Channel Islands Yacht Club

CIYC CURRENTS

Volume 64 Issue 03 64 Years of Service MARCH 2024

Photo : Garry Kraft See Cruising Report page 8

From the Quarterdeck
2024 Commodore Deborah Tyhurst

Ahoy, Shipmates!

Swoosh and it's March. Thank goodness we had an extra day in February, as it was jam-packed! Starting day 1, DJ Trivia finally got their Einstein Perpetual Trophy which was presented by DJ Trivia Diva **Debbie McKenzie** to "**The First Timers"** for their brilliance in 2023.

The meals, socials, and water activities have been wonderful. Thank you to Vice Commodore **Tom Webb**, Rear Commodore **Marc Gault**, Race/RAM Captain **Jane Thomas**, Cruising Chair **Garry Kraft**, Social Chair **Linda Greenup**, Linen/Table Setting Chair **Sharon Sullivan** and crews. They all work tirelessly to bring new and special dining, entertainment, and water experiences to you. Please read the details and accolades in the following articles.

Our 1st General Meeting is now behind us and what an uplifting and fun meeting it was. Many thanks to **Lisa** and **John Medlen** for providing a great shrimp and pasta Lite Bites meal. The crowd loved it! Our membership chair **Frank Sullivan** reported a lower attrition rate. Treasurer **David Flamer** reported positive financials for 2023. A big thank you to **David Flamer**, **Linda McCulley**, **Sue Woolf,** and **Mike Farrell** for wrapping up 2023 and preparing the 2024 budget to keep us on track.

The first of the year survey was a success! All answers and suggestions were read. It was amazing how similar our wants, needs, and concerns are. After tallying responses, we found that Member Care, Retention and Recruiting was the #1 concern. We'll all be kinder and more inclusive, and we're coming up with new ideas to better blend our older and newer members. The #2 issue is our building infrastructure for which we have a team prioritizing upcoming projects and securing funding. The #3 item was Volunteerism. We are exploring ideas to incentivize our volunteers and make it fun. We have several new and revamped committees to address these issues. A Ways & Means Committee was formed to address funding for our projects; we came up with a Welcoming Committee dedicated to our Member Care. Both committees are led by **Rene Aiu**. We have a Social Media Committee, led by **Gabe Soumakian,** to help with our online image and to recruit new members focusing on younger adults to round out the membership. If you have interest in joining any of our committees, please reach out to us. We also have a new Room Rental Chairperson, **Maureen Fletcher**. Rental privilege is for Members and their immediate families only: Mother, Father, Brother, Sister, Son or Daughter. As with everything, fees have risen and you will no longer go to the office administrator to book a party. When you're planning your event, call **Maureen** and she'll help you make it extra special!

Our lease delegates, **Mike Greenup** and **Bill Scarpino,** have reported that they expect to have a final draft of our lease with Vintage by the time you receive this newsletter. The time and finesse that have been put into this negotiation are so appreciated. Thank you both!

Last, most of you know our electrical system is inadequate and needs upgrading. **Bill Elswick** has led this project and has accompanied 5 teams of electricians through our building. Our membership voted to proceed with this project and make an investment not to exceed $15,650. Then the donations began. The **Islanders**, **Anglers**, **Woolf**, **Tyhurst, Sullivan**, **Barbaric**, **Taylor**, **Bech**, **Strickland**, **Deyling**, **Elswick**, **Mitchell**, **Kraft, Light**, **Solt**, **Stillar**, **Taha**, **McFarland**, **Warden** and **Webb** all jumped in to donate. If you were unable to be present, but would like to make a donation, please contact Ways and Means Chairperson Rene Aiu. This was totally unexpected and humbling.
Another reason why we are the **#1 Yacht Club in Ventura County!**

That's a Wrap…SEE YOU AT THE CLUB OR ON THE WATER, SHIPMATES!

Deborah Tyhurst, Commodore 2024

From the Quarterdeck
Vice Commodore—Tom Webb

February started out great by closing the books on 2023.

I must thank **Linda McCulley, George Arglen, Mike Farrell, Ann Marie Gross, Deborah Tyhurst, Sue Woolf and David Flamer** for providing us with the necessary guidance from the 2023 Finance Committee. Also, thank you, **Linda, Sue, Mike,** and **David,** for putting together a budget for 2024 that was overwhelmingly approved by the Board of Directors and the Membership. I know this was a huge task requiring many hours.

The bad weather put itself on hold and SCYA (Southern California Yachting Association) was able to hold the
Midwinter Regatta; it was held on February 24th and 25th.
As always, **Jane Thomas** put long hours of hard work into putting this all together. Sincere thanks to the RAMS and members of **CIYC** who volunteered to help organize this great event. There were hearty meals both days to feed the hungry racers and a trophy presentation after the race on Sunday with a dignitary from SCYA handing out the awards.

Midwinter Regatta
See article next month!

Wet Wednesdays begin in Santa Barbara on March 13 but don't start down here until April 10. I will remind you again next month.

The ASBCYC local race schedule is as follows:

March 3	PCYC TGIS Winter Series #2
March 9	9 PBYC Spring Series #2
March 10	VYC Beginner Race Seminar #2 of 2
March 16	AYC St. Patrick's Day Regatta
March 23	PBYC Spring Series #3 of 3

March begins a flurry of Opening Days up and down the coast. Your three Commodores will do their best to attend as many as possible and to represent you in the professional style you deserve. **Our own Opening Day is April 7**. As is customary, a Bristol Boat Competition will be held. A checklist of items that are judged can be obtained from Fleet Captain **Mike DeSart.** Please get your **Ladies of the Sea** looking their best and contact **Mike** to enter.

In closing, I sincerely thank **Dan Estabrook** and **James Glass** for putting together a chartered fishing trip on July 28th. This trip sounds as if it's going to be a blast! It SOLD OUT immediately. We are looking into a second trip date due to all the excitement and interest. Thank you again, **Dan** and **James,** for acting on your idea and volunteering to do this.

I know there are many fantastic ideas out there. Bring them to us and let us help you make them happen.

Wishing you Fair Winds and Following Seas,

Vice Commodore 2024

Tom Webb

From the Quarterdeck
Rear Commodore Marc Gault

The year has started off very well. Attendance for Wednesday and Saturday dinners has been great, and the entertainment we have had has been perfect for our club.

Please join me in recognizing the following individuals for making it happen in February: **Evelina Arglen, Kat Sotiridy, Sherry Nolan, Lisa Medlen, Gene Peck, Phil MacPhail, Katrina Glass, Linda Perry and their crews**. Without this group, we would be pretty hungry, and imagine all the fun we would have missed. Please share your appreciation with these people who are working very hard to make our club a great experience for the membership. The amount of effort and energy expended by them is amazing. And I sincerely thank **Linda Greenup, Debbie Mitchell, and Sharon Sullivan** for all their contributions behind the scenes. And also **Dodie Duffy, Diane Sabol, and Bill Scarpino** for making Fridays happen.

March is here, and everybody knows what that means: St. Patty's Day!
Also coming up: the Anglers' Dinner which is always a favorite.

Keep your eyes on the weekly Emails; they are full of the latest events, dining experiences, and entertainment.

Football has ended, hockey is in full swing, and baseball is about to start. **Bill Hoover and James Glass** are putting together a Dodgers Suite for 30 when the Mets visit. If you are interested, contact one of the gentlemen to join in. Transportation is also being worked out, so please let them know if you would like to participate.

I also thank the Ship Shape Crew for giving their time and energy to cleaning our club from top to bottom. Next month we will start the deep cleaning of the galleys, thus completing our annual spring cleaning cycle.

Marc Gault, Rear Commodore

Anglers' Corner

By Frank Sullivan

WSB Grow-out Pens Update:

After the challenges of the last few months, we seem to have turned the corner on the die-offs. We had very few mortalities noted the last couple of weeks and we had a weight and length survey done on February 13th. The fish are now averaging 7.7 inches with an average weight of 5.3 oz - and looking healthy.
We had a reporter from the Ventura County Star come to see the operation and we received a very positive writeup.

Fishing Report:

Rockfishing is out of season now but will reopen April 1st. Before you head out, check out this website for regulation updates: https://wildlife.ca.gov/Fishing/Ocean/Regulations/Fishing-Map/Southern.

Thank you to James Glass and Dan Estabrook for setting up a charter for the CIYC Anglers for July 28th. We are sold out already with 18 onboard. This could become a regular event since many of us have limited access to private boats. I do encourage those of us who have boats suitable for fishing to invite other CIYC anglers out with them.

Upcoming events:

March 9th	**Anglers' and WSB Pens Scampi Dinner/Fundraiser**
May 18th	Men's Fishing Tournament
June 8th	Ladies' Fishing Tournament
July 6th	In-Harbor fishing Tourney (free fishing day)
July 28th	CIYC Anglers' Charter on the Aloha Spirit (SOLD OUT)
September 6th	Channel Islands Billfish Tourney Kickoff Dinner
September 7th to 11th	Channel Islands Billfish Tournament
September 13th	Channel Islands Billfish Tourney Awards Dinner at PCYC
November 9th	Anglers' Awards Dinner

March 9, 2004 at 7 PM

Anglers / White Seabass Fundraiser Dinner

Your Chef: Bill Magee and Anglers Crew

Succulent Shrimp Scampi awaits your discriminating palates.
Fixed only as CIYC can!

(Chicken available upon request when you RSVP)

Frank Sullivan's Clam Chowder, Rice Pilaf, Vegetable, Sourdough Bread and Dessert

Following dinner there will be a drawing to support the White Seabass pens and Anglers' projects.

$30

RESERVATIONS REQUIRED

reservations.ciyc@roadrunner.com

HARBOR WATCH *Rene Aiu, Harbor Delegate*

Quick Updates on Harbor Development Projects

New Hyatt Place Hotel construction is planned to start in April.
Brighton Management, the developer, has hired a contractor and is in the process of putting a construction loan in place.

Renewal of Harbor parking lots is underway starting with the Kiddie Beach area.
In the next couple of months, next on the renewal plan will be the Silver Strand Beach parking area. Per the Harbor Department, the plans for the parking lots along Harbor Boulevard are in the works and the renewal and repairs for these lots will be done by the end of this year.

NOID approval for the new Channel View children's playground is going well. The Coastal Commission has asked the County Harbor Department to review some of the materials being considered for the play area and to look for alternative surfaces such as cork or sand versus the initially proposed rubberized surface that may be a hazard for the ocean and possibly for children as well. The Harbor Department is investigating possible surface alternatives and will submit them to the Coastal Commission for approval.

Karls Project at Fisherman's Wharf is working with the Harbor Department to obtain quotes from environmental consultants in order to prepare the necessary documents for CEQA review (California Environmental Quality Act) of the project. This will help the project to move forward to a lease-option stage.

Rene Aiu, Harbor Delegate

Channel Islanders *First Mate Eveline Paullin*

Hello, Members of CIYC,

Our February Event, Luncheon at the Cave Restaurant in Ventura, will have taken place when you read this. I will report on the event in the next edition of the Currents.

Events for March:

We will celebrate the Anniversary of the Islanders with a special Luncheon on
Tuesday, March 19th, at 11:30 am.

An invitation with details will be sent to previous First Mates and to all CIYC Members.

It is time to start planning for Opening Day, Sunday, April 7th.
Opening Day at CIYC is a highlight of our year. Opening Day upholds yacht club traditions, is fantastic, delicious, and fun! Deborah has requested a Tropical Theme.

We will need your help with cash donations, food donations, and time. We will be cleaning, cooking, and decorating for the event.

A planning meeting is scheduled for Wednesday, March 6th, at 4:00 pm.
We would like you to attend, but if unable to attend and would like to help in any way, you can contact me at (949) 246-7214 or email me at eveline8347@att.net.

Eveline Paullin

First Mate 2024

Doc Lines

Metabolic Syndrome, Pre-diabetes, Fatty Liver

Only 12% of Americans are metabolically healthy!!!! Let that sink in.

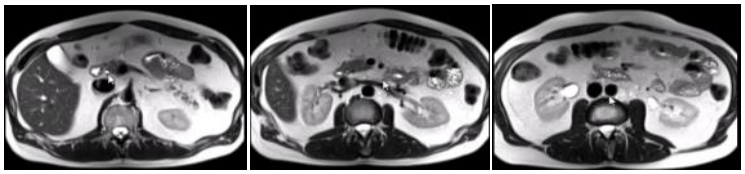
Prevalence in the US - more than one may be present:

Metabolic syndrome	*30%*
Pre-diabetes	*33% (80% who have it don't know)*
Diabetes	*11% (2.3% don't know)*
Non-alcoholic fatty liver	*44% (25% in children)*
Obesity	*41.7% (19.7% in children)*

Metabolic syndrome is characterized by a cluster of symptoms that greatly increase one's risk of heart disease, insulin resistance, and diabetes type II.

The symptoms are: ***a)*** A waistline over 40" in men/35" in women ***b)*** Blood pressure 130/80 and above ***c)*** A fasting blood glucose over 100 mg/dl ***d)*** A fasting triglyceride level over 150 mg/dl ***e)*** An HDL cholesterol under 40 mg/dl in men/50 in women ***f)*** decreased ratio of fluffy LDL to dense LDL (80:20 is normal, increase in bad dense LDL is abnormal). ***Three*** or more of any of these symptoms are diagnostic of the syndrome.

Risk factors are ***a)*** age ***b)*** ethnicity (Hispanic women predisposed, reason unclear) ***c)*** obesity ***d)*** diabetes ***e)*** polycystic ovaries (see MRI right) ***f)*** sleep apnea ***g)*** non-alcoholic fatty liver.

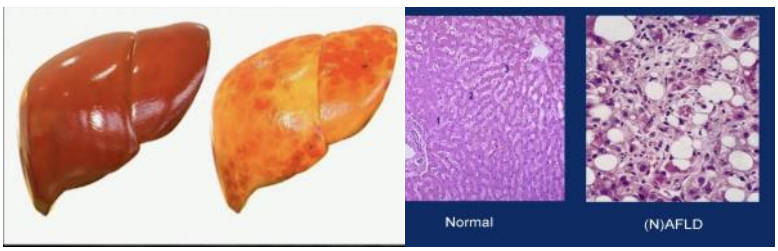


The dominating feature is increase in intra-abdominal ***visceral fat*** around the kidneys, adrenal glands, pancreas, intestines, and pelvic organs. This visceral fat is ***inflammatory***, unlike subcutaneous fat which is not. Prolonged chronic inflammation is a setup for heart disease, strokes, diabetes and high blood pressure. The MRI images demonstrate extensive fat (white) surrounding major organs and moderate subcutaneous fat outside the abdominal muscles (dark).

Treatment demands a change in diet markedly reducing carbohydrates (ketogenic diet?), losing weight, reducing stress, and intermittent fasting.

Pre-diabetes. *It*'s frightening to see how many are pre-diabetics and how many have no idea they are. The most important thing to know is that normal fasting blood sugar and normal A1C do not exclude a pre-diabetes diagnosis. One should also measure ***fasting insulin*** blood level to see if it is elevated. If it is, you are pre-diabetic. But it is very rare to have a doctor order this test (my doctor had never heard of it). You should (politely) ask for it to be included in your bloodwork. Pre-diabetics with a low ***vitamin D3*** level of 20-30 ng/ml are 74% more likely to become full diabetics, compared to those with 50-60 ng/ml levels.

Non-alcoholic fatty liver. In the past, fatty liver was only seen in alcoholics. Now it is so common it is even seen in children. Liver cells accumulate globules of fat which over a prolonged period can develop into scarring and liver cirrhosis, even requiring a liver transplant. The culprit? ***Sugar, fructose, carbohydrates, and omega-6 fatty acid*** found in ***vegetable oils***. The good news is that the liver readily regenerates itself if the offending agents are removed from the diet. Imaging (ultrasound, CT, MRI) and some lab tests are diagnostic. But eating four servings of fruit and drinking a morning glass of orange juice will make things worse. A well-intentioned mother may give little Johnny a "healthy" breakfast of cereals (grains, sugar), a glass of OJ (30 g fructose), and include a small box of raisins (20 g fructose) with his lunch. Now 25% of children have fatty liver and almost 20% are obese.



Cruising Corner *by Dr. Garry G. Kraft*

I did some research on Prisoners' Harbor, Santa Cruz Island.

What I found was fascinating and a little-known fact of Ventura and Santa Barbara County history.

Prisoners' Harbor on Santa Cruz Island holds a unique place in California's history. Its name stems from a brief attempt by the Mexican government in 1830 to use the island as a penal colony. Around 80 prisoners were brought from Mexico. The Mexican government contracted with Capt. John Cristian Holmes, skipper of the American ship Maria Ester, to pick up 80 criminals in Acapulco and deliver them to California. Holmes tried to drop them off in San Diego and San Pedro but was denied both times. Holmes then transported and discharged the convicts to what today is called Prisoners' Harbor on the north side of Santa Cruz Island.

This location was a perfect, isolated location to establish a penal colony. The seasonal creek provided fresh water and created a lush wetland with plentiful birds and animals. The Santa Barbara Mission provided food, supplies, medicine, tools, and livestock. The prisoners were left to survive and build a shelter. All went well until November, when fire destroyed the shelter and all their supplies.

Faced with starvation, they built a crude raft and set out without sails, oars or paddles, totally dependent on the wind and currents. A gale drove the raft toward the coast. It held together until it hit the surf off what today is Carpinteria. The raft broke apart, throwing the men into the sea. The exhausted convicts were rounded up and imprisoned for a time in the Santa Barbara Presidio guardhouse. Eventually, they all were freed and absorbed into the community.

According to historian H.H. Bancroft, their descendants still live in Santa Barbara and Monterey counties.

CIYC

Channel Islands Yacht Club

March 2024

PLEASE CHECK YOUR EMAIL FOR UPDATES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 Happy Hours 5-7 pm Birthday Bash potluck	2 Crème Dinner
3 2-5 pm Open House	4	5	6 6:30pm Wed dinner Korean Chicken	7 DJ TRIVIA & Bar Food	8 Happy Hours 5-7 pm Lite Bites	9 7pm Anglers' Dinner
10 Daylight Saving 11am J/24 Workday	11	12 Noon SAC meeting in the Dining room	13 6:30pm Wed dinner Deborah's Irish stew And Irish Dancers	14 6:00pm CIWSA DJ TRIVIA & Bar Food	15 Happy Hours 5-7 pm Lite Bites	16 7pm St Paddy's Social Vera Cline
17 St. Paddy's Day	18 5pm Finance meeting	19 Spring Equinox 6:00pm CIYC BOD !1:30 am Islanders Anniversary Lunch-eon	20 5pm Islanders Board meeting 6:30pm Wed dinner by Tom Ressler	21 DJ TRIVIA & Bar Food	22 Happy Hours 5-7 pm Ventura British Brass &Potluck Islands Cruise	23 BEEFEATERS Dinner
24 Deep Cleaning Bar & Kitchen Tentative Sip & Paint Islands Cruise	25 Deep Cleaning Bar & Kitchen	26 Deep Cleaning Bar & Kitchen	27 6:30pm Wed dinner	28 DJ TRIVIA & Bar Food	29 Good Friday TGIF Fish Fry 	30 No Dinner
31 EASTER 1pm Luncheon						

2/28/2024

CIYC

Channel Islands Yacht Club

April 2024

PLEASE CHECK YOUR EMAIL FOR UPDATES

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2	3 Setup	4 Setup	5 Happy Hours 5-7 pm Setup for Opening Day	6 Setup for Opening Day
7 CIYC Opening Day	8	9	10 Wet Wednesdays start Setup	11 Setup	12 Happy Hours 5-7 pm Variety Show	13 Variety Show
14 Tentative Sip & Paint 11am J/24 Workday	15 5pm Finance meeting	16 6:00pm CIYC BOD	17 5pm Islanders Board meeting 6:30pm Wed dinner by Joyce	18 DJ TRIVIA & Bar Food	19 Happy Hours 5-7 pm Birthday Bash Cruise	20 Epicureans Dinner: Chef Roberta
21 Cruise	22 Maritime institute Captains Class 8am –4pm	23	24 6:30pm Wed dinner by Joyce & Channelettes	25 DJ TRIVIA & Bar Food	26 Happy Hours 5-7 pm Lite Bites	27 10 am General Meeting 7 pm BEEFEATERS Dinner
28 10am Whale Watch cruise	29 Maritime institute Captains Class 8am –4pm	30				

Saint Patrick's Day

Saturday, March 16th

Cocktails at 6:00 pm
Dinner served at 7:00 pm

Vera Cline and Crew present
Vera's signature St. Pat's dinner

Menu

Green salad
with homemade garlic and herb croutons
and homemade Green Goddess dressing

Brown sugar glazed Corn Beef

Dilled broth braised cabbage wedges

Potatoes and carrots braised in broth

Mint Chocolate Chip ice cream
with a Baileys splash!

Entertainment by Sea Miners Band
Specializing in traditional songs of Ireland and Scotland

$30

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THANK YOU

Thanks for a fantastic dinner and your brave service!

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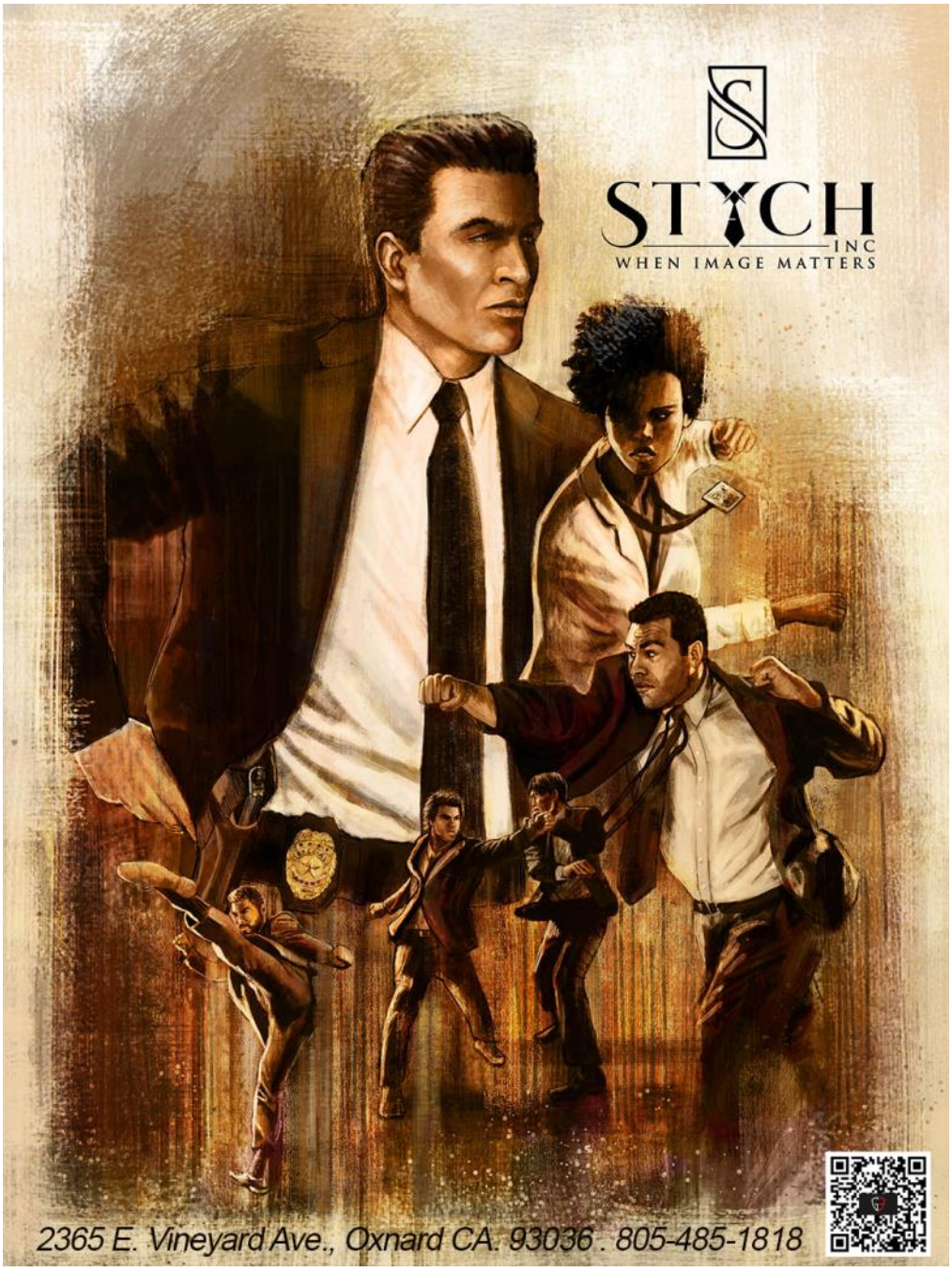
Linda_Perry's_photo of Burgee exchange at Aruba Yacht Club!

Thanks to our sponsors!



If you RSVP for a dinner and do not receive a confirmation, you should send a second request! Or CALL or TEXT Janis!

CURRENTS is only delivered digitally. Calendar events are updated by email and the Calendar is available and updated online at https://ciyc.com/events/calendar

Click here to join our Facebook group.
Channel Islands Yacht Club & Friends

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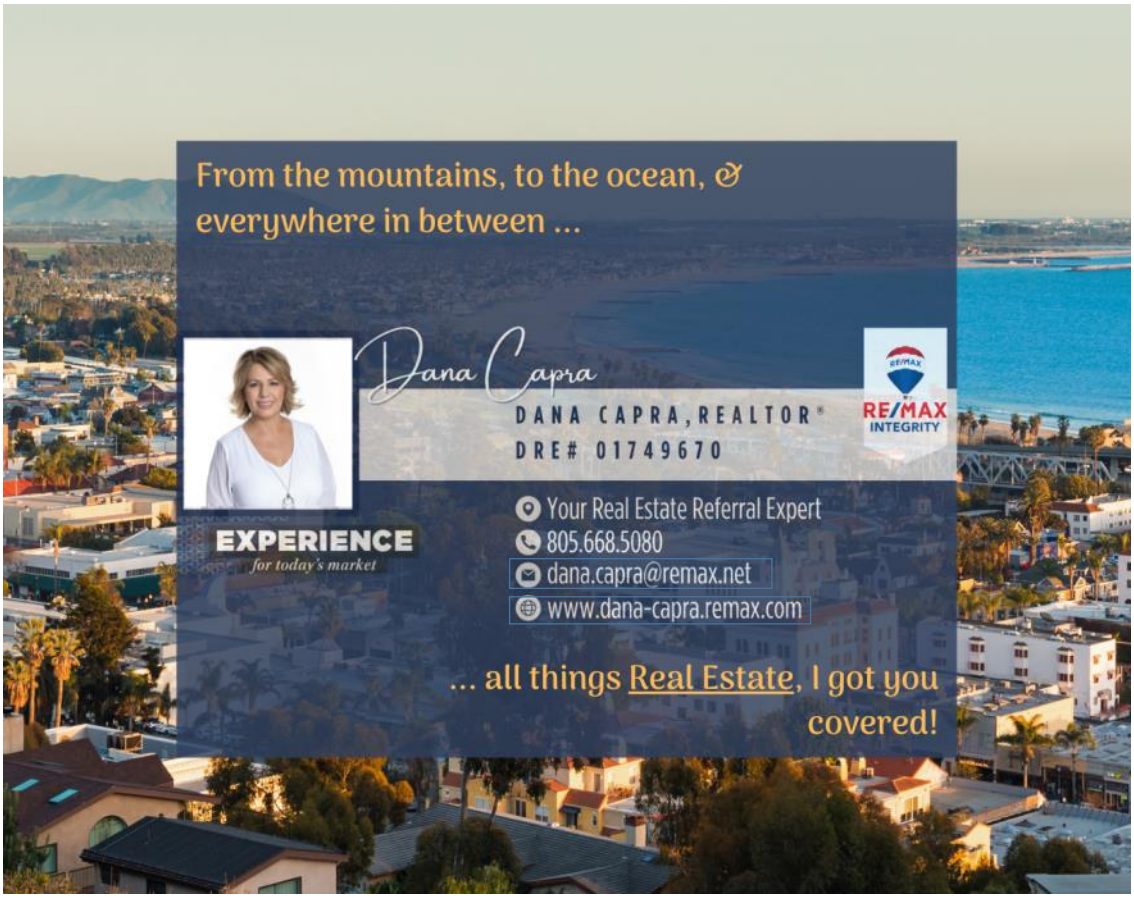

DON'T MISS AN EVENT!

Check your email updates and changes happen all the time.

RSVP EARLY

The cooks work very hard planning meals, shopping and cooking.

If you do not receive a confirmation you do not have a reservation!

PLEASE—call text or email again!

HAPPY MARCH ANNIVERSARIES!

Nelson, Bryan & Shawna March-02
Vohland, Sarah & Paul March-03
Ward, Dan & Shelly March-08
Medlen, John & Lisa Marie March-13
McFarland, Gary & Syd March-14
Sherlock, Diane & Richard March-14
Hoover, Bill & Aki March-15
Bech, Vidar & Marnie March-16
Fuqua, John & Carol March-17
Cline, Bill & Vera March-21
Beckwith, Keith & Arlene March-25
Engelhardt, John & Shanie March-25
Webb, Tom & Leslie March-26

HAPPY MARCH BIRTHDAYS!

Bech, Marnie	Mar 03	Nelson, Bryan	Mar 12
Guido, Judy	Mar 03	deCaussin, Rita	Mar 13
Macias, Traci	Mar 03	Irvin, Danny	Mar 13
Becker, Priscilla	Mar 04	Loman, Mitch	Mar 14
Beckwith, Keith	Mar 04	O'Farrell, Claire	Mar 16
Gargan, Rich	Mar 04	Forsyth, Laura	Mar 17
Lazzarevich, Carol	Mar 04	Lockhart, Bill	Mar 20
Thomas, Kenny	Mar 04	Waddell, Madeleine	Mar 21
Gonnello, Elyse	Mar 05	Hopps, Peter	Mar 24
Youngman, Harvey	Mar 05	LeDoux, Gaby	Mar 24
Crier, Melodie	Mar 07	Love, Katie	Mar 28
Moore, Keith	Mar 08	McCulley, Jim	Mar 29
Rockwell, Rocky	Mar 08	Merriam, Jolene	Mar 29
Sotiridy, Kat	Mar 09	Berger, Nancy	Mar 30
Childs, Elese	Mar 11	DeSart, Gail	Mar 30
Khodanian, Jewel	Mar 12	Loman, Michele	Mar 30

BIRTHDAY & ANNIVERSARY BASH POTLUCK FRIDAY MARCH 1
BRING A POTLOCK DISH TO SHARE WITH 8!

Gordon "Paul" Hatcher May 22, 1936 - February 25, 2024

It is with great sadness that we announce the passing of Paul Hatcher on Feb 27th. Paul was a lifetime member of CIYC and founding member of the Beefeaters cooking crew.

Paul and Ruth Hatcher joined CIYC in 1975 and quickly became an integral part of the club. Ruth passed away July 19, 2023 and now Paul has joined her. Paul's son, Gordon Hatcher extended an invitation to the service that took place on Thursday, February 29th.

Our deep condolences to the family!

Paul told Gordon he wanted Ruthie's and his ashes to be set free at Little Scorpion, they will be having a burial at sea in August or September. We will notify the membership when we know more.

Your Bridge and Board continue to endeavor to control costs so that our members can enjoy the benefits of Club membership at a reasonable cost.
January 1, 2024, a 3.5% service charge was added to all payments made via credit card.

Please consider making Club payments via check or ACH transaction to avoid this charge.
Thank you for your help in keeping our Club's operations efficient.

Volume 64—No. 03

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CURRENTS SUBMISSIONS

E-mail submissions and photos to
currents.ciyc@roadrunner.com
Please email images or post on Facebook!

DEADLINE NOTICE:
Articles must be received by the 15th of the month preceding the next publication month.

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for the APRIL 2024 Issue.

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Thank you to the Magical Editing Angels!
Erika Barbaric
Marsha Anderson

We honor Judy Fraser as we proofread every issue.

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If you submit photos please make sure they are high resolution of at least 150 dpi or above.

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