Dear friends,

**The Patient. Above All Else.** Our mission remains clear, and we are most grateful for your partnership in this perennial purpose. Thank you for your resounding demonstration of compassion for patient care, health education and clinical research through St. Luke’s Foundation.

Our 2013 annual report highlights the enormous role you play in the comfort and care of our patients—from the smallest reliefs to transformative health care technology. Your hand is seen in the many ways St. Luke’s is able to serve patients and families, including in St. Luke’s Regional Cancer Center’s Infusion Therapy Clinic expansion, our state-of-the-art simulation lab education center, in research for greener medical equipment and so much more. Our Foundation friends throw stones (*House of Hearts Curling Bonspiel*), walk (*Morgan Park Walk for Hope*), rock (*Women Rock*), swing (*golf tournaments*) and share their gifts in countless ways to help raise awareness and resources for those in need.

Through your generosity we are able to make a real difference in the quality of life throughout our region. We are humbled by your strong support, and every single day bear witness to the hope and high returns generated through your investment.

In Gratitude and Good Health,

Kim Keuning, Chair

Catherine Carter Huber, Executive Director

John Strange, St. Luke’s CEO

On cover: Dr. Basem Goueli talks with patient Taire Sulin in the newly expanded Infusion Therapy Clinic.
Mission
St. Luke’s Foundation provides financial support to St. Luke’s and the region it serves to advance patient care, health education and clinical research.
Greater comfort and privacy for St. Luke’s patients during infusion therapy

Infusion therapy delivers medicine or nutrition intravenously. For cancer patients, it means spending hours in a treatment chair while receiving chemotherapy. St. Luke’s Foundation’s 10th Annual Circle of Light gala raised the funds to support the expansion of the infusion therapy clinic at St. Luke’s Regional Cancer Center. The improvements were designed to enhance patient care, provide treatment for more patients and improve the clinic space.

Along with improvements to the patient care areas, the expansion also added three new physician offices, provided nurses with a new nursing station, satellite work pods and new flooring. Physicians and nurses now have more tools for patient care, the clinic can increase the number of patients treated each day, and patients can receive infusion therapy with greater comfort and privacy if they need it.

In addition to two private infusion therapy suites and a vital signs machine, generous donors also provided specific Fund-A-Need support for…

**Semi-private infusion therapy areas**
**Donated by:**
Peter and Sally Sneve
Rob and Diane Link
_in honor of Ron Franzen_

**Additional infusion therapy treatment chairs**
**Donated by:**
Dr. Mary Boylan and Patrick Maloney
Tom and Carlyle Conrad
Dick and Millie DeBolt
Lizette and John Lawien
Elisabeth C. Mason
Dr. Scott and Sarah Mikesell
Melissa Swor

**Computers on Wheels**
**Donated by:**
Dave and Carl McMillan
Phil and Mary Sneve

**IV Pumps**
**Donated by:**
Drs. John and Jocelyn Bollins
Laura Budd
Jerry and Carol Carlson
Edwin and Sherry Hall
Dr. Wade and Julie Ann Kubat
Rebecca Lewis
Mike and Melinda Machones
Robert Mason
Dr. Scott and Dana Varland
Bob and Helga Wallner
Jon and Kathy Welles
Bob and Ruby Zallar

**Televisions**
**Donated by:**
Doug and Jennifer Lewis
John and Mary Thomas
Dr. James and Jacquie Sebastian
Dr. Jeff and Kari Speer

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**2013 Funding Highlight**

$122,000
Telemonitoring provides quality care for St. Luke’s patients at home

In 2013, St. Luke’s Home Care Services’ experienced staff—including nurses; physical, occupational and speech therapists; social workers; home health aides; and homemakers—made more than 13,210 home patient visits and traveled roughly 190,500 miles. But they needed an additional tool, a wireless telemonitoring system, to help ensure they were available for patients who no longer had a land line telephone. Thanks to a generous $50,000 grant from the Verizon Foundation, wireless monitors were provided for patient homes.

Each monitor:

- Has stand-alone functioning similar to a cell phone
- Monitors heart rate, blood pressure, weight and blood oxygen saturation
- Gives patients clear and simple directions on how to measure vital signs
- Provides reminders to patients and asks key questions, such as, “Are your ankles swollen today?”
- Uses a secure data line to transfer patient information
- Is monitored by a nurse in the home care office or after hours from their home

St. Luke’s Home Care Services nurses received additional training on the system to:

- Develop patient questions and specific patient parameters
- Run customized patient reports

Home telemonitoring allows people to remain independent in their homes. People are more active participants in their care, and it gives families peace of mind, knowing that St. Luke’s Home Care Services is monitoring their family member. Most importantly, it helps improve patient outcomes by allowing for quicker assessments and more timely medical intervention to decrease hospital readmissions.
If you ever took first aid training in high school or college, you may remember Resusci Anne, the training mannequin designed to help people practice cardiopulmonary resuscitation (CPR). Resusci Anne was an early version of a human patient simulator. Today’s human patient simulators use advanced technology to mimic realistic patient responses to medical situations. St. Luke’s now has a state-of-the-art Simulation Lab Education Center, where health care professionals can practice critical care, cardiac care, emergency medicine, respiratory care, anesthesia and maternal child health care in a supportive learning environment.

Funds provided the education center with:

- A realistic hospital room for interactive learning with two human patient simulators: an adult male and a baby
- A control room for instructors to control medical situations and to observe and measure learner responses
- Video and other technology that allows learners to view their actions and improve their skills

The courses are approved and accredited, and allow registered nurses, physicians, emergency medical technicians and paramedics to maintain their advanced care certifications in a realistic learning environment with life-like patients.
Developing a new, cost-effective instrument for use by physicians

Video scopes are in common use across the St. Luke’s system. Physicians and surgeons use them to diagnose and treat a variety of conditions. Each scope is not only expensive to purchase but also to maintain because it must be cleaned and sterilized after each use. Dr. Joseph Martinelli, St. Luke’s Pulmonary Medicine Associates, thought there must be a way to create an affordable, multipurpose video scope with adaptable accessories. Working with the engineering department at the University of Minnesota Duluth, Dr. Martinelli and the team came up with a plan for video scope development. With the help of a St. Luke’s Foundation grant, Dr. Martinelli and his team are ready to fabricate a next-generation video scope.

Grant funding provides:

Design for a portable, hand-based video scope, including:

- Ability to function with portable power supplies
- Capability for advanced video technology, with potential wireless use
- Adaptive, disposable components that can be used by multiple medical specialties and manufactured at low cost

This stage of research will result in the formal design and written specifications for a portable video scope. The project offers a unique opportunity for St. Luke’s and UMD students to advance medical equipment, with the hope that the successful device will be manufactured and used to help patients not only at St. Luke’s but worldwide.
Thank you to the many volunteers and participants who supported St. Luke’s Foundation throughout the year at a variety of engaging events. Here’s a sampling of some of the events:

12th Annual House of Hearts Celebrity Bonspiel

This annual bonspiel tournament raises funds to improve care for cancer and cardiac patients at St. Luke’s. In 2013 the tournament raised over $22,000 in support of new echocardiograph machines.

Northland Country Club Women’s League: “Tee It Up for a Great Cause”

In its second year, this tournament raised $3,050 to support St. Luke’s Breast Center.

9th Annual Women Rock

Each November Charter Media hosts a day of pampering, fun and education at Spirit Mountain to demonstrate to our community that Women Rock in the Fight Against Breast Cancer. In 2013, $33,248 (including proceeds from Como Oil & Propane’s “Project Pink” propane truck) were raised for St. Luke’s Breast Center.
The staff at Younkers Salon volunteered their time for an entire day, providing a full line of services to raise $4,400 for St. Luke’s Breast Center.

Medical Milestones

Three luncheon programs provided interesting and timely information.

In May, Dr. Nicholas Van Deelen, St. Luke’s Emergency Department, presented *Synthetic Marijuana in the Northland* and discussed the abuse and impact on society, specifically in our region.

In October, Cassandra Beardsley, Executive Director, St. Luke’s Regional Collaborative, discussed Accountable Care Organizations and how ACOs impact health care providers and patients.

In December, Scott Poupore-Haats, St. Luke’s Mental Health Services, presented on Mindfulness-Based Stress Reduction to proactively manage stress, anxiety, depression and chronic pain.

30th Annual Benefit Tournament

Featuring golf, croquet, tennis and bridge, the Benefit Tournament is the Foundation’s oldest fundraising event. Started in 1983, it takes place each July at Northland Country Club and raises money for St. Luke’s Foundation’s unrestricted grants program. In 2013, it raised more than $54,000.

10th Annual Circle of Light

The Foundation’s annual signature event celebrates health care excellence within St. Luke’s and our community. A record crowd attended, raising more than $122,000 to support the renovation and expansion of St. Luke’s Regional Cancer Center’s Infusion Therapy Clinic.
2013 St. Luke’s Foundation Grants
<table>
<thead>
<tr>
<th>ST. LUKE’S</th>
<th>ST. LUKE’S EDUCATION DEPARTMENT</th>
<th>ST. LUKE’S HILDING MEMORIAL MEDICAL LIBRARY</th>
</tr>
</thead>
<tbody>
<tr>
<td>Celebrating the last baby born at St. Luke’s in 2013 and the first baby born in 2014</td>
<td>Acute Coronary Syndrome Conference, funded in part by the John W. Brickson Memorial Lecture Fund</td>
<td>Online subscriptions for the Dr. Anderson Hilding Memorial Library</td>
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<tr>
<td>$100</td>
<td>$1,000</td>
<td>$988</td>
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<tr>
<td>BAY AREA MEDICAL CLINIC</td>
<td>18th annual EMS professionals education and recognition event</td>
<td>ST. LUKE’S INPATIENT REHABILITATION UNIT</td>
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<td>Typanometer</td>
<td>9th Annual Regional Congress on Women’s Health, funded in part by the Dr. Kay R. Lundberg Memorial Lecture Fund and the Dr. Donald and Leona Larson Fund</td>
<td>“Hospitality in Dining,” a dining room for patients that is functional, aesthetically pleasing and homelike</td>
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<tr>
<td>$3,120</td>
<td>$2,000</td>
<td>$15,000</td>
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<td>Reach Out and Read program established with support from the Lloyd K. Johnson Foundation</td>
<td>Staff leadership development training with Cy Wakeman</td>
<td>Recumbent cross trainer for isolation gym</td>
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<tr>
<td>$1,750</td>
<td>$2,000</td>
<td>$3,800</td>
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<tr>
<td>ST. LUKE’S BREAST CENTER</td>
<td>State-of-the-art Simulation Lab for training staff and other health care professionals, funded by anonymous donor in honor of St. Luke’s Nursing Class of 1963</td>
<td>ST. LUKE’S INPATIENT MENTAL HEALTH UNIT</td>
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<td>Faxitron BioVision Surgical Specimen Radiography System</td>
<td>Books that help children understand cancer</td>
<td>Furniture replacement for patient lounge and group meeting areas</td>
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<tr>
<td>$99,522</td>
<td>$51</td>
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<td>ST. LUKE’S REGIONAL CANCER CENTER</td>
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<td>ST. LUKE’S LABORATORY</td>
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<td>Lodging for patient families</td>
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<td>Continuing education for Laboratory staff</td>
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<td>$200</td>
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<td>$358</td>
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<tr>
<td>Regional Cancer Center Infusion Therapy Clinic Expansion</td>
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<td>Chairs for Pathology Department transcription staff</td>
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<td>$122,000</td>
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<td>Wigs for cancer patients facing hair loss as a result of chemotherapy treatment</td>
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<td>$3,131</td>
<td>Wireless telemonitoring system for home care patients who no longer have a landline telephone, generously funded by the Verizon Foundation</td>
<td>LAKE VIEW MEDICAL CLINIC</td>
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<td>Gas cards and lodging for cancer patients; cancer support group; support materials and maintenance of the Cancer Center’s aquarium</td>
<td>Ensuring hospice continues to offer palliative, personal, emotional and spiritual care for patients and their families regardless of the ability to pay for services</td>
<td>Reach Out and Read program established with support from the Lloyd K. Johnson Foundation</td>
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<td>$2,289</td>
<td>GeoMats, pill boxes, scales, Home Care/Hospice library, and “Gone From My Sight” books and journals for the care and comfort of hospice patients and their families</td>
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<td>ST. LUKE’S CARDIAC REHABILITATION</td>
<td>Handmade quilts for hospice patients</td>
<td>Vision screener</td>
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<td>Ergometer</td>
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<td>ST. LUKE’S CHAPLAINCY</td>
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<td>Portable communion set for home visits in memory of Evelyn Solberg</td>
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<td><strong>ST. LUKE’S RESPIRATORY CARE DEPARTMENT</strong></td>
<td>$1,023</td>
<td>Continuing education, training and educational materials on the latest respiratory care for therapists fund by the Douglas H. and Judith H. Lewis Memorial Fund of the Duluth-Superior Area Community Foundation.</td>
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<tr>
<td><strong>ST. LUKE’S SURGICAL SERVICES</strong></td>
<td>$1,718</td>
<td>Cardiac surgery education to prepare patients for surgery, ICU and cardiac care stays and rehab.</td>
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<td><strong>ST. LUKE’S WOUND, OSTOMY AND CONTINENCE CLINIC</strong></td>
<td>$1,668</td>
<td>Electronic vital sign machine</td>
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<td><strong>AMERICAN HEART ASSOCIATION</strong></td>
<td>$1,000</td>
<td>Minnesota Mission Lifeline</td>
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<tr>
<td><strong>THE COLLEGE OF ST. SCHOLASTICA</strong></td>
<td>$7,500</td>
<td>Scholarships for Health Science scholars.</td>
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<tr>
<td><strong>ST. LUKE’S PATIENT CARE SERVICES</strong></td>
<td>$1,500</td>
<td>Volunteer Guild Memorial Scholarships for two students pursuing careers in health care.</td>
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<tr>
<td><strong>ST. LUKE’S PEDIATRIC ASSOCIATES</strong></td>
<td>$1,500</td>
<td>Reach Out and Read program support from the Lloyd K. Johnson Foundation.</td>
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<tr>
<td><strong>ST. LUKE’S PHARMACY</strong></td>
<td>$1,734</td>
<td>Continuing education for Pharmacy staff.</td>
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<tr>
<td><strong>P.S. RUDIE MEDICAL CLINIC</strong></td>
<td>$3,110</td>
<td>Vision screener</td>
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<tr>
<td><strong>ST. LUKE’S PULMONARY MEDICINE ASSOCIATES</strong></td>
<td>$14,454</td>
<td>Design of a multi-attachment video scope.</td>
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<td><strong>ST. LUKE’S MATERNAL CHILD HEALTH DEPARTMENT</strong></td>
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<td>Cart and canvas wall photos, Nursery/Pediatric biliblanket, Maternity suite furniture, Acrylic write on/wipe off covers for overbed tables, Lodging for patient families.</td>
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<td><strong>MILLER CREEK MEDICAL CLINIC</strong></td>
<td>$3,110</td>
<td>Vision screener</td>
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<td><strong>ST. LUKE’S PATIENT CARE SERVICES</strong></td>
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<td>Whiteboard communication for patient rooms</td>
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<td><strong>ST. LUKE’S PEDIATRIC ASSOCIATES</strong></td>
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<td>Reach Out and Read program support from the Lloyd K. Johnson Foundation.</td>
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<td><strong>ST. LUKE’S PHARMACY</strong></td>
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<td>Continuing education for Pharmacy staff.</td>
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<tr>
<td><strong>P.S. RUDIE MEDICAL CLINIC</strong></td>
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<td>Vision screener</td>
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<tr>
<td><strong>ST. LUKE’S PULMONARY MEDICINE ASSOCIATES</strong></td>
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<td>Design of a multi-attachment video scope.</td>
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<tr>
<td><strong>FIRST WITNESS CHILD ABUSE RESOURCE CENTER</strong></td>
<td>$250</td>
<td>I Stand with Kids campaign to bring awareness to child abuse.</td>
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<tr>
<td><strong>EVA ERICKSON PETERSON MEMORIAL NURSING SCHOLARSHIP</strong></td>
<td>$500</td>
<td>Scholarship for a St. Luke's employee pursuing an RN degree or higher.</td>
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<td><strong>GLADYS EKLUND MCKISSACK SCHOLARSHIP</strong></td>
<td>$1,000</td>
<td>Scholarship for a St. Luke's employee to finance educational goals in pursuit of a nursing career.</td>
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<td><strong>LAKE SUPERIOR COLLEGE</strong></td>
<td>$3,750</td>
<td>Scholarships for Lake Superior College Health Care Careers students.</td>
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<td><strong>LAKE SUPERIOR MEDICAL SOCIETY ALLIANCE</strong></td>
<td>$4,000</td>
<td>Elementary School Health Fair</td>
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<td><strong>MESABI RANGE COMMUNITY AND TECHNICAL COLLEGE</strong></td>
<td>$6,250</td>
<td>Advancing Healthcare Education in Northeastern Minnesota: equipment for simulation lab.</td>
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<tr>
<td><strong>NORTHERN WATERS PARISH NURSE MINISTRY: PATHWAY TO WHOLENESS</strong></td>
<td>$1,000</td>
<td>Community outreach to encourage and support physical, emotional and spiritual well-being.</td>
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</tbody>
</table>
PROJECT LINUS
Handmade quilts made by volunteers and given to pediatric patients in St. Luke's Emergency Department and Pediatric Unit

$2,950

RED HAT RED HOT MAMAS CHAPTER #39569
Golf tournament tee signs

$50

SECOND HARVEST NORTHERN LAKES FOOD BANK
BackPack program

$1,000

SMALL THINGS FUND
Assistance to patients experiencing acute and/or emergent financial challenges

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Twelve-year-old Emma Haugen and her mom, Peggy, organized the Walk for Hope for breast cancer patients in conjunction with the annual Morgan Park Community Picnic. Not only did the walk raise $1,237, but Emma's efforts also earned her an additional $1,000 Youth Service America grant. All proceeds were donated to St. Luke’s Breast Center.
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Often the easiest to arrange, many donors support us through gifts of cash, checks, credit cards (VISA, MasterCard, American Express, Discover), securities or stocks, real estate, and in-kind gifts.

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One of the following trust options may be the best fit for you:

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Sample bequest language for St. Luke's Foundation:

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If you want to restrict your bequest, please consult with St. Luke's Foundation when you make your will to be certain your intent can be accomplished.

**GiftCalcs Planner**

Giving online is easy. Visit [www.slhduluth.com](http://www.slhduluth.com) and click on the Foundation link. In addition to our online giving form, you'll find our GiftCalcs Planner, an interactive tool that lets you run sample gift calculations and their financial benefits to you.

For more information on how you can support the mission of St. Luke's Foundation, please call Catherine Carter Huber at 218.249.2420 or send an email to [ccarterhuber@slhduluth.com](mailto:ccarterhuber@slhduluth.com). We would be honored to work with you to ensure that your wishes are carried out in the manner that best meets your needs. This information is not intended as legal, tax or investment advice. For such counsel, contact an attorney or tax or investment professional.

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