



## HAPPY HOLIDAYS

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### News FLASH

Attendees at December Board donated 44 items that were sold at an auction. Income from the auction + \$30 additional donations = \$1,118.00 that will be added to the Foundation's Scholarship Fund!



# MISSOURI BUSINESS WOMAN

QUARTERLY MAGAZINE OF BUSINESS WOMEN OF MISSOURI, INC. VOLUME 88 NUMBER 3 WINTER 2010

## Legislative Conference is March 5, 2011

### MARK YOUR CALENDAR NOW!

*Submitted by Pam Adams, Legislative Chair*

The election has passed and we all wait to see if the changes will be better, about the same or will require more work to be done by us with the "Power of Women".

To start, please save March 4- 5, 2011 as your next power movement and plan to attend the Second Business Women of Missouri Legislative Conference at the Hotel Deville in Jefferson City. The room rate is \$65 plus tax. The hotel, that is is currently being renovated will be taking reservations after December 25. The \$40 Conference Registration will include food for Friday evening, lunch on Saturday and conference materials.

The Agenda is not complete, but plans include Friday evening food and fellowship from six to seven, followed by a presentation of the Legislative Module from the Individual

Growth Modules led by Peggy Cochran. The program will conclude with discussion and networking. Saturday Morning will begin with a complimentary breakfast at seven. Registration will be from 8:30 to 9. The conference program will start at 9.

Saturday's presentations and discussions will include: ERA: Its status in Missouri and what's ahead, Domestic Violence: What is happening in Jefferson City regarding this issue, and How can we become more active Politically. There will also be members of the Missouri Legislature present to discuss the committees they serve on in regards to women issues.

The registration form is included in this issue of Missouri Business Woman.

I hope to see all of you there!



*During the hustle and bustle of the holidays, let's not forget the true meaning of Christmas.*

*Happy Holidays to all my BWM Sisters.  
Sharon*

*A wish to all my BWM sisters,  
May the closeness of friends and the comfort of home bless you this holiday season.  
Nancy*

*To my BWM sisters:  
As you gather together during the holidays, may all of your dreams be fulfilled.  
And let the joys of the season live in your heart throughout the new year.  
Love, Ellen*

*May God watch over you and your family in the new year. Love to all of my BWM sisters.  
Merry Christmas.  
Megan*

*Be filled with the Wonder.  
Be touched by the Peace.  
Believe in the Miracle.  
Happy Holidays to my BWM Sisters!  
Sherry*

**Merry Christmas & Happy New Year from the Executive Committee**



Here we are facing the end of 2010. It seems like only yesterday...well you know the story.

The older I get, the faster time flies! My grandmother used to tell me this, but it seemed unbelievable when I was young and waiting for something special. But I see that she really did know what she was talking about! In fact, I'm probably close to the age of my grandmother when she used to tell me this-wow that is a revelation that I don't want to think about...

The Fall Region Conferences were a huge success. I was honored to be able to attend each one and share in the re-chartering ceremonies of the local clubs. I enjoyed seeing so many of our members and hearing about the activities of each group. We truly have an organization of "Women helping Women"! I hope you will all send articles and pictures of your events to the state office to be included in the Missouri Business Woman on a regular basis, so we may share in your accomplishments.

Now we have entered into the Holiday Season! One of the best things about this time of year is the opportunity to spend time with family and friends, celebrating the holidays together. We started with Thanksgiving. The turkey and stuffing, the pumpkin pies, the beautiful colors, and glorious smells make this a wonderful time to reflect on all of the many blessings that have come our way.

Our most recent Business Women of Missouri event was the December board meeting and Holiday Open House in St.

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Louis. We all enjoyed seeing our BWM sisters from across the state. Of course there was a bounty of great food at the open house, and we raised over \$1,000 for the BWM Foundation.

Christmas is a time for giving to those in need and those we want to thank. We brought many necessities, toiletries and treats, and packed them in Priority mail boxes to send to our sisters in the military. Thanks to all who took boxes for mailing.

Of course, the idea of presenting people you love with gifts is as old as the human race. Exchanging gifts at Christmas originated with the birth of Jesus, when three wise men traveled to deliver gifts of gold, frankincense, and myrrh to the newborn baby. Shepherds in the fields also came to give gifts to the newborn baby Jesus. Today, the tradition of giving and receiving gifts is as much a part of Christmas as the Christmas tree, candy canes, and Christmas songs. And the Jewish community celebrates Hanukkah (also known as Chanukah, or Festival of Lights) during December this year, as well.

Here is a list of some of the many holidays in December:

- 7 Pearl Harbor Day
- 12 Poinsettia Day
- 21 Chanukah (lasts 8 days)
- 22 Winter Solstice (shortest day of the year)
- 23 Festivus - for the rest of us (for all of you Seinfeld fans)
- 24 Christmas Eve
- 25 Christmas
- 26 Boxing Day (this holiday is HUGE in Canada)
- 26 Kwanzaa
- 27 National Fruitcake Day
- 31 New Year's Eve

Just after Christmas, the next holiday will be New Year's. With the beginning of 2011 comes a time of reflection, followed by resolutions to change for the better.

While we are used to doing this for our personal lives, we should also use this process to improve our professional and social lives. We can evaluate our dreams, goals, and accomplishments, then make adjustments to them.

I would like to challenge all BWM local clubs to make a resolution to grow your membership. We have a lot to offer women of all ages. Use your January meeting to set your goals for 2011. Remember to make them "SMART"-Specific, Measureable, Achievable, Realistic, and Timely. We want to be sure you can accomplish this resolution, so contact the Executive Committee, Region Directors, Membership Chair, Past State Presidents, and/or any BWM mentor to help you.

I look forward to seeing the results by State Conference!

I Believe in the Power of Women.  
I Believe in You!

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### MOVING? Take MBW To Your New Address

If you receive the print version of the Missouri Business Woman, be sure to notify the State Office if your address has changed. We are charged \$1 for each copy returned to us with an incorrect address. If you know you are going to move, send your new address early with the effective date and you won't miss an issue!

**Better yet, request email delivery and save all postage costs.**

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Wishing a Merry  
Christmas and a  
Happy New Year  
to all our BWM friends  
across the state.  
Excelsior Springs  
BWM



Marcia Howard \* Barbara Simmons \* Elizabeth Halpin  
In memory of these Past State Presidents  
who died in 2010 and in honor of their families

We Wish You A Blessed Christmas &  
A Safe And Prosperous New Year

Your Past State Presidents  
Wish You And Yours  
A Very Merry Christmas  
&  
A Happy New Year



Heartfelt wishes for a great Holiday Season  
and all the best for the New Year

Avis Parman, PSP



Wishing you the best this holiday season.  
Keep family and friends near and dear  
now and throughout 2011.  
Betty Beason, PSP

The State  
Foundation  
thanks you  
for your  
continued support.  
We wish each  
of you a  
Happy Holiday Season!



Seasons Greetings From All Members Attending The December Board Meeting!



# The IG Training Available at the Lake! IG Competition Entry Deadline is March 1

Submitted by Peggy Cochran, IG Chair

## Are you ready for some competition?

The Individual Growth Committee encourages all of our local associations to highlight a BWM member and assist her in preparing to be part of the IG Speech Competition this year at our spring convention. The entry deadline is March 1, 2011.

Any member who is designated by a local club as a local winner and who meets the competition criteria of being a member in good standing; living, working or continuing education in the area served by the local association; having completed the IG modules in the last 5 years; and supporting the BWM mission and vision is eligible to participate. Participants must also pledge that she will not speak against the BWM legislative platform issues in her capacities as representatives of the local club and the BWM.

The local Heart of the Ozarks club will be offering Modules 8-15 on February 29 from 9 a.m. until 4 p.m. at the Lake of the Ozarks. The cost is \$40 for all materials, breakfast sweets and coffee, lunch, door prizes and snacks throughout the day. The training will be led by Deborah Brasfield, a nationally certified trainer. If you have a member who is interested in participating in the IG Speech Competition who has not had training in any of the modules, please encourage them to attend. Arrangements can also be made to do modules 1-7 prior to March 1, 2011 if there is enough interest.

Contact Peggy Cochran at 573.392.2225 or [cochranp@charter.net](mailto:cochranp@charter.net) if you need further information.

## REMINDER (the following is a repeat from last issue)

. . . Any member who is designated by a local club as a local winner and who meets the competition criteria. . . should complete the IG Participation form from page 75 of the local manual and submit it to Peggy Cochran, P. O. Box 890, Rocky Mount, MO 65072 by March 1, 2011.

There will be three components to the competition:

1. Participants will be asked to deliver a 5 minute prepared speech on one of the following topics at the State Conference: Equal Rights Amendment, Pay Equity, Educational Equity and Funding, Health Care Reform, Domestic Violence, Reproductive Choice, Mentoring, Women in Politics, Appreciating Diversity, Dependent Care for Persons of all Ages and Access to Mental Health Care.
2. Participants should be prepared to deliver a 2 minute impromptu speech. Subjects will be drawn at random at the state competition.
3. Participants will undergo a personal interview and be judged on their demeanor, answers, skills, talents, etc.
- C. Have completed the IG modules within the preceding 5 years.
- D. Support the BWM mission and vision and pledge that she will not speak against the BWM legislative platform issues in their capacities as representatives of the local club and the BWM.

We are looking forward to a wonderful and healthy competition at our BWM State Conference in April, 2011.

## P.S. ENTERPRISES

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[www.shaklee.net/ellen\\_hill](http://www.shaklee.net/ellen_hill)

Reference your Manual for all Deadlines COMING SOON.

## News Briefs

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### Issues Management 2010-2011

*Velvet Fackeldey, Chair*

Remember that you must submit the local president's annual report by March 1 to be eligible for Issues Management and other awards. The agenda for your February meeting could include completing all reports that are due by March 1. I am hoping for 100% participation by the local clubs this year! Are you keeping the Issues Management topics in mind as you invite speakers to your meetings?. Possible speakers on the topics could be an employer to address the subject of economic equity; your state representative or senator, or someone in local government, to speak on women in politics; and the director of an area domestic violence shelter, or a survivor of domestic violence.

ARE YOU READY?

### March 1 Deadline Is Approaching

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### NW Region Inspirational Breakfast Set for April 2

The Excelsior Springs and the Kansas City Clubs of the Northwest Region would like to invite all of you to our Inspirational Breakfast on April 2, 2011 at the Airport Hilton Inn in Kansas City.

The time will be set soon. Mark your calendar NOW!

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### Notify the Media!

### Foundation and YOU Deserve Recognition

Business Women of Missouri deserve recognition for awarding nine \$1,000 scholarships at the 2010 Annual Conference. Just think, WE helped nine women advance their education. We encourage every local to write a release for your local media to let your community know the Business Women of Missouri are promoting education.

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### Membership Pins Are Available from the State Office

Gold Membership Pins have been redesigned for the NEW Business Women of Missouri. The pins feature a relief design of Nike and the date 1921, the year Missouri became a state club. The pins are available for purchase for \$10 each from the state office. Please send a check made out to Business Women of Missouri and the number of pins.

If you want the pins delivered to a state meeting, please indicate (Ex: Legislative, State Conference). If you want the pins mailed to you, please indicate the name and address and include \$3.00 for shipping.

Send all requests to the State Office, PO Box 28243, Kansas City, MO 64188.



## 2011 Calendar Of Events

### Happy Holidays to all Business Women of Missouri

#### 2011

January 15	DEADLINE	Foundation Scholarship Application
March 1	DEADLINE	Local Clubs President's Annual Report to State Office
	DEADLINE	Mentoring Report to State Chair
	DEADLINE	IG Speech Competition Entry Due to State Chair
	DEADLINE	State Foundation Report to BWM Foundation Treasurer
March 4-5	Legislative Conference	Hotel DeVille, Jefferson City
April 2	Northwest Region Inspirational Breakfast	Airport Hilton Inn Kansas City, MO
DEADLINE	State Foundation Report to BWM Foundation Treasurer	
April	Lobby Day with Missouri Women's Network-	Capital, Jefferson City
April 28	Executive Board Meeting	Country Club Hotel & Spa, Lake Ozark
April 29	Pre-Conf. Board of Directors Meeting	Country Club Hotel & Spa, Lake Ozark
April 29-May 1	State Conference	Country Club Hotel & Spa, Lake Ozark

## Northeast Regional Conference in Hannibal

By: Wendy Murphy, President, Hannibal BWM 2010-2011

Hannibal hosted the Northeast Regional Conference October 23. Twenty-three members from Hannibal, Macon, Moberly, Kirksville and Columbia attended, with special guests, State President Ellen Hill and State Vice-President Megan Broemmer. Ellen and Megan updated us on state BWM developments and conducted our re-chartering ceremony. Northeast Regional Director, Cheryl Powell Micetich, Kirksville Chapter did an exceptional job of keeping the conference proceedings and business meeting flowing in a very professional manner.

The speaker was professional storyteller, Gladys Coggsweil, who entertained the group with animated stories and encouraged everyone to tell their stories to the younger generation to be passed on to future generations. A brief memorial service was conducted by Harla Friesz, Hannibal Club.

A silent auction was conducted by Amanda Powell, Kirksville, and raised over \$200 for President Elect Sharon Tuttle. Several regional members commented that they were happy to meet other local members and new attendees were invited and encouraged to attend future Regional and State events.



### Hannibal Club with new Charter Certificate.

Pictured are front row, from left to right: State President Ellen Hill, Wendy Murphy, JoAnn Coleman, Jana Suchland and Shirley Lindemeyer. Back row from left to right: Harla Friesz, Beth Knight, Brenda Lain, State VP Megan Broemmer and Ann Moyers.

## Northwest Regional Conference Photos Available

This is the link to the Northwest Regional Conference photos: <http://www.businesswomenmo.org/NWRRegionalConference> Any locals or members wanting photos of their charter presentations may go online and download their photos.



## News from Three Rivers Local Club

Submitted by Cathy Covington, President



State President Ellen Hill presented the Three Rivers new charter certificate to President Cathy Covington



Three Rivers recently held a fundraiser, "Ladies Night Out", with all of the proceeds going toward our scholarship fund.

The event included upper body massages, hand parafin waxing, wine, appetizers and a silent auction. We also had a drawing every 30 minutes for attendance prizes.

Through the hard work of all the members of Three Rivers, we were able to raise over \$1,000 for our scholarship fund. We also sold 50/50 raffle tickets, as well as selling tickets to the event. We had a great time and have already booked our next Ladies Night Out with plans to make it an annual event.

Cathy Covington, President with Rev. Klemme, volunteer at the Union Food Pantry. Three Rivers collected canned food items for the month of September to donate to the local food pantry.



Other activities include: Three Rivers members donated journals to ALIVE, a local organization that provides services to adults and children victimized by domestic violence.

Three Rivers has been focusing on more networking within our own communities and becoming more involved in the community. We publicize our meetings in the local newspaper, chamber of commerce newsletter and radio interviews on local stations.



# A Message from the Women's Health Chair

Women's Health Chair, Sheila Miller

How many of you can remember going to Grandma's house for Thanksgiving or Christmas and having those good old jelled cranberries from a can served on a very petty plate? Well I can! You know that cranberries are good for us.

The North American cranberry contains unique A-linked pro-anthocyanidins (PACs) that have an anti-adhesion mechanism, preventing certain bacteria from adhering to cells throughout the body and removing their potential to cause infection. With a rich combination of nutrients, polyphenols, fiber, vitamin c and quercetin, the cranberry offers truly multidimensional health benefits. In plain English cranberries are filled with antioxidants that provide health benefits to the immune system.

Here is a recipe that I have found for the ho-hum cranberry sauce of yesterday.

**Pecan Cranberry Salad**  
Makes 12 servings

- 1 15- ounce can crushed pineapple, drained, 1 cup of juice reserved
- 1 cup water
- 1 3-ounce package orange gelatin
- 1 3-ounce package cherry gelatin
- 1 16-ounce can whole-berry cranberry sauce
- 1 6-ounce can frozen orange juice concentrate
- 1 cup chopped pecans or walnuts
- ½ cup chopped celery (optional)

Spray a 6-cup mold with non-stick cooking spray.  
Combine reserved pineapple juice and water in a small sauce-pan; bring to a boil and remove from heat. Pour juice mixture into a large bowl and add gelatins; stir until dissolved. Add drained pineapple, cranberry sauce, orange juice concentrate, nuts, and celery, and mix well. Pour gelatin mixture into mold and refrigerate until firm. Enjoy

## Clubs RE-Chartered in 2010

### Northeast

Columbia  
Hannibal  
Huntsville  
Kirksville  
Macon  
Moberly

### Northwest

Chillcothe  
Excelsior Spings  
Harrisonville  
Kansas City  
Lee's Summit  
Maryville  
NW MO ST Univ.  
Sedalia  
St. Joseph  
Warrenburg

### Southeast

DeSoto-Hillsboro  
Kennett  
Ste. Genevieve  
St. Louis Metro  
Three Rivers  
Tri-County

### Southwest

Carthage  
Greater Ozarks  
Heart of the Ozarks  
Joplin  
Seneca  
West Plains

## Welcome New Members

<i>name</i>	<i>local</i>	<i>ID #</i>	<i>email</i>
STEPHANIE BELL	STE. GENEVIEVE	1300138	
GAIL THOMPSON	HARRISONVILLE	1300139	
DEBY ERICKSON	MARYVILLE	1300140	qbpro@asde.net
JAMI PROCTOR	NWMSU	1300141	jjpk08@yahoo.com
CASSANDRA ANAST	NWMSU	1300142	s507617@nwmissouri.edu
JUSTINE WALLACE	NWMSU	1300143	jwallace0829@gmail.com
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ROBIN MILES	MARYVILLE	1300162	trmiles@embarqmail.com

# BUSINESS WOMEN OF MISSOURI

## STATEMENT OF ASSETS, LIABILITIES & EQUITY

As of 10/31/2010

<b>Assets</b>		<b>Liabilities and Equity</b>	
Savings Account	\$2,449.71	Current Liabilities:	
CD	\$22,563.32	Payroll Tax Liability	\$34.01
Petty Cash	\$250.00	Total Current Liabilities	\$34.01
Checking Account	\$5,021.16	Equity	
Money Market Account	\$12,260.64	Retained Earnings	\$50,965.04
90th Anniversary CD	\$10,000.00	Net Profit	\$1,545.78
		Total Equity	\$52,510.82
<b>Total Assets</b>	<b>\$52,544.83</b>	<b>Total Liabilities &amp; Equity</b>	<b>\$52,544.83</b>

## FINANCIAL STATEMENT of RECEIPTS & DISBURSEMENTS

Period Ending October 31, 2010

<b>Receipts</b>			
Interest on CDs and Accounts	\$234.90	Membership Dues	\$8,510.00
State Conference 2010	\$1,505.85	Leadership Conference & Board Mtg	\$2,950.00
Illinois BPW 90th Celebration-Auction Proceeds	\$154.00	Fundraiser: Name Tags	\$682.45
Regional Conference Dues	\$368.00	Fundraiser: Denim Shirts	\$60.00
IRS Tax Refund	\$262.66	Fundraiser: Membership Pins	\$570.00
		<b>Total Receipts</b>	<b>\$15,297.86</b>
<b>Disbursements</b>			
<b>General</b>		<b>State Office</b>	
Parliamentarian Expenses State Conference 2010	\$484.50	Payroll Expenses	\$2,462.94
Soli Printing: State Conference Booklets	\$284.00	In House Services	\$1,275.00
Soli Printing: Spring & Summer BWM Magazine	\$538.00	Telephone (April-Sept)	\$188.70
State Foundation Dues	\$32.25	Travel Expenses	\$275.38
EC Expenses for Illinois BPW 91st Celebration	\$600.00	Petty Cash Reimbursement	\$498.38
Leadership Conference & Board Meeting	\$3,645.31	U.S. Treasury: Employer's Quarterly Tax Apr-Sept	\$408.04
Soli Printing: Expense Voucher Form	\$118.50	U.S. Treasury: Interest/Penalty on Fed Unemployment Tax Return for 2nd/3rd qtrs 2009	\$62.32
BPW Foundation: Licensing Fee for YC & ID	\$50.00	U.S. Treasury: Fed Unemployment Return for 2009	\$52.92
Sonya's Photography: State Conference Fee	\$51.25	MO State: 2nd Qtr 09 Contribution	\$2.09
Chillicothe State Bank: Transfer to 90th Celebration CD	\$341.26		
Fundraiser: Name Tags	\$509.44		
Fundraiser: Denim Shirts	\$60.00		
Fundraiser: Membership Pins	\$920.00		
Megan Broemmer: CD's for December Board 2009	\$33.95		
Service Visits	\$488.50		
Russo's: Facility Rental-December Board 2009	\$186.00		
Soli Printing: State Manual 2010-2011	\$183.35		
<b>Total General Disbursements</b>	<b>\$8,526.31</b>	<b>Total State Disbursements</b>	<b>\$5,225.77</b>
		<b>Grand Total Disbursements</b>	<b>\$13,752.08</b>
		<b>Net</b>	<b>\$1,545.78</b>

### Missouri Business Woman Advertisements

Missouri Business Woman accepts advertisements at the following rates: Full page \$150; One half page \$80; One quarter page \$50; One eighth page \$30; Business cards \$15; all rates per issue. Payment is due at the time of submission of copy and should be submitted to the Editor. Advertisements will not be accepted for liquor, cigarette/tobacco, religious organizations, political candidates/issues, or for any cause, or from any individual or group, that is not in agreement with the BPW policy and objectives.







## Charter Ceremony Photos From Northwest Region



Chillicothe BWM



Harrisonville BWM



Sedalia BWM



Warrensburg BWM



Kansas City BWM



NWMSU BWM



Maryville BWM



Excelsior Springs BWM



Lee's Summit BWM



## Women's Issues Legislative Retreat Set for January in Jefferson City

*Note: This event is not affiliated with the Business Women of Missouri. This message is for those of you interested in Missouri State Legislature and Women's Issues in Missouri.*

The state office has been notified of a Women's Legislative Retreat to be held January 7 & 8 at the Rickman Center in Jefferson City. Learn how the new legislators will make an impact in Jefferson City and what can be expected from the 2011 Legislative session.

The tentative schedule is:

### Friday January 7

8 pm Workshop/Legislative Discussion

### Saturday January 8

8 am	Breakfast
8:30- 9	Welcome, Introductions, Review of 2010 Legislative Session
9:30-9:45	Break
9:45-10	Speaker/Presentations
12-12:30	Lunch at Rickman Center
12:30-2:30	Set Legislative Priorities

Registration deadline is January 5, 2011. For more information and registration details, email:

[sbreeze@mindspring.com](mailto:sbreeze@mindspring.com) or  
[gbutler1111@aol.com](mailto:gbutler1111@aol.com)

Articles to be published in the MISSOURI BUSINESS WOMAN should be mailed to the State Office before the 10<sup>th</sup> of the month preceeding publication date. All other BWM, Inc. correspondence should be directed to specified officers listed below. The MISSOURI BUSINESS WOMAN is mailed to all MBW, Inc. members upon payment of dues and to those who subscribe. Subscription price-\$2.00 per year.

**Attention Board Members:**  
Please check your information listed and notify the State Office of any corrections or changes needed.

**2010-2011 State Board Of Directors  
Executive Committee**

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**Vice President:** Megan Broemmer, 4907 E. FM RD 94, Springfield, MO 65803, h. 417-833-0832, b. 417-841-4110, mbroemmer@med-pay.com  
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**State Office  
Executive Administrator**

**& Editor, Missouri Business Woman (MBW):**  
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**BWM Foundation President:** Connie McGinness, 24110 315th St, Maryville, MO 64468, 816-582-4989, conniemac64466@yahoo.com  
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