

# Toshiba Microwave Oven Er 7900 User Guide

The Family Guide to Aging ParentsThe Spy StoryThe Wireless Internet Opportunity for Developing CountriesThe Ant HillsMy Little Plastic BagThe Robot Builder's BonanzaMathematics for Business, Finance, and EconomicsIntroduction to Medical Electronics ApplicationsOf Human DiversityInside the World of Die for MeDrug Kingpins: The People Behind Drug TraffickingHigh Performance PigmentsSuperconductivityAlgebraDr. Gott's No Flour, No Sugar(TM) DietAce Fitness Instruction ManualHandbook of Quantitative Studies of Science and TechnologyDocumentary FilmmakingModern PhotographyMachine Language for Beginners6 Rules Every Man Must BreakPrinciples of Superconductive Devices and Circuits1, 2, 3, Tea! (Shimmer and Shine)Tailoring Multiphase and Composite CeramicsAdvanced Ceramics and CompositesPopular ScienceThe BrookfieldsConquer Your Past Through Inner HealingMultipurpose Research ReactorsHardware HackerReliability Design of Mechanical SystemsPopular ScienceIndustrial Inorganic PigmentsOrganizations and Unusual RoutinesPhysics and Applications of the Josephson EffectThe Industrial Laser HandbookDie for HerThe DC-3Blood and StoneMathematical Quilts

## The Family Guide to Aging Parents

On a chilly evening in May, after twenty-one years of

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marriage, I stood at the door of a Catholic convent with two of my children. My fears and insecurities were so strong that I thought they might destroy me. Somewhere inside, you know when you've crossed the line into the unknown, that place you were so afraid of facing. You're not exactly certain how it happened, but something emerges inside that takes on a life of its own and you realize you've just experienced the end of an era. My doubts and fears hovered like luminous demons, taunting my perceived inability to survive in a world I hardly knew. Casting out those demons led me toward an adventure that was to recreate me again and again. In facing my fears, I found the strength and the courage to abandon the familiar and allow myself to be reinvented by life's struggles.

### **The Spy Story**

No calorie counting. No gram counting. Cheating is allowed! It's uncomplicated. Inexpensive. A cinch to maintain. And most of all, a sensible guide to healthy eating that will help you lose weight fast and keep it off for the rest of your life. During his forty years of medical practice and in his nationally syndicated medical column, Dr. Peter Gott has been asked constantly by patients and readers for a simple, foolproof way to lose weight. In response, he developed the No Flour, No Sugar Diet, which has prompted countless success stories from his patients, thousands of letters from his readers raving about their phenomenal weight loss, and this New York Times bestselling book. While Dr. Gott's program

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teaches you how to eliminate flour and sugar from your diet, you won't go hungry. The diet includes selections from all the food groups, with a strong emphasis on nutrient-dense foods that leave you feeling satisfied. You'll still enjoy lean meats, brown rice, low-fat dairy products, vegetables, fruits, and other goodies—and discover how to satisfy your sweet tooth and carb cravings without sugar or flour. In addition, DR. GOTT'S NO FLOUR, NO SUGAR DIET? features:

- Easy-to-follow meal plans you customize to your needs
- More than 50 mouthwatering recipes for soups, entrees, desserts, and more—from Omelet Muffins to Pork Tenderloin Roasted with Fennel, Apples, Potatoes, and Onions to Strawberry Crepes with Dark Chocolate Sauce
- Pantry and food lists
- Guidelines for finding the hidden flour and sugar in many foods
- Important nutritional and exercise tips
- Inspirational stories from Dr. Gott's patients and letters from readers and much more.

Get ready to let four powerful words "No Flour, No Sugar" make you healthier than you've ever been before!

## **The Wireless Internet Opportunity for Developing Countries**

ACE Group Fitness Instructor Manual was designed to prepare fitness professionals to work in group and class settings and is the main study for the ACE Group Fitness Instructor. Developed and written by 17 of the industry's top experts, the ACE Group Fitness Instructor Manual is an excellent resource, addressing the core competencies you need regardless of the types of classes you teach. It provides overviews of

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nine of the most popular modalities, including aquatic exercise, fitness yoga, and Pilates mat training. Topics range from exercise physiology, anatomy, kinesiology, and health screening to adherence, injury prevention, and legal and professional responsibilities. Special attention has been given to fitness for special populations, including pregnant women and those with significant weight challenges. Companion DVD included.

### **The Ant Hills**

The revised edition of this book offers an expanded overview of the reliability design of mechanical systems and describes the reliability methodology, including a parametric accelerated life test (ALT) plan, a load analysis, a tailored series of parametric ALTs with action plans, and an evaluation of the final designs to ensure the design requirements are satisfied. It covers both the quantitative and qualitative approaches of the reliability design forming in the development process of mechanical products, with a focus on parametric ALT and illustrated via case studies. This new reliability methodology – parametric ALT should help mechanical and civil engineers to uncover design parameters improving product design and avoiding recalls. Updated chapters cover product recalls and assessment of their significance, modern definitions in reliability engineering, parametric accelerated life testing in mechanical systems, and extended case studies. For this revised edition, one new chapter has been introduced to reflect recent developments in

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analysis of fluid motion and mechanical vibration. Other chapters are expanded and updated to improve the explanation of topics including structures and load analysis, failure mechanics, design and reliability testing, and mechanical system failure. The broad scope gives the reader an overview of the state-of-the-art in the reliability design of mechanical systems and an indication of future directions and applications. It will serve as a solid introduction to the field for advanced students, and a valuable reference for those working in the development of mechanical systems and related areas.

## **My Little Plastic Bag**

Quantitative studies of science and technology represent the research field of utilization of mathematical, statistical, and data-analytical methods and techniques for gathering, handling, interpreting, and predicting a variety of features of the science and technology enterprise, such as performance, development, and dynamics. The field has both strongly developed applied research as well as basic research characteristics. The principal purpose of this handbook is to present this wide range of topics in sufficient depth to give readers a reasonably systematic understanding of the domain of contemporary quantitative studies of science and technology, a domain which incorporates theory, methods and techniques, and applications. In addressing this domain, the handbook aims at different groups of readers: those conducting research in the field of science and technology,

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including (graduate) students, and those who are to use results of the work presented in this book.

### **The Robot Builder's Bonanza**

If you believe that gargoyles are mere statues found at churches, you are mistaken, as were Jacob and Cheryl Sterns, until they came face-to-frightening-face with one. Humble convenience-store clerk Walter Archemis becomes an unexpected hero when he rescues the twins from danger at the hands of Duster the menacing gargoyle. Yet the twins become marked with a sinister bond, and the tortuous creatures of stone will not leave them alone. Now under the protection of Archemis revealed to the twins as a vampire from an ancient world, charged with the mission to protect human mortals from the gothic granite ghouls the twins must endeavor a terrifying quest to evade them. Find out more about this exciting page-turner as Robert M. St. Marie leaves you scared and thrilled with his latest offer, Blood and Stone.

### **Mathematics for Business, Finance, and Economics**

### **Introduction to Medical Electronics Applications**

My Little Plastic Bag tells the story of a little girl, Amy, who throws a plastic bag "away." It follows the plastic through the ecosystem until it comes back home in

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the fish that her family eats. Plastic in our water is now epidemic and one United Nations report says almost every square mile of the ocean contains 46,000 pieces of plastic and most are so small we can't see them. This plastic is ingested by the fish and other wildlife and that leads to the plastic chemicals getting into our food supply. My Little Plastic Bag will be perfect for reading to children ages 4 to 8 to educate them on two important ecological concepts: 1. There is no "away." 2. There are cycles in nature. Any child who is curious about nature and science will enjoy My Little Plastic Bag. This book gives teachers and parents a great teaching tool to build awareness of environmental stewardship. After all, the future belongs to our children. "It's important that children learn that plastic pollution is one of the most serious threats facing our natural world. My Little Plastic Bag helps kids understand how even a harmless action like throwing away a plastic bag can have serious consequences." --Diane MacEachern, Publisher, BigGreenPurse.com "As a Riverkeeper I believe this book can be a valuable tool for teaching young people about the problems plastic trash creates in our aquatic environment." --Travis Graves, Lower Neuse Riverkeeper

### **Of Human Diversity**

Set in the romantic and death-defying world of the international bestselling Die for Me trilogy, this digital original novella follows Jules, a brooding, immortal French artist who has fallen in love with his best friend's girlfriend. Jules Marchenoir is a revenant—an

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undead being whose fate forces him to sacrifice himself over and over again to save human lives. He's spent the better part of the last century flirting his way through Paris, but when he met Kate Mercier, the heroine from Amy Plum's *Die for Me* trilogy, he knew his afterlife had changed forever and he had found the love of his life. Until Kate fell for his best friend, Vincent. Now Jules is faced with an impossible decision: choosing between his loyal friend and a love truly worth dying for. Epic Reads Impulse is a digital imprint with new releases each month.

### **Inside the World of Die for Me**

This can't-miss companion to Amy Plum's internationally bestselling series is a compendium of everything you've ever wanted to know about the eternally enchanting world of the revenants. Perfect for fans of Cassandra Clare's *Mortal Instruments* series and *Tales from the Shadowhunter Academy* series, the *Die for Me* series is wholly original and brimming with action and romance. Set in Paris, *Die for Me* introduced readers to revenants, undead beings who must sacrifice themselves again and again to save the lives of strangers. This companion book is the guide to all things revenant, including loads of never-before-seen material. Fall in love all over again with Kate and Vincent by reading their private letters. Relive pivotal moments from other characters' points of view. Discover deleted scenes from throughout the series. Learn all about the long history of the revenants and how Amy Plum went about creating it. And get a guided tour of the City of

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Light from the author herself. Epic Reads Impulse is a digital imprint with new releases each month.

### **Drug Kingpins: The People Behind Drug Trafficking**

Comprehensive coverage of the Josephson effect, from a survey of underlying physical theory to actual and proposed engineering applications. Considers many macroscopic quantum effects with potential for technical development. Theoretical material is followed by relevant discussions of device applications. Includes 100 original figures and photographs.

### **High Performance Pigments**

'Everything there is to know about inorganic pigments' Revised and updated, this book offers a concise and thorough presentation of inorganic pigments in their diversity: their manufacturing processes, their applications and markets, their testing procedures and standards, and also the health and environmental regulations relating to them. Over 40 first-class authors from leading chemical companies have created a uniform and clearly structured text, giving an excellent overview of the subject area. The reader is provided with more than 800 up-to-date references to the pertinent literature, which will be extremely useful for further studies. This book will be of benefit to all chemists, materials specialists, engineers, application technicians and students in pigment-related fields.

## **Superconductivity**

### **Algebra**

A major revision of the bestselling "bible" of amateur robotics building--packed with the latest in servo motor technology, microcontrolled robots, remote control, Lego Mindstorms Kits, and other commercial kits. Gives electronics hobbyists fully illustrated plans for 11 complete Robots, as well as all-new coverage of Robotix-based Robots, Lego Technic-based Robots, Functionoids with Lego Mindstorms, and Location and Motorized Systems with Servo Motors. Features a pictures and parts list that accompany all projects, and material on using the BASIC Stamp and other microcontrollers.

### **Dr. Gott's No Flour, No Sugar(TM) Diet**

What if by breaking six specific rules, you could throw off the shackles of other people's expectations and pursue a more authentic and liberating faith? Popular author and speaker Bill Perkins challenges men to follow Jesus' example: refuse to be handcuffed by rules that aren't God-given. Drawing on personal stories and Scriptural examples, Bill shows how defying these rules will help you to live a courageous and credible life free from hypocrisy and to unleash the passionate faith that resides within you. You can strengthen your connection with Christ by depending on him—not man-made rules—to transform you into the man he created you to be.

## **Ace Fitness Instruction Manual**

## **Handbook of Quantitative Studies of Science and Technology**

Aimed at first-year electrical engineering and physics courses at the graduate level, this book introduces theories useful for practical analysis, providing an understanding and the basis for a variety of applications.

## **Documentary Filmmaking**

## **Modern Photography**

Traces the history of the spy story, explains why it has become so popular, and examines the works of Buchan, Ambler, Greene, Fleming, and Le Carre

## **Machine Language for Beginners**

Popular Science gives our readers the information and tools to improve their technology and their world. The core belief that Popular Science and our readers share: The future is going to be better, and science and technology are the driving forces that will help make it better.

## **6 Rules Every Man Must Break**

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Introduces the Beginner to Machine Code. Includes Utilities, An Assembler & a Disassembler

## **Principles of Superconductive Devices and Circuits**

Are you struggling with what to do with difficult aging parents? Are they stubborn and refusing help? You are not alone. Millions of adult children face issues when parents' health starts to decline and they can't do things safely anymore. There is endless information on the internet, much of it confusing and even contradictory with common sense. Skip the confusion! Now you can get clear, professional, action-oriented answers to your most vexing legal, health care, and financial questions about your aging loved ones. Author Carolyn Rosenblatt is an RN and attorney with over 45 years of combined experience. She is a consultant for families at AgingParents.com, and her work there informs her writing. Find real case illustrations and real-life solutions to problems like yours. You'll find a chapter on how to have the often uncomfortable money conversation with your aging parents, how to safely hire a home care worker, what you need to know about assisted living, how to get your parent to give up driving, how to prevent your loved ones from being abused and much more. The Family Guide to Aging Parents gives you the legal and healthcare expertise you need to guide you through the many difficult decisions you have to make as your parents age.

### **1, 2, 3, Tea! (Shimmer and Shine)**

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Includes papers by various authors from a conference, held New York, 26 June 2003. - Funding for this publication was provided by World Bank, infoDEC Program; United Nations. ICT Task Force and the Wireless Internet Institute

## **Tailoring Multiphase and Composite Ceramics**

The proceedings of the Twenty-First University Conference on Ceramic Science held at The Pennsylvania State University, University Park, PA on July 17, 18 and 19, 1985 are compiled in this volume "Tailoring Multiphase and Composite Ceramics". This Conference emphasized the discussion and analysis of the properties of multiphase ceramic materials in which the microstructure is deliberately tailored for specific applications or properties. Internationally recognized authorities presented keynote and invited lectures on topics dealing with processing and fabrication of multiphase and composite electroceramics, fiber reinforced composites and high temperature multiphase ceramics. Results of recent research were presented in oral and poster sessions by leading researchers from several countries. This collection of papers represents the state of the art in our understanding of the processing-structure-property interrelationships for these materials which possess unique and useful electrical, magnetic, optical, mechanical and thermal properties as a result of their multiphase nature. We are grateful for the financial support of the National Science Foundation, the Office of Naval Research, the Air Force Office of

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Scientific Research, and the Defense Advanced Research Projects Agency for this conference. We gratefully acknowledge Prof. Robert Davis' leadership role in steering and expanding this university conference series on ceramic science. We thank Ron Avillion and Linda Rose for their expert assistance in planning and coordinating the meeting. Thanks are due to Ms. Marian Reed, Ms. Judy Bell and Ms.

## **Advanced Ceramics and Composites**

Everyone working in and with organizations will, from time to time, experience frustrations and problems when trying to accomplish tasks that are a required part of their role. This is an unusual routine - a recurrent interaction pattern in which someone encounters a problem when trying to accomplish normal activities by following standard organizational procedures and then becomes enmeshed in wasteful and even harmful subroutines while trying to resolve the initial problem. They are unusual because they are not intended or beneficial, and because they are generally pervasive but individually infrequent. They are routines because they become systematic as well as embedded in ordinary functions. Using a wide range of case studies and interdisciplinary research, this book provides researchers and practitioners with a new vocabulary for identifying, understanding, and dealing with this pervasive organizational phenomenon, in order to improve worker and customer satisfaction as well as organizational performance.

## **Popular Science**

In this remarkable new photographic history, local historian and photographer Dennis LeBeau presents a heartwarming tale of life in the Brookfields at the turn of the century. The photographs in this collection are those of William Bullard, an itinerant photographer in the 1890s and early 1900s from North Brookfield, whose work has never before been published in book form. The story of Bill Bullard's life and photographic legacy are dramatically revealed in this fascinating glimpse into the past. After the photographer's untimely and tragic demise, the rich photographic archives of Bill Bullard were carefully preserved by his brother, Charlie Bullard, and three generations of the neighboring Gaudette family. Dennis LeBeau has individually reprinted each image in this collection from its original glass plate negative. Mr. LeBeau's researched and well-informed captions accompany the photographs in Bullard's collection, creating a comprehensive historic portrait of both the Brookfields and the Bullard family.

## **The Brookfields**

Medical electronics, or more specifically the instrumentation used in physiological measurement, has changed significantly over the last few years. Developments in electronics technology have offered new and enhanced applications, especially in the areas of data recording and analysis and imaging technology. These changes have been accompanied by more stringent legislation on safety and liability.

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This book is designed to meet the needs of students on the growing number of courses, undergraduate and MSc. It is a concise and accessible introduction offering a broad overview that encompasses the various contributing disciplines.

### **Conquer Your Past Through Inner Healing**

Superconductivity: Physics and Applications brings together major developments that have occurred within the field over the past twenty years. Taking a truly modern approach to the subject the authors provide an interesting and accessible introduction. Brings a fresh approach to the physics of superconductivity based both on the well established and convergent picture for most low-Tc superconductors, provided by the BCS theory at the microscopic level, and London and Ginzburg-Landau theories at the phenomenological level, as well as on experiences gathered in high-Tc research in recent years. Includes end of chapter problems and numerous relevant examples Features brief interviews with key researchers in the field A prominent feature of the book is the use of SI units throughout, in contrast to many of the current textbooks on the subject which tend to use cgs units and are considered to be outdated

### **Multipurpose Research Reactors**

This volume is the ideal companion to Wiley's trilogy: The Pigments Handbook (1988), Industrial Organic

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Pigments (1997), and Industrial Inorganic Pigments (1998). High Performance Pigments have become increasingly important in recent years, with a growth rate well in advance of the more classical types of pigments. The book offers both producers and users of High Performance Pigments the opportunity to review and update their understanding of latest technologies and market issues impacting both inorganic and organic High Performance Pigments, together with assessing key regulatory affairs, in this specialty niche of the chemical industry. The manufacture of High Performance Pigments is today a global industry. This is reflected in the multinational expertise of the over twenty experts, drawn from Europe, North America and Asia, who have authored chapters in this book. No professional today can afford to waste time on unfocussed research. This book will effectively help chemists, physicists, engineers, applications and regulatory specialists, and materials scientists to stay ahead in this fast-changing field.

### **Hardware Hacker**

Finally a self-contained, one volume, graduate-level algebra text that is readable by the average graduate student and flexible enough to accommodate a wide variety of instructors and course contents. The guiding principle throughout is that the material should be presented as general as possible, consistent with good pedagogy. Therefore it stresses clarity rather than brevity and contains an extraordinarily large number of illustrative exercises.

## Reliability Design of Mechanical Systems

### Popular Science

Are we merely the sum of our past? It is often said, "We are each a result of our past." The truth is our past experiences do affect us. While some do rather insignificantly, others do quite deeply. In worst cases, they can distort our personalities, open us up to deception, and negatively affect our relationships with God and others. Past abusive experiences are certainly hurtful in that regard. Plus, if not resolved, they can leave "the door open" for the enemy of our soul to exacerbate the matter, deepen the pain, and infect many areas of our lives. On the other hand, you may have grown up in a spiritually sheltered home where you were lovingly cared for and prayerfully reared. Even if you were born again as a child, you too have had experiences that have shaped who you are today. In subtle ways, you too need to conquer the effects of your past. Wouldn't it be wonderful if solutions and remedies were easily found? Well, you may have just found the resource you've needed; prepared by one who spent decades leading people to victory over their past experiences. In this book, Dr. Gorman addresses many of those negative experiences and offers solid solutions. What is wonderful is that it is now available to you! He addresses: Inner healing Victory through forgiveness How perfect love casts out fear What God means when He says to "work out our salvation" Mysteries like Transference of spirits Healthy and unhealthy soul

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ties Generational curses Dealing with depression, and more!

### **Industrial Inorganic Pigments**

This comprehensive and user-friendly textbook aims to provide a thorough introduction to mathematical concepts and methods used in the analysis of business management, finance and economics. Much of the coverage is also relevant for students of other social sciences at university level where a quantitative approach is employed.

### **Organizations and Unusual Routines**

Documentary Filmmaking: A Contemporary Field Guide, Second Edition, is a skills-oriented, step-by-step guide to creating documentary films, from the initial idea phase to distribution. Thoroughly updated to highlight the effects of technological advances and social media, this compact handbook offers something for all types of students: documentary recommendations (for the film buff); illustrations, examples, and commentary from working documentary makers, producers, editors, and distributors (for the more grounded, visual learner); the latest trends in Internet video (for the more "techie" documentarian); and practical financial tips, fundraising ideas, and legal considerations (for the more idealistic-and not always realistic-visionary).  
New to this Edition · A look at innovative uses of Facebook, YouTube, and file sharing sites · Coverage of groundbreaking new ways to fund projects,

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including the use of crowdfunding sites like Kickstarter and Indiegogo · Analysis of the prevailing effect of technical advances--DSLRs, LED light panels, smart phone video, Bluetooth microphones, and 3D--on production · Discussion of the role of short-form documentaries in this new interactive and social-media-fueled culture · Illuminating Interviews and commentary from producers and directors of recent works, including CJ Hunt, Heidi Ewing, Rachel Grady, Barbara Grandvoinet, Ken Kobre, John Leños, and Jennifer Maytorena Taylor

### **Physics and Applications of the Josephson Effect**

The legacies of drug kingpins are both egregious and legendary. Through vast networks of mercenaries, corrupt officials, terrorists, and smugglers, organized drug cartels traffic billions of dollars in heroin, cocaine, MDMA, and methamphetamine across international borders. El Chapo, Pablo Escobar, Frank Lucas, Paul Le Roux, and other kingpins have left indelible marks on the communities they used for drug trafficking, and their far-reaching impact can take years to undo by even the most vigilant law enforcement efforts. This collection details the breadth of their crimes, and includes media literacy questions and terms that challenge readers to assess how journalistic principles are applied to news coverage of kingpins and narco trafficking.

### **The Industrial Laser Handbook**

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Text and photographs present the history of the DC-3 from 1936 to the present.

## **Die for Her**

### **The DC-3**

Manufacturing with lasers is becoming increasingly important in modern industry. This is a unique, most comprehensive handbook of laser applications to all modern branches of industry. It includes, along with the theoretical background, updates of the most recent research results, practical issues and even the most complete company and product directory and supplier's list of industrial laser and system manufacturers. Such important applications of lasers in manufacturing as welding, cutting, drilling, heat treating, surface treatment, marking, engraving, etc. are addressed in detail, from the practical point of view. A list of specific companies dealing with manufacturing aspects with lasers is given.

## **Blood and Stone**

Boys and girls ages 0 to 3 will love learning to count with Leah and her genies from Nickelodeon's Shimmer and Shine as they count up to a magical tea party! This Nickelodeon read-along contains audio narration.

## **Mathematical Quilts**

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Volume is indexed by Thomson Reuters CPCI-S (WoS). Ceramics promise to be one of the leading materials in the 21st century; with their enormous potential to play essential roles in the important and expanding fields of nano-science and technology, information technology, ecological science and engineering, energy-related engineering and life sciences.

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