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SENIOR GIRL SCOUT PROMOTES "BIKE HELMET SAFETY" TO EARN HER GOLD AWARD

Submitted by Louise Rittberg

Sixteen year old Jill Zimmermann, a junior at Governor Livingston High School in Berkeley Heights, New Jersey and a senior Girl Scout from Troop 40389 in Mountainside chose to promote and encourage the wearing of helmets for all bike riders as her Girl Scout Gold Award project. The Gold Award is the highest award in Girl Scouts and is equivalent to the Boy Scout Eagle Award.

"I titled my project 'Helmets on the Brain: Preventing TBIs' because its main goal is to prevent Traumatic Brain Injuries (TBIs) caused when bike riders without helmets have accidents. Although helmets don't automatically prevent concussions, they lessen the impact. There's a baseline test called ImPACT (Immediate Post-Concussion Assessment and Cognitive Testing) offered by Overlook Hospital in Summit, New Jersey. The Center for Concussion Care and Physical Rehabilitation offers the baseline test so a comparison can be made in the event there's concern a child has suffered a concussion later. I took the test and it's easy. I'm working with hospital staff to spread the word about ImPACT," Zimmermann explained.

While New Jersey law mandates children under the age of 17 must wear a helmet when riding a bike, Zimmermann believes helmets should be worn by riders of all ages, as well as skateboarders, etc. "I've been working with the Mountainside Youth Baseball and the Mountainside Softball Association to remind coaches, parents and players that wearing a helmet when bike riding is as important as wearing one when batting," she noted.

Zimmermann created a pamphlet promoting her Helmets on the Brain project that details NJ Law on bike helmets, details on ImPACT and additional facts.

She attended many local community events that attract bikers, and will have a table PAL Cop Trot 5K and at the Mountainside PTA Fall Festival, both held October 13th, at Deerfield



School in Mountainside, NJ, distributing pamphlets and using coloring pages to attract youngsters to her table to personally discuss helmet safety. She also secured metal signs, donated by The County of Union, which the Mountainside Department of Public Works posted on community bike racks to remind riders to wear their helmets. She also offered free ImPACT testing and helmet safety checks in the spring for residents.

Zimmermann rewards those who faithfully wear their helmets. "I was fortunate to secure donated coupons from "7-11" for free food items that I use as "Reward Tickets" for those I see wearing their helmets. There are Bike Helmet Safety Tips attached to the coupons. I have given these out at events, after school and over the summer when I spotted kids wearing their helmets or saw helmets on parked bikes. Mountainside Police Officers are also issuing "Reward Tickets" to helmet wearers," she said.

The Girl Scout noted that her goal is to make her project a community project. "This is a cause that we can all participate in. My goal is to impact as many people as possible by raising awareness of the importance of wearing a helmet while bike riding. Most bike crashes occur close to home, not just on long rides, so helmets should be worn every time you get on a bike. While a helmet might not totally prevent a concussion, it will lessen the impact and could make a huge difference to the rider's health. I'd like to see the day when bike riders automatically put on their helmets just as they automatically fasten their seat belts in cars," she concluded.

For information on how to schedule an ImPACT test with the Overlook Hospital's Center for Concussion Care and Physical Rehabilitation residents are encouraged to call 908-522-6146.



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Reserve space in the next issue. Call Tina today at 908-418-5586 or email info@rennamedia.com

WAGNER FARM ARBORETUM'S BRITE NITES 2018

Submitted by Christina Lewis

It's back! Returning for a seventh year, Wagner Farm Arboretum's spectacular Halloween-themed event "Brite Nites" showcases an elaborate display of intricately and creatively hand-carved and lighted pumpkins. Meander through our garden path filled with breathtaking pumpkin sculptures, where you will be astounded by their complexity and originality. New this year is the partnership with Dusk Productions to bring you an even bigger haunting experience with our "Barn of Fear" display. Watch out for the roaming ghouls, vampires and witches, or be mesmerized by the wandering magician, musicians and dancers. The whole family will be entertained with a night to remember. In addition, we will have a food pavilion where you can enjoy a quick bite from a wide selection of food trucks. Hot cocoa

and cider will be available for purchase.

Brite Nites 2018 will occur on the dates of October 12-13, 19-20, 26-28. Entry times start at 6:30 p.m. and end at 8:30 p.m. Wagner Farm Arboretum is located at 197 Mountain Ave., Warren, NJ 07059. They can be visited online at wfafnj.org.

Admission tickets cost \$15 per Adult; \$10 Senior, \$10 Child ages 4-12, Children 3 and under are free. Tickets are sold online in 15-minute intervals.

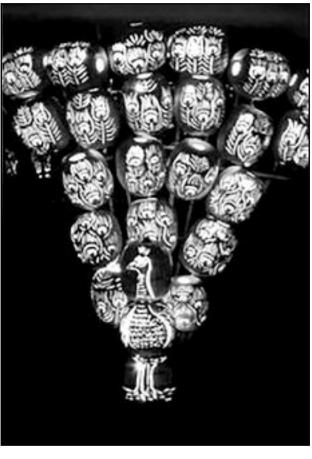
No Strollers, No Pets please - paths get muddy

ABOUT WAGNER FARM ARBORETUM:

Established in 2004 as a non-profit organization, the Arboretum seeks to enrich, educate and inspire the community by increasing environmental awareness and natural recreational opportunities.







(above) The seventh annual "Brite Nites" Wagner Farm Arboretum will be back this October, with astounding pumpkin sculptures, a "Barn of Fear", and other entertainers.

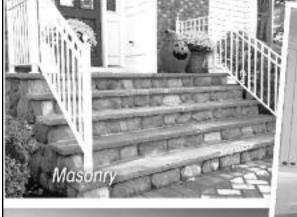






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UCEDC ANNOUNCES NEW TRAINING OFFICER

The Union County Economic Development Corp. (UCEDC) is a statewide non-profit economic development corporation, dedicated to stimulating economic growth for small businesses throughout New Jersey by providing them with resources and solutions for business expansion. Since 1977, UCEDC has helped entrepreneurs open their doors and assisted established businesses expand into new markets through innovative lending, comprehensive training initiatives and government procurement programs.

Say Hello to Ed Ramirez, New UCEDC Training Officer

Ed has enjoyed many different types of professional opportunities throughout his career, but the common thread through all has been leadership management and service to others.

A 12-year Army veteran, Ed had a long career in small business consulting and accounting services. He also spent six years in higher education, helping a small college through the national accreditation process.

Proving that you can never stop learning, Ed is currently working on a Doctorate in Business Administration.

Ed will offer training workshops in Spanish as well as English and is busy developing new curriculum to broaden our array of topics. Check the UCEDC on-line calendar, ucedc.com/events, for the inaugural session of "Year-End Tax Prep for Small Businesses" sometime in the Fall.

You can reach Ed at 908-527-1166 or eramirez@ucedc.com.



(above) Ed Ramirez, New UCEDC Training Officer.



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COMMUNITY SHREDDING DAY WITH THE MADISON ROTARY CLUB

Submitted by Carmela Moeller

Just in time for the upcoming Holidays, the Madison Rotary Club will host another Community Shredding Day, joined by Habitat for Humanity's ReStore truck. The event will take place on Saturday, October 20, 2018 from 9 a.m. to 12 noon at Municipal parking lot #1, at the corner of Prospect Street and Kings Road by the Ambulance Squad IN Madison, NJ. The event is open to the public. It is not necessary to be a Madison resident.

Security Shredding, Inc. will provide secure destruction of sensitive documents, after which the shredded papers will be recycled into other paper products. Stay and watch your documents being destroyed on the truck mounted shredder. Cost is \$5 per box or grocery bag. Larger containers will be priced accordingly. As this service is also a fundraiser, all proceeds from the shredding event will be "recycled" by the Madison Rotary for future community projects.

Also on hand will be a truck from Habitat for Moeller at carmoeller@aol.com.

Humanity's ReStore, which will gratefully accept area residents' new or very gently used home building materials, lighting and plumbing fixtures, hardware items in original packaging, fine art and collectibles, and furniture and other home furnishings in excellent condition. Having the ReStore truck come to Madison is a convenience for would-be donors, as the ReStore facility is located in Randolph. ReStore's inventory is 100% donated by businesses and individuals and sold to the general public at a fraction of the retail price. Proceeds are used to build affordable homes in Morris County and surrounding areas. According to Jeannie Tsukamoto, former President of both Madison Rotary and Morris Habitat for Humanity, "donations to ReStore have built 25 homes in Morris County and have kept over 8,000 tons of reusable materials out of landfills since 2007."

For further information, contact Carmela Moeller at carmoeller@aol.com.



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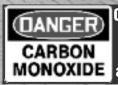
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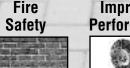
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CANDIDATES FORUM SET FOR OCTOBER 18TH

The League of Women Voters of Berkeley Heights, New Providence and Summit is sponsoring a candidates forum.

On October 18, 2018 at Governor Livingston High School Auditorium at 7:30 p.m. the public is invited to hear from the two Candidates running for Berkeley Heights Mayor and the four Candidates running for Berkeley Heights Township Council. The evening will be split between these two races. Michelle Bobrow from Maplewood will be the Moderator

All Moderators are League trained. They may not moderate in the town in which they reside. Audience members at these forums will submit questions in writing to the Moderator to be asked of the Candidates. The forums last approximately one and one half hours and will be available for viewing on local access TV.

The candidates were invited to participate in vote411.org, a digital know your candidates guide and voting information site. The public can visit this website and read their responses to prepared questions submitted to them.



LEAGUE OF WOMEN VOTERS OF BERKELEY HEIGHTS, NEW PROVIDENCE AND SUMMIT LAUNCHES VOTER EDUCATION TOOL **VOTE411.0RG**

The League of Women Voters of of Berkeley Heights, New Providence and Summit announces the launch of the nonpartisan election resource vote411.org. This "one-stop-shop" for election information provides simple, helpful tools to help New Jersey voters navigate the voting process this November. VOTE411.org provides candidate information, voter registration tools, polling place information and other helpful Election Day information.

"Voters need simple, helpful tools to help them navigate the voting process and Election Day," said Susan Ferris Rights, co-President of LWV-BHNPS "This is particularly true of down ballot races, such as town council and school board, where it can be particularly difficult for voters to find the needed information to compare candidates. VOTE411.org is the nation's premiere online election resource and the League of Women Voters is proud to be providing this critical tool in New Jersey."

The State League of Women Voters invited all Candidates running for US Senator and US House of Representatives to participate. The League of Women Voters of Berkeley Heights, New Providence & Summit invited candidates for Berkeley Heights Mayor, Berkeley Heights Township Council, Berkeley Heights Board of Education, Mountainside Borough Council, New Providence Mayor, New Providence Borough Council, New Providence Board of Education Summit Common Council in Wards I and II, Union County Board of Chosen Freeholders for the unexpired term as well as the 3 year term to participate. Candidates were asked to submit a picture, a bio (qualifications and experience) and answer 2-3 questions. Voters can go to vote411.org, put in their address and get the information submitted for all the candidates for whom they can vote.

Nationally, approximately 25.4 million voters have found the information they needed thanks to VOTE411.org, many of them young people and first-time voters.

"It's convenient, easy and invaluable for voters who want reliable information about voting," concluded Susan Ferris Rights "The League of Women Voters urges everyone to prepare for Election Day by visiting VOTE411.org and, of course, remind everyone to get registered and vote on November 6th.

The League of Women Voters, a nonpartisan political organization, encourages informed and active participation in government, works to increase understanding of major public policy issues, and influences public policy through education and advocacy. Membership is open to men and women of all ages. With 800 affiliates across the county, the League is one of the nation's most trusted organizations.

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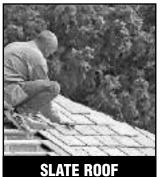
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Tuesday, October 9 at 10:30 a.m. for children of all ages

Paper Plate Story Time

Tuesdays, October 2, 16 at 9:30 a.m. for ages 3 – 5 years
Story and craft with Katie Mazzaferro.

Rhythm & Rhyme Story Time

Tuesdays, October 23, 30 at 10:30 a.m. for ages 3 – 5 years

TinkerTime with Tots

Wednesdays, October 10, 24 at 10:00 a.m. for ages 2 - 5

Baby Time

Thursdays, October 4, 11, 18, 25 at 9:30 a.m. for ages 0 - 24 months

The Berkeley Heights Public Library will offer the following programs

FOR ADULTS

Morning Book Group

Friday, October 5 at 10:30 a.m. will discuss Magpie Murders by Anthony Horowitz New members are welcome.

Sew It!

Wednesday, October 17 from 10:00 a.m. to 1:00 p.m. A sewing workshop with Ellen Brown for adults of all sewing levels. Sign-up required; limited to 8.

Italian Conversation Group

Tuesday, October 2 at 7:00 p.m.
Sign up at the main desk for informal Italian conversation group led by a fluent Italian speaker. For high school age - adults. Beginners welcome!





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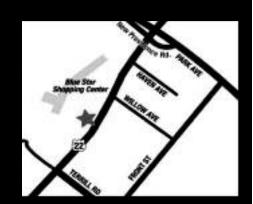
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NEW PROVIDENCE STREET FAIR SUNDAY, OCTOBER 28

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take place in downtown New Providence on Sunday, October 28, 2018 from 10 a.m. − 5 p.m. The fair, presented by New Providence Business, will be held on Springfield Avenue, between South Street and Livingston Avenue. The street will be transformed into a giant town block party.

There is a special section brimming with all kinds of fun stuff to do. There will be mechanical kiddie rides, climbing wall, pony rides, petting zoo, face painting, sand art, temporary tattoos, and so much more!

There will be live entertainment all day long featuring bands, dancers, karate demonstrations, and more.

This event brings the whole community together. Many of the local merchants and businesses will showcase their shops and offer their special sales. Everyone will surely enjoy the wide selection of delicious foods such as empanadas, sausage & peppers, cheesesteaks, gyros, chicken fingers, French fries, shish ka bobs, specialty grilled cheese sandwiches, crab cakes, fresh squeezed lemonade, Italian ices.

The annual New Providence Street Fair will kettle corn, zeppoles, fried oreos and the local favorite Zita's Ice Cream.

> The event also offers food from local establishments and business community members. Street vendors present many unique items at great prices and local non-profit organizations host contests and games for all attendees.

> This event will also feature many creative crafters with hand crafted works, and merchandise dealers offering lots of great bargains and unique items for all.

> The New Providence business community is expecting to attract thousands of people from the community and other neighboring towns. For more information please call the event producers: JC Promotions, Inc. 201 998-1144 or email us at events@jcpromotions.info.

> Any local civic group or merchant is invited to participate in this event. This is an opportunity for local businesses and groups to promote their establishments or organization.

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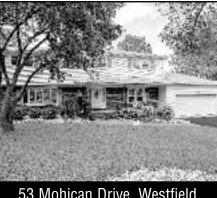
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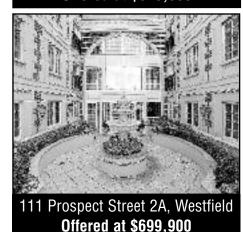
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PARENT WELLNESS SERIES TO LAUNCH ON OCTOBER 3

Submitted by Summit Public Schools

For a fourth year, the Superintendents and Student Assistance Counselors (SAC) of Summit, Chatham, Millburn, Berkeley Heights, and New Providence have entered into a consortium committed to offering programs to families that focus on student needs in our communities. Each district will host an awareness forum as part of the Parent Wellness Series at their respective high school and invite members of each of the participating communities to attend.

The first event, Adolescence... the Good, the Bad and the Healthy will be held on Wednesday, October 3, 2018, 7:00 p.m. at Summit High School.

Join Phyllis Alongi, MS, NCC, LPC, ACS - Clinical Director of the Society for the Prevention of Teen Suicide, Jamie Carvalho MA, LAC, LCADC - Senior Clinician at Summit Behavioral Health and Tricia Baker founder and director of Attitudes In Reverse who will present information about teenage health, the challenges teens face, and where and how to get support.

The program will include current issues in teen mental health, warning signs of suicide and information about where to find support, as well as In Their Shoes (display brought to the students of SHS in Sept 2017.) This riveting exhibit will be on display for parents to experience. It is a powerful visual of the struggles teens face.



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PEPPERTOWN PARK BOCCE TOURNAMENT – SATURDAY, OCTOBER 6

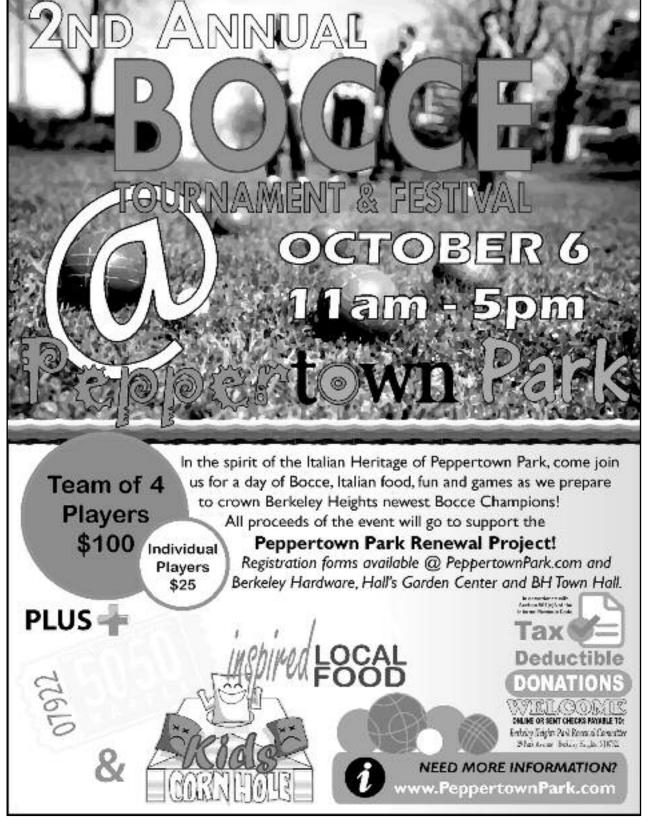
Berkeley Heights Peppertown Park Renewal Committee is hosting a Bocce Tournament and Festival on Saturday, October 6, 2018, in Peppertown Park from 11 a.m. to 5 p.m. Peppertown Park is located between Plainfield Ave. and Sherman Ave.

The Bocce tournament will pay homage to the past, as the park is rooted in Italian legacy and tradition. It was once home to the Petrone family farmstead and its name is derived from all of the pepper plants that grew on the land. Located in the heart of downtown Berkeley Heights, Peppertown Park is the ideal place for a cultural hub, as well as a family friendly, four season use park, that when completed will be enjoyed for decades to come. The renovation process will happen in phases.

The committee is comprised of many volunteers and the original concept design plans were created by Donovan Hall, a town resident

and business owner. Established by an ordinance of the Berkeley Heights Town Council as an advisory committee, the volunteers also formed a 501(c)3 charitable organization. It hopes to partner with the community, through fundraising efforts and grants to make the renewal a reality. Tax deductible donations for the renovation efforts can be made online at PeppertownPark.com or may be sent payable to: Peppertown Park Renewal Committee, 29 Park Ave., Berkeley Heights, NJ 07922.

Teams and individuals are invited to play. Activities for children will include Bocce, cornhole, and more. Food will be available for purchase featuring the Italian specialties of local restaurants. It's a family friendly event and everyone is invited to attend. Details and registration for the Bocce Tournament and Festival can be found on-line: peppertownpark.com.



CAR THEFTS AND VEHICLE BURGLARIES

Submitted by Berkeley Heights Police Department

There has been an increase in car thefts and car burglaries in Berkeley Heights as well as in surrounding communities. The following is a list of precautions and tips that you can do to help reduce your chances of becoming a victim of these types of crimes:

At your home:

- Remember to take your key fob or keys with you every time you park the car
- Lock all doors every time you leave the
- Install motion sensor lights that cover the area your vehicle is parked in
- Remove personal property from the vehicle or put it where it cannot be seen from the outside
- Warming up vehicle- start the vehicle with a remote starter and do not leave the key in the vehicle; if the car does not have remote start, do not let the vehicle run unattended with the key in the ignition
- KEY FOB: Once a vehicle is started with a key fob, the vehicle can be driven even when the fob is not in the vehicle. The fob only starts the vehicle.
- Make sure that the valet key has been removed from the vehicle after purchase- if you do not know if you have one or where to find it, contact your dealership and they will help you

Away from the Home:

• Park your vehicle in well-lit areas during evening and nights hours



- Do not park in secluded lots
- When shopping, place your packages in the trunk or under a cover that is available in most sport utility vehicles
- Do not leave the engine running while you "run" into a store for anything (coffee shop, car wash, anywhere)
- · When shopping, walk to your vehicle and have your keys in hand so that you can enter the vehicle and not become distracted looking through a jacket or purse- be aware of your surroundings
- If you are concerned about walking to your vehicle, contact the store or mall security and they will likely walk you to your vehicle Follow Berkeley Heights Police on Facebook.

USED WHEELCHAIR VANS & MINIVANS FOR SAL

Transportation Care Company, a Clark based medical and school transportation company owner is retiring and offering 10 vehicles for sale. Both minivans and wheelchair vans meet the current New Jersey DMV inspection requirements. Five of the vehicles are Ford 250s with raised roofs, Braun lifts and walk up stairs. The five minivans are Dodges. These vehicles are in good running conditon. Call for an appointment, 732-388-9522 Ask for Mr Charles.

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IMAGINE RECEIVES GRANT TO EXPAND CHILD BEREAVEMENT SUPPORT PROGRAMS

for their generous grant of \$25,000 for the expansion of our bereavement support programs at our new center in Mountainside," said Stuart Arnold, Imagine Board Chair. "With Merck's commitment to healthcare and the community it's a perfect match. The Merck Foundation has been a generous supporter of Imagine for many years and we are so grateful."

Childhood bereavement is a serious public health issue. The death of a parent or other important person in a child's life has been noted to be one of the most commonly reported and disruptive Adverse Childhood Experiences (ACEs.) There are currently over 109,000 NJ youth age 0-18 who are bereaved due to the death of a parent. Imagine is currently serving 285 of those children, from 55 NJ towns every two weeks at our center.

"Imagine helps make a difference in the lives

"We are so grateful to The Merck Foundation of grieving children and families in the communities around our sites," said Paula Alston, Executive Director of Merck's NA Research Facilities. "We are proud to partner with Imagine through our Merck Foundation Neighbor of Choice grant program this year, and we are pleased to be able to help Imagine grow and succeed in their mission."

> Imagine offers free year-round grief support groups for children age 3-18 who have had a parent or brother or sister die, and for families coping with a family member with a terminal or chronic illness. Concurrent groups are available for parents and guardians, and young adults 18-30. Support groups meet on weekday nights for an hour and a half. Dinner is provided prior to the group meeting. To schedule an orientation for yourself or your family or for more information please contact Imagine at 908-264-3100 or info@imaginenj.org.

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CALL FOR ENTRIES: NJ PHOTOGRAPHY FORUM'S 24TH JURIED PHOTOGRAPHY EXHIBIT

Photographers are invited to submit photographs to be considered for exhibition at the 24th Juried Photography Exhibit of the New Jersey Photography Forum. In the almost twentyfive years since its founding, this exhibition has developed to be one of the most important juried photography shows annually and attracts entries from all over New Jersey.

The exhibit is open to any photographer able to hand deliver their work to the Watchung Arts Center on the Watchung Circle in Watchung, NJ on Saturday, October 27, 2018 from 1 - 4 p.m. The cost is \$20 for every two photographs entered. There is no limit to the number of entries; however, all entries must be professionally presented and securely wired for hanging. There will be cash awards for Excellence and Merit. A show prospectus is available on the NJPF website.

The public is invited to attend the opening reception on Sunday, November 4, 2018 from 1 - 4 p.m. at which time awards will be presented and everyone will have an opportunity to meet the artists. The exhibit is free and open to the public during business hours of the Watchung Arts Center: Tuesday, Wednesday, Thursday, and Friday: noon - 5 p.m., Saturday: 10 - 3 p.m. The exhibit will be curated by Nancy Ori of Berkeley Heights. All of the images will be for sale with a portion of the proceeds going to support the Watchung Arts Center.

The jurors for the show are: Matthew Gosser, Professor and Gallery Director of the College of Architecture and Design, NJIT and Gallery Dir of Art and Artifacts of Architecture and Design, NJIT and Gallery Dir of Art and Artifacts of Newark and a photographer, sculptor and furniture designer; Bill Brokaw, owner of Brokaw Photography in Frenchtown, NJ, and a teacher and curator; Nancy Ori, exhibitor, curator, author, freelance photographer and educator and the director of NJ Photography Forum and Digital Arts Group and the owner of NJ Media Center in Berkeley Heights.

The monthly meetings are held at the Visual Arts Center of New Jersey in Summit and attendees are encouraged to share expertise and advance their skills. .

The Watchung Arts Center offers new art exhibitions each month, performances of music, comedy, improv and classes for children and adults in art, photography, dance, yoga, and more. Visit their website at watchungarts.org.

You can learn more about the New Jersey Photography Forum by visiting their web site at njphotoforum.com or calling Nancy Ori at 908-790-8820.



St. Joseph Social Service Center Annual Fundraising Dinner

October 18, 2018

Marilyn Ryan, 908-232-1214 x113

The Westwood, 438 North Avenue, Garwood, NJ ~ 7:00 PM Grand Raffle Prizes

> Grand Prize: \$15,600* (or 30% of receipts from ticket sales) \$7,800* (or 15% of receipts from ticket sales) 2nd Prize: 3rd Prize: \$2,600* (or 5% of receipts from ticket sales) *Above prizes assume that all 2,600 tickets are sold at full price.

To purchase Grand Raffle Tickets, Dinner Tickets, or become a Sponsor by mail, in person, here are the locations:

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To purchase Dinner Tickets or to Donate online, please use the following link:

https://www.sjeliz.org/special-events.html

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We greatly appreciate your continued support - THANK YOU!

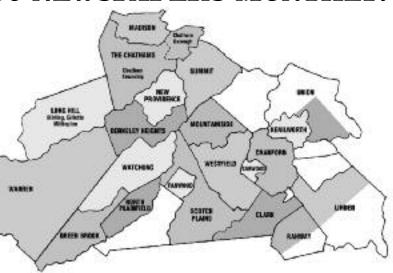
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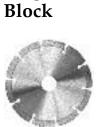
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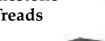
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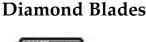
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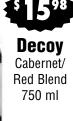


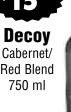


















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