

### Office Hours

Monday - Thursday 8:30am - 4:30pm

Friday 8:30am - 1:00pm

### Fitness Center

Every Day 6:00am - 9:00pm

No Staff Birthdays this month

office closed in observance of 4TH OF JULY



### Office Notes

### ANNOUNCEMENT:

Brenda will be on vacation from July 20th - July 31st. Please contact the office during this time if you need assistance with anything.

Thank You



BELIEVERS'
Worship
With Paul Belfort
Sundays at 1:00pm



Canceled in July / August



### **PASTOR MOVIES**

Wednesdays at 2:00pm

LIVE STREAMED ON CHANNEL 98



JULY 5TH - 'TILL THE CLOUDS ROLL BY'

**JULY 12TH - 'SONSHINE MINISTRY'** 

JULY 19TH - 'CAMELOT'

JULY 26TH - 'THE CHOSEN-SEASON 3: EPISODE 4: CLEAN PART 1'



### LM IN-HOUSE MOVIE

Join us in the Community room for an at home movie theater experience. Once a month we will display a movie on our big screen.



Monday, July 10th @ 1:00pm

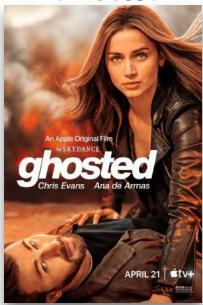
Book Club: The Next Chapter





### Movie Days

### **Ghosted**



Cole falls head over heels for Sadie, but makes the shocking discovery that she's a secret agent. Before they can go on a second date, Cole and Sadie are swept away on an international adventure to save the world.

JULY 3

### **Book Club: The Next Chapter**



Four best friends take their book club to Italy for the fun girls trip they never had. When things go off the rails and secrets are revealed, their relaxing vacation turns into a once in a lifetime adventure.

JULY 10 - COMMUNITY ROOM

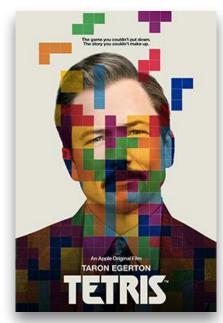
### **Finch**



A robot that lives on a post-apocalyptic earth was built to protect the life of his dying creator's beloved dog. It learns about love, friendship, and the meaning of human life.

JULY 17

### **Tetris**



Henk Rogers discovers Tetris in 1988, and then risks everything by traveling to the Soviet Union, where he joins forces with inventor Alexey Pajitnov to bring the game to the masses.

JULY 24 (RATED R FOR LANGUAGE)

~All LM movies live-streamed on channel 98 every Monday at 1:00pm~

### Jacinda's Jumpstart to Wellness

# WELLNESS TIP

July is one of the hottest months of the year! It is also UV awareness month!

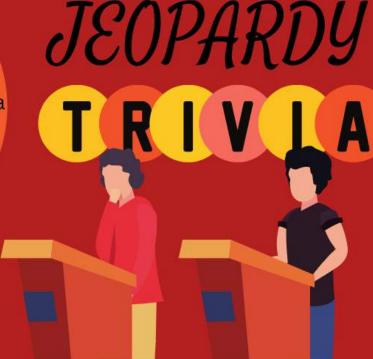
Here are a couple of ways to protect your skin from any conditions that stem from sun exposure

 Wear sunscreen everyday even if you aren't going out in the sun. 2. Reapply sunscreen every 2 hours. 3. Wear protective apparel like hats and sunglasses. 4. Choose shaded areas more than direct sun. 5. Have a proper skincare routine to prevent dry, clogged, or bumpy skin.

Join your host, Jacinda for an awesome game of Jeopardy.Learn lots of new trivia and win prizes by scoring big!

WEDNESDAY.
JULY 19TH
AT 2:00PM
COMMUNITY
ROOM

SIGN UP NOW!



Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-9:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

### Jacinda's Jumpstart to Wellness

### **SPEAKER:**

### **Pain and Fall Prevention 101**

Join *Robbins Rehabilitation* for a workshop on targeting the root cause of muscle or joint pain, learning preventative ways to stop falling, balance exercises, and more!

### Friday, July 7th at 1:30 pm

~ Community Room ~

Please sign up on the 'Events Form' in the Newsletter.





### WALKER'S CLUB VAN TRIP

We're going on a Van trip!

Join Jacinda on a beautiful walk around the *Kirl Sterner Art Trail*! While enjoying the walk let your eyes be amazed by different art sculptures.

SIGN UP ON THE EVENTS SIGN UP SHEET NOW! WEDNESDAY, JULY 26TH @ 10:00AM

Office Hours: Monday-Friday 8:00am-4:00pm Gym Hours: 6:00am-9:00pm Daily

Jacinda Arzuaga, Fitness Specialist 610-866-6010 x208

### From the Chaplain



### ISOLATION IS DANGEROUS! STAY CONNECTED!

The weird thing about the pandemic and then recently a short bout with the smoke from the Canadian wildfires, were the warnings to "stay indoors, avoid close contact, wear masks, close your windows, and more". Yes, these are important reminders especially as we age with the higher risks. . .

But now we need to move on. Isolation leads to dread and paranoia. We need each other. We need contact with our fellow humanity to keep us sane. God created us for community (see Romans 12:16, John 15:12, 1 Peter 4:10, Ecclesiastes 4:9-10, Genesis 2:18 and lots more). Here at Lutheran Manor, we are blessed with a community that has so many opportunities to not only worship together, but also learn, exercise, shop, and have fun together. Sure, I like peace and my own space, but I need to get out and soak up the buzz of small talk. So come on, join the crowd. . . you'll be smarter and probably happier!

Blessings, -Pastor Clark

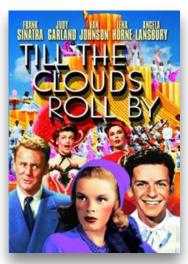
### Worship in the Community Room

WORSHIP IS LIVE AT 2 PM ON THE DATES LISTED BELOW ~LIVE-STREAMED ON CH 98~			
Thur, 7/6	Pastor Jonny Vilamar, Cornerstone Church, Easton, Spanish/ English		
Thur, 7/13	Pastor Jay Wetzel - Lutheran Retired - Holy Communion		
Thur, 7/20	Pastor Beth Goudy, Metropolitan Community Church, Bethlehem		
Tues, 7/25 Father Venantius Karobo, Notre Dame RC Chuch, Bethlehem			
Thurs, 7/27	Pastor Lisa Borell, Frieden's, Center Valley - Holy Communion		

\*\*Note: Holy Communion Worship

If you are unable to attend worship in person and wish to receive a sealed communion cup, please contact Pastor Clark.

### From the Chaplain



### ~JULY 5TH~ "Till the Clouds Roll By'

Biography of songwriter, Broadway pioneer, Jerome Kern. Judy Garland's and Angela Lansberry's songs as well as a mini production of "Show Boat'. Plus Lena Horne and a singing and dancing Van Johnson.

(Not Rated - 1946)



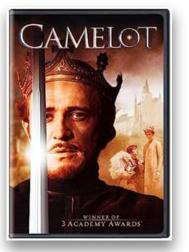


### ~JULY 12TH~ WORSHIP DVD - SONSHINE MINISTRY

Calvary Baptist Church, Easton







### ~JULY 19TH~ "Camelot"

Lerner and Loewe's moving and magical musical about King Arthur,
Guenevere, Lancelot and the Round Table. This production won three
Academy Awards. Richard Haiir sand Venessa Redgrace star in Camelot.

(Not Rated - 1967)



# ~JULY 26TH~ "THE CHOSEN - Season 3 - DVD Episode 4: Clean Part 1'

The Chosen is a historical drama series about the life and ministry of Jesus of Nazareth. In this episode: Two by two, the disciples carry out Jesus' mission to heal, cast out demons, and preach his words.



### Lutheran Manor BINGO

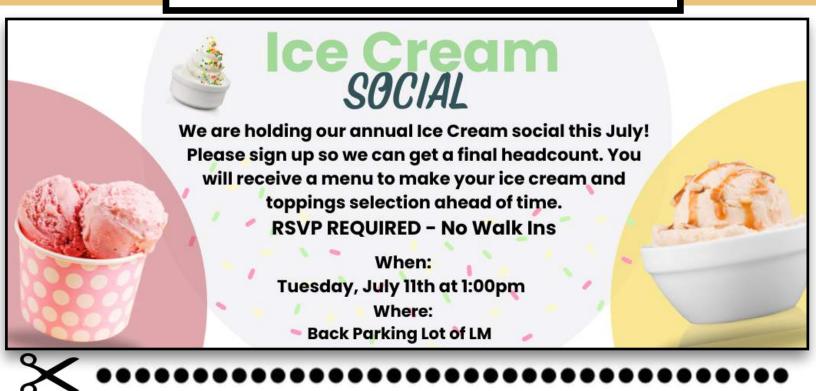
# IM BINGO

DURING THE MONTHS OF JUNE AND JULY, LUTHERAN MANOR BINGO WILL BE CANCELED. WE WILL RESUME IN AUGUST.

- THANK YOU



### Ice Cream Social



NAME: \_\_\_\_\_\_ APT#: \_\_\_\_\_

### Bellezza Salon and Spa

## Belleza Galon & Gpa

### JULY SPECIALS - Perms: Special this Month \$5 Off

### **Important Tips and Facts of Perms:**

- 1. Most perms last 3-4 months
- 2. If you take medication, the perm may not last as long.
- 3. To make your perm last long take good care of your hair and use the right products.
- 4. There are multiple different types of perms.
- 5. Perms depend on the size of the rollers used and how much processing time is given.
- 6. Larger rollers = looser waves and vice versa.

Ask your stylist for their professional opinion on how to take care of your hair after you get a perm.

Be careful with what products you use because some shampoos can strip the curls out. Use a gentle shampoo and conditioner.

Once a week is preferred for using shampoo and conditioner.

We are also no longer displaying consignment products.

Thank you!





# Belleza Galon & Gpa

**July Specials** 

The following hair services have increased in price. Please check with your stylist.

Retail Items: Buy 2 items, receive 2 FREE!

Basket Drawing: Remember to place your name in for a chance

to win this month's gift!

Pedicure: A gift with every service

#### Reminder:

Don't forget we are still using punch cards in the salon! If you're interested please ask one of the stylists to signup.

Contact 610-866-6010 x209 to schedule an appointment

# **JULY 2023**

# Just believe, Uplift others, Love yourself, You got this!

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						8:30 RA COFFEE & DONUTS 12:30 RA Pinochle
2	3	4 Independence Day	2	9	7	8
1:00 Sunday Believers' with Paul Belfort	9:30 Walker's Club 11:00 Energetic Exercise 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	OFFICE CLOSED - Happy July 4th	9:30 Walker's Club 10:00 BANKS/ PHARMACIES 10:00 Bingo - Oak St. Health 11:30 ZUMBA with Anna - CANCELED 12:30 Bible Study 11:15 CLINIC: BP Checks 2:00 Pastor Movie 2:00 RA Shredding 2:00 RA Shredding 2:00 Snacks/locCream Sales 3:00 Meditation	10:00 GIANT 10:00 Life Bio 11:00 Fit4Life with Dana 11:00 Painting with a Twist 12:30 Second Harvest 1:00 Mobile Market 2:00 Church (Spanish) 3:00 Meditation- Exercise Room	9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise 11:00 FAOUZI'S 1:30 SPEAKER: Pain and Fall Prevention	
6	10	=	12	13	14	15
11:00 Sunday Praise with David Garcia - CANCELED IN JULY 1:00 Sunday Believers' with Paul Belfort	9:30 Walker's Club 10:00 DOLLAR TREE 11:00 ENTERTAINMENT: Flautist 11:00 Energetic Exercise - In Person Only 1:00 LM MOVIE - In Person 2:00 WALIMART 3:00 Meditation 6:00 RA Bingo	11:00 Everybody's Yoga with Dana - In Person Only 11:00 SPEAKER: Cremation 1:00 Ice Cream Social 2:00 GENERAL MEETING 3:00 Meditation	9:30 Walker's Club - CANCELED 11:30 ZUMBA with Anna - CANCELED 12:30 Bible Study 2:00 Pastor Movie 2:00 Pastor Movie 2:00 Snacks/loeCream Sales 2:00 Snacks/loeCream Sales 2:00 WEGMANS 3:00 Meditation- CANCELED	9:00 SILVER BIRCHES 10:00 Life Bio 10:00 Sculpture Painting with Oak St. Health 11:00 Fil4Life with Dana 11:00 Mobile Market 2:00 Church 3:00 Meditation- CANCELED	9:30 Walker's Club 10:00 Meditation - CANCELED 11:00 Energetic Exercise - CANCELED 12:00 SPEAKER: It's OK to ask for Help 12:30 CLINIC: OAA Podiatry	

Tune into Channel 99 regularly for updates.

# **JULY 2023**

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1:00 Sunday Believers' with Paul Belfort	1:00 Sunday Believers' with Paul Belfort	1:00 Sunday Believers' with Paul Belfort	Sunday
9:30 Walker's Club 11:00 DINKY'S 11:00 Energetic Exercise 11:30 Cooking with Lyndi 1:00 MOVIE 3:00 Meditation 6:00 RA Bingo	9:30 Walker's Club 10:00 BINGO with Oak St. Health 11:00 Energetic Exercise 1:00 MoVIE 3:00 CUZIN'S 3:00 Meditation 6:00 RA Bingo	9:30 Walker's Club 10:00 BANKS 11:00 Energetic Exercise 1:00 MOVIE 2:00 TARGET 3:00 Meditation 6:00 RA Bingo	Monday
	10:00 WEIS 11:00 Everybody's Yoga with Dana 2:00 Church 3:00 Meditation	10:00 VALLEY FARM MKT 11:00 Everybody's Yoga with Dana 2:00 Snacks/losCream Sales 3:00 Meditation	Tuesday
	10:00 Walker's Club Van Trip 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/lceCream Sales 3:00 Meditation	9:30 Walker's Club 11:30 ZUMBA with Anna 12:30 Bible Study 2:00 JEOPARDY - Game Day 2:00 Pastor Movie 2:00 RA Shredding 2:00 Snacks/IceCream Sales 3:30 MAD DOGS	Wednesday
	10:00 Life Bio 11:00 Fit4Life with Dana 12:00 BAYOU 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room	9:00 CLINIC: Eye 10:00 Lite Bio 11:00 Fit4Life with Dana 1:00 Mobile Market 2:00 Church 3:00 Meditation- Exercise Room	Thursday
	9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise	9:30 SUPERIOR RESTAURANT 9:30 Walker's Club 10:00 Meditation 11:00 Energetic Exercise	Friday
No Staff Birthdays	29	22	Saturday

Tune into Channel 99 regularly for updates.

### Religious Activities

ACTIVITY	DAY(s)	TIME	PLACE
Bible Study	Every Wednesday	12:30pm	Community Room
Chat Room	Every Thursday	10:00am	Community Room
Church	4th Tues. & Every Thurs (1st Thurs-Spanish Service)	2:00pm	Community Room Channel 98
Sunday Believers' with Paul Belfort	Every Sunday	1:00pm	Community Room Channel 98
Sunday Praise with David Garcia	CANCELED JULY/AUGUST		

### Exercise Activities

ACTIVITY	DAY(s)	TIME	PLACE
Energetic Exercise with Jacinda	Mondays, Fridays	11:00am	Exercise Room
Everybody's Yoga with Dana	Tuesdays	11:00am	Exercise Room
Fit For Life with Dana	Thursdays	11:00am	Exercise Room
Meditation with Jacinda	Monday-Wednesday Thursdays Fridays	3:00pm 3:00pm 10:00am	Community Room Exercise Room Community Room
Walker's Club with Jacinda	Monday, Wednesday, Friday	10:00am	Outside Lutheran Manor
ZUMBA with Anna	Wednesdays	11:30am	Exercise Room

### July Activities

Lutheran Manor MOVIES	Every Monday	1:00pm	Community Rm/Ch98
Pastor Clark MOVIES	Every Wednesday	2:00pm	Community Rm/Ch98
Snacks/Ice Cream Sale	Every Wednesday	2:00pm	Lounge
RA BINGO	Every Monday	6:00pm	Lounge
RA Breakfast	CANCELED		Until September
RA Coffee & Donuts	Every 1st Saturday	8:30am	Lounge
RA Pinochle	Every 1st Saturday	12:30pm	Lounge
RA Shredding	Every Wednesday	2:00pm	Lounge
RA Soup & Hot Dogs	CANCELED		Until September
Stitching with Nena	Canceled for summer		Until September
MOBILE MARKET	Every Thursday	1-2:30pm	Lounge
Van Trip Drop Off	Monday, July 3rd	9:00am	Brenda's Office
OFFICE CLOSED	Tuesday, July 4th	All Day	Independence Day
BINGO with Oak St. Health	July 5th & July 24th	10:00am	Community Room
CLINIC: Blood Pressure	Wednesday, July 5th	1:15pm	Lounge
Painting with a Twist	Thursday, July 6th	11:00am	Lounge
Second Harvest Food Bank	Thursday, July 6th	12:30pm	Lounge
SPEAKER: Pain and Fall Prevention	Friday, July 7th	1:30pm	Community Rm
ENTERTAINMENT: Flautist	Monday, July 10th	11:00am	Lounge
In-Person Movie	Monday, July 10th	1:00pm	Community Room
SPEAKER: Cremation	Tuesday, July 11th	11:00am	Community Room
Ice Cream Social (SIGNUP REQUIRED)	Tuesday, July 11th	1-4pm	Back Parking Lot
Sculpture Painting w/ Oak St. Health	Thursday, July 13th	10:00am	Lounge
SPEAKER: It's Ok To Ask For Help	Friday, July 14th	12:00pm	Community Room
CLINIC: OAA Podiatry	Friday, July 14th	12:30pm	Resident Apartments
Jeopardy Game Day	Wednesday, July 19th	2:00pm	Community Room
CLINIC: Health Drive Eye	Thursday, July 20th	9:00am	Game Room
RA SOCIAL	CANCELED		Until September
Walker's Club Van Trip	Wednesday, July 26th	10:00am	Kirl Stirner Art Trail
Cooking with Lyndi	Monday, July 31st	11:30am	Lounge/Ch98

### Brenda's Bulletin

### Second Harvest Food Bank

Thursday, 7/6 @ 12:30pm

\*Must come down to Lounge to collect your box.

## CLINICS

**BLOOD PRESSURE** 

Wednesday, 7/5 @ 1:15pm ~Lounge

### **OAA PODIATRY**

Friday, 7/7 @ 12:30pm ~Resident Apartment

### **HEALTHDRIVE Eye**

Thursday, 7/20 @ 9:00am

\*Sign up with Brenda

# SPEAKER: CANTELMI LONG 'CREMATION' See if it's right for you

**Tuesday, 7/11 @ 11am** 

SPEAKER: SENIOR LIFE

### IT'S OKAY TO ASK FOR HELP!

Join us for a Q&A, BINGO, & prizes

Friday, 7/14 @ 12pm

COMMUNITY ROOM | SIGN UP ON EVENTS FORM

\*<u>Clinics</u>-sign up directly with Brenda \*<u>Entertainment & Speakers</u>-sign up on 'Events Sign-Up Form'

### Brenda's Bulletin

### **ENTERTAINMENT:**

### **PAINTING WITH A TWIST**

Thursday, 7/6 @ 11am ~Lounge

### **MEREDITH TWARDOWSKI, FLAUTIST**

Monday, 7/10 @ 11am ~Lounge | Channel 98

### **COOKING WITH LYNDI**

Monday, 7/31 @ 11:30am ~Lounge | Channel 98

-Sign up on the Events Form-

# OAK ST. HEALTH PRESENTS...

### BINGO July 5th @ 10am

Come join us for a few rounds, prizes, and refreshments.

Don't miss out!!

# SCULPTURE

July 13th @ 10am

Enjoy painting mini word or shape sculptures to display in your home.

# BINGO July 24th @ 10am -Community Room

Let's continue the fun with more rounds, prizes, and refreshments.

~SIGN UP FOR ONE OR ALL DATES ON EVENTS FORM~

Office Hours: Monday-Friday 9am-3pm Brenda Pagan-Fontanez, Service Coordinator 610-866-6010 x4

		August Van Trips	CHECK HERE
8/1	Tuesday	Shopping at HOBBY LOBBY & Lunch at WESTSIDE GRILL	10:00a
8/2	Wednesday	Shopping at WALMART 248	10:00a
8/2	Wednesday	Ice Cream run to THE CUP	2:00p
8/3	Thursday	BANKS & Shopping at CVS / RITEAID / WALGREENS	10:00a
8/4	Friday	Lunch at WERTS CAFE & Shopping at ALLENTOWN FARMERS' MARKET	10:45a
8/7	Monday	Lunch at THE SHELBY	11:00a
8/8	Tuesday	Shopping at WEIS	10:00a
8/9	Wednesday	Ice Cream & Lunch at CRYSTAL SPRINGS FARM	11:00a
8/10	Thursday	Dinner at DOUGHBOYS	3:00p
8/14	Monday	Shopping at GIANT	1:00p
8/15	Tuesday	BANKS & Shopping at TARGET	10:00a
8/17	Thursday	Dinner at MORGAN'S	3:00p
8/22	Tuesday	Shopping at VALLEY FARM MARKET	10:00a
8/23	Wednesday	The Waterfront at Silver Birches: 'SCENIC BOAT TOUR' (\$44 due to Brenda by July 7th)	8:30a
8/25	Friday	Black River Farms Vineyard & Winery (\$15 due to Brenda by July 7th)	12:00p
8/28	Monday	Shopping at WEGMANS	1:00p
8/29	Tuesday	Breakfast at THE HOMETOWN BAR &GRILL	9:00a
8/30	Wednesday	Shopping at DOLLAR TREE 378	10:00a

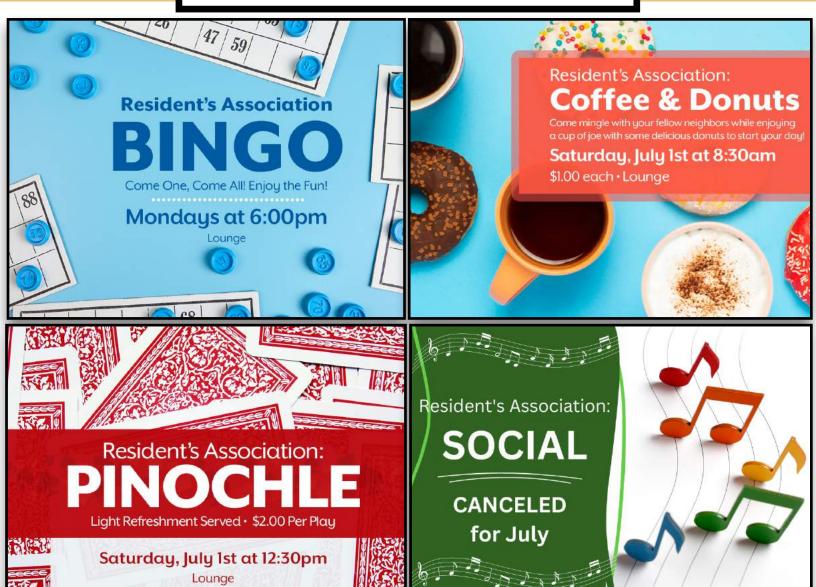
Full Name:

Phone#:

Apt#:

\*This form to be collected starting at 9:00 am on Monday, July 3rd

### Resident's Association





### **Apartment Inspections**

We are required by the Department of Housing & Urban Development to bi-annually inspect all equipment in Lutheran Manor units. The inspection will include plumbing, heating/AC, electrical, appliances, windows, carpeting, and paint.

Due to our tight schedule, our Maintenance Department will start their inspections at 8:30am on the following dates:

Tuesday, 7/18	Floors 11, 10, 9
Wednesday, 7/19	Floors 8, 7, 6
Thursday, 7/20	Floors 5, 4, 3
Friday, 7/21	Floors 2, 1

You **DO NOT** need to be home or need to do anything for this inspection. If you are not home on the date your floor is scheduled, Maintenance will enter your apartment & complete their inspection.

Thank you in advance for your cooperation. Should you have any concerns or conflicts, please visit the Main Office.

Ken, Donny, Kevin
-MAINTENANCE DEPARTMENT

### Event Sign-Up Form

Please CHECK OFF or CIRCLE which special event you would like to attend below:

	L	utheran Manor Event	S	CHECK HERE
7/5	Wednesday	BINGO with Oak St. Health	10:00a	
7/6	Thursday	Painting with a Twist	11:00a	
7/7	Friday	SPEAKER: 'Pain and Fall Prevention 101'	1:30pm	
7/10	Monday	ENTERTAINMENT: Flautist	11:00a	
7/10	Monday	LM In Person Movie	1:00p	
7/11	Tuesday	SPEAKER: 'Cremation'	11:00a	
7/13	Thursday	Sculpture Painting with Oak St. Health	10:00a	
7/14	Friday	SPEAKER: 'It's Ok To Ask For Help'	12:00p	
7/19	Wednesday	Jeopardy: Trivia Day!	1:30pm	
7/24	Monday	BINGO with Oak St. Health	10:00a	
7/26	Wednesday	Walker's Club Van Trip: Kirl Stirner Art Trail	10:00a	
7/31	Monday	Cooking with Lyndi	11:30a	

Name(s):	Apt.#:
Phone Number:	

Please return to the Main Office by Monday, July 3rd!

### **August Van Trips...**

Below are descriptions of the unique trips scheduled & what you should expect if you attend...

### THE SHELBY:

Featuring fresh, exciting creations of classic favorites from around the country & family dinner table. Combine all this with a fun, inviting dining room, bar, and patio for a refreshingly different experience.

You feel like you're meant to be here...because you are!!

### **CRYSTAL SPRINGS FARM:**

Family owned & operated for decades. The farm guarantees you the freshest food such as homemade ice cream, milk, beef, pies, cakes, bread, cupcakes, produce, and deli products.

Come experience a glimpse of a country farm for the day!

### **MORGANS:**

Set in an old country inn, enjoy decadent food such as homemade waffles, banana pancakes foster, burgers, filet mignon, swordfish, roast duck, veal and much more. Come experience this outing with the promise to leave delighted.

Morgan's has something wonderful for everyone!!

### THE WATERFRONT AT SILVER BIRCHES: 'Scenic Boat Ride'

10a-Arrive to coffee & apple streusel cake; shop Artisan jewelry, gifts, specialty foods
 10:30a-Sit back and relax on the patio boat to enjoy the breathtaking views of Lake Wallenpaupack as the tour guide gives you the history of the Big Lake.
 1:00p-Buffet Service offering coffee cake, broccoli salad, house baked bread, roasted pork loin, wild rice pilaf, all beef meatloaf with gravy, yukon mashed potatoes, green bean salad, roasted vegetables, and cinnamon raisin rice pudding
 2:30p-Main Event featuring The Jersey Chix! Direct from the Superstar Theatre at the Resorts Casino in Atlantic City, this bubbly, fun twosome has now reunited to bring you the best of Pop, Disco, Broadway, Jazz, and Motown hits.
 3:30p-Snack before departure

Set Sail and boogie on!!

### **BLACK RIVER FARMS VINEYARD & WINERY:**

A local gem blessed with rich and productive soils that assist in harvesting the highest quality grapes, used to create and share the most flavorful wines. Come enjoy a relaxing experience paring different wines with cheese and a gourmet pizza lunch.

Come unwind, socialize, eat and drink your fill!

### THE HOMETOWN BREAKFAST BAR & GRILL:

Enjoy classic American Cuisine with an upscale twist, exceptional service, and top quality, fresh food. Home cooking better than Mom's!

Don't believe it?! Come find out for yourself...