



Health Benefits and Considerations of Consuming Parmesan Cheese

Consuming Secrets

William Smith



Consuming Secrets:

Consuming Secrets National Consumer Council, 1982 Kubernetes Secrets Management Alex Soto Bueno, Andrew Block, 2023-03-14 Safely manage your secret information like passwords keys and certificates in Kubernetes This practical guide is full of best practices and methods for adding layers of security that will defend the critical data of your applications In Kubernetes Secrets Management you will find Strategies for storing secure assets in Kubernetes Cryptographic options and how to apply them in Kubernetes Using the HashiCorp Vault server on Kubernetes for secure secrets storage Managing security with public cloud providers Applying security concepts using tools from the Kubernetes ecosystem End to end secrets storage from development to operations Implementing in Kubernetes in CI CD systems Secrets like database passwords and API keys are some of the most important data in your application Kubernetes Secrets Management reveals how to store these sensitive assets in Kubernetes in a way that s protected against leaks and hacks You ll learn the default capabilities of Kubernetes secrets where they re lacking and alternative options to strengthen applications and infrastructure Discover a security first mindset that is vital for storing and using secrets correctly and tools and concepts that will help you manage sensitive assets such as certificates keys and key rotation About the technology Kubernetes relies on passwords tokens keys certificates and other sensitive information to keep your system secure But how do you keep these secrets safe In this concise practical book you ll learn secrets management techniques that go far beyond the Kubernetes defaults About the book Kubernetes Secrets Management reveals security best practices and reliable third party tools for protecting sensitive data in Kubernetes based systems In this focused guide you ll explore relevant real world examples like protecting secrets in a code repository securing keys with HashiCorp Vault and adding layers to maintain protection after a breach Along the way you ll pick up secrets management techniques you can use outside Kubernetes as well What s inside Cryptographic options you can apply in Kubernetes Managing security with public cloud providers Secrets storage from development to production End to end Kubernetes secrets management in CI CD systems About the reader For readers experienced with Kubernetes and CI CD practices About the author Alex Soto is a director of developer experience at Red Hat a Java Champion since 2007 an international speaker and a teacher at Salle URL University Andrew Block is a distinguished architect with Red Hat and an active member of the open source community Table of Contents PART 1 SECRETS AND KUBERNETES 1 Kubernetes Secrets 2 An introduction to Kubernetes and Secrets PART 2 MANAGING SECRETS 3 Securely storing Secrets 4 Encrypting data at rest 5 HashiCorp Vault and Kubernetes 6 Accessing cloud secrets stores PART 3 CONTINUOUS INTEGRATION AND CONTINUOUS DELIVERY 7 Kubernetes native continuous integration and Secrets 8 Kubernetes native continuous delivery and Secrets *Hands-On Kubernetes, Service Mesh and Zero-Trust* Swapnil Dubey, Mandar J. Kulkarni, 2023-06-20 A comprehensive guide to Kubernetes Service Mesh and Zero Trust principles KEY FEATURES Delve into security practices that guarantee resilience and secure deployments Discover strategies for

managing Kubernetes clusters enhancing performance and achieving high availability and scalability Acquire a conceptual understanding of the challenges faced in production environments and explore industry standard solutions for efficient resolution

DESCRIPTION Building and managing secure applications is a crucial aspect of modern software development especially in distributed environments Kubernetes and Istio when combined provide a powerful platform for achieving application security and managing it effectively If you want to build and manage secure applications with ease then this book is an ideal resource for you The book extensively covers the building blocks of the Kubernetes orchestration engine providing in depth insights into key Kubernetes objects that can be effectively used for deploying containerized applications It then focuses on all major Kubernetes constructs offering guidance on their appropriate utilization in different scenarios while emphasizing the significance of a Zero Trust architecture Additionally the book addresses important aspects such as service discovery optimized logging and monitoring which play a critical role in managing distributed applications It also incorporates essential concepts from Site Reliability Engineering and enabling engineering teams to proactively meeting Service Level Agreements and attaining operational readiness In the final section the book takes a deep dive into Service Mesh with a special focus on harnessing the strength of Istio as a powerful tool By the end of the book you will have the knowledge and skills to effectively build deploy and manage secure applications using Kubernetes and Istio

WHAT YOU WILL LEARN Learn how to successfully deploy applications on Kubernetes Gain insights into the principles of Zero Trust architecture and its implementation within the Kubernetes orchestration platform Get familiar with the concepts of service discovery and efficient scaling in Kubernetes empowering you to optimize your application deployments Learn about monitoring and logging within applications and explore the essential aspects of observability to ensure the reliability of your systems Acquire expertise in service mesh particularly Istio to efficiently handle traffic enhance application reliability and fortify security measures

WHO THIS BOOK IS FOR This book caters to a wide range of readers including developers utilizing Kubernetes DevOps teams senior software engineers cloud native teams and cloud developers with a foundational knowledge of containers and software development

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Kubernetes: Up and Running Brendan Burns,Joe Beda,Kelsey Hightower,Lachlan Evenson,2022-08-02 In just five years Kubernetes has radically changed the way developers and ops personnel build deploy and maintain applications in the cloud With this book s updated third edition you ll learn how this popular container orchestrator can help your company achieve new levels of velocity agility reliability and efficiency whether you re new to distributed systems or have been deploying cloud native apps for some time Brendan Burns Joe Beda Kelsey

Hightower and Lachlan Evenson who have worked on Kubernetes at Google and beyond explain how this system fits into the life cycle of a distributed application Software developers engineers and architects will learn ways to use tools and APIs to automate scalable distributed systems for online services machine learning applications or even a cluster of Raspberry Pi computers This guide shows you how to Create a simple cluster to learn how Kubernetes works Dive into the details of deploying an application using Kubernetes Learn specialized objects in Kubernetes such as DaemonSets jobs ConfigMaps and secrets Explore deployments that tie together the lifecycle of a complete application Get practical examples of how to develop and deploy real world applications in Kubernetes

Kubernetes: Up and Running Kelsey Hightower,Brendan Burns,Joe Beda,2017-10-24 Legend has it that Google deploys over two billion application containers a week How s that possible Google revealed the secret through a project called Kubernetes an open source cluster orchestrator based on its internal Borg system that radically simplifies the task of building deploying and maintaining scalable distributed systems in the cloud This practical guide shows you how Kubernetes and container technology can help you achieve new levels of velocity agility reliability and efficiency Authors Kelsey Hightower Brendan Burns and Joe Beda who ve worked on Kubernetes at Google and other organizations explain how this system fits into the lifecycle of a distributed application You will learn how to use tools and APIs to automate scalable distributed systems whether it is for online services machine learning applications or a cluster of Raspberry Pi computers Explore the distributed system challenges that Kubernetes addresses Dive into containerized application development using containers such as Docker Create and run containers on Kubernetes using the docker image format and container runtime Explore specialized objects essential for running applications in production Reliably roll out new software versions without downtime or errors Get examples of how to develop and deploy real world applications in Kubernetes

LEARN GitLab CI/CD Diego Rodrigues,2025-07-04 LEARN GitLab CI CD Implement DevOps with Automated Deploys and Continuous Feedback Recommended for students and technology professionals working with DevOps automation and continuous integration this book covers the application of GitLab CI CD in operational workflows of real projects from pipeline structuring and runner management to integrations with Docker Kubernetes Terraform Ansible AWS Azure and Google Cloud It addresses the configuration of sensitive variables authentication secrets management and infrastructure as code in multi cloud environments The book explains integrations with cybersecurity tools SAST DAST and SCA scanners test automation deployments rollbacks notifications logging monitoring integration with SIEM ITSM GRC and compliance routines It includes implementation examples versioning practices safe deployment strategies technical reporting and access controls in auditable multi environment and regulated operations Includes Structuring multi environment and multi cloud CI CD pipelines Integration with security compliance and automation tools Management of protected variables secrets and authentication Configuration of deployment rollback monitoring and reporting Integration flows with Docker Kubernetes AWS Azure Google Cloud Expand your professional

capabilities in DevOps operations infrastructure and automation with secure auditable pipelines ready for current technical and regulatory requirements devops gitlab ci cd kubernetes terraform docker security continuous integration multi cloud compliance

The Culture of Secrecy David Vincent, 1998 A comprehensive study of the closure of communication in modern British history right up to 1998 this book seeks to understand why secrets have been kept and how the systems of control have been constructed and challenged over the past 160 years

Cloud Native Java: Architecting AI Driven Full Stack Systems for Scale, Security, and Speed 1. SOHITH SRI AMMINEEDU YALAMATI, 2. DR AJAY KUMAR CHAURASIA,

PREFACE The journey toward truly cloudnative applications has accelerated in recent years driven by the insatiable demand for systems that are not only highly scalable and resilient but also secure and intelligent Java long the workhorse of enterprise computing has evolved to meet these exacting requirements embracing containerization microservices serverless paradigms and seamless integration with state of the art AI services Yet to design build and operate fullstack systems that harness AI s power at scale practitioners must master a unique convergence of distributed systems principles cloud platform capabilities DevOps practices and machinelearning workflows Cloud Native Java Architecting AI Driven Full Stack Systems for Scale Security and Speed is born of both necessity and opportunity Necessity because the monolithic Java applications of yesteryear no longer satisfy today s requirements for rapid feature delivery horizontal elasticity and continuous improvement Opportunity because modern cloud platforms expose a rich ecosystem of managed services automated provisioning observability service meshes secrets management and AI ML pipelines that allow Java developers to focus on domain logic and innovation rather than undifferentiated plumbing In this book you will discover how to Design microservices and APIs using Java frameworks Spring Boot Quarkus Micronaut that automatically configure and optimize themselves for containerized environments Integrate AI capabilities from inference at the edge to large scale model training in the cloud into your Java applications enabling use cases such as intelligent recommendations predictive analytics and natural language interfaces Secure your full stack through end to end TLS identity based access control and automated certificate rotation all orchestrated via Kubernetes Operators and cloudnative security services Optimize performance and cost by leveraging serverless functions autoscaling policies and observability tooling ensuring that your system responds dynamically to realworld demand Each chapter blends theory realworld patterns and firsthand examples You will work through a sample application an AI powered order fulfillment system that evolves from a simple monolith to a robust multi region zero downtime deployment Along the way you will learn to automate CI CD pipelines implement chaos testing and apply policy as code to enforce compliance This book is intended for Java architects senior developers DevOps engineers and technical leaders who seek a pragmatic roadmap to modernizing enterprise systems Whether you are migrating legacy workloads or greenfielding new services you will find guidance on selecting the right abstractions avoiding common pitfalls and fostering a culture of continuous delivery and learning As you embark on this exploration of cloud native Java in the AI era may this preface serve

as your invitation to reimagine what Java applications can achieve when they are architected for scale security and speed and when they harness the intelligence of modern AI Authors

Secure Secret Management with Vault Agent Sidecar in Kubernetes William Smith, 2025-08-20 Secure Secret Management with Vault Agent Sidecar in Kubernetes In a rapidly evolving cloud native landscape Secure Secret Management with Vault Agent Sidecar in Kubernetes delivers a comprehensive exploration of the critical challenges and robust solutions in protecting sensitive information across Kubernetes environments Beginning with a foundational analysis of threat models compliance drivers and the inherent limitations of Kubernetes native secret resources the book sets the stage for understanding why dynamic centrally managed and auditable secret delivery is essential for maintaining confidentiality integrity and regulatory alignment in modern DevOps workflows Building upon this context the book delves deep into the architecture and security principles of HashiCorp Vault unraveling its core design authentication backends and extensive cryptographic protections Readers are guided through the practicalities and security rationale of the Vault Agent Sidecar pattern learning how to seamlessly integrate dynamic secret issuance automatic rotation and live updates into Kubernetes workloads The narrative is richly supported by operational guidance including best practices for sidecar automation secure Helm Kustomize deployments and incident response strategies for real world secret leaks enabling practitioners to confidently engineer and audit resilient secret management workflows at scale Moving beyond the foundational and operational the book addresses advanced security hardening workload identity and multi cluster enterprise requirements while offering forward looking insight into emerging trends such as confidential computing zero trust secretless architectures and continuous compliance automation Whether you are an SRE platform engineer or security leader this guide empowers you to design implement and future proof your organization's secret management posture on Kubernetes harnessing the full power of Vault Agent Sidecar with clarity rigor and confidence

Certified Kubernetes Application Developer (CKAD) Study Guide Benjamin Muschko, 2021-02-02 Developers with the ability to operate troubleshoot and monitor applications in Kubernetes are in high demand today To meet this need the Cloud Native Computing Foundation created a certification exam to establish a developer's credibility and value in the job market to work in a Kubernetes environment The Certified Kubernetes Application Developer CKAD exam is different from the typical multiple choice format of other certifications Instead the CKAD is a performance based exam that requires deep knowledge of the tasks under immense time pressure This study guide walks you through all the topics you need to fully prepare for the exam Author Benjamin Muschko also shares his personal experience with preparing for all aspects of the exam Learn when and how to apply Kubernetes concepts to manage an application Understand the objectives abilities tips and tricks needed to pass the CKAD exam Explore the ins and outs of the kubectl command line tool Demonstrate competency for performing the responsibilities of a Kubernetes application developer Solve real world Kubernetes problems in a hands on command line environment Navigate and solve questions during the CKAD exam

Getting Started with HashiCorp Vault Anubhav Mishra,2025-07-12 Getting Started with HashiCorp Vault is a beginner's guide to understanding HashiCorp Vault which is a popular secret management project This hands on book provides a guided approach to core Vault concepts covering everything from fundamental features like static and dynamic secrets authentication methods and Vault policies You'll also discover practical application and operational patterns to effectively leverage Vault's powerful features within your own applications

Hands-on Kubernetes on Azure Nils Franssens,Shivakumar Gopalakrishnan,Gunther Lenz,2021-05-17 Understand the fundamentals of Kubernetes deployment on Azure with a learn by doing approach Key FeaturesGet to grips with the fundamentals of containers and KubernetesDeploy containerized applications using the Kubernetes platformLearn how you can scale your workloads and secure your application running in Azure Kubernetes ServiceBook Description Containers and Kubernetes containers facilitate cloud deployments and application development by enabling efficient versioning with improved security and portability With updated chapters on role based access control pod identity storing secrets and network security in AKS this third edition begins by introducing you to containers Kubernetes and Azure Kubernetes Service AKS and guides you through deploying an AKS cluster in different ways You will then delve into the specifics of Kubernetes by deploying a sample guestbook application on AKS and installing complex Kubernetes apps using Helm With the help of real world examples you'll also get to grips with scaling your applications and clusters As you advance you'll learn how to overcome common challenges in AKS and secure your applications with HTTPS You will also learn how to secure your clusters and applications in a dedicated section on security In the final section you'll learn about advanced integrations which give you the ability to create Azure databases and run serverless functions on AKS as well as the ability to integrate AKS with a continuous integration and continuous delivery CI/CD pipeline using GitHub Actions By the end of this Kubernetes book you will be proficient in deploying containerized workloads on Microsoft Azure with minimal management overhead What you will learnPlan,configure and run containerized applications in production Use Docker to build applications in containers and deploy them on Kubernetes Monitor the AKS cluster and the application Monitor your infrastructure and applications in Kubernetes using Azure Monitor Secure your cluster and applications using Azure native security tools Connect an app to the Azure database Store your container images securely with Azure Container Registry Install complex Kubernetes applications using Helm Integrate Kubernetes with multiple Azure PaaS services such as databases Azure Security Center and Functions Use GitHub Actions to perform continuous integration and continuous delivery to your cluster Who this book is for If you are an aspiring DevOps professional system administrator developer or site reliability engineer interested in learning how to get the most out of containers and Kubernetes then this book is for you

From Woodblocks to the Internet Cynthia Brokaw,Christopher A. Reed,2010-10-07 These essays examine the transformation of Chinese print culture over the past two centuries during which new technologies intellectual change and sociopolitical upheavals expanded reading audiences spawned new genres of

print and reshaped the relationship between publishing and the state

Certified Kubernetes Administrator (CKA)

Study Guide Benjamin Muschko, 2022-06-09 The ability to administer and monitor a Kubernetes cluster is in high demand today To meet this need the Cloud Native Computing Foundation developed a certification exam to establish an administrator's credibility and value in the job market to confidently work in a Kubernetes environment The Certified Kubernetes Administrator CKA certification exam is different from the typical multiple choice format of other professional certifications Instead the CKA is a performance based exam that requires deep knowledge of the tasks under immense time pressure This study guide walks you through all the topics covered to fully prepare you for the exam Author Benjamin Muschko also shares his personal experience with preparing for all aspects of the exam Learn when and how to apply Kubernetes concepts to administer and troubleshoot a production grade cluster Understand the objectives abilities and tips and tricks needed to pass the CKA exam Explore the ins and outs of the kubectl command line tool Demonstrate competency to perform the responsibilities of a Kubernetes administrator Solve real world Kubernetes problems in a hands on command line environment Effectively navigate and solve questions during the CKA exam

Beyond the Storm

Joseph Pittman, 2013-06-01 They chose their own roads but they couldn't change their destination Twenty years ago Vanessa Massey couldn't wait to graduate from high school and make her small hometown of Danton Hill a distant memory despite an indelible friendship she'd recently forged But life has largely ignored her plans and time has summoned her back to the shores of Lake Ontario for a school reunion that could change everything After four years as Danton Hill High's resident outcast Adam Blackburn went on to a successful career in New York City Yet now he's drawn homeward for a reunion he's surprisingly curious to attend if he and his car survive the fierce summer storm that's hit Adam always hated storms and their destruction And sure enough he soon collides with another vehicle in the blinding rain But it turns out the driver is the one person he'd hoped to see Vanessa Reunited by Mother Nature the two take shelter in an abandoned farmhouse where they are forced to decipher their unresolved history Together they'll unravel the twists of fate that have brought them to the present and discover the remarkable truth that may carry them through the future Praise for Joseph Pittman's A Christmas Wish A wonderful Christmas story of moving on beyond grief and loss RT Book Reviews 4 1 2 Stars This gentle read is big on heart Library Journal *Journal of Media Law and Practice*, 1982 [The Evolution of the Chinese Internet](#) Shaohua

Guo, 2020-12-15 Despite widespread consensus that China's digital revolution was sure to bring about massive democratic reforms such changes have not come to pass While scholars and policy makers alternate between predicting change and disparaging a stubbornly authoritarian regime in this book Shaohua Guo demonstrates how this dichotomy misses the far more complex reality The Evolution of the Chinese Internet traces the emergence and maturation of one of the most creative digital cultures in the world through four major technological platforms the bulletin board system the blog the microblog and WeChat Guo transcends typical binaries of freedom and control to argue that Chinese Internet culture displays a uniquely

sophisticated interplay between multiple extremes and that its vibrancy is dependent on these complex negotiations In contrast to the flourishing of research findings on what is made invisible online this book examines the driving mechanisms that grant visibility to particular kinds of user generated content Offering a systematic account of how and why an ingenious Internet culture has been able to thrive Guo highlights the pivotal roles that media institutions technological platforms and creative practices of Chinese netizens have played in shaping culture on and offline

The DevOps 2.1 Toolkit: Docker Swarm Viktor Farcic, 2017-05-10 Viktor Farcic's latest book The DevOps 2.1 Toolkit Docker Swarm shows you how to successfully integrate Docker Swarm into your DevOps toolset About This Book Expand your DevOps Toolkit with the DevOps thought leader Viktor Farcic Build test deploy and monitor services inside Docker Swarm clusters Translate your understanding to different hosting providers like AWS Azure and DigitalOcean Go beyond simple deployment to explore how to create a continuous deployment process Extend the deep understanding you gained from Viktor's DevOps 2.0 Toolkit book Who This Book Is For This book is for professionals interested in the full microservices life cycle combined with continuous deployment and containers Target audience could be architects who want to know how to design their systems around microservices It could be DevOps wanting to know how to apply modern configuration management practices and continuously deploy applications packed in containers It is for developers who would like to take the process back into their hands as well as for managers who would like to gain a better understanding of the process used to deliver software from the beginning to the end This book is for everyone wanting to know more about the software development life cycle starting from requirements and design through the development and testing all the way until deployment and post deployment phases We'll create the processes taking into account the best practices developed by and for some of the biggest companies What You Will Learn Learn all aspects of Docker Swarm from building testing deploying and monitoring services inside Docker Swarm clusters available since Docker 1.12 Master the deeper logic of DevOps with Viktor so that you can successfully apply that logic across any specific set of tools you're working with Translate a deep understanding to different hosting providers like AWS Azure DigitalOcean among others You'll go beyond simple deployment you will explore with Viktor how to create a continuous deployment process Accomplish zero downtime deployments and what to do in case of a failover Know how to run services at scale how to monitor the systems and how to make it heal itself In Detail Viktor Farcic's latest book The DevOps 2.1 Toolkit Docker Swarm takes you deeper into one of the major subjects of his international best seller The DevOps 2.0 Toolkit and shows you how to successfully integrate Docker Swarm into your DevOps toolset Viktor shares with you his expert knowledge in all aspects of building testing deploying and monitoring services inside Docker Swarm clusters You'll go through all the tools required for running a cluster You'll travel through the whole process with clusters running locally on a laptop Once you're confident with that outcome Viktor shows you how to translate your experience to different hosting providers like AWS Azure and DigitalOcean Viktor has updated his DevOps 2.0 framework in this book to use the latest and

greatest features and techniques introduced in Docker We ll go through many practices and even more tools While there will be a lot of theory this is a hands on book You won t be able to complete it by reading it on the metro on your way to work You ll have to read this book while in front of the computer and get your hands dirty Style and approach We ll go through many practices and even more tools While there will be a lot of theory this is a hands on book You ll have to read this book while in front of the computer and get your hands dirty The goal is not to master one particular set of tools but to learn the logic behind them so that you can apply it to your job in various contexts **Flatcar Linux Administration** William

Smith,2025-07-12 Flatcar Linux Administration Flatcar Linux Administration is an authoritative guide designed for modern IT professionals DevOps engineers and system administrators seeking to master the management of Flatcar Linux the next generation immutable operating system platform Beginning with its evolutionary path from CoreOS the book skillfully unpacks foundational concepts highlighting immutable infrastructure principles security postures and robust architectural components Readers gain deep insights into how Flatcar Linux delivers resilience and security by design catering to both traditional and cutting edge environments from bare metal servers to multi cloud and edge platforms Comprehensive coverage is provided for deployment system maintenance networking orchestration and advanced troubleshooting Through hands on guidance the book demonstrates sophisticated techniques for provisioning with Ignition orchestrating secure and automated updates and managing complex containerized workloads using Kubernetes and other runtimes Nuanced topics such as persistent storage systemd based service management and seamless integrations with cloud virtualization and CI CD frameworks are explored in detail empowering administrators to deploy scale and maintain Flatcar clusters reliably and efficiently Security compliance and future ready strategies receive equal focus with chapters dedicated to encryption auditability vulnerability management and integration with secrets and compliance tooling The book also looks ahead to emerging trends including confidential computing edge computing autonomous remediation and sustainability initiatives Flatcar Linux Administration is not only a practical manual but also an expert s compass for navigating the evolving landscape of immutable infrastructure delivering both the conceptual understanding and technical mastery needed for secure scalable and future proof operations **Comprehensive Guide to HashiCorp Technologies** Richard

Johnson,2025-05-28 Comprehensive Guide to HashiCorp Technologies The Comprehensive Guide to HashiCorp Technologies is an authoritative resource for IT professionals architects and DevOps practitioners seeking to master the HashiCorp ecosystem This guide offers a sweeping overview of foundational HashiCorp concepts including Infrastructure as Code workflow automation and security first design and dives deeply into every major tool from Terraform and Vault to Consul Nomad Packer Waypoint and Boundary Detailed explorations of both open source and enterprise features along with native integrations across AWS Azure GCP and hybrid platforms provide readers with a robust understanding of how these technologies interrelate within modern cloud environments Through meticulously structured chapters the book unpacks the

inner workings and advanced use cases for each HashiCorp product Readers will gain hands on knowledge on designing scalable IaC modules with Terraform orchestrating secure workload deployments with Nomad and Consul implementing state of the art secrets management with Vault and building resilient multi cloud delivery pipelines with Packer Waypoint and Boundary Additional content covers critical topics such as API extensibility CI CD automation distributed observability zero trust architectures and policy as code for regulatory compliance empowering teams to architect and operate secure scalable and automated infrastructures at scale Bridging theory with real world application this guide delivers practical insight into enterprise reference architectures hybrid and multi cloud topologies effective disaster recovery and lessons learned from large scale deployments With forward looking sections on HashiCorp Cloud Platform HCP open source contributions and community innovation the book is both a definitive technical manual and a strategic compass for leveraging HashiCorp solutions to address complex infrastructure challenges now and into the future

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