

# BIRON CENTER NEWSLETTER FEBRUARY 2025



## WINTER GEAR/CLOTHES

PLEASE MAKE SURE YOUR CHILD HAS EXTRA CLOTHES HERE TO CHANGE INTO IN CASE OF AN ACCIDENT, THEY GET MESSY DURING PLAY OR MEALTIME. ALSO, SOMETIMES WE GET WET FROM BEING OUTSIDE. IF YOU ARE IN NEED OF WINTER GEAR PLEASE CONTACT YOUR FAMILY SERVICE WORKER OR TEACHER.



## CLOSED DAYS

PRESCHOOL WILL BE OPEN MONDAY, FEB 17TH AND CLOSED FRIDAY, FEB 21ST

INFANT AND TODDLER WILL BE CLOSED MONDAY, FEB 3RD

## FAMILY DAY EVENT

WE WILL BE INVITING YOU TO OUR VALENTINE'S FAMILY DAY ON FRIDAY, FEB 14TH.

AN INVITE WILL BE SENT HOME TO ALL THE FAMILIES SO PLEASE RSVP. HOPE YOU CAN ATTEND!



## IMPORTANT DATES

FEB 5: BOOKWORMS- CINDY AND NICOLE  
FEB 6: PARENT COMMITTEE WILL BE @ 4:15PM VIA ZOOM  
FEB 14: FAMILY DAY EVENT  
FEB 25: POLICY COUNCIL@6pm  
FEB 24, MAR 10, MAR 17- PARENT TEACHER CONFERENCES

**"YOU ARE NEVER TOO OLD TO SET ANOTHER GOAL OR TO DREAM A NEW DREAM."**

**- C.S. LEWIS**



## **4K Registration for 2025-2026 school year**

WE WILL HAVE APPLICATIONS FOR HEAD START AND 4K AT THE BIRON OFFICE SOON. FAMILY SERVICE WORKERS GO OVER THESE APPLICATIONS WITH PARENTS AND ASSIST THEM WITH FILLING THEM OUT AT THEIR CHILD'S WINTER PARENT TEACHER CONFERENCE. CONFERENCE DATES ARE STILL BEING DECIDED UPON FOR THE MAJORITY OF THE CLASSROOMS, BUT KEEP AN EYE OUT FOR INFORMATION IN YOUR CHILD'S FOLDER.

IF YOUR CHILD IS GOING INTO 4K, WE NEED YOUR CHILD'S BIRTH CERTIFICATE FOR VERIFICATION PURPOSES. THE APPLICATIONS FOR 4K WILL NOT BE TURNED IN WITHOUT VERIFICATION OF YOUR CHILD'S BIRTH CERTIFICATE. IF YOU HAVE ANY QUESTIONS REGARDING HEAD START AND/OR 4K REGISTRATION, PLEASE CALL KATIE AT 715-422-0428 OR KAREN AT 715-422-0438.

# **NEWS FROM THE BUS**

**WOW, WE ARE OVER HALFWAY THROUGH THE YEAR! HOW TIME FLIES!  
HERE ARE A FEW REMINDERS FROM THE TRANSPORTATION STAFF.**

- IF YOUR CHILD IS NOT RIDING PLEASE CALL AND LEAVE A MESSAGE AT 715-422-2025 OR TEXT 715-213-6729. BE SURE TO LEAVE YOUR CHILD'S NAME. THANK YOU!**
- PLEASE REMEMBER THAT BUS TIMES ARE ESTIMATES. WITH THE NUMBER OF CHILDREN ALWAYS FLUCTUATING AND BAD WEATHER AFFECTING ROAD CONDITIONS, PICK-UP AND DROP-OFF TIMES MAY VARY SLIGHTLY. PLEASE BE PATIENT, WE ARE DOING OUR BEST GIVEN THE CIRCUMSTANCES.**

**THANK YOU AND STAY WARM!**

**WISCONSIN RAPIDS BIRON TRANSPORTATION TEAM**



## **Policy Council Representatives**

**POLICY COUNCIL IS OUR PARENT BOARD OF DIRECTORS. THEY ARE RESPONSIBLE FOR SHARING WITH THE GROUP ANY CONCERNS, SUGGESTIONS, OR RECOMMENDATIONS THAT AFFECT NOT ONLY THEIR CENTER, BUT THE ENTIRE WOOD COUNTY HEAD START PROGRAM. AS A MEMBER OF POLICY COUNCIL, THEY WILL SHARE ANY IDEAS OR CONCERNS EXPRESSED BY PARENTS FROM THE CLASSROOM THEY REPRESENT. IF YOU HAVE AN ISSUE YOU WOULD LIKE TO DISCUSS WITH ANOTHER PARENT, PLEASE CONTACT YOUR FAMILY SERVICE WORKER, KAITE (715-422-0428) OR KAREN (715-422-0438).**

**OUR POLICY COUNCIL REPRESENTATIVES ARE:**

**ROBBI TRACY KYLIE FREEMAN BAILEA MURPHY MELISSA GRAEF  
KAYLEE REIFSCHNEDIER MAKAYLA KRUTZA SYDNEY PEMBLE  
SHELBY FOX CRYSTAL BROWN SABRINA PEYKETEWA  
ANNE WOJTALEWICZ CHARLIE ALBRECHT**

# Conscious Corner

SOME OF OUR HEAD START PARENTS MAY HAVE HEARD THEIR CHILDREN MENTION "THE SAFE PLACE" AT SCHOOL. THE SAFE PLACE IS AN AREA WHERE CHILDREN CAN GO TO CHANGE THEIR INNER STATE FROM UPSET TO COMPOSED IN ORDER TO OPTIMIZE LEARNING. ALL OF OUR CLASSROOMS HAVE A SAFE PLACE THAT THE CHILDREN KNOW THEY ARE ABLE TO GO TO WHENEVER THEY ARE FEELING SAD, ANGRY, SCARED, ETC. WHEN BEGINNING TO UTILIZE SOME OF THE CONSCIOUS DISCIPLINE TECHNIQUES IN YOUR HOME, IT MAY BE BENEFICIAL TO CREATE A SAFE PLACE OF YOUR OWN WITH YOUR CHILD. WHEN CREATING A SAFE PLACE, FIND AN AREA THAT IS SUITABLE AND EASILY ACCESSIBLE FOR YOUR CHILD, BUT ALSO SOMEWHERE THEY CAN HAVE SOME SPACE FROM OTHERS, YET NOT BE COMPLETELY ALONE. MAKE THE SPACE COMFORTABLE WITH A CUSHION, BLANKETS, STUFFED ANIMALS, A BOOK OR TOY THEY LOVE, ETC. ENCOURAGE CHILDREN TO USE THE SAFE PLACE AND MODEL CALMING YOURSELF AND HELP THEM DO THE SAME WHEN THEY ARE UPSET. USE PHRASES SUCH AS, "YOU'RE SAFE.", "BREATHE WITH ME.", "YOU CAN DO THIS.". LIKE WITH ANY INTERACTION, YOUR INTENTION WILL IMPACT HOW CHILDREN RECEIVE THE MESSAGE, SO BE SURE TO USE A TONE THAT ASSURES YOUR CHILD THAT THEY ARE CAPABLE AND YOU ARE THERE TO HELP THEM. SAYING "TAKE A BREATH!" IN A FRUSTRATED TONE WILL HAVE A COMPLETELY DIFFERENT OUTCOME THAN SAYING "BREATHE WITH ME." IN A CALMER TONE.

ALONG WITH COMFORTING ITEMS IN THE SAFE PLACE, THERE ARE ALSO SOME TOOLS THAT CAN BE AVAILABLE TO HELP YOUR CHILD AS WELL. IN OUR CLASSROOMS, WE USE THE FEELING BUDDIES TO HELP THE KIDS EXPRESS WHAT THEY ARE FEELING BY IDENTIFYING WITH THE FACIAL EXPRESSIONS ON THEM. ONE WAY TO IMPLEMENT A SIMILAR SYSTEM IN YOUR OWN SAFE PLACE IS TO DRAW OR PRINT PICTURES OF FACES THAT WOULD HELP YOUR CHILD TO EXPRESS WHAT THEY ARE FEELING INSIDE. THIS IS A GREAT STEP IN THE RIGHT DIRECTION FOR HELPING YOUR CHILD MANAGE THEIR EMOTIONS AT HOME. NEXT MONTH'S NEWSLETTER WILL GO OVER THE FOUR BREATHING TECHNIQUES THAT WE TEACH THE KIDDOS TO USE WHEN THEY BEGIN TO FEEL SOME OF THOSE BIG EMOTIONS.

# Clean-Up Time

ANYONE WHO HAS CHILDREN OF THEIR OWN OR WORKS WITH THEM, KNOWS THAT IT'S OFTEN HARD TO GET THEM TO CLEAN UP AFTER PLAYTIME; HOWEVER, YOU CAN MAKE IT A FUN AND ENJOYABLE LEARNING EXPERIENCE. CHILDREN LEARN BEST WHEN THEY DO SOMETHING, RATHER THAN WHEN OTHERS DO IT FOR THEM. BELOW ARE A FEW TIPS TO TRY WHEN IT COMES TO CLEAN-UP TIME.

- SET EXPECTATIONS AHEAD OF TIME SO THE CHILDREN KNOW WHAT CLEAN-UP TIME MEANS TO YOU, YOUR HOME, YOUR CLASSROOM, ETC. IF YOU WANT THEM TO PUT THE TOYS IN THE BIN, THEN PUT THE BIN ON THE SHELF, MAKE SURE THEY KNOW THAT IS WHAT THEY SHOULD DO
- BE CONSISTENT WITH YOUR ROUTINE AND USE POSITIVE LANGUAGE. IF THEY MUST PUT THE FIRST TOY AWAY BEFORE PLAYING WITH THE SECOND, MAKE SURE THAT THEY ARE FOLLOWING THAT RULE REGULARLY. USE GENTLE REMINDERS IF THEY FORGET.
- WARN CHILDREN BEFORE IT'S TIME TO CLEAN UP AND SET A TIME LIMIT. WHEN YOU TELL A CHILD, "WE HAVE TO FINISH COLORING AND START CLEANING IN 10 MINUTES," YOU GIVE THEM TIME TO FINISH WHAT THEY ARE DOING. SET A TIMER AND LET THEM KNOW THAT WHEN THEY HEAR THAT, IT MEANS IT IS TIME TO CLEAN-UP.
- ADULTS CAN HELP CLEAN UP TOO. BEING A GOOD ROLE MODEL HELPS THE CHILD LEARN.
- DIVIDE THE HARDEST TASKS INTO PARTS. FOR EXAMPLE, YOU PUT AWAY THE BLUE TOYS AND YOUR CHILD PUTS AWAY THE RED TOYS. OR, IF THERE ARE A LOT OF TOYS, EACH OF YOU PUT AWAY FIVE (OR A CERTAIN NUMBER) OF TOYS.
- SING A CLEAN-UP SONG TOGETHER.
- IF THERE ARE SEVERAL CHILDREN CLEANING, CHOOSE A LEADER WHO DECIDES HOW TO CLEAN. SWITCH THE LEADER REGULARLY SO THEY ALL GET TO ENJOY "BEING IN CHARGE".



# Healthy Valentine Snack Mix

## INGREDIENTS:

- 2 CUPS RICE CHEX
- 2 CUPS CINNAMON OR HONEY TOASTED OAT CEREAL
- 2 CUPS FREEZE-DRIED STRAWBERRIES
- 2 CUPS VALENTINE-THEMED YOGURT-COVERED  
PRETZELS
- 1 CUP VALENTINE-THEMED CANDY CORN (SOMETIMES  
CALLED CUPID CORN)
- 1 CUP RAW CASHEWS

## DIRECTIONS:

GENTLY MIX ALL INGREDIENTS IN A LARGE BOWL.  
ENJOY!

*Yum!*



# Attendance

**JUST A REMINDER THAT YOU'RE CHILD'S ATTENDANCE AT SCHOOL IS SO IMPORTANT. WE WOULD LIKE TO SEE EVERYONE HERE EVERY DAY AND BY 9AM. BY COMING IN LATE YOUR CHILD MISSES OUT ON THE MORNING GREETINGS, THEIR SCHOOL JOB, AND EVEN BREAKFAST. IF YOU NEED HELP GETTING HERE ON TIME OR EVERY DAY PLEASE LET YOUR SERVICE WORKER KNOW. WE WILL TRY TO HELP THE BEST WE CAN. HEADSTART'S ATTENDANCE POLICY IS THAT THEY ARE HERE 85%. WE UNDERSTAND THERE IS A LOT OF SICKNESSES GOING AROUND, BUT PLEASE SEND YOUR CHILD HERE WHEN THEY ARE HEALTHY AND CAN PARTICIPATE!**

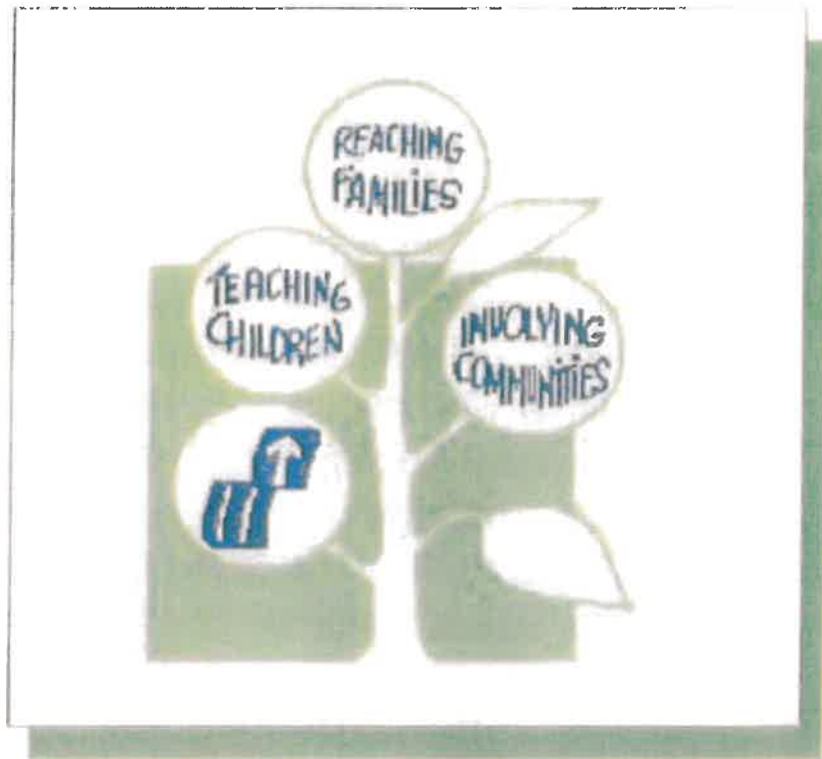
**THANK YOU!**



## Wood County Head Start

Administrative Office  
1011 8th St. South  
Wisconsin Rapids, WI 54494

Toll free: 866-421-2066  
Main line: 715-421-2066  
Fax: 715-421-2069  
E-mail: [wchs@woodcoheadstart.org](mailto:wchs@woodcoheadstart.org)



Wood County Head Start  
www.woodcoheadstart.org



## Biron Center Contact Information

550 Center Street

Wisconsin Rapids, WI 54494

Phone: 715-422-0441

Fax: 715-422-0444

Infant Room: 715-422-0439

Toddler 1 Room: 715-422-0446

Toddler 2 Room: 715-422-0447

Nicole/Karolina's Room: 715-422-0437

Ashley's Room: 715-422-0435

Cindy's Room: 715-422-0425

Laura's Room: 715-422-0445

MariJo/Kristen: 715-422-0440

Family Service Worker: Karen

Desk Phone: 715-422-0438

Cell Phone: 715-213-8498

Family Service Worker: Katie

Desk Phone: 715-422-0428

Cell Phone: 715-459-3714

Transportation: Janet


Desk Phone: 715-422-2025

Cell Phone: 715-213-6729



# Childhood Lead Poisoning

Even at low levels, lead can cause irreversible damage to hearing, growth, and development.

 Children can get lead poisoning by breathing in or swallowing dust that contains lead.

For more information contact our Childhood Lead Poisoning Prevention Program at 602-364-3118 [azhealth.gov/lead](http://azhealth.gov/lead)

## Sources of Lead

Identify and remove sources of lead from your home.

### Home



Lead can be in paint in old homes built before 1978.

- Chipped paint
- Old furniture and toys
- Dirt
- Play or costume jewelry
- Pewter
- Crystal glassware

### Imported Goods



Items brought back from other countries may contain lead.

- Glazed pottery
- Asian, Hispanic, Indian spices
- Mexican candy (tamarindo and chili)

### Home Remedies



Some home remedies may contain lead. These remedies are typically red or orange powders.

- Traditional and folk remedies (Greta, Azarcón, Pay-loo-ah)

### Beauty Products



Imported beauty products from Asia, India, and Africa may contain lead.

- Sindoor, Khol, Kaja, Surma



### Jobs

Jobs such as car repair, mining, construction, and plumbing may increase your exposure to lead. Lead dust can be brought into the home on your skin, clothes, shoes, or other items you bring home from work.

- Car batteries
- Scrap metal/parts
- Ammunition



### Hobbies

Certain hobbies increase your risk of coming in contact with lead.

- Hunting (lead bullets)
- Fishing (lead sinkers)
- Artist paints
- Refinished furniture



### Travel

Traveling outside the U.S. may increase your risk of coming in contact with lead-based items.

- Souvenirs
- Spices or food
- Toys
- Jewelry

## Cleaning

Keep lead dirt and dust out of your home with these helpful tips.



Wash hands



Keep shoes outside



Mop & wet wipe



Use a vacuum with a HEPA filter



Wash toys

Avoid:  
Sweeping  
Dry dusting  
Beating rugs

## Nutrition

These foods can help lower your child's lead level.



Vitamin C

Tomatoes  
Strawberries  
Oranges  
Potatoes



Calcium

Milk  
Cheese  
Yogurt



Iron


Chicken  
Steak  
Fish  
Peas  
Eggs



ADHS

# Envenenamiento por Plomo en los Niños

Incluso en niveles bajos, el plomo puede causar daños irreversibles a la audición, el crecimiento y el desarrollo de los niños

 Los niños se pueden envenenar con plomo al respirar o tragar polvo que contenga plomo.

Para más información comuníquese al Programa de Prevención de Envenenamiento por Plomo en los Niños, en la Oficina de Salud Ambiental al 602-364-3118 [azhealth.gov/lead](http://azhealth.gov/lead)

## Procedencia del Plomo

Identifique y elimine el origen o fuente del plomo.

### Hogar



El plomo puede estar en la pintura de casas antiguas construidas antes de 1978.

- Pintura descascarada
- Tierra
- Peltre
- Muebles y juguetes antiguos
- Joyería de fantasía o bisutería
- Cristal

### Objetos Importados



Los artículos traídos de otros países pueden contener plomo.

- Cerámica esmaltada
- Especias asiáticas, hispanas e indias
- Dulces mexicanos (con chile o tamarindo)

### Remedios Caseros



Algunos remedios caseros pueden contener plomo. Estos remedios regularmente son polvos de color rojo o naranja.

- Remedios tradicionales y populares (Greta, Azarcón y Pay-loo-ah)

### Productos de Belleza



Algunos productos de belleza importados de Asia, India, y África pueden contener plomo.

- Sindoor, Khol, Kajal, Surma

### Trabajos



Los trabajos como reparación de autos, minería, construcción y plomería pueden aumentar su exposición al plomo. Se puede traer polvo de plomo a casa en su piel, ropa, zapatos u otros artículos traídos del trabajo.

- Baterías de auto
- Trozos/piezas de metal
- Municiones

### Pasatiempos



Ciertos pasatiempos aumentan su riesgo de hacer contacto con plomo.

- Cacería (balas de plomo)
- Pesca (pesas de plomo)
- Pinturas de artistas
- Muebles renovados

### Viajes



El viajar fuera de los Estados Unidos puede aumentar el riesgo de hacer contacto con productos con base de plomo.

- Recuerdos
- Especias o alimentos
- Juguetes
- Joyería

## Limpieza

Mantenga los restos y el polvo de plomo fuera de su hogar con estos consejos útiles.

Lávese las manos

Deje los zapatos afuera

Trapee y limpie con trapo húmedo

Use aspirador a con un filtro HEPA

Lave los juguetes

Evite Barrer  
Sacudir tapetes  
Desempeñar en seco

## Nutrición

Estos alimentos pueden ayudar a disminuir los niveles de plomo en sus niños.

Vitamina C

Tomates  
Fresas  
Naranjas  
Papas

Calcio

Leche  
Queso  
Yogur

Hierro

Pollo  
Bistec  
Pescado  
Chicharos  
Huevos



## Biron Head Start Centers February 2025 Menu

Monday	Tuesday	Wednesday	Thursday	Friday
<p>3</p>  <p style="color: red;">Center Closed</p>	<p>4 <b>HM</b> Breakfast Pizza (Crust, Eggs, Ham, and Cheese), Pineapple</p> <p><b>HM</b> Broccoli Cheese Soup, Turkey Slices, <b>WG</b> Garlic French Bread, Carrots &amp; Dip, Pears</p> <p><b>WG</b> Graham Crackers, Applesauce</p>	<p>5 <b>WG</b> Toast, Jelly, Banana</p> <p>Cheese Ravioli, Meat Sauce, <b>WG</b> Breadstick, Asparagus, Fruit Salad</p> <p>Cheese Cube &amp; Apple Slices</p>	<p>6 <b>WG</b> Mini Waffles, Blueberries</p> <p>Lentil Taco Meat, <b>WG</b> Tortilla, Cheese, Salsa, Sour Cream, Lettuce, Corn, Grapes</p> <p><b>WG</b> Goldfish Crackers</p>	<p>7 Special K Cereal, Strawberries</p> <p><b>HM</b> Baked Chicken Parmesan, <b>WG</b> Brown Rice, Green Beans, Peaches</p> <p><b>WG</b> Pumpkin Bread, 100% Juice</p>
<p>10 <b>WG</b> Muffin, Applesauce</p> <p><b>HM</b> Creamy White Chili Soup w/ Chicken, <b>WG</b> Roll, Corn, Strawberries</p> <p><b>WG</b> Rice Cakes</p> <p style="color: red;">I/T Only</p>	<p>11 <b>WG</b> Kix Cereal, Blueberries</p> <p><b>HM</b> Coconut Curry Chicken, Basmati Rice, Naan Bread, Snap Peas &amp; Dip, Tropical Fruit</p> <p>Yogurt, Mixed Berries, <b>WG</b> Granola</p>	<p>12 Canadian Bacon, Hashbrown Patties</p> <p><b>WG</b> Spaghetti &amp; Meat Sauce, Garlic Bread, Green Beans, Mandarin Oranges</p> <p><b>WG</b> Tortilla Chips &amp; Salsa</p>	<p>13 <b>WG</b> Pancakes, (w/Banana, Peanut Butter, Chocolate Chips)</p> <p><b>HM</b> Cream of Potato Soup, Ham Slices, <b>WG</b> Roll, Peas, Pears</p> <p>Peaches &amp; Valentine Trail Mix</p>	<p>14 <b>HM</b> <b>WG</b> Blueberry &amp; Strawberry Muffin Bars, Applesauce</p> <p>Meatballs, Gravy, Mashed Potatoes, Cooked Carrots, <b>WG</b> Roll, Strawberries &amp; Pineapple Fruit Fluff</p> <p><b>WG</b> Sun Chips, 100% Juice</p>
<p>17 <b>WG</b> French Toast Snackbread, Orange Wedges</p> <p><b>HM</b> Creamy Italian Sauce with Chicken, Buttered Noodles, <b>WG</b> Cheesy Breadstick, Green Beans, Peaches</p> <p><b>WG</b> Animal Crackers</p> <p style="color: red;">Preschool/4K in Session</p>	<p>18 <b>WG</b> Muffin, Applesauce</p> <p><b>HM</b> Philly Cheesesteak Sloppy Joes on <b>WG</b> Bun, Cheese Slices, Sweet Potato Fries, Pears</p> <p>String Cheese &amp; Pretzels</p>	<p>19 <b>WG</b> Life Cereal, Banana</p> <p><b>HM</b> Chili with Beef Lentil, Buttered Noodles, Shredded Cheese, Sour Cream, Cucumbers &amp; Dip, Pineapple</p> <p><b>WG</b> Graham Snacks</p>	<p>20 Egg &amp; Cheese Sandwich on Croissant, Peaches</p> <p><b>WG</b> Fish Sticks, <b>HM</b> Bean &amp; <b>WG</b> Brown Rice, Mixed Vegetables, Apple Slices</p> <p><b>HM</b> <b>WG</b> Zucchini Bread, 100% Juice</p>	<p>21 <b>WG</b> Cheerios, Strawberries</p> <p>Chicken Tenders, Rice Pilaf, Peas, Grapes</p> <p><b>WG</b> Blueberry Snackbread</p> <p style="color: red;">I/T Only</p>
<p>24 <b>WG</b> Oatmeal, Raisins, Diced Apples</p> <p><b>HM</b> Mac &amp; Cheese, Buttered Noodles, Diced Ham, <b>WG</b> Breadstick, Broccoli, Fruit Salad</p> <p><b>WG</b> Crackers &amp; Hard-Boiled Egg</p> <p style="color: red;">I/T Only</p>	<p>25 Cinnamon Toast, Peaches</p> <p><b>HM</b> Nachos with Beef Lentil (<b>WG</b> Tortilla Chips, Cheese, Lettuce, Salsa, Sour Cream), Corn, Grapes</p> <p><b>WG</b> Chex Mix</p>	<p>26 <b>WG</b> French Toast Sticks, Fruit Salsa</p> <p>Teriyaki Chicken, <b>WG</b> Fried Rice, Stir Fry Vegetables, Mandarin Oranges</p> <p><b>WG</b> Soft Pretzels &amp; Cheese</p>	<p>27 Scrambled Eggs with Cheese, Mandarin Oranges</p> <p>Shredded Pork, Gravy, Mashed Potatoes, <b>WG</b> Roll, California Medley Vegetables, Apple Slices</p> <p><b>WG</b> Goldfish Crackers, Cheese Cubes</p>	<p>28 <b>WG</b> Frosted Mini Wheats Cereal, Strawberries</p> <p><b>HM</b> Meat/Cheese Pizza, Cottage Cheese, Cooked Carrots, Pineapple</p> <p><b>WG</b> Peanut Butter &amp; Jelly Sandwich, 100% Juice</p>
		<p>All-day session children receive breakfast, lunch and snack.</p> <p style="color: red;">Milk is served with meals and snacks, occasionally juice is served at snack time instead of milk, to 1-5 year olds. Unflavored whole milk is served to 1 year olds, unflavored 1% or skim milk is served to 2-5 year olds. Water is available throughout the day.</p> <p><b>WG</b> = whole grain    <b>WGR</b> = whole grain rich    <b>HM</b> = homemade</p>		

