTION

ADDITIONAL CHARGES APPLY

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PHOTOGRAPHY IN FOCUS



THIS ISSUE'S FEATURED PHOTO

Alex Joy Photography



NUESTRA LADY PILAR

The first church
dedicated to Mary
in history.

Taken by Alex Joy using an
iPhone 11.

The Cathedral-Basilica of Our Lady of the Pillar (Spanish: Catedral-Basílica de Nuestra Señora del Pilar) is a Roman Catholic church in the city of Zaragoza, Aragon (Spain).

The church of Our Lady of the Pillar in Zaragoza, is the first church dedicated to Mary in history and it remains standing to this day, having survived invasions and wars – in the Spanish Civil War of 1936-1939 three bombs were dropped on the church, fortunately none of them exploded.

Today, the Basilica de Nuestra Senora del Pilar, as it is formally known, includes 11 brightly colored tiled domes and is the second biggest church in Spain (only the cathedral in Seville is larger). construction was begun in 1681 under the direction of King Charles II.

The beautiful cathedral is well worth a visit and makes for absolutely stunning photos, no matter what the angle.

COVID-19

THE FACTS AND FIGURES

CORONAVIRUS FACTS AND FIGURES

REPORTED BY THE GVA 10.8.2021

Valencian Community

Population: 4.975 million

Vaccination Doses administered: 2.413.113

Cases PCR in the last 14 days: 4,139

Total Cases (PCR): 480,707

Hospitalised: 668

ICU: 115

Deaths in past 14 days: 5

Total Deaths: 7,535

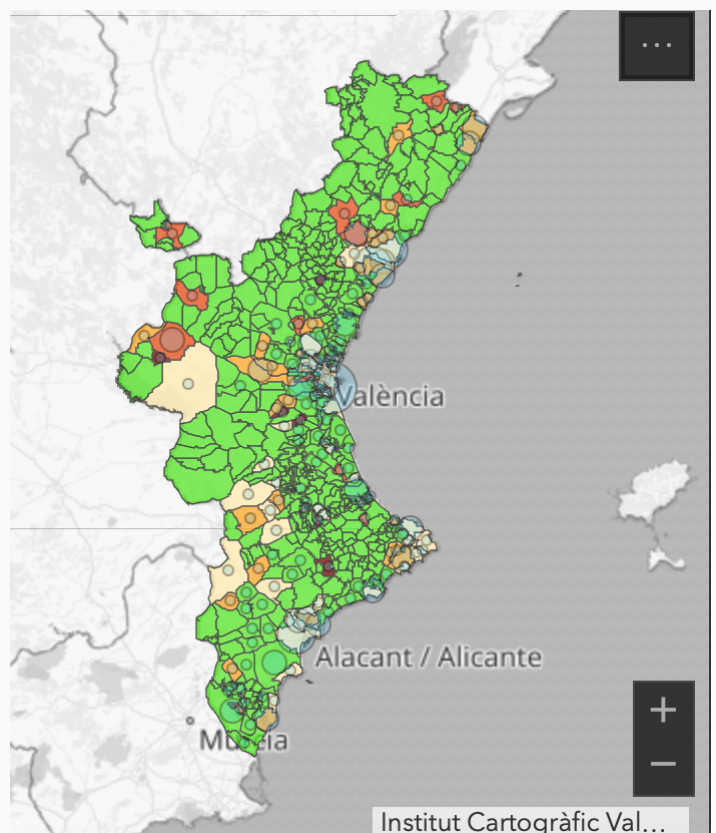
Benidorm

Population: 68,721

Cases PCR in the last 14 days: 556

Total Cases (PCR): 6,475

Total Deaths: 167



SPAIN VACCINATION FIGURES

60.456.988 doses arrived to the country.

59.108.679 total doses administered.

28.587.458 people fully vaccinated.

89,6% of the population who are over 40 have been fully vaccinated. Spain is now vaccinating those between 16 and 20 years old.

ISSUE 6 IN SEPTEMBER FOR OUR SUBSCRIBERS.



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