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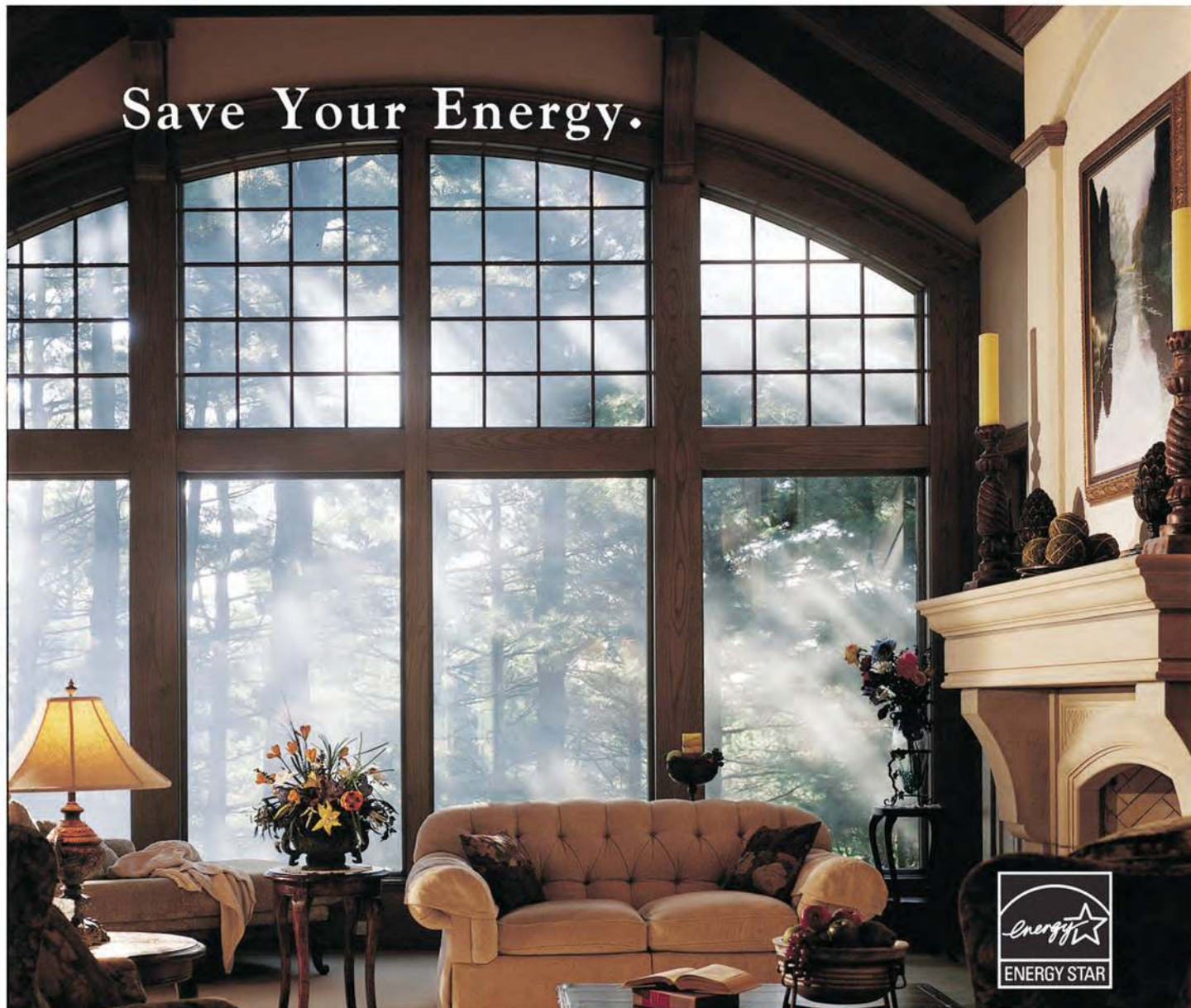
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The Woollam Nature Preserve

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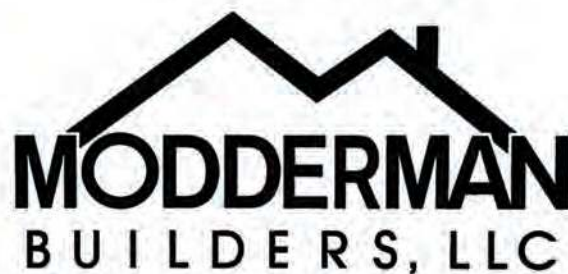
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Jezebel Sauce

Photography by Linda Hoard

A friend gave me this recipe many years ago, and it's been a favorite of my family and friends ever since. Jezebel Sauce, or what I call "spicy fruit dip," is a classic Southern condiment celebrated for its bold sweet and spicy flavor. Made with apple jelly, pineapple preserves, horseradish, and dry mustard, this unique sauce delivers a perfect balance of sweetness, tang, and heat. It's a versatile addition to any table and ideal for holiday entertaining or casual gatherings.

Traditionally, Jezebel Sauce is served poured over a block of cream cheese with crackers, making an easy, crowd-pleasing appetizer. For a twist, try serving it as a dip with crackers such as Wheat Thins, which pair perfectly with the sauce's sweet and tangy bite. Beyond appetizers, this sauce works wonderfully as a glaze for ham, pork tenderloin, or grilled chicken. It also makes an excellent dipping sauce for shrimp or chicken tenders and can be used as a marinade to add extra depth of flavor to meats.

This retro recipe dates back to the 1950s and has remained a Southern staple, often appearing at cocktail parties and holiday dinners. The combination of fruity jelly, sharp mustard, and pungent horseradish creates a distinctive flavor that leaves a lasting impression. Its playful name, inspired by the fiery character from the Book of Kings, reflects the sauce's bold, unforgettable taste.

A single batch yields enough sauce to share, making it a perfect homemade gift for friends and family. Whether you're serving it as a party appetizer, a glaze for holiday ham, or giving jars as thoughtful gifts, Jezebel Sauce is a true Southern gem. Its sweet, tangy, and slightly spicy flavor is sure to be the talk of your next gathering. Try it and experience a timeless taste of Southern tradition!

Ingredients:

- 2 18 oz jars of pineapple preserves
- 2 18 oz jars of apple jelly
- 2/3 cup horseradish
- 1 0.85 oz jar ground dry mustard

Directions:

To make it, simply combine apple jelly, pineapple preserves, horseradish, and dry mustard in a bowl, stir well, and refrigerate for a few hours to allow the flavors to blend. The sauce keeps well for up to two weeks in an airtight container or can be frozen for up to six months.



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Staying Comfortable at Home While Being Kind to the Climate

By Zinta Aistars

With the new year come new regulations. Beginning January 1, 2025, the Environmental Protection Agency (EPA) will begin to enforce new regulations in the HVAC (heating, ventilation, air conditioning, and refrigeration) industry about what kind of refrigerant will be permitted in air conditioners and heat pumps.

The new refrigerants are referred to as A2Ls. Residential and light commercial air conditioners and heat pumps manufactured after January 1, 2025, must use the new refrigerant. Equipment manufactured prior to this date will have a one-year grace period to be installed.

Refrigerant is the fluid used for both cooling and heating in air conditioners and heat pumps. It undergoes a repetitive transition phase from a high-pressure liquid to low-pressure gas and back again. It absorbs and then releases heat when combined with evaporators and compressors.

Heat pumps reverse refrigerant flow, bringing heat into the home even during cold winter months. Only licensed HVAC companies and service professionals can purchase refrigerants.

"There are different kinds of refrigerants," says Phil McIntyre, owner of The Furnace Guy at 9536 Stadium Drive in Kalamazoo. "Countries across the world signed the Montreal Protocol of 1987, and that drove many of the changes we see now to protect the environment. It was why we started phasing out freon, and global warming slowed when refrigerants were changed around the world."

Some common refrigerants over time have included chlorofluorocarbons, known as R12, which was no longer used after 1994 because it was shown to contribute to greenhouse gasses. Hydrochlorofluorocarbons, or R22, were less damaging, but began to be phased out with the Clean Air Act of 2010, completely phased out by 2020. Hydrofluorocarbons, including R410A and R134, have no chlorine in the mix and are safer for the environment.

"Air conditioners that run on R410A are more efficient, more reliable, and offer better air quality," McIntyre says. "The HVAC industry is doing a good job now at reclaiming refrigerant by capturing, cleaning, and then reusing it. We put it in jugs and bring it back to be recycled or disposed of safely. That helps with the ozone layer."

"The new refrigerant will be more friendly to the environment if it escapes from the system," says Luke Nieboer, co-owner of Nieboer Heating and Cooling, 620 Commerce Lane, Parchment. "We reclaim old refrigerants and have been doing that for more than 30 years, so we contractors are not the problem and don't affect climate change in our opinion."

Over the coming year, manufacturers will be taking different approaches to updating equipment to meet new regulations.

"Some will be switching equipment to the new refrigerant now, while others will stockpile currently available equipment as it can be cheaper to do so now," McIntyre says. "No matter which approach, I expect we will see shortages. Most HVAC equipment works for about 20 years, but it will only get more expensive with time. We usually get called for repairs around 16 to 18 years, but my advice is not to keep dumping money into older equipment. Don't wait until the equipment dies, but replace it now. And tune it up every year after its first 10 years—before that, every two years is fine."

As the older R410A refrigerant is gradually phased out, repairs and refills will only go up in price, and the supply chain will begin to experience shortages. By 2036, the older refrigerant will be completely phased out.

Along with phasing out the older types of refrigerants, the federal government will offer tax credits and rebates to encourage people to update their heating and cooling equipment to cleaner, more efficient models.

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"We refer customers to their tax preparer for any federal tax rebates – all based on efficiency," Nieboer says. "We sell Carrier, and they have not provided us with new product data or pricing as of yet. That won't be available until the first quarter of 2025 as they still are making R410a products."

"We encourage our customers to get both heating and cooling units together if they are looking for tax credits, because that is what will get you the best efficiency," McIntyre says. "Then we give you a certificate that your units meet certain performance standards. You can send the certificate in with your tax return or at least have it handy for an audit. If the customer chooses not to buy both units together, we can still make them work together, but you should not mix brands if you want the certificate."

Heat pumps differ from air conditioners in that they both heat and cool air in the home. Heat pumps can be highly efficient in regulating temperatures in the home. They put out three to four times as much energy than the electricity they consume.

"Natural gas cost right now is pretty low, so if your home uses natural gas, a heat pump may not be cost effective," McIntyre adds.

Air-source heat pumps or geothermal heat pumps can be expensive up front, but some manufacturers such as Lennox or Carrier offer financing to alleviate sticker shock. Using the Energy Star Rebate Finder lists more than 3,500 rebates and incentive programs that may save the homeowner money on heat pump installation. Heat pumps are also eligible for federal and local tax rebates.

Installing heat pumps are also eligible for tax credits. According to the Internal Revenue Service, the homeowner must meet these qualifications:

"Heat pumps that meet or exceed the CEE highest efficiency tier, not including any advanced tier, in effect at the beginning of the year when the property is installed, and biomass stoves and boilers with a thermal efficiency rating of at least 75% qualify for a credit up to \$2,000 per year. Costs may include labor for installation."

Qualified property includes new:

- Electric or natural gas heat pumps
- Electric or natural gas heat pump water heaters
- Biomass stoves and boilers

File Form 5695, Residential Energy Credits Part II, with your tax return to claim the credit. You must claim the credit for the tax year when the property is installed, not merely purchased. For more information on the Energy Efficient Home Improvement Credit, visit the [irs.gov](https://www.irs.gov) website.



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Stuck? Don't Panic!

By Zinta Aistars

If you live in Michigan, sooner or later, you will get stuck. Not just on the beauty of this wonderful state, but eventually also in one of those legendary Michigan winter snows or ice storms. What to do?

Before you get stuck, get prepared. When winter months roll around, add supplies in your trunk or back seat. A winter car survival kit should include an LED flashlight, a cell phone car charger, a portable air compressor, jumper cables or a portable car charger such as Gooloo (which includes a flashlight and phone charger and eliminates the need for a second car to jump your battery), a foldable shovel, a first aid kit, and a warm hat and gloves in case you aren't already wearing them. You may also want to pack tow straps to help you pull your vehicle free of deep snow. Don't forget to include snacks and bottled water in case you are stuck for hours or even overnight.

With your survival kit in place, take a moment to consider your situation. First and foremost, take your foot off the gas pedal. Revving your engine and spinning your tires in place will only dig you into a deeper rut. It can also wear down the tread on your tires and even damage the drive shaft or cause transmission problems.

Catch your breath and take a walk around your vehicle to assess your situation—just be sure to give plenty of room to any passing traffic if you are near a roadway. Make sure your tailpipe is clear of snow so that carbon monoxide does not flow into your car while your engine is running.

Use that foldable shovel to remove any snow around the front and back of your car. If you can reach around the sides, dig that away, too. Again, stay clear of any passing traffic. Clear a path forward for your car once it gets free of the rut.

Did you remember to turn on your 4-wheel or AWD (all wheel drive) feature if your car has one? It may seem

obvious, but that may help you gain traction and get you free. If, however, it was on and you got stuck anyway, turn it off while you attempt to rock your car. Turning off traction control enables the tires to spin freely in an attempt to gain traction.

Rocking your car means slowly and gradually trying to move your car forward with tires straight, full stop, then trying to reverse slowly and gradually. Think inches, not feet. Repeating this back-and-forth movement may get you enough traction to drive out of the rut. If your tires keep spinning, however, take your foot off the gas pedal.

If rocking the car doesn't work, add traction for your tires. Many drivers add a container of kitty litter or a bag of gravel or sand to their winter survival kit. Shaking out some of that gravel around your tires can help add traction so the tires can get a grip. Other ways of improving traction can be tire chains, a block of wood, cardboard, or the floor mats in your car placed by your tires in the direction you are attempting to go.

A popular item to give tires traction in snow or ice are plastic traction boards. These boards can be placed around your tires in the direction you wish to go. The boards are made with plastic teeth and contoured to grip the road surface. Do not stand directly behind the boards if another driver is accelerating—the boards can shoot out from tires at top speed if not firmly gripped in the snow. Accelerate slowly, gradually, until you feel your tires loosen from the snow. Consider adding a pair of these boards to your winter survival kit.

To prevent future issues, make sure your car has snow tires with enough tread, check tire pressure prior to your trip, and check your antifreeze level to maintain a clear view. Most of all, when driving in winter—slow down. Leave plenty of room between you and other vehicles



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and anticipate black ice on bridges, underpasses, and in shaded areas. It is always a good idea to avoid the problem before it happens.

When all else fails, call roadside assistance!

NOT JUST AUTOMOBILES NEED TRACTION

While most commonly it is our cars that get stuck in a snow drift, we can have trouble getting traction just on our own two feet. Falls, especially on ice, can be dangerous and cause serious injury.

Just as with car tires, our feet, too, need traction. Cleats, such as Yaktrax, are a safe and easy way to keep you safe on slippery surfaces. These cleats are available in stretchy, lightweight rubber webbing that easily slip over shoes or boots with carbide spikes beneath, spaced out strategically from toe to heel. They are ideal for navigating icy sidewalks, stairs, driveways, and parking lots. Slip them on before heading outdoors and quickly remove them and store them in your bag, coat pocket, backpack, or briefcase when you are indoors.

Another feature for keeping doorways, outdoor stairs, or sidewalks free of ice and snow are heat mats such as HeatTrak. These mats are made from durable rubber with integrated heating technology that operates at 40 degrees above ambient temperature. The mats will melt snow at an average rate of approximately 2" per hour. Connector cables bring heat to the mats. Automatic controllers make it possible to turn your mat on and off without having to set a foot outside in the cold. Wi-fi controls are also available. Used properly, the mats can eliminate the need for snow and ice removal—they do the work for you.

On foot or on wheels, be prepared and stay aware of your surroundings to avoid getting stuck or taking a fall.



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Great Things Local®

Bringing the Parade Home

By Zinta Aistars

Feature Photography by Jim Schuon Photography

Year after year, the business owners of BoxDrop in Kalamazoo and Battle Creek walked the Parade of Homes, dreaming. Their business sells furniture and bedding, a comfortable place to sleep, but for themselves they also wanted a comfortable—and beautiful place to live.

"We have a combined family, and we wanted a forever home where we can age in place," they said. "We didn't yet live together when we were looking at those homes, but we knew what we liked—and Lutz Construction was building the homes we liked most."

Jason—or JD, as friends and clients call him—Lutz, owner of Lutz Construction, met with the couple at one of those Parade of Homes in 2021, and a connection was made. Serving Southwest Michigan since 2001, Lutz has won numerous awards for design and construction quality. He took the couple on a tour of another of the homes his company had constructed, and they were sold.

"I am a hands-on carpenter that is working physically on the house throughout the entire building process," Lutz said. "I treat each house the same, no matter how big or small it is. Building trust and friendship is the first step in building a life-long dream come true for individuals who are building their first or last home. We do smaller remodels, such as finishing basements or updating kitchen cabinetry or adding built-ins, but we also build dream homes for our clients."

"We were impressed with JD's top-notch framing and trim work of his homes," the homeowners said.

In 2021, the couple purchased a little over an acre in Richland Township in a new neighborhood. Both had grown up in the area and had family nearby, so this was where they wanted to be—and they knew just what kind of home they wanted.

"Construction began that November," she said. "We wanted a ranch, but with dormers and peaks to make it appear as if there was an upper floor. Kind of a modern farmhouse style. There were very few homes with dark exteriors at that time, but we liked that black exterior with black trim and with stonework on the bottom."

With an open concept, the home has 2,150 square feet of space on the main floor with a finished basement bringing the total up to approximately 4,000 square feet. Upon entering the home, the view opens to a great room with stone gas fireplace, centered between built-ins, and wood beams accenting the high ceiling. While the entryway is tiled, the remaining flooring is white oak luxury paneling.

To the right is a grand kitchen with stainless steel appliances, including a six-burner stove, and a large island with a white farmhouse sink surrounded by off-white cabinetry. Counters are quartz.

"I'm the chef in the family," the homeowner said. "For 11 years, I worked as a personal chef in Arizona after completing culinary school, so my kitchen here is an important part of our home. I wanted the island to have a furniture feel to it, so you will see the wood accents matched to the wood of the hood over the stove."















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Just off the kitchen and behind a wooden door with large window is a roomy pantry. Matching cabinetry in this room has butcher block countertops and shelves with a bench below a window that can either give the chef a rest while pondering a recipe or show off an array of her favorite plants—even herbs for cooking. A wine fridge tucked into the pantry keeps wine ready for pairing with dinner.

"Family tends to gather around the island in the kitchen for meals," the homeowner said. "That, really, is my only regret. We do have a dining area, but I wish we had made that a larger, more prominent area in the floor plan. Perhaps something to add later."

Also off the kitchen is a mud room with a coat rack across the wall, built-ins for various belongings, and a bench for seating while removing those snowy winter boots.

To either side of the great room are wings for carpeted bedrooms—two bedrooms to the left for children, the master suite with en suite to the right. Bathrooms on both sides have sliding barn doors. The master has plenty of room for a king-size bed with an accent wall of wood behind it.

"All the bedrooms have built-ins," the homeowner said. "We do like the built-ins! There is a walk-through closet leading to the en suite with a walk-in shower, pedestal tub, double sinks and quartz countertop for the vanity."

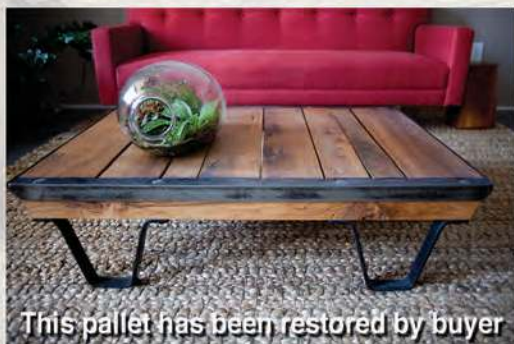
An open staircase with a large landing leads down to the finished basement, where one can find an expansive family room with another dining area, bar, a fourth bedroom with full bath, and office space.

"Outdoors we have a flagstone patio with a walking path that takes you around the house to the three garages," the homeowner says. "And of course we have the fire pit so we can all sit and enjoy the view of surrounding woods."

By the Parade of Homes in August 2022, the home was finished, and the homeowners were present at the Parade to talk to visitors passing through.

"We worked the Parade so that we could listen to the feedback," the homeowner smiled. "And then we moved in after the Parade was over. We are here to stay."

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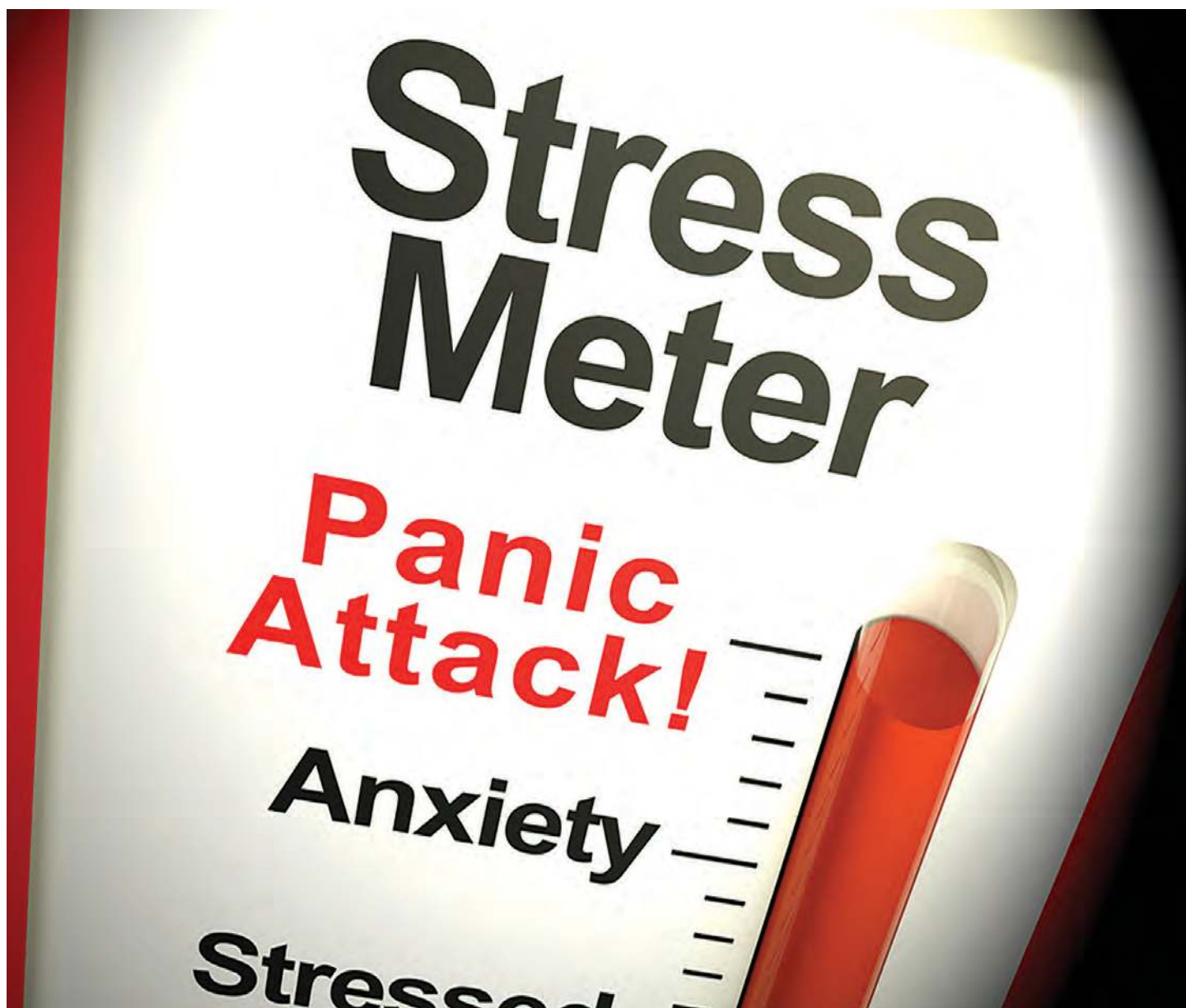
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Stress or Anxiety? When to Ask for Help

By Zinta Alistars

Not all that stresses us is bad. Some stressors are the best moments in life: buying a new home, getting married, the birth of a child. Other stressors can feel like slamming into a brick wall: the death of a loved one, losing a job, facing a health crisis. Everyone feels stressed from time to time.

"We tend to think of stress as something negative," says Timothy Kelly, a therapist at Integrated Services of Kalamazoo, or ISK. "Stress is a negative when it taxes our resources to handle it—it can become overwhelming."

Symptoms of stress, Kelly says, include feeling distracted, impatient, forgetful, irritable. It can express itself in both mental and physical ways. We may have difficulty sleeping or experience muscle pain or digestive issues. Headaches and tension can signal stress, and if unresolved, can lead to high blood pressure.

Although many of us may use the words stress and anxiety interchangeably, the two are quite different.

"While stress usually has a single external cause, a cause we can identify, anxiety may not have an external cause," Kelly says. "Anxiety is our body's response to stress, but it may not be a response to any specific thing. When anxiety becomes pervasive, not just a bad day but lasting at least two weeks or more, this may be a mental disorder—a generalized anxiety disorder."

"Anxiety can have a close connection to stress, but it is a set of more persistent worries," says Mindie Smith, executive director of behavioral medicine at the Family Health Center in Kalamazoo. "It can be short- or long-term, but it impacts our ability to function. It is internal rather than a response to an external trigger."



Once a stressor is gone, the stress, too, goes away. Anxiety, however, cannot be resolved by changing external factors.

"Stress can become chronic," Smith adds. "There are two different kinds of stress. One type is caused by something like an argument with a loved one. It can soon be resolved. Chronic stress can be caused by something like living in extreme poverty or living in a very difficult or abusive home environment, circumstances not so easily or quickly resolved."

Symptoms of anxiety in a more severe form can elevate to a panic disorder. Anxiety may also go hand-in-hand with depression.

"Or anxiety can become a phobia," Kelly says. "We can treat phobias by very gradual exposure to what you fear so as to overcome that fear."

Symptoms of anxiety can be excessive worrying that occupy one's mind more days than not and are difficult to control. Other symptoms include restlessness and difficulty sleeping or concentrating, and becoming easily fatigued. The body may begin to feel various aches and pains and the immune system takes a hit, leading to various physical ailments.

"Symptoms of stress and anxiety can be similar, but another difference is that you can continue to function when you are feeling stressed, but anxiety can impact functioning," Kelly says. "When anxiety gets in the way of living your life and you begin to avoid activities due to anxiety, it is time to seek help."

SEEKING HELP IS A SIGN OF STRENGTH

Before seeking professional help, experts suggest trying measures on your own to decrease stress and anxiety. Some things to try:

- Mindfulness of thoughts – Observe your thoughts without judgement to get distance
- Exercise – Check with your doctor first for what form of exercise is safe for you
 - Focus on breath – Practice breathing exercises to relax
 - Maintain a sleep routine – Rise and go to bed at the same times and get enough sleep
 - Keep a journal – Long-hand or online or on an app, write about your thoughts and emotions
 - Meditate – A few minutes every day can make a big difference in bringing about calm

• Spend time in nature – A walk in the woods can do wonders for the nervous system

• Watch what you drink – Avoid drinking excess caffeine such as soft drinks or coffee

• Eat right – Eat regular meals and choose healthy foods

• Practice self-care – be kind to yourself; take a hot bath; spend time with a friend or other pleasurable activities

• Stay in the moment – Try to keep your thoughts to the present moment rather than worrying what might or might not be or what has been and can no longer be changed

If, after trying these measures, you are still feeling ongoing stress or anxiety, don't hesitate to reach out for help. Spending time with family and friends who care about you is important, but sometimes not enough. If you are still struggling, consider talking to a professional. Psychotherapy, also called talk therapy, and medication are two types of treatments for anxiety, and many people benefit from a combination of the two.

"When you feel like it is getting to be too much and you need guidance, reach out," says Smith. "If there is something we learned from the Covid pandemic, it is that we all need support sometimes. There is no need to handle stress and anxiety alone. We have 20 therapists available to help you, ready to treat a variety of conditions."

"Asking for help is a sign of strength, not weakness," Kelly says. At ISK, therapists help individuals deal with mental health mental illness, developmental disabilities, emotional difficulties, and substance use issues.

Integrated Services of Kalamazoo can be reached at 269.373.6000 or 888.373.6200 24 hours/day, 7 days/week. Family Health Center can be reached at 269.349.2641. Both locations accept most forms of insurance, private pay, or offer a sliding pay scale for those who may need financial assistance. No one is turned away. Ask about in-person or video visits.

If you are in immediate distress or are thinking about hurting yourself, call or text the 988 Suicide & Crisis Lifeline or chat at 988lifeline.org. The Veterans Crisis Line can be reached at 988 and then press 1.

If you are struggling to cope, or the symptoms of your stress or anxiety won't go away, it may be time to talk to a professional.





John Woollam

The Arthur & Mildred Woollam Nature Preserve

By Barbara Fisher

Photos Courtesy of Dave Rachowicz, Kalamazoo County Parks & Expo Center

The Arthur & Mildred Woollam Nature Preserve is the newest Kalamazoo County Park. Opening in 2024, the 212 acre park boasts 7,060 feet of water frontage, 15 acres of wetlands, 6 miles of hiking trails (4 miles of which are currently open) and modern restrooms. Two large water features are located on the property: Bass Lake at 46 acres and Scouters Pond contributing its 23 acres. A work in progress, the Woollam Preserve is currently open Saturday and Sunday from 9 AM – sunset. Currently, weekdays are reserved for completing improvement projects. Coming in 2025, guests will find kayak rentals, fishing docks, picnic pavilions, more hiking trails, a nature themed playground plus a nature center, indoor meeting/event space and youth cabins and camping.

Like so many areas, the newest park has a rich history. Founded in 1920, the Rotary Club of Kalamazoo and the Kiwanas Club of Kalamazoo gifted 10 acres to the Boy Scout Council to create the Rota-Kiwan Scouting Camp which operated for 100 years. Additional acreage and buildings were added over the years. The Cub Scouts were the last to use Rota-Kiwan and the camp closed in 2019. John Woollam, a West Michigan native, who became a University of Nebraska (Lincoln) professor, engineer, physicist and entrepreneur, created the JA Woollam Foundation in 2001. The Foundation's mission is land preservation, conservation and restoration; public use is a part of its overall mission. The Woollam Foundation made the purchase of the Rota-Kiwan Scouting Camp possible

while the Southwest Michigan Land Conservancy, Irving Gilmore Foundation and Kalamazoo County partnered to make the Arthur & Mildred Woollam Nature Preserve a reality. Unique natural features, land conservation teamed with public use and deeded restrictions will make the Woollam Preserve a treasure for generations. "The Woollam Nature Preserve offer visitors the opportunity to escape into the serenity of nature in the heart of Texas Township. The donations that preserved this special place make the park a place everyone can experience and enjoy," expressed Dave Rachowicz, Director, Kalamazoo County Parks & Expo Center.

In addition to preserving the land for preservation and public use as a park, conservation of the area is vital to Kalamazoo for another reason. The nearby Al Sabo Land Preserve is a key feed for drinking water in Kalamazoo. Bass Lake, within the Woollam Preserve, represents the headwaters for that system. "An added benefit to the Woollam Preserve is clean and safe drinking water," added Rachowicz. He notes that cooperative partnerships between the Woollam Preserve and the Al Sabo Land Preserve could be a future project.

Though open for only limited hours until improvements are completed (slated for no later than June 1, 2025), guests have recently been using the Woollam Preserve for cross country skiing and snowshoeing. Enjoy bird watching? Birders report the park is teeming with birds. Not a birding enthusiast? Everyone can appreciate the





antics of the Blue Herons. Native to much of the US, these 27" birds have a purplish head, a blue-gray body with a two-toned bill. Immature birds are white. They feed in shallow waters and nest in colonies and can be observed on the island in Scouters Pond. Their nests are built with sticks and twigs in trees or bushes that are 10-15 feet above the water. March through June is the best time to watch the herons in the nesting areas. Eagles, osprey, owls and loons may also be visible in the spring.

Speaking of spring (2025), additional restrooms will come online along with a nature themed playground and kayak rentals. To limit the introduction of invasive species, only boats and kayaks owned by the County and kept on-site may be utilized. Fishing may be done from the shore only and there's no ice fishing. Gas powered boats are not permitted. Renovations and improvements have included the removal of numerous camp structures that had fallen into disrepair. The former Cub Scout dining hall was saved and will be used for year-round indoor function space that can be rented. Heat and air conditioning additions and upgrades are underway. A master plan with public input is guiding the process and may be viewed on the Kalamazoo County website.

By all accounts, the Arthur & Mildred Woollam Nature Preserve is a unique and special place to visit, steeped in history with plenty of history yet to be made as it protects and conserves the land and its features.

The Arthur and Mildred Woollam Nature Preserve joins the five existing Kalamazoo County Parks (Cold Brook, Markin Glen, Prairie View, River Oaks and Scotts Mill). Entrance fees for all the parks are \$5 per car, \$30 for a season pass to all parks (\$25 for guests 62+), and \$2 per person for walk-ins, bikes and busses. Park hours are 7 AM – sunset, 7-days a week. There is always a unique place to visit close by!



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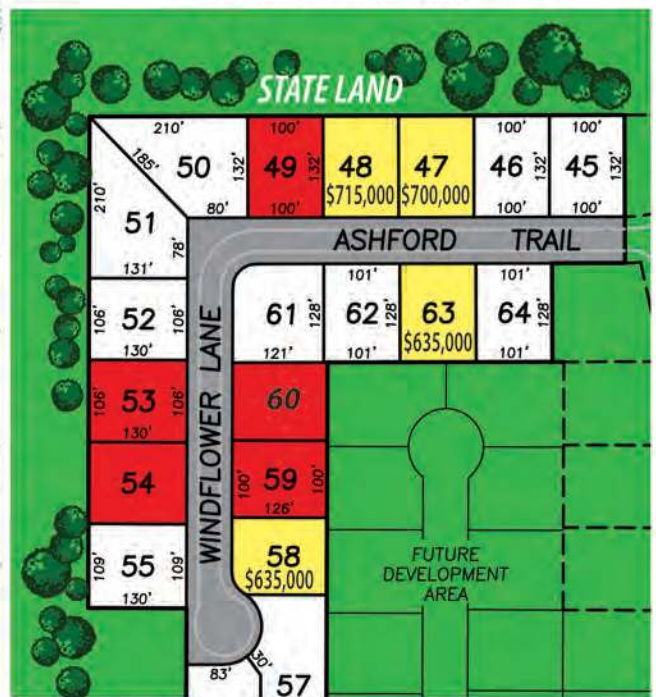
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