

Merrimack Valley 50+

June  
2022

# Active *Life*

The Boomer and  
Beyond Years

Our New Monthly Column  
by Angelena Craig

Castles  
in the  
Clouds

Things to Do:  
Merrimack Valley  
Community  
Calendar

*Free*

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# Merrimack Valley 50+ Active Life

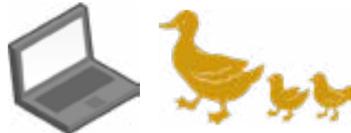
## June 2022

### Columns & Departments

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We're still helping you get your ducks in a row...

But now we've gone virtual!



Margot G. Birke, Attorney at Law  
One Harris Street • Newburyport, MA • 978.465.5407  
*Elder Law & Special Needs Planning*




(Family Features) More than half of Americans take an over-the-counter vitamin or dietary supplement, but many may not realize that the quality of these products can vary greatly. Because supplements are not regulated by the Food and Drug Administration like other medicines, not all are quality products. When choosing a vitamin or other supplement, checking for independent verification can help ensure quality.

A recent study in the "Journal of Clinical Sleep Medicine" found that the amount of actual melatonin in 71% of supplements is off by a 10% margin, meaning that labels of many melatonin substances do not accurately reflect how much melatonin is in the pill. The study also found the amount of melatonin within pills in a single jar can vary by 465%. This incident illustrates the value of verification, which confirms what is on the label is what is in the bottle.

**Measures of Quality**  
The following are some of the characteristics to consider when evaluating the quality of a dietary supplement:

- **Positive Identification:** There are products on the market that do not contain the ingredients indicated on the label. Tests by an independent third party can confirm that what is on the label is in the bottle.
- **Potency:** It is crucial that ingredients are present in the right amount. Too little may have no effect on your health, while too much may be harmful.
- **Purity:** Unwanted ingredients can have a negative effect on health. Examples may include heavy metals, mold or mildew, and chemicals from pesticides.

- **Performance:** A pill or tablet must properly dissolve, or else ingredients cannot be absorbed by the body. In that case, it is more likely to pass through your system without any effect on your health.

Another example is saw palmetto extract, a supplement commonly used to support prostate health and help to reduce frequent urination. Studies indicate that not all saw palmetto products are the same. Differences in purity, potency and quality among the various available saw palmetto products are thought to affect the usefulness of these supplements.

"As with any supplement, a consumer should look for the most reliable option," said Ed Wyszumiala, head of the Dietary Supplement Verification Program at U.S. Pharmacopeia (USP). "Only consistent and quality saw palmetto extracts have been shown to be effective based on clinical research. Therefore, consumers seeking a quality dietary supplement can feel confident choosing products with third-party verification, such as Flomument, the only saw palmetto extract supplement that has been independently verified by USP."

**How to Make Supplements Part of a Healthy Daily Routine**  
Following a few simple guidelines can make it easy to include supplements as part of your daily routine.

1. Talk with your doctor or pharmacist before taking any supplements, as they may interact with your prescription medications.
2. Do your homework on the manufacturer to make sure it is a reputable company that adheres to good manufacturing practices and does not appear to be the subject of frequent consumer complaints.

## How to Choose Quality Vitamins and Supplements

3. Avoid companies making questionable claims about curing diseases and do your research on the science behind the products.
4. Carefully follow the directions on the labels, so you take the supplement exactly as intended.

Tests by an independent third party can confirm that what is on the label is in the bottle. Learn more about quality supplements and check whether your products are USP Verified at Quality-Supplements.org/Verified-Products.

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**Active Life**

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# The Boomer and Beyond Years

By Angelena Craig

## LIVING WITH UNCERTAINTY

Having a sense of security is a quality we humans consider crucial for our well-being. We want to know we are physically safe, financially able to support ourselves, and that our close relationships will never go away. We want to count on things at least staying the same as they have been or, even better, improving.

At this time in our history, many Americans are feeling anxious when we consider the state of our union. The idea of pledging allegiance to the flag, crossing our hearts while stating our commitment to "one nation, undivided and with liberty and justice for all" seems a distant dream of our fore fathers. This is a country deeply

divided... over the pandemic and whether to keep vaccinating, or not and now at the forefront, we have the abortion, or a woman's right-to-our-own-body at issue. We are divided on how much our children's schools can teach about sexual identity or racial history and who we should let into our country as immigrants.

How all this will fall out in the upcoming elections is a great unknown.

Added to our national and local divisions, each passing day the media brings us the world causing us to feel unbalanced and, let's face it, worried. Perhaps, as never before, we feel on shaky ground, uncertain about the instability in our government.

Are we moving further into the next war? Will proposed budget cuts weaken our health care and will the education of our children be compromised? Will we lose our hard-won freedoms? How about our life savings? Could the stock market plunge and we be in a major recession, as many financial experts predict? With climate change, will the rising tides and severe acts of nature, threaten our very homes? Who can tell? How can we be certain we will come through unscathed, with all this chaos swirling around us?

Yet, it is good to keep things in perspective. Do we recognize how fortunate we truly are to live in the USA, as compared to Afghanistan, Syria and most recently the Ukraine? Can we pause and feel gratitude for living in a country that is not war-torn like those places where its citizens have lost everything, where the only possessions they now have are what they can carry in their hands or on their back? We have seen how nature's devastation, like a hurricane or tornadoes can temporarily put us in a crisis mode, but at least our government responds and attempts to do what it can to help people get back in their homes as quickly as is possible.

For aging Boomers, and those beyond, there are additional concerns. We become keenly aware of our physical body, and its changes. Sometimes these are out of our control and come suddenly, but more often the changes in our physical or mental health are gradual and we then have some choice. We can find ways to slow down the process of getting old. Depending on motivation, we can either accelerate the decline by accepting the premise we are over the hill and so we might as well just throw in the towel. Or instead, we can choose a more proactive approach, exploring the many ways to take better care of ourselves. We can adopt a healthier lifestyle which includes looking at how we nourish our selves with food and whether we are exercising almost every day. Can we get better at remaining young, even as we get old?

After a certain age we begin to consider, more seriously, our own mortality. Although we may not like to admit it (thinking it too morbid) there is one certainty...we will die. With this understanding in mind, it is a good idea to make some preparations, including our end-of-life instructions, thereby making it easier for those loved ones we leave behind. It may also be a good idea to generate "the bucket list" of what we want to do with this last part of our life. How about that trip we always wanted to make or is now a good time to work on healing an important, but broken, relationship?

The American Buddhist monk Pema Chodron tells us in her book, "When Things Fall Apart...Heart Advice for Difficult Times"...

"To be fully alive, fully human, and completely awake is to be continually thrown out of the nest. To live fully is to be always in no-man's-land, to experience each moment as completely new and fresh."

It is when we cling to what we have had but is no more, whether a relationship or a home we have outgrown, or a job that is over, that we suffer."

The Buddhist teachings instruct us how to live more peacefully, with all the unknowns. It is easier, once we can accept that everything is impermanent, that we live in an ever-changing world and body. They also inform us we cannot change the world. There will always be suffering, but we can change our minds and give up the attachment of wanting things to stay the same, rather than embracing what is... including all the uncertainties.

*Angelena Craig is a freelance writer and is working toward publishing a memoir. She is a long-time Yoga instructor, having taught on Plum Island beach and in several studios in Newburyport. Angelena currently offers her specialty, Chair Yoga, on Zoom which is open to the public. Contact her through [www.anewaging-movement.com](http://www.anewaging-movement.com)*

# Castles in the Clouds

By Gary Kalajian



J. K. Rowling, famed English author, once wrote, "The narrow path opened up suddenly onto the edge of a great black lake. Perched atop a high mountain on the other side, its windows sparkling in the starry sky, was a vast castle with many turrets and towers."

My family recently traveled to Ireland and Scotland to explore the sights, sounds and tastes of this beautiful area of the world. Our daughter Hope planned the trip and mapped out the highlights that we should see, personalizing the trip to include as much as possible. What we did not count on was the number of breathtaking scenes that we encountered along the way. We did not have that much time in Ireland so we ventured out to see the Cliffs of Moher on the western side of the country. We were not disappointed as the cliffs meet the ocean and drop down precipitously hundreds of feet straight to the water below. There is even a miniature castle on one of the pathways of the cliffs. It is indeed a sight to behold and you walk away feeling like you have just experienced heaven on earth. Scotland awaited us, and we anticipated being dazzled by the castles and other pastoral sights scattered throughout the country.

There is an area in Scotland known as the Isle of Skye. You have to travel north through the mountains to get there. Throughout the journey (driving on the left side of the road!) you experience the wonders of nature, including picturesque waterfalls, mountain peaks and sheep and other wildlife grazing in the fields. You can certainly anticipate Rowling's quote and meaning as you are driving through the mountains. One of the highlights is seeing the Eilean Donan castle, just before the Isle of Skye. It is a 13th century castle located on an island. There is an old stone bridge that provides access to the castle.

The structure of the castle is fairly well preserved and there are exhibits inside that describe people's way of life in that day and age. The views of the water, clouds and mountains from the castle are magnificent. It is well worth the trip and the driving adventure to get there. In another area of Scotland known as Craigievar, you will be treated to a pink castle, known as Craigievar Castle. It is well preserved with an exterior of vibrant pink, having been completed around the year 1626. There are some that say that Craigievar was what influenced Walt Disney with his Cinderella Castle.

As we enjoyed seeing the assortment of castles in Scotland, we returned home and continued to visualize the history and splendid countryside that we experienced. We researched the Merrimack Valley to see if perchance there were any castles that would remind us of our trip. Lo and behold, although not as ancient, there are a few castles here in the Valley that you can visit and enjoy. One such structure is the Winnekenni Castle, located in Haverhill, MA, overlooking Lake Kenzo. The castle was completed in 1875 by Dr. James Nichols, chemist and agriculturalist, who was inspired by his trip to England and Scotland and the structural stone buildings and castles that he encountered there. He built the castle as his summer residence. It is said that from the roof of the castle you can view several surrounding towns and three states, as well as Mount Agamenticus in Maine. Winnekenni, is an Algonquian Indian word which translates to "very beautiful." Indeed, this castle is very beautiful and worth seeing. The castle has limited visiting access during pre-scheduled public events, but you can certainly drive up and take a look. On the grounds, you imagine that you will encounter a knight right there at the doorstep leading to this beautiful struc-

ture. This was as close as we were going to get to the real thing that we had just experienced on our Scotland trip.

Another castle in or near the Valley is the Searles Castle, located in Windham, NH (originally located in Methuen, MA) This English Tudor beauty is definitely a sight to behold. It was built by Edwin Francis Searles and completed in 1915. Although the grounds are not open to the public, the castle is available for private parties and functions such as weddings etc. The castle was said to be built after a Tudor medieval manor in Oxfordshire, England. Much of original building has since been

torn down and rebuilt, but the remaining building(s) still captivate the imagination of those who appreciate the majesty and beauty of these castle-like structures.

English writer and philosopher Gilbert Chesterton, once wrote, "There are no rules of architecture for a castle in the clouds." So, whether you go in search of beautiful castles on land or imagine them looming beautifully in the sky, take time to explore the magic of these structures, whether you travel thousands of miles or take a sneak peek right here in the Valley.

Photo by Gary Kalajian





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# Merrimack Valley Calendar of Events

## June

### Wednesday, June 1

#### ADULT SCRABBLE CLUB

Attention wordsmiths! The Nevins Library Adult Scrabble Club is back for another round of wordplay. Join us for a fun night of scrabble. All competition levels are welcome. The Adult Scrabble Club will meet every other Wednesday in the Trustees Room from 6:30-8:30pm. Let the Games begin! Date: Wednesday Jun 1, 2022 Time: 6:30 PM - 8:30 PM Contact: Fran 978-686-4080 fmagro@nevinslibrary.org Location: Trustee Room Nevins Library, Methuen

#### MOVIE MATINEE: THE CARD COUNTER (IN PERSON)

WEDNESDAY, JUNE 12:30—4:30 PM Program Room Newburyport Public Library, 94 State Street, Newburyport Join us for our Movie Matinees on Wednesday afternoons. This week we will be screening "The Card Counter" (R) starring Oscar Isaac, Tiffany Haddish, Tye Sheridan, and Willem Dafoe at 2:30 pm. Run time 1 hour 51 minutes.

"Redemption is the long game in writer and director Paul Schrader's "The Card Counter". Told with Schrader's trademark cinematic intensity, this revenge thriller tells the story of an ex-military interrogator turned gambler haunted by the ghosts of his past." Come and enjoy the theater-like screen and sound system with fellow film buffs. This free event will be held in the Program Room and all are welcome! No food is permitted.

This program is funded by your donations to the Friends of the Newburyport Public Library. No Registration Required

#### COMMUNITY OF STITCHERS COMMUNITY OF STITCHERS IS BACK!

Do you have a sewing, cross-stitch, knitting, crochet or other craft project you are working on? Bring it to a meeting of our Community of Stitchers where you can work on your project, get advice from your fellow creators, and show off your work! Our local stitching enthusiast and advanced knitter, Sarah Chapman, will be on hand at each meeting to help attendees with their projects. All experience levels are welcome - come enjoy a creative evening with us! No advanced registration required - walk-ins welcome! Date: Wednesday Jun 1, 2022 Time: 6:30 PM - 8:00 PM Contact:

Jodie Blouin 978-388-8148

jblouin@amesburylibrary.org  
Location: Amesbury Room  
Amesbury Public Library

### Thursday, June 2

#### THURSDAY EVENING BOOK DISCUSSION GROUP

This Year's Second Theme is Massachusetts Stories This Month's Book Is: The Heretic's Daughter by Kathleen Kent Another recent take on a well-worn Massachusetts story. Martha Carrier was one of the first women to be accused, tried and hanged as a witch in Salem, Massachusetts in 1692. Like her mother, young Sarah Carrier is bright and willful, openly challenging the small, brutal world in which they live.

Often at odds with one another, mother and daughter are forced to stand together against their community. This is the story of Martha's courageous defiance and ultimate death, as told by the daughter who survived. Book discussions will be held at the Library on Thursday evenings 7-9pm. In the event of inclement weather, the meeting will be held on ZOOM. You may pick up books at the Main Desk (one month prior to their discussion) any time the Library is open or call to make an arrangement for Curbside Pickup. Some books are available as downloadable e-books, or in Large Print or Audio. If you wish to join this Book Group you may attend any meeting. To confirm dates, book selections, or for more information call the Library at 978-686-4080 ext. 10. Date: Thursday Jun 2, 2022 Time: 7:00 PM - 9:00 PM Contact:

Krista 978-686-4080 x10  
kmcloed@nevinslibrary.org  
Nevins Library, Methuen

#### (VIRTUAL ART TALK) DON'T JUDGE A LIBRARY BY ITS BUILDING: LIBRARY ARCHITECTURE & DESIGN Rescheduled from May 19, 2022

Join us for a virtual art talk! There's more to a library than just shelves and books. Careful thinking and planning has informed the interior and exterior design of libraries as they evolved from medieval stacks to modern community centers. This program will explore the good, the bad and the amazingly innovative in library architecture, with a focus on the last century. About the Presenter: Jane Oneail holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Edu-

cation. She is a NH native and has worked at some of the state's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator.

This event is funded by the Friends of the Amesbury Public Library. Registration is required. Zoom link will be sent the morning of the program. Date: Thursday Jun 2, 2022 Time: 7:00 PM - 8:00 PM Contact: Aimie Westphal 978-388-8148 x614 awestphal@amesburylibrary.org Location: Virtual

### Tuesday, June 7

#### MAH JONGG

Let's play Mah Jongg! We're bringing this popular game back to the library, on the first Tuesday of the month at 1pm. Not sure how to play? Maybe it has been awhile? Don't worry! This is a friendly game, and we'll do our best to match up people with similar skill levels.

The library will provide a few scoring cards, but it would be best if players had their own. They can be purchased HERE from the National Mah Jongg League. Date: Tuesday Jun 7, 2022 Time: 1:00 PM - 3:00 PM Contact: Sarah Sullivan 978-686-4080 x20 ssullivan@nevinslibrary.org Location: The Great Hall Nevins Library, Methuen

**AUTHOR EVENT: KEVIN REDMAN**  
We happily remember hosting Local Author Kevin Redman back when he published his first book, "Father Load" and now we are thrilled to welcome him back with his second book "The Other Side of Someday: Eighteen Years Later, My Son is a Person, Now What?".

A little about the book: When they're growing up, everything is about "someday." The sports they play, the interests they'll develop. Parents are all about getting them ready for someday. Then they grow up, graduate, and move on, and ... then what? This book touches on the joy and heartbreak of getting ready for someday, then all of a sudden seeing it in the rearview mirror.

About the author: Kevin Redman worked as a local sports writer in Massachusetts for 12 years, winning numerous journalism awards from

the New England Press Association, before becoming an English teacher at Tyngsborough (Mass.) High School, where he has worked since 1999. He learned to ski at age 44, has hiked extensively throughout Northern New England, and gets up at 4 a.m. every school day to run his 5K loop. He has degrees from Boston University and the University of Massachusetts-Lowell. Kevin lives in Massachusetts with his wife, his son, and his dog, Yoda. His first book, "Father Load", was published in 2013. Please join us in supporting Methuen's own Kevin Redman and his latest book. His book will be available for purchase and signing at the event.

Space is limited, so register to reserve your seat now! Date: Tuesday Jun 7, 2022 Time: 6:30 PM - 7:30 PM Contact: Sarah Sullivan 978-686-4080 x20 ssullivan@nevinslibrary.org Location: Garden Room Nevins Library, Methuen

### Wednesday, June 8

**STORIES IN THE GARDEN (OFFSITE) WEDNESDAY, JUNE 8 11:00—11:30 AM**  
Parker River National Wildlife Refuge Stories in the Garden (OFFSITE)  
Join us in the pollinator garden at the Parker River National Wildlife Refuge! We'll read lots of books geared toward kids ages 0-5, after which patrons are invited to do a craft and take a self-guided walk to see the animals at Spencer-Peirce-Little Farm. This story time takes place the second Wednesday of the month in June, July & August. Please note this is an offsite program not taking place at the Library. The address for this program is 6 Plum Island Turnpike, Newburyport MA 01950. No Registration Required

**THE CIVIL WAR ROUNDTABLE OF THE MERRIMACK** will meet at 7:30 PM on Wednesday, June 8 at the Hilton Senior Center, 43 Lafayette Road, Salisbury, MA. The June meeting will include a presentation by Scott Mingus entitled "Confederate Calamity: Jeb Stuart's Ride Through York County, PA." Mingus is a Civil War historian and speaker and has written several books on the Civil War and the Underground Railroad. All are welcome and admission is free. Guests are encouraged to become members of the group if interested. There will be a brief business meeting at the beginning of the evening. For more infor-

mation about the CWRMT, please visit our web page at [www.cwrmtmerrimack.org](http://www.cwrmtmerrimack.org).

### Thursday, June 16

**HEROES AND HOMECOMINGS: NORMAN ROCKWELL AND WORLD WAR II (VIRTUAL) THURSDAY, JUNE 16 7:00—8:00 PM**  
Virtual Program Newburyport Public Library, 94 State Street, Newburyport Norman Rockwell, America's most beloved illustrator, created dozens of images related to the second World War. What happens when an artist known for his use of humor tackles the serious subject of war? This program explores how his work departs from earlier artistic interpretations of American conflicts and considers how and why he chose specific wartime themes to present to the millions of readers of the Saturday Evening Post.

Jane Oneail is the founder of Culturally Curious, an arts education consulting firm specializing in art appreciation programs. She curates and delivers programs throughout New England and beyond. She holds a master's in Art History from Boston University and a master's in Education from Harvard University. Born and raised in NH, she has worked at some of the state's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator. Jane has also taught at the college level for more than a decade, most recently at Southern New Hampshire University. For more information visit her website, Culturally Curious. This program will take place on Zoom. Register call 978-465-4428 x242. This program is funded by your donations to the Friends of the Newburyport Public Library.

### Sunday, June 19

#### HAPPY FATHER'S DAY!

### Tuesday, June 21

**CLASSIC MOVIE MATINEES**  
Our classic movie matinees are back! Every Tuesday in June stop in for a classic baseball film! Today we watch Eight Men Out (1988) starring John Cusack and DB Sweeney. 1hr, 59 mins, Rated PG Date: Tuesday Jun 21, 2022 Time: 10:00 AM - 12:30 PM Contact: Sarah 978-373-1586 smoser@haverhillpl.org Location: Auditorium Haverhill Public Library

### Friday, June 24

#### SOCIABLE SENIORS

This is not your average book group! Everyone enjoys reading, but you read what you choose! Then share your thoughts with the group. We also talk about any activities, trips, concerts, etc. that we have taken part in or planning

to do. This is an active and fun group of Senior Citizens. Guaranteed laughs at every meeting! Any questions, feel free to contact Tracy 978-686-4080 x19 tpekarski@nevinslibrary.org. Date: Friday Jun 24, 2022

Time: 10:00 AM Contact: Tracy 978-686-4080 x19 tpekarski@nevinslibrary.org Location: Garden Room Nevins Library, Methuen

### Tuesday, June 28

#### CLASSIC MOVIE MATINEES

Our classic movie matinees are back! Every Tuesday in June stop in for a classic baseball film! Today we watch Bad News Bears (1976) starring Walter Matthau and Tatum O'Neal. 1hr, 42 mins, Rated PG Date: Tuesday Jun 28, 2022 Time: 10:00 AM - 12:30 PM Contact: Sarah 978-373-1586 smoser@haverhillpl.org Location: Auditorium Haverhill Public Library

### Thursday, June 30

#### (VIRTUAL ART TALK) KEITH HARING: AIDS, ADVOCACY AND ART

Join us for a virtual art talk! During his short life, Keith Haring had a meteoric rise from graffiti artist to the world of fine art to mainstream success. His iconic figures still function as familiar and beloved symbols in American culture. Learn more about the artist, the launch of his career and his advocacy around AIDS awareness. About the Presenter: Jane Oneail holds a master's in Art History from Boston University and a master's in Education from the Harvard University Graduate School of Education. She is a NH native and has worked at some of the state's most esteemed cultural institutions, including the League of New Hampshire Craftsmen, where she served as Executive Director, and the Currier Museum of Art, where she held the role of Senior Educator.

This event is funded by the Friends of the Amesbury Public Library. Registration is required. Zoom link will be sent the morning of the program. Date: Thursday Jun 30, 2022 Time: 7:00 PM - 8:00 PM Contact: Aimie Westphal 978-388-8148 x614 awestphal@amesburylibrary.org Location: Virtual

#### THURSDAY EVENING BOOK CLUB

Thursday Evening Book Club Date: Thursday Jun 30, 2022 Time: 6:30 PM - 8:30 PM Contact: Diane Shaw 978-837-5146 jnichols@haverhillpl.org Location: Milhendler Room Haverhill Public Library

**Please send any events you would like considered for the Calendar of Events to Editor@merrimackvalleyactivelife.com**

#### METHUEN MEMORIAL MUSIC HALL

Wednesday, June 1 7:30pm  
Angela Kraft Cross, San Francisco, CA  
Works by Cross, Franck, Langlais, Saint-Saëns, Widor and Duruflé

Wednesday, June 8 7:30pm  
Wesley Hall, Worcester, MA  
Works by Böhm, Buxtehude, Bach, Britten, Dupré, Messiaen, de Grigny and Tournemire

Wednesday, June 15 7:30pm  
James Kealey, Rochester, NY  
Works by Elgar, Laurin, Franck, Still, Whitlock and Vierne

Wednesday, June 22 7:30pm  
Robert Parkins, Durham, NC  
Works by Scarlatti, Eberlin, Bach, Liszt, Brahms and Mendelssohn

Wednesday, June 29 7:30pm  
Four Boston Organists Commemorate the Rededication Of the Great Organ on June 24, 1947  
Leo Abbott, Richard Clark, Mark Dwyer, Ross Wood  
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#### THRILLER AUTHOR S. HILBRE THOMSON Monday, June 6th 7-8

Join us for our first in-person/hybrid event! Local author S. Hilbre Thomson discuss her debut book Trevor. Written as a thriller, Trevor centers around Matt Stone, a North Carolina father who experiences a tragedy with his wife and son. Matt moves to New England where he encounters a boy who reminds him of his son Trevor. S. Hilbre says that she wanted to write the kind of story where you are thinking the whole time while keeping the reader in suspense. Come and meet S. Hilbre and hear more about this book and its author. Copies of her book will be for sale at this event! Because this will be a hybrid (live and zoom) event, we ask that you still register. It will help with setting up and knowing if anyone is going to zoom. Thanks for your help w/this. If you have any questions or concerns, or need help with registering, please call us!

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