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## **Mitchel Allen Humpherys - Mitchel Humpherys :: Home**

Senior Embedded Software Engineer 2011-2012 Implemented Protocol Enhancements For A Satellite IP Modem In C And C++. Made Improvements To The Over-the-air Message Format To Optimize Bandwidth Utilization. Worked On Porting A Customized FreeBSD Network Stack To VxWorks. Jun 9th, 2022

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## **Paleo Snacks Ideas BY DR. SARAH BALLANTYNE, PHD**

½ Cup Dried Apricots (or About 15 Fresh Apricots, Dehydrated Until Still Soft) ¼ Cup Extra Virgin Coconut Oil (substitute Tallow For Better Portability) ½ Cup Tallow (you Can Make Your Own Or Purchase) 1. Slice Beef Heart (or Flank Steak) Into 1/4"-thick  
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## **Introduction - The Paleo Mom ~ The Paleo Mom**

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