



Empire State Capital Volkssporters

Walking Club in the Capital Region of New York State

WWW.WALKESCV.ORG

NOVEMBER 2021



October 13, 2021 - 62 Saratoga City Walkers!



OKTOBERFEST - October 16, 2021

Come Walk With Us!

Member of American Volkssport Association and International Federation of Popular Sports



Empire State Capital Volkssporters

PO Box 5464
Clifton Park, NY 12065-5464
www.walkescv.org/



Club Officers

President ~ Christine Yost
cyost@nycap.rr.com

Vice President ~ Larry Godshalk
lgodshal@nycap.rr.com

Secretary ~ Terry Gitnick
tgitnick@gmail.com

Treasurer ~ Warren Lavery
warrenlavery@gmail.com

Newsletter

Arden Lawand ~ Editor
arden.lawand@verizon.net

Website / Hotmail

Eileen Skinner ~ Web Master
efskinner@aol.com

Please send all hotmails to Eileen by Sunday night for announcements related to the week. There will only be one hotmail per week to the membership



American Volkssport Association

1008 S. Alamo St.
San Antonio, TX 78210
210.659.2112 AVAHQ@ava.org



Northeast Region

Wayne Knapp ~ Northeast Regional Director
wayneknapp@gmail.com
www.avacclubs.org/NE_RD/



International Federation of Popular Sports

<http://www.ivv-web.org/>



2021 ESCV Chairpersons

Membership	Louise Remillard
Publicity	Kathy Mack
Event Brochures	Arden Lawand
Purchasing	Winnie Balz
Sunshine	Kathy LeRoux
Club Merchandise	Bev Feltt
Name Tag Orders	Gail Ostrander
Walk Development & Traditional Walks	Larry Godshalk
Coordinator Year Round & Seasonal Walks	Liz Walsh
Wednesday Walk Coordinator	Deborah D'Arcangelis
Trail Master	Linda Morzillo
Online Start Box Coordinator	Larry Godshalk
Web Master	Eileen Skinner
ESCV Historian	Teresa Kennedy

Milestones

EVENTS:	
200:	John Watson, Donna Farber
325:	Gail Ostrander
425:	Louise Remillard, James Brown
475:	Nellie Georgelos
550:	Beth Snyder, Chris Yost
575:	Kathryn Piffat
800:	David Averill, Marion Averill
2300:	Eileen Skinner
DISTANCE:	
2500K	Louise Remillard
3000K	James Brown, Gail Ostrander
4500K	Beth Snyder
7500K	Dave Averill, Marion Averill
18,000K	Linda Morzillo



Chris's Corner. . . by Chris Yost

Now that I have been president for a few months I can really appreciate what a great club we have with so many members willing to help when asked. Want to help with the Oktoberfest? Want to create a walk? Want to become a POC? Want to sell pins? Want to do name tags? You say YES and for that I am grateful. My goal is to get more members involved so they can continue to make ESCV better by spreading the opportunities. You know many hands...light work.

I would also like to get our newer members familiar with Special Programs so they can decide if this is something they would like to pursue. Walking the USA A-Z and Walking the United States (50 States/51 Capitals) are programs many club members have done and are great accomplishments so just ask me or a member about these programs as they provide incentives to walk in other areas. Airports, Appalachian Trail (snippets), Border Crossings, Great Lakes, Mayflower 400th Anniversary, Rockin' Around the Clock, Walk Like an Olympian, and Walking with America's Veterans are other Special Programs which you can pursue. Added in 2022 are the Special Programs Rails-To-Trails and Town Halls/City Halls. Keep them in Mind!

Where would you like to walk? Any ideas are always welcome. Perhaps you live in an area where we don't have a walk and you think others would enjoy walking there. Or you have always wanted to walk in a specific place. Let me know as we are always looking for new walks and I can have someone help you create a walk. It's not as difficult as you think.

I don't now about you but I really enjoyed the Oktoberfest getting together with many, some members we have not seen in a while. Great fun, fitness, friendship and food...who could ask for more. Well we have two more opportunities this year, our Pizza Walk/Party and the Holiday Walk/Cookie House/Luncheon. Please consider attending as it's great fun! Reservation forms are contained in this newsletter.

Lastly, a member approached me at the Oktoberfest about recognizing club members who have passed away during the year. I would like to start this practice with our New Year's Day Walk in Albany. Prior to starting our walk I will read the list of names of those members who have passed away in 2021 and ask that we spend a few moments in silent reflection before starting out on our walk, closing one year and welcoming the new one.

I hope to see you on the trails near or far or at our social events in November and December.

Chris Yost
President, ESCV

EMPIRE STATE CAPITAL VOLKSSPORTERS

22nd Annual Walk & Pizza Party

Sunday, November 7, 2021

10 km (6.2 miles) –or– 5 km (3.1 miles)

START/FINISH: St. Andrew’s Episcopal Church, 10 N. Main Avenue, Albany, New York 12203

Parking: Going north on N. Main to intersection of N. Main & Western Ave. take a right on Western Ave (going East) to 1st traffic light. Take right into St. Rose College parking lot.

WALK REGISTRATION: 1:00 – 1:25 PM. **GUIDED WALK:** Starts promptly at 1:30 PM.

Walk Brochure: <http://walkescv.org/>



Our annual Pizza Party* will take place immediately after the group walk around 4:00 PM.

RESERVATION for the Pizza Party is necessary but the \$14 per person payment is not.

You can either: complete the form below and send to:
Chris Yost, 28 Gould Drive, Scotia, NY 12302

OR

email your name and phone # to: cyst@nycap.rr.com
Deadline is Thursday, Oct. 28th

..... DETACH AND RETURN

Pizza Party Reservation Form

Send to: Chris Yost, 28 Gould Drive, Scotia, NY 12302

Name / Phone Number

Deadline is Thursday, October 28th



The latest ESCV'er to become a **CENTURIAN WALKER** for 3 Years in a row!

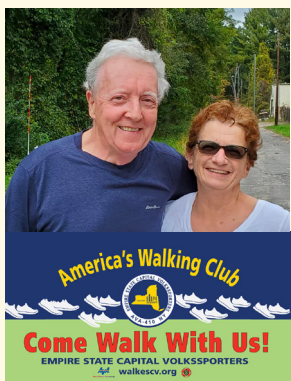
Good job...

LOUISE REMILLARD
~That's a lot of walking



Conrratulations

Fr Jack Cairns ~
Walked 51 Capitals!



Thank you...

Laverne Stiles ~

25 years as the Saratoga City POC. That's true dedication.



Welcome...

Lea Darling ~
The new POC for the Saratoga City Walk

December 4 Cookie Stop

Louise Remillard who lives 6th Street has offered her home as the new cookie stop this year. The Scotia walk route will therefore be slightly altered but will still go through the village

Halfway though the walk we stop at the cookie house to socialize and have cookies and cider. For those who would like to make cookies to share, please bring them to the Glen Sanders by 9:15. I will transport them to Louise's home. — Thank you. Carol Sorensen

**Scotia New York
Holiday Walk
10k/5k
Saturday,
December 4, 2021**



**2021
New Years Day
Walk in
Albany
at 1:30**

ESCV Holiday Party

Hope you have saved Saturday, December 4, 2021. for our annual Holiday Party this year at Glen Sanders Mansion, Scotia, NY. There will be a cash bar after the walk. A plated luncheon will be served at approximately noon. The luncheon will include a salad course, main entree, vegetables, dessert, and coffee or tea. All this for \$34.00 per member and \$37.50 for non members!



Saturday, December 4, 2021



Glen Sanders Mansion
1 Glen Avenue, Scotia, NY 12302

Plated Luncheon

Choice of entree: • Sliced Bistro Sirloin —OR— Honey Glazed Salmon •

Cost of \$34.00 per member or \$37.50 per non member must be received by November 22.

Note: Glen Sanders Mansion has limited us to 100 attendees
December 4 Holiday Walk There is NO pre-registration for this walk.

**Please complete the reservation form and send check made out to ESCV by November 22 to:
Louise Remillard, 180 Sixth St., Scotia, NY 12302**

Link to Holiday Party/WalkReservation Form — <http://www.walkescv.org/21holidaypartyreservation.pdf>

Holiday Party Registration - Detach and Mail

Members Name & Phone Number	Entree Choice (Sirloin — OR—Salmon)	Member \$34.00
		\$

Non-Members Name & Phone Number	Entree Choice (Sirloin or Salmon)	Non-member \$37.50
		\$

Deadline: Friday, November 22	TOTAL	\$
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Membership Louise Remillard louiseremillard3@gmail.com



We currently have 318 Active Members*

New Members In July 2021:

Denise DiGiovanni, East Berne
Barbara Glaser-Sanchez, Sara. Spg
David Sanchez, Saratoga Springs
Maureen Adamek, Schenectady

Deb Larkin, Troy
Kathy Ross, Wynantskill

New Member September 2021:

Nancy Bell, Halfmoon
Roseann DelleTorri, Ballston Lake
Eileen McGrory, Cohoes
Christine Greenaway, Clifton Park

Jonathan Simms, Schenectady

Steven Topper, Massapequa

New Members October 2021:

Charles Ball Jr., Fort Edward
Darleena Ball, Fort Edward
Jill Thomson, Schenectady
Sandra Petronis, Niskayuna

Nicole Blanchette, Clifton Park
Melinda Seney, Troy
Jeff Pitkin, Rensselaer
Jonathan Pearson, Scotia
Barbara Drasby, Greenville
Susan LaFountain, Scotia

Please remember to Renew your membership for 2022 starting November 1 and before January 31st of 2022.

You can print out a copy of the Membership form located at the end of the Newsletter, fill it out, write a check, and mail it to the Club PO Box listed on the front of the Membership Form. There will also be a collection box at the Pizza Party/ Recognition Dinner November 7th and at the Holiday Party Saturday December 4th. Or print out a copy of the Membership form from the ESCV Website. *Louise*

300 Is Not Just a Perfect Bowling Game! By Chris Yost

When I joined the Empire State Capital Volkspporters (ESCV) 2014, I remember the Northeast Regional Director spoke about achieving a club membership of 300. For several years this goal seemed out of reach. However, in mid-2021 we hit that magic number 300 and as now our membership stands at 318!

How did ESCV achieve this success? Blame it partly on COVID! We had to change our protocols to continue to walk using CDC's guidelines. All participants had to wear a mask, keep socially distant, print their own walk instructions, maps, and start cards. Upon arrival at the start point, extra touching was avoided when walkers dropped their start cards and exactly \$3.00 into the POC's designated container.

Restaurants were still closed, so when the weather became warmer, many would come to a walk with a lawn chair and lunch. After the walk, we'd eat and talk! Even when socially distant, we still enjoyed each other's company.

The ever-popular **Pop-Up Walks** continued and we added Traveling Guided Walks. Our goal was to offer two walks a week, one on Wednesday and one on the weekend to allow participation by both retired and working ESCV members.

Next, we advertised using **Meetup** and **Facebook** to attract people through Fun, Fitness, and Friendship. The Meetup posts became so engaging that our Publicity Chair, Kathy Mack, had to limit the Meetup attendees for each walk so we could offer full service to new walkers attending their first walk.

We often assigned a new walker to a club member who could provide information about the club on a one-on-one basis as they walked. Newcomers became interested in club membership and our Membership Chair, Louise Remillard, was there with a smile offering a new walker packet, club walk books, membership directory, bookmarks and everything a new member needed!

Facebook posts specific to upcoming walks were shared to attract friends and friends of friends. After-walk pictures on Facebook often mentioned new walkers and new members using first names. Publicity caused our membership to grow.

Feedback is important. I asked some new members what they liked about our club and how they learned about us. One individual recently moved to the area and saw a Meetup post about a walk in his new town and thought it would be a great way to see the area. He was assigned a walking buddy/member who knew the area. He joined a library seen on the walk! He became a club member.

Another new member loved the opportunity to walk in different places in the Capital District from the posts she saw on Facebook. A few members mentioned they had a friend in the club who brought them to a walk. Some new members loved the idea of walks offered on the weekends as they were still working. New retirees loved the opportunity to keep busy during the week. Every new member I spoke with felt club members were kind, welcoming, and informative to new walkers.

Often, the first walk experience was so positive that newcomers joined immediately. Others tested us out for a few walks before joining. As Kathy Mack says "It's not for everyone, but if you join this is what you get: 300 new friends-club members, opportunities to walk all over the world and in each state in the US, someone to walk with, social events, and fitness." What more could you want?

The sky's the limit. Our work continues as we manage our walks to keep them interesting, offer new walks in new areas, dust off walks originally done years ago, and continue to pair walks with events (Fall Festivals, Oktoberfests, Pizza Parties, Holiday Parties and other Local Events), to maintain membership interest. **Come walk with us!**



**Publicity Chair
Kathy Mack
with a prospective
new member.**



**Membership Chair
Louise Remillard
with a new member.**

EMPIRE STATE CAPITAL VOLKSSPORTERS MEMBERSHIP FORM

Memberships run from January 1 to December 31 each year



Membership Type: **Single (\$12)** **Family (\$20)** family memberships will be recorded as individual memberships in the Membership Directory to allow individual email address / phone number if desired. **Please fill out both sections below.**

PLEASE PRINT CLEARLY

Name: _____ **New Member** **Renewal**

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

Do you receive The American Wanderer? Yes No

NEW members choose which type of ESCV Car Window Decal you'd like: **Inside** **Outside**

Name: _____ **New Member** **Renewal**

Address: _____ City: _____ State: _____ Zip: _____

Phone: (h) _____ (c) _____ Email: _____

Do you receive The American Wanderer? Yes No

NEW members choose which type of ESCV Car Window Decal you'd like: **Inside** **Outside**

Louise Remillard, Membership Chairman – Questions? 518-496-1879; lousieremillard3@gmail.com

New Members PLEASE READ

- ◆ New memberships after September 1st are one half the annual fee through the end of the year.
- ◆ New Walker Program” packets are free to new members, and are valued more than the first year’s dues. They include three walk coupons, starter stamp books, our yearly pamphlets of walks, our membership roster booklet, as well as further information about the national AVA organization and international IVV organization.
- ◆ If a new member, how did you hear about us?

- ◆ NEW members will receive an ESCV Car Window Decal. Choose if you’d like one for Inside (for un-tinted windows) or Outside (for tinted windows).

E-Mail: To enhance communications, save volunteer time, and reduce costs, most correspondence is done by email. Please include your email address in form above.

Renewal: Renewal starts November 1st. Renewals received after January 31st will not be entered into the Membership Directory and expired memberships after that date will not receive the newsletter, walk booklets, etc., and will be dropped from the “Hotmail” (email) list.

Snowbirds: If you have a winter mailing address, please identify on the back of this form and the approximate dates this mailing address is effective to ensure you receive mailed club booklets. **Winter address on back**

Order Name Tag:

Custom-made club name tags are available for purchase.

Go to the ESCV club website at www.walkescv.org and select the ORDER NAME TAG tab for more information or click <http://www.walkescv.org/nametag.html>

Volunteer: Select areas you would like to help out

- Registration at walks Developing new walks
- Programs Spring Picnic Oktoberfest
- Pizza Party Holiday Party
- Where Needed (there are many other jobs).

Payment: Make check payable to ESCV

- Single Membership \$12 • Family Membership \$20 (New members joining Sept. 1st to Dec. 31st are one half the annual fee through the end of the year.)

Mail this form and check to: ESCV Membership PO Box 5464, Clifton Park, NY 12065-5464

Total Enclosed: \$ _____ **Date Submitted** _____

Wednesday Walk Participation

WALK #	DATE	WALK	TOTAL WALKERS		NWC
1	5-May	Saratoga - Museum	34		0
2	12-May	Corning Tulip Albany	52		1
3	19-May	Ballston Spa	64		2
4	26-May	Schuylerville	50		3
5	2-Jun	SUNY - Albany	56		2
6	9-Jun	Milton-Woods Hollow	57		3
7	16-Jun	Gloversville	42		1
8	23-Jun	Niskayuna/ Blatnik Pk.	66		1
9	30-Jun	Schenectady - Vale Cem	38		4
10	7-July	Northville	41		0
11	14-Jul	Delmar - 5 Rivers	49		3
12	21-Jul	Round Lake	94		2
13	28-Jul	Albany Shaker Farms	63		3
14	4-Aug	Saratoga East Side	71		4
15	11-Aug	Schenectady - Old Nisky	66		1
16	18-Aug	Altamont	66		0
17	25-Aug	Peebles Island	67		2
		Total 2021 Wednesday	976		30

Participation in 2021 Wednesday Walks



PHOTOBOMBED in Saratoga

WEDNESDAY WALK 10+Award Buttons

Congratulations
~~~TO ALL~~~

**Alan Longshore - All 18**

**Barbara Nigro - All 18**

**Linda Morzillo - All 18**

**Deb D'Archangelis**

**Teresa Kennedy**

**Gail Ostrander**

**Louise Remillard**

**Eileen Skinner**

**Sue Grey**

**Doug Reynolds**

**Lee Darling**

**Kathy Mack**

**Marion Averill**

**Dave Averill**

**Winnie Balz**

**John Cairns**

**Linda Dunn**

**Donna Farber**

**Jan Golden**

**Larry Godshalk**

**Jackie Reynolds**

**Gail Secunda**

**Karen Watson**

**AnnaLisa VanAvery**

**Liz Walsh**

**Mary Sorell**

**Vera Weiss**

**Anne Kubizne**

**Nellie Georgeolis**

**Chris Yost**

**Peter Aldino**

**Sue Burke**

**Barbara Feeney**

**Sophia Pelasz**

**Peter Aldino**

**Sue Burke**

**Ed Koch**

**Rita Gavin**

**Linda Nowak**

**Pam Weis**

# Waynes World

(Wayne's September 2, 2021, letter to the club presidents, as a follow up to an August 24 Zoom meeting.)

The August 24 Zoom meeting was held to an hour and although everyone had a chance to speak, I think we left with some loose ends.

- **Multi-Event Weekends 2022 & Beyond:** It became apparent that more time was needed to consult with your clubs and come up with a plan to host a weekend by yourself or in conjunction with your sister clubs. It would be nice to have a date or dates for 2022 before our individual clubs make their own plans. Can we shoot for October 1?
- **Northeast Incentive Books:** There is some interest in creating incentive books to encourage participation in the Northeast Region. I've been made aware of a New England Passport Program and a similar program at ESCV. Are there others?
- **Northeast Calendar:** Some of our clubs post their group events on the Northeast calendar. A club needs to have a website and post events on their own calendars, so they can be automatically combined with the rest of the region's.
- **Websites:** Some of our clubs have independent sites, like walknmass.org, and some have derivatives of AVA, like avaclubs.org/tsva. For those who would like a website, possibly you could confer with your sister clubs to investigate what might be best for you.
- **Renewals of YRE/SEs for 2022:** Most renewals have been submitted and approved. Content that exists as of September 15 will appear in the Starting Point book. Any changes thereafter can be viewed electronically at my.ava.org.
- **As Mary Frink nicely explained:** if you're planning on putting an event

in the Online Start Box for 2022, you just need to put the appropriate verbiage in the ESR for now. Then, follow up with your OSB submission before the event starts next year.

- **Big Give:** The target date is September 23 this year. Full information can be found in The Checkpoint.
- **Two-Event Weekend 2021:** Turners Falls, MA, October 9 & Keene, NH, October 10. Some people are planning to stay over at the Days Inn in Greenfield on Saturday night and probably have dinner in town.
- **Directions & Maps:** There are many beautiful directions and maps created in our region. If clubs want to improve the quality of their product, again check with your favorite sister clubs for "best practices." There are many mapping programs available – it's all what you're comfortable with. Many have had good luck with Plotaroute.com. They allow a couple of free maps, and an annual subscription is \$25.
- **Online Start Box:** Many of our clubs have at least one OSB event, and a couple of clubs have the hybrid OSB/PSB (Physical Start Box) availability. So, if you're looking to add those features, there is a tutorial on the aforementioned my.ava.org website. All OSB submissions ultimately get funneled to Darrell Neily at osbhelp@ava.org. He's very knowledgeable and friendly, so don't hesitate to use him as a resource. If all else fails, or just for fun, consult your favorite local sister club.
- **Important reminder – Be sure to check the "I want a stamp" box.** The OSB default is zero stamps. But you get the first one free, and you'll want it for group events. Of course,



you can always use the electronic individual or group stamps as a backstop.

- **Meetup and Facebook:** Remember the good ole days when you'd read a notice in your local paper about upcoming walks? These days, new walkers are more likely to find you via Meetup and Facebook.
- **February 19-26, 2023, IVV Olympiad/IML Week, San Antonio:** I mentioned that the Northeast Region has been asked to populate a checkpoint on one of their events. In the meantime, they want help and suggestions from experienced participants – send a note to Olympiad2023@ava.org.

*Thanks again for all the interaction. The feedback has been positive, so I'm looking forward to future meetings and ongoing communication.*

*Wayne*

**Wayne C. Knapp**  
Northeast Regional Director  
ne\_rd@ava.org • (518) 469-7298

**Carol C. Giesecke**  
Northeast Deputy Regional Director  
ne\_drd@ava.org • (302) 399-6334

# Common Walking Mistakes and How to Fix Them

**The Wrong Shoe** - You probably already know that high heels aren't the best choice. Tennis and basketball shoes also present problems. The stiffness of these court shoes helps support quick sideways movement but hinders the heel-to-toe flexibility that's good for walking. Look for a shoe with a well-padded heel that's light, breathable, and water-resistant. A running shoe might work as well as a walk-specific model.

**Poor Fit** - If your shoes are too loose, they won't provide the support you need. Too tight and they can rub and cause calluses or corns. They should feel comfortable in the store: roomy enough to wiggle your toes with ease but snug enough to keep your foot from sliding around. Shop later in the afternoon when your feet are slightly swollen so you get a good sense of your true size.

**Stuck in a Rut** - You might get bored and lose interest in your walk if you go the same route every day. Change it on a regular basis to keep it interesting. Not only is it good for your mood and motivation, but it also switches things up for your muscles and joints. Look for hills to add to your route. These can add intensity and strengthen thigh, hamstring, and glute muscles.

**Tuned Out** - You may like to escape into your own music or podcast, but it could be unsafe if it's too loud. If you must listen, look for headphones that let in sounds from the outside, and keep the volume low enough so that you can hear what is going on around you: a speeding bus, a honking car, a barking dog, an ambulance siren.

**Staring at Your Screen** - Gaze at your phone while walking and you could be headed for trouble. You might trip or even step into traffic. It happens a lot. Pedestrian injuries linked to phones has

more than doubled since 2004, and most walkers -- 60% -- are distracted by their phones or something else. Stop, get out of the way, and finish your business before walking again.

**Doggone Lonely** - Don't leave Fido at home. He'll be thrilled to join you on your stroll about the neighborhood. And that enthusiasm might just rub off. It turns out that people who have dogs and take them for regular walks are more likely to hit 150 minutes a week of moderate exercise, which is the least that experts recommend for good health.

**Wardrobe Malfunction** - Clothes that are too tight and heavy could make your walk unpleasant. They should be loose, comfortable, and breathable so you can move easily and they won't get wet from sweat or humidity. You can remove thin layers as you get warmer and add them back when you're cold. Take rain gear if the weather looks iffy, and don't forget hats, sunglasses, and sunscreen to protect you from the sun (even on cloudy days or in winter).

**Losing Count** - Counting steps or miles or kilometers or minutes is important. That way, you know whether you're meeting your exercise goals. It also could help motivate you. People who tracked steps took around 27% more of them than those who didn't in one group of studies. That added up to an average of 2,500 steps a day. You can track yours with an app on your phone or with an inexpensive device called a pedometer.

**Out of Touch** - As long as you don't get distracted by it, your phone is a plus. So don't leave it at home. You can use it to find a map if you're lost or to call someone in case of emergency. And it can be a useful way to track your distance and location. Just remember to charge it up before you go.

**Slumped Stance** - You might have a hunched posture from sitting at a computer all day. But don't bring it on your walk! The right walking posture can help you walk faster and longer and help prevent injury. Try to lift your spine as if there were a string pulling you up from the top of your head. Your eyes should be forward, your shoulders down, back, and relaxed. Swing your arms naturally and freely as you step your feet lightly from heel to toe.

**Can't Be Seen** - Bright colors and reflective fabrics will help drivers and others see you if you like to walk in the evening or early morning when it's dark. You can also bring a light to help you see where you're going and to make yourself even more visible. It's easiest for others to see you when the reflectors or lights are on parts of your body that are moving, like your arms or legs.

**The Wrong Drinks** - Were you going to treat yourself to a soda on your walk? You'll get too much sugar and more calories than you want. How about a sports drink? You probably don't need extra electrolytes if you're only going for a moderate walk. The best way to stay hydrated when you walk is with water. Reward yourself with something else that's good for you, like spending time talking with a friend.

**Not Stretching Afterward** - Give your leg muscles -- especially your calves -- a gentle stretch when you're done with your walk. It will help you stay flexible. Don't overdo it -- stretches shouldn't hurt -- and don't bounce. Hold each stretch for 10-20 seconds. Use a chair or a wall for help with your balance.