



Be Safe, Be Respectful, Be Responsible

OCTOBER 2018

Hello YMS Parents!

It has been a fantastic start to the new school year. We have a group of adults at YMS who are dedicated to helping your student(s) succeed. I am continually blown away by the commitment and dedication that our staff gives to their students. This is a great school district and I believe we have the best middle school in the state!

Students have been very busy this first part of the year. In the classroom, I see students creating, collaborating, and critically thinking. Many students are involved in activities such as Circle of Friends, T.A.I.P, FFA, FCA, TeamMates, Student Senate, Band, Expressions, Cross Country, Volleyball, Football just to name a few! Parents, please continue to encourage your child to become active at YMS. Students who are involved in an activity feel a connection to the school and in turn, their learning improves.

Our ICU system at YMS is in full effect and what we are seeing is certainly positive. One of the core foundations of ICU is that we stop focusing so much on grading and homework and focus on learning. You might notice that your child has fewer grades in the grade book, that is intentional. We want to focus our time on teaching and learning. There will be a measurement of your child's ability to learn the standards and that will be reported in the grade book. At YMS each teacher has a restudy retake policy so if a student feels like they can improve their score on an assessment they can do that. Each teacher might have a slightly different way they handle these situations so if you are ever curious please set up a time to talk with that teacher.

Here are a few guidelines for the ICU philosophy:

- ICU provides extra time and extra help. It doesn't allow students to fail and expects all students to complete all quality assignments.
- ICU develops a culture of learning in which teachers take responsibility for student learning and students returning to active engagement in school.
- ICU teaches students responsibility by not "letting them off the hook" and allowing a zero in the grade book or allow them to not connect with the learning.

Thank you for your support with our ICU process and for helping us partner together to ensure your child(ren) is getting the best education possible.

Have you heard your student talking about MAP's testing? What is MAP's testing? MAP is Measure of Academic Progress which is a state aligned computer adaptive assessment test. Once teachers receive students MAP's scores they are provided with information that can develop targeted instruction and improve teaching and learning in the classroom. Basically, teachers have a better idea of where each student "is" and "where they need to go". These scores will be shared and discussed with you at Parent-Teacher Conferences.

Speaking of PTC. Thank you for your attendance at conferences and talking with teachers about how your student(s) are doing so far this school year. Conferences were Sept. 26,28 and Oct. 3. If you missed conferences for any reason please feel free to schedule a time to meet with your child's teachers by calling the school at 402.362.6655. Kids and teens do better in school when parents are involved in their academic lives.

Thank you for working with your child to make sure they are not only getting their school work finished but also are getting enough sleep, food, and love so that together we can make the 6th,7th, and 8th-grade years some of the best years of their life.

Go Dukes!
Kenny Loosvelt
YMS Principal

Middle Years

Working Together for School Success



Short Stops

Get going with breakfast

Eating breakfast will help your tween start the day ready to learn. Together, come up with quick and nutritious breakfasts to make at home. Or encourage her to eat a healthy meal in the cafeteria with friends. *Note:* If she receives school lunch at a reduced price or for free, her breakfast will be reduced cost or free, too.

Walk this way

Let your middle grader know it's important to keep his eyes on his surroundings as he walks. He'll avoid serious injury from falling, running into objects, or stepping into traffic. Explain that he shouldn't play electronic games, listen to music, or text while walking—including to and from the bus stop or school.

Conserve resources

Ask your youngster to help your family be more environmentally friendly. Have her research ways you can conserve resources (switch to low-energy light bulbs, recycle more items, take reusable bags when you shop). Then, try to adopt one of her ideas each month.

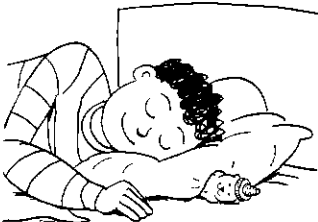
Worth quoting

"Every strike brings me closer to the next home run." *Babe Ruth*

Just for fun

Q: Why did the boy put honey under his pillow?

A: He wanted to have sweet dreams.



Tween discipline that works

Your middle schooler wants more freedom. You want to keep him safe and set age-appropriate limits. How do you balance his need for independence with the need for rules and consequences? Try these strategies.

Let's review

Go over the rules you have in place and get his input. He'll be happier to comply if he has a say in them. Perhaps he thinks he should be able to go to friends' houses on school nights, and you agree to that for one night a week. Explain your reasons, and be clear you have the final word. Also, lay out consequences so he knows what will happen if he breaks the rules.

Expect to be tested

Twins tend to push the limits to see how serious parents are and may argue to get out of consequences. Stay calm and on point ("Nevertheless, we agreed you wouldn't eat in your bedroom"). Stick to the consequence you set (having him wash his bedding to get rid of food



stains). He'll see he can't slide by and will be more likely to follow the rules in the future.

Reflect on actions

The goal of discipline is to teach your child good judgment. He can learn a lot by reflecting on his actions. Say he breaks a rule, like heading to a social outing without finishing his homework first. Ask what he *thought* would happen. Maybe he didn't think you'd notice. What happened instead? He has to miss an event this weekend as a result. How could he avoid this situation next time? 🍌

Speak up!

Participating in class can help your tween get more value out of school and learn to express herself. Encourage her to contribute with these tips.

- **Find your zone.** Suggest that she participate in ways she feels comfortable with and then expand her "toolbox." She might start off commenting on assigned readings she enjoyed. Eventually, she may speak up when she agrees with someone's viewpoint or to offer a different one.
- **Mix it up.** Class-wide discussions aren't the only opportunity to participate. When your middle schooler works in smaller groups, she could ask and answer questions, make observations, or give opinions. These steps can build confidence for talking in front of the whole class. 🍌



Real-world reading

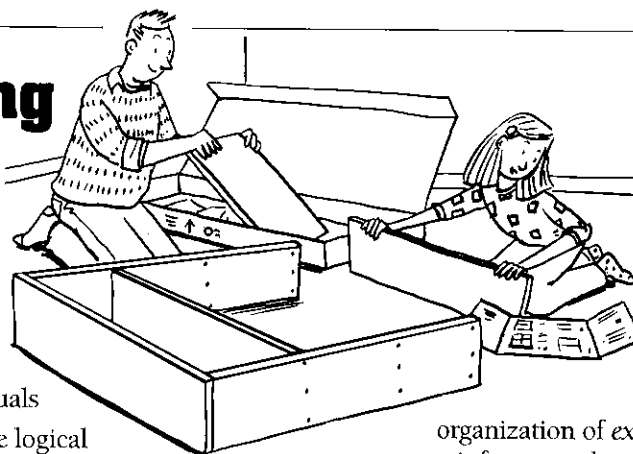
Nonfiction reading is a big part of everyday adult life—at work and home. To help your middle grader learn to pick out and analyze important information, encourage her to read more nonfiction texts now. Here are some easy ideas.

Follow a process

What: Recipes, game directions, how-to manuals

Why: These texts teach youngsters to navigate logical sequences of steps and identify key details.

How: Let your tween read and share directions as family members cook or play a game. Or have her read instructions



as you put together a bookcase or figure out how to operate a new phone or microwave.

Follow the facts

What: News articles, menus, travel guidebooks

Why: Your child will get familiar with the organization of *expository text*, which seeks to inform or educate readers.

How: Talk about news articles you read and what you learn, and inspire her to do the same. If you order carryout food, have her read menus and place the order. When you visit new places, ask her to scan guidebooks and share facts. She can play tour leader, suggesting sights and activities your family will enjoy. 🍷

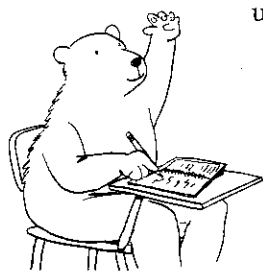
Notable notes

Good notes can help your tween remember what was taught in class, create study guides, and review for tests. Share these steps for being an excellent note taker.

1. Prepare beforehand. Your child will have an easier time keeping up with the teacher if he has read the assigned handouts or chapters. Why? He'll be familiar with the material and vocabulary.

2. Learn each teacher's style. To emphasize crucial material, one teacher may use hand gestures, while another may write phrases on the board. Your middle grader should write that information down and star or circle it.

3. Ask questions. If your child doesn't understand something, he could jot a question mark in the margin of his notes. Then, he can ask about it when the teacher invites questions. Most likely someone else has the same question and will be glad he spoke up. 🍷



Q & A

Learning to have grit

Q I've heard that kids need "grit" to be successful. What is it, and how can I teach it to my 12-year-old?

A Grit involves perseverance, courage, and resilience—basically sticking with tasks or goals until you see them through. Having passion will help your child to develop grit, enabling her to stay with something when the going gets tough and to overcome problems along the way.

You can foster grit in your middle grader by explaining it and pointing out examples, such as a coworker who learned to read as an adult. Or bring home library books about famous people who persevered. For instance, Dr. Seuss had his first book rejected by 27 publishers before it was accepted.

Setting up a family challenge can give everyone a chance to be "gritty." Have each person choose something they want to do that might be difficult but is possible. The key? No one is allowed to quit! 🍷



Parent
to
Parent

Get to know new friends

When my son was in elementary school, I always knew his friends. Once he got to middle school, he started hanging out with classmates I'd never heard of.

It worried me to let Jake spend time with kids I didn't know. I asked him to invite them over, and meeting them in person helped put me at ease and gave me a

way to connect faces with names. I asked for their phone numbers and their parents' numbers as well. That way, I could contact them if they were with Jake and I couldn't reach him. Calling the parents to say hello opened the door in case we ever need to get in touch.

I'm still getting to know Jake's pals. But at least I'm feeling more relaxed about his new middle school social scene. 🍷



OUR PURPOSE

To provide busy parents with practical ideas that promote school success, parent involvement, and more effective parenting.

Resources for Educators,
a division of CCH Incorporated
128 N. Royal Avenue • Front Royal, VA 22630
800-394-5052 • rfeustomer@wolterskluwer.com
www.rfeonline.com
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YPS “Lunch & Learn”

Tuesday, October 9th at 12:00

**York MIDDLE School – Media Center
1730 N. Delaware Avenue
(use the west entrance)**



Presentations will include updates about:

- *Harvey the YMS Therapy Dog*
- *YMS Manufacturing & Entrepreneurship*
- *YPS on social media*

***** Come get a FREE lunch!** Email mike.lucas@yorkdukes.org by October 8th at 2:00 PM so we can get an accurate headcount for our sandwich bar. Bring a friend or two!

YPS Community Coffee

Tuesday, October 16th at 9:30 AM

York Senior Center

725 N. Nebraska



Presentations will include updates about:

- *YPS Enrichment Center and Alternative Education Programming*
- *YHS Foreign Exchange Students*
- *York Elementary update*

EVERY STUDENT. EVERY DAY.



FIND A WAY

YORK PUBLIC SCHOOLS

2018-2019 Student Senate Members

Congratulations to the YMS Student Senate Members!

Charlie Van Gomple

Ethan Montgomery

Cole Schmid

Zander Madole

Kassidy Stuckey

Austin Phinney

Benjamin Otoupal

Makai Schwarz

Andrew Van Gomple

Reese Hirschfeld

Tatum Holthus

Trey Harms



Yorkfest Marching Competition Ratings

An Excellent (II) Rating and a “3rd Place Class A” trophy at Yorkfest was a good beginning for our middle school band’s marching season. The band also enjoyed performing for this year’s Homecoming Parade in downtown York. Congratulations to our 7th and 8th grade marchers on a successful season!



Marching Band Highlights Concert

Thursday, October 25th

This year’s 6th grade band’s first performance, the 7th and 8th grade marching band and drumline along with the senior high band, drumline, and Flag Squad will be featured at our “Marching Band Highlights Concert” on Thursday, October 25th in the York High School Gymnasium at 7:00 p.m. You won’t want to miss the 6th grade band parents’ selection—we’ll find out how well the students are able to teach their parents. Please plan to come out and see all of York’s band members in action!

Congratulations!

Expressions 2018 – 2019

Trey Harms

Garrett Ivey

Jalen Kroger

Kolby Majeras

Austin Phinney

Ethan Phinney

Colin Pinneo

Cole Schmid

Dawson Schwarz

Andrew Van Gomple

Mia Burke

Alice Coehoorn

Mayah Colle

Addison Cotton

Morgan Driewer

Lauryn Haggadone

Kinsley Harcrow

Emily Kaltenbach

Dannika Lamberty

Abrielle Linder

Josie Loosvelt

Mackenzie Nelson

Caprice Nichelson

Lily Nuss

Whitney Polak

Bailey Tjaden

Libby Troester

Annslay Vernon

Loading and Unloading of Students Before and After School

Parent drop off and pick up is on the west (Delaware Avenue) side of the building. Stay to the right and follow the signs.

Please pull forward to the blue parking line.



Pulling forward will keep the traffic flowing and will reduce the waiting for other parents dropping off their son/daughter.

Before and after school the streets surrounding York Middle School will become very congested, and at time, can be dangerous. We need your assistance to please be patient during this time and help to ensure the safety of our students!



the
**HARVEST
MOON**

York FFA's Harvest Moon Celebration
Dinner and Entertainment

Harvest Moon
**November 4, 2018 5:30 PM Holthus Convention
Center**
**Special Entertainment Will Be Provided With a Silent
Auction & Labor Auction**
**Proceeds help with: Live Animal Lab - Greenhouse -
Chapter Fees & Activities -Ag Ed Displays**
Order Tickets: 366-5231



YMS School Pictures

YMS will have school pictures taken on Wednesday, October 3, by Jack Martin Studios. We will remind students in the daily announcements of the pictures and what would be appropriate apparel for the best photo.

LOST & FOUND



If your student is missing a coat, hat, gloves, lunch box etc. please advise them to visit our lost and found! Due to the high amount of items that are collected, we will be donating unclaimed items at the end of each month. Items left on the bus can be found at the Bus Barn in their lost and found department.

October

School Counselor Connection

School is the place where students encounter the bulk of their social interactions, challenges, and opportunities for personal growth. Research shows that providing consistent, purposeful, and robust Social Emotional Learning programs can benefit students in multiple ways.

At York Middle School, our students participate in the Second Step program once a week during Family time. This curriculum helps build a culture of connectedness and empowers middle school students with skills to succeed socially and academically.

We have started with the unit Mindsets and Goals. During this unit, students will be learning about brain development, making mistakes, growth mindset and goal setting.

Students who receive social emotional interventions early and throughout their learning careers demonstrate impressive and measurable benefits later in life. At YMS, we are excited to provide students with social emotional learning opportunities. Be sure to ask your child what they are learning during Second Step lessons!

-Jennifer Badura
YMS School Counselor
jen.badura@yorkdukes.org



The first concert for the middle school ensembles is just around the corner. This concert will be held on Monday, October 22nd at 7:00 p.m. at the York High School Theater. This is a concert consisting of York Middle School's 6th grade choir, 7th & 8th grade choir and Expressions.

Also performing at this concert will be the York High School Chamber Singers, Concert Choir and Dukes & Duchesses. Please mark your calendar! This will be a great opportunity for you to hear what they have been working on throughout the first quarter. All choir students are required to be at this performance.

Mark your calendars here are the other important concert dates for 2018-2019

Monday, October 22 – 7:00 pm – YHS/YMS Fall Choir Concert
Monday, December 10 - 7:00 pm – YHS/YMS Christmas Choir Concert
Thursday & Friday, March 14 & 15 - 7:00 pm - YMS Musical
Monday, May 6 - 7:00 pm – YMS Talent Show



October 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
	1	2 7 & 8 FB - Home vs Northwest Jr. High 7-4:30 8-6:00pm	3 2:00 Dismissal YMS School Pictures YMS Parent- Teacher Conferences 4:30-8:30pm	4 7 VB-Home vs NW Jr. High @YMS 4:30pm 8 VB @ NW Jr. High @ Chapman 4:30pm 7 & 8 FB Home vs Scotus 7-5:00 8-6:30	5 NO SCHOOL @ YMS NAMLE Conference @ YMS	6
7	8 NO SCHOOL Columbus Day Board of Education Mtg.	9 Lunch & Learn YMS Media Center 12:00-1:00pm	10 2:00 Dismissal	11 8 FB @ Aurora 4:30 pm	12 End of 1st Quarter	13
14	15	16	17 2:00 Dismissal	18 YMS 8th grade U.S. President's Fair 5:30pm @ YMS Gym	19	20
21	22 Choir Concert YMS Choir Concert 7:00 pm @ YHS Theater Board of Education Mtg	23	24 2:00 Dismissal Red Ribbon Week	25 YMS Marching Band Highlights Concert 7:00 pm YHS Gym	26	27
28	29	30	31 2:00 Dismissal Halloween			

MAKING AN ONLINE LUNCH PAYMENT THROUGH INFINITE CAMPUS

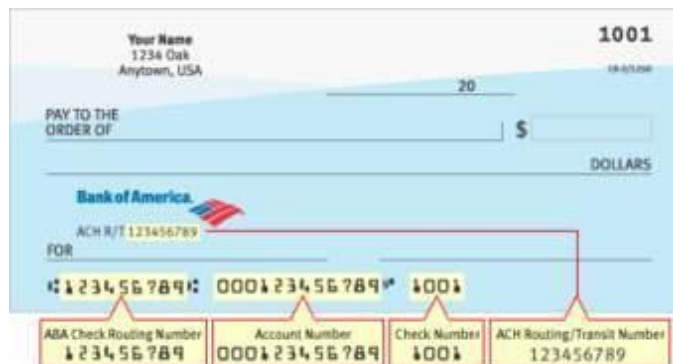
- Visit our website at www.yorkpublic.org
- Under “Parents” click on “Parent Portal” and log into your Infinite Campus Parent Portal
 - If you don’t have a parent portal account, contact your student’s school office and they will set up an account for you. If you have students in multiple schools, you do not need multiple portal accounts as all students should show up on your login screen. If not, let the office know and they will make a simple adjustment.
- Click on “Payments” in the left column
- Add the amount of money you’d like to deposit into your student’s account in the ‘payment’ box beside their name – minimum amount is \$5.00. Click “Continue” **Notice there is a convenience fee of \$2.00 per transaction for online payments. If you have multiple students in your family, you may add money to all of their accounts at the same time with one transaction.
- Choose the method of payment that you would like to use. Select “Add” if this is your first time using the online payment process. Add your payment method – **by using your checking or savings account instead of a credit or debit card, you will be helping YPS save money with no credit card fees**; click “Save” and then click “Back to Payments”
- Confirm that everything looks correct on the screen
- Click “Make Payment”
- Print a receipt if you would like
- Your student has lunch money!

Go to your Portal Account and click on Payments, you might need to select a payment to pay before you are allowed to set up your bank information. Then you will see this screen below. Click on Add

The image shows two screenshots from the Infinite Campus Parent Portal. The left screenshot shows the 'Payments' section in the left sidebar, with a red arrow pointing to the 'Add' button. The right screenshot is a pop-up window titled 'Add Payment Method'. It contains a 'Billing Information' section with fields for Name, Address, City, State/Zip, and Country. Below this is the 'Account Type' section with radio buttons for 'Checking' (selected), 'Savings', and 'Credit/Debit Card'. There are also fields for 'Routing Number' and 'Account Number'. At the bottom of the pop-up are 'Back to Payments' and 'Save' buttons, with red arrows pointing to them.

This screen will pop up, you will enter your billing information in the boxes, and provide your Bank Routing Number, and Account Number.

Example of where on your check displays Routing Number and Account Number. Then Save



If you have any questions, please contact Gayla at gayla.knight@yorkdukes.org or 402-362-6655 x 4

“Twitter and Social Media 101”

For Parents and Patrons

- Monday, October 22nd from 6:00-7:00 PM in the YHS Media Center
- Monday, November 12th from 6:00-7:00 PM in the YHS Media Center

ALL parents and patrons of YPS are invited to the high school media center to learn more about Twitter and social media. We will host two different sessions (same material will be covered during each session so just pick the date that works best for you).

Attendees will learn how to connect, communicate, follow, and promote on social media. This will be a basic presentation for those that want to get started or are just getting started on various social media platforms.

We hope to see YOU on October 22nd or November 12th from 6:00-7:00 PM in the YHS Media Center.

ALL parents and patrons of YPS are invited to attend!



A message from the school nurses.....

Strep Throat

Strep throat is a bacterial infection that can make your throat feel sore and scratchy. Strep throat accounts for only a small portion of sore throats. If untreated, strep throat can cause complications, such as kidney inflammation or rheumatic fever. Rheumatic fever can lead to painful and inflamed joints, a specific type of rash or heart valve damage. If you or your child has signs or symptoms of strep throat, see your doctor for prompt testing and treatment.

Causes - The cause of strep throat is a bacterium that is highly contagious. It can spread through airborne droplets when someone with the infection coughs or sneezes, or through shared food or drinks. You can also pick up the bacteria from a doorknob or other surface and transfer them to your nose, mouth or eyes.

Symptoms - Strep throat usually causes throat pain and difficulty swallowing. Strep throat causes inflammation and red spots, caused by the infection.

Signs and symptoms of strep throat can include:

- Throat pain that usually comes on quickly
- Painful swallowing
- Red and swollen tonsils, sometimes with white patches or streaks of pus
- Tiny red spots on the area at the back of the roof of the mouth (soft or hard palate)
- Swollen, tender lymph nodes in your neck
- Fever
- Headache
- Rash
- Nausea or vomiting, especially in younger children
- Body aches

It's possible for you or your child to have many of these signs and symptoms but not have strep throat. The cause of these signs and symptoms could be a viral infection or some other illness. That's why your doctor generally tests specifically for strep throat.

When to see a doctor - Call your doctor if you or your child has any of these signs and symptoms:

- A sore throat accompanied by tender, swollen lymph glands
- A sore throat that lasts longer than 48 hours
- A fever higher than 101 F (38.3 C) in older children, or fever lasting longer than 48 hours
- A sore throat accompanied by a rash
- Problems breathing or swallowing
- If strep has been diagnosed, a lack of improvement after taking antibiotics for 48 hours

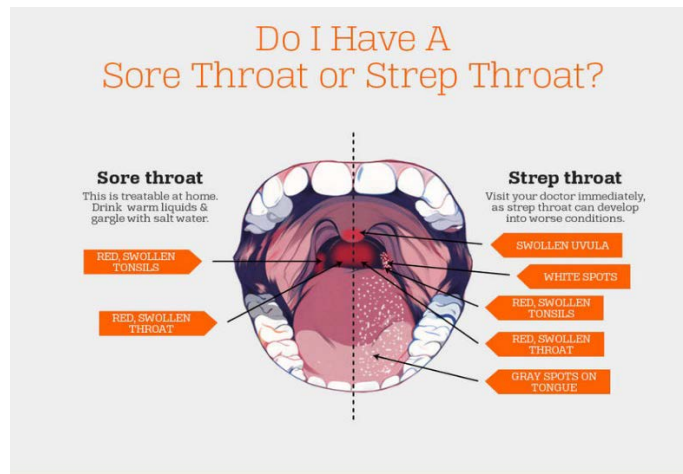
Treatment

Antibiotics - If you or your child has strep throat, your doctor will likely prescribe an oral antibiotic. If taken within 48 hours of the onset of the illness, antibiotics reduce the duration and severity of symptoms, as well as the risk of complications and the likelihood that infection will spread to others.

With treatment, you or your child should start feeling better in a day or two. Call your doctor if there's no improvement after taking antibiotics for 48 hours.

Children taking an antibiotic who feel well and don't have a fever often can return to school or child care when they're no longer contagious — usually 24 hours after beginning treatment. But be sure to finish all the medicine. Stopping early can lead to recurrences and serious complications, such as rheumatic fever or kidney inflammation.

Symptom relievers - To relieve throat pain and reduce fever, try over-the-counter pain relievers, such as ibuprofen (Advil, Motrin IB, others) or acetaminophen (Tylenol, others).



Tonsillitis

Swollen tonsils or tonsillitis is most often caused by common viruses, but bacterial infections can also be the cause. The most common bacterium causing tonsillitis is the bacterium that causes strep throat. Other strains of strep and other bacteria also may cause tonsillitis.

Prevention - The germs that cause viral and bacterial tonsillitis are contagious. Therefore, the best prevention is to practice good hygiene. Teach your child to:

- Wash his or her hands thoroughly and frequently, especially after using the toilet and before eating
- Avoid sharing food, drinking glasses, water bottles or utensils
- Replace his or her toothbrush after being diagnosed with tonsillitis
- To help your child prevent the spread of a bacterial or viral infection to others:
- Keep your child at home when he or she is ill
- Ask your doctor when it's all right for your child to return to school
- Teach your child to cough or sneeze into a tissue or, when necessary, into his or her elbow
- Teach your child to wash his or her hands after sneezing or coughing

Treatments and drugs - Whether tonsillitis is caused by a viral or bacterial infection, at-home care strategies can make your child more comfortable and promote better recovery. If a virus is the expected cause of tonsillitis, these strategies are the only treatment. Your doctor won't prescribe antibiotics. Your child will likely be better within seven to 10 days.

- Encourage rest. Encourage your child to get plenty of sleep.
- Provide adequate fluids. Give your child plenty of water to keep his or her throat moist and prevent dehydration.
- Provide comforting foods and beverage. Warm liquids — broth, caffeine-free tea or warm water with honey — and cold treats like ice pops can soothe a sore throat.
- Prepare a saltwater gargle. If your child can gargle, a saltwater gargle of 1 teaspoon (5 milliliters) of table salt to 8 ounces (237 milliliters) of warm water can help soothe a sore throat. Have your child gargle the solution and then spit it out.
- Humidify the air. Use a cool-air humidifier to eliminate dry air that may further irritate a sore throat, or sit with your child for several minutes in a steamy bathroom.
- Offer lozenges. Children older than age 4 can suck on lozenges to relieve a sore throat.
- Avoid irritants. Keep your home free from cigarette smoke and cleaning products that can irritate the throat.
- Treat pain and fever. Talk to your doctor about using ibuprofen (Advil, Children's Motrin, others) or acetaminophen (Tylenol, others) to minimize throat pain and control a fever. Low fevers without pain do not require treatment.

Antibiotics - If tonsillitis is caused by a bacterial infection, your doctor will prescribe a course of antibiotics. Your child must take the full course of antibiotics as prescribed even if the symptoms go away completely. Failure to take all of the medication as directed may result in the infection worsening or spreading to other parts of the body. Not completing the full course of antibiotics can, in particular, increase your child's risk of rheumatic fever and serious kidney inflammation.

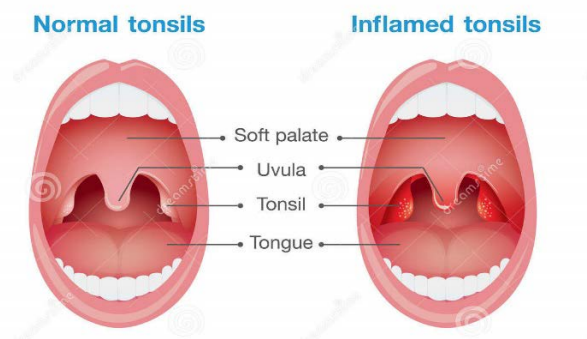
Talk to your doctor or pharmacist about what to do if you forget to give your child a dose.

Surgery - Surgery to remove tonsils (tonsillectomy) may be used to treat frequently recurring tonsillitis, chronic tonsillitis or bacterial tonsillitis that doesn't respond to antibiotic treatment.

A tonsillectomy may also be performed if tonsillitis results in difficult-to-manage complications, such as:

- Obstructive sleep apnea
- Breathing difficulty
- Swallowing difficulty, especially meats and other chunky foods
- An abscess that doesn't improve with antibiotic treatment

Tonsillectomy is usually done as an outpatient procedure, unless your child is very young, has a complex medical condition or if complications arise during surgery. That means your child should be able to go home the day of the surgery. A complete recovery usually takes seven to 14 days.



Walk In Flu Shot Clinics 2018

No appointment necessary, these are walk-in clinic times we have set up specifically for flu shots.

Early Morning: Every Wednesday from 6:30 -8:30am
(October 3 - November 28)

Noon Hours: Every Thursday from 11:00-12:00pm
(October 4 – November 29)

Evenings: Every Tuesday from 3:00-5:00pm
(October 2- November 27)

Affiliated Businesses - \$23.00

York General Health Care Staff – Free

York General Immediate Family- \$18.00

General Public - \$28.00

Clinic Location:

**West View Medical Building (Old Hearthstone)
2319 N. Lincoln Avenue, York, NE 68467
402-362-2566**

