VOL. XCVIII USPS 297-360 March 2021

2021 Women in Agriculture **Conference Exclusively Online**

the agriculture industry should plan to attend the Women in Agriculture Conference, scheduled for Friday, March 26th. This year's mini conference is being held exclusively online to help women become empowered in agriculture.

The conference, in its ninth year, will feature keynote speaker Jason Medows, host of the popular Ag State of Mind podcast. He will present "MENTAL HEALTH: What it is, how it affects us in agriculture and what we can do to improve." Using real-life examples from his own experience, Jason will discuss the mental health challenges faced in agriculture. He'll focus on strategies and solutions for improving mental health and will conclude by speaking directly to women about how they can positively influence the men in their lives.

Jason was born and raised on his family's cow calf operation outside of Cuba, Missouri. He grew up playing football and baseball as well as involved in his local 4-H. In 2002 Jason left the farm for St Louis College of Pharmacy. He graduated in 2008 with his Doctor in Pharmacy and returned home to work at a local hospital and continue the cow-calf operation he started in college. It was at that local hospital he met his future wife Keri. Fast forward 12 years and they have 4 boys and have purchased another farm of their

In 2019, Jason began his podcast Ag State Of Mind where he combined his medical background with his passion for agriculture to help break the stigma surrounding mental health in agriculture.

The conference will wrap up with Rita Frazer, Director of Network and Audio Services for the RFD Radio Network, and Adam Nielsen, Director of National Leg-

Farm women and all those involved in islation and Policy Development in the Governmental Affairs and Commodities Division of the Illinois Farm Bureau, presenting "Advancing Farm Bureau's Issues in the 117th Congress". Together they will discuss how to effectively communicate agriculture's message with a new administration.

Rita and her team gather farm news and information and cover issues that are important to the Illinois Farm Bureau. RFD reports and programs are heard first on-the-air of affiliated stations, and most programs can be found later in the day on the web or as podcasts. Rita is a 30- year member of the National Association of Farm Broadcasting and immediate Past President of the NAFB, she is an awardwinning broadcaster who has covered farm news and events on a state and national basis. Rita uses her farm roots and years of broadcasting experience to communicate effectively with listeners, and has devoted her career to serving ag-

Adam plans and executes the organization's national legislative programs, acts as a liaison with the Illinois Congressional delegation and federal agencies, and organizes the association's fly-ins to Washington, D.C. He is also responsible for the implementation of IFB's policy development program, coordinates the Illinois Agricultural Legislative Roundtable, a group of all agriculture associations and organizations within Illinois, and serves as assistant secretary of ACTIVATOR, IFB's political involvement committee. Adam joined Illinois Farm Bureau in 2000 and served three terms as a member of the Normal (IL) Town Council.

There is no cost to attend and registration will open March 1st. To register, contact any of the sponsoring County Farm Bureaus in Illinois, or register online at womeninagricultureconference.com.

The Conference is sponsored by the Farm Bureau Women in Agriculture Conference Committee and COUNTRY Financial.

WELCOME **NEW MEMBERS**

The Knox County Farm Bureau would like to welcome the following to our organization

Michaela Cassel Michael & Jeannie Lakis Wilfred & Becky Marshall Patrick Poulson Khrista Towle Phillip & Cara Wolford Phillip Yeast

Knox County Farm Bureau Foundation

INTERNSHIP APPLICATION **DEADLINE EXTENDED TO MARCH 15!**

APPLICATIONS AVAILABLE AT WWW.KNOXCFB.ORG/FOUNDATION





Members are always welcome at Knox County Farm Bureau's Board of Director meetings. They are held the third Thursday of each month. Please call for times.



March 2021
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cooperating with the
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and the
AMERICAN FARM BUREAU
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We reserve the right to reject any or all news material or advertisements offered to this paper. PLEASE REPORT ANY CHANGES IN YOUR ADDRESS TO OUR OFFICE

Thank You KNOX COUNTY FARM BUREAU



Food brings everyone to the table

On a recent winter evening, my kids announced that we had missed National Blueberry Pancake Day.

"Alexa" had told them about it. They continued to chuckle, ask questions and give commands to this internet-connected smart speaker, which responds to the name Alexa. On their cue, the robotic female voice delivers generally unimportant facts and plays exaggerated noises of passing gas. And that, of course, generates more laughter.

For nearly a pandemic year, our household motto rather has provided a lesson in life: Be happy making the best of the situation. Alexa helps with that. And had I known about this special day for fruity flapjacks on January 28, I would have made blueberry pancakes on that Thursday morning. Just for fun.

Most of my life, I passed off "National Day" events with a no-need attitude. For sake of humility, we didn't need cause holidays. Maybe we do. Besides making the best of things, this pandemic era has taught us the desperate need to listen more and practice empathy.

That said, agriculture deserves its day, too. National Ag Day is March 23, 2021, a date to recognize that modern agriculture sustains life. The food, fiber and fuel this industry provides gives Americans the nutritional energy for the day, the shirt on their backs, the shelter overhead, and the renewable fuel to drive away from home when COVID allows.

Economically, agriculture ranks the No. 1 industry in Illinois. Environmentally, farms grow more with fewer resources, essential in a world where the population grows larger by the day. Emotionally, agriculture remains at the core of our nation's greatness with an overwhelming majority of farms (97% in

Illinois) still owned by families, often generations of them.

March 2021

A century ago, nearly one-third of the American population farmed, suppressing the need for a National Ag Day. More people held a direct farm connection, largely lost now that fewer than 2% of Americans farm. Modern advancements allow people to pursue careers unrelated to farming and for each farmer to feed more than 166 people, a dramatic increase from 25 in the 1960s, according to the American Agriculture Council of America.

Since Thanksgiving, I have intended to replicate the beloved turkey dinner with classic fixings that we anticipate and enjoy only once a year. Why not savor it more. I decided that National Ag Day will dictate the occasion, a fitting way to celebrate how food brings everyone to the table.

Learn more about National Ag Day at www.agday.org.

About the author: Joanie Stiers' family grows corn, soybeans and hay and raises beef cattle and backyard chickens in West-Central Illinois.

Getting To Know Your Farm Bureau Policy

15. UTILITIES AND PIPELINES We support:

1. Continuation of work for quality rural telephone, broadband, and electric service with just and reasonable rates.

18. Efforts to assess telecommunication needs in rural areas and ensure that telecommunication providers in partnership with rural communities meet those identified needs.

23. Efforts to further enhance the 8-1-1 internet-based location service to accommodate whole field utility location services, using whole field boundaries.

24. Seeking the requirement, that upon notice to a utility company that owns or controls underground utilities, including fiber optic equipment and lines, by an individual or entity who is planning on exca-

vating under or over such lines, the utility company shall excavate a minimum area to expose such line. This minimum area excavated by the utility company shall be large enough to allow the individual or entity planning on excavating to conduct their needed work in a way as not to damage the line.

26. Seeking legislation requiring all utility and pipeline projects that are constructed/buried across agricultural land complete an Agricultural Impact Mitigation Agreement (AIMA) with the IDOA before landowners are contacted about the project.

27. Seeking legislation that requires pipelines and utilities to enter into an AIMA agreement with the IDOA and allows for the enforcement of the AIMA by the IDOA

when the agreement has been violated by a utility or pipeline company and the project can be stopped until the project violation has been corrected.

97. RURAL DEVELOPMENT We support:

- 1. Placing rural development as one of our highest priorities.
- 2. Examining private and government rural development programs to determine their viability and practicality in improving the rural economy and quality of life in Illinois.
- 8. Providing county Farm Bureaus advice and guidance on rural development programs.
- 19. Multiple sources and increased levels of funding for developing and expanding broadband access to rural areas.

ANHYDROUS AMMONIA Certified Grower Training

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All growers or grower farm operators who transport or apply anhydrous ammonia, or otherwise maintain anhydrous ammonia equipment, shall be certified to understand:

- Properties of ammonia.
- Competent in safe operating practices.
- How to take appropriate actions in the event of a leak or emergency.
- Personal Protective Equipment & First Aid.
- Transportation Safety.

Growers and grower farm operators have until April 1, 2022 to be initially certified, and must participate in refresher training every three years.

Certified grower training will be offered at no cost to the grower or grower farm operator via an in-person or online training program approved by the Illinois Department of Agriculture (IDOA).

Online is now available on the IDOA website at [www.Bit.ly/IllinoisNH3]. In-person training opportunities will be announced as they are developed.





Who needs to be certified?

"GROWER"

Any individual who produces an agricultural commodity on property he or she owns or controls

"GROWER FARM OPERATOR"

An individual employed by or otherwise authorized by a grower to transport or apply anhydrous ammonia, or to otherwise maintain anhydrous ammonia equipment. These individuals include grower family members, full-time and part-time hired help, and others providing anhydrous ammonia services at no fee.

*This new requirement is found in the IDOA regulations regarding anhydrous ammonia at 8 Illinois Administrative Code 215.

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Knox County Farm Bureau

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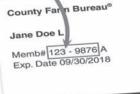
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COUNTRY

NEWS FROM COUNTRY FIN



Emergency funds and you

We've all heard it's smart to have money set aside in an emergency fund, but what does that mean exactly?

Let's start by describing a financial emergency.

This is an unexpected situation that has an impact on your normal income or expenses. Some of the most common financial emergencies include:

- Job loss or reduced hours
- Sudden health problem that affects your ability to work
- Medical bills
- Natural disaster
- Divorce
- Death of a spouse
- Significant home repair
- Major car issue like a transmission or suspension problem

We typically don't include anticipated expenses in the category of financial emergencies. Although replacing your home's furnace or car's tires can be expensive, you can anticipate these costs based on the item's age and typical life span. These replacements should ideally be covered by your general savings and not pulled from your emergency fund.

How much do I need?

Experts typically recommend building an emergency fund that contains enough money to cover 3-6 months of essential expenses. We know that sounds overwhelming, so we've broken it down into steps that will put you on the path to a well-funded emergency account:

Know your numbers. Start by identifying (or confirming) how much your necessary monthly expenses are (include rent or mortgage, utilities, insurance, car payments, food, etc.) and exclude those things you can't do without if needed (dinners out, green fees, fashion splurges).

Set your goal(s). Multiply the above number by three to determine the minimum amount you should have available and by six to establish your higherend goal. This emergency fund should be easily accessible (commonly used accounts include savings, checking and money market).

Choose a winning mindset. Although it might seem like a bummer to eliminate a few fun expenses, remind yourself that this will make life easier when an emergency comes up. It can be a big relief to not have financial worries while dealing with an

illness, household disaster or b loss.

Be realistic and reward yourself. Give yourself a reasonable timeframe, as well as a do-able savings amount. You can also reward yourself as you hit certain targets - whether that's an ice cream date or a nonmonetary reward like taking a nap while

your kids do the dishes.

Recognize the role of insurance. In addition to the importance of having an emergency fund with enough money for 3-6 months of expenses, our local COUNTRY financial representative can help you protect your lifestyle with well-chosen insurance.

AGENT SPOTLIGHT



Years with COUNTRY: 14 Office Address: 635 N. Seminary St., Galesburg, IL 61401 Phone: 309-342-1646 eMail Address: ed.johnson@countryfinancial.com

Family: Carie - wife; Daughters - Cora and Ellie Education: Bachelor of Science - Agriculture Business, Western

Designations: Investment Solutions Representative Awards: All American, Executive Club, Million Dollar Round Table Ed Johnson Mission Statement: To deliver honest, straightforward answers to

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JOE YOUNGMAN **AGENCY MANAGER**

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The meeting of the Board of Directors of looking to fill those spots in District 2 and

February Board Highlights

the Knox County Farm Bureau was held virtually and with some directors in attendance

on February 18, 2021. **Education & Outreach** A survey will be conducted by KCFB on

members and county residents on their access to broadband.

Farm Business - Todd West

A new plat book will be created for 2022. Available in December 2021.

Government and Policy

A survey will be conducted by KCFB on members and county residents on their access to broadband. Members are encouraged to talk to legislators about how the sales tax exemption affects them personally on their farm. Cheri Bustos would like to host a Zoom call with members on February 22, 2021.

Member Relations

Voting member dues are due February 28, 2021.

Foundation – Hailey Weyhrich

The Foundation Scholarship and Internship Application is available on the website and due February 15, 2021. The Foundation Board will meet on February 23, 2021.

PrimeTimers - Hailey Weyhrich Nothing to report currently.

Young Farmers - Tyler Main The Cover Crop Project has been awarded another \$10,000 for 2021. The Young Farmers met on February 11 and set their Program of Work and elected new Executive

Members. KAC - Hailey Weyhrich

Outdoor lightning fixes have taken place. The Knox County Health Department is using the building as a Unified Command Center for the COVID-19 vaccine. The Agri Center Board will meet on February 23, 2021.

OLD BUSINESS

The KCFB Annual Meeting is scheduled for January 29, 2022 at Cedar Creek Hall in Galesburg.

NEW BUSINESS

There are two vacancies on the Knox County Farm Bureau Board. Directors are District 3.

KCFB Board Attendance 2021

(P) Present (A) Absent

	February
Beard, Jennifer	Р
Bewley, Beau	А
Boydstun, Terry	Р
Courson, Dustin	Р
DeSutter, Drew	Р
Emken, Kurt	Р
Engel, Lori	Р
Goedeke, Phil	Р
Grady, Jeff	Р
King, Becky	Р
Link, Cory	Р
Link, Nathan	Р
Nelson, Brian	Р
O'Connor, Tom	Р
Shea, Damon	Р
Stevens, Monica	Р
Swanson, Brett	Р
West, Todd	Р



Hailey's Manager Update



I have mentioned before how I like to look back at the pervious years Manager Update for inspiration on what to write. Today, I looked back at the March 2020 Manager Update. Here are some snippets of what it said:

"March is going to be such a great

month!... I know our Task Forces and Young Farmers are working on some great ideas for this new year and are excited to share them with you all. Of course, we will be doing the same Farm Bureau programs you love, like events at the County Fair and the Steve Johnson seminar..."

Little did we know all that excitement would come to a dead stop almost 15 days later. While we are still not back to normal by any means, I have encouraged our Task Forces to remain optimistic. If we have learned anything this past year, it is that people want a sense of normalcy and virtual can work. Sure, there will be technical difficulties and the programs will not quite be the same.

With that being said, the Knox County Farm Bureau is here to support our members and we will look to do that in whatever way necessary. Members are still looking to Spring for planting to begin and things to begin greening up and growing, just like our Programs of Work. Members in our county always have wonderful ideas for programs and ideas they would like to see. Please reach out to me, Kim, or any Board of Director member to share your thoughts with!



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- Removal and follow up chemical treatment of large stands of Honeysuckle, Autumn and Russian Olive, Locust, and Multiflora-rose.
- Tree spade, grapple and tilling service.

Herbaceous invasive plants can be mechanically removed and treated any time of the year. Follow-up chemical maintenance is required to bring your land back to its original state.

Mike McKim





Health on the Farm

By the Knox County Health Department

Eating Right for Life Stages

For National Nutrition Month® 2021, the Academy of Nutrition and Dietetics recommends people adjust their eating habits to address the nutritional needs of their bodies during all stages of life.

What works for you in your twenties will not necessarily work for you in your fifties. As you age and evolve, so do your health and nutrition needs. It is important to eat right for life.

In March, focus your attention on healthful eating through National Nutrition Month®. This year's theme, Personalize Your Plate, promotes creating nutritious meals to meet individuals' cultural and personal food preferences. The Health Department encourages everyone to make informed food choices and develop sound eating and physical activity habits they can follow all year long.

Modest changes like healthful food choices and regular physical activity can help people manage or reduce their risk for chronic diseases such as type 2 diabetes, obesity, or heart disease. In addition to maintain-

ing healthful eating habits throughout life we recommend the following tips:

- Teens to 20s Build bone density by eating and drinking calcium-rich foods and beverages such as fat-free or low-fat dairy milk or yogurt or calcium-fortified soy beverages. Non-dairy sources of calcium include fortified cereals, beans, some leafy greens, and canned salmon with bones.
- 20s to 30s Reduce your risk of chronic diseases such as obesity, Type 2 diabetes, and heart disease by eating more dietary fiber, including whole grains, legumes, fruits, vegetables, nuts and seeds. Women of childbearing age should include sources of folate, such as beans and peas and dark-green leafy vegetables, and eat foods fortified with folic acid such as breads, cereals and other grain products. A folic acid supplement may also be needed and should be discussed with a health care provider.
 - 30s to 40s Continue to eat a variety



Knox County Health Department Taking Appointments

Call 309-344-2224



Documents needed to apply:

- Proof of 30-day gross income for all household members
- Copy of most recent health and electric bills
- -Social Security cards for all household members -Proof of SNAP/TANF



and vegetables, whole grains and beans, peas building activities to maintain muscle. Good and lentils for vitamins, minerals, antioxidants, and dietary fiber.

- **40s to 50s** Fine tune your healthful eating habits and continue to incorporate regular physical activity as your body changes due to fluctuating hormones and slowing metabolism. Also continue to focus on ways to limit foods and beverages with added sugars, salt, and saturated fat.
- **60s and beyond** Continue to include a variety of protein-rich foods to maintain of nutritious foods, especially plenty of fruits bone strength and incorporate strength-

sources of protein include seafood, lean cuts of meat, eggs, beans, tofu, and nuts. Animalbased protein foods also provide vitamin B12, which is a concern for some older adults. Foods also may be fortified with vitamin B12 or a supplement may be recommended by your health care provider.

For more information on how to "Eat Right for Life Stages" visit ADA's National Nutrition Month website for a variety of helpful tips, fun games, promotional tools and nutrition education resources.

oving Your Farm Begins With Loving Your Farmer

By: Adrienne DeSutter

February is the official month of love, and a most appropriate time to reflect on

the love we have for our farms.

I once read a story about a farmer who had spent all night tending to a mama cow who had struggled after giving birth. The farmer recognized her exhaustion, so he provided her with



plenty of hay and water to keep her comfortable. He knew that if she couldn't rest, she couldn't provide for her calf. Her comfort and rest were essential to her role as a mama, and he was willing to do whatever it took to make sure she thrived. He gave his time, his energy, and his love to that cow until she was back on her feet and ready to care for her new baby.

In the world of agriculture, this scene is all too familiar. Whether it's caring for animals, working on equipment, or making sure our fields are prepared to prosper, farmers pour their heart and soul into creating a thriving, successful operation.

But what are we doing to ensure that we- as people- are thriving? How are we proving toourselves and those around us that we care about the humans on the farm as much aseverything else? Is our wellbeing causes them to come crashing down.

not worth the same effort that we pour into our animals, equipment, and fields? Or, after all of our efforts, do we leave nothing to pour for ourselves?

In the story, the farmer played a heroic role that began with recognizing the cow's struggle, and realizing that her struggle would impact the way she performed her job as a mother. In similar fashion, farmers must use those same skills to recognize how their own struggles can get in the way of properly managing their farms, homes, and general lives. We become so engrained in taking care of the farm before everything else, that we don't realize how the neglect of our own wellbeing is impacting the

Think about it: when you're tired, overworked, or even hungry, what happens to you? Perhaps you easily lose patience or have difficulty making decisions because you can't think straight.

What happens when your body aches or you're ill? Physically, you're not able to work as effectively as if you were healthy. And when you have built-up stress from never taking a break?

Maybe you become disorganized, or you take out your stress on coworkers and family members. Neglecting your own mental and physical health directly impacts how you manage your farm; the push that you force yourself through to keep things moving forward can actually be exactly what

So just as the farmer created a comfortable and restful space for his cow, consider loving your farm begins with loving you. yourself just as worthy of such care. Give yourself permission to prioritize your health and wellness, as it is essential for your productivity, relationships, and the overall success of your farm. Maybe that means reading a book before bed to help you sleep, or taking a Sunday afternoon to watch football, guilt-free. Visit with friends or family (without discussing tomorrow's on-the-farm plans), play with your children or grandchildren, and do things just because they make you happy.

Whatever you do, just remember that

Top 5 Farm-Friendly Ways to Show **Yourself Some Love**

- 1. Find something you enjoy doing... off the farm!
- Take a break, even if it's just 5 minutes a day
- Treat yourself like you'd treat a loved one

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- Cover your basics: eat, rest, move, and breathe
- Consider yourself the farm's greatest

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Looking Back



March 1945

"Knox County 4-H-ers Form Club Band"

The Knox County 4-H Clubs have a band! This band was organized by the Knox County 4-H Federation. All club members are eligible, the only request is that they play an instrument and participate in practice.

Their first audition was on the Knox County 4-H Rally night held Saturday, March 10. Twenty-eight members under the able direction of Mr. Landon played several stirring marches and waltzes. The band did such a good piece of work that all the members are invited to play at the 4-H Recognition banquet given by the Chamber of Commerce on Friday evening, March 30, at the Galesburg Club.

There should be at least 65 members in this band which could be used at the County 4-H Club picnic and the Club Fair. If you play an instrument why not watch and listen for practice dates which will be announced.

Nursing Scholarship Application Available

Applications are now available for nurse practitioner scholarships through the Illinois Nurse Practitioner Program. Funding is pro-Farm Bureau Rural Nurse Practitioner Scholarship Program. There will be 15 scholarships, worth \$4,000 each, granted this year.

The scholarship program, now in its twenty-ninth year, helps encourage and develop the pool of rural health practitioners to help meet primary health care needs in rural Illinois. Students who receive scholarships agree to practice for two years in an approved 2901. Applications are due May 1. rural area in Illinois.

must be Illinois residents and be a Registered dgallivan@ilfb.org.

Nurse accepted or enrolled in an accredited vided by the Rural Illinois Medical Student Assistance Program.

Applications are available at county Farm Bureaus throughout the state, on the Rural Illinois Medical Student Assistance Program website at RIMSAP.com, or by writing Donna Gallivan, program manager, Illinois Farm Bureau, PO Box 2901, Bloomington, IL 61702-

For additional information, contact Don-To be eligible for the scholarship, students na Gallivan at 309-557-2350, or via email at

~ CLASSIFIED ADS ~

To place ads in the Bulletin or on the website, you must be a Knox County Farm Bureau member. Call 309-342-2036 or email us at assistant@knoxcfb.org by the second to last Friday of each month to place your ad.

HAY FOR SALE: First, Second, and Third cutting of grass and grass and alfalfa. Round bales- \$60-\$80/bale; Small square bales- \$5-\$7/bale. Call 309-368-0561

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tank on tandem trailer with pump. \$2,100. Call 309-303-0034

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If you sell your items, please contact the Knox County Farm Bureau office at 309-342-2036 or email assistant@knoxcfb.org, so we can provide our readers with up-to-date information.

PrimeTimers News

The committee did not meet in February and will not meet in March. If you have a friend or someone you know who suffers from Dementia, call Ellen at 309-221-3436 to discuss the possibility of sending them a fidget blanket.

MEMBERSHIP RECRUITER OF THE MONTH



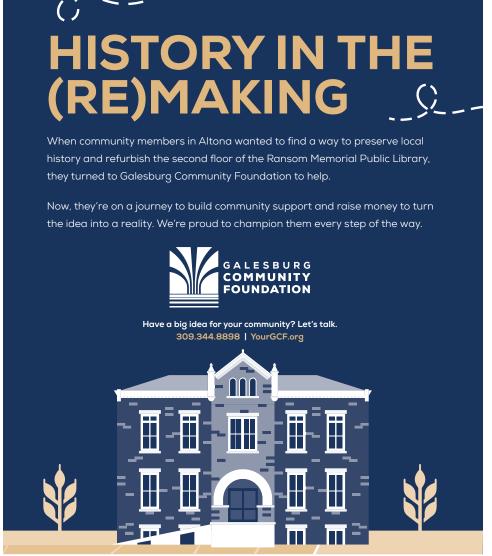


SWCD Scholarship deadline is April 1

The Knox County Soil & Water Conservation District is again offering the Max and Frances Sanford Memorial Scholarship (pending available funds), to a Knox County resident who is pursuing a career in Agriculture or an Environmental-related field.

Applicants must have a GPA of 3.0 or higher on a 4.0 scale, submit an application with current transcripts (REQUIRED) and write an essay on "What Conservation means to you and how do you plan to incorporate Conservation into your Future Plans?"

Scholarship applications can be found at the District office 233 S. Soangetaha Rd. Galesburg, or online at https://knoxcountyilswcd.wixsite.com/knox. For questions contact the district office at (309) 342-5138 ext. 3



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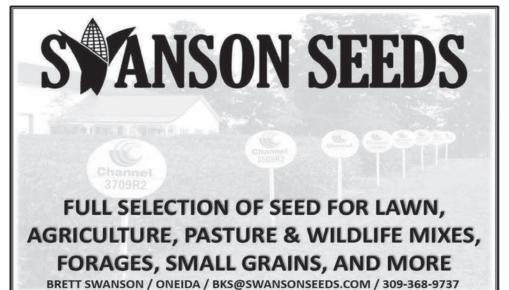


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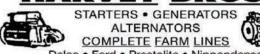
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