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August 30, 2008

## Music unites, entertains audience in Seddah



Photo by Spc. Josh LeCappellain

The Seddah School District Band, accompanied by the 10th Mtn. Div. Band, sings the Iraqi National Anthem during a concert in Seddah Aug. 23.

10TH MTN. DIV. BAND, MND-C PAO



BAGHDAD – The 10th Mountain Division Band performed a joint concert with the Seddah School District Band during a ceremony celebrating the arts and education in Seddah Aug. 23.

The concert took place in Seddah City Park, where the 10th Mtn. Div. Band joined the Iraqi band comprised of six school-aged boys and two adult singers, a keyboardist and violinist.

After only one rehearsal together, the 10th Mtn. Div. Band and Iraqi group performed two songs, the Iraqi National Anthem and a nationalistic song of Iraq. Despite the difference in languages, the two groups found common ground in the music they shared.

“It was a little tough to get going at first, but the music got rid of the language barrier,” said Staff Sgt. Christy Knodt, an oboist with the 10th Mtn. Div. Band, from Racine, Wis.

The partnership between the people

of Seddah and Soldiers of 2nd Platoon, C Co., 3rd Battalion, 7th Infantry Regiment, 4 Brigade Combat Team, 3rd Infantry Division made this celebration possible.

“Ten months ago, we would have never even considered asking the band to come down to Seddah City Park to put on a community concert,” said Sgt. 1st Class Christopher Williams, 2nd Platoon leader. When his platoon first began operations in Seddah 10 months ago, the local citizens were not welcoming. A group of local men followed the platoon through town, people closed their doors, and no one would speak to them.

Today, the scene in Seddah was just the opposite. Through the persistent work of 2nd Platoon and the Seddah City Council, Seddah held a celebration for approximately 400 of its citizens; a celebration they shared with Soldiers.

“They were obviously happy we were there, coming up to us and wel-

coming us,” said Knodt. “You could tell everyone was in a great mood – everyone was happy; everyone was dancing; men, women and children, all out together at night, for one of the first times ever in this community.”

The celebration was bittersweet for the Soldiers of 2nd Platoon. Five months ago, they lost a valuable member of their team. Sgt. Jevon K. Jordan, 32, of Norfolk, Virginia, died March 29 from wounds suffered after his vehicle encountered an improvised explosive device six days earlier in Abu Jassim, Iraq.

“It really tested our team. We were emotionally defeated and could have very easily given up,” said Williams. But Williams and 2nd Platoon did not give up.

Their partnership with the citizens of Seddah and surrounding communities has produced improved governance, economic recovery and a secure community, all of which set the stage for Saturday’s celebration.

# Assassins finish OC spray training

**SPC. ALLISON CHURCHILL**  
41ST FIRES BDE.



FOB DELTA – Seven Soldiers completed an oleoresin capsicum spray – more commonly known as pepper spray – certification training at Camp Bucca.

Soldiers have to be certified to use the spray before they can carry it. This is required training for Soldiers working in detainee operations at Camp Bucca.

“I would be more hesitant to use OC against a detainee... now that I have been sprayed myself and know the agony of it,” said Minneapolis, Minn., native, Spc. Bryan Carlson, a tower guard for Battery A, 1st Battalion, 21st Field Artillery Regiment, 41st Fires Brigade.

Soldiers learned to judge how much

spray to use when necessary, and how to defend themselves if sprayed, through this experience, said Sgt. 1st Class Farin Kerr, of Italy, Texas, operations non-commissioned officer for Btry. A.

Soldiers start by spraying each other with water-filled spray containers to learn how to use the system. Then, the Soldiers are sprayed with the OC.

“Confidence to conduct the mission while at a disadvantage is a big part of the training program,” said Kerr.

The training is similar to what military police experience and consists of a four-second stream across the eyes. Soldiers must then perform self-defense tactics, simulating an attack by an aggressor.

“We will be better able to defend our-

selves with this training,” said Carlson.

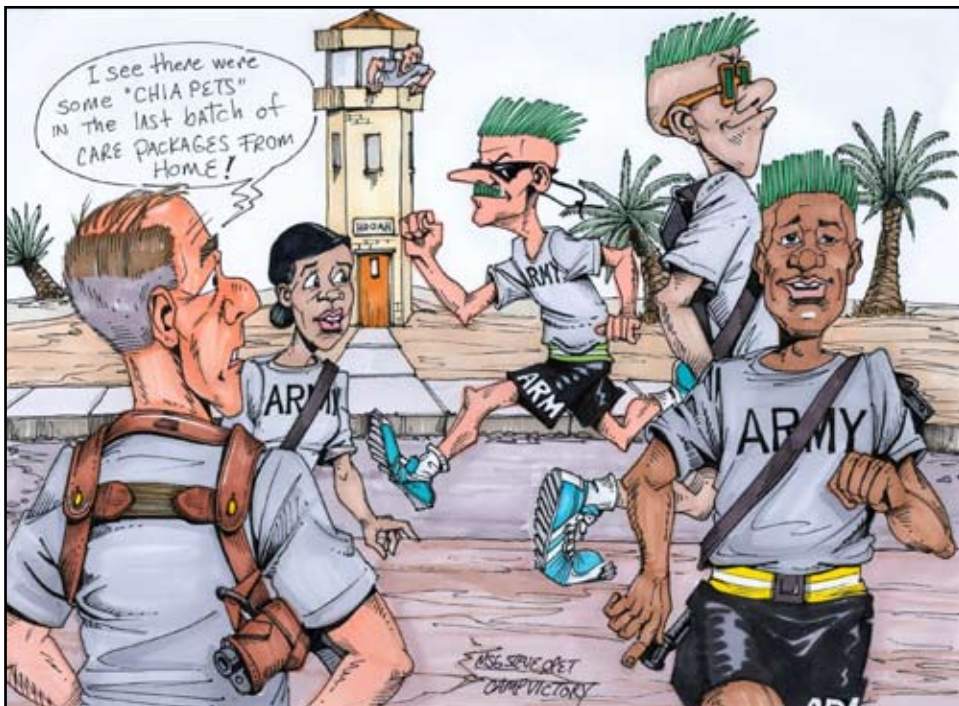
The OC spray is a nonlethal means to incapacitate a detainee in the event they become too aggressive.

“Just seeing the OC can is usually enough to de-escalate a situation,” said Kerr. “It’s a very effective means of deterrence.”

Most of 1-21 FA took the class at Fort Bliss in January 2008, shortly after the battalion learned it was shifting fire from multiple-launch rocket system missions to detainee operations. The Soldiers unable to participate in that course took the class at Camp Bucca.

“Every Soldier sent from Fort Hood to Camp Bucca went through this training – even the commander, command sergeant major and chaplain,” said Kerr.

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## THE Mountain View

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Staff Writer – Spc. Tiffany Evans, Spc. Justin Snyder, Sgt. David Turner  
Media queries please contact TF Mountain Public Affairs at MND-Center\_PAO@iraq.centcom.mil

#### Contributing Units

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3rd BCT, 101st Abn. Division (Air Assault)  
4th BCT, 1st Cavalry Division  
4th BCT, 3rd Infantry Division  
7th Sustainment Brigade  
41st Fires Brigade  
354th Mobile Public Affairs Detachment  
793rd Military Police Battalion  
Division Special Troops Battalion, 10th Mtn. Div.  
Task Force 49

# GoI officials tour Village of Hope in Hawr Rajab

**SGT. 1ST CLASS KERENSA HARDY**  
3RD BCT, 101ST ABN. DIV. (AASLT)



**CAMP STRIKER** – Government of Iraq officials visited the Village of Hope training center at Patrol Base Stone near Hawr Rajab for the first time Aug. 25.

Khalid Shiltagh, head of Northern Provincial Construction, and Husaiyn Mazid Husaiyn, Ministry of Construction Housing deputy general for planning, made the trip to see the progress at the center and what could be a model for the rest of the country.

“The visit showed the people of Hawr Rajab that someone in the government cares and is willing to help them and continue with improvements,” said Capt. Gregory Curry, Troop A commander, 6th Squadron, 8th Cavalry Regiment, attached to 3rd Brigade Combat Team, 101st Airborne Division (Air Assault).

“They were able to see for the first time ... the people in town have really worked hard to eradicate any (al-Qaeda) elements from the area,” he said.

Two classes have already graduated. The third Village of Hope class of 57 students is now in session and will graduate Aug. 28. A fourth class of approximately 60 students will begin Aug. 31 and graduate Sep. 25.

“What we are trying to accomplish here ... is to teach the people job skills that will enable them to rebuild their country,” said Curry.

Training at the center begins with classroom instruction. Students then participate in on-the-job training in electrical engineering, carpentry and plumbing. The top students are invited back for a supervisors’ course.

Once the students graduate, they work on projects in Hawr Rajab. Graduates of the training center have finished the Hawr Rajab Girls’ School, complete



Photo by Sgt. 1st Class Kerensa Hardy

**Khalid Shiltagh, head of Northern Provincial Construction, and Husaiyn Mazid Husaiyn, Ministry of Construction Housing Deputy General for planning, sit down with the students in the supervisors’ course at the Village of Hope training center at Patrol Base Stone near Hawr Rajab Aug. 25.**

with internet access and labs for physics and biology. The Hawr Rajab Boys’ School and a house previously used as a city council building are now under construction.

“The idea was to show them the success we have and that the program works,” said Air Force Capt. Michael Askegren, 557th Expeditionary Red Horse Squadron officer-in-charge of the Village of Hope.

“We’ve set the pilot program for them to replicate across Iraq. We just need them to believe in it, step up and take over,” he said.

Shiltagh said he was impressed with the Village of Hope and the growth Hawr Rajab has seen over the past nine months. As a testament to the improved security in the area, Shiltagh and Husaiyn walked with Coalition forces through the small town to see the progress first hand. The group vis-

ited the sites where the former students are now working.

“The Village of Hope has been a very successful program,” said 1st Sgt. Carl Parker, Troop A, 6th Sqdn., 8th Cav. Regt.

The area was dangerous when the unit arrived in late November, early December 2007. “Then, (the Sons of Iraq) came in and pretty much fixed everything. The Village of Hope came in and started employing the people so they didn’t go back to their old ways,” Parker said.

The head sheikh and Hawr Rajab City Council Chairman Sheikh Mahir echoed those sentiments.

The “(Village of Hope) is very good for now and the future of this area,” Mahir said. “We got rid of the unemployment and it helped build careers, which is better than these men sitting down and doing nothing.”



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**Staff Section Round-up**


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# Chaplain's Family Life Minute: *Boundaries*

This week our topic is about boundaries. It is imperative that we maintain good boundaries around our family relationships. Maintaining those boundaries includes understanding nothing is more important to a couple than protecting their marriage and home from the interference of people outside the home.

There are many homes where the voices of family members and friends

have an undue influence on decisions made within. In-laws, friends, everyone expresses an unwelcome word of advice; this can destroy a marriage. The damage is compounded greatly when these individuals live inside the home. The best solution is letting only those voices most important to the well-being of the home be heard.

Ignore and, if necessary, remove the influence of others from the home

entirely. It may seem like cruel and unusual punishment to those whose agenda is being served, but to create a greater chance of surviving together as a family, it is absolutely necessary. Therefore, let us do our part to maintain a happy and healthy existence without interference as we "Climb to Glory."

– Chaplain (Major) Paul Ramsey  
MND-C Family Life Chaplain

## Sports Talk

By Spc. JOSH LECAPELAIN

### Kelly's Buffalo success underrated by history

Following last week's listing of overrated quarterbacks, it's now time to shine the spotlight on the unsung heroes -- the quarterbacks who aren't remembered as well as they should be. These warriors had all the tools necessary to win, but unfortunately luck (and a certain Denver quarterback) made life miserable for these gunslingers.

Just missing the cut is Warren Moon of the Houston Oilers, Minnesota Vikings and Seattle Seahawks. One of the best to ever play the game, Moon isn't remembered with as much warmth as his contemporaries such as Dan Marino, Joe Montana, John Elway and Phil Simms. Which is a travesty, because he had the best all-around skill set of any of those (bar Elway). Moon helped create the role of a hybrid quarterback that permeates the game today - a dual threat to beat you with his speed or arm.

Without further ado...

5. Trent Dilfer of the Tampa Bay Buccaneers, Baltimore Ravens, Seattle Seahawks, Cleveland Browns and San Francisco 49ers. Dilfer was selected sixth overall in the 1994 NFL Draft after a solid career at Fresno State. Never throwing up gawdy numbers, Dilfer struggled initially in the pros, having a terrible first few seasons before the Bucs added any offensive weapons to his arsenal. Once men such as Mike Alstott and Warrick Dunn joined his side, Dilfer became a Pro Bowler. Never a "sexy" field general, Dilfer did lead the Ravens to a Super Bowl victory in 2001 -- only to be dropped for a quarterback, Elvis Grbac, that put up worse numbers than Dilfer. A very solid, consistent player, Dilfer deserved better.

4. Vinny Testaverde of the Tampa Bay Buccaneers, Cleveland Browns, Baltimore Ravens, New York Jets, Dallas Cowboys, New England Patriots and Carolina Panthers -- I should of just listed who he didn't play for. A lot of people saw Testaverde as a joke, but the fact remains that he played 21 seasons, at a consistent level and made a few Pro Bowl teams. A Heisman Trophy winner, Vinny always played with poor teams, but brought their level up a few

notches with his strong arm and game smarts. Testaverde took a lot of flak for being color blind, as though he had any control over that. Mediocre quarterbacks don't throw for nearly 50,000 yards in their careers -- Testaverde did.

3. Randall Cunningham of the Philadelphia Eagles, Minnesota Vikings, Dallas Cowboys and Baltimore Ravens. Truly a threat in every aspect of the game, Cunningham could manage any challenge that came his way. Playing behind miserable lines in Philly, Cunningham consistently had the Eagles winning big. His arm was a cannon; one of the strongest the NFL had seen. He ran like a gazelle, rushing for nearly 1,000 yards in 1990 -- an unheard of number for a quarterback. The biggest negative against him? Poor surrounding talent that betrayed his amazing skills and abilities.

2. Bernie Kosar of the Cleveland Browns, Dallas Cowboys and Miami Dolphins. Quite possibly the smartest quarterback ever (which covers a lot of ground), Kosar understood the game of football better than most coaches. Plagued by slow feet, Kosar brought the Browns to levels of success unseen in Cleveland since the legendary Jim Brown. Very rarely did Kosar make a bad throw -- the greatest number of interceptions he ever threw in a year was 15. Kosar almost took the Browns to three Super Bowls, barely missing out each time.

1. Jim Kelly of the Buffalo Bills. The quarterback who originated the "K-Gun" offense currently employed by Peyton Manning and the Indianapolis Colts, Kelly was nothing short of a marvel. Everyone remembers the Bills losing four straight Super Bowls -- without their commander, Buffalo wouldn't have even sniffed one. Kelly was everything you'd look for in a quarterback -- smart, quick, accurate and lethal, with the guts of a tight-rope walker. Just imagine what he could of done playing for a team like Dallas during the same period -- the Cowboys might of gone unbeaten long before Tom Brady and the New England Patriots even dreamed about 19-0.

## Cessation class helps defeat tobacco addictions

**SPC. JOSH LeCAPPELAIN**  
4TH BCT, 3RD INF. DIV.



FOB KALSU – One of the greatest challenges tobacco users face is the ability to stop – and stay stopped. For many, this enormous task can feel overwhelming at times; a burden too difficult to bear alone. Not only is nicotine a physical need, it also becomes a psychological one.

To help Soldiers defeat their tobacco addictions, tobacco cessation classes restarted here in June. According to Air Force Capt. Josh Tomchesson, deputy officer-in-charge of combat stress at Forward Operating Base Kalsu, the classes offer the perfect opportunity for “the elimination of a bad habit.”

To Tomchesson, a member of the 732nd Expeditionary Support Squadron and a former tobacco user, the disadvantages of using tobacco products far outweigh any perceived advantages.

“If you look at the health risks involved, it makes sense to stop,” he said. “Cardiovascular disease is the number-one killer in America, and (it is) related to tobacco usage.”

Eliminating tobacco usage often leads to other advantages, like increased ability to run longer and faster (which improves Army Physical Fitness Test scores), a return of taste buds and an increased vitality. A 2004 study by Sir Richard Doll for the British Medical Journal found that quitting in early adulthood can add up to 10 years of healthy life.

Soldiers at FOB Kalsu often stop in the Combat Stress building and ask about ways to help them quit their tobacco addictions.

“We have a huge need, with folks ask-



Photo by Spc. Josh LeCappelain

**Captain Josh Tomchesson talks to Soldiers during a tobacco cessation class Aug. 21 at the Kalsu Chapel.**

ing us for medication and about what they can do to stop,” said Tomchesson, a graduate of Cameron University in Lawton, Texas. “We partnered up with the Troop Medical Clinic to provide a comprehensive service. The chaplain’s service also lets us use their facility.”

Unlike previous iterations of the classes, which had up to eight sessions scheduled, the new block of instruction fits comfortably into four classes.

“We have distributed the resources more equitably to meet Soldiers’ needs, as well as that of our mission. We’ve structured the classes to provide multiple components: physical, psychological and behavioral,” Tomchesson said.

“In the classes, we provide education, problem solving and, because of the nature of the class, we provide support.”

Tomchesson says he often sees people experiencing a momentary relapse and feeling they’ve completely fallen off the wagon.

“You don’t have to go back to square one,” he added, saying Soldiers currently involved in the class have previously tried to stop between one and 15 times, and that it usually takes between five and seven attempts to stop for good. “One cigarette doesn’t give up everything they have done to stop smoking.”

Soldiers who quit tobacco usage while deployed need to prepare themselves for a different set of challenges when they return home.

“Each is a unique environment – if you don’t prepare for both, you set yourself up for failure,” Tomchesson said, stating specific examples of hanging out in relaxed environments with friends who smoke, and dealing with stressors not faced when deployed.

“Our challenge is giving them the skills to apply to multiple environments,” he said.

Anyone is welcome to attend the classes, and registration is not required prior to attendance.

“If folks are wondering what it is about or if they want to give it a look, it’s a great time to come out and get more information,” Tomchesson said.

The classes are held every Thursday, at 3 p.m., at the Kalsu Chapel.

For more information, contact the Combat Stress team on FOB Kalsu at Building 112 or call 318-250-1580.

## Combat Stress Clinic makes a difference

**SPC. JUSTIN SNYDER**  
MND-C PAO



CAMP VICTORY – Stress is defined as a physical, chemical or emotional factor that causes bodily or mental tension.

While deployed, stress takes on a new meaning for Soldiers. Different reasons ranging anywhere from repetition of daily duties, separation from loved ones, personal conflicts or death/injury to comrades can cause Soldiers to be stressed and make poor decisions.

For these reasons, the Victory Combat Stress Control Clinic is available to provide service members with the proper tools needed to cope with their stress.

“Everyone is human and everyone deals with stress daily,” said Pfc. Glen Nofsinger, of Bartlett, Ill., 98th Medical Detachment mental health specialist. “We provide them with the tools to overcome their stressors, and not only become a better Soldier, but a better person.”

The clinic provides many services that can prove useful to Soldiers who may be struggling. They offer individual therapy, stress management, anger management, a women’s group, smoking cessation classes and Alcohol, Drug and Prevention Treatment classes.

They also assess Soldiers for risk of suicidal and homicidal propensity and recommend steps for commands to take to remedy or control these risks.

“We believe that with the command’s help, a service member should never think that suicide is an option,” said Nofsinger.

Soldier often have a hard time admitting they have a problem. To help with this issue, the clinic provides confidentiality for the Soldier.

“Confidentiality is important to everyone and is taken seriously,” said Nofsinger.

*National Suicide Prevention Week starts Sept. 7 with a 5k run/walk for Suicide Awareness Sept. 14th.*

# The Mountain Soundoff

## ○ The place to voice your thoughts

I ask that we as Soldiers honor those who have gone before us by returning to the pride and respect that this military was built on. We have seemingly slipped away from doing what is right because wrong is often so much easier. Have you ever wondered why so many elements of the Armed forces use Knights as their mascot (Golden Knights, Black Knights etc.)? They do this because of the meaning of the word "chivalry." Chivalry is defined as: the combination of qualities expected of the ideal medieval knight, especially courage, honor, loyalty and consideration for others. We have forgotten what that truly means and how that should relate to what we do. We are the knights of today, and we should live as such with courage, honor, loyalty and consideration.

Be that as it may, no one is perfect. Our imperfections make us who we are. The purpose of a team: to support each other's imperfections and guide one another using the above mentioned knightly mentality. Think about it.

In closing, I will say this: if you don't love what you do, you are in the wrong job field. If you can say that you are not willing to go to the ends of the earth for a Soldier that you have never met, then you are not a true leader. If you look down upon someone who does not have the knowledge and/or know-how you have, then you are not really that smart (teach them). Keep in mind that common sense is not that common.

The Army was founded on its ability to adapt, yet some things don't change. Right will always be right. Wrong will always be wrong. We make this world a better place by remembering that each of us makes a difference, and all have the power to do good things. Our lives are only hindered by the refusal to exceed the standard, a standard we set.

(This was submitted by an MND-C Soldier.)

If you would like to submit your ideas for a Mountain Soundoff, please email 1st Lt. Julie Glaubach at [julie.glaubach@iraq.centcom.mil](mailto:julie.glaubach@iraq.centcom.mil).



## Soldier Photo of the Day

Members of the 10th Mountain softball team pose with their trophy after taking second place in a tourney last week. The team, named "The Cabos," were sponsored by Sammy Hagar and Cabo Wabo Radio ([www.cabowaboradio.com](http://www.cabowaboradio.com)).

Courtesy photo submitted by Sgt. 1st Class James Henley

# Headline Round-up

## Top News:

Republican presidential candidate Senator John McCain chose Alaska's Governor Sarah Palin to be his running mate. Palin, 44, is considered to be a rising star in the republican party. McCain's senior campaign officials told the media Aug. 29 a few hours before McCain and Palin attended a rally in Ohio.

## U.S. News:

Former Marine Jose Luis Nazario Jr. was acquitted of voluntary manslaughter charges Aug. 28 in a first-of-its-kind federal trial. Nazario was accused of killing unarmed Iraqi detainees. It took six hours for the jury to find him not guilty of charges stemming from a Nov. 9, 2004 incident in Fallujah, Iraq. This is the first time a civilian jury has determined whether the alleged actions of a former military service member in combat violated the law of war. The jury said they acquitted the Marine because there was not enough evidence against him. He is the first former military member brought to trial under the Military Extraterritorial Jurisdiction Act, which was written in 2000 and amended in 2004 to allow prosecution of civilian contractors who commit crimes while working for the U.S. overseas. It also allows for the prosecution of military dependents and former military service members accused of committing crimes outside the United States.

## Sports News:

The NFL reinstated Adam "Pacman" Jones Aug. 28, clearing him to play for the Dallas Cowboys during the regular season following a 17-month suspension. "I am fully a Dallas Cowboy," Jones proclaimed before the last preseason game. "I don't have it lingering over my head, will he get reinstated, will he not get reinstated. I just have to keep myself out of bad situations like I have been doing the last six or seven months."

## WHAT IS YOUR FAVORITE ACTIVITY HERE TO UNWIND?



Photo by Spc. Justin Snyder

"Playing guitar and catching up on my college schoolwork," said Spc. Clint Gershenson, of Castle Rock, Colo., fire support team, Headquarters and Headquarters Company, 10th Mountain Division.

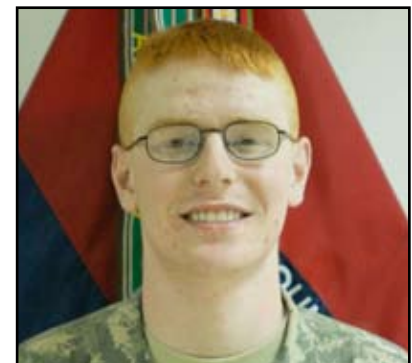


Photo by Spc. Justin Snyder

"Video games and calling home," said Pfc. Seth Briscoe, of Presque Isle, Maine, fire support team, Headquarters and Headquarters Company, 10th Mountain Division.

## Quote of the Day

*"When a distinguished but elderly scientist states that something is possible, he is almost certainly right. When he states that something is impossible, he is very probably wrong."* – Arthur C. Clarke

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### ACROSS:

- Bird's homes
- Requires; wants
- Self confidence; arrogance
- Litigate
- Smooths (wood)
- Stands up
- A.K.A the abominable snowman
- Indian ladies garment
- Your brother's daughter
- Stitches
- Hunt down; find
- Sign up for
- Avoid; steer clear of
- Colour; tone
- Had food
- Change direction (car)
- Book of maps

### DOWN:

- Down
- Curious; prying
- Perspire; exude moisture
- Prefix meaning half
- Organ of smell
- A long time, geological phase
- Japanese raw fish cuisine
- Rate; review
- Washed out
- Hard outer covering
- The night before
- Fish eggs
- Oozes out
- alcohol, a.k.a
- Ethanol
- Leg joints
- Not far
- Thought
- The top card

from Puzzler's Cave: The Online Crossword Community

## Solution to yesterday's puzzle:

from Sudoku Easy Presented by Will Shortz

7	4	3	1	8	2	9	6	5
2	6	1	7	5	9	8	4	3
5	9	8	6	4	3	2	7	1
1	3	2	9	7	8	4	5	6
9	7	5	4	6	1	3	2	8
4	8	6	3	2	5	7	1	9
8	2	9	5	1	7	6	3	4
3	5	4	2	9	6	1	8	7
6	1	7	8	3	4	5	9	2