



# RIVERSIDE HIGHGROVE HAPPENINGS

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(FREE) Local News for the Highgrove Area for 30 years  
HighgroveHappeningsNewspaper.com  
x.com/HighgroveNews

NOV 2024

Entry Monument off Mt. Vernon & Main St  
Thank you, Supervisor Jeffries!



As a child, my husband rode his bike all the time. He and a group of his pre-teen friends once rode all the way from LA to the beach!

(Not something we let our children do at eight! But bikes are important for childhood!)

Yesterday, when Hubby came home from the recycling place, he noticed that there were 50-100 rusted up bikes there!

That was the same day that I saw a local bike store was to close after thirteen years in business.

***Are children so into their phones that they are not riding bikes?*** I hope not! Our favorite bike path runs from 162 N. Cactus Ave., Rialto called the Pacific Electric Trail. We rode it with our children in Dec 2020 when it began to rain. Newsom still had stores and restaurants closed... Where would we go? But we found one open - JD Alison - and we created memories there w/family!



"Duty is ours, results belong to God."  
-- John Quincy Adams



Supervisor Jeffries at Town Hall 09-23-24

We will miss him! Never, in the 20+ years we have lived in Highgrove, have we seen a Supervisor so responsive to our community's needs.

Supervisor Jeffries even took the time to train both of our potential candidates for Supervisor. He wanted to make sure they understood the magnitude of the job - and how important it is to listen to the needs of the residents.

His last **MAC meeting** is scheduled for **December, 2024 - please plan to attend with us! email me or check x.com/highgrovenews for date & time.**

***Apprender inglés gratis.***  
***Deja tu nombre y numero 951-321-9337***



## THANKSGIVING FOOD DRIVE

FOR THE JOY OF GIVING FOOD PANTRY  
October 21 - November 18, 2024  
Donations accepted at the registers.

Proceeds from the Food Drive will be used for the Food Distribution Event at:  
459 Center St., Highgrove-Riverside, CA 92507  
Food Distribution Event: 11/23/2024 | 11:30-2:30PM  
(While supplies last)



Canada Free Press.P.2

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Health is Not a Human  
Right?by Joel Salatin P.9

"Sassy Water"  
Weight Loss B.O'Neill P. 9

# HIGHGROVE HAPPENINGS

## OP ED by Canada Free Press

Just like Harris' policies, the re-establishment of Roe v Wade will not pay the rent, provide safer streets, close the border or bring down the high cost of living. A Harris Presidency will see further destruction of the economy and introduce freedom-stealing communism into American society. Voters blinded by Roe v Wade will find themselves struggling to make ends meet, on unsafe streets, and laboring like so many in third-world countries.

By focusing on Roe v Wade and voting for Harris, these voters will have destroyed their own economic futures for at least the next eight years, be witness to one million young American deaths due to fentanyl overdoses, and see thousands of young American servicemen die in the inevitable wars in Eastern Europe, China, and the Middle East. But abortion rights that were never taken away will still not be taken away.

They will have won nothing and lost everything."  
**Canada Free Press**

The 1916 Project documentary exposes the *hidden history* of the secular moral revolution, and the architects of our current culture of death.

Elites have been lying to us for over 100 years corrupting the American family through one organization. Planned Parenthood -- the linchpin of our decaying nation.

That organization receives over \$600 million per year through our taxpayer funding. The scandalous agenda began in 1916. Learn the Truth. [The1916Project.com](http://The1916Project.com)

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# HIGHGROVE HAPPENINGS

Highgrove Community Center Hours: Mon-Thur 8am-4pm; Fri 8am-2pm

Contact: (951) 241-7221



THE NORTON YOUNGLOVE COMMUNITY CENTER

459 Center Street- Highgrove web site: [www.nycchighgrove.com](http://www.nycchighgrove.com)



## FAMILY SERVICE ASSOCIATION

Leila Santamaria Center Manager

[leila.santamaria@fsaca.org](mailto:leila.santamaria@fsaca.org)

Office Assistant II

Danielle Angell

Office Asst Volunteer Cynthia Kupfer

Family Service

Association's Mission:

We address poverty, hunger, and health, from infancy to older adults, in families and under-served communities.



## Norton Younglove Community Center

459 Center St. Highgrove, CA 92507 [www.fsaca.org](http://www.fsaca.org) 951-241-7221

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Lil Rhino's 3-6 yrs. old 6:00 - 6:30, 7 yrs. + Beginners (up to orange belt) 6:30 - 7:15, 7 yrs. + Advanced (green belt & Higher) 7:15 - 8:00 Our Mascot: Rhino - represents harmony and dominance when needed.

COGOP



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Voluntary Opportunity 951-241-7221



Sunday Worship 10 AM. Thursday Bible Study 7:15 PM. For detailed Info call: Pastor John Braxton 951-400-3298

Emergency Food Box available Mon - Thurs for Riv. & SBdno County Residents. \*\*To report a scam or for help if you or a loved one has fallen victim, contact the AARP Fraud Watch Network Helpline: Call 877-410-8829

Enjoy our WIFI during your visit at the center



Child Development Center Has Openings!! Free or low cost Early Care and Preschool Programs call 951-342-3151.

Call our FSA Administrative Office 951-686-1096 for details on other program services provided: Clinical Services, Housing Services, and Hope Collaborative.

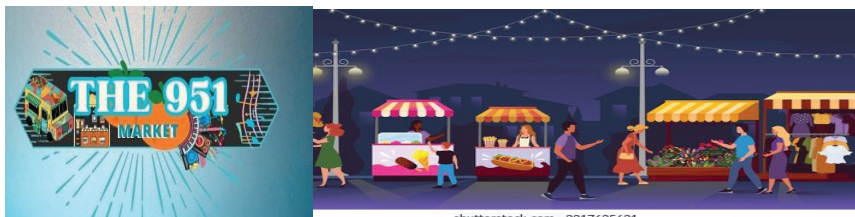


HOURS OF OPERATION



Hello Community Members, **Building a Healthier tomorrow together. Protect your health. KEEP YOUR Med-Cal:** Visit [dhcs.ca.gov/COL](http://dhcs.ca.gov/COL) or call Medi-Cal Member Helpline at (800) 541-5555. **C4Yourself Program:** Riverside County benefits like Cal Fresh, Medi-Cal, and Cash Aid. Submit applications securely

to the county for processing: [www.c4yourself.com](http://www.c4yourself.com) or call 877-410-8829. **FARSB CalFresh Assistance:** Need help applying? More info visit <https://feedingamericaie.org/get-help> or call 951-359-4757. **FASB Nourish Now - Formerly HEREO** (Homebound Emergency Relief Outreach) - Once a month emergency food box for those who do not have transportation: Visit [FeedingAmericaE.org/Find-Pantry](http://FeedingAmericaE.org/Find-Pantry) or call 951-3594757.



**November 9, 2024 Saturday 3PM "The 951 Market" presents Country Night:** Line Dancing, Mechanical bull, Shopping, Music, Kids Zone, Opportunity of chance to win prizes, vendors, and so much more! [www.The951Market.com](http://www.The951Market.com)



November 11th: Closed



**USDA Food/TEFAP Distribution: November 22nd Friday 8:00 AM to 10:00 AM. Share Ride and Bring a Neighbor!** Drive Through Pick Up. Servicing Highgrove and Grand Terrace area. **November 23rd Saturday 11:30 AM : Joy of Giving Food Distribution.**



**Christmas gift registration: Friday November 22nd from 9 AM - 11 AM for Highgrove Residents.**

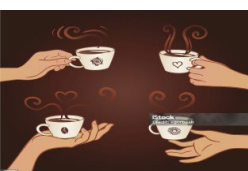


**November 23, 2024:** Annual Thanksgiving Health & Wellness Outreach 11:30 AM to 2:30 PM. Live Band, Thanksgiving Dinner, Opportunity to win prizes & More. Hosted By Be a Part of Change Ministries.



November 28th and 29th

UPCOMING Events



**Social Holiday Continental Breakfast for Seniors: 11:00 AM to 12:30 PM: Please RSVP, call in and confirm your attendance.**



**For Highgrove Community Residents. Join us to welcome Santa and his Elves with Dessert. Children must be present to receive gift. Sign up starts at 3 PM.**

**December 14, 2024 from 3 PM to 7 PM**

*"He was too young to see the tears of his elders with any profit; baby plants grow best in sunshine." - Kate Douglas Wiggin in Mother Carey's Chickens*

## Late Night Noise Bothering Animals / People

Are you, like us, being woke up in the wee hours of the morning with the sound of an M80 explosion and gunshots fired into the air?

**Rude.**

Our poor neighborhood *donkeys, dogs and cats are being disturbed and if this person has a heart he will stop* making such loud noises after midnight.

Please help us. We believe that the location has been found and the police, (or locals) will take care of it soon so they can rest peacefully too!

## Letter to the Editor

"I love the Highgrove Happenings paper. But find it difficult to read as it is rolled up. I have to place it under a heavy board for a few days. Then I find I miss reading for a few days. Would love it if maybe folded?" - J

*Thank you for your letter J, May I ask our readers for suggestions? Quality reading material is important and should be readable - we agree. The challenge is delivery. Rolling a paper tight makes it possible to throw easily. How can we get a folded paper to residents? Volunteers get an unrolled paper, if you are so inclined;) Send us your ideas!*



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## Is Cancer in Your Makeup?

When asked if cancer is in your makeup, your first thought might be genetics. Do your genetics incline you to cancer?

Recent research shows [let me know if you'd like to see the research] that *genetics are not as important as epigenetics*. EPI - is a Latin prefix meaning around, so epigenetics is literally *the environment around your genes*.

Every day we women put over 12 items on our skin to make it look its best. These 12 items may contain 168 chemicals.<sup>6</sup>

The liver detoxifies these chemicals, right? True - if it can! The problem begins when your body has trouble eliminating some of these toxins or chemicals.

**Research shows a clogged liver is tied to cancers.**

For example, some forms of xenoestrogens (chemicals found in plastics) can accumulate and cause breast cancer if the liver can't eliminate them (remember singer Sheryl Crowe's cancer she said was from plastic water bottles?)

I had thirty years of blood sugar issues and one of the key components of getting my body healthy enough to regulate blood sugar again was doing a liver cleanse.

The liver processes your food as well as chemicals. Fats, carbohydrates and proteins all nourish you after they are broken down by the liver into lipids, glucose and amino acids. The liver has a huge job!

If you don't want the problems that come with a clogged liver, it makes sense to *eliminate potential sources of liver clogging*.

I am going to guide you through some of the toxins in makeup, why some can accumulate and cause cancers, and a healthier way to start and finish your face routine beautifully!

## Toxins that can accumulate and cause cancers

Most *natural* products are recognizable by the liver and relatively easy to clear. In order for a product to be patented, however, it cannot be in its natural form. Products that are patentable can make a lot more money, yet these products are far more difficult for the liver to eliminate. So they accumulate... sometimes as a clogged liver. Sometimes as tumors

### Toxins in Makeup

Did you know makeup can contain lead? The heavy metal they banned from our paint for its toxicity is used in lipstick to make it last 24 hours(!) As quoted from The Campaign for Safe Cosmetics<sup>1</sup>:

"Our findings: 61 percent of lipsticks contained lead, with levels ranging up to 0.65 parts per million.

Lead-contaminated brands included L'Oreal, Cover Girl and even a \$24 tube of Dior Addict"

## Endocrine Disruptors

**Is Cancer in your Makeup (Cont P. 5)**

Is Cancer in Your Makeup? (Cont. from P.4)

You have heard of the pesticides that are killing off the bees? Most of them are in the family of *endocrine disruptors*, meaning they interfere with normal action of hormones and their detoxification. Endocrine disruptors commonly found in conventional makeup include PFAs, phthlates and parabens<sup>2</sup>. Parabens and pthlalates have been found in breast cancer tissue, and there is a suspicion that there may be a link to *infertility and endometriosis*<sup>5</sup> and Europe began proceeds against such chemicals back in 1993. It is estimated that typical skin care and cosmetics may provide us with 50mg of such parabens per day.

Chemical Cocktails

Could your makeup be providing you with a daily dose of chemical cocktail? An organization to prevent cancer, *Breast Cancer Prevention Partners: Exposing the Cause is the Cure*, has done research and says their *science shows low dose chemical exposure - especially when they are in combination - can cause negative effects - and few such combos have been researched*<sup>3</sup>.

*In an upcoming month, we plan to show you nutrients the liver needs to prevent cancer.* If you want to try the skin care and a facial powder that I use as it is the cleanest I have found go to:

Linktr.ee/socalgardenhealth

Reference Links:

- 1.) <http://www.safecosmetics.org/get-the-facts/regulations/us-laws/lead-in-lipstick/>
- 2.) <https://davidsuzuki.org/queen-of-green/dirty-dozen-parabens/>
- 3.) <https://ec.europa.eu/environment/chemicals/endocrine/>
- 4.) <https://www.bcpp.org/our-work/core-science/>
- 5.) <https://www.niehs.nih.gov/health/topics/agents/endocrine/>
- 6.) <https://articles.mercola.com/sites/articles/archive/2015/05/13/>

Momma Rac's Column

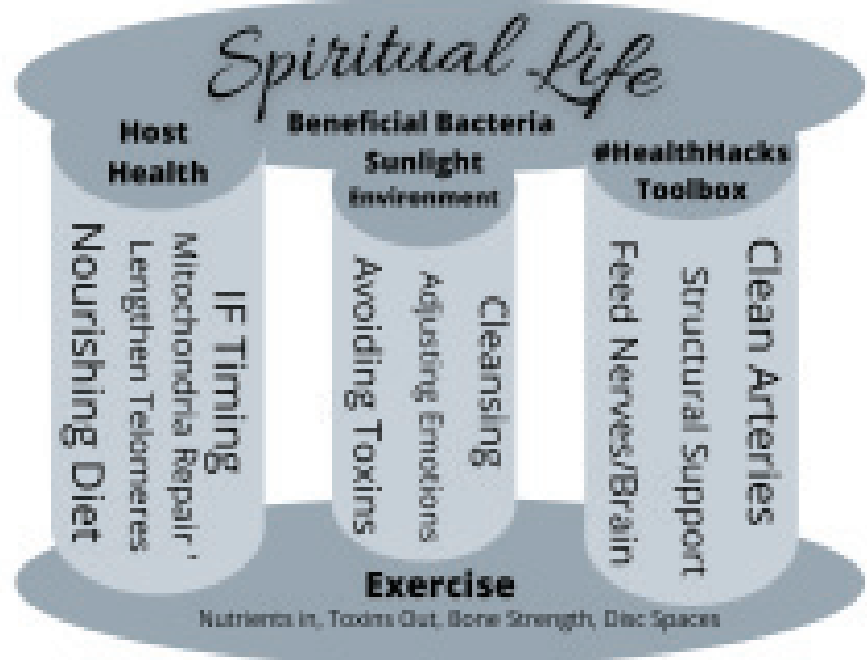
*Fight lies / Protect family!*

TikTok: @homeschoolingmoms

Linktr.ee/socalgardenhealth



For more fascinating health info, listen to my *Health by Design Podcast* by Cynthia Cruz



Creating Memories for your Family

I pray over every article and issue in the hopes of providing valuable information to bless you and your family with regards to family, health and local issues. I don't always get it right, please forgive me. But I am excited about this article as quick ideas for you to make this season more special and rich with family memories!

**Read Alouds** - I love to create voices and make the family laugh by reading to them with each character having a unique sound. We haven't done this in a while but remember rolling on the floor laughing while reading *A Christmas Carol* or *Pilgrim's Progress* (we love the Pappas version), or *Water-ship Down* (stirring tale of adventure, courage and survival of bunnies below ground whose home is disturbed by man and predators. It has themes to help understand the pitfalls of totalitarianism and fun characters to read!)

We used to read aloud *William Bradford's History of Plimouth Plantation* - a journal of life in the new world and what the Pilgrim's encountered in their struggle to survive here. Truly makes one grateful! See **Creating Memories (Cont. P.10)**

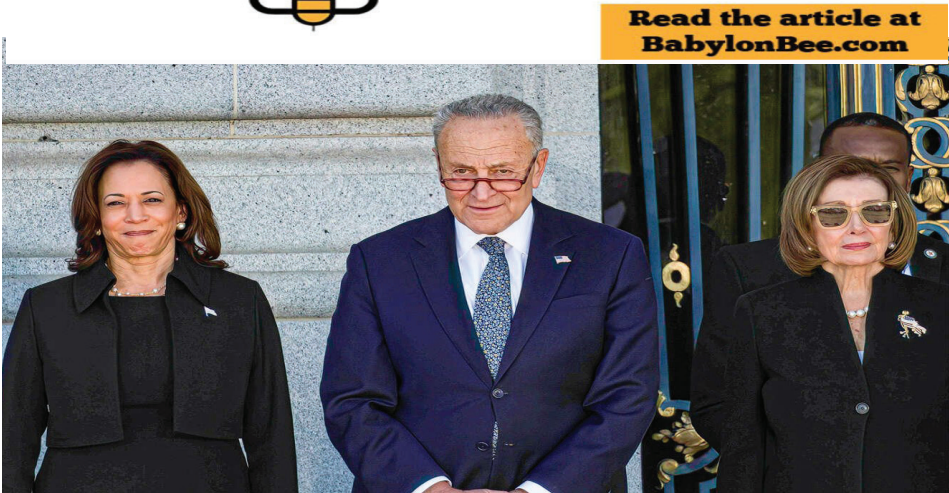
*Freedom of Speech and the Press, as outlined in the first amendment, requires a free exchange of ideas, recognizing that only God knows all.*

*The Highgrove Happenings Newspaper may publish contradictory ideas - respecting you enough to decide for yourself.*

*Not all ideas represent us; but truth resonates.*

*"Do not move the ancient boundary Or go into the fields of the fatherless, For their Redeemer is strong; He will plead their case against you." -- Proverbs 23:10-11*

*"Figures don't lie, but liars do figure." -- Mark Twain*



People who would never cheat in elections horrified by the "can't cheat in elections bill"

# HIGHGROVE HAPPENINGS

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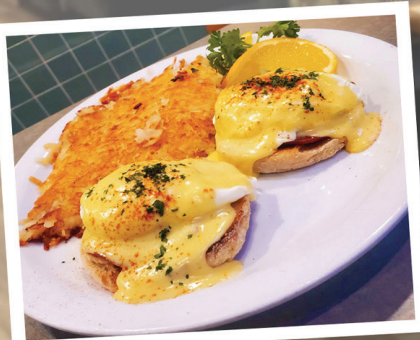
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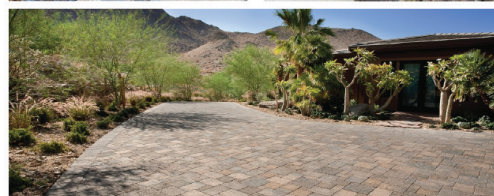


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# HIGHGROVE HAPPENINGS

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# HIGHGROVE HAPPENINGS

**Health Care is *NOT* a Human Right by Joel Salatin**  
*Health care is not a human right. Neither is clothing, housing, food, or education.*

When Thomas Jefferson penned the Declaration of Independence he carefully chose three God-given rights: life, liberty, the pursuit of happiness. To be sure, in his colonial mind he wasn't thinking about slaves when he wrote; he was thinking about freedmen. Society has progressed a lot since then and in our modern thinking, we would of course extend this right to all people, not just freedmen.

The right to life, liberty, and the pursuit of happiness was good enough for the Declaration, but not good enough for governance. As a result, some rights were added in the initial Bill of Rights to further clarify what those initial rights meant. The right to worship, assemble, speak, arming ourselves, and to be secure within our persons and things all became universal rights. Later, the right to vote, to drink alcohol and other things were added as the society progressed.

The critical thing about all these *rights* is that they *have no inherent cost on anybody else*. In order for me to live, you don't have to die, pay, or help. In order for me to speak, you don't have to stop talking. None of these rights requires anybody else to do or pay anything; that is why they are considered human rights.

You cannot have an inherent human right that costs someone else anything. The two are completely and absolutely philosophically incompatible. If your human right requires me to pay something or do something (besides not keeping you from it) then it is a social construct, a social mandate, not a human right bestowed on every human from the womb and regardless of social norms.

This is why *human rights are sacred & special*. I'll never forget speaking on the steps of parliament in Australia at a food choice rally, with police hovering nearby, and being reminded by the locals: "remember, we have no right to speak here." Wow.

When we extend human rights to things that cost others, we cheapen the real ones and obfuscate their philosophical foundation. If your right requires me to do something, then it enslaves me to your requirement. Then I'm deprived of a much more basic human right, which is the right not to be enslaved by you.

This is such a simple concept, and yet many people conflate a social charity with basic human rights. If a culture wants to guarantee health care as a social charity, that's fine, but never, please never, elevate it to a human right. This is why

*life, liberty, and the pursuit (notice, not the guarantee) of happiness are special. They can, and should be, enjoyed by everyone without any sacrifice on the part of anyone else.*

A tribe discovered by missionaries deep in the jungles of the Amazon heard the gospel and many came to Christ. The missionaries, serviced by their mission's small Cessna airplane, brought medical supplies into this primitive enclave. Gradually the missionaries created an alphabet and gave them a written language, plus pencils and paper. The tribe still ate monkeys and snakes and lived out of the river (bathing, fish) but gradually learned about some of the thing available outside their village.

One day a child became extremely sick. The tribe was used to losing children from time to time, as well as the elderly, like any people group would. But the missionaries said this particular illness was treatable if they took the child to a hospital on the airplane. The village adults convened for a meeting to discuss this new possibility. It would require all the money the village could put together to save this child, and the people decided it was better to buy some pipe for clean water and do some other things rather than spend all their money trying to save one child's life. And the parents were fine with that, to advance the whole village rather than spend their scarce money to save one person.

It's a heartrending story, but I think illustrates a level of wisdom and contemplation worth considering. In American culture, more than 70 percent of all medical care is spent to extend life 6 months. Why? Let it go. I've instructed my family to not resuscitate me if I have a heart attack. Let me go. Why burden them and society to extend my life? Let it go.

When Patrick Henry declared "give me liberty or give me death" he wasn't blowing smoke. He recognized there are things worse than dying, and *things worth dying for*.

Can you think of anything worse than dying, or not being treated for a medical condition?

## TheLunaticFarmer.com

So far this year, the United States has given:

- \$24,400,000,000 to Ukraine.
- \$11,300,000,000 to Israel.
- \$1,950,000,000 to Ethiopia.
- \$1,600,000,000 to Jordan.
- \$1,400,000,000 to Egypt.
- \$1,100,000,000 to Afghanistan.
- \$1,100,000,000 to Somalia.
- \$1,000,000,000 to Yemen.
- \$987,000,000 to Congo.
- \$896,000,000 to Syria.
- \$9,000 per illegal immigrant that has entered the U.S.

And Americans who have lost everything to Hurricane Helene will be getting \$750, courtesy of FEMA.

# HIGHGROVE HAPPENINGS

## Creating Memories (Cont. from P.5)

Another read-aloud that has the most special memories for our family was **Elsie Dinsmore** as both of our children accepted the LORD as their Savior while reading this series! ( [Elsie-Dinsmore.com](http://Elsie-Dinsmore.com) )

As we are getting older we realize that the things children remember most are the one-one-one times. The times that we put aside every distraction and focus on each one. Listening. Thinking about what they say. Encouraging them. Making the children in your life feel important. Even if you are not feeling well. What a legacy to have your children and grandchildren remember you as a great listener! One who truly loves them. There is something so special about being available for your children. It is no small thing. What if that is the difference between raising one who becomes a secure, independent adult versus one who never got their needs met so they need to cling to you (or their phone) for support. We are hardwired for relationship. A rich relationship with you can help them accept a loving God that is life-changing. May your holiday season be rich with memorable family time!

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**Preschool Storytime** with Songs,  
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*\*Please call to confirm event times & dates*

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**Elon Musk** @elonmusk · 2h

Wow, it is now illegal to require voter ID in California!

They just made PREVENTING voter fraud against the law.

The Joker is in charge.



**ALEX** @ajtourville · 3h

NEWS: California enacts law banning voter ID requirements

Governor Gavin Newsom signed a bill into law that bars local governments ...

[Show more](#)



## Homelessness Surges, Newsom Vetoes Oversight, Crazy Amount of Taxpayer Money Missing

Homelessness is a big problem in California with \$24 billion spent on it that the state appears to have lost track of... should we find out where that money was spent? Not according to Newsom as he vetoes a bill to oversee the money spent on homelessness.

"The Democratic governor vetoed two bills aimed at introducing more transparency and accountability to how the state handles funds intended to combat homelessness." (RVM)

The Washington Examiner reports that, "This latest move has sparked fierce criticism from Republican lawmakers, who argue that California's homeless crisis is worsening despite massive spending."

AB 2903 was vetoed and would have mandated that the state agencies responsible for homelessness programs submit annual reports to the California Interagency Council on Homelessness and to disclose their findings publicly.



**Read the article at  
[BabylonBee.com](http://BabylonBee.com)**



**'We Can't Afford Another Four Years Of This!' Shouts Running Mate Of Candidate Who Has Been Leading Country For Four Years**

# HIGHGROVE HAPPENINGS

## "Sassy Water" for Weight Loss

Sassy water is the most effective way to lose weight!  
by Barbara O'Neill on Substack

An almost accidental discovery by nutritionist Cynthia Sass has become the salvation of many women seeking to get rid of their tummy.

This drink promotes weight loss, helps cleanse the intestines, boost metabolism, and improve overall health. The use of ginger for weight loss has been known for a long time, but this drink is much better!

You will need:

- \*2 Liters of water
- \*1 tsp of grated ginger
- \*1 sliced cucumber
- \*Thinly sliced lemon
- \*A bunch of mint.

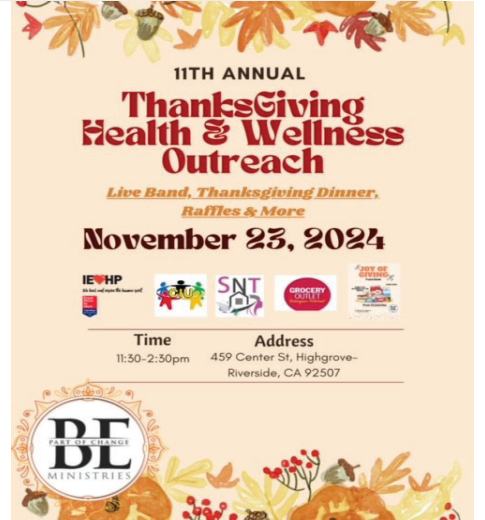


Pour all the ingredients with water and refrigerate. In general, that's it. Prepare the water in the evening and drink it throughout the next day. And so on every day for 3-4 weeks.

*[I'm not a big fan of cucumber or mint, so I skipped that and squeezed in key limes instead of lemon ... I have only tried it one week and my body temperature feels hotter from the ginger. If the lemon detoxifies as some believe, this should be a hot tip! Please share your experience!]*

*"Do not rob the poor because he is poor, Or crush the afflicted at the gate; For the Lord will plead their case And take the life of those who rob them." even more so, those who rob their life."*

*Proverbs 22:22-23*



*"My husband and I wanted to just thank you for what a great job you're doing on the newspaper. We really appreciate it." A.T.*

*"Every rose is an autograph from the hand of God." - Theodore Parker*

## Lemon Water Benefits



### 1 Aids in Digestion & Detoxification

Because lemon juice's atomic structure is similar to the digestive juices found in the stomach, it tricks the liver into producing bile, which helps keep food moving through your body and gastrointestinal tract smoothly. Lemon water also helps relieve indigestion or ease an upset stomach.

### 2 Helps the Body Use Fat For Fuel

Regularly sipping on lemon water can help you lose those last pounds. That's because lemons contain pectin, a type of fiber commonly found in fruits. Pectin helps you feel full longer.

### 3 Improves Mood and Energy

Skip the morning cup of coffee - lemon water can boost energy levels without the caffeine crash. When negative-charged ions, like those found in lemons, enter your digestive tract, the result is an increase in energy levels.

### 4 Improves Vitamin C Levels

Because your body doesn't make Vitamin C on its own, it's important to get enough of it from the foods and drinks you ingest, like lemon water. Vitamin C stimulates white blood cell production, vital for your immune system to function properly, and also protects cells from oxidative damage.

### 5 Rejuvenates Skin & Body Healing

The antioxidants in lemon water fight damage caused by free radicals, keeping your skin looking fresh. It also helps the body produce collagen, essential in smoothing out lines in the face.

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Nursery for all services  
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**11:00 am - Worship Service**  
**6:00 pm - Evening Worship**  
**Wednesday 7:00 pm - Bible Study**  
**Pastor John Pettit**  
**951-318-3856**  
**Church Phone: 951-784-1100**  
45 Michigan Avenue, Riverside, CA 92507  
(Located in Highgrove)  
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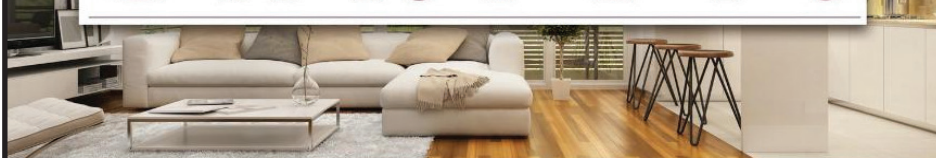
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