SUMMER 2024



NORTHSTAR YOUTH OUTREACH CENTER: EXPANSION PLANS AND WAYS YOU CAN HELP! NEWS YOU CAN USE: HOW TO SUPPORT YOUTH IN YOUR LIFE IN MEANINGFUL WAYS. LEARN MORE ABOUT WHAT'S NEXT FOR THE GREAT DREAMS CAMPAIGN!





Youth Vision Boards

We asked youth at NorthStar Youth Outreach Center about their visions & dreams. Here is what they had to say...



What words or quotes inspire you?



"Always love and put "Never give up." "Do your best, stay focused." yourself first."

"Unique." "Confidence, bravery, real."

"The only thing necessary for the triumph of evil is for good people to do nothing."

"Focus on you." "If the shoe fits, lace that babe up." "if you can't run, walk - Reneé Rapp" if you can't walk, crawl."

What do you hope most for your future?



"To work with foster kids." "Watching my little boy grow up with me and his momma."

"Financial freedom." To be ready for whatever comes my way."

"I can finish school and "Success and financial "To succeed and become successful". abundance." have a good job."

If you could travel anywhere in the world, where would you go?



"Kenya" "Miami" "New York" "Iceland""Chicago" "Bora Bora" "Paris" "Japan" "Jamaica" "Tokyo""Florida, Disney World" "L.A." "Germany" "Hawaii"

What is the best way the community can support youth?



"Giving funding and respect us."

"Snacks."

"Donate more, come help out."

"Donating to NorthStar and other organizations like them."

"I feel like youth need to be or learn how to have the opportunity to learn how to be an adult. Taxes, basic cooking, how to manage a budget. This was something I struggled at until I figured it out."

"One to one talks, more resources."

"Reaching out."

"Just be kind."

"The young are at the gates." ~Lavinia Dock, 1917



by Jennifer J. PolzinTubman CEO

Earlier this summer I had the privilege of seeing *Suffs*, the Tony Award winning musical depicting the suffragist movement, on Broadway. In our country's current climate of division and dissent, I found the show's themes illuminating, infuriating, and inspiring in equal measure.

Illuminating in terms of the parallels between historical and present day struggles, the cyclical nature of change, and the ways in which our approaches, language, and roles evolve over the course of our lives. Infuriating because not all who fight get to experience the win—and are so often told to wait their turn while experiencing further harm, being rendered invisible or simply dismissed because of race, age, or another aspect of their identity. And inspiring because of the transformational change that we know is possible through collective action fueled by smart strategy, passion, tenacity, and the resources to get it done.

One of the songs from *Suffs* that I can't get out of my head is called *The Young Are At The Gates*, based on a poem by suffragist Lavinia Dock that was written in 1917. It reminds us that young people have their own ideas about what's best for them—which is exactly how Tubman's comprehensive services for youth were created: by, with, and for the youth we serve.

In addition to sharing key updates about all that's happening at Tubman, this newsletter shines a light on one particular program for youth: the NorthStar Youth Outreach Center located at Maplewood Mall. We have the exciting opportunity to expand this life-changing program in three ways: renovating and enlarging the space by acquiring the storefront next door; hiring additional staff and recruiting additional volunteers; and increasing the number of hours we're open to match the mall's operating hours—all of which means we can serve more youth who are at risk of homelessness, violence, and trafficking. But to do this, we need your support! Read on to learn more, and please consider making a gift to help a young person change the trajectory of their life.

Thank you for standing with trauma survivors of all ages, and for the many ways you show up for Tubman and our community. As always, you have a standing invitation to contact me anytime at jpolzin@tubman.org or 612.767.6697. I'd love to listen and learn what inspires you to support Tubman, what we're doing well, and where we can do better.

And please, do a suff a solid by exercising your right to vote on November 5.

In solidarity,











L to R at NorthStar Youth Outreach Center in Maplewood Mall: snack pantry, art class, artist Sean Garrison with art contest winner, lounge space.

Get to Know Tubman's Youth Services

Movement for Violence

Prevention (MVP)

Inspiring Youth

Trained youth & family workers provide comprehensive culturally responsive one-on-one mentorship and support, access to resources, and connections to positive activities and leadership opportunities for justice-involved youth ages 10-17 in a communitybased setting.

MVP classes help teens expand their knowledge about violence prevention strategies, giving them the tools to provide presentations to other youth so that they can create safer communities, while also building their resume.

MyDefinition.org

A website for teens and young adults created and curated for youth by youth, with the support of Tubman's Movement for Violence Prevention team. The site is dedicated to connecting youth with leadership opportunities to prevent violence and to build thriving communities.

Voices in Prevention (VIP)

six-week violence Tubman's prevention curriculum is taught in middle and high schools in Ramsey Hennepin, and Washington counties, and offers services additional including support groups, one-on-one sessions, peer mediation, and service learning.

Safe Journeys

This on-site transitional housing program provides longer term housing for youth, young adults, and their children who have experienced violence, trafficking, and homelessness. We provide customized individual and group support, and resources to help with safety, basic needs, school, parenting, and more.

NorthStar Youth Outreach Center (NSYOC)

Located in Maplewood Mall, NSYOC is a safe space for youth to drop-in and connect with others, get access to community resources, and receive basic needs such as food. hygiene products personal care items, in addition to getting connected to additional wrap around services.

Meet the Founders of NorthStar Youth Outreach Center

Dan Wachtler and Ron Ofstead met White Bear Lake Unitarian Universalist Church and identified a need for their church's social justice committee to focus on youth homelessness. With a congregation connection to Tubman, and Dan and Ron's passion for this work, a partnership was soon formed launch of culminating in the NorthStar Youth Outreach Center (NSYOC) at Harriet Tubman Center East in 2016.

Two years later NSYOC moved to Maplewood Mall, providing a more convenient drop-in location for youth experiencing homelessness, violence, and trafficking. This wouldn't have been possible without Dan and Ron's deep passion for cultivating an impactful response by engaging various local faith communities, to support unhoused youth in the East metro.

Just as NSYOC was hitting its stride with many volunteers eager to support youth in our community, the COVID-19 pandemic hit and NSYOC was forced to temporarily close before reopening on a limited basis.

"If we could be open longer hours and more days, we could serve more youth." ~ Dan

Almost ten years since its opening, Dan and Ron remain committed to NSYOC. They see a desperate need for youth to be supported, seen, and valued in our community, and believe that their dream of expanding NSYOC's space and open hours to be the same hours as the mall is possible with the community's support.

Now that Tubman has a full time manager dedicated to this program, the dream is closer to reality, but there is still a long way to go.

At least 4.2 million youth in the U.S. (age 13-25) experience homelessness each year, with unaccompanied youth making up 22 percent of all unhoused people under the age of 25 (youth.gov).

According to Dan and Ron, finding enough active volunteers to support youth seeking safety, hope, and healing remains a challenge. "I hope we can continue to keep people engaged, and aware of the fact there is a need there, and adults in the community can help," said Ron.

To read more about Dan and Ron, or to inquire about volunteering at NSYOC, go to our website at: tubman.org/northstar.



Starlight Soirée

Lighting the Way to the Future

On May 3, 2024 we celebrated our 15th annual Starlight Soirée at Inwood Oaks Event Center in Oakdale, MN. We had an incredible evening celebrating our mission of safety, hope, and healing. Hosted by our delightful emcee Sheletta Brundidge, and accompanied by music from the incomparable Thomasina Petrus and her Trio, our guests enjoyed an evening focused on lighting the way to our future. We are so grateful for the many sponsors, volunteers, and guests who invested their time, resources, and commitment to support the many clients and communities Tubman serves every year. We hope to see you again next year for the 16th annual Starlight Soirée at the Radisson Blu in Bloomington on Friday, May 2!

MARK YOUR CALENDARS!



Starlight Soirée

Friday May 2, 2025













Get to Know NorthStar Youth Outreach Center

As a multiservice organization, Tubman has supported individuals and families experiencing relationship violence, homelessness, trafficking, and other forms of trauma for over 45 years. While we've always served children and youth with their families, we learned that youth needed services focused on them and their specific needs.

In the early 2010's we launched a text line for youth, and started our Inspiring Youth program, (learn more on pg. 5). In 2016, a community-led task force from a local faith community reached out to Tubman about supporting youth who were homeless, or at risk of being so. After deep discussion, a collaboration was formed and NorthStar Youth Outreach Center (NSYOC) was launched.

Initially located at Tubman's Harriet Tubman Center East in Maplewood, NSYOC was open for youth experiencing homelessness to drop-in. Here they could find a safe space to connect, get resources, have a meal, take a shower, get help with homework, and more.

In 2018, we determined the need to change locations to reach even more youth. Additionally, this location was not convenient to get to. "We realized the need and importance in meeting youth where they're at," shared Lindsey Barr, NorthStar Youth Outreach Center Manager, "and in our community, that happened to be at the mall". Additionally, the mall was more convenient for teens and youth who may not have access to a car, with a transportation hub right across the parking lot from the drop-in center.

This convenient location allowed Tubman to connect with more youth of all gender identities, ages 10 to 24, where they could receive support addressing homelessness and the impact of trauma from violence and trafficking. Still located in the mall with plans in the making to expand our space there, youth can receive safety planning, advocacy, emotional support, and connections to housing and other community resources.

DID YOU KNOW?

- Over 71% of women and over 55% of men first experienced intimate partner violence (sexual, physical, and/or stalking) before the age of 25
- Unaccompanied youth make up 22 percent of all people under the age of 25 who are experiencing homelessness
- Youth make up nearly half of the total population of unhoused people, and disproportionately nearly 75% of that population identifies as Black, Indigenous, and People of Color (BIPOC)

Resources: vouth.gov: mnhomeslesscoalition.ord

In addition to a safe space, youth may also come in for food, clothing, personal supplies, bus cards, backpacks, and other needed items. Youth can do laundry and access reliable computers to check emails, search for housing, or look for a job. Our trained volunteers and staff provide information, support, career and educational assistance, and connect youth to housing and other resources they may need.

"It's especially important for us to recognize and honor the importance of independent decision-making by the people we serve, " said Tamara Stark, Senior Director of Housing and Youth Development. "The path to freedom requires this, and having a foundation of respect for the youth we serve is integral in this work; which means youth choose the services and resources they need."

On any given day young people walk into this space, some may be shy, some may be talkative, some might feel apprehension, and some might plop right down on the couch in the back and start talking music with volunteers or other youth. Not unlike adults, the young people we serve have their own unique way of participating in the society around them. The difference is, they often find themselves ignored, put down. devalued, or invisible. One of our goals beyond helping them get their basic needs met is to provide a space in which they can feel seen, be wholeheartedly who they are, and welcomed unconditionally.

"It's all rooted in trust and positive connections.

Youth are leading the charge, sharing what they're going through and providing input about what they'd like to see, what's meaningful, and what they think would make a difference."

~Tamara Stark

Besides connecting youth to safety and other needed resources, we intentionally spend time getting to know them. Asking them, 'What do you dream of? What do you hope for? What do you need to get there?"

For some, this may be the first and only time anyone has ever asked them this. So we created a vision board worksheet, where they could document some of their hopes and dreams. You can see some of their wishes and dreams on page 2 of this issue.

We continue to see an increased need for safe housing for youth in our community, alongside a need for other basic resources. We look to one another across our communities to help make this happen.

And in the process, we will keep asking, we will keep listening, and we will keep connecting youth to resources that will help them find a safe place in which they can feel hope and experience healing.

Will You Help Us Raise \$25,000 to Expand NorthStar Youth Outreach Center?

Support Youth Who Are Unhoused or At Risk of Homelessness

Youth continue to be disproportionately impacted by homelessness when compared the general population, and make up nearly half of all people who are unhoused in the United States. Additionally, they are also widely impacted by violence, exploitation, and mental health challenges. For many, relationship violence - whether within their family or from an intimate partner - is the immediate cause of their homelessness and subsequently increases their vulnerability to trafficking and exploitation.

To increase access for youth facing these challenges, Tubman is expanding both the footprint and services that NorthStar Youth Outreach Center can provide. Located in the Maplewood Mall since 2018, we've operated in a storefront space to provide a safe, welcoming, and secure place for youth to drop-in and hang out, receive services such as safety planning and connections to housing and other community resources from trained volunteers and staff.

Our trained staff of volunteers provide information, support, career and educational assistance, while also connecting youth to the resources they choose, both within Tubman and elsewhere in the community.



Lobby (L) and resource board at entrance (R) of NSYOC



"At least 30 young people come to NSYOC each month, most visiting weekly, and about a third visiting daily, with 90% of youth returning after one visit and bringing friends. We expect these numbers could double with expanding our opening hours to match the mall's."

~ Tamara Stark, Senior Director of Housing and Youth Development

To meet increasing demands for services, we are focused on two large goals, and we need your help! The first goal is the expansion of the physical space we are operate in. We have secured a lease for the storefront next to our current location, and are doubling our physical size. This expansion will allow us to add more hang out space, install showers, and build out private spaces for youth to interview, do schoolwork, or connect with other supportive services in a confidential way,

The second goal is to expand our operating hours to match hours the mall is open. Our hours are currently limited to weekday afternoons and are often changing due to being staffed by volunteers and one full time manager. With more financial resources we can hire additional staff to support the volunteers, develop more programming with community partners, and increase operating hours, allowing us to serve event more youth who are at-risk.

Supporting youth who are at risk of violence, trafficking, and homelessness requires compassionate staff and volunteers, robust services, and the support of community members like you who recognize the impact resources can make on youth who have big dreams, big hearts, and a desire to build lives free of violence and rooted in hope.

Ways Your Gift Can Make an Impact

- \$10 provides a daily snack pack (3 snacks + beverage)
- \$15 covers the cost of a phone charger to stay connected to family, school, apply for jobs, & schedule appointments
- \$25 provides one full-size hygiene kit
- \$50 provides a Cub Foods gift card for groceries
- \$75 supports restful sleep by providing a sleeping bag + pillow
- \$90 provides a one-month unlimited bus pass
- \$100 provides art supplies for creative and therapeutic expression
- \$250 sponsors special events and culturally relevant celebrations like Express Good, Juneteenth, National Night Out
- \$500 fills our fridge and shelves with healthy snacks for the youth we serve
- \$1,000 contributes to the cost of necessary facility improvements
- \$2,500 contributes to the cost of a part-time employee at NSYOC for one month
- \$5,000 helps support the cost of our footprint in Maplewood Mall

Please consider making a gift today to invest in the youth we serve.

Your gift is truly an investment that will provide pathways to freedom and create more possibilities for safety, hope, and healing for young people.

Contributions* can be made via the enclosed envelope, online at tubman.org or by scanning the QR code below, or by calling us directly at 612-825-3333.

SCAN THE CODE TO DONATE ONLINE



*Tubman is a 501(c)3 non-profit organization. Your donation is tax-deductible as allowed by law. Please consult with your tax advisor.

The 5Cs of Positive Youth Development

As parents, friends, mentors, and community members, we may find ourselves encouraging the young people in our lives to work hard, go after their dreams, stay positive and design the life they want. What we often lack are strategies to support them in doing that, and the understanding that not every person is supplied with the same resources to do so. The 5Cs of Positive Youth Development is a model developed by Karen Pittman, Merita Irby and Thaddeus Ferber in 2001 and later deeply researched by Richard Lerner (and many more). Check out this tool and use it as a resource for the youth in your life!

CONNECTION

A feeling of safety, structure, and belonging; positive bonds with people and social situations.

CONFIDENCE

A sense of self-worth and mastery; having a belief in one's capacity to succeed.

COMPETENCE

The ability to act effectively in school, in social situations, and at work.

CHARACTER

Taking responsibility; a sense of independence and individuality; connection to principles and values.

CONTRIBUTION

Active participation and leadership in a variety of settings, making a difference.

CARING*

Sympathy and empathy for others; commitment to social justice.

*Added in 2007 by Richard M. Lerner i

This model of positive youth development goes beyond the focus of individual strength development. It also supports meaningful connection and communication between young people and their social-community resources, further creating impactful relationships within their community.

Supporting Youth in Your Life

Program Updates

Increasing Access and Removing Barriers to Safety, Hope, and Healing.

To minimize barriers in connecting with youth, we have focused on creating communication mediums designed by and for youth by having youth serve as content creators for our youth-focused website (mydefinition.org) and social media pages, and soon a young adult volunteer with significant expertise in this area to help us expand this work. Financial education and independence are imperative and the youth team has hired a youth peer financial coach, as well as staff certified to enroll youth and adults into special banking programs to build financial skills and to expand access to checking and savings accounts. We have also hired additional staff to support long-term supportive services in the community for youth ages 10 - 17 and their families to overcome the impact of violence and discrimination. Our youth team also provides services to youth who are incarcerated to provide them resources to help them use their lived experiences to prevent and stop future violence. We are also thrilled to share we were awarded Homeless Youth Act dollars from the Minnesota Legislature, which will help us meet more needs of the youth in our communities (more on pages 6 & 7). These funds have also provided the ability for us to hire a full time manager position at NorthStar Youth Outreach Center (NSYOC) in Maplewood Mall, which is a safe space for youth of all gender identities to receive support addressing homelessness and the impact of trauma from violence.

Access to housing remains one of the largest barriers to safety for the adults, youth, and families we serve. We continue to deepen our partnerships in the community to **provide up to two years of supportive services including financial assistance and aftercare** in community-based housing programs in the metro area. Because of the **Homeless Youth Act dollars** Tubman received, we can support existing staff and manage the increased program costs at our Safe Journeys Youth Transitional Housing at Harriet Tubman Center East.

Our legal services team continues to minimize barriers and increase access to much needed legal resources and services. Some of the recent projects include **centralizing the first point of contact for legal referrals** to one phone number, reducing the number of calls a person in crisis may need to make while searching for support. Additionally, the team **updated our legal intake form to be more streamlined and trauma-informed**, while also making changes to the website resulting in a more user-friendly experience in which clients can more clearly understand services offered, learn how to get an Order for Protection (OFP), and access necessary court forms. Tubman's collaboration with cities continues to grow as we build closer **partnerships with the City of Mounds View and their police department** to address community needs, with a Mounds View police representative joining our **Legal Think Tank**. Additional collaborations have also been formed with other domestic violence programs serving Hennepin County to better serve criminal court clients experiencing gaps in service. Lastly, we have **an additional 25 new volunteer attorneys at Tubman**, which will increase our capacity to serve more clients.

Shelter services remain a critical part of Tubman's services as people move from fear to freedom. This includes improving access to basic needs, such as low-barrier, accessible healthcare which we are able to do through a partnership with Clinic 555 bringing their mobile healthcare unit to Harriet Tubman Center East. We've also deepened our partnership with the Ramsey County Crisis Response Team via more streamlined referrals to their crisis stabilization services, enabling support for specialized housing for people struggling with more severe mental health challenges who are leaving our shelter; as well as receiving referrals from them to our shelter for extremely relevant and high risk domestic violence cases. We continue to strengthen our Housing First principles across the agency by helping people secure housing through funding received from the Office of Justice Program's Domestic Violence Housing First Project. Additionally, our shelter team continues to ensure people of all identities feel welcomed and seen through enhancing inclusivity as we center social justice issues and increase access to cultural celebrations and community events.

Our clinical services team remains committed to **providing addiction-informed services** for clients in our community. Due to increasing demand, we **added another men's group** in our **Relationship Violence Intervention Program** (RVIP). RVIP is a 21-week program for people who have been abusive in the past and is designed to provide participants with options for responding to trauma and intense emotions. Additionally, the clinical services team is in the planning stages to **launch two new groups this fall:** a **Mind/Body Skills** group and a Black, Indigenous, and People of Color **(BIPOC) Relapse Prevention** group.

C

Great Dreams Are in Motion

The Great Dreams Campaign is a three-year campaign running through 2025 raising dedicated funds to accelerate our programs and make critical long-lasting investments in our facilities, services, and staff that will strengthen our ability to meet people where they are on their journeys from fear to freedom.

The Great Dreams Campaign is an investment in Tubman's Places, Programs, and People. As a result of the campaign:

- Our places will be safer, more accessible, more welcoming and better prepared to serve people who use Tubman services as well as the greater community.
- Our existing programs will have greater capacity to meet participants' comprehensive needs for emergency shelter and longer-term housing, legal services, addiction-informed mental health care, youth programming, economic advancement, and much more all through an equity and justice lens. We're also reducing additional barriers and increasing access to safety, hope, and healing by developing innovative new services, all of which will allow the people we serve to have hope for the future.
- Our people—the staff, interns, and volunteers at Tubman—will be better equipped and supported to serve people during one of the worst times in their lives and along their personal path to healing and stability, moving beyond simply surviving to actually thriving.

WE ARE NOW 96% TOWARD OUR GREAT DREAMS CAMPAIGN GOAL OF \$8.5M!

We were thrilled to leverage the Otto Bremer Trust challenge grant over the past 12 months to raise an additional \$500,000 towards Tubman's Great Dreams Campaign! Including the Otto Bremer Trust's generous support of \$500,000, as of this writing we have raised \$8,188,067 which is 96.3% towards our campaign goal of \$8,500,000. Funding includes contributions from the Fred C. and Katherine B. Andersen Foundation, the Hardenburgh Foundation, the Hugh J. Andersen Foundation, the Saint Paul Foundation and the Aimee and Patrick Butler Family Foundation. Corporate gifts include RBC Foundation, the Faegre Drinker Foundation, the Dorsey and Whitney Foundation, and the Andersen Corporate Foundation. Individuals have contributed more than \$1,000,000 including 100% board participation. We are also grateful for the bipartisan support that secured state and federally appropriated funds for Great Dreams capital projects.

Harriet's Haven for Pets

As part of the Great Dreams Campaign, Tubman will create a new groundbreaking program called Harriet's Haven for Pets so that people experiencing relationship violence don't have to choose between their safety and the safety of their pets-especially critical since animal abuse is a primary indicator of which domestic violence cases are most likely to end in homicide. We also know that nearly half of all domestic violence victims delay leaving because of fear for their pet's safety, and nearly one-in-four return to an abusive situation.

Located at Harriet Tubman Center East in Maplewood, Harriet's Haven for Pets will be a full-service program that can house eight dogs and eight cats while their owners staying in our shelter program are seeking longer term housing. We are also working to expand volunteer foster options in the community for families using other Tubman services as proud members of the MN Pet Foster Coalition with our partners Animal Humane Society, The Bond Between, Cornerstone, Four Winds Connection, and Women's Advocates.









Harriet's Haven for Pets cont.

Harriet's Haven will have additional staff and volunteer opportunities, and provide round-the-clock monitoring, routine veterinary care, enrichment areas for families and pets to engage and outdoor runs for exercise and relief. The location within the building allows people to access and care for their pets 24/7 while also creating separation for other shelter residents who may be allergic or be fearful of animals, and respect various cultural beliefs about having animals in the home. The program is designed to encourage pets and their humans to maintain their bond and enhance healing for both humans and their pets, especially important for families that have endured trauma and violence.

We are grateful to The Bond Between, Animal Humane Society, and Four Winds Connections for their partnership and expertise regarding space design, animal behavior and the effect of trauma, and the healing connection between animals and humans in the aftermath of crisis. We are thrilled to be breaking ground on this critical new space later in 2024!



Research shows that animal abuse is a reliable predictor of domestic violence homicides, and fear for their pet's safety is a major reason why people don't leave abusive relationships.

By building Harriet's Haven for Pets, we're inviting families to stay together with their dogs or cats while they chart a path to a life free from violence.

Tubman Food Innovation Center

As part of the Great Dreams Campaign, Tubman conducted a feasibility study to determine if there is community need for the dormant commercial kitchen space onsite at Harriet Tubman Center East. The project team hosted focus groups with shelter residents as well as youth and adults using other Tubman services. We learned more about the strong connection between entrepreneurship creating financial independence and people escaping violent relationships. In addition, we engaged stakeholders from across the local food ecosystem to help us think about how to best use the space. Based on community input, we are proud to have designed the Tubman Food Innovation Center, which would be a new social enterprise for Tubman, earning additional revenue to support our mission and core services.

We are in the process of raising an additional \$4.5M as part of a new Social Enterprise Fund to update and convert the kitchen to include a food manufacturing facility and commercial kitchen that will produce hot meals for people experiencing homelessness in partnership with Involve MN, 4Access Partners, Food Ops and the Food Works Group. We will continue to keep you updated about our vision for this project!

Support Great Dreams at Tubman

We rely on Tubman's champions to help raise awareness and inspire giving. You can help make Great Dreams a reality by taking action today:

- Join us on a tour of Tubman East to learn more about the necessary capital improvements and visit the future site of Harriet's Haven for Pets.
- Make a personal gift to the campaign. It can be payable over multiple years.
- Ask your friends, colleagues and family to consider making a donation and invest in Tubman's future.
- As your company or employer to make a gift or sponsorship commitment.

THANK YOU for supporting the Tubman community!



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