Osteopathic Physician

Help for Ohio Physicians

"One-Bite" ensures confidentiality and encourages impaired physicians to get the treatment they need

THE QUARTERLY PUBLICATION OF THE OHIO OSTEOPATHIC ASSOCIATION | FALL 2019

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OHIO OSTEOPATHIC SYMPOSIUM

A collaboration of Ohio University Heritage College of Osteopathic Medicine and Ohio Osteopathic Association

APRIL 22-26, 2020

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Executive INSIGHT

Lighting the osteopathic way for our students

By Matt Harney, MBA

Over the last several months, the OOA has developed a resource for osteopathic medical students that outlines the instate options for them to stay in the osteopathic family for their residency training. Given the final AOA match occurred last spring, we understood our students needed support in searching



ACGME programs that have obtained osteopathic recognition (OR). Undoubtedly, there is so much involved in assessing and prioritizing training programs—family considerations, regional preferences, and all of the details associated with audition rotations, among much else—we wanted to ensure the osteopathic component was as easy as possible to navigate.

To help provide some clarity on at least one aspect of the residency selection process, the OOA has developed a new resource for students looking to train at an ACGME program with osteopathic recognition with a new webpage dedicated to them. Under the "Students" section of the OOA website, the "Osteopathic Recognition" page provides a map that represents every OR program in the state with an OOA logo. Basic program information appears when you click on each program.

Below the map, the page also contains a list version of all OR programs statewide and includes a link to the program webpage, program director contact info, specialty, the total number of slots available, and more! The OOA will update the page as OR programs are approved by the ACGME. I'm proud to say this is the first resource of its kind strictly dedicated to OR programs.

In this new era of residency programs (resulting from the single accreditation system), it's a huge priority for the OOA to ensure we make it as easy as possible for our students to take the next step along the osteopathic continuum. I really hope this webpage helps towards that goal.

My sincere desire is that other state associations and the AOA will provide resources for their respective members so that DO grads can match into OR programs even if it's in another state. In the meantime, I hope our student members will integrate this resource as they begin their selections and I hope our physician members will encourage training in these programs. Not only that, I hope those residency programs who've not obtained OR but are interested in doing so will pursue that option—although, that is a separate article in itself! To our osteopathic medical students, I say "Ready, set, DO!"



Help for Ohio Physicians

"One-Bite" ensures confidentiality and encourages impaired physicians to get the treatment they need

Physicians and health care providers are not immune from the issues and ailments that afflict their patients—including substance abuse problems. But the fear of losing their medical license, and their livelihood, has been identified as one of the main barriers to seeking treatment for those struggling with substance use disorders.

The Ohio Osteopathic Association has long supported a strong, confidential process to identify, help, and refer at-risk physicians to early treatment before patient safety is compromised and disciplinary action is necessary. Over the past several years OOA staff and leadership have worked with the State Medical Board of Ohio (SMBO), Ohio Physicians Health Program (OPHP), and a coalition of physician organizations to address the issue.

In 2018, Ohio lawmakers established the One-Bite program. This confidential program allows an eligible practitioner who seeks treatment for a substance use disorder to avoid formal disciplinary action by the Medical Board as long as they participate in treatment and monitoring conditions.

This year, OPHP was approved by the State of Ohio to serve as the monitoring organization

responsible for administering the One-Bite program. OPHP is not allowed by law to disclose the names and records of practitioners participating in the program unless certain conditions exist.

In order to be eligible for One-Bite, practitioners must meet three criteria:

- Be diagnosed with a substance use disorder and an inability to practice due to their impairment.
- 2. Be a first-time participant in the program.
- 3. Have no prior disciplinary action for substance use disorder or impairment by any licensing board in Ohio.

To maintain eligibility, practitioners must complete treatment at an approved One-Bite facility, complete continuing care, enter into a monitoring agreement, and comply with all conditions of treatment and monitoring.

Licensed professionals have a duty to report any suspected impairment related to drug or alcohol use. Due to changes in Ohio law, reports of suspected impairment are now required to be made to OPHP instead of the Medical Board. \rightarrow

If you are struggling with alcohol or drug use or know of a colleague in need of help, contact Ohio Physicians Health Program, 614-841-9690, info@ophp.org

One-Bite Program FAQs Provided by OPHP

1. What is the One-Bite program?

The Ohio General Assembly established the program which allows an eligible practitioner who is impaired due to a substance use disorder to avoid formal disciplinary action by the State Medical Board of Ohio (SMBO) by utilizing established confidential monitoring and treatment conditions as defined in Ohio Revised Code (ORC) 4731.251 and 4731.252.

2. Who is eligible to enter the One-Bite program?

It is available for all individuals licensed by the SMBO: physicians (MD/DO/DPM), physician assistants, anesthesiologist assistants, acupuncturists, oriental medicine practitioners, dietitians, genetic counselors, radiologist assistant, respiratory care professionals, cosmetic therapists, and massage therapists.

3. Will the State Medical Board of Ohio know about my participation in the program?

The Ohio Physicians Health Program (OPHP) shall not disclose to the SMBO the name or any records relating to a participant under the One-Bite Program unless certain conditions exist and in accordance with ORC 4731.251(D).

4. How do I access or enter the program?

OPHP is approved by the State to serve as the monitoring organization responsible for determining whether a practitioner is eligible to participate and for conducting the program. Contact OPHP at 614-841-9690 to start the enrollment process.

5. How do I know if I am eligible to enter program?

To be determined eligible for the One-Bite program by OPHP you must meet the following criteria: you have been diagnosed with a substance use disorder; you have not previously participated in the One-Bite program or the reporting exemption under Chapter 4731-15 of the Ohio Administrative Code; and you have not had any prior disciplinary action for substance use disorder or impairment by a licensing board in Ohio.

6. What treatment options do I have and how long will I be in treatment?

In order to enter the One-Bite program, a practitioner must complete a 72-hour comprehensive evaluation at a SMBO approved One-Bite program treatment provider; complete treatment as recommended at a SMBO approved One-Bite program treatment provider; and enter into a continuing care agreement with a One-Bite program approved continuing care provider. Continuing care shall occur weekly for a minimum of six months.

7. How can my treatment facility become a One-Bite program approved provider?

Contact OPHP Clinical Director Nelson Heise at 614-841-9690 to discuss requirements.



Student Update: ATHENS CAMPUS

Time management is an essential skill for anyone. For medical students, they are balancing a heavy academic course load, family, friends, day-to-day tasks, and more. For student leaders, the "more" includes service to their community, their peers, and their future profession.

The OOA works with many Ohio University Heritage College of Osteopathic Medicine (OU-HCOM) students, particularly Student Government Association (SGA) and Student Osteopathic Medical Association (SOMA) leadership. SGA presidents from each campus—Athens, Dublin, and Cleveland—are invited to OOA Board meetings and are allotted time on the agenda to report on campus activities. SOMA is an AOA affiliate and the nation's largest network of osteopathic medical students.

In this issue of *Buckeye Osteopathic Physician*, we invite Athens campus leaders to provide an update.





ANDREW WILLIAMS, OMS-II

SGA President, *Athens Campus*

Heritage College Administration and SGA are pleased to announce the establishment of the Heritage College Inter-Faith Prayer Room, located in Irvine room 190. The features of the prayer room include a storage cabinet for spiritual readings, easily-moved furniture for flexibility of meditation, prayer, or worship, and partitions that can be assembled for more privacy. As a college, we look forward to continuing to embrace the philosophy that the body is a unit; the person is a unit of body, mind and spirit. SGA partnered with Kenneth W. Clement Boys' Leadership Academy, a local Cleveland city public school, to donate school supplies and academic resources to its students. The event was a success and elementary and junior high school students were able to receive materials to start their academic year in a positive manner.

SGA collaborated with the office of Diversity and Inclusion, the African Studies Alumni & Friends Network, as well as the African Student Union and the Caribbean Scholars Association to participate in the first Black Alumni Reunion Bobcat Kick It Out Tournament. Students of the Heritage College, along with Executive Dean Kenneth H. Johnson, DO, represented OU-HCOM at this university-wide soccer tournament. The event, held on September 14, was motivated by an international campaign focused on addressing hate, bias, discrimination and racism by bringing diverse groups of people together.

Many other projects and initiatives are on tap for the school year. \rightarrow

Student Leaders

Student Government Association (SGA), Athens

Andrew Williams, President Logan O'Keefe, Vice President Henna Patel, Secretary Harsh Patel, Treasurer Casey Koth, Student Director of Community Outreach Emily Artz, OU Student Senate Representative

Nicole Siliko, OU Graduate Senate Representative

Student Osteopathic Medical Association (SOMA), Athens

Michelle Beeson, President Emily Artz, National Liaison Officer Sumedha Medicherla, Vice President Blair Bakula, Secretary Geoff Roberts, Treasurer eorge lannantuono, Community Outreach Direc Jonathan Major, Pre-SOMA Director



MICHELLE BEESON, OMS-II

SOMA President *Athens Campus*

This year, the new Athens SOMA leadership has several initiatives, the first of which is outreach to undergraduates interested in medicine. During the National Osteopathic Medical Mentors, teaching future physicians the basics in clinical examination skills and osteopathic techniques. In September, we also hosted National Osteopathic Night Out, taking the opportunity to meet members of Ohio University's Pre-SOMA chapter and provide advice for the upcoming admissions cycle. Our major goal this year is to help our local Pre-SOMA chapter become an official National Pre-SOMA chapter, providing undergraduate students with more resources to help them on their journey to medical school.

We are furthermore committed to engaging our student body in political causes that will most effect osteopathic medical students in their future practice. A highlight in this area has been the newly formed SOMA Region III Overdose Prevention Task Force, led by Athens National Liaison Officer, Emily Artz, OMS-II. The Overdose Prevention Task Force has planned several trainings that will be available to medical students in the upcoming year, including Narcan Training and Recovery Ally Training.

In addition to these initiatives, SOMA also plans to:

- Continue to represent the student body's interest at national conferences.
- Partner with the American Red Cross to host several blood drives.
- Plan additional training opportunities for students that will include recognizing victims of abuse and human trafficking in clinical practice.
- Host events to fundraise for local Athens County charities.

Athens SOMA would welcome the guidance and clinical expertise of current osteopathic physicians. Physicians who would like to host a seminar highlighting important issues they see in clinical practice are welcome to contact SOMA President Michelle Beeson at mb322717@ohio.edu.









Terry A. Johnson, DO, is sworn-in as state senator, September 18, 2019, becoming the first DO to ever serve in the Ohio Senate. His wife Jennifer holds the Bible while Senate President Larry Obhof conducts the ceremony. PHOTO COURTESY OF OHIO STATEHOUSE

Johnson is first DO to serve in Ohio Senate

hen Terry A. Johnson, DO, was sworn-in as state senator, September 18, 2019, he became the first DO to ever serve in the Ohio Senate.

Johnson, a family physician from McDermott, was swornin during session after Senate Republicans unanimously voted, 23-0, to approve a screening committee recommendation. The committee of senators met with six applicants for the open seat and recommended Johnson. The vacancy was created when former Sen. Joe Uecker resigned to take a position with the Ohio Department of Transportation. Johnson will fill out the remainder of Uecker's term, which expires on December 31, 2019.

Johnson serves the 14th Senate District, which encompasses all of Adams, Brown, Clermont and Scioto counties as well as a portion of Lawrence County.

A practicing physician, medical educator, and retired military officer, Johnson is not new to the General Assembly. He served in the Ohio House of Representatives from 2011-2018. As state representative, he championed important health-related legislation to fight prescription drug abuse.

House Bill 93, which he sponsored in the 129th General Assembly, has been recognized as instrumental in shutting down Ohio's "pill mills" and preventing prescription drug abuse. The bill, which passed in a remarkably quick five months and was signed immediately into law in May 2011, placed limitations on the in-office prescribing of controlled drugs, added licensing requirements for pain clinics, and created a take-back program to help people safely dispose of unused medications. It effectively closed Ohio's illicit pill mills, which were causing large numbers of Ohioans to become addicted to opioids.



He also jointly sponsored House Bill 296, which allows schools, school districts and residential or day camps to stock epinephrine "epi-pens" to treat anaphylactic shock. House Bill 170, which he sponsored in 2013, greatly expanded access to naloxone hydrochloride, a medication that can save the lives of people suffering overdoses of heroin or prescription

pain medication. He also worked on legislation that restricted youth exposure to tanning beds, and on the new state law that reformed step therapy protocols that impede patient access to needed medicines.

Keeping with his osteopathic roots, Johnson looks at legislation holistically. All totaled, he saw 18 of his bills signed into law. His time in the House concluded after four terms due to term limits.

Johnson graduated summa cum laude in 1985 from Ohio University with a bachelor's degree in history, before attending OU College of Osteopathic Medicine. He completed his family practice residency at Doctors Hospital in Columbus, after which he returned to the Portsmouth area to practice in 1994.

Currently, he is employed by Valley View Health Centers in Waverly as director of Medically Assisted Treatment and Integrated Health Services. He said he strives to help his patients achieve total healing—spiritually, mentally, and physically—by changing their lives and finding their true potential.

Johnson was the first, and to date, the only osteopathic physician to serve in the Ohio legislature.



Don't live in DENIAL

Opioid awareness campaign targets parents and caregivers

multimillion-dollar media campaign designed to engage parents and caregivers to prevent opioid misuse is underway in Ohio.

The Ohio Opioid Education Alliance (the Alliance), a consortium of over 60 funders, corporations and public and private agencies—including the Osteopathic Heritage Foundations—formed last year to help tackle the opioid crisis.

To kick-start the work, the Nationwide Foundation provided \$2 million in initial support. A key component of the Alliance's efforts is the *Don't Live in Denial, Ohio* public service announcement (PSA) campaign. The PSA, developed in collaboration with addiction experts and Ohio parents, is based on research indicating while most people are aware of the opioid crisis, they significantly underestimate the risk opioids can pose to their own children and family, leading them to overlook the importance of preventative measures. Many parents admit to having a "not my kid" mindset, leading them to overlook the importance of preventative measures.

The setting for the media campaign is the fictional town of Denial, Ohio. Residents reveal their beliefs that the opioid crisis won't impact their children. Viewers are urged to visit DontLiveinDenial.org to learn how to discuss opioids with their children and how to properly dispose of

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or safeguard prescription drugs. Research by the Substance Abuse and Mental Health Services Administration has found when parents and caregivers talk to youth about the dangers of drug use, their risk of abuse is cut in half.

Specifically, key statistics, consumer focus groups, and quantitative testing that informed the campaign direction showed:

- It starts with pills Research shows 80 percent of patients in heroin treatment started their opioid use with prescription medications, not heroin.
- Parents are inadvertent suppliers Nearly half of teens who misuse prescription drugs get them from their parents' medicine cabinet.
- Talking works Research shows when children talk about substance abuse with parents and other influential adults, they are up to 50 percent less likely to use.

The PSA campaign is expanding in central and southeastern Ohio, incorporating multiple media channels including television, radio, digital media and static images in highly trafficked areas. The campaign was designed to have a long shelf life and scalable beyond central Ohio.

In support of the Alliance and the *Don't Live in Denial, Ohio* campaign, the Osteopathic Heritage Foundations approved a funding award of \$25,000. "The Foundations recognize the importance of increased prevention education and public awareness, as it relates to the opioid epidemic, and are proud to be a supporter of the Alliance," said Susan Beaudry, vice president.

Other funders include American Electric Power, OhioHealth, Mount Carmel, ADAMH Board of Franklin County, Columbus Chamber of Commerce, Foundation for Appalachian Ohio, and Ohio Farm Bureau.

Deaths in the Family

OOA Life Member **Roger F. Classen, DO**, of Chagrin Falls, Ohio, and Boca Raton, Florida, died October 6, 2019. He was 74 years old.

Born to the late Mary and Theodore Classen, DO, Roger followed his father's footsteps and graduated from Kirksville College of Osteopathic Medicine in 1972. His vocation was to be a healer in all aspects of his life, caring for his patients as if they were his own family. He radiated love, compassion and gentleness towards everyone he met and was relentless in his pursuit of helping others. He will be remembered as a kind- hearted man, respected and adored by patients, family and countless friends. He leaves a loving and caring legacy to the medical community of the South Pointe Hospital, a Cleveland Clinic Hospital.

His greatest joy was spending time together with his family, sailing and fishing.

Survivors include his wife of nearly 40 years, Debra, three children, four grandchildren and a large circle of extended family including brothers Gregory T. Classen, DO, and Gary J. Classen, DO.

Memorial contributions may be made to the Brentwood Foundation or The Mute Swan Ministry.

OOA Life Member **Robert L. Cox, DO**, of Columbus, died November 4, 2019, after a long and courageous battle with Parkinson's disease. He was 83 years old.

He was a 1962 graduate of Kansas City College of Osteopathy and Surgery. A radiologist, he spent his medical career at Doctors Hospital, where he served both his Radiology residency and Internal Medicine residency. He retired January 1, 2007, after 40 years of service.

Throughout his years in medicine he was a mentor and teacher to countless students, interns, and residents and a champion for osteopathic medicine. In 2009, the Columbus Osteopathic Association presented him with the William I. Linder, DO, Advocate Award. He was also awarded Life Membership status by the COA, Ohio Osteopathic Association, American Osteopathic Association, and American Osteopathic College of Radiology.

Cox enjoyed planting a garden each year, dining, cooking with friends, playing golf, traveling, and watching The Ohio State Buckeyes.

Survivors include his wife Janet; two children; three grandchildren; siblings; and other extended family.

Memorial donations be made to Milligan College in Tennessee, his alma mater, or Indianola Church of Christ in Columbus.

Dominic J. Maga, DO, age 73, of Dayton, died at his home, July 31, 2019.

Maga, who grew up in Cleveland, graduated from the University of Dayton and then went to medical school at Des Moines University College of Osteopathic Medicine. He returned to Dayton, serving his Internal Medicine residency at Grandview Medical Center.

In 1992, he started moonlighting in Emergency Medicine. He enjoyed the specialty so much that he eventually left his private practice and began exclusively working as an ER physician at Grandview and Southview, Coldwater, Grant Medical Center, Washington Courthouse, Bellefontaine, and most recently in Connorsville, Indiana. Up until three weeks before his passing, Maga was still working one 12-hour shift weekly in the ER.

Throughout his career he was a mentor and teacher to many residents and interns.

Maga loved football, the UD Flyers, Ohio State, Notre Dame, and the Cleveland Browns.

He is survived by his wife of 31 years Lisa, three daughters two sons, and eight grandchildren.

Memorial contributions may be made to the American Cancer Society or Humane Society of Greater Dayton.

Merilyn Richards, a past president of the Auxiliary to the Ohio Osteopathic Association (AOOA), died November 25, 2019, after a long illness. She is survived by her husband David M. Richards, DO, with whom she celebrated 65 years of marriage. Other survivors include her three children, including David R. Richards, DO, and Dale R. Richards, DO; grandchildren; and great grandchildren.

Her family was her passion and pride.

She was involved in many activities throughout her life. Most important to her was serving her church and supporting her husband in his profession. She was president of the AOOA in 2001-2002 and also served as president of the Texas auxiliary as well as "First Lady" to the Presidency at The University of North Texas Health Science Center during her husband's tenure there from 1986-1999. For her work, she received the Yellow Rose of Texas Honorary designation from the governor and The University of North Texas Founder's Medal.

Memorial contributions may be made to The Kobacker Hospice House in Columbus.

OOA Life Member Eugene F. Trell, DO, died July 30, 2019, following a courageous

struggle with leukemia. He was 87 years old.

Trell, who grew up in Youngstown, graduated from Des Moines College of Osteopathic Medicine in 1962, and then moved to Columbus where he spent his medical career.

Throughout his 30+ years in medicine he was an advocate for osteopathic medicine and was very involved in the Columbus Osteopathic Association (COA). He served as COA president in 1987; received the organization's highest honor, the Sosnowski Distinguished Service Award, in 1994; was awarded the Linder Advocate Award in 2017; served for dozens of years as a delegate in the OOA House of Delegates; and regularly attended dinner meetings and CME events. Passionate about education, he enjoyed training and working with anesthesia residents. In the '70s he was heavily involved with the creation of Ohio University's osteopathic medical school.

Before retiring from active practice in 1994, he served in many leadership positions at Doctors Hospital including medical staff president; chair of the Anesthesia Department; and a member of the OhioHealth Foundation Board.

Survivors include his wife of 54 years, Roberta, and a large circle of family and friends.

Memorials may be made to Honor Flight in Columbus, or the Humane Society of Columbus.

OOA Life Member **Robert M. Waite, DO**, age 88, died September 10, 2019, at the Hospice House in Poland, Ohio.

He grew up in Columbus, did his premed at The Ohio State University, and then received his DO degree in 1961 from the School of Osteopathic Medicine in Des Moines.

Waite was employed as a physician in Columbus for his first year and then moved to Kinsman in 1963 where he opened his own practice and retired in 2003. He also worked as a medical officer at a federal prison in Lexington, Kentucky, for a few years.

Active within the profession, he was a proud member of the OOA and the local Western Reserve Academy. He served a term as chief of staff of Warren General Hospital.

Waite was also involved with his community, serving as deacon and elder at Kinsman Presbyterian Church; on the school board; and on the library board of directors.

He enjoyed working in his barn, building things, and travelling, particularly to the annual family reunion which was held in various \rightarrow

OHIO DOs IN THE NEWS

places throughout the US.

Survivors include his wife, Carol, five children, grandchildren and a large extended family.

Bernhardt A. "Bernie"

Zeiher, 89, of Toledo, died August 18, 2019. He was a past president of Ohio Osteopathic Hospital Association and winner of the OOA Meritorious Service Award in 1992

Zeiher, the longtime head of Parkview Hospital, was an advocate for osteopathic medicine and championed quality health care. He retired in 1991 as president and chief executive of Parkview, more than 26 years after he was named the hospital's administrator. The osteopathic hospital opened in 1946 and closed in 1994.

He served the profession nationally, as a regional trustee of the American Osteopathic Hospital Association, from which he received an Award of Merit. He served as chair of the American College of Osteopathic Hospital Administrators, of which he was a fellow.

Physician News

Terry A. Johnson, DO, was appointed state senator, September 18, 2019, representing the 14th Senate district. He is the first osteopathic physician to serve in the Ohio Senate. (See page 8)

Terrence M. Philbin, DO, of Dublin, was named president of the American Osteopathic Academy of Orthopedics (AOAO) during the Annual Fall Meeting, October 24-26, in Colorado Springs. As president, he is responsible for the continued growth of the AOAO including representing the association on a national level in regard to accreditation, legislative issues, and industry awareness and education. Philbin practices at Orthopedic Foot & Ankle Center in Worthington.

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I certify that the statements made by me are correct and complete.

-Cheryl Markino Editor, Buckeye Osteopathic Physician



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IN THE KNOW

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Kenneth Johnson, DO @DrKenDO

In preparation for our college's move to W. Union St. (and with a bit of inspiration from Mister Rogers), I'm making a point to get out and meet the new neighbors. Our first edition of "Dr. Johnson's (New) Neighborhood" explores @OHValleyRunning #runathensoh @AthensOhio @OUHCOM





Heritage College @OUHCOM

"It's about the patient." What an important first lesson for our #medstudents to learn at orientation today, as they begin their journey to become #osteopathic #physicians! #CareLeadsHere



@ Ohio Osteopathic Association



November 19, 2019

Paige Gutheil Henderson, DO, testifies in opposition to HB 177, a bill that would eliminate the collaboration agreements between APRNs and physicians. Dr. Henderson informed the committee that optimum care is ensured by a physician-led patient care team. — at Ohio Statehouse.



Happy Hunting

The OOA job board has been revamped! If you're considering another professional opportunity or just want to see what's out there, have a look. You'll find a listing of OOA's institutional members with direct links to each organization's vacancies. www.OhioDO.org



We Want You!

Serving on a committee, hosting a medical student, sharing your expertise, presenting a CME lecture...there are a number of ways you can DO your part! www.OhioDO.org

Celebrate

1

On the morning of December 31, 1898, thirteen of the fifteen osteopathic physicians then practicing in Ohio met in Columbus and organized what later became the OOA. It's been 121 years of promoting Ohio's public health and advancing the distinctive philosophy and practice of osteopathic medicine.

Buckeye Osteopathic Physician Ohio Osteopathic Association 53 West Third Avenue Columbus, Ohio 43201-0130 ELECTRONIC SERVICE REQUESTED



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