

# WALLENPAUPACK AREA SCHOOL DISTRICT



***FALL 2016***

## **COMMUNITY EDUCATION PROGRAMS**

The Wallenpaupack Area School District will provide accommodations for any person who is in need of additional services while participating in our Community Education Programs.

# WALLENPAUPACK AREA SCHOOL DISTRICT COMMUNITY EDUCATION PROGRAM

## FALL 2016

The Wallenpaupack Area School District announces its Community Education Program of activities and classes. The following programs will be included:

### Recreation, Special Events and Personal Enrichment Programs

COME AND JOIN US THIS FALL FOR LEARNING, RECREATION AND  
ENJOYMENT FOR EVERYONE!

Registration will be done by mail only. You may begin mailing in your registration forms and checks on September 1, 2016. Registration will end on September 16, 2016. Additional registration forms may be obtained by visiting our website at [www.wallenpaupack.org](http://www.wallenpaupack.org).

The registration fee is payable at time of registration and varies with the type and duration of the class offered. Consult listings for schedule and details. Enrollments are limited in certain courses because of the nature of instruction. Classes with insufficient enrollment will not operate and registration fees will be returned. **NO** refunds will be issued after the start of the first class.

You will be notified **ONLY IF A CLASS IS CANCELLED**. If you are not notified from the Community Education Office, come to the class(es) for which you have registered.

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**Important Note:**

**Please register early to avoid class cancellation due to lack of enrollment.**

*The Wallenpaupack Area School District will provide accommodations for any person who is in need of additional services while participating in the Community Education Program.*

## **WALLENPAUPACK AREA SCHOOL DISTRICT PURPLE AND WHITE CARD**

Wallenpaupack Area School District proposes to offer **residents** of the school district, **62 years of age or older**, a Purple and White Card. Cardholders would be entitled to free general admission to any Wallenpaupack Area School District athletic event and most fine arts or other school district-sponsored activities, at the discretion of the event sponsor. The card only would be valid at events sponsored on school properties or facilities and cannot be used at play-off games.

To apply, residents need to contact Mrs. Pauline Savage at the Administrative Office of Wallenpaupack Area School District in writing, by e-mail at [savagepa@wallenpaupack.org](mailto:savagepa@wallenpaupack.org), or by calling **570-226-4557 ex.3000**. A purple and white plastic card with the applicant's name and date of issue will be created by an administrative assistant and then mailed by central administration. A record of resident's name and address will be kept in the District's database for future reference.



## **BE A TEACHER ~ SUGGEST A COURSE**

**We welcome suggestions for new courses and are always searching for individuals qualified to teach a non-credited course. If you have a skill, talent or special knowledge you would like to share, we would appreciate hearing from you!**

**Call Pauline Savage at (570) 226-4557 Ex. 3000 or via  
E-Mail at: [savagepa@wallenpaupack.org](mailto:savagepa@wallenpaupack.org)**



**PERSONAL ENRICHMENT**  
**Section 100 - 111**

**100 - Basket Making for Beginners**

Come out and learn how to weave and make a beautiful hearth basket with staggered rows. This basket will look great by a fireplace or to use for gathering flowers or vegetables from your garden. The finished, colorful basket will measure 10" wide X 18" long including handle measuring 12" high. Students must bring a pan for water, scissors, awl, clothes pins, tape measure, rag towel, and a pencil to class.

**Minimum 5 – Maximum 12**

**Mondays: October 17<sup>th</sup> and 24<sup>th</sup> 6:30 – 9:30pm**

**Location: Middle School Art Room 101**

**Age Requirement: Adult**

**Cost: \$26.00 PLUS an additional \$40.00 for supplies is due to Instructor at 1<sup>st</sup> class.**

**Instructor: L. Hopkins**

**101 - Card Crafting/Rubber Stamping: Basics**

This two-day course will teach you the basic tools and techniques of rubber stamping and card crafting. We will learn the differences between the inks, embossing powders, and embossing markers. You will learn how to emboss, 3 coloring techniques, the art of masking, and paper casting. Please bring a pen and paper to class. There will be a \$5.00 fee charged for supplies at beginning of each class.

**Minimum 4 – Maximum 10**

**Thursdays: October 6<sup>th</sup> and 13<sup>th</sup> 6 - 8pm**

**Location: Middle School Art Room 101**

**Age Requirement: Adult**

**Cost: \$25.00**

**Instructor: N. Morales**

**102 - Card Crafting/Rubber Stamping: Inter-Active Cards**

Let's Create Explosion, Pop-up & Shaker Cards! This course is designed to teach you how to make these inter-active cards that will be sure to W-O-W everyone! Rubber stamping knowledge is necessary. Please bring a pen and paper. An additional \$5.00 for supplies is due to Instructor at 1<sup>st</sup> class.

**Minimum 3 – Maximum 12**

**Thursday: October 20<sup>th</sup> 6 - 8pm**

**Location: Middle School Art Room 101**

**Age Requirement: Adult**

**Cost: \$20.00**

**Instructor: N. Morales**

**103 - Crochet (Beginner)**

This crochet class is for the beginner ONLY! Come out and learn a new craft while making new friends. We will learn the basics needed to crochet an easy project that the instructor has chosen. Please bring a crochet hook (size J) and a skein of Red Heart (4 ply) yarn in a solid color. This class is sure to be a fun and relaxing night out!

**Minimum 6 – Maximum 10**

**Thursdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 7 - 8pm**

**Location: High School Room 303**

**Age Requirement: Adult**

**Cost: \$27.00**

**Instructor: S. Guie**

#### **104 - Drum Set Crash Course**

Interested in a crash course on the drums and drum set playing? Come out for an evening of banging on the drums! This local drum instructor is experienced and has been playing and touring with bands for over 30 years. Come on out, relieve some tension, and learn a new hobby.

**Minimum 5**

**Wednesday: October 5<sup>th</sup> 6 - 7pm**

**Location: High School Choral Room**

**Age Requirement: Adult**

**Cost: \$10.00**

**Instructor: M. Gray**

#### **105 - Jewelry Making**

This 3-day course will take you into the first steps in Jewelry Making – earrings, followed by bracelets and then necklaces. Learn bead stringing fundamentals, all about jewelry findings, techniques, tools and design principles needed to get started in designing and making your own jewelry. Once you master these uncomplicated techniques, you'll accessorize with nothing but your own designer originals and shine with glamour and glitter! Each student must bring 2 packs of medium to large beads, 2 packs of small coordinating color beads, and 2 packs of coordinating E-beads (gold or silver).

**Minimum 5 – Maximum 20**

**Tuesdays: October 4<sup>th</sup> thru October 18<sup>th</sup> 6 - 8pm**

**Location: North Intermediate School Staff Room 109**

**Age Requirement: Adult**

**Cost: \$35.00 PLUS an additional \$7.00 for supplies due to Instructor at first class.**

**Instructor: N. Morales**

#### **106 - Knitting (Beginner)**

This knitting class is for the beginner only! Join us and learn a new hobby while making new friends. You will learn the basics stitches needed to knit an easy project that the instructor has chosen. This class is sure to be fun and relaxing. Please bring a pair of size #10 short knitting needles and a skein of Red Heart (4 ply) yarn in a solid color.

**Minimum 6 – Maximum 10**

**Thursdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 6 - 7pm**

**Location: High School Room 305**

**Age Requirement: Adult**

**Cost: \$27.00**

**Instructor: S. Guie**

#### **107 - "Moonstruck"**

Following a brief lecture, we will be going outside and take a guided tour of lunar features with our spotting scope. Come out and learn more about our lunar system!

**Minimum 3 – Maximum 20**

**Thursday: November 10<sup>th</sup> 7 – 8:30pm**

**Location: Middle School Room 312**

**Age Requirement: Adult**

**Cost: \$15.00**

**Instructor: A. Tews**

### **108 - PA State Inspection Mechanic's Licensing**

Upon successful completion of course requirements, the applicant will be certified as a licensed inspector. Applicant must be at least 18 years of age at registration and have a current PA Photo Driver's License throughout the course. Those looking for additional certification categories are also welcome. Call for more information. Register early as class fills quickly.

**Maximum 15**

**Monday, Tuesday, and Monday: November 14, 15 and 21<sup>st</sup> 6 – 10pm**

**Location: High School Power Mechanics – Room 291**

**Age Requirement: Adult**

**Cost: \$150.00 (\$75.00 each additional class)**

**Instructor: M. Watson**

### **109 - Scrapbook Basics**

Learn the 9 basic steps to successful scrapbooking. In this class you will learn all you need to come out with a beautiful double spread of your memories. Basics of scrapbooking include layout, cropping, photo matting, journaling, and get an introduction to creating simple 3D elements. Please bring some photos, scrapbook or sheet protectors, embellishments of our choice, and a pen and paper to class.

**Minimum 3 – Maximum 10**

**Friday: October 7<sup>th</sup> 6 – 8pm**

**Location: Middle School Art Room 102**

**Age Requirement: Adult**

**Cost: \$20.00 PLUS an additional \$5.00 for supplies due to Instructor at first class.**

**Instructor: N. Morales**

### **110 - Wallenpaupack Area High School Adult Diploma Program**



This program offers former students and area residents who did not complete high school the opportunity to earn a Wallenpaupack Area High School Diploma.

- Independent study; work at your own pace
- Complete work from home
- Credits awarded for previous coursework
- Open to residents of Wayne and Pike Counties
- Open to individuals who are 21 years old or older
- Tuition \$35 per credit PLUS a \$50 refundable deposit for each textbook

For more information, contact Frank Williams at 570-226-4557 ext. 3024 during normal school hours.

### **111 - World War II Veterans**



The Wallenpaupack Area School District Board of Directors has established a program to honor World War II veterans who were forced to leave high school to serve their country. This program provides for the awarding of a Wallenpaupack High School Diploma to honorably discharged World War II veterans who did not graduate from a local high school. A diploma may be awarded posthumously to an eligible veteran through this program. Those eligible include honorably discharged veterans of United States military service in World War II between September 16, 1940 and December 31, 1946, and who attended any school that now comprise the current Wallenpaupack Area School District boundaries. Please contact Dr. Joann Hudak, Wallenpaupack Area School District Assistant Superintendent at 570-226-4557 ext. 3000 for further information and an application for a diploma under this program.





## **WELLNESS**

### **Section 200 - 213**

#### **200 - Active Aging Class for Seniors**

This low-impact class will focus on Functional Fitness .... Fitness for everyday life situations. These exercises will train your muscles to work together and prepare them for daily tasks by simulating common movements you might do at home, work, and etc. This course is designed to help seniors maintain their strength, balance, flexibility, coordination, and posture. Whether you are a novice or a beginner, the Instructor welcomes you to come and enjoy the benefits of this class. (PLEASE NOTE: This class is not a substitute for medical care!)

**Minimum 5 – Maximum 15**

**Fridays: October 7<sup>th</sup> thru November 18<sup>th</sup> 5:00 – 6:00pm**

**Location: South Elementary School Gym**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: D. Tereschak**

#### **201 - Active Release Techniques (Self-Massage Techniques)**

Off-set your training with a class designed to release tight muscles, fascial adhesions, improve blood flow, reduce muscle soreness, and maintain normal muscle length. Class will be administered in a circuit like format where participants will gently self-administer techniques using foam rollers, massage sticks, massage balls, etc. Please bring an exercise mat.

**Minimum 5 – Maximum 15**

**Wednesdays: October 5<sup>th</sup> thru November 16<sup>th</sup> 6:00 – 7:00pm**

**NO Class October 19<sup>th</sup>**

**Location: South Elementary School Gym**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: D. Tereschak**

#### **202 - AMRAP (As Many Rounds As Possible)**

AMRAP workouts are a favorite to maximize time efficiency and overall effectiveness! This workout encourages you to work hard during the entire workout but because of the rep. limit, it's mentally easier to get through. This class uses little or no equipment so you really have no excuse to give it a try! Please bring an exercise mat and a pair of dumbbells. All fitness levels are welcome.

**Minimum 5**

**Mondays: October 3<sup>rd</sup> thru November 14<sup>th</sup> 5:00 – 6:00pm**

**Location: South Elementary School Gym**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: D. Tereschak**

### **203 - Ball Class Is Back!**

Your favorite class has made its return! Stability ball workouts helps users to efficiently utilize the stability ball to improve strength and endurance in warm-up, workouts, and the cool down periods. Use of the stability ball increases core conditioning, muscular strength, and range of motion. All fitness levels are welcomed. Please bring a stability ball, exercise mat, and a pair of dumbbells.

**Minimum 5**

**Fridays: October 7<sup>th</sup> thru November 18<sup>th</sup> 6:00 – 7:00pm**

**Location: South Elementary School Gym**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: D. Tereschak**

### **204 - Core and More**

Compliment your existing training with specific core conditioning which focuses on the core stability muscles in the abdominal and lower back region. The "MORE" part of this exercise class encompasses flexibility techniques to compliment the class. All fitness levels welcomed. Please bring an exercise mat and a pair of dumbbells to class.

**Minimum 5**

**Mondays: October 3<sup>rd</sup> thru November 14<sup>th</sup> 6:00 – 7:00pm**

**Location: South Elementary School Gym**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: D. Tereschak**

### **205 - Country Line Dancing**

Come out and learn the basic line dance steps. Beginner dances steps will be taught the first 45 minutes and then intermediate dance steps will be taught the last 45 minutes of class.

**Minimum 6 – Maximum 20**

**Thursdays: October 6 thru November 10<sup>th</sup> 7 – 8:30pm**

**Location: High School Cafeteria**

**Age Requirement: Adult**

**Cost: \$35.00**

**Instructor: J. Kristofits**

### **206 - DDP Yoga**

DDP Yoga combines the very best of yoga, traditional fitness, sports therapy and dynamic resistance to create one of the most effective fitness plans in existence today. It allows anyone to better their cardio, increase their flexibility, and strengthen their core. Come and accomplish this with minimal joint impact! DDP Yoga is CardiYoga and **NOT** the traditional yoga! Participants must supply their own yoga mat, drinking water, towel, and should wear comfortable clothes.

**Minimum 4 – Maximum 8**

**Thursdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 5:30 – 6:30pm**

**NO class on October 27<sup>th</sup>**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$35.00**

**Instructor: B. Lipani**

**207 - Happy Vibe Yoga 101**

Enjoy a mindful, accessible practice that serves the needs of students who are looking to learn the basics of Vinyasa Yoga. Flowing, standing movements incorporating lunges, balance work, and using seated postures to reduce stress to the spine and promotes joint stability. Class will include breathing practices, beneficial twists and folds, meditation time and deep reclined relaxation. Please bring a mat, water bottle and a blanket to class. Chairs will be available

**Minimum 5 – Maximum 10**

**Wednesdays: October 5<sup>th</sup> thru November 16<sup>th</sup> 6:30 – 7:30pm**

**Location: Middle School Library**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: T. Bradburn**

**208 - In-School Walking Program – WMH**

Participants are required to register with the Wayne Memorial Hospital and receive an ID badge. Those previously registered will need to re-register to up-date WMH records but will not have to pay the \$5 if they have their badge from previous years, but, they must place the “2016” sticker WMH sends them on their badge. The walkers will be required to wear their badge when walking and to log in and out in the notebook provided by Wayne Memorial Hospital.

**Monday – Thursday: September 6<sup>th</sup> thru May 25<sup>th</sup> 6 – 8pm**

**Location: South Elementary and High School Halls**

**Age Requirement: Adult**

**Cost \$5.00**

**Call WMH COMMUNITY HEALTH DEPARTMENT AT 253-8422 TO REGISTER**

**209 - Lower Body Blast**

Get ready to squat it, lunge it, bridge it, and side step it into high gear! If you're looking to improve your lower body conditioning, appearance, and sports performance – then this is the class for you! This workout is geared to your rear! Please bring an exercise mat and a pair of dumbbells to class.

**Minimum 5**

**Wednesdays: October 5<sup>th</sup> thru November 16<sup>th</sup> 5:00 – 6:00pm**

**Location: South Elementary School Gym**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: D. Tereschak**

**210 - Men's Recreation**

Pickup games of basketball post high school.

**Mondays: September 12<sup>th</sup> thru end of school year 6 – 9pm**

**(No games when school is cancelled or not in session)**

**Location: Middle School/North Intermediate Gym**

**Age Requirement: Adult**

**Cost: \$5.00 per night OR \$50 for the year**

**Instructor: A. Holtzer**

**211 – Pound Workout**

Come out, sweat, and rock with this cardio workout inspired by drumming! Pound is a cardio jam session using Ripstix, lightly weighted drumsticks. This class is designed for all fitness levels. This full-body workout combines cardio, conditioning, and strength training with yoga and Pilates inspired movements. Students need to bring a yoga mat, towel and water bottle to class. The Ripstix will be provided.

**Minimum 4 – Maximum 12**

**Tuesdays: October 4<sup>th</sup> thru November 15<sup>th</sup> 5:15 – 6:15pm**

**Location: High School Cafeteria**

**Age Requirement: Adult**

**Cost: \$40.00**

**Instructor: M. Thompson**

### **212 - Power Pilates**

The Pilates method of body conditioning is a unique system of stretching and strengthening exercises developed over ninety years ago by Joseph H. Pilates. The Pilates method is known for developing strength, improving coordination, flexibility, and balance. You will be energized when you leave class! Please bring an exercise mat with you and wear loose fitting clothing.

**Minimum 6**

**Tuesdays: October 4<sup>th</sup> thru November 15<sup>th</sup> 6:30 – 7:30pm**

**Location: North Primary School Cafeteria**

**Age Requirement: Adult**

**Cost: \$33.00**

**Instructor: P. Harris**

### **213 – 30-30-30 Workout**

This class will include 30 minutes of cardio activities such as step aerobics or cardio-kickboxing, 30 minutes of muscle toning exercises (with and without weights) and 30 minutes of stretching. Please wear good sneakers and bring a water bottle, hand towel, and hand-held weights (dumbbells).

**Minimum 8**

**Tuesdays: October 4<sup>th</sup> thru November 15<sup>th</sup> 5:30 – 7:00pm**

**Location: South Elementary School Gym**

**Age Requirement: Adult**

**Cost: \$31.00**

**Instructor: D. Krautter**



### ***FINANCE /INVESTMENT/ RETIREMENT*** **Section 300 - 301**

### **300 – Fixed Income Seminar**

Focus on Fixed Income Seminar. We will explain the basics of fixed income investments, the seven characteristics and advantages of laddering, along with information about how fixed income may be a part of your investment strategy.

**Minimum 3 – Maximum 15**

**Wednesday: October 5<sup>th</sup> 7 – 8:30pm**

**Location: High School Room 304**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: S. Bauer**

### **301 - Retirement Strategies**

Retirement has changed over the years so what is your next move? This seminar will help to define retirement goals and how to create a strategy to get you closer to those goals. The workshop will include scenarios showing how changing variables such as saving more, choosing the right investments and waiting to retire will impact savings.

**Minimum 5 – Maximum 8**

**Wednesday: November 2<sup>nd</sup> 7 – 8pm**

**Location: High School Room 304**

**Age Requirement: Adult**

**Cost: FREE**

**Instructor: S. Bauer**



## **COMPUTERS**

### **Section 400**

#### **400 – How to E-Bay in Real Life**

Come and learn the fundamentals of listing on eBay from a top rated power seller and learn how to eBay in real life. Come and learn the basics of listing an item to sell, writing an effective ad, how to liquidate your unwanted junk, and much more in this hands-on 3 evening jammed packed course.

**Minimum 6 – Maximum 20**

**Tuesdays: October 4<sup>th</sup> thru October 18<sup>th</sup> 5:30 – 8:30pm**

**Location: High School Room 241**

**Age Requirement: Adult**

**Cost: \$35.00**

**Instructor: J. Richner**



## **Safety**

### **Section 500**

#### **500 – Emergency First Response – CPR & AED**

The Emergency First Response – CPR & AED course teaches lay people how to provide emergency care for someone who may be in need. This course provides a non-stressful environment in which participants practice and apply emergency care skills. The course is designed to: 1) help participants remember emergency care procedures during times of need, and 2) encourage them to apply those procedures by assisting those needing emergency care. Completed certification is good for two years.

**Minimum 6 – Maximum 12**

**Thursdays: October 6<sup>th</sup> thru November 17<sup>th</sup> 6 – 8pm**

**Location: North Intermediate School Cafeteria**

**Age Requirement: Adult**

**Cost: \$52.00 PLUS an additional fee of \$25.00 for supplies due to the Instructor at first class.**

**Instructor: B. Yablon**

## **PLEASE NOTE:**

**Upon receipt of your paid registration – you can assume that you are registered for the class. We *DO NOT* send class confirmations, *ONLY* cancellation refunds.**

***NO* refunds will be given after the first class!**

**The Deadline for Registration Is September 16, 2016.  
Any Registration Post Marked After That Date Will Be  
Returned.**

Registration will be done by mail only. Additional registration forms may be obtained by going on line to [www.wallenpaupack.org](http://www.wallenpaupack.org) and clicking on *Community Education*. **Mail in your registration form and a separate check for each class as soon as possible.** Classes that do not have a registration fee still require individuals to register for the class.

Complete a section for each course and mail to: **Wallenpaupack Area School District, COMMUNITY EDUCATION, 2552 Route 6 Hawley, PA 18428-7045.** Enclose your check or checks **payable to: Wallenpaupack Area School District** unless otherwise indicated.

**You will be notified only if a class is cancelled.**

**WRITE A SEPARATE CHECK AND REGISTRATION FORM FOR EACH COURSE**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Course # \_\_\_\_\_

Course Title: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Course # \_\_\_\_\_

Course Title: \_\_\_\_\_ Cost: \$ \_\_\_\_\_

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Daytime Phone: \_\_\_\_\_ Course # \_\_\_\_\_

Course Title: \_\_\_\_\_ Cost: \$ \_\_\_\_\_