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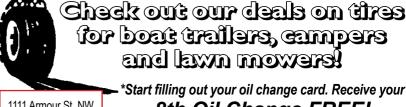


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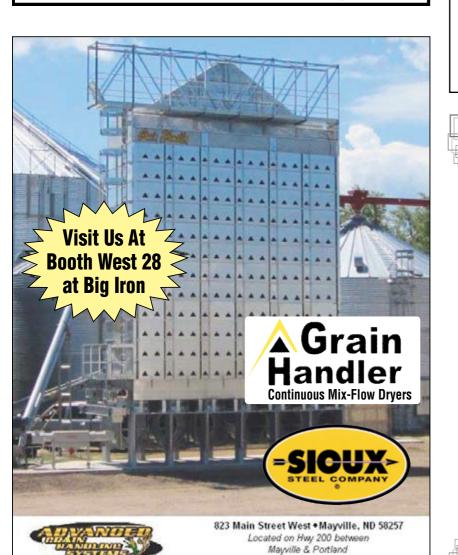
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Platter Chatter - Reheated

By Lin Smithwick

Where is that spatula when it's needed the most?

The house is a mess. The job's a mess. Let's face it, there are times when life is a mess. And now it's dinner time.

A common solution to feeding hungry appetites is throwing together the quickest meal imaginable. Healthy? Not always. Delicious? Sometimes.

The idea of preparing healthy meals when time and empty stomachs are demanding attention may seem out of the question.

Meet Christy Rost, a nationally known celebrity chef and cookbook author (www.christyrost. com). She is a lady who has answers for everyday food dilemmas offering fast and healthy meal advice and recipes. Her latest cookbook, "Where's My Spatula - Fast and Healthy Meals for When Your Kitchen or Your Life is a Mess" - is filled with great recipes and cooking tips.

Rost made a special appearance in North Dakota last week touring the state with Kate Pfennig, who owns Catherine's For Lamb (www. catherines for lamb.com) on a farm near Driscoll. N.D. They spent several hours Thursday at Farmers Market and Beyond in West Fargo. Sponsored by the West Fargo Park District, the Farmers Market features vendors with fresh produce and arts and crafts. The market is open Thursdays, 4-7 p.m. until Oct. 14 and Saturdays 9 a.m.-1 p.m. until Oct. 16.

Kate is among the popular vendors frequently at the Farmers Market with many of her fresh cuts of lamb and her special mint sauce, mint jellies and lamb seasoning. Last week, Christy Rost was a special guest who created an original recipe for lamb kabobs, which they prepared on site.

Christy lives in Dallas, Texas with her husband, Randy, when they aren't in their second home in Breckenridge, Colo. This was her first trip to North Dakota. "This is very exciting - Kate and I are enjoying meeting so many interesting and nice people."

As people stopped to ask questions and sample the kabobs she was grilling, Christy talked food and cooking with everyone. Her enthusiasm added even more sizzle to the great-tasting kabobs, "People don't always realize how easy it is to create healthy meals even when there isn't much time." Christy and Kate stressed the importance of supporting locally grown items. "It is so important to buy local," Christy exclaimed. "This is a wonderful market and you have such a good selection of fresh items." She believes people are returning to their roots and appreciate farming more than ever. "I think people are more and more excited about using fresh ingredients and trying new recipes."

Christy says she does use recipes, but believes knowing some basic techniques gives cooks more latitude. "If you know how to create a good sauce that can be made with variations, you can easily make a great dish in a relatively brief amount of

A well-stocked pantry and a refrigerator filled with a variety of favorite foods also makes daily meal planning and preparation less challenging. Her "spatula" book contains lists of what's needed in a ready-to-cook kitchen.

From the first lemon meringe pie she made when she was 12 to being a newspaper food editor to a year living in Paris and to her national programs on PBS, Christy has always loved baking and cooking. "This is a passion for me and I believe people should follow their passions."

This fall, her latest PBS show - "A Home for Christy Rost: Thanksgiving" - will be aired on Prairie Public. The program was filmed in the Rosts'century-old home in Breckenridge,



Celebrity chef and cookbook author, Christy Rost, grills up some kabobs during a stop last week at Farmers Market and Beyond in West Fargo. Christy and Kate Pfennig, who owns Catherine's For Lamb business on a farm near Driscoll, N.D., toured North Dakota promoting farmers markets and locally grown produce and meats. Kate (background) talks with customers about cooking with lamb.

which they have been restoring. She was writing "Where's My Spatula" during the renovation process. With a smile that seldom leaves her face, she quipped, "Believe me, I know what it is like to have a mess everywhere and not being able to

Grilled Moroccan Lamb Kabobs with Tzatziki

1 ½ tsps. ground coriander

1 tsp. cumin

½ tsp. Saigon cinnamon

½ tsp. coarse salt

find my spatula."

½ tsp. freshly ground black pepper

Boneless lamb sirloin, sliced into 1-inch cubes Small zucchini squash, sliced into 1/2-inch thick pieces

Red onions, peeled and sliced into 1-inch pieces Olive oil

Bamboo skewers, soaked in water for 24 hours

In a small bowl, stir together coriander, cumin, salt and pepper; set aside. Thread piece of zucchini on skewers to expose cut sides; add a cube of lamb and slices of onion. Continue with remaining kabobs. Brush kabobs lightly on both sides with olive oil and sprinkle lightly with reserved spice mixture. Cover and chill the kabobs until ready to cook.

Preheat grill to medium heat. Place the kabobs on the grill and cook, turning occasionally, until the vegetables are tender and the meat is still pink inside (about 10-15 minutes, depending on grill). Serve with a dollop of tzatziki sauce next to the kabob on each plate. Garnish with a tiny sprinkle of fresh mint or dill.

Tzatziki

2 8-oz. containers Greek or plain yogurt

2 cucumbers, seeded and finely chopped

3 cloves garlic, peeled and minced

½ tsp. coarse salt ¼ tsp. white pepper

2 tbsps. chopped fresh mint or dill

1 lemon, juiced

In a large bowl, stir together yogurt, cucumbers, garlic, salt, pepper, and fresh mint. Add lemon juice and stir well. Cover and chill at least two hours before serving to allow flavors to blend.

Chicken Piccata

4 boneless skinless chicken breast halves ½ cup flour

½ tsp. salt

1/4 tsp. freshly ground black pepper

1 tbsp. olive oil

1 tbsp. unsalted butter 34 cup chicken stock or broth

½ cup dry white wine

1 lemon, halved and thinly sliced

1/3 cup sliced black olives

1 tbsp. capers, rinsed and drained

Rinse the chicken breasts and dry them on paper towels. Place each chicken breast between sheets of plastic wrap on a cuttings board and pound them with a meat mallet or cast-iron skillet to ½-inch thickness; set aside.

Preheat a large skillet over medium heat. While the skillet is heating, stir together the flour, salt and pepper in a large shallow bowl or plate. Dredge each chicken breast in the flour mixture, add the olive oil and butter to the skillet. Place chicken in the skillet. Cook the meat until it is golden brown on one side, about three minutes. Turn over and cook two or three minutes more, or until it is golden brown.

When meat is done, transfer it a serving platter and keep warm. Deglaze pan with chicken stock and wine, stirring well to scrape up brown bits. Add lemon slices and cook until the liquid is reduced by half. Return the meat to the skillet and stir in the black olives and capers. Cook two minutes and serve.

Quick Apple Cobbler with Lemon-Rosemary Drop Biscuits

2 21-oz cans apple pie filling (any canned filling can be used)

4 tbsps. plus 2 tsps. sugar, divided

½ tsp. cinnamon

1/8 tsp. allspice

1/8 tsp. freshly ground nutmeg

1 ½ cups flour

1 tsp. baking powder

½ tsp. baking soda

¼ tsp. salt

1/4 cup cold unsalted butter, cut into 8 pieces

2 tsps. lemon zest

1 tsp. finely chopped fresh rosemary

2/3 cup buttermilk

Vanilla ice cream, optional

Preheat oven to 350 degrees. In a medium bowl. stir together the pie filling, two tablespoons of the sugar, the cinnamon, allspice and nutmeg until well blended. Pour the mixture into a 9-inch casserole or baking pan and set aside.

In a large bowl, stir together the flour, two tablespoons of the sugar, baking powder, baking soda and salt until well blended. Cut cold butter into the flour mixture with a pastry blender or two knives until the butter is pea-size. Quickly stir in the lemon zest, rosemary and buttermilk until the dough is

light and fluffy.

Drop large dollops of dough onto the apple mixture and sprinkle the biscuits with the remaining sugar. Bake the cobbler 30 to 35 minutes or until the filling is hot and bubbly and the biscuits are puffy and golden brown. Remove the pan from the oven and set it aside to cool.

Serve the cobbler warm or at room temperature with a scoop of ice cream, if desired.

Stuffed Burgers with Roasted Red Peppers, **Blue Cheese and Caramelized Onions**

2 tbsps. olive oil

3 large sweet onions, peeled and sliced

2 lbs. ground chuck or ground sirloin 1 8-oz. jar roasted red peppers

4 ozs. blue cheese

Coarse salt and freshly ground pepper, to taste 4 Kaiser rolls or hamburger buns Heat a large skillet over medium head, add

the olive oil, and swirl to coast the bottom of the pan. Add the onions and sauté until they are golden brown, stirring occasionally, about 10 to 15 minutes. Remove the caramelized onions from the heat and cover to keep them warm.

While the onions sauté, preheat the grill. Form ground chuck into eight patties, about 1/4 inch thick. Place a large strip of roasted pepper and several slices of blue cheese on four of the patties, pressing the edges well with your fingers to seal in the peppers and cheese. Season the stuffed patties with salt and pepper.

When the grill is hot, cook the burgers over medium heat four minutes on each side. Turn them over and cook three minutes more on each side, or until they are cooked to the desired degree of doneness.

Place burgers on rolls and top them with

This "reheated," encore run of the Platter Chatter is provided compliments of the Traill County Tribune. The Platter Chatter and Round About Features, by Lin Smithwick, are just two of the most recent additions to the Tribune newspaper. Join us every week - online or in print - for all the latest and greatest!

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GARAGE SALE: Friday, Sept. 9 from 5 p.m. to 9 p.m. and Saturday, Sept. 10 from 9 a.m. to 1 p.m. Cleaned out closets and years of auction sale buying. Antiques, household furniture and baby toys. Nancy Dickhoss, 1/2 mile SE of Hillsboro. 636-4094.

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POTATO WASH PLANT IN BUX-TON, ND-start September 6 thru May 15. 40+ hours per week, 8 a.m. to 5 p.m. Monday-Friday. Paid holidays and year-end bonus. Some jobs require ability to lift 50+ lbs. Starting wages \$10+. Contact Tim Lee or Carissa Olsen at NoKota Packers, Inc. at 701-847-2200.

OUTREACH WORKER, STEELE COUNTY: Valley Senior Services is accepting applications for a parttime outreach worker in Steele County. Responsibilities: Provide outreach assistance throughout Steele County by informing senior citizens of our programs and assisting them to continue living independently by assessing their needs and linking them to available services in the community. Qualifications: Bachelor of Social Work degree preferred or human service experience and the ability to work with senior citizens. If you are interested in applying, please send your resume by Friday, September 2, 2011 to Bernie Johnson, Director of Outreach, Valley Senior Services, P.O. Box 2217, Fargo, ND 58108, 701-293-1440 or 1-877-827-1916, bjohnson@valleyseniors.org We are an equal opportunity employer.

Clifford Farmers Elevator is seeking multiple PT positions: Tender Drivers (CDL required), Terra-gator Driver (will train, no CDL needed), Grounds person (filling bins, unloading fertilizer trucks, loading NH3 tanks, etc., no CDL required). Call Mike or Steve at 701-488-2513.

LOVE CHILDREN? WORK HERE!

Buxton Daycare is hiring part-time and full-time employees for varying shifts Monday - Friday. If you are an energetic individual that loves caring for children this position is for you. Experience and referrals are necessary. Call Paula at 701-847-2508 for more information and application.

K ENTERPRISES OF MAYVILLE is looking to fill a full-time, benefited accounting assistant position. Quickbooks experience a plus. This position requires bookkeeping experience and the ability to multi-task. Great company, great opportunity. Call 701-788-8927 or fax resume to 701-788-8929.

Reach an audience of 1000s - through the Classifieds!

KRB GRAVEL IS HIRING IMME-**DIATELY:** Looking for truck drivers to haul bulk cement and/or gravel products. Great pay and benefits. Requirements: must have CDL. Our office is located in Mayville, N.D. Please call 701-371-5314 for more information on the position. For an application, call the office at 701-788-8927.

RSK IS SEEKING AN IMMEDI-ATE FT FARM MANAGER/OP-ERATOR POSITION available on farming and custom harvest business in Eastern N.D. Experience required. Duties include operation of large farm equipment for planting, cultivating, fertilizing, harvesting and transporting grain. Operation equipped with GPS, auto steer and equipment monitors. Must be able to service, maintain and perform light repair of equipment. Job requires self- starter, able to work independently. CDL preferred, not required - Wages DOE. Call RSK, Inc. 701-788-8927 or 701-866-9864. tfn

AGASSIZ DRAIN TILE is now accepting applications for full-time employees. Experience with heavy equipment and/or agricultural equipment preferred. Benefits package paid after 90 days with a bonus paid for CDL. Please give us a call at

FARMERS UNION OIL COM-PANY IN PORTLAND, N.D is hiring a full-time year-around shop position/on-the-farm tire man. Benefits. Salary DOE. Apply at Farmers Union Oil-Portland or call 788-3760 and ask for Ken.

HILLSBORO PUBLIC SCHOOLS is looking to hire a head cook at the high school for the 2011-2012 school year. This is a nine-month position. Salary depends on experience. Application is online at school website www.hillsboro.k12.nd.us or call main office at 636-4360 for more information.

STATEWIDE ADS **HELP WANTED**

NORTH DAKOTA FARMERS Union is seeking a full-time Research Technician for a staff position at the state office in Jamestown, ND. Responsibilities will include locating, gathering and analyzing information and data for the organizationís goals. Work will entail routine research, statistics and evaluation studies. Applicants should have a Bachelorís degree. A background in NDFU and agriculture is preferred. Contact Brenda at 1-800-366-8331 ext 102 for an application and job description. Application deadline is Sept. 19, 2011.

HELP WANTED: POLICE OFFI-**CER** for the City of Tioga, ND. Must be able to obtain a license upon employment. Salary DOE. Excellent benefit package. Contact City Hall at (701) 664-2807.

KITTSON MEMORIAL HEALTH-**CARE** Center, Hallock, MN has an opening for a full time MT in our hospital lab.† Day shifts only with shared call.++ Salary is competitive with excellent benefits.† Please send resume to Carlene Cole, HR at carlene@kmhc.net or P.O. Box 700, Hallock, MN 56728, more details call+(800) 843-6016.+ Kittson Memorial is an Equal Opportunity Employer and Provider.

LINTON HOSPITAL LOOKING for full or part time RN or LPN. Competitive wages and benefits available. Please contact Nadine Held, DON att(701) 254-4511 or email at nheld@lintonhospital.com.

THE MAKOTI CAFE... is looking for a cook available to work 2 days a week. Apply at the Cafe or call (701) 726-5645 for more information.

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ENERGY RELATED JOBS. PAC has immediate openings in ND and eastern MT for the following positions: Electrical and Instrumentation, Lease Operations and Maintenance, Warehousemen and supply chain, Construction Inspection and Supervision, Planning and Scheduling, Administrative support, Control Room Operators. For more information please visit our website at www.pachouston.com. We specialize in furnishing energy-related companies with the most talented and qualified operations personnel in the industry. Submit resumes to: Producers Assistance Corporation, Fax: (281) 676-9034, E-mail: www. pac@pachouston.com.

FULL LINE CHRYSLER Dealer Looking for Tech. Required level 4 training through Chrysler; knowledgeable with Cummins engines. Up to \$10,000 relocation assistance. Exceptional flat rate pay. No state income tax. Dealership located in Sheridan, Wyoming. Contact Shane Shannon, 1-800-788-4659, or shane_67@hotmail.com

MAINTENANCE **POSITIONS** AVAILABLE, City of New Town, contact auditor's office+(701) 627-4812 or mail resume to Box 309, New Town, ND 58763 by Sept. 10,

Classifieds - in the Tribune, in the Courier & Online!

Business and Professional Directory

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John Juelson Ross Keller

Amanda N. Juelson Attorneys at Law

Tom Leeseberg, D.C.

Hillsboro, ND 58045

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Beat Snack Attacks with a Handful of Almonds

The clock strikes 11 a.m. and the breakfast you had a few hours earlier isn't keeping your stomach from growling, yet it's too early for lunch. A snack, perhaps? Great idea, but it's the unplanned midmorning and mid-afternoon meals that often steer people off the healthy track and smack into a bag of caloric trouble.

Cynthia Sass, registered dietitian and author of New York Times bestselling book "Cinch! Conquer Cravings, Drop Pounds and Lose Inches," is an advocate of snacking your way to a pair of skinny jeans. All it takes is a little smarts when it comes to choosing snacks and for Sass, her favorite is a handful of almonds.

"I encourage snacking. It helps one stay slim and healthy," Sass says. "The right snack keeps metabolism revved up and energy levels high while preventing mid-morning and midafternoon snacking. This is why I always encourage a handful of almonds as the ideal snack to turn to

when you have the snacking urge."

If there is time to prepare a more complex snack, Sass recommends the following easy ideas to satisfy mid-morning or afternoon hunger:

- Layer a parfait in a special clear glass dish. Choose vibrant colors and textures, like crisp sliced almonds. Arrange even simple snacks in artful ways, and garnish with fresh mint or edible flow-
- Make a few squares of 70 percent cocoa or darker your second snack of the day, or whip up my signature dark chocolate truffles, made with almond butter.
- Slather two tablespoons of almond butter on a slice of whole grain toast topped with a sliced peach and a dash of cinnamon.
- Combine frozen, pitted, unsweetened cherries, a small scoop of rolled oats, almond milk, almond butter and a pinch of cardamom.



When Sass is on-the-go, she fills her Almond Board of California tin with whole natural almonds and tucks it in her purse for a tasty and portable snacking fix.

"It's the perfect snack of 23 almonds," says Sass. "It can help avoid energy crashes and gets me through the work day without indulging in notso-good foods."

To learn more about Sass's book and get additional delicious snacking tips and ideas, go to www.almondboard.com/ Consumer/Pages/CynthiaSass.aspx.

Tropical Granola Parfait Created by: Almond **Board of California**

Serving size: 1

1 (6-ounce) container low-fat or fat-free flavored yogurt 1/2 cup sliced fruit 1/3 cup Tropical Granola (recipe below)

Tropical Granola: 1/4 cup vegetable oil 2 tablespoons brown sugar 1/2 teaspoon vanilla extract 2 cups old-fashioned oats 1 cup sliced almonds 1/2 cup flaked coconut 2 teaspoons wheat germ (optional)

Layer yogurt, fruit and granola in a juice glass. Try a combination of: Pineapple yogurt with sliced mango or kiwi, Lemon or peach yogurt with berries, or Vanilla yogurt with sliced bananas

Tropical Granola: Preheat oven to 300°F. Combine oil, brown sugar and vanilla in a medium bowl, mixing until smooth. Stir in oats. Transfer mixture to a baking dish and bake 15 minutes. Stir in almonds, coconut and wheat germ if desired, and bake 15 to 20 minutes more, until almonds and coconut are golden and fragrant. Cool and serve, or store airtight up to 1 week.

Nutritional analysis per serving. Calories 316; Fat 13g; Sat Fat 2.4g; Mono Fat 6.7g; Poly Fat 3.2g; Protein 15g; Carb 36g; Fiber 5g; Cholesterol 3 mg; Sodium 134mg; Calcium 388 mg; Magnesium 121mg; Potassium 317mg; Vitamin E 3.8 mg* *Total alpha-tocopherol equivalents

Marvin & Delores Strande 701-543-3021 • Hatton, ND

Wednesday, September 7, 2011

Location: Northwood Store-All at 6:02 pm (just Northwest of the school on new blacktop Trojan Road-West side of town)

Auctioneer's Note: Marvin & Delores have moved into the Hatton apartments. All of the sale items are in extremely nice condition. Many of the wood items were built by Marvin (all oak) As good as it gets, and everything has been well cared for.

- ◆ Refrigerator-freezer, side by side, ex
- ◆ Upright freezer ◆ Refrigerator
- ♦ Kerosene heater, never
- Humidifier
- Small electric appliances
- ◆ Radio CD Cassette player & ◆ Dinette set w/leaf & 4 chairs
- ♦ Oak hutch, built by Marvin,
- all oak, glass front doors, 3 beveled mirrors, (very well done, complimented by anyone who has seen it)
- ♦ Oak desk, made by Marvin, with desk lamps
- ◆ Storage cabinets, built by Marvin, 1 with cutting board

- ♦ Sofa, like new
- Sofa bed, like new 4 oak chairs
- ◆ End tables, Lamps
- ◆ Glassware, Flatware
- Cooking utensils
- ♦ Pizza pan ♦ Towels, Sheets, Linen
- ◆ Luggage

style holder

- Christmas decorations and
- ◆ Lawn Boy push lawn mower
- ◆ Lawn & garden tools
- ♦ Wood step ladder
- ◆ Exercise bike ♦ Several boxes of "Capture"
- Propane grill ◆ Bird feeders & Sheppard's
- carpet cleaner
- Safe

Recliner

- 2 occasional chairs ♦ 2 TVs Stereo cabinet, built by
- Marvin, w'/stereo and record player Records from the 1950's

♦ 2 good snow tires on rims

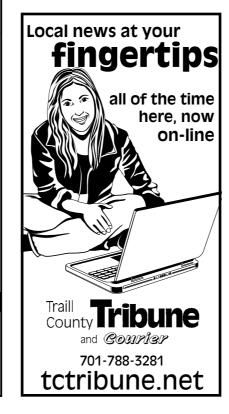
- (Herb Albert, Glen Miller, Jim Reeves etc) ◆ Deck table w/umbrella and
- 4 chairs ◆ Elec perk coffee maker (new)
- ◆ Lefse rolling board w/rolling pin (small)
- ♦ Elec fan ◆ Elec heater (like new) Many books, many World War II. like new book full of

Norman Rockwell pictures



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Tony Heinze, PO Box 34, Dazey, ND, 701-733-2458, ND License #478 Wayne Trottier, PO Box 292, Northwood, ND, 701-587-5040, ND License #302 Todd Parkman, Hope, ND, 701-866-4120, ND License #619 Clerk: Heinze Auction Service, Dazey, ND 58429, ND License #217



Open House Sat., Sept. 3 · 2 - 4 pm

422 First Street NW, Mayville, ND 58257 A FIRST-RATE OPPORTUNITY! Enjoy life while value of your property increas-

es. This cozy 3 bedroom has many great features: metal siding, full basement, private back yard, & great neighborhood. MLS # 11-756. Call Scott 218-779-2601.

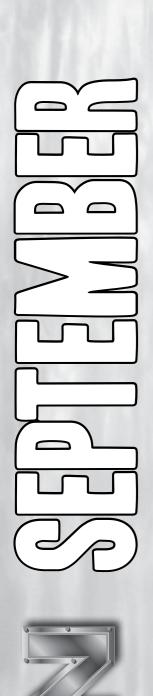
436 2nd Street NW., Mayville, ND 58257 CROWDED? WHERE YOU ARE? You'll love this spacious 4 bedroom split level with all it's special features, 2,888 square feet, 2 1/2 baths, full basement, formal dining, two fireplaces, patio doors, double attached garage, beautiful back yard, a must see !! MLS # 11-1162. Call Scott

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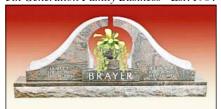
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2007	Five Hundred	\$11,500
2005	Merc	\$11,000
2005	Cadillac	\$11,000
2001	Merc	\$4,000

SUV's/Vans	
2008 Expedition	\$17,200
2008 Expedition	\$17,200
2008 Avalanche	\$25,000
2007 Tahoe	\$27,000
2007 Yukon XL	\$26,000
2006 Escape	\$10,000
2006 Expedition	\$19,200
2005 Tahoe	\$10,500
2004 Grand Caravan	\$6,750
1998 Expedition	\$4,500

Trucks

2008 F150 C/C 42K	\$27,700
2008 F150 C/C 53K	\$27,500
2007 GMC 1500	\$15,500
2006 F150 C/C XLT	\$20,700
2006 F150 S/C XLT	\$15,200
2006 GMC 2500HD	\$16,600
2006 F150 S/C XLT red	\$15,500
2005 F150 S/C XLT gray	y\$11,500
2005 F250 S/C XL	\$14,000
2004 F250 C/L Lariat	\$19,000
2004 F250 C/C	\$19,000
2003 F250 C/C	
2002 F150 S/C XLT	
1999 F250 S/C XLT	\$9,500





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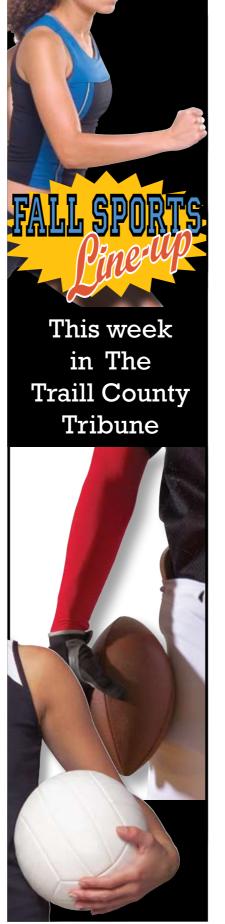


Teller/Member Service Representative

Our Portland Branch Office is currently hiring a full time Member Service Representative. Our MSRs are paid an hourly rate plus sales incentives. Qualified applicants should possess the

- Excellent communication and interpersonal skills.
- Customer service/sales and money handling experience.
- Ability to refer and sell First Community Credit Union products and services.
 - · General PC knowledge preferred.

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