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Subject: Re: LSAF 2020

Posted by [Wayne Parham](#) on Tue, 09 Jun 2020 16:18:08 GMT

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mightym wrote on Mon, 08 June 2020 18:29MMM, Rudy's moist brisket. That stuff was yummy!

Soooo yummy!

It's meat candy! And no problem for blood sugar. Win-win!

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