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ARTIFICIAL INTELLIGENCE, HEALTH, AND TECHNOLOGY

AUTHOR: K.WILSON

BECOMING HUMAN IN AN AGE OF HUMANOIDS: TECHNOLOGY, ROBOTICS, AND WHAT IT MEANS TO BE TRULY HUMAN

QUESTIONS TO THE READER:

If I asked you to breakdown and explain what you thought "becoming human, in an age of humanoids", actually means, how would you explain it? Do you believe there are any hidden nuances?

What, in your own words, does it mean to be truly human? Can human intelligence and abilities truly be replicated through robotics?

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WHAT IS MEANT BY THE PHRASE "BECOMING HUMAN"?

The phrase "Becoming Human in an Age of Humanoids" carries meaning on several levels, none of which are accidental or dire, but many of which are quietly profound. I'll unpack it clearly, without jargon, and then address the nuances that sit beneath the surface.

At its core, "becoming human" does not mean we are losing our humanity. It means that as humanoid machines begin to imitate human form, movement, and behavior, we are prompted to re-examine what being human actually involves beyond appearance, efficiency, or intelligence.

Humanoids can:
- Walk upright
- Recognize faces
- Mimic speech
- Perform tasks that once required human bodies

But they do not experience:
- Conscious awareness
- Moral responsibility
- Emotional meaning
- Lived experience
- Vulnerability
- Growth through failure

So "becoming human", in the intended context of this publication is about clarifying and reclaiming the qualities that are not replicable by machines. The central idea in one sentence is that, as machines become more human-like, humans are challenged to become more intentionally human.

Now let's tackle five (5) potential hidden nuances behind the phrasing of this idea.

5 KEY NUANCES BEHIND THE PHRASE "BECOMING HUMAN"?

1

Humanity is not a static trait and "becoming human" implies ongoing development, rather than remaining in a fixed state. In an age of humanoids:

- Empathy must be chosen, not assumed
- Critical thinking must be practiced, not outsourced, and
- Ethical judgment must be exercised, not automated

Humanity, therefore, becomes something we actively cultivate, not something guaranteed by biology alone.

2

Form is no longer a reliable indicator of being human. Having grown accustomed to the visible distinction of a physical desktop computer or server simply processing data, the physical appearance of robots or computers in human form has required an entire change in perspective. For most of history:

- A human body meant a human mind, and
- Human movement implied human intention

However, humanoids disrupt that assumption. The nuance here is subtle but important: we must learn to distinguish human presence from human-like appearance. This has implications for trust, social interaction, education, and even mental health. In the same breathe, on the one hand, humanoids are often times perceived as threats to normal life while humans are perceived as safer options. Whether this perception is accurate or not is determined by actual lived experiences and judged on a case-by-case and person-by-person basis.

3

The idea of assuring a clear distinction and separation between humans and humanoids is not anti-technology.
This is crucial to understand. Why? "Becoming Human" does not suggest resisting technology or fearing humanoids. Instead, it asks:

- How do we design technology that supports human flourishing?
- How do we avoid reducing ourselves to machine-like metrics (speed, productivity, optimization) for the sake of comparing efficacy and efficiency?
- How do we remain reflective in systems that reward automation?

It's a human-centered lens, not a rejection of innovation.

4

There is an ethical subtext, but not a moral panic
The phrase gently introduces ethical reflection without alarmism. It acknowledges that while humanoids will increasingly operate in care, service, education, and public spaces:

- Humans must retain accountability, judgment, and responsibility
- Moral agency cannot be delegated to machines

The nuance is about responsibility, not fear.

5

The concept speaks to identity, not competition. Importantly, neither the intention nor the ideal of the current and continued presence and development of humanoids should not be:

- Humans vs. machines
- A zero-sum battle
- A replacement plan, solution, or narrative

Instead, with a mirror being held up to humanity, the concept, presence and development of humanoids should bolster more focus on:

- What we value in human interactions
- What we want preserved specifically as non-robotic tasks, and
- What should never be automated?

In the end, the development of any technology, whether they are super computers, humanoids, specialized robotics should recognize that:

- Humanity is more than intelligence
- Efficiency is not the same as wisdom, and
- Progress must be guided, not assumed

Technological advancements should therefore serve to invite reflection rather then placing focus on replacement and the idea of the obsolescence of human skills. That is, as machines learn to imitate us, we are called to deepen our understanding of what it truly means to think, feel, choose, and care as humans.

THE NEW FRONTIER: IS THERE A "HUMANOIDS VS. HUMANS" SENTIMENT?

The emergence of humanoid robots marks a profound turning point in technological evolution. Machines are no longer confined to industrial factories or abstract digital spaces; they increasingly resemble us, interact with us, and coexist in environments once considered exclusively human. The question is no longer whether humanoids will exist; it is how they will reshape labor, identity, companionship, governance, health care, and ethical norms.

This issue arises at a time when artificial intelligence systems mimic human language, robots navigate autonomously through complex environments, and consumer industries explore machines capable of emotional expression. The boundaries between human and humanoid are not dissolving by accident but through deliberate design choices that seek to make technology more approachable, efficient, and socially integrated. Examining the distinction between the two is therefore essential (not only for futurists but for parents, policymakers, educators, health workers, and the general public navigating an AI-driven society).

Notably, the discussion regarding humanoids and humans begins with defining human identity itself. Although biological markers such as DNA, anatomy, and evolutionary history differentiate Homo sapiens, the essence of humanity extends far deeper. Cognitive capacity, moral agency, empathy, creativity, vulnerability, and cultural meaning shape our distinctiveness. Unlike humanoids, humans are shaped by lived experiences, emotions influenced by biochemistry, and socialization across generations.

Humanoids may replicate movements, speech patterns, or emotional cues, but their internal substrates (algorithms, sensors, and pre-trained neural networks) fundamentally differ from human consciousness. As such, this distinction raises important questions:

- Is humanity defined solely by biology?
- Can machines meaningfully possess curiosity or moral responsibility?
- Where do emotions begin (neuronally, computationally, or somewhere in between)?

These questions continue to influence how societies regulate, integrate, and emotionally respond to humanoids entering shared spaces.

THE TECHNOLOGY OF HUMANOID ROBOTICS: HOW CLOSE ARE WE TO REALISTIC HUMAN IMITATION?

Modern humanoids are no longer science-fiction prototypes but industrial and research achievements that demonstrate impressive humanlike capabilities. Organizations such as Boston Dynamics, Figure, and Agility Robotics are creating machines capable of walking, balancing, manipulating objects, and working in human-designed spaces. Advances in soft robotics, actuator design, facial animation, sensory processing, and autonomous planning allow humanoids to emulate human biomechanics with increasing precision.

Yet, important limitations remain. Robots struggle with unpredictable environments, emotional nuance, contextual decision-making, and the subtle physical adjustments humans perform effortlessly. They excel in structured tasks and repetitive actions but falter in situations requiring common sense or moral interpretation. Despite rapid progress, the "humanness" of humanoids remains primarily external: they resemble us physically more than they replicate our interior complexity.

EMOTIONAL SIMULATION VS. EMOTIONAL EXPERIENCE

One of the most misunderstood aspects of humanoids is the illusion of emotion. Advances in affective computing allow machines to detect facial expressions, modulate tone, and respond with comforting language. These systems can make humanoids appear caring, attentive, or empathetic, but the underlying processes remain computational.

Humans experience emotion through biochemical signaling, memory, social interaction, and cultural meaning. Machines simulate emotions through pattern recognition and output generation. A humanoid may smile, tilt its head, or express words of encouragement, but these actions reflect programmed behavior rather than inner emotional life. This distinction becomes critical in contexts like caregiving, companionship robots, and educational tools, where the authenticity of emotional response influences user trust and long-term psychological impact.

HUMANOIDS IN THE WORKFORCE: COLLABORATION, REPLACEMENT, OR TRANSFORMATION?

The workplace is one of the clearest arenas where humanoids and humans intersect. Humanoid robots, designed to operate in environments built for people, offer adaptability that traditional machinery lacks. They can lift, carry, sort, assemble, scan inventory, and perform hazardous tasks without fatigue. Industries from logistics to health care are already piloting humanoid assistants for routine or physically demanding labor.

However, the goal is not always replacement but augmentation. Many organizations frame humanoids as tools to handle strenuous or monotonous tasks, allowing humans to focus on roles requiring judgment, creativity, and interpersonal interaction. Nonetheless, concerns about job displacement, wage stagnation, and workforce inequality remain central. Hence, preparing for a hybrid workforce where humans and humanoids operate collaboratively requires new training models, labor protections, and clear regulatory standards.

HUMAN PSYCHOLOGY AND THE HUMANOID ENCOUNTER

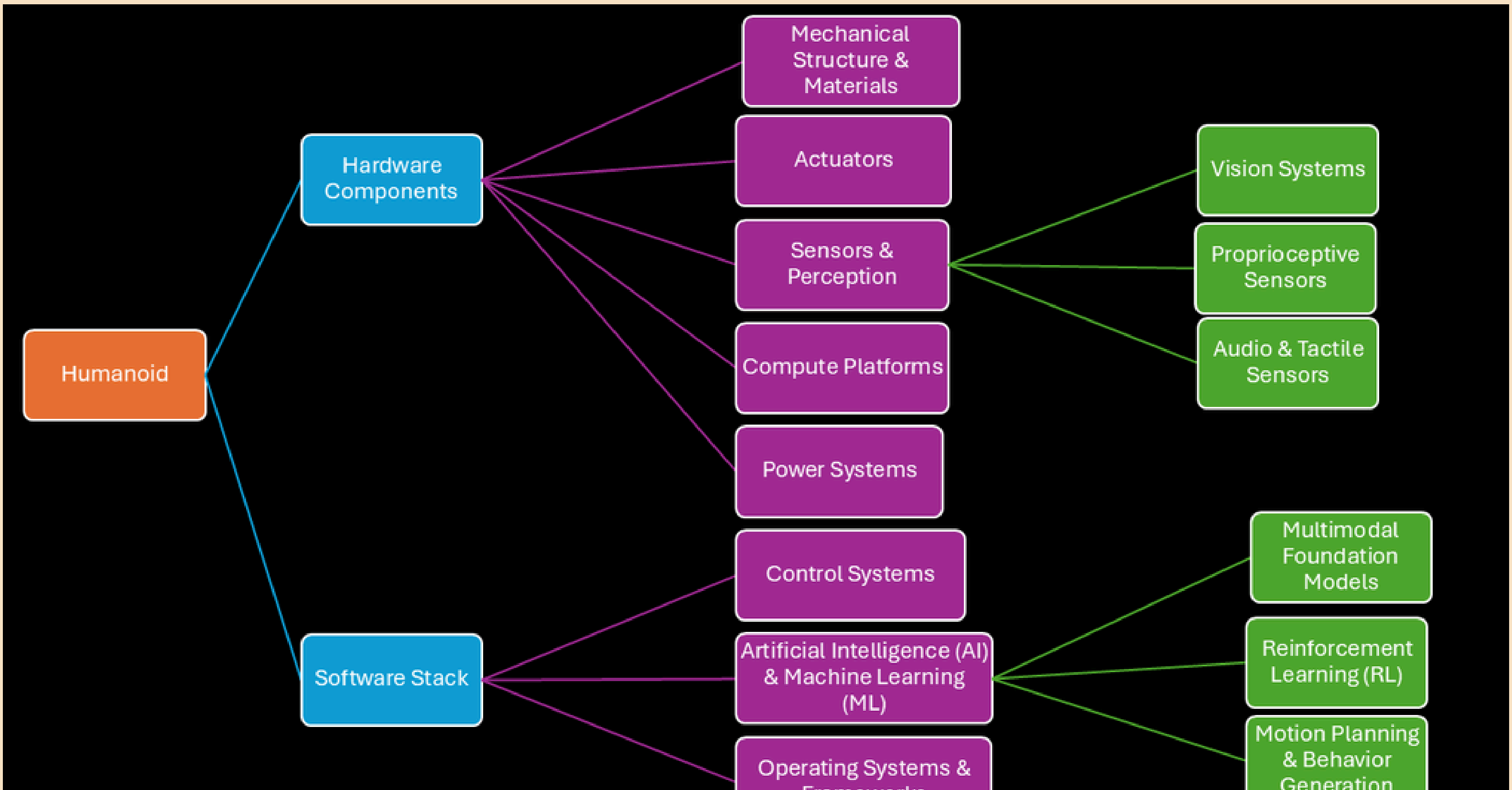
Humans naturally respond to humanoid robots with curiosity, empathy, or discomfort. The "uncanny valley" effect where robots appear almost, but not quite, human reveals how closely tied identity perception is to emotional and cognitive interpretation. People often anthropomorphize machines, projecting feelings or intentionality onto them, even when they understand intellectually that robots lack consciousness.

Research shows that humanoids can influence emotion, behavior, and decision-making in subtle ways. For example, humanoid social cues may affect user confidence, anxiety, learning outcomes, or adherence to medical routines. This psychological interplay emphasizes the importance of designing humanoids that support well-being without creating dependency, confusion, or emotional manipulation.

THE FUTURE OF COEXISTENCE: A SHARED WORLD, NOT A RIVALRY

The emerging world is not one of humans versus humanoids but one where humans coexist with increasingly intelligent machines. Humanoids will shape how we navigate aging societies, labor shortages, educational environments, health systems, and daily conveniences. The true challenge lies not in deciding whether humanoids should exist, but in determining how to integrate them responsibly.

Future success depends on maintaining clarity between simulation and emotion, automation and agency, assistance and autonomy. By grounding development in human values—dignity, safety, equity, creativity, and well-being—humanoids can become tools that expand human potential rather than competitors that threaten human identity. This shared future requires careful design, thoughtful policy, and a commitment to understanding the essence of what makes us human.



Core Technology Stack Behind Humanoid Robots [klewshare.org]

CORE TECHNOLOGY STACK BEHIND HUMANOID ROBOTS

Humanoid robots rely on a tightly coordinated technology ecosystem that combines physical engineering with intelligent software systems. Rather than functioning as isolated parts, mechanical components, sensors, computing hardware, and AI-driven software layers operate together to allow humanoids to sense their surroundings, interpret information, and carry out actions within environments designed for people.

At the foundation of this ecosystem is the hardware layer, which gives the robot its physical presence and movement capabilities. Humanoid designs typically mirror the human body with articulated limbs, a torso, and a head, enabling interaction with tools and spaces created for human use. To achieve the necessary balance between strength and agility, manufacturers use advanced materials such as lightweight metal alloys, carbon-based composites, and high-performance polymers that can withstand mechanical stress while keeping overall mass manageable.

Movement is driven by actuation systems, which function as the robot’s equivalent of muscles and joints. Most humanoids use precision electric motors paired with gear systems and embedded sensors to control joint motion with high accuracy. In certain research or heavy-duty platforms, hydraulic actuation is employed to generate greater force, though this introduces additional complexity in control and maintenance.

To understand and respond to their environment, humanoid robots depend on a rich network of sensing technologies. Visual perception is achieved through combinations of high-resolution cameras, depth sensors, and sometimes LiDAR, enabling tasks such as object recognition, spatial mapping, and navigation. Internal sensing, often referred to as proprioception (which is the human body's subconscious sense of its own position, movement, and action in a given space), relies on devices like inertial measurement units, joint encoders, and force sensors to monitor body position, balance, and applied forces. Audio input through microphones supports speech recognition, while tactile sensing surfaces enhance safe physical interaction and delicate manipulation.

All of this sensory information is processed by onboard computing systems designed for real-time operation. These platforms frequently incorporate high-performance CPUs and GPUs capable of handling parallel workloads, such as vision processing and machine learning inference, while maintaining low latency and effective thermal control. Efficient energy delivery is provided by power systems built around high-density rechargeable batteries and intelligent power management circuits that balance operating time, weight, and safety.

Above the physical layer sits the software stack, which transforms raw hardware capability into purposeful behavior. At the lowest level, control software running on microcontrollers manages precise motor commands, stability control, and rapid responses to environmental changes. These systems are responsible for maintaining balance, coordinating joint movements, and executing real-time safety adjustments.

Higher-level intelligence emerges through artificial intelligence and machine learning frameworks. Modern humanoids increasingly rely on models that combine visual input, language understanding, and action planning, allowing them to respond to spoken instructions and contextual cues. Reinforcement learning plays a major role in training complex behaviors, often within simulated environments where robots can safely learn through repeated trial and feedback before transferring those skills to physical systems. Motion planning algorithms then convert abstract goals into executable movement sequences that respect physical constraints and environmental conditions.

To manage communication across this complex architecture, humanoid robots commonly use modular software frameworks such as the Robot Operating System (ROS). These frameworks provide standardized tools for integrating sensors, control algorithms, and AI modules, enabling developers to build, test, and extend humanoid capabilities more efficiently.

Together, this layered integration of hardware and software enables humanoid robots to operate in dynamic, human-centered spaces—adapting to uncertainty, interacting safely with people, and performing tasks that require both physical dexterity and intelligent decision-making.

HUMANOID SIMULATION

HOW HUMANOID ROBOTS ARE TRAINED BEFORE THEY EVER EXIST IN THE REAL WORLD

Why Humanoid Simulation Exists

Humanoid robots are expensive, fragile, and potentially dangerous during early development. Teaching a humanoid to walk, balance, or manipulate objects directly in the physical world would result in repeated falls, mechanical damage, and safety risks to people nearby. Simulation exists to remove these risks while allowing rapid experimentation.

Simulation allows researchers and engineers to test control strategies, train learning-based policies, and evaluate stability under thousands—or millions—of scenarios before a single real-world movement occurs. This is not a shortcut; it is a necessity dictated by physics, cost, and safety.

What a Humanoid Simulation Actually Is (and Is Not)

A humanoid simulation is not a virtual robot "thinking freely" inside a computer. It is a physics-based environment governed by mathematical models.

At its core, a humanoid simulation consists of:

- A digital model of the robot's body (links, joints, mass)
- A physics engine that enforces gravity, friction, and collisions
- Sensors that return numerical data
- Controllers that compute motor commands

The simulation does not grant understanding, awareness, or autonomy. It simply allows controlled repetition under defined constraints.

Physics Engines: The Foundation of Credibility

Engines such as NVIDIA's Isaac Sim are widely used because they model physical dynamics with high precision. These systems calculate forces, torques, inertia, and contact interactions at extremely high speeds.

This matters because humanoid balance depends on millisecond-level accuracy. Even small modeling errors can cause instability. While simulations are never perfect replicas of reality, they are sufficiently accurate to allow policies learned in simulation to transfer—carefully and gradually—to real robots.

How a Simulated Humanoid Learns to Move

Movement learning typically follows a structured process:

First, engineers define what the humanoid looks like: its joint limits, weight distribution, and physical constraints. Next, they specify what success means—for example, standing upright without falling or taking forward steps.

A controller then attempts actions repeatedly. Most attempts fail. The simulation records outcomes, assigns numerical rewards or penalties, and adjusts control parameters accordingly. Over time, stable behaviors emerge—not through understanding, but through optimization.

This process is supervised, bounded, and goal-driven. The humanoid does not discover purpose; it minimizes failure under predefined rules.

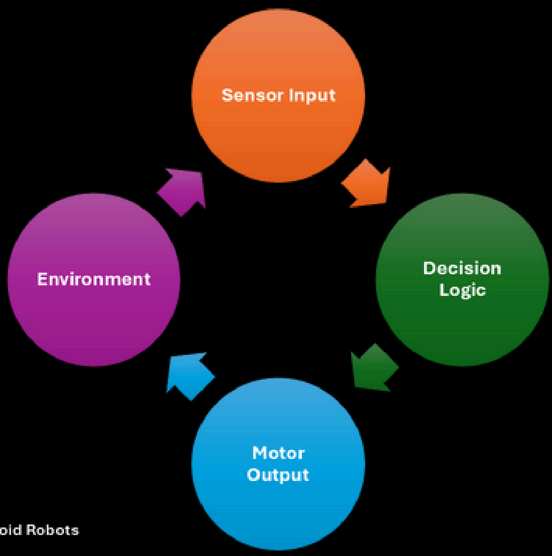
Sense-Think-Act Loop

All robots, from toy cars to humanoids, operate on this continuous loop. Robots follow the same control loop because physical systems must constantly measure, decide, and correct in order to function safely and accurately in the real world.

At a fundamental level, a robot exists in a world that is:

- Unpredictable
- Noisy (sensor error, friction, delays)
- Continuously changing

A control loop allows the robot to stay aligned with reality, rather than blindly executing pre-planned actions.
The classic loop looks like this:



Sense–Think–Act Loop: Humanoid Robots [klewshare.org]

Sense → Decide → Act → Sense again

This cycle repeats many times per second. The core reason is that feedback is essential. Unlike software running in a virtual environment, robots interact with physical matter. Motors slip, loads change, floors are uneven, and sensors are imperfect. Without a feedback loop:

- A robot would overshoot movements
- Lose balance
- Miss objects
- Fail when conditions change

The control loop lets the robot:

- Compare what should happen to what did happen
- Correct errors in real time
- Remain stable and responsive

This principle is called feedback control, and it applies universally.

Why Simulation Results Must Be Treated Carefully

Simulation is powerful but imperfect. Real-world environments introduce noise, wear, sensor drift, and unexpected interactions that simulations cannot fully predict. This gap—known as the “sim-to-real” problem—means that behaviors learned in simulation must be adapted gradually in physical systems.

As a result, responsible humanoid development always includes:

- Conservative safety margins
- Human oversight
- Progressive real-world testing
- Emergency shutdown mechanisms

Simulation accelerates learning; it does not replace engineering judgment.

What Simulation Does Not Do

It is essential to correct common misconceptions. Simulation does not:

- Create consciousness
- Produce independent agency
- Grant moral reasoning
- Allow robots to “decide their own goals”

All goals, constraints, and rewards are human-defined. This distinction is critical for ethical clarity and public trust.

Let's Build Two Versions of a Simple Robot

In the first instance, the robot will:

- Move forward if the path is clear
- Turn if an obstacle is detected
- Stop if something is very close

This is a classic robotics behavior model used in early mobile robots and still foundational today. The robot will be moving continuously. ***Please Note:*** when you run this program, the program will continue to run until you manually terminate the program.

In the second instance, the robot will:

- Be operated based on manual override or shutdown command
- Prompt the user each cycle
- Allow them to press a key (e.g., q) to stop the robot cleanly

This is a classic robotics behavior model used in early mobile robots and still foundational today. The robot will be moving continuously. *Please Note:* when you run this program, the program will continue to run until you manually terminate the program.

WHAT WE'LL BE DOING

Using PyCharm to build our robot in Python, here's what we will do in each step of building this out:

- **Step 1:** Import Required Modules: We'll use random to simulate sensor input and time to slow the loop so behavior is readable
- **Step 2:** Simulate a Distance Sensor: In a real robot, this value would come from hardware rather than being random integer
- **Step 3:** Define Robot Actions: These functions represent motor commands (moving right, left, forward, and stop)
- **Step 4:** Decision-Making Logic: This is rule-based control, one of the most reliable methods in robotics (calculating distance and deciding action based on distance moved).
- **Step 5:** The Main Control Loop: This loop mirrors how real robots operate continuously.
- **Step 6:** Run the Robot

Simple Robot: Movement Simulation 1

The robot will continue to move ***until you physically terminate the program.***

(***NB: You should be able to copy and paste this code directly into your PyCharm IDE).***

```
import random
import time

def read_distance_sensor():
    """
    Simulates a distance sensor.
    Returns distance in centimeters.
    """
    return random.randint(5, 100)

def move_forward():
    print("Robot moves forward")

def turn_left():
    print("Robot turns left")

def turn_right():
    print("Robot turns right")

def stop():
    print("Robot stops")

def decide_action(distance):
    if distance > 50:
        move_forward()
    elif 20 < distance <= 50:
        turn_left()
    else:
        stop()


def robot_controller():
    print("Starting robot...")

    while True:
        distance = read_distance_sensor()
        print(f"Distance detected: {distance} cm")

        decide_action(distance)

        time.sleep(1)

if __name__ == "__main__":
    robot_controller()
```

Simple Robot: Movement Simulation 2

After executing each movement, you will be prompted to continue to move the robot or terminate the program.

(***NB: You should be able to copy and paste this code directly into your PyCharm IDE***).

```
import random
import time

def read_distance_sensor():
    """
    Simulates a distance sensor.
    Returns distance in centimeters.
    """
    return random.randint(5, 100)

def move_forward():
    print("Robot moves forward")

def turn_left():
    print("Robot turns left")

def turn_right():
    print("Robot turns right")

def stop():
    print("Robot stops")

def decide_action(distance):
    if distance > 50:
        move_forward()
    elif 20 < distance <= 50:
        turn_left()
    else:
        stop()

def robot_controller():
    print("Starting robot...")
    print("Press 'q' then Enter to stop the robot.\n")

    running = True

    while running:
        distance = read_distance_sensor()
        print(f"Distance detected: {distance} cm")

        decide_action(distance)

        user_input = input("Press Enter to continue or 'q' to quit: ").lower()
        if user_input == "q":
            running = False
            stop()

        time.sleep(1)

    print("Robot shutdown complete.")

if __name__ == "__main__":
    robot_controller()
```

Note:

You can also use the following alternatives to control the loop:

Fixed-Time Shutdown

```
for _ in range(10):
    ...
```

Sensor-Based/Unsafe Condition Detected Exit

```
if distance < 5:
    break
```

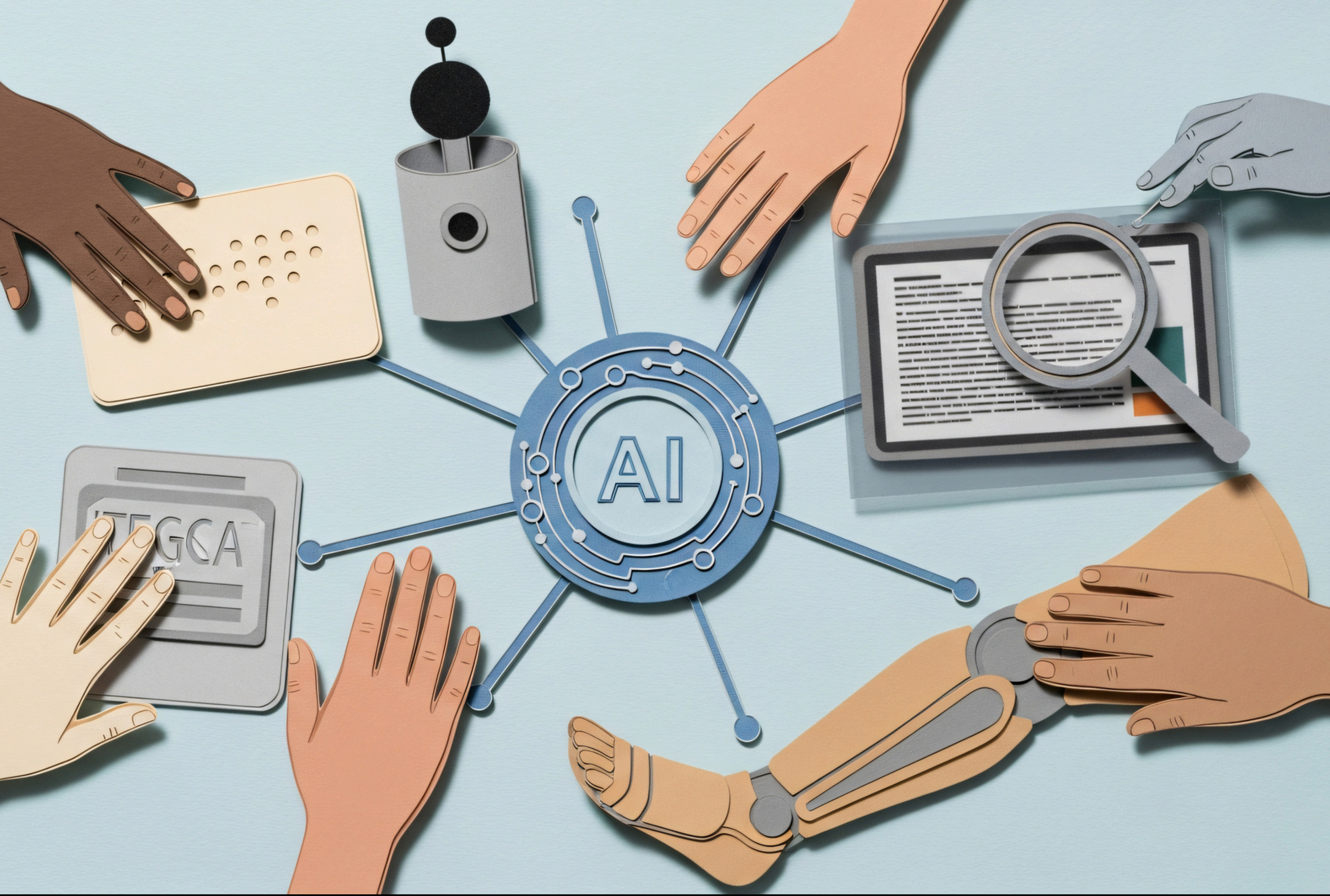
Keyboard Interrupt (Ctrl+C)

```
try:
    while True:
        ...
except KeyboardInterrupt:
    stop()
```

Self Reflection

Having read through the information provided, here are a few self reflection questions that can ensure that you have a reasonable grasp of this topic. The goal of these questions is not to force advanced technical knowledge, but to encourage critical thinking.

- Why is walking trivial for humans but difficult for robots?
- How does simulation reduce risk, but also introduce false confidence?
- Should humanoids be allowed in caregiving roles?
- How does emotional simulation affect vulnerable populations?
- Where humanoids are appropriate for implementation or integration?
- Can humans over-trust humanoids?
- Should robots simulate empathy?
- Who is responsible when robots fail?
- Can you identify ethical and psychological risks of human–humanoid interaction?



THE ETHICAL AND LEGAL QUESTIONS: RIGHTS, RISKS, AND RESPONSIBILITIES

The rise of humanoids forces societies to confront questions that once belonged to speculative fiction. Should humanoids be granted limited legal recognition? How should accountability be applied when a robot causes harm? Should responsibility fall on the manufacturer, operator, designer, or machine itself? How do we protect vulnerable populations from over-attachment to humanoids designed to mimic social and emotional cues?

Regulatory organizations emphasize transparency, safety, and responsible deployment, but many global jurisdictions still operate without unified legal frameworks. As humanoids become more common, governments must ensure that their use aligns with human dignity, privacy, and safety. Ethical engineering practices, bias mitigation, and explainable AI frameworks will be essential to prevent misuse and safeguard public trust.

Final Thougts...

Humanoid robots are often described in terms of what they can do; they can walk, recognize faces, follow instructions and some are slowly mastering the art of grasping and holding objects. Yet, the deeper story, I hope, is not about machines replacing humans, but about how humans choose to design, guide, and coexist with increasingly capable technologies. Behind every humanoid is a layered system of sensors, control loops, software frameworks, and learning algorithms. These systems enable impressive physical coordination and adaptive behavior, but they remain bounded by design constraints, data, and human intent. A robot may mimic form or motion, but meaning, judgment, accountability, and lived experience remain uniquely human responsibilities. Understanding the technology behind humanoids, such as how perception feeds control, how feedback loops ensure stability, and how simulations allow safe learning and gives us more than technical literacy. It gives us agency. When people understand how systems work, they are better equipped to question them, improve them, and set boundaries around their use. This knowledge is especially important as humanoids move from research labs into public-facing environments such as healthcare, education, service industries, and homes.

Equally important is recognizing that progress does not require surrendering humanity. Efficiency is not wisdom. Automation is not understanding. Intelligence, when divorced from empathy and ethical oversight, risks becoming hollow. The presence of humanoid machines challenges us to clarify what we value in human interaction and what should never be reduced to code.

Becoming human in an age of humanoids is not about resisting innovation. It is about remaining intentional, choosing curiosity over fear, responsibility over convenience, and understanding over abstraction. As we continue to build machines that look and move like us, the most important work may be ensuring that the systems shaping our future remain grounded in human insight, care, and purpose. So, the future of humanoids should be shaped by engineers, educators, policymakers, and communities alike. How human that future becomes depends not on the machines themselves, but on the values we embed in the choices we make today.

"Your mind is your greatest force and your most delicate vessel—it shapes your reality, yet thrives only through steady, compassionate care."

-kwilsontheauthor®

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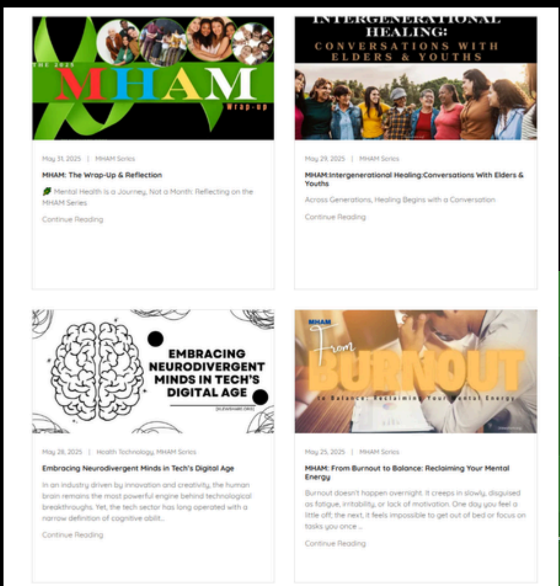

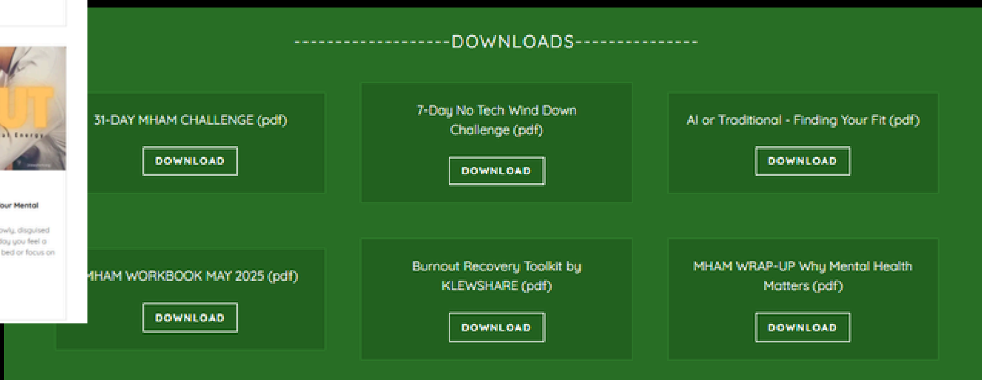

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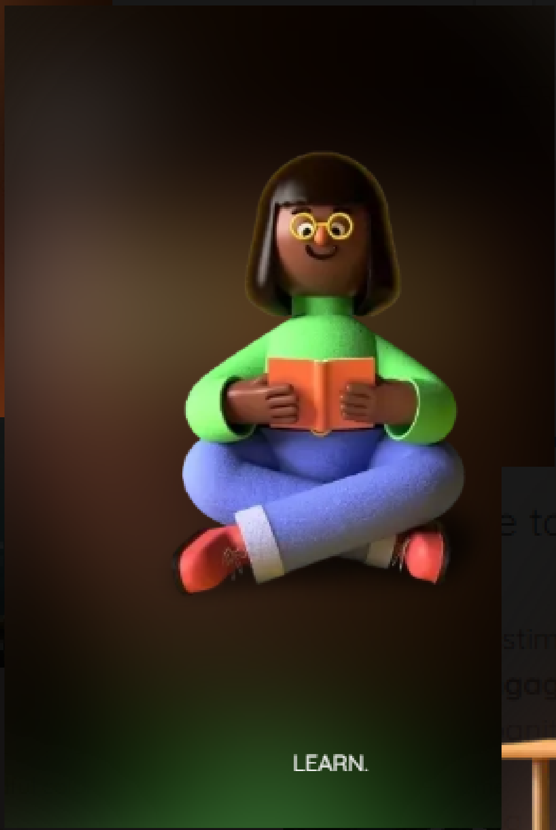

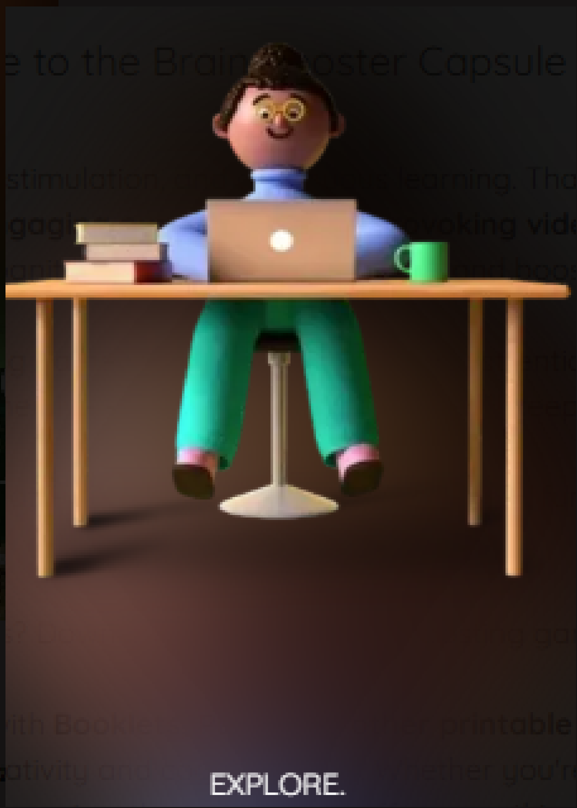

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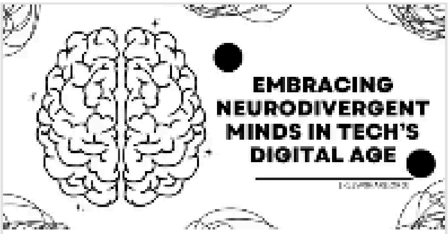

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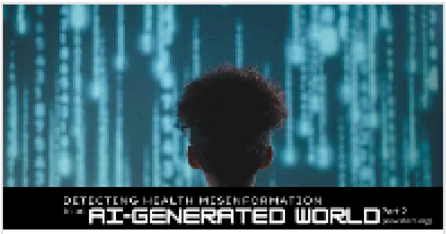

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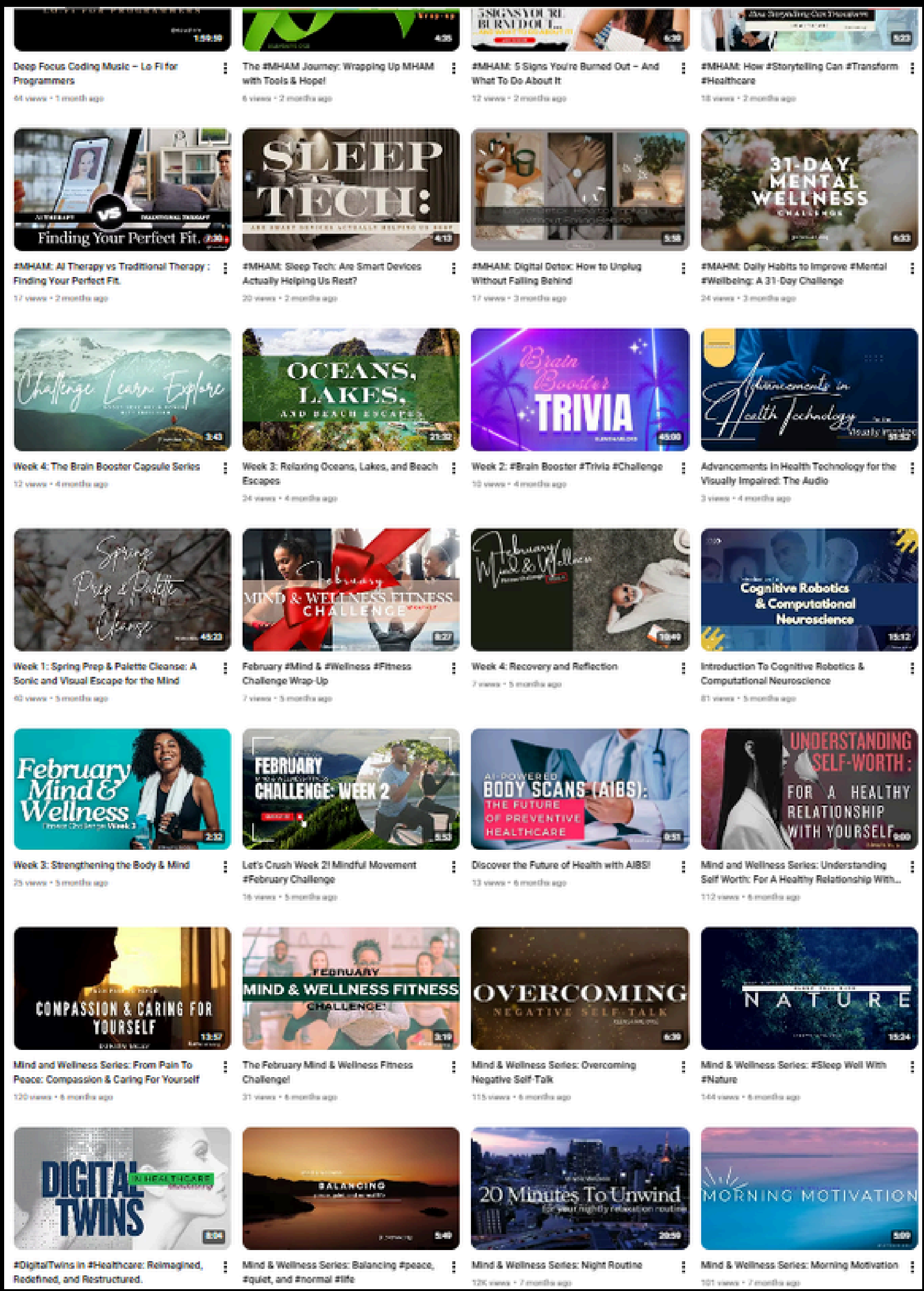

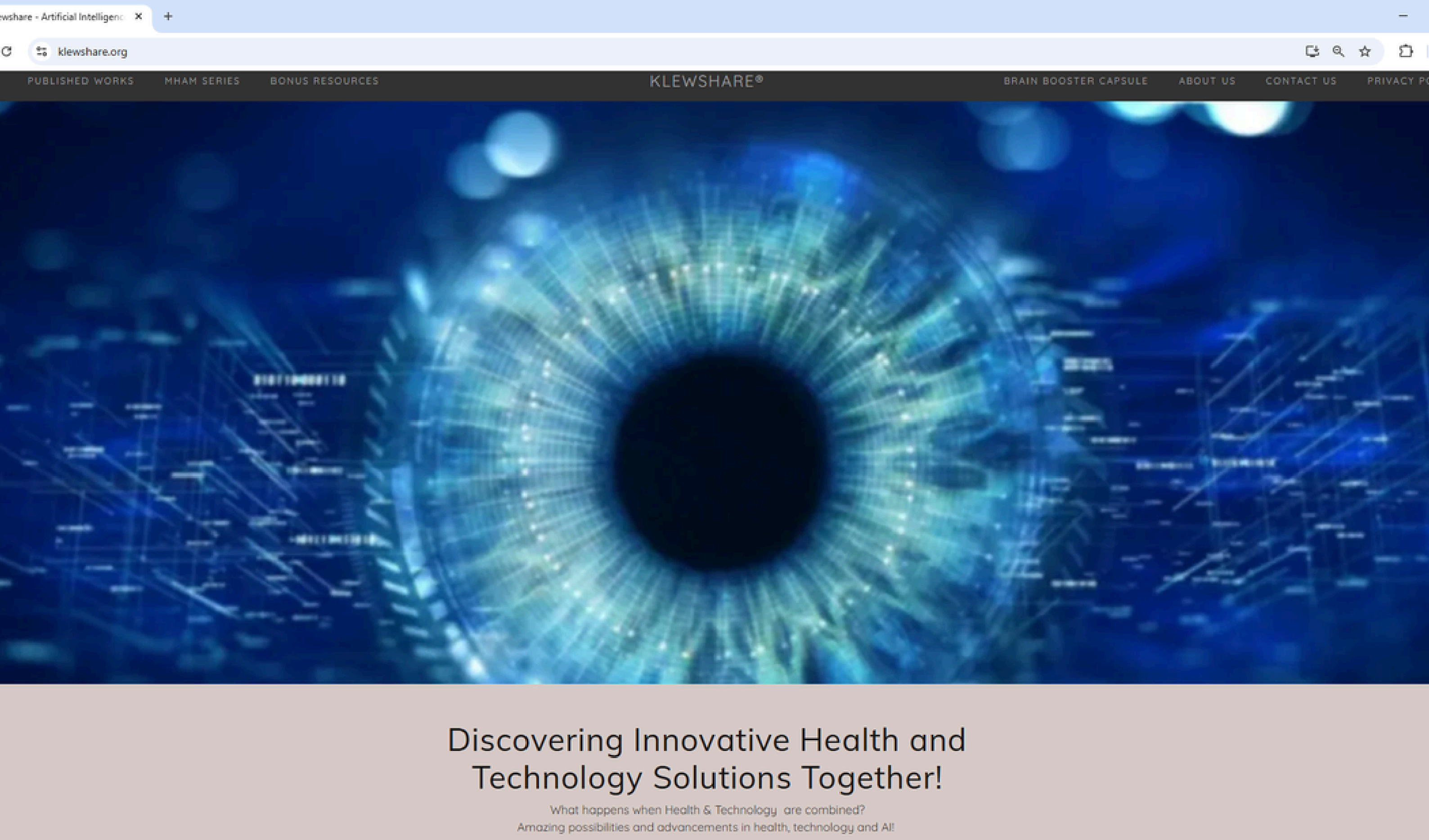

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