of five (5) years each by giving unto the Landlord written notice of its election to make such extension or extensions. Either or both of said extensions may be exercised by the Tenant giving such written notice at least sixty days prior to the end of the primary term hereof, provided, that the notice to extend this Lease for the second five-year extension shall be given to the Landlord by the Tenant at least sixty days prior to the end of the first five-year extension. Upon the giving of each of said notice or notices within the time specified, this Lease shall be considered to have been extended for the period specified in such notice upon the terms and conditions hereinabove set forth.

19.

The covenants, terms and conditions contained in this Lease shall be altered, waived, changed or modified only by a written instrument signed, acknowledged and delivered by and between the parties hereto. The terms, agreements and conditions contained in this Lease shall inure to the benefit of and become binding upon the respective parties hereto, their heir's, assigns, successors, executors and administrators.

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