# Community Connections



#### First Quarter 2021 • www.caisoco.org



By Ronda Ashley, VP CB Insurance, a USI Insurance Services Company

nsurance has become a highly contentious topic for community associations thanks to rising premiums and more coverage restrictions. There is uncertainty and fear as to what surprises lie ahead after a very bumpy road of insurance renewals in 2020.

Unrelenting hailstorms, wildfires and Covid-19 have resulted in billions of losses in the past few years for Colorado habitational insurers. Since community associations have little to no control of these events, how do associations manage against rising insurance costs that are hitting everyone's pocketbooks?

The answer is to identify what risks and exposures the community association does have control over and determine how the community association can make itself most attractive for prospective insurance carriers.

Here are some important tips that can help community associations maximize market availability for the most attractive terms and pricing at the time of renewal.

Analyze loss frequency, severity and trends of the loss history – The time to collaborate with your insurance representative about preventing future claims is now. Keep in mind that insurance underwriters have strict rates, rules and guidelines they must adhere to and their job is to make immediate judgement of the association's loss history. If there is claims activity in the last three to five years, determine which claims were preventable versus Acts of God. Don't forget that underwriters are very motivated to provide a quote within their underwriting guidelines. The community association should be prepared to provide a proactive plan on how to prevent and mitigate future claims within its control. This plan can greatly help your insurance representative gain leverage during renewal negotiations ...continued on page 5

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s I write this first 2021 Community Connections President's message, gratefulness is at the forefront of my mind. I'm grateful for all of the connections that were strengthened in 2020, through some of the toughest months of our lives. In some ways, it feels like we've grown closer as a community because we were forced to be apart for so much of the year. That sounds like an oxymoron and a sentiment that would have been scoffed at if I had written those words a year ago as someone holding a crystal ball with a preview of what was to come in 2020.

I'm grateful for the extremely solid guidance and

leadership that my predecessor brought to the Chapter in what was likely one of the most challenging years to be Chapter President. Trina's calm presence and demeanor allowed the Board of Directors and Committees to provide valuable opportunities for connection and growth for all of our members.

I'm grateful for the trust placed in me to continue to grow our Chapter's membership and relationships. I look forward to connecting with each of you personally at some point throughout the year, and wish you all a wonderful 2021!



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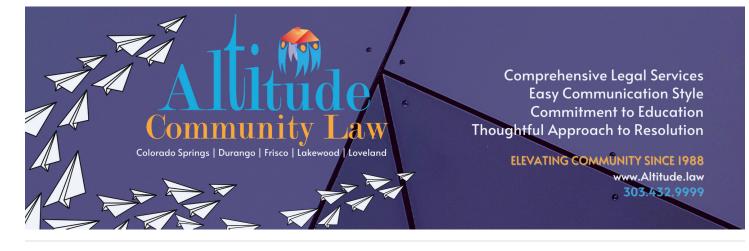
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#### continued from page 1

with insurance underwriters.

Winterize – Newsletters and communications to unit owners about keeping thermostats at appropriate temperatures to avoid freezing pipes are of critical importance. Keeping gutters and downspouts clean will help to prevent ice damming. Pipes in the common area should be insulated and unit owners should be encouraged to insulate for sections of the pipes they are responsible for pursuant to the governing documents.

Adhere to restrictions and mitigate fire hazards -Grill usage restrictions can be a controversial topic for unit owners who don't want their grilling freedoms taken away. They should be reminded of city ordinances and advised that insurance markets with lower rates tend to have the most restrictive grill usage rules. Explore the resources of The National Firewise Communities Program. Conduct neighborhood meetings to learn how to create a defensible space with vegetation management.

**Update** – Having updated electrical panels and plumbing not only can prevent fire hazards and water losses, but can also help the association qualify for more insurance markets with more competitive rates. Buildings 25 years and older tend to have more limited market options simply because updates have not been made.

Consider a higher deductible for the association's commercial package policy. HO-6 policies are a very

practical solution for transferring deductible risk away from the community association and preserving its loss history. The dwelling and loss assessment coverages that are customarily provided on the HO-6 policy form can help to fill in the deductible gap of the master policy.

Work with habitational insurance experts – Your designated insurance professional should have extensive experience serving community associations as well as access to a robust portfolio of specialty "A" rated habitational carriers. Familiarity with CCIOA and the insurance requirements of the declarations are paramount. Make sure the insurance firm has a front-line claims team that will help facilitate claims in an organized manner.

Know that cheap insurance can be very costly – When premiums go up at renewal, boards may panic and reach out to a generalist insurance representative who may not be familiar with the governing documents, CCIOA requirements and exposures of community associations. When unforeseen gaps in coverage are discovered at claim time, the wheels can easily fall off resulting in a costly and treacherous road ahead.  $\circledast$ 

About the author: Ronda Ashley has committed herself as an insurance broker to educating and advocating for Colorado community associations for the past seven years. Throughout her 36 year insurance career she has also directed specialty insurance programs for amateur sports, recreational and medical communities.



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"Life is what happens to you when you're busy making other plans." -John Lennon

Truth. And as we've just survived one of the most horrendous, life-altering, soul-searching years of our lives, I'm here to tell you one thing... go get a life! And by that I don't mean the manic pursuit for a bigger paycheck, larger house, or faster car. What I mean is reflect on your life, take control of it, and get a life that's worth living to you.

You and me? We live in the HOA industry. Yes, our industry is difficult, and often it's hard to ignore the complaints that are readily hurled, and to notice the appreciation that is frequently buried. But at least in my opinion, it's a life worth living.

As I see it, what we contribute to society in general, and to the HOA industry specifically, relates to one of the most important things in people's lives – their homes, their home-life, and the communities surrounding them. We make a difference. We have the ability to create, shape, and foster successful communities. And, as managers, board members, and industry professionals, we are all in this together, in both the struggles and successes.

As we venture into 2021, I thought I'd share some life lessons for both reflection and action in our HOA pursuits:

#### Life Lesson No. 1:

Life is short. It is really easy to waste time. I've lived with a keen awareness of mortality for more than two

decades now, ever since I lost my father in 1999. He was only 64. When he died, once I accepted the preposterous notion that the world would keep spinning without him in it, I came to the obvious conclusion that life is precious and fleeting.

But life being short is not just about the people we lose, but it's about the loss of opportunities along the way, as well as the inability to meet our goals, because we're too busy making plans instead of executing them. Stop planning and start doing.

Our industry is driven by tasks. And tasks come from a plan. And although planning is certainly the key to success, it can also be the means of our downfall. When you are working through your 2021 plan, you do not need a detailed course of action for every single task. Establish the plan, flesh out the tasks, and start working on them immediately. As we all know action, not planning, is the true key to success.

And more importantly, do not micromanage those who are carrying out your plan. One of the keys to being both an effective leader and team member is understanding each person's role in achieving the desired outcome, trusting each person to carry out that role, and not exceeding your own role or infringing upon someone else's role in the process.

The micromanager has his or her hands in everything, shows no trust in others to perform tasks that are assigned to them, creates more paperwork than necessary, and wastes the time of everyone around him or her. If you continue to look over every one's shoulders, rather than just doing your job, you may find it difficult to keep anyone by your side.

#### Life Lesson No. 2

Words made famous by Forrest Gump – philosopher extraordinaire. That quote exemplifies the randomness in life. There is no way of knowing what is in a piece of chocolate until you bite into it. Now you can

think of this in one of two ways:

First way - It doesn't matter what you wish, hope and dream for, you still could get stuck with that icky, coconut-filled piece of chocolate (not one of my favorites), so why even bother taking a bite. Forego the chocolate for you'll never pick the right one, you'll gain weight, it's messy.

I don't subscribe to that philosophy.

Second way - You get to choose, you get to search for the tastiest chocolate in the box, and you get to experience the sheer delight in your search. And if sometimes you pick an unsavory piece of chocolate, you also know that once you eat it, it's now behind you. You're moving on to better and tastier chocolate.

We can face it with reluctance, or on the sidelines, picking our chocolate very carefully or choosing not to eat at all. Or we can embrace the box of chocolate for all it has to offer, and gobble up each piece with vigor.

Applying that to our industry? No doubt that you will experience the "bad" chocolate. There's no way to avoid it, because no matter how hard you try you will not be able to please 100% of the people 100% of the time. There are too many people with too many divergent interests, and it is simply impossible to make them all align at once. So, undoubtedly, you will experience sometimes heartbreaking setbacks. Accept that fact.

However, once you've tackled that challenging task, once you've maneuvered your way through that dreadful annual meeting, once you've dusted off that ridiculous and unnecessary verbal assault from left field, that "bad" piece of chocolate is behind you, and you will experience the "good." A tastier morsel is right around the corner.

It's our duty as participants in life to look for the tastiest piece of chocolate. Our search will be marked by challenge, success, passion, loss, and it's the deliciousness along the way that makes it worthwhile!

#### Life Lesson No. 3:

Life is about people, not things. And along the way we meet extraordinary people, we meet kind people, we meet hateful people, we meet inspiring people. But the point is we are not alone. People fill our daily lives.

In our industry in particular, we often cycle through various groups of people. Board members turn over. Managers switch management companies. Industry professionals retire or change careers. As we face these relationship changes, remember that we can both learn from and impart valuable knowledge to

every single person along the way. Every meeting is another opportunity to make a positive impact in our industry, in our work relationships and in our communities.

> Speaking directly to business partners, if you had to write a resume of your HOA life and career, how would it read? I hope that mixed in with the number of clients obtained, monetary goals achieved, and promotions received, is the number of people you impacted in a positive way, and the level in which you directly raised the HOA industry

As an industry leader, you are in a position to promote change. You are in a position to influence what the community pays attention to. Use your website, newsletters and social media to publish stories and happenings that encourage positive behavior and inspire change. If your company provides education, incorporate at least one class on building community, or curing the dysfunctional board, or eliminating unethical behavior in the HOA, all topics that could advance the industry as a whole, while helping one community at a time. And if you're going to share a HOA horror story, make sure it comes with a lesson so your boards and managers can learn from the incident, rather than just be disgusted by it.

bar.

#### Life Lesson No. 4.

The HOA industry, particularly in the time of COVID, can be pretty chaotic. But how to stay calm in a world full of chaos?

Whenever we're feeling particularly beat down by a chaotic period, one of my work colleagues and I always laugh and bring up the movie "Get Him to The Greek." If you've seen the movie, then you'll know that the character Aldous Snow tells his friend that when life lets you down (or in Aldous speak "when life slips you a Jeffrey"), then all you have to do is stroke the furry wall. And there's this furry wall that Aldous makes his friend stroke to calm him down. The furry wall is soft, feels good, makes his friend forget his rising panic, and reminds him that the world around him is, in one word, beautiful (Yes, it IS!).

So maybe one thing you can do when someone is screaming at you on the phone because you won't open the pool, or your email inbox has grown from 10 emails to 50 to 100 in one day (or one hour??), or you have to plan for two back-to-back virtual annual meetings each with 200+ people, is stroke the furry wall! Figure out what makes you feel calm, what soothes your senses, what lowers your heart rate, then step back and do it.

When I was feeling continually exhausted last year when the COVID craziness first hit, I would literally take one of my dogs (I have two: Bridget & Bailey) and snuggle and pet her. This action did not make my task list shrink. It did not finish my legal opinion for me. It did not help me climb out of the ever-growing weeds. But it did make me feel a lot better. I would immediately feel calmer, my breathing was more relaxed, my attention became focused on how adorable my dogs were and their unconditional love for me. This was my "furry wall." Soon, the pandemonium in my head would lessen to a dull roar before disappearing completely. All of a sudden, I was smiling again.

And, when I was able to step back into the world, my mind had ordered itself, so that I was in a much better position mentally to face the tasks, calls, problems in an orderly manner, instead of just contributing to the chaos. (By the way, I now fully subscribe to the whole "emotional support animal" concept). So, what can you do that will make you slow down, breathe, relax, remind you of the goodness of life? Taking a nice long drive? Gardening, or just sitting in your garden surrounded by all your lovely flowers? Snuggling your favorite furry friend? Having a bubble bath? When you're feeling the chaos build, don't let the momentum destroy you. Make a decision right then and there to create calm. A relaxed body will help the mind and the emotions calm down.

Time to recap:

- I. Life is short. Stop wasting time.
- 2. Life is like a box of chocolates. Devour that box with abandon.
- 3. Life is about people, not things. The value in people can outweigh the profit in your pocket.
- 4. Stay calm. Stroke the furry wall.

Now I'm not especially equipped, educated or qualified to give life lessons. I don't own a statue of Buddha, nor do I take long vacations to find myself. I don't have a philosophy degree, don't play the bongo drums. I've never gone barefoot in central park. But I do know this: Life is what you make of it.

So what are you waiting for? Go get a life! (Originally posted in CAI-Southern Colorado Community Connections Newsletter, 4th Quarter 2017, but slightly revised.)

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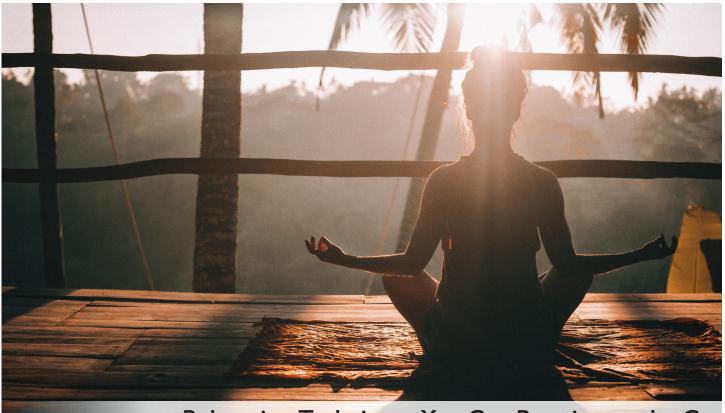
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#### Community Associations Institute • Southern Colorado Chapter



Relaxation Techniques You Can Practice on the Go By Stephanie Odewumi, CMCA®, AMS® with Colorado Association Services, AAMC® – An Associa Company

Prioritizing mental health is crucial in these unprecedented times. 2020 was extremely challenging, and it's common to feel burnt out and overwhelmed by the unexpected struggles and stressors the year brought on. The following are seven practical, tried-and-true techniques you can use and share with your community to encourage self-care and ensure all is calm.

#### Take some deep breaths

Deep breathing may seem like a no-brainer, but it truly is effective and has many benefits, including lowering blood pressure, reducing pain, and strengthening immunity. When the emotions set in, pause and take a few minutes to inhale through your nose slowly, let your belly fill with air, and exhale through your mouth. Repeat these breaths until you're relaxed, rejuvenated, and ready to tackle the next item on your to-do list.

#### Do a body scan

A body scan is a meditation technique that you can do virtually anytime and anywhere. Simply close your eyes, take a few deep breaths, and gradually bring awareness to the different parts of your body, moving from head to toe. This practice allows you to not only acknowledge physical



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– Experience the McKenzie Rhody Advantage Today – LINDSAY BOSHART | (720) 301-3590 Serving All of Colorado | (800) 996-1770 | mrcdlaw.com sensations, but also feel more present and grounded in the moment. If you're not sure where to start, a quick online search will lead you to plenty of guided body scans that'll walk you through the process.

#### Stretch it out

Mounting pressure from daily tasks can unknowingly create stiffness and tension in our bodies and minds. Stretching is a helpful way to alleviate this, promote relaxation, and improve flexibility. While attending a yoga class is a great way to get a deep stretch, it doesn't need to be that intense or time-consuming. Doing a few basic stretches between conference calls can make a big difference and offer some much-needed mid-day relief.

#### Call a friend

Got a lot on your mind? Sometimes the best thing you can do is pick up the phone and call a friend. Whether your companion can provide encouraging words of wisdom or is simply a pro-listener, it'll feel good to get everything off your chest. And even if you don't talk about what's bothering you, it's a nice distraction and a definite mood-booster that'll leave you feeling better.

#### Listen to music

Listening to music is a stress management tool proven to improve your mood, calm your mind, lessen anxiety, and so much more. When you need a mental break from it all, crank up the tunes, sing along if you want, and enjoy the almost-instant results. Bonus tip: create a few go-to playlists with your favorite songs that are guaranteed to make you smile.

#### Visualize a peaceful place

If a tough situation has you down, take a quick break, close your eyes, and escape to your "happy place." Whether it's a sandy beach, the top of a mountain, or in a room surrounded by the people you love, visualize a place that makes you happy and puts you at ease. To get the most out of your visualization, concentrate on all five senses and focus on every tiny detail. Even if it's just for a few minutes—you'll be a little more mellow and motivated to handle what's on your plate.

#### Write everything down

When your life gets a little chaotic, try writing down everything you're thinking and feeling. Getting out of your head and putting pen to paper can help you organize your thoughts, prioritize your problems, gain clarity, and become more in control. Don't worry about your penmanship.  $\circledast$ 



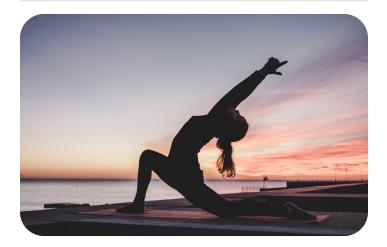
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(Dates Subject To Change)

Jan 12January Jumpstart (VIRTUAL)
Jan 14-15 Manager Education: PMDP M202 (VIRTUAL)
Feb 9Education Luncheon (VIRTUAL)
Mar 9Education Luncheon (VIRTUAL)
Mar 17 New Member Breakfast (VIRTUAL)
Apr 13Education Luncheon
Apr 17Board Leadership Development Workshop
Apr 29Speed Networking
May 5CLAC Trivia Event
May II Education Luncheon
May 27-29 . Manager Education: PMDP M100
Jun 4 Wild About Cheyenne Mtn. Zoo Event
Jun 8Education Luncheon
Jun 24 Golf Clinic

Jul 8-9 Manager Education: PMDP M320
Jul 16Golf Tournament
<b>TBD</b> Bowling Tournament
Aug 10 Education All Day: Law Day
Aug 18-19 CAI National Conference in Las Vegas, NV
Sept 9-10 Manager Education: PMDP M205
Sept 9 CLACsic Golf Tournament
Sept 14 Annual Meeting Luncheon
Sept 23 Business Partner Council Member Mixer
Oct 12 Education Luncheon
Oct 13 New Member Breakfast
Oct 16 Board Leadership Development Workshop
Nov 9Education Luncheon
Dec 14

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Eye of the Storm: How Simply Meeting Your Fiduciary Duty Can Be the Compass in Tough Times

By Wes Wollenweber and Lee Freedman, Pearson Wollenweber Freedman, LLC

**n this last year, chaos has made governance of** communities harder than ever. A global pandemic along with major social issues has caused some homeowners to take strong positions in disagreement with one another on tough topics such as: whether to open the community pool, drastically limit or prevent members' use of amenities, requests for exceptions to place signs in yards for important events at the forefront of society, and many others. Further, there is an understandable heightened sense of fear. Community managers and directors alike had to confront these issues and fears head on with no easy answers. Directors and managers grapple with whether their associations can do anything from a legal perspective to bring peace of mind to its members.

While there are no guarantees anything a board does will bring peace of mind, even in times of minimal conflict, the fiduciary duties directors owe to their association's members provides a compass in these tough times. As a reminder, directors generally meet their fiduciary duties by acting in good faith, with the care an ordinary prudent director would exercise under similar circumstances, and in a manner the director reasonably believes to be in the best interest of their association. Knowing their rules and enforcing them properly and evenhandedly goes a long way for helping directors satisfy these duties. Further, under the Colorado Nonprofit Act, boards are afforded some protection under the Business Judgment Rule (BJR). The BIR protects associations and its board members from liability for decisions, although not necessarily the best decisions, but which were based on reasonable decision-making. In these crazy times, the BJR is a comfort. So, how do directors and managers make sure they are satisfying, their own, and, in turn, an association's, fiduciary duty to its member with such tough issues? Over the course of 2020, the following are actions we have seen boards take that have fostered a greater sense of peace of mind for its members:

Increased transparency can lead to less confusion,

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greater understanding, less conflict, less confusion. Increased communication conveys how hard a board is trying to balance members' differing needs. Finally addressing unique concerns promotes goodwill of membership.

First, increased transparency in decision-making helps prevent conflict. Often, community conflicts are the result of members not understanding the basis for a particularly controversial decision. Take closing a swimming pool for example. Community A may not have explained all the rationale that led to the decision. Consequently, certain members reacted in a hostile way, arguing their dues are being wasted. In contract, Community B published information demonstrating the cost-benefit-analysis of keeping the pool open, weighed against other known expenses for the year and the definitive expenses to keep the pool open (paying staff to clean, cleaning expenses, and other costs). Community B had much less conflict over the closure issue.

In addition to transparency, communicating that transparency timely and with precision further fosters the necessary education on tough decision making. Holding special meetings virtually (e.g. Zoom) or publishing details in a newsletter or special publication can help educate members on the key issues during these uncertain times. Communities that have placed communication as a top priority over this last year have greatly lessened the conflict and confusion over their boards' decisions.

Finally, associations that have taken extra measures to address unique circumstances on a case-by-case basis have fostered goodwill and greater peace of mind. One caveat in addressing unique circumstances is to make sure that association is treating different members the same so as to not run afoul of Fair Housing requirements to not discriminate. Tracking decisions and ensuring an association sets a policy for making exceptions for pandemic-related hardships can help ensure there are standards being applied to everyone.

Navigating rough waters requires wisdom. Where does that wisdom come from? It comes from identifying

the duties a board and its directors owe to its members on a particular issue and figuring out how to make a reasonable decision and then communicating the basis to the membership where appropriate. While a board cannot make everyone happy, it can minimize confusion and resulting conflict by being open, approachable and fair. Hopefully, by simply meeting the fiduciary duties the law requires and conveying how you got there can bring peace of mind in certain situations.

About the authors: Wes Wollenweber and Lee Freedman are founding partners at Pearson Wollenweber Freedman, LLC, where they provide general counsel representation for community associations, with an emphasis on complex HOArelated litigation.







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hen we expect a snowstorm, we can prep our vehicles with emergency supplies, get out the proper gear, stock the fridge, etc. But when a hailstorm arrives there's usually little or no time to prepare and we must deal with the aftermath. The pandemic arrived like a hailstorm but took on the persona of a crazy kangaroo in a crystal shop and now we're dealing with the during-and-aftermath. But just like the steps we take to repair what was damaged on our homes and vehicles; we can do the same for ourselves – personally and professionally, during this time of uncertainty, repair, and recovery; we can bring the "calm".

We've all heard or read the statistics on depression, anxiety, etc., during the past year. The Journal of American Medical Association (JAMA) reported late last year that the pre-pandemic numbers for moderate depression/ anxiety were 5.7% but while during the pandemic those numbers jumped to 14.8%. "Mild" cases were 16.2% (pre) and 24.6% (during). It's safe to say that most of us have been in one or both of those categories during the past year.

One of the most paralyzing feelings is that of helplessness or of having no control. But we have the power to take absolute control of our responses and bring the calm to those situations which are seemingly out of our control. We don't have to tackle that procrastinated project of tearing down the wall in the living room or repainting the entire home to feel in control. In fact, those huge projects if left unfinished will only add to our stress. But how about in that same living room, we still the noises and make a mental list of what's still awesome about our lives, our surroundings, family, friends, etc.? Turn off what the media wants us to feel and turn toward what we know gives us strength and empowers us to be what we "were" pre-pandemic.

"Clear the clutter, meditation, yoga, organization, exercise, journaling" ... these and so many more buzzwords flood our self-help lists but can overwhelm, guilt, and shame us. Doesn't it seem like everyone else has mastered these techniques with greater success than ourselves? Where is the calm? There are apps to purchase like Calm or Headspace to teach us how to meditate, but we can begin teaching ourselves with a few curious words like "how to...." typed onto our keyboard. Surprise yourself with some simple techniques that induce the calm within.

But just as we perceive that others are seemingly better adjusted than ourselves, maybe we should consider that they may simply be better at hiding it; a trait we're all learning to master. But when our co-workers, tenants, even bosses, seem increasingly difficult, fuses tend to run short, tempers can flare, and we all know the end result.

The old saying about empathy; "Walk a mile in their shoes," has never been more necessary than now. We are saturated with pandemic conditions countless times each day. But what about the employee or professional associate, who is, unbeknownst to others outside their family, struggling with a critically ill (not associated to the pandemic) family member? Perhaps they snapped simply because they had not slept the night before as an asthma

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attack had them at the ER with their daughter. Maybe another bill from a necessary surgery arrived that they knew could not be paid.

As challenging as it is, walk that mile. On those days when we're not the target of additional stress, try sharing some of your "calm", with them. The result might just be the project needing immediate attention gets completed not out of anger and additional stress, but out of a mutual respect for others involved.

Regardless of our office situation, maybe we're still at the office every day or we're conducting business from the laundry room, bringing our own calm can change the course of the day, the week, even the professional relationship. We're not responsible for others' moods or reactions but we can completely take control of our own and bring the calm to others who can't seem to find theirs.  $\diamondsuit$ 

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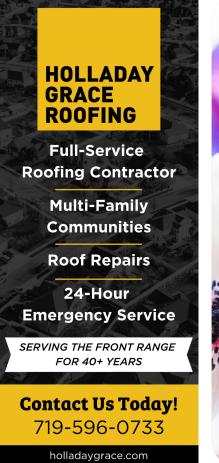
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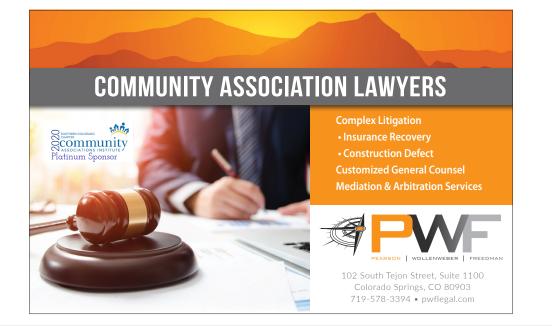


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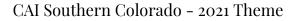
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# CALMING CHAOS THROUGH COMMUNITY

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