



A newsletter of the International Hearing Foundation Fund of the Minnesota Medical Foundation at the University of Minnesota

Spring 2011

# earTALK

200 Oak Street SE, #300, McNamara Alumni Center, University of Minnesota Gateway, Minneapolis MN 55455-2030

May is Better Hearing Month

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 Visit [www.ihf-mmf.org](http://www.ihf-mmf.org) (IHF), [www.pehni.com](http://www.pehni.com) (Paparella Ear, Head & Neck Institute, P.A.) & [www.otopathology.com](http://www.otopathology.com) (Lab)  
 or e-mail: [trp-mmp@prodigy.net](mailto:trp-mmp@prodigy.net), 612.339.2120

## IHF promotes good ear-care for coming generations by research & teaching

Assistant Professor Muzeyyen Yildirim Baylan, IHF Fellow from the University of Dicle, Diyarbakir, Turkey, introduces her daughter Beren to the joys of research in the Otopathology Laboratory in Minneapolis, MN.

See article "Meet IHF Fellow Dr. Baylan" on p. 5.



## Grants Received from NIH and Starkey Labs



IHF Founder Michael M. Paparella, M.D., with William F. Austin (CEO Starkey Labs and IHF Board member) and Steven Juhn, M.D. (biochemist at the U of MN). In 2010, Juhn received a grant from NIH to help continue research at the U of MN.



IHF Fellows tour Starkey Lab headquarters and are pictured with William F. Austin (Starkey CEO) (back, second from right) and Jerry Ruzicka (Starkey President) (far right).



IHF Board member Steven Juhn, M.D., received a grant from the National Institutes of Health to help continue otologic research at the University of Minnesota. The vital ongoing inquiry in our laboratories into the origins and mechanisms of disorders of the ear needs triple the funds it did in previous years.

The University now leases laboratory space to the Otopathology Lab where Fellows and staff examine slides from one of the world's largest collections of temporal bones.

IHF Board member William Austin, CEO of Starkey Laboratories Inc. and the Starkey Foundation contributed a grant to keep the laboratory operating.

Fellows come from all over the world to help examine the bones, publishing studies that increase understanding of ear-conditions, enabling them do better clinical care, and later, helping them teach others in their universities how to improve clinical care and research on ears.

Carlos Oliveria, M.D., Ph.D., chairman at Brasilia in Brazil and former student of Dr. Michael Paparella, toured Starkey Labs with William F. Austin, CEO of Starkey Labs and IHF Board member.

## Letter of Thanks from Senegal

Dear IHF:

Apologies for this late e-mail of thanks; I have been traveling for months in Africa for humanitarian purposes. I did an emergency laryngectomy for a 55-year-old man, dozens of tonsillectomies, thyroidectomies, parotidectomies, maxillectomies and more. The customs processes fortunately ended, and I got the microscope from IHF.



I would have loved to have had it during my African trips. Even Michael's nice hands could hardly handle ears without it. Again, on behalf of my colleagues and my poor patients, I thank you for thinking of us. I will do my best with this nice tool.... Deep gratitude to you and all involved in the process of donation.

*Best regards, Malick Diop, M.D.*

**2011 AAO MEETING:  
San Francisco, Sept. 11-14  
Visit Starkey Booth for IHF Reception Info**

Raul Vila, M.D., Michael Paparella, M.D., and Miguel LaSalle, M.D. at 2010 AAO meeting in Boston.



## Hear Ye, Hear Ye

By IHF President Jim Hainlen, Ph.D.

The Marlys Soderberg Support Group for patients who have Meniere's and tinnitus is one outreach of the IHF that is less well known. The support group provides monthly discussions, lectures, and personal contact to help people and their families deal with the difficult physical and emotional aspects of these disorders. People call the IHF office from all over the country seeking medical knowledge and the personal understanding that helps them know that others have gone through the disorienting disorders of balance, the hearing loss, and tinnitus (unwanted noises in the ear). Treva Paparella answers the phones each day to offer reassurance and appropriate referrals for each part of the country. Last month I attended the Saturday support group and wrote down some statements people made. One said Meniere's is "like a time bomb in your head; you never know when it will go off." Another reflected on the loneliness: "People are on their own; other people do not understand." A third said "My family and even my doctor look at me like I am making up stories." Someone awakened at night by a dizzy attack said "It is like sleeping on the ceiling and not knowing if you will fall." Another stated "It is like jumping out of a plane without a parachute." None knew I was making notes, so these were heartfelt statements from people struggling with the disease.

These statements represent just a small portion of the misunderstanding, deep emotions, and sense of despair of people who live with the reality of Meniere's disease or tinnitus. There are no outward physical indicators, so people who are profoundly affected

cannot show surgical scars or disfigurement others can easily see and understand. But the disease extracts a heavy toll on emotional well-being in the form of depression, family misunderstanding, marital conflict and intimacy, anxiety, a pervasive sense of letting others down, and even self-destructive thoughts.

Balance is the essence of health. Modern living can skew our lives towards unhealthy amounts of work and towards the invasive sense that others have instant, unlimited access to our time and energy with a push of the "send button" on e-mail or the ever-present cell phone. When the body loses its ability to be balanced because of damage to the vestibular system, people can truly lose hope. Many in the medical profession can guide patients, but people themselves also need to take responsibility to live lives of personal courage. I have talked to people who simply have given up, don't get out of bed because they "might" get dizzy. As one who has Meniere's disease, I try to encourage them to do what Dr. Paparella told me: "Get up, even on bad days, and try to walk to the street and back. Or sit on the front steps at night and look at stars." These actions start both a narrative and a routine of personal healing.

The International Hearing Foundation does have an international reach, through research and clinical support. But IHF also helps once each month by providing a forum where people can share stories and support each other.



## FROM THE EXECUTIVE DIRECTOR'S DESK

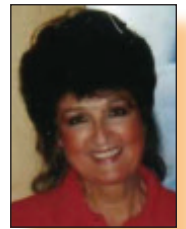
Times have been financially trying for all non-profit organizations, and unfortunately the IHF has not escaped the loss of resources due to changes in the market. That, however, does not mean that the needs of those we serve have decreased. In spite of the difficulties, the IHF staff and Board continue to work tirelessly at our existing domestic and international projects to meet our mission of service, research, and education.

We were very fortunate to receive a research grant this past year from Bill and Tani Austin of Starkey. This grant will help us with ongoing research on diseases of the ear including otitis media, Meniere's disease, and tinnitus. Steven Juhn, M.D., received a research grant from NIH that will help continue projects our staff has been working on over the past two years. These grants are extremely difficult to get. We were so excited when Dr. Juhn called to tell us the good news. This year with your assistance we have:

- helped bring the "gift of hearing" to many children. Donations have provided them hearing aids and hope;
- supported the Otopathology Lab at the University of Minnesota. Donations have helped with equipment to keep up their vital research that seeks solutions to difficult medical problems in hearing and balance. This research has improved the quality of life for thousands of children and adults with ear-diseases;
- continued the unique commitment of our foundation to the program for international Fellows that educates physicians throughout the world in cutting-edge research and clinical practice. These doctors are able to return to their countries and expand the influence of IHF to literally thousands of patients.

We remain committed to our missions and goals of funding innovative research for ear infections, deafness, tinnitus and Meniere's disease, and to advocating on behalf of our patients to the NIH to do the same. We must ensure that the promised research to find cures will not end. From all of us at IHF, thank you for your continued support.

—Treva Paparella, Executive Director



## Ear Infections on Decline

Ear infections that have left countless children under the age of six screaming have fallen dramatically (30%) since 1993, and Harvard researchers suggest a decline in smoking by parents might be part of the reason. In children, the ear is more directly connected to the back of the nose, so infections in a child's nose and throat can easily trigger inflammation in the ears. Such swelling is a fertile setting for the bacteria that cause ear infections. For decades the most common reason parents brought young children to a doctor (17.5 million visits in 1993) was ear infections. A decline in ear

infections may have benefitted from reduction in the irritation and swelling caused by second-hand smoke (down from 88% to 40%), from increases in the rate of antibody-rich breast-feeding (now available to 77%), and possibly from use of an anti-strep vaccine available since 2000. But there are still families of non-smokers who breast-feed and vaccinate, but their children still suffer from ear infections, so ongoing research still needs to investigate further.

—Information from an article by Mike Stobbe, Associated Press in the March 5, 2011 Star Tribune.

# Spotlight on Otopathology: An Endangered Resource

Millions of sufferers need the invaluable resources provided to healthcare professionals by the Otopathology Laboratory at the University of Minnesota. Its highly specialized equipment and personnel process specimens from about 2,000 normal and pathological human temporal bones, creating one of the largest collections in the world. Since its establishment in 1967, more than 250 doctors, 26 professors and chairs of medical departments, and another 50 full-time faculty members from universities throughout the world have been trained in this laboratory, many traveling here at their own expense. Their research has resulted in more than 1,000 publications in peer-reviewed medical journals, reporting studies that cover the spectrum of research on hearing and ear-diseases.

Every medical discipline has pathology, the study and diagnosis of disease through examination of organs, tissues, and bodily fluids. Examination of pathology is fundamental to our understanding of both health and disease. But human temporal bones that contain the inner ear and organs of balance and hearing can only be studied post-mortem, as in these specimens, or in surgery on live patients. Collections such as that in the Otopathology Lab are irreplaceable for researchers, instructors, and clinicians. Yet this resource is endangered.

In 1976, there were 28 active otopathology laboratories in the United States devoted to collecting ear-bones

million in endowed funds to maintain the ability of our lab to function at current levels and to provide a solid base from which it can grow in perpetuity. Private endowed support is critical for supporting the type of work carried out in this laboratory. The National Institutes of Health (NIH) that supports most medical research in the United States focuses on hypothesis-driven research; it does not lend itself to collection, archiving or study of human temporal bones. And

Millions of sufferers need the invaluable resources provided to healthcare professionals by the Otopathology Lab.

in a time of decreasing funding from the NIH, even the best peer-reviewed projects with the highest scores face uncertain prospects for funding.

Since the lab's founder, Dr. Michael Paparella, attracted the first multi-



Ribbon-cutting at the new Otopathology Lab at the Lions Research Building at the University of Minnesota. L to R: David Lieberman, Bevan Yueh, M.D. (chairman of U of MN ENT Department), Michael M. Paparella, M.D., (former chairman of U of MN ENT and founder of Lab and IHF) and Jim Hainlein (IHF president).

specialty NIH program grant ever awarded to study inflammation of the middle ear, researchers at the U of MN have developed unique potential for training and research. From here came the first description of the continuum of diseases known as otitis media, the first development of a vaccine (Prevnar) for infants against pneumococcus, a bacterium that causes ear infections; the first recognition of chronic silent otitis media, which has caused death in infants from meningitis caused by hemophilus influenza. Lab workers first

described the pathology of Meniere's disease and its pathogenesis (origins and course of development). Meniere's disease, a disorder of the inner ear that can profoundly affect hearing and balance, is characterized by episodic vertigo, tinnitus and fluctuating hearing loss. Studies here were the basis on which a surgical operation was developed that has helped thousands of patients. Work in the Otopathology Lab also first described how malignant otosclerosis can cause Meniere's disease, and helped develop new treatments (stapedectomy, sacculotomy).

Today we stand at the brink of further discoveries. Recent breakthroughs in genomic medicine and cellular and molecular biology have profound and as yet untapped potential to cast new light on diseases that affect hearing. Biological samples like those preserved at the Otopathology Lab are an irreplaceable resource vital to future efforts to improve the lives of millions who suffer from hearing disorders—about 32.5 million adults and 2-3 of every 1,000 children in the U.S. Three out of four children experience ear-infection (otitis media) by the time they are three years old. At least 40 million Americans have tinnitus, one million so severely that it interferes with daily activities. About 615,000 have been diagnosed with Meniere's disease, and another 45,500 are newly diagnosed each year.

For more information about how you can help, please contact Patricia K. Porter, VP Development, Minnesota Medical Foundation, University of Minnesota, 200 Oak Street SE, Suite 300, Minneapolis MN 55455-2030, or call 612-626-6703 (direct line).



IHF Board members, U of MN students and staff, and visitors tour the new Otopathology Lab with its distinguished collection of temporal bones for study.

and samples of tissues for research. Today, only 15 remain. The University of Minnesota's collection is among the elite, but without adequate, guaranteed support, this irreplaceable resource could be lost. Our goal is to raise \$5

million in endowed funds to maintain the ability of our lab to function at current levels and to provide a solid base from which it can grow in perpetuity. Private endowed support is critical for supporting the type of work carried out in this laboratory. The National Institutes of Health (NIH) that supports most medical research in the United States focuses on hypothesis-driven research; it does not lend itself to collection, archiving or study of human temporal bones. And

# Spotlight on International Hearing Foundation Board Members

Joe White has been a member of the IHF Board since 2001. He is Principal at LarsonAllen, CPA, Consultants and Advisors and is also Participating Faculty at the University of St. Thomas.



“business is my hobby.” The opportunity to learn new ideas, strategies and things from students and clients is unique and makes him “feel lucky to be in this position.”

In addition, Joe adds a little balance in his life with hobbies of golf and “fly-and-rides,” a concept of flying to various locales and renting motorcycles as a way to see the world. His goal is to ride in all 48 continental states without ever owning a motorcycle. He thinks owning and riding in the city is dangerous, and says “fly-and-ride” beats having to maintain/store/insure a motorcycle. His favorite rides so far include Costa Rica and Colorado.

At LarsonAllen he works as a financial, tax and business advisor to healthcare systems and medical groups. He teaches accounting and finance at St. Thomas in the Executive MBA and Health Care MBA programs as well as the physician-leadership program.

Joe is married to Jeanne, and they have three boys (21, 20, and 16) and live in St. Paul’s Highland Park. While teaching and a hectic work schedule keep Joe very busy, he likes to say that

“I enjoy helping IHF because I see how passionate Dr. Paparella is about the cause, and the wonderful things he does to help people improve their quality of life. As an accountant/finan-

cial advisor in the healthcare industry, I think it’s important to help people who help people.”



Brad Birnberg joined the IHF Board several years ago. Brad is a consultant, board member, and co-founder of Augeo Affinity Marketing, Inc. He is also an active real estate investor. He was formerly an executive in various capacities for corporate and franchised restaurant chains and also practiced tax accounting at Arthur Andersen.

Brad is a graduate of both the Carlson School of Management at the University of Minnesota (degree in accounting) and of the School of Law at the University of Minnesota. He and his wife Stacy Pinck have three children, Julia, Jake, and Allison.

Born and raised in the Twin Cities, Brad is passionate about his family, friends and community, and about cooking/eating, wine, golfing and traveling.

During his time on the IHF Board, Brad said he has been immensely impressed with the amazing accomplishments of the IHF, and with the extraordinary commitment of Dr. Michael and Treva Paparella to the IHF and its beneficiaries.

## Meniere’s & Tinnitus Support Groups



The Marlys Soderberg Support Group for Meniere’s and Tinnitus meets the first Saturday of each month, 10 a.m. - noon, at Riverside Park Plaza, 701 25th Ave. S., Minneapolis. Guest speakers have included physicians, audiologists, lawyers, chiropractors, physical therapists and hypnotherapists. For patients and families, the groups provide friendship, concern, advice, and lots of laughter. Online support is through [durnilw@yahoo.com](mailto:durnilw@yahoo.com). Pictured is Rosie Hulse-Larson, support group coordinator, and Treva Paparella, IHF executive director.

## Call for Patients with Tinnitus

Researchers have been investigating whether a novel brain-scanning technology can help identify the area of the brain thought to be affected in tinnitus.

Magnetoencephalography (MEG) may help locate the affected area and help in developing treatments. Minneapolis-based Orasi Medical Inc. is sponsoring a clinical trial in the Twin

Cities and seeks patients age 18-75 with moderate to severe unilateral tinnitus. The study will evaluate brain-function using MEG, a quick and painless safe procedure. The goal is to develop a template of tinnitus that can be used for further research and to develop treatment.

Participants will have a screening at Radiant Research in Edina to evaluate severity of tinnitus and then complete the MEG-scan at the Minneapolis VA Medical Center. Total time required is about three hours.

Qualified participants will receive all study-related medical care and exams at no cost and may be compensated for time and travel. For information or to participate, call 952-848-2065.



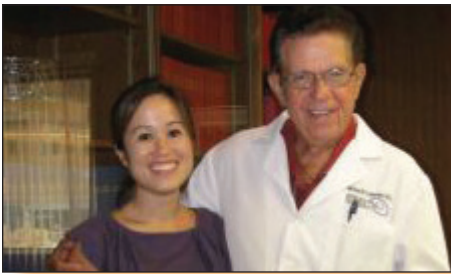
### MISSION STATEMENT

The International Hearing Foundation—nonprofit, tax-exempt, and funded solely through donations and fundraising events—has a three-fold mission: otological service, education, and research—all areas of great need. Beneficiaries of these charitable endeavors are first local but also international. The IHF, an affiliate of the Minnesota Medical Foundation, is the only hearing-related association in the world that has an international focus.

### BOARD OF DIRECTORS

James D. Hainlen, Ph.D. (President), David Lieberman (Vice President), Michael M. Paparella, M.D. (Secretary-Treasurer), Treva Paparella (Executive Director), Tani & William F. Austin, Norman Berlinger, M.D., Ph.D., Bradley Birnberg, Sebahattin Cureoglu, M.D., Oleg Froymovich, M.D., Frank Grovenstein, Steve Juhn, M.D., Richard Kleber, Robert Margolis, Ph.D., Chandler Marietta, M.D., Matthew Patterson, M.D., Elizabeth Payne, M.D., Patricia Porter, Joe White, Sandy Zutz-Wiczek, Bevan Yueh, M.D. Fundraiser: Matt Blair

# IHF News/Activities



## 2011 WINNER OF THE PAPARELLA OTOLOGICAL RESEARCH AWARD FOR MEDICAL RESIDENTS

Vivian Tran attended the University of Michigan, double-majoring in art history and biology. She then attended the School of Medicine at Wayne State University and conducted research on biofilms in otitis media and microarray profiling in head-and-neck cancer. As

her research project during her residency in ENT at the University of Minnesota, she worked in the laboratory of Dr. Mark Schleiss, Pediatric Infectious Diseases, investigating the use of vaccine-therapy in CMV-related hearing loss, using a guinea pig model. After graduation, Vivian plans to join the Kaiser group in Washington, D.C., practicing general otolaryngology. She is also very excited about her upcoming wedding this June in Mallorca, Spain.



## DAVID LIM, M.D., 2011 LECTURE-SHIP & PAPARELLA AWARD

Distinguished scientist Emeritus EVP, Research at the House Ear Institute in Los Angeles, Dr. Lim presented a lecture, "The Biology of the Endolymphatic Sac and Its Role in Meniere's Disease" on April 4, 2011 at the U of MN Medical School. With Lim (far right) are (L to R) Bevan Yueh, M.D., (chair-

man of the U of MN ENT Department), Steven Juhn, M.D. (U of MN Otopathology Lab) and Michael M. Paparella, M.D.



## PAPARELLA FOUNDATION OF BRAZIL DIRECTORS MET WITH DR. PAPARELLA IN FLORIDA

*From founder Luiz Carlos deSousa, M.D., Ph.D.*

We are very happy with the work of the Paparella Foundation. The humanitarian work probably is its greatest challenge. We give ENT care for many poor patients from about 75 cities, some with a population of 200. Our city, Ribeirão Preto, gives supportive care (public assistance through the Secretary of Health) to a total population of two million people. You [Dr. Paparella], our mentor, can be very proud of your pupils. We are really doing some good things, seeing about 40 new consultations besides 10 patients for follow-up, five days a week. Most types of ENT

exams are available in our Foundation. We perform about 40 surgeries a month, some of them highly complex, especially in otology (cholesteatoma, facial nerve, vestibular Schwannoma, endolymphatic sac). We also offer emergency ENT assistance round the clock.



All this is accomplished by a team of 10 preceptors plus eight residents under our supervision. Besides our public hospital work, preceptors have their own busy private clinic where they discuss clinical cases with the residents. Fortunately my turn as Dean of the School of Medicine has finished. Now I have more time to dedicate to the medical students, residents, the Paparella Clinic, papers and my family. Our Department of Otolaryngology has two branches, one linked to the Brazilian Otolaryngology Society and the other to the Faculty of Medicine through the Ministry of Education.

The Foundation develops other projects involving research, education, meetings and courses (in temporal bone dissection, electrophysiology, vestibulo-

*Continued on p. 6*

*Continued from p. 1*

## Meet IHF Fellow Dr. Baylan from Turkey

My name is Muzeyyen Yildirim Baylan, and I work as an Assistant Professor at the ENT Department in the University of Dicle, Diyarbakir, Turkey. I have come to Minnesota for a year to conduct research and observe Dr. Paparella's operations.

Initially I was worried, as I was going to be thousands of miles away from my home country and would be living in an entirely different culture for over a year. However, I was received with such overwhelming hospitality and attention that shortly my initial worries were replaced with excitement for the scientific research I was planning to do. The work environment here was so ideal that in only one year I have completed two original studies and two case reports in addition to helping with one review and another two original studies. Among all this work, I have given birth to a baby girl. For this reason I completed part of my lab work with my daughter (photo p. 1).

Dr. Paparella and his wife Treva invited me over to their home on several holidays and special occasions, making me feel like I am among family. I have gained wonderful experiences both scientifically and socially in this country. I would like to thank Dr. Paparella for endowing me with the ideal environment and resources for conducting research and enabling me to have an amazingly productive year. In addition, I would like to thank Treva Paparella for easing my transition and making me feel at home, Dr. Sebahattin Cureoglu and Patricia Schachern for their guidance during my research, and Carolyn Sutherland and Monika Schachern for their support not only with my research but also with issues that arose as a result of being a newcomer to the U.S.

## 2011 COLLEGIUM IN BUDAPEST

L to R: Chung-Sun Kim, M.D., Steven Juhn, M.D., Michael Paparella, M.D., & Tim Jung, M.D., in Budapest. Two are former IHF fellows or students of Dr. Paparella.



19th Annual  
*IHF Golf Classic*

June 13, 2011

**Crystal Lake Golf Club, Lakeville**

Please call 612-339-2120

for a brochure/registration materials (by May 22).

\$375 (individual to \$10,000 (sponsor).

**Paparella Foundation Directors**

*Continued from p. 5*

ometry, rhinoplasty). In this we count very much on Drs. Sady da Costa and Marcelo Hueb who, although they are not among us in Ribeirão Preto, are always ready to participate in our meetings and contribute expertise to our articles. The best part is to know that several former residents and Fellows of ours are doing nice otologic procedures, helping their patients. They learned with us, and we learned with you.

For example, João Bittar Jr., a good friend, was my pupil at the medical school, a resident at the Paparella Foundation, and went on to be with you. Now Laura is doing the same. It is a beautiful chain, the cycle of life. Teaching is wonderful, good for our souls.

*Paparella Foundation of Brazil preceptors: Luiz Carlos deSousa, M.D., Ph.D., otology and skull-base surgery; Marcelo Toledo Piza, M.D., otology, pediatric otorhinolaryngology; Marcio Vera e Silva, M.D., rhinology and laryngology; Adriano José Flavio, M.D., rhinology, otology; Alexandre Truite Alves, M.D., M.S., rhinology, laryngology; Danielle Barbosa Ruiz de Abreu, M.D., rhinology, pediatric otolaryngology; Narciza Pavan, M.S., odontology, TMJ; Karla Freiria Elias, audiology; Juliana Andrez, audiology; Gisele Passos Dorici, audiology.*

# Photos from the 2010 IHF Golf Classic

IHF's annual Golf Classic would not be possible without the dozens of volunteers who help coordinate this event as well as our generous sponsors. Below are a few of the volunteers at the 2010 Golf Classic held at the Crystal Lake Golf Club.



Long-time sponsors of the IHF Golf Classic Michele and Ted Grindal, a past president of IHF (center) with IHF's Treva Paparella and Matt Blair, tournament organizer and IHF's official fund-raiser.



## IHF LISTENS for those who can't hear



We need your help to implement International Hearing Foundation (IHF) programs. Please make your check payable to the International Hearing Foundation and mail to 701 25th Avenue South, Minneapolis, MN 55454.

Here is my contribution in support of better hearing.

\$15.00  \$25.00  \$50.00  \$100.00  \$250.00  Other \$ \_\_\_\_\_

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The IHF is an affiliate of the Minnesota Medical Foundation, a 501(c)3 charitable organization. For further information about the IHF, please call (612) 339-2120 or visit [www.ihf-mmf.org](http://www.ihf-mmf.org).

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