

There's a lot going on at Lehigh Valley Health Network. In case you didn't catch all the latest news, here's a recap of what happened this week. Here are links to Mission Central posts, the latest issue of CheckUp, our 2013 Community Annual Report and Lehigh Valley Health News, our blog on LVHN.org containing timely information and health network news. You also can link to a page on Mission Central where you can submit a question.

[Positive Financial News Continues for LVHN](#)

Terry Capuano, chief operating officer, and Ed O'Dea, chief financial officer, explain why our financial status continues to improve in 2014.

[Influenza Update](#)

Now that influenza illness is widespread in the Lehigh Valley, learn guidelines to help keep patients and colleagues safe.

[Attend the Health Center at Bangor Open House](#)

On Saturday, Feb. 1, you can get a sneak peak of the new facility in Pen Argyl.

[Preparing for the EMR Transformation](#)

Get tips and get ready for implementation of our Epic electronic medical record system.

[New Lehigh Valley Imaging Services](#)

Lehigh Magnetic Imaging Center and Lehigh Valley Diagnostic Imaging will become provider-based services of LVHN and operate under a new name, Lehigh Valley Imaging.

[What are our Plans for Expanding Children's Hospital at Lehigh Valley Hospital?](#)

Learn about our progress and new projects, like the Community Canvas and new website.

[Wellness: Be Protein Proactive](#)

Get recipes and learn what types of protein are best for you.

[Benjamin Sanchez Jr., MD: Seeing Grandfather's Heart Attack Was My Calling – VIDEO](#)

"My family had illnesses, and I know what patients go through," says the Lehigh Valley Heart Specialist cardiologist.

[5B Moves To 4K South](#)

Learn how the unit will help us better serve bariatric surgery patients.



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a blog on LVHN.org containing
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- ABOUT
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- CONTACT US
- SCHEDULES
- Q&A

< Benjamin Sanchez Jr., MD: Seeing Grandfather's Heart Attack Was My Calling – VIDEO

Motivational Monday: Belief, Discipline, Attitude, Happiness >

Positive Financial News Continues for LVHN

After the financial challenges late in fiscal 2013, Lehigh Valley Health Network's (LVHN) financial picture continues to move in a positive direction entering the new year, according to a [Leader to Leader report](#) issued Thursday morning.

"Everyone has done a terrific job as far as cutting costs and expenses," says Terry Capuano, chief operative officer at LVHN. "We've seen an upturn as far as acute admissions and continue to see tremendous growth in outpatient services. Most of all, we remain committed to doing what we need to do to ensure the best in care for our patients. In the end, that's why we're here."

Ed O'Dea, chief financial officer at LVHN, presented the details of the current financial state of the network.

"This is mostly a good news story," says O'Dea. "There are some areas of concern, but for the most part we're at budget or better in most areas and our overall operating income is above budget."

Acute admissions/observations/ED visits

For example, the acute admission volume decline of 4.2 percent for the six-month period July to December 2013 compared to the same six-month period of the previous year, was as budgeted and in line with national averages. But that volume was 3 percent above budget in December and is also above budget through the first two weeks of January.

"Is this a trend? That's difficult to say at this point given the climate in health care nationally," says O'Dea. "We're certainly hoping it is."

LVHN has performed very well in terms of observations, up 10 percent. There has been a decline in recent months, but O'Dea says that likely corresponds to the rise in acute admissions, which are more favorable in terms of reimbursements.

"We can make a similar case for the decline in ED (emergency department) visits," O'Dea says. "People have alternatives now, such as ExpressCARE, which has grown in our health centers by some 10,000 visits. That's actually good as our Express Care visits are likely more appropriate for a walk-in care setting than an emergency department."

LVPG

Lehigh Valley Physician Group has been the fastest-growing division in the network and remains a growth priority going forward. LVPG had a 9.8 percent increase in visits over the prior year

"LVPG is a major part of our future and a key to growing inpatient and outpatient services" O'Dea says.

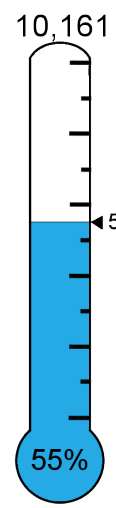
LVH-Hazleton

The financials of Lehigh Valley Hospital-Hazleton and its affiliates were not included in Thursday's report as the merger only became official on Jan. 1. But O'Dea says generally, the news is excellent. Acute admission volumes in Hazleton bucked the national trend by growing 4 percent while observations increased by 17 percent compared to numbers of the previous fiscal year.

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Operating expenses

Despite the challenges, the network did finish the first six months of fiscal 2014 above budget in operating margin and operating income. The areas of concern of which O’Dea speaks have to do with operating expenses.

Overall, operating expenses were actually 1.0 percent below budget throughout LVHN with each operating division below budget. While the expenses below budget factor is positive, a concern is cost/adjusted admission increased 4.4 percent over the previous year.

“We couldn’t sustain this level of expense increase long-term given the revenue pressures of the current health care climate (with Medicare and other insurance reimbursements on the decline trend),” O’Dea says. “The need to look for and implement efficiencies and other actions that reduce our expenses will continue to be critical to our future growth. Each of us has a responsibility to engage ourselves in this work.”

Download and review the [slides from O’Dea’s Leader to Leader presentation](#).

This entry was posted by [Ted Williams](#) on January 20, 2014 at 1:00 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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- HOME
- CHECKUP
- ABOUT
- MAGNET ATTRACTIONS
- CONTACT US
- SCHEDULES
- Q&A

< [Preparing for the EMR Transformation](#)

[What Are Our Plans for Expanding Children's Hospital at Lehigh Valley Hospital?](#) >

Influenza Update

This message is from Terry Burger, RN, director, infection control and prevention.

Influenza illness is widespread in the Lehigh Valley and across the country. We are monitoring the situation daily. To date there have been 23 influenza associated deaths in PA. We currently have several critically ill patients with influenza. It is imperative to reduce the transmission of influenza that colleagues do not come to work with flu-like symptoms. We also encourage you to remind all visitors to postpone their visit if they are exhibiting flu-like symptoms. If you or your family member has not been vaccinated there is still time!

- The Allentown Health Bureau has walk-in hours on Friday.
- Many pharmacies and stores still have flu shots available.
- Contact your PCP for information.
- The Bethlehem Health Bureau will be having a Drive-Thru Clinic on Feb. 9 and Feb. 23.

In an effort to assure we can manage all the patients coming to our facilities for assistance please follow these guidelines:

- Assure all cough etiquette stations are fully stocked with supplies especially surgical masks
- Encourage patients with flu-like symptoms to put on a surgical mask while in our facility
- Encourage anyone else in common waiting areas to put on a surgical mask to protect themselves from sick patients
- Cohort patients with flu-like symptoms (cough, fever, muscle aches, etc.) together regardless of their flu test results
- Be empowered to ask visitors with flu-like symptoms to postpone their visit until their symptoms are gone
- We are not currently restricting visitors but will monitor the situation daily and make adjustments as needed
- Cohort patients. with diarrhea-type symptoms together
- Do not place patients who have flu-like symptoms with a patient that has no symptoms of the flu or with any surgical patients
- Practice good hand hygiene and cough etiquette at all times
- Do not come to work if you are ill

If you have any questions please contact Infection Control and Prevention. Someone is on call 24/7 to assist you with questions and/or placement issues.

This entry was posted by [Admin](#) on January 23, 2014 at 3:55 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

2 comments

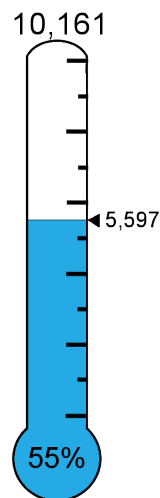
Gina Shaw 90 DAYS AGO

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Is there any data showing how many of the patients that were confirmed with the flu actually got the flu vaccine?

LOG IN TO REPLY

Matthew Burns 87 DAYS AGO

Hi Gina,

Thank you for your comment. I wanted to let you know that we have contacted the Lehigh Valley Health Network infection control team to find the answer to your question. We'll let you know as soon as we can. Thanks!

Matthew Burns

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Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
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< Lehigh Valley Health News Digest: January 13-17

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Get a Sneak Peek – Attend the Health Center at Bangor Open House

For months now, Slate Belt residents have been hearing about the high-quality health care services coming to the former Majestic Athletic Factory Outlet facility in Pen Argyl. On Saturday, Feb. 1, they can see the new [Health Center at Bangor](#) for themselves.



Lehigh Valley Health Network will be holding an open house at the Health Center at Bangor, 1337 Blue Valley Drive, from noon to 3 p.m. Area families and friends are invited to check out the array of health care services that now will be available in their own backyards. Refreshments will be served, and attendees can take part in several family friendly activities (and perhaps win an iPad). Firsthand demonstrations of our services also will be available, such as:

- [Cancer care](#) including infusion – spin the cancer awareness wheel
- Cancer pharmacy services – learn information on safe disposal of prescription drugs
- Screening mammography – learn self-breast exam techniques
- [Physical therapy](#) – take our quiz about the benefits of physical therapy
- [Home sleep studies](#) – see our sleep study unit display
- Cardiac diagnostic services – see video examples of cardiac tests
- Health Network Laboratory services – get a glucose screening
- [Cardiology](#) services – get a blood pressure screening
- Radiology services – see a variety of household items under X-ray or get a Sahara (heel) scan
- Nutrition services – get a body composition scan

The health center also will feature [ExpressCARE](#), where people can be seen without an appointment for minor illnesses and injuries. You can find out when to call 911, and when to visit ExpressCARE, at our open house. TeleHealth services will also provide a demonstration of how technology in ExpressCARE can connect the health center to an ER facility on our hospital campus.

In the event of bad weather, the open house will be rescheduled for Sunday, Feb. 2, from noon to 3 p.m. For details during inclement weather, visit [LVHN.org/bangor](#).

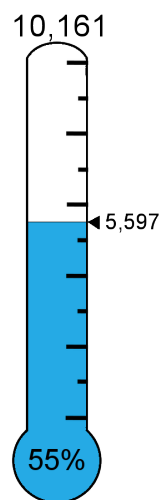
Patients will be seen at the center beginning Monday, Feb. 3. Appointments are now available. To schedule an appointment, call 610-402-CARE.

This entry was posted by [Amanda Coe](#) on January 20, 2014 at 9:40 am, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
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Turkey Veterans Day **Video** What's
new

< [New Lehigh Valley Imaging Services](#)

[Influenza Update](#) >

Preparing for the EMR Transformation

Just as we tell our patients, "This may hurt a bit, but it will make you feel so much better," it's with that same approach that we move forward with the [Epic transformation at LVHN](#). This transition poses challenges for all of us, but the rewards will be well worth a little discomfort.



Epic Preparation Tips:

- **Embrace the Change!** Stay positive and keep an open mind.
- **Remember: It's all about the patient.** Epic is about improving the quality and safety of patient care. It creates a richer environment in which physicians and clinicians can practice medicine.
- **Make a full commitment** to prepare, learn and lead the way into the future of health care.
- **Give yourself time.** Learning new Epic processes will require time, but you won't be alone. You will have training opportunities, as well as super users within your department and resources at your fingertips to help guide you.
- **Recognize the long-term value.** It can be challenging to learn new things, but the results will be worth it. The Epic EMR will make work quicker, easier and consistent across our network; it will improve our productivity; and patient care will be smoother and safer.

Epic

This entry was posted by [Jenn Fisher](#) on January 23, 2014 at 11:30 am, and is filed under [Get News](#), [Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

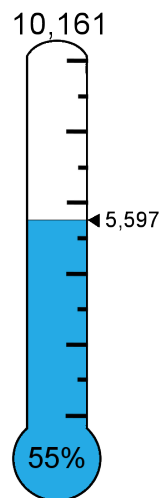
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Forums handbook Holiday
Inspiration In the News
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Marathon for Via Motivation motivational monday
Open Enrollment patient safety week Photos
Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
Excellence Awards Service Star Storm
Summit teamwork Thanks
Turkey Veterans Day Video What's
new



< Wellness Wednesday – Be Protein Proactive

Preparing for the EMR Transformation >

New Lehigh Valley Imaging Services

This announcement is from Fran Blackwell, Senior Vice President of Ambulatory Services

For over two decades, Lehigh Valley Health Network (LVHN) has shared a mutually successful relationship with Lehigh Magnetic Imaging Center (LMIC) and Lehigh Valley Diagnostic Imaging (LVDI). During that time, all three organizations operated independently. Later this month, LVDI and LMIC will become provider-based services of LVHN and operate under a new name, Lehigh Valley Imaging. We are awaiting Pennsylvania Department of Health approval for the change and expect it to become effective Jan. 28, 2014.

“Provider-based” refers to the billing process for services rendered in a hospital or outpatient setting. Lehigh Valley Imaging facilities will be licensed as provider-based. As a result, they now must meet stringent Pennsylvania Department of Health and Joint Commission Accreditation standards. LVHN is investing \$5-6 million in renovations to meet these requirements. The renovated space will help us provide high-quality care in the safest environment possible.

The creation of Lehigh Valley Imaging will have little to no effect on the employees of LMIC and LVDI. All of them will retain their jobs. Most of them will become employees of Lehigh Valley Imaging while a small number of them will become employees of LVHN.

LVHN will provide the same services as were previously provided by LMIC and LVDI at these locations. These services will be managed by Lehigh Valley Imaging:

- 1220 S. Cedar Crest Blvd., Allentown – MRI
- 1230 S. Cedar Crest Blvd., Allentown – MRI
- 1247 S. Cedar Crest Blvd., Allentown – MRI
- 1770 Bathgate, Bethlehem – MRI
- 1250 S. Cedar Crest Blvd., Allentown – CT

To schedule an MRI appointment, call 610-740-9500, option 3. To schedule a CT appointment, call 610-435-1600, option 1.

During this era of reform, Lehigh Valley Imaging will help strengthen our health network and ensure the people of our community receive the quality imaging services they expect and deserve for years to come.

This entry was posted by [Amanda Coe](#) on January 22, 2014 at 4:36 pm, and is filed under [Get News](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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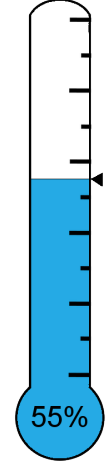
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Preventive Screenings Questions Quotes
Recreation Reframing Sandy Service
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< Influenza Update

Lehigh Valley Health News Digest: January 20-24 »

What Are Our Plans for Expanding Children's Hospital at Lehigh Valley Hospital?

Q: What are our plans for expanding Children's Hospital at Lehigh Valley Hospital?

Five years ago, we started discussions about becoming a children's hospital and developing a [Children's ER](#). Now we have both. We've established a pediatric residency program, which will serve as a pipeline to have more pediatricians stay in our region. We expanded the [Children's Clinic](#) and renovated the sixth floor at Lehigh Valley Hospital-17th Street.

Expansion of the Kasych Family Pavilion will allow us to convert existing facilities to be child-friendly and child-focused. We will be designing a new Children's Hospital entrance at Lehigh Valley Hospital-Cedar Crest. We are planning a child advocacy center to help suspected child abuse victims and conduct work to prevent child abuse. We are adding pediatric specialists to provide new services, such as pediatric infectious disease care. We also are collaborating with our child psychiatry colleagues through the Children's Hospital Leadership Council to support their services and integrate behavioral health into our practices. [Learn more about the 28 pediatric specialties](#) we currently have at Children Hospital at Lehigh Valley Hospital.

A current Children's Hospital at Lehigh Valley Hospital initiative is [Community Canvas](#), which is presented in partnership with Lehigh Valley Art Spark and Radio Disney Philadelphia. The goal of Community Canvas is to promote healthy eating habits and all-around wellness for area children.



Area elementary school student artists are selected at random from entries submitted at their schools for one of four Community Canvas events. At the events, each artist is given a lunchbox full of supplies and 60 minutes to create artwork

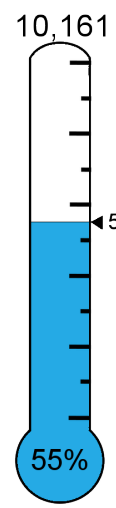
based on a particular healthy theme. The artwork is then voted on by people in attendance and is posted on LVHN's Facebook page for voting. The artist with the most votes goes to the grand finale, where the top eight artists each receive one surprise canvas and a mystery lunchbox of art materials, and have 60 minutes to create their artwork. The grand prize winner picked by the attending audience wins a chance to meet a Disney Channel star in person at a local free appearance in May.

Also under construction is a new Children's Hospital at Lehigh Valley Hospital website. It

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will be devoted entirely to children's conditions and services available at our Children's Hospital. The website is expected to go live in the summer of 2014.

Remember, you can [ask your questions any time on Mission Central](#). We'll share your question with the colleague who can best answer it and post the response ASAP. You also can visit the [Q&A page](#) to read the answers to all the questions asked at Colleague Forums and on Mission Central. Thanks for keeping the conversation going.

ForumQuestions2013

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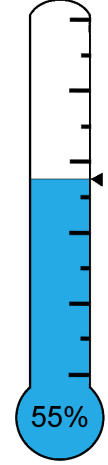


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In December, you tracked how much water you drink each day. Now it's time to take a closer look at the food you put into your body. The U.S. government recommends adults eat five to six ounces of protein each day, which includes:

- Meat, poultry or fish
- Beans
- Eggs
- Nuts or seeds

It is important to consume enough protein in your diet, since proteins function as the building blocks for bones, muscles, cartilage, skin and blood. You can also get B vitamins, vitamin E, iron, zinc and magnesium from proteins.

Did you know that some sources of protein are better for you than others?

"Beans are an excellent source of soluble fiber, which has been proven to help reduce the bad cholesterol (LDL) that clogs arteries," says Suzanne Ickes, clinical dietitian at LVH-Muhlenberg.

The type of protein you should consume least is red meat. "Though high in protein, vitamins and minerals, red meat also can be high in calories, saturated fat and cholesterol," says Kim Procaccino, clinical nutrition services nutritional director. Eating a lot of red meat can lead to higher blood pressure, and an increased risk of developing heart disease and certain types of cancer.

"People with diabetes need to be especially careful about consuming red meat because they are at greater risk for developing heart disease," says Monica Pyzia, clinical dietitian and certified diabetes educator with the [Helwig Health and Diabetes Center](#).

This week's Wellness Wednesday challenge: One day this week, substitute red meat with healthier alternatives such as chicken, fish or beans.

It's not as hard as you might think. "Try vegetarian refried beans, tofu, tempeh, quinoa, bulgur, wheat berries, soy milk, and whole grain flours, pastas and rice to bulk up the protein in your diet without the saturated fat and cholesterol," Procaccino says.

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“Lentils are a type of bean that can be cooked without soaking overnight and can provide a welcome alternative to canned beans. Hummus is made from chick peas (garbanzo beans) and is a quick source of bean protein,” says Ickes.

There also are simple suggestions for colleagues with diabetes. “You do not need to cut red meat out of your diet entirely,” Pyzia says. “One solution is to eat leaner cuts of meat – like loin, round and rump cuts – and to eat smaller portions.”

Check out some [recipes on LVHN.org](#), like [chicken mole](#), [grilled rosemary-salmon kebabs](#) or [black bean burrito wrap](#).

Have you participated in the [FY14 People Goal](#)? Go to [MyPopulytics.com](#) and set your own wellness goal. Not only will setting your goal keep you healthier, but it also will make you eligible to win monthly prizes and a grand prize at the end of fiscal year 2014. When you're healthy, you're at your best for colleagues, patients and their families. Help LVHN serve as a role model by taking steps to improve your wellness.

This entry was posted by [Amanda Coe](#) on January 22, 2014 at 2:00 pm, and is filed under [Live Healthy](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

2 comments

Deborah Steckel 90 DAYS AGO

I admit that I initially cringed when I read the subject of this article. It is a rare person in this country that needs to worry about how much protein he/she consumes! Most articles like this simply suggest eating fish or chicken instead of red meat. I was so happy to see that healthful alternate sources of protein were suggested! I'd like to add that vegetables such as spinach and kale are loaded with protein, too (even vegetables like French beans and peas contain protein). Nuts and seeds are protein-filled. And it is easy to find sprouted grain breads—both Wegmans and Giant carry them.

Sincerely,

The Vegan Dean for ED Registrars at CC

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Amanda Coe 90 DAYS AGO

Thanks for adding more suggestions, Deborah!

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Benjamin Sanchez Jr., MD: Seeing Grandfather's Heart Attack Was My Calling – VIDEO

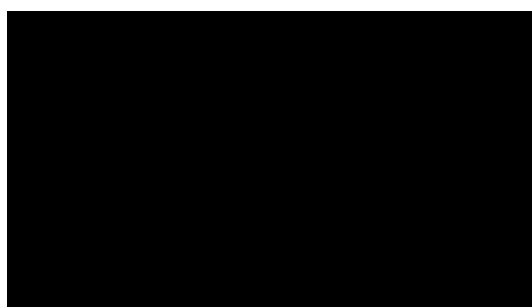
We are producing videos of our doctors and advanced practice clinicians (APC) to help our community find trustworthy health care providers. We will share them here to introduce you to these colleagues. You'll learn about their personality, philosophy of care and inspiration for practicing medicine. These videos are embedded in our website's [Find a Doctor](#) tool, where you can learn about each provider's educational background and more. Enjoy!

[Benjamin Sanchez Jr., MD](#), has a family history of heart disease. Seeing his grandfather have a heart attack was his calling to become a board-certified cardiologist.

"What inspired me to go into medicine was to take care of people," he says. "My family had illnesses, and I know what patients go through."

He sees patients at [Lehigh Valley Heart Specialists](#).

Get to know him with this video.



This entry was posted by [Alyssa Young](#) on January 20, 2014 at 12:15 pm, and is filed under [Connect with Colleagues](#), [Watch](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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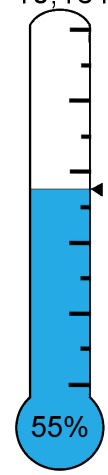
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5B Moves To 4K South

Larger patient rooms with larger bathrooms, a better patient experience, more space and better logistics in the staff operational areas. With all this, it's easy to understand why Christine Joyce, RN, director of clinical services on 5B, has been looking forward to her team's move Jan. 14 to 4K in Lehigh Valley Hospital-Cedar Crest's new Kasych South Tower.



Heather Miller, RN, and Alysha Freed, RN, at work with the med/surg unit that moved to 4K South on Jan. 14. The unit was formerly located on 5B.

"We care for many bariatric surgery patients," Joyce says. "The new rooms are very nice for patients in that population. In 5B, we didn't have many rooms that were set up very well for bariatrics."

Initially, 5B had 12 semiprivate rooms. Eight became private rooms in one of the recent bed and staffing adjustments for volume fluctuations. In 4K, all 24 rooms are private.

"The rooms are larger, the furniture is larger and the bathrooms are more spacious to make them more easily accessible," Joyce says. "One of our patient lifts can accommodate up to 1,100 pounds. Plus medications are stored in each patient's room, so there's no need for a medication cart. And everything is brand new. Overall, it's a really pleasant environment."

The last few weeks have been hectic as medical and phone equipment has been transferred and tested between units as needed. The transfer of patients was scheduled to begin at 8 a.m. Joyce had to make sure she had enough of her 53-member staff on duty to cover both floors during the transfer.

No plans have been announced for the use of the 5B space.

This entry was posted by [Ted Williams](#) on January 21, 2014 at 10:30 am, and is filed under [Get News, Learn](#). Follow any responses to this post through [RSS 2.0](#). You can [leave a response](#) or [trackback](#) from your own site.

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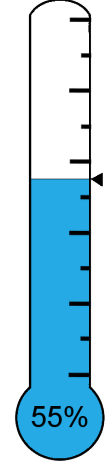
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