

MARCH 2014

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Commodore: Keith Moore

Editor: Liz Campbell

Asst: Frank & Sharon Sullivan

Asst: Pat Korecky

CIYC is located at Lat 34° 09' 48.9" N; 119° 13' 35.6" W

4100 Harbor Blvd., Oxnard, CA 93035.

Phone (805) 985-2492

Channel Islands Yacht Club

currents

Mid-Winters Race
February 15





Message From The Commodore Keith Moore



Hi CIYC!!.....

It has been an AMAZING fast-paced month. From January to February..... the highlights for at least the 2nd year in a row **Jack Borkowski** has put on an excellent and innovative **Super Bowl "Table Gate Party"**. The club was full of members and friends enjoying this great time. Thank you also to the Table Gate Teams who spent a lot of time and energy to make this a fun and delicious event:

The Houston Texans were represented by **Jack Borkowski** and **Joyce Sheridan**

The Minnesota Vikings were represented by the **Farrells** and the **Bechs**

The Cowboys were represented by **George O' Neill** and **Adele Penny**

The New Orleans Saints were represented by the **Bergers, Prestons** and the **Johnsons**.

Thanks to **Sharon Sullivan** for monitoring the football "games". As always, thanks go to our excellent bar and office staff and all the others who worked hard to make this event happen. I understand that we may have also picked up a couple of new prospective members during the event.

The **Valentine's Day Dinner and Dance Social** with Susan Rey for entertainment was very special. **Joyce Sheridan** and **Barbara Brauns** decorated the hall, and **Jack Borkowski** and his crew prepared dinner.

With the increased attendance to Wednesday and Saturday night dinners, we find the dinner reservation program is working well. Please remember to sign in at the Bar, call 805-985-CIYC, or you can reserve on-line by E-mail to Reservations.CIYC@roadrunner.com.

Mark your Calendar and support your Club!

British Brass Band – March 4,
Anglers Lobster Dinner – March 8,
St Patrick's Day Social – March 15,
General Meeting - March 28, and
CIYC's Opening Day - April 6.

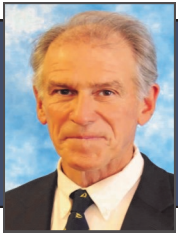
See you on Deck!

Keith Moore

Your Commodore

805-551-0983





Message From The Vice-Commodore Dave Wardlow



Wow, what a month of activity, starting with Jack Borkowski's Super Bowl Table Gate Party. A terrific turn out and sorry to the Bronco fans. TGIF thanks Joyce and her crew; the Beefeaters dinner thanks Gary Johnson and his crew. Gary Johnson is now the new leader of the Beefeaters group. We also indoctrinated seven new members. A great Valentine's Day social, Thanks to Jack and his crew and for a beautifully decorated dining room. We will be enjoying the Epicureans' delight soon, because I am writing this before hand.

It was nice to see the Valentine's social come together this year. I was unable to attend, but was with my sweetheart, Sally. She was in surgery last Valentine's day and I was in the waiting room. Four and half hours later she was moved to ICU, diagnosed with ovarian cancer. This year after all her treatments, we were able to celebrate this special time. She made me dinner; Corn beef and cabbage, potatoes and carrots. She did not remember the surgery had been Valentine's day. Sally was informed by her doctor on December 31st that the cancer was back and that chemo would be her only option. So now it is one day at a time. All she worries about now is her healthy 94-year-old father and maybe making it to her 60th birthday in April, the same things she cared about before her diagnosis. After her second diagnosis, I felt bad about accepting the Vice-Commodore position but she wanted me to push on and share my talents, as long as I would share my stories with her.

I just wanted to share this with you so that you understand my commitment to you and this yacht club is sincere and no nonsense. I, and this board, can and will get us on track with your support and with the use of common sense.

Our first ship shape will be behind us by the time this is published. We will have one every Saturday before Opening day in April, so show up and help make Channel Islands Yacht Club shine in its 54th year!!!

I would also like to give applause to Mary Foster and Frank Sullivan who got the Internet Reservation System in operation, allowing us to plan and cook efficiently. It may take a little more thought and effort on everyone's part but it pays off in better food for all and more cost savings and profit for the club. As you may have noticed, the same faces are in the kitchen over the past two months, so you might want to step up and help even if you think you can't cook. This is all in fun and support of your club. We have plenty of dates available for those who would like to share that sacred family recipe or just make a great home-cooked meal from our kitchen for our members. **A big thank you to all!**

Respectfully submitted,

Your CFO & Vice Commodore



Message From The Rear-Commodore Vidar Bech



The biggest event that happened in February on the water was by far the Mid-Winter Regatta the 15th and 16th. This race was sponsored by the Southern California Yachting Assoc. (SCYA), with our club hosting it for the ASBCYC (Assoc. of Santa Barbara Channel Yacht Clubs) region which also includes the J-24 class.

There were 19 boats racing with crew. Our club was represented by Harry Krum on Fus'ee taking 3rd place in Spin A Class and Brent Swanson with Velero who took 2nd place in Non Spin Class. Fus'ee's crew were Kurt Ingram, Mary Howard, Les Hardwick, Sandra and David Lockridge, Larry Golkin and John Lawson. Velero's crew were Logan Olds and Larry Burroughs. Charles Clark crewed on one of the other boats.

Race committee boat was captained by Jerry Wood, who did an excellent job with his NEW boat, IN TWO WISHIN. PRO Bill Brayton did a very commanding job of directing the whole race both days with our experienced team headed up by Jane Thomas, Tom Warden, Cindy Arosteguy and Lexi. Olga Siefke joined them on Saturday. Mary Howard arranged lunch, so we survived the 6 to 7 hours on the water each day. This year we only had one boat to set the markers. Frank Sullivan came through with his boat, VALKYRIE, and his expertise to get the markers where they were supposed to be. Helping him to get this done were Bob Ridenour, Bill Crier and me; I think we did an excellent job.

Saturday started out with heavy fog, and visibility got down to about ¼ mile, not easy to do a race in those conditions. It was so thick that one J-24 coming out of Ventura could not find the racetrack. He called on the radio to tell us. Frank and crew had to go and look for him; we found him and guided him to the start area. In the afternoon, the fog lifted but the wind died, not so good for sailboat racing. Sunday was a normal beautiful day on the water. Now all the markers could be seen, and setting them became even more critical, but were done very professionally by Frank with Bill Brayton's instructions.

After the races our club provided refreshments and food arranged by our Commodore Keith Moore, Vice Commodore Dave Wardlow's cooking crew; Elyse Gonnello, Dave Gable on Saturday and Olga Siefke on Sunday. Special thanks to our bar crew; Cecile and Nikki for cleaning up. We had seven RAM members participating in the races, owners and crew, and we appreciate their importance to our racing program.

Did everybody get their boats ready for cruising yet? The March 1 Lunch and Adventure cruise to Frenchy's cove at Anacapa most likely will have been by the time you read this, hopefully the weather cooperated. The whales are running and one was breaching several times when the Valkyrie was heading out to set the markers for the race on Sunday Feb. 16. We are planning a whale watch cruise March 30.

Until next time, May Peace and Harmony Prevail in our Club.

R/C Vidar





Message From First Mate Vera Cline

Greetings Channel Islanders,

It's time to get serious about **Opening Day 2014**. The theme is "**Surfing USA.**" I am asking the general club membership to help out with items from your collection of 1960s surf craze memorabilia. I am talking surfboards, surf band album covers (Beach Boys, Jan and Dean, etc.), huarache sandals, classic "baggie" swim trunks, Surfer magazines, beach towels, etc. Any surfer-related beachy thing you think we could use, please affix your name to it and we will gently use it in our decorations. There'll be more details later when to bring the items to the club. Thanks in advance for your participation. Also, the Channel Islanders are accepting donations to offset costs. Please leave donations in an envelope at the bar or give to me at the club. I have also put together my Opening Day Food Selection Committee to plan the best assortment of party finger food for us to enjoy. Early planning = less stress!!

I have been planning some fun activities for the Channel Islanders. One excursion that is close to my heart is a tour and lunch at the **Bard Mansion**. Lunch buffets are Tuesdays and Thursdays; price is \$9.95. The problem is to gain access to the Navy Base where the mansion is located. I must submit a full list of attendees with their full names, home addresses, dates of birth, social security numbers and declared citizenship. The screening of this information takes about three weeks, so it does take some advance planning. Please let me know if you are interested, and we will work on a date that is good for everyone. Let's try to go before Opening Day. You may respond to my home email address: veraatthebeach@adelphia.net.

Just a reminder if you have not paid your Channel Islanders dues, please do so soon.

See you at the club,

Vera Cline

First Mate, 2014

Anglers' Corner March 2014

By Frank Sullivan



WSB grow out pen update:

I have good news and bad news. On February 18th we completed the count of our fish in the pens. Out of the original approximately 7573 fish delivered by November 1st 2013 there are 7266 fish left, which gave us about a 96% survivability rate. This is a very good result for our efforts.

Unfortunately, although the fish appear very healthy, the samples taken to the DFW biologists were found to have a protozoan infestation and cannot be released until treated with a 30% Hydrogen Peroxide solution. We have done this with other fish in the past. It entails sliding a plastic tarp around the outside of the pens to isolate the water, then treat it with the peroxide. It should only take 2-3 hours for a treatment, but we have to do it 3 days in a row. As this is written we scheduled the treatments for Tuesday, Wednesday and Thursday (2-25 through 2-27-2014). I will report on the results next time .

Fishing:

The recreational fishery for rockfish will reopen for boat based anglers on March 1, 2014. These species may only be taken or possessed in waters **less than 300 feet (50 fathoms) deep**. The daily bag and possession limit is 10 fish in combination of all species within the RCG Complex (includes all species of Rockfish, Cabezon and Greenlings) per person, with a sub-limit on [bocaccio](#) (3 per person, also included in the 10 fish RCG Complex aggregate limit). [Yelloweye rockfish](#), [canary rockfish](#), bronzespotted rockfish, and [cowcod](#) may not be retained (bag limit: zero).

Lingcod may only be taken or possessed in waters less than 300 feet (50 fathoms) deep. The daily bag and possession limit is 2 fish, with a minimum size limit of 22 inches total length. We are contemplating holding a rockfish tournament. I will notify the members if this is a go.

Upcoming events:

March 8 th	Anglers' <u>Whole Maine</u> Lobster Dinner
May 18 th	Ladies' Fishing Tournament
June 1 st	Men's Fishing Tournament
September 12 th	Channel Islands Bill Fish Tourney Kickoff Dinner
September 13 th to 17 th	Channel Islands Bill Fish Tournament
September 19 th	Channel Islands Bill Fish Tourney Awards Dinner
November 22 nd	Anglers' Awards Scampi Dinner



Doc Lines

Food Preservatives, Additives, Conditioners, and Dyes

A recent announcement by Subway and Starbucks that they will “soon” discontinue their use of *azodiocarbonamide* (say, what?!) as a food additive in their bread, made me look into what other stuff food manufacturers slip into our food supply. *Azodiocarbonamide* converts into diurea, is generally used in plastic manufacturing, can cause asthma, and is banned in foods in Europe and Australia. (Now, if Subway could also take *bread* out of their product, we’d be fine! - see Doc Lines, Currents: July 2013).

Now it’s news to me that major bread baking companies as well as major fast food outlets use this, and an array of other chemicals, in addition to flour, yeast, water, salt, a touch of olive oil and a touch of sugar. The US FDA considers this additive safe.

Also, Kraft announced it will remove *yellow dyes Numbers 5 and 6* from its Mac and Cheese (banned in Norway and Austria). But numerous other products, such as cheddar-flavored crackers laced with dyes, are still around. In countries where food colors and dyes are banned, food companies use natural colorants, such as paprika, beetroot, and annatto. There is a push to ban dyes in M&Ms, and caramel coloring (*4-methylimidazole*) in soda. Now if they could only take *sugar* out of candy and *high fructose corn syrup* out of sodas, we’d be OK.

There are 57 preservatives and 66 dyes listed by the European listing agency. The FDA is our regulatory agency, approving or banning such products in the US food supply. There are many preservatives and dyes banned in other countries, which, however, the FDA considers safe.

Some of these are:

Ractopamine - Tainted Meat. This drug was found to increase muscle mass and decrease fat content in meat. About half of our pigs, cattle, and turkeys are pumped full of this drug in the days leading up to their slaughter. Up to 20% of the *ractopamine* remains in the meat you buy at the supermarket. Russia issued a ban on US meat imports until the US agrees to certify our meat as *ractopamine*-free. Banned across Europe, Russia, and China.

Brominated Vegetable Oil (BVO). Originally patented as a flame retardant, this chemical found its way into beverages such as Mountain Dew, Gatorade, Fresca, Fanta Orange, Squirt, and some other citrus-flavored sodas. Bromine is a central nervous system depressant and competes for the same receptors that are used to capture iodine. Thus *BVO* can lead to iodine deficiency. Banned in Europe, Japan and India.

Potassium Bromide - Bread. *Potassium bromide* is used in wheat flour as an

additive. It is found in cheap commercial breads and baked goods. Who knew? This has been a huge contributor to bromide overload. This is yet another good reason not to eat wheat products (see Doc Lines, Currents July 2013). Banned in Canada, China, and the European Union.

Olestra/Olean. This is a calorie- and cholesterol-free fat substitute used in snacks and French fries. Named one of the 50 worst inventions by Time Magazine. Adverse intestinal reactions to the fake fat, such as diarrhea, cramps and leaky bowels have been reported. It interferes with absorption of fat-soluble vitamins (A, D, K, E). Banned in the UK and Canada.

Preservatives BHA and BHT. BHA (*butylated hydroxyanisole*) and BHT (*butylated hydroxytoluene*) are commonly used as preservatives in breakfast cereal, nut mixes, chewing gum, meat, butter spread, dehydrated potatoes, and even in beer. BHA is known to cause cancer in rats, and may be a cancer-causing agent in humans. Banned in the UK (infant foods), parts of the European Union, and Japan.

Arsenic – Laced Chicken. This was mentioned in Doc Lines in the August 2013 issue of Currents. The FDA approved *organic arsenic* for use in animal feed. Animals grow more quickly, and it makes meat appear pinker (i.e. “fresher”). The problem is that *organic arsenic* can transform into *inorganic arsenic*, which has been found in supermarket chickens. *Inorganic arsenic* can also be found in chicken manure and can migrate into drinking water. Banned in the European Union.

Milk and Dairy Products Laced with rBGH. Recombinant bovine growth hormone (*rBGH*) is a synthetic version of a pituitary hormone. Injected into cows, it increases milk production. It is banned by at least 30 nations because of its dangers to human health. The FDA still maintains it is safe for human consumption. In 1999, the United Nations Safety Agency ruled not to endorse or set safety standards for rBGH milk, which has effectively resulted in an international ban on US milk. The only way to avoid rBGH is to look for products labeled “rBGH free.” Banned in Australia, New Zealand, Israel, the European Union, and Canada.

Farm-Raised Salmon. The pinkish-red flesh color of wild salmon is from natural carotenoids in their diet. Farmed salmon's flesh is grayish because they are raised on a wholly unnatural diet of grains, in addition to antibiotics. To make their flesh red, they are fed synthetic *astaxantin*, which is made of petrochemicals. Avoid “Atlantic salmon” which currently comes from fish farms. Alaskan salmon and sockeye are the ones to look for. The vast majority of all salmon sold in restaurants is “Atlantic” or farm-raised. Banned in Australia and New Zealand.

Comment: It's amazing what is put into our food - and we are oblivious to most of it! Eat smart and live longer!

Your Fleet Surgeon, Zoran

Thanks to Erika for editing.





**Mid-Winters Race
February 15**





**Mid-Winters Race
February 15**







Mid-Winters Race
February 15
AWARDS





**Mid-Winters Race
February 15**





March 2014

Channel Islands Yacht Club

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		Bar Hours Sunday 3pm to close, Closed Mon & Tue, except special events Wednesday-Thursday 5pm to close Fri & Sat 4pm to close				1 Dining room Rental Oxnard PTA Lunch Cruise to Frenchies
2 Oscars night party	3	4 Mardi Gras 7pm British Brass	5 Wed. Night Fun night Dinner 6:30 Bingo 7:00	6 6:30 Movie night	7 5-7pm Happy hours	8 9am Shipshape 7pm Anglers' Lobster Dinner (Beefeaters)
9 Daylight Saving Time Dining room rented for memorial	10	11	12 Wet Wednesday Starts 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	13 6:30 Movie night	14 5-7pm Happy hours Birthday Bash	15 Currents Article due 9am Shipshape 7pm dinner /social
16	17 St. Paddy's Day	18 6:30pm CIYC board meeting	19 4:30pm Islander BOD Wed. Night Fun night Dinner 6:30 Bingo 7:00	20 6:30 Movie night	21 5-7pm Happy hours	22 9am Shipshape 7pm dinner
23 1-4pm Open house	24	25	26 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	27 6:30 Movie night	28 5-7pm Happy hours 7pm General meeting	29 9am Shipshape 7pm Epicurean dinner
30 Whale Watch Cruise	31					





Channel Islands Yacht Club

April 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Wed. Night Fun night Dinner 6:30 Bingo 7:00	2 Wed. Night Fun night Dinner 6:30 Bingo 7:00	3 6:30 Movie night	4 5-7pm Happy hours	5 10am Shipshape NO DINNER
				Club decorating & Kitchen reserved for food prep		
6 Opening Day CIYC, CIWSA & AYC	7	8	9 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	10 6:30 Movie night	11 5-7pm Happy hours Birthday Bash	12 7pm Beefeater dinner Port Royal Regatta
13 Jefferson's BD	14	15 Currents Article due 6:30pm CIYC board meeting	16 Wed. Night Fun night Dinner 6:30 Bingo 7:00	17 6:30 Movie night	18 5-7pm Happy hours 6:30PM TGIF	19 NO DINNER
20 Easter Easter Sunday Brunch	21	22 5:30pm Beefeaters bonding meeting	23 2pm Bridge group Wed. Night Fun night Dinner 6:30 Bingo 7:00	24 6:30 Movie night	25 5-7pm Happy hours	26 7pm Dinner
			Maritime institute classes			
27 1-4pm Open house	28	29	30 Wed. Night Fun night Dinner 6:30 Bingo 7:00			
			Maritime institute classes			
						Bar Hours Sunday 3pm to close, Closed Mon & Tue, except special events Wednesday-Thursday 5pm to close Fri & Sat 4pm to close

Channel Islands Yacht Club

Saturday, March 1, 2014

Lunch & Adventure Cruise Frenchy's Cove Anacapa Island

11:00 a.m.

Anchor at Frenchy's Cove.
Kayak/Dinghy touring.
Other possible activities:
scuba diving, snorkeling and
hiking.

Details to follow closer to
the event.



1:00 p.m.

Potluck lunch on host boat (TBD).

Bring a dish to share and your favorite libations.

If you will be bringing your boat (have room for crew?), please RSVP to Cruise Director, Cindy Arosteguy at (805) 208-1962 or cinarost@yahoo.com. Since this is a day cruise and not an overnigher, there should be room for those of you who do not own boats and would like to participate: Please, also, RSVP to Cindy.

Saturday. March 8th, 2014
7:00 p.m.



CIYC's Annual Lobster Dinner



Menu

Salad, **Whole Maine Lobster**, Rice Pilaf,
Mixed Vegetable and Apple Pie Ala Mode

Prepared by:

Don Dickey, CIYC Anglers and the BeefEaters

\$30 with confirmed reservation

\$35 At the door if seating available

Chicken available if we are notified in advance

Seating Limited to 90

Please make your reservations early

in the Dinner book or by e-mail to reservations@ciyc.com

Reservations will be confirmed only after the club receives payment.

(Cash, Check Credit Card or Club Account)

Call 805-985-2492 or see receptionist at the front desk to pay.





ST. PATRICK'S DAY

Dinner Social

March 15th at 7:00pm

\$20.00

Come Join Us for Vera Cline's

Famous

Corn Beef and Cabbage

Music and Dancing By Pie

Also

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By The Irish Dance Academy

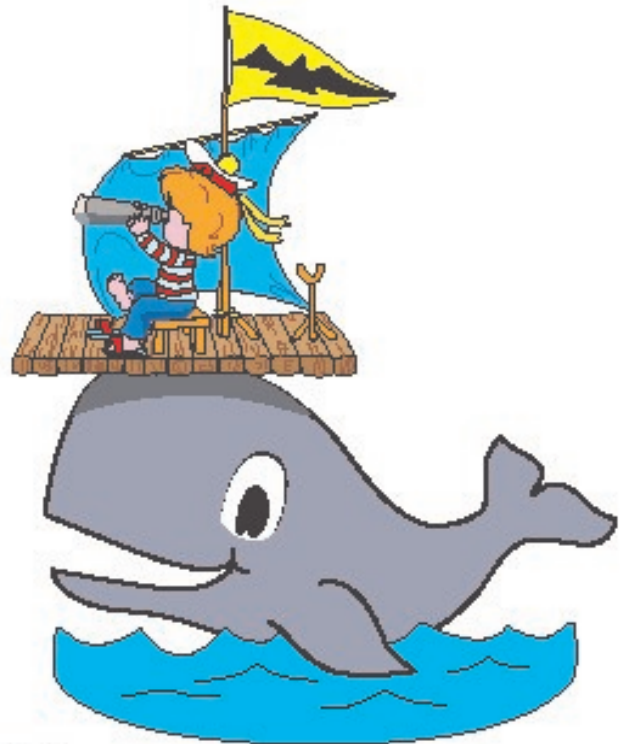


A TALE OF THE WHALE

Whale Watching Cruise
March 30, 2014

A CIYC tradition,
graciously hosted by
Ruth Hatcher

- All boats will rendezvous near GINA at 11:00 a.m.
- Spot whales while monitoring Channel 68.
- Meet back at the Clubhouse at 4:00 p.m.
- Traditional "Tale of the Whale" contest starts at 4:30 p.m.
- Judges will vote for the best story (fact or fiction), poem or song.
- Team winners get their names engraved on the Moby Dick Trophy.



**Free homemade soft tacos, refried bean
and Ruth's famous chocolate chip cookies
immediately following the trophy presentation.**

Everyone is welcome!



All participating boat owners should contact Cindy Arosteguy, Cruise Director at cinarost@yahoo.com or (805) 208-1962. Those members who would like to participate and do not have a ride, please also contact Cindy.

Should the water event be cancelled due to weather, we'll still meet in the bar to tell stories of what might have been!

May there be smooth seas, sunshine & whales!

For more info on the
tale of the whale
presentation contact:

Ruth Hatcher

Whale Watching Cruise Chairperson
ferritin3@roadrunner.com or
(805) 479-5031



IT'S THAT TIME AGAIN.....

We are **LOOKING** for the next CIYC upcoming stars.
If you can Sing, Dance, Play an Instrument or
just plain like to make people smile, you are a **STAR!!**

For our May 3rd production, we will begin rehearsals in February.

Our theme this year is "Around the World in 80 Minutes."

Contact Barbara Brauns, if you would like to be
part of this fun event or need additional info.

She can be reached by e-mail babseal@yahoo.com or 890-1610.



**IT'S BEEN 4 YEARS BUT
HERE IT IS AGAIN
GOLF AND FUN IN LAUGHLIN**

Bus Trip to Laughlin for 3 nights

Trip to take place Monday, May 5th returning Thursday, May 8th.

**Bus will leave CIYC around 9AM on Monday and
return around 4PM on Thursday.**

The first 50, people that sign up will go.

Price based on 50, cost will be \$70.00 per person for round trip.

If less then 50 price will be adjusted.

**Hotel will be, the Aquarius for \$29.99 per room per night
+12% tax and \$3.00 per person luggage charge.**

Golf cost to be decided.

Pass the word!!

Call me Jack Borkowski at 805 890 2623

or e-mail to jackjb99@yahoo.com to reserve your spot.





Valentine's Day
Dinner & Social
February 14





Valentine's Day
Dinner & Social
February 14

Birthday Bash - "Friday, March 14th,"

*Come and join us for our monthly celebration
for members whose birthdays or anniversaries are in March.
Bring "munchies" to share, and there is always a great birthday cake!*



March Birthday Celebrations are: Marnie Bech, Ken Thomas, Melodie Crier, Carol Lazzarevich, David Erickson, Debi Howarth, Keith Moore, Mary Sensabaugh, Diane Van Arsdall, Ellie Babbe, Rita de Caussin, Tim Haapanen, Dale Morris, Madeleine Waddell, Andrea Kucera, Curt Ingram, Frayne Higgason, Les Hardwick, Sue Speas, Brian Pope, Keith Kucera, Jim McCulley, Nancy Berger and Diane Merrill Higgason.



March Anniversaries are: Annette and Edward Staples, Dan and Shelly Ward, John and Lisa Marie Medlen, Vidar and Marnie Bech, Norman and Karyn Grencius, Bill and Vera Cline & Tom and Carole Naylor.

Currents

Editor **Liz Campbell**
(805) 816-1542

Assist. Editors **Frank & Sharon Sullivan**
(805) 205-4073

Pat Korecky
(805) 551-8777

Photos **Bonnie Chaney**

Mailing **Liz Campbell**

Advertising **Lana Lynch**
blynch4755@gmail.com

Name	CIYC.com
CIYC Office	office@ciyc.com
CIYC Commodore	commodore@ciyc.com
CIYC Vice Commodore	vicecommodore@ciyc.com
CIYC Rear Commodore	rearcommodore@ciyc.com
CIYC Membership	membership@ciyc.com
CIYC Currents Editor	currents@ciyc.com
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Club Rental

The **CIYC dining room facility** is
available for rent
for private parties to members, or
non-members sponsored by a member.
Please contact **Vice-Commodore,**
Dave Wardlow 805-693-1724
or **Rental Manager,**
Sharon Sullivan 805-985-6155
for scheduling and rates.

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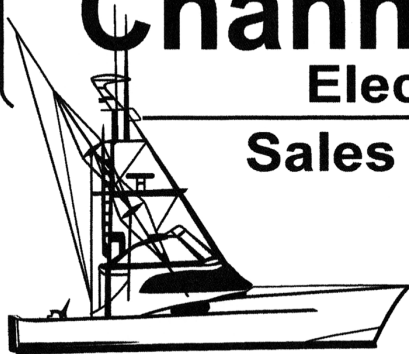
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