

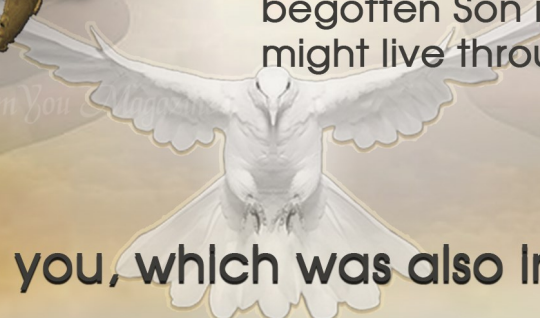


October 2023
Volume 6 Issue 10

Godly

He that loveth not knoweth not God; for God is love.

9 In this was manifested the love of God toward us, because that God sent his only begotten Son into the world, that we might live through him. 1 John 4:8,9



Let this mind be in you, which was also in Christ Jesus: Phil:2:5

Dating / Marriage *Parents / Children*

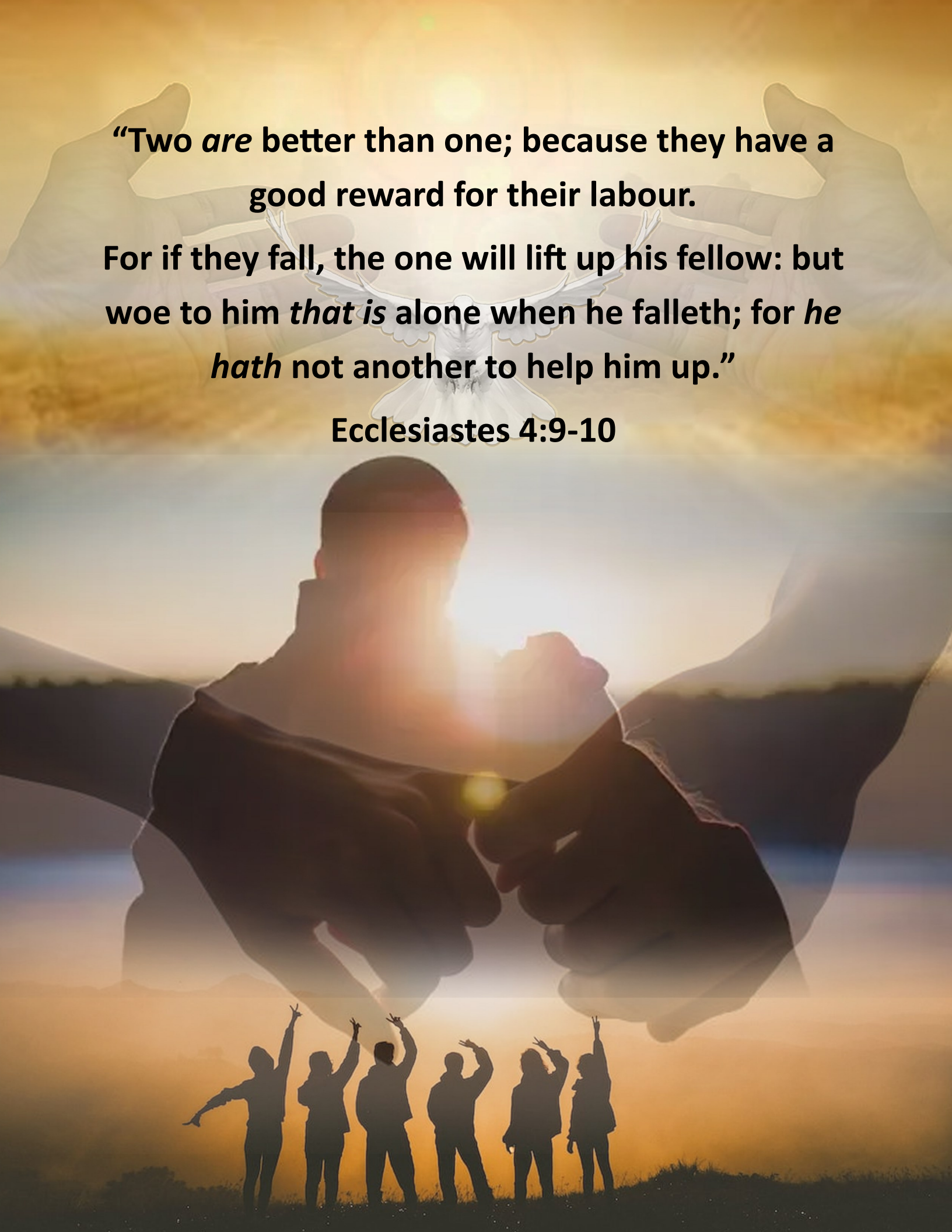
If ye endure chastening, God dealeth with you as with sons; for what son is he whom the father chasteneth not? Hebrew 12:7

Relationships

And if one prevail against him, two shall withstand him; and a threefold cord is not quickly broken. Ecclesiastes 4:12

Friendship





“Two *are* better than one; because they have a good reward for their labour.

For if they fall, the one will lift up his fellow: but woe to him *that is* alone when he falleth; for *he hath* not another to help him up.”

Ecclesiastes 4:9-10



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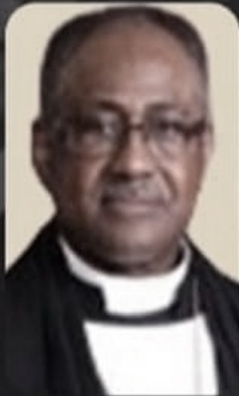
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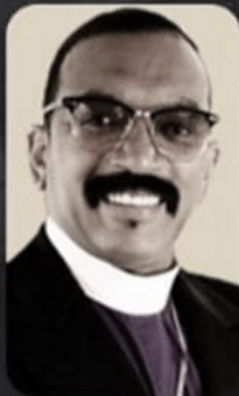
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OCTOBER HEALTH AND WELLNESS

By: Sgt. Nate Griffin of Sgt. Nate Fitness LLC.

For the month of October, I thought it would be good to focus some major health related issues the go unexplored until terminal illness has taken hold. We have been made stewards of God's house, the Temple of the Holy Spirit, (Your body) and must care for it to void displeasing the Father. Below are some areas that need immediate attention if you are to be healthy enough to be useful to God in this life.

WARNING SIGNS:

HEART ATTACK SYMPTOMS: MEN VS. WOMEN

Know the signs. If you have any of these symptoms call 911 right away.

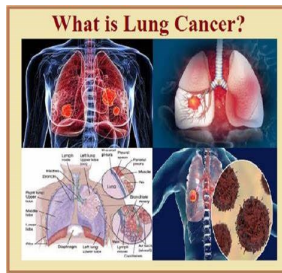
Gender	Typical Symptoms	Atypical Symptoms
Men	Chest squeezing Chest pressure Chest discomfort Shortness of breath Upper back pain Pain down one or both arms Jaw pain	Feeling of fullness Nausea
Women	Chest discomfort Shortness of breath Upper back pain Pain down one or both arms Jaw pain Unexplained or extreme fatigue Fainting Vomiting	Nausea Sudden dizziness

ATYPICAL GENERAL

Heartburn	Weakness	Sharp, knife-like pain with coughing or breathing
Sweating	Flu-like symptoms	

St. Elizabeth HEALTHCARE

THIS MONTH'S AWARENESS:



Diabetes is all too common in the black community due to a diet high in complex carbohydrates and in a lot of cases, very sedentary. If diabetes run commonly in your family. I would strongly suggest you confer with your primary and seek the counsel of a register dietician who can properly assist you in better food choices.

Lung cancer is another affliction that is common in many circles. There are now studies showing cases of lung cancer in those who do not smoke. It would be wise to be aware of your surrounds avoiding curtain chemical scents and other contaminants that could contribute to this breathing disease.

Woman's health is featured this month has a reminder to get your annual check ups and screenings to stay up to date on your health status and stave off any pending health issues from appearing later in life.

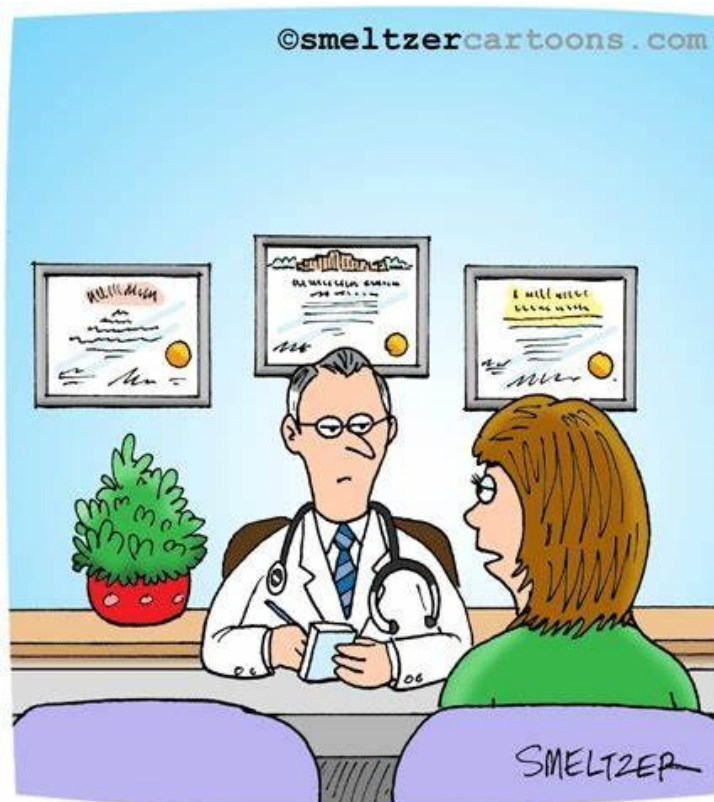
WORKOUT OF THE MONTH: Take The Stars



Take the stars, baby!!! Look for any opportunity to use the stars instead of the elevator if possible. It a great way to sneak in a workout...without knowing you are working out.

ASK YOUR DOCTOR: The Purpose of Medications

People will take pills for anything if they are desperate enough. Pills to lose weight, alleviate pain, grow hair, and anything else. This month, we want to ask our doctors what are the medications they have prescribed and if there are any non-medical methods that can be explored. You will run into some static as doctors may find your course of questioning challenging. It's much easier to prescribe a pill than to have the client make a major lifestyle change if it's not necessarily surgery related.



"Could you prescribe a drug that has a better television commercial?"

HEALTH TIPS: The Importance of Sleep



HEALTH AND WELLNESS SCRIPTURE:

“For I will restore health unto thee, and I will heal thee of thy wounds, saith the LORD; because they called thee an Outcast, saying, this is Zion, whom no man seeks after” Jeremiah 30:17



I cordially invite you to join with me for an in-depth Bible Studies, Prayer and Fellowship.



Sunday Bible Studies 2PM

Dial-in number: 605-313-5466

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"Death and life are in the power of the tongue: and they that love it shall eat the fruit thereof."
Proverbs 18:21

Words have power! They have the power of life and death actually. **The Power of Self Love in 31 Days** is an affirmation devotional to help you speak life and love yourself by declaring positive words and the Word of God. As you read the affirmations out loud, daily, you will be reminded of your greatness and inner beauty.

True self-love is the commitment to objectively know yourself as you are, to fully experience life as it comes to you, and to honor your potential by continually seeking ways to grow. Cherie L. Eldridge is a licensed minister and a life coach. This book is a testament of her personal journey with God which led her to becoming whole and taught her to love herself. She shares categorical and affirmative statements that she personally used to help empower you to learn to love yourself, too!

The Power of Self Love in 31 Days will help you increase in your belief of your own value and importance. It will help you to develop physically, mentally, and spiritually, resulting in personal growth. God does not want us to go through life filled with hate, insecurities, disappointment, and confusion. God desires for us to be made whole. Being made whole is the state of forming a complete and harmonious whole being, unbroken or undamaged. That is what you deserve and this book will help start you on that journey.

With God all things are possible! No matter where you are in your life right now, by reciting and believing the affirmations in this book, a great change will take place in your life for the good. If you believe, you will experience the power of God's love and self-love in just 31 days!

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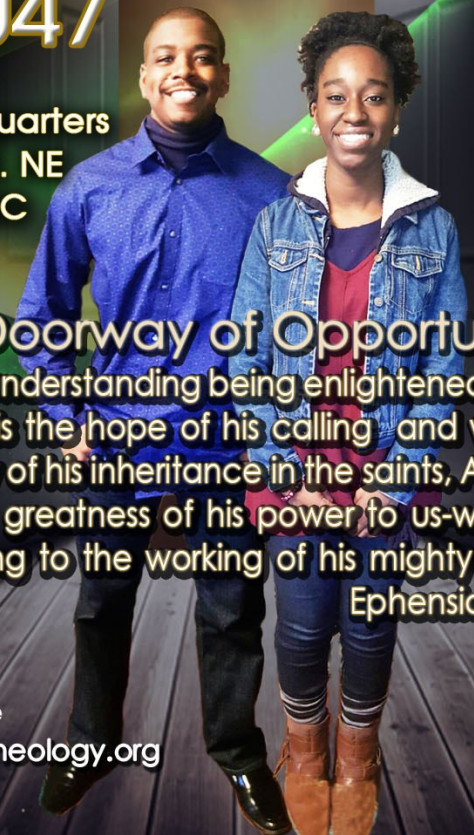
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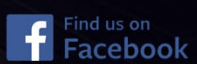
The eyes of your understanding being enlightened; that ye may know what is the hope of his calling and what the riches of the glory of his inheritance in the saints, And what is the exceeding greatness of his power fo us-ward who believe, according to the working of his mighty power...

Ephensians 1:18,19



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Relationships are Vital

Dr. C. A. Dangerfield II

We have heard in the preached messages, Bible studies and Sunday School, "Do unto others as you would have done to you." Have you stopped to assess how you've been doing in this area of your life? Do you show respect for a person when dealing with others or do you treat everyone the same no matter who they are? This is an area that we must be conscious of and aware of our own actions and bias. Simply because we have the power to correct it should we see we have issues in this area. One of the main reason is because it truly affects our witness of Jesus Christ. How can we effectively win other to Christ an we cannot effectively walk in this path as Christ did. Because our love becomes conditional and shows up weak.

Even our personal relationships with one other suffer. When one person as you to something you be quick to do but when another may ask, we become slow and very lax in our execution of the request or we make excuses to get out of it. So with some we are not seen as equally measured, but somewhat bias in our pursuits.

Once again if you do an inventory or self-assessment of yourself you will have to admit this behavior has shown up. Then the question becomes what are you doing to correct and fix this pattern that you project. How many times have you requested from another an they answer the request. But when they are in need it not reciprocated in the same matter as you received. Do you care or are you just selfish thinking about getting your needs meant?

All relationships are vital to our individual growth, which helps us to gain wisdom, knowledge, and most importantly a greater understanding to the will of God. Let us all strive continuously to show love as Jesus did. Be concerned about one another. The benefits are greater than any request asked of you. Make something nice happen for another strive to see it through to the end results. Not seeking anything in return. Just having the satisfaction of knowing you could make a difference for someone else.

The Winan's sang a song that stated "For we may never know
All the people we have touched For we may never know All the lives that we have reached
But we know you know for a record you do keep." God is the observer of all things, so we must strive a little hard in the areas to which we fall short of the mark." So learn to be present and impactful it goes along way.

I Want to Learn to Love Him Better!


Diane Simms

While having a conversation with a Young Lady she began to speak these words and I allowed her to work it out in her own heart while I listened and prayed in silence.

She said I have always had so much love to give and share... It makes me wonder why it was not reciprocated as given. What did I do wrong?

Why am I here alone, is it anger or hate, is it misunderstanding, why did GOD set me so far apart from those I love and have loved, why do I feel like they did not love me back. So I Prayed and asked for prayers from others. Later she came back to me and said...

I see things very different today, because the Love of GOD fills all those voids and helps me to learn, experience and know of a surety I am loved by GOD and for his Purpose!!!!



When God's love
hits your heart, it
changes you.

THE BRILLIANCE OF GOD

By Edler Diane Harvell

Can we disparage the existence of God, or can we explain Him? Who sustains the duration of life & who allows it to take place?

Or who can stop the aging process except the hand of God? Or who can set the moon in place before a new day dawns?

Its amazing how we spend our lives and do what we intend, yet we cannot stop the course of time nor its aging process,

I hug the days of old sometimes & remember their fulfillment,

Yet I embrace God's awesome power and His awesome brilliance!

Thank You Again Jesus!
Your Daughter Diane!

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RELATIONSHIPS

By Elder Diane Harvell

I John 4:7-8

Beloved, let us love one another, for love is of God; and everyone who loves is born of God and knows God. v8-He who does not love does not know God, for God is love.

The most important relationship to me is the relationship with our Lord and Savior Jesus Christ. There are several different types of relationships that are relative in life but there's none as relative as knowing your Savior. In Matthew, chapter 12, verse 49 Jesus refers to his relative as those who have excepted him and those who have repented. And this chapter of scripture upon reading it, would seem as though Jesus is denying his mother and his brothers. This is because, as he was ministering, people came to him, and said that his mother and his brothers were outside and wanted to speak to him, and he steadfastly said, who is his mother, & who are his brothers? **“For whoever does the will of My Father in heaven is My brother and sister and mother.”** Those who will accept and follow Him, Jesus considers as his family! Isn't that a beautiful principle?

In a natural sense, this would appear to be disrespectful, or Jesus is rejecting his natural family, but Jesus made it clear that family is those who are of the family of God. Although we have our natural families the most important family members are the of those who belong to the family of God, where we can experience the ultimate relationship of true love, joy, peace, and fulfillment. There are many types of relationships that can be either toxic or healthy, but none compares to the relationship with God. I can attest to having experiencing both toxic and healthy relationships, but it was the love of God where I found total completeness and fulfillment.

Human family relationships are beautiful and necessary blessings, and God is the one who created and provided those relationships. Jesus is not minimizing the importance of family relationships; rather, He is emphasizing that having a right relationship with God by obeying His will is the most important.

Unfortunately, today it seems that many people try to avoid or omit the will of God and do whatever they want to do. Its amazing to me that over 2,000 years ago Jesus was made out to be a type of heretic, or fake revolutionary that the Scribes, Pharisees, and some people hated. Today, by some, He is devalued in the same way. Many immoral lifestyles are boldly practiced today and many of them display defiance to Jesus' teaching, beliefs, and His commandments.

Human family relationships are beautiful and necessary blessings, and God is the one who created and provided those relationships. Most relationships today have been redesigned with man made doctrines and practices apart from God. And just as we desire and long to be part of a family, so does Jesus! He longs to have a heavenly family to be with Him and one that will never die!

And God is love, He desires that we love Him and one another. Without His love, we cannot accurately love anyone. He died so that we can experience this love and experience a relationship that will never die. If we accept Jesus and do the will of the Father, that's when we become permanent members of His entire family forever!

Please accept the love of Jesus Christ today. How? Romans 10:8-11 - "The word is nigh thee, even in thy mouth, and in thy heart:.."

May God Bless You All!

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Sunday Morning Worship - 11:00 AM AKST on
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*AKST = Alaska Standard Time



The One True Relationship

Dr. C.A. Dangerfield II

It has been preached for centuries that (John 10:10 KJV) The thief cometh not, but for to steal, and to kill, and to destroy I am come that they might have life, and that they might have it more abundantly. Our society is plagued with a lot of downfalls due to disobedience and lack of understanding. We have failed in studying the Word of God to gain an understanding of who we are meant to be. Because the information that we need to know and understand can be found within the pages of the scriptures. We call it the Bible; we have even given it an acronym "Basic Instructions Before Leaving Earth." However, we seldom reference it, most of the time it's only to follow a routine a fraction of the time. A small percentage of people study and reference it all the time. The evidence of this is demonstrated and seen within our societies.

We don't always "Train up our children in the way they should go." The evidence again is demonstrated within the outcomes in their life's because the fundamentals have not been explained and this creates generational issues passed down through many decades and generations.

Tell-tale signs are exposed throughout all our media outlets and social media. Now that everyone is equipped with portable tattle tell devices with cameras, news travels within seconds. Our children are running around in a state of insecurity, confusion and depression seeking some alternative way to help it all make sense, not understanding the one true way in which to accomplish that. So, they seek out some sort of alternative that winds up being costly, detrimental, or deadly. All which could have been avoided had we followed the instructions generations before.

But mankind has chosen to take the path, where the avalanche persists and by the sure mercy of God, we get extracted by a branch on the downward spiral which provided the rescue opportunity for that much need change. Hope in Christ. Because within our rehabilitation from the generational setbacks grace and mercy has turned on the light to expose the breaks from the x-rays of our lifetime. Now before us is an opportunity, an individual and independent choice to start the healing process and build back stronger becoming spiritually enabled for the future which will bring everything back to God's intended purposes for our lives and future generations.

Our first initial task is repentance and from there "Trust in the Lord with all thy heart and lean not to our own understanding, but in all our ways acknowledge Him and He shall direct our path." This is a very important key to initiate on our journey for

ward. Now that the headlights are on and operational, you will be able to see the salvation of the Lord. No longer wandering in the darkness hitting all the inappropriate things that lead to destruction, not getting caught up in abusive outcomes because of a need to belong. Not getting caught up in drugs, alcohol, and destructive trends due to the inability to see yourself worth as God intended. If your life is in chaos there is an exit ramp, lifeboat, parachute, and rescue squad.

You do have value in the Kingdom of God, there is one entrance, and His name is Jesus. He took it upon Himself to stand in the gap for you and me, for all the missteps and horrendous sins we had committed and paid the ultimate price so that we could claim this inheritance to which we now seek without retribution from God our Father. That is how vitally important you are to Him and the Kingdom. Get off the downward train cross the platform to the one where the destination is the Kingdom of God. There is a seat available just for you, come and let's take this journey together. Go to the entrance door and answer the knock, Jesus is on the other side patiently waiting for you. Let Him in.

THINK ABOUT IT



Don't be interested in meeting the persona of a person. Get to know and understand the essence that's the real individual in their true and purest form.

STAINS

Do you know which one you have?



WOLF

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OCTOBER 2023

Volume Issue
3 10

What Makes a Lasting Relationship

Dr. C.A. Dangerfield II

68 years of marriage, 53 years of marriage these were relationships brought together in their late teens and mid-twenties. Without a whole lot of distractions. When asked if they had to do it all again and with same spouse the answer was an outstanding yes. They enjoyed being with their partner.

Today fewer couples are experiencing this sort of longevity. There are several factors that contribute to short tenure marriages. Infidelity being the most common factor, physical and emotional abuse, a non-contributing spouse, substance abuse (alcohol/drug) and/or physical abuse. So minor infractions, religious differences as well as lack of motivation or loss of interest where there is little to no interaction. Separation without explanation, too much family or friend uninvited interaction or intervention. Comparing one's partner to another, demonstrating a lack of respect by uttering personality put downs. Or, grouping them with a certain gender or culture stereotypes failing to recognize them as a independent individual.

For successful marriages they have the understanding that there is no I in team. They have also removed the stereotypes within the house and learned how to do things equally. Consider their mate when making decisions that could have minor or major impacts.

One of the most significant things in a successful relationship is the ability to know, understand and respect your partners strength rather than harping on their areas of opportunity (weakness) constantly pointing them out laced with derogatory statements that are put downs. Constructive channeling to help one improve in those areas goes a longer way in creating a stronger bond and solidify your relationship, creates opportunity for each to recognize the sincerity of their mate.

Respecting another's opinion by taking the opportunity to hear them out completely helps you gain an understanding of the thought process as it reveals a deep part of their character. Channeling their beliefs and exposing insight to their fears. Ask questions to complete your understanding of their point of view. It allows for a deeper insight and can often remove conflict and intimidation, opening up you're understanding to some of their upbringing and experiences whether they be positive or negative with unhealed scares.

Relationships go deeper than just the surface of what is allowed to be seen. We must maintain an understanding that we don't understand 100 % about a person

because we are not with them 24/7. When negative situations occur the reaction was triggered by some sort of event that creates a respond usually caused by fear and not willing to experience that sort of trauma again. So, we must demonstrate patience, gently seek knowledge to gain a better understanding so they can work through it as difficult sometimes as it could be and successfully heal.

Just think about it in a broader context. God has allowed us and drew us together for a reason. What is His overall plan. For I know the thoughts I think towards you saith the Lord thoughts of peace and not of evil to give you an intended end *Jeremiah 29:11*. He has a specific plan, and we must trust Him. Be open to His will. Your partner is an instrument to help bring out and create a greater you. The intimacy that is there allows them to see into you deeper than anyone else just as God see all His attributes in us. That is why in spite of the sometimes harsh and selfish ways we demonstrate towards them. They remain steadfast, patient, committed and compassionate towards us even when have demonstrated you don't deserve it. This reflects the love of Jesus Christ. Some of us have to awaken to this reality and appreciate those who truly put up with our mess. Their love is like precious gold rare. Impactful, devastating when your loss it and can't find it anymore.

Go back and revisit your first encounter/interaction, what was the drawing factor that first got your attention and allowed you to build a bond from there. It had to be significant because your desire to be there kept on returning. Remember and understand why, realize it had to be significant because it didn't just happen to you, it was also experienced by your partner. It was much deeper than surface it was impactful to you both to become joint heirs in its creation. Couples who have longevity in their relationship continue to see, cherish, guard and protect, and build on it. Throughout the many roads traveled within a relationship good times and hardships this area remains the focal point of stainability, because there is a level of trust, and dependability allowing you push in the clutch for an even smoother ride up road because you see and understand the performance you are gaining, and fear is in the rear-view mirror getting smaller and smaller. Now you are truly understanding the terrain that is found and seen within the windshield providing a bigger picture of the opportunity on the journey ahead. Your starting to understand the performance and the dependability based on success of something that was built right, serviced and well maintained and not just put together for the flash affect that fades away because it lacks the sustainable components necessary for lifetime performance. You now understand you have a dependable classic and every time you turn the key it switches on and hums in harmony. All cylinders perform in maximum capacity as you pass by those who are on the side of the road with their hoods up and hazard lights flashing.

As I write this, I can appreciate my wife more because I'm continuing to recognize her efforts to maintain a good stable performance within the relationship. When we first talked about marriage her statement was "I don't want to be head, I want to be the neck that turns the head." That was a precise statement with a lot of meaning and understanding. My understanding came this way, the Word of God reflects "Philippians 3:14 KJV press toward the mark for the prize of the high calling of God in Christ Jesus." Which also is further described within the 3rd chapter of Philippians as you study, reflecting back to the earlier passage for Jeremiah 29:11. When I press towards the mark I focused on that which God has shown me and my wife being part of me (and the two shall become one).

As God reveals to her (yes God communicates with our mates without consulting you so their input holds significant weight and that works both ways because they represent wise counsel, not stereotypical roles created by man). So, when we are focused on the mark, the other covers them, their back and their right and left sides as well, protecting them from impending danger or distractions that can knock them off their intended course delaying their destination arrival. The Word of God teaches us "In all thy getting, get an understanding." We fail miserably because we fail to set aside time to study the Word of God which is our manual for living. We also deepen that failure because we lack in prayer time, which is essential communication with our creator, which was afforded to us by the sacrifice of Himself made by Jesus Christ. We further err because we have such a microwavable mindset of quick and fast expectations that when we pray, we do not savor the conversation or wait for the response in our prayer time as though we are having a two-way conversation. Allowing the Holy Spirit to speak back to us revealing the truths and instructions that we need. If we are over talking and impatient, how can we hear the still soft voice as the Spirit speaks to us.

Another area of opportunity is how we define balance within our relationships and partnership. This understanding goes a long way in driving toward a successful and harmonious relationship avoiding any major tension within the relationship. Understanding yourself allows you to know when you are drifting out of alignment with the harmony created but understanding and following the principles set forth by God. Any sort of unbalance can create undesirable effects within your relationship. We must realize responses are triggered by that which we do or do not do within our daily relationship generated by expectations known or unknown. So we must always remain aware of reactions and responses. They represent the cause and effects of any situations or circumstances. So be present and be patient in your relationships or run the risk of losing them. Don't get too comfortable because you tend to take things for granted and get caught off guard in your expectations.

Having a selfish nature is the quickest way in which to destroy a relationship, it cannot be just your way. We have to incorporate the one principle in the Bible and that Jesus taught: Luke 6:31 KJV And as ye would that men should do to you, do ye also to them likewise. Treat everyone as you yourself would like to be treated. It will always put you far ahead before any conflict and confusion. You have learned to put yourself in the other person place.



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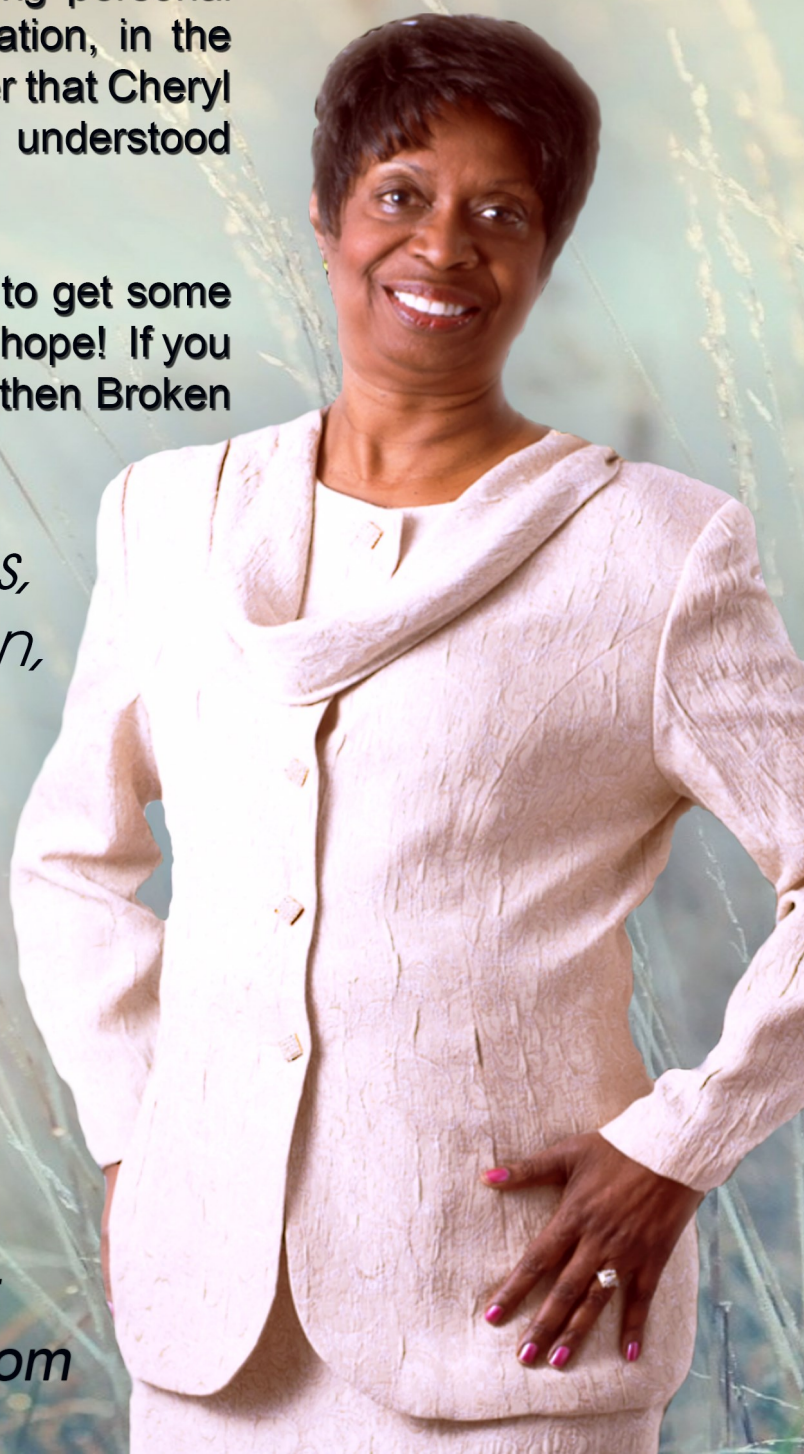
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When We Listen We Can Learn

Dr. C.A. Dangerfield II

We can all agree that no two people are the same, similar but not same. Honestly we are all driven by our individual passions, visions and dreams that is what makes us all unique. Otherwise, this would be a rather boring and mundane place.

One of the hardest things is being open enough to hear and listen to another's perspective before rendering judgement on another's thoughts or ideas. Lots of people enjoy the opportunity to share and receive feedback when it is especially not condescending. But, rather offers an opportunity for a broader conversation of ideas. Developing into greater solution. Collaborative minds help to pool a resource of knowledge and understanding. This is a way to create a greater network of people working to strengthen one another for betterment of everyone not just one. Synergy!

Society for a long time has created this separate but not equally, laced with superiority complexes pitting on culture/race against another. We all know that this is not correct when the Word of God speaks of Unity. So it is in disobedience that we continue to push the separation narratives desiring to divide. My question would be if we have all of these divisive ways that are contrary to the Will of God. How than can possibly feel that we would have an opportunity to have residents within the Kingdom upon Jesus return. Unless we have a Saul transformation before that great day. We are the chances that this will occur? Really, stop and give that some deep thought. It is our rejection of God's principles that fractures and diminishes our relationship with God.

Love thy neighbor as thyself it is just that simple. We must deprogram ourselves from the contrary and disobedient ways of the world. In the meantime as we go through the transition of getting closer to God. Open up His Word which is the manual for our life, that it will break down our stoney heart and fill it with the compassion of love of Jesus Christ. Establish prayer time with the Lord your intimate time of conversation with Him. Remember this is a two way conversation, so you have to learn to listen and recognize His voice as He speaks into your life.



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My People Perish For Lack knowledge

Min. Eric Hutson

In 2018, I took a leap of faith and ventured into the financial services field. I focused on life insurance where I discovered how much false information exists and how many people are being misled about financial matters. This drove me to become an expert on the subject.

I learned how I could help those who did not understand why life insurance is a necessity in every household. Through my study, I have gained knowledge that can and will help people obtain the right types and the amount of life insurance needed to cover the expenses following the death of a loved one.

Some of the keys to life insurance are knowing what type of policy you need, coverage amounts, and the number of beneficiaries. This is where enlightenment or education becomes necessary. This is also what differentiates me from the pack, making me stand out. I don't "sell insurance", I educate people.

I recall a time when I sat with a client and she felt confident that her insurance was the best, highlighting all the bells and whistles that were in her policy. So I said, "Great, but how about we call the company and make sure that you are fully covered?" She was more than happy to do so and once we did, she found that by allowing me to ask questions only an insurance professional would know to ask, she didn't have all that she thought she did. In fact, she didn't have enough coverage to protect her entire family at all. She received the information to make the most suitable choice.

In another instance, I met with a couple who had coverage through their employer (they both worked for the same company). After explaining the downsides to having all your insurance through your job, they allowed me to offer them a policy that provided more protection and flexibility. For example, if they left their jobs, they would not have been able to take their policies with them, nor would they have been able to keep their same price point with a company independently.

In both scenarios, all I did was educate my clients. I could go on and on with stories of how I've helped many families get the information they needed to put the proper protection in place out of my strong conviction that without knowledge, people perish.

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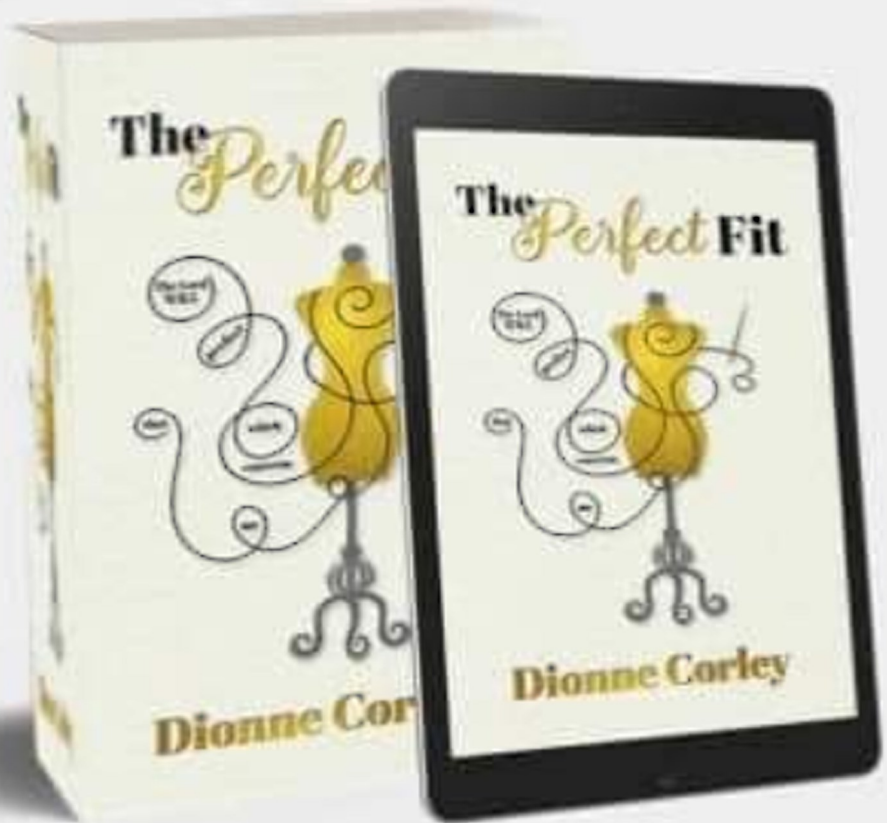


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