Your title

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(Dated: 28 November 2011)

This is an abstract

I. INTRODUCTION

V. CONCLUSION

Here is intro text

II. METHODS

III. RESULTS

IV. DISCUSSION

Here I will cite myself¹.

REFERENCES

¹N. Gravish, P. Umbanhowar, and D. Goldman, "Force and flow transition in plowed granular media," Physical review letters **105**, 128301 (2010).