



**Special Events**

**March 8th**

Live Music w/ Nikk Granger  
6 pm - 10 pm

**March 9th**

Farewell Party for  
Michelle Van Liew  
5 pm - 9 pm  
Please Bring a Side Dish

**March 16th**

St Patrick's Day Party  
& Fundraiser  
4 pm - 11 pm



**March 16th & 17th**

Member Drive  
12 Noon - Close

**March 22nd**

Live Music w/ Johnny Capo  
& The Bad Boys  
6 pm - 10 pm



**Weekly Drink Specials  
for March**

- Shamrock Mimosa**
- Greentini**
- Green Beer**

***New Happy Hour Prices***

All Beer (Can, Bottle & Draft)  
Well Drinks & Wine  
.75 Off Regular Price

360-289-7914

**A Message from the President**

Fraternity. The cornerstone of Eagle membership.

“Great perils have this beauty, that bring to light the fraternity of strangers “ Victor Hugo

Our club is growing each month. Since January, encompassing two initiations, we have over 20 new members (73 new members since June of 2023). The oath taken during the initiation speaks of sacred rights, equality and fraternalism. Remember back to your first year being a member of North Beach 4197 – for some that means thinking back numerous years. I hope that we all remember feeling a sense of welcoming. I ask that we, as seasoned members, make a point to embrace our new brothers. Give thought to what it would look like, as a new member, to feel welcome. Having the bartender, officers and members introduce themselves, be greeted and welcomed, would most likely give a sense of belonging. Conversely not being acknowledged, or worse, overhearing conversation that slanders or negatively speaks of the club or it’s members would, most likely, leave you questioning your decision on having joined such a club. While this is an extreme scenario, it has happened. I urge each and every one of us to represent our club as welcoming, friendly and supportive of each other and our community.

I leave you with this, content from the initiation ritual “...there will be discussions, there will be differences of opinions, but there will be no dissensions, for each of us has the right as every other one – no more, no less – and the majority as shown by the ballot, must ever more be accepted. Such equality opens the doors of friendship and of true fraternalism, for the ties that bind give equal rights and lay equal obligation upon each of us’.

**St Patrick's Day Party & Fundraiser**  
**March 16, 2024**  
**Dinner 4 pm - 7 pm**  
 Corned Beef & Cabbage,  
 Carrots, Potatoes, & Soda Bread  
**Live Music w/“Tryin” 7 pm - 11 pm**  
**All Proceeds Benefit North Beach Medical Equipment**

 **Silent Auction**  **TICKET**  
 50/50 Raffle

676 Ocean Shores Blvd, Ocean Shores WA 98569  
 NorthBeachEagles.org

Flash Your Cash!



Join in on the fun & prizes! Meet new people, enjoy good food, and treat yourself to one of the Club's tasty drink specials!

**Shake-A-Shift:** Ongoing @ Bar Mon - Member's Draw:

Winner- 1/2 Pot: Ron N \$318.50 Current Jackpot \$553.50 (as of 2-26-2024)

**Mon - 9 Ball Tournament:**

\$5.00 Buy In - 1st, 2nd, 3rd place pay. Cash prizes vary based on # of participants

**Wed - Texas Holdem:** February

High Prize Pool for \$25 buy-in was \$469 ~ High Prize pool for \$10 buy-in was \$143 ~ Cash prizes vary based on # of participants (Bring a Dish to Share)

**Thurs - Big Mouth Bingo:**

Prizes Average From \$100 - \$175 Cash prizes vary based on # of participants

**Fri - Dealer's Choice Poker:**

Cash Game - \$2.00 Max Bet w/ 3 Raises (Bring a Dish to Share)

**Sat - Darts Tournament:**

1st, 2nd, 3rd Prize Vary Ea Week Random Partners Draw (Bring a Dish to Share)

**Sat - Queen of Hearts:**

Jackpot \$1905.50 38 Cards Left (as of 2-26-2024)

**Sun - Big Bucks Bingo:**

100% Payout! High Night for February: \$1150 8 Games Paid Between \$67-\$71, With 2 Games at \$265 & \$330! Cash prizes vary based on how many cards are purchased. Prizes Average From \$75 - \$250 (Bring a Dish to Share)



759 Ocean Shores Blvd NW 360-940-9180

Now Taking Sign Ups For Our Drinking Club \*LIMITED SPACE\*

"REAL ESTATE MADE SIMPLE RESULTS MADE EXTRAORDINARY"



(360)589-4130 KCAUSEYHOMES.COM

# Town Hall Meeting



Frank Elduen | Mayor  
City of Ocean Shores  
360-581-2305



Mark your calendars!

Join us on March 13, 2024, at 6:00 pm for our monthly Town Hall meeting.

This time, we'll be discussing City financials and Clear Gov accounting system that the citizens can log on to and look at the cities financials.

See you there!



Located inside Driftwood Plaza on the corner of Chance a la Mer and Ocean Shores Boulevard.

698 Ocean Shores Blvd NW  
Ocean Shores, WA

Follow us on social media!

"Turning Houses into Havens, One Gift at a Time"

360-289-7914



## Health Tips

### Osteoporosis

Osteoporosis – a condition that causes bones to become weak. There is a decrease of the amount and thickness of bone tissue. Bone is living tissue that is constantly being broken down and replaced. Osteoporosis occurs when the creation of new bone doesn't keep up with the loss of old bone. Bones can become so brittle that a fall or even mild stresses such as bending over or coughing can cause a break.

Osteoporosis-related breaks most commonly occur in the hip, wrist or spine.

Osteoporosis is common in people over 50. Experts estimate that half of females and 1 in 4 males over 50 have osteoporosis.

The sooner a healthcare provider diagnoses osteoporosis, the less likely you are to experience bone fractures. Ask a healthcare provider about checking your bone density, especially if you're over 65, have had a bone fracture after age 50, or someone in your biological family has osteoporosis.

Prevention of Osteoporosis is extremely important as we age. Preventative measures include:

#### Exercise

Exercise that make your body work against gravity like walking, yoga, Pilates and tai chi can improve your strength and balance without putting too much stress on your bones.

#### Vitamin and mineral supplements

- For men and women aged 19 to 50 years, 1000 mg/day of calcium and 600 IU/day of Vitamin D
- For men aged 51-70 years, 1000 mg/day of calcium and 600 IU/day of Vitamin D
- For women aged 51-70 years, 1200 mg/day of calcium and 600 IU/day of Vitamin D
- For men and women over 70 years old, 1200 mg/day of calcium and 600 IU/day of Vitamin D

Make sure you are having conversations with your MD that include Osteoporosis risks, preventative measures and diagnostic studies.

676 Ocean Shores Blvd, Ocean Shores WA 98569  
NorthBeachEagles.org



Brothers and Sisters in Need of Our Prayers and Support:

- Beckie Thornton
- Steve Clark
- Teffany Thomas
- Tina Day
- Dennis Eucker
- Pat McEwan
- Beth Brizee
- Peggy Tryer
- Penny Reither
- Eunie Marshall



“Give gladly, because you value your liberty, the same right to every other man to think his thoughts, to live his life, to love his country, and to worship his God, as you ask for yourself.”

**Taqueria Los Tres FIGGIES**  
 Westport, WA Ocean Shores, WA  
 732 Pt Brown Ave NE  
 360-660-5809  
 Westport  
 271 E Dock St  
 360-660-6519

Editor Contact Info

I welcome your feedback or suggestions.

[foe4197newsletter@gmail.com](mailto:foe4197newsletter@gmail.com)

Thank You, Lora Burns

360-289-7914

A Message from the Chaplin

**Don't Worry, Be Happy!**

When I say I'll pray for you, it doesn't mean I'm forcing my religion on you. It means I care for you, I love you, and that I believe in the Power of Prayer.  
 Amen



Lord make me an instrument of Thy Peace;  
 Where there is hatred, let me sow love;  
 Where there is despair, let there be hope;  
 Where there is darkness, let there be light;  
 And where there is sadness, let there be joy.

(Taken from a Prayer of Montesano Comm Church)

***"IF YOU ARE NOT PART OF THE SOLUTION, THEN YOU ARE PART OF THE PROBLEM!"***

676 Ocean Shores Blvd, Ocean Shores WA 98569  
 NorthBeachEagles.org

**Attention!**

The Events Planning Committee Meets on the First Tuesday of the Month@ 5:30pm

The Meeting is Open to All Members. Please Come & Share Your Ideas.

**Pet of the Month**



Jason O's Furry Best Friend Finnegan  
7 Yr Old Golden Retriever  
Loves Hiking & Swimming  
But Will Not Play Fetch



360-289-7914

**Volunteer!**

*Thank you*

A HUGE thank you to all the volunteers who pitched in to help Dog make our Valentine's Dinner a great success!

This volunteer team, Denise - Sooky - Dru - Barbara - Lora - Dean & Jason, are proof of what can happen when we get together to make something happen.



Please contact me if you are interested in signing up to be a Volunteer!

**The areas where we need volunteers the most are:**

- Bartender \*\*
- Bartender Assistant \*\* (During Busy Special Events - Serve Beer, Wine, and Take Food Orders)
- Cook \*
- Kitchen Help \* (sous chef, prep, etc.)
- Server \*
- Dish Washer \*
- Cleaning Kitchen
- Decorating for Special Occasions

\* Food Worker Card is Required

\*\* MAST Alcohol Server Permit is Required

**We also need a few people to run the following weekly events:**

- Queen of Hearts on Saturdays 5:45 pm - 7:30 pm
- Member's Draw on Mondays 6:45 pm - 7:15 pm

2-4 People needed for both weekly events. (1 primary with backups, or rotating weekly assignments)

Please contact me if you would like more information or would like to sign up.

Thanks, Lora Burns  
[foe4197Volunteers@gmail.com](mailto:foe4197Volunteers@gmail.com)  
360-660-2530



**Reminder:** Volunteers are what keep the doors open, the food and cocktails flowing, and the events coming.

**Without volunteers there is no North Beach Eagles.** Please consider helping out, just a few hours a month can make a huge difference if everyone pitches in.

## ~ MEMBERSHIP RENEWAL NOTICE ~

**Dues: \$30****Renewal Period: 06/01/2024 Through 05/31/2025**

**Payment is due no later than 05/31/2024.** If you fail to pay your membership dues by this date, there will be a \$15.00 re-enrollment fee, in addition to the \$30.00 annual fee.

The Grand Aerie pulls the reenrollment list on March 15, 2024 (We pay for this).  
Re-enroll before and save the Aerie the charge!

You can renew your membership at the bar, or send your payment, payable to:

**North Beach Eagles, PO Box 207 Ocean Shores Wa 98569**

Please remember to include your GAID Number so the payment is credited to the correct member.

## ~ MEMBERSHIP RENEWAL NOTICE ~

## Best Bingo Bites



# DENISE'S SANDWICH COOKIES



### INGREDIENTS

- 1 cup Quick Cooking Rolled Oats
- 1 cup Sugar
- ½ cup Salted Butter, Melted
- 1 Large Egg
- 1 ½ tsp Orange Juice
- 3 Tbsp Flour
- ½ tsp Salt
- 6 oz Semisweet Chocolate Chips

### DIRECTIONS

1. Preheat oven to 325 with racks in upper and lower thirds.
2. Mix oats, sugar, and butter together with a wooden spoon. Stir in egg until well blended, then vanilla, and orange juice. Add flour and salt and stir to mix. Batter will be somewhat thick
3. Line 2 baking sheets with parchment paper or non-stick baking liners. Drop batter by ½ teaspoon onto sheets, at least 2 in apart (cookies will spread), up to 12 per baking sheet.
4. Bake until golden brown, switching positions of baking sheets halfway through, 8 - 10 minutes total.
5. Cool cookies on baking sheets until just holding their shape, about 2 minutes (don't wait until they're completely cool as they will be harder to remove).
6. With a thin metal spatula, gently transfer to cooling racks and let cool completely.
7. Put chocolate chips in a microwave-safe bowl and heat in 20-second bursts until almost melted. Stir to melt completely.
8. Thinly spread chocolate on the flat side of half of the cookies. Sandwich with another cookie and let harden on racks, about 2 hours at room temperature.

Store cookies in airtight container, at room temperature, for up to a week.

**Important Tip:** Cookies tend to stick and spread, so be sure to use a nonstick baking sheet liner or parchment paper, and don't make more than 12 cookies on each cookie sheet.



Recipes Taste Tested  
@ Our Potlucks & Created by The  
Talested Cooks of NBE 4197



## Meeting Minutes - January 16, 2024

- Previous meeting minutes read and approved, one change requested is that if the bathroom temperature needs adjusted to contact a Trustee and not the bartender.
- Proposition for membership 1 st Read: 3 Applicants - 2 nd Read and Balloting: 5 Applicants  
Report from interview committee: All found favorable
- Report of sick visiting committee: Paul Collins has been in the Aerie and has been seen around town; Tina Lewis has started Chemo and recently celebrated her birthday and has been in good spirits.
- Communications:
  - Hospitality committee for the Past Worthy President requesting funds for the Grand Convention.
  - Thank you letter from Cedar Key F.O.E. #4194 for our \$1,000.00 donation towards the aerie disaster relief effort.
- Reception and disposition of bills: Bills as of 1.16.2024 totaled \$15,129.49. Signed off by two of the three of the finance committee. Motion was made to accept the bills as read, seconded and motion passed.
- Excuse of absentees: Jesse Carrillo was held late at his medical appointment and would not make it back for the meeting. Motion to accept Jesse Carrillo’s absentee, seconded and motion passed.
- Unfinished business:
  - Both HVAC systems have been put in.
  - Trustee computer has been purchased.
  - Secretary and Treasurer have their new chairs.
- New business: Motion to coordinate volunteer service between the Aerie and Eagle Riders within the Aerie. To ensure all Eagle Riders are recognized and acknowledged as this will continue to foster unity within our Aerie and avoid division among our members, seconded and motion passed.
- Trustee Report of finances: 1-8-2024 \$5,715.38 was transferred to the Aerie. Motion was made to accept the Trustee’s report as read, seconded and motion passed.
- Financial Report:
 

General Acct: \$19,873.44	TwinStar MM Acct: \$6,067.30
Building Acct: \$82,755.70	TwinStar Save Acct: \$5.00
Gambling Acct: \$11,289.40	TwinStar CD Acct: \$125,058.20
Benefit Acct: \$5,201.99	1 st Security CD Acct: \$96,877.23
Trustee Acct: \$11,214.95	<b>Total: \$358,343.21</b>

Motion was made to accept the Treasure report as read, seconded and motion passed.

- Auditor Report: North Beach F.O.E #4197 is compliant and the North Beach Eagle Riders #4197 are non-compliant for the month of December. Motion to accept auditor report, seconded and motion approved. This is the 3 rd month in a row that the Eagle Riders are non-compliant.
- Last Saturday at the Eagle Riders regular scheduled meeting a motion was made for the Eagle Riders to create their own TIN number and move their bank account. This is against the Grand Aerie constitution which states that the Eagle Riders must use the Aerie’s EIN. Worthy President Beth Brizee met with the Eagle Riders leadership and discussed that the people that need to do their job would get the information they need to become compliant. The Aerie is responsible for internal units maintaining their compliance. If they are unable to resolve the compliance issue there is an option to disband the riders, but no one wants that. The WP is trusting in the next week or two that all three months will be compliant otherwise the potential for disbanding will be discussed at the next meeting. It is not the Auditor's responsibility to bring the Eagle Riders into compliance. Further the Aerie is responsible for paying the Auditor for her time.
- Membership: 767 Members / 26 Duals
- Good of the order:
  - For most of our events we need several volunteers; two-point people that make sure the function runs smoothly.
  - For those who do not use a computer, newsletters and calendars are located next to the popcorn machine.
  - The first Tuesday at 5:30 p.m. is the scheduled planning meeting so if you want to volunteer come to a planning meeting.
  - Eagle Riders meet on the second Saturday of the month at 11 a.m.
  - Trustee Rick Metzger announced his resignation from the Board of Trustee at the completion of tonight’s meeting.

## Meeting Minutes ~ February 6, 2024 (pg 1 of 2)

- Proposition for membership 1st Read: 15 Applicants
- Report of sick visiting committee: Bill McEwen passed on 01.27.2024. Linda Perez has been keeping in touch with Pat McEwen to make sure she is doing OK. The memorial for Bill will be held on 02.24.24 so if you have any pictures, please send them to Linda Perez. Beth Brizee is not feeling well today. Tina Day is hanging in there. Linda Perez will be checking in with Paul Collins tomorrow.
- Communications: Letter from the North Beach Elks for the upcoming Flag Day parade
- Reception and disposition of bills: Bills as of 02.05.2023 totaled \$11,961.17. Signed off by two of the three of the finance committee. Motion was made to accept the bills as read, seconded & motion passed.
- By-Law Committee: First read of changes completed.
- Planning Committee: The planning meeting will be held on 02.13.2024 due to the Valentine's Day party planning running over time.
- Unfinished business: None
- New business:
  1. Motion for \$20 for the entry fee to the Flag Day parade, seconded and motion passed.
  2. Motion for \$200 for the Past Worthy Presidents hospitality room, seconded and motion passed.
  3. The Super Bowl party will be streamed on all TV's.
  4. Motion for \$400 for Valentine's Day party decorations, seconded and motion approved.
  5. Motion for \$100 for steak knives, seconded and motion passed.
  6. Motion for the Worthy President to appoint a new Trustee in the vacant position, seconded and motion approved.
  7. Motion for \$150 for flowers for Bill McEwen memorial, seconded and motion passed. Motion for \$200 for the ink needed to make the memorial letters, seconded and motion passed.
  8. Motion for subscription to Canva at \$119 for the year, seconded and motion passed.
  9. Bob Mossuto brought up several topics for discussion. First was suspensions. When Bob was a Trustee, it was common that when a member violated the house rule, they were brought in and given a warning letter. If they violated the same rule for a second time, they were given a 30-day suspension. Another thing that he found upsetting is that a member was given a 90-day suspension 6 days later from the first 90-day suspension. That member hadn't even been in the Aerie during those 6 days and that the member was issued two 90-day suspensions. Treasure Jesse Carrillo stated that the second violation could not be done. Trustee Tammy Delu stated that she had contacted a state officer prior to the issue of the second suspension and was informed that it was two separate violations so if the Board of Trustee approved the decision, they could legally issue the second suspension. Bob Mossuto further stated that the Trustee and Officers have violated the house rules and it was OK, but if a member violates the house rules it's not OK. If you are an individual member and you violate a house rule you get suspended and if you're a Trustee or Officer you're all good to go. Some good examples that Bob has is intoxication and inappropriate music in the garden that violates the house rules. Bob stated they were never written up but he may file a formal complaint due to the double standards in the Aerie. Carol Delu stated that the individual he is referring to was not a Trustee and Bob disagreed.  
Trustee Robert Duke verified that there has not been any written complaint.

(Item 9 continued on next page)



## Meeting Minutes ~ February 6, 2024 (pg 2 of 2)

• **New Business, Item 9 Continued:**

Second issue Bob Mossuto believes several members believe the Aerie is being run under a dictatorship. He stated that there are signs posted that state, "By the order of the Trustees". The Trustee's believe they have all the power and treat this as their Aerie. When in fact the Trustees really are here to maintain the Aerie so that members can enjoy it but the members aren't enjoying it. Bob can run into the other bars in the area and can run into 15 to 20 members.

Secretary Jason Orahood pointed out that we just read 15 new member applications so that is not a true statement, members are enjoying the Aerie.

Tammy Delu further explained the signs at the bar stating by the Trustee is so that members do not hold the bartender responsible and will contact a Trustee if they have an issue with not being able to go behind the bar, into the kitchen or cooking while they have been drinking.

Last Bob Mossuto stated since Nov 21st meeting The Aerie has lost \$32,714.89 and he states when he has talked to other members they wonder where the money went. Every month every meeting has been in the negative. If we keep losing 10,000 - 11,000 we will be broke in 33 months.

Bob Mossuto stated that he would like to see an agenda be sent out by email so that members know what expenditure may come up.

Trustee Tammy Delu further stated that every expenditure has been approved during a meeting; HVAC, POS system, Ice machine and flooring.

Secretary Jason Orahood stated during this same time frame but in the year 2018 the Aerie had approx. \$347,000, in 2020 the Aerie had approx. \$379,000 and currently we are sitting at around \$366,000. \$13,000 less than the same time last year, but we have expanded the building, added heat to the building, new ice machine, bathrooms have new flooring, heat and fan, new flooring under the old ice machine and POS system. This has been accomplished with only less than \$13,000 than last year and still more money in the bank than in 2018. Carol Delu reminded the membership that there has never been an agenda sent out and it is common knowledge that the Aerie meeting is the first and third Tuesday at 7 pm. All members are allowed to attend.

- Trustee Report of finances: 01.22.2024 \$5,100.52, 01.29.2024 \$6,524.24 and 02.05.2024 \$3,354.39 was transferred to the Aerie. Motion was made to accept the Trustee's report as read, seconded and motion passed.

• **Financial Report:**

General Acct: \$24,301.01	TwinStar MM Acct: \$6,068.08
Building Acct: \$82,763.22	TwinStar Save Acct: \$5.00
Gambling Acct: \$18,135.27	TwinStar CD Acct: \$125536.17
Benefit Acct: \$5,561.99	1 st Security CD Acct: \$97,177.23
Trustee Acct: \$6,854.39	<b>Total: \$366,403.23</b>

Motion was made to accept the Treasure report as read, seconded and motion passed.

- Membership: 770 membership / 27 Dual

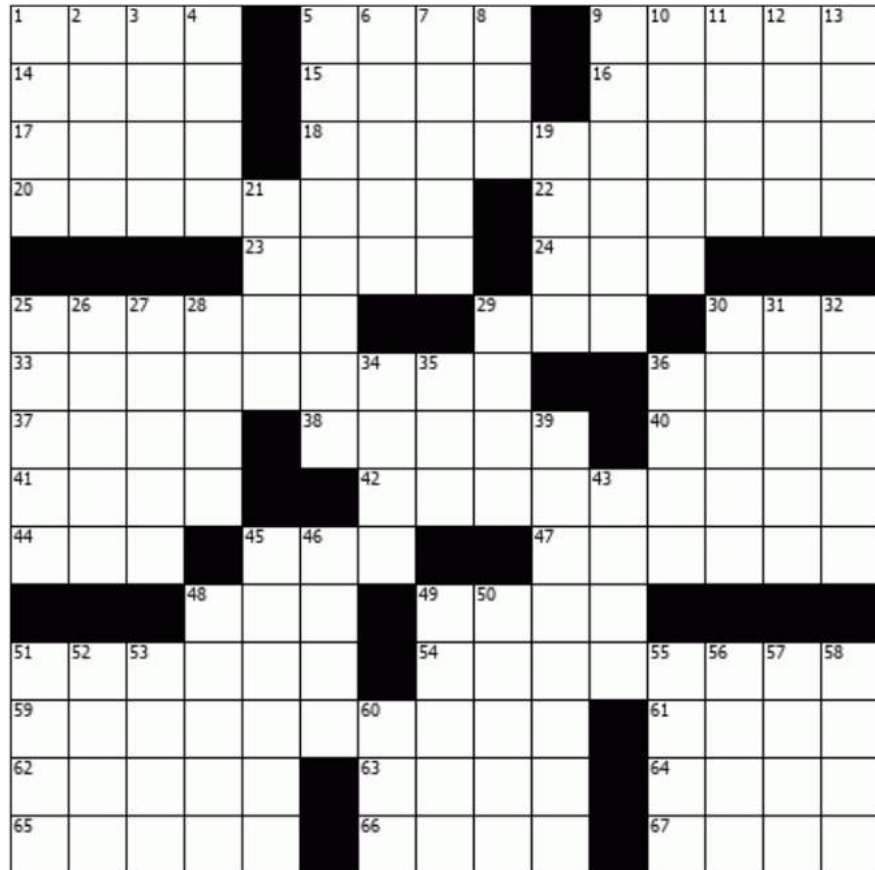
• **Draping of the charter:**

Carol Fortier joined 05.19.2019 passed 01.05.2024

Bill McEwen joined 11.02.2005 passed 01.27.2024

- Good of the order: Scholarship committee, with the help of many volunteers, raised \$1,619.00 on 01.29.2024, there is still a Seahawks basket on raffle. Zone 2 conference will be February 24th in Kelso, WA. State Aerie and Auxiliary should meet net gain. Eagle Riders are current and up to date with the auditor. This Thursday at the North Beach High school the Aerie and Eagle riders will be there to hand out scholarship applications and volunteers are welcome. This Friday 02.09.2024 Linda Perez will be doing DJ/Karaoke and then Saturday 02.10.2024 SR 109 will be playing. Super Bowl is Sunday 02.11.2024 at 3:30 p.m. On 02.14.2024 the Aerie will be having a Valentine's Day Dinner 4 - 8 p.m

Crossword



- Across
1. Eden man
  5. Surrounded by
  9. Assumed name
  14. Country path
  15. Naught
  16. Monte \_\_\_\_\_
  17. Finales
  18. Link
  20. Fine wool
  22. Gets up
  23. Customer
  24. Flee
  25. Desire to drink
  29. Compass point (abbr.)
  30. Tax org.
  33. Jockey's mount
  36. Actress \_\_\_\_\_  
Barrymore
  37. Laundry appliance
  38. Drizzles
  40. Soften
  41. Camping need
  42. Pointed out
  44. Curvy turn
  45. Tiny amount
  47. Erase
  48. Chum
  49. Contended
  51. Annoy
  54. Performance group
  59. Member of the nobility
  61. Opera solo
  62. High-strung
  63. Diarist \_\_\_\_\_ Frank
  64. Stop that!
  65. Wise people
  66. Chirp
  67. Flock females

- Down
1. A Baldwin brother
  2. \_\_\_\_\_ Carvey of  
"Wayne's World"
  3. Ampersands
  4. Netting
  5. Forefather
  6. Roger \_\_\_\_\_ (007  
actor)
  7. \_\_\_\_\_ tube
  8. Lion's lair
  9. Accumulate over time
  10. Caesar's language
  11. Eye part
  12. Balm
  13. Male offspring
  19. Corn spikes
  21. Cornmeal porridge
  25. Corny
  26. Rabbitlike animals
  27. Religious images
  28. Landlord's due
  29. Post
  30. Furious
  31. Put back to zero
  32. Stockholm resident
  34. Sudden attack
  35. Transgression
  36. Distribute cards
  45. Sips
  46. Plus
  48. Old-fashioned
  49. Author Jules \_\_\_\_\_
  50. Silly
  51. Sombreros
  52. Region
  53. Finger jewelry
  55. Fashioned
  56. Forehead
  57. Draw the \_\_\_\_\_
  58. Breaks bread
  60. \_\_\_\_\_ and gown

Puzzle Solution © OnlineCrosswords.net

A	D	A	M		A	M	I	D		A	L	I	A	S	
L	A	N	E		N	O	N	E		C	A	R	L	O	
E	N	D	S		C	O	N	N	E	C	T	I	O	N	
C	A	S	H	M	E	R	E			A	R	I	S	E	S
					U	S	E	R		R	U	N			
T	H	I	R	S	T			S	S	E		I	R	S	
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I	R	O	N		R	A	I	N	S		E	A	S	E	
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H	A	R	A	S	S			E	N	S	E	M	B	L	E
A	R	I	S	T	O	C	R	A	T			A	R	I	A
T	E	N	S	E		A	N	N	E			D	O	N	T
S	A	G	E	S		P	E	E	P			E	W	E	S