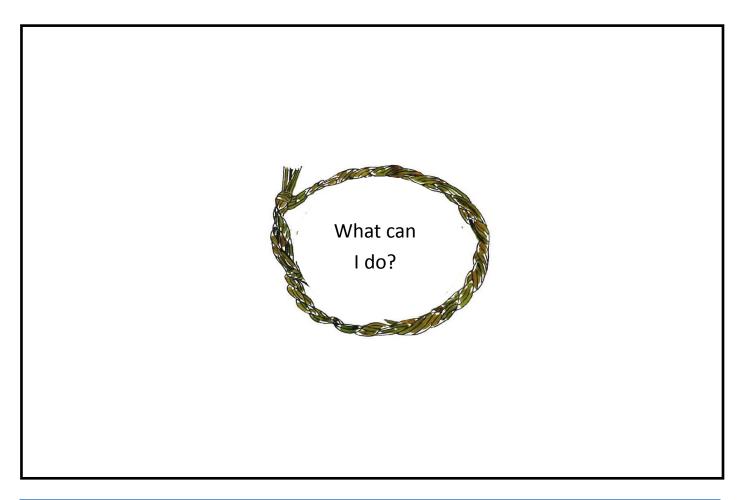
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Based upon the ides in Chapter 1 of Speaking our Truth by Monique Gray Smith