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March 2008



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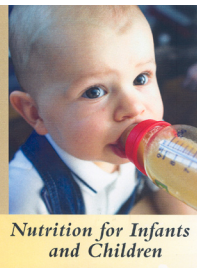
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Nutrition and Feeding - Updated

March is National Nutrition Month. In recognition of this, we are featuring selected books, videos, and websites on the topics of nutrition and feeding.

Check out the new addition to the collection on page 8!

Nutrition and Feeding - Books

Childhood Feeding Disorders: Biobehavioral Assessment and Intervention.

Jurgen Kedesdy and Karen Budd, 1998. (247 K237 ECI). This book offers clinical guidelines for comprehensive assessment and treatment of feeding problems. Detailed case studies illustrate individualized assessments, causal analyses, interventions, and outcomes for a range of childhood feeding disorders, including selective eating, food refusal, developmental feeding disorders, failure to thrive, pica, and pediatric obesity.

Clinical Management of Feeding Disorders.

Florence Yossem, 1998. (247 Y65 1998 ECI). This book presents a detailed, day-by-day exploration of functional treatment of patients of all ages who have feeding and swallowing problems. The author's successful methods are shared through case studies.

Disorders of Feeding and Swallowing in Infants and Children: Pathophysiology, Diagnosis, and Treatment.

David Tuchman, 1994. (247 T791 ECI). This book is a reference text for clinicians working with pediatric patients who are swallowing impaired, written by a group of specialists who share their expertise regarding management of these disorders.

The Down Syndrome Nutrition Handbook: A Guide to Promoting Healthy Lifestyles.

Joan E.G. Medlen, 2002. (226.11 M491 2002 ECI). This book presents information on nutrition and healthy living for children with Down syndrome. It encourages parents to start teaching healthy habits early in their child's life but also stresses that it is never too late to begin healthy habits.

Nutrition and Feeding - Books (continued)

Dysphagia and the Child with Developmental Disabilities: Medical, Clinical and Family Interventions.

Susan R. Rosenthal and Justine J. Sheppard, 1995. (247 R727 ECI).

This book provides professionals with information on caring for children with developmental disabilities and dysphagia. It introduces the reader to the range of etiologies of pediatric disability and the pathophysiology of dysphagia. It also covers the clinical evaluation of dysphagia, therapeutic strategies, practical management of nutritional issues, nutritional problems associated with AIDS, behavioral aspects of feeding disorders, gastrointestinal problems, dental treatment, the family perspective, and ethical issues.

Early Childhood Nutrition Resource Guide. M. Clark, Katrina Holt and Denise Sofka, 1998. (247.4 E12 1998 ECI).

This publication provides an overview of resource materials for nutrition service providers working with children two to six years of age and their families.

The Educator's Guide to Feeding Children with Disabilities. Dianne K. Lowman and Suzanne M. Murphy, 1999. (247.3 L918e 1999 ECI).

Comprehensive and team-tested, this book provides educators with the information they need to design and implement effective feeding plans for students with disabilities. The chapters explore such issues as: proper positioning for feeding, sensory aspects and how they affect feeding, adapted equipment for feeding, and communication and behavioral aspects of feeding.

Evaluation and Treatment of Swallowing Disorders. Jeri A. Logeman, 1998. (247 L829 ECI).

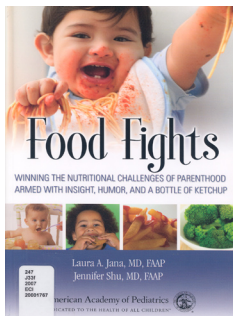
The vast majority of this book is devoted to evaluation and treatment of oral and pharyngeal swallowing disorders. Some information on esophageal disorders is provided in order for the swallowing therapist to be able to identify signs and symptoms of those conditions.

Failure to Thrive and Pediatric Undernutrition: A Transdisciplinary Approach. Daniel B. Kessler and Peter Dawson, 1999. (247.8 K42f 1999 ECI).

This book, brimming with assessment and intervention techniques, discusses the medical and developmental consequences of pediatric undernutrition. It stresses the importance of interdisciplinary teamwork and service coordination in dealing with a range of nutrition and feeding issues, from medical care and child development to community planning and advocacy.

Feeding and Nutrition for the Child with Special Needs: Handouts for Parents. Marsha D. Klein, 1994. (247.4 K672 ECI).

This book, written for clinicians, provides handouts and reference materials for parents to supplement and complement individualized consultation or therapy treatment sessions and answer parents' questions.



NEW! Food Fights: Winning the Nutritional Challenges of Parenthood Armed with Insight, Humor and a Bottle of Ketchup. Laura A. Jana, 2007. (247 J33f 2007 ECI).

This book brings together the science of nutrition with the practical insight of parents and offers solutions for daily nutritional challenges. The book applies to infants, toddlers and young children. It discusses how to pick your battles, dealing with whining, eating out, healthy drinks, and much more.

Guide to Your Child's Nutrition: Making Peace at the Table and Building Healthy Eating Habits for Life. William H. Dietz and Loraine Stern, 1999. (247 D566g 1999 ECI).

This book presents all the information and strategies needed to meet the dietary needs of children from birth through adolescence, as well as the facts about standards of weight and height; eating disorders and special dietary needs; alternative diets and supplements; allergies; and concerns over food safety.

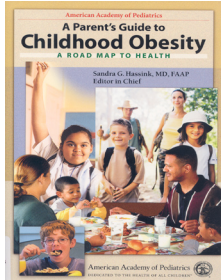
Handbook of Pediatric Nutrition. Patricia Q. Samour, Kathy K. Helm, and Carol E. Lang, 1999. (247.4 S191 1999 ECI).

This edition contains scientific knowledge about the optimal nutritional care for infants and children. It contains a detailed overview of normal growth and nutrition needs from birth to adolescence.

Nutrition and Feeding - Books (continued)

Meals that Heal for Babies, Toddlers, and Children. Eileen Behan, 1996. (247.4 B394 ECI).

In this book the author, a registered dietitian, professional nutritionist and mother, explains the connection between food and common childhood illnesses from asthma to ear infections to headaches to vomiting, and gives recipes for simple, delicious, kid-pleasing dishes. This edition is intended to be used as a ready reference for practicing clinicians on the requirements and metabolism of specific nutrients, methods of assessing nutritional status, and the nutrition support of healthy infants and children, as well as children with acute and chronic illness.



NEW! A Parent's Guide to Childhood Obesity: A Road Map to Health. Sandra Gibson Hassink, 2006. (247.4 P228 2006 ECI).

This book offers long-term strategies and expert advice along with worksheets, questionnaires and other interactive tools to help your child reach and maintain a healthy weight.

Pediatric Nutrition in Chronic Diseases and Developmental Disorders. Shirley Ekvall, 1993. (247.4 Ek86 ECI).

This book, which links nutrition research and its practical application to children with chronic diseases and developmental disorders, helps translate research into clinical practice and provides information on treatment and techniques of assessment and prevention for children of all ages.

Special Diets for Special Kids: Understanding and Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders. Lisa Lewis, 1998. (203.6 L674s 1998 ECI).

This book describes the effects food intolerance can have on individuals with autism. Topics include detecting sensitivities, medical tests, research, and eliminating gluten and casein from the diet. Over 150 recipes are provided.

NEW! Special Diets for Special Kids Two: More Great-Tasting Recipes and Tips for Implementing Special Diets to Aid in the Treatment of Autism and Related Developmental Disorders. Lisa Lewis, 2001. (203.6 L674s 2001 ECI).

This book presents more recipes for a gluten-free diet, which some people believe may help children with autism and other related developmental disorders.

Super Baby Food: Absolutely Everything You Should Know About Feeding Your Baby Solid Foods During the First Three Years! Ruth Yaron, 1996. (247.4 Y28 1996 ECI).

This book contains everything new parents need to know about feeding their baby solid food made from the fresh food the family eats.

Nutrition and Feeding - Audiovisuals

Alimentando a Su Bebe. 17 minutes (Spanish), 1998. (VT1637).

This video in Spanish demonstrates the importance of breastfeeding, preparations the mother needs to make before and after breastfeeding, and ways to stock up on mother's milk. This guide for the breastfeeding mother shows her what to do, how to do it and demonstrates how to prepare bottles of formula milk.

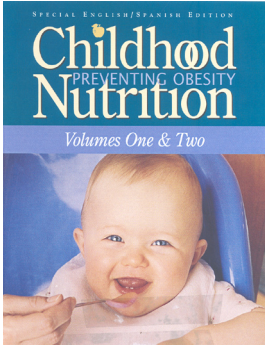
Baby's First Spoonful: Tips for Starting Solids. 11 minutes (English); 12 minutes (Spanish), 1998. (VC7581).

This video explains when a baby is developmentally ready for solid food. It demonstrates the best way to start solids including which foods are best to start and how each new food can be introduced to optimize acceptance.

NEW! Breastfeeding Infant Cues: A Feeding Guide. 10 minutes (English); 10 minutes (Spanish), 1997. (DV0236).

Non-narrated, open captioned in English and Spanish with music background. Topics included and demonstrated with several infants and mothers are: proper positioning of the infant for breastfeeding; waiting for the wide mouth; correct attachment; nursing; coming off; and signs of satiety.

Nutrition and Feeding - Audiovisuals (continued)



NEW! Childhood Nutrition: Preventing Obesity. 36 minutes (English); 36 minutes (Spanish), 2005. (DV0156).

Parents learn about age-appropriate food choices for babies and the importance of positive, nurturing eating experiences. New parents learn about reading hunger and fullness cues; how and when to introduce solid foods; choking and allergies; self-feeding and family meals. Parents of children older than 1 year-old learn about making mealtime a positive experience; quick and healthy home-made and fast food ideas; ways to promote exercise and limit TV; food safety and choking hazards.

Contemporary Nutrition. 60 minutes, 2000. (VT1625).

This video presents the drastic changes in the eating habits of Americans from an organized sit-down meal prepared at home and served to the entire family to the fast food consumption of the current day. Food is followed through the digestive system. This video shows how the body uses its nutrients. Separate parts discuss the effects of too much cholesterol, misinformation on sugar and fat in the body and obesity, how food affects cancer, and eating disorders from both the female and male perspective.

The Developing Child: Nutrition. 28 minutes, 1995. (VT0180).

This video, which presents information about the nutritional needs of children from conception to adolescence, discusses the nutrients needed for healthy growth by identifying the nutrient's value, why it is needed, and in which food it is found.

Development of Self-Feeding in the Normal Child. 25 minutes, 1995. (VT0172).

This video presents the prerequisites for self-feeding during the first year of life, the developmental sequences of independent feeding behaviors during the second year, and emphasizes the transition from finger feeding to utensil use. Major topics include drinking (from bottle to cup to straw), finger feeding, spoon and fork use, and mealtime social skills.

ECI Teleconference: Nutritional Strategies For The Team. 120 minutes, 2001. (VT0177).

Nutritionists can support and enhance the efforts of the interdisciplinary team. Important red flags that signal nutritional needs are reviewed along with recommendations for intervention.

Effective Intervention for Self-Feeding Success. 40 minutes, 1993. (VT1641).

The ability to take food to the mouth is far more than a physical skill; it represents social independence. In this video, a child development specialist offers specific steps for assisting a child with a disability to attain independence in feeding.

Feed Me: Kids and Nutrition. 26 minutes, 2007. (DV0226).

This program suggests how parents and caregivers can make sure that children are provided with a healthy diet. Information about the food guide pyramid is included.

Feed Your Child's Future. 12 minutes, 2002. (VC7582).

This video shows the story of parents who learn that high-iron foods and reading to their young son are important to the growth and development of his body and his brain.

Feeding a Toddler: Lily Gets Her Money's Worth. 15 minutes (English); 15 minutes (Spanish), 1991. (VC5238).

This video presents a variety of food options which maintain a high level of nutrition and yet are affordable for those on even the strictest budgets. It covers food preparation, smart grocery shopping, meal planning, preventing tooth decay, and getting toddlers to use eating utensils.

Nutrition and Feeding - Audiovisuals (continued)

Feeding and Swallowing Series (1991):

The Development of Early Skills. 15 minutes. (VT1632). This video describes the stages of typical feeding development and illustrates some of the difficulties encountered when these typical stages are not achieved.

Direct Therapy Strategies for Feeding and Swallowing Problems. 13 minutes. (VT1630). This video focuses on direct intervention, or improving the function of oral structures through exercise, and it illustrates therapeutic strategies for jaw control, the lips, bite reflex, and for the tongue and chewing.

The Identification of Medically Related Issues. 17 minutes. (VT1633). This video addresses medically-related issues of gastroesophageal reflux and aspiration.

Identifying and Managing Oral Hypersensitivity. 8 minutes. (VT1628). This video presents simple suggestions to help a parent and child work toward more relaxed and productive feedings.

The Impact of Proper Positioning and Handling on Feeding. 8 minutes. (VT1627). Parents will learn about the best positions for their child during meal times.

Indirect Management Strategies for Feeding and Swallowing Problems. 11 minutes. (VT1631). This video addresses various issues in feeding and swallowing and demonstrates strategies involving indirect management of the mealtime environment and/or feeding procedure.

Using Behavioral Approaches to Feeding Your Child. 8 minutes. (VT1629). This video discusses behavioral principles and procedures that can help promote better feeding and swallowing.

Feeding Your Baby: 8-12 months. 15 minutes (English); 15 minutes (Spanish), 1998. (VC7441). Parents and grandparents from four families talk about the cues infants show when they are ready to eat solid foods and drink from a cup. A dietician advises on food choices.

Feeding Your Child: 1-3 years. 15 minutes (English); 15 minutes (Spanish), 2000. (VC7442). Parents from three families talk about selecting healthy foods and the importance of being together at mealtimes. A dietician advises on food choices.

First Foods: Lily Feeds Her Baby. 14 minutes (English); 14 minutes (Spanish), 1990. (VC5237). This video explains the dietary needs of infants and how these needs change within a baby's first year. Topics discussed include what foods should be introduced and when, how to prepare infants' foods, watching for allergic reactions, and dealing with a baby's emotional reactions towards eating.

Fit Families. 24 minutes (English); 27 minutes (Spanish), 2006. (DV0007). This DVD covers portion awareness, smart snacking, effortless exercise and grocery shopping.

Food and Fitness Matter. 24 minutes, 2006. (DD0042). This program is presented by Julia Louis Dreyfus. The aim of this program is to help reverse the trend of childhood obesity. It presents practical tips for parents to improve nutrition and fitness at home. It also profiles schools that serve healthy foods and provide physical activity.

For the Breastfeeding Mother. 48 minutes, 1991. (VT1739). This video is geared toward first-time parents, and offers insights into newborn behavior. It gives tips and techniques to ensure a successful breastfeeding experience.

For the Formula-Feeding Mother. 49 minutes, 1991. (VT1738). This video is geared toward first-time parents and gives tips and techniques on formula feeding your baby.

Nutrition and Feeding - Audiovisuals (continued)

I Love Somebody: Feeding My Baby. 10 minutes, 1990. (VT0226).

This video tape and discussion leader's guide are designed to be used by early intervention specialists or others working with families in which the parents have intellectual limitations or special needs. Using the video and guide in the context of counseling can help parents increase their knowledge of feeding and nutrition for their children.

NEW! I'm Not a Baby Anymore: Tips for Feeding Toddlers. 11 minutes (English); 11 minutes (Spanish). (DV0101).

This program is designed to educate parents about the importance of feeding toddlers a healthy, delicious, and varied diet. Viewers will learn which foods, and how much, make up a well-balanced toddler diet. They will also learn about mealtime dos and don'ts, the best way to introduce new foods, and which beverage choices are the healthiest for toddlers. Interviews with three moms from diverse cultural backgrounds are woven throughout the video.

The Missing Link: Including Nutrition Services in Early Intervention Programs. 18 minutes, 1996. (VT0338).

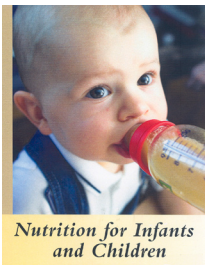
This video highlights three major issues: (1) The impact nutrition concerns can have on child and family well-being; (2) the benefit of nutrition services to child and family; and (3) how nutrition services can be accessed and integrated into the Individualized Family Service Plan.

My Pyramid: Steps to Healthy Living. 15 minutes (English); 15 minutes (Spanish), 2006. (DV0039).

Viewers will learn how the USDA MyPyramid food guidelines can help every individual achieve the right balance of proper nutrition and exercise. They will explore the six basic food groups and see how families make sure they eat enough whole grains, fruits, and vegetables.

Near Normal Feeding for Infants Born with Oral-Facial Anomalies. 40 minutes, 1994. (VT1626).

This video, which presents a feeding system for infants born with cleft lip and palate, may also apply to infants with other kinds of facial anomalies. This system can be tailored for bottle feeding, breast feeding, or cup feeding.



NEW! Nutrition for Infants and Children. 27 minutes, 2007. (DD0132).

This DVD explains the importance of good nutrition for newborns, infants, and toddlers and examines its beneficial effects on their growth and development. Filled with how-to and when-to advice, the program also discusses the relative merits of breastfeeding and bottle-feeding, potential food allergies, the importance of a balanced diet and physical activity even at a young age, and special dietary preferences like vegetarianism. This DVD is in English with captions in Spanish.

Nutrition for Infants and Children Under Six. 30 minutes, 1994. (VT0178).

This video and manual provide nutritional information to help the viewer make the best decisions regarding the diet of infants and children under the age of six.

Nutrition for Infants and Toddlers with Special Needs. 24 minutes, 1990. (VT0179).

This video, which begins with a basic overview of nutrition and its components— protein, vitamins, minerals, carbohydrates, and fats, explains the obstacles some children face in getting adequate nutrition and what can be done to enhance their nutrition.

Our Overweight Kids. 28 minutes, 1997. (VC6641).

This video helps parents learn how to plan a healthy diet for their kids. It shows healthy but fun food choices available from the supermarket. A nutritionist and a pediatrician offer important strategies for promoting a healthy diet.

NEW! Please Help Me Feed My Baby. 7 minutes, 2008. (DV0378).

Treceia Taylor relates the true story of how she was trapped at home during hurricane Rita with a new baby and no infant formula. She had no clue how to breastfeed. Viewers watch how Treceia overcame a personal aversion to breastfeeding only to fall in love with the act of nursing. She continued to breastfeed her infant for months.

Nutrition and Feeding - Audiovisuals (continued)

NEW! Searching for a Rainbow: Adventures of Zobey. 24 minutes, 2007. (DV0168).

Join Zobey, a happy purple monster, and his friend Mr. Hippo Cloud, a rainbow colored hippopotamus, on their adventures as they dance and exercise. This program is designed to encourage children to be physically active. Nutrition tips for parents and recipes are included.

Su Bebe Saludable. 28 minutes, 2005. (DD0034).

Cristina Saralegui hosts the Spanish language version of *Your Healthy Baby*.

NEW! Weight of Obesity. 57 minutes, 2005. (DV0340).

Obesity is second only to smoking as the leading cause of preventable deaths in the United States. Minority and low-income communities have been the hardest hit. In the midst of this epidemic, American families are chronically undernourished. This documentary takes an accessible, non-clinical approach that communicates the serious consequences of obesity, while also offering strategies for change.

Your Healthy Baby. 26 minutes, 2005. (DD0033).

Host Phylicia Rashad discusses children's changing health needs as they grow. She provides useful information on prenatal care, breastfeeding, visiting the pediatrician, and children's nutritional needs and exercise.

Nutrition and Feeding - Selected Websites

Children's Nutrition Research Center: <http://www.bcm.edu/cnrc/>

The Children's Nutrition Research Center is one of six federally funded human nutrition research centers in the nation and conducts scientific investigations into the role of maternal, infant and child nutrition in optimal health, development, and growth.

Dole Super Kids: <http://www.dolesuperkids.com/>

The Kids section of this website contains many fun activities designed to encourage children to eat more fruits and vegetables every day and to be more physically active. There is also a section aimed at parents with lots of tips to coax children to eat healthy. The Teachers section includes lesson plans and kid-friendly recipes.

Food and Nutrition Information Center: <http://fnic.nal.usda.gov/>

This website by the National Agricultural Library contains links to the food guide pyramid, dietary guidelines, bibliographies, reports on nutrition, food composition data, and more. One section is aimed at consumers. (See "Browse by Audience" on the left-hand side and choose consumers.) Links to information on children with special needs is available. http://fnic.nal.usda.gov/nal_display/index.php?info_center=4&tax_level=3&tax_subject=358&topic_id=1612&level3_id=5950&level4_id=0&level5_id=0&placement_default=0

National Dairy Council: <http://www.nutritionexplorations.org/>

This website is sponsored by the National Dairy Council and has resources for parents, educators and school foodservice personnel. It features games and recipes to make learning about healthy eating more fun.

Nutrition Source: Knowledge for Healthy Eating: <http://www.hsph.harvard.edu/nutritionsource/>

This website, sponsored by the Department of Nutrition at the Harvard School of Public Health, explores the latest science about healthy eating for adults, answers key questions about what a person should eat and why, and dispels nutrition myths.

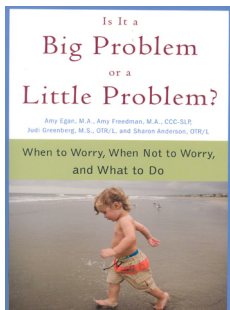
Texas FND Nutrition Library: <http://snplibrary.dhs.state.tx.us/snp/>

This library's collection features nutrition information and includes: children's materials; teaching materials for parents and teachers; training materials for food service personnel in schools and child care settings; general nutrition information for adults; and cookbooks explaining healthy cooking and eating habits. Texas residents may borrow materials for two weeks.

Zero to Three Health & Nutrition: http://www.zerotothree.org/site/PageServer?pagename=key_health

There are a few free articles at this website on how to prevent obesity and how to feed children healthy food.

New Addition - Books



Is It a Big Problem or a Little Problem?: When to Worry, When Not to Worry, and What to Do.

Amy Egan, Amy Freedman, Judi Greenbert, and Sharon Anderson, 2007. (525 173 2007 ECI)

This book is a road map through the ups and downs of early childhood. Almost every child will have a hard day; not listening, throwing a tantrum, being mean or aggressive or excessively shy or withdrawn. This book helps parents decide if the hard days are the exception or the rule. It helps parents determine the size of the problem, how to manage problems on their own with practical tips and strategies and when to seek a professional evaluation.

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Early Childhood Report - March 2008

Early CHILDHOOD Report

Children With Special Needs & Their Families

VOLUME 19, ISSUE 3

MARCH 2008

LEGAL SPOTLIGHT

You Be the Judge

Do this district's limited placement options satisfy LRE mandate? **Page 2**

Washington Watch

Find out about a federal report that says Head Start lacks administrative oversight; learn the winners of the 3rd Annual JoLeta Reynolds Service to Special Education Award. **Page 3**

Decisions & Guidance

Read recent judicial rulings and SEA decisions, including cases involving abuse and placement. **Pages 10-12**

Part C Primer

Under proposed IDEA Part C section 303.24, "multidisciplinary" means the involvement of two or more individuals from separate disciplines or professions, or one individual who is qualified in more than one discipline or profession. This applies when it comes to an IFSP team, IFSP development, and evaluation and assessment of a child. ■

COVER STORY

Model for early childhood RTI draws inspiration from special education tenets

Can professionals apply response to intervention at the early childhood level? Piloting of a University of North Carolina at Chapel Hill approach called Recognition and Response will begin this fall at 10 sites in each state to find out. The framework borrows from the special educator's toolkit, including language on "scaffolding," and asserts that children with disabilities will get help quickly. **See full story, page 4.**

Pre-K RTI?

See what experts envision response to intervention might look like if applied in the early childhood arena. **Page 4**

HIGHLIGHTS

Verify appropriate provision of respite care under IDEA

Find out the appropriate ways you can provide families of infants and toddlers respite care under IDEA Part C. Also learn how to note respite care on IFSPs. **Page 5**

Collaborate to serve children with multiple disabilities

Learn why you should forge a relationship with a local hospital and create a multidisciplinary team to ease service delivery to children who have multiple disabilities. **Page 6**

Work with high schools, colleges to stem staff shortages

See why facilitating a partnership among high schools, community colleges and universities can help pave the way for more highly qualified early childhood educators. **Page 7**

Eye on Autism: Recognize key gender differences

Uncover ways to detect autism in girls, whose symptoms often go unnoticed because of gender stereotypes and expectations. Also learn why the content of interventions should differ according to a child's gender. **Page 8**

Emphasize accountability in behavioral interventions

Find out about a contract-based, individualized behavioral intervention for young students that centers on fidelity and parent involvement. **Page 9**

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Exceptional Parent - February 2008

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BY MICHAEL ROTH, DC & RICHARD DRUCKER, BS, MS, ND, PHD

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Naya Buchanan (left) and Abigail Callison (right) both attend pre-school in an integrated classroom at Siskin Children's Institute in Chattanooga, TN. Photo courtesy of Dennis Wilkes.

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On The Cover

Award-winning L.A. playwright and actor, Lynn Manning, who is blind, performed his one-man show, *Weights*, at La Salle University in Philadelphia and participated in a reading of his newest play, *In the Absence of Light*, at Amaryllis Theatre Company during the *Independence Starts Here* Disability Arts Festival.

Photo by Christopher Voelker.

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