

The Silver Showcase

Volume 600 No. 8

August 2019

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BC-HIS

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www.silvercenterseguin.com

Hello From the Front Desk

Boy, oh boy, is it hot! July has been a tough one... and I can only wonder at how hot August will be for us, but I love Texas weather over any other state.

Our August calendar has been quickly filling up with events. If you have someone looking for a place to hold their event, please have them come in soon so we can reserve a spot for them. Please mark your calendars for Thursday, August 15th at 7PM when we will have BILLY MATA , JAY ERIC and BYRON ZIPP here to perform for you at the Silver Opry! What a night of great country music!!! If the attendance of the Opry doesn't jump up for a show like this, we will probably have to say good bye to the Opry next year.

Other events in August are BIRTHDAY BINGO on Friday, August 2nd at 1pm, WELLMED UNIVERSITY discussing Exercise & Your Health on Tuesday, August 6th at 1:30, COLLETTE TOURS discussing Visiting Classical Greece on Thursday, August 8th at 1pm, the FIRE PROTECTION in Your Home class put on by the Seguin Fire Dept. on Tuesday, August 13th at 1pm, the HOPE HOSPICE Lunch & Learn on "CBD Oils and What They Are Used For" on Thursday, August 15th at 11:30 am, the NEW HAVEN Lunch & Learn on "The Real Difference in Assisted Living" on the Tuesday, August 20th at 11:30 am, and finally, AMERIGROUP Bingo on the Monday, August 26th at 1:30 pm.

** Please note the center will be closed the first week of September... to allow everyone a short vacation. I hope you all have a blessed month!

Yours truly,
Glenda Layton



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This is an advertisement. *Plans vary by location and county.
 Family_AD TJ012114

August Word Scramble

For those of you who are creeped out with things that are cold-blooded, slither, and hiss...THIS ONE IS FOR YOU!

NYPOTH _____

DNAOACAN _____

KRTEENATSLA

HPCDAOPREE

MOHCTNUTOTO

LRCOA EKNSE

IMKL ESKNA _____

RBOAC _____

GIKN KANSE _____

DREAD _____



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*"to help you hear
 better we listen
 with our heart..."*

830-372-2237
 830-372-2380 fax

111065M

Volunteering ...Why do you volunteer or why do you choose not to? It has been proven "volunteering" has many social and psychological advantages. The top reasons:



1. Gaining Experiences and Insights
2. Giving back and helping others
3. Creating connections with people
4. A sense of accomplishment

Do not be timid. Try it. Call or come into the Center and make this request known. There is always "time" to give to others.

Our fantastic volunteers donated a whopping 959.5 hours for the month of June!

WELLMED will be sponsoring another BINGO opportunity on Friday, August 16 at 1:00 pm. REMEMBER: WELLMED BINGO is every 3rd Friday through December. Come join us for an afternoon of fun and bring a friend!

Our Friday Night Dances are really a lot of fun and a wonderful opportunity to mingle with friends and dance the night away. The bands are top notch, so if you don't care to dance, just come to listen to the music.

PLEASE NOTE: The doors open at 6:30 pm. BYOB is no longer permitted due to insurance exclusions.

2019 Silver Center Friday Night Dance Schedule

August

2 Shades of Country
9 Countrymen
16 Glen Collins
23 Monte Good
30 Rex Allen McNeil

September

6 Vernon & Friends
13 Jay Eric & Friends
20 Charles & Fabulous 4
27 Wrangler Country

October

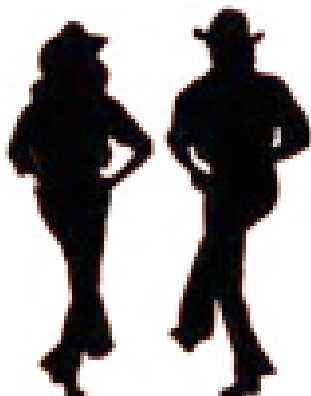
4 Burgandy
11 Most Wanted
18 Bob Appel
25 Tom Teboe

November

1 Rex Allen McNeil
8 Countrymen
15 Charles & Fabulous 4
22 Vernon & Friends
29 Most Wanted

December

6 Monte Good
13 Gabe Galvan & Friends
20 Tom Teboe
27 Wrangler Country
31 New Year's Eve - Rex Allen McNeil



Birthdays of the Month

Please be patient with us as we try to get our membership data up to date. We have a lot of questions about birthdays and membership expiration notices being returned because we do not have member's current addresses. Please come by or call 830-303-6612 and give us your current address and month and day of your birth so we can celebrate your birthday and membership with you!

August Birthdays

8/2 Ronald Cone
8/4 Raymond Rappmund
8/5 Rita Evans
8/6 Terry Webb
8/7 Ann Logan
8/7 Michael Pace
8/8 Yvonne Baca
8/8 Ron Hicks
8/8 Louise Steffens
8/10 Henrietta Kowalski
8/12 Gloria Boenig
8/12 Cindy Sczech
8/13 Angelina Adkins
8/13 Elva Jackson
8/13 Ruby Lindeman
8/13 Hope Pees
8/15 Gloria Osborn
8/15 Richard Pokon
8/17 Cindy Bell
8/17 Elena Hyatt
8/18 Deborah Zengerle
8/20 Grace Beaty
8/20 Jo Buzek
8/22 Amy Cayan
8/25 Genelda Pruet
8/28 Kelly Boesen
8/28 Lynda Whitwell
8/29 Tom Bryne
8/30 Velma Buie

July Birthdays that did not make the list. Our apologies!

7/31 Mary Smith
7/31 Mary Ussery-Wilson

BIRTHDAY BINGO

On Friday, August 2, 2019 starting at 1:00 pm, you are invited to join us to celebrate our July birthdays with gifts, cake, and BINGO. Heart to Heart Hospice and Abiding Home Health are sponsoring this special, fun event. We have a lot of fun, so join us for our AUGUST HAPPY BIRTHDAY CELEBRATION! All members are invited, (it doesn't have to be your birthday) but consider bringing a friend or two!



STAY ACTIVE WITH TAI CHI

Many older adults are looking for a gentle, low-impact exercise program that helps them stay active and improves muscle strength, flexibility and balance. TAI CHI fits the bill!

The benefits include, but are not limited to, helping with arthritis pain, reducing blood pressure, reducing stress and depression, and helping reduce bone loss in menopausal women. Tai Chi is a phenomenal exercise, and it all started with the ancient Chinese!

Join us at the Silver Center on Mondays at 9:00 am. It is only \$1.00 per class.



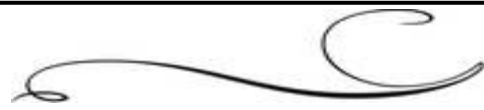
MEMORIALS

**** Note that any memorials received after we go to press will be in the next month's newsletter.*

**In Memory of: Ed Springs
By: Mary Ann Norris**

An excerpt from the book given to me and written by Wil Bidy entitled Featherings and other Poetical Musings...

**Now, all things that glitter are, surely, not gold;
few pearls in the ocean are gathered and sold;
but what I have learned, as the seasons unfold,
is life's greatest treasures are friendships of old.**



Memorial in Honor of:

Send Acknowledgement to:

Name: _____

Address _____

City _____

State/Zip _____

Memorial from:

Name: _____

Address: _____

City: _____

State/Zip: _____

Thank you for the remembrance.

*The Silver Center
510 E. Court
Seguin, Texas 78155*



Are you looking for a hot, fresh, well-balanced meal? The Silver Center serves a delicious lunch from 11 am to 1 pm

Monday through Friday, and the prices are great! Everyday something new is served such as Chicken Enchiladas, Meatloaf, Fish and Shrimp, and Salisbury Steak. With the entree you get two sides, a salad, roll, dessert and brewed tea or coffee. You can't beat that! Sandwiches, soups, and lunch salads are also offered. Join us at the Silver Center for a yummy lunch and some great fellowship!



THM

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August Menu

Serving from 11:00 - 1:00

Entrees Served with 2 Sides, Salad, Roll, Dessert, Freshly Brewed Iced Tea or Coffee
 \$7.00 for Silver Center Members ♦ \$7.50 for non-members

Monday	Tuesday	Wednesday	Thursday	Friday
			1 Beef Tips	2 Fish or Shrimp
5 Chicken Cordon Bleu	6 Steak Strips	7 Chicken Florentine	8 Chopped Steak	9 Fish or Shrimp
12 Chicken Parmesan	13 Beef & Bean Chalupas	14 Chicken Enchiladas	15 Meatloaf	16 Fish or Shrimp
19 Chicken Strips	20 Sausage & Sauerkraut	21 Paprika Chicken	22 Roast Beef	23 Fish or Shrimp
26 Beef Tacos	27 Chicken Fried Steak	28 Smothered Pork Chops	29 Chicken Alfredo	30 Fish or Shrimp

The Silver Center serves made-to-order Sandwiches and Salads for \$7.25
 Choice of chips or fruit, with freshly brewed iced tea or coffee

SANDWICHES

Classic Club
 Ham and Cheese
 Turkey and Bacon
 Chicken or Tuna Salad
 Pimento Cheese


Cup of Soup \$3.00
 Bowl of Soup \$4.50

SALADS

Chef Salad
 Chicken Salad Plate
 Tuna Salad Plate
 Grilled or Fried Chicken Salad

To-Go orders and Delivery in a limited area available for an additional charge.

A tray of sandwiches is great for office lunch meetings. Call for more information. 303-6612

11 9:00 Spirit of Joy Lutheran Church	12 9:00 Tai Chi 11:00 - 1:00 Lunch 1:00 Friends Bunco	13 9:00 Yoga 11:00 - 1:00 Lunch 12:00 SKAT 1:00 Fire Dept. Safety Presentation 5:30 Mid-Texas Symphony Guild 6:00 - 8:30 GAME NIGHT	14 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch 11:30 Kiwanis 1:00 Evelyn Bridge 1:00 Mahjongg	15 11:00 - 1:00 Lunch 11:30 Lunch & Learn 12:00 Noon Lions 1:00 Beginner's Mahjongg 7:00 Billy Mata + Jay Eric Byron Zipp 	16 9:00 Yoga 11:00 - 1:00 Lunch 1:00 Pinochle 1:00 WellMed Bingo	17 8:00 Farmer's Market Private Party
25 9:00 Spirit of Joy Lutheran Church	19 9:00 Tai Chi 11:00 - 1:00 Lunch 1:00 Friends Bunco 1:00 Alzheimer's Support Group	20 9:00 Yoga 11:00 - 1:00 Lunch 11:30 Lunch & Learn 12:00 SKAT 5:00 Silver Center Board Meeting 6:00 Garden Club	21 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch 11:30 Kiwanis 1:00 Mahjongg	22 11:00 - 1:00 Lunch 12:00 Noon Lions 1:00 Beginner's Mahjongg 5:00 Private Party Sagebiel Hall	23 9:00 Yoga 10:00 2 & 4 Bridge 11:00 - 1:00 Lunch 1:00 Pinochle 7:30pm Dance to MONTE GOOD	24 8:00 Farmer's Market 8:30 Conceal Carry Class (preregistration required) Ezell Room
25 9:00 Spirit of Joy Lutheran Church	26 9:00 Tai Chi 11:00 - 1:00 Lunch 1:30 BINGO with Amerigroup	27 9:00 Yoga 10:00 Bridge 11:00 - 1:00 Lunch 12:00 SKAT	28 9:00 Painters 10:00 Bridge 11:00 - 1:00 Lunch 11:30 Kiwanis 12:00 - 1:00 Blood Pressure Check 1:00 Evelyn Bridge 1:00 Mahjongg	29 11:00 - 1:00 Lunch 12:00 Noon Lions 1:00 Beginner's Mahjongg	30 11:00 - 1:00 Lunch 1:00 Pinochle 6:30pm Dance to REX ALLEN MCNEIL	31 8:00 Farmer's Market

The Silver Center will be closed from August 31 – September 8. See you September 9.

Do you ask people to repeat?
 Do you miss out on the punchline of jokes?
 Does your family complain the TV is too loud?
 Do you answer yes without knowing the question?
 Do you need to see someone's face to hear them?

If your answer is yes to 2 or more questions, call today to schedule a FREE hearing screening!

Your Hearing Health is Important!

We service all makes and model of hearing devices!



Denise Kopecki, BC-HIS
 Board President



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A Personal Invitation.

Nesbit LRC has been voted **"Best Nursing/Rehab Facility in Seguin"** four years in a row by the community in the Seguin Gazette Enterprise poll.

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1637 N. King ♦ Seguin, TX 78155

Call and ask about Medicaid pending.

For referrals please call anytime, Rosie Jimenez

Cell: 830-491-9236 Fax: 830-303-7153

VA Contract Accepted

FIND YOUR NAME

A member's scrambled name is in the newsletter each month. If it is your name, call the Silver Center at 303-6612 and receive a free coupon of your choice.

OGSNIB STEBNI



Yoga Class will meet in Ezell room every Tuesday and Friday at 9:00. Come join friends for an exciting stretching of body, mind, and soul. Yoga does more

than burn calories and tone muscles. Yoga is a total mind-body workout that combines strengthening and stretching poses with deep breathing relaxation.



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Our heart makes it home*

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www.TheHeights

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Mon. Tues. & Thurs. 8-5 • Wed 8-1 • Fri 8-4



Sounds like a great night out for family and friends, doesn't it? On every 2nd Tuesday, The Silver Center is having a GROUP GAME NIGHT. The doors open at 6:00 PM and close at 8:00 PM.

The cost: \$2.00 per person for members and \$2.50 per person for non-members.

Here are the Rules:

1. You will need to be part of a group or start a new group or have a new table with a standing group. If you don't know if there is a group playing "YOUR" game, call the center and get connected with others that might also be looking for an open group.
2. When you call (830-303-6612) to reserve your space, give a head count of the people in your party so that a table can be set up for your group.
3. Call by Thursday, August 1. Be sure to call the Thursday before game day to reserve your spot!
4. Bring your own cards, game pieces, or whatever you need for your game.
5. Bunco, Bridge, Poker, Mahjongg, Pinochle, or any other game is okay by us.
6. Please tidy up your won area before you leave at 8:30 p.m.

Sound like fun? Well, it is and it is also a wonderful time to play and relax with your family and friends. Please join us and don't forget to call for your reservation!



*Same Day
CROWNS*

Our Mission is to bring health & beauty to the patients that entrust their SMILES to our TEAM!



Janice Weinman, D.D.S.

Tickle Your Funny Bone!

Submitted by Velma Buie

POLISH DIVORCE

A Polish man moved to the USA and married an AMERICAN girl. Although his English was far from perfect, they got along very well.

One day he rushed into a lawyer's office and asked him if he could arrange a divorce for him. The lawyer said that getting a divorce would depend on the circumstances, and asked the Polish man the following questions:

"Have you any grounds," the lawyer asked. The man replied, "Yes, an acre and a half, and a nice little home. "No, I mean what is the foundation of this case?" asked the lawyer. The man said, "It's made of concrete." "I don't think you understand. Do either of you have a real grudge?" "No, we have a carport and not need one," the Polish man said. "I mean what are your relations like?" asked the lawyer. "All my relations still in Poland!" Frustrated, the lawyer asked, "Is there infidelity in your marriage?" The man replied, "We have hi-fidelity stereo and good DVD player." Again, the lawyer tried another question. "Does your wife beat you up?" "No. I always up before her," the man answered. "Is your wife a nagger?" "No, she white." "Why do you want this divorce?" the puzzled lawyer asked. "She gonna kill me!" "What makes you think that?" "I got proof," the man replied. "What kind of proof?" the lawyer asked. "She going to poison me. She buy a bottle at the drug store and put on shelf in bathroom. I can read English pretty good, and it say: POLISH REMOVER!"

Why does a cow say MOO? Because her horns don't blow!

Did you hear about the elderly Chinese gentleman that died of constipation recently?
His doctor says he died of Hung Chow!

SIPPING WINE

Susie and Bill were sitting on their patio, each sipping a glass of wine, when Susie says, "I love you so much, I don't know how I could ever live without you." Her husband asks, "Is that you, or the wine talking?" She replies, "It's me talking to my wine."

PULL THE PLUG

Last night, my kids and I were sitting in the living room, and I said to them, "I never want to live in a vegetative state, dependent on some machine, and fluids from a bottle. If that ever happens, just pull the plug." They got up, unplugged the T.V. and threw out my wine. The little bastards!

GOING THE WRONG WAY

As a senior gentleman was driving down the motorway, his phone rang. As he answered, he heard his wife's voice urgently warning him, "Vernon, I just heard the news that there is a car going the wrong way on I-30, so be careful." "Hell," he said, "it's not just one car. It's hundreds of them!"

EXPLANATION OF LIFE BY A SIX YEAR OLD

The reason dogs don't live as long as people: People are born so that they can learn to live a good life; Loving everybody all the time and being nice. Well, dogs already know how to do that, so they don't have to stay as long!



Social Security Tricks Hit Top of Scams List

Social Security imposter scams have now reached epidemic proportions in the US, outstripping IRS impersonation scams for the first time, according to the federal government.

Some 76,000 complaints valuing losses at more than \$19 million were filed in the 12 months prior to April 2019.

The midpoint among individual losses comes out at around \$1,500 per victim, which is about four times the amount lost in other types of fraud.

The current main scam comes in a call from an impostor claiming the victim's SSN has been used in a crime and so it has been suspended. Sometimes, they already have the individual's SSN. If not, they ask for it as "confirmation."

They ask you to "Pay a Fee" in order to reactivate or unfreeze the account usually in gift cards or a virtual currency like Bitcoin.

Often, crooks also doctor your caller ID so it looks like the call is genuinely coming from the Social Security Administration (SSA).

The calls may also be automated (robocalls) but invite recipients to "press 1" to speak to an SSA official.

This can all seem pretty convincing except for one major factor - the SSA does not suspend Social Security numbers. Period. Nor do they call and demand money. So, if you get one of these calls, you can safely hang up.

Other variations of Social Security scam tricks aimed at stealing your info include calls or emails saying that you're entitled to a refund; you need to "update your account information"; the SSA computers are down; you need to enroll in a new program; they need you to answer some security questions such as giving your mother's maiden name.

Scam Mail Version

Another scam even arrives by regular snail mail. It's a letter that offers additional security for your Social Security account - but, of course, there's a form to fill in with all your personal info.

Here are some other things to know to avoid falling victim to this scam:

- 1. Note that the SSA never emails requests for personal information.**
- 2. Nor does it visit homes without making a prior appointment.**
- 3. Never provide personal, financial and other confidential information in response to an unsolicited call. Any such request is a scam.**
- 4. Don't wire money to someone you don't know, even if they say they're from the SSA.**
- 5. Don't be fooled by callers who already have your SSN or the last four numbers.**
- 6. Don't trust your caller ID.**
- 7. Ignore phone threats. That's not the way government departments operate.**
- 8. Securely protect and store your SSN and card.**
- 9. If you're in any way concerned the call might be genuine, call the SSA on 1-800-772-1213 or 1-800-269-0271 -- or contact your local Social Security office.**

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- Selective menu at all meals
- Daily Activities
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- Family Owned and Operated

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(830) 379-8882

License #050604



"Look to Seguin Assisted Living for a Carefree Future"

When it comes to your to-do list, put your future first. To find out how to get your financial goals on track, contact your Edward Jones financial advisor.



Kathy Nossaman
Financial Advisor

116 S. Moss St.
Seguin, TX 78155
830-379-8534



Doug Martin
Financial Advisor

507 E. Court St.
Seguin, TX 78155
830-379-0154



Steve Alyea
Financial Advisor

112 N. Camp St.
Seguin, TX 78155
830-372-9059



Kristy Kirkland
Financial Advisor

109 S. River, #102
Seguin, TX 78155
830-379-0817



Sebie Kirkland
Financial Advisor

519 N. King, #106
Seguin, TX 78155
830-379-8534



Brandon Allen
Financial Advisor

809 E. Court St., #100
Seguin, TX 78155
830-379-9387

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**JOIN US FOR
THE SILVER CENTER OPRY**

Our Silver Center Opry comes around every 3rd Thursday of the month which for this month is Thursday, August 15. MARK YOUR CALENDARS NOW SO YOU DON'T FORGET!

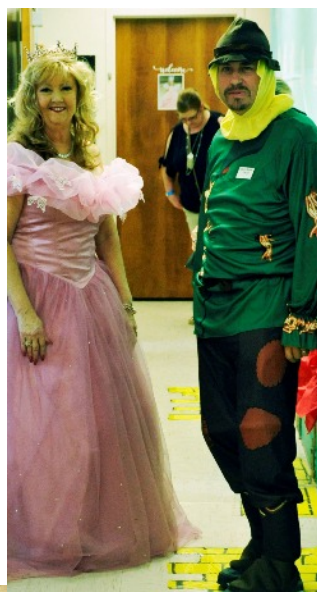
The Silver Opry puts on the best show in town! Besides the fabulous Silver Opry band, Jay Eric, Billy Mata, and Byron Zipp are our featured entertainers this month. They are great and will keep you entertained and on your feet!

We serve a delicious hot meal at every dance starting at 6:00 pm when the doors open. Our meal this month is barbeque chicken! The bar also opens at 6:00 pm and closes at 8:30 pm. We have the most spectacular local talent around and a hot, delicious meal to go with it! Join the fun by dancing the night away, listening to good music, and visiting with great friends!

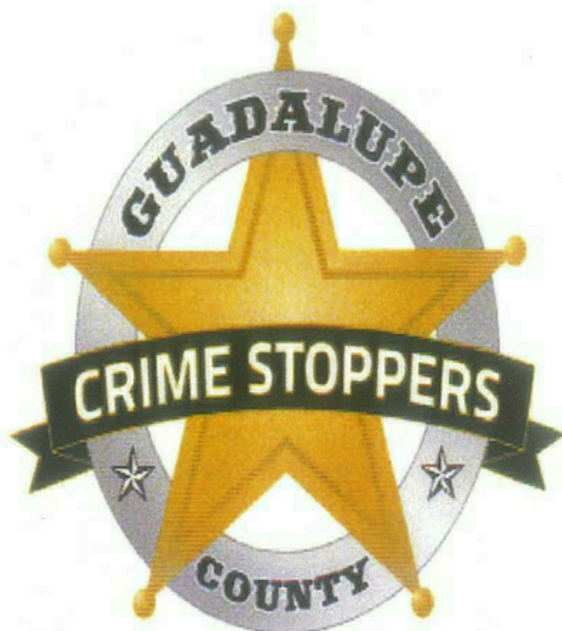




Taste of Seguin!



Guadalupe County Crime Stoppers



877.403.TIPS (8477)
www.gccsTIPS.org

Guadalupe County Crime Stoppers
P.O. Box 542
Seguin, TX 78156-0542

AUGUST WORD SCRAMBLE ANSWERS

**PYTHON
ANACONDA
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COBRA
KING SNAKE
ADDER**



What is Advanced Care Planning?

This is a process of coming to understand, reflect on, discuss and plan for a time when you cannot make your own medical decisions. Discussing and planning for patient's preferences for life sustaining treatment in the future.

What is involved in the planning process?

Talking with family and health care providers about your care decisions and formally documenting them is very important. Legal documents discuss the type of care you want, where care happens, and who provides it so your family knows your choices and understand who you want to speak for you when you can't speak for yourself.

Care decisions can be about:

- Choosing or refusing tests, procedures and medicines, and life-sustaining treatments.
- Choosing persons to speak for you when you are unable to speak for yourself.
- Completing the necessary legal documents that will guide health care professionals in the future.

Where and by whom is this service provided?

We believe the best time and place to have this conversation is before a health crisis occurs; over the kitchen table instead of over an ICU bed. We can see you at home, at your Assisted Living home, or your Nursing home, and sometimes in the hospital.

Our teams of Advance Care Planning Facilitators are specially trained to guide this conversation and to complete the necessary legal documents. We will provide all advance directives and this service is at no cost to you.

To arrange a consultation with an Advanced Care Facilitator please call: 830.401.7704.



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guadalupevalleymemorialpark.com

On Thursday, August 15 at 11:30 am, Hope Hospice will be sponsoring a discussion on "CBD Oils: What Are They Used For?" This is a very informative presentation, so please call 830-303-6612 to reserve a hot lunch and a seat.



On Tuesday, August 20 at 11:30 am, New Haven will present a discussion on "The REAL Difference in Assisted Living." Join us for lunch and this wonderful presentation, but be sure to make a reservation!

This is NOT a Lunch and Learn class but the information is very informative!



WellMed Health University will have a class on "Exercise and Your Health" on Tuesday, August 6, 2019 at 1:30.



BOARD SPOTLIGHT - FRANK STARCKE - BOARD MEMBER

Frank Starcke is one of the center's newer members and we are so glad he joined the team! Being that Frank was born and raised here, he comes to us with lots of thoughts and ideas about what our Seguin community needs.

BIRTHDAY: September 8, 1953

WHERE DO YOU WORK? Starcke Furniture Co.

HOW LONG HAVE YOU BEEN IN SEGUIN? Born and raised in Seguin. I left for 7 1/2 years, but have been back for 40 years and 5 months.

HOW DID YOU FIRST LEARN ABOUT THE CENTER? I drive by the center 6 days a week and I eat here often.

WHAT DO YOU DO FOR FUN? I like to travel. I've been to Europe 6 times and have been on 13 cruises. I enjoy watching football, golf, baseball, basketball. I play a little golf.

DO YOU HAVE CHILDREN, ETC.? No, I don't. Nobody wants me.

IF YOU HAD A GENIE GRANT YOU ONE WISH WHAT WOULD IT BE? I hope to maintain good health and live at least 30 more years.

This Month's Donations

The Directors and Staff gratefully acknowledges the financial support of its donors:

Pam and Bill Davis
Dorothy & J.W. Funderburg
Danny & Tammy Gonzales
Denise Kopecki
Glenda Layton
Sharee Layton
Mike McCain
Stanley Naumann
Kathy Nossaman
Grace Zimmerman

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your generosity!*

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WE HAVE A MORTGAGE

Building Mortgage
\$114,400.86

Monthly Payment
\$1,424.11

The Silver Center would not exist without
the efforts of its awesome

2019 VOLUNTEERS 2019

Jan Almon	Sharee Layton
Roy Balter	Sherry Lehman
Barbara Behal	Kay Lewis
Evelyn Bender	Evelyn Martin
Denise Blair	Glenna McKandles
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Denise Kopecki	Joyce Utley
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Glenda Layton	Ma'Leek Wright

**There is no "i" in Team, but
we sure are glad there is "u"
in our volunteers!**

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August 2019



GRMC WELCOMES SURGEON

Rey Morales, MD

Dr. Morales has served his country in the Air Force as a trauma surgeon in combat areas such as Afghanistan tending to our military men and women. He is board certified in general surgery and fellowship trained in burns. Most recently he was stationed at San Antonio Military Medical Center (SAMMC) where he was an integral part of the General Surgery team and Burn Unit. As a General Surgeon at GRMC, he appreciates and values the parallels in the core values of the hospital and military: Integrity, Service, and Excellence. Dr. Morales is excited to be part of the GRMC team and its *Patient First Culture*.

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