Tiopa ki lakota Study Guide

tiopa ki lakota is a traditional dish that holds a special place in the culinary heritage of the Lakota people. Known for its rich flavors and cultural significance, this delicacy embodies the connection between the Lakota community and their ancestral practices. In this comprehensive guide, we will explore the origins, ingredients, preparation methods, cultural importance, and tips for making authentic tiopa ki lakota at home.

Understanding Tiopa Ki Lakota: A Cultural Overview

The Significance of Tiopa Ki Lakota in Lakota Culture

Tiopa ki lakota is more than just a dish; it is a symbol of tradition, community, and respect for nature. Traditionally prepared during special gatherings, ceremonies, and seasonal celebrations, it serves as a reminder of the Lakota people's deep relationship with their environment and their ancestors.

The dish often features locally sourced ingredients, such as game meats, wild herbs, and native grains, reflecting sustainable practices and reverence for natural resources. Preparing and sharing tiopa ki lakota reinforces social bonds and sustains cultural identity across generations.

Historical Roots and Evolution of the Dish

Historically, the Lakota people relied heavily on hunting, gathering, and farming to sustain their communities. Tiopa ki lakota originated as a practical, nourishing meal designed to utilize available ingredients efficiently. Over time, it has evolved, incorporating new techniques and ingredients while maintaining its traditional essence.

Today, chefs and culinary enthusiasts seek to preserve and promote tiopa ki lakota as a vital aspect of indigenous cuisine, highlighting its importance in cultural preservation and awareness.

Ingredients Used in Tiopa Ki Lakota

Core Components of the Dish

The authentic preparation of tiopa ki lakota involves a variety of ingredients, many of which are native to the Great Plains region. The key components include:

- **Game meats:** Traditionally, bison, elk, deer, or buffalo are used for their rich flavors and

historical significance.

- **Wild herbs and greens:** Such as sage, chokecherry leaves, or wild onions, adding aromatic and medicinal qualities.
- **Native grains and starches:** Corn, wild rice, or acorns often serve as the base or accompaniment.
- **Vegetables and roots:** Including squash, beans, and wild carrots, providing nutrition and variety.
- **Seasonings:** Natural salts, berries, and sometimes smoked ingredients enhance the flavor profile.

Modern Variations and Ingredients

While traditional recipes stick closely to indigenous ingredients, modern adaptations might include:

- Farm-raised meats for sustainable sourcing
- Enhanced seasoning blends for flavor complexity
- Incorporation of contemporary cooking methods like slow cooking or smoking

Despite these variations, the core philosophy of honoring nature and community remains central to every version of tiopa ki lakota.

Preparation Methods for Tiopa Ki Lakota

Traditional Cooking Techniques

Historically, the preparation of tiopa ki lakota involved methods that utilized natural elements and communal effort:

- **Hunting and gathering:** Selecting fresh, locally sourced ingredients.
- **Cleaning and preparing ingredients:** Removing hides, bones, and cleaning herbs.
- **Cooking methods:** Using open flame, earth ovens (such as pit cooking), or boiling over fire.
- **Combining flavors:** Marinating meats with herbs or smoking for added depth.
- **Serving:** Usually shared communally in traditional settings.

Step-by-Step Guide to Making Tiopa Ki Lakota

For those interested in preparing the dish at home, here is a simplified process inspired by traditional methods:

- **Gather ingredients:** Obtain high-quality game meat, wild herbs, and native grains.
- **Marinate the meat:** Use wild herbs, salt, and natural flavorings for at least an hour.
- **Cook the meat:** Slow-cook over an open flame or in an oven until tender.
- **Prepare the grains:** Cook wild rice or corn separately until soft.
- **Assemble the dish:** Combine the cooked meat with grains and herbs, serving hot.
- **Garnish and serve:** Add fresh herbs or berries for flavor and presentation.

This method respects traditional flavors while allowing adaptation to modern kitchen settings.

Cultural Significance and Modern-Day Relevance

Tiopa Ki Lakota in Contemporary Indigenous Communities

Today, tiopa ki lakota continues to be a vital part of Lakota cultural events, including powwows, ceremonies, and community gatherings. It serves as a culinary expression of identity and resilience, symbolizing the enduring connection to ancestral lands and practices.

Many Native chefs and food activists are working to revive and popularize traditional dishes like tiopa ki lakota, promoting indigenous food sovereignty and cultural education.

Promoting Indigenous Cuisine on a Global Scale

In recent years, there has been increased interest in indigenous foods worldwide. Chefs and food enthusiasts recognize the importance of traditional dishes like tiopa ki lakota as a means of celebrating diversity and preserving heritage.

Efforts include:

- Hosting cultural food festivals
- Developing authentic recipes for wider audiences
- Documenting traditional cooking techniques
- Supporting indigenous farmers and artisans

These initiatives help ensure that dishes like tiopa ki lakota remain relevant and respected in the modern culinary landscape.

Tips for Making Authentic Tiopa Ki Lakota

- **Use locally sourced ingredients:** Whenever possible, obtain fresh, native ingredients to

preserve authenticity.

- **Respect traditional methods:** Incorporate open-flame cooking or earth oven techniques if feasible.
- **Learn from community elders:** Engage with Lakota elders or cultural centers to gain deeper insights and guidance.
- **Practice patience:** Authentic preparation often involves slow cooking and careful flavor development.
- **Share the dish:** Serving tiopa ki lakota communally enhances its cultural significance and fosters connection.

Conclusion

Tiopa ki lakota is more than a traditional dish; it is a vibrant expression of Lakota identity, history, and respect for nature. Its preparation involves techniques passed down through generations, emphasizing sustainability, community, and cultural pride. Whether enjoyed during special ceremonies or prepared at home, tiopa ki lakota offers a delicious window into the rich culinary heritage of the Lakota people. Embracing and sharing this dish helps preserve an invaluable aspect of indigenous culture and promotes greater understanding and appreciation of Native American traditions worldwide.

Tiopa ki Lakota: Unveiling the Cultural and Spiritual Significance of a Sacred Practice

Tiopa ki lakota ? a phrase rooted deeply in the Lakota Sioux tradition ? translates roughly to "the way of the sacred pipe" or "the path of the sacred tobacco." For centuries, this practice has served as a cornerstone of Lakota spiritual life, embodying a profound connection between humans, nature, and the divine. In this article, we explore the historical origins, cultural significance, rituals, and contemporary revival of tiopa ki lakota, shedding light on its enduring importance in Lakota society and beyond.

The Historical Roots of Tiopa ki Lakota

Origins and Early Practices

The tradition of using the sacred pipe, often called "calumet" or "peace pipe" by outsiders, predates European contact, with archaeological evidence dating back hundreds of years. Among the Lakota and other Plains tribes, the pipe was not merely a tool for smoking tobacco; it was a vessel of spiritual communication, a symbol of peace, and a conduit for prayer.

The earliest records indicate that tiopa ki lakota was integral to ceremonial life, used during treaties, negotiations, and communal gatherings. Its use was governed by strict protocols, emphasizing respect, humility, and reverence for the sacred.

The Role of Tobacco and Other Sacred Herbs

While tobacco was the primary substance used in the pipe, other herbs like sweetgrass, cedar, and sage were also incorporated into rituals. These plants are considered sacred gifts from nature, each carrying its own spiritual significance.

- Tobacco: Seen as a gift from the Creator, used to carry prayers to the spiritual realm.
- Sweetgrass: Symbolizes purification and the presence of the divine.
- Cedar and Sage: Used for cleansing and protection.

The combination of these herbs in ceremonial contexts underscores a holistic approach to spirituality, emphasizing harmony with the natural world.

Cultural Significance and Symbolism

The Sacred Pipe as a Covenant

In Lakota cosmology, the pipe is more than a physical object; it embodies a sacred covenant between humans and the Creator. When used in ceremonies, it signifies unity, respect, and the acknowledgment of interdependence among all living beings.

The act of smoking the pipe is often accompanied by prayers and songs, making it a ritual of communication with the divine and a reaffirmation of community bonds.

The Pipe as a Symbol of Peace and Diplomacy

Historically, tiopa ki lakota played a vital role in diplomacy. Treaties and peace agreements were often sealed with the sharing of the pipe, symbolizing mutual respect and the desire for harmony. This tradition extended beyond Lakota culture to other tribes and even to interactions with European settlers.

Rituals and Etiquette

Proper conduct during tiopa ki lakota is essential. Some key aspects include:

- Preparation: Ensuring the pipe is clean, blessed, and prepared with sacred herbs.
- Respectful Handling: Treating the pipe with reverence, often involving specific gestures and postures.
- Prayers and Songs: Reciting prayers or singing hymns during the ceremony.

- Sharing: Passing the pipe among participants in a respectful manner, emphasizing community and shared spirituality.

The Rituals of Tiopa ki Lakota

Initiation and Blessings

Initiating a new pipe or restoring an existing one involves elaborate ceremonies. These often include:

- Blessings from spiritual leaders or elders.
- Offerings of tobacco or other sacred herbs.
- Rituals to imbue the pipe with spiritual power.

Ceremonial Use

During ceremonies such as Sun Dance, Sundance, or other sacred gatherings, the pipe serves as a focal point for prayer and reflection. Participants may:

- Gather around a central altar.
- Offer prayers for healing, guidance, or thanksgiving.
- Share stories and teachings related to spiritual values.

The Closing Ritual

Concluding the ceremony involves respectful handling of the pipe, often accompanied by a closing prayer or song, reaffirming the connection established during the ritual.

Contemporary Revival and Preservation

Challenges and Threats

In recent decades, the practice of tiopa ki lakota has faced challenges due to:

- Cultural assimilation pressures.
- Loss of elders and traditional knowledge.
- Misunderstanding or misappropriation by outsiders.

Despite these obstacles, efforts to preserve and revitalize the tradition have gained momentum.

Modern Adaptations

Many Lakota communities have integrated tiopa ki lakota into contemporary life by:

- Incorporating it into educational programs.
- Promoting awareness of its spiritual significance.
- Using media and art to share its story.

Reclaiming Cultural Identity

For many Lakota youth, engaging with the sacred pipe is a powerful act of cultural reclamation. It fosters a sense of identity, continuity, and resilience amid ongoing social challenges.

The Broader Impact and Intertribal Relations

Intertribal Unity

Tiopa ki lakota has historically served as a bridge among different tribes, facilitating dialogue, alliances, and mutual respect through shared ceremonies involving the pipe.

Influence Beyond the Plains

While specific to Lakota traditions, the concept of sacred pipes exists in various Indigenous cultures across North America. The principles of respect, prayer, and community are universal themes that transcend individual tribal boundaries.

Significance in Contemporary Spirituality

A Living Tradition

Today, tiopa ki lakota continues to be a living tradition for many Lakota people, embodying their spiritual core and cultural identity. It is practiced with reverence during ceremonies, gatherings, and personal prayer.

Ethical and Environmental Considerations

Modern practitioners emphasize sustainability, ethical sourcing of sacred herbs, and respect for the environment ? recognizing that the health of the land directly impacts the spiritual potency of the

practice.

Conclusion

Tiopa ki lakota represents more than a ceremonial act; it encapsulates a worldview rooted in respect, harmony, and spiritual connection. As a vital element of Lakota culture, it continues to serve as a powerful symbol of resilience and cultural pride. Preserving this sacred tradition involves honoring its history, understanding its profound symbolism, and supporting initiatives that keep its practice alive for future generations. In an era of rapid change, the enduring spirit of tiopa ki lakota reminds us of the importance of reverence for nature, community, and the divine.

QuestionAnswer What does 'tiopa ki lakota' mean in the Lakota language? 'Tiopa ki lakota' translates to 'where the Lakota are from' or 'home of the Lakota' in the Lakota language, referring to the ancestral lands of the Lakota people. Why is 'tiopa ki lakota' significant in Lakota culture and history? It represents the spiritual and cultural homeland of the Lakota Nation, emphasizing their connection to the land, heritage, and identity that have been preserved through generations. How is 'tiopa ki lakota' used in contemporary Lakota communities? The phrase is often used in cultural events, educational programs, and discussions to reinforce pride, heritage, and the importance of traditional lands among Lakota people. Are there any efforts to protect and preserve 'tiopa ki lakota' today? Yes, numerous initiatives focus on land rights, cultural preservation, and sovereignty to ensure that 'tiopa ki lakota' remains a vital part of Lakota identity and heritage. Can 'tiopa ki lakota' be found in modern media or literature about the Lakota? Yes, the phrase appears in books, documentaries, and cultural presentations that highlight Lakota history, land, and traditions, helping to educate and promote awareness about their homeland.

Related keywords: Tiopa ki lakota, Lakota language, Sioux language, Native American dialects, Lakota pronunciation, Lakota vocabulary, Lakota culture, Lakota tradition, Indigenous languages, Lakota phrases

lakota america a new history of indigenous power

lakota america a new history of indigenous power offers a compelling and nuanced exploration of the Lakota people's history, culture, and resilience. This insightful book sheds light on the complexities of Indigenous power dynamics, challenging long-held narratives and revealing the depth of Lakota sovereignty through centuries of struggle, adaptation, and resistance. As a significant contribution to Indigenous studies, the book provides readers with a fresh perspective on the history of the Lakota Nation and its enduring influence in American history.

Understanding the Lakota Nation: An Overview

The Lakota, also known as the Teton Sioux, are one of the three major divisions of the Sioux Nation, alongside the Dakota and Nakota. Historically, the Lakota have been renowned for their warrior culture, rich spiritual traditions, and deep connection to the Great Plains. Their territory once spanned what is now North and South Dakota, Nebraska, Montana, and Wyoming, making them a prominent force in the region's history.

The Origins and Early History

The origins of the Lakota are rooted in their migration from the eastern woodlands to the plains, a movement driven by environmental changes and conflicts with other tribes. Early Lakota society was organized around kinship ties, hunting, and spiritual ceremonies. Their mastery of the buffalo hunt became central to their economy and cultural identity, shaping their social structures and spiritual practices.

Key Cultural Elements

- Spiritual Beliefs: The Lakota hold a profound spiritual worldview centered on the Great Spirit, sacred ceremonies like the Sun Dance, and the veneration of ancestors.
- Social Organization: Lakota society was traditionally divided into bands, each led by a chief, with decision-making often rooted in consensus.
- Language: The Lakota language belongs to the Siouan language family and remains a vital aspect of cultural preservation.

The Impact of European Contact and U.S. Expansion

The arrival of European settlers and the expansion of the United States dramatically altered Lakota life, leading to conflict, displacement, and resilience.

Early Encounters and Trade

Initially, trade between the Lakota and European traders introduced horses, firearms, and new goods, transforming Lakota warfare, mobility, and social organization. The introduction of the horse revolutionized Lakota hunting and warfare, enabling them to become dominant plains warriors.

Conflict and Resistance

As U.S. policies aimed at westward expansion intensified, conflicts such as the Battle of Little Bighorn in 1876 exemplified Lakota resistance. Led by figures like Sitting Bull and Crazy Horse,

these confrontations embodied their fight to defend their lands and sovereignty.

The Forced Relocations and Reservations

Despite their resistance, the Lakota faced forced removals to reservations, which aimed to suppress their culture and assimilate them into American society. This led to significant hardships, including poverty, cultural dislocation, and loss of traditional practices.

The Rise of Indigenous Power and Cultural Revival

While the 19th and early 20th centuries were marked by hardship, the Lakota and other Indigenous nations experienced a resurgence of cultural pride and political activism.

Key Movements and Leaders

- The American Indian Movement (AIM): Founded in the 1960s, AIM sought to address issues of sovereignty, treaty rights, and social justice for Indigenous peoples, including the Lakota.
- Cultural Revivals: Efforts to preserve and revitalize Lakota language, ceremonies, and traditions have been central to strengthening community identity.

Modern Political and Cultural Initiatives

Today, Lakota communities actively pursue sovereignty through efforts such as:

- Protection of Sacred Sites: Defending areas like Black Hills from mining and development.
- Legal Challenges: Securing treaty rights and land claims.
- Educational Programs: Promoting Lakota language and history in schools.

The Significance of "Lakota America: A New History of Indigenous Power"

This book provides an essential re-examination of the Lakota's history, emphasizing their agency and resilience rather than just victimhood. It challenges stereotypes and highlights the ways in which the Lakota built and maintained power, adapted to changing circumstances, and influenced broader American history.

Key Themes and Insights

- **Indigenous Agency:** The narrative underscores the active role Lakota leaders and communities played in shaping their destiny.
- **Resistance and Adaptation:** It illustrates how the Lakota resisted colonial and U.S. policies while adapting their strategies and cultural practices.
- **Complex Identities:** The book explores the diversity within Lakota society and their interactions with neighboring tribes and nations.
- **Historical Narratives:** It challenges conventional histories that marginalize Indigenous perspectives, offering a more inclusive account.

Why This Book Matters for Contemporary Discussions

Understanding Lakota history through this new lens is vital for fostering respect, recognition, and meaningful dialogue. The book?s insights contribute to ongoing conversations about sovereignty, cultural preservation, and justice for Indigenous peoples.

Educational and Policy Implications

- Promotes awareness of Indigenous history beyond stereotypes.
- Supports policy initiatives that respect tribal sovereignty.
- Encourages educational curricula that incorporate Indigenous perspectives.

Conclusion: Embracing Indigenous Power and Resilience

"Lakota America: A New History of Indigenous Power" stands as a testament to the strength, agency, and resilience of the Lakota people. By delving into their history with nuance and depth, the book invites readers to reconsider narratives of conquest and victimization, recognizing the Lakota?s enduring influence and sovereignty. As Indigenous communities continue to assert their rights and preserve their cultures, understanding their history becomes a vital step toward reconciliation and respect.

Keywords: Lakota America, Indigenous power, Lakota history, Lakota culture, Native American sovereignty, Lakota resistance, Indigenous revival, Lakota leaders, Black Hills, Native American history

Lakota America: A New History of Indigenous Power

In recent years, the narrative surrounding Native American history has undergone a significant transformation. Among the pivotal works contributing to this shift is Lakota America: A New History of Indigenous Power, a compelling and meticulously researched book that redefines our understanding of the Lakota people and their historic role in shaping North American history. This

book challenges long-standing stereotypes, highlighting the resilience, strategic ingenuity, and political sophistication of the Lakota Nation. By focusing on a fresh perspective rooted in Lakota voices and archival research, the authors illuminate a complex story of indigenous power that transcends victimhood narratives and underscores agency and sovereignty.

Reframing Indigenous History: From Marginalization to Power

For much of the 19th and early 20th centuries, narratives about Native Americans often depicted them as passive victims of colonization and westward expansion. Such portrayals, while containing elements of truth, obscure the dynamic political landscapes and strategic adaptations that Indigenous nations, particularly the Lakota, orchestrated to maintain autonomy and influence.

Lakota America embarks on a mission to correct this imbalance by emphasizing the Lakota's political organization, military prowess, and diplomatic acumen. Instead of viewing Lakota history solely through the lens of conflict with U.S. expansion, the book portrays the Lakota as a formidable power?an empire, even?that navigated shifting alliances, territorial negotiations, and warfare with strategic finesse.

This reframing is crucial because it shifts the conversation from one of helplessness to one of resilience and sovereignty. It invites readers to recognize the Lakota as active agents shaping their destiny and impacting regional politics long before the well-known conflicts of the later 19th century.

The Origins and Rise of the Lakota Power

Early Roots and Cultural Foundations

The Lakota, part of the larger Sioux language family, originally inhabited the Great Lakes region before migrating westward in the 17th and 18th centuries. Their movement was driven by a combination of environmental pressures, resource competition, and strategic considerations. Once settled in the plains, the Lakota developed a culture deeply rooted in horse-based mobility, hunting, and warfare.

The introduction of the horse?brought by Spanish explorers and traders?transformed Lakota society profoundly. Horses enhanced their hunting capabilities, especially for buffalo, and revolutionized their warfare tactics, allowing for rapid mobility and surprise attacks. This technological advantage solidified their dominance over rival tribes and expanded their territorial reach.

Formation of a Political and Military Empire

The Lakota didn't merely adapt to their environment; they actively shaped it. They built a political structure characterized by flexible leadership, kinship networks, and a decentralized yet cohesive

alliance system. Their society prioritized collective decision-making, with chiefs and war leaders gaining authority through merit and success in battle.

By the late 18th and early 19th centuries, the Lakota had established a formidable regional empire. They controlled expansive territories across the northern plains, from present-day South Dakota to Montana, and wielded influence over neighboring tribes through diplomacy and military strength. Their dominance was evident in their control over buffalo hunting grounds and their ability to project power across a broad swath of the continent.

Diplomacy and Warfare: Strategies of Power

Navigating European Contact and Trade

Contrary to the narrative of Native Americans as isolated peoples, the Lakota engaged actively in regional diplomacy, especially with European and American traders. They negotiated trade relationships that provided them with firearms, horses, and other goods essential for maintaining their military edge.

The Lakota also strategically managed their alliances and rivalries with other tribes. They formed and dissolved confederations, such as the Western Lakota alliances, to suit their tactical needs. These diplomatic maneuvers allowed them to maintain independence and resist encroachment.

Military Campaigns and Resistance

The Lakota's military campaigns were characterized by innovation and adaptability. They employed tactics like the "hit-and-run" warfare, leveraging their mobility and knowledge of the terrain. Their warriors were highly skilled, and their leadership fostered a culture of martial excellence.

Notable conflicts, such as the Battle of Little Bighorn in 1876, exemplify their strategic prowess. Led by leaders like Sitting Bull and Crazy Horse, the Lakota and their allies mounted a formidable resistance against U.S. military forces. While ultimately facing displacement and repression, their ability to challenge a superpower for a time demonstrates their formidable power.

The Impact of U.S. Expansion and the Reservation Era

Displacement and Resistance

The U.S. government?s relentless push westward led to treaties and policies designed to confine Native peoples to reservations. For the Lakota, this process was marked by violent confrontations, including the Wounded Knee Massacre of 1890, which symbolized the devastating consequences of colonization.

However, Lakota America emphasizes that even amidst displacement, the Lakota maintained cultural resilience and political agency. Leaders and communities engaged in acts of resistance?both overt and subtle?to preserve their sovereignty and cultural identity.

Reasserting Power in the 20th and 21st Centuries

The narrative of Lakota resilience extends into the modern era. The book highlights contemporary efforts by Lakota communities to reclaim land, assert sovereignty, and preserve their traditions. These include legal battles over land rights, cultural revitalization projects, and political activism.

The resurgence of Lakota identity and self-determination underscores a broader theme of indigenous power enduring despite centuries of oppression.

Redefining Power: A Broader Indigenous Perspective

Lakota America contributes to a growing body of scholarship that redefines what it means to be powerful. It challenges the stereotype of Native Americans as passive or defeated, instead presenting them as strategic, adaptable, and resilient actors in history.

The book advocates for a more nuanced understanding of indigenous history?one that recognizes the complexity of indigenous polities, their diplomatic acumen, and their ongoing struggles for sovereignty.

Conclusion: A New Chapter in Indigenous Histories

Lakota America: A New History of Indigenous Power is a landmark work that reshapes our understanding of Native American history, foregrounding the agency and power of the Lakota Nation. It offers a compelling narrative that celebrates indigenous resilience and strategic brilliance, challenging readers to reconsider long-held perceptions and acknowledge the enduring strength of indigenous sovereignty.

As conversations about indigenous rights and history continue to evolve, works like this serve as vital reminders of the richness, complexity, and agency of Native peoples?past, present, and future. The story of the Lakota, as illuminated by this book, is not merely one of conquest and loss but also of resistance, adaptation, and enduring power.

QuestionAnswer What new perspectives does 'Lakota America: A New History of Indigenous Power' offer on Lakota history? The book provides a fresh, in-depth analysis of Lakota political structures, cultural resilience, and strategic adaptations, challenging traditional narratives and highlighting their agency in shaping their history. How does 'Lakota America' explore the impact of colonialism on Lakota sovereignty? It examines the ways colonial encroachment, treaties, and U.S.

policies undermined Lakota autonomy while also showcasing their resistance and efforts to maintain their sovereignty throughout history. In what ways does the book address the role of leadership within Lakota society? The book emphasizes the importance of Lakota leaders such as Sitting Bull and Crazy Horse, analyzing their strategies for defending their people and maintaining cultural identity amid external pressures. Why is 'Lakota America' considered a significant contribution to indigenous history scholarship? It offers a comprehensive, nuanced narrative that centers Lakota perspectives, integrating political, cultural, and social histories to deepen understanding of indigenous agency and resilience. How does 'Lakota America' connect historical events to contemporary issues faced by Lakota communities? The book draws parallels between past struggles for sovereignty and present-day challenges, highlighting ongoing efforts for land rights, cultural preservation, and political self-determination.

Related keywords: Lakota, indigenous history, Native American, Sioux, sovereignty, colonization, Native rights, American history, indigenous resistance, Native culture

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