The Senior Chatter

Volume 13, No. 2 *Menasha Senior Center, Menasha, WI* *February 2009*

Dates to remember this month:

Date	Page
Feb. 4, 11, 18, 25 - TaxAide	1
Feb. 10 - On-line Banking	7
Feb. 13 - Valentines Party	11
Feb. 27 - Colorectal Screening	9

Winter Weather Warning!

In winter weather - following a ***SNOW*** or ***ICE*** storm - please use discretion when venturing outside. Think of your well-being first.

Ask yourself: is it absolutely necessary that I go to the grocery store, the bank, the Menasha Senior Center? Do I want to risk falling?

Don't assume - that parking lots and sidewalks at the bank, the barber, grocery store, beauty salon or the senior center are cleared and in good walking condition for you.

Know that, depending upon the severity of weather, it may take a few days for walkways to be cleared adequately.

Also, consider calling ahead to inquire about conditions.

MSC Staff

"You will never be happy with what you want if you are not happy with what you have."

Author Unknown

Tax Aide begins

February 4 thru **April 8**

8:30am - 12:00n on Wednesdays

This is for taxpayers with middle- and low-income with special attention to those age 60+. Need help with your Homestead?

Volunteers with AARP Tax-Aide will be available to help you with your taxes.

Bring your Homestead forms from last year plus the documents necessary for this year.

First come-first serve.

Stock up

There is still plenty of time remaining for winter storms and cold temperatures. The Winnebago County Nutrition Program tries very hard to keep meal sites open and deliver meals to the homebound in spite of the weather. However, some weather conditions make driving conditions dangerous. Also, other emergencies throughout the year may occur which could require one or more meal sites to close. And, whether you participate in our meal sites or not, you may find yourself not able to get out of your house.

What do you do? Plan ahead - stock up. It is suggested that you have the following food items in your home in case an emergency.

- Non-electric can opener
- Bottled water
- Canned citrus or tomato juice
- Canned or dried soups
- Instant or ready-to-eat cereal
- Canned fruits and vegetables (corn, beans, etc.)
- Instant coffee, tea, chocolate or cocoa
- Milk, dried or evaporated milk

Welcome to the *Senior Chatter*

Menasha Senior Center

116 Main Street Menasha, WI 54952
920-967-3530

Hours: 8:00am-4:00pm Monday-Friday

sbull@ci.menasha.wi.us
web site: **www.menashaseniorcenter.org**

Senior Center Supervisor Sylvia Bull
Activity Coordinator Barb Taylor

MSC welcomes all adults 55 and over to participate in our many activities and utilize our services. There are no membership or residency requirements.

Our mission is to enhance the quality of life of older adults by providing educational, recreational, social and wellness programs and to meet these needs as requested by the community.

MSC Planning Committee:
Meets second Thursday of each month at Menasha Senior Center at 9:00 am.

Members:

Susan Locke
Ruth Jerome
Norma Heinz
Barbro Whiting
Terry Czerwinski
Roy Rogers

City of Menasha Committee on Aging:
Meets second Thursday of each month at the Menasha Senior Center at 7:45 am.

Members:

Bob Jankowski
Joyce Klundt
Lee Murphy
Sue Nett
Roy Rogers
Sue Steffen
Jean Wollerman
Mary Lueke

(Services are provided without mandatory dues, Senior Center Regulation, Title III Older American Act, Chapter VII, Section 5.45).

Services at MSC

Menasha Meal Site: Meals through Winnebago Co. Nutrition Program are served Monday through Friday at 11:20am at the Menasha Senior Center. Must call 725-6323 by 12:00pm the day before for meal reservations. Must be 60 years or older to participate. Suggested donation of **$2.75**.

Meal Site Manager: Ardeana "Dee" Osinski

Winnebago Co. Benefit Specialist, Candace Corbett: Candace visits MSC the first two (2) Thursdays each month from 10:00 -11:30am. Call the MSC office at 967-3530 for more information.

60 Plus Health Program: (City of Menasha Health Dept.) Call 967-3520 for personal counseling and screening tests.
-Health screenings offered monthly at MSC
-Blood Pressure checks every Tuesday at MSC

Valley VNA Senior Services Footcare: Clinics are held twice a month from1-4pm. Must call the VNA at 727-5555 to make your appointment.

Dial-a-Ride: Discount taxi service for Neenah & Menasha residents 60 yrs. and older. Tickets available at MSC.

Menasha School District Lifetime Passes:
For residents 60 yrs. and older who live in the Menasha school district - admission to many school sponsored events.

Information and Referral: MSC will assist in identifying a local agency or organization that may help you. Also available at the office:
County Resource Directories
SeniorCareRx Applications
File of Life
Community Resource brochures, info.

Mini-Library: Resources, books, videos

Computers: Internet access; available 8a-4p (except Wed.s 12-4:00pm); One-on-one instructions available Monday mornings by appt.

Senior Chatter is a monthly publication of the Menasha Senior Center providing a variety of information on senior issues, events in the community and at MSC - all for $4.00 a year!

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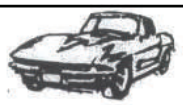

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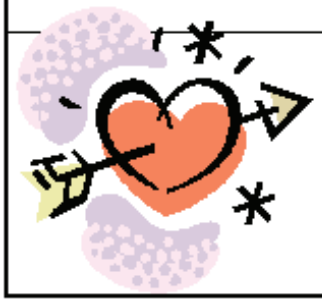
and
Shirley L. Clemmons B.C.-HIS

Menasha Senior Center February 2009

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 Line Dancing 9:00 Computer class 11:30 Meals 12:30 Scrabble 1:00 Men's cards	3 10-11:00 *Musicals* 11:00 Meals 12:00 Agility Exercise 1:15-3:00 **Blood Pressure ck**	4 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 1:00 VNA Footcare	5 8:30 Oil Painting 10:00 **Benefit Specialist** 11:30 Meals 12:30 Cribbage 1:00 **BINGO-Sterling House** 1:00 Bridge	6 11:30 Meals 12:00 Quilting 12:30 Canasta
9 9:00 Computer class 9:30 Line Dancing 10:30am **Nutro** Bingo 11:30 Meals 12:30 Card making class 1:00 Men's cards	10 10-11:00 *Musicals* 10:30 **On-Line Banking** 11:00 Meals 12:00 Agility Exercise 1:15-3:00 **Blood Pressure ck** 1:00 MSC **Bingo**	11 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	12 8:30 Oil Painting 8:15 CA meeting 10:00 **Benefit Specialist** 11:30 Meals 12:30 Cribbage 1:00 Bridge	13 11:30 Meals 12:00 Quilting 12:30 Canasta **1:00 Valentines Party**
16 9:00 Computer class 9:30 Line Dancing 11:30 Meals 12:30 Scrabble 1:00 Men's cards	17 **Election** 9:00 Newsletter Assemb 10:00 Musicals 12:00 Agility Class 11:30 Meals 1:00 **NO** bingo	18 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard 2:00 TRIAD	19 8:30 Oil Painting 11:30 Meals 12:30 Cribbage 1:00 Bridge	20 11:30 Meals 12:00 Quilting 12:30 Canasta
23 9:00 Computer class 9:30 Line Dancing 11:30 Meals 1:00 Men's cards	24 10:00 *Musicals* 10:30-12n **Blood Pressure ck** 11:30 Meals 12:00 Agility Exercise 1:00 MSC **Bingo**	25 8:30-12n TaxAide 9:30 Line Dancing 10:15-11 Chair exercise 11:00 ***You Can Do It*** 11:30 Meals 12:30 Texas Hold'em 12:30 Shuffleboard	26 8:30 Oil Painting 11:30 Meals 12:30 Cribbage 1:00 Bridge 1:00 VNA Footcare	27 10-11:00 **Colo-rectal Screening** 11:30 Meals 12:00 Quilting 12:30 Canasta



Be Heart Smart - American Heart Month

Note from Staff. . .

Dear Friends,

**"Winter is the time for comfort,
for good food and warmth,
for the touch of a friendly hand
and for a talk beside the fire: it is
the time for home."**

Consider the Menasha Senior Center your second home - for pleasant environment, good food, friendly people, plenty of smiles and good 'ole down home fun and laughter. And we're a good prescription for the 'winter blues'. Stop in and join in on our activities. All are welcome.

Sylvia Bull *Barb Taylor*

WISH LIST:

- Nintendo Wii
- Reachers (ask Barb about this one)

Valentine *Food for Thought*

Cabbage always has a heart, green beans string along. You're such a cute tomato, will you peas to be belong? You've been the apple of my eye, you know how much I care. So, lettuce get together - we'd make a perfect pear.

Now something's sure to turnip to prove you can't be beet. So, if you carrot all for me, let's let our tulips meet. Don't squash my hopes and dreams now, bee my honey dear. Or tears will fill potato's eyes, while sweet corn lends an ear.

I'll cauliflower shop and say, your dreams are parsley mine. I'll work and share my celery . . .
so be my Valentine.

Author Unknown

Cribbage, Canasta, Scrabble, Bridge and **Texas Hold'em** are played every week at MSC. Good people, good fun, good activity. Always accept more people. Check it out.

BTW: Shuffleboard makes for a good couples activity. Check it out, too.

Cracking your knuckles causes arthritis - true or false?

Stop cracking your knuckles! That's a common plea from a parent trying to protect their children's hands, or from someone who's simply annoyed by the noise. Hmmmm - is cracking your knuckles just an irritating habit or is it actually harmful? Can cracking your knuckles cause arthritis?

Answer: Cracking your knuckles does not cause arthritis. Understanding what physically occurs when you crack your knuckles will help you realize that the "knuckle cracking causes arthritis" theory is actually just a popular myth.

There have been a few studies over the years that considered whether or not cracking knuckles caused arthritis. One study found that there was no increase of hand arthritis among knuckle crackers, however, knuckle cracking was related to hand swelling and lower grip strength.

Another study indicated that while knuckle cracking was not associated with arthritis, it was associated with damage to ligaments that surround the joint and dislocation of tendons. While cracking your knuckles is not linked to causing arthritis, there may be a connection to soft tissue injuries.

When you bend or pull your fingers, you stretch the lubricant between joints called synovial fluid. In a process known as "cavitation," bubbles form in the fluid and then burst. There is some relief and increased mobility when the bubbles make that satisfying pop, which help explain the compulsion to do it again. Damage other than arthritis is possible but unconfirmed. You could overextend the ligaments, like a baseball pitcher with a bad elbow, and you may lose some grip strength. Other than that, the biggest threat is from the people you are driving insane.

Source: About.com

Need something interesting to share at your next party?

The "Got Milk" mustaches you see in advertisement are made from a combination of sour cream and melted vanilla ice cream.

Health Corner

By Valerie Davis RN, 60 Plus Program

Colon Cancer Prevention

Cancer of the colon and the rectum (also known as colon cancer or colo-rectal cancer) is a malignant growth arising from the inner lining of the colon or rectum. Colo-rectal cancer is a major cause of cancer related deaths among men and women in the United States.

The good news is that colo-rectal cancer is both curable and preventable if it is detected early and completely removed before the cancerous cells metastasize (spread) to other parts of the body. Colo-rectal cancer can be prevented by removing colo-rectal polyps before they grow and change into cancers, or by using natural substances or man-made chemicals to prevent the colo-rectal polyps from changing into cancer. (Using natural substances or chemicals to prevent cancer is called chemo-prevention).

Colonoscopy and flexible sigmoidoscopy (along with digital rectal examination and stool occult blood testing) are the primary and most important tools for both preventing colo-rectal cancers and detecting early colorectal cancers.

Most colo-rectal cancers arise from colo-rectal polyps (small growths on the inner lining of the colon and the rectum). Even though colo-rectal polyps are initially benign, they can grow and change into colo-rectal cancers over a period of time ranging from five to twenty years. A large study that was conducted in several research centers in the United States showed that patients who had their polyps removed (usually via colonoscopy) has a 90% decrease in colo-rectal cancer.

What can be done now to prevent colo-rectal cancer?

- Eat a diet high in fruits and vegetable and low in fat and red meats. (This diet also is good for cardio-vascular health.)
- Take oral calcium supplements and one multivitamin a day that contains 400 micrograms of folic acid. (Calcium supplements also are necessary for maintaining the strength of bones, and folic acid may be good for cardiovascular health.)
- Lose excess weight, exercise regularly, and stop smoking cigarettes. (This also is good for cardiovascular health.)
- Undergo screening tests for colo-rectal polyps and cancer.

If one has family members with numerous colon polyps, early onset of colon cancers or other cancers such as uterine, stomach, thyroid, and ovarian cancer, talk to your

The above information was found at MedicineNet.com.

60 Plus Health Program

Blood Pressure Screenings

Schedule for **February 2009**

Menasha Senior Center

Tues. Feb. 3	1:15-3:00 pm
Tues. Feb. 10	1:15-3:00 pm
Tues. Feb. 17	1:15-3:00 pm
Tues. Feb. 24	10:30-Noon

Elizabeth Court Apts.	Thurs., Feb. 12	1:30pm
Lakeside Commons	Thurs., Feb. 12	2:00pm
St. John's Keenagers	Thurs., Feb. 26	1:30pm

The last blood pressure clinic of the month at MSC will also be a **Health Consultation**. If you have any health related questions, feel free to stop in - I will do my best to answer them for you. Val Davis, RN, PHN, 60+ Program

Anyone can have a TIA

A TIA = Transient Ischemic Attack. It's a type of stroke. It's also a WAKE UP CALL !!! Please read on-

- ✓ blood flow through an artery is blocked or reduced for a short time.
- ✓ symptoms resolve in less than 24 hours
- ✓ a serious disabling stroke can occur within 24-48 hrs.
- ✓ roughly 10-20% of individuals who experience a TIA will suffer a bigger stroke within 90 days.

Symptoms and what to do on page 7

Activities at MSC

Regularly scheduled activities:

◆**Bingo:** 1st Thursdays 1-2:40pm; 2nd, 3rd, 4th Tuesdays 1-2:40pm

◆**Intermediate and Advanced Line Dancing:** Monday and Wednesday morning 9:30-10:30am. $1.00 per class. Instructor: Carol Dolan. Beginner lessons available. Call.

◆**Card Games:** ***Men's Sheepshead*** (not for beginners) - Mondays at 1:00pm, (Sept.—May); ***Hand & Foot/Canasta*** - Fridays at 12:30pm; ***Bridge*** (not for beginners) - Thursdays at 1:00pm; ***Texas Hold'em*** Wednesdays 12:30.; *Cribbage* - Thursday, 12:30pm;

◆**Quilting Group:** Meet Fridays 12:00-2:00pm.

◆**Weight loss group**: Wed. mornings 11:00am

◆**Shuffleboard**: Wednesdays 12:30-3:30pm

◆**Computer Classes**: One-on-one individualized instructions. Monday mornings. Call 967-3530.

◆**Greeting card class:** Every 2nd Monday 12:30-3:00pm. $2.00. Supplies available.

◆**Computer Lab:** Computers are available for use during center's week day working hours (*except* Wed. afternoons).

◆**Chair Exercise Class:** (strength, flexibility, balance) every Wednesday morning 10:15-11am; free.

◆**Scrabble**: 1st and 3rd Mondays at 12:30pm

BIRTHDAY GIFT

Have a birthday in **January?** Stop in the office with your ID during the month and pick up your birthday gift.

It has been proven - medically - that washing your hands is the best way to prevent the spread of germs.

Upcoming events

Online Banking presentation

Tues., February 10

10:30 am

More and more people are accessing their bank or credit union accounts and paying bills online. It certainly is a handy tool.

Are you curious about online banking? Interested in learning about it? You may have questions, such as:

- Is it safe?
- Why do I have to answer questions if I access my accounts from a different computer?
- What are the advantages of accessing my accounts online?

Experts from First National Bank-Fox Valley will be on hand to explain the basics of online banking and answer any questions you may have.

Let us know if you want to join us for this presentation (967-3530).

Strokes continued from page 6

How to tell if you are having a TIA:

Numbness:
- if the numbness spreads on the same side of the body
- Face - Arm - Leg
- Clumsiness

Dizzy spells:
- "wooziness" and numbness, droopy eyelid or double vision

What do you do:

Call 911

- get to the hospital immediately**!!!**
- admit to the hospital for observation and testing
- modify your risk factors

Stroke prevention:
- know your risk factors
- make the necessary changes (stop smoking; control cholesterol; monitor blood pressure)
- control diabetes
- include exercise in your daily routine
- see your physician regularly
- seek immediate help

Source: Presentation at MSC in September by Sheila Barr and Kristin Randell, Theda Clark Stroke Center

TRIAD Tip

Officer Jeff Jorgenson,
Crime Reduction Coordinator

Menasha Police Department 920-967-3569

BE SAFE … don't open the door to strangers!

According to an article by Jessica Hansen of the Kenosha News, an elderly woman in Pleasant Prairie recently became the victim of crooks posing as village officials. . .

The woman was told that she was getting a refund for a water bill, but she needed to provide change for their $100 bill. The $100 bill turned out to be counterfeit, and while she was distracted, one of the men stole the rest of her money and her jewelry.

Did they also get her Social Security, Medicare, and credit cards? Did they check out her house for antiques or other valuables that they might come back to steal at a later date?

Crooks know how to present themselves to trusting and kind people. It is very easy to make a name badge and put on a uniform. Be cautious - don't put yourself and your possessions in jeopardy.

Don't open the door to strangers or give out personal information over the telephone or Internet. Be safe and protect yourself, your possessions, and your identity.

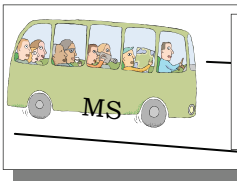
What else is this telling us? Be Cautious. - Think before you act - It's ok to say No - Call your local Police Department, Crime Prevention Officer.

For more information on how to protect yourself, visit the websites of the Wisconsin Department of Agriculture Trade and Consumer Protection and the Federal Trade Commission, http://www.datcp.state.wi.us/core/consumerprotection.jsp

For more information, or to file a complaint, you can also contact the Bureau of Consumer Protection at 800-422-7128 (toll-free) Email: datcphotline@datcp.state.wi.us

Jeff Jorgenson, Crime Reduction Office for the Menasha Police Department can be reached at 967-3569.

2008 TRIPS with MSC



Plan now

Call 967-3530

Magnificent Michigan

4 days - *Tour 11197* Aug. 25 - 28, 2009

Day 1 – Tuesday, August 25
We start our summertime adventure today by heading to Holland, MI, where we'll enjoy a lovely **dinner** before checking into our hotel for the night. **D**

Day 2 – Wednesday, August 26
Our morning begins with a **guided tour** of Holland, MI. This beautiful city has so many sights. Next we're off to **Dutch Village**, which recreates an 1800s Netherlands town. It is complete with authentic Dutch architecture, formal gardens, canals and windmills, plus more.

We then visit **Windmill Island** featuring "De-Zwann", a 230-year old authentic windmill along with colorful gardens and delightful shops. Then we travel on to Frankenmuth, MI, our home for tonight, where we'll enjoy **dinner** and some time to relax before bed. **B, D**

Day 3 – Thursday, August 27
We start our day with a **guided tour** of **Frankenmuth, MI**, also known as Michigan's "Little Bavaria", where our stops will include **Bronner's Christmas Wonderland** and **Zeilinger Wool Co.,** and **St. Lorenz Church**. After our time in Frankenmuth, we're off to our overnight accommodations in Kalamazoo, MI, where we'll also partake in **dinner** together. **B, D**

Day 4 – Friday, August 28
As we head home today, we'll stop at **Tree-Mendus Fruit Farm** located in **Eau Claire, MI**. A **guide from the farm** joins us on an **orchard tour** followed by a **home-cooked lunch** including a delightful dessert made from their own delicious fruits. We arrive home by early evening. **B, L**

TOUR COST PER PERSON:

$540 Double; $520 Triple;
$500 Quad; $690 Single

$150 payment at registration; final payment July 1

Get all details on this Nationwide Travelers trip at MSC office.

COLO-RECTAL STOOL TEST SCREENING

Pick up HOME TEST KIT on:

Friday February 27th , 2009

Time: 10:00 AM – 11:00 AM

Place: Menasha Senior Center

Cost: $5:00

Sponsored by:
Menasha Health Department's
60 Plus Program

For further information call:

967-3520

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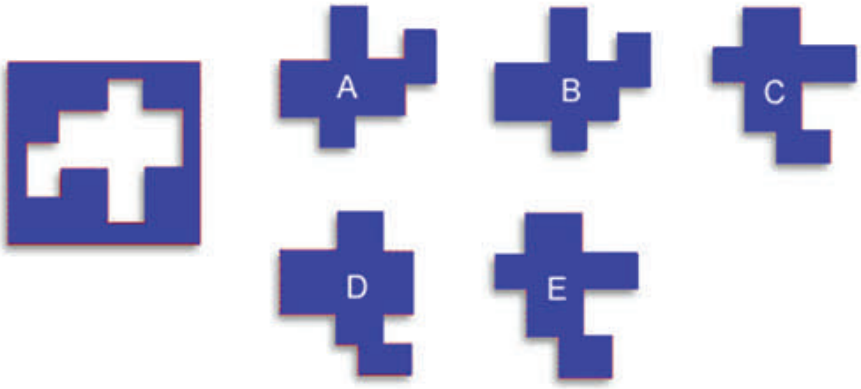
Let's now exercise our Occipital Lobes (visual interpretation and rotation). Get your neurons firing!



Please pick the piece that's missing from the diagram on the left. Answer on page ↓ .

Source: SharpBrains.com

Editor's note: I found a really neat puzzle in the Two Rivers Senior Centers newsletter, *Anchor Newsletter*. I'll see if I can get it and put it in our March newsletter.

Puzzle piece: C

Answers to question 1 and 2. You're on your own with 3.

1. The third room. Lions that haven't eaten in three years are dead.
2. The woman was a photographer. She shot a picture of her husband, developed it (held under water) and hung it up to dry.

Valentines Party

Let's Wear Red!!

Friday, February 13
1:00 - 3:00 pm

Prize for the best "Valentine" Hat!

Entertainment:

The Homestead Relief Band

These three top-notch local musicians will entertain us - good sound, good music, good voices. We loved them last year - we'll love them again this year.

Our meal is sponsored by
The Highlands at Mahler Park

Menu:

Spaghetti
(a highlight at our February parties)
&
Chocolate/Cherry Cake
(Nat'l Cherry month)

Strange visitor

An older, tired-looking dog wandered into my yard; I could tell from his collar and well-fed belly that he had a home and was well taken care of.

He calmly came over to me and I gave him a few pats on his head; he then followed me into my house, slowly walked down the hall, curled up in the corner and fell asleep.

An hour later, he went to the door, and I let him out.

The next day he was back, greeted me in my yard, walked inside and resumed his spot in the hall and again slept for about an hour. This continued off and on for several weeks.

Curious, I pinned a note to this collar: 'I would like to find out who the owner of this wonderful sweet dog is and ask if you are aware that almost every afternoon your dog comes to my house for a nap.'

The next day he arrived for his nap, with a different note pinned to his collar: 'He lives in a home with 6 children, 2 under the age of 3 - he's trying to catch up on his sleep. Can I come with him tomorrow?'

Think on this for a minute

Tired of working puzzles? Consider contemplating questions or riddles. You can do this on your own or with a group of friends, sharing your many answers. Take one to dinner for some table talk.

1. A murderer is condemned to death. He has to choose between three rooms. The first is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. Which room is safest for him?

2. A woman shoots her husband. Then she holds him under water for over 5 minutes. Finally, she hangs him. But 5 minutes later they both go out together and enjoy a wonderful dinner together. How can this be?

3. Studies have supported the common observation that different colors suggest different moods. (Red is usually rated as exciting, blue as serene, yellow as attention getting, green as positive and black as powerful.) If you had to wear the same color for a year, what color would you choose and why?

Answers on page 10

Winter Walking

for ADULTS 18 yrs. and older

January 6 - March 26, 2009

Where: Menasha High Field House
(use entrance #16)

When: Tuesdays and Thursdays
6:00-7:00 am

For details on this FREE program, call the Menasha Senior Center at 967-3530 or the Menasha Health Dept. at 967-3520

It's warm, safe and dry !!

This program is sponsored by the Menasha Health Department and the Menasha Senior Center

(no walking when school is closed due to a holiday or weather)

Thank you!

We would like to say thank you to all volunteers and friends of MSC who contribute service, money and gifts to the Menasha Senior Center. We considered creating a 'thank you' list in this newsletter, but realized that we surely would, inadvertently, neglect to list someone's name and donation. So to avoid offending anyone we will, instead, give a hearty personal thank you at the time of the contribution.

You can make a difference . . .

You can leave a legacy by remembering the Menasha Senior Center in your will. Your generosity will enable the center to continue to provide programming, classes and services to older adults of the Menasha area. If you are considering this option, please call Sylvia Bull to discuss various ways that you can assist the Center in fulfilling its mission.

Nature is painting for us, day after day, pictures of infinite beauty if only we have the eyes to see them. John Ruskin

(Even when the temp. is 6^0 and the sun is not shining!!)

The Senior Chatter
February 2009 Issue Vol. 13, No. 2

Pick one and enjoy the month!

Menasha Senior Center
116 Main St., Menasha 54952
967-3530

MSC is a member of WASC
Wisconsin Association of Senior Centers

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