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- ADVERTISING INFO** raegan.sowders@n2co.com
- AD STRATEGIST** The Ad Junkies
- CONTENT** wichita.content@n2co.com
- CREATIVE TEAM** N2 Publishing Design Team

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**Raegan Sowders**  
Area Director  
raegan.sowders  
@n2co.com  
620.560.4021



**Leyna Weakley**  
Ad Strategist  
StrollLakepoint  
andVickridge  
@theadjunkies.com



**Krista Onofrio**  
Content Coordinator  
wichita.content  
@n2co.com  
316.644.3238



**Beth McCabe**  
Publishing Assistant  
b\_a\_mccabe  
@yahoo.com



**Austin Broadie**  
Writer  
austin.broadie  
@washburn.edu



**Don and Judy Evans**  
Resident Travel  
Writers  
judyevans45  
@yahoo.com  
donevans@swbell.net  
316.634.2059



**Kellie Glenn**  
Photographer  
Wonderlust  
Photography  
wonderlustphotog  
@gmail.com  
316.389.2690



**Jasmine Pena**  
Photographer  
Jasmine  
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jaspenaphotography  
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**Shayna Davis**  
Photographer  
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Amy Wallman  
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Sveta Yakubovich



# DECEMBER CELEBRATIONS

To share your anniversary/birthday or a family member's birthday with us, email [wichita.content@n2co.com](mailto:wichita.content@n2co.com).

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- 3 Matt Bish
- 4 Bobbie Walter
- 4 Callum Thorp
- 5 Mackenzie Kemnitz
- 5 Mike Onofrio
- 5 Rachel Douglass
- 7 Conner Geist
- 7 Shon Chapman
- 8 Hannah Pham
- 9 Michaela Strecker
- 9 Olivia Buchanan
- 9 Navin Maharaj
- 9 Kathryn Krsnich
- 10 Phil Zongker
- 11 Vincent Cantucci
- 12 Carrie Hagan
- 12 Matt Onofrio
- 12 Vanessa Dondlinger
- 14 Daniel Leiker
- 14 Parker Bennett
- 15 Sharon Leiker
- 17 Raymond Dondlinger
- 21 Judy Evans
- 22 Masha Yakubovich
- 23 Joan Relph
- 28 Mitch Born
- 28 Cynthia Koepsel
- 29 Pat Porter
- 30 Hallie Stewart

### HAPPY ANNIVERSARY!

- 23 Dan and Sondra Robison
- 31 Ryley and Ryan Clem

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# HELPING HANDS

Welcome to *Stroll Lakepoint & Vickridge's* "Helping Hands" section. No "businesses" will be allowed to have a listing here — just kids or other residents for babysitting, pet sitting, house sitting, lawn mowing, grass raking and snow removal. Please email listings to Kim Anciaux at [kim.anciaux@gmail.com](mailto:kim.anciaux@gmail.com) with the following information: name, phone, email and other necessary info (grade, certifications, experience and availability).

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**Ella Anciaux**  
19 years old  
H: 316-633-6540  
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**Delaney Erdman**  
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## MEET YOUR NEIGHBORS



WRITTEN BY ELIZABETH MCCABE  
PHOTOS BY SHAYNA KAYE PHOTOGRAPHY

There is nothing like a grandparent's love for their grandchildren. Making memories to cherish and savoring time with them is nothing short of priceless. Russell and Amy Wallman relocated to Wichita for one simple reason — to be closer to their two grandchildren, Ellie (4) and Johnny (2.5). They make their lives complete.

Russell and Amy reside on N. Cypress and closed on their house in August 2021. Amy shares, "We fell in love with the area. We loved the scenic views around the lake, and it seemed like a home away from home!"

They can often be found down in the playroom or backyard spending time with Johnny or Ellie, who are the light of their lives.

Russell and Amy were both born and raised east of Beatrice, NE. Amy attended the University of Nebraska — Lincoln and earned her Master of Arts from Doane University. She works as an elementary fourth-grade teacher at Tri-County Schools, a job that she has enjoyed for 36 years. As for Russell, he attended the University of Nebraska — Kearney. For his profession, he is self-employed in the agricultural field as a farmer.



Amy shares, "We love to spend time with our families!" They are blessed with two children, their son Jordan and their daughter Courtney. Courtney is married to Matt Lazzo. They reside in Wichita with their two children. Courtney enjoys her career helping others as a physical therapist at Physical Therapy by Phoenix in Wichita. Matt works as a project director at Cornejo Holdings.

Jordan is a social studies teacher in Nebraska and is married to Lindsay from Ashland, NE. As for Lindsay, she works at Children's Hospital as a speech pathologist.

Although Russell and Amy don't have any pets of their own, they love having two grand dogs. Doug, an Australian shepherd, resides in Wichita. Goldendoodle Kevin resides in Nebraska. Amy shares, "We frequently get babysitting gigs for both!"

Time together is always well spent. Amy loves to host family at their house and has a few family recipes that are repeat favorites. Gathering together and making memories is what it's all about for this tight-knit family.

Sports are also near and dear to their hearts. "We are active Nebraska football tailgaters!" Growing up in Nebraska, football is very important," explains Amy. Watching Nebraska volleyball is another pastime that she and Russell enjoy.

The Wallmans also root for the Royals and Chiefs. Amy adds, "Both of our children played college football and volleyball, so we have been active sideline parents since our kids were in elementary school." Russell coached basketball for Beatrice High School until circumstances dictated otherwise with COVID-19 and the constraints of his schedule.

They also like playing sports, including basketball and football. Russell likes to play golf, which suits him to a tee. Reading a good book is what Amy loves to do.

An active couple, they like walking or biking around the lake. They also enjoy yard work and making it look the best it can be.

"We look forward to traveling more with retirement," smiles Amy. She and Russell love tropical destinations and try to get away during the winter.

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“We love the water!  
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water, whether a tropical  
destination or spending  
time boating,” says Amy.

Thank you, Russell and  
Amy, for sharing your story  
with the readers of *Stroll  
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Cody Barnett (Left) and Ryan Clem (Right)

# Getting Back to Life with No Back Pain

Why live with physical pain if you don't have to? Resident Ryan Clem found a new lease on life when she became free from chronic lower back pain. Thanks to one of our preferred partners, Ryan found that she could get back to life with no pain!

WRITTEN BY ELIZABETH MCCABE

"I have had chronic lower back pain for 14 years," says Gatewood resident Ryan Clem. "It was just something that I dealt with." Her lower back pain dates back to her college running days.

"It was nothing debilitating," she explains. "It was a nagging pain." After having three children, she realized that when doing a lot of bending, her lower back pain was triggered, going from a nagging dull pain to a sharp pain.

"I finally said earlier this year, 'I need to go see Cody Barnett, a physical therapist and the owner of Bodyworx Physical Therapy & Concussion Center, and we need to address it.'" Cody resolved a hip issue that she had when she was pregnant. "I started seeing him once a week, and he started by evaluating what was going on. He determined that the pain that I was having was because the muscles supporting my lower back were really weak. He gave me some simple exercises that I could do at home," says Ryan.

She committed to exercising for five minutes a day. "After three months of doing exercises, I didn't have pain anymore," smiles Ryan. Cody measured her strength with each session, and her muscle strength greatly improved. Now she enjoys a life of physical activity without limitations with group fitness classes, strengthening her body in the process.

Would Ryan recommend Bodyworx to others? "Oh yes! My parents go there, and I've referred several friends to Bodyworx as well!" She also appreciates how close his office is to the neighborhood. "You can get to this office in less than five minutes," she says.

"What I've done with Ryan is create an atmosphere for healing," says Cody. He likes seeing this mother of three regain her life again and have freedom of mobility without pain. "She's a wonderful patient, too," he adds. With Ryan, Cody did some hands-on manual therapy and taught her exercises to do on her own. By finding the root cause of her pain, he was able to devise a treatment plan that addressed the root cause and put her on the road to recovery.

"Treatment looks different for different people," says Cody. Finding the root cause is critical. "A third of our patients have tried other treatments, such as physical therapies, been to surgeons and health care providers, but haven't gotten the results that they want. We specialize in getting down to the root cause, identifying the real issue and addressing it."

Through a very thorough exam, Bodyworx therapists can find the root cause of the problem and then map out what treatment looks like to solve it. They have developed and used the AIM Patient Treatment Method — Assessment, Intervention and Management.

Treatment may involve cold laser therapy, manual hands-on therapy, doing exercises at home and even seeing

Bodyworx therapists virtually through telemedicine. They have seen clients from nine different states and have helped them improve their health.

Best of all, Cody loves what he does. Seeing people return to the things that they want to do makes every ounce of effort worthwhile. He encourages people, "Motion is lotion." Staying active is key to a healthy life.

## ABOUT THE PRACTICE

"I started Bodyworx in 2005," explains Cody. "Our mission is to help people stay active, mobile and off pain pills." He treats back pain, neck pain, hip pain, knee pain, shoulder pain and more. "I'm just trying to help people stay active and mobile so that they continue to do the things that they love to do without being restricted physically. I want to keep people going on vacations with their family, going to the gym and going for walks and runs."

Cody has a team of two physical therapists (including himself), two personal trainers and a wellness coach who specialize in helping people identify their goals and help them work to achieve them.

## FINAL THOUGHTS

"Treating someone like Ryan is like winning the Super Bowl," says Cody. Ryan concludes, "My story has a happy ending." She has a heart of gratitude for Cody and is so thankful for her pain-free life.

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# Two Brothers Bring Fresh Italian Dishes To Wichita

PHOTOS BY JASMINE PENA PHOTOGRAPHY

Are you looking for a new place to dine with friends or family? Check out FioRito! Jordan and Jason Rickard, brothers born and bred in Wichita, decided to open their own dining establishment. Fiorito is Jason's wife's maiden name, which means "flowering" in Italian. "Our roots are in Wichita, and we hope to bloom here too." With years of experience under both their belts, they chose Italian cuisine! "Jason and I both worked at fine dining Italian establishments in Denver and Boulder, and we love the craft of making pasta and bread," shares Jordan. After working in various restaurants for

some time, Jason and Jordan finally felt called to come back home.

Have you ever visited those restaurants with pages and pages on their menu? You can become mentally exhausted just trying to select a beverage, let alone your appetizer and entree courses for the evening. At FioRito, they believe less is more. Their menu boasts a few dishes for each course, so they can focus their efforts on quality-sourced ingredients crafted to perfection. Their drink menu also mirrors that approach, with just the right number of cocktails and beverages to choose from.

## APPETIZERS

Restaurant Review guests in attendance enjoyed sampling FioRito's delicious cocktails like Fall Heatwave and Lady in Thyme, which were artistically garnished. For the appetizer course, we sampled House Sourdough with Spreads. The spreads were a huge hit with Oliva Withers, Rachel Pearson, Don Evans and Simon and Sveta Yakubovich, as this was rated their favorite tasting of the evening. Don and Simon appreciated that the bread was light and airy with a nice crust. Sveta and Rachel loved pairing the bread with the chili ricotta. Guests also got to



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RISTORANTE

sample FioRito's Garlic Caesar Salad with house-made croutons and a seasonal garlic slaw. The slaw added a unique spin to the traditional Caesar salad. As a result, many guests spoke in favor of this salad.

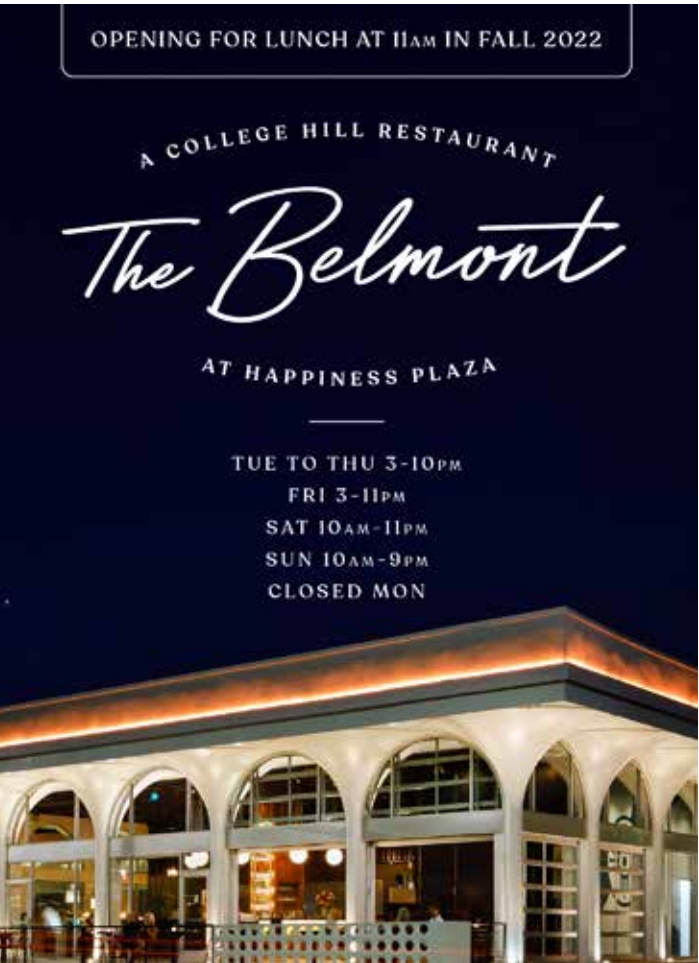
*Thank you, FioRito, for being such great hosts. We will be back!*

Do you have a neighborhood event to share? Let us know by emailing [wichita.content@n2co.com](mailto:wichita.content@n2co.com).

## THE MAIN COURSE

For the entree portion of the evening, we sampled two pasta dishes, including the Red Pepper Mafaldine, which included both Italian sausage and moist slices of roasted chicken topped off with a balsamic parmesan sauce and garnished with Marcona almonds. Raegan Sowders commented, "The almonds were a fun surprise to this dish. In fact, this was the star garnish for me." Janie Chisholm voted this her favorite tasting of the night by saying, "Very tasty! I loved the almonds, and the sausage had a kick." The second dish sampled was the French Onion Radiatore. This pasta was full of freshly roasted mushrooms, caramelized onion and toasted croutons. Our dairy-free, gluten-free guest, Nancy Withers, really loved this dish. She added, "FioRito was very accommodating to my dietary needs. The specialty dishes are delicious, and you do not feel like you are missing out."

The service at FioRito was excellent! Many attendees knew our waiter by name at the end of the evening. Pete "was very attentive and personable," commented Krista. Sonja Seidl concurred, saying, "Excellent service, Pete!"





# Confident Communication

Making a difference, one word at a time

WRITTEN BY ELIZABETH MCCABE

PHOTOS BY SHAYNA KAYE PHOTOGRAPHY



“I love working with little kids and seeing them gain confidence while improving their speech and language skills. I videotape my students and text the clips to their parents, so they know how to cue and practice their skills at home,” says Speech Pathologist Lindsay Walter.

Although she thought about following in her mother’s footsteps and going into teaching, Lindsay’s mother urged her to study a specialized field. She comments, “I shadowed one of her best friends who was a speech-language pathologist and knew it was the right fit for me. I’m so thankful my mom knew best — like usual!”

Lindsay got her undergraduate degree from Kansas State University and then attended the University of Nebraska-Lincoln for graduate

school. She has been a speech pathologist for 15 years.

“I predominantly have always worked in a school setting, but I’ve done PRN in assisted care facilities also,” comments Lindsay. She mostly works with small groups. “If a student needs intense instruction, then I’ll do one-on-one therapy, but most kids like being in a small group so they can play games with a friend while in speech.”

Lindsay’s caseload is an even mix of articulation disorders and language-based disorders. To assess progress with a student, Lindsay takes solid data to follow their progress. Interestingly, the state of Kansas requires speech-language pathologists to send out progress reports quarterly, just as teachers do.

One trend in speech pathology is using technology, which Lindsay says can be a blessing and a curse. She explains, “The students love working on the iPad to practice their sounds and language skills, but it can be difficult to convince them to slow down and focus on the activity versus ‘playing the game.’”

## ADAPTING TO COVID-19

“Speech therapy during COVID-19 was nearly impossible,” says Lindsay. “It was a completely new way of administering therapy, and nobody had ever provided treatment in such a manner, so we were all learning as we went.”

Lindsay held a lot of Zoom therapy sessions and FaceTime sessions. Unfortunately, the kids did not have materials at home to practice, so it was



“The students love working on the iPad to practice their sounds and language skills, but it can be difficult to convince them to slow down and focus on the activity versus ‘playing the game.’”



the parents’ responsibility to print off the materials that Lindsay emailed. “It was very difficult, and many kids regressed in their skills,” she admits. She is glad that she can meet her students in person again.

## ABOUT LINDSAY

“I grew up in Larned, a small town in western Kansas,” says Lindsay. “My husband got a job in Wichita, and I was so happy to move here.” Wichita is only two hours from her hometown.

“Once my mom retired, she would make weekly trips to come up and see the boys and me,” she smiles. “After she passed in 2020, it was a big adjustment not having her pop in for her quick visits, and we miss her terribly. Thankfully, my dad visits often, and we see him frequently with visits back home and to KSU games.”

When not working, Lindsay has her hands full with her three boys, who are very active in sports. This past summer, she spent nearly every weeknight and weekend on one ballfield or another. Their oldest, Cal, also played in some basketball tournaments, which was a nice reprieve inside an air-conditioned gym and not on a hot bleacher outside.

To relax, Lindsay enjoys running. Pounding the pavement helps her to be more patient and unwind. “I also enjoy going to the pool with my family,” she adds.

Working part-time provides Lindsay with a perfect balance. She explains, “It allows me time to catch up at home and stay on top of things with my boys and all their sports. I started subbing at the boys’ school, St. Thomas Aquinas, on my days off. I absolutely

love seeing them and all their friends when I can sub.”

## FINAL THOUGHTS

Looking to become a speech pathologist? Lindsay has some words of wisdom. She comments, “I think it’s important that you shadow speech therapists in various settings. Also, don’t be afraid to reach out to someone that has worked for several years. I still contact my colleagues and ask what therapy tricks and ideas they use with certain students.”

Communicating clearly and confidently is essential. That’s where Lindsay helps children, making a world of difference for them. Thank you, Lindsay, for sharing your story with the readers of *Stroll Lakepoint & Vickridge*.

Do you know of a medical professional who lives in the neighborhood? Email [wichita.content@n2co.com](mailto:wichita.content@n2co.com) with your nominations!





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# Meet Hudson Hoover

Future NBA Star?

WRITTEN BY ELIZABETH MCCABE

“When I grow up, I want to be a basketball player,” says Hudson Hoover. This 11-year-old resides in Lakepoint on N Linden Circle with his parents, Danielle and Darrick.

“My dream would be to play basketball at KU! Plus, playing in the NBA would be awesome,” points out Hudson. “If I can’t play in the NBA, I would like to work to become a general manager of an NBA team.”

Hudson went to the Final Four this year and loved every minute of it. He also plays basketball himself on the Defenders basketball team. “We practice twice a week and play MAYB tournaments most weekends,” he says.

When Hudson isn’t shooting hoops, you can find him hitting the books and making the grades in the sixth grade at Collegiate. Science is his favorite subject, and he finds it fun. Hudson has gotten 100% on three quizzes.

“My favorite part about science class is my teacher, Mr. Walker,” explains Hudson. “He is nice and makes learning fun. He also likes sports.”

When Hudson isn’t studying, he likes to watch movies with Adam Sandler in them. He also likes eating ribs, which always puts a smile on his face.

Family traditions are important to him. He likes going to Orlando. Hudson says, “My family and I stay at the Marriott Lakeshore Reserve every year. It is the best resort, with so many fun activities for kids and water slides. We usually go to Disney World, too!”

Thank you, Hudson, for sharing your story with the readers of *Stroll Lakepoint & Vickridge*. Keep dreaming big dreams, Hudson, and always remember that the sky’s the limit!

If you know of a young achiever in our community who deserves to be recognized, please email [wichita.content@n2co.com](mailto:wichita.content@n2co.com) with your nominations.



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# Adventure through France

WRITTEN BY AUSTIN BROADIE

Beautiful rolling hills, plush green gardens and flourishing vineyards are only a few of the amazing sights Lakepoint resident Sonja Seidl and her daughter, Tara Kneller, enjoyed on their French adventure. To begin the journey, Sonja met her daughter in Paris, France. Sonja has now visited France three times, and her daughter, who lives in Bristol, England, has been six times. What made this trip extra special was a joint mother-daughter birthday celebration!

After arriving in Paris, Sonja and Tara stayed for two days in the City of Lights. On their first day, Tara surprised Sonja with a three-hour croissant-making class! It was also in Paris that Sonja said they enjoyed the best meal of the trip at The Four Seasons Hotel's Orangery Restaurant. "There were only seven tables in the restaurant, and beside our table was a small table specifically meant to hold our purses," says Sonja. The Orangery had a set menu with a French wine pairing for each delicious course.

The next stop on their trip was Gordes, France, which also happened to be Sonja's favorite destination. "It was gorgeous," says Sonja. Sonja's birthday request was to spend time at the luxurious Hotel Les Bourie and Spa. Set in the countryside right outside the city of Gordes, the hotel and spa have a huge outdoor/indoor pool and even a helicopter landing port. Sonja and Tara treated themselves to birthday massages. The spa also serves tea every day at 4 p.m. One of Sonja's favorite memories from the whole trip was sitting in plush robes with Tara on the terrace, drinking champagne and

enjoying the beautiful French countryside. The spa is on top of a hill, so the view is magnifique!

Following Gordes was the medieval city of Carcassonne. While in Carcassonne, they spent two days in the castle Hotel De La Cite Carcassonne. Sonja says, "Large walls surrounded the city, and we did not have to leave the castle grounds because anything we needed was inside."

Bordeaux followed, and there they stayed in a beautiful Airbnb. There, Sonja and Tara toured the Chateau Ambe Tour Pourret vineyard. They learned how to make wine and experienced a wine tasting. Bordeaux has a unique market, and they enjoyed some time browsing. Tara, who happens to be an excellent chef, even cooked supper one evening before their departure. Eventually, all good things must come to an end. Sonja and Tara traveled back to Paris before saying "Au revoir," with Sonja back to Kansas and Tara to England.

Sonja says, "The people were so kind and went out of their way to be friendly; it helped make our trip amazing." Although Sonja and Tara do not speak French, communication was not problematic. Their only travel challenge was reading road signs, but they traveled with the help of GPS. When asked what she wished she had packed for the trip but didn't, Sonja replies, "more dresses." The people in France wear whatever they want, which results in a wide variety of styles seen on the street.

Both Tara and Sonja love to travel, and Tara arranged all the travel plans and activities for the two of them. Though celebrating their birthdays together was the primary reason for their trip, this mother-daughter duo would say it was an extra special excuse to spend more time together. The French countryside provided a beautiful backdrop for some quality time and memory-making.

Belated birthday greetings, and thank you, Sonja and Tara, for sharing your beautiful trip with the readers of *Stroll Lakepoint & Vickridge*.

Where have you gone lately? Let us know by emailing [wichita.content@n2co.com](mailto:wichita.content@n2co.com).







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# resident business guide

This is a current list of business owners and professionals who reside in Lakepoint & Vickridge. It is an opportunity to network, qualify, and potentially build a business relationship with other successful neighbors. To be included in the Resident Business Guide, email your name, business name, phone number, and email address to [raegan.sowders@n2co.com](mailto:raegan.sowders@n2co.com).

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## Talented Athlete Liam Toubassi

No sport is “too much”

WRITTEN BY BETH WASSON

**T**welve-year-old Liam Toubassi is an all-around athlete. The Independent School seventh-grader hasn’t met a sport he didn’t like. “I play soccer, tennis, basketball, football and bowl,” says Liam.

Liam started at an early age. “I’ve played soccer since I was 4 years old, tennis on and off since then as well. I started bowling when I was 9 and have competed in several tournaments, winning scholarship dollars toward college,” says Liam. “It’s the only sport a minor can earn money in without declaring professional status.” In middle school, Liam helped his bowling team triumph, “I led my team to the championships for middle school bowling, competing with teams across the city,” he says proudly.

This fall, Liam played football for the first time. He had two interceptions, two punt returns and one two-point conversion. Liam may be spending more time on the football field!

Each sport has its own practice schedule, but Liam doesn’t have a special training routine. Last summer, he attended sports clinics and took private lessons for his favorite sport, basketball. Liam wants to join a club team so he can play basketball year-round, explaining, “I love the fast pace, shooting and being part of a team.” Over the summer, Liam was promoted to second team for Kansas Rush Wichita soccer team. He played goalie for fall 2022 and will play goalie again for the spring 2023 season.

Liam’s favorite memories include traveling to Kansas City for soccer, winning the bowling championship and meeting Wichita East High School graduate Korleon Young, a former NBA and European professional basketball player.

Sports have taught Liam that hard work pays off. Despite the time spent practicing and playing sports, he keeps his grades up and is an honor roll student at Independent. Liam sums it up, “Work hard if you really want to do it.”

Thank you, Liam, for sharing your activities with *Stroll Lakepoint & Vickridge* readers. Hope you have a great school year!

Do you know an athlete in the neighborhood? Let us know by emailing [wichita.content@n2co.com](mailto:wichita.content@n2co.com).



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