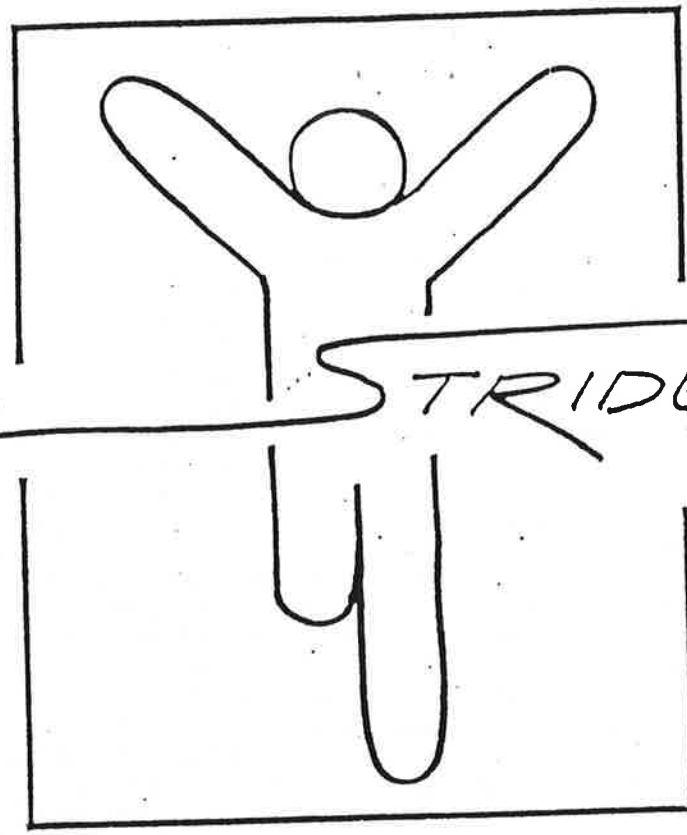


M  
O  
H  
E  
G  
A  
N



PRESIDENT  
WALT SMOLENSKI

VICE-PRESIDENT  
DON SIKORSKI

SECRETARY  
KEN RAWN  
MICKI LEVIN

TREASURER  
DON LEWIS

August 1989

Membership : 245  
TAC Team No. : 28

PRESIDENT'S CORNER :

Dear Striders,

The fall meeting is just around the corner and that spells election time! I feel it is important that I let you know that I do not intend to seek a third term. Being president of the Mohegan Striders has been a rewarding experience for me. I feel that we as a club have shown what can be accomplished if we put our minds together. I'm very proud and satisfied with the results the committees have made in a very short time. I must sound like a broken record, but I do believe they are the FORCE of the club.

We each have a responsibility to this club and I am opening the door for a new president to emerge. I intend to stay active through the committees, but I feel that it is vital for the club to develop new leadership. The mix of new talent with experienced veterans will result in individual as well as club growth. I continue to urge each new member to take a step forward and run for office, chair a committee or at least join a committee. I guarantee you will never regret it.

Two proposals were made at the last meeting that dealt with honoring club members. The first proposal concerned the addition of a new honorary member and the second proposed the formation of a committee that would research and recognize past and present members for their contribution to the club. I think both are excellent ideas and could easily be coordinated into a single committee, perhaps called the "Honors Committee". This will be brought up at the fall meeting. If you have any ideas or comments, please contact Steve Hancock or me.

I'd like to close by thanking each and every one for the support you have given me during my time as club president. I must admit there is alot of work involved, but it is alot of fun and very rewarding.

I hope to see your name on the ballot!

Walt

# SHORT TAKES

---

First and foremost, I have to get this taken care of : Dear **Dennis Tetreault**, I regret to inform you that I did not, I repeat, I did not--did you catch that??--I DID NOT, stick my head out the sunroof of one **John Ficarra's** car and bark like a dog (or is that a pookie, **Volkmar??**) at the moon while enjoying the crisp, evening wind as it whipped through my hair!!!!!! I know that your source of said information may appear to be reliable, but, believe me, he's not as innocent as he looks (does the word slimebag mean anything to you??).....Well, I feel better. To continue.....Was that **Vic Sitty** I saw completing the Pzfier Triathlon?? Great job, **Vic**.....Found out a gang of red and silver are trekking north to run the Montreal Marathon. At the risk of offending those whose names I would omit, I'll just wish a general good luck to all of you. Be sure to send us your results so we can tell the world in the next newsletter. (Oh, what the heck...special good luck wishes to **Steve Middel** who has been busting his butt training for his first "real" marathon).....Input from our very own V.P., **Donny S.** : Starting October 3 (first Tuesday after Montreal), Tuesday night runs from East Lyme High School. 6:00 p.m. Variety of runs--track, long, short, hard, easy. Majority rules, I guess.....Speaking of **The Prince**, his talents (along with **Chris Hansen** and **The Crank**) know no bounds. (Did I forget to mention **Joe Swift??** Oversight on my part, I'm sure...). Those guys sure know how to entertain a bunch of drunk runners (now, if we were sober, would we feel the same??). **Crank**, you know I love you, buddy, but stay away from Springsteen's music--please.....Oh, who could forget **Deanie-Weanie Festa??** Runs, plays guitar, sings, acts (anyone catch him in "Guys and Dolls"??), looks good...Sigh...Fun party, **Luciano** and **Sharon**. Thanks.....Who says kids can't run the world?? Certainly not **Kelley Lathrop**, **Matt Smith**, **Michelle Keegan**, and **Kristen** and **Corrie Jancewicz**, all of whom showed their folks how to beat feet in the children's (LFR??) run in downtown Norwich. **Kelley** must've taught **Mom Lathrop** a thing or two because **Pat** went on to win the two miler (followed closely by **Kathy Smo**). Congrats to all the kids who finished.....**Kris-Anne**, WHAT ARE WE GOING TO DO WITH YOU?? Keep eating that cottage cheese--it makes your bones strong (and other parts itch).....So, **Conner**, you think I'm a nuisance, huh?? And to think, I wasn't going to tell anyone about your last second sprint in the Kelley race. You know, the kick that left your competition in the dirt. That one last surge that sprung you across the finish line one foot ahead of that Supergrandmaster you tried to shake for 11 some-odd miles. Relish that victory, **Conner**. It may be your last (aaahhh, editorial privileges...aren't they grand??).....Rumor of the week : did you know that **Clem** and **Judy McGrath** AREN'T husband and wife?? In real life, **Judy** is married to **Clam's** brother, **Gene**. And **Clam** is married to his wife (that's good, **Karen**...), **Lesley**. Honest. No lie.....Pain transferral : the ability of one individual to alleviate pain in another individual simply by distracting, in whatever way is, uh, handy, the suffering soul thereby tricking the subconscious into thinking the pain is gone when in all actuality the mind has just been rerouted into concentrating on other sensations. Got that??.....Hey, **TW2**, wash your inner thighs after the SNEEKERS run??...And, on that very same subject : great race, awesome finish line artwork, well organized, and hearty after-race party. Don't miss this annual event in 1990!!.....

And, in closing, In my life, I've loved them all. Thanks, **SB**.

Next newsletter deadline : October 24th. Hope to be hearing from you.....J&K

---

## THE 17th ANNUAL STRIDER PICNIC

-By *Kris-Anne Pardo*

Okay. The Picnic Report. I'll try my best to give an adequate description of this year's Strider picnic, held Sunday, August 27 at Harkness Park. I spent the second half of the day at L & M Hospital. Pat Swift -- I'll never run after a soccer ball with you again! (Ended up with a fractured fibula.)

Outside from the killer soccer game, which disturbed a few family picnic-ers, the volleyball games seemed to be a popular pastime. (Don Sikorski, have you learned to serve yet?) Although there was plenty of beverage on hand, the food supply ran a little short. (Thank God for the nearby Super Stop & Shop.) And thank you, Gail, for running out to pick up a grill.

Along with beautiful oceanside weather, we were graced with the presence of Al Morrison, who along with old photo albums, brought back fond memories of the Brown and Gold/Red and Silver gang.

ASIDE : Okay...it was bound to happen...being confined to the L & M waiting room all day, I never got back to the park to pick up my worldly possessions. If anyone picked up any of the following, please let me know :

1 large brown garbage can

1 BIANCI t-shirt

1 Pictionary game

1 volleyball

1 pair Varnet sunglasses

(Editor's note : What, no misplaced camera?????)

This year marked the largest turnout of our club's members (and a few from Kelley's Pace). Hope everyone had a good time! I did (well...sort of...). Thanks to all who helped!!

**RACING ROUNDUP**

*-By Biff Laidback*

Where did the summer go? Answers to this, and some of the racing news, is contained below:

**July 9 - Sallfest 5K. New London**

Co-race director and Strider recruiter extraordinaire, Way Hedding, greeted a record field of over 300 for this always humid jaunt through the Whaling City. As usual, Striders were in abundance, and scored well in all divisions. Particularly impressive were Chris Hansen, 3<sup>rd</sup> in 15:28, and Ed Zubritsky, 4<sup>th</sup> in 15:41, and Michelle Keegan, 2<sup>nd</sup> in 19:17. Other Strider finishers (and division winners):

<u>Men's Top 20</u>		<u>Women's Open</u>	
11. Walt Smolenski	16:12	2. Gail Popelka	20:08
14. Jack Silva	16:27	3. Cathy Cross	20:41
16. Julio Murillo	16:34		
17. Kevin (Lennon) Gallerani	16:35	<u>Women's Submasters</u>	
20. Steve Lamb	16:46	3. Hollis Franklin	19:19
<u>Men's Veterans</u>		<u>Women's Masters</u>	
3. Glenn Stacy	22:16	1. Geraldine Palonen	21:22
		3. Judy McGrath	24:25

**August 5 - John J. Kelley 11.6 Miles. Ocean Beach. New London**

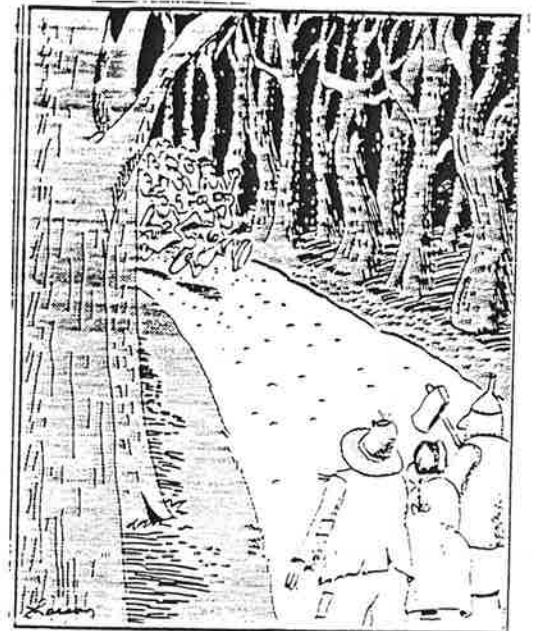
Joe Banas, last year's winner, finished 4<sup>th</sup> this year in a race marked by cloudy, cool (but humid) weather, an unauthorized deer on the course, the Strider men not winning the team title, and the S.E. CT. debut of the Sikorski Brothers Band at the post race party (I swore it was the Stones until I spotted Hancock and Festa). In a classic duel between brothers, Strider Jack Silva edged K-P'er Pete Silva by a scant 2 seconds. Word has it these guys were hammering each other the whole way to settle the bet on who is taller. Jack wins!

**August 13 - Willimantic 5K TAC Championship**

As seems to be the case every year, all the top runners in the state converged on Willi for Connecticut's fastest 5K of the year. With the overall TAC team title still up for grabs, the stakes were very high for the Strider Men's team, while the women were looking to hang on to the second spot in CT. With 3 in the top 10 and 5 more in the top 20, the Strider men easily won the team title and effectively clinched the state title for the second straight year. The gals were edged by the Willimantic AC by 5 seconds. Kris-Anne Pardo lead with a 19:08, for 4<sup>th</sup> overall.

Top Strider Finishers

3.	Pat Swift	15:11
4.	Joe Swift	15:13
10.	Darrin Eisman	15:31
12.	Chris Hansen	15:32
13.	Sean Delaney	15:36
14.	Gary Nixon	15:37
19.	Ed Zubritsky	15:48
32.	Steve Swift	16:04
36.	Bill Marshall	16:13 (2 <sup>nd</sup> Master)
45.	Tim Smith	16:27
46.	Walt Smolenski	16:37
51.	Kevin Pigeon	16:48




It's billed as a "Volkmar/Gianni Production" and the runners now have the sunglasses to prove it. SNERRO guys, Pete Volkmar and Gianni Ficarra, helped raise big \$ for the March of Dimes by directing the sneaky-tough 5 mile and Pinhead-dominated 2 mile fun run. Darrin Eisman defended his 5 mile title in 26:22, while a veritable plethora of Pinheads, including our own Don Sikorski and Chris Hansen tied for first in the 2 at 10:26. Hollis Franklin was first woman in the 2 mile at 11:58.

5 Mile results:

	<u>Men's Open</u>		<u>Women's Open</u>	
1.	Darrin Eisman	26:22	Monica Smith	34:54
2.	Walt Smolenski	27:33		
4.	Dennis Tetreault	28:04	<u>Women's Grandmasters</u>	
5.	Kevin Gallerani	28:28	Bettine Delea	43:44
6.	Julio Murillo	28:42		
7.	John Brown	28:56	<u>Women's Junior</u>	
10.	Mark Law	30:57	Tina Tetreault	38:38
	<u>Men's Masters</u>			
2.	Steve Hancock	30:04		

Racing Shorts : 4<sup>th</sup> of July race in Chester won by Sean Delaney with new Strider Jon Bell 3<sup>rd</sup>...6<sup>th</sup> of July Groton Week 5K won by Dave Mills, Biff's choice as "Strider Master Most Likely to Make Big Improvements in the Next 2 Years".....Sam Murallo is a close 2<sup>nd</sup>. An ironic footnote - Dave beat out an ex-Strider president for first. No, not Kevin Crowley....Speaking of Kevin, his "Russion Roulette Hardhat" trick at the club picnic has to win Strider gimmick of the year award....Joe Swift won the 5 mile leg of the Ledyard Relays, but club V-P Don Sikorski's picture came out better in the DAY....Strider men need only field a team at Old Saybrook and Guilford to wrap up the 2<sup>nd</sup> straight TAC state title. Firsts at Meriden, Fairfield, Prospect and Willimantic, and a second at Southington. Super job by all runners and race coordinators...Upcoming races of note - 9/9 annual ferry excursion to Block Island 15K, 9/14 Downtown Norwich 4, 2 and 1 mile races (Thursday night) and 9/16 Lisbon 3.5 miles. Both these events are designated club races with points. 9/24 Montreal Marathon, 10/1 East Lyme Marathon, 10/29 Strides for the Handicapped, Waterford, 11/5 Tarzan Brown 5.5 miles, Mystic (another club race), and also the New York City Marathon.

Rumor of the week: President Walt Smolenski to join Pink Floyd as a backup vocalist for their next world tour (the real reason he wants to be "ex-president")...hey Way, do blonds really have more fun? (Editor's note: Darrin, I think Way weasled out by going *ORANGE*.....the bet has yet to be settled.....)



**STRIDER FALL MEETING**

Thursday, November 16, 1989 7:00 p.m.

Knights of Columbus Hall, Taftville

(Exit 83, 395 North. Go right for 2 miles. Across from Levine Distr.)

A NEW RECORD HERE, A NEW RECORD THERE, A NEW RECORD EVERYWHERE

-A race review by Roger Zotti

Race : Preston City Farm Road Race

How Long : 7.2 miles

When : August 19, 1989

"It's still a cult classic," Billy Warzecha said. "It hasn't lost that characteristic."

"And it's still a homeboy race," Vic Sitty said. "Heck, a lot of familiar faces and legs were there."

"Yep, sure was a homeboy-like race," said Al Norris. "Seemed as if most of the guys and gals from the old neighborhood were there."

"And it's still an honest race," opined Frank Wilcox as he mounted his bicycle, began peddling, and waved to onlookers and fans alike.

"I agree with all of the above." Tom Lee's exact words. (Tom, by the way, ran from Norwich to the race, competed, and hoofed it back to Norwich and home.)

Those responses were recorded, of course, after the 9<sup>th</sup> annual running of the Preston City Farm Race. But let's face it : when a race that for eight years has averaged between 47-51 runners becomes a race with 96 entrants, well, things change. But that was okay because the big numbers were handled with zest and steadfastness by timers Al Darling and Matty Cavan, by Joe Banas, Billy Warzecha, and Pete Pantelis (a personable triad, to be sure) at the registration table, and by volunteer Irv Miller who did everything from giving out the opening mile split to passing out the finish cards and recording the runners' times and places.

A major reason for the record breaking number of runners was an abundance of Mohegan Striders. As for the race itself, The Day's coverage was right on target. Records were blasted at every turn. Jeff Kotecki, last year's co-winner, broke Joe Banas's 1986 course mark of 37:08. Jeff finished in 36:28. Then Banas himself, that old rascal, shattered his own record, finishing in 37:00.

Jan Merrill-Morin set a new women's sub-master's record, finishing in 40:48.

Tim Smith--another wily rascal and certainly no stranger to winning--took the men's master's title (38:11). Guess what, gang? It's a new course record. Guess what again, folks? Like Joe, Tim broke his own record of a few years ago.

In the women's master's field, Geri Palonen did what she saw others doing : she set a new record (49:34). Like Joe and Tim, Geri bested her own course mark of a year ago. "Well, records are there to be broken," Geri said. (Geri was also the third woman finisher overall.)

Here's the top fifteen, followed by the division results :

1. Jeff Kotecki	36:28	8. Dave Mills	40:36
2. Joe Banas	37:00	9. Jan Merrill-Morin	40:48
3. Jim Murphy	37:53	10. Jeff Walter	41:26
4. Tim Smith	38:11	11. Joe Light	42:27
5. Jack Silva	38:48	12. Jeff Morin	42:27
6. Mike Smith	39:26	13. Ron Gravel	42:57
7. Harry Lepp	39:32	14. Nick Kelo	43:25
		15. Rob Girotti	43:32

Men

Junior : Todd Adams 54:53

High School : Nick Kelo, George Jennings 43:48

Open : Rob Girotti, Fran Houle 44:28

Submasters : Jeff Kotecki, Joe Banas, Jim Murphy

Masters : Tim Smith, Dave Mills, Joe Light, Jeff Morin

Grandmasters : Jerry Levasseur 45:26, Jim LaTourette 46:30

Super grandmasters : Herb Silander 51:15, Pete Pantelis 51:48

Top 3 Preston finishers : Nick Kelo, George Jennings, and Gary Piszczek 47:00

Women

Junior : Megan Cundy 53:30

Submasters : Jan Merrill-Morin, Michelle Keegan 46:08, Dot Guerra 50:58

Masters : Geri Palonen 49:34, Michaeleen Haeseler 53:18

Grandmasters : Bettine DeLea 60:06

**Women's Racing Circuit**  
- By Rose Buckingham

The Strider Ladies have tallied a total of 13 points and \$295 so far in TAC races. This puts us in 2<sup>nd</sup> place for the TAC Grand Prix, with the results of the Old Saybrook 10K left to be reported. The last race in the TAC Race Series is the Guilford 10 Miler on September 17<sup>th</sup>. The current first place team is the Converse Running Club with 20 points.

- Meriden 15K - April 23  
The top Strider Lady Finishers were Janice Boyes, Kris-Anne Pardo, and Pat Lathrop. Originally the Strider team had been disqualified for failure to present a TAC card. However, 2 points were eventually awarded to the team after the disqualification was lifted.
- Fairfield Half-Marathon - June 24  
The Striders took 3<sup>rd</sup> place with the team of Kris-Anne Pardo, Geri Palonen, Molly Colgan, Michaeleen Haeseler, and Rose Buckingham.
- Prospect 5 Mile - July 1  
The team of Kris-Anne Pardo, Michelle Keegan, Gail Popelka, Geri Palonen, Pat Lathrop, Rose Buckingham, Kathy Smolenski, and Judy McGrath took 2<sup>nd</sup> place.
- Southington 12K - July 16  
Another 2<sup>nd</sup> place finish by the Strider team of Kris-Anne Pardo, Michelle Keegan, Geri Palonen, and Rose Buckingham.
- Willimantic 5K - August 13  
The Striders took 3<sup>rd</sup> place honors at this TAC race. 15 Lady Striders participated! The top 5 women representing the Striders were: Kris-Anne Pardo, Michelle Keegan, Hollis Franklin, Gail Popelka, and Kelley Hawkes.

Individual points for the TAC Race Series are awarded as follows: 20 points for attendance per race and extra points awarded relative to place position. Individual points earned in the 1989 TAC Race Series as of September 1<sup>st</sup> are:

1.	Kris-Anne Pardo	124 points
2.	Geri Palonen	89 points
3.	Michelle Keegan	72 points
4.	Pat Lathrop	64 points
5.	Rose Buckingham	63 points
6.	Gail Popelka	45 points
7.	Michaeleen Haeseler	42 points
8.	Kathy Smolenski	40 points
8.	Judy McGrath	40 points
9.	Hollis Franklin	23 points
9.	Molly Colgan	23 points

All TAC money will be divided according to points earned after Grand Prix awards are given in October. The team money and awards will be distributed at the fall Strider meeting, so be there to get your bucks!

Sports Physical Therapy Consultant Editorial Note:

I asked Dr. Carnaroli to submit a short article as part of my attempt to include other health and fitness professionals to bring information to our Strider members. In the future, I'll solicit varied professionals (i.e. podiatrists or orthopedists, exercise physiologists, massage therapists, etc.) to provide information on health-related topics.

I also want to thank Dr. Carnaroli for providing the article. The chiropractic approach to spinal care can be helpful for those who develop neck, upper or lower back pain, and stiffness as a result of repeated microtrauma (i.e. repeated footfalls in running and gradual tightening of leg and back muscles and joints). It would seem obvious that improving and maintaining spinal and lower extremity muscle flexibility and strength will help reduce the accumulative trauma of running.

Run Safely,  
Carl

**RUNNING AND CHIROPRACTIC**  
*-By Dr. Lynn Carnaroli and Dr. Kim Kos*

Running, while it is great for a cardiovascular workout, can be and often is, hard on the joints. This is especially true of the feet, ankles, knees and lower back. Chronic injuries often occur because of overuse of a joint. This occurs much easier if joint mobility is hindered or if muscle use is affected.

Let's first examine joint mobility and running. The force which is produced, and ultimately absorbed, by the body, with each stride, is well documented. Absorption begins at the foot and is transmitted all the way to the lower back. If the lower back is lacking flexibility to move, otherwise described as fixation, the runner's style is greatly affected. The stride length is decreased and the muscles that bend and extend the leg are prone to chronic injury, overstretching and fatigue, as they attempt to compensate for the decreased mobility of the spine. This lack of joint flexibility and mobility responds extremely well to chiropractic manipulation. The doctor, by applying a controlled force to the fixated joint, can promote movement of the segment, which ultimately will increase running stride, provide increased hip and back flexibility and may decrease running injuries.

---

**STRIDER NOSTALGIA**  
*- Courtesy of Tim Smith*

**15 years ago:** Strider Newsletter dated September 1, 1974.

OCEAN BEACH. . . This was the best effort for out-of-staters in years as Morgan Fennel and Norbert Sander grabbed one-two ahead of Vitale (3rd), Crothers (5th), and Burfoot (6th). Lenny Nasser was the second high schooler to finish. Presently it appears that Fennel's time of 56:55 will be recognized as the official record if the course, mistakenly lengthened by the runners, is retained in future years.

**10 years ago:** Strider Newsletter dated September 1, 1979.

THE MULTI-EVENT CRAZE. . . A relatively new animal on the scene, in terms of frequency anyway, is the multi-event competition. These competitions may be conducted on either an individual or team level. The idea behind the team competition is to gather athletes of diverse specialties to share in some good fun and collective effort. The Ledyard Rec Department organized the most involved competition of the summer with a quadrathlon : running, canoeing, biking, and swimming. It was encouraging to note the corporate teams in the competition. Next year's event promises to be very competitive and undoubtedly the schedule will include a few more of these crazy endeavors.

## STRIDER MEETING MINUTES 7/21/89

-By Robert Carbray, Acting Secretary

The first summer meeting of the Mohegan Striders was held on Friday evening, July 21, 1989 in the Recreation Building in Norwich. President Walt Smolenski opened the meeting at 7:15 p.m. and welcomed the members and their guests. He immediately announced that because of Rec Department rules, there is to be no beer consumed in the building.

Way Hedding moved the acceptance of the Secretary's Report as printed in the newsletter. This was seconded by Ken Rawn and passed unanimously.

There was no formal Treasurer's report but as of this meeting everything is fine.

Kris-Anne Pardo announced that the club picnic will be held at Harkness this year on August 27. Beer, soda, cups and plates will be provided. There are no BBQ pits on the grounds at Harkness.

The Men's Racing Team report was presented by Bill Shea. There are two races to go with the Mohegan Striders team having 15 points. Yale Co-op has 9 points. The Lake Winnepesaukee Relay Race will be held 9/16/89.

Don Sikorski submitted the Women's Racing Team results.

The Men's Masters report was given by Jerry Levasseur.

Dave Lathrop reported that the Running Circuit results are incomplete due to the lack of feedback. However, the points are really close for both the men and women.

The Newsletter report was given by Karen Short. Fellow Strider, Al Lyman, raised between \$2500 and \$3000 for the American Cancer Society by running 50 miles. Only two runners contributed.

Community Service report from Tom Lee was next. There will be track and field events, the Hersey Track and Field, as well as up and coming races for kids. Kevin Crowley announced that starting immediately, all kids under 10 years old must have a one on one adult for the Thursday Night Rec runs.

There was no Old Business.

### New Business :

1. Parents and other adults have been asked to keep smaller children from milling around the finish line for the kids' own safety.
2. The date for our next meeting was selected to be Friday, 11/17/89 with Thursday, 11/16/89 as the alternate. (Editor's note : meeting is Thursday, 11/16.)
3. Bob Chamberland brought up the fact that the membership cards were released with no names typed on them. He felt that to have the names on the cards would be more meaningful. Judy McGrath volunteered to type the names on the membership cards.
4. New sweat shirts will now be \$20.00.
5. The Norwich Rec runs need assistance for the rest of the summer.
6. The St. Mary's (Norwich) mile run will be 9/22/89 at 6:00 p.m. (tentative).
7. The John J. Kelley-Ocean Beach Road Race will be held on 8/5/89.
8. A discussion concerning the possibility of adding to our list of honorary members then took place. Kevin Crowley nominated Joe Lonardelli for this honor. There was no second and the motion was tabled until our November meeting. Kevin and Bob Carbray will get together for discussion and possible nominations and present these to the executive committee as has been the custom in the past.
9. The motion to adjourn was made at 8:05 p.m. by Way Hedding, seconded by Clem McGrath and passed unanimously.



**CLUB CORRESPONDENCE**  
*-Submitted by The Keegan Family*

Gabriele Keegan would like to thank the Striders for their support throughout her track season this year. Gabriele, age 10, is the New England/New York Regional Champion at 1500 meters, and competed for the national title on the west coast in July. Although she didn't come home with the gold, Gabriele appreciated the opportunity to gain experience in a national track event.

Gabriele, a sub-5:40 1500 meter runner, is a road racer and cross country runner who uses track to prepare for the fall season. While seeded 8<sup>th</sup> in the nation for the 1500 meters, Gabriele hopes to improve upon that as she moves to the 3000 meter track event next year.

As a 9 year old, Gabriele was a regional champion in track and cross country on the west coast and competed in the Cross Country Nationals in Reno, Nevada last year. Gabriele is currently working toward the Cross Country National Championship meets scheduled for North Carolina and Indiana later this fall.

---

